

Pine City



2004

*I run because it's so symbolic of life.*

*You have to drive yourself to .....*

*overcome the obstacles.*

*You might feel that you can't.*

*But then you ...*

*find your inner strength,*

*and realize*

*you're capable of*

*so much more*

*than you thought.*

*Arthur Blank*

**Rum River Conference  
Pre-Season Jamboree @ Princeton  
August 23, 2004 - 9:00 a. m.  
cloudy, cool**

**PINE CITY GIRLS' RESULTS**

3200 m

	<u>time</u>
1. Emily Branzovsky	14:43
2. Jacki Gregoire	15:18
3. Abby Olson	15:46
4. Danielle Wilson	15:51
5. Steph Gregoire	16:23
6. Katie Hughes	16:27
7. Steph Purdy	16:36
8. Hannah Espeseth	16:49
9. Britt Kreger	17:35

#1 runner: 14:03

Junior High Girls

1600 m

1. Brietta Clementson	7:24
2. Steph Dickey	7:42
3. Alli Brant	7:54
4. Emily Hill	9:18

#1 runner - NB - 6:41

**PINE CITY BOYS' RESULTS**

3200 m

	<u>time</u>
1. Tom Miche'	12:11
2. Clay Fischer	12:39
3. David Hambly	12:50
4. Elias Trigas	13:21
5. Jordan Clementson	13:46
6. Mike Gray	13:51
7. Jeff Hussong	13:59
8. Andrew Lutz	14:09
9. Josh Boland	14:11
10. Mike Talbot	14:39
11. Philip Hugill	17:13

#1 runner: STMA - 11:01

Junior High Boys

1600 m

1. Beau Peterson	7:38
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#1 runner - 5:51

Participating Schools:

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

**GRANTSBURG INVITATIONAL CROSS COUNTRY MEET**  
**Memory Lake Park**  
**Thursday, August 26, 2004**  
**cool, humid**

**PINE CITY GIRLS' RESULTS:**

4000 m - 50 runners

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	2	17:39	
2. Jacki Gregoire	4	18:34	BTC
3. Abby Olson	11	19:20	BTC
4. Brietta Clementson	12	19:39	
5. Hannah Espeseth	17	19:59	BTC
6. Katie Hughes	24	20:21	
7. Danielle Wilson	28	20:40	
8. Britt Kreger	41	22:51	BTC
Jenna Fore	DNF	injury	
Steph Purdy	DNF	injury	

**GIRLS' TEAM RESULTS:**

1. Pine City	46
2. Spooner	72
3. Webster	80
4. St. Croix Falls	91
5. Grantsburg	107

#1 runner Kelly Swenson, Frederic - 17:22

**PINE CITY BOYS' RESULTS:**

5000 m - 53 runners

	<u>place</u>	<u>time</u>	
1. Tom Miche'	13	20:09	BTC
2. David Hambly	19	20:36	
3. Elias Trigas	22	20:38	
4. Jordan Clementson	23	20:41	BTC
5. Jeff Hussong	27	21:24	BTC
6. Josh Boland	30	21:38	
7. Mike Gray	31	21:39	
8. Andrew Lutz	32	22:12	
9. Justin Palmer	42	24:31	

**BOYS' TEAM RESULTS:**

1. Frederick	32
2. Spooner	59
3. Grantsburg	90
4. Pine City	104
5. Unity	121
6. Webster	137
7. St. Croix Falls	168

#1 runner: Santi Ocariz, Spooner - 17:32

***ABILITY is what you're capable of  
doing,***

***MOTIVATION determines what you  
do, and***

***ATTITUDE determines how well you  
do it.***

**PINE CITY INVITATIONAL CROSS COUNTRY MEET**  
**Thursday, September 9, 2000**  
 beautiful fall day-breezy

**PINE CITY GIRLS' RESULTS:**

4000 m - 46 varsity runners - 23 jv runners

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	4	17:21	BTY
2. Jacki Gregoire	8	18:01	BTY
3. Danielle Wilson	14	18:17	PB
4. Jenna Fore	21	18:51	
5. Hannah Espeseth	22	18:52	PB
6. Abby Olson	36	20:25	
7. Katie Hughes	DNF	injury	
8. Britt Kreger	16 jv	22:23	BTY-BTC
9. Emily Erickson	22 jv	25:01	

#1 runner: Melissa Engelmeier, Hermantown - 15:40

#1 jv runner Chelsea Cossen, Hermantown - 18:18

**Junior High**

2000 m - 39 runners

1. Brietta Clementson	3	9:08	
2. Steph Dickey	9	9:35	BTC
3. Laura Kleppe	15	9:51	PB
4. Alli Brant	22	10:12	
5. Meagan Grow	29	10:54	
6. Emily Hill	35	12:39	
7. Melanie Gerold	39	14:58	

**GIRLS' TEAM RESULTS:**

1. Hermantown	32
2. <b>Pine City</b>	57
3. Rush City	78
4. Concordia Academy	94
5. Mora	112
6. Onamia	113
Milaca	Inc
East Central	Inc
Hinckley/Fin	Inc
Cromwell	Inc
Foley	Inc

JH team results

1. Pine City	
2. Mora	
Rush City, Foley, EC, MLWR, H/F,	
Hermantown, Onamia -	Inc

#1 runner: Kasey Fleming, Hermantown -8:57

**PINE CITY BOYS' RESULTS:**

5000 m - 56 varsity runners - 40 jv runners

	<u>place</u>	<u>time</u>	
1. Tom Miche'	10	18:46	PB
2. Trevor McNally	1 jv	19:22	PB
3. Clay Fischer	24	19:45	
4. Jordan Clementson	31	20:03	BTY-BTC
5. Elias Trigas	35	20:16	PB
6. David Hambly	41	20:48	
7. Jeff Hussong	45	21:02	BTY-BTC
8. Mike Gray	46	21:05	PB
9. Andrew Lutz	6 jv	21:13	PB
10. Josh Boland	7 jv	21:17	PB
11. Mike Talbot	15 jv	22:21	BTC
12. Justin Palmer	19 jv	22:47	BTY
13. John Kleppe	22 jv	23:13	
14. Peter Hoppy	35 jv	26:32	
15. Philip Hugill	37 jv	26:45	

#1 runner: Jason Callander, Mora - 17:09

#1 jv runner Trevor McNally, Pine City - 19:22

**BOYS' TEAM RESULTS:**

1. Hermantown	71
2. Hinckley/ Fin	92
3. Rush City	108
4. Milaca	115
5. Mora	128
6. <b>Pine City</b>	132
7. Concordia Academy	135
8. Cromwell	146
9. MLWR	152

JV Results

1. Rush City	34
2. Pine City	48
3. Hermantown	74
4. Mora	89

**Junior High** 2000m - 26 runners

1. Beau Peterson	17	9:32
2. Jordan Sparling	26	14:10

# 1 runner: Neil Larson, Milaca - 7:28

# RICE LAKE INVITATIONAL CROSS COUNTRY MEET

Tuesday, September 14, 2004

rainy, overcast, humid

## PINE CITY GIRLS' RESULTS:

4000 m - 103 varsity runners - 47 jv runners

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	2	16:26.2	BTY
2. Jacki Gregoire	21	17:27.9	BTY
3. Jenna Fore	30	17:53.0	BTY
4. Abby Olson	56	18:45.0	BTY
5. Steph Gregoire	5 jv	18:45.5	
6. Hannah Espeseth	57	18:50.2	PB
7. Katie Hughes	76	19:40.0	PB
8. Britt Kreger	28 jv	21:30.8	PB
Danielle Wilson	DNF	injury	

#1 runner: Christine Frandsen, Rush City - 16:19

#1 jv runner: Michelle Stenger, Rush City - 17:55.5

### Junior High

3047 m - 105 runners

1. Brietta Clementson	34	14:58
2. Laura Kleppe	45	15:29
3. Alli Brant	59	16:00
4. Emily Hill	98	19:28
5. Melanie Gerold	103	23:37
Steph Dickey	DNF	injury

#1 runner: Shell Lake - 12:45

## GIRLS' TEAM RESULTS:

1. Boyceville	88
2. Flambeau	92
3. Bruce	96
4. Glenwood City	141
5. Pine City	151
6. Cheteh	152

## PINE CITY BOYS' RESULTS:

5000 m - 109 varsity runners - 53 jv runners

	<u>place</u>	<u>time</u>	
1. Tom Miche'	15	18:07.2	PB
2. Trevor McNally	21	18:37.7	PB
3. Clay Fischer	25	18:46.8	BTY
4. David Hambly	32	19:14.4	PB
5. Elias Trigas	37	19:22.0	PB
6. Jordan Clementson	45	19:44.8	BTY
7. Andrew Lutz	2 jv	20:13.0	PB
8. Josh Boland	3 jv	20:13.9	PB
9. Mike Gray	5 jv	20:22.9	PB
10. Jeff Hussong	71	20:41.5	BTY
11. Mike Talbot	17 jv	21:37.8	BTY
12. John Kleppe	24 jv	22:07.7	PB
13. Peter Hoppe	44 jv	25:13.9	PB
14. Philip Hugill	51 jv	29:13.7	

