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2000

The Year in Review

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T R A C K

Y



*WHATEVER
YOUR
GOALS
MAY BE,
WORK
AT THEM
EVERY
DAY.*

**GOLD BATON INDOOR TRACK MEET
NATIONAL SPORTS CENTER - BLAINE
Saturday, March 25, 2000
Pine City Girls' Results**

3200 m Run			Shot Put	1. Miki Anderson	26' 11"	5th PB
				2. Gena Brackenbury	21' 1"	
55 m Hurdles	1. Lena Filler	10.93	7th			
	2. Jaime Kozisek	10.22	2nd PB			
	3. Angie Filler	10.84	6th PB	Long Jump	1. Susan Johnson	13' 2" 5th
					2. Angie Filler	
55 m Dash	1. Katie Meyer	8.60	7th		3. Leanne Haugrud	
	2. Kayla Johnson	8.67	10th			
				Pole Vault	1. Susan Johnson	7' 6" 1st
4 x 800 m Relay	1. Kim Connaker	2:53.7				
	2. Miki Anderson	2:41.7	PB	Triple Jump	1. Katie Meyer	29' 5" 4th
	3. Katie Splett	2:56.5				
	4. Lena Filler	<u>2:45.5</u>				
		11:31.61	2nd			
				High Jump		
1600 m Run	1. Nikki Plasek	7:03.61	10th			
	(1:25, 1:49, 2:00, 1:48)					
				4 x 400 m Relay	1. Kim Connaker	1:12.0
4 x 200 m Relay	1. Katie Meyer	32.1			2. Miki Anderson	1:09.6 PB
	2. Leanne Haugrud	32.2			3. Lena Filler	1:11.4
	3. Gena Brackenbury	36.5			4. Susan Johnson	<u>1:10.2</u>
	4. Kayla Johnson	<u>29.6</u>				4:43.50 3rd
		2:10.35	4th			
400 m Dash	1. Susan Johnson	1:10.20	5th			
600 m Run	1. Jenny Weinholzer	2:09.13	6th			
	2. Nikki Plasek	2:07.86	4th			
Sprint Medley Relay (400-200-200-800)	1. Angie Filler	1:13.3	PB			
	2. Katie Meyer	31.5				
	3. Leanne Haugrud	32.7				
	4. Jaime Kozisek	<u>3:01.1</u>				
	.	5:18.44	3rd			
800 m Run	1. Miki Anderson	(79.6,85.8)	2:45.50	2nd PB		
	2. Kim Connaker		DNR			
	3. Katie Splett	(85.9, 92.3)	2:58.28	7th		
200 m Dash	1. Kayla Johnson	31.10	7th			
	2. Gena Brackenbury	36.39				

PARTICIPATING SCHOOLS
Braham
Edina
Foley
Mpls North
Mpls Southwest
Pine City

**GOLD BATON INDOOR TRACK MEET
NATIONAL SPORTS CENTER - BLAINE
Saturday, March 25, 2000
Pine City Boys' Results**

55 m Hurdles		Shot Put	1. Mike Rydberg	46' 8" 1st PB
			****NEW SCHOOL RECORD****	
			3. Patrick Bombard	30' 11.5"
4 x 800 m Relay	1. Jeremy Lee	2:13.7	Long Jump	1. Josh Wirth
	2. Peter Johnson	2:16.1		15' 10" 9th
	3. Jason Oare	2:11.7 PB		2. Matt Wirth
	4. Ryan Hammill	<u>2:10.6</u> PB		14' 8"
		8:52.18 2nd	Triple Jump	1. Peter Johnson
				35' 0" 6th
				2. Karl Greden
				27' 8" 10th
55 m Dash	1. Mike Rydberg	7.90		3. Jason Oare
				31' 5" 8th
1600 m Run	1. Jared Clementson	5:33.66		
	(74, 88, 108, 73)		High Jump	1. Matt Wirth
	2. Karl Greden	6:20.70		
	(82, 106, 113, 89)		Pole Vault	
	3. David Johnson	5:58.79		
	(75, 94, 108, 81)			
4 x 200 m Relay	1. Levi Williams	25.9		
	2. Mike Rydberg	27.6		
	3. Peter Johnson	25.6		
	4. Jason Oare	<u>25.0</u>		
		1:44.15 5th		
400 m Dash	1. Shawn Moncrief	1:35.29	4 x 400 m Relay	1. Jeremy Lee
				58.1 PB
				2. Peter Johnson
				58.0 PB
600 m Run	1. David Johnson	1:54.27	7th	3. Jason Oare
				56.1
				4. Ryan Hammill
				<u>55.6</u> PB
				3:47.77 3rd
Sprint Medley Relay (400-200-200-800)	1. Josh Wirth		DNR	
	2. Matt Wirth			
	3. Levi Williams			
	4. Jared Clementson			
800 m Run	1. Ryan Hammill	(63.6,67.5)	2:11.17	2nd
	2. Jeremy Lee	(67.5, 67.7)	2:15.22	3rd
200 m Dash	1. Levi Williams	25.27	4th	
	2. Josh Wirth	28.25		
3200 m Run				

PARTICIPATING SCHOOLS:
Edina
Braham
Foley
Mpls North
Mpls Southwest
Pine City

**RUM RIVER CONFERENCE INDOOR TRACK AND FIELD MEET
SATURDAY, APRIL 1, 200
PINE CITY GIRL'S RESULTS**

55 M DASH: (Exhibition)	SHOT	1. Melissa Thieman	28' 1"	7th PB
		2. Rebecca Overson	24' 11.5"	
		3. Miki Anderson	28' 4"	5th PB
55 M DASH	1. Katie Meyer	8.1	BTY	
	2. Kayla Johnson	8.4	PB	
	3. Cassie Milligan	8.8		
4 x 800 M RELAY:	1. Nikki Plasek	2:59.5	HIGH JUMP	
	2. Rebecca Craighead	3:00.9		
	3. Katie Splett	2:59.2	LONG JUMP	1. Leanne Haugrud 13' 2.5" 7th PB
	4. Miki Anderson	<u>2:44.3</u>		
		11:45.0	3rd	
3200 M RUN:			TRIPLE JUMP	1. Katie Meyer
55 M HURDLES:	1. Jaime Kozisek	10.3	3rd	
			POLE VAULT	1. Jessica Ammann 7' 9" 3rd
4 x 200 M RELAY:	1. Kayla Johnson	30.7		
	2. Leanne Haugrud	31.9	BTY	
	3. Rebecca Overson	30.6		
	4. Cassie Milligan	<u>32.2</u>		
		2:05.2	4th	BTY
1600 METER RUN:	1. Nikki Plasek	6:47.9	PB	<u>TEAM RESULTS:</u>
	(1:27, 1:44, 1:55, 1:41)			1. CHISAGO LKS 127
4 x 100 METER RELAY:	1. Katie Meyer	15.2		2. PRINCETON 112
	2. Leanne Haugrud	14.5		3. SAUK RAPIDS 89
	3. Rebecca Overson	14.0		4. MILACA 80.5
	4. Kayla Johnson	<u>14.5</u>		5. NORTH BRANCH 72
		58.2	5th	6. PINE CITY 43
				7. MORA 38.5
				8. FOLEY 21
400 METER DASH:	1. Cassie Milligan	1:13.4		
800 METER RUN:	1. Miki Anderson	(75, 85)	2:40.2	3rd PB
	2. Rebecca Craighead	(81, 89)	2:51.5	
	3. Katie Splett	(82, 96)	2:58.3	
200 METER DASH:	1. Katie Meyer	30.7		
	2. Rebecca Overson	31.6		
	3. Gena Brackenbury	35.5	PB	
4 x 400 METER RELAY	1. Leanne Haugrud	1:15.5		
	2. Nikki Plasek	1:20.3		
	3. Jaime Kozisek	1:13.8		
	4. Miki Anderson	<u>1:08.5</u>	PB	
		4:59.0	7th	

**RUM RIVER CONFERENCE INDOOR TRACK AND FIELD MEET
SATURDAY, APRIL 1, 2000
PINE CITY BOYS' RESULTS**

55 METER DASH: (Exhibition)	SHOT PUT	1. Mike Rydberg 47' 6" 3rd PB ****NEW SCHOOL RECORD**** 2. Ben Mettling 38' 4.5" PB 3. Derrick Odegard 37' 1.5" PB
55 METER DASH:	1. Travis Schwarz 7.0 7th	LONG JUMP
	2. Nate Thieman 7.0 6th	1. Josh Wirth 14' 11"
	3. Mike Rydberg 7.7 PB	2. Matt Wirth 15' 7.5" BTY
4 x 800 METER RELAY:	HIGH JUMP	1. Travis Schwarz 5' 10" 7th 2. Matt Wirth DNJ
3200 METER RUN:	POLE VAULT	1. Nate Thieman 12' 0" PB tie
55 METER HURDLES:	TRIPLE JUMP	1. Peter Johnson
4 x 200 METER RELAY:	1. John Hansen 26.1	<u>TEAM RESULTS:</u>
	2. Travis Schwarz 29.3	1. SAUK RAPIDS 178
	3. Peter Johnson 24.5 PB	2. CHISAGO LKS 99
	4. Andy Wirth <u>25.6</u>	3. PRINCETON 89.5
	1:45.5 DQ	4. MILACA 61
1600 METER RUN:	1. Ryan Hammill 4:57.4 2nd	5. NORTH BRANCH 55.5
	2. Jared Clementson 5:14.6 5th PB	6. PINE CITY 49.5
		7. FOLEY 45.5
4 X 100 METER RELAY:	1. Nate Thieman 13.4	8. MORA 23
	2. Josh Wirth 13.0	
	3. Travis Schwartz 11.4 PB	
	4. Peter Johnson <u>12.2</u>	
	49.7 5th	
400 METER DASH:	1. Andy Wirth 58.6 8th	
	2. Josh Wirth DNR	
800 METER RUN:	1. Ryan Hammill (63,72) 2:15.5 6th	
	2. Jared Clementson (67, 77) 2:24.0 8th PB	
	3. Mike Stahlke (74, 81) 2:35.4	
200 METER DASH:	1. John Hansen 25.3 8th	
	2. Peter Johnson 25.2 6th	
4 x 400 METER RELAY:	1. John Hansen 61.5	
	2. Ben Mettling 59.5 PB	
	3. Andy Wirth 59.1	
	4. Ryan Hammill <u>58.8</u>	
	3:58.9 6th	

RUM RIVER CONFERENCE INDOOR TRACK AND FIELD MEET

RUSH CITY INVITATIONAL
Thursday, April 6, 2000 - cold, windy
Pine City Girls' Results

4 x 800 m Relay	1. Lyndsay Mettling	2:47.2	3200 m Run		
	2. Rebecca Craighead	2:56.0	4 x 400 m Relay	1. Kim Connaker	1:12.9
	3. Katie Splett	2:56.9		2. Lena Filler	1:11.2
	4. Kim Connaker	<u>2:50.0</u> BTY		3. Miki Anderson	1:10.9
		11:30.1 3rd		4. Susan Johnson	<u>1:11.6</u>
					2nd 4:46.4
100 m hurdles	1. Jaime Kozisek	18.7	4th		
	2. Lena Filler	18.9	5th		
				High Jump	1. Kati Ovik 4' 6" 5th
100 m Dash	1. Katie Meyer	14.6			
	2. Rebecca Overson	14.6			
	3. Amy Hambly	15.1	PB		
				Triple Jump	1. Katie Meyer 30' 3" 1st BTY
4 x 200 m Relay	1. Christina Mosher	32.8			
	2. Leanne Haugrud	32.5		Pole Vault	1. Susan Johnson 7' 6" 1st
	3. Lezlie Ballis	32.6			2. Jessica Ammann 7' 6" 2nd
	4. Kati Ovik	<u>30.6</u>			
		2:09.4	3rd		
1600 m Run	1. Miki Anderson	6:15.2	3rd	Discus	1. Melissa Thieman 67' 11.5"
	(1:23, 1:34, 1:38, 1:39)				2. Lyndsay Mettling 68' 7"
	2. Nikki Plasek	6:33.9	5th PB		
	(1:28, 1:43, 1:46, 1:35)				
	3. Nikki Carlson	6:51.1			
	(1:33, 1:45, 1:50, 1:43)				
4 x 100 m Relay	1. Katie Meyer	14.3			
	2. Kayla Johnson	15.3		Shot Put	1. Miki Anderson 27' 1.25" 3rd
	3. Kati Ovik	14.0			2. Melissa Thieman 25' 1.25" 5th
	4. Rebecca Overson	<u>14.3</u>			3. Gena Brackenbury 20' 3"
		57.5	4th BTY		
				Long Jump	1. Susan Johnson 13' 9" 4th BTY
400 m Dash	1. Susan Johnson	1:09.9	3rd BTY		2. Leanne Haugrud 13' 3" PB
	2. Cassie Milligan	1:16.5			3. Amy Hambly 10' 3.5" PB
300 m Hurdles	1. Lena Filler	54.3	4th		
	2. Jaime Kozisek	57.3			
	3. Christina Mosher	57.3			
800 m Run	1. Miki Anderson	(1:22, 1:26)	2:48.8	1st	
	2. Kim Connaker	(1:23, 1:31)	2:54.0	5th	
	3. Rebecca Craighead	(1:25, 1:33)	2:58.6	6th	
200 m Dash	1. Katie Meyer	30.4			
	2. Kayla Johnson	30.2	6th		
	3. Gena Brackenbury	35.4	PB		

TEAM RESULTS:

1. HERMANTOWN	174
2. PINE CITY	102
OGILVIE	102
4. BRAHAM	75
5. BARNUM	42
6. RUSH CITY	35

RUSH CITY INVITATIONAL
Thursday, April 6, 2000 - cold, windy
Pine City Boys' Results

4 x 800 m Relay	1. Jared Clementson	2:22.0		High Jump	1. Travis Schwarz	6' 0"	1st BTY
	2. Mike Stahlke	2:31.2			2. Chris Wiener	?	
	3. David Johnson	2:34.2			3. Matt Wirth	?	
	4. Ryan Hammill	<u>2:15.6</u>					
		9:42.8	2nd	Triple Jump	1. Peter Johnson	33' 4"	5th
					2. Jason Oare	32' 8.5"	6th PB
110 m Hurdles							
				Long Jump	1. Matt Wirth	?	
100 m Dash	1. Travis Schwarz	12.3			2. Josh Wirth	?	
	2. Nate Thieman	12.2			3. Levi Williams	18' 3.5"	2nd
	3. Josh Wirth	13.2					
4 x 200 m Relay	1. Levi Williams	26.1		Pole Vault	1. Nate Thieman	11' 6"	1st
	2. Jason Oare	23.8	PB				
	3. Peter Johnson	25.0					
	4. Andy Wirth	<u>25.4</u>					
		1:40.4	1st BTY				
1600 m Run	1. Jeremy Lee	5:16.8	2nd	Shot Put	1. Mike Rydberg	46' 7.25"	1st
	(1:08, 1:25, 1:22, 1:21)				2. Ben Mettling	38' 3.25"	5th
	2. Jared Clementson	5:22.8	5th		3. Derrick Odegard	37' 10"	PB
	(1:12, 1:24, 1:26, 1:21)						
				Discus	1. Ben Mettling	131' 4.5"	1st PB
					2. Derrick Odegard	104' .5"	6th
					3. Mike Rydberg	125' 0"	3rd PB
4 x 100 m Relay	1. Nate Thieman	12.3					
	2. Levi William	12.7					
	3. Chris Wiener	11.2					
	4. Travis Schwarz	<u>11.9</u>					
		48.1	1st BTY				
400 m Dash	1. Jason Oare	55.8	1st PB				
				4 x 400 m Relay	1. Travis Schwarz	56.6	PB
					2. Andy Wirth	58.3	BTY
300 m Hurdles	1. Ben Mettling	50.9	6th		3. Levi Williams	56.0	
	2. Chris Wiener	48.6	3rd		4. Jason Oare	<u>57.0</u>	
						2nd BTY	3:47.3
800 m Run	1. Jeremy Lee	(69, 70)	2:19.6	3rd	<u>TEAM RESULTS:</u>		
	2. Mike Stahlke	(76, 84)	2:40.9		1. PINE CITY	143	
	3. David Johnson	(76, 81)	2:37.8		2. HERMANTOWN	122.5	
					3. BRAHAM	108.5	
200 m Dash	1. Peter Johnson	24.9	4th	PB	4. RUSH CITY	93	
					5. BARNUM	47	
					6. OGILVIE	33	
3200 m Run	1. Ryan Hammill	11:03.8	1st				
	(1:13, 1:24, 1:25, 1:27, 1:30, 1:30, 1:28, 1:06)						

GIRLS' TRACK TIGERAMA at RUSH CITY
THURSDAY, APRIL 13, 2000 - 3:45
warm, sunny, slight breeze
Pine City Girls Results

