

PINE CITY



1999

CROSS COUNTRY

**DISTANCE RUNNING
IS
MORE
THAN A SPORT.**

**IT IS
A WAY OF LIFE.**

George Sheehan

A CROSS COUNTRY RUNNER IS

Between the innocence of youth and the dignity of adulthood, one finds an extraordinarily dedicated creature called a cross-country runner.

He/she is generally a composite of the American boy/girl - skinny or heavy, short-legged or long-legged, long-haired or short-haired, bubbly or shy, wise-cracking or stammering.

Whatever he/she looks like he/she lives by the creed of every genuine cross-country runner: "To run every race to the very best of my ability."

The cross-country runner is found everywhere . . . slipping through the halls . . . wallowing through the crowded winter traffic . . . taking in a beautiful sunrise on the local golf course . . . disappearing in the dust of cars on a lonely, dry summer road . . . running softly along the painfully hot tar roads of July . . . whipping into whirlpool baths . . . intervallling on indoor tracks . . . loping around lakes.

Motorists chastise them, teammates rib them, coaches criticize them, students cheer them, kid sisters idolize them, football players don't understand them, fathers encourage them, and moms worry about them.

A cross-country runner eats like UCLA . . . sleeps like Oregon . . . thinks about distance running like the University of Texas-El Paso . . . but often runs like Pumpkin Center Unified.

He/she can be observed in a host of unusual activities . . . fartleking . . . over-distancing . . . intervallling . . . speed working . . . hilling . . . circuiting . . . peaking . . . weight-lifting . . . and, when the pain of it all becomes too much, simply "walking" or "sitting" . . .

When he/she's not running well, he/she has too many other interests, like girls/boys . . . chemistry . . . girls/boys . . . physics . . . girls/boys . . . algebra . . . girls/boys . . . just can't concentrate . . . can't dedicate . . . or is just a bag of injuries.

When he/she's running well he/she is one of the hardest-working, most coachable athletes in school . . . is totally dedicated . . . will undoubtedly be a state champion . . . and is just a "physically tough" kid.

To the opponents' public relations man, he/she is sure to be a national leader and is probably the best distance runner in the history of the conference. She is Miki Gormann, Francie Lareau, Susie Hamilton, Frank Shorter, Bob Kennedy, and Todd Williams wrapped up in one.

To the coach, for press purposes, he/she lacks the real killer instinct demanded by great runners . . . he/she has the emotional stability of a playful cricket . . . the sprinting ability of a large snail . . . and is as coachable as a mule (though the coach knows all the time he/she will win the state).

To the alumnus, the cross-country runner is a nice kid who simply doesn't have the background . . . has not developed the distance base . . . will not go with the competition . . . can't run uphill . . . and hasn't the ability to kick like the five great runners on the 1967 team that finished second in the conference and almost qualified for state.

The cross-country runner likes news releases, "video tapes of winning efforts", recognition of a victory in the morning announcements . . . medals . . . ribbons . . . flat courses . . . overnight trips . . . new shoes . . . rub-downs . . . pictures in the yearbook . . . new uniforms . . . practice sessions the night before the meets . . . conference championships . . . trips to the state meet . . . and school records.

He/she is especially fond of blisters . . . shorts that rub . . . heavy running shirts . . . time-trials . . . team warm-ups, especially calisthenics . . . weight-training . . . circuit training . . . washing sweats . . . obnoxious motorists . . . hilly courses . . . big dogs . . . waiting for the race (but he/she lives with these things and has fond memories of them).

No one else looks forward as much to fall or so little to November . . . No one else can look at a field of 150 runners and know that he will finish 67th . . . No one else can have so many aches and pains and yet turn in excellent performances when the name of the game is "the big meet" . . . No one else feels defeat as deeply or as personally as the cross-country runner who had devoted 500 miles of training in preparation for the big race . . . No one else finds the same satisfaction and exhilaration in forcing every part of his/her body to the limit.

The cross-country runner is a wonderful creature . . . You can criticize him/her, but you can't discourage him/her . . . You can beat him/her, but you can't make him/her quit . . . You can take him/her out of cross-country, but you can't take cross-country out of him/her . . .

You might as well admit it - - - alumnus, fan, coach - - - he/she is your representative in the great international sport of American competitiveness . . . your totem of fair play and determination.

He/she may not be a state champion or qualifier for the Olympic team . . . He/she is not judged by color, religion, or social standing . . . he/she is measured simply by the democratic yardstick of how fast he/she can run, how far he/she can run, and how much the sacrifice for the good of his/her team and school.

The cross-country runner is a hard-working, untiring, and determined young person.

GRANTSBURG INVITATIONAL CROSS COUNTRY MEET

Thursday, August 26, 1999

very hot, very humid

PINE CITY GIRLS' RESULTS:

4000 m - 41 runners

	<u>place</u>	<u>time</u>
1. Kim Connaker	8	19:37
2. Miki Anderson	9	19:40
3. Jaime Kozisek	11	20:00
4. Nikki Carlson	12	20:02
5. Rebecca Craighead	13	20:08
6. Nikki Plasek	27	22:09
7. Christina Mosher	39	25:25
Jenelle Stahlke	DNF	

GIRLS' TEAM RESULTS:

1. Pine City	43
2. Shell Lake	45
3. Webster	59
4. St. Croix Falls	88
5. Grantsburg	101
Hinckley-Finlayson	Inc
Cameron	Inc
Frederick	Inc

#1 runner: N. McConkey, Webster - 17:41

Junior High - 2500 m

1. Meleia Johnson	2	11:26
2. Jenna Fore	5	12:17
3. Julianna Wirth	7	13:08 BTC
4. Tessa Korf	DNF	

#1 runner: B. Bostad, Cameron -

PINE CITY BOYS' RESULTS:

5000 m - 74 runners

	<u>place</u>	<u>time</u>
1. Ryan Hammill	3	19:14
2. Jason Oare	11	20:36 BTC
3. Jeremy Lee	20	22:26
4. Seth Peterson	33	22:27
5. John Hansen	45	23:22
6. Tyler Bestick	49	24:05
7. Josh Wirth	56	25:25 BTC
8. Mike Defenbaugh	60	25:40
9. Trent Laugerman	64	26:30
10. Karl Greden	68	27:17

BOYS' TEAM RESULTS:

1. Spooner	43
2. Frederick	65
3. Webster	100
4. Hinckley-Finlayson	105
5. Pine City	122
6. Grantsburg	129
7. St. Croix Falls	147
8. Cameron	190

#1 runner: B. Sopwinik, Frederick - 18:38

Junior High - 2500 m

1. Jared Clementson	2	9:53 BTC
2. Cary Wimmer	10	11:06
3. Daniel Branzovsky	11	11:13
4. Oliver Rauschnot	13	11:18
5. David Hansen	16	11:25
6. Adam Lee	33	13:29
7. Matt Brandl	37	14:24

#1 runner: P. Jud, Grantsburg - 9:22

OLSON INVITATIONAL CROSS COUNTRY MEET AT MILACA

Thursday, September 2, 1999

verrrrry sunny, hot, humid- new course - verrry rough

PINE CITY GIRLS' RESULTS:

4000 M - 66 runners (18 - JV)

	<u>place</u>	<u>time</u>
1. Kim Connaker	31	20:02
2. Nikki Carlson	37	20:37
3. Rebecca Craighead	38	20:43
4. Jaime Kozisek	50	21:18
5. Jamie Johnson	5 JV	22:25
6. Christina Mosher	10 JV	24:14 PB
7. Jenelle Stahlke	11 JV	24:36
Heidi Larsen	DNF	
Miki Anderson	DNF	

#1 runner: K. Anderson, C-I - 15:44

Junior High - 2500 m - 40 runners

1. Meleia Johnson	4	11:32
2. Jenna Fore	12 (2nd -7th gr)	11:59 PB
3. Julianna Wirth	23	13:17
4. Tessa Korf	31	14:29

#1 runner: K. Morrissey, Fridley - 10:59

PINE CITY BOYS' RESULTS:

5000 m - 102 runners (55 - JV)

	<u>place</u>	<u>time</u>
1. Ryan Hammill	8	19:09 BTY
2. Jason Oare	29	20:17 BTY
3. Jeremy Lee	41	20:49 BTY
4. John Hansen	84	23:53
5. Tyler Bestick	86	23:56 PB
6. Trent Laugerman	30 JV	23:44 PB
7. Mike Defenbaugh	40 JV	24:48 PB
8. Josh Wirth	94	25:24 BTY
9. Karl Greden	45 JV	26:24 BTY

#1 runner : P. Keenen, Fridley - 16:56

Junior High - 2500 m - 60 runners

1. Jared Clementson	1	9:21 PB
2. David Hansen	34	11:29
3. Daniel Branzovsky	36	11:35
4. Oliver Rauschnot	37	11:49
5. Cary Wimmer	41	11:52
6. Adam Lee	53	13:46
7. Bill Menigo	58	14:35

GIRLS' TEAM RESULTS:

1. Sauk Rapids	72
2. STMA	105
3. Little Falls	126
4. Crosby-Ironton	175
5. Milaca	181
6. North Branch	210
7. Rush City	228
Pine City	Inc

BOYS' TEAM RESULTS:

1. Little Falls	105
2. STMA	114
3. Chisago Lks	121
4. Crosby Ironton	123
5. N St Paul	140
6. Milaca	155
7. North Branch	182
8. Hinckley	219
9. Sauk Rapids	245
10. Pine City	248
11. Mora	282
12. Becker	299
13. Rush City	346
14. Foley	360
15. Pierz	365
16. Princeon	406

JH team results:

1. Sauk Rapids	97
2. Pine City	149
3. North Branch	190

#runner: J. Clementson, PC - 9:21

PINE CITY CROSS COUNTRY MEET

Thursday, September 9, 1999

cool and very windy

PINE CITY GIRLS' RESULTS

4000 m - 63 v & 23 jv runners

	<u>place</u>	<u>time</u>
1. Jaime Kozisek	20	18:41 BTY
2. Rebecca Craighead	22	18:49 BTC-BTY
3. Kim Connaker	23	18:52 BTY
4. Nikki Carlson	27	19:09 BTC-BTY
5. Miki Anderson	31	19:27 BTY
6. Jamie Johnson	38	19:44 BTC-BTY
7. Jenelle Stahlke	43	20:18 BTC-BTY
8. Nikki Plasek	9 JV	20:27 PB
9. Christina Mosher	15 JV	22:23 PB

#1 runner: Tamara Coy, Hinckley - 16:53

GIRLS' TEAM RESULTS

1. Cromwell	24
2. Hermantown	66
3. Pine City	123
4. Milaca	134
5. Becker	139
6. Grantsburg	177
7. Rush City	181
8. MLWR	208
9. Mora	226
10. Barnum	288
Siren	Inc

JUNIOR HIGH - 2000 m - 27 runners

1. Meleia Johnson	1	8:40
2. Jenna Fore	3	8:58
3. Tessa Korf	14	9:45 BTC
4. Julianna Wirth	15	9:47 BTC

#1 runner: Meleia Johnson, Pine City - 8:40

PINE CITY BOYS' RESULTS

5000 m - 73 V&20 jv runners

	<u>place</u>	<u>time</u>
1. Ryan Hammill	4	18:18 BTC-BTY
2. Jason Oare	16	18:58 BTC-BTY
3. Jeremy Lee	18	19:09 PB
4. Trent Laugerman	57	21:53 PB
5. Tyler Bestick	58	22:08 PB
6. John Hansen	58	22:09 BTC-BTY
7. Mike Defenbaugh	6 JV	22:09 PB
8. Josh Wirth	62	22:43 BTC-BTY
9. Karl Greden	16 JV	23:23 PB

#1 runner: Dennis Heaser, Cromwell - 17:25

BOYS' TEAM RESULTS

1. MLWR	56
2. Milaca	86
3. Hinckley	117
4. Mora	118
5. Foley	145
6. Pine City	153
7. Grantsburg	182
8. Becker	174
9. Rush City	227
10. Hermantown	244
Cromwell	Inc
East Central	Inc

JUNIOR HIGH - 2000 m - 41 runners

1. Jared Clementson	1	6:59 PB
2. Oliver Rauschnot	18	8:24
3. David Hansen	20	8:26
4. Daniel Branzovsky	22	8:36 PB
5. Adam Lee	24	8:44
6. Matt Brandl	27	8:54
7. Bill Menigo	37	10:37

