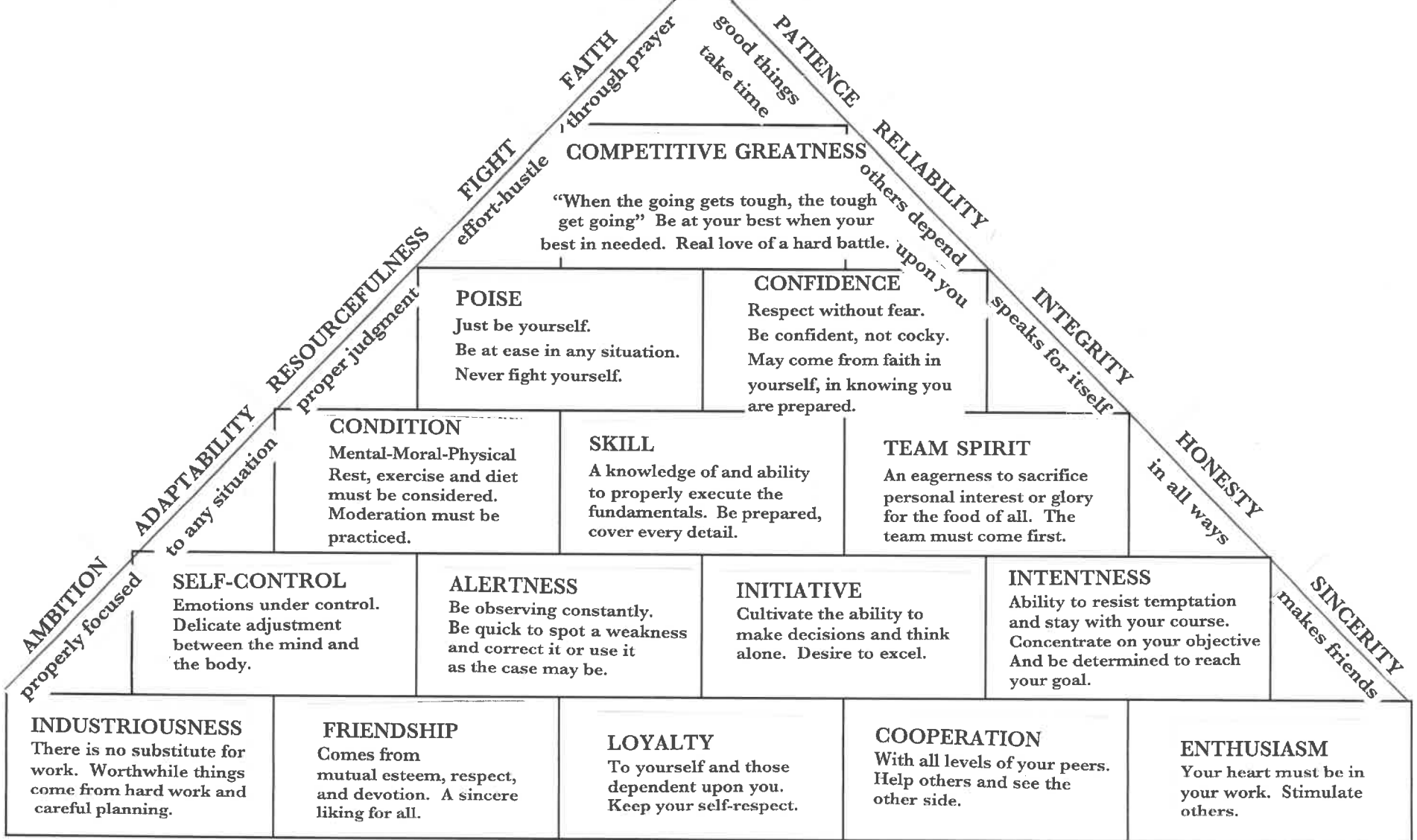


PINE CITY
DRAGONS
CROSS COUNTRY

2006

PYRAMID OF SUCCESS

SUCCESS



WORDS TO LIVE BY
FOR THE
CROSS COUNTRY RUNNER

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

DESIRE

DEDICATION

PRIDE

FAITH

PAIN

ENTHUSIASM

SPIRIT

CHARACTER

COURAGE

GOALS

TOUGHNESS

MODESTY

GUTS

SACRIFICE

HEART

IDEALS

LEADERSHIP

PERSERVERENCE

CONFIDENCE

WILL POWER

HOPE

DURABILITY

HUMBLENESS

EXCELLENCE

OLSON INVITATIONAL CROSS COUNTRY MEET @ MILACA
Monday, August 28, 2006
 cloudy, calm 60s, muggy

PINE CITY GIRLS' RESULTS:

4000 m - 99 varsity & 82 JV runners

| | <u>place</u> | <u>time</u> | |
|-----------------------|--------------|-------------|-----|
| 1. Hannah Espeseth | 28 | 18:00.5 | BTC |
| 2. Karissa Lange | 57 | 19:29.7 | |
| 3. Abby Olson | 71 | 20:00.4 | BTC |
| 4. Tara Miche' | 73 | 20:03.0 | |
| 5. Brietta Clementson | 80 | 20:38.3 | |
| 6. Laura Kleppe | 81 | 20:38.5 | |
| 7. Emily Erickson | 32 jv | 21:39.9 | BTC |
| 8. Shannon Segarra | 61 jv | 23:50.4 | |
| 9. Erica Pitzen | 73 jv | 25:43.3 | |
| 10. Emily Hill | 74 jv | 25:55.5 | BTC |
| 11. Aislinn Rogalla | 79 jv | 27:01.1 | |
| Emily Branzovsky | DNF | | |
| Steph Dickey | DNF | | |

#1 runner: K. Mork, Cambridge - 16:16.9
 #1 jv runner: L. Hestbeck, Rush City - 17:51.0

PINE CITY BOYS' RESULTS:

5000 m - 108 varsity & 141 JV runners

| | <u>place</u> | <u>time</u> | |
|-----------------------|--------------|-------------|-----|
| 1. Trevor McNally | 2 | 17:27.1 | BTC |
| 2. David Hambly | 15 | 18:19.5 | BTC |
| 3. Tom Miche' | 22 | 18:46.0 | BTC |
| 4. Clay Fischer | 25 | 18:55.1 | BTC |
| 5. Andrew Lutz | 33 | 19:06.0 | BTC |
| 6. Jordan Clementson | 66 | 20:18.8 | BTC |
| 7. Mike Gray | 77 | 20:53.2 | |
| 8. Derek Arnsdorf | 16 jv | 21:01.1 | |
| 9. John Kleppe | 29 jv | 21:50.1 | |
| 10. Josh Boland | 30 jv | 21:50.4 | |
| 11. Steven Guttormson | 67 jv | 23:32.0 | |
| 12. Shane Clune | 132 jv | 29:19.7 | |
| 13. Jordan Sparling | 141 jv | 37:49.2 | |

#1 runner: JP Cartier, Mora - 17:19.3
 #1 jv runner: AJ Vanacek, Mound Westonka - 19:17.5

Junior High - 2000 m - 127 runners

| | | | |
|---------------------|-----|---------|--|
| 1. Zach Borich | 15 | 8:08.2 | |
| 2. Jacob Guttormson | 23 | 8:21.9 | |
| 3. Mitch Ringness | 54 | 9:04.3 | |
| 4. Trevor Clune | 87 | 10:02.8 | |
| 5. Josh Adams | 104 | 10:31.7 | |
| 6. Joe Wolf | 120 | 12:15.9 | |
| 7. David Kleppe | 125 | 13:35.0 | |

#1 runner: A. Zutz, St. Francis - 7:10.3

GIRLS' TEAM RESULTS:

| | |
|------------------------|-----|
| 1. Mound Westonka | 85 |
| 2. North Branch | 96 |
| 3. St. Francis | 98 |
| 4. STMA | 108 |
| 5. Mora | 145 |
| 6. Rocori | 174 |
| 7. Chisago Lakes | 175 |
| 8. Mille Lacs | 203 |
| 9. Little Falls | 207 |
| 10. Albany | 221 |
| 11. Cambridge-Isanti | 255 |
| 12. Pine City | 274 |
| 13. Hinckley/Finlayson | 329 |
| 14. Big Lake | 361 |

Incomplete Teams: Braham, Foley, Milaca, Monticello, Pierz, Rush City, Princeton, EC

JV RESULTS:

| |
|--|
| 1. St. Francis - 55, 2. Mound Westonka - 55, |
| 3. Albany - 64, 4. STMA - 94, 5. Mora - 118 |
| 6. North Branch - 128, 7. Big Lake - 209 |
| 7. Pine City - 209 |

BOYS' TEAM RESULTS:

| | |
|------------------------|-----|
| 1. Pine City | 90 |
| 2. STMA | 92 |
| 3. Mora | 111 |
| 4. North Branch | 115 |
| 5. Mound Westonka | 141 |
| 6. Monticello | 153 |
| 7. Milaca | 175 |
| 8. Big Lake | 210 |
| 9. Cambridge-Isanti | 219 |
| 10. Albany | 224 |
| 11. Rocori | 288 |
| 12. Chisago Lakes | 296 |
| 13. Pierz | 321 |
| 14. Little Falls | 335 |
| 15. Hinckley/Finlayson | 347 |

Incomplete Teams: Braham, Foley, Rush City, Princeton, St. Francis, EC

JV RESULTS:

| |
|--|
| 1. Mound Westonka - 34, 2. STMA - 67, 3. Big Lake - 86 |
| 4. Cambridge - 119, 5. North Branch - 125 |
| 6. Monticello - 165, 7. Pine City - 183, 8. Albany - 241 |
| 9. Rocori - 250, 10. Chisago Lakes - 252, 11. Mora - 267 |

JH RESULTS:

| |
|--|
| 1. St. Francis - 92, 2. Big Lake, 3. Little Falls - 112, |
| 4. Rocori - 127, 5. Cambridge - 132, 6. North Branch - 147 |
| 7. Albany - 164, 8. Princeton - 209, 9. Monticello - 219, |
| 10. STMA - 229, 11. Pine City - 234, 12. Mora - 265, |
| 13. Hinckley - 361 |

PINE CITY INVITATIONAL CROSS COUNTRY MEET
Thursday, September 7, 2006
hot, sunny, breezy

PINE CITY GIRLS' RESULTS:

4000 m - 58 varsity & 45 JV runners

| | <u>place</u> | <u>time</u> | |
|-----------------------|--------------|-------------|-----------|
| 1. Emily Branzovsky | 14 | 18:05 | |
| 2. Karissa Lange | 29 | 19:12 | PB |
| 3. Brietta Clementson | 31 | 19:23 | BTC - BTY |
| 4. Hannah Espeseth | 32 | 19:24 | |
| 5. Laura Kleppe | 47 | 20:48 | BTC |
| 6. Shauna Palmer | 15 jv | 21:05 | |
| 7. Abby Olson | 49 | 21:35 | |
| 8. Tara Miche' | 50 | 21:39 | |
| 9. Emily Erickson | 19 jv | 21:41 | |
| 10. Steph Dickey | 23 jv | 22:07 | |
| 11. Aislinn Rogalla | 32 jv | 24:18 | PB |
| 12. Shannon Segarra | 34 jv | 24:27 | |
| 13. Emily Hill | 39 jv | 25:29 | BTC - BTY |
| 14. Erica Pitzen | 42 jv | 25:57 | |

#1 runner: Sarah Chasson, Cromwell - 16:46

#1 jv runner: Rachel Haum, Hermantown - 17:43

GIRLS' TEAM RESULTS:

| | |
|--|-----|
| 1. North Branch | 41 |
| 2. Mora | 59 |
| 3. Hermantown | 82 |
| 4. Concordia | 103 |
| 5. Mille Lacs | 111 |
| 6. Pine City | 121 |
| 7. Hinckley/Finlayson | 165 |
| Incomplete Teams: Braham, Cromwell, Foley, Milaca, Rush City, MLWR, EC | |

JV RESULTS:

| | |
|-----------------|-----|
| 1. Mora | 44 |
| 2. Hermantown | 45 |
| 3. North Branch | 56 |
| 4. Milaca | 92 |
| 5. Pine City | 116 |

PINE CITY BOYS' RESULTS:

5000 m - 63 varsity & 57 JV runners

| | <u>place</u> | <u>time</u> | |
|-----------------------|--------------|-------------|---------|
| 1. Trevor McNally | 3 | 17:14 | BTC-BTY |
| 2. Tom Miche' | 7 | 17:56 | BTC-BTY |
| 3. David Hambly | 19 | 18:39 | BTC |
| 4. Andrew Lutz | 28 | 19:13 | |
| 5. Clay Fischer | 30 | 19:19 | |
| 6. Jordan Clementson | 44 | 20:11 | BTY |
| 7. Mike Gray | 48 | 20:22 | BTC-BTY |
| 8. John Kleppe | 6 jv | 20:25 | BTC-BTY |
| 9. Josh Boland | 7 jv | 20:28 | BTY |
| 10. Derek Arnsdorf | 9 jv | 20:39 | PB |
| 11. Steven Guttormson | 29 jv | 23:03 | BTY |
| 12. Beau Peterson | 41 jv | 24:32 | |
| 13. Shane Clune | 55 jv | 28:58 | PB |
| 14. Jordan Sparling | 57 jv | 38:56 | |

#1 runner: Brett Ausmus, Hinckley - 17:02

#1 jv runner: Cody Good, North Branch - 19:07

BOYS' TEAM RESULTS:

| | |
|--|-----|
| 1. North Branch | 58 |
| 2. Mora | 62 |
| 3. Pine City | 79 |
| 4. Hermantown | 106 |
| 5. Concordia | 113 |
| 6. Milaca | 149 |
| 7. MLWR | 169 |
| 8. Cromwell | 172 |
| Incomplete Teams: Braham, Foley, Rush City, Hinckley | |

JV RESULTS:

| | |
|-----------------------|-----|
| 1. North Branch | 30 |
| 2. Concordia | 63 |
| 3. Pine City | 84 |
| 4. Hermantown | 98 |
| 5. Mora | 113 |
| 6. Foley | 127 |
| 7. Hinckley/Finlayson | 179 |

Junior High - 2000 m - 55 runners

| | | | |
|---------------------|-----|-------|-----|
| 1. Zach Borich | 5 | 8:10 | BTC |
| 2. Jacob Guttormson | 9 | 8:17 | PB |
| 3. Thomas Pitzen | 10 | 8:21 | PB |
| 4. Andrew Gerold | 14 | 8:41 | |
| 5. Trevor Clune | 28 | 9:24 | PB |
| 6. Nick Bremer | 30 | 9:32 | |
| 7. Mitch Ringness | 33 | 9:38 | |
| 8. Josh Adams | 44 | 10:26 | PB |
| 9. Joe Wolf | 51 | 11:03 | PB |
| 10. David Kleppe | DNF | | |

