

Dragon Cross Country 2000



WE MAKE A LIVING BY WHAT WE
GET

WE MAKE A “LIFE” BY WHAT WE
GIVE!

GRANTSBURG INVITATIONAL CROSS COUNTRY MEET

Memory Lake Park
Thursday, August 24, 2000
hot, humid

PINE CITY GIRLS' RESULTS:

4000 m - 35 runners - new course

	<u>place</u>	<u>time</u>
1. Kim Connaker	5	18:54
2. Heidi Larsen	8	19:00
3. Meleia Johnson	9	19:27
4. Miki Anderson	11	19:31
5. Jenna Fore	16	20:07
6. Tessa Korf	23	21:13
7. Christina Mosher	29	23:53

#1 runner: Nicole Zeug, Shell Lake - 17:48

Junior High - 2000 m

1. Jackie Gregoire	2	9:12
2. Krista Hill	32	16:59

GIRLS' TEAM RESULTS:

1. Shell Lake	27
2. Pine City	28
Webster	Inc
St. Croix Falls	Inc
Grantsburg	Inc
Hinckley-Finlayson	Inc
Frederick	Inc

PINE CITY BOYS' RESULTS:

5000 m - 52 runners - new course

	<u>place</u>	<u>time</u>
1. Ryan Hammill	1	18:41
2. Jeremy Lee	7	19:53
3. Jason Oare	13	20:42
4. Seth Peterson	17	21:20
5. Jared Clementson	18	21:27
6. Rob Arola	20	21:31
7. Trent Laugerman	23	22:24
8. David Hansen	28	22:44
9. Mike Defenbaugh	29	23:19
10. Tyler Bestick	33	24:36
11. Karl Greden	36	25:12
12. Adam Lee	48	28:41
13. Daniel Branzovsky	51	28:55

#1 runner: Ryan Hammill, Pine City - 18:41

BOYS' TEAM RESULTS:

1. Pine City	56
2. Frederick	66
3. Hinckley-Finlayson	68
4. Grantsburg	94
5. Webster	119
6. St. Croix Falls	156
Shell Lake	Inc

OLSON INVITATIONAL CROSS COUNTRY MEET

Milaca Golf Course

Monday, August 28, 2000

cool, overcast

PINE CITY GIRLS' RESULTS:

4000 M - 70 runners - (short course)

	<u>place</u>	<u>time</u>	
1. Kim Connaker	19	17:46	BTY
2. Miki Anderson	23	17:52	PB
3. Meleia Johnson	32	18:17	BTY
4. Heidi Larsen	35	18:20	BTY
5. Nikki Plasek	38	18:33	PB
6. Tessa Korf	66	22:10	
7. Christina Mosher	67	22:32	BTY

#1 runner: Ariel Perkins, Chisago Lks - 15:58

Junior High - 2500 m - 45 runners

1. Jenna Fore	3 (2nd - 8th gr)	11:58
2. Jacki Gregoire	6 (3rd - 7th gr)	12:19
3. Krista Hill	44	21:52

#1 runner: A. Rammer, Chs Lks - 11:27

PINE CITY BOYS' RESULTS:

5000 m - 91 runners (58 - JV)

	<u>place</u>	<u>time</u>	
1. Ryan Hammill	10	19:09	BTC
2. Jared Clementson	12	18:56	BTY
3. Jeremy Lee	25	19:23	BTY
4. Jason Oare	33	19:42	BTY
5. Seth Peterson	53	20:23	BTY
6. Rob Arola	56	20:28	PB
7. Mike Defenbaugh	12 JV	21:04	BTY
8. David Hansen	13 JV	21:08	PB
9. Trent Laugerman	69	21:21	BTY
10. Tyler Bestick	18 JV	21:47	BTY
11. Chris Lutz	20 JV	22:02	
12. Karl Greden	25 JV	22:30	BTY
13. Adam Lee	53 JV	27:09	PB
14. Daniel Branzovsky	57 JV	29:41	

#1 runner : Caleb Olson, North St. Paul - 16:53

GIRLS' TEAM RESULTS:

1. Chisago Lks	92
2. Cambridge	106
3. Little Falls	119
4. St. Michael/Albertville	129
5. Pine City	147
6. North St. Paul	173
7. Pierz	189
8. Rush City	194
9. North Branch	200
Monticello	Inc
Albany	Inc
St. Francis	Inc
Milaca	Inc
Princeton	Inc

BOYS' TEAM RESULTS:

1. North St. Paul	25
2. Little Falls	121
3. Pine City	133
4. Mora	152
5. Monticello	175
6. Chisago Lks	186
7. North Branch	188
8. Albany	191
9. St. Francis	195
10. STMA	234
11. Milaca	236
12. Pierz	273
13. Princeton	337

Junior Varsity

1. N. St. Paul	33	6. Mora	174
2. Monticello	74	7. Cambridge	
3. Little Falls	81		217
4. Pine City	88		
5. North Branch	162		

PINE CITY CROSS COUNTRY MEET

Thursday, September 7, 2000

warm, sunny, windy

PINE CITY GIRLS' RESULTS

4000 m - 45 runners

	<u>place</u>	<u>time</u>	
1. Kim Connaker	6	17:57	BTC
2. Heidi Larsen	14	18:36	BTC
3. Miki Anderson	15	18:49	BTC
4. Meleia Johnson	16	19:02	
5. Nikki Plasek	20	19:25	BTC
6. Jaime Kozisek	26	20:00	
7. Christina Mosher	35	21:08	BTC-BTY
8. Tessa Korf	DNF		injury

GIRLS' TEAM RESULTS

1. Hermantown	30
2. Pine City	54
3. Rush City	76
4. Hinckley/Fin	90
5. MLWR	99
6. Grantsburg	137

#1 runner: Kayla Witte, Rush City - 17:06

JUNIOR HIGH - 2000 m

1. Jacki Gregoire	1	8:34	PB
2. Jenna Fore	6	9:14	
3. Krista Hill	31	16:18	PB

#1 runner: Jacki Gregoire, Pine City - 8:34

PINE CITY BOYS' RESULTS

5000 m - 45 runners

	<u>place</u>	<u>time</u>	
1. Ryan Hammill	3	18:22	BTY
2. Jared Clementson	4	18:44	BTY
3. Jeremy Lee	5	18:49	BTC-BTY
4. Jason Oare	10	19:07	BTY
5. Rob Arola	21	20:01	PB
6. Seth Peterson	23	20:03	BTY
7. Michael Defenbaugh	34	20:54	BTC-BTY
8. David Hansen	4 JV	20:57	PB
9. Chris Lutz	5 JV	20:59	PB
10. Trent Laugerman	15 JV	22:21	
11. Karl Greden	23 JV	23:22	BTC
12. Adam Lee	24 JV	23:22	PB
13. Daniel Branzovsky	32 JV	25:30	PB

BOYS' TEAM RESULTS

1. Pine City	38
2. Mora	64
3. Grantsburg	66
4. Hinckley/Fin	71
5. Milaca	95

Junior Varsity

1. Hinckley	26
2. Pine City	46
3. Milaca	49

#1 runner: Mario Peng , Mora - 18:05

JUNIOR HIGH - 2000 m -

1. Peter Lilja	31	10:46	
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CAMBRIDGE INVITATIONAL CROSS COUNTRY MEET

Friday, September 8, 2000

hot, sunny, windy

PINE CITY GIRLS' RESULTS

4000 m - 66 runners

	<u>place</u>	<u>time</u>	
1. Kim Connaker	13	17:53	BTY-BTC
2. Heidi Larsen	19	18:22	BTY
3. Meleia Johnson	22	18:38	BTY
4. Miki Anderson	23	18:38	BTY-BTC
5. Nikki Plasek	26	19:32	BTC
6. Jaime Kozisek	27	19:53	BTY

GIRLS' TEAM RESULTS

1. Minnehaha Academy	23
2. Proctor	47
3. North Branch	91
4. Pine City	103
Fridley	Inc
Princeton	Inc
Hinckley	Inc
Concordia Academy	Inc

#1 runner: Bria Wetsch, Minnehaha Academy - 15:29

JUNIOR HIGH - 2000 m - 62 runners

1. Jacki Gregoire	1	8:23	PB
2. Krista Hill	70	14:27	PB

#1 runner: J. Gregoire, Pine City - 8:23

PINE CITY BOYS' RESULTS

5000 m - 103 runners-(139 in jv)

	<u>place</u>	<u>time</u>	
1. Ryan Hammill	4	18:04	BTY
2. Jared Clementson	10	18:51	
3. Jeremy Lee	12	19:01	
4. Jason Oare	16	19:07	
5. Seth Peterson	24	19:52	BTY
6. Rob Arola	25	19:53	PB
7. Trent Laugerman	25 JV	20:40	BTY
8. Michael Defenbaugh	38	20:51	BTY-BTC
9. Chris Lutz	33 JV	21:02	
10. Karl Greden	81 JV	23:28	

BOYS' TEAM RESULTS

1. Pine City	66
2. Fridley	67
3. North Branch	92
4. Proctor	95
5. Hinckley - Fin	110
6. Concordia Academy	129
7. Minnehaha Academy	174
8. Princeton	225
Brooklyn Center	Inc
M C Christian	Inc

#1 runner: A. Knight, Proctor - 17:13

9th GRADE - 4000 m

1. David Hansen	9	16:34
2. Adam Lee	23	18:51
3. Daniel Branzovsky	24	19:36

#1 runner: T. Graff, Centennial - 14:51

JUNIOR HIGH - 2000 m

1. Peter Lilja

#1 runner: T. Hawkins, Osseo - 7:19

RUSH CITY INVITATIONAL CROSS COUNTRY MEET

Thursday, September 14, 2000

cool - sunny - windy

PINE CITY GIRLS' RESULTS

4000 m - 23 runners

	<u>place</u>	<u>time</u>	
1. Kim Connaker	1	17:02	BTC-BTY
2. Miki Anderson	2	17:53	BTC-BTY
3. Heidi Larsen	3	17:54	BTC-BTY
4. Nikki Plasek	5	18:15	PB
5. Jaime Kozisek	12	18:45	BTC-BTY
6. Rebecca Craighead	14	19:07	BTC
7. Christina Mosher	17	20:55	BTY

#1 runner: Kim Connaker, Pine City -17:02

JUNIOR HIGH - 2000 m - 30 runners

1. Jacki Gregoire	1	8:20	PB
2. Krista Hill	12	14:28	

#1 runner: Jacki Gregoire, Pine City - 8:20

PINE CITY BOYS' RESULTS

5000 m - 30 runners, 18-jv

	<u>place</u>	<u>time</u>	
1. Ryan Hammill	3	17:48	BTC-BTY
2. Jared Clementson	5	18:03	BTC-BTY
3. Jeremy Lee	6	18:05	BTC-BTY
4. Peter Johnson	7	18:23	BTC
5. Jason Oare	9	18:45	BTC-BTY
6. Seth Peterson	10	18:52	PB
7. Rob Arola	12	18:53	PB
8. Trent Laugerman	1 jv	19:44	PB
9. Chris Lutz	2 jv	19:53	PB
10. Michael Defenbaugh	3 jv	20:00	BTC-BTY
11. David Hansen	4 jv	20:28	BTY
12. Karl Greden	8 jv	22:03	BTC-BTY
13. Adam Lee	9 jv	22:07	BTY
14. Daniel Branzovsky	10 jv	23:05	BTY
15. Matt Brandl	11 jv	23:39	