4 x 800 m Relay	1. Kim Connaker 2. Lyndsay Mettling 3. Miki Anderson 4. Lena Filler	2:42.1 BTY 2:44.9 BTY 2:43.7 <u>2:45.7</u>	10:56.3 1st BTY	Triple Jump	1. Katie Meyer 30' 11" 3rd BTY 2. Annie Dufresne 26'
100 m Hurdles	1. Jaime Kozisek 2. Leanne Haugrud 3. Christina Mosher	18.2 4th PB 19.4 21.1		High Jump	1. Kati Ovik 4' 10" 6th PB 2. Annie Dufresne 4' 6"
100 m Dash	1. Katie Meyer 2. Rebecca Overson 3. Amy Hambly	14.0 BTY 14.3 BTY 14.9 PB		Long Jump	1. Kati Ovik 12' 9" 2. Leanne Haugrud 13' 8" PB 3. Susan Johnson 15' 2.5" 4th PB
4 x 200 m Relay	1. Katie Meyer 2. Leanne Haugrud 3. Annie Dufresne 4. Katie Ovik	33.2 31.7 30.4 <u>30.7</u>	2:05.5 6th	Shot Put	1. Miki Anderson 26' 8" 2. Melissa Thieman 24' 10.5" 3. Lyndsay Mettling 27' 11" 6th PB
1600 m Run	1. Rebecca Craighead (1:26, 1:42, 1:43, 1:32) 2. Nikki Carlson	6:23.7 5th 6:31.3 BTY		Discus	1. Lyndsay Mettling 2. Melissa Thieman 60' 3. Abbey Carlson 65' 7" PB
4 x 100 m Relay	1. Katie Meyer 2. Leanne Haugrud 3. Rebecca Overson 4. Kati Ovik	14.6 15.3 14.4 <u>13.7</u>	58.0 DQ	Pole Vault	1. Susan Johnson 7' 6" 1st 2. Jessica Ammann 7' 0" 2nd 3. Lena Filler 6' 0" 5th
400 m Dash	1. Susan Johnson 2. Cassie Milligan 3. Jenny Weinholzer	1:06.4 2nd BTY 1:12.7 PB 1:14.8		3200 m Run	
300 m Hurdles	1. Lena Filler 2. Jaime Kozisek 3. Christina Mosher	54.1 2nd BTY 58.9 56.4 6th BTY		4 x 400 m Relay	1. Kim Connaker 1:10.2 BTY 2. Annie Dufresne 1:09.2 3. Miki Anderson 1:06.8 PB 4. Susan Johnson <u>1:06.9 BTY</u> 4:33.1 2nd BTY
800 m Run	1. Miki Anderson 2. Katie Splett 3. Kim Connaker	(1:16, 1:27) (1:23, 1:23) (1:17, 1:29)	2:43.2 3rd 2:56.1 PB 2:46.1 6th BTY	<u>Team Results:</u>	
200 m Dash	1. Rebecca Overson 2. Cassie Milligan 3. Gena Brackenbury	30.4 PB 31.6 35.8		1. Hinckley 112 2. Ogilvie 82 3. Pine City 80 4. St. Croix Lutheran 73 5. Braham 60 6. MLWR 48 7. Rush City 33 8. Barnum 26 9. Frederick 25 10. Siren 20 11. East Central 15	

Tigerama at Rush City
Thursday, April 18, 2000 - 3:45 p.m. - overcast, cool, no wind
Pine City Boys' Results

4 x 800 m Relay	1. Jared Clementson	2:18.5	PB	200 m Dash	1. Peter Johnson	25.3
	2. David Johnson	2:33.0	PB		2. John Hansen	24.6 4th BTY
	3. Mike Stahlke	2:25.7	BTY		3. Levi Williams	25.1 6th
	4. Ryan Hammill	<u>2:10.0</u>	PB			
		9:26.0	4th	3200 m Run	1. Ryan Hammill	10:35.8 2nd PB
					(1:13, 1:20, 1:21, 1:22, 1:25, 1:25, 1:21, 1:09)	
110 m Hurdles				4 x 400 m Relay	1. John Hansen	56.8 BTY
100 m Dash	1. Nate Thieman	12.3			2. Andy Wirth	56.4 BTY
	2. Travis Schwarz	12.4			3. Travis Schwarz	55.6 PB
	3. Chris Wiener	13.3	PB		4. Jason Oare	<u>55.2</u> PB
						3:43.9 1st BTY
4 x 200 m Relay	1. John Hansen	24		High Jump	1. Travis Schwarz	6' 2" 2nd PB
	2. Andy Wirth	25.1			2. Chris Wiener	5' 2"
	3. Jason Oare	24.9			3. Matt Wirth	
	4. Peter Johnson	<u>24.4</u>				
		1:38.3	1st BTY	Long Jump	1. Levi Williams	
1600 m Run	1. Jeremy Lee	4:53.7	2nd PB		2. Matt Wirth	
	(1:09, 1:13, 1:15, 1:14)				3. Josh Wirth	15' 9"
	2. Jared Clementson	5:04.3	PB	Triple Jump	1. Peter Johnson	
	(1:10, 1:13, 1:22, 1:16)				2. Jason Oare	33' 11" PB
				Pole Vault	1. Nate Thieman	13' 0" 1st PB
4 x 100 m Relay	1. Nate Theiman	12.8			2. Andy Wirth	10' 4th
	2. Levi Williams	11.4		Shot Put	1. Ben Mettling	
	3. Chris Wiener	12.2			2. Derrick Odegard	
	4. Travis Schwarz	<u>11.6</u>			3. Mike Rydberg	46' 2.75" 1st
		48	3rd	Discus	1. Ben Mettling	109'
400 m Dash	1. Andy Wirth	59.9			2. Derrick Odegard	120' 2" 5th PB
	2. Jason Oare	54.8	3rd PB		3. Mike Rydberg	105'
	3. Levi Williams	58.2	PB			

TEAM RESULTS

300 m Hurdles	1. Chris Wiener	48	BTY	1. FREDERICK	114.3
	2. Ben Mettling	48.4	PB	2. ST. CROIX LUTH	102
	3. Mike Stahlke	53.9		3. PINE CITY	99
				4. BRAHAM	80
800 m Run	1. Jeremy Lee	2:13.5	2nd BTY	5. RUSH CITY	47
	(67, 66)			6. SIREN	41
	2. David Johnson	2:37.2	PB	7. HINCKLEY	22.3
	(1:12, 1:25)			8. MLWR	22
	3. Josh Wirth	2:26.6		9. BARNUM	13
	(1:17, 1:09)			10. GRANTSBURG	12.3
				11. RIVERVIEW	4
				12. EAST CENTRAL	0

Rum River Conference Relays

Tuesday, April 25, 2000 at Sauk Rapids - warm and sunny

Pine City Girls' Results

<p>4 x 1600 m Relay co-ed</p> <p>1. David Johnson 5:37.6</p> <p>2. Nikki Carlson 6:34.1</p> <p>3. Rebecca Craighead 6:23.3</p> <p>4. Josh Wirth <u>5:49.4</u></p> <p style="text-align: right;">24:00.00 5th</p>	<p>4 x 200 m Relay</p> <p>1. Katie Meyer 30.5 BTY</p> <p>2. Christina Mosher 32.6 BTY</p> <p>3. Annie Dufresne 28.2 PB</p> <p>4. Rebecca Overson <u>29.6 PB</u></p> <p style="text-align: right;">2:01.02 6th BTY</p>
<p>3 x 110 m Hurdles</p> <p>1. Lena Filler 18.35 PB</p> <p>2. Leanne Haugrud 20.07</p> <p>3. Jaime Kozisek <u>18.27</u></p> <p style="text-align: right;">56.09 3rd</p>	<p>Distance Medley 400, 800, 1200, 1600</p> <p>1. Cassie Milligan 1:12.4 PB</p> <p>2. Nikki Carlson 2:56.2 PB</p> <p>3. Rebecca Craighead 4:48.1</p> <p>4. Nikki Plasek <u>7:01.9</u></p> <p style="text-align: right;">16:02.51 8th</p>
<p>4 x 100 m Relay</p> <p>1. Katie Meyer 13.8 BTY</p> <p>2. Leanne Haugrud 14.4</p> <p>3. Rebecca Overson 13.1 PB</p> <p>4. Kati Ovik <u>14.9</u></p> <p style="text-align: right;">56.03 7th BTY</p>	<p>4 x 400 m Relay</p> <p>1. Kim Connaker 1:08.7 BTY</p> <p>2. Annie Dufresne 1:05.6 PB</p> <p>3. Miki Anderson 1:07.0</p> <p>4. Susan Johnson <u>1:05.8</u></p> <p style="text-align: right;">4:27.34 6th PB</p>
<p>4 x 800 m Relay</p> <p>1. Kim Connaker 2:41.1 BTY</p> <p>2. Lyndsay Mettling 2:43.3 BTY</p> <p>3. Miki Anderson 2:40.7 PB</p> <p>4. Lena Filler <u>2:40.2</u> BTY</p> <p style="text-align: right;">10:45.09 2nd BTY</p>	<p>High Jump</p> <p>1. Kati Ovik injured</p> <p>2. Annie Dufresne <u>4' 4"</u></p> <p style="text-align: right;">12' 4" 5th</p>
<p>800 Medley Relay (100, 100, 200, 400)</p> <p>1. Katie Meyer 14.9</p> <p>2. Rebecca Overson 14.2</p> <p>3. Kati Ovik 28.3 BTY</p> <p>4. Susan Johnson <u>65.5 PB</u></p> <p style="text-align: right;">2:02.21 3rd</p>	<p>Long Jump</p> <p>1. Susan Johnson 14' .75"</p> <p>2. Leanne Haugrud 13' 6"</p> <p>3. Kati Ovik <u>13' 1.75" BTY</u></p> <p style="text-align: right;">40' 8.5" 3rd</p>
<p>3 x 300 m Hurdles</p> <p>1. Lena Filler 53.88 BTY</p> <p>2. Jaime Kozisek 56.83 PB</p> <p>3. Christina Mosher <u>55.69 BTY</u></p> <p style="text-align: right;">2:46.4 4th</p>	<p>Triple Jump</p> <p>1. Katie Meyer 30' 11"</p> <p>2. Annie Dufresne <u>26' 0"</u></p> <p style="text-align: right;">76' 11" 5th</p>
<p>1600 Medley Relay (200, 200, 400, 800)</p> <p>1. Cassie Milligan 31.2 PB</p> <p>2. Jaime Kozisek 33.1 PB</p> <p>4. Nikki Plasek 1:15.9 PB</p> <p>4. Katie Splett <u>2:49.3 PB</u></p> <p style="text-align: right;">5:09.7 6th</p>	<p>Pole Vault</p> <p>1. Susan Johnson 8' 6" PB ties school record</p> <p>2. Jessica Ammann 7' 6"</p> <p>3. Lena Filler <u>7' 0" PB</u></p> <p style="text-align: right;">23' 0" 1st tie</p>
<p>Co-Ed Weight Relay</p> <p>1. Derrick Odegard 14.1</p> <p>2. Abbey Carlson 16.2</p> <p>3. Lyndsay Mettling 14.5</p> <p>4. Mike Rydberg <u>13.8</u></p> <p style="text-align: right;">58.48 6th</p>	<p>Shot Put</p> <p>1. Miki Anderson 25' 8"</p> <p>2. Lyndsay Mettling 28' 1" PB</p> <p>3. Melissa Thieman <u>26' 1"</u></p> <p style="text-align: right;">79' 10" 4th</p>
<p>Discus</p> <p>1. Lyndsay Mettling 65' 11"</p> <p>2. Melissa Thieman 61' 8"</p> <p>3. Abbey Carlson <u>52' 0"</u></p> <p style="text-align: right;">179' 6" 7th</p>	
<p>TEAM RESULTS</p> <p>1. SAUK RAPIDS 117.5</p> <p>2. CHS LKS 108.5</p> <p>3. N. BRANCH 73</p>	<p>4. PINE CITY 58</p> <p>5. PRINCETON 55.5</p> <p>6. MORA 47.5</p> <p>7. MILACA 45</p> <p>8. FOLEY 37</p>

Rum River Conference Relays

Tuesday, April 25, 2000 at Sauk Rapids

Pine City Boys' Results

4 x 1600 m Relay	1. David Johnson 5:37.6 PB 2. Nikki Carlson 6:34.1 3. Rebecca Craighead 6:23.3 4. Josh Wirth <u>5:49.4</u> 24:00.0 5th	Distance Medley 400, 800, 1200, 1600	1. Peter Johnson 56.2 PB 2. Mike Stahlke 2:23.3 BTY 3. Jeremy Lee 3:40.6 4. Ryan Hammill <u>4:57.0</u> 11:57.39 3rd
3 x 110 m Hurdles	1. Chris Wiener 18.65 4th	4 x 400 m Relay	1. Travis Schwarz 56.1 2. Andy Wirth 56.1 BTY 3. Levi Williams 54.8 PB 4. Jason Oare <u>54.1 PB</u> 3:41.13 3rd
4 x 100 m Relay	1. Nate Thieman 12.1 BTY 2. Matt Wirth 11.3 3. Levi Williams 12.4 4. Travis Schwarz <u>12.1</u> 47.86 5th	High Jump	1. Travis Schwarz 6' 2" 2. Chris Wiener 5' 0" 3. Matt Wirth <u>5' 0"</u> 16' 2" 4th
4 x 800 m Relay	1. Jeremy Lee 2:10.6 PB 2. Peter Johnson 2:12.1 PB 3. Jason Oare 2:13.3 4. Ryan Hammill <u>2:06.2 PB</u> ***new school record*** 8:41.97 1st	Long Jump	1. Levi Williams 19' 6" PB 2. Matt Wirth 15' 9" PB 3. Josh Wirth <u>15' 0"</u> 46' 3" 6th
800 Medley Relay (100, 100, 200, 400)	1. Nate Thieman 12.6 2. Matt Wirth 11.5 3. John Hansen 25.9 4. Andy Wirth <u>58.4</u> 1:48.43 6th	Triple Jump	1. Peter Johnson 36'0" PB 2. Jason Oare <u>34' 7" PB</u> 91' 7" 5th
3 x 300 m Hurdles	1. Chris Wiener 45.92 PB 2. Ben Mettling 47.81 PB 3. Mike Stahlke <u>53.13 PB</u> 2:26.86 3rd	Pole Vault	1. Nate Thieman 12' 0" 2. Andy Wirth <u>10' 0"</u> 30' 6" 1st
1600 Medley Relay (200, 200, 400, 800)	1. Peter Johnson 24.3 PB 2. Travis Schwarz 25.2 PB 3. Ryan Hammill 56.2 4. Josh Wirth <u>2:35.8</u> 4:21.50 8th	Shot Put	1. Mike Rydberg 46' 8" 2. Ben Mettling 35' 5" 3. Derrick Odegard <u>35' 2"</u> 117" 3" 4th
Co-Ed Weight Relay	1. Derrick Odegard 14.1 2. Abbey Carlson 16.2 3. Lyndsay Mettling 14.5 4. Mike Rydberg <u>13.8</u> 58.48 6th	Discus	1. Ben Mettling 117' 9" 2. Derrick Odegard 111' 0" 3. Mike Rydberg <u>130' 9" PB</u> 359' 6" 1st
TEAM RESULTS			
4 x 200 m Relay	1. John Hansen 25.5 BTY 2. Andy Wirth 26.2 3. Levi Williams 22.2 PB 4. Jason Oare <u>24.2</u> 1:38.28 5th		1. SAUK RAPIDS 144 2. PINE CITY 81 3. CHS LKS 79 4. N. BRANCH 73 5. PRINCETON 71 6. MORA 55 7. MILACA 40 8. FOLEY 34

Pine City, Milaca, Foley - @ Mora
Tuesday, May 2, 2000 - 4:30 - sunny and warm
Pine City Girls' Results

4 x 800 m Relay	1. Rebecca Craighead 2:47.8 PB	200 m Dash	1. Kayla Johnson 30.7
	2. Katie Splett 2:52.8		
	3. Lyndsay Mettling 2:42.9 BTY		
	4. Kim Connaker <u>2:46.3</u>		
	11:08.6 2nd		
110 m Hurdles	1. Jaime Kozisek 18.9 5th	3200 m Run	1. Nikki Carlson 15:03 2nd (1:31, 1:49, 1:51, 2:00, 2:04, 2:01, 2:01, 1:46)
100 m Dash	1. Katie Meyer 14.4 5th		
	2. Rebecca Overson 14.6 6th		
	3. Jessica Ammann 15.4	4 x 400 m Relay	1. Kim Connaker 69.2
			2. Rebecca Overson 70.9
			3. Jaime Kozisek 73.2
			4. Miki Anderson <u>70.7</u>
			4:43.1 4th
4 x 200 m Relay	1. Katie Meyer 29.5	High Jump	1. Kati Ovik 4' 4"
	2. Christina Mosher 32.4		2. Annie Dufresne 4' 4" 6th
	3. Annie Dufresne 29.1		
	4. Kati Ovik <u>30.2</u>		
	2:01.4 3rd	Long Jump	1. Susan Johnson 14' 7.75" 1st
1600 m Run	1. Miki Anderson 6:14.2 PB 5th (1:23, 1:34, 1:33, 1:42)		2. Kati Ovik 13' 3.5" BTY 5th
	2. Nikki Plasek 6:29.7 PB (1:25, 1:35, 1:48, 1:42)	Triple Jump	1. Katie Meyer 31' 7" 2nd
			2. Jessica Ammann 28' 7" 3rd
			3. Annie Dufresne 24' 10" PB 5th
4 x 100 m Relay	1. Katie Meyer 14.2	Pole Vault	1. Susan Johnson 8' 0" 1st
	2. Rebecca Overson 13.2		2. Jessica Amman 7' 0" 3rd
	3. Kayla Johnson 13.6		
	4. Kati Ovik <u>15.2</u>		
	55.9 3rd		
400 m Dash	1. Susan Johnson 64.96 PB 6th	Shot Put	1. Lyndsay Mettling
	2. Annie Dufresne 64.5 PB 3rd		2. Melissa Thieman 25' 7"
			3. Abbey Carlson 18' 10.5"
			4. Miki Anderson 26' 4" 4th
300 m Hurdles	1. Christina Mosher 54.6 BTY 3rd	Discus	1. Lyndsay Mettling 69' 9" BTY 4th
	2. Jaime Kozisek 57.4 5th		2. Melissa Thieman 67' 6" 5th
			3. Abbey Carlson 47' 4"
800 m Run	1. Kim Connaker 2:44.6 BTY 3rd (1:20, 1:24)		
	2. Miki Anderson 2:45.9 4th (1:20, 1:25)		

TEAM RESULTS:

1. MILACA	83
2. FOLEY	73
3. PINE CITY	54.5
4. MORA	53.5

Pine City, Milaca, Foley @ Mora
Tuesday, May 2, 2000 - 4:30 - sunny and warm
Pine City Boys' Results

