

DRAGON

2003
CROSS COUNTRY

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."

**Rum River Conference
Pre-Season Jamboree @ STMA
August 19, 2003 - 9:00 a. m. -
cloudy, humid**

PINE CITY GIRLS' RESULTS

2400 m

	<u>place</u>	<u>time</u>
1. Jenna Fore	2	9:41
2. Emily Branzovsky	4	9:43
3. Meleia Johnson	6	9:48
4. Jacki Gregoire	10	10:05
5. Abby Olson	12	10:17
6. Steph Gregoire	17	10:26
7. Steph Purdy	25	10:48
8. Hannah Espeseth	33	11:28
9. Britt Kreger	45	13:18

Participating Schools:

1. Chisago Lakes
2. Milaca
3. Mora
4. North Branch
5. Pine City
6. Princeton
7. STMA

#1 runner: Sara - Milaca - 9:34

PINE CITY BOYS' RESULTS

3200 m

	<u>place</u>	<u>time</u>
1. Jared Clementson	5	11:33
2. David Hansen	6	11:34
3. Adam Lee	27	12:44
4. Tom Miche'	30	12:53
5. Jesse Bridley	33	13:12
6. Jeff Hussong	40	13:34
7. David Hambly	43	13:39
8. Jordan Clementson	44	13:41
9. Max Maltz	46	13:46

#1 runner: Jason Callander, Mora - 10:53

VISION

VISION

IS

THE ABILITY

TO MAKE

A DREAM

A REALITY.

OLSON INVITATIONAL CROSS COUNTRY MEET

Milaca Golf Course

Monday, August 25, 2003-10:00 a.m.

very hot, sunny, very humid

PINE CITY GIRLS' RESULTS:

4000 m - 90 runners - 52 jv

	<u>place</u>	<u>time</u>
1. Jacki Gregoire	25	20:03
2. Abby Olson	44	20:27
3. Steph Gregoire	58	20:47
4. Hannah Espeseth	12 jv	22:09
5. Britt Kreger	46 jv	27:21
6. Meleia Johnson	DNF	injury
7. Jenna Fore	DNF	injury

#1 runner: Megan Meyer, Little Falls - 17:02

#1 jv runner: K. Palmquist, Becker - 19:23

Junior High - 2000 m - 73 runners

1. Brietta Clementson	23	9:48
2. Laura Kleppe	57	11:39
3. Emily Erickson	59	11:43
4. Emily Hill	67	12:34

#1 runner: Ella Smith, Becker - 8:02

JH Team Results: 1. Becker - 8, 2. Rush City - 28, 3. Monticello - 60, 4. Princeton - 82,
5. Albany - 95, 6. Milaca - 101, 7. Mora - 113, 8. Pine City - 139

PINE CITY BOYS' RESULTS:

5000 m - 111 runners

	<u>place</u>	<u>time</u>
1. Jared Clementson	20	19:39
2. David Hansen	22	19:42
3. Adam Lee	64	21:31 BTC
4. Jeff Hussong	86	22:23
5. Jesse Bridley	103	23:32
6. Jordan Clementson	109	24:54
7. Max Maltz	DNF	injury

#1 runner: Jon Stoltman, Little Falls - 17:32

Junior Varsity - 3000 m - 110 runners

1. Justin Palmer	21	12:22
2. Tom Miche'	40	13:04

Junior High - 2000 m - 70 runners

1. Clay Fischer	1	7:14
2. David Hambly	11	7:59

#1 runner: Clay Fischer, Pine City - 7:14

GIRLS' TEAM RESULTS:

1. Big Lake	67
2. Monticello	106
3. Little Falls	119
4. Becker	166
5. STMA	169
6. North St. Paul	193
7. Rush City	226
8. St. Francis	230
9. Mora	249
10. North Branch	279
11. Albany	298

Incomplete teams: Cambridge,
Chisago Lakes, Foley, Hinckley-
Finlayson, Onamia, Pierz, Pine City
Princeton, Rocori

BOYS' TEAM RESULTS:

1. Monticello	82
2. North St. Paul	106
3. Chisago Lakes	111
4. Little Falls	113
5. Big Lake	169
6. Mora	174
7. Rocori	240
8. Albany	247
9. North Branch	248
10. STMA	257
11. Pine City	295
12. St. Francis	313
13. Cambridge	344
14. Princeton	359
15. Becker	398
16. Rush City	503

Incomplete teams: Foley, Hinckley/
Finlayson, Onamia, Pierz

GRANTSBURG INVITATIONAL CROSS COUNTRY MEET

Memory Lake Park
Thursday, August 25, 2003-4:30 p.m.
hot, humid, breezy

PINE CITY GIRLS' RESULTS:

4000 m - 70 runners

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	1	17:35	
2. Jacki Gregoire	12	18:43	BTY-BTC
3. Steph Gregoire	16	19:20	BTY
4. Abby Olson	25	20:10	PB
5. Steph Purdy	26	20:52	
6. Hannah Espeseth	34	21:00	PB
7. Britt Kreger	64	24:33	PB
8. Meleia Johnson	DNF	injury	

GIRLS' TEAM RESULTS:

1. Boyceville	38
2. Pine City	80
3. Grantsburg	83
4. Spooner	91
5. Shell Lake	155
6. St. Croix Falls	168
7. Webster	208
8. Unity	260
Frederick	Inc

#1 runner: Emily Branzovsky, Pine City - 17:35

Junior High - 2000 m

1. Brietta Clementson	4	9:35	PB
2. Emily Erickson	5	9:36	PB
3. Steph Dickey		9:52	
4. Laura Kleppe		11:54	PB
5. Emily Hill		11:57	PB
6. Melanie Gerold		13:23	

#1 time: 9:02

PINE CITY BOYS' RESULTS:

5000 m - 76 runners

	<u>place</u>	<u>time</u>	
1. Jared Clementson	8	18:44	BTY-BTC
2. David Hansen	18	19:35	BTY
3. Adam Lee	29	20:44	BTY-BTC
4. Dennis Gerold	32	21:18	
5. Justin Palmer	43	22:12	
6. Tom Miche'	44	22:20	
7. Jesse Bridley	47	22:42	PB
8. Jeff Hussong	53	23:42	
9. Jordan Clementson	61	24:28	BTY
10. Max Maltz	62	24:30	
11. Mike Talbot	DNF		

BOYS' TEAM RESULTS:

1. Spooner	52
2. Frederick	55
3. Boyseville	95
4. Grantsburg	114
5. Webster	121
6. Pine City	130
7. St. Croix Falls	200
8. Unity	254
Shell Lake	Inc

#1 runner: Pad Judd, Grantsburg - 17:23

Junior High - 2000 m

1. Clay Fischer	2	7:18	
2. David Hambly	4	7:58	PB

#1 time: 6:58

PINE CITY INVITATIONAL CROSS COUNTRY MEET

Thursday, September 4, 2003

warm, sunny

PINE CITY GIRLS' RESULTS:

4000 m - 42 runners

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	4	17:04	BTY
	New school record		
2. Meleia Johnson	9	17:19	BTY
3. Jacki Gregoire	15	18:03	BTY
4. Abby Olson	20	18:48	PB
5. Steph Purdy	23	18:58	PB
6. Steph Gregoire	26	19:10	BTY-BTC
7. Hannah Espeseth	7 j v	20:27	PB
8. Britt Kreger	25 j v	23:10	PB
9. Jenna Fore	DNF		injury

#1 runner: Melissa Engelmeier, Hermantown - 15:03

Junior High -

2000 m - 35 runners

1. Brietta Clementson	5	8:47	PB
2. Emily Erickson	9	9:03	PB
3. Steph Dickey	19	9:41	PB
4. Emily Hill	32	11:51	PB
5. Laura Kleppe	34	12:06	
6. Melanie Gerold	35	13:43	