#1 runner: Eric Werner, Boyceville - 16:38.1

#1 jv runner: Adam Morris, Rush City - 19:45.9

## BOYS' TEAM RESULTS:

1. Boyceville	65
2. Rush City	119
3. Pine City	119
4. Chippewa Falls	143

### JV Results

1. Pine City	48
2. Rush City	51
3. Boyceville	57
4. Chpwa Fall	76
5. Glenwood City	108

### Junior High

3047m

1. Beau Peterson	17	9:32
2. Jordan Sparling	26	14:10

# 1 runner: Neil Larson, Milaca - 7:28

**NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET**  
**Thursday, September 16, 2004**  
 warm, sunny

**PINE CITY GIRLS' RESULTS:**

4000 m - 44 varsity runners - 15 jv runners

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	3	16:19	BTY
2. Jacki Gregoire	16	17:46	
3. Abby Olson	29	19:04	
4. Hannah Espeseth	30	19:05	
5. Steph Gregoire	32	19:29	
6. Katie Hughes	36	19:55	
7. Britt Kreger	10 jv	21:45	BTC
8. Emily Erickson	14 jv	23:07	PB
Danielle Wilson	DNF	injury	

#1 runner: Melissa Engelmeier, Hermantown - 15:10

**Junior High**

2000 m

1. Brietta Clementson	11	8:46	BTY
2. Steph Dickey	12	9:15	BTY
3. Alli Brant	14	9:21	PB
4. Laura Kleppe	18	9:29	BTY-BTC
5. Meagan Grow	26	10:14	PB
6. Emily Hill	31	11:44	BTY-BTC
7. Melanie Gerold	34	13:30	BTY-BTC

#1 runner: Haley Hasleit, North Branch - 8:00

**GIRLS' TEAM RESULTS:**

1. Hermantown	44
2. Princeton	65
3. North Branch	93
4. Rush City	102
5. <b>Pine City</b>	110
6. Cambridge	114
Milaca	Inc
EC	Inc

Junior High Results:

1. North Branc	27
2. <b>Pine City</b>	81
6 teams	Inc

**PINE CITY BOYS' RESULTS:**

5000 m - 61 varsity runners - 45 jv runners

	<u>place</u>	<u>time</u>	
1. Tom Miche'	11	18:28	BTC
2. Trevor McNally	13	18:33	PB
3. Clay Fischer	23	18:55	
4. Elias Trigas	33	19:15	PB
5. Jordan Clementson	38	19:20	PB
6. Josh Boland	1 jv	19:34	PB
7. David Hambly	44	19:45	
8. Andrew Lutz	45	19:52	PB
9. Mike Gray	5 jv	19:58	PB
10. Jeff Hussong	7 jv	20:14	BTY-BTC
11. Justin Palmer	19 jv	21:09	BTY
12. Mike Talbot	20 jv	21:21	PB
13. John Kleppe	28 jv	22:24	
14. Peter Hoppe	41 jv	24:13	PB
15. Philip Hugill	42 jv	26:09	PB

#1runner: Kyle Schmidt, Hermantown - 17:23

#1 jv runner: Josh Boland, Pine City - 19:34

**BOYS' TEAM RESULTS:**

1. North Branch	66
2. Hermantown	73
3. Hinckley/Fin	81
4. <b>Pine City</b>	118
5. Rush City	123
6. Milaca	136
7. MLWR	155
8. Cambridge	174
9. Princeton	196
EC	Inc

JV Results

1. Cambridge	50
2. <b>Pine City</b>	52
3. Hermantow	63
4. Rush City	Inc

**Junior High** 2000 m - 27 runners

1. Beau Peterson	15	9:27	PB
2. Jordan Sparling	27	13:37	PB

# 1 runner: Neil Larson, Milaca - 7:12



**PIERZ INVITATIONAL CROSS COUNTRY MEET**  
**Monday, September 20, 2004**  
 warm, overcast

**PINE CITY GIRLS' RESULTS:**

4000 m - 78 varsity runners - 68 jv runners

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	10	17:00	
2. Jacki Gregoire	18	17:40	
3. Hannah Espeseth	40	18:54	BTC
4. Steph Gregoire	42	18:57	BTC
5. Brietta Clementson	55	19:36	BTY
6. Abby Olson	62	20:02	
7. Katie Hughes	63	20:04	
8. Britt Kreger	DNF	injury	
9. Emily Erickson	60 jv	17:51	(3200 m)

#1 runner: Beth Tacl, St. Cloud Cathedral - 15:01

**Junior High**

3200 m

1. Laura Kleppe	42	16:37	PB
2. Steph Dickey	43	16:39	
3. Alli Brant	46	16:46	
4. Meagan Grow	60	18:37	
5. Emily Hill	71	20:24	PB
6. Melanie Gerold	80	24:38	

#1 runner: Meagan Holms, Brainerd - 12:48

**PINE CITY BOYS' RESULTS:**

5000 m - 89 varsity runners - 82 jv runners

	<u>place</u>	<u>time</u>	
1. Tom Mische'	22	18:06	PB
2. Trevor McNally	32	18:29	PB
3. Elias Trigas	53	19:12	PB
4. Josh Boland	61	19:32	PB
5. David Hambly	62	19:33	
6. Jordan Clementson	64	19:36	BTC
7. Mike Gray	17 jv	19:58	PB tie
8. Andrew Lutz	24 jv	20:18	
9. Jeff Hussong	34 jv	21:04	BTC
10. Mike Talbot	48 jv	21:39	BTC
11. Justin Palmer	50 jv	21:48	
12. John Kleppe	67 jv	23:38	
Clay Fischer	DNF	injury	
Philip Hugill	?	16:06	(3200 m)

#1runner: Jason Callander, Mora - 16:33

#1 jv runner: Mitch Morand, Brainerd - 18:43

**GIRLS' TEAM RESULTS:**

1. Rockford	78
2. Brainerd	88
3. Cathedral	94
4. Annandale	143
<b>5. Pine City</b>	<b>165</b>
6. Maple Lake	197
7. Albany	203
8. Wadena	209
9. Royalton	211
10. Mora	244
11. Pierz	250
9 teams	Inc

JH Girls team 5th

**BOYS' TEAM RESULTS:**

1. Brainerd	62
2. Pierz	112
3. Cathedral	118
4. Wadena	173
5. Annandale	194
6. Hinckley	197
7. Rockford	199
<b>8. Pine City</b>	<b>230</b>
9. Albany	233
10. Long Prairie	247
11. Royalton	265
12. Milaca	274
8 team	Inc

Pine City JV team 5th

**Junior High** 3200 m -

1. Beau Peterson 19 15:15

# 1 runner: Neil Larson, Milaca - 11:42

# CHISAGO LAKES INVITATIONAL CROSS COUNTRY MEET

Tuesday, September 28, 2004

warm, sunny - hilly course

## PINE CITY GIRLS' RESULTS:

4000 m - 22 varsity runners - 8 jv runners

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	3	16:33	
2. Jacki Gregoire	4	17:23	BTY-BTC
3. Jenna Fore	11	18:25	
4. Hannah Espeseth	12	18:38	PB
5. Abby Olson	13	18:51	BTC
6. Steph Purdy	2 jv	18:53	BTC
7. Steph Gregoire	14	18:55	
8. Brietta Clementson	15	19:00	BTY
9. Katie Hughes	4 jv	20:39	
10. Britt Kreger	6 jv	22:08	
11. Emily Erickson	7 jv	26:27	

## GIRLS' TEAM RESULTS:

1. North Branch	23
2. <b>Pine City</b>	43
3. Chisago Lakes	77
EC	Inc

# 1 runner: Haeley Hasleit, North Branch - 16:07

#1 JV runner : North Branch - 18:18

## Junior High

2040 m

1. Steph Dickey	5	9:27	
2. Laura Kleppe	7	9:46	BTC
3. Alli Brant	5 - 7th gr	9:46	
4. Meagan Grow	11	10:43	
5. Emily Hill	14	12:49	PB
6. Melanie Gerold	15	15:45	

## JH results:

1. Osceola	7
2. Pine City	23

#1 runner: Chisago Lakes - 7:22

## PINE CITY BOYS' RESULTS:

5000 m - 29 varsity runners - 21 jv runners

	<u>place</u>	<u>time</u>	
1. Trevor McNally	8	18:06	PB
2. Tom Miche'	10	18:29	BTC
3. Elias Trigas	16	19:10	PB
4. Jordan Clementson	18	19:31	BTC
5. David Hambly	19	19:36	
6. Josh Boland	20	19:41	
7. Andrew Lutz	2 jv	19:50	PB
8. Mike Gray	23	20:09	
9. Jeff Hussong	6 jv	20:51	BTC
10. Justin Palmer	10 jv	22:02	
11. John Kleppe	13 jv	22:39	
12. Mike Talbot	14 jv	22:50	
13. Peter Hoppe	17 jv	24:40	
14. Philip Hugill	21 jv	26:58	

