



*to hold and
nurture a
dream is to
affirm all that
is possible*

MILACA INVITATIONAL CROSS COUNTRY MEET
Milaca Golf Course
Monday, August 29, 2005
sunny, warm

PINE CITY GIRLS' RESULTS:

4000 m. - 106 runners

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	32	18:23	BTC
2. Steph Gregoire	65	20:23	BTC
3. Brietta Clementson	66	20:24	
4. Hannah Espeseth	69	20:32	BTC
5. Emily Erickson	28 JV	22:11	
6. Emily Hill	69 JV	28:36	
Emily Branzovsky	DNF		
Steph Dickey	DNF		
Chelsea Irvin		30:11	

#1 runner Ella Smith, Becker, 16:16

#1 jv runner Becker, 18:15

GIRLS' TEAM RESULTS:

1. Becker	31
2. Monticello	101
3. St. Francis	124
4. Crosby-Ironton	146
5. Little Falls	169
6. STMA	181
7. Mille Lacs	210
8. Princeton	211
9. Big Lake	226
10. North Branch	246
11. Pierz	250
12. Cambridge-Isanti	268
13. Chisago Lakes	280
14. Mora	314

Incomplete Teams: Pine City, Albany,
 Foley, Hinckley/Finlayson, Holdingford,
 Rush City, Rocori

PINE CITY BOYS' RESULTS:

5000 m - 102 runners

	<u>place</u>	<u>time</u>	
1. Tom Miche'	9	18:51	
2. Clay Fischer	12	18:58	
3. Trevor McNally	14	19:05	
4. Andrew Lutz	21	19:36	
5. David Hambly	41	20:16	
6. Jordan Clementson	81	21:28	BTC

#1 runner: Dan Greeno, STMA, 16:48

BOYS' TEAM RESULTS:

1. North Branch	97
2. Pine City	97
3. Monticello	128
4. Hinckley/Finlayson	166
5. Pierz	187
6. STMA	194
7. Big Lake	198
8. Milaca	228
9. Rocori	229
10. Crosby-Ironton	253
11. Cambridge-Isanti	275
12. Mora	284
13. St. Francis	308
14. Rush City	336
15. Princeton	343
16. Chisago Lakes	364
17. Albany	405
18. Little Falls	407
19. Becker	443

CAMBRIDGE INVITATIONAL CROSS COUNTRY MEET

Friday, September 2, 2005

sunny, warm

PINE CITY GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	24	17:43	BTY
2. Steph Gregoire	42	18:55	BTY
3. Etta Clementson	48	19:21	BTY
4. Hannah Espeseth	49	19:22	BTY
5. Shauna Palmer	48 jv	20:03	
6. Emily Erickson	60	21:09	PB
7. Laura Kleppe	70 jv	21:17	
8. Steph Dickey	71 jv	21:18	
9. Chelsea Palmer	108 jv	26:04	
10. Emily Hill	109 jv	26:34	PB
11. Chelsea Irvin	110 jv	27:31	PB
12. Melanie Gerold	111 jv	34:29	

#1 runner: K. Dyson, Roseville, 14:54

#1 jv runner: T. Warness, Mounds View, 16:19

Junior High - 2000 m -

1. Ellie Larson	11	9:36
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#1 runner: A. Loveland, Centennial, 8:25

GIRLS' TEAM RESULTS:

1. Roseville	18
2. Mounds View	72
3. Forest Lake	101
4. Minnehaha	135
5. Centennial	149
6. Cambridge-Isanti	210
7. Pine City	223
8. Mora	243
Princeton	Inc

PINE CITY BOYS' RESULTS

5000 m -

	<u>place</u>	<u>time</u>	
1. Tom Miche'	4	17:51	BTY
2. Clay Fischer	5	17:53	BTY
3. Trevor McNally	6	17:56	BTY
4. Andrew Lutz	11	18:31	PB
5. David Hambly	25	19:11	BTY
6. Jordan Clementson	33	19:42	BTY
7. Josh Boland	34 jv	20:09	
8. Justin Palmer	38 jv	20:51	
9. Mike Gray	15 jv	20:54	
10. Steven Guttormson	42 jv	21:13	

#1 runner: A. Wellens, Simley, 17:34

#1 jv runner: Cambridge, 19:02

Junior High - 2000 m -

1. Beau Peterson	10	8:41	PB
2. Tom Pitzen	15	8:53	
3. Zach Borich	20	9:20	
4. Jacob Guttormson	22	9:26	
5. Nathan Thiesen	35	13:07	
6. Jordan Sparling	36	13:19	

#1 runner: C. Arnold, Princeton, 7:49

BOYS' TEAM RESULTS:

1. Pine City	51
2. Centennial	66
3. Minnehaha	92
4. Cambridge-Isanti	109
5. Mora	128
6. Simley	141
7. Princeton	172

PINE CITY INVITATIONAL CROSS COUNTRY MEET

Thursday, September 8, 2005

sunny, hot, humid

PINE CITY GIRLS' RESULTS:

4000 m - 60 varsity runners (26 jv runners)

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	15	17:59	
2. Hannah Espeseth	24	19:05	BTY
3. Steph Gregoire	26	19:09	BTC
4. Etta Clementson	28	19:25	BTC
5. Abby Olson	39	20:22	
6. Shauna Palmer	43	20:58	
7. Emily Erickson	45	21:08	PB
8. Laura Kleppe	10 jv	21:14	PB
9. Steph Dickey	12 jv	21:20	
10. Chelsea Irvin	23 jv	27:46	
11. Emily Hill	24 jv	28:00	
12. Chelsea Palmer	25 jv	28:01	
13. Melanie Gerold	26 jv	34:24	PB

#1 runner: Mary Virnig, Mille Lacs, 16:27

#1 jv runner: Nila Wittiko, Hermantown, 18:32

GIRLS' TEAM RESULTS:

1. Hermantown	33
2. Mille Lacs	73
3. Concordia Academy	100
4. Rush City	121
5. Mora	121
6. Pine City	123
7. MLWR	126
8. Milaca	165
9. Hinckley/Finlayson	173
Foley	Inc
East Central	Inc

PINE CITY BOYS' RESULTS

5000 m - 60 varsity runners (42 jv runners)

	<u>place</u>	<u>time</u>	
1. Clay Fischer	6	18:01	BTC
2. Trevor McNally	8	18:11	BTC
3. Tom Miche'	16	18:32	BTC
4. Andrew Lutz	18	18:43	BTC
5. Jordan Clementson	27	19:15	PB
6. Josh Boland	41	20:19	BTC
7. Justin Palmer	7 jv	21:08	BTC
8. Mike Gray	10 jv	21:21	
9. Steven Guttormson	17 jv	22:26	
David Hambly		DNF	

#1 runner: Evan Eliason, Concordia Academy, 17:07

#1 jv runner: Sam Hemerich, Milaca, 20:11

BOYS' TEAM RESULTS:

1. Pine City	72
2. Hinckley/Finlayson	80
3. Hermantown	84
4. Milaca	106
5. Cromwell	113
6. Mora	130
7. Rush City	146
8. MLWR	147
9. Concordia Academy	157
Foley	Inc

Junior High 2000 m - 35 runners

1. Beau Peterson	7	8:38	PB
2. Zach Borich	11	8:49	PB
3. Tom Pitzen	14	8:59	
4. Jacob Guttormson	16	9:12	PB
5. Nathan Thiesen	33	12:44	PB
6. Jordan Sparling	34	13:00	BTY

#1 runner: Max Runia, Hermantown, 7:34

JH Team Results:

1. Foley	32
2. Pine City	60
3. Mora	80

NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET
Thursday, September 15, 2005
sunny, warm

PINE CITY GIRLS' RESULTS:

4000 m - 34 varsity-15 jv runners

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	10	18:04	
2. Hannah Espeseth	15	18:44	BTY-BTC
3. Etta Clementson	16	18:51	BTY
4. Steph Gregoire	21	19:03	BTC
5. Abby Olson	23	19:31	BTY
6. Emily Erickson	26	20:18	PB
7. Shauna Palmer	27	21:01	
8. Laura Kleppe	6 jv	21:22	
9. Steph Dickey	8 jv	22:06	
10. Emily Hill	12 jv	26:20	PB
11. Chelsea Palmer	13 jv	26:21	
12. Chelsea Irvin	14 jv	28:59	
13. Melanie Gerold	15 jv	33:46	PB

#1 runner: Haley Hasleit, North Branch, 16:15

#1 jv runner: Nika Witikko, Hermantown, 18:16

Junior High 2000 m - 32 runners

1. Ellie Larson	4	8:37	PB
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#1 runner: Natasha Dragkevich, MLWR, 8:10

GIRLS' TEAM RESULTS:

1. North Branch	30
2. Hermantown	37
3. Pine City	85
4. Rush City	94
5. Hinckley/Finlayson	139
East Central	Inc
MLWR	Inc

PINE CITY BOYS' RESULTS

5000 m - 42 varsity-20 jv runners

	<u>place</u>	<u>time</u>	
1. Trevor McNally	4	17:54	BTY-BTC
2. Tom Miche'	5	18:12	BTC
3. Clay Fischer	6	18:12	BTC
4. Andrew Lutz	17	18:34	BTC
5. David Hambly	23	19:01	BTY-BTC
6. Jordan Clementson	26	19:21	
7. Josh Boland	30 jv	20:07	BTY
8. Steven Guttormson	6 jv	20:22	PB
9. Mike Gray	9 jv	20:37	BTY
10. Justin Palmer	10 jv	20:49	BTY

#1 runner: Nick Ramberg, North Branch, 17:10

#1 jv runner: Cory Crowell, North Branch, 18:41

Junior High 2000 m - 25 runners

1. C hristian Isaacson	2	8:03	
2. Beau Peterson	6	8:34	PB
3. Tom Pitzen	8	8:47	PB
4. Jacob Guttormson	9	8:55	PB
5. Zach Borich	14	9:30	
6. Nathan Thiesen	24	12:16	PB
7. Jordan Sparling	25	12:19	PB

#1 runner: Joe Mavee, Hermantown, 7:42

BOYS' TEAM RESULTS:

1. North Branch	52
2. Pine City	55
3. Hinckley/Finlayson	72
4. Hermantown	90
5. MLWR	105
6. Rush City	126
East Central	Inc

JH Team Results:

1. Pine City	ran	
2. North Branch		46
3. Hinckley		84
Hermantown		Inc
East Central		Inc
MLWR		Inc

PIERZ INVITATIONAL CROSS COUNTRY MEET

Monday, September 19, 2005

sunny, warm

PINE CITY GIRLS' RESULTS:

4000 m - 109 varsity runners

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	40	17:43	BTY-BTC
2. Hannah Espeseth	56	18:40	BTY-BTC
3. Steph Gregoire	59	18:42	BTY-BTC
4. Etta Clementson	71	19:12	BTC
5. Abby Olson	76	19:21	BTY
6. Emily Erickson	89	20:07	PB
7. Shauna Palmer	92	20:29	
8. Laura Kleppe	38 jv	21:05	PB
10. Chelsea Irvin	jv	41:37	
11. Melanie Gerold	jv	42:18	

#1 runner: Beth Tacl, St. Cloud Cathedral, 15:09

#1 jv runner: Jessica Puchta, LPGE, 17:06

Junior High 3200 m -

1. Ellie Larson 24 16:41

#1 runner: Ashlee Carlson, Staples, 13:47

GIRLS' TEAM RESULTS:

1. Brainerd	49
2. Crosby-Ironton	121
3. St. Cloud Cathedral	125
4. Annandale	167
5. Wadena-Deer Creek	167
6. Mille Lacs	174
7. Pierz	198
8. Long Prairie-Grey E	214
9. Rockford	243
10. Paynesville	243
11. Litchfield	256
12. Eden Valley-Watk	285
13. Pine City	291
14. Albany	299
15. Mora	314
16. St. John's Prep	355

Incomplete Teams:

Foley, Staples-Motley, East Central,
Milaca, Royalton, Hinckley/Finlayson

PINE CITY BOYS' RESULTS

5000 m - 112 varsity runners

	<u>place</u>	<u>time</u>	
1. Tom Miche'	10	17:20	BTY-BTC
2. Trevor McNally	16	17:33	BTY-BTC
3. Clay Fischer	22	17:50	BTY
4. Andrew Lutz	58	18:58	BTC
5. Jordan Clementson	67	19:11	PB
6. Mike Gray	19 jv	19:31	BTY-BTC
7. Josh Boland	84	19:38	BTY
8. Steven Guttormson	35 jv	20:22	

#1 runner: Justin Tyner, Brainerd, 16:20

#1 jv runner: Sam Hall, Cathedral, 18:19

Junior High 3200 m -

1. Tom Pitzen	49	14:33
2. Jacob Guttormson	55	14:43
3. Zach Borich	88	16:28
4. Nathan Thiesen	119	21:16
5. Jordan Sparling		22:52

#1 runner: Jim Dean, Brainerd, 11:52

BOYS' TEAM RESULTS:

1. St. Cloud Cathedral	70
2. Brainerd	75
3. Annandale	93
4. Pine City	169
5. Crosby-Ironton	175
6. Long Prairie-Grey E	206
7. Hinckley/Finlayson	225
8. Wadena-Deer Creek	229
9. Mora	229
10. Milaca	233
11. Pierz	239
12. Litchfield	285
13. Albany	299
14. Paynesville	325
15. Rockford	339

Incomplete Teams:

St. John's Prep, Staples, East Central,
Royalton, EVWK, Foley

CHISAGO LAKES INVITATIONAL CROSS COUNTRY MEET

Tuesday, September 27, 2005
sunny, warm- tough hilly course

PINE CITY GIRLS' RESULTS:

4000 m - 27 varsity-23 jv runners

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	7	17:29	BTY
2. Steph Gregoire	18	18:53	
3. Abby Olson	20	19:12	BTY
4. Hannah Espeseth	21	19:24	
5. Etta Clementson	22	19:33	
6. Emily Erickson	26	19:57	PB
7. Shauna Palmer	27	20:06	
8. Laura Kleppe	9 jv	20:58	PB
9. Steph Dickey	14 jv	22:14	
10. Chelsea Palmer	21 jv	26:06	
11. Emily Hill	22 jv	26:38	
12. Melanie Gerold	23 jv	36:08	

#1 runner: Haley Hasleit, North Branch, 16:31

#1 jv runner: Katie Hooch, St. Francis, 18:41

GIRLS' TEAM RESULTS:

1. North Branch	28
2. St. Francis	49
3. Pine City	88
Incomplete Teams:	
Chisago Lakes	
MLWR	
EC	

PINE CITY BOYS' RESULTS

5000 m - 34 varsity-28 jv runners

	<u>place</u>	<u>time</u>	
1. Tom Miche'	2	17:50	BTC
2. Trevor McNally	3	17:59	BTC
3. Clay Fischer	4	18:00	
4. Andrew Lutz	13	18:52	BTC
5. Jordan Clementson	16	19:01	PB
6. David Hambly	23	19:40	
7. Mike Gray	28	20:15	
8. Josh Boland	5 jv	20:16	
9. Justin Palmer	6 jv	20:25	BTY-BTC
10. Steven Guttormson	8 jv	20:37	

#1 runner: Nick Ramberg, North Branch, 17:27

#1 jv runner: Damion Larson, St. Francis, 18:48

BOYS' TEAM RESULTS:

1. North Branch	31
2. Pine City	38
3. Chisago Lakes	94
4. St. Francis	97
5. MLWR	97

Junior High -7th grade - 2500 m

1. Jacob Guttormson	6	11:34
2. Tom Pitzen	7	11:40
3. Zach Borich	8	12:01

Team scores - 7th grade

1. St. Francis	18
2. Pine City	21
3. Osceola	23
4. North Branch	26

	<u>place</u>	<u>time</u>	
1. Beau Peterson	3	11:03	
2. Christian Isaacson	4	11:13	
4. Nathan Thiesen	14	16:45	
5. Jordan Sparling	15	17:02	

#1 runner - 8th gr: Jeff Gray, St. Francis, 10:14

#1 runner - 7th gr: Adam Zupp, 10:04

Team scores - 8th grade

1. St. Francis	- 8	3. North Branch	-25
2. Pine City	- 21	4. Osceola	- 29

SWAIN CROSS COUNTRY MEET @ Duluth
Saturday, October 1, 2005
sunny, warm, calm- very hilly course

PINE CITY GIRLS' RESULTS:

4000 m 196 varsity runners - 110 soph runners

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	74	18:20.1	
2. Hannah Espeseth	142	20:00.8	BTC
3. Abby Olson	144	20:04.5	BTC
4. Etta Clementson	146	20:08.8	
5. Laura Kleppe	59 soph	21:10.9	
6. Shauna Palmer	175	21:32.2	
7. Steph Gregoire	DNF		
8. Emily Erickson	DNF		
9. Steph Dickey	75 soph	22:00.6	
10. Chelsea Irvin	104 soph	27:19.1	PB
11. Emily Hill	105 soph	27:26.8	
12. Chelsea Palmer	106 soph	27:44.1	
13. Melanie Gerold	DNF		

1 runner: Claire Richardson, Blake, 15:19.1

#1 Soph runner Holly Reiland, Spring Lk Pk/St. Anthony, 16:31.9

20. Chetek	538
22. Chisholm	582
24. Dilworth	592
26. Cromwel	646

GIRLS' TEAM RESULTS:

1. Adrian	43
2. Perham	86
3. Staples-Motley	134
4. Blake School	178
5. Ely	191
6. Visitation	198
7. Osceola	228
8. Amery	249
9. Blue Earth Area	260
10. Wadena-Deer Creek	282
11. MtnLk/Butterfld/Od	294
12. Watertown-Mayer	303
13. Norwood Young Ame	354
14. Northwestern	376
15. Lake City	381
16. USC/Ac	452
17. Glenco-Silver Lk	466
18. Spooner	470
19. Rockford	527
21. Warroad	545
23. Pine City	589
25. Mesabi East	621

PINE CITY BOYS' RESULTS:

205 varsity runners - 110 jv runners

	<u>place</u>	<u>time</u>	
1. Trevor McNally	11	17:54.8	
2. Tom Miche'	29	18:23.9	
3. Clay Fischer	62	19:06.0	
4. David Hambly	80	19:25.3	
5. Andrew Lutz	114	20:00.3	
6. Josh Boland	16 jv	20:19.6	
7. Jordan Clementson	126	20:21.0	
8. Mike Gray	140	20:38.1	
9. Justin Palmer	43 jv	21:57.9	
10. Steven Guttormson	33 soph	16:58.8	

#1 runner: Daniel Murray, Blue Earth Area, 16:50.0

#1 jv runner: Sam Hallman, USC/Ac, 19:16.5

1 soph runner: David Hafferty, Duluth Marshall, 14:17.5

JUNIOR HIGH 2500 m - 170 runners

1. Jacob Guttormson	78	11:31.3	PB
2. Tom Pitzen	79	11:33.9	PB
3. Beau Peterson	85	11:37.7	BTC
4. Zach Borich	87	11:42.5	PB
5. Christian Isaacson	111	12:08.5	
6. Nathan Theisen	166	17:10.1	
7. Jordan Sparling	167	18:33.9	BTC

#1 runner: Raleigh Goessling, Esko, 9:06.2

Pine City Team - 14th

BOYS' TEAM RESULTS:

1. Warroad	79
2. Perham	126
3. Blue Earth Area	175
4. Adrian	225
5. Northwestern	232
6. Carlton-Wrenshall	256
7. USC/AC	258
8. Osceola	268
9. Pine City	280
10. Eveleth Gilbert	291
11. Staples Motley	295
12. Watertown-Mayer	325
13. Hinckley Finlayson	381
14. Glencoe-Silver Lake	400
15. Esko	425
16. Lake of Woods	462
17. DeLaSalle	475
18. Blake School	495
19. Rockford	507
20. Mesabi East	509
21. Duluth Marshall	522
22. Norwood Young Am	529
23. Northland/Deer Riv	533
24. Rush City	554
25. Albrook	561
26. Amery	596
27. MLWR	610
28. Chisholm	724
29. MtnLK/Buterfld	781

CAMBRIDGE INVITATIONAL CROSS COUNTRY MEET

Tuesday, September 18, 2005

warm, windy

PINE CITY GIRLS' RESULTS:

4000 m

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	20	17:40	BTC
2. Steph Gregoire	33	18:28	BTY - BTC
3. Etta Clementson	35	18:38	BTC
4. Hannah Espeseth	37	18:47	BTC
5. Abby Olson	44	19:27	
6. Laura Kleppe	46	19:45	BTC
Emily Erickson	DNF		
7. Shauna Palmer	21 jv	20:26	
8. Steph Dickey	33 jv	21:39	
9. Chelsea Irvin	40 jv	25:50	BTC
10. Emily Hill	41 jv	26:05	BTC
11. Melanie Gerold	43 jv	33:31	PB

E., Smith, Becker, 15:39

#1 jv runner:

T. Race, Becker, 16:20

Junior High - 3200 m

1. Ellie Larson	7	16:17	PB
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#1 runner:

S. Crnokrak, Monticello, 14:40

GIRLS' TEAM RESULTS:

1. Becker	27
2. Monticello	48
3. Buffalo	116
4. Rogers	133
5. Rush City	145
6. Big Lake	153
7. Cambridge-Isanti	154
8. Pine City	169

PINE CITY BOYS' RESULTS

5000 m

	<u>place</u>	<u>time</u>	
1. Trevor McNally	2	17:26	BTY - BTC
2. Tom Miche'	3	17:37	BTC
3. David Hambly	11	18:09	PB
4. Josh Boland	15	18:29	BTY - BTC
5. Andrew Lutz	22	18:54	
6. Mike Gray	31	19:19	PB
7. Jordan Clementson	37	19:48	
8. Justin Palmer	9 jv	19:57	PB
9. Steven Guttormson	16 jv	20:41	

Josh Dahl, Rush City, 17:25

#1 jv runner:

18:40

Junior High - 3200 m

1. Beau Peterson	3	13:56	PB
2. Jacob Guttormson	6	14:25	PB
3. Tom Pitzen	11	15:06	
4. Zach Borich	13	15:36	PB
5. Jordan Sparling	23	20:56	PB
6. Nathan Thiesen	24	21:44	

#1 runner: J. Sandberg, Buffalo, 13:41

BOYS' TEAM RESULTS:

1. Buffalo	38
2. Pine City	53
3. Cambridge-Isanti	76
4. Big Lake	78
5. Rush City	116
6. Becker	187

JH Team Results:

1. Monticello	23
2. Becker	38
3. Princeton	100
4. Pine City	178

*Only those who risk
going too far
can find out
how far they can go.*

T.S. Eliot

TWO RIVER CONFERENCE CROSS COUNTRY MEET

Pine City

Thursday, October 13, 2005

cool, mostly cloudy, breezy - wet course

PINE CITY GIRLS' RESULTS:

4000 m - 37 varsity runners - 21 jv runners

	<u>place</u>		<u>time</u>	
1. Jacki Gregoire	7	BTC	17:32	ALL-CONFERENCE
2. Hannah Espeseth	11	PB	17:48	ALL-CONFERENCE
3. Etta Clementson	14	BTY-BTC	18:13	ALL-CONFERENCE
4. Emily Erickson	20	PB	18:42	HONORABLE MENTION
5. Steph Gregoire	23	BTC	18:54	HONORABLE MENTION
6. Abby Olson	24	BTY-BTC	18:57	HONORABLE MENTION
7. Laura Kleppe	25	PB	19:05	HONORABLE MENTION
8. Steph Dickey	7	jv - PB	20:16	
9. Shauna Palmer	10	jv - BTC	20:47	
10. Chelsea Irvin	19	jv - PB	25:02	
11. Emily Hill	20	jv - PB	25:03	
12. Melanie Gerold	21	jv	35:01	

#1 runner: Mary Virnig, Mille Lacs, 16:33

#1 jv runner: Melissa Monhead, Mora, 18:45

Junior High - 2000 m - 27 runners

1. Ellie Larson	1	8:51
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#1 runner: Ellie Larson, Pine City, 8:51

GIRLS' TEAM RESULTS:

1. Mille Lacs	36
2. Rush City	53
3. Mora	62
4. Pine City	63
Foley	Inc
East Central	Inc
Milaca	Inc
Hinckley/Finlayson	Inc

junior varsity team results:

1. Mora	15
2. Pine City	40

PINE CITY BOYS' RESULTS

5000 m - 43 varsity runners, 17 jv runners

	<u>place</u>		<u>time</u>	
1. Trevor McNally	2	BTY-BTC	17:28	ALL-CONFERENCE
2. Tom Miche'	3	BTC	17:35	ALL-CONFERENCE
3. Clay Fischer	8	BTC	17:58	ALL-CONFERENCE
4. Andrew Lutz	12	PB	18:20	ALL-CONFERENCE
5. David Hambly	16	BTY-BTC	18:22	HONORABLE MENTION
6. Josh Boland	19	BTY-BTC	18:55	HONORABLE MENTION
7. Jordan Clementson	23	PB	18:58	HONORABLE MENTION
8. Mike Gray	1	jv - BTC	19:41	
9. Justin Palmer	3	jv - BTC	20:28	
10. Steven Guttormson	6	jv - BTC	20:59	

#1 runner: Brett Ausmus, Hinckley/Finlayson, 16:55

#1 JV runner: Mike Gray, Pine City, 19:41

Junior High - 2000 m - 29 runners

1. Beau Peterson	2	8:02	PB
2. Zach Borich	8	8:17	PB
3. Tom Pitzen	9	8:21	PB
4. Jacob Gutormson	10	8:21	PB
5. Nathan Thiesen	28	11:42	PB
7. Jordan Sparling	29	11:44	PB

#1 runner: Anthony Pasillas, Mora, 7:41

BOYS' TEAM RESULTS:

1. Pine City	41
2. Hinckley/Finlayson	55
3. Milaca	79
4. Mora	83
5. Rush City	102
6. Foley	151
East Central	Inc

JH team results:

1. Pine City	19
2. Foley	19
3. Mora	20
4. Milaca	32
5. Hinckley/Finlayson	51
East Central	Inc

We achieve
more than
we think
possible
by giving
more than
we think we
have.

SECTION 7A CROSS COUNTRY MEET @ CLOQUET

Thursday, October 27, 2005
beautiful sunny fall day

PINE CITY GIRLS' RESULTS:

4000 m - 95 runners

	<u>place</u>	<u>time</u>	
1. Jacki Gregoire	25	17:12.5	BTY
2. Hannah Espeseth	44	18:01.4	BTC
3. Brietta Clementson	45	18:01.4	BTY
4. Steph Gregoire	54	18:17.0	BTY
5. Emily Erickson	59	18:29.8	PB
6. Abby Olson	63	18:41.7	BTY
7. Laura Kleppe	65	18:49.4	PB

GIRLS' TEAM RESULTS:

1. International Falls	58
2. Esko	60
3. Ely	68
4. Carlton-Wrenshall	158
5. Rush City	165
6. Proctor	169
7. Chisholm	176
8. Pine City	194
9. Mesabi East	217
10. Marshall	253
11. Hinckley/Finlayson	266
12. Cromwell-Floodwood	269
13. Albrook	325
MLWR	Inc
MIB-Virginia	Inc
Eveleth-Gilbert	Inc
McGregor	Inc
East Central	Inc

Top 10 runners (qualifying for state):

1. Abby Nelson (11)	Esko	15:30.6
2. Casey Sovil (11)	Ely	15:56.4
3. Kaycee Knutsen (10)	Esko	15:58.2
4. Molly Juntunen (11)	Esko	16:02.7
5. Malory Rice (10)	MIB-Virginia	16:03.8
6. Emily White (10)	Proctor	16:04.3
7. Cassie Roper (10)	Proctor	16:05.2
8. Jaime Harms (12)	Int'l Falls	16:05.7
9. Steph Christianson (8)	Int'l Falls	16:06.4
10. Krista Skoglund (11)	Int'l Falls	16:14.0

PINE CITY BOYS' RESULTS

5000 m - 117 runners

	<u>place</u>	<u>time</u>	
1. Trevor McNally	3	17:03.8	PB
2. Tom Miche'	5	17:10.5	BTY
3. David Hambly	20	17:59.7	PB
4. Andrew Lutz	26	18:07.8	PB
5. Clay Fischer	30	18:11.2	BTC
6. Josh Boland	34	18:21.3	PB
7. Jordan Clementson	50	18:47.2	PB

Top 10 runners (qualifying for state):

1. Dan Conley (12)	Carlton/Wren	16:42.3
2. Brett Ausmus (10)	Hinckley/Finla	16:52.5
3. Trevor McNally (10)	Pine City	17:03.8
4. Josh LaBlanc (12)	Int'l Falls	17:05.2
5. Tom Miche' (11)	Pine City	17:10.5
6. Jackson Peterson (12)	Carlton/Wren	17:11.9
7. Tony Fremling (10)	Albrook	17:13.2
8. Aaron Nelson (11)	Eveleth/Gilber	17:14.1
9. Adam Stainiger (10)	Chisholm	17:15.8
10. Jaron Matheson (12)	Hinckley/Finla	17:17.2

BOYS' TEAM RESULTS:

1. Eveleth/Gilbert	74
2. Pine City	84
3. Hinckley/Finlayson	93
4. Carlton/Wrenshall	102
5. Marshall	156
6. Esko	157
7. International Falls	175
8. Cromwell-Floodwood	255
9. Rush City	266
10. Proctor	281
11. Mesabi East	291
12. Chisholm	298
13. Albrook	312
14. Lakeview Christian Academ	322
15. MLWR	359
16. MIB-Virginia	382
McGregor	Inc
East Central	Inc

***** TOP 2 TEAMS ADVANCE TO STATE**

Think big,
believe big,
act big,
and
the results
will be big.