#1 runner: Kirstin Sigurdson, Mora - 8:20

GIRLS' TEAM RESULTS:

1. Hermantown	32
2. Pine City	47
3. Rush City	63
4. Mora	68
Foley	Inc
Milaca	Inc
Concordia Academy	Inc
Onamia	Inc
Hinckley/Fin	Inc
East Central	Inc
Cromwell	Inc

JH team results:

1. Rush City - 48
2. Hinckley - 52
3. Mora - 53
4. Pine City - 57

PINE CITY BOYS' RESULTS:

5000 m - 52 runners

	<u>place</u>	<u>time</u>	
1. Jared Clementson	3	17:21	BTY-BTC
2. David Hansen	16	19:06	BTY
3. Dennis Gerold	28	20:03	BTY-BTC
4. Adam Lee	33	20:26	BTY
5. Jeff Hussong	38	21:16	PB
6. Justin Palmer	40	21:20	BTY-BTC
7. Jordan Clementson	16 j v	21:55	BTY
8. Max Maltz	17 j v	22:07	PB
9. Jesse Bridley	45	22:23	PB
10. Nick Marty	20 j v	23:03	
11. Mike Talbot	24 j v	23:47	

#1 runner: Kyle Schmidt, Hermantown - 17:09

Junior High -

2000 m - 47 runners

1. Clay Fischer	1	7:13	PB
2. David Hambly	2	7:18	PB
3. Trevor McNally	9	7:38	
4. Philip Hugill	24	9:03	

#1 runner: Clay Fischer, Pine City - 7:13

BOYS' TEAM RESULTS:

1. Concordia Academy	44
2. Hermantown	56
3. Mora	64
4. Pine City	91
5. MLWR	106
6. Hinckley/Fin	119
7. Rush City	150
Foley	Inc
Milaca	Inc
East Central	Inc
Cromwell	Inc

CHALLENGES

WHEN FACED
WITH
CHALLENGES,
IMAGINE
THE POSSIBILITIES
AND STRIVE
TO SURPASS
EVEN YOUR OWN
EXPECTATIONS.

NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET
Thursday, September 11, 2003
cool, rainy

PINE CITY GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	1	16:24	PB
2. Meleia Johnson	5	16:59	BTY-BTC
3. Jenna Fore	9	17:36	
4. Jacki Gregoire	10	17:42	BTY
5. Abby Olson	22	18:32	PB
6. Steph Gregoire	23	18:57	BTY-BTC
7. Hannah Espeseth	3 j v	19:49	PB
8. Britt Kreger	19 j v	23:17	

#1 runner: Emily Branzovsky, Pine City - 16:24

Junior High - 2000 m -

1. Brietta Clementson	1	8:41	PB
2. Emily Erickson	7	8:56	PB
3. Steph Dickey	12	9:12	PB
4. Laura Kleppe	24	10:12	PB
5. Emily Hill	30	11:32	PB
6. Melanie Gerold	33	13:00	PB

#1 runner: Brietta Clementson, Pine City - 8:41

GIRLS' TEAM RESULTS:

1. Pine City	47
2. Rush City	58
3. North Branch	65
4. Cambridge/Isanti	112
Princeton	Inc
East Central	Inc
Milaca	Inc

JH team results:

1. Princeton - 58
2. Hinckley - 70
3. Pine City - 74
4. Milaca - 93

PINE CITY BOYS' RESULTS

5000 m -

	<u>place</u>	<u>time</u>	
1. Jared Clementson	1	17:03	BTY-BTC
2. David Hansen	7	18:20	BTY
3. Adam Lee	12	18:57	PB
4. Dennis Gerold	24	19:49	BTY-BTC
5. Jesse Bridley	8 j v	20:32	PB
6. Tom Miche'	9 j v	20:37	PB
7. Jordan Clementson	34	20:41	PB
8. Justin Palmer	38	21:06	BTY-BTC
9. Max Maltz	15 j v	21:18	PB
10. Jeff Hussong	42	21:21	
11. Nick Marty	20 j v	21:22	PB
12. Mike Talbot	21 j v	21:23	PB

#1 runner: Jared Clementson, Pine City - 17:03

Junior High - 2000 m -

1. Clay Fischer	1	7:02	PB
2. David Hambly	3	7:27	
3. Trevor McNally	5	7:47	
4. Philip Hugill	14	9:21	

#1 runner: Clay Fischer, Pine City - 7:02

BOYS' TEAM RESULTS:

1. North Branch	63
2. Pine City	78
3. Princeton	97
4. Rush City	98
5. Cambridge/Isanti	110
6. Hinckley/Fin	Inc
East Central	Inc
Milaca	Inc

JV team results:

1. Cambridge - 48
2. Pine City - 73
3. Rush City - 82

PIERZ PIONEER STAMPEDE CROSS COUNTRY MEET

Monday, September 15, 2003

warm, sunny - very hilly course

PINE CITY GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	9	16:34	BTC
2. Jacki Gregoire	32	17:49	
3. Steph Gregoire	59	18:52	BTY-BTC
4. Abby Olson	64	19:18	
5. Hannah Espeseth	71	19:48	PB
Meleia Johnson	DNF	injury	
Steph Purdy	DNF	injury	
Britt Kreger	DNF	injury	

#1 runner: Beth Tacl, St. Cloud Cathedral - 15:00

Junior High - 3200 m

1. Brietta Clementson	9	14:39	
2. Emily Erickson	56	18:50	
3. Laura Kleppe	64	19:34	
4. Emily Hill	65	21:21	
5. Melanie Gerold	71	23:34	

#1 runner: Jana Jaspers, Rockford

GIRLS' TEAM RESULTS:

1. Brainerd	37
2. St. Cloud Cathedral	45
3. Rockfore	91
4. Becker	92
5. Maple Lake	214
6. Pine City	235
7. Mora	258
8. Wadena-Deer Crk	259
9. Pierz	274
10. Annandale	274
11. Royalton	320
12. Onamia	328
13. Long Priarie	356
8 teams	Inc

JH team results:

1. Brainerd - 75	7. Albany -189
2. Becker - 79	8. Pine City-256
3. Annandale - 134	9. Mora - 258
4. Princeton - 159	
5. Hinckley - 172	
6. Cathedral - 196	

PINE CITY BOYS' RESULTS

5000 m -

	<u>place</u>	<u>time</u>	
1. Jared Clementson	6	17:10	BTC
2. David Hansen	41	18:47	
3. Dennis Gerold	67	19:35	PB tie
4. Adam Lee	70	19:40	
5. Tom Miche'	77	19:52	PB
6. Jordan Clementson	88	20:38	PB
7. Justin Palmer	37 j v	21:01	BTY
8. Max Maltz	46 j v	21:23	
9. Jeff Hussong	49 j v	21:33	
10. Mike Talbot	54 j v	21:48	
11. Jesse Bridley	99	21:55	
12. Nick Marty	65 j v	22:19	

#1 runner: Justin Grunewald, Brainerd - 15:54

Junior High - 3200 m -

1. Clay Fischer	1	11:47	
2. David Hambly	5	12:29	PB
3. Philip Hugill	83	17:08	

#1 runner: Clay Fischer, Pine City - 11:47

BOYS' TEAM RESULTS:

1. Brainerd	55
2. St. Cloud Cathedral	67
3. Pierz	149
4. Mora	164
5. Albany	169
6. Wadena-Deer Crk	173
7. Long Prairie	191
8. Annandale	200
9. Pine City	261
10. Becker	301
11. Hinckley	327
12. Rockford	329
13. Princeton	365
14. St. John's Prep	388
15. Royalton	403
6 teams	Inc

JV team results:

1. Cathedral - 37	6. Pine City-249
2. Brainerd - 62	7. Mora - 262
3. Becker - 116	
4. Annandale - 129	
5. Rockford - 200	

MILACA MEGA CROSS COUNTRY MEET
83 teams - over 2300 runners
Saturday, September 20, 2003
cool morning; warm, sunny afternoon

