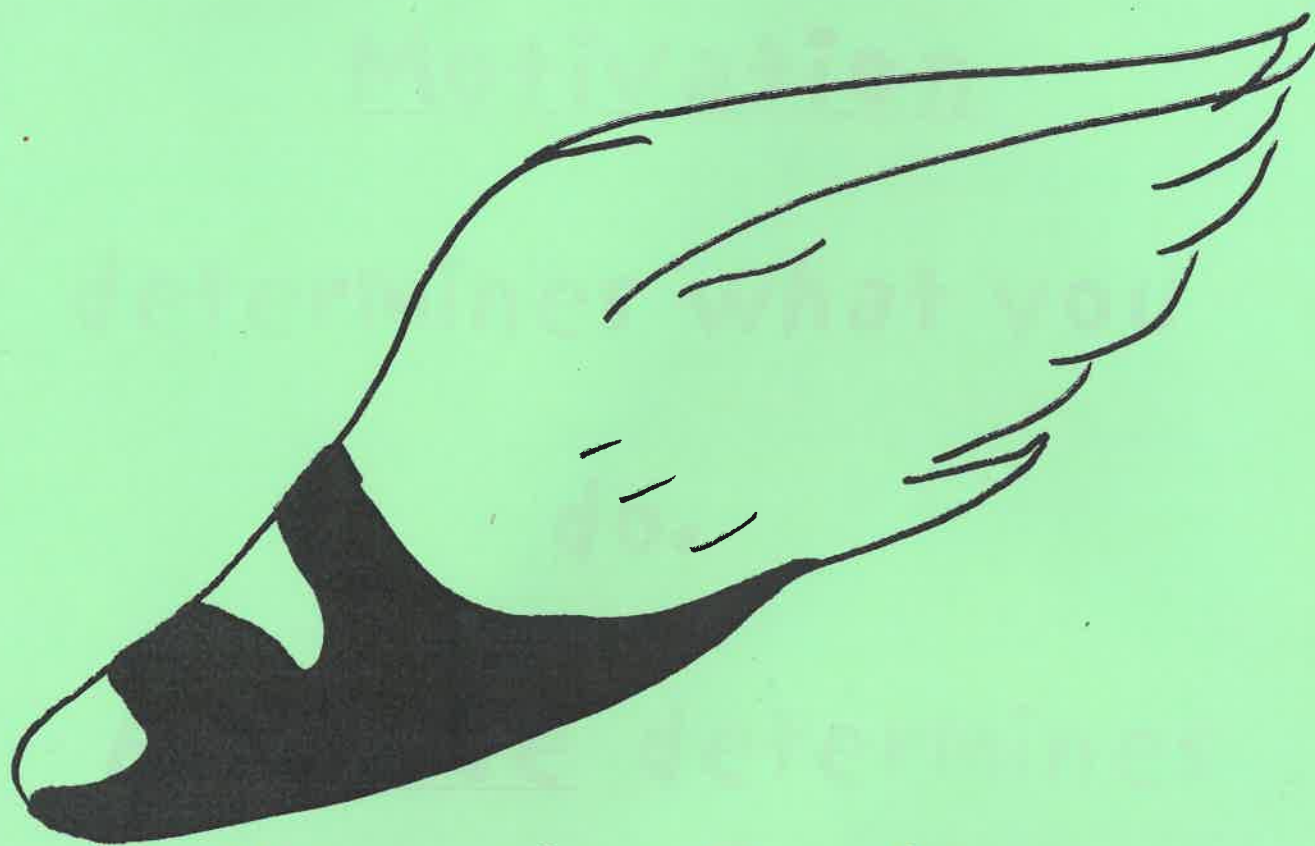


DRAGON

TRACK & FIELD



Year in Review
2006

Ability is what you're
capable of doing.

Motivation

determines what you
do.

Attitude determines
how well you do it.

RUM RIVER CONFERENCE INDOOR @ FOLEY
Friday, March 31, 2006- 2:30
Pine City Girls' Results

4 x 800 m Relay	1. Tara Miche' (77, 94) 2:52.0	High Jump	1. Becky Osterdyk 4' 10" 2nd
	2. Emily Erickson (93, 99) 3:12.5		
	3. Etta Clementson (87, 92) 2:58.4		
	4. Jacki Gregoire (78, 97) <u>2:56.9</u>		
	11:57.0 1st	Long Jump	1. Becky Osterdyk 14' 11.5" 1st
			2. Tara Miche'
55 m Hurdles	1. Christina Marier 11.1 PB		3. Kerri Hughes 13' 1" PB
	2. Cyndy Marier 15.5		
		Triple Jump	1. Laina Phetteplace 21'
			2. Etta Clementson 21' 8"
55 m Dash	1. Kasey Perell 8.2		3. Jade Fedder
	2. Laina Phetteplace 9.8		
	3. Shelby Effertz 9.6	Pole Vault	1. Maria Bellinger 7' 6" 2nd
4 x 200 m Relay	1. Maria Bellinger 30.4		
	2. Kasey Perell 30.3	Shot Put	1. Maria Bellinger 28' 7" 5th
	3. Emily Branzovsky 30.1		2. Shelby Effertz
	4. Becky Osterdyk <u>28.6</u>		3. Jade Fedder
	1:59.2 1st		
1600 m Run	1. Jacki Gregoire 6:54.7 5th		
	(1:28, 1:37, 1:54, 1:54)		
4 x 100 m Relay	1. Maria Bellinger 12.7		
	2. Kasey Perell 14.6		
	3. Christina Marier 16.2		
	4. Becky Osterdyk <u>14.5</u>		
	57.2 2nd		
400 m Dash	1. Emily Branzovsky 1:12.2		
800 m Run	1. Emily Erickson (1:32, 1:40) 3:12.2	<u>TEAM RESULTS:</u>	
	2. Etta Clementson (1:28, 1:32) 3:00.5 3rd	1. Foley 135	
		2. Milaca 90	
		3. Mora 83	
200 m Dash	1. Laina Phetteplace 37.9	4. Pine City 66	
	2. Kerrie Hughes 30.0 3rd	5. Zimmerman 64	
	3. Cyndy Marier 38.4		
3200 m Run			
4 x 400 m Relay	1. Tara Miche' 76.4		
	2. Etta Clementson 78.5		
	3. Kerri Hughes 71.0		
	4. Jacki Gregoire <u>79.5</u>		
	5:04.3 4th		

RUM RIVER CONFERENCE INDOOR @ FOLEY
Friday, March 31, 2006 - 2:30
Pine City Boys' Results

4 x 800 m Relay	1. David Hambly (64, 73) 2:16.6 PB	High Jump	1. Jordan Kruse 5' 6" 3rd
	2. Jordan Clementson (65, 78) 2:22.8		2. Jordan Clementson 5' 6" 4th PB
	3. Josh Skalicky (66, 79) 2:25.0		3. Josh Skalicky 5' 0"
	4. Tom Miche' (66, 69) <u>2:16.0</u> PB		
	9:20.4 3rd	Long Jump	1. Haakon Hanson 16' 10" PB
			2. Jordan Kruse 18' 6" 3rd
55 m Hurdles	1. Jordan Kruse 8.5 2nd PB		3. Steven Guttormson 16' 3"
55 m Dash	1. Leland Jensen 7.7	Triple Jump	1. Jordan Clementson 36' 2" 3rd PB
	2. Jordan Kruse 7.0		
	3. Brice Thieman 7.8		
		Pole Vault	
4 x 200 m Relay	1. Tom Miche' 27.2		
	2. Steven Guttormson 26.3		
	3. David White 30.8		
	4. Leland Jensen <u>27.8</u>	Shot Put	1. Brice Thieman 35' 0" PB
	1:51.0 4th		2. Ben Splett 29'
			3. Tom Miche' 26' 9"
1600 m Run	1. Trevor McNally 5:03.3 2nd (1:11, 1:16, 1:20, 1:16)		
4 x 100 m Relay	1. Haakon Hansen 11.3		
	2. JJ Goad 13.7		
	3. David White 15.3		
	4. Leland Jensen <u>13.6</u>		
	53.8		
		<u>TEAM RESULTS:</u>	
400 m Dash	1. Josh Skalicky 63.2		1. Foley 127
	2. Ben Splett 63.0		2. Milaca 81
	3. Steven Guttormson 60.8		3. Mora 63
800 m Run	1. David Hambly (69, 71) 2:19.8 PB		4. Pine City 47
			5. Zimmerman 14
200 m Dash	1. Haakon Hansen 26.5		
	2. Ben Splett 27.8		
	3. JJ Goad 29.8		
3200 m Run	1. Tom Miche' 11:27.4 1st (1:22, 1:27, 1:27, 1:30, 1:30, 1:31, 1:28, 1:12)		
	2. Trevor McNally 11:30.3 3rd (1:20, 1:28, 1:27, 1:31, 1:28, 1:31, 1:28, 1:17)		
4 x 400 m Relay	1. David Hambly 59.9 PB		
	2. Jordan Clementson 61.2 PB		
	3. Haakon Hansen 63.8		
	4. Josh Skalicky <u>64.2</u>		
	4:09.4 4th		

GIRLS' TIGERAMA @ RUSH CITY

Tuesday, April 11, 2006

Pine City Girls' Results

overcast, cool

4 x 800 m Relay		High Jump	1. Becky Osterdyk	4' 8" 3rd
100 m Hurdles	1. Christina Marier 19.3 4th 2. Brietta Clementsor 19.9 3. Tara Miche' 22.1	Long Jump	1. Becky Osterdyk 15' 1" 1st BTY 2. Kerri Hughes 13' 6.75" 3rd PB 3. Brietta Clementson 11' 10"	
100 m Dash	1. Becky Osterdyk 13.4 2nd PB 2. Kasey Perell 14.3 3. Katie Smith 15.6	Triple Jump	1. Laina Phetteplace 20' 10" 2. Jade Fedder 20' 7"	
4 x 200 m Relay	1. Maria Bellinger 29.1 2. Kasey Perell 30.1 3. Emily Branzovsky 27.1 4. Becky Osterdyk <u>27.5</u> 1:56.1 1st	Pole Vault	1. Maria Bellinger 8' 6" 2nd BTY	
1600 m Run	1. Jacki Gregoire 6:33.5 BTY (1:19, 1:37, 1:50, 1:50)	Shot	1. Maria Bellinger 27' 11.5" 5th 2. Shelby Effertz 3. Jade Fedder 15' 1"	
4 x 100 m Relay	1. Christina Marier 15.2 2. Laina Phetteplace 15.6 3. Katie Smith 14.7 4. Kasey Perell <u>14.7</u> 59.6 5th	Discus	1. Maria Bellinger 89' 3" 5th 2. Shelby Effertz 3. Jade Fedder 36' 2"	
400 m Dash	1. Emily Branzovsky 67.1 3rd BTY			
300 m Hurdles	1. Christina Marier 58.3 6th 2. Brietta Clementsor 57.9 5th 3. Kerrie Hughes 58.5			
800 m Run	1. Jacki Gregoire (1:28, 1:43) 3:11.8 2. Emily Erickson (1:27, 1:55) 3:22.8 3. Tara Miche' (1:15, 1:33) 2:48.5 4th PB			
200 m Dash	1. Emily Branzovsky (28.8) 29.4 2nd 2. Kerri Hughes (29.9) 31.0 5th			
3200 m Run				
4 x 400 m Relay	1. Tara Miche' 1:19.0 2. Brietta Clementson 1:17.2 3. Kerri Hughes 1:17.4 4. Jacki Gregoire <u>1:17.9</u> 5:11.5			

TEAM RESULTS

1. Mille Lacs	116.5
2. Hinckley/Finlayson	88.2
3. Pine City	81
4. Braham	74.3
5. Rush City	74
6. MLWR	64
7. Ogilvie	51

MILACA INVITATIONAL
Tuesday, April 11, 2006
Pine City Boys' Results
cool, overcast