Junior high team results

1. Becker	75
2. Pine City	85
3. Grantsburg	91
5 teams	Inc

#1 runner: Jared Clementson, PC - 6:59

CAMBRIDGE INVITATIONAL CROSS COUNTRY MEET

Friday, September 10, 1999

cool, breezy

PINE CITY GIRLS' RESULTS

4000 m - 54 runners

	<u>place</u>	<u>time</u>	
1. Kim Connaker	22	18:48	BTY
2. Jaime Kozisek	24	18:52	BTC
3. Rebecca Craighead	27	19:00	BTC
4. Miki Anderson	30	19:05	BTY
5. Nikki Carlson	32	19:15	BTC
6. Jamie Johnson	37	19:43	BTY
7. Nikki Plasek	34 JV	19:55	PB
8. Christina Mosher	41 JV	20:28	PB
9. Jenelle Stahlke	43	20:33	BTC

GIRLS' TEAM RESULTS

1. Proctor	47
2. Minnehaha	48
3. Brooklyn Center	115
4. Pine City	135
5. North Branch	151
6. Rush City	168
7. Columbia Heights	250
Chisago Lks	Inc
Hinckley	Inc
Concordia	Inc

#1 runner: Ariel Perkins, Ch Lks - 15:28

JUNIOR HIGH - 2000 m - 62 runners

1. Meleia Johnson	7	8:35	BTY
2. Jenna Fore	16	8:58	BTY
3. Tessa Korf	29	9:34	BTY
3. Julianna Wirth	33	9:37	BTY

#1 runner: Centennial-

PINE CITY BOYS' RESULTS

5000 M - 87 runners

	<u>place</u>	<u>time</u>	
1. Ryan Hammill	11	17:55	PB
2. Jeremy Lee	20	18:48	PB
3. Mike Defenbaugh	56	21:26	PB
4. Trent Laugerman	58	21:30	PB
5. Tyler Bestick	59	21:42	PB
6. John Hansen	70	22:41	BTC
Jason Oare	DNF		

BOYS' TEAM RESULTS

1. Proctor	41
2. Chisago Lks	62
3. North Branch	113
4. Minnehaha Ac	119
5. Fridley	135
6. Hinckley-Fin	163
7. Concordia Ac	181
8. Pine City	204
9. Brooklyn Ctr	210
10. Rush City	213
11. Princeton	304

#1 runner: Peter Keenan, Fridley - 16:20

9th GRADE - 4000 m

1. Seth Peterson	11	16:34
2. Karl Greden	26	18:33

JUNIOR HIGH - 2000 m - 94 runners

1. Jared Clementson	1	7:05	BTC
2. Oliver Rauschnot	38	8:32	
3. David Hansen	50	8:47	
4. Daniel Branzovsky	53	8:49	BTC
5. Adam Lee	58	8:56	
6. Matt Brandl	68	9:05	
7. Bill Menigo	84	10:39	

#1 runner: Jared Clementson - Pine City - 7:05

RUSH CITY INVITATIONAL CROSS COUNTRY MEET

Thursday, September 16, 1999

warm - sunny

PINE CITY GIRLS' RESULTS

4000 m -

	<u>place</u>	<u>time</u>
1. Meleia Johnson	1 JV	18:55
2. Jaime Kozisek	3	19:03 BTC
3. Heidi Larsen	4	19:04
4. Kim Connaker	7	19:31
5. Nikki Carlson	8	19:37
6. Miki Anderson	10	19:42
7. Rebecca Craighead	11	19:45
8. Christina Mosher	2 JV	20:02 PB
9. Nikki Plasek	3 JV	20:08
10. Jamie Johnson	4 JV	20:51
11. Jenelle Stahlke	6 JV	20:53

GIRLS' TEAM RESULTS

1. Pine City	32
2. Rush City	43
3. North Branch	57
4. MLWR	106

#1 runner: Katie Hasleier, North Branch - 17:13

#1 jv runner: Meleia Johnson, Pine City - 18:55

JUNIOR HIGH - 1600 m - 30 runners

1. Jenna Fore	1	6:57
2. Julianna Wirth	4	7:12 BTC
3. Tessa Korf	5	7:12 BTC

#1 runner: Jenna Fore, Pine City - 6:57

PINE CITY BOYS' RESULTS

5000 m -

	<u>place</u>	<u>time</u>
1. Ryan Hammill	9	19:21
2. Jeremy Lee	16	20:14 BTC
3. Jared Clementson	2 JV	20:34
4. Mike Defenbaugh	28	22:27
5. John Hansen	30	22:45 BTC
6. Tyler Bestick	31	22:46
7. Josh Wirth	7 JV	23:47
8. Karl Greden	10 JV	24:26
Jason Oare	DNF	injury

BOYS' TEAM RESULTS

1. MLWR	34
2. North Branch	52
3. Frederick	62
4. Rush City	109
5. Pine City	114

#1 runner: Blaire Sopewnik, Frederick - 18:05

9th GRADE - 4000 m -

1. Seth Peterson	1	18:02
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JUNIOR HIGH - 1600 m - 25 runners

1. David Hansen	10	6:47
2. Oliver Rauschnot	11	6:49
3. Daniel Branzovsky	12	6:49 BTC
4. Adam Lee	14	6:54
5. Matt Brandl	16	7:19
6. Bill Menigo	21	8:10

Junior High Team Scores:

1. Frederick	18
2. Pine City	63

#1 runner: J. Sopewnik, Frederick - 6:21

PRINCETON INVITATIONAL CROSS COUNTRY MEET

at Milaca - over 4000 runners

Saturday, September 25, 1999

cool & cloudy, rainy

PINE CITY GIRLS' RESULTS:

Varsity- 10th grade -4000 m -

	place	time	
1. Kim Connaker	105	17:38	PB
2. Jaime Kozisek	24	-10th 18:10	BTY
3. Nikki Carlson	145	18:26	BTY
4. Miki Anderson	34	-10th 18:43	BTY
5. Jamie Johnson	184	19:20	BTY
6. Jenelle Stahlke	199	19:59	BTY
7. Christina Mosher	203	20:06	BTC

#1 runner: J. Hess, Paynesville - 15:06

#1 10th gr runner: K. Nelson, Proctor - 16:20

8th grade - 3230 m

1. Meleia Johnson	29
2. Julianna Wirth	89
3. Tessa Korf	115

#1 runner: R. DeDeyn, Centennial - 12:42

7th grade - 3230 m -

1. Jenna Fore	15	14:16
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#1 runner: M. Volkert, Orono - 13:06

GIRLS' TEAM RESULTS:

1. Visitation	158	17. Belle Plain	538
2. Staples	177	18. Mesabi E	558
3. St.Cloud Cath	217	19. Eveleth	580
4. Waconia	225	20. LCWM	598
5. Lake City	299	21. Chisholm	611
6. Paynesville	300	22. Plainview	616
7. Milaca	328	23. Mayer Luth	662
8. Minnewaska	348	24. Redwood Falls	678
9. SW Star	352	25. Adrian	744
10. Rushford	363	26. Delano	823
11. CML	388	27. Pine City	836
12. Perham	412	28. Mora	860
13. Delano	431	29. MLWR	949
14. United S.C	432	30. Trinity	1040
15. Madelia	519	31. Barnum	1062
16. BEA	528		
		15 teams	Inc

PINE CITY BOYS' RESULTS:

Varsity - 5000 m -

	place	time	
1. Ryan Hammillo	31	17:39	PB
2. Jeremy Lee	96	18:38	PB
3. Jason Oare	117	18:49	BTY
4. Tyler Bestick	222	21:14	PB
5. John Hansen	226	21:24	PB
6. Josh Wirth	228	21:39	PB

#1 runner: B. Edlund, Morris - 15:57

9th grade boys - 4000 m -

1. Trent Laugerman	92	16:19	PB
2. Michael Defenbaugh	103	16:27	PB
3. Kark Greden	168	17:41	PB

#1 runner: D. Seifried, Sibley - 14:14

8th grade boys - 3230 m

1. Jared Clementson	4	11:37
2. David Hansen	107	13:59
3. Cary Wimmer	113	14:00
4. Adam Lee	124	14:09
5. Matt Brandl	141	14:27
6. Daniel Branzovsky	145	14:32

#1 runner: C. Brever, Staples - 11:19

7th grade boys - 3230 m

1. Oliver Rauschnot	107	14:35
2. Bill Menigo	167	16:55

#1 runner: A. Tavis, Grand Rapids - 11:31

BOYS' TEAM RESULTS:

1. Staples	44	21. Dover Eyota	552
2. Plainview	181	22. Parle	561
3. St.Cloud Cath	213	23. Redwood Falls	593
4. Playnesville	225	24. Big Lake	665
5. Lake City	237	25. Blooming Prairie	670
6. United SC	298	26. LCum	671
7. S StPaul	311	27. MLWR	679
8. Adrian	326	28. Mora	680
9. Morris	358	29. Pine City	692
10. Mayer Luth	369	30. Pierz	699
11. Mesabi E	394	31. SW Star	747
12. New Cardin	417	32. Albany	765
13. Bagley	444	33. Madelia	850
14. Nicollet	460	34. BEA	952
15. Chisholm	462	35. Rush City	979
16. Murray Co.	489	36. Eveleth	1030
17. Milaca	496	37. Perham	1090
18. CML	504		
19. Delano	508	18 teams	Inc
20. Annandale	545		

CHISAGO LAKES INVITATIONAL CROSS COUNTRY MEET

Ki-Chi Saga Park

Tuesday, September 28, 1999

cool, sunny - rough, hilly course

PINE CITY GIRLS' RESULTS:

4000 m - 43 (11 jv) runners

	place	time	
1. Kim Connaker	15	18:17	BTC
2. Heidi Larsen	17	18:21	BTY
3. Jaime Kozisek	18	18:21	
4. Meleia Johnson	19	18:21	BTY
5. Jamie Johnson	2 JV	19:15	
6. Miki Anderson	27	19:31	
7. Nikki Carlson	30	19:35	
8. Nikki Plasek	3 jv	20:01	BTC
9. Jenelle Stahlke	4 JV	20:22	
10. Christina Mosher	6 JV	20:54	

#1 runner: Ariel Perkins, Chisago Lks - 15:44

#1 JV runner: New Richmond - 19:03

PINE CITY BOYS' RESULTS:

5000 m - 56 (30 jv) runners

	place	time	
1. Ryan Hammill	9	18:05	BTC
2. Jeremy Lee	19	19:07	BTC
3. Jason Oare	21	19:14	BTC
4. Jared Clementson	22	19:14	PB
5. Seth Peterson	7 JV	20:16	PB
6. Trent Laugerman	17 JV	21:23	PB
7. Tyler Bestick	48	21:46	
8. Michael Defenbaugh	20 JV	22:12	
9. John Hansen	50	22:29	BTC
10. Josh Wirth	22 JV	22:44	
11. Karl Greden	25 JV	23:09	PB

#1 runner: Tom Remington, New Richmond - 17:12

#1 jv runner: Steve Schrieber, Chisago Lks - 19:31

TEAM RESULTS:

1. New Richmond	47
2. Milaca	64
3. North Branch	94
4. Pine City	96
5. Mora	141
Chisago Lks	Inc
Brooklyn Ctr	Inc
Princeton	Inc

TEAM RESULTS

Varsity

1. New Richmond	20
2. Chisago Lks	73
3. North Branch	80
4. Milaca	96
5. Pine City	119
6. Mora	142
7. Brooklyn Center	182
8. Princeton	228

JV

1. Chisago Lks	29
2. North Branch	50
3. New Richmond	61
4. Pine City	91
5. Milaca	114
6. Princeton	139
East Central	Inc
Mora	Inc

Chisago Lakes Jr. Hi Meet 9/30/99

Temperature Cold and Very Windy

8th Grade Girls (2000m)

	Time	Place	No. of Runners
Tessa Korf	9:32	7	16
Julianna Wirth	9:35	8	

8th Grade Boys (2000m)

	Time	Place	No. of Runners
Daniel Branzovsky	8:36	9	18
David Hansen	8:42	10	
Matt Brandl	8:53	13	
Adam Lee	8:57	15	

7th Grade Girls (2000m)

	Time	Place	No. of Runners
Jenna Fore	8:45	2	24

7th Grade Boys (2000m)