4 x 800 m Relay	1. Jeremy Lee	2:11.4		3200 m Run	1. Ryan Hammill	10:47.8	1st
	2. Josh Wirth	2:30.4			(1:09, 1:26, 1:23, 1:24, 1:29, 1:28, 1:26, 1:12)		
	3. Mike Stahlke	2:27.3					
	4. Ryan Hammill	<u>2:14.6</u>		4 x 400 m Relay	1. Travis Schwarz	59.1	
		9:23.7	2nd		2. Peter Johnson	57.9	
110 m Hurdles	1. Chris Wiener	19.4	4th		3. Levi Williams	54.5	
					4. Jason Oare	<u>56.7</u>	
						3:48.2	2nd
100 m Dash	1. Levi Williams	12.2	4th	High Jump	1. Travis Schwarz	6' 2"	1st
	2. Matt Wirth	13.7			2. Chris Wiener	5' 4" PB	5th
					3. Matt Wirth		
4 x 200 m Relay	1. Nate Thieman	24.5		Long Jump	1. Levi Williams	18' 8.75"	2nd
	2. Andy Wirth	25.6			2. Josh Wirth	16' 2.75"	5th
	3. Peter Johnson	23.9			3. Matt Wirth	16' 8.75"	4th
	4. Jason Oare	<u>25.1</u>					
		1:39.0	3rd	Triple Jump	1. Peter Johnson	36' 5.25"	PB 5th
1600 m Run	1. Jeremy Lee	4:55.6	2nd		2. Jason Oare		
	(1:10, 1:17, 1:15, 1:13)						
				Pole Vault	1. Nate Thieman	12' 6"	1st
4 x 100 m Relay	1. Nate Thieman	12.2			2. Andy Wirth	10' 0"	2nd
	2. Levi Williams	10.9					
	3. Andy Wirth	12.6		Shot Put	1. Mike Rydberg	46' 3"	1st
	4. Travis Schwarz	<u>12.1</u>			2. Ben Mettling		
		47.8	3rd		3. Derrick Odegard	38' 5.5"	PB 4th
400 m Dash	1. Jason Oare	55.2	3rd		4. Patrick Bombard		
	2. Josh Wirth	63.5					
	3. Mike Stahlke			Discus	1. Ben Mettling	128' 0"	3rd
300 m Hurdles	1. Chris Wiener	injured			2. Mike Rydberg	140' 9"	PB 1st
	2. Ben Mettling	47.5 PB	2nd		3. Derrick Odegard		
					4. Patrick Bombard		
800 m Run	1. David Johnson	2:31.9	PB	TEAM RESULTS:			
	(1:12, 1:20)			1. MORA	89		
				2. PINE CITY	82.5		
				3. MILACA	64.5		
200 m Dash	1. Peter Johnson	25.1	2nd	4. FOLEY	34		
	2. Travis Schwarz	25.4	3rd				
	3. Matt Wirth	28.1					

Chengwatana Invitational Track Meet @ Pine City

Friday, May 5, 2000- Hot, sunny

Pine City Girls' Results

4 x 800 m Relay	1. Kim Connaker 2:39 BTY 2. Rebecca Craighead 2:46 PB 3. Lyndsay Mettling 2:44 4. Lena Filler <u>2:44</u> 10:53.8 2nd	200 m Dash	1. Jenelle Stahlke 29.8 6th 2. Kayla Johnson 28.5 PB 4th
110 m Hurdles	1. Jaime Kozisek 18.4 4th 2. Christina Mosher 20.6	3200 m Run	1. Meleia Johnson 14:32.7 1st 1:32, 1:47, 1:50, 1:51, 1:54, 1:54, 1:42) 2. Nikki Carlson 15:05.7 BTY 2nd
100 m Dash	1. Katie Meyer 13.9 BTY 4th 2. Rebecca Overson 14.1 PB 3. Amy Hambly 15.4	4 x 400 m Relay	1. Kim Connaker PB 65.5 2. Annie Dufresne 66.6 3. Lena Filler PB 67.3 4. Susan Johnson <u>67.9</u> 2nd 4:27.7
4 x 200 m Relay	1. Katie Meyer 30.3 2. Kayla Johnson 29.7 3. Annie Dufresne 28.1 4. Kati Ovik <u>30.5</u> 1:58.6 BTY 2nd	High Jump	1. Kati Ovik 4' 8" 5th 2. Annie Dufresne 4' 6" 6th
1600 m Run	1. Rebecca Craighead 6:17.9 PB 2nd (1:23, 1:38, 1:43, 1:33) 2. Nikki Plasek 6:53.9 (1:26, 1:42, 1:53, 1:52) 3. Katie Splett 6:21.6 PB 3rd (1:27, 1:38, 1:43, 1:33)	Long Jump	1. Susan Johnson 13' 11.5" 3rd 2. Kati Ovik 12' 5.75" 3. Amy Hambly 11' 5.5"
4 x 100 m Relay	1. Katie Meyer 13.4 2. Rebecca Overson 13.4 3. Kayla Johnson 14.2 4. Kati Ovik <u>14.5</u> 55.6 BTY 2nd	Triple Jump	1. Katie Meyer 32' .5" PB 2nd 2. Jessica Ammann 31' 9.5" PB 3rd 2. Jenny Weinholzer
400 m Dash	1. Susan Johnson 64.6 PB 1st 2. Annie Dufresne 65.6 5th	Pole Vault	1. Susan Johnson 8' 0" 2nd 2. Jessica Ammann 8' 6" BTY 1st
300 m Hurdles	1. Lena Filler 52.3 PB 2nd 2. Christina Mosher 53.0 PB 3rd 3. Jaime Kozisek 56.4 PB	Shot Put	1. Lyndsay Mettling 28' 5.5" PB 4th 2. Melissa Thieman 27' 9" 6th 3. Abbey Carlson 19' 10"
800 m Run	1. Kim Connaker 2:41.3 BTY 5th (1:18, 1:23) 2. Lyndsay Mettling 2:42.8 PB (1:19, 1:22) 3. Katie Splett 2:54.2 PB (1:21, 1:33)	Discus	1. Lyndsay Mettling 66' 6" 2. Melissa Thieman 62' 6" 3. Abbey Carlson 52' 7.5"
<u>TEAM RESULTS:</u>			
		1. PINE CITY	149.5
		2. H/F	124
		3. MORA	104
		4. BRAHAM	65.5
		5. BARNUM	40
		6. EC	28
		7. MLWR	27

Chengwatana Invitational Track Meet @ Pine City

Friday, May 5, 2000 - hot, sunny

Pine City Boys' Results

4 x 800 m Relay	1. Mike Stahlke 2:27 2. David Johnson 2:33 3. Josh Wirth 2:26 4. Jared Clementson <u>2:16 PB</u> 9:50.1 3rd	3200 m Run	1. Ryan Hammill 10:53.7 1st (1:14, 1:20, 1:21, 1:25, 1:25, 1:26, 1:25, 1:17)
110 m Hurdles	1. Chris Wiener 18.8 4th	4 x 400 m Relay	1. John Hansen BTY 54.6 2. Andy Wirth 57.2 3. Travis Schwarz PB 54.8 4. Jason Oare <u>55.6</u> 3:42.2 1st
100 m Dash	1. Nate Thieman 11.7 PB 3rd 2. Travis Schwarz 12.6 3. Levi Williams 11.9 PB 5th	High Jump	1. Travis Schwarz 6' 2" 1st 2. Chris Wiener 5' 0" 3. Matt Wirth 5' 0"
4 x 200 m Relay	1. John Hansen 23.7 2. Andy Wirth 24.1 3. Peter Johnson 24.3 4. Jason Oare <u>24.9</u> 1:36.8 BTY 1st	Long Jump	1. Levi Williams 19' 3.5" 4th 2. Matt Wirth 16' 6" PB 3. Josh Wirth 17' 1.5" PB 5th
1600 m Run	1. Ryan Hammill 4:50.1 1st (1:04, 1:14, 1:18, 1:14) 2. Jeremy Lee 5:00.5 2nd (1:05, 1:16, 1:22, 1:17)	Triple Jump	1. Peter Johnson 37' 6.5" PB 3rd 2. Jason Oare 37' 0" PB 4th
4 x 100 m Relay	1. Nate Thieman 11.8 2. Levi Williams 10.3 3. Peter Johnson 12.2 4. Travis Schwarz <u>11.7</u> 46.0 BTY 1st	Pole Vault	1. Nate Thieman 12' 6" 1st 2. Andy Wirth 9' 6" 3rd
400 m Dash	1. Jason Oare 55.3 4th 2. Andy Wirth 55.5 BTY 5th	Shot Put	1. Mike Rydberg 44' 10" 1st 1. Ben Mettling 35' 9.5" 2. Derrick Odegard 37' 10" 6th
300 m Hurdles	1. Chris Wiener 2. Ben Mettling 48.5 5th	Discus	1. Ben Mettling 130' 11" 4th 2. Mike Rydberg 139' 5" 1st 3. Derrick Odegard 114' 3" 6th
800 m Run	1. Jeremy Lee (67, 65) 2:12.9 PB 2nd 2. Jared Clementson (66, 69) 2:15.0 PB 3rd 3. David Johnson (72, 80) 2:32.2	TEAM RESULTS:	
200 m Dash	1. John Hansen 24.4 BTY 5th 2. Peter Johnson 24.5 PB 6th 3. Levi Williams 24.3 PB 4th	1. PINE CITY 171 2. MORA 141 3. BRAHAM 122.5 4. H/F 40 5. BARNUM 28 6. EC 23 7. MLWR 19.5	

SECTION 5AA TRUE TEAM TRACK MEET @ MONTICELLO

Tuesday, May 9, 2000- warm, breezy

Pine City Girls' Results

<p>4 x 800 m Relay 1. Kim Connaker 2:44.7 2. Lyndsay Mettling 2:43.7 3. Miki Anderson 2:44.4 4. Lena Filler <u>2:47.9</u> 11:00.77 7th</p>	<p>4 x 400 m Relay 1. Kim Conaker 66.5 3. Annie Dufresne 66.2 3. Miki Anderson 69.3 4. Susan Johnson <u>66.6</u> 4:28.68 10th</p>
<p>100 m Hurdles 1. Jaime Kozisek 19:41 15th 2. Leanne Haugrud 19.98 16th</p>	<p>Pole Vault 1. Susan Johnson 6' 0" 10th 2. Jessica Ammann 8' 0" 3rd</p>
<p>100 m Dash 1. Katie Meyer 14:58 22nd 2. Rebecca Overson 14:41 20th</p>	<p>Discus 1. Lyndsay Mettling 87' 6" PB 12th 2. Melissa Thieman 59' 9" 24th</p>
<p>4 x 200 m Relay 1. Katie Meyer 29.1 2. Kayla Johnson 29.2 3. Annie Dufresne 26.9 PB 4. Kati Ovik <u>31.2</u> 1:56.16 BTY 7th</p>	<p>Long Jump 1. Susan Johnson 14' .75" 17th 2. Kati Ovik 13' 5" 22nd</p> <p>Triple Jump 1. Katie Meyer 30' 5.5" 14th 2. Jessica Ammann 27' 9" 21st</p>
<p>1600 m Run 1. Rebecca Craighead injured 2. Nikki Plasek 6:33.18 23rd</p>	<p>High Jump 1. Kati Ovik 4' 6" 11th 2. Annie Dufresne 4' 6" 15th</p> <p>Shot Put 1. Lyndsay Mettling 25' 8.5" 18th 2. Melissa Thieman 25' 5.5" 19th</p>
<p>4 x 100 m Run 1. Katie Meyer 13.6 3. Rebecca Overson 13.2 3. Kayla Johnson 12.9 4. Kati Ovik <u>15.6</u> 55.43 12th</p>	<p><u>TEAM RESULTS:</u></p> <p>1. MAHTOMEDI 632 2. TOTINO-GRACE 611 3. CHISAGO LKS 600 4. BROOKLYN CTR 506.5 5. MONTICELLO 487.5 6. BECKER 461 7. STMA 461.5 8. BIG LAKE 412 9. FRIDLEY 387 10. NORTH BRANCH 385.5 11. PINE CITY 359.5 12. MORA 307.5 13. MILACA 304</p>
<p>400 m Dash 1. Susan Johnson 65.08 12th 2. Annie Dufresne 64.37 10th</p>	
<p>300 m Hurdles 1. Lena Filler 52.59 6th 2. Christina Mosher 55.59 16th</p>	
<p>800 m Run 1. Kim Connaker 2:38.91 BTY 13th (1:16, 1:21) 2. Katie Splett 2:45.71 PB 17th (1:19, 1:29)</p>	
<p>200 m Dash 1. Rebecca Overson 29.67 PB 20th 2. Jaime Kozisek 32.40 PB 25th</p>	
<p>3200 m Ren 1. Meleia Johnson 13:55.02 PB 16th (1:29, 1:40, 1:45, 1:48, 1:53, 1:52, 1:50, 1:36) 2. Nikki Carlson 14:33.77 PB 19th (1:34, 1:46, 1:49, 1:55, 1:54, 1:57, 1:57, 1:41)</p>	

SECTION 5AA TRUE TEAM TRACK MEET @MONTICELLO
Tuesday, May 9, 2000 - warm, breezy
Pine City Boys' Results

4 x 800 m Relay	1. Mike Stahlke	2:22.1		4 x 400 m Relay	1. Travis Schwarz	56.1	
	2. David Johnson	2:32.9			2. Jeremy Lee	56.1	
	3. Josh Wirth	2:32.4			3. Andy Wirth	55.9	
	4. Jared Clementson	<u>2:16.7</u>			4. Jason Oare	<u>54.6</u>	
		9:43.99	13th			3:42.68	7th
110 m Hurdles	1. Ben Mettling	21.03	22nd	Pole Vault	1. Nate Thieman	11' 0"	5th
					2. Andy Wirth	10' 0"	11th
100 m Dash	1. Nate Thieman	12.33	11th	Discus	1. Mike Rydberg	144' 1" PB	2nd
	2. Travis Schwarz	12.92	22nd		****NEW SCHOOL RECORD****		
4 x 200 m Relay	1. John Hansen	31.2			2. Ben Mettling	134' 11" PB	6th
	2. Andy Wirth	24.4		Long Jump	1. Levi Williams	19' 3"	5th
	3. Levi Williams	24.1			2. Josh Wirth	15' 8.5"	22nd
	4. Jason Oare	<u>24.5</u>		Triple Jump	1. Matt Wirth	35' 10.5"	17th
		1:44.16	12th		2. Jason Oare	36' 4.5" PB	13th
1600 m Run	1. Ryan Hammill	4:47.85	5th	High Jump	1. Travis Schwarz	6' 2"	4th
	(1:05, 1:13, 1:19, 1:10)				2. Matt Wirth		
	2. Jeremy Lee	4:54.01	8th	Shot Put	1. Mike Rydberg	43' 1"	8th
	(1:07, 1:15, 1:19, 1:13)				2. Derrick Odegard	37' 2.5"	16th
4 x 100 m Run	1. Nate Thieman	12.8		<u>TEAM RESULTS:</u>			
	2. Matt Wirth	11.6		1. MAHTOMEDI	647.5		
	3. Levi Williams	11.1		2. FRIDLEY	639		
	4. Travis Schwarz	<u>11.9</u>		3. BECKER	585		
		47.28	8th	4. TOTINO-GRACE	510.5		
400 m Dash	1. Jason Oare	54.5	12th	5. STMA	509.5		
	2. Andy Wirth	55.58	15th	6. NORTH BRANCH	500.5		
300 m Hurdles	1. Ben Mettling	47.02	13th	7. CHISAGO LKS	452.5		
	2. Mike Stahlke	56.02	23rd	8. PINE CITY	427		
800 m Run	1. Jeremy Lee	2:10.57	8th	9. MILACA	369		
	(64, 66)			10. MONTICELLO	366		
	2. Josh Wirth	2:32.81	26th	11. BROOKLYN CTR	358		
	(75, 77)			12. MORA	353.5		
200 m Dash	1. Levi Williams	24.13	6th	13. BIG LAKE	244		
	2. Matt Wirth	27.45	26th				
3200 m Ren	1. Ryan Hammill	10:26.10	7th				
	(1:10, 1:15, 1:19, 1:21, 1:20, 1:23, 1:24, 1:14)						
	2. Jared Clementson	10:38.37	10th				
	(1:12, 1:18, 1:21, 1:21, 1:22, 1:25, 1:24, 1:15)						

Pine City - Mora - Milaca - at Milaca
Thursday, May 11, 2000 - cool, overcast, showers
Pine City Girls' Results

4 x 800 m Relay	1. Lyndsay Mettling	2:38.1	BTY	200 m Dash	1. Jenelle Stahlke	29.4
	2. Susan Johnson	2:41.3			2. Deja Ostheimer	35.5
	Nikki Carlson	2:57.5			3. Jessica Ammann	32.2
	4. Miki Anderson	<u>2:45.9</u>				
		11:02.8	2nd			
100 m Hurdles	1. Jaime Kozisek	18.5		4 x 400 m Relay	1. Miki Anderson	67.5
	2. Lena Filler	17.9	PB 1st		2. Lyndsay Mettling	:69.0
100 m Dash	1. Katie Meyer	2nd	13.7		3. Susan Johnson	:69.0
	2. Amy Hambly		:15.1		4. Annie Dufresne	<u>66.6</u>
	3. Deja Ostheimer		17.1			4:33.1 2nd
	4. Kim Zerhas		19.3	High Jump	1. Kati Ovik	
					2. Annie Dufresne	
4 x 200 m Relay	1. Katie Meyer		29.8			
	2. Kayla Johnson		31.8			
	3. Kati Ovik		28.9	Long Jump	1. Jessica Ammann	13' 2"
	4. Annie Dufresne		<u>28.9</u>		2. Amy Hambly	11' 11"
		3rd	1:59.4			
				Triple Jump	1. Katie Meyer	31' 10" 2nd
1600 m Run	1. Katie Splett	6:19.3			2. Jessica Ammann	27' 2"
	(1:23, 1:37, 1:40, 1:38)					
				Pole Vault	1. Susan Johnson	8' 6" 1st
4 x 100 m Relay	1. Katie Meyer	:14.0			2. Jessica Ammann	7' 6"
	2. Kayla Johnson		14.7			
	3. Kati Ovik		13.7			
	4. Annie Dufresne		<u>13.6</u>	Shot Put	1. Lyndsay Mettling	
		3rd	56.0		2. Abbey Carlson	
400 m Dash	1. Susan Johnson		68.8			
				Discus	1. Lyndsay Mettling	
300 m Hurdles	1. Lena Filler	52.8	1st		2. Abbey Carlson	
	2. Christina Mosher	57.1	4th			
	3. Jaime Kozisk	:59.0				
800 m Run	1. Abbey Carlson	3:10.8		TEAM RESULTS		
	(1:429, 1:41)			1. Milaca	85	
				2. Pine City	55.5	
				3. Mora	42.5	
3200 m Run	1. Kim Connaker	14:32.5	1st			
	(1:37, 1:46, 1:54, 2:01, 2:01, 1:59, 1:40, 1:31)					
	2. Lena Filler	15:19.9	3rd			
	(1:37, 1:46, 1:54, 2:01, 2:01, 2:00, 2:00)					