JH RESULTS:

| | |
|-----------------------|-----|
| 1. Mora | 38 |
| 2. North Branch | 39 |
| 3. Pine City | 52 |
| 4. Hinckley/Finlayson | 100 |
| 5. MLWR | 119 |

#1 runner: ike Johnson, Rush City - 7:36

NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET
Thursday, September 14, 2006
hot, sunny, breezy

PINE CITY GIRLS' RESULTS:

4000 m - 26 varsity and 19 jv runners

| | <u>place</u> | <u>time</u> | |
|-----------------------|--------------|-------------|-----------|
| 1. Emily Branzovsky | 8 | 18:06 | |
| 2. Hannah Espeseth | 11 | 19:03 | |
| 3. Brietta Clementson | 13 | 19:13 | BTY |
| 4. Karissa Lange | 14 | 19:16 | |
| 5. Shauna Palmer | 16 | 19:25 | PB |
| 6. Laura Kleppe | 17 | 19:28 | BTC - BTY |
| 7. Abby Olson | 20 | 20:21 | |
| 8. Tara Miche' | 4 jv | 21:12 | |
| 9. Emily Erickson | 5 jv | 21:26 | |
| 10. Steph Dickey | 7 jv | 22:31 | |
| 11. Shannon Segarra | 9 jv | 22:57 | |
| 12. Aislinn Rogalla | 11 jv | 23:55 | |
| 13. Emily Hill | 13 jv | 24:44 | |
| 14. Becca Valencia | 14 jv | 24:46 | |
| 15. Erica Pitzen | 15 jv | 26:26 | |

#1 runner: M. Charley, North Branch - 16:42

#1 jv runner: T. Biebl, North Branch - 19:20

GIRLS' TEAM RESULTS:

| | |
|-----------------------|-----|
| 1. North Branch | 15 |
| 2. Pine City | 62 |
| 3. Hinckley/Finlayson | 84 |
| MLWR | Inc |
| Rush City | Inc |
| Braham | Inc |
| | Inc |

JV RESULTS:

| | |
|-----------------|----|
| 1. North Branch | 24 |
| 2. Pine City | 36 |

Incomplete Teams: Braham, EC, Hinckley

Junior High Results 2000 m - 20 runners

| | <u>place</u> | <u>time</u> |
|----------------------|--------------|-------------|
| 1. Megan Miesner | 6 | 8:57 |
| 2. Ashley Harrington | 10 | 9:24 |
| 3. Caitlin Walbridge | 16 | 11:09 |

PINE CITY BOYS' RESULTS:

5000 m - 31 varsity and 24 jv runners

| | <u>place</u> | <u>time</u> | |
|----------------------|--------------|-------------|---------|
| 1. Trevor McNally | 2 | 17:22 | BTC |
| 2. David Hambly | 5 | 17:51 | BTC-BTY |
| 3. Tom Miche' | 6 | 17:59 | BTC |
| 4. Andrew Lutz | 13 | 19:13 | |
| 5. Jordan Clementson | 21 | 20:01 | BTY |
| 6. Josh Boland | 3 jv | 20:02 | BTY |
| 7. Mike Gray | 24 | 20:25 | BTC |
| 8. Derek Arnsdorf | 7 jv | 20:47 | |
| 9. Steven Guttormson | 9 jv | 21:19 | BTY |
| 10. John Kleppe | 25 | 21:44 | |
| 11. Beau Peterson | 13 jv | 24:35 | |
| 12. Shane Clune | 15 jv | 28:54 | PB |
| 13. Jordan Sparling | 18 jv | 36:17 | PB |

#1 runner: Brett Ausmus, Hinckley - 17:20

#1 jv runner: N. Salo, North Branch - 19:45

BOYS' TEAM RESULTS:

| | |
|-----------------------|-----|
| 1. North Branch | 34 |
| 2. Pine City | 47 |
| 3. MLWR | 91 |
| 4. Hinckley/Finlayson | 102 |
| Braham | Inc |
| Rush City | Inc |

JV RESULTS:

| | |
|--------------------|-----|
| 1. North Branch | 18 |
| 2. Pine City | 53 |
| Hinckley/Finlayson | Inc |
| MLWR | Inc |
| EC | Inc |

Junior High - 2000 m - 36 runners

| | | | |
|---------------------|----|-------|-----|
| 1. Zach Borich | 3 | 8:12 | BTC |
| 2. Jacob Guttormson | 5 | 8:19 | BTC |
| 3. Thomas Pitzen | 6 | 8:23 | BTC |
| 4. Andrew Gerold | 8 | 8:32 | PB |
| 5. Nick Bremer | 14 | 8:51 | PB |
| 6. Mitch Ringness | 20 | 9:23 | PB |
| 7. Trevor Clune | 25 | 9:35 | |
| 8. Josh Adams | 30 | 10:35 | |
| 9. Joe Wolf | 32 | 11:06 | |
| 10. David Kleppe | 36 | 15:02 | |

#1 runner: T. Toohey, North Branch - 7:46

JH RESULTS:

| | |
|-----------------|----|
| 1. Pine City | 36 |
| 2. North Branch | 38 |

PIERZ STAMPEDE INVITATIONAL CROSS COUNTRY MEET
Monday, September 18, 2006
cold, rainy, windy - hilly course

PINE CITY GIRLS' RESULTS:

4000 m - 128 varsity and 107 jv runners

| | <u>place</u> | <u>time</u> | |
|-----------------------|--|-------------|---------|
| 1. Emily Branzovsky | 57 | 17:51 | BTY |
| 2. Hannah Espeseth | 70 | 18:35 | BTC |
| 3. Karissa Lange | 71 | 18:36 | PB |
| 4. Shauna Palmer | 89 | 18:57 | PB |
| 5. Laura Kleppe | 102 | 19:13 | BTY |
| 6. Brietta Clementson | 116 | 19:36 | |
| 7. Abby Olson | 117 | 19:37 | BTY |
| 8. Emily Erickson | 33 jv | 19:57 | BTY-BTC |
| 9. Steph Dickey | 51 jv | 21:20 | BTY |
| 10. Tara Miche' | 62 jv | 21:46 | |
| 11. Shannon Segarra | 65 jv | 21:55 | PB |
| 12. Aislinn Rogalla | 89 jv | 23:26 | PB |
| 13. Emily Hill | 94 jv | 24:11 | PB |
| 14. Becca Valencia | 95 jv | 24:17 | PB |
| 15. Erica Pitzen | 100 jv | 24:45 | PB |
| #1 runner: | H. McAllister, Brainerd - 15:26 | | |
| #1 jv runner: | M. Gammon-Deering, Little Falls -16:58 | | |

JH RESULTS - 3200 m - 86 runners

| | | |
|----------------------|----|-------|
| 1. Megan Miesner | 13 | 14:44 |
| 2. Ashley Harrington | 41 | 16:06 |
| 3. Caitlin Walbridge | 80 | 19:26 |

PINE CITY BOYS' RESULTS:

5000 m - 133 varsity and 144 jv runners

| | <u>place</u> | <u>time</u> | |
|----------------------|------------------------------|-------------|---------|
| 1. Trevor McNally | 3 | 16:58 | BTY-BTC |
| 2. Tom Miche' | 16 | 17:36 | BTY |
| 3. David Hambly | 17 | 17:38 | PB |
| 4. Jordan Clementson | 53 | 18:53 | BTY-BTC |
| 5. Andrew Lutz | 68 | 19:08 | |
| 6. Mike Gray | 74 | 19:18 | PB |
| 7. Josh Boland | 80 | 19:26 | BTY-BTC |
| 8. Derek Arnsdorf | 21 jv | 20:15 | PB |
| 9. John Kleppe | 23 jv | 20:17 | PB |
| 10. Beau Peterson | 54 jv | 21:34 | PB |
| 11. Shane Clune | 134 jv | 26:20 | PB |
| 12. Jordan Sparling | 143 jv | 35:01 | PB |
| #1 runner: | J. Tyner, Brainerd - 16:41 | | |
| #1 jv runner: | G. Johnson, Brainerd - 18:16 | | |

Junior High - 3200 m - 147 runners

| | | | |
|---------------------|-----------------------------|-------|----|
| 1. Zach Borich | 18 | 13:21 | PB |
| 2. Jacob Guttormson | 22 | 13:26 | PB |
| 3. Andrew Gerold | 52 | 14:20 | |
| 4. Thomas Pitzen | 63 | 14:28 | |
| 5. Mitch Ringness | 77 | 15:02 | |
| 6. Nick Bremer | 91 | 15:34 | |
| 7. Trevor Clune | 99 | 15:51 | |
| 8. Josh Adams | 115 | 16:23 | |
| 9. Joe Wolf | 139 | 19:27 | |
| 10. David Kleppe | 145 | 23:57 | |
| #1 runner: | T. Waletzko, Albany - 12:00 | | |

GIRLS' TEAM RESULTS:

| | |
|-------------------------|------------|
| 1. Brainerd | 76 |
| 2. Staples-Motley | 82 |
| 3. Albany | 113 |
| 4. Wadena | 165 |
| 5. Onamia | 193 |
| 6. Mora | 202 |
| 7. Paynesville | 227 |
| 8. Pierz | 238 |
| 9. Litchfield | 243 |
| 10. Little Falls | 251 |
| 11. Ev-Watkins-Kimba | 285 |
| 12. St. Cloud Cathedral | 301 |
| 13. Maple Lake | 320 |
| 13. Annandale | 333 |
| 15. Long Prairie | 375 |
| 16. Pine City | 409 |
| 17. Rockford | 415 |
| 18. Hinckley/Finlayson | 551 |

JV RESULTS:

| |
|--|
| 1. Albany-45, 2. Cathedral-73, 3. Rockford-142, |
| 4. Mora-163, 5. Staples-227, 6. Annandale-243 |
| 7. Royalton-261, 8. EV-Wat-Kim-287, 9. Pine City-300 |

BOYS' TEAM RESULTS:

| | |
|------------------------|------------|
| 1. Brainerd | 42 |
| 2. Mora | 112 |
| 3. Long Prairie | 143 |
| 4. Pine City | 157 |
| 5. St. Cloud Cathedral | 173 |
| 6. Annandale | 176 |
| 7. Staples-Motley | 199 |
| 8. Albany | 210 |
| 9. Rockford | 282 |
| 10. Milaca | 284 |
| 11. Pierz | 302 |
| 12. Paynesville | 316 |
| 13. Little Falls | 345 |
| 14. Litchfield | 357 |
| 15. St. John's Prep | 379 |
| 16. Wadena | 410 |
| 17. Royalton | 473 |
| 18. Princeton | 496 |
| 19. Maple Lake | 561 |

JV RESULTS:

| |
|--|
| 1. Cathedral-44, 2. Brainerd-49, 3. Annandale-66, |
| 4. Litchfield-144, 5. Foley-271, 6. Mora-350, |
| 7. Paynesville-370, 8. Pine City-375, 9. Albany-387, |
| 10. St. John's Prep-432, 11. Hinckley-494 |

JH RESULTS:

| |
|--|
| 1. Albany-82, Little Falls-85, 3. Princeton-114, |
| 4. Cathedral-115, 5. Brainerd-122, 6. Annandale-132, |
| 7. Mora-141, 8. Pine City-232, 9. EC-430 |
| 10. St. Johns Prep-445, 11. Hinckley-456 |

MILACA MEGA CROSS COUNTRY MEET @ Foley
Saturday, September 23, 2006
 cool and drizzly

PINE CITY GIRLS' RESULTS:

4000 m - Varsity (222 runners)- 10th grade (98 runners)

| | <u>place</u> | <u>time</u> | |
|-----------------------|--------------|-------------|-----|
| 1. Emily Branzovsky | 111 | 18:05.8 | |
| 2. Hannah Espeseth | 132 | 18:34.8 | |
| 3. Tara Miche' | 37 -10th | 18:38.6 | PB |
| 4. Karissa Lange | 141 | 18:39.0 | |
| 5. Brietta Clementson | 38 -10th | 18:40.8 | BTY |
| 6. Laura Kleppe | 52 -10th | 19:17.1 | |
| 7. Abby Olson | 181 | 20:03.2 | |
| 8. Emily Hill | 90 -10th | 23:06.4 | PB |
| 9. Becca Valencia | 215 | 23:24.5 | PB |
| 10. Aislinn Rogalla | 216 | 23:54.0 | |

Varsity - #1 runner Morgan Lynn, Adrian - 15:00.5
 10th gr -#1 runner M. Murray, Blue Earth - 15:53.2

Junior High

3200 m - 7th gr(137 runners) - 8th gr(120 runners)

| | | | |
|----------------------|----------|---------|----|
| 1. Megan Miesner | 21 -7th | 13:29.7 | PB |
| 2. Ashley Harrington | 68 -8th | 14:46.0 | PB |
| 3. Caitlin Walbridge | 122 -7th | 18:05.0 | PB |

8th gr-#1 runner: C. Cselovski, SW United - 12:20.0

7th gr-#1 runner: A. Arentson, Delano - 12:21.5

GIRLS' TEAM RESULTS:

| | | | |
|-----------------------|-----|---------------------|-----|
| 1. Adrian | 30 | 25. Trin Rv Ridge | 686 |
| 2. Providance | 62 | 26. Blue Earth | 705 |
| 3. Fairmont | 104 | 27. Morris | 738 |
| 4. Visitation | 112 | 28. Mayer Luth | 748 |
| 5. Bowman | 183 | 29. St. Mary-Slpy | 767 |
| 6. Paynesville | 187 | 30. Blooming Pr | 779 |
| 7. Lake City | 223 | | |
| 8. Mora | 249 | 19 incomplete teams | |
| 9. Esko | 272 | | |
| 10. Mille Lacs | 278 | | |
| 11. Redwood Valley | 352 | | |
| 12. New London Spicer | 358 | | |
| 13. Holy Family | 390 | | |
| 14. Pierz | 391 | | |
| 15. New Salem | 420 | | |
| 16. Byron | 459 | | |
| 17. Cook Cty | 464 | | |
| 18. St. Cl Cathedral | 470 | | |
| 19. Delano | 496 | | |
| 20. Concordia Academy | 497 | | |
| 21. Hills Beaver Crk | 534 | | |
| 22. Mankato Loyola | 569 | | |
| 23. Hwd Lk-Wav | 635 | | |
| 24. Pine City | 668 | | |

PINE CITY BOYS' RESULTS

Varsity (244 runners) - JV (438 runners) - 5000 m

| | <u>place</u> | <u>time</u> | |
|----------------------|--------------|-------------|---------|
| 1. Trevor McNally | 5 | 16:42.2 | PB |
| 2. David Hambly | 21 | 17:19.1 | PB |
| 3. Tom Miche' | 39 | 17:38.7 | BTC |
| 4. Andrew Lutz | 76 | 18:11.2 | BTY-BTC |
| 5. Jordan Clementson | 125 | 19:06.4 | BTC |
| 6. Mike Gray | 170 | 19:50.9 | BTC |
| 7. Josh Boland | 124 jv | 19:51.2 | |
| 8. Derek Anrsdorf | 171 | 19:51.5 | PB |
| 9. John Kleppe | 133 jv | 19:57.9 | PB |
| 10. Shane Clune | 424 jv | 26:09.9 | PB |