	Time	Place	No. of Runners
Oliver Rauschnot	8:44	6	18
Bill Menigo	10:09	16	

Team Results

8th Grade Girls

1. Osceola	14
2. N. Branch	17

8th Grade Boys

1. C. Lakes	17
2. N. Richmond	22
3. Pine City	32

7th Grade Girls

1. Forest Lake	17
2. N. Richmond	18
3. N. Branch	20
4. C. Lakes	50

7th Grade Boys

1. N. Richmond	21
2. Osceola	22
3. N. Branch	22
4. Forest Lake	23

NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET

Tuesday, October 5, 1999
cool, sunny-beautiful fall day- flat course

PINE CITY GIRLS' RESULTS:

4000 m - 37 runners

	<u>place</u>	<u>time</u>	
1. Heidi Larsen	14	17:34	BTY
2. Kim Connaker	16	17:45	
3. Miki Anderson	17	17:52	PB
4. Jaime Kozisek	18	17:52	BTY
5. Meleia Johnson	19	17:52	BTY
6. Nikki Carlson	21	18:30	
7. Rebecca Craighead	24	18:56	
8. Jamie Johnson	6 jv	19:12	BTY
9. Nikki Plasek	7 jv	19:37	PB
10. Christina Mosher	8 jv	20:08	

#1 runner: Ariel Perkins, Chisago Lks - 15:20

#1 jv runner: J. Ortez, Visitation - 17:22

Junior High - 2000 m - 15 runners -

1. Jenna Fore	1	8:20	PB
2. Julianna Wirth	6	9:01	PB

#1 runner: Jenna Fore, Pine City - 8:20

PINE CITY BOYS' RESULTS:

5000 m - 42 runners

	<u>place</u>	<u>time</u>	
1. Ryan Hammill	5	17:50	BTC
2. Jeremy Lee	8	18:22	PB
3. Jared Clementson	14	18:36	PB
4. Jason Oare	16	18:43	BTY
5. Seth Peterson	24	19:35	PB
6. Michael Defenbaugh	11 jv	20:40	PB
7. Trent Laugerman	12 jv	20:44	PB
8. Tyler Bestick	34	20:52	PB
9. Karl Greden	14 jv	21:10	PB
10. Josh Wirth	15	21:20	PB
11. John Hansen	38	22:18	BTC

#1 runner: Bill Bowser, Chisago Lks - 17:09

#1 JV: R. Kelter, North Branch - 18:26

Junior High - 2000 m - 30 runners

1. David Hansen	6	8:03	PB
2. Oliver Rauschnot	8	8:12	PB
3. Matt Brandl	9	8:12	PB
4. Daniel Branzovsky	12	8:26	BTY
5. Adam Lee	13	8:27	PB
6. Bill Menigo	23	9:51	PB

#1 runner: Ben Rering, Chisago Lks - 7:39

GIRLS' TEAM RESULTS

1. Visitation	29
2. Pine City	84
3. North Branch	106
4. Mora	111
Chisago Lakes	Inc
Princeton	Inc
Foley	Inc

BOYS' TEAM RESULTS

1. Chisago Lakes	36
2. North Branch	42
3. Pine City	67
4. Foley	107
5. Mora	127
6. Princeton	158

JV results

1. Chisago Lakes	28
2. North Branch	45
Pine City	Inc
Princeton	Inc
Mora	Inc

JH results

1. Pine City	48
2. Chisago Lakes	50
Foley	Inc
North Branch	Inc
Mora	Inc
Princeton	Inc

RUM-RIVER CONFERENCE CROSS COUNTRY MEET at Milaca

Thursday, October 14, 1999
breezy, sunny, cool

GIRLS' RESULTS:

Varsity - Junior Varsity - 4000 m

	<u>place</u>	<u>time</u>	
1. Heidi Larsen	13	17:42	Honorable mention
2. Nikki Carlson	14	17:45 PB	Honorable mention
3. Meleia Johnson	15	17:50 BTY	Honorable mention
4. Miki Anderson	18	18:06 BTC	Honorable mention
5. Rebecca Craighead	19	18:16 PB	Honorable mention
6. Jamie Johnson	1 jv	18:29 BTY	
7. Kim Connaker	21	18:31	Honorable mention
8. Jaime Kozisek	23	18:48	
9. Nikki Plasek	4 jv	19:21 PB	
10. Jenelle Stahlke	5 jv	19:29 BTY	
11. Christina Mosher	7 jv	20:23	

Top 5 runners: Ariel Perkins, Chisago Lks - 15:33
Katie Hasleit, North Branch - 16:12
Coral Wallace, Milaca - 16:23
Shalean Christianson, Sauk Rapids - 16:26
Jessi Strufert, Milaca - 16:34

Girls' team scores:

1. Sauk Rapids	37
2. Milaca	37
3. Pine City	79
4. North Branch	85
5. Mora	115
Foley	Inc
Princeton	Inc
Chisago Lakes	Inc

Junior High:

1. Jenna Fore	2	10:38 PB
2. Tessa Korf	5	10:58 PB
3. Julianna Wirth	8	11:07 PB

BOY'S RESULTS:

Varsity-Junior Varsity -5000 m

	<u>place</u>	<u>time</u>	
1. Ryan Hammill	3	17:36 PB	All-Conference
2. Jeremy Lee	15	18:10 PB	All-Conference
3. Jared Clementson	16	18:23 PB	Honorable Mention
4. Seth Peterson	35	19:50	
5. Jason Oare	40	20:02	
6. Michael Defenbaugh	41	20:03 PB	
7. Trent Laugerman	44	20:18 PB	
8. Tyler Bestick	13 jv	20:22 PB	
9. Josh Wirth	17 jv	20:58 PB	
10. Karl Greden	18 jv	21:20	
11. John Hansen	20 jv	22:10	

Top 5 runners: Bill Bowser, Chisago Lks - 17:14
Matt Stigman, Chisago Lks - 17:15
Ryan Hammill, Pine City - 17:36
Jon Polkamp, North Branch - 17:45
Jeremy Plareck, North Branch - 17:48

Boys' team scores:

1. Chisago Lks	33
2. Sauk Rapids	76
3. North Branch	78
4. Pine City	109
5. Mora	132
6. Milaca	132
7. Foley	139
8. Princeton	228

Junior High:

1. David Hansen	7	9:45 PB
2. Adam Lee	14	10:10 PB
3. Daniel Branzovsky	16	10:12 PB
4. Matt Brandl	18	10:18 PB
5. Oliver Rauschnot	20	10:21 PB
6. Bill Menigo	32	12:00 PB

Team scores:

1. Sauk Rapids	34	3. Pine City	75
2. Chisago Lks	66	4. N. Branch	97

***“Life’s battles don’t always go
to the strongest and fastest
runner.***

***But, sooner or later, the runner
who WINS***

***is the runner who THINKS
he/she CAN.”***

SUB SECTION CROSS COUNTRY MEET

Milaca Government Center

Tuesday, October 19, 1999

cold, windy

PINE CITY GIRLS' RESULTS:

Varsity and Junior Varsity -4000 m -

	place	time	
1. Heidi Larsen	21	17:23	BTY
2. Nikki Carlson	24	17:31	PB
3. Meleia Johnson	27	17:59	
4. Jaime Kozisek	28	18:07	BTC
5. Kim Connaker	29	18:12	
6. Miki Anderson	30	18:12	
7. Rebecca Craighead	33	18:22	
8. Jamie Johnson	3 jv	18:35	
9. Nikki Plasek	9 jv	19:10	PB
10. Jenelle Stahlke	13 jv	19:28	BTY
11. Christina Mosher	14 jv	19:40	PB

#1 runner: Stacey Britz, Pierz - 15:39

PINE CITY BOYS' RESULTS:

Varsity and Junior Varsity - 5000 m -

	place	time	
1. Ryan Hammill	13	18:07	
2. Jeremy Lee	19	18:31	
3. Jared Clementson	22	18:44	
4. Jason Oare	32	19:28	
5. Seth Peterson	34	19:36	BTC
6. Michael Defenbaugh	42	20:24	
7. Tyler Bestick	24 jv	20:25	
8. Trent Laugerman	43	20:28	
9. Josh Wirth	32 jv	21:07	
10. John Hansen	40 jv	21:37	BTC
11. Karl Greden	42 jv	22:07	

#1 runner: Sean Pedra, St. Cloud Cathedral - 16:58

Junior High Girls- 3230 m

1. Jenna Fore	3	14:29
2. Tessa Korf	11	15:33
3. Jullianna Wirth	12	15:34

TEAM RESULTS:

1. St. Cloud Cathedral	32
2. Milaca	70
3. Big Lake	71
4. Pine City	129
5. Rush City	129
6. Pierz	145
7. Becker	178
Foley	Inc

Top 4 teams
advance to
Sections

TEAM RESULTS

1. St. Cloud Cathedral	23
2. Big Lake	43
3. Pine City	120
4. Milaca	122
5. Foley	130
6. Rush City	149
7. Becker	155
8. Pierz	171

Junior High Boys - 3230 m

1. Oliver Rauschnot	17	13:50	PB
2. David Hansen	18	13:56	PB
3. Daniel Branzovsky	25	14:36	
4. Matt Brandl	26	14:37	
5. Adam Lee	27	14:38	
6. Bill Menigo	39	16:54	PB

***To achieve
all that is possible
we must attempt
the impossible - - -***

***To be
as much as
we can be,
we must dream
of being more.***

SECTION 5A CROSS COUNTRY MEET - BECKER

Thursday, October 28, 1999
beautiful fall day

PINE CITY GIRLS' RESULTS:

4000 m -

	<u>place</u>	<u>time</u>	
1. Kim Connaker	22	17:00	PB
2. Heidi Larsen	23	17:01	PB
3. Meleia Johnson	30	17:20	PB
4. Jaime Kozisek	35	17:46	BTY
5. Nikki Carlson	36	17:50	
6. Rebecca Craighead	39	17:57	PB
7. Miki Anderson	42	18:08	

Top seven runners (qualifying for state):

1. Stacy Britz	Pierz	15:33
2. Kayla Witte	Rush City	15:43
3. Rachel Strangler	Albany	15:50
4. Lisa Stainbrook	St. Cloud Cath	15:56
5. Jadee Furman	Big Lake	15:57
6. Nicole Johnson	St. Cloud Cath	15:57
7. Shae Wallin	Big Lake	16:00

PINE CITY BOYS' RESULTS:

5000 m -

	<u>place</u>	<u>time</u>	
1. Ryan Hammill	9	17:43	
2. Jeremy Lee	16	18:10	
3. Jared Clementson	21	18:26	
4. Jason Oare	28	18:41	BTY
5. Seth Peterson	45	19:34	PB
6. Michael Defenbaugh	49	19:56	PB
7. Tyler Bestick	51	19:58	PB

Top seven runners (qualifying for state):

1. Nathan Hoffman	Annandale	16:45
2. Sean Peden	St. Cloud Cath	16:46
3. Dustin Scheiber	Becker	17:09
4. Justin Rausch	Holdingsford	17:10
5. Ryan Strack	St. Cloud Cath	17:11
6. Aaren Harren	Big Lake	17:12
7. Nick Salay	St. Cloud Cath	17:15

Girls' team scores:

1. St. Cloud Cathedral	39
2. Albany	77
3. Milaca	83
4. Big Lake	89
5. Annandale	131
6. Holdingsford	135
7. Pine City	146
8. Eden Valley-Wat-Kim	166
Atwater-Cosmos-GC	Inc
Pierz	Inc
Rush City	Inc

top 2 teams qualify for the
state meet

Boys' team scores:

1. St. Cloud Cathedral	27
2. Albany	76
3. Big Lake	88
4. Holdingsford	90
5. Pine City	119
6. Annandale	132
7. Milaca	165
8. Royalton	223
Becker	Inc
Foley	Inc
Eden Valley-Wat-Kim	Inc
St. John's Prep	Inc