## BOYS' TEAM RESULTS:

1. Chisago Lakes	34
2. North Branch	37
3. <b>Pine City</b>	71
4. MLWR	102

## JV Results:

1. North Branch	31
2. Pine City	45
3. Chisago Lakes	45

## Junior High

2040 m

1. Beau Peterson	7	9:36
2. Jordan Sparling	18	15:24

#1 runner: John Leaf, Chisago Lakes - 17:11

# 1 runner: Chisago Lakes - 7:47

#1 JV runner: North Branch - 19:13

# SWAIN CROSS COUNTRY MEET @ Duluth

Saturday, October 2, 2004

cool, sunny, strong north wind- very hilly course

## PINE CITY GIRLS' RESULTS:

4000 m 170 varsity runners, 119 Soph runners

	place	time
1. Emily Branzovsky	9 soph	18:07.8
2. Steph Gregoire	137	19:59.2
3. Hannah Espeseth	47 soph	20:13.7
4. Abby Olson	65 soph	20:52.0
5. Steph Purdy	70 soph	21:04.5
6. Katie Hughes	93 soph	22:02.5
7. Britt Kreger	106 soph	23:37.2
8. Emily Erickson	108 soph	24:08.7
Jacki Gregoire	DNF	
Jenna Fore	DNF	

## GIRLS' TEAM RESULTS:

24 teams - (top 10 listed)

1. Ely	111
2. Glenco	137
3. Amery	148
4. Minnehaha	167
5. East Grand Forks	206
6. Visitation	215
7. Rockford	230
8. Mesabi East	249
9. Blake	258
10. United South Central	259
<b>Pine City</b>	<b>INC</b>

# 1 runner: Claire Richards, Blake - 15:22.7

#1 Soph runner : Emily White, Proctor - 17:02.5

### Junior High

2600 m - 92 runners

1. Brietta Clementson	44	13:02.8
2. Alli Brant	61	13:43.9
3. Laura Kleppe	62	13:45.8
4. Emily Hill	87	17:09.1
5. Melanie Gerold	92	21:24.2

#1 runner: Haley Hasleit, North Branch - 10:41.4

### JH results:

1. Hermantown - 24, 2. North Branch - 40, 3. Rush City - 92  
4. New Prague -96, 5. Grand Rapids -116, 6. Pine City - 142

## PINE CITY BOYS' RESULTS:

210 varsity runners - 110 soph runners

Sophomore race (4000 m):

	place	time
1. Trevor McNally	6	14:55.5
2. Tom Mische'	13	15:24.6
3. Jordan Clementson	26	16:05.7
4. David Hambly	31	16:20.3
5. Josh Boland	33	16:21.2
6. Mike Gray	43	16:35.6
7. Andrew Lutz	45	16:40.5
8. John Kleppe	69	17:47.1
9. Philip Hugill	106	20:47.2
Clay Fischer	DNF	

Varsity race (5000 m):

1. Elias Trigas	145	20:41.6
2. Jeff Hussong	192	22:43.4
3. Peter Hoppe	210	26:24.6
Mike Talbot	DNF	

#1runner: Mike Richards, Eveleth - 17:18.4

#1 Soph runner: Brett Ausmus, Hinckley - 14:25.8

### Sophomore results:

1. North Branch	48
2. Moorhead	68
3. Mpls Southwest	101
3. Warroad	116
4. Spring Lk Park	120
5. Duluth East	161
6. Hibbing	162
7. Totino	165
8. Pine City	172
9. St Paul Harding	302

## BOYS' TEAM RESULTS:

30 teams - (top 10 listed)

1. Eveleth	109
2. Minnehaha	116
3. Waroad	158
4. United South Central	211
5. Northwestern	219
6. Carlton	240
7. Lake of the Woods	262
8. Rockford	281
9. Watertown	301
10. Delano	302

### Sophomore Results:

1. Duluth Marshall - 78	5. Proctor - 162
2. Pine City - 87	6. International Falls - 187
3. Hermantown - 105	7. Elgin Millville - 192
4. Esko - 115	8. Warroad - 200

### Junior High

2600 m - 142 runners

1. Beau Peterson	72	12:13.3
2. Jordan Sparling	141	20:13.1

# 1 runner: Paul Elness, Elgin Millville-9:31.5

# FOLEY INVITATIONAL CROSS COUNTRY MEET

Thursday, October 7, 2004  
cool, muggy with scattered showers

## PINE CITY GIRLS' RESULTS:

4000 m - 32 varsity runners - 10 jv runners

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	1	16:24	
2. Jenna Fore	9	17:21	BTY
3. Steph Gregoire	17	17:48	BTY-BTC
4. Hannah Espeseth	18	18:12	PB
5. Abby Olson	24	18:47	
6. Brietta Clementson	25	18:54	BTC
7. Steph Purdy	27	19:14	BTY
Katie Hughes	DNF	sick	

## GIRLS' TEAM RESULTS:

1. Princeton	37
2. <b>Pine City</b>	69
3. Royalton	75
4. Mora	75
5. Milaca	106

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

#1 JV runner : Branda Bemkers, Mora - 19:22

## Junior High

3200 m - 23 runners

1. Laura Kleppe	9	15:41	PB
2. Alli Brant	10	15:46	PB
3. Meagan Grow	15	16:55	PB
4. Emily Hill	22	20:02	PB
5. Melanie Gerold	23	23:59	
Steph Dickey			

## JH results:

1. Mora	19
2. <b>Pine City</b>	79
3 teams	Inc

#1 runner: Marshana Coler, Mora - 14:37

## PINE CITY BOYS' RESULTS:

5000 m - 35 varsity boys - 19 jv boys

	<u>place</u>	<u>time</u>	
1. Tom Miche'	5	17:46	PB
2. Trevor McNally	6	17:52	PB
3. David Hambly	17	19:00	PB
4. Clay Fischer	1 jv	19:02	
5. Elias Trigas	18	19:06	PB
6. Josh Boland	20	19:20	PB
7. Jordan Clementson	21	19:26	
8. Andrew Lutz	2 jv	19:48	PB
9. Mike Gray	26	19:53	PB
10. Jeff Hussong	3 jv	20:16	
11. John Kleppe	5 jv	20:50	PB
12. Justin Palmer	7 jv	21:06	
14. Mike Talbot	12 jv	21:57	
14. Peter Hoppe	16 jv	23:15	PB
15. Philip Hugill	19 jv	27:35	

## BOYS' TEAM RESULTS:

1. Milaca	65
2. <b>Pine City</b>	66
3. Mora	73
4. Royalton	83
5. Princeton	94

## JV Results:

1. <b>Pine City</b>	18
2. Mora	54
3 teams	Inc

## Junior High

3200 m - 34 runners

1. Beau Peterson	20	14:21	PB
2. Jordan Sparling	34	21:56	

# 1 runner: Neil Larson, Milaca - 11:28

#1runner: Jason Callander, Mora - 16:45

#1 JV runner: Clay Fischer, Pine City - 19:02

***Champions***

***train,***

***endure pain,***

***and***

***never complain.***

# RUM RIVER CONFERENCE CROSS COUNTRY MEET

## Princeton

Thursday, October 14, 2004

cool, mostly cloudy, no wind

### PINE CITY GIRLS' RESULTS:

4000 m - 56 varsity runners - 19 jv runners

	<u>place</u>		<u>time</u>	
1. Emily Branzovsky	7		16:34	ALL-CONFERENCE
2. Jacki Gregoire	16	BTY	16:58	HONORABLE MENTION
3. Jenna Fore	21		17:22	HONORABLE MENTION
4. Steph Gregoire	28		17:50	
5. Hannah Espeseth	29		17:51	PB
6. Abby Olson	42		18:41	BTY
7. Steph Purdy	50		18:55	BTY
8. Katie Hughes	6 jv		19:55	
9. Emily Erickson	18 jv		21:08	PB

#1 runner: Brenna Carey, Big Lake - 15:00

#1 jv runner: Marshana Coler, Mora - 18:51

#### Junior High - 3000 m - 33 runners

1. Brietta Clementson	5		14:01	BTY
2. Laura Kleppe	17		15:10	BTY
3. Steph Dickey	19		15:14	PB
4. Alli Brant	21		15:17	PB
5. Emily Hill	32		17:43	PB
6. Melanie Gerold	33		22:59	BTY

#1 runner: Danielle Vitali - Chisago Lakes - 13:24

### GIRLS' TEAM RESULTS:

1. North Branch	47
2. Princeton	78
3. STMA	85
4. Big Lake	95
5. Pine City	101
6. Mora	137
7. Milaca	161
8. Chisago Lks	229
Foley	Inc