Varsity-#1 runner: J. Peters, Redwood Valley-16:16

JV-#1 runner M. Callan, Pk Ctg Grove-17:19.5

9th grade boys - (161 runners) - 4000 m

| | | |
|--------------------|-----|---------|
| 1. Beau Peterson | 122 | 18:06.3 |
| 2. Kyle Bodin | 152 | 20:11.3 |
| 3. Jordan Sparling | 160 | 27:00.1 |

#1 runner: R. Goessling, Esko - 14:05.1

Junior High

3200 m - 7th gr (155 runners)- 8th gr (173 runners)

| | | | |
|---------------------|----------|---------|----|
| 1. Zach Borich | 63 -8th | 12:46.2 | PB |
| 2. Jacob Guttormson | 88 -8th | 13:13.4 | PB |
| 3. Drew Gerold | 42 -7th | 13:14.7 | PB |
| 4. Thomas Pitzen | 91 -8th | 13:17.4 | PB |
| 5. Nick Bremer | 139 -8th | 14:44.3 | PB |
| 6. Trevor Clune | 160 -8th | 16:38.3 | |
| 7. Joe Wolf | 142 -7th | 17:43.1 | PB |
| 8. David Kleppe | 155 -7th | 22:35.0 | PB |

8th gr-#1 runner: A. Johnson, Maple Grove- 10:35

7th gr- #1 runner: J. Lindquist, Esko - 11:52.3

BOYS' TEAM RESULTS:

| | | | |
|----------------------|-----|----------------------|-----|
| 1. Adrian | 156 | 19. Paynesvill | 484 |
| 2. Eveleth-Gilbert | 175 | 20. Pierz | 506 |
| 3. Fairmont | 188 | 21. Delano | 520 |
| 4. St. Cl Cathedral | 227 | 22. Marshall-Dt | 524 |
| 5. Mora | 230 | 23. Trinity Rv | 557 |
| 6. Pine City | 231 | 24. E. Grand F | 559 |
| 7. Concordia Academy | 272 | 25. St. Croix L | 572 |
| 8. Holy Family | 279 | 26. St. Mary- | 600 |
| 9. Blue Earth | 284 | 27. Mayer Lut | 618 |
| 10. Bowman | 322 | 28. AlBrook | 657 |
| 11. Redwood Valley | 334 | 29. Royalton | 676 |
| 12. HL-Wav-Wins | 344 | 30. Pequot Lks | 724 |
| 13. Cook Cty | 363 | 31. Maple Riv | 760 |
| 14. Sauk Centre | 366 | | |
| 15. St. James | 373 | 17 Incomnplete Teams | |
| 16. Lake City | 381 | | |
| 17. Byron | 396 | | |
| 18. Kingsland | 441 | | |

BECKER INVITATIONAL CROSS COUNTRY MEET
Tuesday, October 3, 2006
cool, windy

PINE CITY GIRLS' RESULTS:

4000 m - 52 varsity and 65 jv runners

| | <u>place</u> | <u>time</u> | |
|-----------------------|--------------|-------------|---------|
| 1. Hannah Espeseth | 35 | 18:02.4 | BTC |
| 2. Karissa Lange | 36 | 18:04.9 | PB |
| 3. Tara Miche' | 40 | 18:27.7 | PB |
| 4. Shauna Palmer | 41 | 18:28.9 | PB |
| 5. Brietta Clementson | 42 | 18:30.9 | BTY |
| 6. Laura Kleppe | 45 | 18:37.2 | PB |
| 7. Abby Olson | 47 | 18:44.9 | BTY-BTC |
| 8. Emily Erickson | 33 jv | 20:07.8 | |
| 9. Steph Dickey | 44 jv | 21:13.1 | BTY |
| 10. Shannon Segarra | 48 jv | 21:39.5 | PB |
| 11. Aislinn Rogalla | 53 jv | 22:15.8 | PB |
| 12. Becca Valencia | 57 jv | 23:39.2 | |
| 13. Emily Hill | 58 jv | 23:43.3 | |

#1 runner: K. Tessier, Monticello - 15:40

#1 jv runner: K. Gaebel, Becker - 16:47.1

JH RESULTS - 3200 m - 29 runners

| | | |
|----------------------|----|---------|
| 1. Megan Miesner | 2 | 14:05.7 |
| 2. Ashley Harrington | 4 | 14:14.3 |
| 3. Caitlin Walbridge | 23 | 17:58.9 |

#1 runner: K. Larson, Monticello - 14:00.6

PINE CITY BOYS' RESULTS:

5000 m - 51 varsity and 69 jv runners

| | <u>place</u> | <u>time</u> | |
|----------------------|--------------|-------------|-----|
| 1. Trevor McNally | 3 | 16:48.9 | |
| 2. David Hambly | 9 | 17:18.4 | PB |
| 3. Tom Miche' | 12 | 17:32.5 | BTY |
| 4. Andrew Lutz | 25 | 18:25.6 | |
| 5. Jordan Clementson | 28 | 18:42.5 | PB |
| 6. Mike Gray | 35 | 19:04.3 | PB |
| 7. Josh Boland | 45 | 19:28.9 | |
| 8. Derek Arnsdorf | 8 jv | 19:30.8 | PB |
| 9. Shane Clune | 64 jv | 25:41.2 | PB |
| 10. Kyle Bodin | 67 jv | 27:56.8 | |
| 11. Jordan Sparling | 69 jv | 35:10.2 | |

#1 runner: N. Jamnick, Becker - 16:42.3

#1 jv runner: N. Salo, North Branch - 18:35.7

Junior High - 3200 m - 55 runners

| | | | |
|---------------------|----|---------|----|
| 1. Zach Borich | 8 | 12:55.9 | |
| 2. Jacob Guttormson | 9 | 12:57.3 | PB |
| 3. Thomas Pitzen | 18 | 13:52.9 | |
| 4. Andrew Gerold | 20 | 13:54.9 | PB |
| 5. Trevor Clune | 34 | 14:38.9 | PB |
| 6. Mitch Ringness | 35 | 14:40.3 | PB |
| 7. Nick Bremer | 39 | 14:50.8 | |
| 8. Josh Adams | 49 | 15:56.2 | PB |
| 9. Joe Wolf | 53 | 18:57.4 | |
| 10. David Kleppe | 54 | 21:42.1 | PB |

#1 runner: M. Nelson, Big Lake - 11:52.2

GIRLS' TEAM RESULTS:

| | |
|------------------------|-----|
| 1. Becker | 34 |
| 2. Mora | 59 |
| 3. Monticello | 66 |
| 4. North Branch | 83 |
| 5. Eden Valley Watkins | 100 |
| 6. Pine City | 194 |
| 7. Rogers | 195 |
| 8. Big Lake | 213 |
| St. John's Prep | Inc |

JV RESULTS:

| | |
|------------------------|-----|
| 1. Becker | 28 |
| 2. Monticello | 34 |
| 3. Mora | 100 |
| 4. North Branch | 151 |
| 5. Eden Valley-Watkins | 157 |
| 6. Big Lake | 203 |
| 7. Pine City | 235 |
| Rogers | Inc |
| St. John's Prep | Inc |

BOYS' TEAM RESULTS:

| | |
|--------------------|-----|
| 1. North Branch | 50 |
| 2. Mora | 69 |
| 3. Pine City | 77 |
| 4. Monticello | 86 |
| 5. Big Lake | 104 |
| 6. St. John's Prep | 162 |
| 7. Becker | 164 |
| 8. Rogers | 195 |

JH RESULTS:

| | |
|-----------------|-----|
| 1. Big Lake | 49 |
| 2. North Branch | 57 |
| 3. Pine City | 89 |
| 4. Mora | 98 |
| 5. Monticello | 98 |
| Rogers | Inc |

ABILITY

is what you're capable of doing,

MOTIVATION

determines what you do,

and

ATTITUDE

determines how well you do it.

SWAIN INVITATIONAL CROSS COUNTRY MEET @ Duluth
Saturday, October 7, 2006
beautiful fall day - breezy

PINE CITY GIRLS' RESULTS:

4000 m - Varsity (160 runners)- 10th grade (117 runners)

| place | time | |
|-----------------------|-----------|-------------|
| 1. Hannah Espeseth | 93 | 19:03.8 BTC |
| 2. Karissa Lange | 99 | 19:13.8 |
| 3. Tara Miche' | 43 -10th | 19:46.6 |
| 4. Laura Kleppe | 60 -10th | 20:20.4 BTC |
| 5. Brietta Clementson | 63 -10th | 20:38.8 |
| 6. Abby Olson | 140 | 20:52.3 |
| 7. Shauna Palmer | 145 | 21:24.5 BTC |
| 8. Steph Dickey | 86 -10th | 21:58.3 BTC |
| 9. Shannon Segarra | 160 | 23:34.9 |
| 10. Aislinn Rogalla | 82 jv | 24:25.5 |
| 11. Emily Hill | 113 -10th | 24:56.3 BTC |
| 12. Becca Valencia | 86 jv | 25:05.2 |
| 13. Erica Pitzen | 91 jv | 27:51.9 |

Varsity - #1 runner K. Chute, Blake - 15:32.4

10th gr -#1 runner S. Sjostrom, Champlin Park-16:15.6

JV - #1 runner: H. Belgum, Deer Creek - 17:44.1

Junior High

2500 m - 94 runners

| | | |
|----------------------|------------------------------|---------|
| 1. Megan Miesner | 25 | 11:42.7 |
| 2. Ashley Harrington | 42 | 12:09.0 |
| 3. Caitlin Walbridge | 81 | 15:01.3 |
| #1 runner: | J. Kopplow, Adrian - 10:23.2 | |

GIRLS' TEAM RESULTS:

| | |
|-------------------------|-----|
| 1. Adrian | 35 |
| 2. Visitation | 103 |
| 3. Blake | 107 |
| 4. Mt Lk/ BO | 161 |
| 5. Watertown | 179 |
| 6. Ely | 179 |
| 7. New London/Spicer | 181 |
| 8. Lake City | 190 |
| 9. Glencoe/Silver Lk | 246 |
| 10. Redwood Valley | 270 |
| 11. International Falls | 283 |
| 12. Esko | 288 |
| 13. Norwood Young Am | 314 |
| 14. Minnehaha Academy | 358 |
| 15. USC/AC | 371 |
| 16. Cook Cty | 408 |
| 17. Rockford | 475 |
| 18. Warroad | 504 |
| 19. Eveleth | 528 |
| 20. Pine City | 567 |
| 21. Chisholm | 576 |
| 22. Morris | 622 |

11 incomplete teams

PINE CITY BOYS' RESULTS

5000 m - Varsity (188 runners) - JV (101 runners)

| place | time | |
|----------------------|-------|-------------|
| 1. Trevor McNally | 6 | 17:25.3 BTC |
| 2. Tom Miche' | 15 | 17:57.3 BTC |
| 3. David Hambly | 32 | 18:26.1 BTC |
| 4. Andrew Lutz | 67 | 19:32.8 BTC |
| 5. Jordan Clementson | 87 | 19:55.0 BTC |
| 6. Mike Gray | 93 | 19:59.7 BTC |
| 7. Derek Anrsdorf | 13 jv | 20:19.3 |
| 8. John Kleppe | 27 jv | 21:03.5 |
| 9. Josh Boland | 144 | 21:11.8 |
| 10. Shane Clune | 94 jv | 27:07.0 |

Varsity-#1 runner: M. Hepner, Warroad - 16:27.8

JV-#1 runner C. Reisdorfer, Adrian - 18:32.4

Sophomore boys - (152 runners) - 4000 m

| | | |
|--------------------|-------------------------------|---------|
| 1. Jordan Sparling | 152 | 27:57.1 |
| #1 runner: | D. Cheever, Mpls SW - 14:05.7 | |

Junior High

2500 m - 150 runners

| | | |
|---------------------|--------------------------------|-------------|
| 1. Zach Borich | 35 | 10:47.5 BTC |
| 2. Jacob Guttormson | 36 | 10:48.6 BTC |
| 3. Drew Gerold | 56 | 11:07.1 BTC |
| 4. Thomas Pitzen | 61 | 11:16.0 |
| 5. Nick Bremer | 81 | 11:38.9 |
| 6. Trevor Clune | 121 | 12:41.6 |
| 7. Josh Adams | 125 | 12:38.9 |
| 8. Joe Wolf | 145 | 15:31.2 |
| 9. David Kleppe | 150 | 19:08.2 |
| #1 runner: | E. Rupert, Hermantown - 9:07.8 | |

BOYS' TEAM RESULTS:

| | |
|-----------------------------|---------------------|
| 1. Minnehaha | 85 |
| 2. Adrian | 133 |
| 3. Warroad | 167 |
| 4. Eveleth | 169 |
| 5. Pine City | 171 |
| 6. Watertown-Mayer | 187 |
| 7. USC/AC | 229 |
| 8. Redwood Valley | 234 |
| 9. Glencoe-silver LK | 264 |
| 10. Lake City | 270 |
| 11. Esko | 293 |
| 12. Rockford | 296 |
| 13. Cook Cty | 394 |
| 14. Lake of Woods | 414 |
| 15. Marshall/Duluth | 424 |
| 16. St. Paul Academy | 435 |
| 17. Chisholm | 437 |
| 18. Norwood Young Am | 477 |
| 19. New London Sp | 487 |
| 20. Albrook | 523 |
| 21. Morris | 523 |
| 22. LeLaSalle | 562 |
| 23. MLWR | 562 |
| 24. Mt Lk/Bt | 711 |
| 14 Incomplete Teams | |
| Junior High Results: | |
| 1. Blake-76, | 2. SLP/SA-85 |
| 3. Hermantown-134, | 4. N. Br-146, |
| 5. Pillager-166 | 6. Pine City-171 |
| 7. Mesabi E-173, | 8. Blb/Vir-175 |
| 9. Gr Rap-218, | 10. Cloquet-221 |
| 11. Int'l Falls-240, | 13. Big Grassy-314, |
| 14. H/F-326 | 24 incomplete teams |

INTENSE DESIRE

*is infinitely more than wanting or wishing - -
more than compulsion or stimulation - -
desire is an overwhelming demand for change:
a personal war with things as they are,
and the willingness to make any sacrifice
to bring about that change.*

TWO RIVER CONFERENCE CROSS COUNTRY MEET

Pine City

Monday, October 16, 2006
cool, cloudy, rainy - wet course

PINE CITY GIRLS' RESULTS:

4000 m - 46 varsity runners - 19 jv runners

| | <u>place</u> | <u>time</u> | |
|---------------------|--------------|-------------|-------------------|
| 1. Hannah Espeseth | 12 PB | 17:29 | ALL-CONFERENCE |
| 2. Emily Branzovsky | 19 | 17:03 | HONORABLE MENTION |
| 3. Karissa Lange | 23 | 18:22 | HONORABLE MENTION |
| 4. Etta Clementson | 25 | 18:38 | HONORABLE MENTION |
| 5. Shauna Palmer | 2 jv - BTC | 19:02 | |
| 6. Laura Kleppe | 27 BTC | 19:03 | |
| 7. Tara Miche' | 28 | 19:14 | |
| 8. Abby Olson | 34 | 19:53 | |
| 9. Emily Erickson | 6 jv | 20:34 | |
| 10. Steph Dickey | 8 jv - BTY | 20:53 | |
| 11. Aislinn Rogalla | 9 jv | 22:34 | |
| 12. Emily Hill | 13 jv - BTC | 24:08 | |
| 13. Shannon Segarra | 15 jv | 24:22 | |
| 14. Erica Pitzen | 18 jv | 27:24 | |

#1 runner: Melissa Agnew, Mille Lacs - 16:25

#1 jv runner: Angie Brockner, Mora - 18:56

GIRLS' TEAM RESULTS:

| | |
|-----------------------|-----|
| 1. Mille Lacs | 29 |
| 2. Mora | 33 |
| 3. Pine City | 100 |
| 4. Rush City | 105 |
| 5. Hinckley/Finlayson | 125 |
| 6. Milaca | 128 |
| East Central | Inc |
| Braham | Inc |
| Foley | Inc |

JV team results:

| | |
|--------------|----|
| 1. Mora | 20 |
| 2. Pine City | 37 |

Junior High -

2000 m - 14 runners

| | | |
|----------------------|---|----------|
| 1. Megan Miesner | 1 | 9:00 |
| 2. Ashley Harrington | 2 | 9:11 PB |
| 3. Caitlin Walbridge | 9 | 10:23 PB |

PINE CITY BOYS' RESULTS

5000 m - 41 varsity runners, 27 jv runners

| | <u>place</u> | <u>time</u> | |
|----------------------|--------------|-------------|-------------------|
| 1. Trevor McNally | 2 BTC | 17:15 | ALL-CONFERENCE |
| 2. Tom Miche' | 5 | 17:41 | ALL-CONFERENCE |
| 3. David Hambly | 6 BTC | 17:43 | ALL-CONFERENCE |
| 4. Andrew Lutz | 16 | 18:43 | HONORABLE MENTION |
| 5. Jordan Clementson | 17 | 19:01 | HONORABLE MENTION |
| 6. Mike Gray | 18 BTC | 19:07 | HONORABLE MENTION |
| 7. Josh Boland | 1 jv | 19:56 | |
| 8. John Kleppe | 29 | 20:09 | |
| 9. Kyle Bodin | 24 jv - PB | 26:36 | |
| 10. Shane Clune | 25 jv | 27:43 | |
| 11. Jordan Sparling | 27 jv - PB | 32:44 | |

#1 runner: Brett Ausmus, Hinckley/Finlayson - 17:14

#1 jv runner: Josh Boland, Pine City - 19:56

JH team results:

| | |
|-----------------------|----|
| 1. Pine City | 9 |
| 2. Mora | 12 |
| 3. Hinckley/Finlayson | 26 |

BOYS' TEAM RESULTS:

| | |
|-----------------------|-----|
| 1. Mora | 40 |
| 2. Pine City | 46 |
| 3. Milaca | 82 |
| 4. Hinckley/Finlayson | 104 |
| 5. Rush City | 106 |
| 6. Foley | 145 |
| Braham | Inc |
| East Central | Inc |

JV team results

| | |
|-----------|-----|
| 1. Mora | 22 |
| 2. Milaca | 35 |
| Pine City | Inc |

JH team results:

| | |
|-----------------------|-----|
| 1. Mora | 14 |
| 2. Pine City | 15 |
| 3. Foley | 31 |
| 4. East Central | 36 |
| 5. Hinckley/Finlayson | 42 |
| Milaca | Inc |
| Braham | Inc |

Junior High - 2000 m - 41 runners

| | | | |
|---------------------|----|-------|----|
| 1. Jacob Guttormson | 3 | 8:00 | PB |
| 2. Zach Borich | 4 | 8:03 | PB |
| 3. Tom Pitzen | 8 | 8:08 | PB |
| 4. Drew Gerold | 9 | 8:24 | PB |
| 5. Nick Bremer | 14 | 8:47 | PB |
| 6. Trevor Clune | 17 | 8:50 | PB |
| 7. Mitch Ringness | 26 | 9:30 | |
| 8. Josh Adams | 28 | 9:42 | PB |
| 9. Joe Wolf | 37 | 11:25 | |
| 10. David Klepp | 41 | 14:37 | |

#1 runner: Brent Shroeder, Mora - 7:51

“Dreams are renewable.
No matter what our
age or condition,
there are still
untapped possibilities
within us
and new beauty
waiting to be born.”

Dr. Dale Turner

SECTION 7A CROSS COUNTRY MEET @ CLOQUET

Thursday, October 26, 2006
cool, calm

PINE CITY GIRLS' RESULTS:

4000 m - 108 runners

| | <u>place</u> | <u>time</u> | |
|---------------------|--------------|-------------|-----|
| 1. Hannah Espeseth | 16 | 17:10.5 | PB |
| 2. Emily Branzovsky | 22 | 17:29.1 | BTY |
| 3. Karissa Lange | 41 | 18:00.5 | PB |
| 4. Tara Miche' | 56 | 18:32.2 | |
| 5. Etta Clementson | 57 | 18:33.9 | BTY |
| 6. Laura Kleppe | 65 | 18:51.9 | |
| 7. Abby Olson | 67 | 19:00.1 | |

GIRLS' TEAM RESULTS:

| | |
|---|-----|
| 1. Ely | 40 |
| 2. Esko | 59 |
| 3. International Falls | 94 |
| 4. Cook County-Silver Bay | 161 |
| 5. Pine City | 167 |
| 6. Mesabi East | 177 |
| 7. Rush City | 206 |
| 8. Proctor | 219 |
| 9. Hinckley-Finlayson | 230 |
| 10. Marshall | 253 |
| 11. Chisholm | 258 |
| 12. Eveleth-Gilbert | 266 |
| 13. Albrook-Cotton | 289 |
| 14. MIB-Virginia | 325 |
| 15. East Central | 411 |
| Carlton, Eveleth-Gilbert, Inc Greenway, Lakeview Christian Academy, McGregor, MLWR, Wrenshall | |

Top 10 runners (qualifying for state):

| | | |
|-------------------------------|-------------|---------|
| 1. Kaycee Knutson (11) | Esko | 15:41.6 |
| 2. Abby Nelson (12) | Esko | 15:55.5 |
| 3. Carolyn Freeman (12) | Ely | 15:56.4 |
| 4. Sarah Chasson (9) | Cromwell | 15:59.7 |
| 5. Stephanie Christianson (9) | Int'l Falls | 16:23.9 |
| 6. Jenn Zupancich (12) | Ely | 16:29.1 |
| 7. Laura Hestbeck (9) | Rush City | 16:29.1 |
| 8. Casey Sovil (12) | Ely | 16:32.4 |
| 9. Heidi Sande (11) | Cook County | 16:37.3 |
| 10. Katie Fleckenstein (9) | Proctor | 16:43.7 |

PINE CITY BOYS' RESULTS

5000 m - 117 runners

| | <u>place</u> | <u>time</u> | |
|----------------------|--------------|-------------|----------|
| 1. Trevor McNally | 2 | 17:03.8 | ties BTC |
| 2. Tom Miche' | 11 | 17:37.9 | |
| 3. David Hambly | 14 | 17:45.4 | BTC |
| 4. Andrew Lutz | 25 | 18:28.4 | |
| 5. Jordan Clementson | 36 | 18:39.6 | PB |
| 6. Mike Gray | 47 | 18:57.6 | PB |
| 7. Josh Boland | 67 | 19:42.7 | |

Top 10 runners (qualifying for state):

| | | |
|-------------------------------|------------------|----------------|
| 1. Brett Ausmus (11) | Hinckley/Fin | 17:01.4 |
| 2. Trevor McNally (11) | Pine City | 17:03.8 |
| 3. Jackson Peterson (12) | Carlton | 17:10.0 |
| 4. Adam Stainiger (11) | Chisholm | 17:15.2 |
| 5. Bryan Lindquist (11) | Esko | 17:25.6 |
| 6. Sam Pakkonen (11) | MIB-Virginia | 17:26.2 |
| 7. Aaron Nelson (12) | Eveleth/Gilber | 17:27.2 |
| 8. Noah Prinsen (12) | Cook County | 17:33.1 |
| 9. Josh Dahl (12) | Rush City | 17:33.1 |
| 10. Jordan Smith (9) | Cromwell | 17:33.6 |

BOYS' TEAM RESULTS:

top 2 teams qualify for STATE

| | |
|--|-----|
| 1. Eveleth/Gilbert | 75 |
| 2. Pine City | 83 |
| 3. Esko | 94 |
| 4. Cook County | 157 |
| 5. International Falls | 199 |
| 6. Marshall | 203 |
| 7. Proctor | 222 |
| 8. Chisholm | 223 |
| 9. MIB-Virginia | 240 |
| 10. Rush City | 256 |
| 11. Hinckley/Finlayson | 270 |
| 12. Cromwell-Floodwood | 295 |
| 13. Albrook-Cotton | 317 |
| 14. Moose Lake-Willow River | 327 |
| 15. Mesabi East | 354 |
| 16. Wrenshall | 362 |
| 17. Lakeview Christian | 376 |
| Carlton, East Central, Ely Greenway, McGregor | Inc |

THE DESIRE OF A CHAMPION

***We have been told that
talent creates its own opportunity.***

***Yet the experience of men on the
Honor Roll of Champions proves that***

***intense DESIRE
created not only its own opportunities,
but its own talents.***

***For these men, intense, burning desire
has been developed as***

***a habit, a way of life - -
a deliberate course of dissatisfaction.***

***This is the desire of a Champion in any
line of work.***

Paul J. Meyer

MSHSL CLASS A STATE CROSS COUNTRY MEET

St. Olaf College, Northfield
Saturday, November 4, 2006
partly sunny, cool, mostly calm

PINE CITY BOYS' RESULTS

5000 m - 158 runners

| | <u>place</u> | <u>place</u> | <u>time</u> | |
|----------------------|--------------|--------------|-------------|-----|
| 1. Trevor McNally | 14 | 9 | 16:32.2 | PB |
| 2. Tom Miche' | 25 | 15 | 16:49.8 | PB |
| 3. David Hambly | 37 | 20 | 17:05.3 | PB |
| 4. Jordan Clementson | 107 | 62 | 18:08.5 | PB |
| 5. Andrew Lutz | 120 | 75 | 18:22.2 | |
| 6. Mike Gray | 130 | 84 | 18:31.5 | PB |
| 7. Josh Boland | 143 | 97 | 18:53.1 | BTY |

BOYS' TEAM RESULTS:

| | |
|------------------------|-----|
| 1. Perham | 71 |
| 2. Minnehaha Academy | 165 |
| 3. Adrian | 172 |
| 4. Pine City | 181 |
| 5. Fairmont | 194 |
| 6. St. Cloud Cathedral | 198 |
| 7. Watertown Mayer | 199 |
| 8. Mora | 209 |
| 9. Rochester Lourdes | 220 |
| 10. Redwood Valley | 228 |
| 11. Winona Cotter | 237 |
| 12. Warroad | 248 |
| 13. St. James | 266 |
| 14. Staples-Motley | 274 |
| 15. Eveleth-Gilbert | 274 |
| 16. Montevideo | 277 |

Top 15 Runners:

| | | |
|-------------------------------|-------------------|----------------|
| 1. Kevin Lachovitzer, 11 | Perham | 15:54.9 |
| 2. Don Wasinger, 11 | Winona Cotter | 16:06.5 |
| 3. Will Hatfield, 12 | Minnehaha Academy | 16:12.1 |
| 4. Moses Heppner, 10 | Warroad | 16:19.0 |
| 5. Justin Peters, 12 | Redwood Valley | 16:19.4 |
| 6. Eric Thies, 12 | Sibley East | 16:21.0 |
| 7. Anthony Bongard, 12 | Redwood Valley | 16:21.8 |
| 8. Ethan Wieneke, 12 | Adrian | 16:22.4 |
| 9. Justin Tellinhuisen, 11 | Perham | 16:27.5 |
| 10. Dustin Franta, 12 | LaCrescent | 16:28.1 |
| 11. Kenny Fillbrandt, 11 | GlencoeSilver Lk | 16:30.6 |
| 12. Connor Gjevre, 11 | Annandale | 16:31.5 |
| 13. Brett Ausmus, 11 | Hinckley/Fin | 16:31.8 |
| 14. Trevor McNally, 11 | Pine City | 16:32.2 |
| 15. Jackson Peterson, 12 | Carlton-Cca | 16:33.5 |

2006 State Class A Boys' Cross Country Running Championship

St. Olaf College

Nov. 4, 2006

Sunny, 50, calm
Results by ChampionChip Minnesota

| PLACE | TEAM | POINTS | PLACES OF FINISHERS | | | | | | | | AVG. TIME | SPREAD |
|-------|---------------------|--------|---------------------|----|----|----|-----|-----|-----|---------|-----------|--------|
| 1 | Perham | 71 | 1 | 8 | 11 | 24 | 27 | 50 | 78 | 16:40.6 | 1:17.0 | |
| 2 | Minnehaha Academy | 165 | 3 | 19 | 38 | 40 | 65 | 69 | 89 | 17:17.0 | 1:59.2 | |
| 3 | Adrian | 172 | 7 | 31 | 32 | 48 | 54 | 64 | 81 | 17:19.5 | 1:35.8 | |
| 4 | Pine City | 181 | 9 | 15 | 20 | 62 | 75 | 84 | 97 | 17:23.6 | 1:50.0 | |
| 5 | Fairmont | 194 | 13 | 26 | 28 | 45 | 82 | 92 | 100 | 17:27.3 | 1:44.1 | |
| 6 | St. Cloud Cathedral | 198 | 17 | 30 | 46 | 49 | 56 | 59 | 103 | 17:31.4 | 1:01.4 | |
| 7 | Watertown Mayer | 199 | 10 | 12 | 35 | 41 | 101 | 106 | 110 | 17:27.7 | 2:23.7 | |
| 8 | Mora | 209 | 21 | 33 | 44 | 51 | 60 | 85 | 111 | 17:34.4 | 0:59.8 | |
| 9 | Rochester Lourdes | 220 | 14 | 39 | 47 | 57 | 63 | 66 | 72 | 17:37.3 | 1:21.7 | |
| 10 | Redwood Valley | 228 | 5 | 6 | 61 | 76 | 80 | 88 | 105 | 17:32.6 | 2:09.4 | |
| 11 | Winona Cotter | 237 | 2 | 25 | 67 | 70 | 73 | 104 | 107 | 17:38.3 | 2:14.6 | |
| 12 | Warroad | 248 | 4 | 22 | 36 | 90 | 96 | 99 | 102 | 17:41.4 | 2:33.4 | |
| 13 | Saint James | 266 | 16 | 18 | 68 | 71 | 93 | 108 | 112 | 17:53.3 | 1:52.7 | |
| 14* | Staples-Motley | 274 | 34 | 37 | 43 | 74 | 86 | 87 | 91 | 17:51.3 | 1:09.6 | |
| 15* | Eveleth-Gilbert | 274 | 29 | 53 | 55 | 58 | 79 | 94 | 109 | 17:56.2 | 1:13.4 | |
| 16 | Montevideo | 277 | 23 | 42 | 52 | 77 | 83 | 95 | 98 | 17:53.2 | 1:23.3 | |