4 x 800 m Relay				High Jump	1. Jordan Kruse	5' 4"	3rd
					2. Jordan Clementson	5' 4"	4th
100 m Hurdles	1. Jordan Kruse	16.9	2nd		3. David White		
100 m Dash	1. Leland Jensen	13.3		Long Jump	1. Jordan Kruse	17' 8"	3rd
	2. Danny Hambly	13.7					
	3. Brice Thieman	13.6					
	4. Shane Clune	13.8		Triple Jump	1. Jordan Clementson	37' 7"	1st PB
4 x 200 m Relay	1. Leland Jensen	29.5					
	2. Shane Clune	28.7		Pole Vault			
	3. David White	31.3					
	4. JJ Goad	<u>29.1</u>					
		1:58.6					
1600 m Run	1. Trevor McNally	4:57.3	4th PB	Shot	1. Brice Thieman	36' 10"	PB
	(1:11, 1:16, 1:16, 1:14)				2. Danny Hambly	34' 7"	
	2. Tom Miche'	4:50.6	3rd PB		3. Ben Splett	31' 6"	PB
	(1:14, 1:16, 1:16, 1:10)			Discus	1. Brice Thieman	113' 5"	5th
	3. David Hambly	5:22.1	PB		2. Dan Hambly	106' 5"	
	(1:15, 1:20, 1:27, 1:20)				3. Ben Splett	89' 4"	
4 x 100 m Relay	1. JJ Goad	15.3					
	2. David White	12.6					
	3. Ben Splett	12.1					
	4. Leland Jensen	<u>13.1</u>					
		53.0					
400 m Dash	1. Ben Splett	61.2	5th PB				
300 m Hurdles	1. Jordan Kruse	44.0	1st				
	2. Jordan Clementson	49.7					
800 m Run							
200 m Dash	1. JJ Goad	29.7					
	2. Shane Clune	28.7					
3200 m Run	1. Tom Miche'	11:09.9	2nd BTY				
	(1:23, 1:26, 1:26, 1:26, 1:27, 1:23, 1:25, 1:14)						
	2. Trevor McNally	10:53.8	1st BTY				
	(1:17, 1:22, 1:24, 1:23, 1:24, 1:25, 1:23, 1:15)						
	3. David Hambly	11:39.0	5th				
	(1:23, 1:27, 1:25, 1:26, 1:29, 1:31, 1:33, 1:26)						
4 x 400 m Relay	1. Tom Miche'	67.3					
	2. Danny Hambly	80.8					
	3. David Hambly	71.7					
	4. Trevor McNally	<u>66.6</u>					
		4:46.2	4th				

TEAM RESULTS

1. Foley	125
2. Milaca	93
3. Mora	83
4. Pine City	55
5. Ogilvie	13

TIGERAMA INVITATIONAL @ RUSH CITY

Tuesday, April 18, 2006

Pine City Boys' Results

very windy

4 x 800 m Relay				High Jump	1. Jordan Kruse 5' 10" 1st BTY
					2. Jordan Clementson 5' 8" 3rd PB
					3. David White
100 m Hurdles	1. Jordan Kruse	16.9	3rd		
100 m Dash	1. Danny Hambly	13.9		Long Jump	1. Jordan Kruse 18' 2" 2nd
				Triple Jump	1. Jordan Clementson 37' 4" 2nd
4 x 200 m Relay	1. Trevor McNally	28.5			
	2. Shane Clune	29.9			
	3. David White	27.1		Pole Vault	
	4. JJ Goad	<u>32.5</u>			
		1:57.6	3rd		
1600 m Run	1. Tom Miche'	5:00.6	3rd	Shot	1. Danny Hambly 31' 5"
	(1:13, 1:19, 1:30, 1:11)				2. Ben Splett 29' 8"
	2. Trevor McNally	5:06.4	5th		
	(1:13, 1:19, 1:30, 1:17)			Discus	1. Dan Hambly 103' 11.75" 4th
	3. David Hambly	5:14.6	PB		2. Ben Splett 86' 3"
	(1:14, 1:19, 1:22, 1:19)				
4 x 100 m Relay	1. JJ Goad	14.4			
	2. Shane Clune	15.7			
	3. Danny Hambly	12.2			
	4. David White	<u>13.8</u>			
		55.8	6th		
400 m Dash	1. Ben Splett	59.3	5th PB		<u>TEAM RESULTS</u>
					1. Frederick 138
300 m Hurdles	1. Jordan Kruse	43.4	1st BTY		2. Rush City 115
	2. Jordan Clementson	50.7			3. Braham 84
	3. Shane Clune	57.9			4. Pine City 80
					5. Hinckley/Finlayson 70
800 m Run	1. Tom Miche'	2:17.4	4th		6. MLWR 45
	(67, 70)				7. EC 22
	2. David Hambly	2:23.5			
	(69, 74)				
200 m Dash	1. JJ Goad	29.8			
3200 m Run	1. Trevor McNally	11:04.9	2nd		
	(1:16, 1:24, 1:23, 1:25, 1:24, 1:26, 1:25, 1:20)				
4 x 400 m Relay	1. David Hambly	62.2			
	2. Jordan Clementson	59.9	PB		
	3. Ben Splett	60.9			
	4. Tom Miche'	<u>58.1</u>			
		4:00.9	4th		

COLUMBIA HEIGHTS INVITATIONAL

Monday, April 24, 2006

Pine City Girls' Results

very cold and very windy

4 x 800 m Relay		High Jump	1. Becky Osterdyk 4' 8" 1st
100 m Hurdles	1. Christina Marier 19.93 1st 2. Brietta Clementsor 21.06 3rd 3. Tara Miche' 21.77 5th	Long Jump	1. Becky Osterdyk 15' 3" 1st BTY 2. Brietta Clementson 13' 2" 5th PB 3. Tara Miche' 12' 9.5" PB
100 m Dash	1. Becky Osterdyk 14.81 2nd 2. Kasey Perell 15.35 3. Katie Smith 16.78	Triple Jump	1. Laina Phetteplace 21' 5.5" PB 2. Brietta Clementson 23' 7" 5th
4 x 200 m Relay	1. Maria Bellinger 28.1 2. Kasey Perell 32.3 3. Emily Branzovsky 29.4 4. Becky Osterdyk <u>30.6</u> 2:00.72 1st	Pole Vault	1. Maria Bellinger 9' 0" 1st BTY
1600 m Run		Shot	1. Maria Bellinger 27' 9" 4th
		Discus	1. Maria Bellinger 95' 4" 3rd BTY
4 x 100 m Relay	1. Christina Marier 15.3 2. Laina Phetteplace 15.8 3. Katie Smith 14.9 4. Kasey Perell <u>15.6</u> 61.9 3rd	Throwers Relay	1. Maria Bellinger 13.8 2. Brice Thieman 13.9 3. Laina Phetteplace 16.2 4. Danny Hambly <u>13.8</u> 1st 57.6
400 m Dash	1. Emily Branzovsky 68.89 2nd		
300 m Hurdles	1. Christina Marier 60.41 2nd 2. Brietta Clementsor 62.00 4th		
800 m Run	1. Tara Miche' 2:58.78 3rd (1:25, 1:53)		
200 m Dash	1. Emily Branzovsky 29.41 2nd 2. Katie Smith 33.49		

TEAM RESULTS

1. Foley	80.5
2. Pine City	64
3. Brooklyn Center	56
4. Columbia Heights	30.5

3200 m Run

4 x 400 m Relay

COLUMBIA HEIGHTS INVITATIONAL

Monday, April 24, 2006
Pine City Boys' Results
very cold and very windy

4 x 800 m Relay	1. David Hambly 2:22.7 2. Josh Skalicky 2:26.8 2. Jordan Clementson 2:22.9 4. Tom Miche' <u>2:18.3</u> 9:29.7 2nd	High Jump	1. Haakon Hansen 5' 2" 2. Jordan Clementson 5' 2" 3. Josh Skalicky 5' 4" 2nd
110 m Hurdles		Long Jump	1. Haakon Hansen 17' 10" 2nd PB
100 m Dash	1. Leland Jensen 14.05 2. Haakon Hansen 13.59	Triple Jump	1. Jordan Clementson 37' 2" 1st
4 x 200 m Relay	1. Shane Clune 28.6 2. JJ Goad 29.8 3. Danny Hambly 28.3 4. Josh Skalicky <u>27.3</u> 1:54.18 3rd	Pole Vault	
1600 m Run	1. Trevor McNally 5:00.77 2nd (1:13, 1:15, 1:17, 1:15) 2. David Hambly 5:26.25 3rd (1:18, 1:23, 1:24, 1:21)	Discus	1. Brice Thieman 118' 7" 4th PB 2. Danny Hambly 108' 6" PB
4 x 100 m Relay	1. Shane Clune 14.5 2. JJ Goad 13.3 3. Danny Hambly 12.4 4. Leland Jensen <u>14.6</u> 54.53 3rd	Shot Put	1. Brice Thieman 36' 5" 5th 2. Danny Hambly 32' 5"
400 m Dash	1. Josh Skalicky 58.92 5th PB	Throwers Relay	1. Maria Bellinger 13.8 2. Brice Thieman 13.9 3. Laina Phetteplace 16.2 4. Danny Hambly <u>13.8</u> 1st 57.6
300 m Hurdles	1. Shane Clune 61.27	<u>TEAM RESULTS:</u>	
800 m Run	1. Tom Miche' 2:18.64 2nd ((70, 68))	1. Foley 143 2. Brooklyn Center 56.5 3. Pine City 47 4. Columbia Heights 23.5	
200 m Dash	1. Leland Jensen 27.6 2. JJ Goad 30.13		
3200 m Run	1. Trevor McNally 10:40.70 2nd PB (1:17, 1:18, 1:20, 1:21, 1:21, 1:21, 1:20, 1:19)		
4 x 400 m Relay	1. David Hambly 61.8 2. Jordan Clementson 63.9 3. Haakon Hansen 65.6 4. Tom Miche' <u>59.9</u> 4:11.66		

BIG LAKE INVITATIONAL

Friday, April 28, 2006

Pine City Girls' Results

rainy and wet

4 x 800 m Relay				High Jump	1. Becky Osterdyk	4' 8" 2nd
100 m Hurdles	1. Christina Marier	19.9	8th	Long Jump	1. Becky Osterdyk	15' 3.25" 2nd BTY
	2. Brietta Clementsor	21.9			2. Kerrie Hughes	13' 6" 7th
	3. Tara Miche'	22.4			3. Tara Miche'	
100 m Dash	1. Becky Osterdyk	14.6		Triple Jump	1. Laina Phetteplace	
	2. Kasey Perell	14.5			2. Brietta Clementson	
	3. Katie Smith	16.4			3. Jade Fedder	
4 x 200 m Relay	1. Maria Bellinger	28.9		Pole Vault	1. Maria Bellinger	DNJ - too wet
	2. Kasey Perell	30.7				
	3. Emily Branzovsky	29.5		Shot	1. Maria Bellinger	27' 10.5" 2nd
	4. Becky Osterdyk	<u>30.5</u>			2. Shelby Effertz	
		1:59.9	2nd		3. Jade Fedder	14' 11.5"
1600 m Run	1. Jacki Gregoire	6:36.1		Discus	1. Maria Bellinger	91' 1" 2nd
	(1:23, 1:41, 1:50, 1:41)				2. Shelby Effertz	
4 x 100 m Relay	1. Christina Marier	15.8			3. Laina Phetteplace	
	2. Laina Phetteplace	15.9				
	3. Katie Smith	15.2				
	4. Kasey Perell	<u>14.8</u>				
		61.7				
400 m Dash	1. Emily Branzovsky	69.2	3rd			
300 m Hurdles	1. Christina Marier	58.8				
	2. Brietta Clementson	63.4				
	3. Kerri Hughes	57.3	6th PB			
800 m Run	1. Tara Miche'	2:59.9				
	(1:27, 1:33)					
200 m Dash	1. Emily Branzovsky	29.2	4th			
	2. Katie Smith	33.2				
	3. Shelby Effertz	35.9				

TEAM RESULTS

1. Sauk Center	150
2. Big Lake	113
3. Princeton	104
4. Foley	78
5. Milaca	59
5. Proctor	59
7. Pine City	57
8. Rockford	39

3200 m Run

4 x 400 m Relay	1. Jacki Gregoire
	2. Tara Miche'
	3. Etta Clementson
	4. Kerrie Hughes