#### junior high team results:

1. North Branch	-	13
2. STMA	-	22
3. Mora	-	29
4. Pine City	-	41
Milaca - Inc		Chs Lks - Inc
Mora - Inc		Foley - Inc
Princeton - Inc		

### PINE CITY BOYS' RESULTS

5000 m - 58 varsity runners, 67 jv runners

	<u>place</u>		<u>time</u>	
1. Tom Miche'	7	tie PB	17:46	ALL-CONFERENCE
2. Trevor McNally	8	PB	17:49	ALL-CONFERENCE
3. Clay Fischer	20	BTY	18:31	HONORABLE MENTION
4. David Hambly	25	PB	18:40	HONORABLE MENTION
5. Josh Boland	29		18:55	PB
6. Elias Trigas	33		19:04	PB
7. Mike Gray	2 jv		19:27	PB
8. Andrew Lutz	42		19:30	PB
9. John Kleppe	17 jv		20:20	PB
10. Jeff Hussong	20 jv		20:36	
11. Justin Palmer	26 jv		21:14	
12. Mike Talbot	49 jv		22:34	
13. Peter Hoppe	56 jv		23:09	PB
14. Philip Hugill	64 jv		24:15	PB

#1 runner: Jason Callander, Mora - 16:51

#1 JV runner: Clay Kraus, North Branch - 19:03

#### Junior High - 3000 m - 44 runners

1. Beau Peterson	25		13:37	PB
2. Jordan Sparling	43		20:02	PB

#1 runner: Neil Larson, Milaca - 11:24

### BOYS' TEAM RESULTS:

1. Chisago Lakes	54
2. North Branch	76
3. Pine City	89
4. Mora	129
5. Big Lake	135
6. STMA	135
7. Milaca	146
8. Princeton	199
Foley	Inc

#### JV team results:

1. Big Lake	-	40
2. North Branch	-	88
3. Mora	-	91
4. Chisago Lakes	-	101
5. Pine City	-	114
6. STMA	-	140
7. Foley	-	263
Milaca, Princeton		- Inc

“Only one person and one person  
only will determine how good of a  
runner you become.....

You will become as good as you let  
yourself be.

That one person is you.”

# NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET

Tuesday, October 19, 2004

cool, wet and overcast

## PINE CITY GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	3	16:48	
2. Jacki Gregoire	6	17:08	
3. Jenna Fore	10	17:37	
4. Steph Gregoire	13	18:03	
5. Abby Olson	16	18:26	PB
6. Hannah Espeseth	18	18:42	BTC
7. Brietta Clementson	19	18:46	BTY
8. Steph Purdy	23	19:10	
9. Katie Hughes	33	20:31	
10. Emily Erickson	37	21:10	

## GIRLS' TEAM RESULTS:

1. North Branch	27
2. <b>Pine City</b>	48
3. Big Lake	50
4. Chisago Lakes	139
Princeton	Inc

# 1 runner: Brenna Carey, Big Lake - 15:25

## Junior High

2000 m

1. Alli Brant	6	9:14	PB
2. Laura Kleppe	7	9:19	PB
3. Steph Dickey	9	9:36	
4. Meagan Grow	12	10:05	PB
5. Emily Hill	16	11:27	PB
6. Melanie Gerold	17	14:01	

## JH results:

1. North Branch	24
2. <b>Pine City</b>	50
3 teams	Inc

#1 runner: Traci Arnold, Princeton - 7:46

## PINE CITY BOYS' RESULTS:

5000 m

	<u>place</u>	<u>time</u>	
1. Tom Miche'	6	17:39	PB
2. Trevor McNally	11	17:51	BTC
3. Josh Boland	28	18:45	PB
4. Clay Fischer	30	18:49	BTC
5. David Hambly	33	19:16	BTC
6. Andrew Lutz	39	19:29	PB
7. Mike Gray	42	19:38	BTC
8. Justin Palmer	47	20:18	BTC
9. John Kleppe	49	20:23	BTC
10. Jeff Hussong	52	20:27	
11. Jordan Clementson	55	20:45	
12. Peter Hoppe	70	22:50	PB
13. Mike Talbot	71	22:55	
14. Philip Hugill	75	24:54	BTC

## BOYS' TEAM RESULTS:

1. North Branch	49
2. Chisago Lakes	50
3. Forest Lake	51
4. <b>Pine City</b>	108
5. Big Lake	120
6. Princeton	246

## Junior High

2000 m

1. Beau Peterson	12	8:53	PB
2. Jordan Sparling	17	12:56	PB

#1 runner: John Leaf, Chisago Lakes - 16:55

# 1 runner: Ryan Norman, North Branch - 7:00



**THE  
PRIDE  
YOU GAIN  
IS  
WORTH  
THE PAIN.**

# SECTION 7A CROSS COUNTRY MEET

## @ CLOQUET

Thursday, October 28, 2004

cool, overcast, wet

### PINE CITY GIRLS' RESULTS:

4000 m - 108 runners

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	23	16:29.0	
2. Jacki Gregoire	32	16:43.5	BTY
3. Jenna Fore	43	17:04.3	BTY
4. Steph Gregoire	58	17:37.1	BTY
5. Abby Olson	70	18:14.3	PB
6. Brietta Clementson	72	18:21.0	BTY
7. Hannah Espeseth	75	18:27.4	

### GIRLS' TEAM RESULTS:

1. Ely	53
2. Hermantown	71
3. International Falls	105
4. Mesabi East	135
5. Esko	159
5. Rush City	161
7. Cook County-Silver Bay	183
<b>8. Pine City</b>	<b>197</b>
9. Proctor	209
10. MIB-Virginia	229
11. Albrook	272
12. Chisholm	273
13. Marshall	370
14. Hinckley/Finlayson	375
10 teams	Inc

#### Top 10 runners (qualifying for state):

1. Samantha Smith (12)	Cromwell	15:00.1
2. Christine Frandsen (12)	Rush City	15:23.2
3. Abby Nelson (10)	Esko	15:26.3
4. Margaret Tierney (7)	Hermantown	15:27.2
5. Melissa Engelmeier (12)	Hermantown	15:31.1
6. Heidi Sande (9)	Cook County	15:36.1
7. Casey Sovil (10)	Ely	15:37.4
8. Alexa Grones (12)	Cromwell	15:37.8
9. Emily White (9)	Proctor	15:38.1
10. Cassie Roper (10)	Proctor	15:38.2

### PINE CITY BOYS' RESULTS

5000 m - 124 runners

	<u>place</u>	<u>time</u>	
1. Tom Miche'	11	17:05.9	PB
2. Trevor McNally	25	17:25.5	PB
3. Clay Fischer	46	18:13.7	BTY
4. David Hambly	50	18:17.2	PB
5. Josh Boland	58	18:26.2	PB
6. Elias Trigas	74	18:49.9	PB
7. Jordan Clementson	82	19:16.1	PB

### BOYS' TEAM RESULTS:

1. Eveleth/Gilbert	42
2. Hinckley/Finlayson	113
3. Hermantown	139
4. Carlton/Wrenshall	154
5. Esko	157
<b>6. Pine City</b>	<b>186</b>
7. Marshall	188
8. Cook County-Silver Bay	224
9. International Falls	228
10. Rush City	233
11. Mesaki East	234
12. Lakeview Christian Academ	324
13. MLWR	325
14. Proctor	326
15. Cromwell	334
16. Chisholm	452
17. Albrook	454
7 teams	Inc

#### Top 10 runners (qualifying for state):

1. Michael Richards (12)	Eveleth/Gilber	16:15.7
2. Reed Lehto (11)	Cook County	16:18.8
3. Jacob Richards (12)	Eveleth/Gilber	16:23.3
4. Collin Wagner (12)	Eveleth/Gilber	16:31.2
5. Kyle Schmidt (12)	Hermantown	16:31.3
6. J.T. Hlava (12)	Carlton/Wren	16:33.0
7. Dan Conley (11)	Carlton/Wren	16:43.0
8. Ben Wagner (11)	Eveleth/Gilber	16:54.3
9. Brett Ausmus (9)	Hinckley/Finla	16:56.7
10. Josh LaBlanc (11)	Interntl Falls	17:00.9