MSHSL CLASS A STATE CROSS COUNTRY MEET

St. Olaf College, Northfield
Saturday, November 5, 2005
cool cloudy fall day

PINE CITY BOYS' RESULTS

5000 m - 154 runners

	<u>place</u>	<u>team</u> <u>place</u>	<u>time</u>	
1. Trevor McNally	22	11	16:55.2	PB
2. Tom Miche'	28	13	17:00.2	PB
3. Clay Fischer	78	45	17:36.9	PB
4. David Hambly	89	53	17:46.1	PB
5. Andrew Lutz	110	69	18:06.1	PB
6. Josh Boland	119	76	18:19.0	PB
7. Jordan Clementson	142	99	18:50.5	

BOYS' TEAM RESULTS:

1. St. Cloud Cathedral	75
2. Rochester Lourdes	99
3. Warroad	102
4. Perham	144
5. Blue Earth	183
6. Pine City	191
7. Annandale	197
8. Adrian	234
9. Watertown Mayer	247
10. Redwood Valley	251
11. LongPrairie-GreyEa	268
12. Fairmont	269
13. Minnehaha Academy	271
14. Lewiston-Altura/R-	295
15. Eveleth Gilbert	315
16. Staples-Motley	334

Top 15 Runners:

1. Mike Torchia, 12	Rochester Lourdes	15:28.8
2. Daniel Murray, 12	Blue Earth	16:07.5
3. Jason Garvens, 12	Byron	16:08.0
4. Ryan Noack, 12	St. Cloud Cathedral	16:27.4
5. Dustin Franta, 11	La Crescent	16:29.2
6. Justin Peters, 11	Redwood Valley	16:31.8
7. Dan Conley, 12	Wrenshal-Carlton	16:33.0
8. Anthony Bongard, 11	Redwood Valley	16:34.4
9. Brett Ausmus, 10	Hinckley-Finlayso	16:35.7
10. Brent VanSchepen, 12	Southwest MN Chr	16:35.8
11. Moses Heppner, 9	Warroad	16:36.4
12. Wade Ekstrom, 12	La Crescent	16:36.6
13. Will Hatfield, 11	Minnehaha Academ	16:37.4
14. Donny Wasinger, 10	Winona Cotter	16:37.7
15. Kevin Lachowitz, 10	Perham	16:39.8

New Class A Record

2005 Class A Boys' Cross Country Running Meet

St. Olaf College, Northfield

Nov. 5, 2005

A little rain, 55, almost calm
Results by ChampionChip Minnesota

cif

PLACE	TEAM	POINTS	PLACES OF FINISHERS							AVG. TIME	SPREAD
1	St Cloud Cathedral	75	3	14	15	20	23	39	16:56.9	42.0	
2	Rochester Lourdes	99	1	12	18	27	41	67	68	16:51.7	2:03.9
3	Warroad	102	6	10	16	28	42	66	86	17:04.0	56.7
4	Perham	144	8	24	25	43	44	48	77	17:15.1	56.5
5	Blue Earth	183	2	31	32	57	61	81	95	17:18.6	1:46.2
6	Pine City	191	11	13	45	53	69	76	99	17:28.9	1:10.9
7	Annandale	196	19	34	35	46	62	87	89	17:29.8	50.2
8	Adrian	234	29	36	47	58	64	71	96	17:39.2	41.4
9	Watertown Mayer	247	9	30	38	78	92	98	109	17:42.0	1:56.9
10	Redwood Valley	251	4	5	70	82	90	107	108	17:39.7	2:05.4
11	LongPrairie-GreyEagle	268	17	22	56	85	88	101	102	17:48.9	1:30.7
12	Fairmont	269	37	49	55	63	65	75	91	17:48.1	32.2
13	Minnehaha Academy	271	7	51	60	73	80	83	94	17:46.4	1:46.6
14	Lewiston-Altura/R-P	295	26	40	50	79	100	105	110	17:56.3	1:36.6
15	Eveleth-Gilbert	315	33	52	72	74	84	93	104	18:00.5	1:04.9
16	Staples-Motley	334	21	54	59	97	103	106	111	18:07.5	1:50.7

1. St Cloud Cathedral
 3 Ryan Noack, 12 16:27.4
 14 Alex Trigg, 12 17:00.3
 15 Matt Harren, 12 17:00.6
 20 Alex Hennen, 12 17:06.9
 23 Rob Aderman, 11 17:09.3
 39 Zach Ley, 11 17:29.1
 Time = 1:24:44.4 Places = 75

2. Rochester Lourdes
 1 Mike Torchia, 12 15:28.8
 12 Josh Crowley, 11 16:56.9
 18 Dave Gaustad, 12 17:05.1
 27 Luke Leibovich, 11 17:15.2
 41 Pat Sitzer, 11 17:32.6
 67 Mike Resman, 10 18:03.3
 68 Matt O'Connell, 11 18:03.3
 Time = 1:24:18.5 Places = 99

3. Warroad
 6 Moses Heppner, 9 16:36.4
 10 Micah Heppner, 12 16:52.5
 16 Eric Mohrbacher, 10 17:02.5
 28 Travis Stein, 12 17:15.5
 42 Aaron Marvin, 11 17:33.1
 66 Alex Johnston, 10 18:02.3
 86 Nick Soiney, 12 18:28.5
 Time = 1:25:20.0 Places = 102

4. Perham
 8 Kevin Lachowitz, 10 16:39.8
 24 Ethan Huwe, 12 17:11.2
 25 Nick Adkins, 11 17:14.2
 43 Eddie Stenger, 10 17:33.9
 44 Justin Tellinghuisen, 10 17:36.3
 48 Parker Carignan, 10 17:40.7
 77 Charlie Nord, 11 18:20.2
 Time = 1:26:15.4 Places = 144

5. Blue Earth
 2 Daniel Murray, 12 16:07.5
 31 Lucas Torres, 11 17:19.4
 32 Fausto Meza, 11 17:19.5
 57 Travis Warner, 12 17:53.0
 61 Mark Bartley, 10 17:53.7
 81 Adam Murphy, 11 18:25.2
 95 Jonathan Leitzke, 10 18:44.7
 Time = 1:26:33.0 Places = 183

6. Pine City
 11 Trevor McNally, 10 16:55.2
 13 Tom Miche', 11 17:00.2
 45 Clay Fischer, 10 17:36.9
 53 David Hambly, 10 17:46.1
 69 Andrew Lutz, 10 18:06.1
 76 Josh Boland, 11 18:19.0
 99 Jordan Clementson, 11 18:50.5
 Time = 1:27:24.5 Places = 191

7. Annandale
 19 Steven Parker, 12 17:06.7
 34 Connor Gjevre, 9 17:23.6
 35 Joe Yotter, 12 17:24.2
 46 Russell Trusty, 12 17:37.5
 62 Jake Carlen, 9 17:56.9
 87 Kyle Stommes, 11 18:32.5
 89 Kyle McCreight, 12 18:37.1
 Time = 1:27:28.8 Places = 196

8. Adrian
 29 Ethan Wieneke, 11 17:18.8
 36 Lee Stover, 12 17:24.4
 47 Brandon Bullerman, 12 17:39.4
 58 Jarod Boltjes, 10 17:53.3
 64 Aaron Mormann, 11 18:00.2
 71 Jordan Pater, 8 18:09.6
 96 Nate Reyne, 8 18:45.7
 Time = 1:28:16.0 Places = 234

9. Watertown Mayer
 9 Kyle Peterson, 11 16:42.2
 30 Erik Escher, 11 17:19.1
 38 Brandon Wren, 12 17:28.6
 78 Luke Jordan, 10 18:21.1
 92 David Teague, 11 18:39.1
 98 Jacob Nelson, 12 18:49.4
 109 Tim Gustafson, 12 19:35.8
 Time = 1:28:29.9 Places = 247

10. Redwood Valley
 4 Justin Peters, 11 16:31.8
 5 Anthony Bongard, 11 16:34.4
 70 Nick Hodgson, 11 18:08.9
 82 Dugan Wright, 10 18:25.8
 90 Dan Applen, 12 18:37.2
 107 Dusty Wellnitz, 11 19:12.4
 108 Joel Kaardal, 12 19:24.7
 Time = 1:28:18.1 Places = 251

11. LongPrairie-GreyEagle
 17 Doug Jasken, 12 17:03.0
 22 Doug Liebsch, 10 17:07.7
 56 Chris Sorenson, 11 17:52.6
 85 Nate Korfe, 9 18:27.7
 88 Ted Gray, 10 18:33.6
 101 David Wienhold, 10 18:51.2
 102 Kyle Nelson, 11 18:51.2
 Time = 1:29:04.5 Places = 268

12. Fairmont
 37 Tanner Bullock, 11 17:28.3
 49 Chad Kumm, 12 17:42.1
 55 Tyler Grefe, 12 17:52.2
 63 Jeff Janssen, 10 17:57.2
 65 Miles Duffey, 11 18:00.4
 75 Tyler Laue, 12 18:17.9
 91 Josh Fitzgerald, 10 18:38.6
 Time = 1:29:00.2 Places = 269

13. Minnehaha Academy
 7 Will Haffield, 11 16:37.4
 51 Kevin Peters, 10 17:43.3
 60 Seth Anderson, 11 17:53.6
 73 Sam Wagner, 9 18:13.4
 80 Robby Nicholson, 12 18:23.9
 83 Tommy Bennett, 11 18:27.2
 94 Joel McDougall, 10 18:41.1
 Time = 1:28:51.6 Places = 271

14. Lewiston-Altura/R-P
 26 Matt Hoefs, 12 17:14.4
 40 Jeremiah Feine, 12 17:31.4
 50 Sebastian Kingsbury, 10 17:42.1
 79 Matt Meilner, 10 18:22.8
 100 Steve Pyfferoen, 8 18:50.9
 105 Steve Ahles, 10 19:07.3
 110 Sam Sundermeyer, 11 20:59.7
 Time = 1:29:41.5 Places = 295

15. Eveleth-Gilbert
 33 Aaron Nelson, 11 17:22.7
 52 Evan Johnson, 11 17:46.0
 72 Allen Hawley, 10 18:12.5
 74 Natie Wagner, 8 18:13.5
 84 Ben Wagner, 12 18:27.5
 93 Mike Aro, 8 18:40.3
 104 Josh Wyrick, 11 19:03.2
 Time = 1:30:02.1 Places = 315

16. Staples-Motley
 21 Joe Fuhrman, 10 17:07.6
 54 Jordan Bendson, 8 17:49.4
 59 Josh Ulring, 10 17:53.4
 97 Mark Michel, 10 18:48.7
 103 Zach Freese, 8 18:58.3
 106 Charlie Farber, 12 19:10.0
 111 Dan Sveom, 12 21:23.9
 Time = 1:30:37.3 Places = 334

2005 Individual Boys Class A Results

PLACE	TEAM SCORE	FINISHER	1600M TIME	FINAL TIME	TEAM
1	1	Mike Torchia, 12	4:52	15:28.8	Rochester Lourdes
2	2	Daniel Murray, 12	5:02	16:07.5	Blue Earth
3		Jason Garvens, 12	5:07	16:08.0	Byron
4	3	Ryan Noack, 12	5:12	16:27.4	St Cloud Cathedral
5		Dustin Franta, 11	5:06	16:29.2	La Crescent
6	4	Justin Peters, 11	5:06	16:31.8	Redwood Valley
7		Dan Conley, 12	5:05	16:33.0	Wrenshall-Carlton
8	5	Anthony Bongard, 11	5:07	16:34.4	Redwood Valley
9		Brett Ausmus, 10	5:13	16:35.7	Hinckley-Finlayson
10		Brent Van Schepen, 12	5:11	16:35.8	SouthwestMN Christian
11	6	Moses Heppner, 9	5:02	16:36.4	Warroad
12		Wade Ekstrom, 12	5:06	16:36.6	La Crescent
13	7	Will Haffield, 11	5:09	16:37.4	Minnehaha Academy
14		Donny Wasinger, 10	6:05	16:37.7	Winona Cotter