1. Perham

| | | |
|------------------------|-------------------------|-------------------|
| 1 | Kevin Lachowitzer, 11 | 15:54.9 |
| 8 | Justin Tellinhuisen, 11 | 16:27.5 |
| 11 | Eddie Stenger, 11 | 16:39.4 |
| 24 | Bryan Paridon, 12 | 17:08.8 |
| 27 | Nick Adkins, 12 | 17:11.9 |
| 50 | Charlie Nord, 12 | 17:44.1 |
| 78 | Parker Carignan, 11 | 18:25.5 |
| Total Time = 1:23:22.6 | | Total Places = 71 |

3. Adrian

| | | |
|------------------------|----------------------|--------------------|
| 7 | Ethan Wieneke, 12 | 16:22.4 |
| 31 | Jordan Pater, 9 | 17:18.0 |
| 32 | Chris Reisdorfer, 10 | 17:18.0 |
| 48 | Jack Albertson, 11 | 17:40.7 |
| 54 | Jarod Boltjes, 11 | 17:58.1 |
| 64 | Dustin Lonneman, 12 | 18:11.0 |
| 81 | Kyle Henning, 10 | 18:29.8 |
| Total Time = 1:26:37.2 | | Total Places = 172 |

2. Minnehaha Academy

| | | |
|------------------------|--------------------|--------------------|
| 3 | Will Haffield, 12 | 16:12.1 |
| 19 | Jake Brown, 9 | 17:05.0 |
| 38 | Kevin Peters, 11 | 17:27.1 |
| 40 | Sam Wagner, 10 | 17:29.1 |
| 65 | Joel McDougall, 11 | 18:11.3 |
| 69 | Seth Anderson, 12 | 18:17.6 |
| 89 | Tommy Bennett, 12 | 18:40.2 |
| Total Time = 1:26:24.7 | | Total Places = 165 |

4. Pine City

| | | |
|------------------------|-----------------------|--------------------|
| 9 | Trevor McNally, 11 | 16:32.2 |
| 15 | Tom Miche, 11 | 16:49.8 |
| 20 | David Hambly, 11 | 17:05.3 |
| 62 | Jordan Clementson, 12 | 18:08.5 |
| 75 | Andrew Lutz, 11 | 18:22.2 |
| 84 | Mike Gray, 12 | 18:31.5 |
| 97 | Josh Boland, 12 | 18:53.1 |
| Total Time = 1:26:57.9 | | Total Places = 181 |

5. Fairmont

| | | |
|------------------------|--------------------|--------------------|
| 13 | David Haegeman, 10 | 16:46.4 |
| 26 | Jeff Janssen, 11 | 17:11.5 |
| 28 | Tanner Bullock, 12 | 17:13.2 |
| 45 | Miles Duffey, 12 | 17:35.1 |
| 82 | Brady Holm, 12 | 18:30.4 |
| 92 | Andrew Hasek, 9 | 18:48.7 |
| 100 | Ian Heuer, 11 | 18:56.9 |
| Total Time = 1:27:16.6 | | Total Places = 194 |

6. St. Cloud Cathedral

| | | |
|------------------------|-------------------|--------------------|
| 17 | Rob Aderman, 12 | 16:59.2 |
| 30 | Zach Ley, 12 | 17:17.1 |
| 46 | Sam Hall, 12 | 17:37.5 |
| 49 | Ted Kain, 11 | 17:42.6 |
| 56 | Kyle Scheeler, 11 | 18:00.6 |
| 59 | Paul DeWenter, 11 | 18:04.8 |
| 103 | Alex Warzecha, 12 | 19:18.8 |
| Total Time = 1:27:36.9 | | Total Places = 198 |

7. Watertown Mayer

| | | |
|------------------------|-------------------|--------------------|
| 10 | Erik Escher, 12 | 16:38.5 |
| 12 | Kyle Peterson, 12 | 16:44.7 |
| 35 | Matt Walstrom, 12 | 17:23.5 |
| 41 | Luke Jordan, 11 | 17:29.5 |
| 101 | Tony Schramm, 11 | 19:02.2 |
| 106 | Lucas O'Brien, 12 | 19:30.7 |
| 110 | Zach Smith, 11 | 19:49.0 |
| Total Time = 1:27:18.4 | | Total Places = 199 |

8. Mora

| | | |
|------------------------|-----------------------|--------------------|
| 21 | J P Cartier, 11 | 17:05.7 |
| 33 | Jon Coler, 10 | 17:18.6 |
| 44 | Mark Bostrom, 10 | 17:34.6 |
| 51 | Brandon Kulenkamp, 10 | 17:47.4 |
| 60 | Greg Moravec, 10 | 18:05.5 |
| 85 | Tim Stenberg, 10 | 18:32.0 |
| 111 | Jake Stanger, 12 | 19:50.0 |
| Total Time = 1:27:51.9 | | Total Places = 209 |

9. Rochester Lourdes

| | | |
|------------------------|---------------------|--------------------|
| 14 | Luke Leibovich, 12 | 16:47.8 |
| 39 | Patrick Sitzler, 12 | 17:27.5 |
| 47 | Mark Freund, 10 | 17:39.1 |
| 57 | Mike Resman, 11 | 18:02.4 |
| 63 | Tommy Carr, 9 | 18:09.5 |
| 66 | Josh Crowley, 12 | 18:13.9 |
| 72 | Nate Weigel, 12 | 18:20.6 |
| Total Time = 1:28:06.4 | | Total Places = 220 |

10. Redwood Valley

| | | |
|------------------------|---------------------|--------------------|
| 5 | Justin Peters, 12 | 16:19.4 |
| 6 | Anthony Bongard, 12 | 16:21.8 |
| 61 | Nick Hodgson, 12 | 18:07.9 |
| 76 | Nate Remmele, 11 | 18:24.7 |
| 80 | Dusty Wellnitz, 12 | 18:28.8 |
| 88 | Nick Hastreiter, 9 | 18:34.7 |
| 105 | Dan Perry, 11 | 19:28.2 |
| Total Time = 1:27:42.7 | | Total Places = 228 |

11. Winona Cotter

| | | |
|------------------------|---------------------|--------------------|
| 2 | Don Wasinger, 11 | 16:06.5 |
| 25 | Alex Nsengimana, 12 | 17:09.4 |
| 67 | Kyle Link, 12 | 18:16.4 |
| 70 | Brian Conover, 10 | 18:17.8 |
| 73 | Aaron Gernes, 12 | 18:21.1 |
| 104 | Jacob Demarais, 11 | 19:25.1 |
| 107 | Matt Wolfe, 11 | 19:35.8 |
| Total Time = 1:28:11.3 | | Total Places = 237 |

12. Warroad

| | | |
|------------------------|---------------------|--------------------|
| 4 | Moses Heppner, 10 | 16:19.0 |
| 22 | Eric Mohrbacher, 11 | 17:07.3 |
| 36 | Alex Johnson, 11 | 17:24.7 |
| 90 | Anthony Sourdif, 10 | 18:43.7 |
| 96 | Josiah Head, 12 | 18:52.3 |
| 99 | Tai Larson, 10 | 18:55.1 |
| 102 | Solomon Heppner, 8 | 19:03.2 |
| Total Time = 1:28:27.0 | | Total Places = 248 |

13. Saint James

| | | |
|------------------------|------------------------|--------------------|
| 16 | Zac Faith, 11 | 16:58.6 |
| 18 | Taylor Zinnel, 11 | 17:00.5 |
| 68 | Brian Christiansen, 10 | 18:16.9 |
| 71 | Ryan Doll, 11 | 18:18.8 |
| 93 | Dustin Palmquist, 12 | 18:51.3 |
| 108 | Chris Wiens, 12 | 19:38.4 |
| 112 | Andrew Beck, 12 | 19:54.9 |
| Total Time = 1:29:26.2 | | Total Places = 266 |

14*. Staples-Motley

| | | |
|------------------------|---------------------|--------------------|
| 34 | Josiah Fuhrman, 11 | 17:23.2 |
| 37 | Jordan Bendson, 9 | 17:26.9 |
| 43 | Josh Ulring, 11 | 17:31.6 |
| 74 | Nick Waverek, 12 | 18:21.9 |
| 86 | Josh Freese, 9 | 18:32.7 |
| 87 | Aleksis Kincaid, 12 | 18:32.9 |
| 91 | Derek Cleveland, 11 | 18:48.0 |
| Total Time = 1:29:16.3 | | Total Places = 274 |

15*. Eveleth-Gilbert

| | | |
|------------------------|------------------|--------------------|
| 29 | Aaron Nelson, 12 | 17:14.1 |
| 53 | Natie Wagner, 9 | 17:56.2 |
| 55 | Evan Johnson, 12 | 17:58.4 |
| 58 | Allen Hawley, 11 | 18:04.3 |
| 79 | Josh Wyrick, 12 | 18:27.5 |
| 94 | Mike Aro, 9 | 18:51.7 |
| 109 | Jim Polacec, 11 | 19:44.0 |
| Total Time = 1:29:40.6 | | Total Places = 274 |

16. Montevideo

| | | |
|------------------------|----------------------|--------------------|
| 23 | Tony Klosterboer, 12 | 17:07.8 |
| 42 | J J Nieuwbeerta, 12 | 17:31.3 |
| 52 | Darrin Reuss, 11 | 17:50.6 |
| 77 | Owen Hein, 11 | 18:25.0 |
| 83 | Darin Olson, 12 | 18:31.1 |
| 95 | Jack Powers, 12 | 18:52.2 |
| 98 | Shane Reuther, 12 | 18:53.8 |
| Total Time = 1:29:25.8 | | Total Places = 277 |

2006 State Class A Boys' Cross Country

Individual Results

| PLACE | TEAM SCORE | FINISHER | Mile TIME | FINAL TIME | TEAM |
|-------|------------|-------------------------|-----------|------------|-----------------------|
| 1 | 1 | Kevin Lachowitz, 11 | 4:57 | 15:54.9 | Perham |
| 2 | 2 | Don Wasinger, 11 | 4:57 | 16:06.5 | Winona Cotter |
| 3 | 3 | Will Haffield, 12 | 4:57 | 16:12.1 | Minnehaha Academy |
| 4 | 4 | Moses Heppner, 10 | 4:57 | 16:19.0 | Warroad |
| 5 | 5 | Justin Peters, 12 | 4:58 | 16:19.4 | Redwood Valley |
| 6 | | Eric Thies, 12 | 5:00 | 16:21.0 | Sibley East |
| 7 | 6 | Anthony Bongard, 12 | 4:58 | 16:21.8 | Redwood Valley |
| 8 | 7 | Ethan Wieneke, 12 | 4:59 | 16:22.4 | Adrian |
| 9 | 8 | Justin Tellinhuisen, 11 | 5:00 | 16:27.5 | Perham |
| 10 | | Dustin Franta, 12 | 5:00 | 16:28.1 | La Crescent |
| 11 | | Kenny Fillbrandt, 11 | 4:58 | 16:30.6 | GlencoeSilverLk/McC W |
| 12 | | Connor Gjevre, 9 | 5:01 | 16:31.5 | Annandale |
| 13 | | Brett Ausmus, 11 | 5:04 | 16:31.8 | Hinckley-Finlayson |
| 14 | 9 | Trevor McNally, 11 | 5:08 | 16:32.2 | Pine City |
| 15 | | Jackson Peterson, 12 | 5:00 | 16:33.5 | Carlton-Cca |
| 16 | 10 | Erik Escher, 12 | 5:00 | 16:38.5 | Watertown Mayer |
| 17 | 11 | Eddie Stenger, 11 | 5:00 | 16:39.4 | Perham |
| 18 | | Casey Lippert, 12 | 5:01 | 16:44.0 | Renville County West |
| 19 | 12 | Kyle Peterson, 12 | 4:59 | 16:44.7 | Watertown Mayer |
| 20 | 13 | David Haegeman, 10 | 5:09 | 16:46.4 | Fairmont |
| 21 | 14 | Luke Leibovich, 12 | 5:09 | 16:47.8 | Rochester Lourdes |
| 22 | | Jacob Henderson, 12 | 5:06 | 16:48.8 | Yellow Medicine East |
| 23 | | Doug Liebsch, 11 | 5:14 | 16:49.0 | LongPrairie-GreyEagle |
| 24 | | Adam Staniger, 11 | 5:03 | 16:49.2 | Chisholm |
| 25 | 15 | Tom Miche, 11 | 5:09 | 16:49.8 | Pine City |
| 26 | | Clayton Foster, 10 | 5:11 | 16:52.8 | Pequot Lakes |
| 27 | | Evan Eliason, 12 | 5:10 | 16:53.1 | Concordia - Roseville |
| 28 | | David Upjohn, 12 | 5:07 | 16:55.1 | Blake |
| 29 | 16 | Zac Faith, 11 | 5:04 | 16:58.6 | Saint James |
| 30 | 17 | Rob Aderman, 12 | 5:11 | 16:59.2 | St. Cloud Cathedral |
| 31 | | Peter Vukelich, 11 | 5:11 | 17:00.2 | Crosby-Ironton |
| 32 | 18 | Taylor Zinnel, 11 | 5:10 | 17:00.5 | Saint James |
| 33 | | Lucas Torress, 12 | 5:11 | 17:02.7 | Blue Earth Area |
| 34 | | Ryan Swenson, 8 | 5:01 | 17:02.9 | Lac qui Parle Valley |
| 35 | | Austin Hinrichs, 12 | 5:06 | 17:04.3 | Maccray |
| 36 | 19 | Jake Brown, 9 | 5:17 | 17:05.0 | Minnehaha Academy |
| 37 | 20 | David Hambly, 11 | 5:18 | 17:05.3 | Pine City |
| 38 | 21 | J P Cartier, 11 | 5:04 | 17:05.7 | Mora |
| 39 | | Justin Scherbring, 12 | 5:10 | 17:06.8 | Hayfield |
| 40 | 22 | Eric Mohrbacher, 11 | 5:03 | 17:07.3 | Warroad |
| 41 | 23 | Tony Klosterboer, 12 | 5:07 | 17:07.8 | Montevideo |
| 42 | | Andrew Friesen, 11 | 5:05 | 17:08.3 | Lake ofWoods/RainyRiv |
| 43 | 24 | Bryan Paridon, 12 | 5:07 | 17:08.8 | Perham |
| 44 | | Mark Bartley, 11 | 5:15 | 17:09.0 | Blue Earth Area |
| 45 | | Steven Gall, 12 | 5:05 | 17:09.0 | Pierz |
| 46 | | Joah Schewecke, 12 | 5:06 | 17:09.2 | Rockford |
| 47 | 25 | Alex Nsengimana, 12 | 5:08 | 17:09.4 | Winona Cotter |
| 48 | | Tom Pesch, 11 | 5:01 | 17:10.8 | Plainview-Elgin-Milly |
| 49 | 26 | Jeff Janssen, 11 | 5:09 | 17:11.5 | Fairmont |
| 50 | 27 | Nick Adkins, 12 | 5:08 | 17:11.9 | Perham |
| 51 | | Ian Campbell, 12 | 5:15 | 17:12.3 | Blooming Prairie |
| 52 | 28 | Tanner Bulock, 12 | 5:07 | 17:13.2 | Fairmont |
| 53 | 29 | Aaron Nelson, 12 | 5:08 | 17:14.1 | Eveleth-Gilbert |
| 54 | | Neil Larsen, 10 | 5:14 | 17:14.8 | Milaca |
| 55 | | Nate Ellens, 12 | 5:14 | 17:15.9 | Murray County Central |
| 56 | 30 | Zach Ley, 12 | 5:11 | 17:17.1 | St. Cloud Cathedral |
| 57 | 31 | Jordan Pater, 9 | 5:14 | 17:18.0 | Adrian |
| 58 | 32 | Chris Reisdorfer, 10 | 5:13 | 17:18.0 | Adrian |
| 59 | 33 | Jon Coler, 10 | 5:13 | 17:18.6 | Mora |
| 60 | | Sam Meyer, 12 | 5:21 | 17:19.5 | Kingsland |
| 61 | | Peter Otten, 11 | 5:12 | 17:19.7 | Chof |
| 62 | | Daniel Merrit, 11 | 5:06 | 17:20.1 | HowardLk-Wavrly-Wins |
| 63 | | Cody Marvig, 11 | 5:16 | 17:20.8 | Hawley/Ulen-Hitterdal |
| 64 | | Paul Weigel, 11 | 5:00 | 17:22.3 | Holy Family |
| 65 | | Marcus Piepho, 12 | 5:16 | 17:22.8 | Mankato Loyola |
| 66 | 34 | Josiah Fuhrman, 11 | 5:11 | 17:23.2 | Staples-Motley |
| 67 | 35 | Matt Walstrom, 12 | 5:07 | 17:23.5 | Watertown Mayer |
| 68 | 36 | Alex Johnson, 11 | 5:17 | 17:24.7 | Warroad |
| 69 | | Bryan Lindquist, 11 | 5:12 | 17:26.1 | Esko |
| 70 | 37 | Jordan Bendson, 9 | 5:17 | 17:26.9 | Staples-Motley |