BIG LAKE INVITATIONAL
Friday, April 28, 2006
Pine City Boys' Results
wet and rainy

4 x 800 m Relay	1. David Hambly (70,75) 2:24.6	High Jump	1. Jordan Clementson 5' 6" 1st
	2. Josh Boland (70,78) 2:28.0		2. Josh Skalicky 5' 2" 3rd
	3. Trevor McNally (64,72) 2:15.1 PB		3. Haakon Hansen 5' 2" 5th
	4. Tom Miche' <u>(66,70)</u> 2:17.1		
	9:25.4 5th		
110 m Hurdles		Long Jump	1. Haakon Hansen 17' .25" 8th
			2. Steven Guttormson 14' 7"
			3. Leland Jensen 15' 1"
100 m Dash	1. Leland Jensen DNR		
	2. Danny Hambly DNR		
4 x 200 m Relay	1. Geoff Gregoire 25.9	Triple Jump	1. Jordan Clementson 37' 5.5" 2nd
	2. Steven Guttormson 26.3		
	3. Leland Jensne 25.9		
	4. Haakon Hansen <u>26.6</u>	Pole Vault	1. Josh Skalicky DNJ-too wet
	1:44.4 4th		
1600 m Run	1. Tom Miche' 5:06.0 4th	Discus	1. Brice Thieman 108' 1" 7th
	(1:16, 1:21, 1:18, 1:09)		2. Danny Hambly
			3. Ben Splett 81' 3"
4 x 100 m Relay	1. Shane Clune 17.1	Shot Put	1. Brice Thieman 32'
	2. JJ Goad 13.9		2. Danny Hambly
	3. Danny Hambly 11.4		3. Ben Splett 30' 2"
	4. Leland Jensen <u>12.2</u>		
	54.5 DQ		
400 m Dash	1. Josh Skalicky 61.6		
	2. Geoff Gregoire 61.5		
	3. Ben Splett DNR		
300 m Hurdles	1. Jordan Clementson 49.2 8th PB	<u>TEAM RESULTS:</u>	
	2. Haakon Hansen 51.6		1. Big Lake 135
	2. Shane Clune 59.5		2. Foley 110
800 m Run	1. Josh Boland 2:26.5		3. Milaca 96
	(72, 74)		4. Proctor 90
			5. Sauk Center 84
200 m Dash	1. Steven Guttormson 25.5 7th PB		6. Pine City 67
	2. Geoff Gregoire 26.2 PB		7. Princeton 54
	2. JJ Goad 28.8 PB		8. Rockford 19
3200 m Run	1. Trevor McNally 10:35.7 1st PB		
	(1:16, 1:18, 1:19, 1:21, 1:23, 1:21, 1:20, 1:14)		
	2. David Hambly 11:16.9 3rd PB		
	(1:20, 1:25, 1:25, 1:27, 1:26, 1:28, 1:28, 1:17)		
4 x 400 m Relay	1. Josh Skalicky 58.9		
	2. Jordan Clementson 58.8		
	2. Ben Splett 61.1		
	4. Tom Miche' <u>59.8</u>		
	3:58.6 6th		

**CHENGWATANA INVITATIONAL @ Pine City
Friday, May 5, 2006
Pine City Girls' Results
cool and sunny**

4 x 800 m Relay				High Jump	1. Becky Osterdyk	4' 10"	2nd	
100 m Hurdles	1. Christina Marier	18.6	3rd	Long Jump	1. Becky Osterdyk	15' 0"	2nd	
	2. Brietta Clementson	19.1	PB		2. Kerrie Hughes	13' 10"	5th	PB
	3. Tara Miche'	20.7	PB		3. Tara Miche'	13' 1"	PB	
100 m Dash	1. Becky Osterdyk	13.7	4th	Triple Jump	1. Laina Phetteplace			
	2. Kasey Perell	13.9	BTY		2. Brietta Clementson	26' 2"	PB	
	3. Katie Smith	15.5	BTY		3. Jade Fedder	21' 9"	PB	
4 x 200 m Relay	1. Maria Bellinger	28.1	PB	Pole Vault	1. Maria Bellinger	9' 3"	1st	PB
	2. Kasey Perell	29.4	BTY		***New School Record***			
	3. Emily Branzovsky	27.1	BTY	Shot	1. Maria Bellinger	29'	5th	BTY
	4. Becky Osterdyk	<u>28.3</u> 1:53.2	1st		PB	2. Shelby Effertz	18' 10"	PB
1600 m Run	1. Jacki Gregoire	6:26.1	BTY	Discus	1. Maria Bellinger	110' 4"	1st	PB
	(1:21, 1:36, 1:45, 1:44)				***New School Record***			
	2. Emily Erickson	7:19.7			2. Shelby Effertz	62' 6"	PB	
4 x 100 m Relay	1. Christina Marier	15.4		3. Laina Phetteplace	39' 2"			
	2. Shelby Effertz	15.1						
	3. Katie Smith	15.5						
	4. Kasey Perell	<u>13.0</u> 59.2	PB					
400 m Dash	1. Emily Branzovsky	67.1	5th					
<u>TEAM RESULTS</u>								
300 m Hurdles	1. Christina Marier	55.6	6th	PB	1. Mora		104	
	2. Brietta Clementson	55.9	PB		2. Hinckley/Finlayson		102.3	
	3. Kerrie Hughes	54.0	3rd	PB	3. Mille Lacs		98.6	
800 m Run	1. Tara Miche'	2:44.9	4th	PB	4. Pine City		81	
	(1:19, 1:26)				5. Ogilvie		58	
					5. Braham		58	
					7. MLWR		31	
					8. Lakeview Christian		20	
	200 m Dash	1. Emily Branzovsky	27.9	3rd	PB			
		2. Kerrie Hughes	29.9	PB				
		2. Katie Smith	32.3	PB				
3200 m Run								
4 x 400 m Relay	1. Jacki Gregoire	72	BTY					
	2. Tara Miche'	76						
	3. Etta Clementson	72	PB					
	4. Kerrie Hughes	<u>72</u>						
		4:52.2	5th					

CHENGWATANA INVITATIONAL @ Pine City

Friday, May 5, 2006

Pine City Boys' Results

cool and sunny

4 x 800 m Relay	1. Jordan Clementson (65,70) 2:15.6 PB	High Jump	1. Jordan Kruse 5' 8" 2nd
	2. Josh Skalicky (70,70) 2:20.5 PB		2. Jordan Clementson 5' 6" 3rd
	3. Josh Boland (66,74) 2:20.7 PB		3. Josh Skalicky 5' 6" 6th PB
	4. David Hambly <u>(69,72) 2:21.4</u>		
	9:18.5 3rd BTY		
		Long Jump	1. Jordan Kruse 17' 8" 4th
110 m Hurdles	1. Jordan Kruse 16.2 2nd PB		2. Haakon Hansen 17' 8" 5th
			3. Leland Jensen 16' 6.5" PB
100 m Dash	1. Haakon Hansen 12.5 PB		
	2. Leland Jensen 12.8 PB		
		Triple Jump	1. Jordan Clementson 37' 5.5" 2nd
4 x 200 m Relay	1. Haakon Hansen 27.3		2. Josh Boland 33' 3"
	2. Ben Splett 25.5		
	3. Leland Jensen 25.9		
	4. David Hambly <u>26.5</u>	Pole Vault	1. Josh Skalicky 9' 6" 2nd PB
	1:45.1 5th		
		Discus	1. Brice Thieman 105' 9.5" 3rd
1600 m Run	1. Tom Miche' 4:53.9 1st		2. Danny Hambly 103' 9.5" 6th
	(1:14, 1:14, 1:17, 1:09)		3. Ben Splett 77' 4"
	1. Trevor McNally 4:56.1 2nd PB		
	(1:13, 1:13, 1:15, 1:13)		
		Shot Put	1. Brice Thieman
4 x 100 m Relay	1. Shane Clune 13.3		2. Danny Hambly 35' 7" 6th PB
	2. JJ Goad 14.8		3. Ben Splett 30' 4.5"
	3. David White 13.1		
	4. Danny Hambly <u>13.5</u>		
	54.6 5th		
400 m Dash	1. Ben Splett 61.9 4th		
300 m Hurdles	1. Jordan Kruse 43.7 2nd		
	2. Haakon Hansen 48.5 6th PB		
	2. Shane Clune 57.7 PB		
			<u>TEAM RESULTS:</u>
800 m Run	1. Tom Miche' (70, 75) 2:15.4 4th PB		1. Hinckley Finlayson 133.5
	2. Josh Boland (71, 73) 2:23.0 PB		2. Pine City 114
			3. Mora 113
			4. Braham 87.5
			5. MLWR 46
200 m Dash	1. Leland Jensen		6. Lakeview Christian 33
	2. JJ Goad 28.5 PB		7. Ogilvie 31
3200 m Run	1. Trevor McNally 10:40.9 2nd		
	(1:19, 1:20, 1:21, 1:23, 1:20, 1:22, 1:20, 1:16)		
	2. David Hambly 11:14.5 5th PB		
	(1:23, 1:24, 1:25, 1:26, 1:26, 1:29, 1:16)		
4 x 400 m Relay	1. Jordan Clementson 57.4 PB		
	2. Josh Skalicky 59.4		
	3. Josh Boland 56.2 PB		
	4. Tom Miche' <u>57.9</u> PB		
	3:50.9 3rd BTY		

QUADRANGULAR @ Pine City
Thursday, May 11, 2006
Pine City Girls' Results
cold and windy

4 x 800 m Relay				High Jump	1. Becky Osterdyk	4' 10"	1st
100 m Hurdles	1. Christina Marier	18.7	3rd	Long Jump	1. Becky Osterdyk	14' 8"	1st
	2. Brietta Clementson	20.1	5th		2. Tara Miche'	12' 6"	4th
	3. Tara Miche'	20.7					
100 m Dash	1. Becky Osterdyk	13.7	3rd	Triple Jump	1. Brietta Clementson	25' 11.5"	4th
	2. Kasey Perell	13.8	4th		BTY		
	3. Katie Smith	15.3	BTY				
				Pole Vault	1. Maria Bellinger	8' 6"	1st
4 x 200 m Relay	1. Maria Bellinger	30.3		Shot	1. Maria Bellinger	28' 11"	2nd
	2. Kasey Perell	30.3			2. Shelby Effertz	18' 8.5"	
	3. Emily Branzovsky	29.4			3. Jade Fedder	15' 0"	
	4. Becky Osterdyk	<u>29.0</u>		Discus	1. Maria Bellinger	77' 0"	3rd
		1:59.0	1st		2. Shelby Effertz	51' 0"	
1600 m Run	1. Tara Miche'	6:42.6	2nd		3. Laina Phetteplace	45' 9"	PB
	(1:33, 1:37, 1:47, 1:35)			4. Jade Fedder	38'9"		
	2. Emily Erickson	7:14.2	PB				
	(1:38, 1:52, 1:56, 1:48)						
4 x 100 m Relay	1. Christina Marier	15.1		1. Cyndy Marier	16.7		
	2. Etta Clementson	15.4		2. Laina Phetteplace	18.2		
	3. Katie Smith	14.7		3. Jade Fedder	16.8		
	4. Kasey Perell	<u>14.3</u>		4. Shelby Effertz	15.7		
		59.8			66.7		
400 m Dash	1. Emily Branzovsky	67.6	1st				
				<u>TEAM RESULTS</u>			
300 m Hurdles	1. Christina Marier	59.1	5th	1. Milaca			89
	2. Brietta Clementson	59.5		2. Pine City			80
				3. Brooklyn Center			39
				4. Columbia Heights			38
800 m Run	1. Tara Miche'	3:04.9	1st				
	(1:28, 1:37)						
200 m Dash	1. Emily Branzovsky	27.8	1st PB				
	2. Katie Smith	31.9	PB				
3200 m Run	1. Jacki Gregoire	14:54.4	2nd				
	(1:36, 1:49, 1:51, 1:55, 2:02, 2:00, 1:43, 1:55)		BTY				