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Name	gr	year	Milaca	Grantsburg	Cambridge	Pine City	Rush City
Jenelle Stahlke	12	1999	*24:36 (4k)		20:33 (4K)	20:18 (4K)	20:53 (4k)
	11	1998	20:16 (4k)	20:37 (4k)	21:16 (4k)	20:40 (4k)	20:22 (4k)
Nikki Carlson	11	1999	*20:37 (4k)	20:02 (4k)	19:15 (4K)	19:09 (4K)	19:37 (4k)
	10	1998	19:19 (4k)	19:47 (4k)	19:25 (4k)	19:52 (4k)	20:15 (4k)
	9	1997	20:49 (4k)		20:24 (4K)	19:42 (4K)	18:29 (4K)
	8	1996	11:23 (2.5 K)	12:57 (2.5K)	9:29 (2 K)	8:58 (2K)	7:19 (1.6K)
	7	1995	9:59 (2 K)	12:49 (2.6K)		8:51 (2K)	7:19 (1.6K)
Kim Connaker	11	1999	*20:02 (4k)	19:37 (4k)	18:48 (4K)	19:52 (4K)	19:31 (4k)
	10	1998	18:49 (4k)	19:36 (4k)	18:24 (4k)	18:33 (4k)	
	9	1997	20:55 (4 K)		21:19 (4K)	19:24 (4K)	19:09 (4K)
Jamie Johnson	11	1999	*22:25 (4k)		19:43 (4K)	19:44 (4K)	20:51 (4k)
	10	1998		21:11 (4k)		21:05 (4k)	19:45 (4k)
	9	1997	20:54 (4K)		22:12 (4K)		19:54 (4K)
	8	1996	11:32 (2.5K)	13:05 (2.5K)	9:30 (2K)	9:02 (2K)	7:23 (1.6K)
	7	1995		14:04 (2.6K)	9:26 (2K)		
Christina Mosher	11	1999	*24:14 (4k)	25:25 (4k)	20:28 (4K)	22:23 (4K)	20:02 (4k)
Miki Anderson	10	1999	DNF	19:40 (4k)	19:05 (4k)	19:21 (4k)	19:42 (4k)
	9	1998					19:47 (4k)
Jaime Kozisek	10	1999	*21:18 (4k)	20:00 (4k)	18:52 (4K)	18:41 (4K)	19:03 (4k)
	9	1998	19:03 (4k)	19:07 (4k)	19:14 (4k)	DNF	19:18 (4k)
	8	1997	10:55 (2.5K)	11:39 (2.5K)	7:50 (2K)	8:38 (2K)	6:52 (1.6K)
	7	1996	11:28 (2.5K)	12:19 (2.5K)	9:00 (2K)	9:01 (2K)	7:15 (1.6K)
Rebecca Craighead	10	1999	*20:43 (4k)	20:08 (4k)	19:00 (4K)	18:49 (4K)	19:45 (4k)
	9	1998			22:47 (4k)	24:50 (4k)	19:41 (3.5l)
Nikki Plasek	10	1999		22:09 (4k)	19:55 (4K)	20:27 (4K)	20:08 (4k)
	9	1998			DNF	25:34 (4k)	19:38 (3.5k)
Heidi Larsen	9	1999					19:04 (4k)
	8	1998	19:03 (4k)		8:28 (2k)	19:26 (4k)	6:30 (1.6k)
	7	1997	10:56 (2.5K)	11:39 (2.5K)	7:25 (2K)	8:15 (2K)	6:52 (1.6K)
Tessa Korf	8	1999	*14:29(2.5k)	DNF	9:34 (2K)	9:45 (2K)	7:12 (1.6k)
	7	1998	13:27 (2.5k)	14:04 (2.5k)		10:17 (2k)	7:34 (1.6k)
Meleia Johnson	8	1999	*11:32 (2.5k)	11:26 (2.5 k)	8:35 (2K)	8:40 (2K)	18:55 (4k)
	7	1998	10:34 (2.5k)	11:18 (2.5k)	8:35 (2k)	8:23 (2k)	6:33 (1.6k)
Julianna Wirth	8	1999	*13:17 (2.5k)	13:08 (2.5 k)	9:37 (2K)	9:47 (2K)	7:12 (4k)
	7	1998	12:23 (2.5k)	13:17 (2.5k)	9:13 (2k)	9:51 (2k)	7:25 (1.6k)
Jenna Fore	7	1999	*11:59 (2.5k)	12:17 (2.5 k)	8:58 (2K)	8:58 (2K)	6:57 (1.6k)
* new course							

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Princeton	Chs Lks	N. Branch	Conference	Mora	Subsection	Section	PB - Ave
*19:59 (4k)	*20:22 (4k)		Mil-19:29 (4k)		Mil-19:28 (4k)		19:48 - 20:42
18:27 (4k)	19:42 (4k)	18:35 (4k)	CL -19:37 (4k)	18:54 (4k)			18:27 - 19:51
*18:26 (4k)	*19:35 (4k)	18:30 (4k)	Mil-17:45 (4k)		Mil-17:31 (4k)	Bec-17:50 (4k)	17:31 - 18:56
17:59 (4k)	19:35 (4k)		CL -20:00 (4k)	19:14 (4k)		Cl-17:52 (4k)	17:52 - 19:20
18:23 (4k)			SR-19:12 (4k)	20:01 (4k)		Cl-18:57 (4k)	18:23 - 19:33
	7:19 (1.6K)		Pr- 9:00 (2K)	11:59 (2.5K)			8:58 (2K) -
	9:17 (2 K)		PC- 9:08 (2K)	9:57 (2 K)		Cl-19:41 (4K)	8:51 (2K) -
*17:38 (4k)	*18:17 (4k)	17:45 (4k)	Mil-18:29 (4k)		Mil-18:12 (4k)	Bec-17:00	17:00 - 18:39
17:48 (4k)	*20:01 (4k)		CL-18:58 (4k)	17:58 (4k)		Cl-17:45 (4k)	17:45 - 18:39
18:05 (4k)	19:06 (4k)		SR-19:12 (4k)	20:17 (4k)		Cl-18:07 (4k)	18:05 - 19:31
*19:20 (4k)	*19:15 (4k)	19:12 (4k)	Mil-18:29 (4k)		Mil-18:35 (4k)		18:29 - 19:44
18:25 (4k)	*19:08 (4k)	18:33 (4k)	CL -19:05 (4k)	18:47 (4k)		17:59 (4k)	17:59 - 19:20
18:46 (4k)	19:11 (4k)		SR-18:45 (4k)	18:43 (4k)		18:10 (4k)	18:10 - 19:39
	7:01 (1.6K)		Pr- 8:47 (2K)	11:57 (2.5K)		18:48 (4k)	8:47 (2K) -
			PC- 9:22 (2K)			19:40 (4k)	9:22 (2K) -
20:06 (4k)	20:54 (4k)	20:08 (4k)	Mil-20:23 (4k)		Mil-19:40 (4k)		19:40 - 21:22
*18:43 (4k)	*19:31 (4k)	17:52 (4k)	Mil-18:06 (4k)		Mil-18:12 (4k)	Bec-18:08 (4k)	17:52 - 18:50
?	19:22 (4k)	18:10 (4k)	CL -19:22 (4k)	18:27 (4k)		Cl-17:58 (4k)	17:58 - 18:51
*18:10 (4k)	*18:21 (4k)	17:52 (4k)	Mil-18:48 (4k)		Mil-18:07 (4k)	Bec-17:46	17:46 - 18:49
?	*18:19 (4k)		CL - 18:05 (4k)	18:08 (4k)		Cl-17:37 (4k)	17:37 - 18:36
8:27 (2K)	8:44 (2K)		SR-18:37 (4k)	18:28 (4k)		Cl-18:13 (4k)	18:13 - 18:26
	7:09 (1.6K)		Pr-19:12 (4k)	11:53 (2.5K)		Cl-19:12 (4k)	9:00 (2K)
		18:56 (4k)	Mil-18:16 (4k)		Mil-18:22 (4k)	Bec-17:57	17:57 - 19:06
?	20:54 (4k)	19:59 (4k)	CL - 19:20 (4k)	20:39 (4k)			19:20 - 21:24
	*20:01 (4k)	19:37 (4k)	Mil-19:21 (4k)		Mil-19:10 (4k)		19:10 - 20:06
?	22:48 (4k)		CL-22:09 (4k)	23:32 (4k)			22:09 - 23:31
	*18:21 (4k)	17:34 (4k)	Mil-17:42 (4k)		Mil-17:23 (4k)	Bec-17:01	17:01 - 17:51
11:10 (2.72)	18:19 (4k)	17:21 (4k)	CL-17:52 (4k)	17:47 (4k)		Cl-17:08 (4k)	17:08 - 18:02
7:51 (2K)	8:19 (2K)		SR-18:37 (4k)	18:28 (4k)		Cl-17:57 (4k)	17:57 - 18:21
?	9:32 (2k)		Mil-10:58 (2.5k)		Mil-15:33 (3.2k)		9:32 (2k)
12:35 (2.72)	9:43 (2k)	9:09 (2k)					9:09 (2k)
?	18:21 (4k)	17:52 (4k)	Mil-17:50 (4k)		Mil-17:59 (4k)	Bec-17:20	17:20 - 18:03
11:10 (2.72)	8:28 (2k)	8:03 (2k)	8:27 (2k)	18:03 (4k)		Cl-17:25 (4k)	8:03(2k)
?	9:35 (2k)	9:01 (2k)	Mil-11:07 (2.5k)		Mil-15:34 (3.2k)		9:01 (2k)
12:52 (2.72)	9:42 (2k)	9:08 (2k)	9:22 (4k)	12:20 (2.5k)			9:08 (2k)
14:16 (3.2)	8:45 (2k)	8:20 (2k)	Mil-10:38 (2.5k)		Mil-14:29 (3.2k)		8:20 (2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	gr	year	Milaca	Grantsburg	Cambridge	Pine City	Rush City
John Hansen	12	1999	*23:53 (5k)	23:22 (5k)	22:41 (5K)	22:09 (5K)	22:45 (5k)
	11	1998					
	10	1997	23:39 (5k)	23:42 (5k)	22:44 (5k)	22:29 (5k)	23:26 (5k)
	9	1996	22:04 (5k)	22:41 (5k)	22:07 (5k)	22:14 (5k)	17:06 (4k)
	8	1995	13:28 (3k)	12:09 (2.6k)	7:28 (2k)	7:44 (2k)	5:59 (1.6k)
Tyler Bestick	11	1999	*23:56 (5k)	24:05 (5k)	21:42 (5K)	22:08 (5K)	22:46 (5k)
Ryan Hammill	11	1999	*19:09 (5k)	19:14 (5k)	17:55 (5K)	18:18 (5K)	19:21 (5k)
	10	1998	20:08 (5K)	19:12 (5K)	18:20 (5k)	19:47 (5k)	DNF - injury
Jeremy Lee	11	1999	*20:49 (5k)	22:26 (5k)	18:48 (5K)	19:09 (5K)	20:14 (5k)
	10	1998	21:07 (5K)	21:23 (5k)	20:28 (5k)	21:56 (5k)	20:23 (5k)
Jason Oare	11	1999	*20:17 (5k)	20:36 (5k)	DNF-injury	18:58 (5K)	DNF-injury
	10	1998	20:05 (5K)	20:45 (5k)	19:01 (5k)	20:20 (5k)	19:36 (5k)
	9	1997	22:46 (5K)	20:58 (5K)	16:17 (4K)	20:01 (5K)	15:16 (4K)
Josh Wirth	10	1999	*25:24 (5k)	25:25 (5k)	injury	22:43 (5K)	23:47 (5k)
	9	1998		25:30 (5k)	19:15 (4k)	25:16 (5k)	18:54 (4k)
Mike Defenbaugh	9	1999	*24:48 (5k)	25:40 (5k)	21:26 (5K)	22:09 (5K)	22:27 (5k)
Karl Greden	9	1999	*26:24 (5k)	27:17 (5K)	18:33 (4K)	23:23 (5K)	24:26 (5k)
	8	1998	12:28 (2.5K)	11:35 (2.5K)	9:10 (2k)	8:59 (2k)	6:46 (1.6K)
Trent Laugerman	9	1999	*23:44 (5k)	26:30 (5K)	21:30 (5K)	21:53 (5K)	injury
	8	1998	11:09 (2.5K)	11:59 (5K)	8:32 (2K)	8:51 (2K)	6:43 (1.6K)
Seth Peterson	9	1999		22:27 (5K)	16:34 (4K)		18:02 (4k)
Matt Brandl	8	1999		14:24 (2.5k)	9:05 (2K)	8:54 (2K)	7:19 (1.6K)
	7	1998	13:10 (2.5K)	12:34 (2.5k)			7:00 (1.6K)
Daniel Branzovsky	8	1999	*11:35 (2.5k)	11:13 (2.5k)	8:49 (2K)	8:36 (2K)	6:49 (1.6k)
	7	1998	10:19 (2.5K)		8:50 (2K)	8:45 (2K)	6:58 (1.6K)
Jared Clementson	8	1999	*9:21 (2.5k)	9:53 (2.5k)	7:05 (2K)	6:59 (2K)	20:34 (5k)
	7	1998	9:42 (2.5k)	10:27 (2.5k)	7:55 (2K)	7:59 (2K)	5:55 (1.6K)
David Hansen	8	1999	11:29 (2.5k)	11:25 (2.5k)	8:47 (2K)	8:26 (2K)	6:47 (1.6k)
Adam Lee	8	1999	13:46 (2.5k)	13:29 (2.5k)	8:56 (2K)	8:44 (2K)	6:54 (1.6k)
Cary Wimmer	8	1999	11:52 (2.5k)	11:06 (2.5k)			
Bill Menigo	7	1999	14:35 (2.5k)		10:39 (2K)	10:37 (2K)	8:10 (1.6k)
Oliver Rauschnot	7	1999	11:49 (2.5k)	11:18 (2.5k)	8:32 (2K)	8:24 (2K)	6:49 (1.6k)