15	8	Kevin Lachowitzer, 10	5:06	16:39.8	Perham
16		Evan Eliason, 11	5:09	16:40.4	Concordia Academy
17		Casey Lippert, 11	5:05	16:40.4	Renville County West
18	9	Kyle Peterson, 11	5:01	16:42.2	Watertown Mayer
19		Josh LeBlanc, 12	5:02	16:50.3	Int. Falls
20		Thomas Pinkal, 12	5:06	16:51.3	Luverne
21	10	Micah Heppner, 12	5:05	16:52.5	Warroad
22	11	Trevor McNally, 10	5:13	16:55.2	Pine City
23	12	Josh Crowley, 11	5:12	16:56.9	Rochester Lourdes
24		Eric Thies, 11	4:58	16:57.2	Sibley East
25		McLean Severson, 12	5:08	16:57.6	Crosby-Ironton
26		Michael Perzel, 12	5:10	16:58.9	DeLaSalle
27		Tyler Leverington, 11	5:07	16:59.7	Roseau
28	13	Tom Miche', 11	5:21	17:00.2	Pine City
29	14	Alex Trigg, 12	5:16	17:00.3	St Cloud Cathedral
30		David Upjohn, 11	5:10	17:00.4	Blake School
31	15	Matt Harren, 12	5:16	17:00.6	St Cloud Cathedral
32		Marcus Piepho, 11	5:17	17:00.7	Makato Loyola
33	16	Eric Mohrbacher, 10	5:08	17:02.5	Warroad
34	17	Doug Jasken, 12	5:06	17:03.0	LongPrairie-GreyEagle
35	18	Dave Gaustad, 12	5:16	17:05.1	Rochester Lourdes
36		Devin Van't Hof, 12	5:12	17:05.2	SouthwestMN Christian
37	19	Steven Parker, 12	5:12	17:06.7	Annandale
38	20	Alex Hennen, 12	5:22	17:06.9	St Cloud Cathedral
39	21	Joe Fuhrman, 10	5:09	17:07.6	Staples-Motley
40	22	Doug Liebsch, 10	5:14	17:07.7	LongPrairie-GreyEagle
41	23	Rob Aderman, 11	5:16	17:09.3	St Cloud Cathedral
42	24	Ethan Huwe, 12	5:11	17:11.2	Perham
43		Kenny Fillbrandt, 10	5:10	17:13.4	Glencoe Silver Lake
44	25	Nick Adkins, 11	5:18	17:14.2	Perham
45	26	Matt Hoefs, 12	5:11	17:14.4	Lewiston-Altura/R-P
46	27	Luke Leibovich, 11	5:13	17:15.2	Rochester Lourdes
47	28	Travis Stein, 12	5:08	17:15.5	Warroad
48		J P Cartier, 10	5:12	17:16.8	Mora
49		Andrew Illickman, 10	5:14	17:17.7	SleepyEye/S E StMarys
50		Peter Vukelich, 10	5:15	17:17.9	Crosby-Ironton
51		Austin Hinrichs, 11	5:13	17:18.7	MACCRAY
52	29	Ethan Wieneke, 11	5:20	17:18.8	Adrian
53		Clayton Foster, 9	5:11	17:19.0	Pequot Lakes
54	30	Erik Escher, 11	5:14	17:19.1	Watertown Mayer
55	31	Lucas Torres, 11	5:17	17:19.4	Blue Earth
56	32	Fausto Meza, 11	5:19	17:19.5	Blue Earth
57		Steven Gall, 11	5:11	17:21.3	Pierz
58		Andrew Friesen, 10	5:13	17:22.3	Lake ofWoods/RainyRiv
59	33	Aaron Nelson, 11	5:20	17:22.7	Eveleth-Gilbert
60	34	Connor Gjevre, 9	5:19	17:23.6	Annandale
61		Josh Gunderson, 12	5:12	17:24.1	Lyle/Austin Pacelli
62	35	Joe Yotter, 12	5:14	17:24.2	Annandale
63	36	Lee Stover, 12	5:20	17:24.4	Adrian
64		Brad Tomschin, 12	5:08	17:26.3	USC/AC
65	37	Tanner Bullock, 11	5:20	17:28.3	Fairmont
66	38	Brandon Wren, 12	5:18	17:28.6	Watertown Mayer
67		Joah Schwecke, 11	5:07	17:28.6	Rockford
68	39	Zach Ley, 11	5:14	17:29.1	St Cloud Cathedral
69		Anthony Drelan, 12	5:21	17:30.6	Murray County Central
70	40	Jeremiah Feine, 12	5:17	17:31.4	Lewiston-Altura/R-P
71		Peter Otten, 10	5:19	17:32.5	Christ'sHhold ofFaith
72	41	Pat Sitzler, 11	5:14	17:32.6	Rochester Lourdes
73	42	Aaron Marvin, 11	5:17	17:33.1	Warroad
74		Jackson Peterson, 11	5:18	17:33.8	Wrenshall-Carlton
75	43	Eddie Stenger, 10	5:16	17:33.9	Perham
76		Adam Stainiger, 10	5:23	17:35.6	Chisholm
77	44	Justin Tellinghuisen, 10	5:24	17:36.3	Perham
78	45	Clay Fischer, 10	5:27	17:36.9	Pine City
79	46	Russell Trusty, 12	5:20	17:37.5	Annandale
80	47	Brandon Bullerman, 12	5:15	17:39.4	Adrian
81	48	Parker Carignan, 10	5:26	17:40.7	Perham
82		David Christensen, 12	5:09	17:40.8	Mayer Lutheran
83		Tony Fremling, 10	5:23	17:41.3	Albrook
84	49	Chad Kumm, 12	5:15	17:42.1	Fairmont
85	50	Sebastian Kingsbury, 10	5:17	17:42.1	Lewiston-Altura/R-P
86		Ryan Tholen, 10	5:31	17:42.2	Tracy/Milroy/Balaton

87	51	Kevin Peters, 10	5:15	17:43.3	Minnehaha Academy
88	52	Evan Johnson, 11	5:13	17:46.0	Eveleth-Gilbert
89	53	David Hambly, 10	5:27	17:46.1	Pine City
90	54	Jordan Bendson, 8	5:21	17:49.4	Staples-Motley
91	55	Tyler Grefe, 12	5:22	17:52.2	Fairmont
92	56	Chris Sorenson, 11	5:23	17:52.6	LongPrairie-GreyEagle
93	57	Travis Warner, 12	5:34	17:53.0	Blue Earth
94	58	Jarod Boltjes, 10	5:30	17:53.3	Adrian
95	59	Josh Ulring, 10	5:21	17:53.4	Staples-Motley
96	60	Seth Anderson, 11	5:22	17:53.6	Minnehaha Academy
97	61	Mark Bartley, 10	5:26	17:53.7	Blue Earth
98		Jerad Matheson, 12	5:21	17:55.2	Hinckley-Finlayson
99		Tyler Berndt, 11	5:23	17:55.4	Breckenrdge-Campbl1-T
100		Randyn Funderburg, 12	5:16	17:56.1	Lac qui Parle Valley
101	62	Jake Carlen, 9	5:33	17:56.9	Annandale
102	63	Jeff Janssen, 10	5:24	17:57.2	Fairmont
103		Mike Brubaker, 11	5:21	17:59.1	Trinity at RiverRidge
104	64	Aaron Mormann, 11	5:21	18:00.2	Adrian
105	65	Miles Duffey, 11	5:36	18:00.4	Fairmont
106		Jacob Henderson, 11	5:06	18:01.3	Yellow Medicine East
107	66	Alex Johnston, 10	5:26	18:02.3	Warroad
108	67	Mike Resman, 10	5:27	18:03.3	Rochester Lourdes
109	68	Matt O'Connell, 11	5:21	18:03.3	Rochester Lourdes
110	69	Andrew Lutz, 10	5:28	18:06.1	Pine City
111		Kip Anderson, 11	5:18	18:08.6	Delano
112	70	Nick Hodgson, 11	5:33	18:08.9	Redwood Valley
113	71	Jordan Pater, 8	5:31	18:09.6	Adrian
114		Alex Humbert, 11	5:07	18:11.2	Minnewaska Area
115	72	Allen Hawley, 10	5:24	18:12.5	Eveleth-Gilbert
116	73	Sam Wagner, 9	5:28	18:13.4	Minnehaha Academy
117	74	Natie Wagner, 8	5:26	18:13.5	Eveleth-Gilbert
118	75	Tyler Laue, 12	5:28	18:17.9	Fairmont
119	76	Josh Boland, 11	5:28	18:19.0	Pine City
120	77	Charlie Nord, 11	5:26	18:20.2	Perham
121	78	Luke Jordan, 10	5:22	18:21.1	Watertown Mayer
122	79	Matt Meilner, 10	5:24	18:22.8	Lewiston-Altura/R-P
123	80	Robby Nicholson, 12	5:24	18:23.9	Minnehaha Academy
124	81	Adam Murphy, 11	5:39	18:25.2	Blue Earth
125	82	Dugan Wright, 10	5:32	18:25.8	Redwood Valley
126	83	Tommy Bennett, 11	5:31	18:27.2	Minnehaha Academy
127	84	Ben Wagner, 12	5:20	18:27.5	Eveleth-Gilbert
128	85	Nate Korfe, 9	5:35	18:27.7	LongPrairie-GreyEagle
129	86	Nick Soiney, 12	5:26	18:28.5	Warroad
130	87	Kyle Stommes, 11	5:31	18:32.5	Annandale
131	88	Ted Gray, 10	5:30	18:33.6	LongPrairie-GreyEagle
132	89	Kyle McCreight, 12	5:32	18:37.1	Annandale
133	90	Dan Applen, 12	5:33	18:37.2	Redwood Valley
134	91	Josh Fitzgerald, 10	5:38	18:38.6	Fairmont
135	92	David Teague, 11	5:39	18:39.1	Watertown Mayer
136	93	Mike Aro, 8	5:31	18:40.3	Eveleth-Gilbert
137	94	Joel McDougall, 10	5:37	18:41.1	Minnehaha Academy
138	95	Jonathan Leitzke, 10	5:38	18:44.7	Blue Earth
139	96	Nate Reyne, 8	5:35	18:45.7	Adrian
140	97	Mark Michel, 10	5:29	18:48.7	Staples-Motley
141	98	Jacob Nelson, 12	5:41	18:49.4	Watertown Mayer
142	99	Jordan Clementson, 11	5:38	18:50.5	Pine City
143	100	Steve Pyfferoen, 8	5:39	18:50.9	Lewiston-Altura/R-P
144	101	David Wienhold, 10	5:34	18:51.2	LongPrairie-GreyEagle
145	102	Kyle Nelson, 11	5:30	18:51.2	LongPrairie-GreyEagle
146	103	Zach Freese, 8	5:35	18:58.3	Staples-Motley
147	104	Josh Wyrick, 11	5:33	19:03.2	Eveleth-Gilbert
148	105	Steve Ahles, 10	5:30	19:07.3	Lewiston-Altura/R-P
149	106	Charlie Farber, 12	5:13	19:10.0	Staples-Motley
150	107	Dusty Wellnitz, 11	5:35	19:12.4	Redwood Valley
151	108	Joel Kaardal, 12	5:37	19:24.7	Redwood Valley
152	109	Tim Gustafson, 12	5:45	19:35.8	Watertown Mayer
153	110	Sam Sundermeyer, 11	5:59	20:59.7	Lewiston-Altura/R-P
154	111	Dan Sveom, 12	5:07	21:23.9	Staples-Motley

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Name	Gr	Year	Milaca	Cambridge	Pine City	N. Branch	Pierz	Chs Lks	Swain
Jacki Gregoire	12	2005	18:23 (4k)	17:43 (4k)	17:59 (4k)	18:04 (4k)	17:43 (4k)	17:29 (4k)	18:20 (4k)
	11	2004			18:01 (4k)	17:46 (4k)	17:40 (4k)	17:23 (4k)	DNF
	10	2003	20:03 (4k)		18:03 (4k)	17:42 (4k)	17:49 (4k)	17:29 (4k)	
	9	2002			17:55 (4k)	17:26 (4k)	18:03 (4k)		
	8	2001	8:03 (2k)		18:09 (4k)	17:05 (4k)	17:07 (4k)	17:53 (4k)	
	7	2000	12:19 (2.5k)		8:34 (2k)	17:25 (4k)	13:39 (3.2k)	17:51 (4k)	
Steph Gregoire	12	2005	20:23 (4k)	18:55 (4k)	19:09 (4k)	19:03 (4k)	18:42 (4k)	18:53 (4k)	DNF
	11	2004				19:29 (4k)	18:57 (4k)	18:55 (4k)	19:59 (4k)
	10	2003	20:47 (4k)		19:10 (4k)	18:57 (4k)	18:52 (4k)	18:40 (4k)	
	9	2002			19:43 (4k)	19:03 (4k)	19:42 (4k)		
	8	2001	8:32 (2k)		8:56 (2k)	8:36 (2k)	15:01 (3.2k)	9:27 (2k)	
Hannah Espeseth	11	2005	20:32 (4k)	19:22 (4k)	19:05 (4k)	18:44 (4k)	18:40 (4k)	19:24 (4k)	20:00 (4k)
	10	2004			18:52 (4k)	19:05 (4k)	18:54 (4k)	18:38 (4k)	20:13 (4k)
	9	2003	22:09 (4k)		20:27 (4k)	19:49 (4k)	19:48 (4k)	19:51 (4k)	
	8	2002	10:50 (2k)		10:05 (2k)	9:00 (2k)	16:42(3.2k)		
	7	2001			9:21 (2k)	9:17 (2k)	16:46 (3.2k)	9:48 (2k)	
Abby Olson	11	2005			20:22 (4k)	19:31 (4k)	19:21 (4k)	19:12 (4k)	20:04 (4k)
	10	2004			21:25 (4k)	19:04 (4k)	20:02 (4k)	18:51 (4k)	20:52 (4k)
	9	2003	20:27 (4k)		18:48 (4k)	18:32 (4k)	19:18 (4k)	19:20 (4k)	
	8	2002	9:50 (2k)		9:16 (2k)	8:44 (2k)	15:36(3.2k)		
	7	2001	9:56 (2k)		9:09 (2k)	9:09 (2k)	15:56 (3.2k)	9:38 (2k)	
Emily Branzovsky	10	2005	DNF						
	9	2004			17:21 (4k)	16:19 (4k)	17:00 (4k)	16:33 (4k)	18:07 (4k)
	8	2003			17:04 (4k)	16:24 (4k)	16:34 (4k)	16:26 (4k)	
	7	2002	9:27 (2k)		8:59 (2k)	8:35 (2k)	18:45 (4k)		
Emily Erickson	10	2005	22:11 (4k)	21:09 (4k)	21:08 (4k)	20:18 (4k)	20:07 (4k)	19:57 (4k)	DNF
	9	2004					26:27 (4k)	24:08 (4k)	
	8	2003	11:43 (2k)		9:03 (2k)	8:56 (2k)	18:50(3.2k)	13:43 (2k)	
Chelsea Palmer	10	2005		26:04 (4k)	28:01 (4k)	26:21 (4k)	DNR	26:06 (4k)	27:44 (4k)
Shauna Palmer	10	2005		20:03 (4k)	20:58 (4k)	21:01 (4k)	20:29 (4k)	20:06 (4k)	21:32 (4k)
	7	2002			10:07 (2k)	9:36 (2k)	16:44(3.2k)	16:56(3.2k)	
Etta Clementson	9	2005	20:24 (4k)	19:21 (4k)	19:25 (4k)	18:51 (4k)	19:12 (4k)	19:33 (4k)	20:08 (4k)
	8	2004			9:08 (2k)	8:46 (2k)	19:36 (4k)	19:00 (4k)	3:02 (2.6k)
	7	2003	9:48 (2k)		8:47 (2k)	8:41 (2k)	14:39(3.2k)	9:00 (2k)	
Steph Dickey	9	2005		21:18 (4k)	21:20 (4k)	22:06 (4k)	DNR	22:14 (4k)	22:00 (4k)
	8	2004			9:35 (2k)	9:15 (2k)	16:39 (3.2k)	9:27 (2k)	DNF
	7	2003			9:41 (2k)	9:12 (2k)	DNR	9:04 (2k)	
Melanie Gerold	9	2005		34:29 (4k)	34:24 (4k)	33:46 (4k)	42:18 (4k)	36:08 (4k)	DNF
	8	2004			14:58 (2k)	13:30 (2k)	24:38 (3.2k)	15:45 (2k)	1:24 (2.6k)
	7	2003			13:43 (2k)	13:00 (2k)	23:34(3.2k)	15:06 (2k)	
Emily Hill	9	2005	28:36 (4k)	26:34 (4k)	28:00 (4k)	26:20 (4k)	DNR	26:38 (4k)	27:26 (4k)
	8	2004			12:39 (2k)	11:44 (2k)	20:24 (3.2k)	12:49 (2k)	0:37 (2.6k)
	7	2003	12:34 (2k)		11:51(2k)	11:32 (2k)	21:21(3.2k)	12:21 (2k)	
Chelsea Irvin	9	2005	30:11 (4k)	27:31 (4k)	27:46 (4k)	28:59 (4k)	41:37 (4k)	DNR	27:19 (4k)
Laura Kleppe	9	2005		21:17 (4k)	21:14 (4k)	21:22 (4k)	21:05 (4k)	20:58 (4k)	21:10 (4k)
	8	2004			9:51 (2k)	9:29 (2k)	16:37 (3.2k)	9:46 (2k)	8:30 (2.6k)
	7	2003	11:39 (2k)		12:06 (2k)	10:12 (2k)	19:34(3.2k)	10:56 (2k)	
Ellie Larson	7	2005		9:36 (2k)		8:37 (2k)	16:41 (3.2k)	DNR	DNR