PINE CITY GIRLS' RESULTS:

Varsity (212 runners)- 10th grade (111 runners)-
 9th grade (159 runners) - 4000 m

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	11 -10th	17:34	BTY
2. Steph Gregoire	29 -10th	18:41	BTY-BTC
3. Abby Olson	70 -9th	19:08	
4. Steph Purdy	81 -9th	19:31	
5. Hannah Espeseth	92 -9th	19:55	
6. Britt Kreger	154 -9th	24:06	
Meleia Johnson	DNF	injury	
Jenna Fore	DNF	injury	

PINE CITY BOYS' RESULTS

Varsity (252 runners) - JV (412 runners) - 5000 m

	<u>place</u>	<u>time</u>	
1. Jared Clementson	47	17:57	
2. David Hansen	101	19:06	BTC
3. Dennis Gerold	131	19:44	BTC
4. Adam Lee	142	19:55	
5. Jesse Bridley	199	21:10	
6. Jeff Hussong	202	21:14	PB
7. Max Maltz	213	21:47	
8. Mike Talbot	245 j v	21:59	
9. Nick Marty	297 j v	22:55	
10. Luke Pederson	362 j v	24:35	

Varsity - #1 runner Nicole Calabrese, Kinsland - 14:34

10th gr -#1 runner Anyah Swanson, Montgomery- 16:11 **Varsity-#1 runner:** Chris Erickson, Kinsland-16:24

9th gr-#1 runner Elizabeth Schmitz, Wayzata - 15:36 **JV-#1 runner** Mike Asp, Stillwater - 18:10

Junior High 7th gr(151 runners) - 8th gr(179 runners)

- 3230 m

1. Emily Branzovsky	3 -8th	13:14	PB
2. Brietta Clementson	55 -7th	15:28	
3. Emily Erickson	124 -8th	16:27	PB
4. Steph Dickey	102 -7th	16:43	
4. Emily Hill	143 -7th	19:53	PB
5. Melanie Gerold	151 -7th	23:18	PB

8th gr-#1 runner: Brianna Meyer, Sauk Center - 12:51

7th gr-#1 runner: Emily Eberle, Kingsland - 13:12

9th grade boys - (209 runners) - 4000 m

1. Tom Miche'	79	16:10
2. Jordan Clementson	96	16:35

#1 runner: Nick Ramberg, N. Branch-13:33

8th grade boys - (202 runners) - 3230 m

1. Clay Fischer	3	11:32	PB
2. David Hambly	18	12:18	PB
3. Trevor McNally	36	12:50	
4. Philip Hugill	178	16:47	PB

#1 runner: Andrew Hoffman, SLP -11:24

GIRLS' TEAM RESULTS:

1. Staples	58	21. Mora	578
2. Fairmont	144	22. Redwood Valley	591
3. United So. Central	144	23. Royalton	595
4. Canby	154	24. Concordia Ac	670
5. St. Cloud Cathedral	166	18 incomplete teams	
6. New London Spicer	175		
7. Kingsland	221		
8. Minnehaha Academy	230		
9. Visitation	234		
10. Perham	255		
11. Madelia Truman	283		
12. Mt. Iron/Buhl/Virgi	284		
13. Lake City	294		
14. Paynesville	329		
15. Carlton/Wrenshal	379		
16. Maple Lake	447		
17. Morris	503		
18. Blue Earth	531		
19. Marshall of Duluth	533		
20. Mayer Lutheran	552		

BOYS' TEAM RESULTS:

1. Staples	45	19. Adrian	514
2. Perham	89	20. Sauk Center	514
3. Eveleth-Gilbert	102	21. Pine City	551
4. Minnehaha Ac	152	22. Dilworth	571
5. St. Cl Cathedral	158	23. Mesabi East	582
6. Fairmont	250	24. Marshall/Dul	591
7. Concordia Ac	263	25. Blooming Pr	591
8. Redwood Valley	302	26. Blue Earth	626
9. United So. Central	312	27. Montgomery	640
10. Carlton/Wrenshal	360	28. CHOF	648
11. Mayer Lutheran	380	29. Plainsview	758
12. Mora	388	30. Lake City	783
13. Hills Beaver Creek	435	31. Morris	793
14. Paynesville	481	32. Pequot Lks	850
15. New London Spicer	495	33. St. Mary	878
16. Albany	499	34. Rush City	886
17. Cook Co	511	8 incomplete teams	
18. Madelia	513		

CHISAGO LAKES INVITATIONAL CROSS COUNTRY MEET

Thursday, September 25, 2003

cool - rough, hilly course

PINE CITY GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	1	16:26	
2. Jacki Gregoire	4	17:29	BTY-BTC
3. Meleia Johnson	5	17:31	BTC
4. Steph Gregoire	11	18:40	BTY
5. Steph Purdy	13	19:04	
6. Abby Olson	17	19:20	
7. Hannah Espeseth	18	19:51	
8. Britt Kreger	1 j v	21:54	PB

#1 runner: Emily Branzovsky, Pine City - 16:26

#1 JV runner: Britt Kreger, Pine City - 21:54

Junior High - 2000 m -

1. Brietta Clementson	5	9:00	
2. Steph Dickey	7	9:04	PB
3. Laura Kleppe	18	10:56	
4. Emily Hill	19	12:21	
5. Emily Erickson		13:43	
6. Melanie Gerold	20	15:06	

#1 runner: Osceola - 7:34

GIRLS' TEAM RESULTS:

1. Pine City	34
2. North Branch	65
3. Chisago Lakes	195
Milaca	Inc
East Central	Inc
Princeton	Inc

7th grade team results:

1. Osceola - 14
2. Princeton - 19
3. Pine City - 30
Milaca - Inc
North Branch - Inc

PINE CITY BOYS' RESULTS

5000 m -

	<u>place</u>	<u>time</u>	
1. Jared Clementson	1	17:26	BTC
2. Adam Lee	12	19:07	BTC
3. David Hansen	13	19:14	BTC
4. Dennis Gerold	19	19:36	
5. Jordan Clementson	23	20:05	PB
6. Tom Miche'	25	20:14	
7. Justin Palmer	2 j v	20:26	BTY
8. Jeff Hussong	6 j v	20:55	PB
9. Max Maltz	7 j v	21:01	PB
10. Jesse Bridley	29	21:25	
11. Nick Marty	10 j v	21:35	
12. Luke Pederson	DNF	injury	

#1 runner: Jared Clementson, Pine City - 17:26

Junior High - 2000 m -

1. Clay Fischer	1	7:11	
2. David Hambly	3	7:40	
3. Trevor McNally	4	7:54	
4. Philip Hugill	17	9:40	

#1 runner: Clay Fischer, Pine City - 7:11

BOYS' TEAM RESULTS:

1. Chisago Lakes	33
2. North Branch	55
3. Pine City	68
4. Milaca	86
5. Princeton	110
East Central	Inc

8th grade team results:

1. Pine City - 8
2. Chisago Lakes - 20
3. Osceola - 27
4. Milaca - 31

BIG LAKE-BECKER INVITATIONAL CROSS COUNTRY MEET

Pebble Creek Golf Course, Becker

Tuesday, September 30, 2003

cool, windy

PINE CITY GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	8	15:56	PB
2. Jacki Gregoire	21	16:50	BTY-BTC
3. Jenna Fore	31	17:08	BTY-BTC
4. Steph Gregoire	48	18:07	BTY
5. Abby Olson	56	18:49	
6. Hannah Espeseth	26 j v	19:02	PB
7. Britt Kreger	55 j v	21:53	PB
8. Meleia Johnson	DNF	injury	
9. Steph Purdy	DNF	injury	