4 x 400 m Relay

QUADRANGULAR @ Pine City

Thursday, May 11, 2006

Pine City Boys' Results

cold and windy

4 x 800 m Relay	1. Tom Miche' (68,70) 2:18	High Jump	1. Jordan Kruse 5' 4" 2nd
	2. Josh Skalicky (67,76) 2:23		2. Jordan Clementson 5' 2" 3rd tie
	3. Josh Boland (66,78) 2:24		3. Josh Skalicky 5' 2" 3rd tie
	4. David Hambly (69,73) 2:22		4. Haakon Hansen 5' 2" 5th
	9:28.3 2nd		
110 m Hurdles	1. Jordan Kruse 15.8 1st PB	Long Jump	1. Jordan Kruse 17' 6" 1st
	ties School Record*		2. Haakon Hanson 16' 10.5" 3rd
100 m Dash	1. Haakon Hansen 12.4 PB		
	2. Josh Boland 11.7 4th	Triple Jump	1. Jordan Clementson 39' 8" 1st PB
4 x 200 m Relay			
		Pole Vault	1. Josh Skalicky 8' 6" 3rd
1600 m Run	1. Trevor McNally 5:06.3 1st (1:18, 1:17, 1:16, 1:15)	Discus	1. Brice Thieman 121' 9.5" 1st PB
			2. Danny Hambly 102' 5.5" 5th
4 x 100 m Relay	1. Shane Clune 13.8		3. Ben Splett 78' 11"
	2. David White 15.5		4. David White
	3. Danny Hambly 12.7	Shot Put	1. Brice Thieman 35' 11" 2nd
	4. Ben Splett 11.8		2. Danny Hambly 34' 7"
	53.9		3. Ben Splett
400 m Dash	1. Josh Boland 56.0 1st		
300 m Hurdles	1. Jordan Kruse 44.5 1st		
	2. Jordan Clementson 49.2 4th		
	2. Haakon Hansen 49.8 5th		
	2. Shane Clune 60.6		
800 m Run	1. Tom Miche' (71, 67) 2:17.7 1st		
200 m Dash			
3200 m Run	1. Trevor McNally 11:09.4 1st (1:23, 1:21, 1:23, 1:25, 1:25, 1:25, 1:20)		
	2. David Hambly 11:46.6 3rd (1:24, 1:24, 1:26, 1:30, 1:34, 1:35, 1:31, 1:20)		
4 x 400 m Relay	1. Jordan Clementson 60.1		
	2. Josh Skalicky 63.2		
	3. Ben Splett 60.4		
	4. Tom Miche' 60.4		
	4:04.1 2nd		

TEAM RESULTS:

1. Milaca	104
2. Pine City	100
3. Columbia Heights	35
4. Brooklyn Center	25

RUM RIVER CONFERENCE MEET @ Mora

Thursday, May 18, 2006

Pine City Girls' Results

cool and cloudy

4 x 800 m Relay				High Jump	1. Becky Osterdyk	5' 0"	1st	BTY
					ALL CONFERENCE			
100 m Hurdles	1. Christina Marier	18.57	6th	PB	Long Jump	1. Becky Osterdyk	16' 3.5"	1st
	2. Brietta Clementson	19.96				***ALL CONFERENCE***		
						2. Kerrie Hughes	15' 4.5"	4th
100 m Dash	1. Becky Osterdyk	13.98	5th			3. Tara Miche'	13' 5.75"	PB
	2. Kasey Perell	14.17						
	3. Katie Smith	15.65			Triple Jump	1. Brietta Clementson	26' 9"	PB
4 x 200 m Relay	1. Maria Bellinger	30.7			Pole Vault	1. Maria Bellinger	9' 0"	2nd
	2. Kasey Perell	29.0				***ALL CONFERENCE***		
	3. Emily Branzovsky	27.0						
	4. Becky Osterdyk	<u>28.9</u>			Shot	1. Maria Bellinger	29' 4"	4th
		1:55.67	2nd			2. Shelby Effertz	19' 6"	PB
	A-C HONORABLE MENTION					3. Jade Fedder	18' 0"	PB
1600 m Run	1. Tara Miche'	6:20.42	PB		Discus	1. Maria Bellinger	95' 0"	2nd
	(1:30, 1:41, 1:42, 1:27)					***ALL CONFERENCE***		
	2. Emily Erickson	6:53.27	PB			2. Shelby Effertz	53' 5"	
	(1:32, 1:40, 1:46, 1:52)					3. Laina Phetteplace	60' 1"	PB
4 x 100 m Relay	1. Christina Marier	14.8						
	2. Laina Phetteplace	16.8						
	3. Katie Smith	14.0						
	4. Kasey Perell	<u>13.6</u>						
		59.32						
400 m Dash	1. Emily Branzovsky	64.14	2nd	BTY	<u>TEAM RESULTS</u>			
	ALL CONFERENCE					1. Mora		105
						2. Milaca		80
300 m Hurdles	1. Christina Marier	55.47	5th	PB		3. Zimmerman		73
	2. Brietta Clementson	58.30				4. Foley		68
	3. Kerri Hughes	59.66				5. Pine City		48
800 m Run	1. Tara Miche'	2:54.02						
	(1:22, 1:27)							
200 m Dash	1. Emily Branzovsky	28.42	4th					
	2. Kerrie Hughes	30.61						
	2. Katie Smith	32.21						
3200 m Run	1. Jacki Gregoire	14:06.60	BTY					
	(1:28, 1:36, 1:46, 1:51, 1:49, 1:54, 1:56, 1:45)							
4 x 400 m Relay	1. Jacki Gregoire	84.2						
	2. Tara Miche'	79.2						
	3. Etta Clementson	77.1						
	4. Kerrie Hughes	<u>75.4</u>						
		5:15.76	5th					

RUM RIVER CONFERENCE MEET @ Mora

Thursday, May 18, 2006

Pine City Boys' Results

cool and cloudy

4 x 800 m Relay	1. David Hambly (71, 76) 2:26.9	High Jump	1. Jordan Kruse 5' 8" 3rd
	2. Eric Osterdyk (66, 76) 2:23.2		**A-C HONORABLE MENTION**
	3. Josh Boland (74, 80) 2:33.3		2. Jordan Clementson 5' 6" 4th
	4. Jordan Clementson <u>(73, 85) 2:39.0</u>		3. Josh Skalicky 5' 6" 5th
	10:02.65 4th		
110 m Hurdles	1. Jordan Kruse 16.01 1st PB	Long Jump	1. Jordan Kruse 19' 9" 1st PB
	ALL CONFERENCE		***ALL CONFERENCE***
100 m Dash			2. Haakon Hansen 17' 5"
4 x 200 m Relay	1. Logan Strusz 26.1	Triple Jump	1. Jordan Clementson 38' 5" 2nd
	2. Eric Osterdyk 27.4		***ALL CONFERENCE***
	3. Isaac Johnson 26.8		2. David White 30' 2.5" PB
	4. Danny Hambly <u>26.2</u>		
	1:46.67 5th	Pole Vault	1. Josh Skalicky
1600 m Run	1. Tom Miche' 4:49.32 1st PB	Discus	1. Brice Thieman 114' 9" 5th
	(1:12, 1:17, 1:15, 1:05)		2. Danny Hambly 98' 7"
	ALL CONFERENCE		
	1. Trevor McNally 4:50.41 2nd PB	Shot Put	1. Brice Thieman 37' 0" PB
	(1:10, 1:15 1:13, 1:10)		2. Danny Hambly 36' 10" PB
	ALL CONFERENCE		
4 x 100 m Relay	1. Shane Clune 14.8		
	2. David White 12.3		
	3. Isaac Johnson 12.8		
	4. Logan Strusz <u>12.4</u>		
	52.54 5th		
400 m Dash	1. Josh Boland 55.12 4th PB		
300 m Hurdles	1. Jordan Kruse 42.70 1st BTY	<u>TEAM RESULTS:</u>	
	ALL CONFERENCE		1. Foley 124.5
	2. Haakon Hansen 47.96 PB		2. Milaca 84
	2. Shane Clune 59.51		3. Mora 80
800 m Run	1. Tom Miche' 2:13.90 4th PB		4. Pine City 66
	(68, 65)		5. Zimmerman 19.5
200 m Dash	1. Haakon Hansen 26.27 PB		
3200 m Run	1. Trevor McNally 10:38.87 3rd		
	(1:16, 1:21, 1:19, 1:19, 1:20, 1:21, 1:23, 1:19)		
	A-C HONORABLE MENTION		
	2. David Hambly 11:10.13 4th PB		
	(1:20, 1:22, 1:24, 1:24, 1:25, 1:28, 1:28, 1:19)		
4 x 400 m Relay	1. Jordan Clementson 56.2		
	2. Haakon Hansen 62.1		
	3. Tom Miche' 59.0		
	4. Josh Boland <u>56.8</u>		
	3:54.14 4th		

SUB-SECTION 4A NORTH @ Mora
Wednesday, May 24, 2006
Pine City Girls' Results
warm, overcast

4 x 800 m Relay				High Jump	1. Becky Osterdyk	4' 8"	2nd
100 m Hurdle:	1.Christina Marier	18.49	3rd	PB			
	2. Brietta Clementson	19.53	8th	Long Jump	1. Becky Osterdyk	15' 11"	2nd
					2. Kerrie Hughes	15' 1"	3rd
					3. Tara Miche'	12' 4.5"	
100 m Dash	1. Becky Osterdyk	14.36					
	2. Kasey Perell	14.27	7th	Triple Jump	1.Brietta Clementson	27' 10.5"	6th PB
	3. Katie Smith	15.75					
				Pole Vault	1. Maria Bellinger	8' 6"	1st
4 x 200 m Re	1. Maria Bellinger	27.8		Shot	1. Maria Bellinger	28' 2"	4th
	2. Kasey Perell	28.5			2. Shelby Effertz	19' 10"	PB
	3.Emily Branzovsky	27.1			3. Jade Fedder	18' 10"	PB
	4. Becky Osterdyk	<u>27.3</u>					
		1:51.23	3rd	PB			
1600 m Run	1. Tara Miche'	6:30.5		Discus	1. Maria Bellinger	96' 8"	1st
	(1:30, 1:46, 1:46, 1:28)				2. Shelby Effertz	57' 7"	
	2. Emily Erickson	7:00.51			3. Laina Phetteplace	56' 9"	
	(1:34, 1:51, 1:53, 1:43)						
4 x 100 m Relay	1. Christina Marier	14.5					
	2. Laina Phetteplace	16.3					
	3. Katie Smith	14.3					
	4. Kasey Perell	<u>13.8</u>					
		58.59	7th	BTY			
400 m Dash	1.Emily Branzovsky	63.09	3rd	BTY			
300 m Hurdle:	1.Christina Marier	54.64	4th	PB			
	2. Brietta Clementson	59.43					
	3. Kerrie Hughes	57.65					
800 m Run	1. Tara Miche'	2:56.85					
	(1:25, 1:30)						
200 m Dash	1.Emily Branzovsky	28.06	4th				
	2. Kerrie Hughes	30.87					
	3. Katie Smith	31.84	PB				
3200 m Run	1. Jacki Gregoire	14:30.40					
	(1:23, 1:42, 1:50, 1:56, 1:57, 1:58, 1:59, 1:46)						
4 x 400 m Relay	1. Kerrie Hughes	69.3					
	2. Brietta Clementson	73.9					
	3. Tara Miche'	79.5					
	4. Jacki Gregoire	<u>76.2</u>					
		4:59.06	6th				

TEAM RESULTS

1. Providence Academy	150
2. Mora	147.5
3. Meadow Lake Christiar	113.5
4. Pine City	87
5. Rush City	86
6. Braham	83
7. PACT Charter	12

****top 6 places advance to Sections****

****top 3 relays advance to Sections****

SUB-SECTION 4A NORTH @Mora**Wednesday, May 24, 2006****Pine City Boys' Results****warm, overcast**

4 x 800 m Relay	1. David Hambly (67,70) 2:17.5	High Jump	1. Jordan Kruse 5' 6"	3rd
	2. Josh Skalicky (69,73) 2:21.2		2. Jordan Clementson 5' 6"	4th
	3. Josh Boland (70,77) 2:27.7		3. Josh Skalicky 5' 6"	5th
	4. Jordan Clementson <u>(73.86) 2:39.3</u>			
	9:45.47 6th			