| | | | | | |
|-----|-----|------------------------|------|---------|-----------------------|
| 71 | 38 | Kevin Peters, 11 | 5:15 | 17:27.1 | Minnehaha Academy |
| 72 | | Tanner Skillings, 12 | 5:06 | 17:27.3 | Canby/Lincoln H I/Min |
| 73 | 39 | Patrick Sitzler, 12 | 5:13 | 17:27.5 | Rochester Lourdes |
| 74 | | Josh Dahl, 12 | 5:13 | 17:29.0 | Rush City |
| 75 | 40 | Sam Wagner, 10 | 5:19 | 17:29.1 | Minnehaha Academy |
| 76 | 41 | Luke Jordan, 11 | 5:08 | 17:29.5 | Watertown Mayer |
| 77 | | Noah Prinsen, 12 | 5:18 | 17:30.8 | CookCounty-Silver Bay |
| 78 | 42 | J J Nieuwbeerta, 12 | 5:07 | 17:31.3 | Montevideo |
| 79 | 43 | Josh Ulring, 11 | 5:15 | 17:31.6 | Staples-Motley |
| 80 | | Ali Khalili, 11 | 5:14 | 17:31.9 | Byron |
| 81 | 44 | Mark Bostrom, 10 | 5:15 | 17:34.6 | Mora |
| 82 | 45 | Miles Duffey, 12 | 5:32 | 17:35.1 | Fairmont |
| 83 | 46 | Sam Hall, 12 | 5:26 | 17:37.5 | St. Cloud Cathedral |
| 84 | 47 | Mark Freund, 10 | 5:18 | 17:39.1 | Rochester Lourdes |
| 85 | | Ryan Sterner, 11 | 5:17 | 17:40.6 | HowardLk-Wavrly-Wins |
| 86 | 48 | Jack Albertson, 11 | 5:12 | 17:40.7 | Adrian |
| 87 | | Landon Bauer, 9 | 5:19 | 17:41.5 | Albany |
| 88 | | Jordan Smith, 9 | 5:21 | 17:42.4 | Cromwell-Floodwood |
| 89 | 49 | Ted Kain, 11 | 5:24 | 17:42.6 | St. Cloud Cathedral |
| 90 | 50 | Charlie Nord, 12 | 5:19 | 17:44.1 | Perham |
| 91 | | Sam Pakkonen, 11 | 5:09 | 17:44.7 | Mib-Virginia |
| 92 | 51 | Brandon Kulenkamp, 10 | 5:22 | 17:47.4 | Mora |
| 93 | 52 | Darrin Reuss, 11 | 5:18 | 17:50.6 | Montevideo |
| 94 | | Andy Fillmore, 12 | 5:17 | 17:53.1 | Montgomery-Lonsdale |
| 95 | 53 | Natie Wagner, 9 | 5:16 | 17:56.2 | Eveleth-Gilbert |
| 96 | 54 | Jarod Boltjes, 11 | 5:20 | 17:58.1 | Adrian |
| 97 | 55 | Evan Johnson, 12 | 5:14 | 17:58.4 | Eveleth-Gilbert |
| 98 | 56 | Kyle Scheeler, 11 | 5:30 | 18:00.6 | St. Cloud Cathedral |
| 99 | 57 | Mike Resman, 11 | 5:26 | 18:02.4 | Rochester Lourdes |
| 100 | | Lucas Odegard, 12 | 5:30 | 18:04.1 | Sauk Centre |
| 101 | 58 | Allen Hawley, 11 | 5:10 | 18:04.3 | Eveleth-Gilbert |
| 102 | 59 | Paul DeWenter, 11 | 5:30 | 18:04.8 | St. Cloud Cathedral |
| 103 | | Cory Asfeld, 11 | 5:24 | 18:05.1 | Wadena-Deer Creek |
| 104 | | Brandon Cook, 11 | 5:20 | 18:05.4 | Martin County West |
| 105 | 60 | Greg Moravec, 10 | 5:27 | 18:05.5 | Mora |
| 106 | 61 | Nick Hodgson, 12 | 5:23 | 18:07.9 | Redwood Valley |
| 107 | 62 | Jordan Clementson, 12 | 5:33 | 18:08.5 | Pine City |
| 108 | 63 | Tommy Carr, 9 | 5:30 | 18:09.5 | Rochester Lourdes |
| 109 | 64 | Dustin Lonneman, 12 | 5:25 | 18:11.0 | Adrian |
| 110 | 65 | Joel McDougall, 11 | 5:22 | 18:11.3 | Minnehaha Academy |
| 111 | 66 | Josh Crowley, 12 | 5:28 | 18:13.9 | Rochester Lourdes |
| 112 | 67 | Kyle Link, 12 | 5:26 | 18:16.4 | Winona Cotter |
| 113 | 68 | Brian Christiansen, 10 | 5:22 | 18:16.9 | Saint James |
| 114 | 69 | Seth Anderson, 12 | 5:21 | 18:17.6 | Minnehaha Academy |
| 115 | 70 | Brian Conover, 10 | 5:23 | 18:17.8 | Winona Cotter |
| 116 | 71 | Ryan Doll, 11 | 5:32 | 18:18.8 | Saint James |
| 117 | 72 | Nate Weigel, 12 | 5:23 | 18:20.6 | Rochester Lourdes |
| 118 | 73 | Aaron Gernes, 12 | 5:26 | 18:21.1 | Winona Cotter |
| 119 | 74 | Nick Waverek, 12 | 5:32 | 18:21.9 | Staples-Motley |
| 120 | 75 | Andrew Lutz, 11 | 5:21 | 18:22.2 | Pine City |
| 121 | 76 | Nate Remmele, 11 | 5:29 | 18:24.7 | Redwood Valley |
| 122 | 77 | Owen Hein, 11 | 5:28 | 18:25.0 | Montevideo |
| 123 | 78 | Parker Carignan, 11 | 5:23 | 18:25.5 | Perham |
| 124 | 79 | Josh Wyrick, 12 | 5:23 | 18:27.5 | Eveleth-Gilbert |
| 125 | 80 | Dusty Wellnitz, 12 | 5:29 | 18:28.8 | Redwood Valley |
| 126 | | Ryan Tholen, 10 | 5:22 | 18:29.1 | Tracy/Milroy/Balaton |
| 127 | 81 | Kyle Henning, 10 | 5:35 | 18:29.8 | Adrian |
| 128 | 82 | Brady Holm, 12 | 5:35 | 18:30.4 | Fairmont |
| 129 | 83 | Darin Olson, 12 | 5:27 | 18:31.1 | Montevideo |
| 130 | 84 | Mike Gray, 12 | 5:38 | 18:31.5 | Pine City |
| 131 | 85 | Tim Stenberg, 10 | 5:32 | 18:32.0 | Mora |
| 132 | 86 | Josh Freese, 9 | 5:32 | 18:32.7 | Staples-Motley |
| 133 | 87 | Aleksis Kincaid, 12 | 5:30 | 18:32.9 | Staples-Motley |
| 134 | 88 | Nick Hastreiter, 9 | 5:37 | 18:34.7 | Redwood Valley |
| 135 | 89 | Tommy Bennett, 12 | 5:33 | 18:40.2 | Minnehaha Academy |
| 136 | 90 | Anthony Sourdif, 10 | 5:33 | 18:43.7 | Warroad |
| 137 | 91 | Derek Cleveland, 11 | 5:39 | 18:48.0 | Staples-Motley |
| 138 | 92 | Andrew Hasek, 9 | 5:39 | 18:48.7 | Fairmont |
| 139 | 93 | Dustin Palmquist, 12 | 5:26 | 18:51.3 | Saint James |
| 140 | 94 | Mike Aro, 9 | 5:25 | 18:51.7 | Eveleth-Gilbert |
| 141 | 95 | Jack Powers, 12 | 5:34 | 18:52.2 | Montevideo |
| 142 | 96 | Josiah Head, 12 | 5:22 | 18:52.3 | Warroad |
| 143 | 97 | Josh Boland, 12 | 5:38 | 18:53.1 | Pine City |
| 144 | 98 | Shane Reuther, 12 | 5:36 | 18:53.8 | Montevideo |
| 145 | 99 | Tai Larson, 10 | 5:39 | 18:55.1 | Warroad |
| 146 | 100 | Ian Heuer, 11 | 5:39 | 18:56.9 | Fairmont |
| 147 | 101 | Tony Schramm, 11 | 5:41 | 19:02.2 | Watertown Mayer |
| 148 | 102 | Solomon Heppner, 8 | 5:39 | 19:03.2 | Warroad |
| 149 | 103 | Alex Warzecha, 12 | 5:37 | 19:18.8 | St. Cloud Cathedral |
| 150 | 104 | Jacob Demarais, 11 | 5:44 | 19:25.1 | Winona Cotter |
| 151 | 105 | Dan Perry, 11 | 5:43 | 19:28.2 | Redwood Valley |
| 152 | 106 | Lucas O'Brien, 12 | 5:40 | 19:30.7 | Watertown Mayer |
| 153 | 107 | Matt Wolfe, 11 | 5:44 | 19:35.8 | Winona Cotter |
| 154 | 108 | Chris Wiens, 12 | 5:49 | 19:38.4 | Saint James |
| 155 | 109 | Jim Polacec, 11 | 5:46 | 19:44.0 | Eveleth-Gilbert |
| 156 | 110 | Zach Smith, 11 | 5:49 | 19:49.0 | Watertown Mayer |
| 157 | 111 | Jake Stanger, 12 | 5:47 | 19:50.0 | Mora |
| 158 | 112 | Andrew Beck, 12 | 5:48 | 19:54.9 | Saint James |