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Foley	Conference	N. Branch	Cambridge	Section	State	PB	Average
	PC-17:32 (4k)		17:40 (4k)	Clqt-17:12		17:12	17:48
DNR	PR-16:58 (4k)	17:08 (4k)		Clqt-16:43		16:43	17:31
	SM-17:22 (4k)			Clqt-16:54		16:54	17:51
16:36 (4k)	PC-17:05 (4k)			Bec-16:16		16:16	17:14
	NB-16:56 (4k)			Bec-16:57		16:50	17:31
	Fo-17:09 (4k)			Bec-16:35		16:35	17:10
	PC-18:54 (4k)		18:28 (4k)	Clqt-18:17		18:17	18:58
17:48 (4k)	PR-17:50 (4k)	18:03 (4k)		Clqt-17:37		17:37	18:36
	SM-18:23 (4k)			Clqt-17:47		17:47	18:53
18:33 (4k)	PC-18:02 (4k)			Bec-17:29		17:29	18:51
	NB- 8:15 (2k)					8:15(2k)	8:50 (2k)
	PC17:48 (4k)		18:47 (4k)	Clqt-18:01		17:48	19:02
18:12 (4k)	PR-17:51 (4k)	18:42 (4k)		Clqt-18:27		17:51	18:53
	SM-20:29 (4k)					19:02	20:20
14:39(3.2k)	PC- 9:20 (2k)					9:00(2k)	9:49 (2k)
	NB- 8:38 (2k)					8:38 (2k)	9:22 (2k)
	PC-18:57 (4k)		19:27 (4k)	Clqt-18:41		18:41	19:27
18:47 (4k)	PR-18:41 (4k)	18:26 (4k)		Clqt-18:14		18:14	19:18
	SM-19:21 (4k)			Clqt-18:37		18:32	19:17
14:23(3.2k)	PC- 8:45 (2k)					8:44 (2k)	9:13 (2k)
	NB-8:26 (2k)					8:26 (2k)	9:21 (2k)
16:24 (4k)	PR-16:34 (4k)	16:48 (4k)		Clqt-16:29		16:19	16:53
	SM-16:25 (4k)			Clqt-15:45	15:50	15:45	16:31
13:44(3.2k)	PC-17:08 (4k)			Bec-16:40		16:40	18:00 (4k)
	PC-18:42 (4k)		DNF	Clqt-18:29		18:29	20:15
DNR	PR-21:08 (4k)	21:10 (4k)				21:10	23:13
	DNF-injury					8:56(2k)	10:36(2k)
	DNR		DNR			26:04	26:51
	PC-20:47 (4k)		20:26 (4k)			20:03	20:40
16:10 (3.2k)	PC- 9:45 (2k)					9:36 (2k)	9:49(2k)
	PC-18:13 (4k)		18:38 (4k)	Clqt-18:01		18:01	19:10
18:54 (4k)	PR-14:01 (3k)	18:46 (4k)		Clqt-18:21		18:21	19:03
	SM-13:15(3k)			Clqt-17:34		17:34	9:10(2k)
	PC-20:16 (4k)		21:39 (4k)			20:16	21:33
DNR	PR-15:14 (3k)	9:36 (2k)				9:15(2k)	9:28(2k)
	SM-14:10(3k)					9:04(2k)	9:27(2k)
	PC-35:01 (4k)		33:31 (4k)			33:31	35:39
23:59 (3.2k)	PR-22:59 (3k)	14:01 (2k)				13:30(2k)	14:33(2k)
	SM-22:54(3k)					13:00(2k)	13:48(2k)
	PC-25:03 (4k)		26:05 (4k)			25:03	26:50
20:02 (3.2k)	PR-17:43 (3k)	11:27 (2k)				11:27(2k)	12:10(2k)
	SM-19:14 (3k)					11:32(2k)	12:03(2k)
	PC-25:02 (4k)		25:50 (4k)			25:02	29:09
	PC-19:05 (4k)		19:45 (4k)	Clqt-18:49		18:49	20:35
15:41 (3.2k)	PR-15:10 (3k)	9:19 (2k)				9:19(2k)	9:36(2k)
	SM-16:44(.3k)					10:12(2k)	11:21(2k)
	PC-8:51 (2k)		16:17 (3.2k)			8:37(2k)	9:01(2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	Gr	Year	Milaca	Cambridge	Pine City	N Branch	Pierz	Chs Lks	Swain
Justin Palmer	12	2005		20:51 (5k)	21:08 (5k)	20:49 (5k)	DNR	20:25 (5k)	21:57 (5k)
	11	2004			22:47 (5k)	21:09 (5k)	21:48 (5k)	22:02 (5k)	DNR
	10	2003	12:22 (3k)		21:20 (5k)	21:06 (5k)	21:01 (5k)	20:26 (5k)	
	9	2002	24:18 (5k)		23:52 (5k)	22:33 (5k)	22:35 (5k)		
	8	2001	7:51 (2k)		8:38 (2k)	7:49 (2k)	14:12(3.2k)	8:00 (1.6k)	
Josh Boland	11	2005		20:09 (5k)	20:19 (5k)	20:07 (5k)	19:38 (5k)	20:16 (5k)	20:29 (5k)
	10	2004			21:17 (5k)	19:34 (5k)	19:32 (5k)	19:41 (5k)	16:21 (4k)
Jordan Clementson	11	2005	21:28 (5k)	19:42 (5k)	19:15 (5k)	19:21 (5k)	19:11 (5k)	19:01 (5k)	20:21 (5k)
	10	2004			20:03 (5k)	19:20 (5k)	19:36 (5k)	19:31 (5k)	16:05 (4k)
	9	2003	24:54 (5k)		21:55 (5k)	20:41 (5k)	20:38 (5k)	20:05 (5k)	
	8	2002	8:14 (2k)		7:38 (2k)	7:36 (2k)	21:45 (5k)		
	7	2001	8:35 (2k)		8:54 (2k)	8:19 (2k)	14:28(3.2k)	8:02 (1.6k)	
Mike Gray	11	2005		20:54 (5k)	21:21 (5k)	20:37 (5k)	19:31 (5k)	20:15 (5k)	20:38 (5k)
	10	2004			21:05 (5k)	19:58 (5k)	19:58 (5k)	20:09 (5k)	16:35 (4k)
Tom Miche'	11	2005	18:51 (5k)	17:51 (5k)	18:32 (5k)	18:12 (5k)	17:20 (5k)	17:50 (5k)	18:23 (5k)
	10	2004			18:46 (5k)	18:28 (5k)	18:06 (5k)	18:29 (5k)	15:24 (4k)
	9	2003	13:04 (3k)			20:37 (5k)	19:52 (5k)	20:14 (5k)	
	8	2002	8:42 (2k)		8:12 (2k)	7:48 (2k)	13:11(3.2k)		
	7	2001	7:58 (2k)			8:14 (2k)	14:12(3.2k)	8:10 (1.6k)	
Clay Fischer	10	2005	18:58 (5k)	17:53 (5k)	18:01 (5k)	18:12 (5k)	17:50 (5k)	18:00 (5k)	19:06 (5k)
	9	2004			19:45 (5k)	18:55 (5k)	DNF - injury		DNF
	8	2003	7:14 (2k)		7:13 (2k)	7:02 (2k)	11:47 (3.2k)	7:11 (2k)	
Steven Guttormson	10	2005		21:13 (5k)	22:26 (5k)	20:22 (5k)	20:22 (5k)	20:37 (5k)	16:58 (4k)
	7	2002	7:29 (2k)		7:51 (2k)	7:47 (2k)		12:48(3.2k)	
David Hambly	10	2005	20:16 (5k)	19:11 (5k)	DNF	19:01 (5k)	DNR	19:40 (5k)	19:25 (5k)
	9	2004			20:48 (5k)	19:45 (5k)	19:33 (5k)	19:36 (5k)	16:20 (4k)
	8	2003	7:59 (2k)		7:18 (2k)	7:27 (2k)	12:29 (3.2k)	7:40 (2k)	
	7	2002							
Andrew Lutz	10	2005	19:36 (5k)	18:31 (5k)	18:43 (5k)	18:34 (5k)	18:58 (5k)	18:52 (5k)	20:00 (5k)
	9	2004			21:13 (5k)	19:52 (5k)	20:18 (5k)	19:50 (5k)	16:40 (4k)
Trevor McNally	10	2005	19:05 (5k)	17:56 (5k)	18:11 (5k)	17:54 (5k)	17:33 (5k)	17:59 (5k)	17:54 (5k)
	9	2004			19:22 (5k)	18:33 (5k)	18:29 (5k)	18:06 (5k)	14:55 (4k)
	8	2003			7:38 (2k)	7:47 (2k)		7:54 (2k)	
Christian Isaacson	8	2005				8:03 (2k)		11:13 (2.5k) 12:08 (2.5k)	
Beau Peterson	8	2005		8:41 (2k)	8:38 (2k)	8:34 (2k)	DNR	11:03 (2.5k)	11:37 (2.5k)
	7	2004			9:32 (2k)	9:27 (2k)	15:15 (3.2k)	9:36 (2k)	12:13(2.6k)
Jordan Sparling	8	2005		13:19 (2k)	13:00 (2k)	12:19 (2k)	22:52 (3.2k)	17:02 (2.5k)	18:33 (2.5k)
	7	2004			14:10 (2k)	13:37 (2k)		15:24 (2k)	20:13(2.6k)
Nathan Theisen	8	2005		13:07 (2k)	12:44 (2k)	12:16 (2k)	21:16 (3.2k)	16:45 (2.5k)	17:10 (2.5k)
Zach Borich	7	2005		9:20 (2k)	8:49 (2k)	9:30 (2k)	16:28 (3.2k)	11:40 (2.5k)	11:42 (2.5k)
Jacob Guttormson	7	2005		9:26 (2k)	9:12 (2k)	8:55 (2k)	14:43 (3.2k)	11:34 (2.5k)	11:31 (2.5k)
Tom Pitzen	7	2005		8:53 (2k)	8:59 (2k)	8:47 (2k)	14:33 (3.2k)	11:40 (2.5k)	11:33 (2.5k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Foley	Conference	N. Branch	Cambridge	Section	State	PB	Average
	PC-20:28 (5k)		19:57 (5k)			19:57	20:48
21:06 (5k)	PR-21:14 (5k)	20:18 (5k)				20:18	21:29
	SM-19:59 (5k)					19:59	21:03
20:57 (5k)	PC-21:00 (5k)					20:04	22:06
	NB-7:27 (2k)					7:27(2k)	8:12(2k)
	PC-18:55 (5k)		18:29 (5k)	Clqt-18:19	18:19	18:19	19:30
19:20 (5k)	PR-18:55 (5k)	18:45 (5k)		Clqt-18:26		18:26	19:44
	PC-18:58 (5k)		19:48 (5k)	Clqt-18:47	18:50	18:47	19:31
19:26 (5k)	DNR	20:45 (5k)		Clqt-19:16		19:16	19:49
	SM-19:38 (5k)					19:38	21:30
12:07(3.2k)	PC- 7:22 (2k)					7:22 (2k)	7:47(2k)
	NB-8:10 (2k)					8:10(2k)	8:41(2k)
	PC-19:41 (5k)		19:19 (5k)			19:19	20:17
19:53 (5k)	PR-19:27 (5k)	19:38 (5k)				19:27	20:14
	PC-17:35 (5k)		17:37 (5k)	Clqt-17:10	17:00	17:00	17:51
17:46 (5k)	PR-17:46 (5k)	17:39 (5k)		Clqt-17:05		17:05	18:14
	SM-19:00 (5k)			Clqt-18:47		18:47	20:50
12:39(3.2k)	PC- 7:55 (2k)					7:48(2k)	8:18(2k)
	NB-8:01 (2k)					7:58(2k)	8:04 (2k)
	PC-17:58 (5k)		DNR	Clqt-18:11	17:36	17:36	18:10
19:02 (5k)	PR-18:31 (5k)	18:49 (5k)		Clqt-18:13		18:13	18:52
	SM-17:37 (5k)			Clqt-18:43		17:37	18:17
	PC-20:59 (5k)		20:41 (5k)			20:22	20:57
						7:29(2k)	8:20(2k)
	PC-18:22 (5k)		18:09 (5k)	Clqt-17:59	17:46	17:46	18:52
19:00 (5k)	PR-18:40 (5k)	19:16 (5k)		Clqt-18:17		18:17	19:28
	SM-19:29 (5k)			Clqt-19:29		19:29	19:32
14:21(3.2k)	PC- 8:35 (2k)					8:35(2k)	14:23(3.2k)
	PC-18:20 (5k)		18:54 (5k)	Clqt-18:07	18:06	18:06	18:47
19:48 (5k)	PR-19:30 (5k)	19:29 (5k)				19:29	20:16
	PC-17:28 (5k)		17:26 (5k)	Clqt-17:03	16:55	16:55	17:45
17:52 (5k)	PR-17:49 (5k)	17:51 (5k)		Clqt-17:25		17:25	18:14
	SM-19:38 (5k)					7:38(2k)	7:46(2k)
						8:03(2k)	8:03(2k)
	PC-8:02 (2k)		13:56 (3.2k)			8:02(2k)	8:29(2k)
14:21(3.2k)	PR-13:37 (3k)	8:53 (2k)				8:53(2k)	9:22(2k)
	PC-11:44 (2k)		20:56 (3.2k)			11:44(2k)	12:36(2k)
21:56(3.2k)	PR-20:02 (3k)	12:56 (2k)				12:56(2k)	14:02(2k)
	PC-11:42 (2k)		21:44 (3.2k)			11:42(2k)	12:27(2k)
	PC-8:17 (2k)		15:36 (3.2k)			8:17(2k)	8:59(2k)
	PC-8:21 (2k)		13:56 (3.2k)			8:21(2k)	8:58(2k)
	PC-8:21 (2k)		15:06 (3.2k)			8:21(2k)	8:45(2k)

