

DRAGON

CROSS COUNTRY

EST. 1959



2002

The Makeup of a Champion

Champions share many characteristics, none of which are determined by their running speeds.

- * A champion has the courage to risk failure, knowing that set-backs are lessons to learn from.
- * A champion uses a race to gain greater self-knowledge as well as feedback on physical improvement.
- * A champion trains thought processes as well as the body to produce a total approach to performance.
- * A champion understands his athletic weaknesses and trains to strengthen them.
- * A champion actively creates a life of balance, moderation, and simplicity – values that help improve running and life.
- * A champion views competitors as partners who provide challenge and the chance to improve.
- * A champion understands that running performances are like a roller coaster, with many ups and downs, and that you have to accept both the good and the bad.
- * A champion enjoys running for the simple pleasures it provides.
- * A champion has vision. A champion dreams of things that haven't been and believes they are possible. A champion says, "I can."

OLSON INVITATIONAL CROSS COUNTRY MEET
Milaca Golf Course
Monday, August 26, 2002
very hot, sunny, humid

PINE CITY GIRLS' RESULTS:

4000 m - 95 runners

	<u>place</u>	<u>time</u>	
1. Meleia Johnson	14	18:06	BTC
2. Deanna Dickey	49	20:46	
3. Heidi Larsen	50	20:51	

#1 runner: Brenna Carey, Big Lake

Junior High - 2000 m - 71 runners

1. Emily Branzovsky	7	9:27	
2. Abby Olson	15	9:50	BTC
3. Stephanie Purdy	22	10:10	
4. Katie Hughes	27	10:16	
5. Hannah Espeseth	43	10:50	
6. Ashley Jackson	49	11:19	
7. Shauna Palmer	54	11:38	
8. Britt Kreger	59	11:59	

#1 runner: A. Hoffman, Rush City

Junior High Team Results: 1. Little Falls - 79, 2. Rush City - 83, 3. North Branch - 110
 4. Becker - 113, 5. Pine City - 114, 6. Big Lake - 157

GIRLS' TEAM RESULTS:

1. Big Lake	49
2. Little Falls	95
3. Becker	131
4. Mora	145
5. Pierz	173
6. Rush City	188
7. North St. Paul	209
8. Milaca	211
9. Cambridge	243
10. Hinckley/Finlayson	329
Pine City	Inc
Albany	Inc
North Branch	Inc
Princeton	Inc
Foley	Inc
Monticello	Inc
St. Francis	Inc

PINE CITY BOYS' RESULTS:

5000 m - 117 runners

	<u>place</u>	<u>time</u>	
1. Chris Lutz	14	19:03	
2. Jared Clementson	30	20:02	
3. David Hansen	40	20:18	
4. Trent Laugerman	55	21:10	
5. Karl Greden	60	21:25	
6. Seth Peterson	64	21:46	
7. Adam Lee	10 jv	22:01	
8. Mike Defenbaugh	81	22:42	
9. Justin Palmer	36 jv	24:18	
10. Austin Newman		DNR	

#1 runner : A. Feia, Little Falls - 17:38

Junior High - 2000 m - 84 runners

1. Jordan Clementson	13	8:14	BTC
2. Tom Miche'	23	8:42	
3. Tony Miller	29	8:50	
4. Steven Guttormson	45	10:30	

#1 runner: Aaron Fulton, Cambridge - 7:20

BOYS' TEAM RESULTS:

1. Little Falls	42
2. Mora	102
3. No St. Paul	104
4. Pine City	199
5. Chisago Lakes	201
6. Big Lake	202
7. St. Francis	204
8. Monticello	208
9. Hinckley	217
10. Albany	235
11. Cambridge	242
12. North Branch	248
13. STMA	315
14. Becker	350
15. Pierz	438
Princeton	Inc
Foley	Inc
Milaca	Inc

GRANTSBURG INVITATIONAL CROSS COUNTRY MEET

Grantsburg High School - new course

Thursday, August 29, 2002

hot, humid

PINE CITY GIRLS' RESULTS:

4000 m - 37 runners

	<u>place</u>	<u>time</u>	
1. Meleia Johnson	1	17:21	BTY
2. Jenna Fore	6	18:47	
3. Deanna Dickey	9	19:30	BTY
4. Emily Branzovsky	10	19:31	
5. Heidi Larsen	12	19:42	BTY
6. Abby Olson	20	22:16	

GIRLS' TEAM RESULTS:

1. Pine City	30
2. Grantsburg	50
3. Spooner	56
4. Webster	85
Frederick	Inc
Shell Lake	Inc
St. Croix Falls	Inc
Unity	Inc

#1 runner: Meleia Johnson, Pine City - 17:21.4 (new course record)

Junior High - 2000 m - 24 runners

1. Stephanie Purdy	4	9:31	PB
2. Katie Hughes	5	9:33	PB
3. Britt Kreger	8	9:51	PB
4. Hannah Espeseth	9	9:52	BTY
5. Ashley Jackson	18	10:43	PB

#1 runner: Kelly Swenson, Frederick - 9:02

PINE CITY BOYS' RESULTS:

5000 m - 53 runners

	<u>place</u>	<u>time</u>	
1. Jared Clementson	4	18:19	BTY
2. Chris Lutz	8	18:58	BTY
3. David Hansen	16	19:45	BTY
4. Karl Greden	19	20:21	BTY
5. Seth Peterson	22	20:29	BTY
6. Trent Laugerman	25	20:45	BTY
7. Adam Lee	28	20:58	BTY
8. Mike Defenbaugh	30	21:12	BTY
9. Austin Newman	DNF		

BOYS' TEAM RESULTS:

1. Grantsburg	46
2. Spooner	47
3. Pine City	65
4. Webster	65
5. St. Croix Falls	151
6. Unity	167
Frederick	Inc
Shell Lake	Inc

#1 runner: Kal Stromberg, Webster - 17:53

Junior High - 2000 m - 17 runners

1. Steven Guttormson	3	7:29	PB
2. Jordan Clementson	7	7:51	PB
3. Tom Miche'	10	7:59	BTY
4. Tony Miller	11	8:28	PB

#1 runner: Kevin Mossey, Frederick - 7:05

“The race ahead of you

(as overwhelming as it may seem)

is never greater

than the power

behind you.”

PINE CITY CROSS COUNTRY MEET

Thursday, September 5, 2002

windy, cool, rainy

PINE CITY GIRLS' RESULTS

4000 m - 46 runners

	<u>place</u>	<u>time</u>	
1. Meleia Johnson	5	17:09	PB
2. Jenna Fore	10	17:30	BTY
3. Jacki Gregoire	13	17:55	BTC
4. Deanna Dickey	23	18:35	BTY-BTC
5. Heidi Larsen	26	18:57	BTY
6. Steph Gregoire	33	19:42	

top 3 runners: Melissa Engelmeier, Hermantown - 16:08

Jessica Struffert, Milaca - 16:21

Samantha Smith, Cromwell - 16:24

GIRLS' TEAM RESULTS

1. Hermantown	53
2. Pine City	62
3. Rush City	67
4. Mora	73
5. Milaca	98
6. Hinckley/Finlayson	125
Cromwell	Inc
Foley	Inc
Princeton	Inc
MLWR	Inc

JUNIOR HIGH - 2000 m - 29 runners

1. Emily Branzovsky	3	8:59	PB
2. Abby Olson	4	9:16	BTY
3. Steph Purdy	8	9:32	
4. Britt Kreger	16	10:04	
5. Hannah Espeseth	17	10:05	
6. Shauna Palmer	18	10:07	PB

#1 runner: Amber Hoffman, Rush City - 8:40

Junior High Team Results:

1. Rush City	23
2. Pine City	36
6 teams	Inc

PINE CITY BOYS' RESULTS

5000 m - 49 runners

	<u>place</u>	<u>time</u>	
1. Jared Clementson	1	17:28	BTY-BTC
2. Chris Lutz	4	18:02	BTY-BTC
3. Seth Peterson	15	19:02	BTY-BTC
4. David Hansen	16	19:09	BTY
5. Karl Greden	22	19:55	BTY-BTC
6. Trent Laugerman	24	20:14	BTY-BTC
7. Mike Defenbaugh	3 jv	20:19	BTY-BTC
8. Adam Lee	26	20:25	BTY-BTC
9. Justin Palmer	23 jv	23:52	PB
10. Dennis Gerold	24 jv	23:55	
11. Chris Teeman	32 jv	25:35	

top 3 runners: Jared Clementson, Pine City - 17:28

Brett Vongroven, Mora - 17:32

Kyle Schmidt, Hermantown - 18:01

BOYS' TEAM RESULTS

1. Mora	39
2. Pine City	55
3. Hinckley/Fin	62
4. Hermantown	67
5. Rush City	147
6. Princeton	153
Milaca	Inc
Cromwell	Inc
East Central	Inc
MLWR	Inc

JUNIOR HIGH - 2000 m - 30 runners

1. Jordan Clementson	2	7:38	PB
2. Steven Guttormson	5	7:51	
3. Tom Miche	7	8:12	
4. Tony Miller	15	8:43	

#1 runner: Josh Dahl, Rush City - 7:25

CAMBRIDGE INVITATIONAL CROSS COUNTRY MEET

Friday, September 6, 2002

very hot, very humid

PINE CITY GIRLS' RESULTS

4000 m - 67 runners

	<u>place</u>	<u>time</u>	
1. Jenna Fore	6	17:35	
2. Jacki Gregoire	9	18:07	BTC
3. Heidi Larsen	16	19:10	
4. Deanna Dickey	25	19:57	
5. Steph Gregoire	27	20:12	
6. Meleia Johnson	DNF	injury	

GIRLS' TEAM RESULTS

1. Minnehaha Academy	41
2. Proctor	66
3. SLP/SA	73
4. Pine City	83
Chisago Lks	Inc
Princeton	Inc
Brooklyn Center	Inc
North Branch	Inc

#1 runner: Jessica McDougal, Minnehaha Academy - 16:43

JUNIOR HIGH - 2000 m - 85 runners

1. Emily Branzovsky	9	9:07	
2. Abby Olson	12	9:29	BTC
3. Steph Purdy	19	9:45	
4. Katie Hughes	21	9:54	
5. Hannah Espeseth	23	9:47	BTY
6. Britt Kreger	28	10:27	
7. Shauna Palmer	30	10:34	

Junior High Team Results:

1. North Branch	77
2. Pine City	84

#1 runner: St. Francis, 8:09

PINE CITY BOYS' RESULTS

5000 m - 82 runners

	<u>place</u>	<u>time</u>	
1. Chris Lutz	2	18:09	BTC
2. Jared Clementson	4	18:36	
3. Seth Peterson	12	19:22	BTC
4. Karl Greden	18	19:47	BTC-BTY
5. David Hansen	21	20:01	
6. Mike Defenbaugh	27	20:19	BTC
7. Trent Laugerman	28	20:19	
8. Adam Lee	33	JV 21:32	
9. Dennis Gerold	59	JV 22:50	BTY
10. Chris Teeman	90	JV 26:39	

BOYS' TEAM RESULTS

1. Minnehaha Academy	49
2. Pine City	57
3. Chisago Lakes	63
4. SLP/SA	85
5. North Branch	95
6. Princeton	173
7. Proctor	197
Brooklyn Center	Inc
Concordia Academy	Inc
East Central	Inc

#1 runner: Matt Januzeroski, SLP - 17:59

9th Grade Boys - 4000 m

1. Justin Palmer	11	18:20
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JUNIOR HIGH - 2000 m -95 runners

1. Jordan Clementson	7	7:58	BTC
2. Steven Guttormson	8	8:01	
3. Tom Mische	10	9:10	

#1 runner: Matt Rengo, SLP/SA - 7:07

NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET
Thursday, September 12, 2002
beautiful fall day - flat course

PINE CITY GIRLS' RESULTS:

4000 m - 50 runners

	<u>place</u>	<u>time</u>	
1. Meleia Johnson	4	17:00	PB
2. Jenna Fore	7	17:09	BTY-BTC
3. Jacki Gregoire	11	17:26	BTY
4. Heidi Larsen	19	18:18	BTY
5. Deanna Dickey	27	18:55	
6. Steph Gregoire	29	19:03	PB

top 3 runners: Jessica Struffert, Milaca - 16:06
 Kayla Witte, Rush City
 Katie Hasleit, North Branch