#1 runner: Rosco Sopewnik, Frederick - 16:57

JUNIOR HIGH - 2000 m -

1. Peter Lilja	12	10:48	
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GIRLS' TEAM RESULTS

1. Pine City	23
2. Rush City	44
East Central	Inc
MLWR	Inc
Frederic	Inc

BOYS' TEAM RESULTS

1. Pine City	30
2. Frederick	45
3. MLWR	55
Rush City	Inc
East Central	Inc

Junior Varsity

1. Pine City	18
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PIERZ PIONEER STAMPEDE CROSS COUNTRY MEET

Monday, September 18, 2000

warm, humid - hilly course

PINE CITY GIRLS' RESULTS

4000 m -

	<u>place</u>	<u>time</u>	
1. Kim Connaker	12	17:21	
2. Heidi Larsen	28	18:14	
3. Miki Anderson	35	18:33	
4. Rebecca Craighead	43	19:03	BTY
5. Nikki Plasek	44	19:05	
6. Jaime Kozisek	50	19:23	
7. Christina Mosher	12 jv	20:09	BTY
8. Meleia Johnson	DNF		

#1 runner: R. Shangler, Albany - 15:59

JUNIOR HIGH - 3200 m

1. Jacki Gregoire	1	13:39
2. Krista Hill	80	23:27

#1 runner: Jacki Gregoire, Pine City - 13:39

PINE CITY BOYS' RESULTS

5000 m -

	<u>place</u>	<u>time</u>	
1. Ryan Hammill	7	17:34	PB
2. Jeremy Lee	12	17:57	PB
3. Jason Oare	32	18:33	PB
4. Peter Johnson	39	18:53	
5. Chris Lutz	5 jv	19:02	PB
6. Jared Clementson	46	19:16	
7. Rob Arola	50	19:22	
8. Seth Peterson	58	19:45	
9. Trent Laugerman	24 jv	20:21	
10. David Hansen	26 jv	20:23	PB
11. Michael Defenbaugh	41 jv	21:22	
12. Karl Greden	60 jv	22:38	
13. Adam Lee	61 jv	22:43	
14. Daniel Branzovsky	73 jv	24:00	
15. Matt Brandl	74 jv	24:04	

#1 runner: LPGE - 16:33

JUNIOR HIGH - 3200 m -

1. Peter Lilja	90	19:31
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GIRLS' TEAM RESULTS

1. Big Lake	77
2. Brainerd	98
3. St. Cloud Cath	124
4. Holdingford	140
5. Pine City	162
6. Crosby-Ironton	175
7. Pierz	225
8. Rush City	241
9. Staples	252
10. Milaca	264
11. Foley	303
12. Mora	365
8 teams	inc

BOYS' TEAM RESULTS

1. St. Cloud Cath	58
2. Albany	118
3. Pine City	136
4. LPGE	150
5. Brainerd	151
6. Holdingford	154
7. Crosby Ironton	182
8. Hinckley	197
9. Staples	236
10. Milaca	266
11. Becker	278
12. Big Lake	287
13. Pierz	294
14. Mora	298
15. Princeton	381
5 teams	inc

Junior Varsity

1. St. Cloud Cath	17
2. Brainerd	119
3. Pine City	156
4. Big Lake	203
5. Hinckley	253

PRINCETON INVITATIONAL CROSS COUNTRY MEET

at Milaca - 120 teams - over 3000 runners

Saturday, September 23, 2000

cold, cloudy, windy

PINE CITY GIRLS' RESULTS:

Varsity- 10th grade -9th gr - 4000 m

	place	time
1. Kim Connaker	74	16:59 PB
2. Miki Anderson	98	17:27 PB
3. Heidi Larsen	18-10th	17:28 BTY
4. Rebecca Craighead	152	18:10 BTY
5. Nikki Plasek	177	18:36
6. Christina Mosher	189	18:48 PB
7. Jaime Kozisek	190	18:50
8. Tessa Korf	103 -9th	20:32 PB

#1 runner: J. Hess, Paynesville - 14:54

#1 10th gr runner: K. Higdem, Willmar - 15:25

#1 9th gr runner: N. Umhoefer, Sauk Center - 16:17

7th grade - 3230 m -

1. Jacki Gregoire	7	13:41
2. Krista Hill	157	23:19 PB

#1 runner: A. Glowacki, MIBV - 13:13

GIRLS' TEAM RESULTS:

1. Visitation	106	25. Belle Plaine	725
2. Minnehaha	109	26. Delano	874
3. New London	138	27. Canby	892
4. Staples	189	28 teams	Inc
5. Perham	268		
6. Blue Earth	282	<u>9th grade boys reluits</u>	
7. Murr Co Cent	370	1. Fargo South	94
8. SW Star	374	2. Stillwater	165
9. Lake City	378	3. Anoka	226
10. Plainview	443	4. Centennial	269
11. Madelia	468	5. N. of Id	276
12. Sleepy Eye	476	6. Sibley	415
13. Chatfield	506	7. Blaine	477
14. DESC	544	8. MIBV	515
15. Un S. Cen	546	9. St. Cl Cath	520
16. Minnewaska	573	10. Tartan	541
17. Glencoe	585	11. Rocori	556
18. Mesabi E	593	12. Pine City	577
19. St. Cl Cath	612	13. Milaca	609
20. Adrian	645	14. Blue Earth	712
21. Chisholm	649	15. Glencoe	822
22. Paynesville	653	16. Waconia	865
23. LCWM	654		
24. Pine City	690		

PINE CITY BOYS' RESULTS:

Varsity - 5000 m -

	place	time
1. Ryan Hammill	45	17:41
2. Jeremy Lee	50	17:50 PB
3. Peter Johnson	86	18:26
4. Jason Oare	97	18:38 BTC
5. Chris Lutz	145	19:08
6. Rob Arola	148	19:09

#1 runner: R. Davis, Wrenshall - 16:06

10th grade boys - 4000 m

1. Trent Laugerman	57	15:11 PB
2. Michael Defenbaugh	95	15:45 PB
3. Karl Greden	168	17:34 PB

#1 runner: D. Ristau, Blue Earth - 13:29

9th grade boys - 4000 m

1. Jared Clementson	1	13:46
2. David Hansen	61	15:36
3. Adam Lee	156	17:23
4. Matt Brandl	170	18:00
5. Daniel Branzovsky	195	18:39

#1 runner: J. Clementson, Pine City - 13:46

BOYS' TEAM RESULTS:

1. Staples	91	20. Mora	557
2. Paynesville	123	21. Chatfield	587
3. Plainview	161	22. Mont. Lons	628
4. Chisholm	207	23. Madelia	686
5. Glencoe	212	24. Minnehaha	738
6. St. Cloud Cath	237	25. Blooming Pr	741
7. Murr Co Cent	268	26. Sleepy Eye	806
8. Un S Cent	305	27. MLWR	832
9. Mayer Luth	334	28. Byron	864
10. New London	365	27. Redwood Val	865
11. Delano	417	18 teams	Inc
12. Pine City	421		
13. Canby	447		
14. Perham	447		
15. Lake City	468		
16. Albany	517		
17. DESC	522		
18. Lake Crystal	537		
19. Eveleth	541		

"Old Timers Race" - 3230 m

1. Dan Pangerl - 11:45	2. Sam France - 13:08
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CHISAGO LAKES INVITATIONAL CROSS COUNTRY MEET

Ki-Chi-Saga Park

Tuesday, September 26, 2000

perfect fall day - rough, hilly course

PINE CITY GIRLS' RESULTS - 4000 m:

	place	time
1. Kim Connaker	5	17:14 BTC
2. Jacki Gregoire	1 jv	17:51
3. Miki Anderson	12	18:00 BTC
4. Heidi Larsen	13	18:01 BTC
5. Rebecca Craighead	16	18:30 BTC
6. Meleia Johnson	17	18:50
7. Nikki Plasek	19	18:57 BTC
8. Jaime Kozisek	2 jv	19:21
9. Christina Mosher	22	19:22 BTC
10. Tessa Korf	3 jv	20:47

TEAM RESULTS

1. North Branch	45
2. Chisago Lakes	53
3. Pine City	63
4. Rush City	103
5. Mora	142
Milaca	Inc
Foley	Inc
Princeton	Inc

#1 runner: Ariel Perkins, Chisago Lks - 15:58

#1 JV runner: Jacki Gregoire, Pine City - 17:51

Junior High - 2000 m

1. Jenna Fore	6	9:00
2. Krista Hill	29	13:39 PB

PINE CITY BOYS' RESULTS:

5000 m -

	place	time
1. Ryan Hammill	3	18:07
2. Jeremy Lee	5	18:21 BTC
3. Jared Clementson	6	18:27 BTC
4. Peter Johnson	10	18:38 BTC
5. Jason Oare	15	18:49 BTC
6. Rob Arola	20	19:25
7. Chris Lutz	2 jv	19:29
8. David Hansen	3 jv	20:02 PB
9. Trent Laugerman	4 jv	20:02 BTC
10. Seth Peterson	26	20:05 BTC
11. Michael Defenbaugh	5 jv	20:09 BTC
12. Karl Greden	8 jv	21:35 BTC-BTY
13. Adam Lee	15 jv	22:58
13. Daniel Branzovsky	18 jv	23:39
14. Matt Brandl	24 jv	25:15

TEAM RESULTS

Varsity

1. Pine City	39
2. North Branch	59
3. Chisago Lakes	71
4. Mora	90
5. Foley	146
6. Milaca	146
7. Princeton	159
8. Rush City	Inc

Junior Varsity

1. Pine City	22
1. Chisago Lks	84

#1 runner: Bill Bowser, Chisago Lks - 17:23

#1 jv runner: Sam Soparat, North Branch - 19:29

NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET

Tuesday, October 3, 2000

cool, cloudy - flat course

PINE CITY GIRLS' RESULTS:

		4000 m		
		<u>place</u>	<u>time</u>	
1.	Kim Connaker	5	16:51	PB
2.	Jacki Gregoire	10	17:25	PB
3.	Heidi Larsen	11	17:30	
4.	Miki Anderson	12	17:30	BTC
5.	Meleia Johnson	19	18:44	
6.	Jaime Kozisek	1 jv	18:56	
7.	Nikki Plasek	21	19:02	BTC
8.	Christina Mosher	23	19:24	BTC
9.	Tessa Korf	5 jv	20:22	PB

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

#1 jv runner: J. Kozisek, Pine City - 18:56

Junior High - 2000 m -

1.	Jenna Fore	3	8:32	
2.	Krista Hill	20	12:57	PB

PINE CITY BOYS' RESULTS:

5000 m -

		<u>place</u>	<u>time</u>	
1.	Ryan Hammill	3	17:36	BTC
2.	Jared Clementson	4	17:41	PB
3.	Jeremy Lee	5	17:50	PB
4.	Jason Oare	13	18:23	PB
5.	Peter Johnson	15	18:34	
6.	Seth Peterson	1 jv	18:49	PB
7.	Chris Lutz	23	18:58	PB
8.	Rob Arola	25	19:06	
9.	Trent Laugerman	4 jv	19:43	PB
10.	David Hansen	6 jv	19:56	PB
11.	Michael Defenbaugh	7 jv	19:57	BTY
12.	Karl Greden	9 jv	20:33	PB
13.	Adam Lee	17 jv	22:08	
14.	Daniel Branzovsky	24 jv	22:47	PB
15.	Matt Brandl	25 jv	22:58	PB

#1 runner: Bill Bowser, Chisago Lks - 17:08

#1 JV: S. Peterson, Pine City - 18:49

Junior High - 2000 m -

1.	Peter Lilja	19	10:09	PB
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GIRLS' TEAM RESULTS

1.	Chisago Lakes	28
2.	North Branch	39
3.	Pine City	57
4.	Mora	112
	Foley	Inc
	Princeton	Inc

BOYS' TEAM RESULTS

1.	Pine City	40
2.	North Branch	48
3.	Chisago Lakes	69
4.	Mora	93
5.	Foley	121
6.	Princeton	147

JV results

1.	Pine City	27
2.	North Branch	52
3.	Chisago Lakes	69
	Mora	Inc

ACCEPT
the CHALLENGES
so that
you may
FEEL
the EXHILARATION
of
VICTORY.