## AVERAGE MILE TIMES AT MEETS - 2004

	PB -2003	Grantsbg	Pine City	Rice Lk	N. Branch	Pierz	Chs.Lakes
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Peter Hoppe - 12			8:34	8:06	7:49		8:42
Jeff Hussong - 12	6:19	6:54	6:47	6:39	6:32	6:48	7:44
Mike Talbot - 12	6:54		7:13	6:57	6:53	6:59	7:22
Elias Trigas - 12		6:39	6:32	6:13	6:13	6:12	6:11
Justin Palmer - 11	6:27	7:55	7:21		6:49	7:02	7:06
Josh Boland - 10		6:59	6:52	6:30	6:19	6:18	6:21
Jordan Clementson - 10	6:20	6:40	6:28	6:20	6:14	6:19	6:17
Mike Gray - 10		6:59	6:48	6:33	6:26	6:26	6:30
John Kleppe - 10			7:29	7:06	7:14	7:37	7:18
Tom Miche - 10	6:02	6:30	6:03	5:49	5:57	5:50	5:57
Clay Fischer - 9	5:41		6:22	6:02	6:06	DNF	
David Hambly - 9	6:15	6:39	6:42	6:11	6:22	6:18	6:19
Philip Hugill - 9			8:38	9:23	8:26	8:05	8:42
Andrew Lutz - 9		7:10	6:51	6:30	6:25	6:33	6:24
Trevor McNally - 9			6:15	5:59	5:59	5:58	5:50
	2000 m		2000 m	3047 m	2000 m	3200 m	2040 m
Beau Peterson - 7			7:41	7:36	7:37	7:40	7:35
Jordan Sparling - 7			11:25	12:45	10:59		12:09
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jenna Fore - 12	6:51		7:32	7:10			7:22
Jacki Gregoire - 11	6:44	7:26	7:12	7:00	7:06	7:04	6:57
Steph Gregoire - 11	7:08			7:32	7:48	7:35	7:34
Danielle Wilson - 11		8:16	7:19	DNF	DNF		
Hannah Espeseth -10	7:37	8:00	7:33	7:33	7:38	7:34	7:27
Katie Hughes - 10		8:08	DNF	7:53	7:58	8:01	8:16
Britt Kreger - 10	8:42	9:08	8:57	8:38	8:42	DNF	8:51
Abby Olson - 10	7:25	7:44	8:10	7:31	7:38	8:00	7:32
Stephanie Purdy - 10	7:31						7:33
Emily Branzovsky - 9	6:19	7:04	6:56	6:36	6:32	6:48	6:37
Emily Erickson - 9			10:00		9:15	8:58	10:35
Brietta Clementson - 8	7:03	7:52				7:50	7:36
	2000 m		2000 m	3047 m	2000m	3200 m	2040 m
Brietta Clementson - 8	6:57		7:22	7:54	7:04		
Steph Dickey - 8	7:22		7:44	DNF	7:28	8:22	7:28
Melanie Gerold - 8	10:24		12:04	12:39	10:53	12:23	12:26
Meagan Grow - 8			8:47		8:15	9:21	8:27
Emily Hill - 8	9:14		10:12	10:17	9:28	10:15	10:07
Laura Kleppe - 8	8:10		7:57	8:11	7:39	8:21	7:43
Alli Brant - 7			8:14	8:27	7:32	8:26	7:43

## AVERAGE MILE TIMES AT MEETS - 2004

Swain	Foley	Conference	N. Branch	Section 7A	State	Average	PB-2004
5000/4000	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
8:31	7:30	7:28	7:22			8:25	7:22
7:20	6:32	6:39	6:36			6:51	6:32
DNF	7:05	7:17	7:24			7:09	6:53
6:40	6:10	6:09		6:03		6:18	6:03
	6:48	6:51	6:33			7:03	6:33
6:32	6:14	6:06	6:03	5:55		6:22	5:55
6:26	6:16		6:42	6:11		6:23	6:11
6:38	6:25	6:16	6:20			6:32	6:16
7:07	6:43	6:34	6:35			7:05	6:34
6:10	5:44	5:44	5:42	5:29		5:54	5:29
DNF	6:08	5:58	6:04	5:51		6:04	5:51
6:32	6:08	6:01	6:13	5:52		6:18	5:52
8:19	8:54	7:49	8:02			8:29	8:02
6:40	6:23	6:17	6:17			6:33	6:17
5:58	5:46	5:45	5:45	5:36		5:53	5:36
2600 m	3200m	3000 m	2000 m			MISC	2000 m
8:33	7:13	7:18	7:10			7:36	7:10
12:31	11:02	10:45	10:26			11:30	10:26
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
DNF	6:56	6:57	7:03	6:51		7:07	6:51
DNF		6:47	6:51	6:43		7:01	6:43
8:00	7:07	7:08	7:13	7:04		7:27	7:04
						7:48	7:19
8:05	7:17	7:08	7:29	7:24		7:33	7:08
8:49	DNF	7:58	8:12			8:09	7:53
9:27						8:57	8:38
8:21	7:31	7:28	7:22	7:19		7:41	7:19
8:26	7:42	7:34	7:40			7:47	7:33
7:15	6:34	6:38	6:43	6:37		6:45	6:32
9:39		8:47	8:28			9:23	8:28
	7:34		7:30	7:22		7:37	7:22
2600 m	3200 m	3000 m	2000 m			MISC	2000m
8:04		7:31				7:35	7:04
	DNF	8:10	7:45			7:49	7:28
13:15	12:04	12:20	11:18			12:09	10:53
	8:31		8:08			8:35	8:08
10:37	10:05	9:30	9:14			9:58	9:14
8:30	7:53	8:08	7:31			7:59	7:31
8:29	7:56	8:12	7:27			8:03	7:27

**TEAM POSITIONS AT MEETS - 2004**

	Grntsbrg	Pine City	Rice Lake	N.Branch	Pierz	Chs Lks
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Peter Hoppe - 12		14	13	14		13
Jeff Hussong - 12	5	7	10	10	9	9
Mike Talbot - 12		11	11	12	10	12
Elias Trigas - 12	3	5	5	4	3	3
Justin Palmer - 11	9	12		11	11	10
Josh Boland - 10	6	10	8	6	4	6
Jordan Clementson - 10	4	4	6	5	6	4
Mike Gray - 10	7	8	9	9	7	8
John Kleppe - 10		13	12	13	12	11
Tom Miche - 10	1	1	1	1	1	2
Clay Fischer - 9		3	3	3	DNR	DNR
David Hambly - 9	2	6	4	7	5	5
Philip Hugill - 9		15	14	15	13	14
Andrew Lutz - 9	8	9	7	8	8	7
Trevor McNally - 9		2	2	2	2	1
		<b>2000 m</b>	<b>3049 m</b>	<b>2000 m</b>	<b>3200 m</b>	<b>2000 m</b>
Beau Peterson - 7		1	1	1	1	1
Jordan Sparling - 7		2	2	2	2	2
		<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>
Jenna Fore - 12		4		3		3
Jacki Gregoire - 11	2	2	2	2	2	2
Steph Gregoire - 11			5	5	4	7
Danielle Wilson - 11	7	3				DNR
Hannah Espeseth - 10	5	5	4	6	3	4
Katie Hughes - 10	6	7	6	7	7	9
Britt Kreger - 10	8	8	7	8	8	10
Abby Olson - 10	3	6	3	4	6	5
Stephanie Purdy - 10						6
Emily Branzovsky - 9	1	1	1	1	1	1
Emily Erickson - 9		9	8		9	11
Brietta Clementson - 8	4				5	8
		<b>2000 m</b>	<b>3049 m</b>	<b>2000 m</b>	<b>3200 m</b>	<b>2000 m</b>
Brietta Clementson - 8		1	1	1		
Steph Dickey - 8		2	2		2	1
Melanie Gerold - 8		7	7	5	6	6
Meagan Grow - 8		5	5		4	4
Emily Hill - 8		6	6	4	5	5
Laura Kleppe - 8		3	4	2	1	2
Alli Brant - 7		4	3	3	3	3

**TEAM POSITIONS AT MEETS - 2004**

Swain	Foley	Conf@Princ	North Branch	Section 7A	Average
5000/4000	5000 m	5000 m	5000 m	5000 m	5000 m
3 var	14	13	12		13.29
2 var	10	10	10		8.89
DNF	14	12	13		11.88
1 var	5	6	DNR	6	4.44
DNR	12	11	8		10.50
5 soph	6	5	3	5	5.90
3 soph	7	DNR	11	7	6.00
6 soph	9	7	7		7.89
8 soph	11	9	9		11.25
2 soph	1	1	1	1	1.10
DNF	4	3	4	3	3.29
4 soph	3	4	5	4	4.50
9 soph	15	14	14		14.25
7 soph	8	8	6		7.67
1 soph	2	2	2	2	1.89
	<b>2600 m</b>	<b>3200 m</b>	<b>3000 m</b>	<b>2000 m</b>	
1	1	1	1		1.00
2	2	2	2		2.00
	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>
DNF		2	3	3	3.00
DNF	DNR		2	2	2.00
2	3	4	4	4	4.22
DNR					5.00
3	4	5	6	7	4.73
6	DNF	8	9		7.22
7					8.00
4	5	6	5	5	4.73
5	7	7	8		6.60
1	1	1	1	1	1.00
8		9	10		9.14
	6		7	6	6.00
	<b>2000 m</b>	<b>3200 m</b>	<b>3000 m</b>	<b>2000 m</b>	
1		1			1.00
DNR	DNF	2	3		2.00
5	5	6	6		5.89
DNR	3	DNR	4		4.17
4	4	5	5		4.89
3	1	3	2		2.33
2	2	4	1		2.78