* new course

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Princeton	Chs Lks	N Branch	Conference	Mora	Subsection	Section	PB - Ave
*21:24 (5k)	*22:29 (5k)	22:18 (5k)	Mil-22:10 (5k)		Mil-21:37 (5k)		21:24 - 22:27
22:56 (5k)		23:08 (5k)	CL-25:06 (5k)				22:56 - 23:43
	23:12 (5k)		SR-21:46	24:11 (5k)			21:46 - 23:13
	13:19 (3.2K)		Pr-21:40	22:21 (5k)			21:40 - 22:23
	7:58 (2k)		PC - 8:12 (2k)	7:53 (2k)			7:28 (2k)
21:14 (5k)	21:46 (5k)	20:52 (5k)	20:22 (5k)		20:25 (5k)	Bec-19:58	19:58 - 21:45
*17:39 (5k)	*19:07 (5k)	18:22 (5k)	Mil-17:36 (5k)		18:07 (5k)	Bec- 17:43	17:36 - 18:25
13:34 (4k)	18:25 (5k)	18:22 (5k)	CL-19:03 (5k)	18:12 (5k)		CI-18:00(5k)	18:00 - 18:50
*18:38 (5k)	*19:14 (5k)	18:22 (5k)	Mil-18:10 (5k)		Mil-18:07	Bec-18:10	18:10 - 18:55
14:51 (4k)	20:14 (5k)	19:18 (5k)	CL-20:41 (5k)	19:35 (5k)		CI-19:37 (5k)	19:18 - 20:28
*18:49 (5k)	*19:14 (5k)	18:43 (5k)	Mil-20:02 (5k)		Mil-19:28 (5k)	Bec-18:41	18:41 - 19:25
14:16 (4k)	*19:17 (5k)	18:36 (5k)	CL-19:21 (5k)	18:43 (5k)		CI - DNF	18:36 - 19:32
19:28 (5k)	20:36 (5k)		SR-19:51 (5k)	19:11 (5k)			19:11 - 20:27
*21:39 (5k)	*22:44 (5k)	21:20 (5k)	Mil-20:58 (5k)		Mil-21:07 (5k)		20:58 - 22:47
17:29 (4k)	19:00 (4k)	23:17 (5k)	CL-23:19 (5k)	23:04 (5k)			23:04 - 23:56
16:27 (4k)	22:12 (5k)	20:40 (5k)	Mil-20:03 (5k)		Mil-20:24 (5k)	Bec-19:56	19:56 - 21:59
17:41 (4k)	23:09 (5k)	21:10 (5k)	Mil-21:20 (5k)		Mil-22:07 (5k)		21:10 - 23:40
12:13 (2.72k)	8:35 (2k)	8:26 (2k)	CL-8:46 (2k)	11:05 (2.5k)			8:26 (2k)
16:19 (4k)	21:23 (5k)	20:44 (5k)	Mil-20:18 (5k)		Mil-20:28 (5k)		20:18 - 22:04
10:57 (2.72k)	8:09 (2k)	8:20 (2k)	CL-8:10 (2k)	10:16 (2.5k)			8:10 (2k)
injury	20:16 (5k)	19:35 (5k)	Mil-19:50 (5k)		Mil-19:36 (5k)	Bec-19:34	19:34 - 20:13
14:27 (3.2k)	8:53 (2k)	8:12 (2k)	Mil-10:18 (2.5k)		Mil-14:37(3.2k)		8:12 (2k)
	9:16 (2k)	8:47 (2k)	CL-9:03 (2k)	11:35 (2.5k)			8:47 (2k)
14:32 (3.2k)	8:36 (2k)	8:26 (2k)	Mil-10:12 (2.5k)		Mil-14:36 (3.2k)		8:26 (2k)
7:30 (1+)	8:48 (2k)		CL-8:21 (2k)	10:13 (2.5k)			8:21 (2k)
11:37 (3.2k)	19:14 (5k)	18:36 (5k)	Mil-18:23 (5k)		Mil-18:44 (5k)	Bec-18:26 (5k)	18:23 - 18:59
9:18 (2.72k)	7:37 (2k)	7:15 (2k)	CL-7:34 (2k)	9:29 (2.5k)			7:15 (2k)
13:59 (3.2k)	8:42 (2k)	8:03 (2k)	Mil-9:45 (2.5k)		Mil-13:56 (3.2k)		8:03 (2k)
14:09 (3.2k)	8:57 (2k)	8:27 (2k)	Mil-10:10 (2.5k)		Mil-14:38 (3.2k)		8:27 (2k)
14:00 (3.2k)							
16:55 (3.2k)	10:09 (2k)	9:51 (2k)	Mil-12:00 (2.5k)		Mil-16:54 (3.2k)		9:51 (2k)
14:35 (3.2k)	8:44 (2k)	8:12 (2k)	Mil-10:21 (2.5k)		Mil-13:50 (3.2k)		8:12 (2k)

AVERAGE MILE TIMES AT MEETS - 1999

	Grantsburg	Milaca	Pine City	Cambridge	Rush City	Princeton
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
John Hansen	7:31	7:41	7:07	7:18	7:19	6:53
Tyler Bestick	7:45	7:42	7:07	6:59	7:19	6:50
Ryan Hammill	6:11	6:09	5:53	5:46	6:13	5:41
Jeremy Lee	7:13	6:42	6:09	6:02	6:30	5:59
Jason Oare	6:37	6:31	6:06	DNF	DNF	6:03
Josh Wirth	8:10	8:10	7:18		7:39	6:58
Mike Defenbaugh	8:15	7:58	7:07	6:54	7:13	(4k) 6:35
Karl Greden	8:46	8:29	7:31	(4K) 7:25	7:51	(4k) 7:04
Trent Laugerman	8:31	7:38	7:02	6:55		(4k) 6:32
Seth Peterson	7:13			(4K) 6:38	(4k) 7:13	
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m
Matt Brandl	9:36		7:07	7:16	7:19	7:14
Daniel Branzovsky	7:29	7:43	6:53	7:03	6:49	7:16
Jared Clementson	6:35	6:14	5:35	5:40	(5k) 6:37	5:48
David Hansen	7:37	7:39	6:45	7:02	6:47	6:59
Adam Lee	8:59	9:11	6:59	7:09	6:54	7:05
Cary Wimmer	7:24	7:55				6:59
Bill Menigo		9:43	8:30	8:31	8:10	8:27
Oliver Rauschnot	7:32	7:53	6:37	6:50	6:49	7:17
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jenelle Stahlke	DNF	9:50	8:07	8:13	8:21	7:59
Nikki Carlson	8:01	8:15	7:40	7:42	7:51	7:22
Kim Connaker	7:51	8:01	7:33	7:31	7:48	7:03
Jamie Johnson		8:58	7:54	7:53	7:53	7:44
Christina Mosher	10:10	9:42	8:57	8:11	8:00	8:02
Miki Anderson	7:52	DNF	7:47	7:38	7:53	7:29
Rebecca Craighead	8:03	8:17	7:32	7:36	7:54	
Jaime Kozisek	8:00	8:31	7:28	7:33	7:37	7:16
Nikki Plasek	8:52		8:11	7:58	8:03	
Heidi Larsen					7:37	
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m
Tessa Korf		9:39	7:48	7:39	7:12	?
Meleia Johnson	7:37	7:41	6:56	6:52	(4k) 7:34	?
Julianna Wirth	8:45	8:51	7:50	7:42	7:12	?
Jenna Fore	8:11	7:59	7:10	7:10	6:57	7:08

AVERAGE MILE TIMES AT MEETS - 1999

Ch Iks	N. Branch	RRC @ Milaca	Sub Section	Sección	Average	PB - 99
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
7:14	7:10	7:07	6:57		7:14	6:53
7:00	6:42	6:32	6:34	6:25	7:00	6:25
5:49	5:44	5:40	5:50	5:42	5:53	5:40
6:09	5:54	5:50	5:47	5:50	6:11	5:50
6:11	6:01	6:26	6:16	6:00	6:15	6:00
7:18	6:52	6:45	6:47		7:20	6:45
7:08	6:39	6:27	6:34	6:24	7:01	6:24
7:26	6:48	6:52	7:07		7:32	6:48
6:52	6:40	6:32	6:35		7:01	6:32
6:31	6:18	6:23	6:18	6:17	6:36	6:17
2000 m	2000 m	2500 m	3230 m			2000 m
7:06	6:34	6:52	7:19		7:23	6:34
6:53	6:45	6:48	7:18		7:06	6:45
(5k) 6:11	(5k) 5:59	(5k) 5:55	(5k) 6:01		(5k) 6:07	(5k) 5:55
6:58	6:26	6:30	6:58		6:58	6:26
7:10	6:46	6:47	7:19		7:16	6:46
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
8:09		7:48	7:47		8:17	7:47
7:50	7:24	7:06	7:00	7:08	7:34	7:00
7:19	7:06	7:24	7:17	6:48	7:26	6:48
7:42	7:41	7:24	7:26		7:51	7:24
8:22	8:03	8:09	7:52		8:33	7:52
7:48	7:09	7:15	7:17	7:15	7:31	7:09
	7:34	7:18	7:21	7:11	7:40	7:11
7:20	7:09	7:31	7:15	7:06	7:31	7:06
8:00	7:51	7:44	7:40		8:02	7:40
7:20	7:06	7:05	6:57	6:48	7:09	6:48
2000 m	2000 m	2500 m	3230 m			2000 m
7:38		7:19	7:47		7:52	7:38
(4k) 7:20	(4k) 7:09	(4k) 7:08	(4k) 7:12	6:56	(4k) 7:13	(4k) 6:56
7:40	7:13	7:25	7:48		7:50	7:12
7:00	6:40	7:05	7:15		7:15	6:40

TEAM POSITIONS AT MEETS - 1999

	Grantsburg	Milaca	Pine City	Cambridge	Rush City	Princeton
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
John Hansen	5	4	6	6	5	5
Tyler Bestick	6	5	5	5	6	4
Ryan Hammill	1	1	1	1	1	1
Jeremy Lee	3	3	3	2	2	2
Jason Oare	2	2	2			3
Josh Wirth	7	8	8		7	6
Mike Defenbaug	8	7	7	3	4	4000 m - 2
Karl Greden	10	9	9	4000 m - 2	8	4000 m - 3
Trent Laugerm	9	6	4	4		4000 m - 1
Seth Peterson	4			4000 m - 1	4000 m - 1	
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m
Matt Brandl	7		6	6	5	5
Daniel Branzov	3	3	4	4	3	6
Jared Clements	1	1	1	1	5000 m - 3	1
David Hansen	5	2	3	3	1	2
Adam Lee	6	6	5	5	4	4
Cary Wimmer	2	5				3
Bill Menigo		7	7	7	6	8
Oliver Rauschn	4	4	2	2	2	7
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jenelle Stahlke		7	7	9	11	6
Nikki Carlson	4	2	4	5	5	3
Kim Connaker	1	1	3	1	4	1
Jamie Johnson		5	6	6	10	5
Christian Mosh	7	6	9	8	8	7
Miki Anderson	2		5	4	6	4
Rebecca Craigh	5	3	2	3	7	
Jaime Kozisek	3	4	1	2	2	2
Nikki Plasek	6		8	7	9	
Heidi Larsen					3	
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m
Tessa Korf		4	3	3	3	4
Meleia Johnson	1	1	1	1	4000 m - 1	1
Julianna Wirth	3	3	4	4	2	3
Jenna Fore	2	2	2	2	1	2