Pine City - Mora - Milaca - at Milaca
Thursday, May 11, 2000 - cool, overcast, showers
Pine City Boys' Results

4 x 800 m Relay	1. Mike Stahlke	2:22.5		200 m Dash	1. Jason Oare	24.5
	2. David Johnson	2:36.3			2. Mike Stahlke	26.5
	3. Josh Wirth	2:34.				
	4. Jeremy Lee	2:14.2				
		9:46.9	2nd			

100 m Hurdles				4 x 400 m Relay	1. Ryan Hammill	55.3
					2. Jeremy Lee	56.2
					3. Levi Williams	53.6
					4. Jason Oare	<u>54.6</u>
					1st BTY	3:39.7

100 m Dash	1. Levi Williams	11.8	3rd			
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4 x 200 m Relay	1. Travis Schwarz	24.6				
	2. Ben Mettling	26.1		High Jump	1. Travis Schwarz	5' 10" 1st
	3. Mike Stahlke	27.2			1. Matt Wirth	
	4. Andy Wirth	<u>:25.0</u>				
		1:43.1	3rd	Long Jump	1. Levi Williams	19' 2.5" 1st
					2. Josh Wirth	
					3. Matt Wirth	

1600 m Run	1. Jared Clemenston	4:59.0 PB	1st			
	(1:09, 1:19, 1:19, 1:12)					

				Triple Jump	1. Matt Wirth	
4 x 100 m Relay	1. Travis Schwarz	12.4				
	2. Jaron Oare	11.1				
	3. Andy Wirth	11.6		Pole Vault	1. Andy Wirth	9" 0"
	4. Levi Williams	<u>11.5</u>				
		2nd	46.6	Shot Put	1. Mike Rydberg	
					2. Ben Mettling	37' 10"
					3. Derrick Odegard	

400 m Dash	1. Travis Schwarz	56.8				
	2. Andy Wirth	59.9				

				Discus	1. Mike Rydberg	147' 10.5" PB 1st
					NEW SCHOOL RECORD	
300 m Hurdles	1. Ben Mettling	49.1	2nd		2. Ben Mettling	144' 0" PB 2nd
					3. Derrick Odegard	

800 m Run	1. Ryan Hammill	2:07.8	1st	TEAM RESULTS		
	(1:03, 1:04)			1. Milaca		73
	2. Josh Wirth	2:30.4		2. Pine City		67
	(1:11, 1:19)			3. Mora		43

3200 m Run	1. Jared Clementson	11:01.0	1st			
	(1:10, 1:20, 1:23, 1:27, 1:27, 1:28, 1:27, 1:15)					

RUM RIVER CONFERENCE TRACK MEET @ SAUK RAPIDS
THURSDAY, MAY 18, 2000 - sunny, cold, very windy
PINE CITY GIRLS' RESULTS

4 X 800 m Relay	1. Kim Connaker . 2:40.4	200 m Dash	1. Kayla Johnson	PB 28.01
	2. Lyndsay Mettling 2:42.9		2. Jenelle Stahlke	30.49
	3. Miki Anderson 2:48.5		3. Rebecca Overson	PB 29.15
	4. Lena Filler <u>2:48.1</u>			
ALL CONFERENCE HONORABLE MENTION	10:59.9 3rd	3200 m Run	1. Meleia Johnson	14:02.5
			(1:30 , 1:42, 1:48, 1:48, 1:52, 1:54, 1:50, 1:38)	
100 m Hurdles	1. Jaime Kozisek 18.28 7th		2. Nikki Carlson	14:26.0 PB
	2. Leanne Haugrud 18.81 PB		(1:34, 1:46, 1:51, 1:53, 1:53, 1:57, 1:56, 1:36)	
	3. Christina Mosher 21.61	4 x 400 m Relay	1. Kim Connaker	68.1
100 m Dash	1. Katie Meyer 13.93		2. Miki Anderson	69.4
	2. Rebecca Overson 14.07 PB		3. Annie Dufresne	68.8
	3. Amy Hambly 15.48		4. Susan Johnson	<u>68.6</u>
				6th 4:35.13
4 x 200 m Relay	1. Katie Meyer 30.2	High Jump	1. Kati Ovik	4' 6"
	2. Kayla Johnson 27.7		2. Annie Dufresne	
	3. Kati Ovik :31.0			
	4. Annie Dufresne <u>29.3</u>	5th Long Jump	1. Susan Johnson	13' 11"
	1:58.41		2. Kati Ovik	13' 2"
1600 m Run	1. Rebecca Craighead 6:41.59		3. Amy Hambly	10' 5.25"
	(1:26,1:35, 1:51, 1:39)	Triple Jump	1. Katie Meyer 31' 3.25:	8th
	2. Katie Splett 6:24.27		2. Jessica Ammann 30' 4.5"	
	(1:25, 1:39, 1:44, 1:36)			
	3. Nikki Plasek 6:42.06	Pole Vault	1. Susan Johnson 9' 0" PB 1ST	
	(1:26,1:35, 1:52, 1:38)		**ALL-CONFERENCE - NEW SCHOOL RECORD**	
4 x 100 m Relay	1. Katie Meyer 16.2		2. Jessica Ammann 8' 6"	
	2. Rebecca Overson 11.6	Shot Put	1. Lyndsay Mettling 27' 6"	
	3. Kayla Johnson 13.3		2. Melissa Thieman 24' 9"	
	4. Kati Ovik <u>13.7</u>		3. Miki Anderson 26' 3"	
	54.91 BTY 5th	Discus	1. Lyndsay Mettling 80' .5"	
400 m Dash	1. Susan Johnson 1:04.99		2. Melissa Thieman 63' 11.5"	
	2. Annie Dufresne 1:07.79		3. Abbey Carlson 54' 0"	
	3. Jenelle Stahlke 1:10.97			
300 m Hurdles	1. Lena Filler 51.70 PB 6th	TEAM RESULTS:	1. CHISAGO LKS	171.5
	2. Christina Mosher 55.97		2. SAUK RAPIDS	168
	3. Jaime Kozisek 56.51		3. NORTH BRANCH	108
800 m Run	1. Miki Anderson (1:17, 1:27) 2:44.48		4. MILACA	70
	2. Lyndsay Mettling (1:19, 1:23) 2:43.11 8th PB		5. MORA	52
	3. Kim Connaker (1:18, 1:24) 2:42.61 7th		6. FOLEY	44
			7. PRINCETON	43.5
			8. PINE CITY	40

**RUM RIVER CONFERENCE TRACK MEET @ SAUK RAPIDS
THURSDAY, MAY 18, 2000 -
PINE CITY BOYS' RESULTS**

4 X 800 m Relay	1. Mike Stahlke	2:25.8	3200 m Run	1. Ryan Hammill	10:57.2	5th
	2. David Johnson	2:35.3		(1:09, 1:18, 1:21, 1:23, 1:25, 1:27, 1:30, 1:24)		
	3. Josh Wirth	2:34.5		2. Jared Clementson	10:35.4	4th
	4. Jared Clementson	<u>2:22.7</u>		(1:08, 1:19, 1:22, 1:23, 1:23, 1:22, 1:24, 1:14)		
		9:58.26	7th			
110 m Hurdles	1. Ben Mettling	20.40	PB	4 x 400 m Relay	1. Travis Schwarz	55.7
					2. Jeremy Lee	55.4
					3. Andy Wirth	57.3
					4. Jason Oare	<u>54.7</u>
100 m Dash	1. Levi Williams	12.04				5th 3:43.12
	2. Nate Thieman	11.93				
4 x 200 m Relay	1. Travis Schwarz	24.4		High Jump	1. Travis Schwarz	6' 0" 6th
	2. Andy Wirth	25.7			2. Matt Wirth	
	3. Peter Johnson	24.6				
	4. Jason Oare	<u>24.6</u>		Long Jump	1. Levi Williams	19' 9.5" PB 3rd
	5. Matt Wirth	1:39.44	6th		ALL HONFERENCE HONORABLE MENTION	
					2. Josh Wirth	15' 7"
					3. Matt Wirth	15' 6.75"
1600 m Run	1. Ryan Hammill	4:52.51	3rd			
	ALL CONFERENCE HONORABLE MENTION			Triple Jump	1. Peter Johnson	35' .75"
	(1:12, 1:18, 1:11, 1:11)				2. Jason Oare	37' 1.75" PB
	2. Jeremy Lee	4:59.6	DQ		3. Matt Wirth	35' 8.5"
	(1:13, 1:18, 1:16, 1:12)					
4 x 100 m Relay	1. Nate Thieman			Pole Vault	1. Nate Thieman	12' 0" 2nd
	2. Travis Schwarz				** ALL CONFERENCE**	
	3. Peter Johnson				2. Andy Wirth	9' 6"
	4. Levi Williams					
		DQ		Shot Put	1. Mike Rydberg	38' 11"
					2. Ben Mettling	35' 8"
					3. Derrick Odegard	37' 10"
400 m Dash	1. Jason Oare	55.05		Discus	1. Mike Rydberg	140' 3" 2nd
	2. Andy Wirth	57.35			**ALL CONFERENCE**	
					2. Ben Mettling	127' 7" 5th
					3. Derrick Odegard	106' 7"
300 m Hurdles	1. Ben Mettling	48.8				
800 m Run	1. Jeremy Lee	(68,65)	2:14.43 7th	TEAM RESULTS:		
	2. Mike Stahlke	(71,77)	2:28.78 BTY	1. Sauk Rapids		179
	3. Josh Wirth	(73,78)	2:31.32	2. Chisago Lks		115
				3. North Branch		92
				4. Milaca		78.5
200 m Dash	1. Levi Williams	23.93	PB 7th	5. Princeton		73.5
				6. Mora		63
				7. Pine City		56
				8. Foley		38

SUB-SECTION TRACK MEET @ PINE CITY
WEDNESDAY, MAY 24, 2000 - sunny, very windy
PINE CITY GIRLS' RESULTS

4 X 800 m Relay	1. Kim Connaker	2:37.4	BTY	200 m Dash	1. Kayla Johnson	6th	28.4
	2. Lena Filler	2:48.5			2. Jenelle Stahlke		29.9
	3. Miki Anderson	2:46.2			3. Rebecca Overson		29.2
	4. Lyndsay Mettling	<u>2:46.5</u>					
		10:58.6	2nd	3200 m Run	1. Meleia Johnson	14:06.6	4th
	section qualifier			(1:30, 1:45, 1:47, 1:48, 1:57, 1:55, 1:58, 1:29)	*section qualifier*		
					2. Nikki Carlson	14:24.8	6th PB
				(1:30, 1:45, 1:48, 1:51, 1:55, 1:57, 1:41)			
100 m Hurdles	1. Jaime Kozisek	18.0	PB 3rd	*section qualifier*			
	2. Leanne Haugrud	18.4	PB 6th	4 x 400 m Relay	1. Kim Connaker		67.1
	3. Lena Filler		18.2		2. Miki Anderson		66.9
					3. Annie Dufresne		65.1
100 m Dash	1. Katie Meyer	13.3	6th		4. Susan Johnson		<u>66.2</u>
	2. Rebecca Overson	13.5	5th PB				
						BTY 2nd	4:25.4
						section qualifier	
4 x 200 m Relay	1. Katie Meyer		30.5	High Jump	1. Kati Ovik	4' 6"	5th
	2. Kayla Johnson		<u>29.6</u>		2. Annie Dufresne		
	3. Kati Ovik		32.9				
	4. Annie Dufresne		<u>27.3</u>	Long Jump	1. Susan Johnson	13' .75"	
			2:00.2	3rd	2. Kati Ovik	12' 9.75"	
					3. Leanne Haugrud	14' .25"	PB 6th
1600 m Run	1. Rebecca Craighead	6:39.4		Triple Jump	1. Katie Meyer	31' 1"	4th
	(1:26, 1:45, 1:49, 1:38)				*section qualifier*		
	2. Katie Splett	6:25.3			2. Jessica Ammann	28' 9.5"	
	1:25, 1:40, 1:45, 1:35)						
	3. Nikki Plasek	6:35.0		Pole Vault	1. Susan Johnson	8' 6"	1st
	(1:21, 1:45, 1:48, 1:41)				*section qualifier*		
					2. Jessica Ammann	7' 6"	3rd
4 x 100 m Relay	1. Katie Meyer		14.3		*section qualifier*		
	2. Rebecca Overson		12.8		3. Lena Filler	6' 6"	5th
	3. Kayla Johnson		:14.0				
	4. Kati Ovik		<u>14.1</u>	3rd Shot Put	1. Lyndsay Mettling	27' 10.5"	5th
			55.2		2. Melissa Thieman	27' 8"	6th
400 m Dash	1. Susan Johnson	65.6	3rd	*section qualifier*	3. Miki Anderson	24' 11.5"	
	2. Annie Dufresne	65.6	2nd	*section qualifier*			
	3. Tessa Korf	67.5	6th	Discus	1. Lyndsay Mettling	72' 9.5"	5th
					2. Tessa Korf	71' 0"	
300 m Hurdles	1. Lena Filler	52.7	3rd	*section qualifier*	3. Abbey Carlson	65' 1"	
	2. Christina Mosher	55.9					
	3. Jaime Kozisek	56.9					
800 m Run	1. Miki Anderson	(80, 84)	2:44.4	6th	TEAM RESULTS:		
	2. Lyndsay Mettling	(81, 84)	2:45.3		1. HINCKLEY		151
	3. Kim Connaker	(78, 82)	2:40.2	4th	2. PINE CITY		97.5
	section qualifier				3. ISLE-ONAMIA		96
					4. OGILVIE		95.5
					5. BRAHAM		54
					6. RUSH CITY		44
					7. EAST CENTRAL		15

SUB-SECTION TRACK MEET @ PINE CITY
TUESDAY, MAY 24, 2000 - sunny, very windy
PINE CITY BOYS' RESULTS

4 X 800 m Relay	1. Mike Stahlke	2:26.6		3200 m Run	1. Ryan Hammill	10:47.8	1st
	2. David Johnson	2:41.1			(1:16, 1:19, 1:23, 1:26, 1:27, 1:23, 1:24, 1:11) *section	qualifier*	
	3. Josh Wirth	2:26.2			2. Jared Clementson	10:52.1	2nd
	4. Jared Clementson	<u>2:19.1</u>			(1:16, 1:19, 1:23, 1:26, 1:17, 1:23, 1:24, 1:14) *section	qualifier*	
		9:53.0	4th	4 x 400 m Relay	1. John Hansen		56.1
110 m Hurdles	1. Chris Wiener	19.1	6th		2. Andy Wirth		56.1
	2. Ben Mettling	19.6	PB		3. Travis Schwarz		56.5
					4. Jason Oare		<u>55.6</u>
100 m Dash	1. Levi Williams	11.8	4th	*section	qualifier*		1st 3:44.3
	2. Nate Thieman	11.9				*section	qualifier*
4 x 200 m Relay	1. John Hansen	24.5		High Jump	1. Travis Schwarz	6' 0"	2nd
	2. Andy Wirth	25.5				*section	qualifier*
	3. Peter Johnson	24.6			2. Chris Wiener	5' 6"	6th PB
	4. Jason Oare	<u>25.2</u>			3. Matt Wirth		
		1:39.8	3rd	Long Jump	1. Levi Williams	19' 3"	1st
1600 m Run	1. Ryan Hammill	4:51.6	1st	*section	qualifier*		*section
	(1:11, 1:17, 1:16, 1:07)				2. Josh Wirth	15' 8.25"	
	2. Jeremy Lee	4:56.0	2nd	*section	qualifier*		
	(1:11, 1:17, 1:17, 1:10)				3. Matt Wirth	15' 10.25"	
				Triple Jump	1. Peter Johnson	36' 11"	5th
4 x 100 m Relay	1. Nate Thieman	12.5			2. Jason Oare	37' 5"	PB 4th
	2. Levi Williams	10.8				*section	qualifier*
	3. Peter Johnson	12.7			3. Matt Wirth	35' 8"	
	4. Travis Schwarz	<u>12.1</u>		Pole Vault	1. Nate Thieman	11' 0"	1st
		48.2	4th			*section	qualifier*
400 m Dash	1. Jason Oare	55.8	4th	*section	qualifier*		
	2. Andy Wirth	55.1	3rd	*section	qualifier*		
				Discus	1. Mike Rydberg	139' 11.5"	1st
300 m Hurdles	1. Chris Wiener	48.1	5th			*section	qualifier*
	2. Ben Mettling	49.6			2. Ben Mettling	132' 5"	3rd
						section	qualifier
					3. Derrick Odegard	115' 6"	6th
800 m Run	1. Jeremy Lee	(64, 68) 2:12.7	2nd	*section	qualifier*		
	2. Mike Stahlke	(72, 78) 2:28.3					
	3. Josh Wirth	(74, 80) 2:34.5					
				<u>TEAM RESULTS:</u>			
200 m Dash	1. Levi Williams	23.9	3rd	*section	qualifier*	1. PINE CITY	158
	2. Peter Johnson	25.7				2. BRAHAM	143
	3. John Hansen	24.3	4th	*section	qualifier*	3. RUSH CITY	97
						4. HINCKLEY/FINLAYSON	76
						5. OGILVIE	34
Shot Put	1. Mike Rydberg	42' 10"	2nd	*section	qualifier*	ISLE-ONAMIA	34
	2. Ben Mettling	38' 6"	6th			7. EAST CENTRAL	14
	3. Derrick Odegard	38' 10"	5th				

SECTION 4-A TRACK AND FIELD MEET @ MACALASTER COLLEGE
Saturday, June 3, 2000 - 10:00 a.m. - cool (sometimes warm) slight breeze
Pine City Results