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

| Name | Gr | Year | Milaca | Pine City | N. Branch | Pierz | Mega@Foley | Becker |
|-------------------|----|------|------------|------------|------------|--------------|--------------|--------------|
| Hannah Espeseth | 12 | 2006 | 18:01 (4k) | 19:24 (4k) | 19:03 (4k) | 18:35 (4k) | 18:35 (4k) | 18:02 (4k) |
| | 11 | 2005 | 20:32 (4k) | 19:05 (4k) | 18:44 (4k) | 18:40 (4k) | | |
| | 10 | 2004 | | 18:52 (4k) | 19:05 (4k) | 18:54 (4k) | 18:12 (4k) | |
| | 9 | 2003 | 22:09 (4k) | 20:27 (4k) | 19:49 (4k) | 19:48 (4k) | | 19:02 (4k) |
| | 8 | 2002 | 10:50 (2k) | 10:05 (2k) | 9:00 (2k) | 16:42(3.2k) | 14:39(3.2k) | 17:24 (3.2k) |
| | 7 | 2001 | | 9:21 (2k) | 9:17 (2k) | 16:46 (3.2k) | | |
| Abby Olson | 12 | 2006 | 20:00 (4k) | 21:35 (4k) | 20:21 (4k) | 19:37 (4k) | 20:03 (4k) | 18:45 (4k) |
| | 11 | 2005 | | 20:22 (4k) | 19:31 (4k) | 19:21 (4k) | | |
| | 10 | 2004 | | 21:25 (4k) | 19:04 (4k) | 20:02 (4k) | 18:47 (4k) | |
| | 9 | 2003 | 20:27 (4k) | 18:48 (4k) | 18:32 (4k) | 19:18 (4k) | | 18:49 (4k) |
| | 8 | 2002 | 9:50 (2k) | 9:16 (2k) | 8:44 (2k) | 15:36(3.2k) | 14:23(3.2k) | 15:50 (3.2k) |
| | 7 | 2001 | 9:56 (2k) | 9:09 (2k) | 9:09 (2k) | 15:56 (3.2k) | | |
| Becca Valencia | 12 | 2006 | | | 24:46 (4k) | 24:17 (4k) | 23:25 (4k) | 23:39 (4k) |
| Emily Branzovsky | 11 | 2006 | DNF | 18:05 (4k) | 18:06 (4k) | 17:51 (4k) | 18:06 (4k) | |
| | 10 | 2005 | DNF | | | | | |
| | 9 | 2004 | | 17:21 (4k) | 16:19 (4k) | 17:00 (4k) | 16:24 (4k) | |
| | 8 | 2003 | | 17:04 (4k) | 16:24 (4k) | 16:34 (4k) | | 15:56 (4k) |
| | 7 | 2002 | 9:27 (2k) | 8:59 (2k) | 8:35 (2k) | 18:45 (4k) | 13:44(3.2k) | 18:41 (4k) |
| Emily Erickson | 11 | 2006 | 21:40 (4k) | 21:41 (4k) | 21:26 (4k) | 19:57 (4k) | | 20:08 (4k) |
| | 10 | 2005 | 22:11 (4k) | 21:08 (4k) | 20:18 (4k) | 20:07 (4k) | | |
| | 9 | 2004 | | | | | DNR | |
| | 8 | 2003 | 11:43 (2k) | 9:03 (2k) | 8:56 (2k) | 18:50(3.2k) | | 17:14 (3.2k) |
| Karissa Lange | 11 | 2006 | 19:30 (4k) | 19:12 (4k) | 19:16 (4k) | 18:36 (4k) | 18:39 (4k) | 18:05 (4k) |
| Shauna Palmer | 11 | 2006 | | 21:05 (4k) | 19:25 (4k) | 18:57 (4k) | | 18:29 (4k) |
| | 10 | 2005 | | 20:58 (4k) | 21:01 (4k) | 20:29 (4k) | | |
| | 7 | 2002 | | 10:07 (2k) | 9:36 (2k) | 16:44(3.2k) | 16:10 (3.2k) | |
| Erica Pitzen | 11 | 2006 | 25:43 (4k) | 25:57 (4k) | 26:26 (4k) | 24:45 (4k) | | |
| Aislinn Rogalla | 11 | 2006 | 27:01 (4k) | 24:18 (4k) | 23:55 (4k) | 23:26 (4k) | 23:54 (4k) | 22:16 (4k) |
| Shannon Segarra | 11 | 2006 | 23:50 (4k) | 24:27 (4k) | 22:57 (4k) | 21:55 (4k) | | 21:40 (4k) |
| Etta Clementson | 10 | 2006 | 20:38 (4k) | 19:23 (4k) | 19:13 (4k) | 19:36 (4k) | 18:41 (4k) | 18:31 (4k) |
| | 9 | 2005 | 20:24 (4k) | 19:25 (4k) | 18:51 (4k) | 19:12 (4k) | | |
| | 8 | 2004 | | 9:08 (2k) | 8:46 (2k) | 19:36 (4k) | 18:54 (4k) | |
| | 7 | 2003 | 9:48 (2k) | 8:47 (2k) | 8:41 (2k) | 14:39(3.2k) | | 14:41 (3.2k) |
| Steph Dickey | 10 | 2006 | DNF | 22:07 (4k) | 22:31 (4k) | 21:20 (4k) | | 21:13 (4k) |
| | 9 | 2005 | | 21:20 (4k) | 22:06 (4k) | DNR | | |
| | 8 | 2004 | | 9:35 (2k) | 9:15 (2k) | 16:39 (3.2k) | DNF | |
| | 7 | 2003 | | 9:41 (2k) | 9:12 (2k) | DNR | | DNF |
| Emily Hill | 10 | 2006 | 25:56 (4k) | 25:29 (4k) | 24:44 (4k) | 24:11 (4k) | 23:06 (4k) | 23:43 (4k) |
| | 9 | 2005 | 28:36 (4k) | 28:00 (4k) | 26:20 (4k) | DNR | | |
| | 8 | 2004 | | 12:39 (2k) | 11:44 (2k) | 20:24 (3.2k) | 20:02 (3.2k) | |
| | 7 | 2003 | 12:34 (2k) | 11:51(2k) | 11:32 (2k) | 21:21(3.2k) | | 19:08 (3.2k) |
| Laura Kleppe | 10 | 2006 | 20:39 (4k) | 20:48 (4k) | 19:28 (4k) | 19:13 (4k) | 19:17 (4k) | 18:37 (4k) |
| | 9 | 2005 | | 21:14 (4k) | 21:22 (4k) | 21:05 (4k) | | |
| | 8 | 2004 | | 9:51 (2k) | 9:29 (2k) | 16:37 (3.2k) | 15:41 (3.2k) | |
| | 7 | 2003 | 11:39 (2k) | 12:06 (2k) | 10:12 (2k) | 19:34(3.2k) | | 17:24 (3.2k) |
| Tara Miche' | 10 | 2006 | 20:03 (4k) | 21:39 (4k) | 21:12 (4k) | 21:46 (4k) | 18:39 (4k) | 18:28 (4k) |
| Ashley Harrington | 8 | 2006 | | | 9:24 (2k) | 16:06 (3.2k) | 14:46 (3.2k) | 18:28 (3.2k) |
| Megan Miesner | 7 | 2006 | | | 8:57 (2k) | 14:44 (3.2k) | 13:30 (3.2k) | 14:14 (3.2k) |
| Caitlin Walbridge | 7 | 2006 | | | 11:09 (2k) | 19:26 (3.2k) | 18:05 (3.2k) | 17:59 (3.2k) |

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

| Swain | Conference | Cambridge | Section | State | PB | Average |
|--------------|---------------|------------|------------|-------|-----------|------------|
| 19:03 (4k) | PC-17:29 (4k) | | Clqt-17:10 | | 17:10 | 18:22 |
| 20:00 (4k) | PC-17:48 (4k) | 18:47 (4k) | Clqt-18:01 | | 17:48 | 19:02 |
| 20:13 (4k) | PR-17:51 (4k) | | Clqt-18:27 | | 17:51 | 18:53 |
| | SM-20:29 (4k) | | | | 19:02 | 20:20 |
| | PC- 9:20 (2k) | | | | 9:00(2k) | 9:49 (2k) |
| | NB- 8:38 (2k) | | | | 8:38 (2k) | 9:22 (2k) |
| 20:52 (4k) | PC-19:53 (4k) | | Clqt-19:00 | | 18:45 | 20:67 |
| 20:04 (4k) | PC-18:57 (4k) | 19:27 (4k) | Clqt-18:41 | | 18:41 | 19:27 |
| 20:52 (4k) | PR-18:41 (4k) | | Clqt-18:14 | | 18:14 | 19:18 |
| | SM-19:21 (4k) | | Clqt-18:37 | | 18:32 | 19:17 |
| | PC- 8:45 (2k) | | | | 8:44 (2k) | 9:13 (2k) |
| | NB-8:26 (2k) | | | | 8:26 (2k) | 9:21 (2k) |
| 25:05 (4k) | DNR | | | | 23:25 | 24:14 |
| DNR | PC-18:03 (4k) | | Clqt-17:29 | | 17:29 | 17:57 |
| 18:07 (4k) | PR-16:34 (4k) | | Clqt-16:29 | | 16:19 | 16:53 |
| | SM-16:25 (4k) | | Clqt-15:45 | 15:50 | 15:45 | 16:31 |
| | PC-17:08 (4k) | | Bec-16:40 | | 16:40 | 18:00 (4k) |
| DNR | PC-20:34 (4k) | | | | 19:57 | 20:54 |
| DNR | PC-18:42 (4k) | DNF | Clqt-18:29 | | 18:29 | 20:15 |
| 24:08 (4k) | PR-21:08 (4k) | | | | 21:10 | 23:13 |
| | DNF-injury | | | | 8:56(2k) | 10:36(2k) |
| 19:13 (4k) | PC-18:22 (4k) | | Clqt-18:00 | | 18:00 | 18:46 |
| 21:24 (4k) | PC-19:02 (4k) | | | | 18:29 | 19:44 |
| 21:32 (4k) | PC-20:47 (4k) | 20:26 (4k) | | | 20:03 | 20:40 |
| | PC- 9:45 (2k) | | | | 9:36 (2k) | 9:49(2k) |
| 27:51 (4k) | PC-27:24 (4k) | | | | 24:45 | 26:21 |
| 24:25 (4k) | PC-22:34 (4k) | | | | 22:16 | 23:58 |
| 23:34 (4k) | PC-24:22 (4k) | | | | 21:40 | 23:15 |
| 20:38 (4k) | PC-18:38 (4k) | | Clqt-18:34 | | 18:31 | 19:19 |
| 20:08 (4k) | PC-18:13 (4k) | 18:38 (4k) | Clqt-18:01 | | 18:01 | 19:10 |
| 13:02 (2.6k) | PR-14:01 (3k) | | Clqt-18:21 | | 18:21 | 19:03 |
| | SM-13:15(3k) | | Clqt-17:34 | | 17:34 | 9:10(2k) |
| 21:58 (4k) | PC-20:53 (4k) | | | | 20:53 | 21:40 |
| 22:00 (4k) | PC-20:16 (4k) | 21:39 (4k) | | | 20:16 | 21:33 |
| DNR | PR-15:14 (3k) | | | | 9:15(2k) | 9:28(2k) |
| | SM-14:10(3k) | | | | 9:04(2k) | 9:27(2k) |
| 24:56 (4k) | PC-24:08 (4k) | | | | 23:06 | 24:31 |
| 27:26 (4k) | PC-25:03 (4k) | 26:05 (4k) | | | 25:03 | 26:50 |
| 10:37 (2.6k) | PR-17:43 (3k) | | | | 11:27(2k) | 12:10(2k) |
| | SM-19:14 (3k) | | | | 11:32(2k) | 12:03(2k) |
| 20:20 (4k) | PC-19:03 (4k) | | Clqt-18:52 | | 18:52 | 19:35 |
| 21:10 (4k) | PC-19:05 (4k) | 19:45 (4k) | Clqt-18:49 | | 18:49 | 20:35 |
| 8:30 (2.6k) | PR-15:10 (3k) | | | | 9:19(2k) | 9:36(2k) |
| | SM-16:44(.3k) | | | | 10:12(2k) | 11:21(2k) |
| 19:46 (4k) | PC-19:14 (4k) | | Clqt-18:32 | | 18:28 | 19:55 |
| 12:09 (2.5k) | PC-9:11 (2k) | | | | 9:11(2k) | 9:17(2k) |
| 11:42 (2.5k) | PC-9:00 (2k) | | | | 8:57(2k) | 8:58(2k) |
| 15:01 (2.5k) | PC-10:23 (2k) | | | | 10:23(2k) | 10:46(2k) |

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

| Name | Gr | Year | Milaca | Pine City | N Branch | Pierz | Mega@Foley | Becker |
|-------------------|----|------|------------|------------|------------|--------------|-------------|--------------|
| Josh Boland | 12 | 2006 | 21:50 (5k) | 20:28 (5k) | 20:02 (5k) | 19:26 (5k) | 19:51 (5k) | 19:29 (5k) |
| | 11 | 2005 | | 20:19 (5k) | 20:07 (5k) | 19:38 (5k) | | |
| | 10 | 2004 | | 21:17 (5k) | 19:34 (5k) | 19:32 (5k) | 19:20 (5k) | |
| Jordan Clementson | 12 | 2006 | 20:19 (5k) | 20:11 (5k) | 20:01 (5k) | 18:53 (5k) | 19:06 (5k) | 18:43 (5k) |
| | 11 | 2005 | 21:28 (5k) | 19:15 (5k) | 19:21 (5k) | 19:11 (5k) | | |
| | 10 | 2004 | | 20:03 (5k) | 19:20 (5k) | 19:36 (5k) | 19:26 (5k) | |
| | 9 | 2003 | 24:54 (5k) | 21:55 (5k) | 20:41 (5k) | 20:38 (5k) | | 19:42 (5k) |
| | 8 | 2002 | 8:14 (2k) | 7:38 (2k) | 7:36 (2k) | 21:45 (5k) | 12:07(3.2k) | 22:08 (5k) |
| | 7 | 2001 | 8:35 (2k) | 8:54 (2k) | 8:19 (2k) | 14:28(3.2k) | | |
| Mike Gray | 12 | 2006 | 20:53 (5k) | 20:22 (5k) | 20:25 (5k) | 19:18 (5k) | 19:51 (5k) | 19:04 (5k) |
| | 11 | 2005 | | 21:21 (5k) | 20:37 (5k) | 19:31 (5k) | | |
| | 10 | 2004 | | 21:05 (5k) | 19:58 (5k) | 19:58 (5k) | 19:53 (5k) | |
| John Kleppe | 12 | 2006 | 21:50 (5k) | 20:25 (5k) | 21:44 (5k) | 20:17 (5k) | 19:58 (5k) | |
| | 10 | 2004 | | 23:13 (5k) | 22:24 (5k) | 23:38 (5k) | 20:50 (5k) | |
| Tom Miche' | 12 | 2006 | 18:46 (5k) | 17:56 (5k) | 17:59 (5k) | 17:36 (5k) | 17:39 (5k) | 17:33 (5k) |
| | 11 | 2005 | 18:51 (5k) | 18:32 (5k) | 18:12 (5k) | 17:20 (5k) | | |
| | 10 | 2004 | | 18:46 (5k) | 18:28 (5k) | 18:06 (5k) | 17:46 (5k) | |
| | 9 | 2003 | 13:04 (3k) | | 20:37 (5k) | 19:52 (5k) | | 19:46 (5k) |
| | 8 | 2002 | 8:42 (2k) | 8:12 (2k) | 7:48 (2k) | 13:11(3.2k) | 12:39(3.2k) | 13:42(3.2k) |
| | 7 | 2001 | 7:58 (2k) | | 8:14 (2k) | 14:12(3.2k) | | |
| Derek Arnsdorf | 11 | 2006 | 21:01 (5k) | 20:39 (5k) | 20:47 (5k) | 20:15 (5k) | 19:52 (5k) | 19:31 (5k) |
| Shane Clune | 11 | 2006 | 29:20 (5k) | 28:58 (5k) | 28:54 (5k) | 26:20 (5k) | 26:10 (5k) | 25:41 (5k) |
| Steven Guttormson | 11 | 2006 | 23:32 (5k) | 23:03 (5k) | 21:19 (5k) | | | |
| | 10 | 2005 | | 22:26 (5k) | 20:22 (5k) | 20:22 (5k) | | |
| | 7 | 2002 | 7:29 (2k) | 7:51 (2k) | 7:47 (2k) | | | |
| David Hambly | 11 | 2006 | 18:20 (5k) | 18:39 (5k) | 17:51 (5k) | 17:36 (5k) | 17:19 (5k) | 17:18 (5k) |
| | 10 | 2005 | 20:16 (5k) | DNF | 19:01 (5k) | DNR | | |
| | 9 | 2004 | | 20:48 (5k) | 19:45 (5k) | 19:33 (5k) | 19:00 (5k) | 19:38 (5k) |
| | 8 | 2003 | 7:59 (2k) | 7:18 (2k) | 7:27 (2k) | 12:29 (3.2k) | | |
| | 7 | 2002 | | | | | 14:21(3.2k) | |
| Andrew Lutz | 11 | 2006 | 19:06 (5k) | 19:13 (5k) | 19:13 (5k) | 19:08 (5k) | 18:11 (5k) | 18:26 (5k) |
| | 10 | 2005 | 19:36 (5k) | 18:43 (5k) | 18:34 (5k) | 18:58 (5k) | | |
| | 9 | 2004 | | 21:13 (5k) | 19:52 (5k) | 20:18 (5k) | 19:48 (5k) | |
| Trevor McNally | 11 | 2006 | 17:27 (5k) | 17:14 (5k) | 17:22 (5k) | 16:58 (5k) | 16:42 (5k) | 16:49 (5k) |
| | 10 | 2005 | 19:05 (5k) | 18:11 (5k) | 17:54 (5k) | 17:33 (5k) | | |
| | 9 | 2004 | | 19:22 (5k) | 18:33 (5k) | 18:29 (5k) | 17:52 (5k) | |
| | 8 | 2003 | | 7:38 (2k) | 7:47 (2k) | | | 12:32 (3.2k) |
| Kyle Bodin | 9 | 2006 | | | | 20:11 (4k) | 27:57 (5k) | |
| Beau Peterson | 9 | 2006 | | 24:32 (5k) | 24:35 (5k) | 21:34 (5k) | 18:06 (4k) | |
| | 8 | 2005 | | 8:38 (2k) | 8:34 (2k) | DNR | | |
| | 7 | 2004 | | 9:32 (2k) | 9:27 (2k) | 15:15 (3.2k) | 14:21(3.2k) | |
| Jordan Sparling | 9 | 2006 | 37:49 (5k) | 38:56 (5k) | 36:17 (5k) | 35:01 (5k) | 27:00 (4k) | 35:10 (5k) |
| | 8 | 2005 | | 13:00 (2k) | 12:19 (2k) | 22:52 (3.2k) | | |
| | 7 | 2004 | | 14:10 (2k) | 13:37 (2k) | | 21:56(3.2k) | |