TEAM POSITIONS AT MEETS - 1999

Ch Iks	N. Branch	RFC	Sub Section	Section	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
9	11	11	10		7.2
7	8	8	7	7	6.2
1	1	1	1	1	1
2	2	2	2	2	2.3
3	4	5	4	4	3.2
10	10	9	9		8.2
8	6	6	6	6	6.1
11	9	10	11		9.6
6	7	7	8		6.3
5	5	4	5	5	4.7
2000 m	2000 m	2500 m	3230 m		
3	3	4	4		4.8
1	4	3	3		3.4
5000 m - 4	5000 m - 3	5000 m - 3	5000 m - 3	3	5000 m 3.2
2	1	1	2		2.2
4	5	2	5		4.6
7th gr - 2	6	5	6		6.5
7th gr - 1	8	6	1		4
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
9		10	10		8.6
7	6	2	2	5	4.1
1	2	7	5	1	2.5
5	8	6	8		6.6
10	10	11	11		8.7
6	3	4	6	7	4.7
	4	5	7	6	4.7
	3	7	8	4	3.6
	8	9	9	9	8.1
	2	1	1	1	1.6
2000 m	2000 m	2500 m	3230 m		
1		2	2		2.8
4000 m - 4	4000 m - 5	4000 m - 3	4000 m - 3	3	4000 m 3.2
2	2	3	3		2.9
7th gr - 1	1	1	1		1.6

PLACE FINISHES AT MEETS - 1999

	Grantsburg	Milaca	Pine City	Cambridge	Rush City	Princeton	Chisago Lks
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
John Hansen	45	84	59	70	30	226	50
Tyler Bestick	49	86	58	59	31	222	48
Ryan Hammill	3	8	4	11	9	31	9
Jeremy Lee	20	41	18	20	16	96	19
Jason Oare	11	29	16	DNF	DNF	117	21
Josh Wirth	56	94	62		7 jv	228	22 jv
Mike Defenbaugh	60	40 jv	6 jv	56	28	4000 m - 103	20 jv
Karl Greden	68	45 jv	16 jv	4000 m - 26	10 jv	4000 m - 168	25 jv
Trent Laugerman	64	30 jv	57	58		4000 m - 92	17 jv
Seth Peterson	33			4000 m - 11	4000 m - 1		7 jv
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m	2000 m
Matt Brandl	37		27	68	16	141	13
Daniel Branzovsky	11	36	22	53	12	145	9
Jared Clementson	2	1	1	1	2 jv	4	5000 m - 22
David Hansen	16	34	20	50	10	107	10
Adam Lee	33	53	24	58	14	124	15
Cary Wimmer	10	41				113	
Bill Menigo		58	37	84	21	167 - 7th gr	7th gr - 16
Oliver Rauschnot	13	37	18	38	11	107 - 7th gr	7th gr - 6
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jenelle Stahlke		11 jv	43	43	6 jv	199	4 jv
Nikki Carlson	12	37	27	32	8	145	30
Kim Connaker	8	31	23	22	7	105	15
Jamie Johnson		5 jv	38	37	4 jv	184	2 jv
Christina Mosher	39	10 jv	15 jv	41 jv	2 jv	203	6 jv
Miki Anderson	9	dnf	31	30	10	34 - 10th gr	27
Rebecca Craighead	13	38	22	27	11		
Jaime Kozisek	11	50	20	24	3	24 - 10th gr	18
Nikki Plasek	27		9 jv	34 jv	3 jv		3 jv
Heidi Larsen		dnf			4		17
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m	2000 m
Tessa Korf		31	14	29	5	115	7
Meleia Johnson	2	4	1	7	1 jv	29	4000 m - 19
Julianna Wirth	7	23	15	33	4	89	8
Jenna Fore	5	12 (2nd-7th gr)	3 (2nd-2th gr)	16	1	15 - 7th gr	7th gr - 2

PLACE FINISHES AT MEETS - 1999

N. Branch	RRC	Sub Section	Section	Average
5000 m	5000 m	5000 m	5000 m	
	38	20 jv	40 jv	75.25
	34	13 jv	24 jv	54
	5	3	13	11
	8	15	19	18
	16	40	32	31
15 jv	17 jv	32 jv		110
11 jv		41	42	53
14 jv	18 kv	42 jv		68
12 jv		44	43	53.2
	24	35	34	49
2000 m	2500 m	3230 m		
	9	18	26	39.4
	12	16	25	34.1
5000 m - 14	5000 m - 16	5000 m - 22	24	5000 m - 19
	6	7	18	27.8
	13	14	27	37.5
	23	32	39	42
	8	20	17	20.25
4000 m	4000 m	4000 m	4000 m	4000 m
	5 jv	13 jv		95
	21	14	24	39
	16	21	29	25
6 jv	1 jv	3 jv		86.3
8 jv	7 jv	14 jv		121
	17	18	30	45
	24	19	33	42
	18	23	28	38
7 jv	4 jv	9 jv		27
	14	13	21	26
2000 m	2500 m	3230 m		
		5	11	27.125
4000 m - 19	4000 m - 15	4000 m - 27	33	4000 m - 22
	6	8	12	20.5
	1	2	3	4.7

Be

a champion

in practice,

that's where

champions

are made.

1999 CROSS COUNTRY SEASON MILEAGE

	<u>total miles</u>
1. Ryan Hammill	226.9
2. Jeremy Lee	226.4
3. Tyler Bestick	220.2
4. John Hansen	217.4
5. Michael Defenbaugh	211.0
6. Miki Anderson	206.6
7. Jaime Kozisek	205.7
8. Trent Laugerman	205.6
9. Jared Clementson	205.3
10. Karl Greden	204.0
11. Nikki Carlson	201.4
12. Meleia Johnson	197.5
13. Kim Connaker	197.0
14. Rebecca Craighead	196.1
15. Jamie Johnson	192.5
16. Nikki Plasek	188.3
17. Jenelle Stahlke	186.6
18. Jason Oare	183.5
19. Josh Wirth	174.6
20. Heidi Larsen	174.3
21. Christina Mosher	170.1
22. David Hansen	167.1
23. Seth Peterson	166.6
24. Adam Lee	165.6
25. Oliver Rauschnot	160.0
26. Julianna Wirth	156.8
27. Tessa Korf	153.4
28. Daniel Branzovsky	150.3
29. Matt Brandl	146.9
30. Bill Menigo	132.9
31. Jenna Fore	125.4
32. Cary Wimmer	76.8

MILES AND MILES.....

GIRLS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loop -4.5	34:31	October 18, 1995	Amy Johnson
2. 580th Street - 4	32:52	September 23, 1998	Heidi Larsen
3. The loop x 3 - 3.3	23:42	August 30, 1996	Becky Haavisto
4. Cty Rd 110 west - 3	22:35	October 16, 1996	Becky Haavisto
5. Connaker's loop - 2.7	20:38	October 6, 1997	Heidi Larsen
6. 5 x 800	16:32	September 21, 1999	Heidi Larsen, Jaime Kozisek, Meleia Johnson
7. The loop x 2 - 2.2	15:28	September 4, 1998	Kim Connaker
8. Track - 3200 m	15:06	August 16, 1996	Becky Haavisto
9. H.S. loops - 3200 m	15:46	September 29, 1998	Jaime Kozisek, Miki Anderson
10. G C loop - 1.1	7:09	September 25, 1995	Amy Johnson
11. Cty Rd 117 - 1	6:41	October 18, 1996	Bree Fischer
12. H.S. loop - 1600 m	7:23	September 29, 1998	Heidi Larsen, Jaime Kozisek
13. 2000-1000-600	14:54	October 21, 1999	Heidi Larsen
14. Track - 8 x 400	11:32 (1:26.5 ave)	September 30, 1999	Heidi Larsen, Meleia Johnson, Jaime Kozisek
15. 800,1000,1200,1400,1600	26:47	September 28, 1995	Amy Johnson
16. 2 x 1200	9:32 (4:46 ave)	October 21, 1996	Becky Haavisto
17. 1 x 2000	8:47	October 20, 1997	Becky Haavisto
18. 800, 600, 400	7:19	September 12, 1997	Becky Haavisto
19. 6 x 400	8:18 (1:23 ave)	October 15, 1998	Jenelle Stahlke
20. 4 x 400	5:30 (1:23 ave)	October 5, 1995	Amy Johnson
21. 2 x 400, 2 x 800, 2 x 400	10:18	September 15, 1998	Jenelle Stahlke
22. 2 x 1 mi, 1 x 800, 2 x 400	20:45	August 21, 1995	Bree Fischer
23. Connaker's Loops - 1.6	11:02	October 25, 1999	Heidi Larsen

BOYS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loops -5.6	38:42	August 11, 1997	J. R. Anderson
2. Golf Course loop - 4.5	26:56	September 14, 1998	Dan Pangerl
3. 580th Street - 4	25:56	September 23, 1998	Ryan Hammill
4. Connaker's loops - 3.8	23:00	August 20, 1997	J. R. Anderson
5. Connaker's loops - 3.5	20:56	August 25, 1998	Ryan Hammill
6. The loop x 3 - 3.3	18:15	Sept. 8, 1997	J. R. Anderson
7. Cty Rd 110 west - 3	19:12	October 16, 1996	J. R. Anderson
8. Connaker's loops - 2.7	15:40	October 26, 1998	Ryan Hammill
9. 5 x 800	12:47 (2:33 ave)	September 21, 1999	Jeremy Lee
10. The loop x 2 - 2.2	11:59 (5:59 ave)	September 4, 1998	Dan Pangerl
11. Track - 3200 m	10:47	August 16, 1996	J. R. Anderson
12. H.S. Loops - 3200 m	11:37	August 22, 1997	J. R. Anderson
13. G C loop - 1.1	5:48	Sept 22, 1997	J. R. Anderson
14. Cty Rd 117 - 1	5:26	October 18, 1996	J. R. Anderson
15. H.S. loop - 1600 m	5:30	September 25, 1997	J. R. Anderson
16. 2000-1000-600	11:29	September 29, 1998	J. R. Anderson
17. Track - 8 x 400	9:04 (1:08 ave)	September 4, 1995	J. R. Anderson
18. 800, 1000, 1200, 1400, 1600	21:46	September 28, 1995	J. R. Anderson
19. 2 x 1200	7:27 (3:43 ave)	October 2, 1997	J. R. Anderson
20. 1 x 2000	6:50	October 20, 1997	Jason Larson
21. 800, 600, 400	5:11	September 12, 1997	J. R. Anderson
22. 6 x 400	6:53 (1:09 ave)	September 7, 1999	Jeremy Lee
23. 4 x 400	4:14 (1:03.5 Ave)	October 16, 1997	J. R. Anderson
24. 2 x 400, 2 x 800, 2 x 400	9:28	September 15, 1997	J. R. Anderson
25. 2 x 1 mi, 1 x 800, 2 x 400	15:45	August 21, 1995	J. R. Anderson
26. Connaker's loops - 1.6	8:52	October 25, 1999	Ryan Hammill

PINE CITY HIGH SCHOOL CROSS COUNTRY

1999

AWARDS:

MOST VALUABLE RUNNER	Ryan Hammill	Kim Connaker
MOST IMPROVED RUNNER	Jeremy Lee	Nikki Carlson
SPORTSMANSHIP AWARD	Karl Greden	Nikki Plasek
ROOKIE OF THE YEAR	Jared Clementson	

LETTERWINNERS:

Ryan Hammill	Jenelle Stahlke
Jeremy Lee	Nikki Carlson
Tyler Bestick	Kim Connaker
Jason Oare	Miki Anderson
Seth Peterson	Jaime Kozisek
Jared Clementson	Heidi Larsen
John Hansen	Meleia Johnson
Michael Defenbaugh	Rebecca Craighead
Trent Laugerman	

WORDS TO LIVE BY
FOR THE
CROSS COUNTRY RUNNER

When you put them all together they mean the difference between being just average and being great!