TRIPLE JUMP	Katie Meyer	30' .75"		<u>Team Results:</u>	
				1. DeLaSalle	82
3200 M RUN	Meleia Johnson	14:18.50		2. Mayer Lutheran	81
				3. Visitation	74
100 M HURDLES	Jaime Kozisek	18.39		4. Brooklyn Center	69.5
				5. Breck School	63
POLE VAULT	Jessica Ammann	8' 6"	8th	Waconia	63
	Susan Johnson	9' 0"	3rd	7. St. Paul Academy	58
				8. The Blake School	55.75
4 X 800 M RELAY	Kim Connaker	2:38.3		9. Watertown Mayer	40
	Lena Filler	2:38.6	BTY	10. Mounds Park Academy	39
	Miki Anderson	2:42.1		11. Minnehaha Academy	36.5
	Lyndsay Mettling	<u>2:39.4</u>		12. St. Croix Lutheran	31
		10:38.3	8th BTY	13. Norwood Young America	30
				14. Braham	28.5
400 M DASH	Annie Dufresne	63.54	9th PB	15. Meadow Creek	28
	Susan Johnson	65.73		16. Ogilvie	27
				17. Isle-Onamia	26.5
300 M HURDLES	Lena Filler	53.28		18. Hinckley/Finlayson	24.5
				19. Pine City	15
800 M RUN	Kim Connaker	2:43.39		20. St. Agnes/St. Bernard's	14
	(1:15, 1:28)			21. New Life Academy	12
				22. Concordia Academy	10
4 x 400 M RELAY	Kim Connaker	68.9		23. Rush City	2
	Miki Anderson	66.6	PB	24. Bloomington Lutheran	2
	Susan Johnson	67.1		25. East Central	0.75
	Annie Dufresne	<u>63.2</u>	PB		
		4:26.07	8th		

SECTION 4-A TRACK AND FIELD MEET @ MACALASTER COLLEGE
Saturday, June 3, 2000 - 10:00 a.m. - cool (sometimes warm) slight breeze
Pine City Results

DISCUS	Mike Rydberg	135' 0"	7th
	Ben Mettling	139' 6"	3rd
LONG JUMP	Levi Williams	18' 4"	
POLE VAULT	Nate Thieman	12' 6"	5th
100 M DASH	Levi Williams	:11.85	
3200 M RUN	Ryan Hammill	10:39.13	8th
	(1:06, 1:14, 1:15, 1:24, 1:24, 1:25, 1:31, 1:12)		
	Jared Clementson	10:27.05	6th PB
(1:06, 1:15, 1:17, 1:21, 1:23, 1:25, 1:21,1:17)			
200 M DASH	Levi Williams		24.02
	John Hansen		25.82
SHOT PUT	Mike Rydberg	43' 9.5"	6th
HIGH JUMP	Travis Schwarz	6' 2"	2nd
	ADVANCES TO STATE		
TRIPLE JUMP	Jason Oare	38' 6"	6th PB
1600 M RUN	Ryan Hammill	4:49.60	8th
	(1:04, 1:12, 1:19:, 1:14)		
	Jeremy Lee	4:49.65	9th PB
(1:06, 1:14, 1:18, 1:11)			
400 M DASH	Jason Oare		55.27
	Andy Wirth		56.67
800 M RUN	Jeremy Lee		2:11.82
(65, 66)			
4 x 400 M RELAY	John Hansen		53.4
	Andy Wirth		55.3
	Travis Schwarz		:54.0
	Jason Oare		<u>53.5</u>
		3:36.39	4th BTY

Team Results:

1. Mayer Lutheran	137
2. Concordia Academy	81
3. DeLaSalle	80
4. St. Agnes/St. Bernard's	75
5. Waconia	74
6. CHOF	58
7. Watertown Mayer	50
8. Pine City	49
9. The Blake School	48
10. Braham	40.5
11. Breck School	36
12. St. Paul Academy	32
13. Bloomington Lutheran	25
14. St. Croix Lutheran	24
15. Rush City	21
16. Mounds Park Academy	13.5
17. Brooklyn Center	13
18. Minnehaha Academy	13
19. Norwood Young America	11
20. Meadow Creek	6
21. Isle-Onamia	5
22. Right-Step Academy	4
23. Hinckley/Finlayson	3

***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.***

**STATE TRACK MEET @ BLAINE
SATURDAY, JUNE 10, 2000**

10:00 High Jump Travis Schwarz

GIRLS' "BESTS" - 2000

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Kati Splett - 9	99					2:57.3	6:34	
	OO					2:45.71 -Monti	6:19.3 - Milaca	
						2:49.3sp-RRCR		
Jenny Weinholzer - 9	OO			34.3- PCJV	74.6 - JV			
Kim Zerwas - 9	OO		19.3 - Mil					
Meleia Johnson - 8	99				1:11	3:01	6:25	
	OO					2:49.6	6:17 13:55.02 -Monti	
Shannon Bauer - 8	OO			37.4				
Allycia Bernard - 8	OO		14.6					
Brittany Grinde - 8	99							
	OO			31.5				
Brittney Jewell - 8	99							
	OO			30.9		3:01	7:02	
Tessa Korf - 8	99			32.1	1:10			
	OO			30.3	1:06.0			
Holly Mizer - 8	OO					3:01.5		
Amy Nelson - 8	OO		14.3	30.5				
Laura Pixley - 8	99		13.7	30.3				
	OO		13.9					
Kari Splett - 8	99				1:13.9			
	OO							
Julianna Wirth - 8	99		14.7	30.7				
	OO		14.6	30.8				
4 x 100 m Relay -8	98	59.2						
	99	59.9						
	OO	57.87						
4 x 200 m Relay -8	98	2:11						
	99	2:22						
	OO	2:04.5						
Medley Relay -8	98	2:18.4						
Jenna Fore - 7	OO					2:47	6:09	
Lacey Pixley - 7	OO		15.3	32.1				
4 x 100 m relay -7	98	60.2						
	99	59.6						
4 x 200 m relay - 7	98	2:16.0						
	99	2:08.6						

GIRLS' "BESTS" - 2000

55 hurdles	100 hurdles	300 hurdles	high jump	long jump	triple jump	discus	shot put	pole vault
			3' 10"					
				11' 3" - PCJV				
			4' 2"					
	22.4		10' 6"			37' 7"		
							20' 4"	
	20.1		3' 8"	11' 5"				
	19.5			11' 10"				
	19.5		3' 9"	11' 4"				
	18.8						24' 10"	
			3' 9"			61' 6"	19' 10"	
						76' 2"		
				11' 11"		58' 2"		
						55' 3"		
							25' 3"	
						62' 1"	28' 2"	
	21.2		4' 6"	12' 1"				
	20.4		4' 6"	12' 3"				
				11' 9"				
				12' 8"				
				12' 6"		61' 0"		
				11' 11"			25' 5"	

BOYS' "BESTS" - 2000

yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Ryan Hammill - 11	98	14.2 sp-NSC			2:16.2 - Ona 2:15.8 sp-Hinc		
	99			57.0 sp - ChL	2:09.1 - Sub	4:48.1 - RRC	
	OO				2:11.17-NSC	4:47.85 - Monti	10:26.1 -Monti
				55.6 sp -NSC	2:06.2 sp-RRCR	4:57.0 sp-RRCR	
Peter Johnson - 11	98		25.0 sp -ChL	57.7 - Ona	2:23.6 - NSC		11:09.6 Mora
	OO		24.5 - Chen	60.2 sp-NSC	2:13.1 sp-Relays		
		12.2sp-RRCI	24.3 sp-RRCR	56.2 sp-RRCR	2:12.1sp-RRCR		
Jeremy Lee - 11	98	14.7 sp-RRCI		64.2 - ChL	2:18.5 - Sub	5:31.7 - Mora	
				61.8 sp-ConR			
	99			60.2 sp - ChL	2:13.2 - Og	5:00.6 - Sub	11:35.7 - PC
	OO				2:14.7 sp-Sec	3:44.5 (1200)	
					2:10.57-Monti	4:49.65 - Sec	
				56.1 sp -Mor	2:10.6 sp-RRCR	3:40.6 (1200)	
Jason Oare - 11	98		24.4 sp-Mora	58.9 - ChL		5:06.5 - Sub	
	OO			55.7 sp -Hinc	2:12.5 sp-Mora		
				54.5 - Monti			
		23.8 sp-RC		53.5 sp -Sec	2:11.1 sp-NSC		
Levi Williams - 11	99	12.2 sp-RC	24.9 - RRC	56.9 - Sub			
			24.4 sp-GB				
	OO	11.8 - Mil	23.93-RRC				
		10.3sp-Chen	22.2 sp-RRCR	53.6 sp -Mil			
Don Clements - 10	OO						
Michael Rydberg - 10	99	13.6 - JV					
	OO	7.90 - NSC	13.8sp-RRCR	27.6 sp-NSC			
Mike Stahlke - 10	99			63.3 - ChL	2:24.5 RRC		
					2:23.2 sp-Sub		
	OO		26.3 - PCJV	61.7 - PCJV	2:28.3 - Sub		
			27.2 sp-Mil		2:22.1 sp-Monti		
Josh Wirth - 10	OO	13.2 - RC	28.25 - NSC		2:26.6 - RC	5:59.4 sp-RRCR	
					2:26.2 sp - Sub		
Patrick Bombard - 9	OO						
Karl Greden - 9	OO				6:20.70-NSC		
David Johnson - 9	OO			1:54.27 (600	2:31.9 0 Mora	5:58.79 - NSC	
					2:32.4 sp-Monti	5:37.6 sp-RRCR	
Matt Wirth - 9	99	13.2	26.8				
	OO	11.3 sp-RRCI	27.45 - Monti				

BOYS' "BESTS" - 2000

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
							37' 6.5" - Chen	
				12' 0" - NSC				
					16' 1"-RRCR			
							38' 6" - Sec	
								19' 9.5" -RRC
								57' 6" - PCJV
								29' 10" - PCJV
							107' 0" - JV	41'2.75"-Sec
							147'10.5"-Mil	47' 6" - RRCI
								78' 3" - PC
					53.9 - RC			
								17' 1.5" -Chen
								66'1.5"-PCJV
								30' 11.5" - NSC
							27' 8" - NSC	
								30' 2" - PCJV
				5' 2" -pcjh	16' 0"			
				5' 0" - RRCR	17' 3" - JV	37' 3.5" - JV		

BOYS' "BESTS" - 2000

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m dash	1600 m dash	3200 m dash
Dan Branzovsky - 8	99						6:15	
	OO							
Jared Clementson - 8	99				2:28.1	5:22.6		
	OO				2:15.0 - Chen	5:04.3 - RC	10:27.05 - Sec	
					2:16 sp-Chen	4:59.0 - Mil		
Mike Filler - 8	OO		14.7				6:59	
Willie Garnett - 8	OO				1:15.8	2:49		
Travis Gerving - 8	99		14.9	32.3				
	OO		14.4					
Dan Gregoire - 8	OO		13.4	29.5	1:08.0			
David Hansen - 8	OO					2:34	5:43	
Robert Noyes - 8	99		14.1	29.3				
	OO		14.9					
David Rolf - 8	OO		:19.0					
Kevin Skadsheim - 8	OO		13.5	27.5				
4 x 100 m Relay - 8	OO	55.3						
4 x 200 m Relay - 8	OO	2:02.0						
Dan Adams - 7	OO		13.8					
David Jackson - 7	OO		15.8		1:26			
Tyler Jackson - 7	OO							
Jon Othoudt - 7	OO		:35.0		1:16	2:55		
Oliver Rauschnot - 7	OO		13.8	:28.0				
Marvin Siedow - 7	OO					2:43	6:00	
Zach Vanderberg - 7	OO		13.4	27.4				
4 x 100 m Relay - 7	98	54.5						
	99							
	OO	:58.0						
4 x 200 m Relay - 7	98							
	99							
	OO	2:01.3						

BOYS' "BESTS" - 2000

	55 m hurdles	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
		22.9					62' 7"	21' 8"	
				4' 4"	13' 8"				
					15' 10"				
	19.3			4' 2"	11' 11"				
					11' 5"		70' 9"		
	19.6				11' 10"				
	17.2			4' 4"	13' 3"				
					13' 9"				
							75' 2"		
							79' 4"	35' 5"	
							101' 8"	37' 1"	
							65' 2"	37' 1"	
				5' 0"					
							92' 1"	34' 9"	
				4' 2"					
	21.3				11' 11"			27' 9"	
				4' 0"	10' 5"			21' 5"	
							97' 3"		
					13' 5"				
				4' 8"					

GIRLS' RELAY HISTORY - 2000

	GOLD BATON	RRC INDOOR	RUSH CITY	TIGERAMA	RRC RELAYS
4 X 100 M RELAY (0:52.79)		K. Meyer L. Haugrud R. Overson K. Johnson	K. Meyer K. Johnson K. Ovik R. Overson	K. Meyer L. Haugrud R. Overson K. Ovik	K. Meyer L. Haugrud R. Overson K. Ovik
		58.2	57.5	58.0 DQ	56.03
4 x 200 M RELAY (1:50.8)	K. Meyer L. Haugrud G. Brackenbury Kayla Johnson	K. Johnson L. Haugrud R. Overson C. Milligan	C. Mosher L. Haugrud L. Ballis K. Ovik	K. Meyer L. Haugrud A. Dufresne K. Ovik	K. Meyer C. Mosher A. Dufresne R. Overson
	2:10.35	2:05.2	2:09.4	2:05.5	2:01.02
4 x 400 M RELAY (4:17.59)	K. Connaker M. Anderson L. Filler S. Johnson	L. Haugrud N. Plasek J. Kozisek M. Anderson	K. Connaker L. Filler M. Anderson S. Johnson	K. Connaker A. Dufresne M. Anderson S. Johnson	K. Connaker A. Dufresne M. Anderson S. Johnson
	4:43.50	4:59.0	4:46.4	4:33.1	4:27.34
4 x 800 M RELAY (10:35.51)	K. Connaker M. Anderson Katie Splett L. Filler	N. Plasek R. Craighead K. Splett M. Anderson	L. Mettling R. Craighead K. Splett K. Connaker	K. Connaker L. Mettling M. Anderson L. Filler	K. Connaker L. Mettling M. Anderson L. Filler
	11:31.61	11:45.0	11:30.1	10:56.3	10:45.09
800 MEDLEY RELAY (100, 100, 200, 400)					K. Meyer R. Overson K. Ovik S. Johnson
					2:02.21
1600 MEDLEY RELAY (200, 200, 400, 800)	A. Filler -400 K. Meyer -200 L. Haugrud -200 J. Kozisek -800				C. Milligan J. Kozisek N. Plasek K. Splett
	5:18.44				5:09.7
DISTANCE MEDLEY (400, 800, 1200, 1600)					C. Milligan N. Carlson R. Craighead N. Plasek
					16:02.51

GIRLS' RELAY HISTORY - 2000

MORA	CHENGWATANA	TRUE TEAM	MILACA	CONFERENCE	SUB-SECTION	SECTION
K. Meyer	K. Meyer	K. Meyer	K. Meyer	K. Meyer	K. Meyer	
R. Overson	R. Overson	R. Overson	K. Johnson	R. Overson	R. Overson	
Kayla Johnson	Kayla Johnson	K. Johnson	K. Ovik	K. Johnson	Kayla Johnson	
K. Ovik	K. Ovik	K. Ovik	A. Dufresne	K. Ovik	K. Ovik	
55.9	55.6	55.43	56.0	54.91	55.2	
K. Meyer	K. Meyer	K. Meyer	K. Meyer	K. Meyer	K. Meyer	
C. Mosher	Kayla Johnson	K. Johnson	K. Johnson	K. Johnson	Kayla Johnson	
A. Dufresne	A. Dufresne	A. Dufresne	K. Ovik	K. Ovik	K. Ovik	
K. Ovik	K. Ovik	K. Ovik	A. Dufresne	A. Dufresne	A. Dufresne	
2:01.4	1:58.6	1:56.16	1:59.4	1:58.41	2:00.2	
K. Connaker	K. Connaker	K. Connaker	M. Anderson	K. Connaker	K. Connaker	K. Connaker
R. Overson	A. Dufresne	A. Dufresne	L. Mettling	M. Anderson	M. Anderson	M. Anderson
J. Kozisek	Lena Filler	M. Anderson	S. Johnson	A. Dufresne	A. Dufresne	S. Johnson
M. Anderson	S. Johnson	S. Johnson	A. Dufresne	S. Johnson	S. Johnson	A. Dufresne
4:43.1	4:27.8	4:28.68	4:33.1	4:35.13	4:25.4	4:26.07
R. Craighead	K. Connaker	K. Connaker	L. Mettling	K. Connaker	K. Connaker	K. Connaker
K. Splett	R. Craighead	L. Mettling	S. Johnson	M. Anderson	L. Filler	L. Filler
L. Mettling	L. Mettling	M. Anderson	N. Carlson	L. Mettling	M. Anderson	M. Anderson
K. Connaker	L. Filler	L. Filler	M. Anderson	L. Filler	L. Mettling	L. Mettling
11:08.6	10:53.9	11:00.77	11:02.8	10:59.9	10:58.6	10:38.3