AVERAGE MILE TIMES AT MEETS - 2005

	PB -2004	Milaca	Cambridge	Pine City	N.Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Justin Palmer - 12	6:33		6:43	6:49	6:42	
Josh Boland - 11	5:55		6:30	6:33	6:29	6:19
Jordan Clementson - 11	6:11	6:55	6:21	6:12	6:14	6:11
Mike Gray - 11	6:16		6:44	6:53	6:39	6:17
Tom Miche - 11	5:29	6:05	5:45	5:58	5:52	5:35
Clay Fischer - 10	5:51	6:07	5:46	5:48	5:52	5:45
Steven Guttormson - 10			6:51	7:14	6:34	6:34
David Hambly - 10	5:52	6:32	6:11		6:08	
Andrew Lutz - 10	6:17	6:19	5:58	6:02	5:59	6:07
Trevor McNally - 10	5:36	6:09	5:47	5:51	5:46	5:39
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Christian Isaacson - 8					6:26	
Beau Peterson - 8	7:10		6:57	6:54	6:51	
Jordan Sparling - 8	10:26		10:39	10:24	9:51	11:32
Nathan Thiesen - 8			10:30	10:11	9:48	10:44
Zach Borich - 7			7:28	7:03	7:35	8:18
Jacob Guttormson - 7			7:33	7:21	7:07	7:25
Tom Pitzen - 7			7:06	7:11	7:01	7:20
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jacki Gregoire - 12	6:43	7:21	7:05	7:11	7:13	7:05
Steph Gregoire - 12	7:04	8:09	7:34	7:39	7:37	7:28
Hannah Espeseth - 11	7:08	8:13	7:44	7:38	7:29	7:28
Abby Olson - 11	7:19			8:08	7:48	7:44
Emily Branzovsky - 10	6:32					
Emily Erickson - 10	8:28	8:52	8:28	8:27	8:07	8:02
Chelsea Palmer - 10			10:26	11:12	10:32	
Shauna Palmer - 10			8:01	8:23	8:24	8:11
Brietta Clementson - 9	7:22	8:10	7:44	7:46	7:32	7:40
Steph Dickey - 9			8:31	8:31	8:50	
Melanie Gerold - 9			13:48	13:45	13:30	16:55
Emily Hill - 9		11:26	10:38	11:11	10:31	
Chelsea Irvin - 9		12:04	11:00	11:06	11:35	16:38
Laura Kleppe - 9			8:31	8:29	8:32	8:25
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Ellie Larson - 7			7:41		6:54	8:25

AVERAGE MILE TIMES AT MEETS - 2005

Chs Lks	Swain	Conf @ PC	Cambridge	Section 7A	State	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
6:35	7:04	6:36	6:26			6:42
6:32	6:36	6:06	5:57	5:54	5:54	6:17
6:08	6:33	6:07	6:23	6:02	6:04	6:17
6:31	6:39	6:20	6:13			6:32
5:45	5:55	5:40	5:40	5:31	5:29	5:45
5:48	6:09	5:47		5:50	5:40	5:51
6:39	6:47	6:46	6:40			6:46
6:20	6:15	5:55	5:51	5:47	5:43	6:04
6:05	6:27	5:54	6:05	5:50	5:50	6:03
5:48	5:46	5:38	5:37	5:29	5:27	5:43
2500 m	2500 m	2000 m	3200 m			2000 m
7:14	7:49					7:10
7:07	7:29	6:25	7:02			6:58
10:58	11:58	9:23	10:34			10:40
10:48	11:04	9:21	10:58			10:25
7:45	7:32	6:37	7:52			7:31
7:27	7:25	6:40	7:16			7:17
7:31	7:27	6:40	7:37			7:14
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
6:59	7:19	7:00	7:04	6:54		7:06
7:33		7:33	7:23	7:20		7:35
7:45	8:00	7:07	7:30	7:14		7:37
7:40	8:01	7:34	7:46	7:30		7:54
7:58		7:28		7:25		8:06
10:26	11:05					10:44
8:02	8:36	8:18	8:10			8:17
7:49	8:03	7:17	7:27	7:14		7:40
8:53	8:48	8:06	8:39			8:37
14:27		14:00	13:24			14:16
10:39	10:58	10:01	10:25			10:44
	10:55	10:00	10:19			11:42
8:23	8:28	7:37	7:54	7:33		8:12
2500 m	2500 m	2000 m	3200 m			2000 m
		7:04	8:13			7:39

TEAM POSITIONS AT MEETS - 2005

	Milaca	Cambridge	Pine City	N.Branch	Pierz	Chs Lks
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Justin Palmer - 12		8	7	10		9
Josh Boland - 11		7	6	7	7	8
Jordan Clementson - 11	6	6	5	6	5	5
Mike Gray - 11		9	8	9	6	7
Tom Miche - 11	1	1	3	2	1	1
Clay Fischer - 10	2	2	1	3	3	3
Steven Guttormson - 10		10	9	8	8	10
David Hambly - 10	5	5		5		6
Andrew Lutz - 10	4	4	4	4	4	4
Trevor McNally - 10	3	3	2	1	2	2
	2000 m	2000 m	2000 m	2000 m	3200 m	2000 m
Christian Isaacson - 8				1		2
Beau Peterson - 8		1	1	2		1
Jordan Sparling - 8		6	6	7	5	7
Nathan Thiesen - 8		5	5	6	4	6
Zach Borich - 7		3	2	5	3	5
Jacob Guttormson - 7		4	4	4	2	3
Tom Pitzen - 7		2	3	3	1	4
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jacki Gregoire - 12	1	1	1	1	1	1
Steph Gregoire - 12	2	2	3	4	3	2
Hannah Espeseth - 11	4	4	2	2	2	4
Abby Olson - 11			5	5	5	3
Emily Branzovsky - 10						
Emily Erickson - 10	5	6	7	6	6	6
Chelsea Palmer - 10		9	12	11		10
Shauna Palmer - 10		5	6	7	7	7
Brietta Clementson - 9	3	3	4	3	4	5
Steph Dickey - 9		8	9	9		9
Melanie Gerold - 9		12	13	13	10	12
Emily Hill - 9	6	10	11	10		11
Chelsea Irvin - 9	7	11	10	12	9	
Laura Kleppe - 9		7	8	8	8	8
	2000 m	2000 m	2000 m	2000 m	3200 m	2000 m
Ellie Larson - 7		1		1	1	

TEAM POSITIONS AT MEETS - 2005

Swain	Becker	Conf @ PC	Cambridge	Section 7A	State	Average
5000/4000	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
9		9	8			8.57
6		6	4	6	6	6.30
7		7	7	7	7	6.20
8		8	6			7.62
2		2	2	2	2	1.80
3		3		5	3	2.89
10		10	9			9.25
4		5	3	3	4	4.38
5		4	5	4	5	4.30
1		1	1	1	1	1.50
2500 m	3200 m	2000 m	3200 m			
5						2.67
3		1	1			1.43
7		6	5			6.12
6		5	6			5.38
4		2	4			3.50
1		4	2			3.00
2		3	3			2.62
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
1		1	1	1		1.00
		5	2	4		3.12
2		2	4	2		2.67
3		6	5	6		4.75
		4		5		5.71
12						10.80
6		9	7			6.75
4		3	3	3		3.56
9		8	8			8.57
		12	11			11.86
11		11	10			10.57
10		10	9			10.14
5		7	6	7		7.11
2000 m	3200 m	2000 m	3200 m			
		1	1			1.00

PLACE FINISHES AT MEETS - 2005

	Milaca	Cambridge	Pine City	N.Branch	Pierz	Chs Lks
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Justin Palmer - 12		38 jv	7 jv	10 jv		6 jv
Josh Boland - 11		34 jv	41	30 jv	84	5 jv
Jordan Clementson - 11	81	33	27	26	67	16
Mike Gray - 11		15 jv	10 jv	9 jv	19 jv	28
Tom Miche - 11	9	4	16	5	10	2
Clay Fischer - 10	12	5	6	6	22	4
Steven Guttormson - 10		21 jv	17 jv	6 jv	35 jv	8 jv
David Hambly - 10	41	25	DNF	23		23
Andrew Lutz - 10	21	11	18	17	58	13
Trevor McNally - 10	14	6	8	4	16	2
	2000 m	2000 m	2000 m	2000 m	3200 m	2500 m
Christian Isaacson - 8				2		4
Beau Peterson - 8		10	7	6		3
Jordan Sparling - 8		36	34	25	120	15
Nathan Thiesen - 8		35	33	24	119	14
Zach Borich - 7		20	11	14	88	8
Jacob Guttormson - 7		22	16	9	55	6
Tom Pitzen - 7		15	14	8	49	7
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jacki Gregoire - 12	32	24	15	10	40	7
Steph Gregoire - 12	65	42	26	21	59	18
Hannah Espeseth - 11	69	49	24	15	56	21
Abby Olson - 11			39	23	76	20
Emily Branzovsky - 10	DNF					
Emily Erickson - 10	28 jv	60	45	26	89	26
Chelsea Palmer - 10		108 jv	25 JV	13 jv		21 jv
Shauna Palmer - 10		48 jv	43	27	92	27
Brietta Clementson - 9	66	48	28	16	71	22
Steph Dickey - 9	DNF	71 jv	12 jv	8 jv		14 jv
Melanie Gerold - 9		111 jv	26 jv	15 jv	jv	23 jv
Emily Hill - 9	69 jv	109 jv	24 jv	12 jv		22 jv
Chelsea Irvin - 9	105 jv	110 jv	23 jv	14 jv	jv	
Laura Kleppe - 9		70 jv	10 jv	6 jv	38 jv	9 jv
	2000 m	2000 m	2000 m			
Ellie Larson - 7		11		4	24	

PLACE FINISHES AT MEETS - 2005

	Swain	Becker	Conf @ PC	Cambridge	Section 7A	State	Average
	5000/4000	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
106 jv			3 jv	9 jv			25.57 jv
16 jv			19	15	34	119	52.00
126			23	37	50	142	54.70
140			1 jv	31			66.33
29			3	3	5	28	10.50
62			8		30	78	24.56
33 soph			6 jv	16 jv			15.57 jv
80			16	11	20	89	35.88
114			12	22	26	110	40.10
11			2	2	3	22	7.60
	2500 m	3200 m	2000 m	3200 m			2000 m
111							39.00
85			2	3			16.57
167			29	23			56.12
166			28	24			55.38
87			8	13			31.12
78			10	6			25.25
79			9	11			24.00
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
74			7	20	25		24.67
DNF			23	33	54		34.50
142			11	37	45		44.44
144			24	44	63		54.12
			20	DNF	59		46.43
106 soph							54.60 jv
175			10 jv	21 jv			72.80
146			14	35	44		47.11
75 soph			7 jv	33 jv			31.43 jv
DNF			21 jv	43 jv			39.83 jv
105 soph			20 jv	41 jv			50.25 jv
104 soph			19 jv	40 jv			59.29 jv
59 soph			25	46	65		45.33
			2000 m	3200 m			2000 m
			1	7			9.40

There is
no glory
in practice,
but
without practice
there is
no glory.

2005 CROSS COUNTRY SEASON MILEAGE

	<u>TOTAL MILES</u>
1. Tom Miche'	254.5
2. Trevor McNally	249.3
3. Andrew Lutz	248.7
4. Jordan Clementson	245.6
5. David Hambly	240.1
6. Clay Fischer	236.1
7. Josh Boland	227.5
8. Mike Gray	220.4
9. Brietta Clementson	218.5
10. Abby Olson	215.7
11. Justin Palmer	209.3
12. Jacki Gregoire	209.1
13. Hannah Espeseth	207.2
14. Steph Gregoire	202.8
15. Emily Erickson	183.9
16. Laura Kleppe	183.7
17. Steph Dickey	173.1
18. Steven Guttormson	163.7
19. Shauna Palmer	160.9
20. Emily Hill	137.6
21. Chelsea Irvin	131.8
22. Zach Borich	115.8
23. Chelsea Palmer	113.3
24. Jordan Sparling	112.1
25. Nathan Thiesen	111.3
26. Beau Peterson	109.1
27. Jacob Guttormson	107.1
28. Melanie Gerold	103.6
29. Ellie Larson	85.2
30. Emily Branzovsky	58.1
31. Christian Isaacson	44.8

MILES AND MILES.....
A few months of hard work,
a lifetime to remember.