DESIRE

DEDICATION

PRIDE

FAITH

PAIN

ENTHUSIASM

SPIRIT

CHARACTER

COURAGE

GOALS

TOUGHNESS

MODESTY

GUTS

SACRIFICE

HEART

IDEALS

LEADERSHIP

PERSERVERENCE

CONFIDENCE

WILL POWER

HOPE

DURABILITY

HUMBLENESS

EXCELLENCE

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Name	gr	year	Milaca	Grantsburg	Cambridge	Pine City	Rush City
Jenelle Stahlke	12	1999	*24:36 (4k)		20:33 (4K)	20:18 (4K)	20:53 (4k)
	11	1998	20:16 (4k)	20:37 (4k)	21:16 (4k)	20:40 (4k)	20:22 (4k)
Nikki Carlson	11	1999	*20:37 (4k)	20:02 (4k)	19:15 (4K)	19:09 (4K)	19:37 (4k)
	10	1998	19:19 (4k)	19:47 (4k)	19:25 (4k)	19:52 (4k)	20:15 (4k)
	9	1997	20:49 (4K)		20:24 (4K)	19:42 (4K)	18:29 (4K)
	8	1996	11:23 (2.5 K)	12:57 (2.5K)	9:29 (2 K)	8:58 (2K)	7:19 (1.6K)
	7	1995	9:59 (2 K)	12:49 (2.6K)		8:51 (2K)	7:19 (1.6K)
Kim Connaker	11	1999	*20:02 (4k)	19:37 (4k)	18:48 (4K)	19:52 (4K)	19:31 (4k)
	10	1998	18:49 (4k)	19:36 (4k)	18:24 (4k)	18:33 (4k)	
	9	1997	20:55 (4 K)		21:19 (4K)	19:24 (4K)	19:09 (4K)
Jamie Johnson	11	1999	*22:25 (4k)		19:43 (4K)	19:44 (4K)	20:51 (4k)
	10	1998		21:11 (4k)		21:05 (4k)	19:45 (4k)
	9	1997	20:54 (4K)		22:12 (4K)		19:54 (4K)
	8	1996	11:32 (2.5K)	13:05 (2.5K)	9:30 (2K)	9:02 (2K)	7:23 (1.6K)
	7	1995		14:04 (2.6K)	9:26 (2K)		
Christina Mosher	11	1999	*24:14 (4k)	25:25 (4k)	20:28 (4K)	22:23 (4K)	20:02 (4k)
Miki Anderson	10	1999	DNF	19:40 (4k)	19:05 (4k)	19:21 (4k)	19:42 (4k)
	9	1998					19:47 (4k)
Jaime Kozisek	10	1999	*21:18 (4k)	20:00 (4k)	18:52 (4K)	18:41 (4K)	19:03 (4k)
	9	1998	19:03 (4k)	19:07 (4k)	19:14 (4k)	DNF	19:18 (4k)
	8	1997	10:55 (2.5K)	11:39 (2.5K)	7:50 (2K)	8:38 (2K)	6:52 (1.6K)
	7	1996	11:28 (2.5K)	12:19 (2.5K)	9:00 (2K)	9:01 (2K)	7:15 (1.6K)
Rebecca Craighead	10	1999	*20:43 (4k)	20:08 (4k)	19:00 (4K)	18:49 (4K)	19:45 (4k)
	9	1998			22:47 (4k)	24:50 (4k)	19:41 (3.5l)
Nikki Plasek	10	1999		22:09 (4k)	19:55 (4K)	20:27 (4K)	20:08 (4k)
	9	1998			DNF	25:34 (4k)	19:38 (3.5k)
Heidi Larsen	9	1999					19:04 (4k)
	8	1998	19:03 (4k)		8:28 (2k)	19:26 (4k)	6:30 (1.6k)
	7	1997	10:56 (2.5K)	11:39 (2.5K)	7:25 (2K)	8:15 (2K)	6:52 (1.6K)
Tessa Korf	8	1999	*14:29(2.5k)	DNF	9:34 (2K)	9:45 (2K)	7:12 (1.6k)
	7	1998	13:27 (2.5k)	14:04 (2.5k)		10:17 (2k)	7:34 (1.6k)
Meleia Johnson	8	1999	*11:32 (2,5k)	11:26 (2.5 k)	8:35 (2K)	8:40 (2K)	18:55 (4k)
	7	1998	10:34 (2.5k)	11:18 (2.5k)	8:35 (2k)	8:23 (2k)	6:33 (1.6k)
Julianna Wirth	8	1999	*13:17 (2.5k)	13:08 (2.5 k)	9:37 (2K)	9:47 (2K)	7:12 (4k)
	7	1998	12:23 (2.5k)	13:17 (2.5k)	9:13 (2k)	9:51 (2k)	7:25 (1.6k)
Jenna Fore	7	1999	*11:59 (2.5k)	12:17 (2.5 k)	8:58 (2K)	8:58 (2K)	6:57 (1.6k)
* new course							

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	gr	year	Milaca	Grantsburg	Cambridge	Pine City	Rush City
John Hansen	12	1999	*23:53 (5k)	23:22 (5k)	22:41 (5K)	22:09 (5K)	22:45 (5k)
	11	1998					
	10	1997	23:39 (5k)	23:42 (5k)	22:44 (5k)	22:29 (5k)	23:26 (5k)
	9	1996	22:04 (5k)	22:41 (5k)	22:07 (5k)	22:14 (5k)	17:06 (4k)
	8	1995	13:28 (3k)	12:09 (2.6k)	7:28 (2k)	7:44 (2k)	5:59 (1.6k)
Tyler Bestick	11	1999	*23:56 (5k)	24:05 (5k)	21:42 (5K)	22:08 (5K)	22:46 (5k)
Ryan Hammill	11	1999	*19:09 (5k)	19:14 (5k)	17:55 (5K)	18:18 (5K)	19:21 (5k)
	10	1998	20:08 (5K)	19:12 (5K)	18:20 (5k)	19:47 (5k)	DNF - injury
Jeremy Lee	11	1999	*20:49 (5k)	22:26 (5k)	18:48 (5K)	19:09 (5K)	20:14 (5k)
	10	1998	21:07 (5K)	21:23 (5k)	20:28 (5k)	21:56 (5k)	20:23 (5k)
Jason Oare	11	1999	*20:17 (5k)	20:36 (5k)	DNF-injury	18:58 (5K)	DNF-injury
	10	1998	20:05 (5K)	20:45 (5k)	19:01 (5k)	20:20 (5k)	19:36 (5k)
	9	1997	22:46 (5K)	20:58 (5K)	16:17 (4K)	20:01 (5K)	15:16 (4K)
Josh Wirth	10	1999	*25:24 (5k)	25:25 (5k)	injury	22:43 (5K)	23:47 (5k)
	9	1998		25:30 (5k)	19:15 (4k)	25:16 (5k)	18:54 (4k)
Mike Defenbaugh	9	1999	*24:48 (5k)	25:40 (5k)	21:26 (5K)	22:09 (5K)	22:27 (5k)
Karl Greden	9	1999	*26:24 (5k)	27:17 (5K)	18:33 (4K)	23:23 (5K)	24:26 (5k)
	8	1998	12:28 (2.5K)	11:35 (2.5K)	9:10 (2k)	8:59 (2k)	6:46 (1.6K)
Trent Laugerman	9	1999	*23:44 (5k)	26:30 (5K)	21:30 (5K)	21:53 (5K)	injury
	8	1998	11:09 (2.5K)	11:59 (5K)	8:32 (2K)	8:51 (2K)	6:43 (1.6K)
Seth Peterson	9	1999		22:27 (5K)	16:34 (4K)		18:02 (4k)
Matt Brandl	8	1999		14:24 (2.5k)	9:05 (2K)	8:54 (2K)	7:19 (1.6K)
	7	1998	13:10 (2.5K)	12:34 (2.5k)			7:00 (1.6K)
Daniel Branzovsky	8	1999	*11:35 (2.5k)	11:13 (2.5k)	8:49 (2K)	8:36 (2K)	6:49 (1.6k)
	7	1998	10:19 (2.5K)		8:50 (2K)	8:45 (2K)	6:58 (1.6K)
Jared Clementson	8	1999	*9:21 (2.5k)	9:53 (2.5k)	7:05 (2K)	6:59 (2K)	20:34 (5k)
	7	1998	9:42 (2.5k)	10:27 (2.5k)	7:55 (2K)	7:59 (2K)	5:55 (1.6K)
David Hansen	8	1999	11:29 (2.5k)	11:25 (2.5k)	8:47 (2K)	8:26 (2K)	6:47 (1.6k)
Adam Lee	8	1999	13:46 (2.5k)	13:29 (2.5k)	8:56 (2K)	8:44 (2K)	6:54 (1.6k)
Cary Wimmer	8	1999	11:52 (2.5k)	11:06 (2.5k)			
Bill Menigo	7	1999	14:35 (2.5k)		10:39 (2K)	10:37 (2K)	8:10 (1.6k)
Oliver Rauschnot	7	1999	11:49 (2.5k)	11:18 (2.5k)	8:32 (2K)	8:24 (2K)	6:49 (1.6k)

* new course



CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Princeton	Chs Lks	N Branch	Conference	Mora	Subsection	Section	PB - Ave
*21:24 (5k)	*22:29 (5k)	22:18 (5k)	Mil-22:10 (5k)		Mil-21:37 (5k)		21:24 - 22:27
22:56 (5k)		23:08 (5k)	CL-25:06 (5k)				22:56 - 23:43
	23:12 (5k)		SR-21:46	24:11 (5k)			21:46 - 23:13
	13:19 (3.2K)		Pr-21:40	22:21 (5k)			21:40 - 22:23
	7:58 (2k)		PC - 8:12 (2k)	7:53 (2k)			7:28 (2k)
21:14 (5k)	21:46 (5k)	20:52 (5k)	20:22 (5k)		20:25 (5k)	Bec-19:58	19:58 - 21:45
*17:39 (5k)	*19:07 (5k)	18:22 (5k)	Mil-17:36 (5k)		18:07 (5k)	Bec- 17:43	17:36 - 18:25
13:34 (4k)	18:25 (5k)	18:22 (5k)	CL-19:03 (5k)	18:12 (5k)		CI-18:00(5k)	18:00 - 18:50
*18:38 (5k)	*19:14 (5k)	18:22 (5k)	Mil-18:10 (5k)		Mil-18:07	Bec-18:10	18:10 - 18:55
14:51 (4k)	20:14 (5k)	19:18 (5k)	CL-20:41 (5k)	19:35 (5k)		CI-19:37 (5k)	19:18 - 20:28
*18:49 (5k)	*19:14 (5k)	18:43 (5k)	Mil-20:02 (5k)		Mil-19:28 (5k)	Bec-18:41	18:41 - 19:25
14:16 (4k)	*19:17 (5k)	18:36 (5k)	CL-19:21 (5k)	18:43 (5k)		CI - DNF	18:36 - 19:32
19:28 (5K)	20:36 (5K)		SR-19:51 (5K)	19:11 (5K)			19:11 - 20:27
*21:39 (5k)	*22:44 (5k)	21:20 (5k)	Mil-20:58 (5k)		Mil-21:07 (5k)		20:58 - 22:47
17:29 (4k)	19:00 (4k)	23:17 (5k)	CL-23:19 (5k)	23:04 (5k)			23:04 - 23:56
16:27 (4k)	22:12 (5k)	20:40 (5k)	Mil-20:03 (5k)		Mil-20:24 (5k)	Bec-19:56	19:56 - 21:59
17:41 (4k)	23:09 (5k)	21:10 (5k)	Mil-21:20 (5k)		Mil-22:07 (5k)		21:10 - 23:40
12:13 (2.72k)	8:35 (2k)	8:26 (2k)	CL-8:46 (2k)	11:05 (2.5k)			8:26 (2k)
16:19 (4k)	21:23 (5k)	20:44 (5k)	Mil-20:18 (5k)		Mil-20:28 (5k)		20:18 - 22:04
10:57 (2.72k)	8:09 (2k)	8:20 (2k)	CL-8:10 (2k)	10:16 (2.5K)			8:10 (2k)
injury	20:16 (5k)	19:35 (5k)	Mil-19:50 (5k)		Mil-19:36 (5k)	Bec-19:34	19:34 - 20:13
14:27 (3.2k)	8:53 (2k)	8:12 (2k)	Mil-10:18 (2.5k)		Mil-14:37(3.2k)		8:12 (2k)
	9:16 (2k)	8:47 (2k)	CL-9:03 (2k)	11:35 (2.5k)			8:47 (2k)
14:32 (3.2k)	8:36 (2k)	8:26 (2k)	Mil-10:12 (2.5k)		Mil-14:36 (3.2k)		8:26 (2k)
7:30 (1+)	8:48 (2k)		CL-8:21 (2k)	10:13 (2.5k)			8:21 (2k)
11:37 (3.2k)	19:14 (5k)	18:36 (5k)	Mil-18:23 (5k)		Mil-18:44 (5k)	Bec-18:26 (5k)	18:23 - 18:59
9:18 (2.72k)	7:37 (2k)	7:15 (2k)	CL-7:34 (2k)	9:29 (2.5k)			7:15 (2k)
13:59 (3.2k)	8:42 (2k)	8:03 (2k)	Mil-9:45 (2.5k)		Mil-13:56 (3.2k)		8:03 (2k)
14:09 (3.2k)	8:57 (2k)	8:27 (2k)	Mil-10:10 (2.5k)		Mil-14:38 (3.2k)		8:27 (2k)
14:00 (3.2k)							
16:55 (3.2k)	10:09 (2k)	9:51 (2k)	Mil-12:00 (2.5k)		Mil-16:54 (3.2k)		9:51 (2k)
14:35 (3.2k)	8:44 (2k)	8:12 (2k)	Mil-10:21 (2.5k)		Mil-13:50 (3.2k)		8:12 (2k)