BOYS' RELAY HISTORY - 2000

	GOLD BATON	RRC INDOOR	RUSH CITY	TIGERAMA	RRC RELAYS
4 X 100 M RELAY (0:45.3)		N. Thieman J. Wirth T. Schwarz Peter Johnson	N. Thieman L. Williams C. Wiener T. Schwarz	N. Thieman L. Williams C. Wiener T. Schwarz	N. Thieman M. Wirth L. Williams T. Schwarz
		49.7	48.1	48.0	47.86
4 x 200 M RELAY (1:36.6)	L. Williams M. Rydberg Peter Johnson J. Oare	J. Hansen T. Schwarz Peter Johnson A. Wirth	L. Williams J. Oare Peter Johnson A. Wirth	J. Hansen A. Wirth J. Oare Peter Johnson	J. Hansen A. Wirth L. Williams J. Oare
	1:44.15	1:45.5 DQ	1:40.4	1:38.3	1:38.28
4 x 400 M RELAY (3:28.39)	J. Lee Peter Johnson J. Oare R. Hammill	J. Hansen B. Mettling A. Wirth R. Hammill	T. Schwarz A. Wirth L. Williams J. Oare	J. Hansen A. Wirth T. Schwarz J. Oare	T. Schwarz A. Wirth L. Williams J. Oare
	3:47.77	3:58.9	3:47.3	3:43.9	3:41.13
4 x 800 M RELAY (8:44.9)	J. Lee Peter Johnson J. Oare R. Hammill		J. Clementson M. Stahlke D. Johnson R. Hammill	J. Clemenston D. Johnson M. Stahlke R. Hammill	J. Lee Peter Johnson J. Oare R. Hammill
	8:52.18		9:42.8	9:26.0	8:41.97
800 MEDLEY RELAY (100, 100, 200, 400)					N. Thieman M. Wirth J. Hansen A. Wirth 1:48.43
1600 MEDLEY RELAY (200, 200, 400, 800)					Peter Johnson T. Schwarz R. Hammill J. Wirth 4:21.5
DISTANCE MEDLEY (800, 400, 1200, 1600)					Peter Johnson M. Stahlke J. Lee R. Hammill 11:57.39

BOYS' RELAY HISTORY - 2000

MORA	CHENGWATANA	TRUE TEAM	MILACA	CONFERENCE	SUB-SECTION	SECTION
N. Thieman L. Williams A. Wirth T. Schwarz	N. Thieman L. Williams Peter Johnson T. Schwarz	N. Thieman M. Wirth L. Williams T. Schwarz	T. Schwarz J. Oare A. Wirth L. Williams	N. Thieman L. Williams P. Johnson T. Schwarz	N. Thieman L. Williams Peter Johnson T. Schwarz	
47.8		46.0	47.28	46.6	DQ	48.2
N. Thieman A. Wirth Peter Johnson J. Oare	J. Hansen A. Wirth Peter Johnson J. Oare	J. Hansen A. Wirth L. Williams J. Oare	T. Schwarz B. Mettling M. Stahlke A. Wirth	T. Schwarz A. Wirth P. Johnson J. Oare	J. Hansen A. Wirth P. Johnson J. Oare	
1:39.0	1:36.8	1:44.16	1:43.1	1:39.44	1:39.8	
T. Schwarz Peter Johnson L. Williams J. Oare	J. Hansen A. Wirth T. Schwarz J. Oare	T. Schwarz J. Lee A. Wirth J. Oare	R. Hammill J. Lee L. Williams J. Oare	T. Schwarz J. Lee A. Wirth J. Oare	J. Hansen A. Wirth T. Schwarz J. Oare	J. Hansen A. Wirth T. Schwarz J. Oare
3:48.2	3:42.3	3:42.68	3:39.7	3:43.12	3:44.3	3:36.39
J. Lee J. Wirth M. Stahlke R. Hammill	M. Stahlke D. Johnson J. Wirth J. Clementson	M. Stahlke D. Johnson J. Wirth J. Clementson	M. Stahlke D. Johnson J. Wirth J. Lee	M. Stahlke D. Johnson J. Wirth J. Clementson	M. Stahlke D. Johnson J. Wirth J. Clementson	
9:23.7	9:50.1	9:43.99	9:46.9	9:58.26	9:53.0	

GIRLS' TOP TEN RELAYS - The 90's and Beyond

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X 100 M RELAY	K. Meyer	C. Koppen	K. Meyer		C. Koppen	K. Meyer	K. Meyer	K. Meyer	K. Meyer	K. Meyer
	A. Peil	S. Weichman	A. Mettling		S. Weichman	A. Miller	A. Miller	A. Miller	R. Overson	A. Miller
	M. Sloan	M Odegard	L. Ballis		M. Odegard	M. Sloan	A. Peil	A. Peil	K. Johnson	M. Sloan
	T. Kazek	S. Misel	K. Ovik		S. Misel	T. Kazek	T. Kazek	T. Kazek	K. Ovik	T. Kazek
	52.79 98	53.05 93	53.23 99	53.41 91	53.86 94	54.5 97	54.5 97	54.8 98	54.91 00	55.0 98
4 x 200 M RELAY		S. Misel	C. Koppen	K. Meyer	A. Miller	K. Meyer	K. Meyer	R. Auers	M. Sloan	A. Peil
		C. Koppen	S. Weichman	A. Miller	A. Peil	Kayla Johnson	A. Peil	A. Wiedemann	A. Wiedemann	L. Ballis
		S. Weichman	M. Odegard	M. Sloan	M. Sloan	A. Dufresne	M. Sloan	M. Sloan	J. Odegard	M. Sloan
		R. Schimming	S. Misel	T. Kazek	T. Kazek	K. Ovik	T. Kazek	T. Kazek	M. Odegard	T. Kazek
	1:53.2 91	1:54.12 92	1:54.31 99	1:54.8 98	1:56.0 98	1:56.16 00	1:57.23 98	1:57.6 96	1:57.8 95	1:58.3 98
4 x 400 M RELAY	K. Connaker	K. Connaker	K. Odegard	K. Connaker	K. Connaker	M. Sloan	R. Auers	A. Dufresne	K. Odegard	J. Odegard
	M. Anderson	M. Anderson	L. Ballis	A. Dufresne	A. Dufresne	A. Wiedeman	L. Filler	L. Filler	S. Johnson	A. Wiedeman
	A. Dufresne	S. Johnson	M. Sloan	M. Anderson	L. Filler	L. Greden	M. Sloan	M. Sloan	L. Filler	L. Greden
	S. Johnson	A. Dufresne	S. Johnson	S. Johnson	S. Johnson	M. Odegard	A. Wiedeman	S. Johnson	M. Sloan	M. Odegard
	4:25.4 00	4:26.07 00	4:27.1 98	4:27.34 00	4:27.8 00	4:30 95	4:31.8 96	4:32.2 98	4:32.7 98	4:33 95
4 x 800 M RELAY	K. Connaker	K. Connaker	K. Connaker	K. Connaker	K. Connaker	L. Filler	L. Filler	A. Wiedeman	H. Larsen	K. Connaker
	M. Anderson	L. Filler	L. Mettling	B. Haavisto	R. Craighead	B. Haavisto	M. Anderson	B. Haavisto	M. Anderson	B. Haavisto
	L. Mettling	M. Anderson	M. Anderson	M. Sloan	L. Mettling	B. Fischer	L. Mettling	B. Fischer	L. Mettling	L. Mettling
	L. Filler	L. Mettling	L. Filler	L. Filler	L. Filler	A. Wiedeman	H. Larsen	A. Johnson	L. Filler	L. Filler
	10:35.51-99	10:38.3 00	10:45.09 -00	10:46.0 98	10:53.9 00	10:54.9 97	10:55.7 99	10:58.5 96	10:59.1 99	10:59.8 98
800 MEDLEY 100, 100, 200, 400	K. Meyer	T. Kazek	K. Meyer	B. Johnson	K. Meyer	A. Peil	N. Plasek			
	R. Overson	A. Miller	A. Miller	K. Smetana	A. Miller	L. Ballis	L. Haugrud			
	K. Ovik	K. Odegard	T. Kazek	T. Kazek	K. Odegard	A. Miller	L. Ballis			
	S. Johnson	S. Johnson	M. Sloan	R. Auers	M. Sloan	K. Odegard	J. Stahlke			
	2:02.21 00	2:05.7 98	2:07 5 98	2:09.6 96	2:11.14 97	2:13.6 97	2:16.1 99			
1600 MEDLEY 200, 200, 400, 800	K. Meyer	A. Peil	T. Kazek	C. Milligan	A. Filler	M. Misel				
	A. Miller	M. Soderbeck	S. Johnson	J. Kozisek	K. Meyer	A. Wiedemann				
	S. Johnson	L. Ballis	M. Sloan	N. Plasek	L. Haugrud	M. Sloan				
	K. Connaker	K. Connaker	A. Wiedeman	K. Splett	J. Kozisek	J. Ammann				
	4:55.1 99	5:00.1 98	5:03.2 97	5:09.7 99	5:18.44 00	5:23.6 96				
DISTANCE MEDLEY 800, 400, 1200, 1600	A. Wiedeman	J. Johnson	L. Mettling	C. Milligan	R. Craighead					
	B. Fischer	K. Odegard	C. Mosher	N. Carlson	M. Soderbeck					
	B. Haavisto	B. Haavisto	B. Haavisto	R. Craighead	N. Carlson					
	A. Johnson	N. Carlson	B. Fischer	N. Plasek	J. Johnson					
	15:06.3 96	15:26.6 98	15:54.0 97	16:02.51	16:31.9 99					

BOYS' TOP TEN RELAYS - The 90's and Beyond

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X 100 M RELAY	B. Olson	J. Arnold	N. Thieman	J. McSherry	S. Auers	J. Arnold	T. Schwarz	M. Johnson	J. Hansen	M. Johnson
	S. Auers	Jeff Johnson	L. Williams	J. Johnson	J. Johnson	J. Johnson	J. Oare	Z. Mettling	M. Johnson	J. Johnson
	Z. Mettling	B. Olson	Pete Johnson	B. Olson	B. Olson	B. Olson	A. Wirth	B. Olson	B. Olson	B. Olson
	M. Johnson	J. Jahnz	T. Schwarz	S. Auers	J. Jahnz	S. Auers	L. Williams	S. Auers	S. Auers	P. D. Johnson
	45.3 98	45.87 96	46.0 00	46.08 97	46.4 96	46.6 96	46.6 00	46.7 98	46.7 98	46.9 97
4 x 200 M RELAY	J. Hansen	J. Hansen	J. Hansen	N. Thieman	T. Schwarz	S. Auers	B. Olson	Pete Johnson	S. Auers	L. Williams
	R. Root	A. Wirth	A. Wirth	A. Wirth	A. Wirth	R. Root	R. Root	R. Root	R. Root	J. Oare
	A. Wirth	PeteJohnson	L. Williams	PeteJohnson	PeteJohnson	A. Wirth	A. Wirth	Z. Mettling	A. Wirth	PeteJohnson
	M. Johnson	J. Oare	J. Oare	J. Oare	J. Oare	J. Hansen	J. Hansen	B. Olson	N. Johnson	A. Wirth
	1:36.6 99	1:36.8 00	1:38.28 00	1:39.0 00	1:39.44 00	1:39.6 98	1:40.2 98	1:40.3 98	1:40.4 98	1:40.4 00
4 x 400 M RELAY	J. Hansen	J. Hansen	J. Hansen	J. Hansen	R. Hammill	N. Johnson	J. Hansen	J. Oare	T. Schwarz	J. Hansen
	A. Wirth	N. Johnson	A. Wirth	M. Johnson	J. Lee	A. Wirth	N. Johnson	M. Johnson	J. Lee	N. Johnson
	M. Johnson	JR Anderson	T. Schwarz	P. Johnson	L. Williams	M. Johnson	M. Johnson	A. Wirth	A. Wirth	M. Johnson
	Paul Johnson	M. Johnson	J. Oare	A. Wirth	J. Oare	JR Anderson	JR Anderson	JR Anderson	J. Oare	JR Anderson
	3:28.39 -99	3:34.55 98	3:36.39 00	3:39.7 99	3:39.7 00	3:39.8 98	3:40.45 97	3:41.4 98	3:42.68 00	3:42.7 98
4 x 800 M RELAY	J. Lee	Pete Johnson	Pete Johnson	J. Oare	P. Johnson	P. Johnson	S. France	S. France	D. Pangerl	S. France
	PeteJohnson	J. Oare	R. Hammill	JR Anderson	R. Hammill	R. Hammill	J. Lee	D. Pangerl	M. Stahlke	PI Johnson
	J. Oare	A. Wirth	A. Wirth	Pete Johnson	A. Wirth	J. Oare	P. Johnson	J. Lee	S. France	R. Hammill
	R. Hammill	JR Anderson	JR Anderson	A. Wirth	J. Oare	A. Wirth	R. Hammill	R. Hammill	J. Lee	J. Oare
	8:41.97 -00	8:44.9 98	8:48.7 98	8:56.65 98	8:58.6 98	9:02.9 98	9:09.5 98	9:14.7 99	9:16.51 99	9:25.3 98
800 M Medley 100, 100, 200, 400	J. Hansen	B. Olson	B. Olson	N. Thieman	J. Johnson					
	A. Wirth	S. Auers	P.D. Johnson	M. Wirth	J. Jahnz					
	M. Johnson	Z. Mettling	J. McSherry	J. Hansen	J. McSherry					
	Paul Johnson	M. Johnson	JR Anderson	A. Wirth	B. Runyan					
	1:43.7 99	1:45.0 98	1:45.8 97	1:48.43 00	1:54.5 96					
1600 M Medley 200, 200, 400, 800		M. Johnson		J. McSherry	B. Olson	J. McSherry	A. Bodle	J. Schoen	J. Schoen	D. Sanders
		J. Hansen		P.D. Johnson	S. Auers	S. Auers	BJ Patzoldt	A. Bodle	J. Arnold	R. Root
		A. Wirth		M. Johnson	J. Arnold	J. Arnold	J. Arnold	J. Kucera	A. Bodle	J. Oare
		JR Anderson		JR Anderson	JR Anderson	JR Anderson	R. Bell	R. Bell	R. Bell	R. Hammill
	3:45.28 90	3:57.4 98	3:57.6 91	3:57.85 97	4:01.6 96	4:04.9 96	4:05 93	4:06 94	4:09 94	4:09.8
Distance Medley 800, 400, 1200, 1600	PeteJohnson	L. Williams	J. Lee	S. Peterson	D. Sanders					
	M. Stahlke	S. France	B. Mettling	J. Arnold	N. Thieman					
	J. Lee	J. Lee	S. France	B. Runyan	B. Mettling					
	R. Hammill	R. Hammill	D. Pangerl	JR Anderson	D. Pangerl					
	11:57.39 00	11:58.3 99	12:42.2 98	13:02.7 96	13:26.6 97					

GIRLS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Katie Meyer 13.0 98	Tera Kazek 13.3 98	T. Kazek 13.39 96	K. Meyer 13.4 00	T. Kazek 13.5 97	Suzie Misel 13.51 92	S. Misel 13.54 94	Erica Delak 13.58 91	D. Kirchberg 13.63 95	T. Kazek 13.78 95
200 M DASH	Kayla Johnson 28.01 00	Tera Kazek 28.1 98	Melissa Odegard 28.22 94	M. Odegard 28.55 93	M. Odegard 28.67 95	T. Kazek 28.9 96	Rita Auers 28.91 96	Amanda Peil 29.0 98	J. Stahlke 29.0 99	Erica Delak 29.1 91
400 M DASH	M. Odegard 61.4 94	M. Odegard 62.0 95	A. Dufresne 63.54 00	Rita Auers 64.5 96	S. Johnson 64.6 00	R.Schimming 65.8 92	Molly Sloan 66.6 98	SusanJohnson 66.6 98	M. Sloan 67.0 96	Kim Odegard 67.3 98
800 M RUN	A.Wiedemann 2:31.85 97	A. Wiedemann 2:32.01 96	A. Wiedemann 2:32.8 95	K. Connaker 2:36.09 99	K. Connaker 2:38.91 00	Kim Connaker 2:39.7 98	Miki Anderson 2:40.2 00	LeahSchwartz 2:41.5 91	D. Peterson 2:42 93	A. Wiedeman 2:43 94
1600 M RUN	Leah Schwartz 5:49.7 91	Heidi Larsen 5:57.4 99	Becky Haavist 6:00.0 94	Amy Johnson 6:03.0 94	B. Haavisto 6:06 93	Amy Munkberg 6:06.29 93	Jenna Fore 6:09 00	B. Haavisto 6:09.9 98	A. Johnson 6:11 93	B. Haavisto 6:13.1 97
3200 M RUN	Amy Johnson 12:34.04 96	Jamie Johnson 13:11.3 98	A. Munkberg 13:20.12 93	MeleiaJohnson 13:55.02 00	Nikki Carlson 14:24.8 00	B. Fischer 14:33.6 97	Jamie Johnson 14:44.3 99	B. Haavisto 14:58.94 97	Marie Lovik 15:02.7 92	Jess Ammann 15:17.3 96
100 M HURDLES	C. Hersbergen 16.54 94	C. Hersbergen 17.83 93	Lena Filler 17.9 00	J. Kozisek 18.0 00	J. Kozisek 18.4 99	L. Haugrud 18.4 00	Lena Filler 18.5 98	Breck Johnson 18.6 98	C. Kroeze 18.8 92	B. Johnson 19.04 97
300 M HURDLES	L. Filler 51.70 00	Lena Fller 52.4 98	L. Filler 52.9 99	C. Mosher 53.0 00	Lena Filler 53.9 96	C. Hersbergen 54.18 94	C. Mosher 54.2 99	L. Filler 54.7 97	Angela Filler 54.7 97	A. Filler 55.5 98
HIGH JUMP	Heidi Larsen 5' 0" 99	Kati Ovik 4' 10" 00	K. Ovik 4' 8" 99	Kari Splett 4' 6" 00	S. Weichman 4' 5" 93	Jess Amman 4' 4" 97	J. Ammann 4' 4" 98	Bree Fischer 4' 4" 92	S Weichman 4' 4" 94	Jaci Werner 4' 4" 93
LONG JUMP	Erica Delak 16' 6" 91	E. Delak 16' 1.75" 93	E. Delak 15' 7.75" 92	C. Hersbergen 15' 5.5" 93	Tera Kazek 15' 4.5" 96	S. Johnson 15' 2.5" 00	C. Hersbergen 15' 2" 94	Molly Sloan 15' .75" 96	Sue Johnson 14' 7.75" 98	M. Sloan 14' 5.25" 97
TRIPLE JUMP	E. Delak 32' 3" 93	K. Meyer 32' .5" 00	C. Hersbergen 31' 9" 94	J. Ammann 31' 9.5" 00	S. Weichman 31' 7" 93	C. Hersbergen 31' 3" 93	K. Meyer 31' 2.5" 99	J. Ammann 30' 8" 97	A. Miller 30' .5" 99	Katie Meyer 29' 11.5" 98
DISCUS	Mary Misel 93' 10" 96	Molly Sloan 91' .5" 98	L. Mettling 87' 6" 00	M. Misel 81' 2.5" 95	Tricia Struss 80' 4" 96	Tessa Kork 76' 2" 00	Jamie Rank 75' 5" 98	L. Mettling 74' 9.5" 99	M. Misel 73' 11" 94	M. Misel 73' 3" 93
SHOT PUT	Tera Kazek 35' 10" 98	T. Kazek 35' 4.5" 97	T. Kazek 33' 1" 96	R.Schimming 30' 9.75" 92	Joell Werner 29' 11.25" 93	T. Kazek 28' 10.75" 94	L. Mettling 28' 5.5" 00	M. Anderson 28' 4" 00	Laura Pixley 28' 2" 00	M. Thieman 28' 1" 00
POLE VAULT	S. Johnson 9' 0" 00	J. Ammann 8' 6" 99	J.Ammann 8' 6" 00	Amanda Peil 8' 0" 98	S. Johnson 8' 0" 99	Sue Johnson 7" 0" 98	L. Filler 7' 0" 00	A. Dufresne 6' 6" 98	L. Filler 6' 6" 99	