#1 runner: Beth Taci, St. Cloud Cathedral - 14:42

Junior High - 3200 m -

1. Brietta Clementson	6	14:41	
2. Emily Erickson	27	17:14	
3. Laura Kleppe	28	17:24	PB
4. Emily Hill	34	19:08	PB
5. Melanie Gerold	39	23:12	
6. Steph Dickey	DNF		

#1 runner: Kayla Gludmundson, Becker - 13:56

GIRLS' TEAM RESULTS:

1. Cathedral	45
2. Big Lake	56
3. Becker	79
4. Paynesville	126
5. Pine City	164
6. North Branch	167
7. Delano	200
8. Albany	222
9. Mora	225
10. Pierz	240
11. EVW/K	273

7th grade team results:

1. Becker - 20
2. Cathedral - 105
3. Mora - 134
4. Albany - 135
5. Pine City - 162

PINE CITY BOYS' RESULTS

5000 m -

	<u>place</u>	<u>time</u>	
1. Jared Clementson	2	16:31	BTY-BTC
2. David Hansen	21	18:25	BTC
3. Clay Fischer	1 j v	18:31	
4. Adam Lee	32	18:45	PB
5. Dennis Gerold	39	19:02	PB
6. David Hambly	5 j v	19:38	
7. Jordan Clementson	57	19:42	PB
8. Tom Miche'	59	19:46	PB
9. Jesse Bridley	13 j v	20:16	PB
10. Jeff Hussong	70	20:39	PB
11. Nick Marty	21 j v	20:41	PB
12. Max Maltz	34 j v	21:37	
13. Luke Pederson	45 j v	23:25	PB

#1 runner: Jason Callander, Mora - 16:25

#1 JV runner: Clay Fischer, Pine City - 18:31

Junior High - 2000 m -

1. Trevor McNally	2	12:32	PB
2. Philip Hugill	37	16:11	BTY

#1 runner: North Branch - 12:24

BOYS' TEAM RESULTS:

1. Big Lake	96
2. Pierz	105
3. North Branch	121
3. Mora	121
4. Albany	127
6. Pine City	151
7. Becker	151
8. Paynesville	152
9. Delano	176
10. St. John's Prep	230

JV team results:

1. Becker - 35
2. Big Lake - 59
3. Pine City - 74
4. Mora - 160

PROCTOR INVITATIONAL CROSS COUNTRY MEET

Tuesday, October 14, 2003
cool, windy - very hilly course

PINE CITY GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>
1. Emily Branzovsky	7	17:07
2. Jacki Gregoire	17	17:49
3. Steph Gregoire	32	18:58
4. Brietta Clementson	2 j v	19:14
5. Abby Olson	41	19:33
6. Hannah Espeseth	55	20:54
7. Britt Kreger	19 j v	24:18
Jenna Fore	DNF	injury
Steph Purdy	DNF	injury

#1 runner: Melissa Engelmeier, Hermantown - 15:22

Junior High - 2400 m -

1. Steph Dickey	4	11:04
2. Emily Erickson	15	12:12
3. Laura Kleppe	22	13:11
4. Emily Hill	25	14:46
5. Melanie Gerold	26	16:45

GIRLS' TEAM RESULTS:

1. Proctor	68
2. Cromwell	101
3. Rush City	104
4. Hermantown	108
5. Esko	132
6. Marshall	144
7. Cook County	148
8. Pine City	152
9. Carlton/Wrenshall	155

junior high team results:

1. Hermantown - 21
2. **Pine City - 92**

PINE CITY BOYS' RESULTS

5000 m -

	<u>place</u>	<u>time</u>
1. Jared Clementson	2	17:28
2. David Hansen	20	19:32
3. Dennis Gerold	38	20:18
4. Adam Lee	39	20:22
5. Justin Palmer	60	21:15
6. Jeff Hussong	66	21:38
7. Max Maltz	12 j v	21:54
8. Jesse Bridley	70	22:04
Nick Marty	DNF	injury
Luke Pederson	DNF	injury

#1 runner: Kyle Schmidt, Hermantown - 16:49

Junior High - grades 7-9 - 2400 m

1. Tom Miche'	1	8:55
2. Clay Fischer	2	8:56
3. Jordan Clementson	3	8:57
4. David Hambly	4	9:02 PB
5. Trevor McNally	6	9:14
6. Philip Hugill	32	11:13

#1 runner: Tom Miche', Pine City - 8:55

BOYS' TEAM RESULTS:

1. Hermantown	63
2. Marshall	74
3. Carlson/Wrenshal	99
4. Esko	141
5. Hinckley	147
6. Pine City	159
7. Rush City	185
8. Cook County	226
9. Proctor	226
10. McGregor	235
11. Barnum	241
12. Lake View CA	247

JH team results:

1. **Pine City - 16**
2. Esko - 67
3. Cromwell - 159
4. Proctor - 165

PRIDE

Pride
in
past achievements
is
the foundation
for
future success.

RUM RIVER CONFERENCE CROSS COUNTRY MEET

St. Michael

Thursday, October 9, 2003

hot, humid, windy

PINE CITY GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	4	16:25	ALL-CONFERENCE
2. Jacki Gregoire	11	17:22	ALL-CONFERENCE
3. Jenna Fore	18	18:05	HONORABLE MENTION
4. Steph Gregoire	23	18:23	HONORABLE MENTION
5. Steph Purdy	28	18:47	PB
6. Abby Olson	34	19:21	
7. Hannah Espeseth	9 j v	20:29	
8. Britt Kreger	18 j v	21:44	PB
9. Meleia Johnson	DNF	injury	

#1 runner: Brenna Carey, Big Lake - 15:22

Junior High - 3000 m -

1. Brietta Clementson	1	13:15	PB
2. Steph Dickey	7	14:10	PB
3. Laura Kleppe	18	16:44	PB
4. Emily Hill	21	19:14	PB
5. Melanie Gerold	24	22:54	
6. Emily Erickson	DNF		

#1 runner: Brietta Clementson, Pine City - 13:15

GIRLS' TEAM RESULTS:

1. Big Lake	19
2. Pine City	88
3. STMA	89
4. North Branch	92
5. Princeton	122
6. Mora	130
7. Milaca	171
Chisago Lks	Inc
Foley	Inc

junior high team results:

1. Big Lake - 14
2. North Branch - 18
3. Pine City - 26
4. STMA - 30
5. Milaca - 45
6. Mora - 55

PINE CITY BOYS' RESULTS

5000 m -

	<u>place</u>	<u>time</u>	
1. Jared Clementson	3	16:39	ALL-CONFERENCE
2. Clay Fischer	13	PB 17:37	ALL-CONFERENCE
3. David Hansen	19	BTY 18:03	HONORABLE MENTION
4. Adam Lee	24	PB 18:18	HONORABLE MENTION
5. Tom Miche'	3 j v	19:00	PB
6. David Hambly	46	19:29	PB
7. Jeff Hussong	8 j v	19:35	PB
8. Dennis Gerold	48	19:36	
9. Jordan Clementson	49	19:38	PB
10. Trevor McNally	9 j v	19:38	
11. Justin Palmer	11 j v	19:59	PB
12. Jesse Bridley	17 j v	20:02	PB

#1 runner: Jason Callander, Mora - 16:24

#1 JV runner: Billy Johnson, Big Lake - 18:48

Junior High - 3000 m -

1. Philip Hugill	32	14:07	PB
------------------	----	-------	----

#1 runner: Zeb Spritz-Scanland, Milaca - 11:11

BOYS' TEAM RESULTS:

1. Chisago Lakes	61
2. Big Lake	76
3. Mora	97
4. NorthBranch	98
5. Pine City	100
6. STMA	102
7. Princeton	157
8. Milaca	178
Foley	Inc

JV team results:

1. Big Lake	14
2. North Branch	17
3. Pine City	24
4. STMA	27
5. Milaca	41
6. Mora	49

QUALITY

*Standards
and
expectations
exist
only
to be
exceeded.*

SECTION 7A CROSS COUNTRY MEET @ CLOQUET

Thursday, October 23, 2003
cold, windy (girls) - cool, sunny (boys)

PINE CITY GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	9	15:45.9	PB
QUALIFIES FOR STATE			
2. Jacki Gregoire	35	16:54.2	
3. Jenna Fore	43	17:09.4	
4. Brietta Clementson	52	17:34.3	PB
5. Steph Gregoire	60	17:47.7	BTY
6. Abby Olson	84	18:37.8	
7. Meleia Johnson	DNF	injury	

Top 10 runners (qualifying for state):

1. Melissa Engelmeier (11)	Hermantown	14:32.7
2. Liz Palkie (12)	Car-Wren	14:37.5
3. Allison Joelson (12)	MIB-Virg	15:23.7
4. Heidi Sande (8)	Cook Co	15:23.8
5. Mollie Juntunen (9)	Esko	15:33.1
6. Anna Glowacki (10)	MIB-Virg	15:35.2
7. Emily White	Proctor	15:41.0
8. Christine Frandsen (11)	Rush City	15:41.8
9. Emily Branzovsky (8)	Pine City	15:45.9
10. Casey Sovil (9)	Ely	15:47.7

PINE CITY BOYS' RESULTS

5000 m -

	<u>place</u>	<u>time</u>	
1. Jared Clementson	2	16:57.7	
QUALIFIES FOR STATE			
2. David Hansen	28	18:41.0	
3. Clay Fischer	31	18:43.8	
4. Tom Miche'	34	18:47.0	PB
5. Adam Lee	42	18:57.8	
6. David Hambly	62	19:29.0	
7. Dennis Gerold	64	19:32.0	

Top 10 runners (qualifying for state):

1. Kyle Schmidt (11)	Hermantown	16:57.1
2. Jared Clementson	Pine City	16:57.7
3. Michael Richards (11)	Eveleth/Gilber	17:08.4
4. Kyle Venier	Proctor	17:13.5
5. Reed Lehto (10)	Cook County	17:16.6
6. Tyler Kjorstad (12)	Marshall	17:20.6
7. Jacob Richards (11)	Eveleth/Gilber	17:28.8
8. Seth Salo (11)	Eveleth/Gilber	17:33.8
9. Ben Wagner (10)	Eveleth/Gilber	17:37.0
10. J.T. Hlava (11)	Carlton/Wren	17:41.2

GIRLS' TEAM RESULTS:

1. Ely	97
2. Proctor	120
3. Hermantown	132
4. Mesabi East	133
5. International Falls	162
6. Wrenshall-Carlton	168
7. Rush City	189
8. MIB-Virginia	197
9. Pine City	199
10. Marshall	247
11. Cook County	252
12. Eveleth/Gilbert	253
13. Cromwell	264
14. Esko	279
15. Chisholm	392
16. Hinckley-Finlayson	424
5 teams	Inc

BOYS' TEAM RESULTS:

1. Eveleth/Gilbert	38
1. Hermantown	120
3. Marshall	127
4. Pine City	137
5. Wrenshall-Carlton	166
6. Cook County	168
7. Mesabi East	175
8. International Falls	212
9. Hinckley-Finlayson	230
10. Rush City	241
11. Esko	243
12. Lakeview Christian Academ	330
13. McGregor	333
14. Moose Lake	335
15. Proctor	358
16. MIB-Virginia	484
4 teams	Inc

DETERMINATION

Determination
all but erases
the fine line
between
the impossible
and
the possible.

MSHSL CLASS A STATE CROSS COUNTRY MEET

St. Olaf College, Northfield
Saturday, November 1, 2003
cool cloudy fall day

PINE CITY BOYS' RESULTS

5000 m - 164 runners

	<u>place</u>	<u>time</u>
1. Jared Clementson	33	16:49

Top 10 runners:

- Matt Damico (12)	East Grand Forks	15:42
- Chad Janiszkeski (12)	Canby/Minneota	15:56
- Chris Erichsen (12)	Kingsland S. V.	16:00
- Mike Torchia (10)	Rochester Lrds	16:00
- Renato Otten (12)	CHOF	16:02
- Peter Ferlis (11)	Holy Fam Cath	16:03
- Isaac Landecker (11)	Staples-Motley	16:05
- Dylan Cater (11)	Blake	16:05
- Joe Radinovich (12)	Crosby-Ironton	16:13
- Daniel Murray (10)	Blue Earth	16:16

BOYS' TEAM RESULTS:

1. Staples-Motley	54
2. Perham	75
3. Eveleth-Gilbert	103
4. St. Cloud Cathedral	130
5. La Crescent	157
6. SW Christian/Edgertn	190
7. East Grand Forks	194
8. Minnehaha Academy	218
9. Warroad	218
10. United South Central	272
11. Fairmont	288
12. Concordia Academy	295
13. Winona Cotter	296
14. Annandale	310
15. Luverne	333
16. Hermantown	337

PINE CITY GIRLS' RESULTS

4000 m - 158 runners

	<u>place</u>	<u>time</u>
1. Emily Branzovsky	63	15:50.5

Top 10 runners:

- Nikki Swenson	LacQuiparlevally	14:28
- Beth Tecl	St. Cloud Cathdrl	14:33
- Melissa Engelmeier	Hermantown	14:36
- Claire Richardson	Blake	14:39
- Liz Palkie	Wrenshall/Carlton	14:42
- Katherine Chute	Blake	14:43
- Leah Kahler	Martin Co. W	14:44
- Maggie Zirbes	Glencoe-Silver Lk	14:50
- Libby Zupanc	St. Cloud Cathdrl	14:53
- Jamie Talberg	Pierz	14:54

GIRLS' TEAM RESULTS:

1. Staples-Motley	45
2. St. Cloud Cathedral	129
3. United South Central	152
4. Winona Cotter	169
5. Canby/Minneota	184
6. Glencoe-Silver Lk	186
7. Ely	201
8. Perham	224
9. Minnehaha Academy	253
10. Kingsland Spring Vall	254
11. Crosby-Ironton	259
12. East Grand Forks	262
13. Luverne	265
14. Visitation	285
15. Proctor	290
16. Rockford	306

AVERAGE MILE TIMES AT MEETS - 2003

	PB -2002	Milaca	Grantsbg	Pine City	N. Branch	Pierz	MilacaMega
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Jesse Bridley - 12		7:35	7:19	7:13	6:37	7:04	6:50
Jared Clementson - 12	5:16	6:20	6:03	5:36	5:30	5:32	5:47
Dennis Gerold - 12	6:19		6:52	6:28	6:24	6:19	6:22
David Hansen - 12	6:03	6:21	6:19	6:10	5:55	6:04	6:10
Adam Lee - 12	6:09	6:56	6:41	6:35	6:07	6:21	6:25
Max Maltz - 12			7:54	7:08	6:52	6:54	7:02
Nick Marty - 12				7:26	6:53	7:12	7:24
Luke Pederson - 12							7:56
Jeff Hussong - 11		7:13	7:39	6:52	6:53	6:57	6:51
Mike Talbot - 11				7:40	6:54	7:02	7:05
Justin Palmer - 10	6:28		7:10	6:53	6:48	6:47	
Jordan Clementson - 9		8:02	7:53	7:04	6:40	6:39	6:38
Tom Miche - 9			7:12		6:39	6:25	6:28
Clay Fischer - 8							
David Hambly - 8							
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m	3230 m
Clay Fischer - 8		5:47	5:50	5:46	5:38	5:54	5:46
David Hambly - 8	7:10	6:23	6:22	5:50	5:58	6:14	6:00
Philip Hugill - 8	7:10			7:14	7:29	8:34	8:24
Trevor McNally - 8				6:06	6:14		6:25
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Meleia Johnson - 12	6:41			6:56	6:48		
Jenna Fore - 11	6:38				7:02		
Jacki Gregoire - 10	6:30	8:01	7:29	7:13	7:05	7:07	7:02
Steph Gregoire - 10	7:00	8:19	7:44	7:35	7:35	7:33	7:28
Hannah Espeseth - 9		8:52	8:24	8:11	7:56	7:55	7:58
Britt Kreger - 9		10:56	9:49	9:16	9:19		9:38
Abby Olson - 9	8:54	8:11	8:04	7:31	7:25	7:43	7:39
Stephanie Purdy - 9			8:21	7:35			7:48
Emily Branzovsky - 8	6:40		7:02	6:50	6:34	6:38	6:37
Brietta Clementson - 7							
	2000 m	2000 m	2000 m	2000 m	2000m	3200 m	3230 m
Emily Erickson - 8		9:22	7:41	7:14	7:09	9:25	8:14
Brietta Clementson - 7		7:50	7:40	7:02	6:57	7:20	7:44
Steph Dickey - 7			7:54	7:45	7:22		8:22
Melanie Gerold - 7			10:42	19:58	10:24	11:47	11:39
Emily Hill - 7		10:03	9:34	9:29	9:14	10:41	9:57
Laura Kleppe - 7		9:19	9:31	9:41	8:10	9:47	