Junior High - 2000 m - 40 runners

1. Emily Branzovsky	3	8:35	PB
2. Abby Olson	4	8:44	BTY
3. Steph Purdy	7	8:50	PB
4. Katie Hughes	9	8:59	PB
5. Hannah Espeseth	10	9:00	BTY-BTC
6. Shauna Palmer	24	9:36	PB
7. Ashley Jackson	33	10:47	BTC

#1 runner: Brittany Frandsen, Rush City - 8:22

PINE CITY BOYS' RESULTS:

5000 m - 57 runners

	<u>place</u>	<u>time</u>	
1. Chris Lutz	3	17:44	BTY-BTC
2. Jared Clementson	4	17:51	
3. David Hansen	15	18:59	BTY
4. Karl Greden	16	19:07	BTY
5. Adam Lee	25	19:40	BTY-BTC
6. Trent Laugerman	26	19:39	BTY
7. Michael Defenbaugh	27	19:44	BTY-BTC
8. Dennis Gerold	10 jv	21:30	PB
9. Justin Palmer	23 jv	22:33	PB
10. Chris Teeman	34 jv	25:26	PB
11. Seth Peterson	DNR		injury

top 3 runners: Todd Johnson, Cambridge - 17:06
 Brett VonGroven, Mora
 Chris Lutz, Pine City

GIRLS' TEAM RESULTS

1. Pine City	68
2. Rush City	76
3. Mora	77
4. Cambridge	81
5. Milaca	131
6. Hinckley/Finlayson	140
North Branch	Inc
Princeton	Inc

Junior High Results:

1. Pine City	33
2. North Branch	43
3. Rush City	46
4. Hinckley	135
Princeton	Inc
Cambridge	Inc
Mora	Inc
Milaca	Inc

BOYS' TEAM RESULTS

1. Mora	59
2. Pine City	63
3. Hinckley/Finlayson	63
4. Cambridge	76
5. North Branch	96
6. Princeton	183
7. Rush City	199
Milaca	Inc
E-C	Inc

Junior High - 2000 m - 45 runners

1. Jordan Clementson	4	7:36	PB
2. Steven Guttormson	5	7:47	
3. Tom Miche'	6	7:48	PB

#1 runner: JJ Koerber, North Branch - 7:05

“Running is a mental
sport.....

and we're all insane!”

PIERZ PIONEER STAMPEDE CROSS COUNTRY MEET
Monday, September 16, 2002
hot weather - hilly course

PINE CITY GIRLS' RESULTS

4000 m -

	<u>place</u>	<u>time</u>	
1. Meleia Johnson	12	16:42	PB
2. Jenna Fore	24	17:48	BTC
3. Jackie Gregoire	32	18:03	
4. Emily Branzovsky	50	18:45	PB
5. Heidi Larsen	60	19:14	
6. Steph Gregoire	66	19:42	

#1 runner: Rachel Stangler, Albany - 15:28

JUNIOR HIGH - 3200 m

1. Abby Olson	11	15:36	BTC
2. Steph Purdy	15	15:49	
3. Hannah Espeseth	24	16:42	BTC
4. Shauna Palmer	27	16:44	
5. Katie Hughes	28	16:49	
6. Britt Kreger	30	17:26	
7. Ashley Jackson	51	18:54	

#1 runner: Rachel Henchin, Rockford - 14:25

PINE CITY BOYS' RESULTS

5000 m -

	<u>place</u>	<u>time</u>	
1. Jared Clementson	4	17:14	PB
2. Chris Lutz	32	18:37	
3. David Hansen	36	18:44	BTY
4. Karl Greden	41	19:01	BTY-BTC
5. Seth Peterson	47	19:18	
6. Trent Laugerman	48	19:26	BTY
7. Michael Defenbaugh	15 jv	20:23	
8. Adam Lee	67	20:24	BTC
9. Dennis Gerold	36 jv	21:43	
10. Jordan Clementson	39 jv	21:45	
11. Justin Palmer	52 jv	22:35	
12. Chris Teeman	66 jv	26:03	

#1 runner: Joe R., C-I - 16:28

JUNIOR HIGH - 3200 m

1. Tom Miche	6	13:11	PB
2. Zach Nelson	84	18:49	

#1 runner: Mitch Larends, Brainerd - 12:14

GIRLS' TEAM RESULTS

1. St. Cloud Cath	49
2. Rockford	97
3. Crosby-Ironton	102
4. Albany	162
5. Annandale	169
6. Pine City	178
7. Mora	184
8. Becker	194
9. Pierz	225
10. Milaca	286
11. Hinckley	306
12. Royalton	311
13. Maple Lake	314
14. Long Prairie	361
5 teams	Inc

J.H. Team results: 1. Pine City 115

2. Rockford -	116
3. Becker	138
4. Brainerd	149
5. Cathedral	151
6. Albany	153
7. Hinckley	175

BOYS' TEAM RESULTS

1. St. Cloud Cath	96
2. Annandale	104
3. Mora	131
4. Hinckley	142
5. Albany	149
6. Pine City	160
7. Pierz	171
8. Crosby-Ironton	196
9. Becker	261
10. Rockford	292
11. Long Prairie	296
12. Milaca	317
13. Holdingford	319
14. Princeton	320
15. St. John's Prep	346
4 teams	Inc

JV team results:

1. Cathedral	19
2. Annandale	97
3. Rockford	120
4. Albany	176
5. Pine City	205

"Most people

run a race

to see

who is fastest.

I run a race

to see

who has

the most guts."

~Pre

PRINCETON INVITATIONAL CROSS COUNTRY MEET

at Milaca - 116 teams - over 3300 runners

Saturday, September 21, 2002

cool, partly cloudy, breezy

PINE CITY GIRLS' RESULTS:

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

	place	time	
1. Meleia Johnson	57	16:47	BTC
2. Jacki Gregoire	5-9th	16:58	BTY
3. Jenna Fore	18-10th	17:36	BTC
4. Heidi Larsen	144	18:20	
5. Steph Gregoire	36-9th	19:12	

#1 runner: Lauren Brueberg, Minnehaha - 14:23

#1-10th gr runner: Emily Hall, Osseo - 16:20

#1-9th gr runner: Whitney Kempfert, Prior Lake - 16:14

7th grade - 8th grade - 3230 m

1. Emily Branzovsky	18-7th	14:26	
2. Abby Olson	64-8th	15:31	BTY-BTC
3. Steph Purdy	84-8th	16:00	
4. Katie Hughes	85-8th	16:01	BTY
5. Hannah Espeseth	104-8th	16:39	BTY
6. Shauna Palmer	102-7th	16:56	
7. Ashley Jackson	134-8th	18:06	BTY

#1-8th gr runner: Lesu Pape, LCWM-13:02

#1-7th gr runner: Brooke Radel, Owatonna-13:10

8th grade girls team results:

1. Wayzata 228	5. Pine City 461
2. Alexandria 230	6. Eveleth 469
3. Redwood Valley 255	7. North Branch 501
4. Rush City 302	8. Bemidji 578

GIRLS' TEAM RESULTS:

1. Staples 106	13. MVL 400
2. Canby 149	14. Murray Co 541
3. United SC 167	15. Chisholm 577
4. New LS 178	16. Mora 589
5. Cathedral 181	17. Blue Earth 601
6. Madelia 225	18. Wadena 711
7. Paynesville 227	19. Redwood V 740
8. Minnehaha 300	20. Mayer Luth 757
9. Lake City 301	21. Maple Lk 783
10. Visitation 310	22. Blooming Pr 871
11. Mesabi E 313	23. Pequot Lks 909
12. Kingsford 333	25 incomplete teams

PINE CITY BOYS' RESULTS:

Varsity - JV - 5000 m

	place	time	
1. Jared Clementson	13	16:59	PB
2. Chris Lutz	64	18:08	
3. Seth Peterson	112	18:43	BTC
4. Karl Greden	129	18:55	BTY-BTC
5. Trent Laugerman	152	19:08	BTY
6. David Hansen	188	19:40	
7. Adam Lee	79 jv	19:35	BTY
8. Michael Defenbaugh	197	19:49	BTC
9. Dennis Gerold	174 jv	20:31	PB
10. Austin Newman	DNF		injury

#1 runner: Pat Lehmann, Plainview - 16:05

9th grade boys - 4000 m

1. Justin Palmer	17:06	PB
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#1 runner: Daniel Murray, Blue Earth-13:52

7th grade - 8th grade- 3230 m

1. Steven Guttormson	15-7th	12:48	
2. Jordan Clementson	64-8th	13:10	PB
3. Tom Miche'	88-8th	13:38	
4. Philip Hugill	156-7th	16:33	

#1-8th gr runner: Derek Ludwig, Alexandria-11:22

#1-7th gr runner: Bryan Lindquist, Esko-11:45

BOYS' TEAM RESULTS:

1. Staples 66	16. Paynesville 482
2. Cathedral 203	17. Carlton 487
3. Eveleth 239	18. Hinckley 525
4. United SC 284	19. New LS 581
5. Perham 292	20. Kingsland 615
6. Sauk Centre 312	21. Lake City 666
7. Mayer Luth 340	22. Concordia Ac723
8. CML 348	23. Redwood V 752
9. Minnehaha 378	24. Mesabi E 753
10. Mora 378	25. Blooming Pr 843
11. Annandale 393	26. Madelia 863
12. Plainview 421	27. Maple Lake 969
13. HBCEE 432	28. BBE 995
14. Albany 436	29. Rush City 1081
15. Pine City 470	24 Incomplete teams

“Cross Country:

No half times,
no time outs,
no substitutions.

It must be the only
true sport.”

BIG LAKE-BECKER INVITATIONAL CROSS COUNTRY MEET

Pebble Creek Golf Course, Becker

Monday, September 30, 2002

hot and humid, slight breeze

PINE CITY GIRLS' RESULTS - 4000 m

	place	time	
1. Jenna Fore	19	17:04	BTY
2. Jacki Gregoire	20	17:14	
3. Emily Branzovsky	41	18:41	PB
4. Heidi Larsen	43	18:51	
5. Steph Gregoire	44	18:56	PB
6. Deanna Dickey	50	19:08	
7. Meleia Johnson	DNF	injury	

#1 runner: Rachel Stangler, Albany - 15:20

Junior High - 3200 m

1. Abby Olson	2	15:50	
2. Steph Purdy	3	16:05	
3. Hannah Espeseth	14	17:24	
4. Katie Hughes	15	17:29	
5. Britt Kreger	DNF	injury	
6. Ashley Jackson	DNF	injury	

#1 runner: Abby Perkins, Becker - 15:23

TEAM RESULTS

1. Cathedral	59
2. Big Lake	73
3. Paynesville	81
4. C-I	85
5. Becker	166
6. Pine City	167
7. Pierz	167
8. EVW-K	190
9. North Branch	234
10. Delano	251

PINE CITY BOYS' RESULTS - 5000 m

	place	time	
1. Jared Clementson	4	17:49	
2. Chris Lutz	11	18:27	
3. Trent Laugerman	22	19:22	
4. Karl Greden	23	19:23	
5. David Hansen	30	19:45	
6. Michael Defenbaugh	38	20:04	
7. Adam Lee	39	20:06	
8. Dennis Gerold	3 jv	20:52	
9. Justin Palmer	8 jv	21:33	PB
10. Jordan Clementson	15 jv	22:08	

#1 runner: Joe Ridonovich, C-I - 16:39

Junior High - 3200 m

1. Tom Mische'	2	13:42	
2. Zach Nelson	14	17:25	PB

#1 runner: Painsville - 13:20

TEAM RESULTS

1. Pine City	90
2. Big Lake	91
3. C-I	109
4. North Branch	120
5. Albany	129
6. Paynesville	134
7. Pierz	145
8. Becker	198
9. Delano	210
10. Holdingford	213
11. St. John's	248

Remember this:

A winner

does

what

a loser

doesn't want to.