BOYS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Chris Olson 11.12 91	Paul Johnson 11.38 99	Jeff Arnold 11.49 96	Brian Olson 11.6 98	C. Olson 11.63 90	B. Olson 11.68 96	Mike Johnson 11.7 98	Jayson Jahnz 11.7 96	Nate Thieman 11.7 00	L. Williams 11.8 00
200 M DASH	Paul Johnson 22.80 99	Chris Olson 23.1 91	C. Olson 23.65 90	M. Johnson 23.7 98	John Hansen 23.9 98	John Hansen 23.9 99	L. Williams 23.93 00	Z. Mettling 24.2 98	J. Arnold 24.21 94	J. Arnold 24.29 96
400 M DASH	Mike Johnson 51.73 99	M. Johnson 52.33 98	M. Johnson 53.30 97	Jeff Arnold 53.3 96	Andy Wirth 53.78 98	A. Wirth 53.9 99	Jeff Arnold 54.0 93	J. Oare 54.5 00	Doug Farick 54.61 90	A. Wirth 55.1 00
800 M RUN	JRAnderson 2:07.1 98	R. Hammill 2:09.1 99	J. Lee 2:10.57 00	JR Anderson 2:10.6 97	R. Hammill 2:11.17 00	JR Anderson 2:11.94 95	Jeremy Lee 2:13.2 99	JR Anderson 2:13.4 96	JR Anderson 2:14 94	J. Clementson 2:15.0 00
1600 M RUN	John Bloom 4:30.5 91	JR Anderson 4:44.6 98	R. Hammill 4:47.85 00	R. Hammill 4:48.1 99	JR Anderson 4:48.3 97	J. Lee 4:49.65 00	JR Anderson 4:50.16 96	J. Clementson 4:59.0 00	J. Lee 5:00.6 99	Ryan Bell 5:01 94
3200 M RUN	John Bloom 9:52 91	John Bloom 10:18.69 90	R. Hammill 10:26.1 00	J.Clementson 10:27.05 00	Dan Pangerl 10:46.76 99	Dan Pangerl 10:51.6 98	JR Anderson 11:01.3 98	Dan Pangerl 11:03.9 97	PeteJohnson 11:09.6 98	JR Anderson 11:10.7 96
110 M HURDLES	Steve Kunze 16.44 91	N. Anderson 16.6 98	N. Anderson 17.2 97	N. Anderson 17.4 96	S. Kunze 17.69 90	Jon Baum 18.18 92	Chris Wiener 18.65 00	St. Peterson 19.3 96	Ben Mettling 19.6 00	Nick Koppy 22.3 99
300 M HURDLES	N. Anderson 43.67 98	Steve Kunze 44.4 91	S. Kunze 45.24 90	N. Anderson 45.6 97	C. Wiener 45.92 00	Josh Wiener 46.0 97	C. Wiener 46.3 99	Randy Root 46.9 98	B. Mettling 47.02 00	N. Johnson 47.1 97
HIGH JUMP	Travis Schwarz 6' 2" 00	T. Schwarz 6' 0" 99	Steve Kunze 5' 10" 91	N. Anderson 5' 8" 98	P. Stephan 5' 8" 98	Z. Mettling 5' 6" 98	P. Stephan 5' 6" 97	C. Wiener 5' 6" 00	Darrin Freetly 5' 4.5" 90	N. Anderson 5' 4" 97
LONG JUMP	L. Williams 19' 6" 00	Chris Olson 19' 5" 91	Stu Auers 19' 3.75" 98	Brian Olson 19' 2.75" 98	Stu Auers 19' 2" 97	C. Christianson 19' 1" 92	Chris Olson 18' 9" 90	B. Olson 18' 5.5" 96	J. Jahnz 18' 5" 96	S. Roatch 18' 3.75" 99
TRIPLE JUMP	Paul Johnson 39' 9" 99	Darrin Freetly 38' 9" 90	J. Oare 38' 6" 00	Jessie Johnson 38' 4.5" 96	C. Christianson 38' 3.5" 92	J. McSherry 37' 9" 97	Peter Johnson 37' 6.5" 00	M. Johnson 37' 5" 98	B. Stephan 37' 4" 92	Matt Wirth 37' 3.5" 00
DISCUS	M. Rydberg 147' 10.5" 00	B. Mettling 144' 0" 00	Scott Isaacson 132' 9" 90	D. Odegard 120' 2" 00	Matt Anderson 110' 10" 93	M. Rydberg 107' 0" 99	M. Anderson 105' 6.5" 92	D. Odegard 105' 5" 99	Derrick Odegard 100' 5" 98	Ben Mettling 98' 11" 98
SHOT PUT	M. Rydberg 47' 6" 00	Brian Olson 44' 0" 98	Brian Olson 42' 0" 97	Scott Isaacson 42' 0" 90	M. Rydberg 41' 2.75" 99	D. Odegard 38' 10" 00	B. Mettling 38' 6" 00	Matt Anderson 37'10.75" 93	Mike Johnson 37'2.25" 97	Patrick Stephan 33' 7" 98
POLE VAULT	Nate Thieman 13' 0" 00	Patrick Stephan 12' 6" 98	N. Thieman 12' 0" 99	P. Stephan 11' 0" 97	Nate Thieman 11' 0" 98	Josh Wiener 10' 6" 97	Andy Wirth 10' 0" 00	P. Stephan 10' 0" 99	N. Thieman 9' 0" 97	P. Stephan 8' 6" 96

PINE CITY GIRLS' TRACK AND FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	12.79	Karla Nelson	1983
200 m Dash	27.08	Lori Haugen	1982
400 m Dash	1:01.4	Melissa Odegard	1994
800 m Run	2:30.8	Dawn Butler	1981
1600 m Run	5:40.0	Becky Eberhart	1987
3200 m Run	12:34.04	Amy Johnson	1996
100 m Hurdles	16.54	Chantel Hersbergen	1994
300 m Hurdles	50.6	Janet Roubinek	1986
4 x 100 m Relay	52.79	Katie Meyer, Amanda Peil Molly Sloan, Tera Kazek	1998
4 x 200 m Relay	1:50.8	Karla Nelsen, Kris Lindstrom, Lara Lindstrom, Lori Haugen	1983
4 x 400 m Relay	4:17.59	Allison Rosati, Dana Sherman Dawn Butler, Pam Carlson	1980
4 x 800 m Relay	10:40.3	Lara Lindstrom, Brenda Wanous Diana Gordon, Kathy Schlemmer	1984
High Jump	5' 0"	Heidi Larsen	1999
Long Jump	16' 7"	Erica Delak	1991
Triple Jump	32' 3"	Erica Delak	1993
Pole Vault	9' 0"	Susan Johnson	2000
Shot Put	35' 10"	Tera Kazek	1998
Discus	107' 2"	Gail Roubinek	1987

PINE CITY BOYS' TRACK AND FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	11.12	Chris Olson	1991
200 m Dash	22.6	Chris Harrison	1979
400 m Dash	51.73	Mike Johnson	1999
800 m Run	1:56.7	Tom Nelson	1980
1600 m Run	4:30.5	Jon Bloom	1991
3200 m Run	9:52.0	Jon Bloom	1991
110 m Hurdles	15.8	Tom Nelson	1980
300 m Hurdles	42.5	Allen Reinke	1988
4 x 100 m Relay	45.3	Brian Olson, Stu Auers, Zach Mettling, Mike Johnson	1998
4 x 200 m Relay	1:36.6	John Hansen, Randy Root, Andy Wirth, Mike Johnson	1999
4 x 400 m Relay	3:28.39	John Hansen, Andy Wirth Mike Johnson, Paul Johnson	1999
4 x 800 m Relay	8:41.97	Jeremy Lee, Peter Johnson, Jason Oare, Ryan Hammill	2000
High Jump	6' 8 1/4"	Tom Nelson	1980
Long Jump	21' 8"	Jerry Hoefler	1948
Triple Jump	39' 9"	Paul C. Johnson	1999
Pole Vault	13' 8 1/2"	Chuck Novak	1972
Shot Put	47' 6"	Mike Rydberg	2000
Discus	147' 10.5"	Mike Rydberg	2000

2000 Track and Field Awards

Track and Field - MVP	Susan Johnson	Ryan Hammill
Sportsmanship Award	Katie Meyer	Derrick Odegard
Rookie of the Year	Rebecca Overson Kayla Johnson	Jared Clementson
Most Improved Athlete	Jaime Kozisek	Mike Rydberg Levi Williams

New School Records:

Pole Vault	Susan Johnson	9' 0"
Shot Put	Mike Rydberg	47' 6"
Discus	Mike Rydberg	147' 10.5"
4 x 800 m Relay	Jeremy Lee, Peter Johnson Jason Oare, Ryan Hammill	8:41.97

All- Conference Awards:	Nate Thieman	Pole Vault
	Susan Johnson	Pole Vault
	Mike Rydberg	Discus

Honorable Mention:	Levi Williams	Long Jump
	Ryan Hammill	1600 m Run
	Kim Connaker	4 x 800 m Relay
	Miki Anderson	4 x 800 m Relay
	Lyndsay Mettling	4 x 800 m Relay
	Lena Filler	4 x 800 m Relay

2000 Track Letterwinners:

Chris Wiener	John Hansen	Levi Williams	Peter Johnson
Jessica Ammann	Mike Rydberg	Jason Oare	Annie Dufresne
Kati Ovik	Katie Meyer	Jeremy Lee	Jared Clementson
Miki Anderson	Lena Filler	Andy Wirth	Leanne Haugrud
Derrick Odegard	Ryan Hammill	Jaime Kozisek	Kayla Johnson
Susan Johnson	Kim Connaker	Jenelle Stahlke	Rebecca Overson
Nate Thieman	Lyndsay Mettling	Ben Mettling	Travis Schwarz

I run because it's so symbolic of life.

You have to drive yourself to

overcome the obstacles.

You might feel that you can't.

But then you ...

find your inner strength,

and realize

you're capable of

so much more

than you thought.

Arthur Blank

GIRLS' "BESTS" - 2000

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Jessica Ammann - 12	95							
	96		14.8 - PC jh	33.5 - PC jh		3:06 - NSC		
	97			32.3 sp-Ogil	1:21 sp-NSC ir	3:01-NSC in		
	98	8.64-NSC	12.9 sp-ConR					
	99				1:18.4 - PC			
	00			32.2 - Milaca				
Lena Filler - 12	95							
	96				67.6 sp - Sub	2:52.2 sp		
	97			30.2 - NB	69 sp - Cheng	2:47 sp - Sub		
	98				68.6 sp-Hinc	2:45.9 - NSC	2:39.9sp	
	99					2:54.3 - RRCI		
	00					2:36.3 sp - Sub		
	00				67.3 sp- Chen	2:38.6 sp -Sec		15:19.9 -Milaca
Katie Meyer - 12	97	8.49 - NSC	13.8 - RRC	28.8 sp - NB				
	98	7.94-NSC	13.0 - Cheng	29.5 sp-Hinc				
	99	8.0 - RRCI	13.8 - RRC	29.7 sp-RRCI				
	00		13.3 sp-Ogil					
	00	8.1 - RRCI	13.7 - Mil	30.7 - RRCI				
			13.4 - Chen	29.1 sp -Monti				
Jenelle Stahlke - 12	99	8.2-RRCI		29.0 - Sub	74.7 - Ogil	2:54 sp-GB		
	00			29.4 - Milaca				
Lezlie Ballis - 11	97	8.7 - NSC in	14.6 - RRC	31.3 - RRCjh	70.4 - Cheng			
	98		14.4 sp-Hinc	29.2 sp>Show	67.8 sp - Sub			
	99		13.2 sp - PC	31.3 sp-GB	72.6 - Ogil	2:52.4 - ChL		
	00				70.9 sp - Ogil			
				32.6 sp - RC				
Abbey Carlson - 11	99						7:20.78 - GB	
	00		16.2sp-RRCR			3:10.8- Milaca		
Nikki Carlson - 11	96					3:15.6	6:57 - NSC	
	97					3:03.9 - PC jh	6:54.5 - NSC	
	98					2:58.? - JV	6:28 - Sub	
	99						6:44.3 - PC	14:33.2 - Sub
	00						4:58.8 (1200)	
	00					2:56.2sp-RRCR	6:31.3 - RC	14:24.8 - Sub
Annie Dufresne	98			32.42 - GB	69.7 - Sub			
	00				68.8 sp- ConR			
	00				63.54 - Sec			
			13.6 sp-Mil	26.9 sp-Mont	63.2 sp - Sec			

GIRLS' "BESTS" - 2000

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Kim Connaker - 11	96		14.9 - PC jh	31.9 - PC jh				
	97		14.9 sp - Ch	31.4 - Tig cub				
	98				70.3 - ChL	2:39.7 - Sub	6:32.4 - JV	
	99				66.4 sp-Sub	2:36.09 - Sec		
	OO					2:34.6 sp-Sec		
					66.5 sp-Monti	2:38.91 - Monti		14:32.5 -Milaca
					2:37.4 sp- Sub			
Angie Filler - 11	96		16.4 - PC jh	34.9 - PC jh				
	97				1:16.8 - PCjh			
	98			33.4-NSC	1:17.5-NSC			
	99				1:17.9 - JV Hin			
	OO				73.3sp-NSC			
Susan Johnson - 11	97	8.7 - NSC in	17.0 sp-Tig	29.9 - RRC jh	68.1 - RRC			
				29.5 sp -RRC	66.9 sp - Sub			
	98				66.6 - Sub	2:47.? - JV		
	99			29.2 sp - ChL	67.1 sp-ConR			
	OO				65.9 - PC			
					66.0 sp-Ogil			
					64.6 -Chen			
					65.5sp-RRCR	2:41.3sp-Milaca		
Lyndsay Mettling - 11	96				78.2 - PC jh	3:24.7 - PC jh		
	97				75.5 - PC jh	2:51.1 - Cheng		
	98		13.6 sp-ConR			2:45.? - JV		
	99		14.1 sp-Mora		1:09 - Mora	2:45.6 - PC		
	OO					2:36.9 sp-Sec		
					2:43.3 - Chen			
		14.5sp-RRCR				2:38.1 sp-Milaca		
Christina Mosher - 11	97				68.5-Chen			
	98				1:14.01 - GB			
	99			31.1 - JV Hin	1:18.9 - RRCI			
	OO				1:16.6sp -RRCI			
				32.4 sp-Mora				
Kati Ovik - 11	99		13.1 sp-Sub	31.67 - GB	1:13.2 - RRCI			
	OO			27.1 sp - PC				
			13.7 sp - RC	28.3sp-RRCR				
Miki Anderson - 10	97					2:57.2 - PC jh		
	98					2:54.0 - Hinc jh		
	99				69.6 sp-Sub	2:49.4 - PC		
	OO					2:46.4 sp -Sec		
					2:40.2 - RRCI	6:14.2 - Mora		
					66.6 sp - Sec	2:40.7sp-RRCR		

GIRLS' "BESTS" - 2000

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Rebecca Craighead - 10	98		16.2 - Mora	35.5 - Mora	jh			
	99				76.1 sp - Mora	2:48.7 - PC	6:18.8 - Ogil	
	00					2:51.5 - RRCI	6:17.9 - Chen	4:48.1(1200)
						2:46 sp - Chen		
Leanne Haugrud - 10	97							
	98		15.2 - Tgcub	31.7 - RRC	jh			
	99			30.1 sp-Sub				
	00		14.4sp-RRCR	31.7 sp - RC	75.5 sp- RRCI			
Jaime Kozisek - 10	97					3:09.4 -PCjh	6:49-RRCjh	
	98						6:45.9-RRCjh	
	99		15.3 - JV	33.5 sp-PC			6:24.9 - Ogil	
	00			32.4 - Monti	73.2sp - Mora	3:01.1sp - NSC		
Cassie Milligan - 10	97		15.3-PCjh	32.1-Tigcub				
	98		14.6-RRCjh	31.2-Hinc	jh			
	99	8.5 - RRCI	14.5sp-RRCI	32.7sp-RRCI				
	00	8.8 - RRCI		32.1sp-RRCR	72.7 - RC			
					72.4sp- RRCR			
Nikki Plasek - 10	97		16.5 - PC	jh				
	98		15.4 -Hinc	jh				
	99			33.9 - RRC	76.3 - ChL	3:11.2 - RC	6:55.9 - JV Hin	
	00				75.9 sp-RRCR	2:59.5sp-RRCI	6:29.7 - Mora	
Melissa Thieman - 10	97		16.3 -PC	jh				
	98							
	99		15.3 sp - Mora					
	00							
Gena Brackenbury - 9	00			35.4 - RC				
Amy Hambly - 9	98		15.4	31.7				
	99		15.3	32.3				
	00		14.9 - RC					
Kayla Johnson - 9	98		14.4	30.3				
	99		14.2	30.1				
	00	8.4 - RRCI		28.01 - RRC				
		12.9sp-Monti	27.7 sp-RRC					
Deja Ostheimer - 9	00		17.1 - Mil	35.5 - Mil				
Rebecca Overson - 9	99		14.2	30.5				
	00		14.07 - RRC	29.15 - RRC				
			11.6 sp - RRC	29.6sp-RRCR	70.9 sp-Chen			