110 m Hurdles	1. Jordan Kruse 16.30 2nd	Long Jump	1. Jordan Kruse 19' 7.5"	1st
			2. Haakon Hansen 17' 1.5"	
100 m Dash	1. Logan Strusz 12.86		3. Logan Strusz 16' 2.5"	
	2. Isaac Johnson 13.01			

4 x 200 m Relay	1. Isaac Johnson 27.9	Triple Jump	1. Jordan Clementson 38' 11.5"	2nd
	2. Eric Osterdyk 25.9		2. David White 30' 8.5" PB	
	3. Logan Strusz 26.0	Pole Vault	1. Josh Skalicky 9' 6"	4th
	4. Geoff Gregoire <u>25.5</u>			
	1:44.98 5th BTY			

1600 m Run	1. Trevor McNally 4:50.69 2nd (1:10, 1:15, 1:14, 1:11)	Discus	1. Brice Thieman 123' 3"	3rd PB
	2. Tom Miche' 4:54.0 3rd (1:12, 1:18, 1:14, 1:09)		2. Danny Hambly 107' 11"	5th
			3. Ben Splett 88' 7"	

4 x 100 m Relay	1. Isaac Johnson 12.5	Shot Put	1. Brice Thieman 37' 2"	5th PB
	2. Logan Strusz 12.8		2. Danny Hambly 37' 0"	7th
	3. Danny Hambly 12.9		3. Ben Splett 31' 7"	PB
	4. Hakkon Hansen <u>12.0</u>			
	49.6 4th BTY			

400 m Dash	1. Josh Boland 57.37
	2. Geoff Gregoire 61.93
	3. Ben Splett 61.60

TEAM RESULTS:

300 m Hurdles	1. Jordan Kruse 42.44 1st BTY	1. Mora 144
	2. Haakon Hansen 46.65 8th PB	2. Rush City 125
	2. Shane Clune 55.73 PB	3. Pine City 120
		4. Meadow Creek Christi: 101.5
800 m Run	1. Tom Miche' (70, 66) 2:16.59 5th	5. Braham 93.5
	2. Eric Osterdyk (73, 70) 2:23.20 PB	6. Providence 66.5
		7. Ascension Academy 20.5
200 m Dash	1. Haakon Hansen 25.83 PB	8. PACT Charter 14
	2. Geoff Gregoire DNR	

3200 m Run	1. Trevor McNally 10:34.13 2nd PB (1:14, 1:17, 1:24, 1:24, 1:23, 1:21, 1:22, 1:17)
	2. David Hambly 11:15.39 5th (1:18, 1:20, 1:24, 1:24, 1:25, 1:29, 1:33, 1:22)

****top 6 places advance to Sections********top 3 relays advance to Sections****

4 x 400 m Relay	1. Jordan Clementson 55.7
	2. Josh Skalicky 57.5
	3. Ben Splett 59.3
	4. Josh Boland <u>56.3</u>
	3:48.98 4th BTY

The Formula for Success:

***Practice and concentration, then
more practice and concentration.***

***Those who let things happen usually
lose to those who make things
happen.***

***If you don't invest much in the
process, then defeat doesn't hurt
and winning isn't very exciting!***

SECTION TRACK MEET @ HAMLINE
Saturday, June 3, 2006 - 10:00
sunny, hot

GIRLS

DISCUS	Maria Bellinger	107' 4"	2nd
	ADVANCES TO STATE		
LONG JUMP	1. Becky Osterdyk	16' 3.5"	2nd
	ADVANCES TO STATE		
	2. Kerrie Hughes	14' 2"	
POLE VAULT	Maria Bellinger	8' 8"	2nd
	ADVANCES TO STATE		
SHOT PUT	Maria Bellinger	27' 3.5"	
TRIPLE JUMP	Brietta Clementson	27' 5.75"	
HIGH JUMP	Becky Osterdyk	4' 10"	6th
100 M HURDLES	Christina Marier	19.03	
200 M DASH	Emily Branzovsky	27.86	PB
300 M HURDLES	Christina Marier	56.56	
4 X 200 M RELAY	1. Maria Bellinger	27.3	
	2. Kasey Perell	28.8	
	3. Emily Branzovsk	26.9	
	4. Becky Osterdyk	<u>26.9</u>	
		1:50.17	4th PB
	NEW SCHOOL RECORD		
400 M DASH	Emily Branzovsky	63.66	7th

GIRLS' TEAM RESULTS

1. Visitation	106	21. Rush City	11
2. Blake School	96	22. Trinity Sch	7
3. Concordia Aca	81	23. Internationa	4
4. Providence Ac	75	24. Southwest	3
5. DeLaSalle	71	25. West Luther:	1
6. Belle Plain	70.3		
7. St. Croix Luth	60		
8. Pine City	44		
9. Holy Family A	35		
10. Jordan	40		
11. Minnehaha Ac	35		
12. St. Paul Acac	30		
13. Mora	27		
14. Meadow Cree	21		
14. New Life Aca	21		
16. CHOF	18		
17. Braham/Grac	14.3		
18. Mounds Park	14		
19. Breck School	13.3		
20. Brooklyn Cer	12		

BOYS

TRIPLE JUMP	Jordan Clementson	38' 9.25"	5th
HIGH JUMP	1. Jordan Kruse	5' 7"	
	2. Jordan Clementson	5' 7"	
	3. Josh Skalicky	5' 5"	
DISCUS	1. Brice Thieman	106' 7"	
	2. Danny Hambly	111' 7"	PB
SHOT	Brice Thieman	35' 7"	
LONG JUMP	Jordan Kruse	18' 7.75"	
POLE VAULT	Josh Skalicky	9' 8"	PB
110 M HURDLES	Jordan Kruse	16.87	3rd
3200 M RUN	1. Trevor McNally	10:13.20	4th PB
	(1:12, 1:16, 1:15, 1:18, 1:20, 1:17, 1:17, 1:13)		
	2. David Hambly	10:57.51	PB
	(1:15, 1:20, 1:21, 1:23, 1:24, 1:26, 1:30, 1:18)		
1600 M RUN	1. Trevor McNally	4:58.77	
	(1:10, 1:12, 1:17, 1:18)		
	2. Tom Miche'	4:57.77	9th
	(1:11, 1:17, 1:20, 1:09)		
800 M RUN	Tom Miche'	(68, 69)	2:19.34
300 M HURDLES	Jordan Kruse	42.17	1st PB
	ADVANCES TO STATE		
	NEW SCHOOL RECORD		

BOYS' TEAM RESULTS

1. Holy Family Catholi	105
2. Concordia Academy	102
3. Minnehaha Academ	81.5
4. St. Croix Lutheran	78.5
5. Mora	74
6. DeLa Salle	63
7. Meadow Creek Chr	57
8. Belle Plain	49
9. Rush City	48
10. New Life Academy	40
11. Pine City	34
12. Blake Scool	23
13. St. Paul Academy	22
14. Jordan	21
15. Braham/Grace	21
16. Trinity School	19
17. Mounds Park Acac	17
18. CHOF	15
19. Providence Acade	13
20. West Lutheran	9
21. Breck School	7
21. Brooklyn Center	7
23. International Schc	4
24. Maranatha Christi	2
25. Southwest Christi	1

NO GOAL IS TOO HIGH

IF WE CLIMB WITH

CARE AND

CONFIDENCE.

STATE TRACK MEET @ HAMLINE
FRIDAY, SATURDAY, JUNE 9 & 10, 2006
ITINERARY

Friday, June 9, 2006

2:30	LONG JUMP	Becky Osterdyk	_____
2:30	DISCUS	Maria Bellinger	_____
4:50	300 M HURDLES (prelims)	Jordan Kruse	_____

Saturday, June 10, 2006

3:00	POLE VAULT	Maria Bellinger	_____
5:38	300 M HURDLES (finals)	Jordan Kruse	_____

Leave: 11:30 am, Friday, June 9

Lodging: Comfort Inn
2715 Long Lake
Roseville, MN 55113
651-636-5800

Return: 8:00 pm , Saturday, June 10

GIRLS' "BESTS" - 2006

57	Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
59	Emily Branzovsky - 10	03		13.9			2:50.3	6:06.99 - Sec	
60						67.2 sp - Sub	2:39.7 sp - Sec		
61		04		13.8			2:45.3 - RRCI	6:06 jh	
62							2:42.2SP - BL		
63		05				61.8 - Cheng	2:46.4-Blaine		
64			13.6 sp- PC		27.6sp-Cheng	64.6 sp - Tig			
65		06			27.86 - Sec	63.09- Sub			
66					26.9sp - Sec				
68	Emily Erickson - 10	03							
69		04					3:11	7:28.8	
70		05	9.7-Blaine			79.2 - Fo	3:00.2 - Sub		
71						77.5 sp- Tig	3:03.8sp- Cheng		
72		06					3:12.2 - Fol	6:53.27 - RRC	
73							3:12.5sp - Fol		
75	Etta Clementson - 9	04			32.2		2:59.9	6:30.9	13:54.5 - Sub
76							3:07 sp-RRCI		
77		05			31.9	78.3-Blaine		6:33.4 - Cheng	
78						77.4sp-Cheng	2:56.9sp- Sub		
79		06					3:00.5 - Fol		
80						72.0sp - CH	2:58.4 sp- Fol		
82	Shelbi Effertz - 9	06	9.6 - Fol	15.1sp- PC					
84	Jade Fedder - 9	06							
86	Tara Miche' - 9	05		14.4	31.9				
87		06					2:48.5 - RC	6:20.42 - RRC	
88						76.4 sp - Fol	2:52.0 sp - Fol		
90	Katie Smith - 9	05		15.2	31.6				
91		06		15.3 - PC	31.84 - Sub				
92				14.7sp - RC					
94	Kerrie Hughes - 8	05		14.5		71.1	3:13.2-Blaine		
95						71.1sp - Fo			
96		06		14.26	29.9 - PC	71.1			
97						69.3sp - Sub			
99	Lindsey Hanson - 8	6		16.11					
101	Kara Husnik - 8	6		17.15					
103	Jenni Hussong - 8	05		16.9	36.9				
104		06		15.92	36.94				
106	Autumn Reicherts - 8	05		16.2	34.9				
107		06		15.69	33.97				
109	Holly Schulz - 8	06		15.47	33.58				
111	Katie Froseth - 7	06		15.37					
113	Kelsey Harper - 7	06				74.01			
115	Christine Kraft - 7	06							

GIRLS' "BESTS" - 2006

57	55 m hurd	100 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
59					14' 3"				
60									
61									
62									
63									
64									
65									
66									
68					10' 3"		58' 10"		
69									
70						22' 6"-Blaine	46' 10" - Tig		
71									
72									
73									
75									
76									
77		19.2			12' 6"	24'.25"-Blaine			
78									
79		19.1 - CH	55.9 - CH		13' 2"	27' 10.5"- Sub			
80									
82							62' 6" - PC	19' 10" - Sub	
84						21' 9" - PC	38' 9"- Zim	18' 10" - Sub	
86		20.7			11' 8.5"				
87		20.7 - PC			13' 1" - Cheng				
88									
90									
91									
92									
94					13' 0"				
95									
96		18.02	54.0 - PC		15' 4.5" - RRC				
97									
99									
101					9' 7"				
103		21.8		3' 6"					
104		20.62		3' 6"	12' 6"				
106					9' 10"				
107					11' 11"				
109		22.06			8' 10.5"				
111		20.54			9' .5"				
113		21.17							
115							49' 4"	21'0"	