FOLEY INVITATIONAL CROSS COUNTRY MEET

Stone Creek Golf Course

Thursday, October 3, 2002

cold, cloudy, slight breeze

PINE CITY GIRLS' RESULTS - 4000 m

	place	time
1. Jenna Fore	2	16:35 PB
2. Jacki Gregoire	3	16:36 BTY-BTC
3. Meleia Johnson	4	16:57 BTC
4. Heidi Larsen	8	18:12 BTY
5. Deanna Dickey	10	18:13 BTY
6. Steph Gregoire	12	18:33 PB

TEAM RESULTS

1. Pine City	27
2. Milaca	45
3. Royalton	67
Mora	Inc
Foley	Inc

#1 runner: Jessie Struefert, Milaca - 16:14

Junior High - 3200 m

1. Emily Branzovsky	1	13:44 PB
2. Abby Olson	2	14:23 PB
3. Steph Purdy	6	14:39 PB
4. Hannah Espeseth	7	14:39 PB
5. Katie Hughes	8	15:03 PB
6. Shauna Palmer	12	16:10 PB
7. Britt Kreger	13	16:52 PB

#1 runner: Emily Branzovsky, Pine City - 13:44

Junior High Team Results

1. Pine City	24
Foley, Mora,	Inc
Milaca, Royalton	Inc

PINE CITY BOYS' RESULTS - 5000 m

	place	time
1. Jared Clementson	1	16:37 PB
2. Chris Lutz	6	18:00 BTC
3. Karl Greden	8	18:18 PB
4. Seth Peterson	1 jv	18:18 PB
5. Trent Laugerman	11	18:32 PB
6. David Hansen	14	18:48 BTC
7. Adam Lee	17	19:04 PB
8. Michael Defenbaugh	18	19:14 PB
9. Dennis Gerold	4 jv	19:52 PB
10. Justin Palmer	6 jv	20:57 PB

TEAM RESULTS

1. Mora	25
2. Pine City	40
3. Milaca	77
Foley	Inc
Royalton	Inc

#1 runner: Jared Clementson, Pine City - 16:37

Junior High - 3200 m

1. Jordan Clementson	2	12:07 PB
2. Tom Miche'	6	12:39 PB
3. David Hambly	10	14:21 PB
4. Zach Nelson	12	15:19 PB
5. Philip Hugill	13	15:32 PB

#1 runner: Andy Chapp, Foley - 12:05

Junior High Team Results

1. Pine City	43
2. Foley	43
Royalton, Milaca	Inc
Mora	Inc

2002 All- Conference Award Winners

1. Jared Clementson Pine City
2. Rob McGovern Mora
3. Jason Callander Mora
4. Brett Vongroven Mora
5. Ryan Smith North Branch
6. Austin W. Siemers Milaca
7. Aaron Harren Big Lake
8. Tom Foust Princeton
9. Aaron Grote Chisago Lakes
10. John Leaf Chisago Lakes
11. Dan Brelje Chisago Lakes
12. Mitch Pohlkamp North Branch
13. Blayne St. Marie Big Lake
14. Chris Lutz Pine City
15. Daniel Arnold Chisago Lakes

1. Brenna Carey Big Lake
2. Jenny Janda Big Lake
3. Katie Hasleiet North Branch
4. Jessi Struffert Milaca
5. Shae Wallin Big Lake
6. Meleia Johnson Pine City
7. Heather Thomas Big Lake
8. Jacki Gregoire Pine City
9. Sara Hanenburg Milaca
10. Emily Branzovsky Pine City
11. Carly Eggert St. Michael/Albertville
12. Maria Michaud Foley
13. Jenna Fore Pine City
14. Hannah Crocker Big Lake
15. Dedra Brey Big Lake

RUM-RIVER CONFERENCE CROSS COUNTRY MEET at Pine City

Thursday, October 10, 2002
cool, sunny, very wet

GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Meleia Johnson	6	16:53	BTC All-Conference
2. Jacki Gregoire	8	17:05	BTC All-Conference
3. Emily Branzovsky	10	17:08	PB All-Conference
4. Jenna Fore	13	17:14	BTC All-Conference
5. Steph Gregoire	22	18:02	PB Honorable Mention
6. Deanna Dickey	27	18:14	BTC
7. Heidi Larsen	28	18:19	BTC

Girls' team scores:

1. Big Lake	28
2. Pine City	57
3. St. Michael	109
4. Milaca	110
5. Mora	111
6. North Branch	115
7. Chisago Lakes	207
Foley	Inc
Princeton	Inc

top 5 runners: Brenna Carey, Big Lake - 15:27
 Jenny Janda, Big Lake - 16:01
 Katie Hasleiet, North Branch - 16:08
 Jessi Struffert, Milaca - 16:12
 Shae Wallin, Big Lake - 16:47

Junior High Team Results

1. North Branch	26
2. Pine City	29
3. Big Lake	77

Junior High: 2000 m

1. Abby Olson	2	8:45	BTC
2. Steph Purdy	4	9:06	BTC
3. Katie Hughes	8	9:18	
3. Hannah Espeseth	10	9:20	BTC
4. Shauna Palmer	13	9:45	BTC
5. Ashley Jackson	26	10:18	PB
6. Britt Kreger	31	11:15	

#1 runner: Amanda Peterson, North Branch - 8:42

BOY'S RESULTS:

5000 m

	<u>place</u>	<u>time</u>	
1. Jared Clementson	1	17:26	BTC All-Conference
2. Chris Lutz	14	18:31	All-Conference
3. Trent Laugerman	21	18:52	BTC Honorable Mention
4. Seth Peterson	27	18:59	BTC
5. Karl Greden	34	19:10	BTC
6. David Hansen	36	19:32	
7. Adam Lee	45	20:06	BTC
8. Dennis Gerold	6 jv	20:14	BTC
9. Michael Defenbaugh	7 jv	20:17	BTC
10. Justin Palmer	11 jv	21:00	BTC

Boys' team scores:

1. Mora	56
2. Chisago Lakes	70
3. Big Lake	93
4. Pine City	95
5. North Branch	104
6. Milaca	133
7. St. Michael	167
8. Princeton	192
9. Foley	233

Junior High: 2000 m

1. Jordan Clementson	2	7:22	PB
2. Tom Miche'	9	7:55	BTC
3. David Hambly	18	8:35	
4. Zach Nelson	22	8:57	
5. Philip Hugill	23	8:58	

#1 runner: Jeremy Kuhn, St. Michael - 7:20

Junior High Team Results

1. Big Lake	27
2. Pine City	28

top 5 runners: Jared Clementson, Pine City - 17:26
 Rob McGovern, Mora - 17:47
 Jason Callander, Mora - 17:51
 Brett VonGroven, Mora - 17:53
 Ryan Smith, North Branch - 18:04

“Run,

Breathe,

Same thing.

You have to do both!”

SUB SECTION CROSS COUNTRY MEET @ Pierz
Tuesday, October 15, 2002
cold, windy, sunny- hilly course

PINE CITY GIRLS' RESULTS (4000 m):

	place	time	
1. Jacki Gregoire	12	16:40	BTC
2. Jenna Fore	20	17:04	BTC
3. Meleia Johnson	22	17:10	
4. Emily Branzovsky	25	17:12	BTC
5. Steph Gregoire	37	17:39	PB
6. Heidi Larsen	43	17:56	BTY
7. Deanna Dickey	47	18:17	

top 5 runners: Kim Beeman, C- I - 15:45
Pam Dickman, Rockford - 15:53
Jessie Struffert, Milaca - 15:57
Jamie Talbert, Pierz - 16:02
Erica Lundgren, C-I - 16:03
Kayla Witte, Rush City - 16:05

TEAM RESULTS

1. Crosby Ironton	40
2. Rockford	57
3. Pierz	112
4. Pine City	115
5. Becker	120
6. Rush City	141
7. Milaca	164
8. Hinckley	199
9. Howard Lk/Waverly	214
Foley	Inc

**The top 4 teams
advance
to the Section Meet**

PINE CITY BOYS' RESULTS (5000 m):

	place	time	
1. Jared Clementson	3	16:59	BTC
2. Chris Lutz	13	18:15	
3. Trent Laugerman	18	18:33	BTC
4. Seth Peterson	19	18:35	
5. Karl Greden	24	18:46	BTC
6. David Hansen	27	18:52	
7. Michael Defenbaugh	36	19:19	BTC
8. Adam Lee	3 jv	19:24	
9. Dennis Gerold	5 jv	19:35	PB
10. Justin Palmer	7 jv	20:04	PB

top 5 runner: Joe Radenovich, C-I - 16:15
Zach Salinger, Pierz - 16:29
Jared Clementson, Pine City - 16:59
Josh Saba, Becker - 17:03
Ricky Avlire, C-I - 17:15

TEAM RESULTS:

1. Hinckley/Finlayson	68
2. Pine City	77
3. Crosby Ironton	82
4. Pierz	99
5. Milaca	111
6. Becker	119
7. Rockford	131
8. Rush City	204
9. Howard Lk/ Waverly	233
Foley	Inc

**The top 4 teams advance
to the Section Meet**

Junior High Boys - 3200 m

1. Jordan Clementson	2	12:40	BTC
2. Tom Miche'	6	13:31	
3. David Hambly	8	14:44	
4. Zach Nelson	12	16:21	BTC
5. Philip Hugill	14	16:40	

Junior High Girls - 3200 m

1. Abby Olson	1	14:35	BTC
2. Katie Hughes	3	15:20	BTC
3. Steph Purdy	4	15:21	BTC
4. Hannah Espeseth	5	15:35	
5. Shauna Palmer	6	15:41	PB
6. Ashley Jackson	8	16:11	PB
7. Britt Kreger	12	18:55	

**“Hold on tight
to your dreams,
they give you
something to live for.”**

SECTION 5A CROSS COUNTRY MEET - BECKER

Thursday, October 24, 2002

cool, no wind, overcast

PINE CITY GIRLS' RESULTS:

4000 m -

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	21	16:16	PB
2. Jenna Fore	30	16:37	BTC
3. Emily Branzovsky	32	16:40	PB
4. Heidi Larsen	46	17:26	BTY
5. Steph Gregoire	47	17:29	PB
6. Deanna Dickey	50	17:35	PB
7. Meleia Johnson	53	17:56	injury

Top ten runners (qualifying for state):

1. Rachel Stangler (12)	Albany	14:44
2. Jamie Talberg (9)	Pierz	15:00
3. Kacy Nehowig (8)	Paynesville	15:01
4. Libby Zupanac (9)	St. Cloud Cath	15:03
5. Brooke Schmitz (9)	Paynesville	15:03
6. Pam Dickman (10)	Rockford	15:06
7. Kim Beaman (10)	Crosby-Ironton	15:07
8. Beth Tacl (9)	St. Cloud Cath	15:13
9. Jessi Struffert (12)	Mlaca	15:29
10. Kayla Witte (11)	Rush City	15:37

PINE CITY BOYS' RESULTS:

5000 m -

	<u>place</u>	<u>time</u>	
1. Jared Clementson	2	16:20	PB
QUALIFIES FOR STATE			
2. Chris Lutz	20	17:37	BTY
3. Karl Greden	27	17:53	PB
4. Seth Peterson	40	18:26	BTC
5. Trent Laugerman	43	18:40	BTC
6. David Hansen	49	18:54	
7. Mike Defenbaugh	54	19:24	BTC

Top ten runners (qualifying for state):

1. Joe Radinovich (11)	Crosby Ironton	16:09
2. Jared Clementson (11)	Pine City	16:20
3. Zack Solinger (10)	Pierz	16:20
4. Max Leither (12)	St. Cloud Cath	16:32
5. Nick Salay (12)	St. Cloud Cath	16:39
6. Josh Saba (12)	Becker	16:45
7. Chris Yotter (12)	Annandale	16:51
8. Ricky Aulie (12)	Crosby Ironton	17:00
9. Micah Jarnot (11)	Albany	17:04
10. Brian Zawacki (12)	St. Cloud Cath	17:08

Girls' team scores:

1. Paynesville	64
2. St. Cloud Cathedral	67
3. Crosby-Ironton	73
4. Rockford	93
5. Pierz	132
6. Albany	135
7. Pine City	157
8. Annandale	174
Milaca	Inc
Eden Valey-Watkins	Inc
Rush City	Inc
Becker	Inc

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

Boys' team scores:

1. St. Cloud Cathedral	44
2. Annandale	94
3. Pierz	101
4. Hinckley-Finlayson	113
5. Pine City	117
6. Crosby Ironton	129
7. Albany	144
8. Paynesville	152
Holdingford	Inc
Milaca	Inc
Becker	Inc
St. Johns Prep	Inc

**“To give
anything less than
your BEST
is to
sacrifice
your gift.”**

~Pre

MSHSL CLASS A STATE CROSS COUNTRY MEET

St. Olaf College, Northfield

November 2, 2002

sunny, dry, 39 degrees, 3-7 mph wind

PINE CITY BOYS' RESULTS:

5000 meters - 159 runners

	<u>place</u>	<u>time</u>
1. Jared Clementson	11	17:00.9 BTC

Top 10 runners:

- Pat Lehmann (12)	Plainview	16:21.2
- Matt Damico (11)	E. Grand Forks	16:35.0
- Dan Ristau (12)	Blue Earth Area	16:37.3
- Greg Liebl (12)	Montevideo	16:37.8
- Chris Erichsen (11)	Kingsland, Spring Val	16:38.1
- Seth Webinger (11)	La Crescent	16:47.5
- Joe Radinovich (11)	Crosby-Ironton	16:47.7
- Eric Palmquist (12)	Warroad	16:48.8
- Chad Brever (11)	Staples-Motley	16:55.0
- Renato Otten (11)	CHOF	16:58.5

CLASS A TEAM RESULTS:

1. Staples-Motley	77
2. St. Cloud Cathedral	127
3. LaCrescent	172
4. Perham	180
5. Eveleth-Gilbert	185
6. Hills-B C/Edgrtn/Ells	191
7. Blue Earth Area	192
8. Warroad	202
9. Canby/Minneota/LinChi	213
10. Plainview	224
11. Annandale	235
12. Minnehaha Academy	260
13. East Grand Forks	266
14. United South Central, Wells	283
15. Mayer Lutheran	350
16. Marshall, Duluth	350

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	gr	year	Grantsburg	Milaca	Pine City	Cambridge	N Branch	Pierz	Princeton
Mike Defenbaugh	12	2002	*21:12 (5k)	22:42 (5k)	20:19 (5k)	20:19 (5k)	19:44 (5k)	20:23 (5k)	19:49 (5k)
	11	2001		*22:00 (5k)	21:13 (5k)	20:38 (5k)	19:54 (5k)	19:51 (5k)	20:14 (5k)
	10	2000	*23:19 (5k)	*21:04 (5k)	20:54 (5k)	20:51 (5k)	19:57 (5k)	21:22 (5k)	15:45 (4k)
	9	1999	25:40 (5k)	*24:48 (5k)	22:09 (5k)	21:26 (5k)	20:40 (5k)		16:27 (4k)
Karl Greden	12	2002	*20:21 (5k)	21:25 (5k)	19:55 (5k)	19:47 (5k)	19:07 (5k)	19:01 (5k)	18:55 (5k)
	11	2001	21:57 (5k)	*20:58 (5k)	20:37 (5k)	19:50 (5k)	18:57 (5k)	19:49 (5k)	19:17 (5k)
	10	2000	*25:12 (5k)	*22:30 (5k)	23:22 (5k)	23:28 (5k)	20:33 (5k)	22:38 (5k)	17:34 (4k)
	9	1999	27:17 (5k)	*26:24 (5k)	23:23 (5k)	18:33 (4k)	21:10 (5k)		17:41 (4k)
	8	1998	11:35 (2.5k)	12:28 (2.5k)	8:59 (2k)	9:10 (2k)	8:26 (2k)		12:13(2.72)
Trent Laugerman	12	2002	*20:45 (5k)	21:10 (5k)	20:14 (5k)	20:19 (5k)	19:40 (5k)	19:26 (5k)	19:08 (5k)
	11	2001	20:49 (5k)	*20:04 (5k)	20:36 (5k)	19:45 (5k)	19:18 (5k)	19:26 (5k)	sick
	10	2000	*22:24 (5k)	*21:21 (5k)	22:21 (5k)	20:40 (5k)	19:43 (5k)	20:21 (5k)	15:11 (4k)
	9	1999	26:30 (5k)	*23:44 (5k)	21:53 (5k)	21:30 (5k)	20:44 (5k)		16:19 (4k)
	8	1998	11:59 (5k)	11:09 (2.5k)	8:51 (2k)	8:32 (2k)	8:20 (2k)		10:57(2.72)
Chris Lutz	12	2002	*18:58 (5k)	19:03 (5k)	18:02 (5k)	18:09 (5k)	17:44 (5k)	18:37 (5k)	18:08 (5k)
	11	2001	19:19 (5k)	*18:49 (5k)	18:59 (5k)	18:35 (5k)	DNR	17:41 (5k)	17:58 (5k)
	10	2000		22:02 (5k)	20:59 (5k)	21:02 (5k)	18:58 (5k)	19:02 (5k)	19:08 (5k)
Austin Newman	12	2002	DNF	DNR	DNR	DNR			
Seth Peterson	12	2002	*20:29 (5k)	21:46 (5k)	19:02 (5k)	19:22 (5k)	injury	19:18 (5k)	18:43 (5k)
	11	2001		*20:52 (5k)	20:44 (5k)	19:42 (5k)	19:01 (5k)	19:04 (5k)	18:49 (5k)
	10	2000	*21:20 (5k)	20:23 (5k)	20:03 (5k)	19:52 (5k)	18:49 (5k)	19:45 (5k)	
	9	1999	22:27 (5k)			16:34 (4k)	19:35 (5k)		injury
Chris Teeman	12	2002			25:35 (5k)	26:39 (5k)	25:26 (5k)	26:03 (5k)	
Jared Clementson	11	2002	*18:19 (5k)	20:02 (5k)	17:28 (5k)	18:36 (5k)	17:51 (5k)	17:14 (5k)	16:59 (5k)
	10	2001	18:48 (5k)	injury	17:58 (5k)	17:59 (5k)	17:18 (5k)	17:30 (5k)	14:14 (4k)
	9	2000	*21:27 (5k)	18:56 (5k)	18:44 (5k)	18:51 (5k)	17:41 (5k)	19:16 (5k)	13:46 (4k)
	8	1999	9:53 (2.5k)	*9:21 (2.5k)	6:59 (2k)	7:05 (2k)	18:36 (5k)		11:37 (3.2k)
	7	1998	10:27 (2.5k)	9:42 (2.5k)	7:59 (2k)	7:55 (2k)	7:15 (2k)		9:18(2.72k)
Dennis Gerold	11	2002			23:55 (5k)	22:50 (5k)	21:30 (5k)	21:43 (5k)	20:31 (5k)
David Hansen	11	2002	*19:45 (5k)	20:18 (5k)	19:09 (5k)	20:01 (5k)	18:59 (5k)	18:44 (5k)	19:40 (5k)
	10	2001	19:14 (5k)	*18:26 (5k)	18:32 (5k)	18:17 (5k)	17:48 (5k)	17:34 (5k)	14:27 (4k)
	9	2000	*22:44 (5k)	21:08 (5k)	20:57 (5k)	16:34 (4k)	19:56 (5k)	20:23 (5k)	15:36 (4k)
	8	1999	11:25 (2.5k)	11:29 (2.5k)	8:26 (2k)	8:47 (2k)	8:03 (2k)		13:59 (3.2k)
Adam Lee	11	2002	*20:58 (5k)	22:01 (5k)	20:25 (5k)	21:32 (5k)	19:39 (5k)	20:24 (5k)	19:35 (5k)
	10	2001	24:09 (5k)		22:24 (5k)	22:41 (5k)	20:48 (5k)	21:02 (5k)	16:26 (4k)
	9	2000	*28:41 (5k)	27:09 (5k)	23:22 (5k)	18:51 (4k)	22:08 (5k)	22:43 (5k)	17:23 (4k)
	8	1999	13:29 (2.5k)	13:46 (2.5k)	8:44 (2k)	8:56 (2k)	8:27 (2k)		14:09(3.2k)
Oliver Rauschnot	10	2002							
	7	1999	11:18 (2.5k)	11:49 (2.5k)	8:24 (2k)	8:32 (2k)	8:12 (2k)		14:35 (3.2k)
Justin Palmer	9	2002		24:18 (5k)	23:52 (5k)	18:20 (4k)	22:33 (5k)	22:35 (5k)	17:06 (4k)
	8	2001	9:03 (2k)	7:51 (2k)	8:38 (2k)	8:25 (2k)	7:49 (2k)	14:12(3.2k)	14:40 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Chs Lks	BL/Becker	Foley	Conference	Subsection	Section	State	PB	Ave
	20:04 (5k)	19:14 (5k)	PC-20:17 (5k)	Pz-19:19 (5k)	Bec-19:24		19:14	20:14
20:34 (5k)			NB-19:42 (5k)	Pz-19:24 (5k)			19:24	20:23
20:09 (5k)			Fo-20:18 (5k)	Pz-19:35 (5k)			19:35	20:45
22:12 (5k)			Mi-20:03 (5k)	Mi-20:24 (5k)	Bec-19:56		19:56	21:59
	19:23 (5k)	18:18 (5k)	PC-19:10 (5k)	Pz-18:46 (5k)	Bec-17:53		17:53	19:20
19:30 (5k)			NB-19:20 (5k)	Pz-18:51 (5k)	Bec-19:50		18:51	19:51
21:35 (5k)			Fo-21:19 (5k)	Pz-20:22 (5k)			20:22	22:18
23:09 (5k)			Mi-21:20 (5k)	Mi-22:07 (5k)			21:10	23:40
8:35 (2k)			CL-8:46 (2k)				8:26(2k)	
	19:22 (5k)	18:32 (5k)	PC-18:52 (5k)	Pz-18:33 (5k)	Bec-18:40		18:32	19:33
sick			sick	sick			19:18	20:08
20:02 (5k)			Fo-19:43 (5k)	Pz-18:45 (5k)			18:45	20:30
21:23 (5k)			Mi-20:18 (5k)	Mi-20:28 (5k)			20:18	22:04
8:09 (2k)			CL-8:10 (2k)				8:10(2k)	
	18:27 (5k)	18:00 (5k)	PC-18:31 (5k)	Pz-18:15 (5k)	Bec-17:37		17:37	18:18
18:44 (5k)			NB-17:39 (5k)	Pz-17:16 (5k)	Bec-18:15		17:16	18:19
19:29 (5k)			Fo-18:51 (5k)	Pz-18:34 (5k)			18:34	19:48
		18:18 (5k)	PC-18:59 (5k)	Pz-18:35 (5k)	Bec-18:26		18:18	19:18
19:50 (5k)			NB-19:04 (5k)	Pz-18:23 (5k)	Bec-19:16		18:23	19:38
20:05 (5k)			Fo-19:16 (5k)	Pz-18:25 (5k)	Bec-18:50		18:25	19:35
20:16 (5k)			Mi-19:50 (5k)	Mi-19:36 (5k)	Bec-19:34		19:34	20:13
							25:26	25:56
	17:49 (5k)	16:37 (5k)	PC-17:26 (5k)	Pz-16:59 (5k)	Bec-16:20	17:00.9	16:20	17:35
18:23 (5k)			NB-18:13 (5k)	Pz-18:19 (5k)	Bec-18:23		17:18	18:09
18:27 (5k)			Fo-17:50 (5k)	Pz-17:22 (5k)	Bec-17:25	17:57	17:22	18:35
19:14 (5k)			Mi-18:23 (5k)	Mi-18:44 (5k)	Bec-18:26		18:23	18:59
7:37 (2k)			CL-7:34 (2k)				7:15(2k)	
	20:52 (5k)	19:52 (5k)	PC-20:14 (5k)	Pz-19:35 (5k)			19:35	21:08
	19:45 (5k)	18:48 (5k)	PC-19:32 (5k)	Pz-18:52 (5k)	Bec-18:54		18:44	19:22
DNF			NB-17:54 (5k)	Pz-17:43 (5k)	Bec-18:39		17:34	18:14
20:02 (5k)			Fo-19:47 (5k)	Pz-18:54 (5k)			18:54	20:29
8:42 (2k)			Mi-9:45 (2.5k)	Mi-13:56 (3.2k)			8:03(2k)	
	20:06 (5k)	19:04 (5k)	PC-20:06 (5k)	Pz-19:24 (5k)			19:04	20:18
20:53 (5k)			NB-19:44 (5k)	Pz-19:20 (5k)			19:20	21:15
22:58 (5k)			Fo-21:20 (5k)	Pz-20:46 (5k)			20:46	23:28
8:57 (2k)			Mi-10:10 (2.5k)	Mi-14:38 (3.2k)			8:27(2k)	
	8:44 (2k)		Mi-10:21(2.5k)	Mi-13:50 (2.5k)			8:12(2k)	
	21:33 (5k)	20:57 (5k)	PC-21:00 (5k)	Pz-20:04 (5k)			20:04	22:06
8:00 (1.6k)			NB-7:27 (2k)	Pz-13:09 (3.2k)			7:27(2k)	8:12(2k)