**PLACE FINISHES AT MEETS - 2004**

	Grantsburg	Pine City	Rice Lake	N. Branch	Pierz	Chs. Lakes
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Peter Hoppe - 12		35 jv	44 jv	41 jv		17 jv
Jeff Hussong - 12	27	45	71	7 jv	34 jv	6 jv
Mike Talbot - 12		15 jv	17 jv	20 jv	48 jv	14 jv
Elias Trigas - 12	22	35	37	33	53	16
Justin Palmer - 11	42	19 jv		19 jv	50 jv	10 jv
Josh Boland - 10	30	7 jv	3 jv	1 jv	61	20
Jordan Clementson - 10	23	31	45	38	64	18
Mike Gray - 10	31	46	5 jv	5 jv	17 jv	23
John Kleppe - 10		22 jv	24 jv	28 jv	67 jv	13 jv
Tom Miche - 10	13	10	15	11	22	8
Clay Fischer - 9		24	25	23	DNF	DNR
David Hambly - 9	19	41	32	44	62	19
Philip Hugill - 9		37 jv	51 jv	42 jv	9th gr	21 jv
Andrew Lutz - 9	32	6 jv	2 jv	45	24 jv	2 jv
Trevor McNally - 9		1 jv	21	13	32	8
		<b>2000 m</b>	<b>3047 m</b>	<b>2000 m</b>	<b>3200 m</b>	<b>2000 m</b>
Beau Peterson - 7		17		15	19	7
Jordan Sparling - 7		26		27	DNR	18
		<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>
Jenna Fore - 12	DNF	21	30			11
Jacki Gregoire - 11	4	8	21	16	18	4
Steph Gregoire - 11			5 jv	32	40	14
Danielle Wilson - 11	28	14	DNF		42	DNR
Hannah Espeseth - 10	17	22	57	30	40	12
Katie Hughes - 10	24	DNF	76	36	63	4 jv
Britt Kreger - 10	41	16 jv	28 jv	10 jv	DNF	6 jv
Abby Olson - 10	11	36	56	29	62	13
Stephanie Purdy - 10						2 jv
Emily Branzovsky - 9	2	4	2	3	10	3
Emily Erickson - 9		22 jv		14 jv	60 jv	7 jv
Brietta Clementson - 8	12				55	15
		<b>2000 m</b>	<b>3047 m</b>	<b>2000 m</b>	<b>3200 m</b>	<b>2000 m</b>
Brietta Clementson - 8		3	34	11		
Steph Dickey - 8		9	DNF	12	43	5
Melanie Gerold - 8		39	103	34	80	15
Meagan Grow - 8		29		26	60	11
Emily Hill - 8		35	98	31	71	14
Laura Kleppe - 8		15	45	18	42	7
Alli Brant - 7		22	59	14	46	5 -7th

**PLACE FINISHES AT MEETS - 2004**

Swain	Foley	Conference	N. Branch	Section 7A	State	Average
5000/4000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 M
210-var	16 jv	56 jv	70			39.8 jv
192-var	3 jv	20 jv	52			18 jv
DNF	12 jv	49 jv	71			29.4 jv
145-var	18	33	DNR	74		35.7
DNR	7 jv	26 jv	47			27.5 jv
33-soph	20	29	28	58		35.1
26-soph	21	DNR	55	82		41.9
43-soph	26	2 jv	42			33.6
69-soph	5 jv	17 jv	49			28.1 jv
13-soph	5	7	6	11		10.8
DNF	1 jv	20	30	46		28.0
31-soph	17	25	33	50		34.2
106-soph	19 jv	64 jv	75			44.1 jv
45-soph	2 jv	42	39			39.5
6-soph	6	8	11	25		15.5
	<b>2600 m</b>	<b>3200 m</b>	<b>3000 m</b>	<b>2000 m</b>		<b>JH</b>
	72	20	25	12		23.4
	141	34	43	17		43.7
	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>
DNF		9	21	10	43	20.7
DNF	DNR		16	6	32	13.9
137-var	17	28	13	58		28.9
DNR	DNR					28.0
47-soph	18	29	18	75		31.8
93-soph	DNF	6 jv	33			46.4
106-soph						41.0
65-soph	24	42	16	70		35.9
70-soph	27	50	23			33.3
9-soph	1	7	3	23		5.8
108-soph	DNR	18 jv	37			26.3 jv
	25		19	72		33.0
	<b>2600 m</b>	<b>3200 m</b>	<b>3000 m</b>	<b>2000 m</b>		<b>JH</b>
	44		5			19.4
DNR	DNF		17	9		15.8
	92	23	33	17		48.4
DNR		15	DNR	12		25.5
	87	22	32	16		45.1
	62	9	19	7		24.9
	61	10	21	6		29.9

Running

is

90% mental,

7% skill,

and

3% raw guts!



## **2004 CROSS COUNTRY SEASON MILEAGE**

	<u>TOTAL MILES</u>
1. Tom Miche'	229.5
2. Jordan Clementson	221.7
3. Mike Gray	221.1
4. Josh Boland	218.2
5. Abby Olson	217.5
6. Andrew Lutz	216.8
7. David Hambly	215.3
8. Steph Gregoire	214.5
9. Emily Branzovsky	208.3
10. Hannah Espeseth	202.5
11. Katie Hughes	201.7
12. Elias Trigas	199.5
13. Steph Purdy	198.2
14. Jeff Hussong	194.9
15. Brietta Clementson	195.6
16. Trevor McNally	192.9
17. Jenna Fore	187.4
18. Jacki Gregoire	186.1
19. Clay Fischer	184.3
20. John Kleppe	163.5
21. Mike Talbot	159.6
22. Peter Hoppe	154.4
23. Justin Palmer	153.9
24. Philip Hugill	145.7
25. Alli Brant	114.8
26. Beau Peterson	113.5
27. Emily Hill	113.4
28. Steph Dickey	111.4
29. Britt Kreger	100.1
30. Emily Erickson	98.1
31. Jordan Sparling	93.4
32. Danielle Wilson	93.2
33. Laura Kleppe	90.6
34. Meagan Grow	90.5
35. Melanie Gerold	80.3

**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	22:26	October 4, 2003	EmilyBranzovsky
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. 2 x mile loop	14:46	October 18, 2004	EmilyBranzovsky
10. G .C. loop - 1.1	6:52	September 22, 2003	EmilyBranzovsky
11. Cty Rd 117 - 1	6:41	October 18, 1996	Bree Fischer
12. 1 x mile loop	6:46	August 20, 2003	Meleia Johnson
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	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. 3 x 500	5:11 (1:41 ave)	October 22, 2003	Jenna Fore
26. 5 x 500	9:11(1:50 ave)	October 22, 2001	Jacki Gregoire
27. 6 x 500	10:59 (1:50 ave)	September 12, 2000	Kim Connaker
28. 8 x 500	15:56 (1:59 ave)	October 5, 2000	Kim Connaker
29. 2 x 1000	8:54 (4:27 ave)	October 27, 2003	EmilyBranzovsky
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	25:26 (4:14 ave)	September 2, 2003	Meleia Johnson
33. 7 x 1000	28:06 (4:01 ave)	September 17, 2003	EmilyBranzovsky
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
37. 3 x 1000, 2 x 500	16:23	August 26, 2003	EmilyBranzovsky
38. Co 8 cut-across - 6.2	55:20	August 16. 2002	Meleia Johnson
39. 1 x mile loop, 2 x 1000	15:56	October 11, 2004	EmilyBranzovsky
40. 1 x mile loop, 1 x 1000	10:35	October 25, 2004	EmilyBranzovsky

## 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. 1 x mile loop	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	JaredClementson
19. Track - 8 x 400	9:04 (1:08 ave)	September 4, 1995	J. R. Anderson
20. 800, 1000, 1200, 1400, 1600	21:46	September 28, 1995	J. R. Anderson
21. 2 x 1200	7:27 (3:43 ave)	October 2, 1997	J. R. Anderson
22. 1 x 2000	6:50	October 20, 1997	Jason Larsen
23. 800, 600, 400	5:11	September 12, 1997	J. R. Anderson
24. 6 x 400	6:31 (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. 3 x 500	4:07 (1:22 ave)	October 21, 2003	Jared Clementson
30. 4 x 500	6:06 (1:31 ave)	October 30, 2000	Jeremy Lee
31. 5 x 500	7:28 (1:29 ave)	October 22, 2001	David Hansen
32. 6 x 500	8:59 (1:29 ave)	September 11, 2001	Jared Clementson
33. 8 x 500	12:27 (1:31 ave)	October 5, 2000	Ryan Hammill
34. 6 x 200	3:01 (30.2 ave)	October 31, 2002	Chris Lutz
35. 2 x 1000	6:18 (3:09 ave)	October 28, 2002	Jared Clementson
36. 4 x 1000	13:10 (3:17 ave)	October 13, 2000	Ryan Hammill
37. 5 x 1000	16:47 (3:21 ave)	August 27, 2002	Jared Clementson
38. 6 x 1000	19:46 (3:18 ave)	September 2, 2003	Jared Clementson
39. 7 x 1000	23:28 (3:21 ave)	September 17, 2003	Jared Clementson
40. 8 x 1000	25:28 (3:11 ave)	September 23, 2003	Jared Clementson
41. 2x1000, 2x500, 2x1000	16:43	September 27, 2001	Jared Clementson
42. 3 x 1000, 2 x 500	12:56	August 26, 2003	Jared Clementson
43. Co 8 cut across - 6.2	48:20	August 16, 2002	David Hansen
44. 1 x mile loop, 2 x 1000	12:03	October 11, 2004	Tom Miche'
45. 1 x mile loop, 1 x 1000	8:50	October 25, 2004	Tom Miche'

## LESSONS FROM GEESE

1. As each bird flaps it's wings, it creates an uplift for others behind it. There is 71% more flying range in V-formation than flying alone.