BOYS' RELAY HISTORY - 2006

	RRC INDOOR	MILACA	TIGERAMA	COLUMBIA HEIG	BIG LAKE	CHENGWATANA	PINE CITY	RRC	SUB-SECTION
4 X 100 M RELAY	H. Hansen	JJ Goad	JJ. Goad	S. Clune	S. Clune	S. Clune	S. Clune	S. Clune	I. Johnson
(0:45.3)	JJ Goad	D. White	S. Clune	JJ Goad	JJ Goad	JJ Goad	D. White	D. White	L. Strusz
	D. White	B. Splett	Dn Hambly	Dn. Hambly	Dn. Hambly	D. White	Dn. Hambly	I. Johnson	Dn Hambly
	L. Jensen	L. Jensen	D. White	L. Jensen	L. Jensen	Dn. Hambly	B. Splett	L. Strusz	H. Hanse
	53.8	53.0	55.8	54.53	DQ	54.6	53.9	52.54	49.6
4 x 200 M RELAY	T. Miche'	L. Jensen	T. McNally	S. Clune	G. Gregoire	H. Hansen		L. Strusz	I. Johnson
(1:36.6)	S. Guttormson	S. Clune	S. Clune	JJ Goad	S. Guttormson	B. Splett		E. Osterdyk	E. Osterdyk
	D. White	D. White	D. White	Dn Hambly	L. Jensen	L. Jensen		I. Johnson	L. Strusz
	L. Jensen	JJ Goad	JJ Goad	J. Skalicky	H. Hansen	D. White		Dn Hambly	G. Gregoire
	1:51.0	1:58.6	1:57.6	1:54.18	1:44.4	1:45.1		1:46.67	1:44.98
4 x 400 M RELAY	Dv Hambly	T. Miche'	Dv Hambly	Dv. Hambly	J. Skalicky	J. Clementson	J. Clementson	J. Clementson	J. Clementson
(3:28.39)	J. Clementson	Dn Hambly	J. Clementson	J. Clementson	J. Clementson	J. Skalicky	J. Skalicky	H. Hansen	J. Skalicky
	H. Hansen	Dv Hambly	B. Splett	H. Hansen	B. Splett	J. Boland	B. Splett	T. Miche'	B. Splett
	J. Skalicky	T. McNally	T. Miche'	T. Miche'	T. Miche'	T. Miche'	T. Miche'	J. Boland	J. Boland
	4:09.4	4:46.2	4:00.9	4:11.66	3:58.6	3:50.9	4:04.1	3:54.14	3:48.98
4 x 800 M RELAY	Dv Hambly				Dv Hambly	J. Clementson	T. Miche'	Dv Hambly	Dv Hambly
8:27.89	J. Clementson				J. Boland	J. Skalicky	J. Skalicky	E. Osterdyk	J. Skalicky
	J. Skalicky				T. McNally	J. Boland	J. Boland	J. Boland	J. Boland
	T. Miche'				T. Miche'	Dv Hambly	Dv Hambly	J. Clementson	J. Clementson
	9:20.4				9:25.4	9:18.5	9:28.3	10:02.65	9:45.47

GIRLS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Katie Meyer 13.0 98	Tera Kazek 13.3 98	T. Kazek 13.39 96	B. Osterdyk 13.4 06	K. Meyer 13.4 00	Suzie Misel 13.51 92	Julianna Wirth 13.52 04	B. Osterdyk 13.5 03	T. Kazek 13.5 97	S. Misel 13.54 94
200 M DASH	E.Branzovsky 27.86 06	B. Osterdyk 27.9 02	Kayla Johnson 28.01 00	B. Osterdyk 28.05 04	Tera Kazek 28.1 98	Melissa Odegard 28.22 94	B. Osterdyk 28.2 03	B. Grinde 28.2 01	B. Osterdyk 28.3 05	M. Odegard 28.55 93
400 M DASH	M. Odegard 61.4 94	E. Branzovsky 61.8 05	M. Odegard 62.0 95	E. Branzovsky 63.09 06	A. Dufresne 63.54 00	Rita Auers 64.5 96	S. Johnson 64.6 00	Jenna Fore 65.2 05	Tessa Korf 65.6 01	R.Schimming 65.8 92
800 M RUN	Kim Connaker 2:28.35 01	MeleiaJohnson 2:28.2 02	MeleiaJohnson 2:30.7 04	A.Wiedemann 2:31.85 97	A. Wiedemann 2:32.01 96	M. Johnson 2:32.39 03	A. Wiedemann 2:32.8 95	K. Connaker 2:36.09 99	Miki Anderson 2:37.62 02	K. Connaker 2:38.91 00
1600 M RUN	Jenna Fore 5:37.70 03	Leah Schwartz 5:49.7 91	Jenna Fore 5:52.6 04	Heidi Larsen 5:57.4 99	R. Craighead 5:58.43 01	BeckyHaavisto 6:00.0 94	Jenna Fore 6:01.64 01	M. Johnson 6:02.7 02	AmyJohnson 6:03.0 94	Jacki Gregoire 6:05.4 04
3200 M RUN	Amy Johnson 12:34.04 96	J. Gregoire 12:53.98 01	J. Gregoire 13:10.12 02	Jamie Johnson 13:11.3 98	A. Munkberg 13:20.12 93	J. Gregoire 13:24.32 03	J. Gregoire 13:29.8 04	J. Gregoire 13:43.9 05	Nikki Plasek 13:53.8 01	Etta Clementson 13:54.5 -04
100 M HURDLES	C. Hersbergen 16.54 94	Cassie Filler 17.1 03	Cassie Filler 17.44 04	J. Kosisek 17.4 02	C. Hersbergen 17.83 93	Lena Filler 17.9 00	J. Kozisek 18.0 01	J. Kozisek 18.0 00	L. Haugrud 18.36 02	C. Marier 18.49 06
300 M HURDLES	C. Filler 49.23 03	C. Filler 49.83 04	C. Mosher 51.64 01	L. Filler 51.70 00	C. Filler 52.3 02	Lena Filler 52.4 98	L. Filler 52.9 99	C. Mosher 53.0 00	J. Kozisek 53.11 02	Lena Filler 53.9 96
HIGH JUMP	Kari Splett 5' 2" 04	Kari Splett 5' 1" 03	L. Drexler 5' 1" 05	Kari Splett 5' .5" 02	B. Osterdyk 5' 0" 06	B. Osterdyk 5' 0" 05	Heidi Larsen 5' 0" 99	H. Larsen 5' 0" 02	B. Osterdyk 4' 10" 04	H. Larsen 4' 10" 01
LONG JUMP	Erica Delak 16' 7" 91	B. Osterdyk 16'3.5" -06	E. Delak 16' 1.75" 93	B. Osterdyk 15' 9.5" 05	B. Osterdyk 15' 9" 04	L. Drexler 15' 8.25" - 05	E. Delak 15' 7.75" 92	B. Osterdyk 15' 6.75" 03	C. Hersbergen 15' 5.5" 93	K. Hughes 15' 4.5" -06
TRIPLE JUMP	Lisa Drexler 32' 8" 05	Cassie Filler 32' 7.25" 04	E. Delak 32' 3" 93	K. Meyer 32' .5" 00	C. Hersbergen 31' 9" 94	J. Ammann 31' 9.5" 00	S. Weichman 31' 7" 93	L. Haugrud 31' 6" 02	C. Filler 31' 5.25" 03	C. Hersbergen 31' 3" 93
DISCUS	M. Bellinger 110' 4" 06	M. Bellinger 109' 10" 05	Jenna Fore 101' 1.5" 03	Jenna Fore 101' 1" 05	Jenna Fore 100' 8" 04	Mary Misel 93' 10" 96	Molly Sloan 91' .5" 98	L. Mettling 90' 9" 01	L. Mettling 87' 6" 00	MariaBellinger 86' 5.5" 04
SHOT PUT	Tera Kazek 35' 10" 98	T. Kazek 35' 4.5" 97	T. Kazek 33' 1" 96	M. Bellinger 31' 2.5" 05	R.Schimming 30' 9.75" 92	M. Anderson 30' 1" 02	M. Thieman 29' 11.5" 01	Joell Werner 29' 11.25" 93	M. Bellinger 29' 6" 04	L. Mettling 29' 5.5" 01
POLE VAULT	M. Bellinger 9' 3" 06	M. Bellinger 9' 0" 05	J. Wirth 9' 0" 04	S. Johnson 9' 0" 00	J. Ammann 8' 6" 99	J.Ammann 8' 6" 00	M. Bellinger 8' 0" 04	J. Wirth 8' 0" 03	S. Johnson 8' 0" 99	Amanda Peil 8' 0" 98

GIRLS' TOP TEN RELAYS - The 90's and Beyond

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X100 M RELAY	K. Meyer	A. Bernard	C. Koppen	K. Meyer		R. Overson	C. Koppen	A. Bernard	M. Bellinger	A. Nelson
	A. Peil	A. Nelson	S. Weichman	A. Mettling		J. Wirth	S. Weichman	A. Nelson	A. Nelson	B. Grinde
	M. Sloan	K. Johnson	M Odegard	L. Ballis		K. Johnson	M. Odegard	K. Johnson	B. Grinde	K. Johnson
	T. Kazek	J. Wirth	S. Misel	K. Ovik		A. Mettling	S. Misel	J. Wirth	J. Wirth	J. Wirth
	52.79 98	53.03 03	53.05 93	53.23 99	53.41 91	53.71 01	53.86 94	53.94 02	54.1 04	54.20 03
4 x 200 M RELAY	M. Bellinger	k. Nelson	M. Bellinger	A. Nelson	S. Misel	C. Koppen	K. Meyer	A. Nelson	K. Johnson	K. Johnson
	K. Perell	K. Lindstrom	K. Perell	B. Grinde	C. Koppen	S. Weichman	A. Miller	B. Grinde	J. Wirth	A. Nelson
	E. Branzovsky	L. Lindstrom	E. Branzovsky	K. Johnson	S. Weichman	M. Odegard	M. Sloan	A. Hepburn	R. Overson	B. Grinde
	B. Osterdyk	L. Hagen	B. Osterdyk	J. Wirth	R. Schimming	S. Misel	T. Kazek	J. Wirth	A. Mettling	J. Wirth
	1:50.17 -06	1:50.8 83	1:53.55 -05	1:53.86 03	1:54.12 92	1:54.31 93	1:54.8 98	1:55.58 04	1:55.74 -01	1:55.77 -02
4 x400 M RELAY	M. Johnson	M. Johnson	J. Fore	K. Connaker	M. Johnson	K. Connaker	M. Johnson	K. Odegard	K. Connaker	J. Fore
	J. Fore	J. Fore	E. Branzovsky	M. Anderson	B. Osterdyk	M. Anderson	B. Osterdyk	L. Ballis	A. Dufresne	A. Hepburn
	C. Filler	C. Filler	C. Filler	A. Dufresne	J. Fore	S. Johnson	C. Filler	M. Sloan	M. Anderson	C. Filler
	B. Osterdyk	B. Osterdyk	B. Osterdyk	S. Johnson	C. Filler	A. Dufresne	J. Fore	S. Johnson	S. Johnson	B. Osterdyk
	4:16.81 -03	4:22.2 04	4:22.7 03	4:25.4 00	4:26.00 03	4:26.07 00	4:26.2 03	4:27.1 98	4:27.34 00	4:27.6 04
4 x800 M RELAY	J. Fore	K. Connaker	M. Johnson	K. Connaker	M. Anderson	M. Anderson	K. Connaker	K. Connaker	M. Anderson	J. Fore
	D. Dickey	M. Anderson	M. Anderson	L. Filler	H. Larsen	J. Gregoire	L. Mettling	B. Haavisto	H. Larsen	S. Purdy
	E. Branzovsky	L. Mettling	L. Mettling	M. Anderson	R. Craighead	R. Craighead	M. Anderson	M. Sloan	J. Gregoire	E. Branzovsk
	M. Johnson	L. Filler	K. Connaker	L. Mettling	M. Johnson	M. Johnson	L. Filler	L. Filler	M. Johnson	M. Johnson
	10:27.01 03	10:35.51-99	10:36.61 01	10:38.3 00	10:39.81 02	10:41.5 02	10:45.09 -00	10:46.0 98	10:46.6 02	10:49.1 04
800 MEDLEY	K. Meyer	T. Kazek	M. Bellinger	K. Meyer	A. Bernard	B. Johnson	K. Meyer	B. Jewell	A. Peil	N. Plasek
100, 100, 200, 400	R. Overson	A. Miller	K. Splett	A. Miller	K. Johnson	K. Smetana	A. Miller	A. Bernard	L. Ballis	L. Haugrud
	K. Ovik	K. Odegard	B. Osterdyk	T. Kazek	J. Wirth	T. Kazek	K. Odegard	A. Nelson	A. Miller	L. Ballis
	S. Johnson	S. Johnson	J. Wirth	M. Sloan	T. Korf	R. Auers	M. Sloan	H. Larsen	K. Odegard	J. Stahlke
	2:02.21 00	2:05.7 98	2:05.8 04	2:07 5 98	2:08.9 02	2:09.6 96	2:11.14 97	2:11.6 01	2:13.6 97	2:16.1 99
1600 MEDLEY	A. Nelson	K. Perell	A. Nelson	K. Meyer	A. Peil	T. Kazek	C. Milligan	A. Filler	M. Misel	
200, 200, 400, 800	A. Mettling	K. Hughes	L. Haugrud	A. Miller	M. Soderbeck	S. Johnson	J. Kozisek	K. Meyer	A. Wiedemann	
	T. Korf	C. Filler	S. Gregoire	S. Johnson	L. Ballis	M. Sloan	N. Plasek	L. Haugrud	M. Sloan	
	K. Connaker	M. Johnson	M. Anderson	K. Connaker	K. Connaker	A. Wiedeman	K. Splett	J. Kozisek	J. Ammann	
	4:42.8 01	4:51.1 04	4:54.8 02	4:55.1 99	5:00.1 98	5:03.2 97	5:09.7 99	5:18.44 00	5:23.6 96	
DISTANCE MEDLEY	A. Wiedeman	J. Johnson	A. Olson	H. Larsen	L. Mettling	C. Mosher	C. Milligan	R. Craighead		
800, 400, 1200, 1600	B. Fischer	K. Odegard	K. Perell	S. Gregoire	C. Mosher	R. Craighead	N. Carlson	M. Soderbeck		
	B. Haavisto	B. Haavisto	S. Gregoire	N. Plasek	B. Haavisto	Katie Splett	R. Craighead	N. Carlson		
	A. Johnson	N. Carlson	J. Gregoire	R. Craighead	B. Fischer	J. Johnson	N. Plasek	J. Johnson		
	15:06.3 96	15:26.6 98	15:31.5 -04	15:48.9	15:54.0 97	16:01.6 01	16:02.51	16:31.9 99		