GIRLS' "BESTS" - 2000

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Kati Splett - 9	99					2:57.3	6:34	
	00					2:45.71 -Monti	6:19.3 - Milaca	
						2:49.3sp-RRCR		
Jenny Weinholzer - 9	00			34.3- PCJV	74.6 - JV			
Kim Zerwas - 9	00		19.3 - Mil					
Meleia Johnson - 8	99				1:11	3:01	6:25	
	00					2:49.6	6:17	13:55.02 -Monti
Shannon Bauer - 8	00			37.4				
Allycia Bernard - 8	00		14.6					
Brittany Grinde - 8	99							
	00			31.5				
Brittney Jewell - 8	99							
	00			30.9		3:01	7:02	
Tessa Korf - 8	99			32.1	1:10			
	00			30.3	1:06.0			
Holly Mizer - 8	00					3:01.5		
Amy Nelson - 8	00		14.3	30.5				
Laura Pixley - 8	99		13.7	30.3				
	00		13.9					
Kari Splett - 8	99				1:13.9			
	00							
Julianna Wirth - 8	99		14.7	30.7				
	00		14.6	30.8				
4 x 100 m Relay -8	98	59.2						
	99	59.9						
	00	57.87						
4 x 200 m Relay -8	98	2:11						
	99	2:22						
	00	2:04.5						
Medley Relay -8	98	2:18.4						
Jenna Fore - 7	00					2:47	6:09	
Lacey Pixley - 7	00		15.3	32.1				
4 x 100 m relay -7	98	60.2						
	99	59.6						
4 x 200 m relay - 7	98	2:16.0						
	99	2:08.6						

GIRLS' "BESTS" - 2000

55 hurdles	100 hurdles	300 hurdles	high jump	long jump	triple jump	discus	shot put	pole vault
			3' 10"					
					11' 3" - PCJV			
			4' 2"					
22.4				10' 6"		37' 7"		
							20' 4"	
20.1			3' 8"	11' 5"				
19.5				11' 10"				
19.5			3' 9"	11' 4"				
18.8							24' 10"	
			3' 9"			61' 6"	19' 10"	
						76' 2"		
				11' 11"		58' 2"		
						55' 3"		
							25' 3"	
						62' 1"	28' 2"	
21.2			4' 6"	12' 1"				
20.4			4' 6"	12' 3"				
				11' 9"				
				12' 8"				
				12' 6"		61' 0"		
				11' 11"			25' 5"	

BOYS' "BESTS" - 2000

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
John Hansen - 12	96			26.3 - PC jh	63.5 sp-NSC	2:42 sp-NSC		
	97		12.4 sp-ChL	24.7 - NB	56.3 - Sub			
					55.4 sp-Sec			
	98			23.9 - Sub	56.4-NSC			
			11.7 sp- Tig	24.2 sp-Sub	52.9 sp -Sec			
	99			23.9 - RRC				
				23.9 sp - ChL	52.8 sp-ST			
	OO			24.3 - Sub				
				23.7 sp-Chen	53.4 sp-Sec			
Ben Mettling - 12	96						6:17-PCjh	
	97				69 sp- NSC	2:38 sp-NSC	5:34.6-Chen	12:36.4-Tig
	98					2:25.3 - Hinc		
						2:26.7sp -ConR		
	99							
	OO				59.5 sp-RRCI			
Derrick Odegard- 12	97		14.5 sp-ChL					
	98		17.1 sp-ConR					
	99							
	OO		14.1 sp-RRCR					
Travis Schwarz - 12	99		12.1 - PC	25.4 - PC	60.97 - GB			
			12.1 sp - PC		58.2 sp - ChL			
	OO		12.3 - RC		56.8 - Milaca			
		7.0 - RRCI	11.4 sp-RRCI	24.4 sp-RRC	54.0 sp - Sec			
Nate Thieman - 12	96		14.9-PCjh					
	97				67 sp-NSC	2:40.2-RRC		
	98		13.3sp-NSC	26.4 - JV		2:30.0 - Hinc		
	99		11.2 sp-Sub					
	OO		11.7 - Chen					
			11.8 sp-Chen					
Chris Wiener - 12	99		14.3 - RC	29.1 - RRCI				
			12.9 sp - Og					
	OO		13.3 - RC					
			11.2sp-RC					
Andy Wirth - 12	98			23.6sp-RRC	53.78 - Sec	2:09.5 sp-Ona		
	99			24.5 sp-RC	53.9 - Sub			
					52.2 sp-ST			
	OO				55.1 - Sub			
			11.6 sp-Mil	24.4 sp-Mont	55.3 sp-Sec			
Josh Brooke - 11	99							
	OO							

BOYS' "BESTS" - 2000

55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
			5' 0" - NSC					
			5' 2" - NSC					
						70' 9" - PCjh	25' 9.25" - PCjh	
						85' - Ogil		
						98' 11" - Sub		
		49.8 - Og				119' 11.5" - Sub	37' 2.5" - RRCI	
20.1 - Sub	47.02 - Monti					144' 0" - Mil	38' 6" Sub	
						82' - Ogil	28' 4" - RRC	
						100' 5" - JV	32' 10" - Sub	
						105' .5" - Og	37' 1" - Sub	
						120' 2" - RC	38' 10" - Sub	
			5' 6" - RRCI					
			6' 0" - Sec	17' 7" - RRC				
			6' 2" - RC					
								6' 0" - PC jh
								9' 0" - SR
								11' 0" - Sub
								12' 0" - RRC
								13' 0" - RC
	46.3 - Sub							
18.65 - RRCR	45.92 - RRCR	5' 6" - Sub						
				17' 9" - ChL				
								10' 0" - RC
						84' 4" - PC	34' 10.5" - RC	

BOYS' "BESTS" - 2000

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Ryan Hammill - 11	98		14.2 sp-NSC			2:16.2 - Ona		
						2:15.8 sp-Hinc		
	99				57.0 sp - ChL	2:09.1 - Sub	4:48.1 - RRC	
	OO					2:11.17-NSC	4:47.85 - Monti	10:26.1 -Monti
					55.6 sp -NSC	2:06.2 sp-RRCR	4:57.0 sp-RRCR	
Peter Johnson - 11	98			25.0 sp -ChL	57.7 - Ona	2:23.6 - NSC		11:09.6 Mora
					60.2 sp-NSC	2:13.1 sp-Relays		
	OO			24.5 - Chen				
				12.2sp-RRCI	24.3 sp-RRCR	56.2 sp-RRCR	2:12.1sp-RRCR	
Jeremy Lee - 11	98		14.7 sp-RRCI		64.2 - ChL	2:18.5 - Sub	5:31.7 - Mora	
					61.8 sp-ConR			
	99				60.2 sp - ChL	2:13.2 - Og	5:00.6 - Sub	11:35.7 - PC
						2:14.7 sp-Sec	3:44.5 (1200)	
	OO					2:10.57-Monti	4:49.65 - Sec	
					56.1 sp -Mor	2:10.6 sp-RRCR	3:40.6 (1200)	
Jason Oare - 11	98			24.4 sp-Mora	58.9 - ChL		5:06.5 - Sub	
					55.7 sp -Hinc	2:12.5 sp-Mora		
	OO				54.5 - Monti			
				23.8 sp-RC	53.5 sp -Sec	2:11.1 sp-NSC		
Levi Williams - 11	99		12.2 sp-RC	24.9 - RRC	56.9 - Sub			
				24.4 sp-GB				
	OO		11.8 - Mil	23.93-RRC				
			10.3sp-Chen	22.2 sp-RRCR	53.6 sp -Mil			
Don Clements - 10	OO							
Michael Rydberg - 10	99		13.6 - JV					
	OO		7.90 - NSC	13.8sp-RRCR	27.6 sp-NSC			
Mike Stahlke - 10	99				63.3 - ChL	2:24.5 RRC		
						2:23.2 sp-Sub		
	OO			26.3 - PCJV	61.7 - PCJV	2:28.3 - Sub		
				27.2 sp-Mil		2:22.1 sp-Monti		
Josh Wirth - 10	OO		13.2 - RC	28.25 - NSC		2:26.6 - RC	5:59.4 sp-RRCR	
						2:26.2 sp - Sub		
Patrick Bombard - 9	OO							
Karl Greden - 9	OO						6:20.70-NSC	
David Johnson - 9	OO				1:54.27 (600	2:31.9 0 Mora	5:58.79 - NSC	
						2:32.4 sp-Monti	5:37.6 sp-RRCR	
Matt Wirth - 9	99		13.2	26.8				
	OO		11.3 sp-RRCI	27.45 - Monti				

BOYS' "BESTS" - 2000

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
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37' 6.5" - Chen

12' 0" - NSC

16' 1"-RRCR

38' 6" - Sec

19' 9.5" -RRC

57' 6" - PCJV; 29' 10" - PCJV

107' 0" - JV 41'2.75"-Sec

147'10.5"-Mil 47' 6" - RRCI

78' 3" - PC

53.9 - RC

17' 1.5" -Chen

66'1.5"-PCJV 30' 11.5" - NSC

27' 8" - NSC

30' 2" - PCJV

5' 2" -pcjh 16' 0"

5' 0" -RRCR 17' 3" - JV 37' 3.5" - JV

BOYS' "BESTS" - 2000

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m dash	1600 m dash	3200 m dash
Dan Branzovsky - 8	99						6:15	
	00							
Jared Clementson - 8	99					2:28.1	5:22.6	
	00					2:15.0 - Chen	5:04.3 - RC	10:27.05 - Sec
						2:16 sp-Chen	4:59.0 - Mil	
Mike Filler - 8	00		14.7					6:59
Willie Garnett - 8	00				1:15.8		2:49	
Travis Gerving - 8	99		14.9	32.3				
	00		14.4					
Dan Gregoire - 8	00		13.4	29.5	1:08.0			
David Hansen - 8	00					2:34		5:43
Robert Noyes - 8	99		14.1	29.3				
	00		14.9					
David Rolf - 8	00		:19.0					
Kevin Skadsheim - 8	00		13.5	27.5				
4 x 100 m Relay - 8	00	55.3						
4 x 200 m Relay - 8	00	2:02.0						
Dan Adams - 7	00		13.8					
David Jackson - 7	00		15.8		1:26			
Tyler Jackson - 7	00							
Jon Othoudt - 7	00		:35.0		1:16		2:55	
Oliver Rauschnot - 7	00		13.8	:28.0				
Marvin Siedow - 7	00					2:43		6:00
Zach Vanderberg - 7	00		13.4	27.4				
4 x 100 m Relay - 7	98	54.5						
	99							
	00	:58.0						
4 x 200 m Relay - 7	98							
	99							
	00	2:01.3						

BOYS' "BESTS" - 2000

55 m hurdles	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
	22.9					62' 7"	21' 8"	
			4' 4"	13' 8" 15' 10"				
	19.3		4' 2"	11' 11"				
				11' 5"		70' 9"		
	19.6			11' 10"				
	17.2		4' 4"	13' 3"				
				13' 9"				
						75' 2"		
						79' 4"	35' 5"	
						101' 8"	37' 1"	
						65' 2"	37' 1"	
			5' 0"					
						92' 1"	34' 9"	
			4' 2"					
	21.3			11' 11"			27' 9"	
			4' 0"	10' 5"			21' 5"	
						97' 3"		
				13' 5"				
			4' 8"					

GIRLS' RELAY HISTORY - 2000

	GOLD BATON	RRC INDOOR	RUSH CITY	TIGERAMA	RRC RELAYS
4 X 100 M RELAY (0:52.79)		K. Meyer L. Haugrud R. Overson K. Johnson	K. Meyer K. Johnson K. Ovik R. Overson	K. Meyer L. Haugrud R. Overson K. Ovik	K. Meyer L. Haugrud R. Overson K. Ovik
		58.2	57.5	58.0 DQ	56.03
4 x 200 M RELAY (1:50.8)	K. Meyer L. Haugrud G. Brackenbury Kayla Johnson	K. Johnson L. Haugrud R. Overson C. Milligan	C. Mosher L. Haugrud L. Ballis K. Ovik	K. Meyer L. Haugrud A. Dufresne K. Ovik	K. Meyer C. Mosher A. Dufresne R. Overson
	2:10.35	2:05.2	2:09.4	2:05.5	2:01.02
4 x 400 M RELAY (4:17.59)	K. Connaker M. Anderson L. Filler S. Johnson	L. Haugrud N. Plasek J. Kozisek M. Anderson	K. Connaker L. Filler M. Anderson S. Johnson	K. Connaker A. Dufresne M. Anderson S. Johnson	K. Connaker A. Dufresne M. Anderson S. Johnson
	4:43.50	4:59.0	4:46.4	4:33.1	4:27.34
4 x 800 M RELAY (10:35.51)	K. Connaker M. Anderson Katie Splett L. Filler	N. Plasek R. Craighead K. Splett M. Anderson	L. Mettling R. Craighead K. Splett K. Connaker	K. Connaker L. Mettling M. Anderson L. Filler	K. Connaker L. Mettling M. Anderson L. Filler
	11:31.61	11:45.0	11:30.1	10:56.3	10:45.09
800 MEDLEY RELAY (100, 100, 200, 400)					K. Meyer R. Overson K. Ovik S. Johnson
					2:02.21
1600 MEDLEY RELAY (200, 200, 400, 800)	A. Filler -400 K. Meyer -200 L. Haugrud -200 J. Kozisek -800				C. Milligan J. Kozisek N. Plasek K. Splett
	5:18.44				5:09.7
DISTANCE MEDLEY (400, 800, 1200, 1600)					C. Milligan N. Carlson R. Craighead N. Plasek
					16:02.51

GIRLS' RELAY HISTORY - 2000

MORA	CHENGWATANA	TRUE TEAM	MILACA	CONFERENCE	SUB-SECTION	SECTION
K. Meyer	K. Meyer	K. Meyer	K. Meyer	K. Meyer	K. Meyer	
R. Overson	R. Overson	R. Overson	K. Johnson	R. Overson	R. Overson	
Kayla Johnson	Kayla Johnson	K. Johnson	K. Ovik	K. Johnson	Kayla Johnson	
K. Ovik	K. Ovik	K. Ovik	A. Dufresne	K. Ovik	K. Ovik	
55.9	55.6	55.43	:56.0	54.91	55.2	
K. Meyer	K. Meyer	K. Meyer	K. Meyer	K. Meyer	K. Meyer	
C. Mosher	Kayla Johnson	K. Johnson	K. Johnson	K. Johnson	Kayla Johnson	
A. Dufresne	A. Dufresne	A. Dufresne	K. Ovik	K. Ovik	K. Ovik	
K. Ovik	K. Ovik	K. Ovik	A. Dufresne	A. Dufresne	A. Dufresne	
2:01.4	1:58.6	1:56.16	1:59.4	1:58.41	2:00.2	
K. Connaker	K. Connaker	K. Connaker	M. Anderson	K. Connaker	K. Connaker	K. Connaker
R. Overson	A. Dufresne	A. Dufresne	L. Mettling	M. Anderson	M. Anderson	M. Anderson
J. Kozisek	Lena Filler	M. Anderson	S. Johnson	A. Dufresne	A. Dufresne	S. Johnson
M. Anderson	S. Johnson	S. Johnson	A. Dufresne	S. Johnson	S. Johnson	A. Dufresne
4:43.1	4:27.8	4:28.68	4:33.1	4:35.13	4:25.4	4:26.07
R. Craighead	K. Connaker	K. Connaker	L. Mettling	K. Connaker	K. Connaker	K. Connaker
K. Splett	R. Craighead	L. Mettling	S. Johnson	M. Anderson	L. Filler	L. Filler
L. Mettling	L. Mettling	M. Anderson	N. Carlson	L. Mettling	M. Anderson	M. Anderson
K. Connaker	L. Filler	L. Filler	M. Anderson	L. Filler	L. Mettling	L. Mettling
11:08.6	10:53.9	11:00.77	11:02.8	10:59.9	10:58.6	10:38.3

BOYS' RELAY HISTORY - 2000

	GOLD BATON	RRC INDOOR	RUSH CITY	TIGERAMA	RRC RELAYS
4 X 100 M RELAY (0:45.3)		N. Thieman J. Wirth T. Schwarz Peter Johnson	N. Thieman L. Williams C. Wiener T. Schwarz	N. Thieman L. Williams C. Wiener T. Schwarz	N. Thieman M. Wirth L. Williams T. Schwarz
		49.7	48.1	:48.0	47.86
4 x 200 M RELAY (1:36.6)	L. Williams M. Rydberg Peter Johnson J. Oare	J. Hansen T. Schwarz Peter Johnson A. Wirth	L. Williams J. Oare Peter Johnson A. Wirth	J. Hansen A. Wirth J. Oare Peter Johnson	J. Hansen A. Wirth L. Williams J. Oare
	1:44.15	1:45.5 DQ	1:40.4	1:38.3	1:38.28
4 x 400 M RELAY (3:28.39)	J. Lee Peter Johnson J. Oare R. Hammill	J. Hansen B. Mettling A. Wirth R. Hammill	T. Schwarz A. Wirth L. Williams J. Oare	J. Hansen A. Wirth T. Schwarz J. Oare	T. Schwarz A. Wirth L. Williams J. Oare
	3:47.77	3:58.9	3:47.3	3:43.9	3:41.13
4 x 800 M RELAY (8:44.9)	J. Lee Peter Johnson J. Oare R. Hammill		J. Clementson M. Stahlke D. Johnson R. Hammill	J. Clemenston D. Johnson M. Stahlke R. Hammill	J. Lee Peter Johnson J. Oare R. Hammill
	8:52.18		9:42.8	9:26.0	8:41.97
800 MEDLEY RELAY (100, 100, 200, 400)					N. Thieman M. Wirth J. Hansen A. Wirth 1:48.43
1600 MEDLEY RELAY (200, 200, 400, 800)					Peter Johnson T. Schwarz R. Hammill J. Wirth 4:21.5
DISTANCE MEDLEY (800, 400, 1200, 1600)					Peter Johnson M. Stahlke J. Lee R. Hammill 11:57.39