AVERAGE MILE TIMES AT MEETS - 2003

Chi Lakes	Becker	Conference	Proctor	Section	State	Average	PB-2003
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
6:55	6:32	6:28	7:07			6:58	6:28
5:37	5:20	5:22	5:38	5:27	5:25	5:38	5:20
6:19	6:08	6:19	6:33	6:16		6:24	6:08
6:12	5:56	5:49	6:18	6:00		6:08	5:49
6:10	6:03	5:54	6:34	6:05		6:21	5:54
6:48	6:58		7:04			7:05	6:48
6:58	6:40					7:05	6:40
	7:33					7:45	7:33
6:45	6:40	6:19	6:59			6:55	6:19
						7:10	6:54
6:35		6:27	6:51			6:47	6:27
6:29	6:21	6:20	6:00			6:49	6:20
6:32	6:22	6:08	5:59	6:02		6:25	6:02
	5:58	5:41		6:01		5:53	5:41
	6:20	6:17		6:15		6:17	6:15
3200 m	3200m	3000 m	2400 m			MISC	2000 m
5:45			5:59			5:48	5:38
6:08			6:03			6:07	5:50
7:44	8:06	7:35	7:31			7:50	7:14
6:19	6:16	6:20-jv	6:12			6:16	6:06
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
7:00						6:54	6:48
	6:51	7:14		6:53		7:00	6:51
6:59	6:44	6:57	7:07	6:47		7:08	6:44
7:28	7:15	7:21	7:35	7:08		7:33	7:08
7:56	7:37	8:12	8:21			8:08	7:37
8:46	8:45	8:42	9:43			9:26	8:42
7:44	7:32	7:44	7:49	7:28		7:43	7:25
7:38		7:31				7:47	7:31
6:34	6:22	6:34	6:50	6:19	6:20	6:36	6:19
			7:41	7:03		7:22	7:03
3200 m	3200 m	3000 m	2400 m			MISC	2000m
10:58	8:37		8:11			8:32	7:09
7:12	7:21	7:07				7:21	6:57
7:15		7:37	7:25			7:40	7:22
12:05	11:36	12:19	11:20			12:26	10:24
9:53	9:32	10:20	9:54			9:52	9:14
8:42		9:00	8:51			9:08	8:10

TEAM POSITIONS AT MEETS - 2003

	Milaca	Grantsburg	Pine City	N.Branch	Pierz	MilacaMega
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Jesse Bridley - 12	5	7	9	5	11	5
Jared Clementson - 12	1	1	1	1	1	1
Dennis Gerold - 12		4	3	4	3	3
David Hansen - 12	2	2	2	2	2	2
Adam Lee - 12	3	3	4	3	4	4
Max Maltz - 12		10	8	9	8	7
Nick Marty - 12			10	11	12	9
Luke Pederson - 12						10
Jeff Hussong - 11	4	8	5	10	9	6
Mike Talbot - 11			11	12	10	8
Justin Palmer - 10		5	6	8	7	
Jordan Clementson - 9	6	9	7	7	6	1-9th
Tom Miche - 9		6		6	5	2-9th
Clay Fischer - 8						
David Hambly - 8						
	2000 m	2000 m	2000 m	2000 m	3200 m	3230 m
Clay Fischer - 8	1	1	1	1	1	1
David Hambly - 8	2	2	2	2	2	2
Philip Hugill - 8			4	4	3	4
Trevor McNally - 8			3	3		3
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Meleia Johnson - 12			2	2		
Jenna Fore - 11				3		
Jacki Gregoire - 10	1	2	3	4	2	1
Steph Gregoire - 10	3	3	6	6	3	2
Hannah Espeseth - 9	4	6	7	7	5	5
Britt Kreger - 9	5	7	8	8		6
Abby Olson - 9	2	4	4	5	4	3
Stephanie Purdy - 9		5	5			4
Emily Branzovsky - 8		1	1	1	1	1
Brietta Clementson - 7						
	2000 m	2000 m	2000 m	2000 m	3200 m	3230 m
Emily Erickson - 8	3	2	2	2	2	3
Brietta Clementson - 7	1	1	1	1	1	2
Steph Dickey - 7		3	3	3		4
Melanie Gerold - 7		6	6	6	5	6
Emily Hill - 7	4	5	4	5	4	5
Laura Kleppe - 7	2	4	5	4	3	

TEAM POSITIONS AT MEETS - 2003

Chis.Lakes	Becker	Conference	Proctor	Section	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
10	9	12	8		8.10
1	1	1	1	1	1.00
4	5	8	3	7	4.40
3	2	3	2	2	2.18
2	4	4	4	5	3.64
9	12		7		8.75
11	11				10.67
12	13				11.67
8	10	7	6		7.30
					10.25
7		11	5		7.00
5	7	9	3 - jh		7.00
6	8	5	1 - jh	4	5.71
	3	2		3	2.67
	6	6		6	6.00
2000 m	3200 m	3000 m	2400 m		
1			2		1.12
2			4		2.25
4	2	1	6		3.50
3	1	10 -jv	5		3.00
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
3					2.33
	3	3		3	3.00
2	2	2	2	2	2.09
4	4	4	3	5	3.91
7	6	7	6		6.00
8	7	8	7		7.11
6	5	6	5	6	4.55
5		5			4.80
1	1	1	1	1	1.00
			4	4	4.00
2000 m	3200 m	3000 m	2400 m		
5	2		2		2.56
1	1	1			1.11
2		2	1		2.57
6	5	5	5		5.56
4	4	4	4		4.30
3	3	3	3		3.33