AVERAGE MILE TIMES AT MEETS - 2002

	PB - 01	Grntsbrg	Milaca	Pine City	Cambridg	N. Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Mike Defenbaugh - 12	6:14	6:52	7:18	6:32 - jv	6:32	6:22	6:35 - jv
Karl Greden - 12	6:04	6:33	6:53	6:24	6:22	6:10	6:08
Trent Laugerman - 12	6:12	6:40	6:48	6:30	6:32	6:20	6:16
Chris Lutz - 12	5:33	6:06	6:08	5:48	5:50	5:43	6:00
Seth Peterson - 12	5:55	6:35	DNR	6:02	6:14	DNR	6:13
Chris Teeman - 12		DNR	7:00 - jv	8:14 - jv	8:36 - jv	8:12 - jv	8:24 - jv
Jared Clementson - 11	5:34	5:53	6:26	5:37	5:59	5:44	5:34
Dennis Gerold - 11				7:41 - jv	7:22 - jv	6:56 - jv	7:00 - jv
David Hansen - 11	5:39	6:21	6:32	6:09	6:26	6:07	6:03
Adam Lee - 11	6:13	6:45	7:05	6:34	6:57 - jv	6:21	6:35
Justin Palmer - 9	6:49	DNR	7:49 - jv	7:40 - jv	7:20 - 9th	7:16 - jv	7:17 - jv
	2000 m	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Jordan Clementson - 8	6:32	6:17	6:35	6:06	6:22	6:05	7:01 - jv
Tom Miche - 8	6:22	6:23	6:58	6:34	7:20	6:14	6:37
Steven Guttormson - 7		5:59	8:24	6:17	6:25	6:14	
Tony Miller - 7		6:46	7:04	6:58			
Zach Nelson - 7							9:27
Philip Hugill - 7							
David Hambly - 7							
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Deanna Dickey - 12	7:16	7:48	8:18	7:26	7:59	7:34	DNR
Heidi Larsen - 12	7:04	7:53	8:20	7:35	7:40	7:19	7:42
Meleia Johnson - 11	6:52	6:56	7:14	6:52	DNF	6:48	6:41
Jenna Fore - 10	6:42	7:31	DNR	7:00	7:02	6:52	7:07
Jacki Gregoire - 9	6:44	DNR	DNR	7:10	7:15	6:58	7:13
Steph Gregoire - 9		DNR	DNR	7:53	8:05	7:37	7:53
Abby Olson - 8		8:54					
Emily Branzovsky - 7		7:48					7:30
	2000 m	2000 m	2000 m	2000 m	2000 m	2000m	3200 m
Hannah Espeseth - 8	6:54	7:54	8:40	8:04	7:50	7:12	8:24
Katie Hughes - 8		7:38	8:13	DNR	7:55	7:11	8:27
Ashley Jackson - 8	10:18	8:34	9:03	DNR	DNR	8:38	9:30
Britt Kreger - 8		7:53	9:35	8:03	8:22	DNR	8:46
Abby Olson - 8	6:46		7:52	7:25	7:35	6:59	7:50
Stephanie Purdy - 8		7:37	8:08	7:14	7:48	7:04	7:57
Emily Branzovsky - 7			7:34	7:11	7:18	6:52	
Shauna Palmer - 7			9:18	8:06	8:27	7:41	8:25

AVERAGE MILE TIMES AT MEETS - 2002

Princeton	Becker	Foley	RRC	Sub	Section	State	Average	PB-2002
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
6:23	6:28	6:12	6:33 - jv	6:14	6:15		6:31	6:12
6:06	6:15	5:54	6:11	6:03	5:46		6:14	5:46
6:10	6:15	5:59	6:05	5:59	6:01		6:18	5:59
5:51	5:57	5:48	5:58	5:53	5:41		5:54	5:41
6:02	DNR	5:54 - jv	6:07	6:00	5:57		6:07	5:54
DNR	DNR	DNR	DNR	DNR			8:05	7:00
5:29	5:45	5:22	5:37	5:29	5:16	5:29	5:40	5:16
6:37 - jv	6:43 - jv	6:25 - jv	6:32 - jv	6:19 - jv			6:51	6:19
6:20	6:22	6:04	6:18	6:05	6:06		6:14	6:03
6:19 - jv	6:29	6:09	6:29	6:15 - jv			6:33	6:09
6:50 - 9th	6:57 - jv	6:45 -jv	6:46 - jv	6:28 - jv			7:07	6:28
3230 m	3200 m	3200m	2000 m	3200 m			Misc.	2000 m
6:35	7:08 - jv	6:03	5:54	6:20			6:37	6:16
6:49	6:53	6:19	6:20	6:46			6:41	6:38
6:24							6:24	6:40
								6:36
	8:45	7:39	7:10	8:10			8:30	7:10
8:16		7:46	7:10	8:20			8:07	7:10
		7:10	6:52	7:22			7:16	7:10
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m		4000 m	4000 m
DNR	7:39	7:17	7:18	7:19	7:02		7:34	7:02
7:20	7:32	7:17	7:20	7:10	6:58		7:31	6:58
6:43	DNF	6:47	6:45	6:52	7:10		6:53	6:41
7:02	6:50	6:38	6:54	6:50	6:39		6:57	6:38
6:47	6:54	6:38	6:50	6:40	6:30		6:54	6:30
7:41	7:34	7:25	7:13	7:04	7:00		7:32	7:00
							8:54	8:54
	7:28		6:51	6:53	6:40		7:12	6:40
3230 m	3200 m	3200 m	2000 m	3200 m	3200 m		Misc	2000m
8:20	8:44	7:20	7:28	7:47			8:07	7:51
8:00	8:47	7:31	7:26	7:40			8:05	7:41
9:03	DNF	DNR	9:02	8:05			8:53	8:49
DNR	DNF	8:26	9:00	9:27			8:53	8:35
7:45	7:57	7:11	7:00	7:17			7:36	7:22
8:00	8:05	7:20	7:17	7:40			7:48	7:31
7:13		6:52					7:02	7:14
DNR	DNR	8:05	7:28	7:50			8:07	8:12

TEAM POSITIONS AT MEETS - 2002

	Grntsbrg	Milaca	Pine City	Cambridge	N Branch
	5000 m	5000 m	5000 m	5000 m	5000 m
Mike Defenbaugh - 12	8	8	7	6	7
Karl Greden - 12	4	5	5	4	4
Trent Laugerman - 12	6	4	6	7	6
Chris Lutz - 12	2	1	2	1	1
Seth Peterson - 12	5	6	3	3	DNR-inj.
Chris Teeman - 12			11	10	10
Jared Clementson - 11	1	2	1	2	2
Dennis Gerold - 11			10	9	8
David Hansen - 11	3	3	4	5	3
Adam Lee - 11	7	7	8	8	5
Justin Palmer - 9		9	9	9th gr	9
Jordan Clementson - 8					
	2000 m	2000 m	2000 m	2000 m	2000 m
Jordan Clementson - 8	2	1	1	1	1
Tom Miche - 8	3	2	3	3	3
Steven Guttormson - 7	1	4	2	2	2
Tony Miller - 7	4	3	4		
Zach Nelson - 7					
Philip Hugill - 7					
David Hambly - 7					
	4000 m	4000 m	4000 m	4000 m	4000 m
Deanna Dickey - 12	3	2	4	5	5
Heidi Larsen - 12	5	3	5	4	4
Meleia Johnson - 11	1	1	1	1	1
Jenna Fore - 10	2		2	2	2
Jacki Gregoire - 9			3	3	3
Steph Gregoire - 9			6	6	6
Abby Olson - 8	6				
Emily Branzovsky - 7	4				
	2000 m	2000 m	2000 m	2000 m	2000 m
Hannah Espeseth - 8	4	5	5	5	5
Katie Hughes - 8	2	4		4	4
Ashley Jackson - 8	5	6		7	7
Britt Kreger - 8	3	8	4	DNR	DNR
Abby Olson - 8		2	2	2	2
Stephanie Purdy - 8	1	3	3	3	3
Emily Branzovsky - 7		1	1	1	1
Shauna Palmer - 7		7	6	6	6

TEAM POSITIONS AT MEETS - 2002

Pierz	Princeton	Becker	Foley	Conference	Sub-sect	Section	Average	
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	
7	8	6	8	9	7	7	7.33	
4	4	4	3	5	5	3	4.17	
6	5	3	5	3	3	5	4.92	
2	2	2	2	2	2	2	1.75	
5	3	DNR	4	4	4	4	4.10	
12	DNR	DNR	DNR	DNR	DNR		10.75	
1	1	1	1	1	1	1	1.25	
9	9	8	9	8	9		8.78	
3	6	5	6	6	6	6	4.67	
8	7	7	7	7	8		7.18	
11	9th gr	9	10	11	10		9.75	
10		10						
3200 m	3230 m	3200 m	3200 m	2000 m	3200 m		JH	
	2		1	1	1		1.22	
1	3	1	2	2	2		2.27	
	1						2.00	
							3.67	
2		2	4	4	4		3.20	
	4		5	5	5		4.75	
			3	3	3		3.00	
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	
	DNR	DNR	6	5	6	7	6	4.90
5	4	4	4	4	7	6	4	4.58
1	1	DNF-inj.		3	1	3	7	1.91
2	3	1	1	4	2	2		2.09
3	2	2	2	2	2	1	1	2.20
6	5	5	6	5	5	5	5	5.50
								6.00
4		3		3	4	3		3.50
3200 m	3230 m	3200 m	3200 m	3200 m	3200 m		JH	
3	5	3	4	4	4		4.27	
5	4	4	5	3	2		3.70	
7	6	DNF-inj.		DNR	6	6	6.25	
6	DNR	DNF-inj.		7	7	7	6.00	
1	2	1	2	1	1		1.60	
2	3	2	3	2	3		2.55	
	1		1				1.00	
4			6	5	5		5.62	

PLACE FINISHES AT MEETS - 2002

	Grantsburg	Milaca	Pine City	Cambridge	N. Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Mike Defenbaugh - 12	30	81	3 jv	27	27	15 jv
Karl Greden - 12	19	60	22	18	16	41
Trent Laugerman - 12	25	55	24	28	26	48
Chris Lutz - 12	8	14	4	2	3	32
Austin Newman - 12						
Seth Peterson - 12	22	64	15	12	DNR	47
Chris Teeman - 12			32 jv	90 jv	34 jv	66 jv
Jared Clementson - 11	4	30	1	4	3	4
Dennis Gerold - 11			24 jv	59 jv	10 jv	36 jv
David Hansen - 11	16	40	16	21	15	36
Adam Lee - 11	28	10 jv	26	33 jv	25	67
Justin Palmer - 9		36 jv	23 jv	11-9th gr	23 jv	52 jv
Jordan Clementson - 8						39 jv
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Jordan Clementson - 8	7	13	2	7	4	
Tom Miche - 8	10	23	7	10	6	6
Steven Guttormson - 7	3	45	5	8	5	
Tony Miller - 7	11	29	15			
Zach Nelson - 7						84
Philip Hugill - 7						
David Hambly - 7						
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Deanna Dickey - 12	9	49	23	25	27	DNR
Heidi Larsen - 12	12	50	26	16	19	60
Meleia Johnson - 11	1	14	5		4	12
Jenna Fore - 10	6		13	6	7	24
Jacki Gregoire - 9			10	9	11	32
Steph Gregoire - 9			33	27	29	66
Abby Olson - 8	20					
Emily Branzovsky - 7	10					50
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Hannah Espeseth - 8	9	43	17	23	10	24
Katie Hughes - 8	5	27		21	9	28
Ashley Jackson - 8	18	49			33	51
Britt Kreger - 8	8	59	16	28	DNR	30
Abby Olson - 8		15	4	12	4	11
Stephanie Purdy - 8	4	22	8	19	7	15
Emily Branzovsky - 7		7	3	9	3	
Shauna Palmer - 7		54	18	30	24	27