***Lesson: People who share a common direction and sense of common purpose can get there quicker.***

2. Whenever a goose flies out of formation it quickly feels the drag and tries to get back into position.

***Lesson: It's harder to do something alone than together.***

3. When the lead goose gets tired, it rotates back into formation and another goose flies at the head.

***Lesson: Shared leadership and interdependence gives us each a chance to lead as well as opportunities to support others.***

4. The geese in formation honk from behind to encourage those up front to keep up their speed.

***Lesson: We need to make sure that our "honking" is encouraging rather than discouraging.***

5. When a goose gets sick or is wounded and falls, two geese fall out of formation and stay with it until it revives or dies. They then catch up or join another flock.

***Lesson: Stand by each other in difficult times as well as in good times.***

# Pine City High School Cross Country 2004

## Awards:

MOST VALUABLE RUNNER	Emily Branzovsky	Tom Miche'
MOST IMPROVED RUNNER	Hannah Espeseth	Trevor McNally
ROOKIE OF THE YEAR	Elias Trigas	
PERSEVERANCE AWARD	Jenna Fore	
COACHES' AWARD	Jeff Hussong	Mike Talbot

## ALL-CONFERENCE:

Emily Branzovsky      Tom Miche'  
Trevor McNally

## ALL CONFERENCE HONORABLE MENTION:

Jacki Gregoire      Clay Fischer  
Jenna Fore      David Hambly

## LETTER WINNERS:

Jenna Fore	Jeff Hussong	Elias Trigas
Mike Talbot	Jacki Gregoire	Steph Gregoire
Jordan Clementson	Josh Boland	Tom Miche'
Abby Olson	Hannah Espeseth	Clay Fischer
Emily Branzovsky	Trevor McNally	David Hambly
Krista Hill (mgr)		

## SECTION 7A ACADEMIC CHAMPS

Pine City Girls Cross Country Team

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 .....**

**No Half-Times,**

**No Timeouts,**

**No Substitutions,**

**The Only True Sport!**











## AVERAGE MILE TIMES AT MEETS - 2004

	<b>PB -2003</b>	<b>Grantsbg</b>	<b>Pine City</b>	<b>Rice Lk</b>	<b>N. Branch</b>	<b>Pierz</b>	<b>Chs.Lakes</b>
	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>
Peter Hoppe - 12			8:34	8:06	7:49		8:42
Jeff Hussong - 12	6:19	6:54	6:47	6:39	6:32	6:48	7:44
Mike Talbot - 12	6:54		7:13	6:57	6:53	6:59	7:22
Elias Trigas - 12		6:39	6:32	6:13	6:13	6:12	6:11
Justin Palmer - 11	6:27	7:55	7:21		6:49	7:02	7:06
Josh Boland - 10		6:59	6:52	6:30	6:19	6:18	6:21
Jordan Clementson - 10	6:20	6:40	6:28	6:20	6:14	6:19	6:17
Mike Gray - 10		6:59	6:48	6:33	6:26	6:26	6:30
John Kleppe - 10			7:29	7:06	7:14	7:37	7:18
Tom Miche - 10	6:02	6:30	6:03	5:49	5:57	5:50	5:57
Clay Fischer - 9	5:41		6:22	6:02	6:06	DNF	
David Hambly - 9	6:15	6:39	6:42	6:11	6:22	6:18	6:19
Philip Hugill - 9			8:38	9:23	8:26	8:05	8:42
Andrew Lutz - 9		7:10	6:51	6:30	6:25	6:33	6:24
Trevor McNally - 9			6:15	5:59	5:59	5:58	5:50
	<b>2000 m</b>		<b>2000 m</b>	<b>3047 m</b>	<b>2000 m</b>	<b>3200 m</b>	<b>2040 m</b>
Beau Peterson - 7			7:41	7:36	7:37	7:40	7:35
Jordan Sparling - 7			11:25	12:45	10:59		12:09
	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>
Jenna Fore - 12	6:51		7:32	7:10			7:22
Jacki Gregoire - 11	6:44	7:26	7:12	7:00	7:06	7:04	6:57
Steph Gregoire - 11	7:08			7:32	7:48	7:35	7:34
Danielle Wilson - 11		8:16	7:19	DNF	DNF		
Hannah Espeseth -10	7:37	8:00	7:33	7:33	7:38	7:34	7:27
Katie Hughes - 10		8:08	DNF	7:53	7:58	8:01	8:16
Britt Kreger - 10	8:42	9:08	8:57	8:38	8:42	DNF	8:51
Abby Olson - 10	7:25	7:44	8:10	7:31	7:38	8:00	7:32
Stephanie Purdy - 10	7:31						7:33
Emily Branzovsky - 9	6:19	7:04	6:56	6:36	6:32	6:48	6:37
Emily Erickson - 9			10:00		9:15	8:58	10:35
Brietta Clementson - 8	7:03	7:52				7:50	7:36
	<b>2000 m</b>		<b>2000 m</b>	<b>3047 m</b>	<b>2000m</b>	<b>3200 m</b>	<b>2040 m</b>
Brietta Clementson - 8	6:57		7:22	7:54	7:04		
Steph Dickey - 8	7:22		7:44	DNF	7:28	8:22	7:28
Melanie Gerold - 8	10:24		12:04	12:39	10:53	12:23	12:26
Meagan Grow - 8			8:47		8:15	9:21	8:27
Emily Hill - 8	9:14		10:12	10:17	9:28	10:15	10:07
Laura Kleppe - 8	8:10		7:57	8:11	7:39	8:21	7:43
Alli Brant - 7			8:14	8:27	7:32	8:26	7:43

## AVERAGE MILE TIMES AT MEETS - 2004

Swain	Foley	Conference	N. Branch	Section 7A	State	Average	PB-2004
<b>5000/4000</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>
8:31	7:30	7:28	7:22			8:25	7:22
7:20	6:32	6:39	6:36			6:51	6:32
DNF	7:05	7:17	7:24			7:09	6:53
6:40	6:10	6:09		6:03		6:18	6:03
	6:48	6:51	6:33			7:03	6:33
6:32	6:14	6:06	6:03	5:55		6:22	5:55
6:26	6:16		6:42	6:11		6:23	6:11
6:38	6:25	6:16	6:20			6:32	6:16
7:07	6:43	6:34	6:35			7:05	6:34
6:10	5:44	5:44	5:42	5:29		5:54	5:29
DNF	6:08	5:58	6:04	5:51		6:04	5:51
6:32	6:08	6:01	6:13	5:52		6:18	5:52
8:19	8:54	7:49	8:02			8:29	8:02
6:40	6:23	6:17	6:17			6:33	6:17
5:58	5:46	5:45	5:45	5:36		5:53	5:36
<b>2600 m</b>	<b>3200m</b>	<b>3000 m</b>	<b>2000 m</b>			<b>MISC</b>	<b>2000 m</b>
8:33	7:13	7:18	7:10			7:36	7:10
12:31	11:02	10:45	10:26			11:30	10:26
<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>
DNF	6:56	6:57	7:03	6:51		7:07	6:51
DNF		6:47	6:51	6:43		7:01	6:43
8:00	7:07	7:08	7:13	7:04		7:27	7:04
						7:48	7:19
8:05	7:17	7:08	7:29	7:24		7:33	7:08
8:49	DNF	7:58	8:12			8:09	7:53
9:27						8:57	8:38
8:21	7:31	7:28	7:22	7:19		7:41	7:19
8:26	7:42	7:34	7:40			7:47	7:33
7:15	6:34	6:38	6:43	6:37		6:45	6:32
9:39		8:47	8:28			9:23	8:28
	7:34		7:30	7:22		7:37	7:22
<b>2600 m</b>	<b>3200 m</b>	<b>3000 m</b>	<b>2000 m</b>			<b>MISC</b>	<b>2000m</b>
8:04		7:31				7:35	7:04
	DNF	8:10	7:45			7:49	7:28
13:15	12:04	12:20	11:18			12:09	10:53
	8:31		8:08			8:35	8:08
10:37	10:05	9:30	9:14			9:58	9:14
8:30	7:53	8:08	7:31			7:59	7:31
8:29	7:56	8:12	7:27			8:03	7:27