PLACE FINISHES AT MEETS - 2003

	Milaca	Grantsburg	Pine City	N. Branch	Pierz	MilacaMega
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Jesse Bridley - 12	103	47	45	8-jv	99	199
Jared Clementson - 12	20	8	3	1	6	47
Dennis Gerold - 12		32	28	24	67	131
David Hansen - 12	22	18	16	7	41	101
Adam Lee - 12	64	29	33	12	70	142
Max Maltz - 12		62	17	15-jv	46-jv	213
Nick Marty - 12			20-jv	20-jv	65-jv	
Luke Pederson - 12						362-jv
Jeff Hussong - 11	86	53	38	42	49-jv	202
Mike Talbot - 11			24-jv	21-jv	54-jv	245-jv
Justin Palmer - 10	21-jv	43	40	38	37-jv	
Jordan Clementson - 9	109	61	16-jv	34	88	96
Tom Miche - 9	40-jv	44		9-jv	77	79
Clay Fischer - 8						
David Hambly - 8						
	2000 m	2000 m	2000 m	2000 m	3200 m	3230 m
Clay Fischer - 8	1	2	1	1	1	3
David Hambly - 8	11	4	2	3	5	18
Philip Hugill - 8			24	14	83	178
Trevor McNally - 8			9	5		36
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Meleia Johnson - 12			9	5		
Jenna Fore - 11				9		
Jacki Gregoire - 10	25	12	15	10	32	11-10th
Steph Gregoire - 10	58	16	23	23	59	29 -10th
Hannah Espeseth - 9	12-jv	34	7-jv	3-jv	71	92 - 9th
Britt Kreger - 9	46-jv	64	25-jv	19-jv		154 - 9th
Abby Olson - 9	44	25	20	22	64	70 - 9th
Stephanie Purdy - 9		26	23			81 - 9th
Emily Branzovsky - 8		1	4	1	9	3 - 8th
Brietta Clementson - 7						
	2000 m	2000 m	2000 m	2000 m	3200 m	3230 m
Emily Erickson - 8	59	5	9	7	56	124
Brietta Clementson - 7	23	3	5	1	9	55
Steph Dickey - 7			19	12		102
Melanie Gerold - 7			35	33	71	151
Emily Hill - 7	67		32	30	65	143
Laura Kleppe - 7	57		34	24	64	

PLACE FINISHES AT MEETS - 2003

Chi. Lakes	Becker	Conference	Proctor	Section	State	Average
5000 m	5000 m	5000 m	5000 m	5000 m		5000 m
29	13-jv	17-jv	70			84.6
1	2	3	2	2	33	10.7
19	39	48	38	67		49.3
13	21	19	20	29		27.9
12	32	24	39	45		45.6
7-jv	34-jv		12-jv			29.3-jv
10-jv	21-jv					72.2-jv
	45-jv					203.5-jv
6-jv	70	8-jv	66			79.6
						86.0-jv
2-jv		11-jv	60			45.2
23	57	49	3-jh			64.6
25	59	3-jv	1-jh		35	53.2
	1-jv	13			32	22.5
	5-jv	46			65	55.5
3200 m	3200 m	3000 m	2400 m			JH
1			2			1.5
3			4			6.2
17	37	32	32			52.1
4	2	9-jv	6			10.3
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
5						6.3
	31	18		44		25.5
4	21	11	17	35		18.2
11	48	23	32	61		35.4
18	26-jv	9-jv	55			32.7-jv
1-jv	55-jv	18-jv	19-jv			44.6-jv
17	56	34	41	86		40.9
13		28				22.5
1	8	4	7	9	63	10.7
			2-jv	53		53.0
3200 m	3200 m	3000 m	2400 m			JH
	27		15			37.8
5	6	1				12.0
7		7	4			25.2
20	39	24	26			49.9
19	34	21	25			48.4
18	28	18	22			33.1

GOALS

No light
is
bright enough
to guide
those
without
a destination.

2003 CROSS COUNTRY SEASON MILEAGE

	<u>TOTAL MILES</u>
1. Jared Clementson	272.1
2. Steph Gregoire	251.4
3. Adam Lee	250.9
4. David Hansen	243.9
5. Jordan Clementson	232.5
6. Jacki Gregoire	227.6
7. Abby Olson	213.3
8. Emily Branzovsky	212.3
9. Meleia Johnson	207.8
10. Hannah Espeseth	204.9
11. Jeff Hussong	198.3
12. Jesse Bridley	197.2
13. David Hambly	193.6
14. Tom Miche'	190.3
15. Steph Purdy	183.3
16. Clay Fischer	181.3
17. Dennis Gerold	180.8
18. Max Maltz	166.3
19. Justin Palmer	164.9
20. Brietta Clementson	152.1
21. Nick Marty	147.1
22. Britt Kreger	145.3
23. Trevor McNally	139.9
24. Jenna Fore	137.4
25. Emily Erickson	123.1
26. Emily Hill	107.4
27. Steph Dickey	101.1
28. Mike Talbot	99.9
29. Laura Kleppe	91.3
30. Luke Pederson	85.5
31. Philip Hugill	79.1
32. Melanie Gerold	78.9

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	6:52	September 22, 2003	Emily Branzovsky
11. Cty Rd 117 - 1	6:41	October 18, 1996	Bree Fischer
12. H.S. loop - 1600 m	6:46	August 20, 2003	Meleia Johnson
13. 2000-1000-600 (track)	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	7:57 (1:19 ave)	August 14, 2003	Jenna Fore
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	5:11 (1:41 ave)	October 21, 2003	Jenna Fore
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. 2 x 1000	8:54 (4:27 ave)	October 27, 2003	Emily Branzovsky
31. 4 x 1000	16:24 (4:01 ave)	October 13, 2000	Kim Connaker
32. 5 x 1000	21:37 (4:19 ave)	August 27, 2002	Meleia Johnson
33. 6 x 1000	25:26 (4:14 ave)	September 2, 2003	Meleia Johnson
34. 7 x 1000	28:06 (4:01 ave)	September 17, 2003	Emily Branzovsky
35. 8 x 1000	32:23 (4:03 ave)	September 18, 2002	Jacki Gregoire
36. 2x1000, 2x500, 2x1000	29:15	September 27, 2001	Jacki Gregoire
37. 1 x 1000, 4 x 500, 1 x 1000	15:51	October 7, 2002	Jacki Gregoire
38. 3 x 1000, 2 x 500	16:23	August 26, 2003	Emily Branzovsky

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 (track)	11:29	September 29, 1998	J. R. Anderson
18. 2000-1000-500	11:58	October 16, 2003	Jared Clementson
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	6:31 (1:05 ave)	August 14, 2003	Jared Clementson
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	4:07 (1:22 ave)	October 21, 2003	Jared Clementson
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	Jared Clementson
39. 6 x 1000	19:46 (3:18 ave)	September 2, 2003	Jared Clementson
40. 7 x 1000	23:28 (3:21 ave)	September 17, 2003	Jared Clementson
41. 8 x 1000	25:28 (3:11 ave)	September 23, 2003	Jared Clementson
42. 2x1000, 2x500, 2x1000	16:43	September 27, 2001	Jared Clementson
43. 1 x 1000, 4 x 5000, 1 x 1000	12:44	October 6, 2003	Jared Clementson
44. 3 x 1000, 2 x 500	12:56	August 26, 2003	Jared Clementson

LEADERSHIP

A true leader

does not turn back

at the sight of a storm,

but finds a way

to rise above it

and continue to soar.

Pine City High School Cross Country 2003

Awards:

MOST VALUABLE RUNNER	Emily Branzovsky	Jared Clementson
MOST IMPROVED RUNNER	Emily Branzovsky	Tom Miche'
ROOKIE OF THE YEAR	Brietta Clementson	Clay Fischer
SPORTSMANSHIP AWARD		Steph Gregoire
LEADERSHIP AWARD		Meleia Johnson
PERSEVERANCE AWARD		David Hansen
"TRUE-GRIT" AWARD	Jacki Gregoire	Jenna Fore
COACHES' AWARD	Adam Lee	Dennis Gerold

NEW SCHOOL RECORD:

Emily Branzovsky	Pine City Invitational	17:04
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ALL-CONFERENCE:

Emily Branzovsky	Jared Clementson
Jacki Gregoire	Clay Fischer

ALL CONFERENCE HONORABLE MENTION:

Steph Gregoire	David Hansen
Jenna Fore	Adam Lee

LETTER WINNERS:

Jesse Bridley	Jared Clementson	David Hansen
Meleia Johnson	Adam Lee	Dennis Gerold
Jenna Fore	Jeff Hussong	Jacki Gregoire
Steph Gregoire	Jordan Clementson	Tom Miche'
Abby Olson	Steph Purdy	Emily Branzovsky
Clay Fischer		

HONESTY

Think honorably
and speak honestly -

What you put forth
is a true reflection
of you.