PLACE FINISHES AT MEETS - 2002

Princeton	Becker	Foley	Conference	Sub-sect	Section	State	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m		5000 m
197	38	18	7 jv	36	54		56.44
129	23	8	34	24	27		35.08
152	22	11	21	18	43		39.42
64	11	6	14	13	20		15.92
DNF							
112	DNR	1 jv	27	19	40		39.78
DNR	DNR	DNR	DNR	DNR			55.5 jv
13	4	1	1	3	2	11	6.23
174 jv	3 jv	4 jv	6 jv	5 jv			35.67 jv
188	30	14	36	27	49		40.67
79 jv	39	17	45	3 jv			35.29
	8 jv	6 jv	11 jv	7 jv			20.75
	15 jv						27
3230 m	3200 m	3200 m	2000 m	3200 m			JH
64 - 8th			2	2	2		4.875
88 - 8th	2	6	9	6			8.5
15 - 7th							13.2
							18.3
	14	12	22	12			28.8
156 - 7th		13	23	14			16.7
		10	18	8			12
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m		4000 m
DNR	50	10	27	47	50		31.7
144	43	8	28	43	46		41.25
57 DNF-inj.		4	6	22	53		17.8
18 - 10th	19	2	13	20	30		14
5 - 9th	20	3	8	12	21		14
36 - 9th	44	12	22	37	47		35.22
							20
	41		10	25	32		28
3230 m	3200 m	3200 m	2000 m	3200 m			JH
104 - 8th	14	7	10	5			20
85 - 8th	15	8	8	3			13.8
134 - 8th	DNF-inj.	DNR	26	8			30.8
	DNR	DNF-inj.	13	31	12		24.6
64 - 8th	2	2	2	1			5.9
84 - 8th	3	6	4	4			9.2
18 - 7th		1					4.6
	DNR	DNR	12	13	6		23

***“The will
to win
is worthless,
without
the will
to prepare.”***

2002 CROSS COUNTRY SEASON MILEAGE

	<u>total miles</u>
1. Jared Clementson	242.1
2. Chris Lutz	235.1
3. Karl Greden	228.1
4. Mike Defenbaugh	227.6
5. David Hansen	227.1
6. Meleia Johnson	220.0
7. Heidi Larsen	217.1
8. Trent Laugerman	215.1
9. Adam Lee	212.4
10. Deanna Dickey	208.7
11. Jacki Gregoire	198.0
12. Steph Gregoire	198.0
13. Jenna Fore	174.4
14. Seth Peterson	173.9
15. Dennis Gerold	173.1
16. Justin Palmer	171.5
17. Emily Branzovsky	157.6
18. Jordan Clementson	152.2
19. Tom Miche'	144.0
20. Chris Teeman	142.8
21. Abby Olson	136.3
22. Stephanie Purdy	128.7
23. Katie Hughes	118.1
24. Hannah Espeseth	118.0
25. Britt Kreger	106.0
26. Shauna Palmer	105.5
27. Ashley Jackson	91.4
28. Austin Newman	89.3
29. Steven Guttormson	68.8
30. Zach Nelson	64.9
31. Tony Miller	52.1
32. Philip Hugill	45.6
33. Justin Scott	41.5
34. David Hambly	38.2
35. Oliver Rauschnot	11.8

MILES AND MILES.....

GIRLS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loop -4.5	34:31	October 18, 1995	Amy Johnson
2. 580th Street - 4	32:52	September 23, 1998	Heidi Larsen
3. The loop x 3 - 3.3	23:42	August 30, 1996	Becky Haavisto
4. Cty Rd 110 west - 3	22:13	August 23, 2002	Jacki Gregoire
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	6:55	August 22, 2002	Jacki Gregoire
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. Co 8 cut across-6.2	55:20	August 16, 2002	Meleia Johnson
26. 3 x 500	5:12 (1:44 ave)	October 24, 2000	Kim Connaker
27. 5 x 500	9:11(1:50 ave)	October 22, 2001	Jacki Gregoire
28. 6 x 500	10:59 (1:50 ave)	September 12, 2000	Kim Connaker
29. 8 x 500	15:56 (1:59 ave)	October 5, 2000	Kim Connaker
30. 4 x 1000	16:24 (4:01 ave)	October 13, 2000	Kim Connaker
31. 5 x 1000	21:37 (4:19 ave)	August 27, 2002	Meleia Johnson
32. 6 x 1000	25:34 (4:16 ave)	September 3, 2002	Jenna Fore
33. 7 x 1000	30:17 (4:20 ave)	September 10, 2002	Jacki Gregoire
34. 8 x 1000	32:23 (4:03 ave)	September 18, 2002	Jacki Gregoire
35. 2x1000, 2x500, 2x1000	29:15	September 27, 2001	Jacki Gregoire
36. 1 x 1000, 4 x 500, 1 x 1000	15:51	October 7, 2002	Jacki Gregoire

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	17:47	August 23, 2002	Chris Lutz
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	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	6:32 (1:05 ave)	September 24, 2002	JaredClementson
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. Co. 8 cut across - 6.2	48:20	August 16, 2002	David Hansen
30. 3 x 500	4:08 (1:23 ave)	October 23, 2001	JaredClementson, David Hansen
31. 4 x 500	6:06 (1:31 ave)	October 30, 2000	Jeremy Lee
32. 5 x 500	7:28 (1:29 ave)	October 22, 2001	David Hansen
33. 6 x 500	8:59 (1:29 ave)	September 11, 2001	JaredClementson
34. 8 x 500	12:27 (1:31 ave)	October 5, 2000	Ryan Hammill
35. 6 x 200	3:01 (30.2 ave)	October 31, 2002	Chris Lutz
36. 2 x 1000	6:18 (3:09 ave)	October 28, 2002	JaredClementson
37. 4 x 1000	13:10 (3:17 ave)	October 13, 2000	Ryan Hammill
38. 5 x 1000	16:47 (3:21 ave)	August 27, 2002	JaredClementson
39. 6 x 1000	20:11 (3:22 ave)	September 3, 2002	JaredClementson
40. 7 x 1000	23:55 (3:25 ave)	September 10, 2002	Chris Lutz
41. 8 x 1000	25:50 (3:14 ave)	September 18, 2002	JaredClementson
42. 2x1000, 2x500, 2x1000	16:43	September 27, 2001	Jared Clementson
43. 1 x 1000, 4 x 5000, 1 x 1000	12:50	October 7, 2002	JaredClementson

“You don’t have to
have the lead
if you
have the
COURAGE
to
come
from
behind.”

Pine City High School Cross Country 2002

Awards:

MOST VALUABLE RUNNER	Meleia Johnson	Jared Clementson
MOST IMPROVED RUNNER	Steph Gregoire	Dennis Gerold
ROOKIE OF THE YEAR		Emily Branzovsky
SPORTSMANSHIP AWARD	Adam Lee	Mike Defenbaugh
LEADERSHIP AWARD		Heidi Larsen
PERSERVERANCE AWARD	Karl Greden	Trent Laugerman
"TRUE-GRIT" AWARD		Deanna Dickey
COACHES'AWARD	Chris Lutz	Seth Peterson

NEW SCHOOL RECORD:

Meleia Johnson Pine City Invitational 17:09

ALL-CONFERENCE:

Emily Branzovsky	Jared Clementson
Jenna Fore	Jacki Gregoire
Meleia Johnson	Chris Lutz

ALL CONFERENCE HONORABLE MENTION:

Steph Gregoire	Trent Laugerman
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LETTERWINNERS:

Mike Defenbaugh	Deanna Dickey	Karl Greden
Heidi Larsen	Trent Laugerman	Chris Lutz
Seth Peterson	Jared Clementson	David Hansen
Meleia Johnson	Adam Lee	Jenna Fore
Jacki Gregoire	Steph Gregoire	Emily Branzovsky

YOU MIGHT BE A CROSS COUNTRY RUNNER IF:

- * Your shoes have more miles on them than your car does.
- * You need a magnifying glass to see your name in the paper.
- * Your team nickname is "Run for Fun".
- * People say, "You run three miles at once?".
- * All your socks are either stained or torn.
- * Your underwear covers more than your uniform shorts.
- * You run farther in a week than your bus travels for meets.
- * The dogs have to hurry to keep up.
- * Your mom tells you to run to the store because it takes too long to drive.
- * You find yourself running between classes just because.
- * You can spit while running.
- * You can eat your weight in spaghetti.
- * Your Christmas list includes more than one pair of running shoes.
- * You've been to a golf course in every city but not to play golf.
- * You feel lost without your water bottle.
- * You have running withdrawal if you don't run everyday.
- * You could eat spaghetti three times a day.
- * The mile in P.E. becomes your warm-up.
- * Gatorade is your drug of choice.
- * You enjoy running hills.
- * You start to crave Power Bars.
- * Your favorite food group is carbohydrates.
- * You call bus seat number 17 your second home.
- * You can strip and change in a bus seat in less than 2 minutes.
- * You don't puke your first day of basketball practice.
- * You are always hungry.
- * You're running in your dreams.
- * You're as skinny as a twig and have a stupid knit cap for your head.
- * You can maintain a 5:30 pace while throwing up.
- * You try to impress girls/boys by saying you're a fast finisher.
- * You consider school as just a break between runs.
- * Your room smells like Ben Gay and New-Skin.