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 mile on mile loop	14:45	August 25, 2005	Jacki Gregoire
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	H. Larsen, M. Johnson, J. 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. 4 x 500	7:21 (1:50 ave)	October 25, 2005	Jacki Gregoire
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	14:28 (1:49 ave)	September 23, 2005	Jacki Gregoire
30. 4 x 800	14:54 (3:44 ave)	September 21, 2005	Jacki Gregoire
31. 2 x 1000	8:54 (4:27 ave)	October 27, 2003	EmilyBranzovsky
32. 3 x 1000	12:56 (4:19 ave)	August 23, 2005	Jacki Gregoire
33. 4 x 1000	16:24 (4:01 ave)	October 13, 2000	Kim Connaker
34. 5 x 1000	21:37 (4:19 ave)	August 27, 2002	Meleia Johnson
35. 6 x 1000	25:26 (4:14 ave)	September 2, 2003	Meleia Johnson
36. 7 x 1000	28:06 (4:01 ave)	September 17, 2003	EmilyBranzovsky
37. 8 x 1000	32:23 (4:03 ave)	September 18, 2002	Jacki Gregoire
38. 2x1000, 2x500, 2x1000	29:15	September 27, 2001	Jacki Gregoire
39. 1 x 1000, 4 x 500, 1 x 1000	15:51	October 7, 2002	Jacki Gregoire
40. 3 x 1000, 2 x 500	16:23	August 26, 2003	EmilyBranzovsky
41. Co 8 cut-across - 6.2	55:20	August 16, 2002	Meleia Johnson
42. 1 x mile loop, 2 x 1000	15:56	October 11, 2004	EmilyBranzovsky
43. 1 x mile loop, 2 x 800	12:49	October 10, 2005	Jacki Gregoire
44. 1 x mile loop, 1 x 1000	10:35	October 25, 2004	EmilyBranzovsky
45. 2 mile on mile loop, 2 x 400	17:59	October 17, 2005	Jacki Gregoire

BOYS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loops -5.6	38:42	August 11, 1997	J. R. Anderson
2. Golf Course loop - 4.5	26:56	September 14, 1998	Dan Pangerl
3. 580th Street - 4	25:56	September 23, 1998	Ryan Hammill
4. Connaker's loops - 3.8	23:00	August 20, 1997	J. R. Anderson
5. Connaker's loops - 3.5	20:56	August 25, 1998	Ryan Hammill
6. The loop x 3 - 3.3	18:11	October 6, 2005	Clay Fischer
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	11:21	October 20, 2005	Tom Miche'
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	5:46 (1:27 ave)	October 25, 2005	Tom Miche'
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. 4 x 800	11:28 (2:52 ave)	September 21, 2005	Tom Miche'
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	Jared Clementson
37. 3 x 1000	10:03 (3:21 ave)	August 23, 2005	Tom Miche'
38. 4 x 1000	13:10 (3:17 ave)	October 13, 2000	Ryan Hammill
39. 5 x 1000	16:47 (3:21 ave)	August 27, 2002	Jared Clementson
40. 6 x 1000	19:37 (3:16 ave)	September 13, 2005	Tom Miche'
41. 7 x 1000	23:28 (3:21 ave)	September 17, 2003	Jared Clementson
42. 8 x 1000	25:28 (3:11 ave)	September 23, 2003	Jared Clementson
43. 2x1000, 2x500, 2x1000	16:43	September 27, 2001	Jared Clementson
44. 3 x 1000, 2 x 500	12:56	August 26, 2003	Jared Clementson
45. Co 8 cut across - 6.2	48:20	August 16, 2002	David Hansen
46. 1 x mile loop, 2 x 1000	12:03	October 11, 2004	Tom Miche'
47. 1 x mile loop, 1 x 1000	8:25	October 24, 2005	Tom Miche'
48. 1 x mile loop, 2 x 800	10:04	October 10, 2005	Tom Miche'
49. 3 mile on mile loop	18:25 (6:08)	August 25, 2005	Tom Miche'
50. 2 mile on mile loop, 2 x 400	13:41	October 17, 2005	Tom Miche'

*DEDICATION
AND
COMMITMENT
ARE WHAT
TRANSFERS
DREAMS INTO
REALITIES.*

Pine City High School Cross Country 2005

Awards:

MOST VALUABLE RUNNER	Jacki Gregoire	Tom Miche'	Trevor McNally
MOST IMPROVED RUNNER	Emily Erickson		David Hambly
SPORTSMANSHIP AWARD	Abby Olson		Jordan Clementson
LEADERSHIP AWARD		Steph Gregoire	
COACHES' AWARD		Justin Palmer	
"UNSUNG HERO" AWARD		Mike Gray	

ALL-CONFERENCE:

Tom Miche	Jacki Gregoire
Trevor McNally	Hannah Espeseth
Clay Fischer	Brietta Clementson
Andrew Lutz	

ALL CONFERENCE HONORABLE MENTION:

David Hambly	Emily Erickson
Josh Boland	Steph Gregoire
Jordan Clementson	Abby Olson
Laura Kleppe	

LETTER WINNERS:

Jacki Gregoire	Steph Gregoire	Justin Palmer
Jordan Clementson	Josh Boland	Tom Miche'
Abby Olson	Hannah Espeseth	Mike Gray
Clay Fischer	Trevor McNally	David Hambly
Emily Erickson	Andrew Lutz	Brietta Clementson

Coming together,

sharing together,

working together

and

succeeding together

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."

We Play Running



Row 1: Nathan, Jordan, Jacob, Tom P., Zach

Row 2: Chelsea, Steph D., Trevor, Etta, Laura, Melanie

Row 3: Mike, Tom M., Emily E., Jordan C., Josh, Clay
Andrew, Beau

Row 4: Shauna, Hannah, Steven, Steph G., Justin, Jacki
Abby, David, Ellie, Emily H., Chelsey

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Name	Gr	Year	Milaca	Cambridge	Pine City	N. Branch	Pierz	Chs Lks	Swain
Jacki Gregoire	12	2005	18:23 (4k)	17:43 (4k)	17:59 (4k)	18:04 (4k)	17:43 (4k)	17:29 (4k)	18:20 (4k)
	11	2004			18:01 (4k)	17:46 (4k)	17:40 (4k)	17:23 (4k)	DNF
	10	2003	20:03 (4k)		18:03 (4k)	17:42 (4k)	17:49 (4k)	17:29 (4k)	
	9	2002			17:55 (4k)	17:26 (4k)	18:03 (4k)		
	8	2001	8:03 (2k)		18:09 (4k)	17:05 (4k)	17:07 (4k)	17:53 (4k)	
	7	2000	12:19 (2.5k)		8:34 (2k)	17:25 (4k)	13:39 (3.2k)	17:51 (4k)	
Steph Gregoire	12	2005	20:23 (4k)	18:55 (4k)	19:09 (4k)	19:03 (4k)	18:42 (4k)	18:53 (4k)	DNF
	11	2004				19:29 (4k)	18:57 (4k)	18:55 (4k)	19:59 (4k)
	10	2003	20:47 (4k)		19:10 (4k)	18:57 (4k)	18:52 (4k)	18:40 (4k)	
	9	2002			19:43 (4k)	19:03 (4k)	19:42 (4k)		
	8	2001	8:32 (2k)		8:56 (2k)	8:36 (2k)	15:01 (3.2k)	9:27 (2k)	
Hannah Espeseth	11	2005	20:32 (4k)	19:22 (4k)	19:05 (4k)	18:44 (4k)	18:40 (4k)	19:24 (4k)	20:00 (4k)
	10	2004			18:52 (4k)	19:05 (4k)	18:54 (4k)	18:38 (4k)	20:13 (4k)
	9	2003	22:09 (4k)		20:27 (4k)	19:49 (4k)	19:48 (4k)	19:51 (4k)	
	8	2002	10:50 (2k)		10:05 (2k)	9:00 (2k)	16:42(3.2k)		
	7	2001			9:21 (2k)	9:17 (2k)	16:46 (3.2k)	9:48 (2k)	
Abby Olson	11	2005			20:22 (4k)	19:31 (4k)	19:21 (4k)	19:12 (4k)	20:04 (4k)
	10	2004			21:25 (4k)	19:04 (4k)	20:02 (4k)	18:51 (4k)	20:52 (4k)
	9	2003	20:27 (4k)		18:48 (4k)	18:32 (4k)	19:18 (4k)	19:20 (4k)	
	8	2002	9:50 (2k)		9:16 (2k)	8:44 (2k)	15:36(3.2k)		
	7	2001	9:56 (2k)		9:09 (2k)	9:09 (2k)	15:56 (3.2k)	9:38 (2k)	
Emily Branzovsky	10	2005	DNF						
	9	2004			17:21 (4k)	16:19 (4k)	17:00 (4k)	16:33 (4k)	18:07 (4k)
	8	2003			17:04 (4k)	16:24 (4k)	16:34 (4k)	16:26 (4k)	
	7	2002	9:27 (2k)		8:59 (2k)	8:35 (2k)	18:45 (4k)		
Emily Erickson	10	2005	22:11 (4k)	21:09 (4k)	21:08 (4k)	20:18 (4k)	20:07 (4k)	19:57 (4k)	DNF
	9	2004						26:27 (4k)	24:08 (4k)
	8	2003	11:43 (2k)		9:03 (2k)	8:56 (2k)	18:50(3.2k)	13:43 (2k)	
Chelsea Palmer	10	2005		26:04 (4k)	28:01 (4k)	26:21 (4k)	DNR	26:06 (4k)	27:44 (4k)
Shauna Palmer	10	2005		20:03 (4k)	20:58 (4k)	21:01 (4k)	20:29 (4k)	20:06 (4k)	21:32 (4k)
	7	2002			10:07 (2k)	9:36 (2k)	16:44(3.2k)	16:56(3.2k)	
Etta Clementson	9	2005	20:24 (4k)	19:21 (4k)	19:25 (4k)	18:51 (4k)	19:12 (4k)	19:33 (4k)	20:08 (4k)
	8	2004			9:08 (2k)	8:46 (2k)	19:36 (4k)	19:00 (4k)	3:02 (2.6k)
	7	2003	9:48 (2k)		8:47 (2k)	8:41 (2k)	14:39(3.2k)	9:00 (2k)	
Steph Dickey	9	2005		21:18 (4k)	21:20 (4k)	22:06 (4k)	DNR	22:14 (4k)	22:00 (4k)
	8	2004			9:35 (2k)	9:15 (2k)	16:39 (3.2k)	9:27 (2k)	DNF
	7	2003			9:41 (2k)	9:12 (2k)	DNR	9:04 (2k)	
Melanie Gerold	9	2005		34:29 (4k)	34:24 (4k)	33:46 (4k)	42:18 (4k)	36:08 (4k)	DNF
	8	2004			14:58 (2k)	13:30 (2k)	24:38 (3.2k)	15:45 (2k)	1:24 (2.6k)
	7	2003			13:43 (2k)	13:00 (2k)	23:34(3.2k)	15:06 (2k)	
Emily Hill	9	2005	28:36 (4k)	26:34 (4k)	28:00 (4k)	26:20 (4k)	DNR	26:38 (4k)	27:26 (4k)
	8	2004			12:39 (2k)	11:44 (2k)	20:24 (3.2k)	12:49 (2k)	0:37 (2.6k)
	7	2003	12:34 (2k)		11:51(2k)	11:32 (2k)	21:21(3.2k)	12:21 (2k)	
Chelsea Irvin	9	2005	30:11 (4k)	27:31 (4k)	27:46 (4k)	28:59 (4k)	41:37 (4k)	DNR	27:19 (4k)
Laura Kleppe	9	2005		21:17 (4k)	21:14 (4k)	21:22 (4k)	21:05 (4k)	20:58 (4k)	21:10 (4k)
	8	2004			9:51 (2k)	9:29 (2k)	16:37 (3.2k)	9:46 (2k)	8:30 (2.6k)
	7	2003	11:39 (2k)		12:06 (2k)	10:12 (2k)	19:34(3.2k)	10:56 (2k)	
Ellie Larson	7	2005		9:36 (2k)		8:37 (2k)	16:41 (3.2k)	DNR	DNF

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Foley	Conference	N. Branch	Cambridge	Section	State	PB	Average
	PC-17:32 (4k)		17:40 (4k)	Clqt-17:12		17:12	17:48
DNR	PR-16:58 (4k)	17:08 (4k)		Clqt-16:43		16:43	17:31
	SM-17:22 (4k)			Clqt-16:54		16:54	17:51
16:36 (4k)	PC-17:05 (4k)			Bec-16:16		16:16	17:14
	NB-16:56 (4k)			Bec-16:57		16:50	17:31
	Fo-17:09 (4k)			Bec-16:35		16:35	17:10
	PC-18:54 (4k)		18:28 (4k)	Clqt-18:17		18:17	18:58
17:48 (4k)	PR-17:50 (4k)	18:03 (4k)		Clqt-17:37		17:37	18:36
	SM-18:23 (4k)			Clqt-17:47		17:47	18:53
18:33 (4k)	PC-18:02 (4k)			Bec-17:29		17:29	18:51
	NB- 8:15 (2k)					8:15(2K)	8:50 (2K)
	PC17:48 (4k)		18:47 (4k)	Clqt-18:01		17:48	19:02
18:12 (4k)	PR-17:51 (4k)	18:42 (4k)		Clqt-18:27		17:51	18:53
	SM-20:29 (4k)					19:02	20:20
14:39(3.2k)	PC- 9:20 (2k)					9:00(2k)	9:49 (2k)
	NB- 8:38 (2k)					8:38 (2k)	9:22 (2k)
	PC-18:57 (4k)		19:27 (4k)	Clqt-18:41		18:41	19:27
18:47 (4k)	PR-18:41 (4k)	18:26 (4k)		Clqt-18:14		18:14	19:18
	SM-19:21 (4k)			Clqt-18:37		18:32	19:17
14:23(3.2k)	PC- 8:45 (2k)					8:44 (2k)	9:13 (2k)
	NB-8:26 (2k)					8:26 (2k)	9:21 (2k)
16:24 (4k)	PR-16:34 (4k)	16:48 (4k)		Clqt-16:29		16:19	16:53
	SM-16:25 (4k)			Clqt-15:45	15:50	15:45	16:31
13:44(3.2k)	PC-17:08 (4k)			Bec-16:40		16:40	18:00 (4k)
	PC-18:42 (4k)		DNF	Clqt-18:29		18:29	20:15
DNR	PR-21:08 (4k)	21:10 (4k)				21:10	23:13
	DNF-injury					8:56(2k)	10:36(2k)
	DNR		DNF			26:04	26:51
	PC-20:47 (4k)		20:26 (4k)			20:03	20:40
16:10 (3.2k)	PC- 9:45 (2k)					9:36 (2k)	9:49(2k)
	PC-18:13 (4k)		18:38 (4k)	Clqt-18:01		18:01	19:10
18:54 (4k)	PR-14:01 (3k)	18:46 (4k)		Clqt-18:21		18:21	19:03
	SM-13:15(3k)			Clqt-17:34		17:34	9:10(2k)
	PC-20:16 (4k)		21:39 (4k)			20:16	21:33
DNF	PR-15:14 (3k)	9:36 (2k)				9:15(2k)	9:28(2k)
	SM-14:10(3k)					9:04(2k)	9:27(2k)
	PC-35:01 (4k)		33:31 (4k)			33:31	35:39
23:59 (3.2k)	PR-22:59 (3k)	14:01 (2k)				13:30(2k)	14:33(2k)
	SM-22:54(3k)					13:00(2k)	13:48(2k)
	PC-25:03 (4k)		26:05 (4k)			25:03	26:50
20:02 (3.2k)	PR-17:43 (3k)	11:27 (2k)				11:27(2k)	12:10(2k)
	SM-19:14 (3k)					11:32(2k)	12:03(2k)
	PC-25:02 (4k)		25:50 (4k)			25:02	29:09
	PC-19:05 (4k)		19:45 (4k)	Clqt-18:49		18:49	20:35
15:41 (3.2k)	PR-15:10 (3k)	9:19 (2k)				9:19(2k)	9:36(2k)
	SM-16:44(.3k)					10:12(2k)	11:21(2k)
	PC-8:51 (2k)		16:17 (3.2k)			8:37(2k)	9:01(2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Foley	Conference	N. Branch	Cambridge	Section	State	P B	Average
	PC-20:28 (5k)		19:57 (5k)			19:57	20:48
21:06 (5k)	PR-21:14 (5k)	20:18 (5k)				20:18	21:29
	SM-19:59 (5k)					19:59	21:03
20:57 (5k)	PC-21:00 (5k)					20:04	22:06
	NB-7:27 (2k)					7:27(2k)	8:12(2k)
	PC-18:55 (5k)		18:29 (5k)	Clqt-18:19	18:19	18:19	19:30
19:20 (5k)	PR-18:55 (5k)	18:45 (5k)		Clqt-18:26		18:26	19:44
	PC-18:58 (5k)		19:48 (5k)	Clqt-18:47	18:50	18:47	19:31
19:26 (5k)	DNR	20:45 (5k)		Clqt-19:16		19:16	19:49
	SM-19:38 (5k)					19:38	21:30
12:07(3.2k)	PC- 7:22 (2k)					7:22 (2k)	7:47(2k)
	NB-8:10 (2k)					8:10(2k)	8:41(2k)
	PC-19:41 (5k)		19:19 (5k)			19:19	20:17
19:53 (5k)	PR-19:27 (5k)	19:38 (5k)				19:27	20:14
	PC-17:35 (5k)		17:37 (5k)	Clqt-17:10	17:00	17:00	17:51
17:46 (5k)	PR-17:46 (5k)	17:39 (5k)		Clqt-17:05		17:05	18:14
	SM-19:00 (5k)			Clqt-18:47		18:47	20:50
12:39(3.2k)	PC- 7:55 (2k)					7:48(2k)	8:18(2k)
	NB-8:01 (2k)					7:58(2k)	8:04 (2k)
	PC-17:58 (5k)		DNR	Clqt-18:11	17:36	17:36	18:10
19:02 (5k)	PR-18:31 (5k)	18:49 (5k)		Clqt-18:13		18:13	18:52
	SM-17:37 (5k)			Clqt-18:43		17:37	18:17
	PC-20:59 (5k)		20:41 (5k)			20:22	20:57
						7:29(2k)	8:20(2k)
	PC-18:22 (5k)		18:09 (5k)	Clqt-17:59	17:46	17:46	18:52
19:00 (5k)	PR-18:40 (5k)	19:16 (5k)		Clqt-18:17		18:17	19:28
	SM-19:29 (5k)			Clqt-19:29		19:29	19:32
14:21(3.2k)	PC- 8:35 (2k)					8:35(2k)	14:23(3.2k)
	PC-18:20 (5k)		18:54 (5k)	Clqt-18:07	18:06	18:06	18:47
19:48 (5k)	PR-19:30 (5k)	19:29 (5k)				19:29	20:16
	PC-17:28 (5k)		17:26 (5k)	Clqt-17:03	16:55	16:55	17:45
17:52 (5k)	PR-17:49 (5k)	17:51 (5k)		Clqt-17:25		17:25	18:14
	SM-19:38 (5k)					7:38(2k)	7:46(2k)
						8:03(2k)	8:03(2k)
	PC-8:02 (2k)		13.56 (3.2k)			8:02(2k)	8:29(2k)
14:21(3.2k)	PR-13:37 (3k)	8:53 (2k)				8:53(2k)	9:22(2k)
	PC-11:44 (2k)		20:56 (3.2k)			11:44(2k)	12:36(2k)
21:56(3.2k)	PR-20:02 (3k)	12:56 (2k)				12:56(2k)	14:02(2k)
	PC-11:42 (2k)		21:44 (3.2k)			11:42(2k)	12:27(2k)
	PC-8:17 (2k)		15:36 (3.2k)			8:17(2k)	8:59(2k)
	PC-8:21 (2k)		13:56 (3.2k)			8:21(2k)	8:58(2k)
	PC-8:21 (2k)		15:06 (3.2k)			8:21(2k)	8:45(2k)