BOYS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Chris Olson 11.12 91	Paul Johnson 11.38 99	Jeff Arnold 11.49 96	L. Williams 11.5 01	J. BoorBoor 11.5 02	K. Skadsheim 11.58 04	Brian Olson 11.6 98	C. Olson 11.63 90	B. Olson 11.68 96	Josh Boland 11.7 06
200 M DASH	Paul Johnson 22.80 99	Chris Olson 23.1 91	C. Olson 23.65 90	M. Johnson 23.7 98	John Hansen 23.9 98	John Hansen 23.9 99	L. Williams 23.93 00	L. Williams 24.09 01	David Gross 24.19 02	D. Riesmeier 24.24 03
400 M DASH	Mike Johnson 51.73 99	M. Johnson 52.33 98	J. Clementson 52.4 04	DavidHansen 53.1 04	M. Johnson 53.30 97	Jeff Arnold 53.3 96	Andy Wirth 53.78 98	Seth Peterson 53.97 03	A. Wirth 53.9 99	J. Clementson 54.0 03
800 M RUN	J. Clementson 1:57.49 03	J. Clementson 1:58.13 04	Chris Lutz 2:05.0 03	DavidHansen 2:06.1 03	JRAnderson 2:07.1 98	D. Hansen 2:07.31 02	DavidHansen 2:08.11 01	D. Hansen 2:08.6 04	R. Hammill 2:09.1 99	R. Hammill 2:10.1 01
1600 M RUN	J. Clementson 4:22.97 04	J. Clementson 4:24.08 03	J. Clementson 4:30.10 02	Jon Bloom 4:30.5 91	Chris Lutz 4:36.97 03	J.Clementson 4:41.63 -01	JR Anderson 4:44.6 98	R. Hammill 4:47.85 00	R. Hammill 4:48.1 99	JR Anderson 4:48.3 97
3200 M RUN	John Bloom 9:52 91	Chris Lutz 9:53.80 03	T. McNally 10:13.20 06	John Bloom 10:18.69 90	J. Clementson 10:19.62 02	J. Clementson 10:20.4 03	R. Hammill 10:26.1 00	J.Clementson 10:27.05 00	J.Clementson 10:29.03 -01	J. Clementson 10:31.1 04
110 M HURDLES	J. Kruse 16.01 06	Jordan Kruse 16.44 04	Steve Kunze 16.44 91	N. Anderson 16.6 98	J. Kruse 16.85 05	N. Anderson 17.2 97	N. Anderson 17.4 96	Travis Gerving 17.55 04	S. Kunze 17.69 90	Jordan Kruse 17.7 03
300 M HURDLES	J. Kruse 42.17 06	Jordan Kruse 42.33 04	J. Kruse 42.78 05	N. Anderson 43.67 98	Steve Kunze 44.4 91	J. Kruse 44.8 03	S. Kunze 45.24 90	N. Anderson 45.6 97	C. Wiener 45.92 00	Josh Wiener 46.0 97
HIGH JUMP	Travis Schwarz 6' 2" 00	T. Schwarz 6' 0" 99	J. Kruse 5' 10" 06	J. Kruse 5' 10" 05	J. Kruse 5' 10" 04	Steve Kunze 5' 10" 91	Thiago Muller 5' 10" 02	Jo Clementson 5' 8" 06	J. Hussong 5' 8" 05	J. Othoudt 5' 8" 05
LONG JUMP	L. Williams 20' 1.75" -01	J. Kruse 19' 11.5" 04	J. Kruse 19' 9" 06	L. Williams 19' 6" 00	Chris Olson 19' 5" 91	Stu Auers 19' 3.75" 98	Brian Olson 19' 2.75" 98	Stu Auers 19' 2" 97	Matt Wirth 19' 2" 02	J. Kruse 19' 1" 05
TRIPLE JUMP	Matt Wirth 40' 4" 02	Paul Johnson 39' 9" 99	Jo Clementson 39' 8" 06	J. Oare 39' 4" 01	J. Clementson 38' 11" 02	Darrin Freetly 38' 9" 90	J. Clementson 38' 6.75" 03	Matt Wirth 38' 6" 03	J. Oare 38' 6" 00	JessieJohnson 38' 4.5" 96
DISCUS	M. Rydberg 157' 5.5" 02	Mike Rydberg 149' 2.5" -01	M. Rydberg 147' 10.5" -00	B. Mettling 144' 0" 00	Scott Isaacson 132' 9" 90	Josh Barnes 127' 0" 03	B. Thieman 123' 3" 06	D. Odegard 120' 2" 00	B. Mettling 119'11.5" -99	B. Thieman 113'10" -05
SHOT PUT	M. Rydberg 52' 11.25" -02	M. Rydberg 51' 9.5" 01	M. Rydberg 47' 6" 00	Brian Olson 44' 0" 98	Brian Olson 42' 0" 97	Scott Isaacson 42' 0" 90	M. Rydberg 41' 2.75" 99	David Rolf 40' 2" 04	J. Barnes 39' 6.5" 03	D. Odegard 38' 10" 00
POLE VAULT	Nate Thieman 13' 0" 00	Patrick Stephan 12' 6" 98	N. Thieman 12' 0" 99	P. Stephan 11' 0" 97	Nate Thieman 11' 0" 98	Josh Wiener 10' 6" 97	Mike Talbot 10' 0" 05	Andy Wirth 10' 0" 00	P. Stephan 10' 0" 99	J. Skalicky 9' 8" 06

BOYS' TOP TEN RELAYS - The 90's and Beyond

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X 100 M RELAY	B. Olson	J. Arnold	N. Thieman	J. McSherry	S. Auers	J. Arnold	T. Schwarz	M. Johnson	J. Hansen	M. Johnson
	S. Auers	Jeff Johnson	L. Williams	J. Johnson	J. Johnson	J. Johnson	J. Oare	Z. Mettling	M. Johnson	J. Johnson
	Z. Mettling	B. Olson	Pete Johnson	B. Olson	B. Olson	B. Olson	A. Wirth	B. Olson	B. Olson	B. Olson
	M. Johnson	J. Jahnz	T. Schwarz	S. Auers	J. Jahnz	S. Auers	L. Williams	S. Auers	S. Auers	P.D.Johnson
	45.3 98	45.87 96	46.0 00	46.08 97	46.4 96	46.6 96	46.6 00	46.7 98	46.7 98	46.9 97
4 x 200 M RELAY	J. Hansen	J. Hansen	J. Hansen	PeteJohnson	L. Williams	N. Thieman	T. Schwarz	S. Auers	B. Olson	Pete Johnson
	R. Root	A. Wirth	A.Wirth	R. Hammill	R. Hammill	A. Wirth	A. Wirth	R. Root	R. Root	R. Root
	A. Wirth	PeteJohnson	L. Williams	J. Oare	J. Oare	PeteJohnson	PeteJohnson	A. Wirth	A. Wirth	Z. Mettling
	M. Johnson	J. Oare	J. Oare	L. Williams	PeteJohnson	J. Oare	J. Oare	J. Hansen	J. Hansen	B. Olson
	1:36.6 99	1:36.8 00	1:38.28 00	1:38.4 01	1:38.5 01	1:39.0 00	1:39.44 00	1:39.6 98	1:40.2 98	1:40.3 98
4 x 400 M RELAY	J. Hansen	J. Hansen	J. Hansen	S. Peterson	J. Lee	J. Hansen	R. Hammill	N. Johnson	J. Hansen	J. Oare
	A. Wirth	N. Johnson	A. Wirth	D. Hansen	R. Hammill	M. Johnson	J. Lee	A. Wirth	N. Johnson	M. Johnson
	M. Johnson	JR Anderson	T. Schwarz	C. Lutz	L. Williams	P. Johnson	L. Williams	M. Johnson	M. Johnson	A. Wirth
	Paul Johnson	M. Johnson	J. Oare	J. Clementson	J. Oare	A. Wirth	J. Oare	JR Anderson	JR Anderson	JR Anderson
	3:28.39 -99	3:34.55 98	3:36.39 00	3:36.88 03	3:39.61 01	3:39.7 99	3:39.7 00	3:39.8 98	3:40.45 97	3:41.4 98
4 x 800 M RELAY	J. Lee	C. Lutz	J. Lee	Pete Johnson	Pete Johnson	J. Oare	P.Johnson	C. Lutz	D. Hansen	D. Hansen
	Pete Johnson	A. Lee	PeteJohnson	J. Oare	R. Hammill	JR Anderson	R. Hammill	A. Lee	Jordan C.	T. Miche'
	R. Hammill	D. Hansen	J. Oare	A. Wirth	A. Wirth	Pete Johnson	A. Wirth	D. Hansen	C. Fischer	A. Lee
	J. Oare	J. Clementson	R. Hammill	JR Anderson	JR Anderson	A. Wirth	J. Oare	Jared C.	T. Miche'	Jared C.
	8:27.89 -01	8:34.13 03	8:41.97 00	8:44.9 98	8:48.7 98	8:56.65 98	8:58.6 98	9:01.2 02	9:01.63 04	9:02.4 04
800 M Medley	J. Hansen	B. Olson	B. Olson	M. Rydberg	N. Thieman	J. Johnson	J. Kruse	J. Peterson		
100, 100, 200, 400	A. Wirth	S. Auers	P.D. Johnson	J. Jahnz	M. Wirth	J. Jahnz	M. Odendahl	D. Gregoire		
	M. Johnson	Z. Mettling	J. McSherry	D. Gregoire	J. Hansen	J. McSherry	N. Purdy	K. Skadsheim		
	Paul Johnson	M. Johnson	JR Anderson	J. BoorBoor	A. Wirth	B. Runyan	D. Gerold	D. Johnson		
	1:43.7 99	1:45.0 98	1:45.8 97	1:46.2 02	1:48.43 00	1:54.5 96	1:56.8	2:03.5 01		
1600 M Medley		M. Johnson		J. McSherry	PeteJohnson	B. Olson	J. McSherry	A. Bodle	D. Gregoire	J. Schoen
200, 200, 400, 800		J. Hansen		P.D. Johnson	L. Williams	S. Auers	S. Auers	BJ Patzoldt	T. Muller	A. Bodle
		A. Wirth		M. Johnson	S. Peterson	J. Arnold	J. Arnold	J. Arnold	M.Defenbaugh	J. Kucera
		JR Anderson		JR Anderson	J. Lee	JR Anderson	JR Anderson	R. Bell	G. Bunce	R. Bell
	3:45.28 90	3:57.4 98	3:57.6 91	3:57.85 97	4:01.4 01	4:01.6 96	4:04.9 96	4:05 93	4:05.8 02	4:06 94
Distance Medley	PeteJohnson	L. Williams	C. Teeman	J. Lee	S. Peterson	D. Sanders	M. Talbot	T. Muller		
400, 800,1200,1600	M. Stahlke	S. France	S. Peterson	B. Mettling	J. Arnold	N. Thieman	J. Lind	M Defenbaugh		
	J. Lee	J. Lee	C. Lutz	S. France	B. Runyan	B. Mettling	J. Hussong	G. Bunce		
	R. Hammill	R. Hammill	J. Clementson	D. Pangerl	JR Anderson	D. Pangerl	Jordan C.	A. Lee		
	11:57.39 00	11:58.3 99	12:19.7 01	12:42.2 98	13:02.7 96	13:26.6 97	13:40.2 04	13:50.1 02		