General George S. Patton

RUM-RIVER CONFERENCE CROSS COUNTRY MEET at Foley

Thursday, October 12, 2000
breezy, overcast, cool

GIRLS' RESULTS:

Varsity - JV - 4000 m

	<u>place</u>	<u>time</u>	
1. Kim Connaker	12	16:53	All-Conference
2. Jacki Gregoire	15	17:09	PB All-Conference
3. Heidi Larsen	20	17:32	Honorable mention
4. Miki Anderson	21	17:54	Honorable mention
5. Rebecca Craighead	22	18:04	BTY Honorable mention
6. Jaime Kozisek	26	18:10	BTY
7. Christina Mosher	5 jv	19:05	
8. Tessa Korf	10 jv	21:14	
9. Krista Hill	15 jv	29:55	

Girls' team scores:

1. Sauk Rapids	34
2. Chisago Lks	47
3. North Branch	73
4. Pine City	90
5. Milaca	127
6. Mora	162
Princeton	Inc
Foley	Inc

Top 5 runners: Ariel Perkins, Chisago Lks - 15:41
 B. Sandoval, Sauk Rapids - 15:55
 Katie Hasleit, North Branch - 15:58
 T. Lareau, Chisago Lks - 16:19
 Shalean Christianson, Sauk Rapids - 16:30

BOY'S RESULTS:

Varsity-JV -5000 m

	<u>place</u>	<u>time</u>	
1. Ryan Hammill	5	17:37	All-Conference
2. Jared Clementson	6	17:50	All-Conference
3. Jeremy Lee	8	17:58	All-Conference
4. Peter Johnson	9	17:59	BTY All-Conference
5. Jason Oare	18	18:29	Honorable Mention
6. Chris Lutz	2 jv	18:51	PB
7. Rob Arola	28	19:05	
8. Seth Peterson	30	19:16	
9. Trent Laugerman	7 jv	19:43	PB
10. David Hansen	9 jv	19:47	PB
11. Michael Defenbaugh	13	20:18	3.
12. Karl Greden	22	21:19	
13. Adam Lee	23	21:20	PB
14. Matt Brandl	33	22:30	PB
15. Daniel Branzovsky	38	24:00	

Boys' team scores:

1. Sauk Rapids	38
2. Pine City	46
3. North Branch	84
4. Chisago Lks	102
5. Mora	126
6. Milaca	158
7. Foley	167
8. Princeton	192

JV Boys Results:

1. Sauk Rapids	29
2. Pine City	53
3. North Branch	95
4. Mora	116
5. Chisago Lks	122

Top 5 runners: Bill Bowser, Chisago Lks - 16:59
 D. DeArmond, Sauk Rapids - 17:12
 J. Pekarek, Sauk Rapids - 17:27
 N. Haeney, Sauk Rapids - 17:28
 R. Hammill, Pine City - 17:37

Junior High:

1. Peter Lilja	28	17:51	PB
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TOGETHER

EVERYONE

ACHIEVES

MORE!

SUB SECTION CROSS COUNTRY MEET

@ Pierz

Tuesday, October 17, 2000

cool - breezy - hilly course

PINE CITY GIRLS' RESULTS:

Varsity and Junior Varsity -4000 m -

	place	time	
1. Kim Connaker	7	16:31	PB
2. Jacki Gregoire	12	16:48	PB
3. Rebecca Craighead	22	17:35	PB
4. Miki Anderson	23	17:37	BTC
5. Heidi Larsen	24	17:40	BTC
6. Nikki Plasek	5 jv	18:26	BTC
7. Meleia Johnson	32	18:39	
8. Jaime Kozisek	9 jv	19:04	
9. Christina Mosher	39	19:12	BTC

#1 runner: K. Witte, Rush City - 16:04

Junior High - 3200 m

1. Krista Hill	43	22:00	PB
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TEAM RESULTS:

1. St. Cloud Cathedral	43
2. Big Lake	56
3. Pine City	87
4. Pierz	103
5. Rush City	109
6. Becker	151

The top 4 teams advance
to the Section Meet

PINE CITY BOYS' RESULTS:

Varsity and Junior Varsity - 5000 m -

	place	time	
1. Ryan Hammill	3	17:10	PB
2. Jared Clementson	6	17:22	PB
3. Peter Johnson	9	17:29	PB
4. Jeremy Lee	11	17:45	PB
5. Seth Peterson	8 jv	18:25	PB
6. Jason Oare	16	18:27	BTC
7. Chris Lutz	18	18:34	PB
8. Rob Arola	19	18:36	PB
9. Trent Laugerman	12 jv	18:45	PB
10. David Hansen	17 jv	18:54	PB
11. Michael Defenbaugh	25 jv	19:35	PB
12. Karl Greden	34 jv	20:22	PB
13. AdamLee	41 jv	20:46	PB
14. Tyler Bestick	64 jv	22:00	
15. Matt Brandl	67 jv	22:02	PB
16. Daniel Branzovsky	71 jv	22:27	PB

#1 runner: N. Salay, St Cloud Cathedral - 17:01

TEAM RESULTS

1. St. Cloud Cathedral	27
2. Pine City	45
3. Becker	113
4. Big Lake	116
5. Milaca	127
6. Foley	150
7. Pierz	156
8. Rush City	195

Junior Varsity Results

1. St. Cloud Cath	15
2. Pine City	96
3. Big Lake	212
4. Becker	323

Junior High - 3200 m

1. Peter Lilja	48	18:25	BTC
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***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 26, 2000
overcast, 60 degrees, 15-20 mph wind

PINE CITY GIRLS' RESULTS:

4000 m -

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	11	16:35	PB
2. Kim Connaker	15	16:47	BTC
3. Heidi Larsen	25	17:35	
4. Nikki Plasek	36	18:20	
5. Meleia Johnson	39	18:23	
6. Rebecca Craighead	40	18:24	
7. Miki Anderson	41	18:27	

Top seven runners (qualifying for state):

1. Rachel Strangler	Albany	15:24
2. Kayla Witte	Rush City	15:43
3. Kendra Bengtson	Albany	16:04
4. Jadee Furman	Big Lake	16:07
5. Stacy Britz	Pierz	16:08
6. Leann Stanoch	Holdingford	16:20
7. Sone Bengtson	EV-W-K	16:21

PINE CITY BOYS' RESULTS:

5000 m -

	<u>place</u>	<u>time</u>	
1. Jared Clementson	4	17:25	BTC
2. Ryan Hammill	8	17:46	
3. Peter Johnson	9	17:49	
4. Jeremy Lee	11	17:54	BTC
5. Jason Oare	22	18:29	
6.. Rob Arola	23	18:32	PB
7. Seth Peterson	28	18:50	BTC

Top seven runners (qualifying for state):

1. Nathan Hoffman	Annandale	17:01
2. Nick Salay	St. Cloud Cath	17:15
3. Jeff Laing	Albany	17:24
4. Jared Clementson	Pine City	17:25
5. Josh Saba	Becker	17:26
6. Max Leither	St. Cloud Cath	17:30
7. Justin Rausch	Holdingford	17:31

Girls' team scores:

1. St. Cloud Cathedral	53
2. Big Lake	80
3. Albany	101
4. Pierz	113
5. Pine City	122
6. EV-W-K	128
7. Holdingford	144
8. Annandale	155
Milaca	Inc
St. John's Prep	Inc
Rush City	Inc
Atwater-GC-Co	Inc

**** The top 2 teams qualify
for the state meet*****

Boys' team scores:

1. St. Cloud Cathedral	53
2. Pine City	54
3. Albany	75
4. Holdingford	99
5. Annandale	106
6. Becker	154
7. Big Lake	180
8. Royalton	201
Atwater-GC-Co	Inc

QUALITIES OF SUCCESS

Honesty

Confidence

Discipline

Loyalty

Goals

Knowledge

Self Respect

Humor

Motivation

Integrity

Dedication

Organization

Decisiveness

Communicator

Empathetic

Enthusiasm

Patience

Persistence

Faith

Common Sense

Hard Working

Loving

Friendly

Compassionate

Character

Humbleness

Dependability

Good Listener

Learner

Positive Mental Attitude

Believe in yourself and your team!

MSHSL CLASS A STATE CROSS COUNTRY MEET
St. Olaf College, Northfield
November 4, 2000
sunny, 52 degrees, 5-7 mph wind

PINE CITY BOYS' RESULTS:

	<u>place</u>	<u>time</u>
1. Jared Clementson	48	17:57
2. Jeremy Lee	52	18:01
3. Peter Johnson	53	18:02
4. Rob Arola	68	18:30 PB
5. Jason Oare	78	18:44
6. Ryan Hammill	91	19:04
7. Seth Peterson	96	19:17

TEAM RESULTS:

1. Paynesville Area	76
2. Plainview	112
3. Staples-Motley	135
4. United South Central, Wells	162
5. Warroad	181
6. Glencoe-Silver Lake	184
7. LaCrescent	195
8. Esko	207
9. Chisholm	212
10. St. Cloud Cathedral	214
11. Canby/Minneota/LinChi	290
12. Perham	290
13. Lk Crystal/Welcome/Mem	291
14. Pine City	299
15. Murray Cty Central, Slayton	307
16. Mayer Lutheran	322

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Name	gr	year	Grantsburg	Milaca	Pine City	Cambridge	Rush City
Kim Connaker	12	2000	*18:54 (4k)	*17:46 (4k-)	17:57 (4k)	17:53 (4k)	17:02 (4k)
	11	1999	19:37 (4k)	*20:02 (4k)	19:52 (4K)	18:48 (4K)	19:31 (4k)
	10	1998	19:36 (4k)	18:49 (4k)	18:33 (4k)	18:24 (4k)	
	9	1997		20:55 (4 K)	19:24 (4K)	21:19 (4K)	19:09 (4K)
Christina Mosher	12	2000	*23:53 (4k)	*22:32 (4k)	21:08 (4k)	sick	20:55 (4k)
	11	1999	25:25 (4k)	*24:14 (4k)	22:23 (4K)	20:28 (4K)	20:02 (4k)
Miki Anderson	11	2000	*19:31 (4k)	*17:52 (4k-)	18:49 (4k)	18:38 (4k)	17:53 (4k)
	10	1999	19:40 (4k)	DNF	19:21 (4k)	19:05 (4k)	19:42 (4k)
	9	1998					19:47 (4k)
Rebecca Craighead	11	2000					19:07 (4k)
	10	1999	*20:43 (4k)	20:08 (4k)	18:49 (4K)	19:00 (4K)	19:45 (4k)
	9	1998			24:50 (4k)	22:47 (4k)	19:41 (3.5l)
Jaime Kozisek	11	2000			20:00 (4k)	19:53 (4k)	18:45 (4k)
	10	1999	20:00 (4k)	*21:18 (4k)	18:41 (4K)	18:52 (4K)	19:03 (4k)
	9	1998	19:07 (4k)	19:03 (4k)	DNF	19:14 (4k)	19:18 (4k)
	8	1997	11:39 (2.5K)	10:55 (2.5K)	8:38 (2K)	7:50 (2K)	6:52 (1.6K)
	7	1996	12:19 (2.5K)	11:28 (2.5K)	9:01 (2K)	9:00 (2K)	7:15 (1.6K)
Nikki Plasek	11	2000		18:33 (4k-)	19:25 (4k)	19:32 (4k)	18:15 (4k)
	10	1999	22:09 (4k)		20:27 (4K)	19:55 (4K)	20:08 (4k)
	9	1998			25:34 (4k)	DNF	19:38 (3.5k)
Heidi Larsen	10	2000	*19:00 (4k)	*18:20 (4k-)	18:36 (4k)	18:22 (4k)	17:54 (4k)
	9	1999		DNF	injury	injury	19:04 (4k)
	8	1998		19:03 (4k)	19:26 (4k)	8:28 (2k)	6:30 (1.6k)
	7	1997	11:39 (2.5K)	10:56 (2.5K)	8:15 (2K)	7:25 (2K)	6:52 (1.6K)
Meleia Johnson	9	2000	*19:27 (4k)	18:17 (4k-)	19:02 (4k)	18:38 (4k)	injury
	8	1999	11:26 (2.5 k)	*11:32 (2.5k)	8:40 (2K)	8:35 (2K)	18:55 (4k)
	7	1998	11:18 (2.5k)	10:34 (2.5k)	8:23 (2k)	8:35 (2k)	6:33 (1.6k)
Tessa Korf	9	2000	*21:13 (4k)	22:10 (4k)	DNF-injury	injury	injury
	8	1999	DNF	*14:29(2.5k)	9:45 (2K)	9:34 (2K)	7:12 (1.6k)
	7	1998	14:04 (2.5k)	13:27 (2.5k)	10:17 (2k)		7:34 (1.6k)
Jenna Fore	8	2000	*20:07 (4k)	*11:58 (2.5k)	9:14 (2k)	injury	injury
	7	1999	12:17 (2.5 k)	11:59 (2.5k)	8:58 (2K)	8:58 (2K)	6:57 (1.6k)
Jacki Gregoire	7	2000	9:12 (2k)	12:19 (2.5k)	8:34 (2k)	8:23 (2k)	8:20 (2k)
Krista Hill	7	2000	16:59 (2k)	21:52 (2.5k)	16:18 (2k)	14:27 (2k)	14:28 (2k)
* new course							