WORDS TO LIVE BY
FOR THE
CROSS COUNTRY RUNNER

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

DESIRE

DEDICATION

PRIDE

FAITH

PAIN

ENTHUSIASM

SPIRIT

CHARACTER

COURAGE

GOALS

TOUGHNESS

MODESTY

GUTS

SACRIFICE

HEART

IDEALS

LEADERSHIP

PERSERVERENCE

CONFIDENCE

WILL POWER

HOPE

DURABILITY

HUMBLENESS

EXCELLENCE

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Princeton	Chs Lks	BL/Becker	Foley	Conference	Subsection	Section	PB	Ave
DNR		19:08 (4k)	18:13 (4k)	PC-18:14 (4k)	Pz-18:17 (4k)	Bec-17:35	17:35	18:55
18:21 (4k)	18:41 (4k)			NB-18:30 (4k)	Pz-18:10 (4k)		18:10	18:54
18:20 (4k)		18:51 (4k)	18:12 (4k)	PC-18:19 (4k)	Pz-17:56 (4k)	Bec-17:26	17:26	18:46
18:09 (4k)	18:14 (4k)			NB-18:03 (4k)	Pz-17:46 (4k)	Bec-17:40	17:40	18:23
17:28 (4k)	18:01 (4k)			Fo-17:32 (4k)	Pz-17:40 (4k)	Bec-17:35	17:28	18:01
	*18:21 (4k)			Mi-17:42 (4k)	Mi-17:23 (4k)	Bec-17:01	17:01	17:51
11:10 (2.72k)	18:19 (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
16:47 (4k)		injury	16:57 (4k)	PC-16:53 (4k)	Pz-17:10 (4k)	Bec-17:56	16:42	17:12
17:54 (4k)	18:16 (4k)			NB-17:11 (4k)	Pz-17:36 (4k)	Bec-17:39	17:11	18:03
injury	18:50 (4k)			Fo-18:51 (4k)	Pz-18:39 (4k)	Bec-18:23	18:23	18:46
?	18:21 (4k)			Mi-17:50 (4k)	Mi-17:59 (4k)	Bec-17:20	17:20	18:03
11:10 (2.72k)	8:28 (2k)			CL- 8:27 (2k)		Clo-17:25	8:03(2k)	
17:36 (4k)		17:04 (4k)	16:35 (4k)	PC-17:14 (4k)	Pz-17:04 (4k)	Bec-16:37	16:35	17:22
17:48 (4k)	17:47 (4k)			NB-16:45 (4k)	Pz-17:05 (4k)	Bec-16:50	16:45	17:27
injury	9:00 (2k)						8:32 (2k)	
14:16 (3.2k)	8:45 (2k)			Mi-10:38 (2.5k)	Mi-14:29 (3.2k)		8:20 (2k)	
16:58 (4k)		17:14 (4k)	16:36 (4k)	PC-17:05 (4k)	Pz-16:40 (4k)	Bec-16:16	16:16	17:14
13:45 (3.2k)	17:53 (4k)			NB-16:56 (4k)	Pz-16:50 (4k)	Bec-16:57	16:50	17:31
13:41 (3.2k)	17:51 (4k)			Fo-17:09 (4k)	Pz-16:48 (4k)	Bec-16:35	16:35	17:10
19:12 (4k)		18:56 (4k)	18:33 (4k)	PC-18:02 (4k)	Pz-17:39 (4k)	Bec-17:29	17:29	18:51
15:08 (3.2k)	9:27 (2k)			NB- 8:15 (2k)	Pz-13:51(3.2k)		8:15(2K)	8:50 (2K)
16:39(3.2k)		17:24(3.2k)	14:39(3.2k)	PC- 9:20 (2k)	Pz-15:35(3.2k)		9:00(2k)	9:49 (2k)
15:43 (3.2k)	9:48 (2k)			NB- 8:38 (2k)	Pz-15:19 (3.2k)		8:38 (2k)	9:22 (2k)
16:01(3.2k)		17:29(3.2k)	15:03(3.2k)	PC- 9:18 (2k)	Pz-15:20(3.2k)		8:59 (2k)	9:36 (2k)
18:06(3.2k)		injury	DNR	PC-10:18 (2k)	Pz-16:11(3.2k)		10:18(2k)	10:47 (2k)
DNR	DNR			DNR			12:52(2k)	
DNR		injury	16:52(3.2k)	PC-11:15 (2k)	Pz-18:55(3.2k)		9:51 (2k)	10:43(2k)
15:31(3.2k)		15:50(3.2k)	14:23(3.2k)	PC- 8:45 (2k)	Pz-14:35(3.2k)		8:44 (2k)	9:13 (2k)
15:35 (3.2k)	9:38 (2k)			NB-8:26 (2k)	Pz-14:39 (3.2k)		8:26 (2k)	9:21 (2k)
16:00(3.2k)		16:05(3.2k)	14:39(3.2k)	PC- 9:06 (2k)	Pz-15:21(3.2k)		8:50 (2k)	9:29 (2k)
14:26(3.2k)		18:41 (4k)	13:44(3.2k)	PC-17:08 (4k)	Pz-17:12 (4k)	Bec-16:40	16:40	18:00 (4k)
16:56(3.2k)		DNR	16:10(3.2k)	PC- 9:45 (2k)	Pz-15:41(3.2k)		9:36 (2k)	10:20 (2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	g	r	year	Grantsburg	Milaca	Pine City	Cambridge	N Branch	Pierz	Princeton
Mike Defenbaugh	12	2002	*21:12 (5k)	22:42 (5k)	20:19 (5k)	20:19 (5k)	19:44 (5k)	20:23 (5k)	19:49 (5k)	
	11	2001		*22:00 (5k)	21:13 (5k)	20:38 (5k)	19:54 (5k)	19:51 (5k)	20:14 (5k)	
	10	2000	*23:19 (5k)	*21:04 (5k)	20:54 (5k)	20:51 (5k)	19:57 (5k)	21:22 (5k)	15:45 (4k)	
	9	1999	25:40 (5k)	*24:48 (5k)	22:09 (5k)	21:26 (5k)	20:40 (5k)		16:27 (4k)	
Karl Greden	12	2002	*20:21 (5k)	21:25 (5k)	19:55 (5k)	19:47 (5k)	19:07 (5k)	19:01 (5k)	18:55 (5k)	
	11	2001	21:57 (5k)	*20:58 (5k)	20:37 (5k)	19:50 (5k)	18:57 (5k)	19:49 (5k)	19:17 (5k)	
	10	2000	*25:12 (5k)	*22:30 (5k)	23:22 (5k)	23:28 (5k)	20:33 (5k)	22:38 (5k)	17:34 (4k)	
	9	1999	27:17 (5k)	*26:24 (5k)	23:23 (5k)	18:33 (4k)	21:10 (5k)		17:41 (4k)	
	8	1998	11:35 (2.5k)	12:28 (2.5k)	8:59 (2k)	9:10 (2k)	8:26 (2k)		12:13(2.72)	
Trent Laugerman	12	2002	*20:45 (5k)	21:10 (5k)	20:14 (5k)	20:19 (5k)	19:40 (5k)	19:26 (5k)	19:08 (5k)	
	11	2001	20:49 (5k)	*20:04 (5k)	20:36 (5k)	19:45 (5k)	19:18 (5k)	19:26 (5k)	sick	
	10	2000	*22:24 (5k)	*21:21 (5k)	22:21 (5k)	20:40 (5k)	19:43 (5k)	20:21 (5k)	15:11 (4k)	
	9	1999	26:30 (5k)	*23:44 (5k)	21:53 (5k)	21:30 (5k)	20:44 (5k)		16:19 (4k)	
	8	1998	11:59 (5k)	11:09 (2.5k)	8:51 (2k)	8:32 (2k)	8:20 (2k)		10:57(2.72)	
Chris Lutz	12	2002	*18:58 (5k)	19:03 (5k)	18:02 (5k)	18:09 (5k)	17:44 (5k)	18:37 (5k)	18:08 (5k)	
	11	2001	19:19 (5k)	*18:49 (5k)	18:59 (5k)	18:35 (5k)	DNR	17:41 (5k)	17:58 (5k)	
	10	2000		22:02 (5k)	20:59 (5k)	21:02 (5k)	18:58 (5k)	19:02 (5k)	19:08 (5k)	
Austin Newman	12	2002	DNF	DNR	DNR	DNR				
Seth Peterson	12	2002	*20:29 (5k)	21:46 (5k)	19:02 (5k)	19:22 (5k)	injury	19:18 (5k)	18:43 (5k)	
	11	2001		*20:52 (5k)	20:44 (5k)	19:42 (5k)	19:01 (5k)	19:04 (5k)	18:49 (5k)	
	10	2000	*21:20 (5k)	20:23 (5k)	20:03 (5k)	19:52 (5k)	18:49 (5k)	19:45 (5k)		
	9	1999	22:27 (5k)			16:34 (4k)	19:35 (5k)		injury	
Chris Teeman	12	2002			25:35 (5k)	26:39 (5k)	25:26 (5k)	26:03 (5k)		
Jared Clementson	11	2002	*18:19 (5k)	20:02 (5k)	17:28 (5k)	18:36 (5k)	17:51 (5k)	17:14 (5k)	16:59 (5k)	
	10	2001	18:48 (5k)	injury	17:58 (5k)	17:59 (5k)	17:18 (5k)	17:30 (5k)	14:14 (4k)	
	9	2000	*21:27 (5k)	18:56 (5k)	18:44 (5k)	18:51 (5k)	17:41 (5k)	19:16 (5k)	13:46 (4k)	
	8	1999	9:53 (2.5k)	*9:21 (2.5k)	6:59 (2k)	7:05 (2k)	18:36 (5k)		11:37 (3.2k)	
	7	1998	10:27 (2.5k)	9:42 (2.5k)	7:59 (2k)	7:55 (2k)	7:15 (2k)		9:18(2.72k)	
Dennis Gerold	11	2002			23:55 (5k)	22:50 (5k)	21:30 (5k)	21:43 (5k)	20:31 (5k)	
David Hansen	11	2002	*19:45 (5k)	20:18 (5k)	19:09 (5k)	20:01 (5k)	18:59 (5k)	18:44 (5k)	19:40 (5k)	
	10	2001	19:14 (5k)	*18:26 (5k)	18:32 (5k)	18:17 (5k)	17:48 (5k)	17:34 (5k)	14:27 (4k)	
	9	2000	*22:44 (5k)	21:08 (5k)	20:57 (5k)	16:34 (4k)	19:56 (5k)	20:23 (5k)	15:36 (4k)	
	8	1999	11:25 (2.5k)	11:29 (2.5k)	8:26 (2k)	8:47 (2k)	8:03 (2k)		13:59 (3.2k)	
Adam Lee	11	2002	*20:58 (5k)	22:01 (5k)	20:25 (5k)	21:32 (5k)	19:39 (5k)	20:24 (5k)	19:35 (5k)	
	10	2001	24:09 (5k)		22:24 (5k)	22:41 (5k)	20:48 (5k)	21:02 (5k)	16:26 (4k)	
	9	2000	*28:41 (5k)	27:09 (5k)	23:22 (5k)	18:51 (4k)	22:08 (5k)	22:43 (5k)	17:23 (4k)	
	8	1999	13:29 (2.5k)	13:46 (2.5k)	8:44 (2k)	8:56 (2k)	8:27 (2k)		14:09(3.2k)	
Oliver Rauschnot	10	2002								
	7	1999	11:18 (2.5k)	11:49 (2.5k)	8:24 (2k)	8:32 (2k)	8:12 (2k)		14:35 (3.2k)	
Justin Palmer	9	2002		24:18 (5k)	23:52 (5k)	18:20 (4k)	22:33 (5k)	22:35 (5k)	17:06 (4k)	
	8	2001	9:03 (2k)	7:51 (2k)	8:38 (2k)	8:25 (2k)	7:49 (2k)	14:12(3.2k)	14:40 (3.2k)	

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Chs	Lks	BL/Becker	Foley	Conference	Subsection	Section	State	PB	Ave
		20:04 (5k)	19:14 (5k)	PC-20:17 (5k)	Pz-19:19 (5k)	Bec-19:24		19:14	20:14
20:34	(5k)			NB-19:42 (5k)	Pz-19:24 (5k)			19:24	20:23
20:09	(5k)			Fo-20:18 (5k)	Pz-19:35 (5k)			19:35	20:45
22:12	(5k)			Mi-20:03 (5k)	Mi-20:24 (5k)	Bec-19:56		19:56	21:59
		19:23 (5k)	18:18 (5k)	PC-19:10 (5k)	Pz-18:46 (5k)	Bec-17:53		17:53	19:20
19:30	(5k)			NB-19:20 (5k)	Pz-18:51 (5k)	Bec-19:50		18:51	19:51
21:35	(5k)			Fo-21:19 (5k)	Pz-20:22 (5k)			20:22	22:18
23:09	(5k)			Mi-21:20 (5k)	Mi-22:07 (5k)			21:10	23:40
8:35	(2k)			CL-8:46 (2k)				8:26(2k)	
		19:22 (5k)	18:32 (5k)	PC-18:52 (5k)	Pz-18:33 (5k)	Bec-18:40		18:32	19:33
sick				sick	sick			19:18	20:08
20:02	(5k)			Fo-19:43 (5k)	Pz-18:45 (5k)			18:45	20:30
21:23	(5k)			Mi-20:18 (5k)	Mi-20:28 (5k)			20:18	22:04
8:09	(2k)			CL-8:10 (2k)				8:10(2k)	
		18:27 (5k)	18:00 (5k)	PC-18:31 (5k)	Pz-18:15 (5k)	Bec-17:37		17:37	18:18
18:44	(5k)			NB-17:39 (5k)	Pz-17:16 (5k)	Bec-18:15		17:16	18:19
19:29	(5k)			Fo-18:51 (5k)	Pz-18:34 (5k)			18:34	19:48
			18:18 (5k)	PC-18:59 (5k)	Pz-18:35 (5k)	Bec-18:26		18:18	19:18
19:50	(5k)			NB-19:04 (5k)	Pz-18:23 (5k)	Bec-19:16		18:23	19:38
20:05	(5k)			Fo-19:16 (5k)	Pz-18:25 (5k)	Bec-18:50		18:25	19:35
20:16	(5k)			Mi-19:50 (5k)	Mi-19:36 (5k)	Bec-19:34		19:34	20:13
								25:26	25:56
		17:49 (5k)	16:37 (5k)	PC-17:26 (5k)	Pz-16:59 (5k)	Bec-16:20	17:00.9	16:20	17:35
18:23	(5k)			NB-18:13 (5k)	Pz-18:19 (5k)	Bec-18:23		17:18	18:09
18:27	(5k)			Fo-17:50 (5k)	Pz-17:22 (5k)	Bec-17:25	17:57	17:22	18:35
19:14	(5k)			Mi-18:23 (5k)	Mi-18:44 (5k)	Bec-18:26		18:23	18:59
7:37	(2k)			CL-7:34 (2k)				7:15(2k)	
		20:52 (5k)	19:52 (5k)	PC-20:14 (5k)	Pz-19:35 (5k)			19:35	21:08
		19:45 (5k)	18:48 (5k)	PC-19:32 (5k)	Pz-18:52 (5k)	Bec-18:54		18:44	19:22
DNF				NB-17:54 (5k)	Pz-17:43 (5k)	Bec-18:39		17:34	18:14
20:02	(5k)			Fo-19:47 (5k)	Pz-18:54 (5k)			18:54	20:29
8:42	(2k)			Mi-9:45 (2.5k)	Mi-13:56 (3.2k)			8:03(2k)	
		20:06 (5k)	19:04 (5k)	PC-20:06 (5k)	Pz-19:24 (5k)			19:04	20:18
20:53	(5k)			NB-19:44 (5k)	Pz-19:20 (5k)			19:20	21:15
22:58	(5k)			Fo-21:20 (5k)	Pz-20:46 (5k)			20:46	23:28
8:57	(2k)			Mi-10:10 (2.5k)	Mi-14:38 (3.2k)			8:27(2k)	
8:44	(2k)			Mil-10:21 (2.5k)	Mil-13:50 (2.5k)			8:12(2k)	
		21:33 (5k)	20:57 (5k)	PC-21:00 (5k)	Pz-20:04 (5k)			20:04	22:06
8:00	(1.6k)			NB-7:27 (2k)	Pz-13:09 (3.2k)			7:27(2k)	8:12(2k)