PINE CITY GIRLS' TRACK AND FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	12.79	Karla Nelson	1983
200 m Dash	27.08	Lori Haugen	1982
400 m Dash	1:01.4	Melissa Odegard	1994
800 m Run	2:28.35 2:28.2 (HH)	Kim Connaker Meleia Johnson	2001 2002
1600 m Run	5:37.70	Jenna Fore	2003
3200 m Run	12:34.04	Amy Johnson	1996
100 m Hurdles	16.54	Chantel Hersbergen	1994
300 m Hurdles	49.23	Cassandra Filler	2003
4 x 100 m Relay	52.79	Katie Meyer, Amanda Peil Molly Sloan, Tera Kazek	1998
4 x 200 m Relay	1:50.17	Maria Bellinger, Kasey Perell Emily Branzovsky, Becky Osterdyk	2006
4 x 400 m Relay	4:16.81	Meleia Johnson, Jenna Fore, Cassie Filler, Becky Osterdyk	2003
4 x 800 m Relay	10:27.01	Jenna Fore, Deanna Dickey, Emily Branzovsky, Meleia Johnson	2003
High Jump	5' 2"	Kari Splett	2004
Long Jump	16' 7"	Erica Delak	1991
Triple Jump	32' 8"	Lisa Drexler	2005
Pole Vault	9' 3"	Maria Bellinger	2006
Shot Put	35' 10"	Tera Kazek	1998
Discus	110' 4"	Maria Bellinger	2006

PINE CITY BOYS' TRACK AND FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	11.12	Chris Olson	1991
200 m Dash	22.6	Chris Harrison	1979
400 m Dash	51.73	Mike Johnson	1999
800 m Run	1:56.7	Tom Nelson	1980
1600 m Run	4:22.97	Jared Clementson	2004
3200 m Run	9:52.0	Jon Bloom	1991
110 m Hurdles	16.01 15.8 (HH)	Jordan Kruse Tom Nelson	2006 1980
300 m Hurdles	42.17	Jordan Kruse	2006
4 x 100 m Relay	45.3	Brian Olson, Stu Auers, Zach Mettling, Mike Johnson	1998
4 x 200 m Relay	1:36.6	John Hansen, Randy Root, Andy Wirth, Mike Johnson	1999
4 x 400 m Relay	3:28.39	John Hansen, Andy Wirth Mike Johnson, Paul Johnson	1999
4 x 800 m Relay	8:27.89	Jeremy Lee, Peter Johnson, Ryan Hammill, Jason Oare	2001
High Jump	6' 8.25"	Tom Nelson	1980
Long Jump	21' 8"	Jerry Hoefler	1948
Triple Jump	40' 4"	Matt Wirth	2002
Pole Vault	13' 8 1/2"	Chuck Novak	1972
Shot Put	52' 11.25"	Mike Rydberg	2002
Discus	157' 5.5"	Mike Rydberg	2002

2006 Track and Field Awards

Track and Field - MVP

Becky Osterdyk
Maria Bellinger

Jordan Kruse

Dragon "3-D" Award (Dedication, Determination, Drive)

Emily Branzovsky

Jordan Clementson
Tom Miche'
Trevor McNally

Perseverance Award

Jacki Gregoire
Christina Marier
Kasey Perell

Brice Thieman

New School Records:

Pole Vault	Maria Bellinger	9' 3"
300 m Hurdles	Jordan Kruse	42.17
110 m Hurdles	Jordan Kruse	16.01
Discus	Maria Bellinger	110' 4"
4 x 200 m Relay	Maria Bellinger Kasey Perell Emily Branzovsky Becky Osterdyk	1:50.17

All- Conference Awards:

Becky Osterdyk	Long Jump, High Jump
Jordan Kruse	Long Jump, 110 m Hurdles, 300 m Hurdles
Maria Bellinger	Pole Vault, Discus
Jordan Clementson	Triple Jump
Emily Branzovsky	400 m Dash
Tom Miche'	1600 m Run
Trevor McNally	1600 m Run

All- Conference Honorable Mention:

Jordan Kruse	High Jump
Trevor McNally	3200 m Run
Maria Bellinger	4 x 200 m Relay
Kasey Perell	4 x 200 m Relay
Emily Branzovsky	4 x 200 m Relay
Becky Osterdyk	4 x 200 m Relay

2006 Track Letter Winners:

Jacki Gregoire
Christina Marier
Laina Phetteplace
Tom Miche'
David Hambly
Tara Miche'

Jordan Kruse
Kasey Perell
Maria Bellinger
Emily Branzovsky
Brietta Clementson
Kerrie Hughes

Becky Osterdyk
Brice Thieman
Jordan Clementson
Trevor McNally
Danny Hambly

SUCCESS

IS

THE RESULT OF

HARD WORK

AND

HONEST EFFORT.

Coming together,

sharing together,

working together

and

succeeding together

GIRLS' "BESTS" - 2006

57	Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
59	Emily Branzovsky - 10	03		13.9			2:50.3	6:06.99 - Sec	
60						67.2 sp - Sub	2:39.7 sp - Sec		
61		04		13.8			2:45.3 - RRCI	6:06 jh	
62							2:42.2SP - BL		
63		05				61.8 - Cheng	2:46.4-Blaine		
64				13.6 sp- PC	27.6sp-Cheng	64.6 sp - Tig			
65		06			27.86 - Sec	63.09- Sub			
66					26.9sp - Sec				
68	Emily Erickson - 10	03							
69		04					3:11	7:28.8	
70		05	9.7-Blaine			79.2 - Fo	3:00.2 - Sub		
71						77.5 sp- Tig	3:03.8sp- Cheng		
72		06					3:12.2 - Fol	6:53.27 - RRC	
73							3:12.5sp - Fol		
75	Etta Clementson - 9	04			32.2		2:59.9	6:30.9	13:54.5 - Sub
76							3:07 sp-RRCI		
77		05			31.9	78.3-Blaine		6:33.4 - Cheng	
78						77.4sp-Cheng	2:56.9sp- Sub		
79		06					3:00.5 - Fol		
80						72.0sp - CH	2:58.4 sp- Fol		
82	Shelbi Effertz - 9	06	9.6 - Fol	15.1sp- PC					
84	Jade Fedder - 9	06							
86	Tara Miche' - 9	05		14.4	31.9				
87		06					2:48.5 - RC	6:20.42 - RRC	
88						76.4 sp - Fol	2:52.0 sp - Fol		
90	Katie Smith - 9	05		15.2	31.6				
91		06		15.3 - PC	31.84 - Sub				
92				14.7sp - RC					
94	Kerrie Hughes - 8	05		14.5		71.1	3:13.2-Blaine		
95						71.1sp - Fo			
96		06		14.26	29.9 - PC	71.1			
97						69.3sp - Sub			
99	Lindsey Hanson - 8	6		16.11					
101	Kara Husnik - 8	6		17.15					
103	Jenni Hussong - 8	05		16.9	36.9				
104		06		15.92	36.94				
106	Autumn Reicherts - 8	05		16.2	34.9				
107		06		15.69	33.97				
109	Holly Schulz - 8	06		15.47	33.58				
111	Katie Froseth - 7	06		15.37					
113	Kelsey Harper - 7	06				74.01			
115	Christine Kraft - 7	06							

GIRLS' "BESTS" - 2006

57	55 m hurd	100 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
58									
59					14' 3"				
60									
61									
62									
63									
64									
65									
66									
67									
68					10' 3"		58' 10"		
69									
70						22' 6"-Blaine	46' 10" - Tig		
71									
72									
73									
74									
75									
76									
77		19.2			12' 6"	24'.25"-Blaine			
78									
79		19.1 - CH	55.9 - CH		13' 2"	27' 10.5"- Sub			
80									
81									
82							62' 6" - PC	19' 10" - Sub	
83									
84						21' 9" - PC	38' 9"- Zim	18' 10" - Sub	
85									
86		20.7			11' 8.5"				
87		20.7 - PC			13' 1" - Cheng				
88									
89									
90									
91									
92									
93									
94					13' 0"				
95									
96		18.02	54.0 - PC		15' 4.5" - RRC				
97									
98									
99									
100									
101					9' 7"				
102									
103		21.8		3' 6"					
104		20.62		3' 6"	12' 6"				
105									
106					9' 10"				
107					11' 11"				
108									
109		22.06			8' 10.5"				
110									
111		20.54			9' .5"				
112									
113		21.17							
114									
115							49' 4"	21'0"	

BOYS' "BESTS" - 2006

56	name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1 600 m run	3200 m run
58	David Hambly - 10	03		14.08			2:41.3	5:59	
59		04					2:26.5	5:25.8	11:34.8 - Sub
60							2:29.8sp-Chen		
61		05					2:28.5 - Fo	5:29.2 - BL	11:24.8 - RRC
62						63.4sp-Blaine	2:23.2sp - Sub		
63		06					2:19.8 - Fol	5:14.6 - RC	10:57.51 - Sec
64					26.5sp - PC	59.9 sp - Fol	2:16.6 sp - Fol		
66	Trevor McNally - 10	03						6:14	
67		04						5:24.9	
68		05					2:29.4-Blaine	5:00.1 - BL	10:44.85 - Sec
69						65.8sp-Blaine	2:18.9 sp- PC		
70		06						4:50.41 - RRC	10:13.20 - Sec
71					28.5 sp- RC	66.6sp - Mil	2:15.1sp- BL		
73	Dan Hambly - 9	04							
74		05	8.5-Blaine	14.1 sp-Fo					
75		06		13.9 - RC	12.2sp- RC	80.8 sp- Mil			
77	Haakon Hansen - 9	04		13.9	27.3				
78		05			26.7				
79				14.5 sp- Fo	26.6 sp- Fo		2:31.6 sp - Sec		
80		06		13.59 - CH	25.83 - Sub				
81				11.3 sp- Fol	26.6sp- BL	62.1sp - RRC			
83	Josh Skalicky - 9	04		14.7	29.8				
84		05	7.8-Blaine	13.1	26.5	59.6			
85					28.3 sp - Fo		2:22.3 sp - Sec		
86		06				58.92 - CH			
87						57.5sp - Sub	2:20.5sp- PC		
89	Ben Splett - 9	05			28.7	63.4			
90		06			27.8 - Fol	59.3 - RC			
91				12.1sp - Mil	25.5sp - PC	59.3sp - Sub			
93	David White - 9	04		15.7					
94		05		14.3					
95		06		12.6sp - Mil	27.1sp - RC				
97	Derek Braatz - 8	06		13.43	26.45				
99	Devin Braatz - 8	05							
100		06							
102	Joey Dilts - 8	06		14.8	31.43				
104	Trent Heimdal - 8	05			29.2	65.6			
105		06			29.15	64.4			
107	Christian Isackson - 8	06		14.2			2:38.1	6:18	
109	Isaac Johnson - 8	05		12.9	27.7				
110		06		12.6	27.7				
111				12.5sp -Sub	27.9sp - Sub				