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Pierz	Princeton	Chs Lks	N. Branch	Conference	Subsection	Section	PB	Average
17:21 (4k)	16:59 (4k)	17:14 (4k)	16:51 (4k)	Fo-16:53 (4k)	Pz-16:31 (4k)	Bec-16:47	16:31	17:21
	*17:38 (4k)	*18:17 (4k)	17:45 (4k)	Mi-18:29 (4k)	Mi-18:12 (4k)	Bec-17:00	17:00	18:39
	17:48 (4k)	*20:01 (4k)		CL-18:58 (4k)		Clo-17:45	17:45	18:39
	18:05 (4K)	19:06 (4K)		SR-19:12 (4K)		Clo-18:07	18:05	19:31
20:09 (4k)	18:48 (4k)	19:22 (4k)	19:24 (4k)	Fo-19:05 (4k)	Pz-19:12 (4k)		18:48	20:27
	20:06 (4k)	20:54 (4k)	20:08 (4k)	Mi-20:23 (4k)	Mi-19:40 (4k)		19:40	21:22
18:33 (4k)	17:27 (4k)	18:00 (4k)	17:30 (4k)	Fo-17:54 (4k)	Pz-17:37 (4k)	Bec-18:27	17:27	18:11
	*18:43 (4k)	*19:31 (4k)	17:52 (4k)	Mi-18:06 (4k)	Mi-18:12 (4k)	Bec-18:08	17:52	18:50
	?	19:22 (4k)	18:10 (4k)	CL-19:22 (4k)		Clo-17:58	17:58	18:51
19:03 (4k)	18:10 (4k)	18:30 (4k)		Fo-18:04 (4k)	Pz-17:35 (4k)	Bec-18:24	17:35	18:25
			18:56 (4k)	Mi-18:16 (4k)	Mi-18:22 (4k)	Bec-17:57	17:57	19:06
	?	20:54 (4k)	19:59 (4k)	CL-19:20 (4k)			19:20	21:24
19:23 (4k)	18:50 (4k)	19:21 (5k)	18:56 (4k)	Fo-18:10 (4k)	Pz-19:04 (4k)		18:10	19:09
	*18:10 (4k)	*18:21 (4k)	17:52 (4k)	Mi-18:48 (4k)	Mi-18:07 (4k)	Bec-17:46	17:46	18:49
	?	*18:19 (4k)		CL-18:05 (4k)		Clo-17:37	17:37	18:36
	8:27 (2K)	8:44 (2K)		SR-18:37 (4K)		Clo-18:13	18:13	18:26
		7:09 (1.6K)		Pr-19:12 (4K)		Clo-19:12	9:00 (2K)	
19:05 (4k)	18:36 (4k)	18:57 (4k)	19:02 (4k)	sick	Pz-18:26 (4k)	Bec-18:20	18:15	18:49
		*20:01 (4k)	19:37 (4k)	Mi-19:21 (4k)	Mi-19:10 (4k)		19:10	20:06
	?	22:48 (4k)		CL-22:09 (4k)			22:09	23:31
18:14 (4k)	17:28 (4k)	18:01 (4k)	17:30 (4k)	Fo-17:32 (4k)	Pz-17:40 (4k)	Bec-17:35	17:28	18:01
		*18:21 (4k)	17:34 (4k)	Mi-17:42 (4k)	Mi-17:23 (4k)	Bec-17:01	17:01	17:51
	11:10 (2.72k)	18:19 (4k)	17:21 (4k)	CL-17:52 (4k)		Clo-17:08	17:08	18:02
	7:51 (2K)	8:19 (2K)		SR-18:37 (4K)		Clo-17:57	17:57	18:21
DNF	injury	18:50 (4k)	18:44 (4k)	Fo-18:51 (4k)	Pz-18:39 (4k)	Bec-18:23	18:23	18:46
	?	18:21 (4k)	17:52 (4k)	Mi-17:50 (4k)	Mi-17:59 (4k)	Bec-17:20	17:20	18:03
	11:10 (2.72k)	8:28 (2k)	8:03 (2k)	8:27 (2k)		Clo-17:25	8:03(2k)	
injury	20:32 (4k)	20:47 (4k)	20:22(4k)	Fo-21:14 (4k)			20:22	21:03
	?	9:32 (2k)		Mi-10:58(2.5k)	Mi-15:33 (3.2k)		9:32 (2k)	
	12:35 (2.72k)	9:43 (2k)	9:09 (2k)				9:09 (2k)	
injury	injury	9:00 (2k)	8:32 (2k)				8:32 (2k)	
	14:16 (3.2k)	8:45 (2k)	8:20 (2k)	Mi-10:38 (2.5k)	Mi-14:29 (3.2k)		8:20 (2k)	
13:39 (3.2k)	13:41 (3.2k)	17:51 (4k)	17:25 (4k)	Fo-17:09 (4k)	Pz-16:48 (4k)	Bec-16:35	16:35	17:10
23:27 (3.2k)	23:19 (3.2k)	13:39 (2k)	12:57 (2k)	Fo-29:55 (4k)	Pz-22:00 (3.2k)		12:57(2k)	

AVERAGE MILE TIMES AT MEETS - 2000

	PB - 99	Grntsbrg	Milaca	Pine City	Cambridg	Rush City	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Tyler Bestick - 12	6:25	7:55	7:00				
Ryan Hammill - 12	5:40	6:01	6:02	5:54	5:49	5:43	5:39
Jeremy Lee - 12	5:50	6:24	6:14	6:03	6:07	5:49	5:46
Jason Oare - 12	6:00	6:39	6:20	6:08	6:08	6:02	5:58
Peter Johnson - 12						5:55	6:04
Rob Arola - 11		6:55	6:35	6:26	6:24	6:04	6:14
Mike Defenbaugh - 10	6:24	7:30	6:46	6:43	6:42	6:26	6:52
Karl Greden - 10	6:48	8:06	7:14	7:30	7:33	7:05	7:17
Trent Laugerman - 10	6:32	7:12	6:52	7:11	6:39	6:21	6:33
Chris Lutz - 10	6:17		7:05	6:45	6:46	6:24	6:07
Seth Peterson - 10		6:52	6:33	6:26	6:23	6:04	6:21
Matt Brandl - 9						7:36	7:44
Daniel Branzovsky - 9		9:18	9:33	8:12	7:50	7:25	7:43
Jared Clementson - 9	5:55	6:54	6:05	6:01	6:04	5:48	6:11
David Hansen - 9		7:19	6:48	6:44	6:38	6:35	6:33
Adam Lee - 9		9:13	8:44	7:30	7:32	7:07	7:18
				2000 m	2000 m	2000 m	3200 m
Peter Lilja - 7				8:37		8:38	9:46
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Kim Connaker - 12	6:48	7:34	7:06	7:11	7:09	6:49	6:56
Christina Mosher - 12	9:52	9:33	9:01	8:27		8:22	8:03
Miki Anderson - 11	7:09	7:48	7:09	7:32	7:27	7:09	7:25
Rebecca Craighead - 11	7:11					7:39	7:37
Jaime Kozisek - 11	7:06			8:00	7:57	7:30	7:45
Nikki Plasek - 11	7:40		7:25	7:46	7:49	7:18	7:40
Heidi Larsen - 10	6:48	7:36	7:20	7:26	7:21	7:10	7:17
Meleia Johnson - 9	6:56	7:47	7:19	7:37	7:27		
Tessa Korf - 9		8:29	8:52	dnf			
Jenna Fore - 8		8:03					
Jacki Gregoire - 7							
		2000 m	2500 m	2000 m	2000 m	2000m	3200 m
Jenna Fore - 8			7:59	7:23			
Jacki Gregoire - 7		7:22	8:13	6:51	6:42	6:40	6:50
Krista Hill - 7		13:35	14:35	13:02	11:34	11:34	11:44

AVERAGE MILE TIMES AT MEETS - 2000

Princeton	Chs Lks	N. Branch	RRC	Sub	Section	State	Average	PB-2000
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	
				7:04			7:02	7:00
5:41	5:50	5:40	5:40	5:31	5:43	6:08	5:46	5:31
5:44	5:54	5:44	5:47	5:42	5:45	5:48	5:51	5:42
5:59	6:03	5:55	5:57	5:56	5:57	6:01	6:02	5:55
5:56	5:59	5:58	5:47	5:37	5:44	5:48	5:52	5:37
6:09	6:15	6:08	6:08	5:58	5:58	5:57	6:11	5:57
6:18 (4k)	6:28	6:25	6:32	6:18			6:34	6:18
7:02 (4k)	6:56	6:36	6:51	6:33			7:03	6:33
6:04 (4k)	6:26	6:20	6:20	6:02			6:31	6:02
6:09	6:16	6:06	6:04	5:58			6:22	5:58
	6:27	6:03	6:11	5:55	6:03	6:12	6:14	5:55
7:12 (4k)	8:07	7:23	7:14	7:05			7:31	7:05
7:28 (4k)	7:36	7:20	7:43	7:13			7:50	7:13
5:30 (4k)	5:56	5:41	5:44	5:35	5:36	5:46	5:51	5:35
6:14 (4k)	6:26	6:25	6:22	6:05			6:30	6:05
6:57 (4k)	7:23	7:07	6:52	6:40			7:21	6:40
3230 m	2000 m	2000m	3200 m	3200 m			Misc	
		8:07	8:56	9:12			8:52	
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	
6:48	6:54	6:44	6:45	6:36	6:44		6:52	6:36
7:31	7:45	7:46	7:38	7:41			8:01	7:31
6:59	7:12	7:00	7:10	7:03	7:25		7:13	6:59
7:16	7:24		7:14	7:02	7:23		7:22	7:02
7:32	7:44	7:34	7:16	7:38			7:39	7:16
7:26	7:35	7:37		7:22	7:22		7:32	7:18
6:59	7:12	7:00	7:01	7:04	7:04		7:10	6:59
	7:32	7:30	7:32	7:16	7:23		7:27	7:16
8:13	8:19	8:09	8:30				8:24	8:09
								8:03
	7:08	6:58	6:52	6:43	6:40		6:52	6:40
3230 m	2000 m	2000 m		3200 m	3200 m		Misc	
	7:12	6:50					7:21	
6:51							7:01	
11:40	10:55	10:22	11:58	11:00			11:50	