## TEAM POSITIONS AT MEETS - 2004

	<b>Grntsbrg</b>	<b>Pine City</b>	<b>Rice Lake</b>	<b>N.Branch</b>	<b>Pierz</b>	<b>Chs Lks</b>
	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>
Peter Hoppe - 12		14	13	14		13
Jeff Hussong - 12	5	7	10	10	9	9
Mike Talbot - 12		11	11	12	10	12
Elias Trigas - 12	3	5	5	4	3	3
Justin Palmer - 11	9	12		11	11	10
Josh Boland - 10	6	10	8	6	4	6
Jordan Clementson - 10	4	4	6	5	6	4
Mike Gray - 10	7	8	9	9	7	8
John Kleppe - 10		13	12	13	12	11
Tom Miche - 10	1	1	1	1	1	2
Clay Fischer - 9		3	3	3	DNR	DNR
David Hambly - 9	2	6	4	7	5	5
Philip Hugill - 9		15	14	15	13	14
Andrew Lutz - 9	8	9	7	8	8	7
Trevor McNally - 9		2	2	2	2	1
		<b>2000 m</b>	<b>3049 m</b>	<b>2000 m</b>	<b>3200 m</b>	<b>2000 m</b>
Beau Peterson - 7		1	1	1	1	1
Jordan Sparling - 7		2	2	2	2	2
	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>
Jenna Fore - 12		4		3		3
Jacki Gregoire - 11	2	2	2	2	2	2
Steph Gregoire - 11			5	5	4	7
Danielle Wilson - 11	7	3				DNR
Hannah Espeseth - 10	5	5	4	6	3	4
Katie Hughes - 10	6	7	6	7	7	9
Britt Kreger - 10	8	8	7	8	8	10
Abby Olson - 10	3	6	3	4	6	5
Stephanie Purdy - 10						6
Emily Branzovsky - 9	1	1	1	1	1	1
Emily Erickson - 9		9	8		9	11
Brietta Clementson - 8	4				5	8
		<b>2000 m</b>	<b>3049 m</b>	<b>2000 m</b>	<b>3200 m</b>	<b>2000 m</b>
Brietta Clementson - 8		1	1	1		
Steph Dickey - 8		2	2		2	1
Melanie Gerold - 8		7	7	5	6	6
Meagan Grow - 8		5	5		4	4
Emily Hill - 8		6	6	4	5	5
Laura Kleppe - 8		3	4	2	1	2
Alli Brant - 7		4	3	3	3	3

## TEAM POSITIONS AT MEETS - 2004

Swain	Foley	Conf@Princ	North Branch	Section 7A	Average
5000/4000	5000 m	5000 m	5000 m	5000 m	5000 m
3 var	14	13	12		13.29
2 var	10	10	10		8.89
DNF	14	12	13		11.88
1 var	5	6	DNR	6	4.44
DNR	12	11	8		10.50
5 soph	6	5	3	5	5.90
3 soph	7	DNR	11	7	6.00
6 soph	9	7	7		7.89
8 soph	11	9	9		11.25
2 soph	1	1	1	1	1.10
DNF	4	3	4	3	3.29
4 soph	3	4	5	4	4.50
9 soph	15	14	14		14.25
7 soph	8	8	6		7.67
1 soph	2	2	2	2	1.89
<b>2600 m</b>	<b>3200 m</b>	<b>3000 m</b>	<b>2000 m</b>		
1	1	1	1		1.00
2	2	2	2		2.00
<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>
DNF	2	3	3	3	3.00
DNF	DNR	2	2	2	2.00
2	3	4	4	4	4.22
DNR					5.00
3	4	5	6	7	4.73
6	DNF	8	9		7.22
7					8.00
4	5	6	5	5	4.73
5	7	7	8		6.60
1	1	1	1	1	1.00
8		9	10		9.14
	6		7	6	6.00
<b>2000 m</b>	<b>3200 m</b>	<b>3000 m</b>	<b>2000 m</b>		
1		1			1.00
DNR	DNF	2	3		2.00
5	5	6	6		5.89
DNR	3	DNR	4		4.17
4	4	5	5		4.89
3	1	3	2		2.33
2	2	4	1		2.78

## PLACE FINISHES AT MEETS - 2004

	Grantsburg	Pine City	Rice Lake	N. Branch	Pierz	Chs. Lakes
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Peter Hoppe - 12		35 jv	44 jv	41 jv		17 jv
Jeff Hussong - 12	27	45	71	7 jv	34 jv	6 jv
Mike Talbot - 12		15 jv	17 jv	20 jv	48 jv	14 jv
Elias Trigas - 12	22	35	37	33	53	16
Justin Palmer - 11	42	19 jv		19 jv	50 jv	10 jv
Josh Boland - 10	30	7 jv	3 jv	1 jv	61	20
Jordan Clementson - 10	23	31	45	38	64	18
Mike Gray - 10	31	46	5 jv	5 jv	17 jv	23
John Kleppe - 10		22 jv	24 jv	28 jv	67 jv	13 jv
Tom Miche - 10	13	10	15	11	22	8
Clay Fischer - 9		24	25	23	DNF	DNR
David Hambly - 9	19	41	32	44	62	19
Philip Hugill - 9		37 jv	51 jv	42 jv	9th gr	21 jv
Andrew Lutz - 9	32	6 jv	2 jv	45	24 jv	2 jv
Trevor McNally - 9		1 jv	21	13	32	8
		<b>2000 m</b>	<b>3047 m</b>	<b>2000 m</b>	<b>3200 m</b>	<b>2000 m</b>
Beau Peterson - 7		17		15	19	7
Jordan Sparling - 7		26		27	DNR	18
	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>
Jenna Fore - 12	DNF	21	30			11
Jacki Gregoire - 11	4	8	21	16	18	4
Steph Gregoire - 11			5 jv	32	40	14
Danielle Wilson - 11	28	14	DNF		42	DNR
Hannah Espeseth - 10	17	22	57	30	40	12
Katie Hughes - 10	24	DNF	76	36	63	4 jv
Britt Kreger - 10	41	16 jv	28 jv	10 jv	DNF	6 jv
Abby Olson - 10	11	36	56	29	62	13
Stephanie Purdy - 10						2 jv
Emily Branzovsky - 9	2	4	2	3	10	3
Emily Erickson - 9		22 jv		14 jv	60 jv	7 jv
Brietta Clementson - 8	12				55	15
		<b>2000 m</b>	<b>3047 m</b>	<b>2000 m</b>	<b>3200 m</b>	<b>2000 m</b>
Brietta Clementson - 8		3	34	11		
Steph Dickey - 8		9	DNF	12	43	5
Melanie Gerold - 8		39	103	34	80	15
Meagan Grow - 8		29		26	60	11
Emily Hill - 8		35	98	31	71	14
Laura Kleppe - 8		15	45	18	42	7
Alli Brant - 7		22	59	14	46	5 -7th



## PLACE FINISHES AT MEETS - 2004

Swain	Foley	Conference	N. Branch	Section 7A	State	Average
5000/4000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 M
210-var	16 jv	56 jv	70			39.8 jv
192-var	3 jv	20 jv	52			18 jv
DNF	12 jv	49 jv	71			29.4 jv
145-var	18	33	DNR	74		35.7
DNR	7 jv	26 jv	47			27.5 jv
33-soph	20	29	28	58		35.1
26-soph	21	DNR	55	82		41.9
43-soph	26	2 jv	42			33.6
69-soph	5 jv	17 jv	49			28.1 jv
13-soph	5	7	6	11		10.8
DNF	1 jv	20	30	46		28.0
31-soph	17	25	33	50		34.2
106-soph	19 jv	64 jv	75			44.1 jv
45-soph	2 jv	42	39			39.5
6-soph	6	8	11	25		15.5
<b>2600 m</b>	<b>3200 m</b>	<b>3000 m</b>	<b>2000 m</b>			<b>JH</b>
72	20	25	12			23.4
141	34	43	17			43.7
<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>	<b>4000 m</b>
DNF	9	21	10	43		20.7
DNF	DNR	16	6	32		13.9
137-var	17	28	13	58		28.9
DNR	DNR					28.0
47-soph	18	29	18	75		31.8
93-soph	DNF	6 jv	33			46.4
106-soph						41.0
65-soph	24	42	16	70		35.9
70-soph	27	50	23			33.3
9-soph	1	7	3	23		5.8
108-soph	DNR	18 jv	37			26.3 jv
	25		19	72		33.0
<b>2600 m</b>	<b>3200 m</b>	<b>3000 m</b>	<b>2000 m</b>			<b>JH</b>
44		5				19.4
DNR	DNF	17	9			15.8
92	23	33	17			48.4
DNR	15	DNR	12			25.5
87	22	32	16			45.1
62	9	19	7			24.9
61	10	21	6			29.9