AVERAGE MILE TIMES AT MEETS - 2002

	PB - 01	Grntsbrg	Milaca	Pine City	Cambridg	N. Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Mike Defenbaugh - 12	6:14	6:52	7:18	6:32 - jv	6:32	6:22	6:35 - jv
Karl Greden - 12	6:04	6:33	6:53	6:24	6:22	6:10	6:08
Trent Laugerman - 12	6:12	6:40	6:48	6:30	6:32	6:20	6:16
Chris Lutz - 12	5:33	6:06	6:08	5:48	5:50	5:43	6:00
Seth Peterson - 12	5:55	6:35	DNR	6:02	6:14	DNR	6:13
Chris Teeman - 12		DNR	7:00 - jv	8:14 - jv	8:36 - jv	8:12 - jv	8:24 - jv
Jared Clementson - 11	5:34	5:53	6:26	5:37	5:59	5:44	5:34
Dennis Gerold - 11				7:41 - jv	7:22 - jv	6:56 - jv	7:00 - jv
David Hansen - 11	5:39	6:21	6:32	6:09	6:26	6:07	6:03
Adam Lee - 11	6:13	6:45	7:05	6:34	6:57 - jv	6:21	6:35
Justin Palmer - 9	6:49	DNR	7:49 - jv	7:40 - jv	7:20 - 9th	7:16 - jv	7:17 - jv
	2000 m	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Jordan Clementson - 8	6:32	6:17	6:35	6:06	6:22	6:05	7:01 - jv
Tom Miche - 8	6:22	6:23	6:58	6:34	7:20	6:14	6:37
Steven Guttormson - 7		5:59	8:24	6:17	6:25	6:14	
Tony Miller - 7		6:46	7:04	6:58			
Zach Nelson - 7							9:27
Phillip Hugill - 7							
David Hambly - 7							
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Deanna Dickey - 12	7:16	7:48	8:18	7:26	7:59	7:34	DNR
Heidi Larsen - 12	7:04	7:53	8:20	7:35	7:40	7:19	7:42
Meleia Johnson - 11	6:52	6:56	7:14	6:52	DNF	6:48	6:41
Jenna Fore - 10	6:42	7:31	DNR	7:00	7:02	6:52	7:07
Jacki Gregoire - 9	6:44	DNR	DNR	7:10	7:15	6:58	7:13
Steph Gregoire - 9		DNR	DNR	7:53	8:05	7:37	7:53
Abby Olson - 8		8:54					
Emily Branzovsky - 7		7:48					7:30
	2000 m	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Hannah Espeseth - 8	6:54	7:54	8:40	8:04	7:50	7:12	8:24
Katie Hughes - 8		7:38	8:13	DNR	7:55	7:11	8:27
Ashley Jackson - 8	10:18	8:34	9:03	DNR	DNF	8:38	9:30
Britt Kreger - 8		7:53	9:35	8:03	8:22	DNR	8:46
Abby Olson - 8	6:46		7:52	7:25	7:35	6:59	7:50
Stephanie Purdy - 8		7:37	8:08	7:14	7:48	7:04	7:57
Emily Branzovsky - 7			7:34	7:11	7:18	6:52	
Shauna Palmer - 7			9:18	8:06	8:27	7:41	8:25

AVERAGE MILE TIMES AT MEETS - 2002

Princeton	Becker	Foley	RRC	Sub	Section	State	Average	PB-2002
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
6:23	6:28	6:12	6:33 - jv	6:14	6:15		6:31	6:12
6:06	6:15	5:54	6:11	6:03	5:46		6:14	5:46
6:10	6:15	5:59	6:05	5:59	6:01		6:18	5:59
5:51	5:57	5:48	5:58	5:53	5:41		5:54	5:41
6:02	DNR	5:54 - jv	6:07	6:00	5:57		6:07	5:54
DNR	DNR	DNR	DNR	DNR			8:05	7:00
5:29	5:45	5:22	5:37	5:29	5:16	5:29	5:40	5:16
6:37 - jv	6:43 - jv	6:25 - jv	6:32 - jv	6:19 - jv			6:51	6:19
6:20	6:22	6:04	6:18	6:05	6:06		6:14	6:03
6:19 - jv	6:29	6:09	6:29	6:15 - jv			6:33	6:09
6:50 - 9th	6:57 - jv	6:45 -jv	6:46 - jv	6:28 - jv			7:07	6:28
3230 m	3200 m	3200m	2000 m	3200 m			Misc.	2000 m
6:35	7:08 - jv	6:03	5:54	6:20			6:37	6:16
6:49	6:53	6:19	6:20	6:46			6:41	6:38
6:24							6:24	6:40
								6:36
	8:45	7:39	7:10	8:10			8:30	7:10
8:16		7:46	7:10	8:20			8:07	7:10
		7:10	6:52	7:22			7:16	7:10
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m		4000 m	4000 m
DNR	7:39	7:17	7:18	7:19	7:02		7:34	7:02
7:20	7:32	7:17	7:20	7:10	6:58		7:31	6:58
6:43	DNF	6:47	6:45	6:52	7:10		6:53	6:41
7:02	6:50	6:38	6:54	6:50	6:39		6:57	6:38
6:47	6:54	6:38	6:50	6:40	6:30		6:54	6:30
7:41	7:34	7:25	7:13	7:04	7:00		7:32	7:00
							8:54	8:54
	7:28		6:51	6:53	6:40		7:12	6:40
3230 m	3200 m	3200 m	2000 m	3200 m	3200 m		Misc	2000m
8:20	8:44	7:20	7:28	7:47			8:07	7:51
8:00	8:47	7:31	7:26	7:40			8:05	7:41
9:03	DNF	DNR	9:02	8:05			8:53	8:49
DNR	DNF	8:26	9:00	9:27			8:53	8:35
7:45	7:57	7:11	7:00	7:17			7:36	7:22
8:00	8:05	7:20	7:17	7:40			7:48	7:31
7:13		6:52					7:02	7:14
DNR	DNR	8:05	7:28	7:50			8:07	8:12

TEAM POSITIONS AT MEETS - 2002

	Grntsbrg	Milaca	Pine City	Cambridge	N Branch
	5000 m	5000 m	5000 m	5000 m	5000 m
Mike Defenbaugh - 12	8	8	7	6	7
Karl Greden - 12	4	5	5	4	4
Trent Laugerman - 12	6	4	6	7	6
Chris Lutz - 12	2	1	2	1	1
Seth Peterson - 12	5	6	3	3	DNR-inj.
Chris Teeman - 12			11	10	10
Jared Clementson - 11	1	2	1	2	2
Dennis Gerold - 11			10	9	8
David Hansen - 11	3	3	4	5	3
Adam Lee - 11	7	7	8	8	5
Justin Palmer - 9		9	9	9th gr	9
Jordan Clementson - 8					
	2000 m	2000 m	2000 m	2000 m	2000 m
Jordan Clementson - 8	2	1	1	1	1
Tom Miche - 8	3	2	3	3	3
Steven Guttormson - 7	1	4	2	2	2
Tony Miller - 7	4	3	4		
Zach Nelson - 7					
Philip Hugill - 7					
David Hambly - 7					
	4000 m	4000 m	4000 m	4000 m	4000 m
Deanna Dickey - 12	3	2	4	5	5
Heidi Larsen - 12	5	3	5	4	4
Meleia Johnson - 11	1	1	1	1	1
Jenna Fore - 10	2		2	2	2
Jacki Gregoire - 9			3	3	3
Steph Gregoire - 9			6	6	6
Abby Olson - 8	6				
Emily Branzovsky - 7	4				
	2000 m	2000 m	2000 m	2000 m	2000 m
Hannah Espeseth - 8	4	5	5	5	5
Katie Hughes - 8	2	4		4	4
Ashley Jackson - 8	5	6		7	7
Britt Kreger - 8	3	8	4	DNR	DNR
Abby Olson - 8		2	2	2	2
Stephanie Purdy - 8	1	3	3	3	3
Emily Branzovsky - 7		1	1	1	1
Shauna Palmer - 7		7	6	6	6

TEAM POSITIONS AT MEETS - 2002

Pierz	Princeton	Becker	Foley	Conference	Sub-sect	Section	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
7	8	6	8	9	7	7	7.33
4	4	4	4	3	5	5	4.17
6	5	3	5	3	3	5	4.92
2	2	2	2	2	2	2	1.75
5	3	DNR	4	4	4	4	4.10
12	DNR	DNR	DNR	DNR	DNR	DNR	10.75
1	1	1	1	1	1	1	1.25
9	9	8	9	8	9	9	8.78
3	6	5	6	6	6	6	4.67
8	7	7	7	7	7	8	7.18
11 9th gr		9	10	11	10		9.75
10		10					
3200 m	3230 m	3200 m	3200 m	2000 m	3200 m		JH
	2		1	1	1		1.22
1	3	1	2	2	2		2.27
	1						2.00
							3.67
2		2	4	4	4		3.20
	4		5	5	5		4.75
			3	3	3		3.00
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
DNR	DNR	6	5	6	7	6	4.90
5	4	4	4	7	6	4	4.58
1	1	DNF-inj.	3	1	3	7	1.91
2	3	1	1	4	2	2	2.09
3	2	2	2	2	1	1	2.20
6	5	5	6	5	5	5	5.50
							6.00
4		3		3	4	3	3.50
3200 m	3230 m	3200 m	3200 m	3200 m	3200 m		JH
3	5	3	4	4	4		4.27
5	4	4	5	3	2		3.70
7	6	DNF-inj.	DNR	6	6		6.25
6	DNR	DNF-inj.	7	7	7		6.00
1	2	1	2	1	1		1.60
2	3	2	3	2	3		2.55
	1		1				1.00
4			6	5	5		5.62

PLACE FINISHES AT MEETS - 2002

	Grantsburg	Milaca	Pine City	Cambridge	N. Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Mike Defenbaugh - 12	30	81	3 jv	27	27	15 jv
Karl Greden - 12	19	60	22	18	16	41
Trent Laugerman - 12	25	55	24	28	26	48
Chris Lutz - 12	8	14	4	2	3	32
Austin Newman - 12						
Seth Peterson - 12	22	64	15	12	DNR	47
Chris Teeman - 12			32 jv	90 jv	34 jv	66 jv
Jared Clementson - 11	4	30	1	4	3	4
Dennis Gerold - 11			24 jv	59 jv	10 jv	36 jv
David Hansen - 11	16	40	16	21	15	36
Adam Lee - 11	28	10 jv	26	33 jv	25	67
Justin Palmer - 9		36 jv	23 jv	11-9th gr	23 jv	52 jv
Jordan Clementson - 8						39 jv
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Jordan Clementson - 8	7	13	2	7	4	
Tom Miche - 8	10	23	7	10	6	6
Steven Guttormson - 7	3	45	5	8	5	
Tony Miller - 7	11	29	15			
Zach Nelson - 7						84
Philip Hugill - 7						
David Hambly - 7						
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Deanna Dickey - 12	9	49	23	25	27	DNR
Heidi Larsen - 12	12	50	26	16	19	60
Meleia Johnson - 11	1	14	5		4	12
Jenna Fore - 10	6		13	6	7	24
Jacki Gregoire - 9			10	9	11	32
Steph Gregoire - 9			33	27	29	66
Abby Olson - 8	20					
Emily Branzovsky - 7	10					50
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Hannah Espeseth - 8	9	43	17	23	10	24
Katie Hughes - 8	5	27		21	9	28
Ashley Jackson - 8	18	49			33	51
Britt Kreger - 8	8	59	16	28	DNR	30
Abby Olson - 8		15	4	12	4	11
Stephanie Purdy - 8	4	22	8	19	7	15
Emily Branzovsky - 7		7	3	9	3	
Shauna Palmer - 7		54	18	30	24	27