AVERAGE MILE TIMES AT MEETS - 1999

	Grantsburg	Milaca	Pine City	Cambridge	Rush City	Princeton
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
John Hansen	7:31	7:41	7:07	7:18	7:19	6:53
Tyler Bestick	7:45	7:42	7:07	6:59	7:19	6:50
Ryan Hammill	6:11	6:09	5:53	5:46	6:13	5:41
Jeremy Lee	7:13	6:42	6:09	6:02	6:30	5:59
Jason Oare	6:37	6:31	6:06	DNF	DNF	6:03
Josh Wirth	8:10	8:10	7:18		7:39	6:58
Mike Defenbaugh	8:15	7:58	7:07	6:54	7:13	(4k) 6:35
Karl Greden	8:46	8:29	7:31	(4K) 7:25	7:51	(4k) 7:04
Trent Laugerman	8:31	7:38	7:02	6:55		(4k) 6:32
Seth Peterson	7:13			(4K) 6:38	(4k) 7:13	
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m
Matt Brandl	9:36		7:07	7:16	7:19	7:14
Daniel Branzovsky	7:29	7:43	6:53	7:03	6:49	7:16
Jared Clementson	6:35	6:14	5:35	5:40	(5k) 6:37	5:48
David Hansen	7:37	7:39	6:45	7:02	6:47	6:59
Adam Lee	8:59	9:11	6:59	7:09	6:54	7:05
Cary Wimmer	7:24	7:55				6:59
Bill Menigo		9:43	8:30	8:31	8:10	8:27
Oliver Rauschnot	7:32	7:53	6:37	6:50	6:49	7:17
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jenelle Stahlke	DNF	9:50	8:07	8:13	8:21	7:59
Nikki Carlson	8:01	8:15	7:40	7:42	7:51	7:22
Kim Connaker	7:51	8:01	7:33	7:31	7:48	7:03
Jamie Johnson		8:58	7:54	7:53	7:53	7:44
Christina Mosher	10:10	9:42	8:57	8:11	8:00	8:02
Miki Anderson	7:52	DNF	7:47	7:38	7:53	7:29
Rebecca Craighead	8:03	8:17	7:32	7:36	7:54	
Jaime Kozisek	8:00	8:31	7:28	7:33	7:37	7:16
Nikki Plasek	8:52		8:11	7:58	8:03	
Heidi Larsen					7:37	
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m
Tessa Korf		9:39	7:48	7:39	7:12	?
Meleia Johnson	7:37	7:41	6:56	6:52	(4k) 7:34	?
Julianna Wirth	8:45	8:51	7:50	7:42	7:12	?
Jenna Fore	8:11	7:59	7:10	7:10	6:57	7:08

AVERAGE MILE TIMES AT MEETS - 1999

Ch lks	N. Branch	RRC @ Millaca	Sub Section	Section	Average	PB - 99
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
7:14	7:10	7:07	6:57		7:14	6:53
7:00	6:42	6:32	6:34	6:25	7:00	6:25
5:49	5:44	5:40	5:50	5:42	5:53	5:40
6:09	5:54	5:50	5:47	5:50	6:11	5:50
6:11	6:01	6:26	6:16	6:00	6:15	6:00
7:18	6:52	6:45	6:47		7:20	6:45
7:08	6:39	6:27	6:34	6:24	7:01	6:24
7:26	6:48	6:52	7:07		7:32	6:48
6:52	6:40	6:32	6:35		7:01	6:32
6:31	6:18	6:23	6:18	6:17	6:36	6:17
2000 m	2000 m	2500 m	3230 m			2000 m
7:06	6:34	6:52	7:19		7:23	6:34
6:53	6:45	6:48	7:18		7:06	6:45
(5k) 6:11	(5k) 5:59	(5k) 5:55	(5k) 6:01		(5k) 6:07	(5k) 5:55
6:58	6:26	6:30	6:58		6:58	6:26
7:10	6:46	6:47	7:19		7:16	6:46
8:07	7:53	8:00	8:27		8:25	7:53
6:59	6:34	6:54	6:55		7:02	6:34
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
8:09		7:48	7:47		8:17	7:47
7:50	7:24	7:06	7:00	7:08	7:34	7:00
7:19	7:06	7:24	7:17	6:48	7:26	6:48
7:42	7:41	7:24	7:26		7:51	7:24
8:22	8:03	8:09	7:52		8:33	7:52
7:48	7:09	7:15	7:17	7:15	7:31	7:09
	7:34	7:18	7:21	7:11	7:40	7:11
7:20	7:09	7:31	7:15	7:06	7:31	7:06
8:00	7:51	7:44	7:40		8:02	7:40
7:20	7:06	7:05	6:57	6:48	7:09	6:48
2000 m	2000 m	2500 m	3230 m			2000 m
7:38		7:19	7:47		7:52	7:38
(4k) 7:20	(4k) 7:09	(4k) 7:08	(4k) 7:12	6:56	(4k) 7:13	(4k) 6:56
7:40	7:13	7:25	7:48		7:50	7:12
7:00	6:40	7:05	7:15		7:15	6:40

TEAM POSITIONS AT MEETS - 1999

	Grantsburg	Milaca	Pine City	Cambridge	Rush City	Princeton
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
John Hansen	5	4	6	6	5	5
Tyler Bestick	6	5	5	5	6	4
Ryan Hammill	1	1	1	1	1	1
Jeremy Lee	3	3	3	2	2	2
Jason Oare	2	2	2			3
Josh Wirth	7	8	8		7	6
Mike Defenbaugh	8	7	7	3	4	4000 m - 2
Karl Greden	10	9	9	4000 m - 2	8	4000 m - 3
Trent Laugerman	9	6	4	4		4000 m - 1
Seth Peterson	4			4000 m - 1	4000 m - 1	
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m
Matt Brandl	7		6	6	5	5
Daniel Branzov	3	3	4	4	3	6
Jared Clements	1	1	1	1	5000 m - 3	1
David Hansen	5	2	3	3	1	2
Adam Lee	6	6	5	5	4	4
Cary Wimmer	2	5				3
Bill Menigo		7	7	7	6	8
Oliver Rauschn	4	4	2	2	2	7
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jenelle Stahlke		7	7	9	11	6
Nikki Carlson	4	2	4	5	5	3
Kim Connaker	1	1	3	1	4	1
Jamie Johnson		5	6	6	10	5
Christian Mosh	7	6	9	8	8	7
Miki Anderson	2		5	4	6	4
Rebecca Craigh	5	3	2	3	7	
Jaime Kozisek	3	4	1	2	2	2
Nikki Plasek	6		8	7	9	
Heidi Larsen					3	
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m
Tessa Korf		4	3	3	3	4
Meleia Johnson	1	1	1	1	4000 m - 1	1
Julianna Wirth	3	3	4	4	2	3
Jenna Fore	2	2	2	2	1	2

TEAM POSITIONS AT MEETS - 1999

Ch lks	N. Branch	RRC	Sub Section	Section	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
9	11	11	10		7.2
7	8	8	7	7	6.2
1	1	1	1	1	1
2	2	2	2	2	2.3
3	4	5	4	4	3.2
10	10	9	9		8.2
8	6	6	6	6	6.1
11	9	10	11		9.6
6	7	7	8		6.3
5	5	4	5	5	4.7
2000 m	2000 m	2500 m	3230 m		
3	3	4	4		4.8
1	4	3	3		3.4
5000 m - 4	5000 m - 3	5000 m - 3	5000 m - 3	3 5000 m	3.2
2	1	1	2		2.2
4	5	2	5		4.6
7th gr - 2	6	5	6		6.5
7th gr - 1	8	6	1		4
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
9		10	10		8.6
7	6	2	2	5	4.1
1	2	7	5	1	2.5
5	8	6	8		6.6
10	10	11	11		8.7
6	3	4	6	7	4.7
	4	5	7	6	4.7
3	7	8	4	4	3.6
8	9	9	9		8.1
2	1	1	1	2	1.6
2000 m	2000 m	2500 m	3230 m		
1		2	2		2.8
4000 m - 4	4000 m - 5	4000 m - 3	4000 m - 3	3 4000 m	3.2
2	2	3	3		2.9
7th gr - 1	1	1	1		1.6

PLACE FINISHES AT MEETS - 1999

	Grantsburg	Milaca	Pine City	Cambridge	Rush City	Princeton	Chisago Lks
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
John Hansen	45	84	59	70	30	226	50
Tyler Bestick	49	86	58	59	31	222	48
Ryan Hammill	3	8	4	11	9	31	9
Jeremy Lee	20	41	18	20	16	96	19
Jason Oare	11	29	16	DNF	DNF	117	21
Josh Wirth	56	94	62		7 jv	228	22 jv
Mike Defenbaugh	60	40 jv	6 jv		56	28	4000 m - 10320 jv
Karl Greden	68	45 jv	16 jv	4000 m - 26	10 jv		4000 m - 16825 jv
Trent Laugerman	64	30 jv		57	58		4000 m - 92 17 jv
Seth Peterson	33			4000 m - 11	4000 m - 1		7 jv
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m	2000 m
Matt Brandl	37		27		68	16	141 13
Daniel Branzovsky	11	36	22		53	12	145 9
Jared Clementson	2	1	1		1 2 jv		4 5000 m - 22
David Hansen	16	34	20		50	10	107 10
Adam Lee	33	53	24		58	14	124 15
Cary Wimmer	10	41					113
Bill Menigo		58	37		84	21	167 - 7th gr 7th gr - 16
Oliver Rauschnot	13	37	18		38	11	107 - 7th gr 7th gr - 6
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jenelle Stahlke		11 jv	43		43 6 jv		199 4 jv
Nikki Carlson	12	37	27		32	8	145 30
Kim Connaker	8	31	23		22	7	105 15
Jamie Johnson		5 jv	38		37 4 jv		184 2 jv
Christina Mosher	39	10 jv	15 jv	41 jv	2 jv		203 6 jv
Miki Anderson	9	dnf	31		30	10	34 - 10th gr 27
Rebecca Craighead	13	38	22		27	11	
Jaime Kozisek	11	50	20		24	3	24 - 10th gr 18
Nikki Plasek	27		9 jv	34 jv	3 jv		3 jv
Heidi Larsen		dnf				4	17
	2500 m	2500 m	2000 m	2000 m	1600 m	3230 m	2000 m
Tessa Korf		31	14		29	5	115 7
Meleia Johnson	2	4	1		7 1 jv		29 4000 m - 19
Julianna Wirth	7	23	15		33	4	89 8
Jenna Fore	5	12 (2nd-7th)	3 (2nd-2th gr)		16	1	15 - 7th gr 7th gr - 2

PLACE FINISHES AT MEETS - 1999

N. Branch	RRC	Sub Section	Section	Average	
5000 m	5000 m	5000 m	5000 m		
	38:20 jv	40 jv		75.25	
	34:13 jv	24 jv	54	71.2	
	5	3	13	11	9.7
	8	15	19	18	26.4
	16	40	32	31	34.8
15 jv	17 jv	32 jv			110
11 jv		41	42	53	46.7
14 jv	18 kv	42 jv			68
12 jv		44	43		53.2
	24	35	34	49	35
2000 m	2500 m	3230 m			
	9	18	26		39.4
	12	16	25		34.1
5000 m - 14	5000 m - 16	5000 m - 22	24	5000 m - 19	
	6	7	18		27.8
	13	14	27		37.5
	23	32	39		42
	8	20	17		20.25
4000 m	4000 m	4000 m	4000 m	4000 m	
	5 jv	13 jv			95
	21	14	24	39	35.4
	16	21	29	25	27.5
6 jv	1 jv	3 jv			86.3
8 jv	7 jv	14 jv			121
	17	18	30	45	24.1
	24	19	33	42	25.4
	18	23	28	38	23.3
7 jv	4 jv	9 jv			27
	14	13	21	26	15.8
2000 m	2500 m	3230 m			
		5	11		27.125
4000 m - 19	4000 m - 15	4000 m - 27	33	4000 m - 22	
	6	8	12		20.5
	1	2	3		4.7