AVERAGE MILE TIMES AT MEETS - 2005

	PB -2004	Milaca	Cambridge	Pine City	N.Branch	Pierz
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Justin Palmer - 12	6:33		6:43	6:49	6:42	
Josh Boland - 11	5:55		6:30	6:33	6:29	6:19
Jordan Clementson - 11	6:11	6:55	6:21	6:12	6:14	6:11
Mike Gray - 11	6:16		6:44	6:53	6:39	6:17
Tom Miche - 11	5:29	6:05	5:45	5:58	5:52	5:35
Clay Fischer - 10	5:51	6:07	5:46	5:48	5:52	5:45
Steven Guttormson - 10			6:51	7:14	6:34	6:34
David Hambly - 10	5:52	6:32	6:11		6:08	
Andrew Lutz - 10	6:17	6:19	5:58	6:02	5:59	6:07
Trevor McNally - 10	5:36	6:09	5:47	5:51	5:46	5:39
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Christian Isaacson - 8					6:26	
Beau Peterson - 8	7:10		6:57	6:54	6:51	
Jordan Sparling - 8	10:26		10:39	10:24	9:51	11:32
Nathan Thiesen - 8			10:30	10:11	9:48	10:44
Zach Borich - 7			7:28	7:03	7:35	8:18
Jacob Guttormson - 7			7:33	7:21	7:07	7:25
Tom Pitzen - 7			7:06	7:11	7:01	7:20
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jacki Gregoire - 12	6:43	7:21	7:05	7:11	7:13	7:05
Steph Gregoire - 12	7:04	8:09	7:34	7:39	7:37	7:28
Hannah Espeseth - 11	7:08	8:13	7:44	7:38	7:29	7:28
Abby Olson - 11	7:19			8:08	7:48	7:44
Emily Branzovsky - 10	6:32					
Emily Erickson - 10	8:28	8:52	8:28	8:27	8:07	8:02
Chelsea Palmer - 10			10:26	11:12	10:32	
Shauna Palmer - 10			8:01	8:23	8:24	8:11
Brietta Clementson - 9	7:22	8:10	7:44	7:46	7:32	7:40
Steph Dickey - 9			8:31	8:31	8:50	
Melanie Gerold - 9			13:48	13:45	13:30	16:55
Emily Hill - 9		11:26	10:38	11:11	10:31	
Chelsea Irvin - 9		12:04	11:00	11:06	11:35	16:38
Laura Kleppe - 9			8:31	8:29	8:32	8:25
	2000 m	2000 m	2000 m	2000 m	2000 m	3200 m
Ellie Larson - 7			7:41		6:54	8:25

AVERAGE MILE TIMES AT MEETS - 2005

Chs Lks	Swain	Conf @ PC	Cambridge	Section 7A	State	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
6:35	7:04	6:36	6:26			6:42
6:32	6:36	6:06	5:57	5:54	5:54	6:17
6:08	6:33	6:07	6:23	6:02	6:04	6:17
6:31	6:39	6:20	6:13			6:32
5:45	5:55	5:40	5:40	5:31	5:29	5:45
5:48	6:09	5:47		5:50	5:40	5:51
6:39	6:47	6:46	6:40			6:46
6:20	6:15	5:55	5:51	5:47	5:43	6:04
6:05	6:27	5:54	6:05	5:50	5:50	6:03
5:48	5:46	5:38	5:37	5:29	5:27	5:43
2500 m	2500 m	2000 m	3200 m			2000 m
7:14	7:49					7:10
7:07	7:29	6:25	7:02			6:58
10:58	11:58	9:23	10:34			10:40
10:48	11:04	9:21	10:58			10:25
7:45	7:32	6:37	7:52			7:31
7:27	7:25	6:40	7:16			7:17
7:31	7:27	6:40	7:37			7:14
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
6:59	7:19	7:00	7:04	6:54		7:06
7:33		7:33	7:23	7:20		7:35
7:45	8:00	7:07	7:30	7:14		7:37
7:40	8:01	7:34	7:46	7:30		7:54
7:58		7:28		7:25		8:06
10:26	11:05					10:44
8:02	8:36	8:18	8:10			8:17
7:49	8:03	7:17	7:27	7:14		7:40
8:53	8:48	8:06	8:39			8:37
14:27		14:00	13:24			14:16
10:39	10:58	10:01	10:25			10:44
	10:55	10:00	10:19			11:42
8:23	8:28	7:37	7:54	7:33		8:12
2500 m	2500 m	2000 m	3200 m			2000 m
		7:04	8:13			7:39

TEAM POSITIONS AT MEETS - 2005

	Milaca	Cambridge	Pine City	N.Branch	Pierz	Chs Lks
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Justin Palmer - 12		8	7	10		9
Josh Boland - 11		7	6	7	7	8
Jordan Clementson - 11	6	6	5	6	5	5
Mike Gray - 11		9	8	9	6	7
Tom Miche - 11	1	1	3	2	1	1
Clay Fischer - 10	2	2	1	3	3	3
Steven Guttormson - 10		10	9	8	8	10
David Hambly - 10	5	5		5		6
Andrew Lutz - 10	4	4	4	4	4	4
Trevor McNally - 10	3	3	2	1	2	2
	2000 m	2000 m	2000 m	2000 m	3200 m	2000 m
Christian Isaacson - 8				1		2
Beau Peterson - 8		1	1	2		1
Jordan Sparling - 8		6	6	7	5	7
Nathan Thiesen - 8		5	5	6	4	6
Zach Borich - 7		3	2	5	3	5
Jacob Guttormson - 7		4	4	4	2	3
Tom Pitzen - 7		2	3	3	1	4
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jacki Gregoire - 12	1	1	1	1	1	1
Steph Gregoire - 12	2	2	3	4	3	2
Hannah Espeseth - 11	4	4	2	2	2	4
Abby Olson - 11			5	5	5	3
Emily Branzovsky - 10						
Emily Erickson - 10	5	6	7	6	6	6
Chelsea Palmer - 10		9	12	11		10
Shauna Palmer - 10		5	6	7	7	7
Brietta Clementson - 9	3	3	4	3	4	5
Steph Dickey - 9		8	9	9		9
Melanie Gerold - 9		12	13	13	10	12
Emily Hill - 9	6	10	11	10		11
Chelsea Irvin - 9	7	11	10	12	9	
Laura Kleppe - 9		7	8	8	8	8
	2000 m	2000 m	2000 m	2000 m	3200 m	2000 m
Ellie Larson - 7		1		1	1	

TEAM POSITIONS AT MEETS - 2005

Swain	Becker	Conf @ PC	Cambridge	Section 7A	State	Average
5000/4000	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
9		9	8			8.57
6		6	4	6	6	6.30
7		7	7	7	7	6.20
8		8	6			7.62
2		2	2	2	2	1.80
3		3		5	3	2.89
10		10	9			9.25
4		5	3	3	4	4.38
5		4	5	4	5	4.30
1		1	1	1	1	1.50
2500 m	3200 m	2000 m	3200 m			
5						2.67
3		1	1			1.43
7		6	5			6.12
6		5	6			5.38
4		2	4			3.50
1		4	2			3.00
2		3	3			2.62
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
1		1	1	1		1.00
		5	2	4		3.12
2		2	4	2		2.67
3		6	5	6		4.75
		4		5		5.71
12						10.80
6		9	7			6.75
4		3	3	3		3.56
9		8	8			8.57
		12	11			11.86
11		11	10			10.57
10		10	9			10.14
5		7	6	7		7.11
2000 m	3200 m	2000 m	3200 m			
		1	1			1.00

PLACE FINISHES AT MEETS - 2005

	Milaca	Cambridge	Pine City	N.Branch	Pierz	Chs Lks
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Justin Palmer - 12		38 jv	7 jv	10 jv		6 jv
Josh Boland - 11		34 jv	41	30 jv	84	5 jv
Jordan Clementson - 11	81	33	27	26	67	16
Mike Gray - 11		15 jv	10 jv	9 jv	19 jv	28
Tom Miche - 11	9	4	16	5	10	2
Clay Fischer - 10	12	5	6	6	22	4
Steven Guttormson - 10		21 jv	17 jv	6 jv	35 jv	8 jv
David Hambly - 10	41	25	DNF	23		23
Andrew Lutz - 10	21	11	18	17	58	13
Trevor McNally - 10	14	6	8	4	16	2
	2000 m	2000 m	2000 m	2000 m	3200 m	2500 m
Christian Isaacson - 8				2		4
Beau Peterson - 8		10	7	6		3
Jordan Sparling - 8		36	34	25	120	15
Nathan Thiesen - 8		35	33	24	119	14
Zach Borich - 7		20	11	14	88	8
Jacob Guttormson - 7		22	16	9	55	6
Tom Pitzen - 7		15	14	8	49	7
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Jacki Gregoire - 12	32	24	15	10	40	7
Steph Gregoire - 12	65	42	26	21	59	18
Hannah Espeseth - 11	69	49	24	15	56	21
Abby Olson - 11			39	23	76	20
Emily Branzovsky - 10	DNF					
Emily Erickson - 10	28 jv	60	45	26	89	26
Chelsea Palmer - 10		108 jv	25 JV	13 jv		21 jv
Shauna Palmer - 10		48 jv	43	27	92	27
Brietta Clementson - 9	66	48	28	16	71	22
Steph Dickey - 9	DNF	71 jv	12 jv	8 jv		14 jv
Melanie Gerold - 9		111 jv	26 jv	15 jv	jv	23 jv
Emily Hill - 9	69 jv	109 jv	24 jv	12 jv		22 jv
Chelsea Irvin - 9	105 jv	110 jv	23 jv	14 jv	jv	
Laura Kleppe - 9		70 jv	10 jv	6 jv	38 jv	9 jv
	2000 m	2000 m	2000 m			
Ellie Larson - 7		11		4	24	

PLACE FINISHES AT MEETS - 2005

Swain	Becker	Conf @ PC	Cambridge	Section 7A	State	Average
5000/4000	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
106 jv		3 jv	9 jv			25.57 jv
16 jv		19	15	34	119	52.00
126		23	37	50	142	54.70
140		1 jv	31			66.33
29		3	3	5	28	10.50
62		8		30	78	24.56
33 soph		6 jv	16 jv			15.57 jv
80		16	11	20	89	35.88
114		12	22	26	110	40.10
11		2	2	3	22	7.60
2500 m	3200 m	2000 m	3200 m			2000 m
111						39.00
85		2	3			16.57
167		29	23			56.12
166		28	24			55.38
87		8	13			31.12
78		10	6			25.25
79		9	11			24.00
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
74		7	20	25		24.67
DNF		23	33	54		34.50
142		11	37	45		44.44
144		24	44	63		54.12
DNF		20	DNF	59		46.43
106 soph						54.60 jv
175		10 jv	21 jv			72.80
146		14	35	44		47.11
75 soph		7 jv	33 jv			31.43 jv
DNF		21 jv	43 jv			39.83 jv
105 soph		20 jv	41 jv			50.25 jv
104 soph		19 jv	40 jv			59.29 jv
59 soph		25	46	65		45.33
		2000 m	3200 m			2000 m
		1	7			9.40