TEAM POSITIONS AT MEETS - 2000

	Grantsburg	Milaca	Pine City	Cambridge	Rush City	Pierz	Princeton
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Tyler Bestick - 12	10	10					
Ryan Hammill - 12	1	1	1	1	1	1	1
Jeremy Lee - 12	2	3	3	3	3	2	2
Jason Oare - 12	3	4	4	4	5	3	4
Peter Johnson - 12					4	4	3
Rob Arola - 11	6	6	5	6	7	7	6
Mike Defenbaugh - 10	9	7	7	8	10	11	2-10th
Karl Greden - 10	11	12	11	10	12	12	3-10th
Trent Laugerman - 10	7	9	10	7	8	9	1-10th
Chris Lutz - 10		11	9	9	9	5	5
Seth Peterson - 10	4	5	6	5	6	8	
Matt Brandl - 9					15	15	4-9th
Daniel Branzovsky - 9	13	14	13	3 - 9th	14	14	5-9th
Jared Clementson - 9	5	2	2	2	2	6	1-9th
David Hansen - 9	8	8	8	1 - 9th	11	10	2-9th
Adam Lee - 9	12	13	12	2 - 9th	13	13	3-9th
			2000 m	2000 m	2000 m	3200 m	3230 m
Peter Lilja - 7			1	1	1	1	
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Kim Connaker - 12	1	1	1	1	1	1	1
Christian Mosher - 12	7	7	7		7	7	5
Miki Anderson - 11	4	2	3	4	2	3	2
Rebecca Craighead-11					6	4	4
Jaime Kozisek - 11			6	6	5	6	6
Nikki Plasek - 11		5	5	5	4	5	4
Heidi Larsen - 10	2	4	2	2	3	2	3
Meleia Johnson - 9	3	3	4	3			
Tessa Korf - 9	6	6					7
Jenna Fore - 8	5						
Jacki Gregoire - 7							
Krista Hill - 7							
	2000 m	2500 m	2000 m	2000 m	2000 m	3200 m	3230 m
Jenna Fore - 8		1	2				
Jacki Gregoire - 7	1	2	1	1	1	1	1
Krista Hill - 7	2	3	3	2	2	2	2

TEAM POSITIONS AT MEETS - 2000

Chs. Lks	N. Branch	Conference	Sub-sect	Section	State	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
			14			11.3
1	1	1	1	2	6	1.5
2	3	3	4	4	2	2.8
5	4	5	6	5	5	4.5
4	5	4	3	3	3	3.7
6	8	7	8	6	4	6.3
11	11	11	11			9.7
12	12	12	12			11.7
9	9	9	9			8.8
7	7	6	7			7.5
10	6	8	5	7	7	6.6
15	15	14	15			14.8
14	14	15	16			14.1
3	2	2	2	1	1	2.3
8	10	10	10			9.2
13	13	13	13			12.8
2000 m	2000 m	3200 m	3200 m			
	1	1	1			1
4000 m	4000 m	4000 m	4000 m	4000 m		4000 m
1	1	1	1	2		1.1
9	8	8	9			7.4
3	4	4	4	7		3.5
5		5	3	6		4.7
8	6	6	8			6.3
7	7		6	4		5.2
4	3	3	5	3		3.1
6	5	7	7	5		5
10	9	9				7.8
2	2	2	2	1		1.8
		10				10
2000 m	2000 m	3200 m	3200 m			
1	1					1.25
						1.1
2	2		1			2.2

PLACE FINISHES AT MEETS - 2000

	Grantsburg	Milaca	Pine City	Cambridge	Rush City	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Tyler Bestick - 12	33	18 jv				
Ryan Hammill - 12	1	10	3	4	3	7
Jeremy Lee - 12	7	25	5	12	6	12
Jason Oare - 12	13	33	10	16	9	32
Peter Johnson - 12					7	39
Rob Arola - 11	20	56	21	25	12	50
Mike Defenbaugh - 10	29	12 jv	34	38	3 jv	41 jv
Karl Greden - 10	34	25 jv	23 jv	81 jv	8 jv	60 jv
Trent Laugerman - 10	23	69	15 jv	25 jv	1 jv	24 jv
Chris Lutz - 10		20 jv	5	33 jv	2 jv	5 jv
Seth Peterson - 10	17	53	5 jv	24	10	58
Matt Brandl - 9					11 jv	74 jv
Daniel Branzovsky - 9	51	57 jv	32 jv	24-9th	10 jv	73 jv
Jared Clementson - 9	18	12	4	10	5	46
David Hansen - 9	28	13 jv	4 jv	9-9th	4 jv	26 jv
Adam Lee - 9	48	53 jv	24 jv	23-9th	9 jv	61 jv
	2000 m	2500 m	2000 m	2000 m	2000 m	3200 m
Peter Lilja - 7			31	?	12	90
	4000 m	4000 m	4000 m	4000 m	4000 m	
Kim Connaker - 12	5	19	6	13	1	12
Christina Mosher - 12	29	67	35		17	14 jv
Miki Anderson - 11	11	23	15	23	2	35
Rebecca Craighead - 11					14	43
Jaime Kozisek - 11			26	27	12	50
Nikki Plasek - 12		38	20	26	5	44
Heidi Larsen - 10	8	35	14	19	3	28
Meleia Johnson - 9	10	32	16	22		dnf
Tessa Korf - 9	23	66				
Jenna Fore - 8	16					
Jacki Gregoire - 7						
	2000 m	2500 m	2000 m	2000 m	2000 m	3200 m
Jenna Fore - 8		3	6			
Jacki Gregoire - 7	2	6	1	1	1	1
Krista Hill - 7	32	44	31	70	12	80

PLACE FINISHES AT MEETS - 2000

Princeton	Chisago Lks	N. Branch	Conference	Sub-sect	Section	State	Average	
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m		
				64 jv				
43	3	3		3	8	91	16.2	
50	5	4	5	11	11	52	16.5	
97	15	13	18	16	22	78	29.9	
86	10	15	9	9	9	53	26.3	
148	20	25	28	19	23	68	41.3	
95-10th	5 jv		7	13 jv	25 jv		16.5 jv	
168-10th	8 jv	7 jv	22 jv	34 jv			29.8 jv	
57-10th	4 jv	4 jv	7 jv	12 jv			11.5 jv	
145	2 jv		23	2 jv	18		47.8	
		26	1 jv	30	8 jv	28	96	40.6
170-9th	24 jv	25 jv	33 jv	67 jv			39 jv	
195-9th	18 jv	24 jv	38 jv	71 jv			40.4 jv	
1-9th		6	4	6	6	4	48	13.7
61-9th	3 jv	6 jv	9 jv	17 jv			10.3 jv	
156-9th	15 jv	17 jv	23 jv	41 jv			30.4 jv	
	2000 m	2000 m	3200 m	3200 m			JH	
			19	28	48		38	
	4000 m	4000 m	4000 m	4000 m	4000 m		4000 m	
74	5	5	12	7	13		15.2	
189	22	23	5 jv	39			56	
98	12	12	21	23	41		27.7	
152	16		22	22	40		44.1	
190	2 jv	1 jv	26	9 jv			55.2	
177	19	21		5 jv	36		42.9	
18-10th		13	11	20	24	25	19.2	
		17	19	31	32	39	26	
103-9th	3 jv	5 jv	10 jv				66	
	1 jv		10	15	12	9	11.5	
	2000 m	2000 m	3200 m	3200 m			JH	
	6	3					4.5	
7							2.7	
157	29	20	15 jv	43			54	

IT'S NOT THE

HOURS

YOU PUT IN

IT'S WHAT YOU PUT

INTO THE HOURS

2000 CROSS COUNTRY SEASON MILEAGE

	<u>total miles</u>
1. Ryan Hammill	277.9
2. Jared Clementson	276.9
3. Jason Oare	275.8
4. Jeremy Lee	274.8
5. Rob Arola	269.0
6. Trent Laugerman	250.2
7. Seth Peterson	245.9
8. Miki Anderson	236.8
9. Karl Greden	224.0
10. David Hansen	223.5
11. Heidi Larsen	215.1
12. Karl Greden	224.0
13. Chris Lutz	218.8
14. Christina Mosher	211.8
15. Nikki Plasek	204.1
16. Kim Connaker	203.7
17. Meleia Johnson	196.3
18. Adam Lee	188.0
19. Michael Defenbaugh	181.5
20. Daniel Branzovsky	177.0
21. Jacki Gregoire	175.1
22. Jaime Kozisek	154.9
23. Rebecca Craighead	148.3
24. Tyler Bestik	147.6
25. Matt Brandl	122.9
26. Krista Hill	107.4
27. Tessa Korf	103.0
28. Jenna Fore	100.8
29. Peter Lilja	85.6

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. H.S. Loops - 4800 m	23:19	September 21, 2000	Miki Anderson
6. Connaker's loop - 2.7	20:38	October 6, 1997	Heidi Larsen
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	15:36	September 15, 2000	Heidi Larsen, 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. 2000-1000-500	14:21	October 19, 2000	Miki Anderson
15. Track - 8 x 400	11:32 (1:26.5 ave)	September 30, 1999	Heidi Larsen, Meleia Johnson, Jaime Kozisek
16. 800,1000,1200,1400,1600	26:47	September 28, 1995	Amy Johnson
17. 2 x 1200	9:32 (4:46 ave)	October 21, 1996	Becky Haavisto
18. 1 x 2000	8:47	October 20, 1997	Becky Haavisto
19. 800, 600, 400	7:19	September 12, 1997	Becky Haavisto
20. 6 x 400	8:18 (1:23 ave)	October 15, 1998	Jenelle Stahlke
21. 4 x 400	5:30 (1:23 ave)	October 5, 1995	Amy Johnson
22. 2 x 400, 2 x 800, 2 x 400	10:18	September 15, 1998	Jenelle Stahlke
23. 2 x 1 mi, 1 x 800, 2 x 400	20:45	August 21, 1995	Bree Fischer
24. Connaker's Loops - 1.6	11:02	August 25, 1999	Heidi Larsen
25. 3 x 500	5:12 (1:44 ave)	October 24, 2000	Kim Connaker
26. 5 x 500	9:41 (1:56 ave)	October 23, 2000	Kim Connaker
27. 6 x 500	10:59 (1:50 ave)	September 12, 2000	Kim Connaker
28. 8 x 500	15:56 (1:59 ave)	October 5, 2000	Kim Connaker
29. 4 x 1000	16:24 (4:01 ave)	October 13, 2000	Kim Connaker
30. 6 x 1000	27:38 (4:38 ave)	September 27, 2000	Miki Anderson

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. H.S. loops - 4800 m	19:43	October 21, 2000	Peter Johnson
9. Connaker's loop - 2.7	15:40	October 26, 1998	Ryan Hammill
10. 5 x 800	12:47 (2:33 ave)	September 21, 1999	Jeremy Lee
11. The loop x 2 - 2.2	11:59 (5:59 ave)	September 4, 1998	Dan Pangerl
12. Track - 3200 m	10:47	August 16, 1996	J. R. Anderson
13. H.S. Loops - 3200 m	11:37	August 22, 1997	J. R. Anderson
14. G C loop - 1.1	5:48	Sept 22, 1997	J. R. Anderson
15. Cty Rd 117 - 1	5:26	October 18, 1996	J. R. Anderson
16. H.S. loop - 1600 m	5:30	September 25, 1997	J. R. Anderson
17. 2000-1000-600	11:29	September 29, 1998	J. R. Anderson
18. 2000-1000-500	12:03	October 19, 2000	Ryan Hammill
19. Track - 8 x 400	9:04 (1:08 ave)	September 4, 1995	J. R. Anderson
20. 800, 1000, 1200, 1400, 1600	21:46	September 28, 1995	J. R. Anderson
21. 2 x 1200	7:27 (3:43 ave)	October 2, 1997	J. R. Anderson
22. 1 x 2000	6:50	October 20, 1997	Jason Larsen
23. 800, 600, 400	5:11	September 12, 1997	J. R. Anderson
24. 6 x 400	6:53 (1:09 ave)	September 7, 1999	Jeremy Lee
25. 4 x 400	4:14 (1:03.5 Ave)	October 16, 1997	J. R. Anderson
26. 2 x 400, 2 x 800, 2 x 400	9:28	September 15, 1997	J. R. Anderson
27. 2 x 1 mi, 1 x 800, 2 x 400	15:45	August 21, 1995	J. R. Anderson
28. Connaker's loops - 1.6	8:52	October 25, 1999	Ryan Hammill
29. 3 x 500	4:13 (1:24 ave)	October 24, 2000	Jeremy Lee
30. 4 x 500	6:06 (1:31 ave)	October 30, 2000	Jeremy Lee
31. 5 x 500	7:55 (1:35 ave)	October 23, 2000	Ryan Hammill
32. 6 x 500	9:07 (1:31 ave)	September 12, 2000	Ryan Hammill
33. 8 x 500	12:27 (1:31 ave)	October 5, 2000	Ryan Hammill
34. 4 x 1000	13:10 (3:17 ave)	October 13, 2000	Ryan Hammill
35. 6 x 1000	22:01 (3:40 ave)	September 27, 2000	Ryan Hammill

The
attitude
of the individual
determines
the
attitude
of the group.