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

It's all down hill from here!!!

Meleia

Jared

Dennis

David

Nick

Adam

Jesse

Jenna

Jordan

Luke

Jeff

Emily B.

Max

Steph G.

Steph D.

David H.

Mike

Trevor

Justin

Steph R.

Abby

Britt

Tom

Jack

Laura

Hannah

Clay

Emily H.

Etta

Melanie

Emily E.

Phillip

TEAM POSITIONS AT MEETS - 2003

	Milaca	Grantsburg	Pine City	N.Branch	Pierz	MilacaMega
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Jesse Bridley - 12	5	7	9	5	11	5
Jared Clementson - 12	1	1	1	1	1	1
Dennis Gerold - 12		4	3	4	3	3
David Hansen - 12	2	2	2	2	2	2
Adam Lee - 12	3	3	4	3	4	4
Max Maltz - 12		10	8	9	8	7
Nick Marty - 12			10	11	12	9
Luke Pederson - 12						10
Jeff Hussong - 11	4	8	5	10	9	6
Mike Talbot - 11			11	12	10	8
Justin Palmer - 10		5	6	8	7	
Jordan Clementson - 9	6	9	7	7	6	1-9th
Tom Miche - 9		6		6	5	2-9th
Clay Fischer - 8						
David Hambly - 8						
	2000 m	2000 m	2000 m	2000 m	3200 m	3230 m
Clay Fischer - 8	1	1	1	1	1	1
David Hambly - 8	2	2	2	2	2	2
Philip Hugill - 8			4	4	3	4
Trevor McNally - 8			3	3		3
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Meleia Johnson - 12			2	2		
Jenna Fore - 11				3		
Jacki Gregoire - 10	1	2	3	4	2	1
Steph Gregoire - 10	3	3	6	6	3	2
Hannah Espeseth - 9	4	6	7	7	5	5
Britt Kreger - 9	5	7	8	8		6
Abby Olson - 9	2	4	4	5	4	3
Stephanie Purdy - 9		5	5			4
Emily Branzovsky - 8		1	1	1	1	1
Brietta Clementson - 7						
	2000 m	2000 m	2000 m	2000 m	3200 m	3230 m
Emily Erickson - 8	3	2	2	2	2	3
Brietta Clementson - 7	1	1	1	1	1	2
Steph Dickey - 7		3	3	3		4
Melanie Gerold - 7		6	6	6	5	6
Emily Hill - 7	4	5	4	5	4	5
Laura Kleppe - 7	2	4	5	4	3	

TEAM POSITIONS AT MEETS - 2003

Chis.Lakes 5000 m	Becker 5000 m	Conference 5000 m	Proctor 5000 m	Section 5000 m	Average 5000 m
10	9	12	8		8.10
1	1	1	1	1	1.00
4	5	8	3	7	4.40
3	2	3	2	2	2.18
2	4	4	4	5	3.64
9	12		7		8.75
11	11				10.67
12	13				11.67
8	10	7	6		7.30
					10.25
7		11	5		7.00
5	7	9	3 - jh		7.00
6	8	5	1 - jh	4	5.71
	3	2		3	2.67
	6	6		6	6.00
2000 m	3200 m	3000 m	2400 m		
1			2		1.12
2			4		2.25
4	2	1	6		3.50
3	1	10 -jv	5		3.00
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
3					2.33
	3	3		3	3.00
2	2	2	2	2	2.09
4	4	4	3	5	3.91
7	6	7	6		6.00
8	7	8	7		7.11
6	5	6	5	6	4.55
5		5			4.80
1	1	1	1	1	1.00
			4	4	4.00
2000 m	3200 m	3000 m	2400 m		
5	2		2		2.56
1	1	1			1.11
2		2	1		2.57
6	5	5	5		5.56
4	4	4	4		4.30
3	3	3	3		3.33

PLACE FINISHES AT MEETS - 2003

	Milaca	Grantsburg	Pine City	N. Branch	Pierz	MilacaMega
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Jesse Bridley - 12	103	47	45	8-jv	99	199
Jared Clementson - 12	20	8	3	1	6	47
Dennis Gerold - 12		32	28	24	67	131
David Hansen - 12	22	18	16	7	41	101
Adam Lee - 12	64	29	33	12	70	142
Max Maltz - 12		62	17	15-jv	46-jv	213
Nick Marty - 12			20-jv	20-jv	65-jv	
Luke Pederson - 12						362-jv
Jeff Hussong - 11	86	53	38	42	49-jv	202
Mike Talbot - 11			24-jv	21-jv	54-jv	245-jv
Justin Palmer - 10	21-jv	43	40	38	37-jv	
Jordan Clementson - 9	109	61	16-jv	34	88	96
Tom Miche - 9	40-jv	44		9-jv	77	79
Clay Fischer - 8						
David Hambly - 8						
	2000 m	2000 m	2000 m	2000 m	3200 m	3230 m
Clay Fischer - 8	1	2	1	1	1	3
David Hambly - 8	11	4	2	3	5	18
Philip Hugill - 8			24	14	83	178
Trevor McNally - 8			9	5		36
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Meleia Johnson - 12			9	5		
Jenna Fore - 11				9		
Jacki Gregoire - 10	25	12	15	10	32	11-10th
Steph Gregoire - 10	58	16	23	23	59	29 -10th
Hannah Espeseth - 9	12-jv	34	7-jv	3-jv	71	92 - 9th
Britt Kreger - 9	46-jv	64	25-jv	19-jv		154 - 9th
Abby Olson - 9	44	25	20	22	64	70 - 9th
Stephanie Purdy - 9		26	23			81 - 9th
Emily Branzovsky - 8		1	4	1	9	3 - 8th
Brietta Clementson - 7						
	2000 m	2000 m	2000 m	2000 m	3200 m	3230 m
Emily Erickson - 8	59	5	9	7	56	124
Brietta Clementson - 7	23	3	5	1	9	55
Steph Dickey - 7			19	12		102
Melanie Gerold - 7			35	33	71	151
Emily Hill - 7	67		32	30	65	143
Laura Kleppe - 7	57		34	24	64	

PLACE FINISHES AT MEETS - 2003

Chi. Lakes	Becker	Conference	Proctor	Section	State	Average
5000 m	5000 m	5000 m	5000 m	5000 m		5000 m
29	13-jv	17-jv	70			84.6
1	2	3	2	2	33	10.7
19	39	48	38	67		49.3
13	21	19	20	29		27.9
12	32	24	39	45		45.6
7-jv	34-jv		12-jv			29.3-jv
10-jv	21-jv					72.2-jv
	45-jv					203.5-jv
6-jv	70	8-jv	66			79.6
						86.0-jv
2-jv		11-jv	60			45.2
23	57	49	3-jh			64.6
25	59	3-jv	1-jh	35		53.2
	1-jv	13		32		22.5
	5-jv	46		65		55.5
3200 m	3200 m	3000 m	2400 m			JH
1			2			1.5
3			4			6.2
17	37	32	32			52.1
4	2	9-jv	6			10.3
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
5						6.3
	31	18		44		25.5
4	21	11	17	35		18.2
11	48	23	32	61		35.4
18	26-jv	9-jv	55			32.7-jv
1-jv	55-jv	18-jv	19-jv			44.6-jv
17	56	34	41	86		40.9
13		28				22.5
1	8	4	7	9	63	10.7
			2-jv	53		53.0
3200 m	3200 m	3000 m	2400 m			JH
	27		15			37.8
5	6	1				12.0
7		7	4			25.2
20	39	24	26			49.9
19	34	21	25			48.4
18	28	18	22			33.1