John Maxwell

Pine City High School Cross Country 2000

Awards:

MOST VALUABLE RUNNER	Kim Connaker	Ryan Hammill
MOST IMPROVED RUNNER	Christina Mosher Nikki Plasek	Chris Lutz
ROOKIE OF THE YEAR	Jacki Gregoire	Rob Arola
SPORTSMANSHIP AWARD		Tyler Bestik
SPIRIT AWARD		Jason Oare
CONSISTENCY AWARD		Jeremy Lee
PERSEVERENCE AWARD		PeterJohnson

ALL-CONFERENCE:

Ryan Hammill	Kim Connaker
Jared Clementson	Jacki Gregoire
Jeremy Lee	Peter Johnson

ALL CONFERENCE HONORABLE MENTION:

Jason Oare	Heidi Larsen
Miki Anderson	Rebecca Craighead

LETTERWINNERS:

Ryan Hammill	Tyler Bestik	Jeremy Lee
Jason Oare	Peter Johnson	Kim Connaker
Christina Mosher	Rob Arola	Miki Anderson
Rebecca Craighead	Nikki Plasek	Trent Laugerman
Chris Lutz	Seth Peterson	Heidi Larsen
Jared Clementson	Meleia Johnson	Jacki Gregoire
Amanda Stephan (manager)		

PRIDE

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Name	gr	year	Grantsburg	Milaca	Pine City	Cambridge	Rush City
Kim Connaker	12	2000	*18:54 (4k)	*17:46 (4k-)	17:57 (4k)	17:53 (4k)	17:02 (4k)
	11	1999	19:37 (4k)	*20:02 (4k)	19:52 (4K)	18:48 (4K)	19:31 (4k)
	10	1998	19:36 (4k)	18:49 (4k)	18:33 (4k)	18:24 (4k)	
	9	1997		20:55 (4 K)	19:24 (4K)	21:19 (4K)	19:09 (4K)
Christina Mosher	12	2000	*23:53 (4k)	*22:32 (4k)	21:08 (4k)	sick	20:55 (4k)
	11	1999	25:25 (4k)	*24:14 (4k)	22:23 (4K)	20:28 (4K)	20:02 (4k)
Miki Anderson	11	2000	*19:31 (4k)	*17:52 (4k-)	18:49 (4k)	18:38 (4k)	17:53 (4k)
	10	1999	19:40 (4k)	DNF	19:21 (4k)	19:05 (4k)	19:42 (4k)
	9	1998					19:47 (4k)
Rebecca Craighead	11	2000					19:07 (4k)
	10	1999	*20:43 (4k)	20:08 (4k)	18:49 (4K)	19:00 (4K)	19:45 (4k)
	9	1998			24:50 (4k)	22:47 (4k)	19:41 (3.5l)
Jaime Kozisek	11	2000			20:00 (4k)	19:53 (4k)	18:45 (4k)
	10	1999	20:00 (4k)	*21:18 (4k)	18:41 (4K)	18:52 (4K)	19:03 (4k)
	9	1998	19:07 (4k)	19:03 (4k)	DNF	19:14 (4k)	19:18 (4k)
	8	1997	11:39 (2.5K)	10:55 (2.5K)	8:38 (2K)	7:50 (2K)	6:52 (1.6K)
	7	1996	12:19 (2.5K)	11:28 (2.5K)	9:01 (2K)	9:00 (2K)	7:15 (1.6K)
Nikki Plasek	11	2000		18:33 (4k-)	19:25 (4k)	19:32 (4k)	18:15 (4k)
	10	1999	22:09 (4k)		20:27 (4K)	19:55 (4K)	20:08 (4k)
	9	1998			25:34 (4k)	DNF	19:38 (3.5k)
Heidi Larsen	10	2000	*19:00 (4k)	*18:20 (4k-)	18:36 (4k)	18:22 (4k)	17:54 (4k)
	9	1999		DNF	injury	injury	19:04 (4k)
	8	1998		19:03 (4k)	19:26 (4k)	8:28 (2k)	6:30 (1.6k)
	7	1997	11:39 (2.5K)	10:56 (2.5K)	8:15 (2K)	7:25 (2K)	6:52 (1.6K)
Meleia Johnson	9	2000	*19:27 (4k)	18:17 (4k-)	19:02 (4k)	18:38 (4k)	injury
	8	1999	11:26 (2.5 k)	*11:32 (2.5k)	8:40 (2K)	8:35 (2K)	18:55 (4k)
	7	1998	11:18 (2.5k)	10:34 (2.5k)	8:23 (2k)	8:35 (2k)	6:33 (1.6k)
Tessa Korf	9	2000	*21:13 (4k)	22:10 (4k)	DNF-injury	injury	injury
	8	1999	DNF	*14:29(2.5k)	9:45 (2K)	9:34 (2K)	7:12 (1.6k)
	7	1998	14:04 (2.5k)	13:27 (2.5k)	10:17 (2k)		7:34 (1.6k)
Jenna Fore	8	2000	*20:07 (4k)	*11:58 (2.5k)	9:14 (2k)	injury	injury
	7	1999	12:17 (2.5 k)	11:59 (2.5k)	8:58 (2K)	8:58 (2K)	6:57 (1.6k)
Jacki Gregoire	7	2000	9:12 (2k)	12:19 (2.5k)	8:34 (2k)	8:23 (2k)	8:20 (2k)
Krista Hill	7	2000	16:59 (2k)	21:52 (2.5k)	16:18 (2k)	14:27 (2k)	14:28 (2k)

* new course

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Pierz	Princeton	Chs Lks	N. Branch	Conference	Subsection	Section	PB	Average
17:21 (4k)	16:59 (4k)	17:14 (4k)	16:51 (4k)	Fo-16:53 (4k)	Pz-16:31 (4k)	Bec-16:47	16:31	17:21
	*17:38 (4k)	*18:17 (4k)	17:45 (4k)	Mi-18:29 (4k)	Mi-18:12 (4k)	Bec-17:00	17:00	18:39
	17:48 (4k)	*20:01 (4k)		CL-18:58 (4k)		Clo-17:45	17:45	18:39
	18:05 (4k)	19:06 (4k)		SR-19:12 (4k)		Clo-18:07	18:05	19:31
20:09 (4k)	18:48 (4k)	19:22 (4k)	19:24 (4k)	Fo-19:05 (4k)	Pz-19:12 (4k)		18:48	20:27
	20:06 (4k)	20:54 (4k)	20:08 (4k)	Mi-20:23 (4k)	Mi-19:40 (4k)		19:40	21:22
18:33 (4k)	17:27 (4k)	18:00 (4k)	17:30 (4k)	Fo-17:54 (4k)	Pz-17:37 (4k)	Bec-18:27	17:27	18:11
	*18:43 (4k)	*19:31 (4k)	17:52 (4k)	Mi-18:06 (4k)	Mi-18:12 (4k)	Bec-18:08	17:52	18:50
	?	19:22 (4k)	18:10 (4k)	CL-19:22 (4k)		Clo-17:58	17:58	18:51
19:03 (4k)	18:10 (4k)	18:30 (4k)		Fo-18:04 (4k)	Pz-17:35 (4k)	Bec-18:24	17:35	18:25
			18:56 (4k)	Mi-18:16 (4k)	Mi-18:22 (4k)	Bec-17:57	17:57	19:06
	?	20:54 (4k)	19:59 (4k)	CL-19:20 (4k)			19:20	21:24
19:23 (4k)	18:50 (4k)	19:21 (5k)	18:56 (4k)	Fo-18:10 (4k)	Pz-19:04 (4k)		18:10	19:09
	*18:10 (4k)	*18:21 (4k)	17:52 (4k)	Mi-18:48 (4k)	Mi-18:07 (4k)	Bec-17:46	17:46	18:49
	?	*18:19 (4k)		CL-18:05 (4k)		Clo-17:37	17:37	18:36
	8:27 (2K)	8:44 (2K)		SR-18:37 (4K)		Clo-18:13	18:13	18:26
		7:09 (1.6K)		Pr-19:12 (4K)		Clo-19:12	9:00 (2K)	
19:05 (4k)	18:36 (4k)	18:57 (4k)	19:02 (4k)	sick	Pz-18:26 (4k)	Bec-18:20	18:15	18:49
		*20:01 (4k)	19:37 (4k)	Mi-19:21 (4k)	Mi-19:10 (4k)		19:10	20:06
	?	22:48 (4k)		CL-22:09 (4k)			22:09	23:31
18:14 (4k)	17:28 (4k)	18:01 (4k)	17:30 (4k)	Fo-17:32 (4k)	Pz-17:40 (4k)	Bec-17:35	17:28	18:01
		*18:21 (4k)	17:34 (4k)	Mi-17:42 (4k)	Mi-17:23 (4k)	Bec-17:01	17:01	17:51
	11:10 (2.72)	18:19 (4k)	17:21 (4k)	CL-17:52 (4k)		Clo-17:08	17:08	18:02
	7:51 (2K)	8:19 (2K)		SR-18:37 (4K)		Clo-17:57	17:57	18:21
DNF	injury	18:50 (4k)	18:44 (4k)	Fo-18:51 (4k)	Pz-18:39 (4k)	Bec-18:23	18:23	18:46
	?	18:21 (4k)	17:52 (4k)	Mi-17:50 (4k)	Mi-17:59 (4k)	Bec-17:20	17:20	18:03
	11:10 (2.72)	8:28 (2k)	8:03 (2k)	8:27 (2k)		Clo-17:25	8:03(2k)	
injury	20:32 (4k)	20:47 (4k)	20:22(4k)	Fo-21:14 (4k)			20:22	21:03
	?	9:32 (2k)		Mi-10:58(2.5k)	Mi-15:33 (3.2k)		9:32 (2k)	
	12:35 (2.72)	9:43 (2k)	9:09 (2k)				9:09 (2k)	
injury	injury	9:00 (2k)	8:32 (2k)				8:32 (2k)	
	14:16 (3.2k)	8:45 (2k)	8:20 (2k)	Mi-10:38 (2.5k)	Mi-14:29 (3.2k)		8:20 (2k)	
13:39 (3.2k)	13:41 (3.2k)	17:51 (4k)	17:25 (4k)	Fo-17:09 (4k)	Pz-16:48 (4k)	Bec-16:35	16:35	17:10
23:27 (3.2k)	23:19 (3.2k)	13:39 (2k)	12:57 (2k)	Fo-29:55 (4k)	Pz-22:00 (3.2k)		12:57(2k)	

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	gr	year	Grantsburg	Milaca	Pine City	Cambridge	Rush	City	Pierz
Tyler Bestick	12	2000	*24:36 (5k)	*21:47 (5k)	injury	injury	injury		
	11	1999	24:05 (5k)	*23:56 (5k)	22:08 (5K)	21:42 (5k)	22:46 (5k)		
Ryan Hammill	12	2000	*18:41 (5k)	*18:45 (5k)	18:22 (5k)	18:04 (5k)	17:48 - (5k)	17:34 (5k)	
	11	1999	19:14 (5k)	*19:09 (5k)	18:18 (5K)	17:55 (5k)	19:21 (5k)		
	10	1998	19:12 (5K)	20:08 (5K)	19:47 (5k)	18:20 (5k)	DNF - injury		
Jeremy Lee	12	2000	*19:53 (5k)	*19:23 (5k)	18:49 (5k)	19:01 (5k)	18:03 (5k)	17:57 (5k)	
	11	1999	22:26 (5k)	*20:49 (5k)	19:09 (5K)	18:48 (5k)	20:14 (5k)		
	10	1998	21:23 (5k)	21:07 (5K)	21:56 (5k)	20:28 (5k)	20:23 (5k)		
Jason Oare	12	2000	*20:42 (5k)	*19:42 (5k)	19:07 (5k)	19:07 (5k)	18:45 (5k)	18:33 (5k)	
	11	1999	20:36 (5k)	*20:17 (5k)	18:58 (5K)	DNF -injury	DNF-injury		
	10	1998	20:45 (5k)	20:05 (5K)	20:20 (5k)	19:01 (5k)	19:36 (5k)		
	9	1997	20:58 (5K)	22:46 (5K)	20:01 (5K)	16:17 (4k)	15:16 (4K)		
Peter Johnson	12	2000					18:23 (5k)	18:53 (5k)	
	10	1998	19:08 (5k)		18:35 (5k)	18:58 (5k)	19:17 (5k)		
	9	1997	19:04 (5K)	19:14 (5K)	18:23 (5K)	18:41 (5K)	18:34 (5.1 K)		
Rob Arola	11	2000	21:31 (5k)	20:28 (5k)	20:01 (5k)	19:53 (5k)	18:53 (5k)	19:22 (5k)	
Mike Defenbaugh	10	2000	*23:19 (5k)	*21:04 (5k)	20:54 (5k)	20:51 (5k)	20:00 (5k)	21:22 (5k)	
	9	1999	25:40 (5k)	*24:48 (5k)	22:09 (5K)	21:26 (5k)	22:27 (5k)		
Karl Greden	10	2000	*25:12 (5k)	*22:30 (5k)	23:22 (5k)	23:28 (5k)	22:03 (5k)	22:38 (5k)	
	9	1999	27:17 (5K)	*26:24 (5k)	23:23 (5K)	18:33 (4k)	24:26 (5k)		
	8	1998	11:35 (2.5K)	12:28 (2.5K)	8:59 (2k)	9:10 (2k)	6:46 (1.6K)		
Trent Laugerman	10	2000	*22:24 (5k)	*21:21 (5k)	22:21 (5k)	20:40 (5k)	19:44 (5k)	20:21 (5k)	
	9	1999	26:30 (5K)	*23:44 (5k)	21:53 (5K)	21:30 (5k)	injury		
	8	1998	11:59 (5K)	11:09 (2.5K)	8:51 (2K)	8:32 (2k)	6:43 (1.6K)		
Chris Lutz	10	2000		22:02 (5k)	20:59 (5k)	21:02 (5k)	19:53 (5k)	19:02 (5k)	
Seth Peterson	10	2000	*21:20 (5k)	20:23 (5k)	20:03 (5k)	19:52 (5k)	18:52 (5k)	19:45 (5k)	
	9	1999	22:27 (5K)			16:34 (4k)	18:02 (4k)		
Matt Brandl	9	2000					23:39 (5k)	24:04 (5k)	
	8	1999	14:24 (2.5k)		8:54 (2K)	9:05 (2k)	7:19 (1.6K)		
	7	1998	12:34 (2.5k)	13:10 (2.5K)			7:00 (1.6K)		
Daniel Branzovsky	9	2000	28:55 (5k)	29:41 (5k)	25:30 (5k)	19:36 (4k)	23:05 (5k)	24:00 (5k)	
	8	1999	11:13 (2.5k)	*11:35 (2.5k)	8:36 (2K)	8:49 (2k)	6:49 (1.6k)		
	7	1998		10:19 (2.5K)	8:45 (2K)	8:50 (2k)	6:58 (1.6K)		
Jared Clementson	9	2000	*21:27 (5k)	18:56 (5k)	18:44 (5k)	18:51 (5k)	19:03 (5k)	19:16 (5k)	
	8	1999	9:53 (2.5k)	*9:21 (2.5k)	6:59 (2K)	7:05 (2k)	20:34 (5k)		
	7	1998	10:27 (2.5k)	9:42 (2.5k)	7:59 (2K)	7:55 (2k)	5:55 (1.6K)		
David Hansen	9	2000	*22:44 (5k)	21:08 (5k)	20:57 (5k)	16:34 (4k)	20:28 (5k)	20:23 (5k)	
	8	1999	11:25 (2.5k)	11:29 (2.5k)	8:26 (2K)	8:47 (2k)	6:47 (1.6k)		
Adam Lee	9	2000	*28:41 (5k)	27:09 (5k)	23:22 (5k)	18:51 (4k)	22:07 (5k)	22:43 (5k)	
	8	1999	13:29 (2.5k)	13:46 (2.5k)	8:44 (2K)	8:56 (2k)	6:54 (1.6k)		
Peter Lilja	7	2000			10:46 (2k)	?	10:48 (2k)	19:31(3.2k)	

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Princeton	Chs	Lks	N Branch	Conference	Subsection	Section	State	PB	Average
					Pz-22:00 (5k)				21:47 22:48
21:14 (5k)	21:46 (5k)	20:52 (5k)	20:22 (5k)		Mi-20:25 (5k)	Bec-19:58			19:58 21:45
17:41 (5k)	18:07 (5k)	17:36 (5k)	Fo-17:37 (5k)	Pz-17:10 (5k)	Bec-17:46	19:04	17:10	18:01	
*17:39 (5k)	*18:05 (5k)	17:50 (5k)	Mi-17:36 (5k)	Mi-18:07 (5k)	Bec-17:43		17:36	18:25	
13:34 (4k)	18:25 (5k)	18:22 (5k)	CL-19:03 (5k)		Clo-18:00		18:00	18:50	
17:50 (5k)	18:21 (5k)	17:50 (5k)	Fo-17:58 (5k)	Pz-17:45 (5k)	Bec-17:54	18:01	17:45	18:22	
*18:38 (5k)	*19:07 (5k)	18:22 (5k)	Mi-18:10 (5k)	Mi-18:07 (5k)	Bec-18:10		18:10	18:55	
14:51 (4k)	20:14 (5k)	19:18 (5k)	CL-20:41 (5k)		Clo-19:37		19:18	20:28	
18:38 (5k)	18:49 (5k)	18:23 (5k)	Fo-18:29 (5k)	Pz-18:27 (5k)	Bec-18:29	18:44	18:23	18:55	
*18:49 (5k)	*19:14 (5k)	18:43 (5k)	Mi-20:02 (5k)	Mi-19:28 (5k)	Bec-18:41		18:41	19:25	
14:16 (4k)	*19:17 (5k)	18:36 (5k)	CL-19:21 (5k)		Clo - DNF		18:36	19:32	
19:28 (5k)	20:36 (5k)		SR-19:51 (5k)				19:11	20:27	
*18:26 (5k)	18:38 (5k)	18:34 (5k)	Fo-17:59 (5k)	Pz-17:29 (5k)	Bec-17:49	18:02	17:29	18:15	
13:52 (4k)	*18:54 (5k)	18:03 (5k)	CL-17:50 (5k)		Clo-18:05		17:50	18:33	
17:33 (5k)	18:34 (5k)		SR-18:16 (5k)		Clo-18:27		17:33	18:32	
19:09(5k)	19:35 (5k)	19:06 (5k)	Fo-19:05 (5k)	Pz-18:36 (5k)	Bec-18:32	18:30	18:30	19:26	
15:45 (4k)	20:09 (5k)	19:57 (5k)	Fo-20:18 (5k)	Pz-19:35 (5k)			19:35	20:45	
16:27 (4k)	22:12 (5k)	20:40 (5k)	Mi-20:03 (5k)	Mi-20:24 (5k)	Bec-19:56		19:56	21:59	
17:34 (4k)	21:35 (5k)	20:33 (5k)	Fo-21:19 (5k)	Pz-20:22 (5k)			20:22	22:18	
17:41 (4k)	23:09 (5k)	21:10 (5k)	Mi-21:20 (5k)	Mi-22:07 (5k)			21:10	23:40	
12:13 (2.72)	8:35 (2k)	8:26 (2k)	CL-8:46 (2k)				8:26 (2k)		
15:11 (4k)	20:02 (5k)	19:43 (5k)	Fo-19:43 (5k)	Pz-18:45 (5k)			18:45	20:30	
16:19 (4k)	21:23 (5k)	20:44 (5k)	Mi-20:18 (5k)	Mi-20:28 (5k)			20:18	22:04	
10:57 (2.72)	8:09 (2k)	8:20 (2k)	CL-8:10 (2k)				8:10 (2k)		
19:08 (5k)	19:29 (5k)	18:58 (5k)	Fo-18:51 (5k)	Pz-18:34 (5k)			18:34	19:48	
	20:05 (5k)	18:49 (5k)	Fo-19:16 (5k)	Pz-18:25 (5k)	Bec-18:50	19:17	18:25	19:35	
injury	20:16 (5k)	19:35 (5k)	Mi-19:50 (5k)	Mi-19:36 (5k)	Bec-19:34		19:34	20:13	
18:00 (4k)	25:15 (5k)	22:58 (5k)	Fo-22:30 (5k)	Pz-22:02 (5k)			22:02	23:25	
14:27 (3.2k)	8:53 (2k)	8:12 (2k)	Mi-10:18 (2.5k)	Mi-14:37 (3.2k)			8:12 (2k)		
	9:16 (2k)	8:47 (2k)	CL-9:03 (2k)				8:47 (2k)		
18:39 (4k)	23:39 (5k)	22:47 (5k)	Fo-24:00 (5k)	Pz-22:27 (5k)			22:27	24:54	
14:32 (3.2k)	8:36 (2k)	8:26 (2k)	Mi-10:12 (2.5k)	Mi-14:36 (3.2k)			8:26 (2k)		
7:30 (1+)	8:48 (2k)		CL-8:21 (2k)				8:21 (2k)		
13:46 (4k)	18:27 (5k)	17:41 (5k)	Fo-17:50 (5k)	Pz-17:22 (5k)	Bec-17:25	17:57	17:22	18:35	
11:37 (3.2k)	19:14 (5k)	18:36 (5k)	Mi-18:23 (5k)	Mi-18:44 (5k)	Bec-18:26		18:23	18:59	
9:18 (2.72k)	7:37 (2k)	7:15 (2k)	CL-7:34 (2k)				7:15 (2k)		
15:36 (4k)	20:02 (5k)	19:56 (5k)	Fo-19:47 (5k)	Pz-18:54 (5k)			18:54	20:29	
13:59 (3.2k)	8:42 (2k)	8:03 (2k)	Mi-9:45 (2.5k)	Mi-13:56 (3.2k)			8:03 (2k)		
17:23 (4k)	22:58 (5k)	22:08 (5k)	Fo-21:20 (5k)	Pz-20:46 (5k)			20:46	23:28	
14:09 (3.2k)	8:57 (2k)	8:27 (2k)	Mi-10:10 (2.5)	Mi-14:38 (3.2k)			8:27 (2k)		
		10:09 (2k)	Fo-17:51 (3.2k)	Pz-18:25 (3.2k)			10:09(2k)		

AVERAGE MILE TIMES AT MEETS - 2000

	PB - 99	Grntsbrg	Milaca	Pine City	Cambridg	Rush City	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Tyler Bestick - 12	6:25	7:55	7:00				
Ryan Hammill - 12	5:40	6:01	6:02	5:54	5:49	5:43	5:39
Jeremy Lee - 12	5:50	6:24	6:14	6:03	6:07	5:49	5:46
Jason Oare - 12	6:00	6:39	6:20	6:08	6:08	6:02	5:58
Peter Johnson - 12						5:55	6:04
Rob Arola - 11		6:55	6:35	6:26	6:24	6:04	6:14
Mike Defenbaugh - 10	6:24	7:30	6:46	6:43	6:42	6:26	6:52
Karl Greden - 10	6:48	8:06	7:14	7:30	7:33	7:05	7:17
Trent Laugerman - 10	6:32	7:12	6:52	7:11	6:39	6:21	6:33
Chris Lutz - 10	6:17		7:05	6:45	6:46	6:24	6:07
Seth Peterson - 10		6:52	6:33	6:26	6:23	6:04	6:21
Matt Brandl - 9						7:36	7:44
Daniel Branzovsky - 9		9:18	9:33	8:12	7:50	7:25	7:43
Jared Clementson - 9	5:55	6:54	6:05	6:01	6:04	5:48	6:11
David Hansen - 9		7:19	6:48	6:44	6:38	6:35	6:33
Adam Lee - 9		9:13	8:44	7:30	7:32	7:07	7:18
				2000 m	2000 m	2000 m	3200 m
Peter Lilja - 7				8:37		8:38	9:46
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Kim Connaker - 12	6:48	7:34	7:06	7:11	7:09	6:49	6:56
Christina Mosher - 12	9:52	9:33	9:01	8:27		8:22	8:03
Miki Anderson - 11	7:09	7:48	7:09	7:32	7:27	7:09	7:25
Rebecca Craighead - 11	7:11					7:39	7:37
Jaime Kozisek - 11	7:06			8:00	7:57	7:30	7:45
Nikki Plasek - 11	7:40		7:25	7:46	7:49	7:18	7:40
Heidi Larsen - 10	6:48	7:36	7:20	7:26	7:21	7:10	7:17
Meleia Johnson - 9	6:56	7:47	7:19	7:37	7:27		
Tessa Korf - 9		8:29	8:52	dnf			
Jenna Fore - 8		8:03					
Jacki Gregoire - 7							
		2000 m	2500 m	2000 m	2000 m	2000 m	3200 m
Jenna Fore - 8			7:59	7:23			
Jacki Gregoire - 7		7:22	8:13	6:51	6:42	6:40	6:50
Krista Hill - 7		13:35	14:35	13:02	11:34	11:34	11:44

AVERAGE MILE TIMES AT MEETS - 2000

Princeton	Chs Lks	N. Branch	RRC	Sub	Section	State	Average	PB-2000
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	
				7:04			7:02	7:00
5:41	5:50	5:40	5:40	5:31	5:43	6:08	5:46	5:31
5:44	5:54	5:44	5:47	5:42	5:45	5:48	5:51	5:42
5:59	6:03	5:55	5:57	5:56	5:57	6:01	6:02	5:55
5:56	5:59	5:58	5:47	5:37	5:44	5:48	5:52	5:37
6:09	6:15	6:08	6:08	5:58	5:58	5:57	6:11	5:57
6:18 (4k)	6:28	6:25	6:32	6:18			6:34	6:18
7:02 (4k)	6:56	6:36	6:51	6:33			7:03	6:33
6:04 (4k)	6:26	6:20	6:20	6:02			6:31	6:02
6:09	6:16	6:06	6:04	5:58			6:22	5:58
	6:27	6:03	6:11	5:55	6:03	6:12	6:14	5:55
7:12 (4k)	8:07	7:23	7:14	7:05			7:31	7:05
7:28 (4k)	7:36	7:20	7:43	7:13			7:50	7:13
5:30 (4k)	5:56	5:41	5:44	5:35	5:36	5:46	5:51	5:35
6:14 (4k)	6:26	6:25	6:22	6:05			6:30	6:05
6:57 (4k)	7:23	7:07	6:52	6:40			7:21	6:40
3230 m	2000 m	2000 m	3200 m	3200 m			Misc	
		8:07	8:56	9:12			8:52	
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m		4000 m	
6:48	6:54	6:44	6:45	6:36	6:44		6:52	6:36
7:31	7:45	7:46	7:38	7:41			8:01	7:31
6:59	7:12	7:00	7:10	7:03	7:25		7:13	6:59
7:16	7:24		7:14	7:02	7:23		7:22	7:02
7:32	7:44	7:34	7:16	7:38			7:39	7:16
7:26	7:35	7:37		7:22	7:22		7:32	7:18
6:59	7:12	7:00	7:01	7:04	7:04		7:10	6:59
	7:32	7:30	7:32	7:16	7:23		7:27	7:16
8:13	8:19	8:09	8:30				8:24	8:09
								8:03
	7:08	6:58	6:52	6:43	6:40		6:52	6:40
3230 m	2000 m	2000 m		3200 m	3200 m		Misc	
	7:12	6:50					7:21	
6:51							7:01	
11:40	10:55	10:22	11:58	11:00			11:50	

TEAM POSITIONS AT MEETS - 2000

	Grantsburg	Milaca	Pine City	Cambridge	Rush City	Pierz	Princeton
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Tyler Bestick - 12	10	10					
Ryan Hammill - 12	1	1	1	1	1	1	1
Jeremy Lee - 12	2	3	3	3	3	2	2
Jason Oare - 12	3	4	4	4	5	3	4
Peter Johnson - 12					4	4	3
Rob Arola - 11	6	6	5	6	7	7	6
Mike Defenbaugh - 10	9	7	7	8	10	11	2-10th
Karl Greden - 10	11	12	11	10	12	12	3-10th
Trent Laugerman - 10	7	9	10	7	8	9	1-10th
Chris Lutz - 10		11	9	9	9	5	5
Seth Peterson - 10	4	5	6	5	6	8	
Matt Brandl - 9					15	15	4-9th
Daniel Branzovsky - 9	13	14	13	3 - 9th	14	14	5-9th
Jared Clementson - 9	5	2	2	2	2	6	1-9th
David Hansen - 9	8	8	8	1 - 9th	11	10	2-9th
Adam Lee - 9	12	13	12	2 - 9th	13	13	3-9th
			2000 m	2000 m	2000 m	3200 m	3230 m
Peter Lilja - 7			1	1	1	1	
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Kim Connaker - 12	1	1	1	1	1	1	1
Christian Mosher - 12	7	7	7		7	7	5
Miki Anderson - 11	4	2	3	4	2	3	2
Rebecca Craighead-11					6	4	4
Jaime Kozisek - 11			6	6	5	6	6
Nikki Plasek - 11		5	5	5	4	5	4
Heidi Larsen - 10	2	4	2	2	3	2	3
Meleia Johnson - 9	3	3	4	3			
Tessa Korf - 9	6	6					7
Jenna Fore - 8	5						
Jacki Gregoire - 7							
Krista Hill - 7							
	2000 m	2500 m	2000 m	2000 m	2000 m	3200 m	3230 m
Jenna Fore - 8		1	2				
Jacki Gregoire - 7	1	2	1	1	1	1	1
Krista Hill - 7	2	3	3	2	2	2	2

TEAM POSITIONS AT MEETS - 2000

Chs. Lks	N. Branch	Conference	Sub-sect	Section	State	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
			14			11.3
1	1	1	1	2	6	1.5
2	3	3	4	4	2	2.8
5	4	5	6	5	5	4.5
4	5	4	3	3	3	3.7
6	8	7	8	6	4	6.3
11	11	11	11			9.7
12	12	12	12			11.7
9	9	9	9			8.8
7	7	6	7			7.5
10	6	8	5	7	7	6.6
15	15	14	15			14.8
14	14	15	16			14.1
3	2	2	2	1	1	2.3
8	10	10	10			9.2
13	13	13	13			12.8
2000 m	2000 m	3200 m	3200 m			
	1	1	1			1
4000 m	4000 m	4000 m	4000 m	4000 m		4000 m
1	1	1	1	2		1.1
9	8	8	9			7.4
3	4	4	4	7		3.5
5		5	3	6		4.7
8	6	6	8			6.3
7	7		6	4		5.2
4	3	3	5	3		3.1
6	5	7	7	5		5
10	9	9				7.8
2	2	2	2	1		1.8
		10				10
2000 m	2000 m	3200 m	3200 m			
1	1					1.25
						1.1
2	2		1			2.2

PLACE FINISHES AT MEETS - 2000

	Grantsburg Milaca		Pine City	Cambridge	Rush City	Pierz	
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	
Tyler Bestick - 12	33	18 jv					
Ryan Hammill - 12	1	10	3	4	3	7	
Jeremy Lee - 12	7	25	5	12	6	12	
Jason Oare - 12	13	33	10	16	9	32	
Peter Johnson - 12					7	39	
Rob Arola - 11	20	56	21	25	12	50	
Mike Defenbaugh - 10	29	12 jv	34	38	3 jv	41 jv	
Karl Greden - 10	34	25 jv	23 jv	81 jv	8 jv	60 jv	
Trent Laugerman - 10	23	69	15 jv	25 jv	1 jv	24 jv	
Chris Lutz - 10		20 jv		5	33 jv	2 jv	5 jv
Seth Peterson - 10	17	53	5 jv		24	10	58
Matt Brandl - 9					11 jv	74 jv	
Daniel Branzovsky - 9	51	57 jv	32 jv	24-9th	10 jv	73 jv	
Jared Clementson - 9	18	12	4	10	5	46	
David Hansen - 9	28	13 jv	4 jv	9-9th	4 jv	26 jv	
Adam Lee - 9	48	53 jv	24 jv	23-9th	9 jv	61 jv	
	2000 m	2500 m	2000 m	2000 m	2000 m	3200 m	
Peter Lilja - 7			31	?	12	90	
	4000 m	4000 m	4000 m	4000 m	4000 m		
Kim Connaker - 12	5	19	6	13	1	12	
Christina Mosher - 12	29	67	35		17	14 jv	
Miki Anderson - 11	11	23	15	23	2	35	
Rebecca Craighead -11					14	43	
Jaime Kozisek - 11			26	27	12	50	
Nikki Plasek - 12		38	20	26	5	44	
Heidi Larsen - 10	8	35	14	19	3	28	
Meleia Johnson - 9	10	32	16	22		dnf	
Tessa Korf - 9	23	66					
Jenna Fore - 8	16						
Jacki Gregoire - 7							
	2000 m	2500 m	2000 m	2000 m	2000 m	3200 m	
Jenna Fore - 8		3	6				
Jacki Gregoire - 7	2	6	1	1	1	1	
Krista Hill - 7	32	44	31	70	12	80	

PLACE FINISHES AT MEETS - 2000

Princeton	Chisago Lks	N. Branch	Conference	Sub-sect	Section	State	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	
				64 jv			
43	3	3		3	8	91	16.2
50	5	4	5	11	11	52	16.5
97	15	13	18	16	22	78	29.9
86	10	15	9	9	9	53	26.3
148	20	25	28	19	23	68	41.3
95-10th	5 jv		7 13 jv	25 jv			16.5 jv
168-10th	8 jv	7 jv	22 jv	34 jv			29.8 jv
57-10th	4 jv	4 jv	7 jv	12 jv			11.5 jv
145	2 jv		23 2 jv		18		47.8
		26 1 jv		30 8 jv		28	96
170-9th	24 jv	25 jv	33 jv	67 jv			39 jv
195-9th	18 jv	24 jv	38 jv	71 jv			40.4 jv
1-9th	6	4	6	6	4	48	13.7
61-9th	3 jv	6 jv	9 jv	17 jv			10.3 jv
156-9th	15 jv	17 jv	23 jv	41 jv			30.4 jv
	2000 m	2000 m	3200 m	3200 m			JH
		19	28	48			38
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m		4000 m
74	5	5	12	7	13		15.2
189	22	23	5 jv	39			56
98	12	12	21	23	41		27.7
152	16		22	22	40		44.1
190	2 jv	1 jv	26	9 jv			55.2
177	19	21		5 jv	36		42.9
18-10th	13	11	20	24	25		19.2
	17	19	31	32	39		26
103-9th	3 jv	5 jv	10 jv				66
	1 jv	10	15	12	9		11.5
	2000 m	2000 m	3200 m	3200 m			JH
	6	3					4.5
7							2.7
157	29	20	15 jv	43			54