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

| Swain | Conference | Cambridge | Section | State | PB | Average |
|--------------|---------------|--------------|------------|-------|--------------|-------------|
| 21:11 (5k) | PC-19:56 (5k) | | Clqt-19:43 | 18:53 | 18:53 | 20:04 |
| 20:29 (5k) | PC-18:55 (5k) | 18:29 (5k) | Clqt-18:19 | 18:19 | 18:19 | 19:30 |
| 16:21 (4k) | PR-18:55 (5k) | | Clqt-18:26 | | 18:26 | 19:44 |
| 19:55 (5k) | PC-19:01 (5k) | | Clqt-18:39 | 18:08 | 18:08 | 19:17 |
| 20:21 (5k) | PC-18:58 (5k) | 19:48 (5k) | Clqt-18:47 | 18:50 | 18:47 | 19:31 |
| 16:05 (4k) | DNR | | Clqt-19:16 | | 19:16 | 19:49 |
| | SM-19:38 (5k) | | | | 19:38 | 21:30 |
| | PC- 7:22 (2k) | | | | 7:22 (2k) | 7:47(2k) |
| | NB-8:10 (2k) | | | | 8:10(2k) | 8:41(2k) |
| 19:59 (5k) | PC-19:07 (5k) | | Clqt-18:57 | 18:31 | 18:31 | 19:39 |
| 20:38 (5k) | PC-19:41 (5k) | 19:19 (5k) | | | 19:19 | 20:17 |
| 16:35 (4k) | PR-19:27 (5k) | | | | 19:27 | 20:14 |
| 21:03 (5k) | PC-20:09 (5k) | | | | 19:58 | 20:46 |
| 17:47 (4k) | PR-20:20 (5k) | | | | 20:20 | 21:57 |
| 17:57 (5k) | PC-17:41 (5k) | | Clqt-17:38 | 16:50 | 16:50 | 17:45 |
| 18:23 (5k) | PC-17:35 (5k) | 17:37 (5k) | Clqt-17:10 | 17:00 | 17:00 | 17:51 |
| 15:24 (4k) | PR-17:46 (5k) | | Clqt-17:05 | | 17:05 | 18:14 |
| | SM-19:00 (5k) | | Clqt-18:47 | | 18:47 | 20:50 |
| | PC- 7:55 (2k) | | | | 7:48(2k) | 8:18(2k) |
| | NB-8:01 (2k) | | | | 7:58(2k) | 8:04 (2k) |
| 20:19 (5k) | DNR | | | | 19:31 | 20:57 |
| 27:07 (5k) | PC-27:43 (5k) | | | | 25:41 | 27:31 |
| | | | | | 21:19 | 22:38 |
| 16:58 (4k) | PC-20:59 (5k) | 20:41 (5k) | | | 20:22 | 20:57 |
| | | | | | 7:29(2k) | 8:20(2k) |
| 18:26 (5k) | PC-17:43 (5k) | | Clqt-17:45 | 17:05 | 17:05 | 17:48 |
| 19:25 (5k) | PC-18:22 (5k) | 18:09 (5k) | Clqt-17:59 | 17:46 | 17:46 | 18:52 |
| 16:20 (4k) | PR-18:40 (5k) | | Clqt-18:17 | | 18:17 | 19:28 |
| | SM-19:29 (5k) | | Clqt-19:29 | | 19:29 | 19:32 |
| | PC- 8:35 (2k) | | | | 8:35(2k) | 14:23(3.2k) |
| 19:32 (5k) | PC-18:43 (5k) | | Clqt-18:28 | 18:22 | 18:11 | 18:50 |
| 20:00 (5k) | PC-18:20 (5k) | 18:54 (5k) | Clqt-18:07 | 18:06 | 18:06 | 18:47 |
| 16:40 (4k) | PR-19:30 (5k) | | | | 19:29 | 20:16 |
| 17:25 (5k) | PC-17:15 (5k) | | Clqt-17:04 | 16:32 | 16:32 | 17:05 |
| 17:54 (5k) | PC-17:28 (5k) | 17:26 (5k) | Clqt-17:03 | 16:55 | 16:55 | 17:45 |
| 14:55 (4k) | PR-17:49 (5k) | | Clqt-17:25 | | 17:25 | 18:14 |
| | SM-19:38 (5k) | | | | 7:38(2k) | 7:46(2k) |
| | PC-26:35 (5k) | | | | 26:35 | 27:16 |
| | | | | | 21:34 | 23:33 |
| 11:37 (2.5k) | PC-8:02 (2k) | 13.56 (3.2k) | | | 8:02(2k) | 8:29(2k) |
| 12:13(2.6k) | PR-13:37 (3k) | | | | 8:53(2k) | 9:22(2k) |
| 27:57 (4k) | PC-32:44 (5k) | | | | 32:44 | 35:59 |
| 18:33 (2.5k) | PC-11:44 (2k) | 20:56 (3.2k) | | | 11:44(2k) | 12:36(2k) |
| 20:13(2.6k) | PR-20:02 (3k) | | | | 12:56(2k) | 14:02(2k) |

CROSS COUNTRY HISTORY - JR. HIGH BOYS' MEET TIMES

| Name | Gr | Year | Milaca | Pine City | N Branch | Pierz | Mega | @Foley | Becker |
|------------------|----|------|------------|------------|------------|--------------|--------------|--------------|--------|
| Zach Borich | 8 | 2006 | 8:08 (2k) | 8:10 (2k) | 8:12 (2k) | 13:21 (3.2k) | 12:46 (3.2k) | 12:56 (3.2k) | |
| | 7 | 2005 | | 8:49 (2k) | 9:30 (2k) | 16:28 (3.2k) | | | |
| Nick Bremer | 8 | 2006 | | 9:32 (2k) | 8:51 (2k) | 15:34 (3.2k) | 14:44 (3.2k) | 14:51 (3.2k) | |
| Trevor Clune | 8 | 2006 | 10:03 (2k) | 9:24 (2k) | 9:35 (2k) | 15:51 (3.2k) | | 14:39 (3.2k) | |
| Jacob Guttormson | 8 | 2006 | 8:22 (2k) | 8:17 (2k) | 8:19 (2k) | 13:26 (3.2k) | 13:13 (3.2k) | 12:57 (3.2k) | |
| | 7 | 2005 | | 9:12 (2k) | 8:55 (2k) | 14:43 (3.2k) | | | |
| Tom Pitzen | 8 | 2006 | | 8:21 (2k) | 8:23 (2k) | 14:28 (3.2k) | 13:17 (3.2k) | 13:53 (3.2k) | |
| | 7 | 2005 | | 8:59 (2k) | 8:47 (2k) | 14:33 (3.2k) | | | |
| Josh Adams | 7 | 2006 | 10:32 (2k) | 10:26 (2k) | 10:35 (2k) | 16:23 (3.2k) | | 15:56 (3.2k) | |
| Andrew Gerold | 8 | 2006 | | 8:41 (2k) | 8:32 (2k) | 14:20 (3.2k) | 13:15 (3.2k) | 13:55 (3.2k) | |
| David Kleppe | 8 | 2006 | 13:35 (2k) | DNF | 15:02 (2k) | 23:57 (3.2k) | 22:35 (3.2k) | 21:42 (3.2k) | |
| Mitch Ringness | 8 | 2006 | 9:04 (2k) | 9:38 (2k) | 9:23 (2k) | 15:02 (3.2k) | | 14:40 (3.2k) | |
| Joe Wolf | 8 | 2006 | 12:16 (2k) | 11:03 (2k) | 11:02 (2k) | 19:27 (3.2k) | 17:43 (3.2k) | 18:57 (3.2k) | |

CROSS COUNTRY HISTORY - JR. HIGH BOYS' MEET TIMES

| Swain | Conference | Cambridge | Section | State | PB | Average |
|--------------|---------------|--------------|---------|-------|-----------|-----------|
| 10:47 (2.5k) | PC-8:03 (2k) | | | | 8:03(2K) | 8:08(2K) |
| 11:42 (2.5k) | PC-8:17 (2k) | 15:36 (3.2k) | | | 8:17(2k) | 8:59(2k) |
| 11:38 (2.5k) | PC-8:47 (2k) | | | | 8:47(2K) | 9:03(2K) |
| 12:41 (2.5k) | PC-8:50 (2k) | | | | 8:50(2K) | 9:28(2K) |
| 10:48 (2.5k) | PC-8:00 (2k) | | | | 8:00(2K) | 8:14(2K) |
| 11:31 (2.5k) | PC-8:21 (2k) | 13:56 (3.2k) | | | 8:21(2k) | 8:58(2k) |
| 11:16 (2.5k) | PC-8:08 (2k) | | | | 8:08(2K) | 8:17(2K) |
| 11:33 (2.5k) | PC-8:21 (2k) | 15:06 (3.2k) | | | 8:21(2k) | 8:45(2k) |
| 12:38 (2.5k) | PC-9:42 (2k) | | | | 9:42(2K) | 10:18(2K) |
| 11:07 (2.5k) | PC-8:24 (2k) | | | | 8:24(2K) | 8:32(2K) |
| 19:08 (2.5k) | PC-14:37 (2k) | | | | 13:35(2K) | 14:24(2K) |
| | PC-9:30 (2k) | | | | 9:04(2K) | 9:23(2K) |
| 15:31 (2.5k) | PC-11:25 (2k) | | | | 11:02(2K) | 11:26(2K) |

AVERAGE MILE TIMES AT MEETS - 2006

| | PB -2005 | Milaca | Pine City | N.Branch | Pierz | Mega |
|------------------------|----------|-------------|-------------|----------|-------------|-------------|
| | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m |
| Josh Boland - 12 | 6:17 | 7:02 | 6:36 | 6:27 | 6:16 | 6:23 |
| Jordan Clementson - 12 | 6:17 | 6:32 | 6:30 | 6:27 | 6:05 | 6:09 |
| Mike Gray - 12 | 6:32 | 6:44 | 6:34 | 6:35 | 6:13 | 6:24 |
| John Kleppe - 12 | | 7:02 | 6:33 | 7:00 | 6:32 | 6:26 |
| Tom Miche - 12 | 5:45 | 6:03 | 5:47 | 5:48 | 5:40 | 5:41 |
| Derek Arnsdorf - 11 | | 6:46 | 6:39 | 6:42 | 6:31 | 6:24 |
| Shane Clune - 11 | | 9:27 | 9:20 | 9:19 | 8:29 | 8:26 |
| David Hambly - 11 | 6:04 | 5:54 | 6:00 | 5:45 | 5:41 | 5:35 |
| Andrew Lutz - 11 | 6:03 | 6:09 | 6:11 | 6:11 | 6:10 | 5:51 |
| Trevor McNally - 11 | 5:43 | 5:37 | 5:33 | 5:36 | 5:28 | 5:23 |
| Kyle Bodin - 9 | | | | | DNR | 8:04 |
| Beau Peterson - 9 | | | 7:54 | 7:55 | 6:57 | 7:14 |
| Jordan Sparling - 9 | | 12:11 | 12:33 | 11:42 | 11:17 | 10:48 |
| | | | | | | |
| | 2000 m | 2000 m | 2000 m | 2000 m | 3200 m | 3200 m |
| Zach Borich - 8 | 7:31 | 6:30 | 6:31 | 6:33 | 6:44 | 6:26 |
| Nick Bremer - 8 | | | 7:37 | 7:04 | 7:51 | 7:26 |
| Trevor Clune - 8 | | 8:01 | 7:31 | 7:40 | 8:00 | 8:24 |
| Jacob Guttormson - 8 | 7:17 | 6:41 | 6:37 | 6:39 | 6:47 | 6:40 |
| Thomas Pitzen - 8 | 7:14 | | 6:40 | 6:42 | 7:18 | 6:42 |
| Josh Adams - 7 | | 8:24 | 8:20 | 8:28 | 8:16 | DNR |
| Andrew Gerold - 7 | | | 6:56 | 6:49 | 7:14 | 6:41 |
| David Kleppe - 7 | | 10:52 | DNF | 12:01 | 12:05 | 11:24 |
| Mitch Ringness - 7 | | 7:14 | 7:42 | 7:30 | 7:35 | DNR |
| Joe Wolf - 7 | | 9:48 | 8:50 | 8:52 | 9:49 | 8:56 |
| | 4000 m | 4000 m | 4000 m | 4000 m | 4000 m | 4000 m |
| Hannah Espeseth - 12 | 7:37 | 7:12 | 7:45 | 7:37 | 7:25 | 7:25 |
| Abby Olson - 12 | 7:54 | 8:00 | 8:37 | 8:08 | 7:50 | 8:01 |
| Becca Valencia - 12 | | | | 9:54 | 9:42 | 9:21 |
| Emily Branzovsky - 11 | | DNF | 7:13 | 7:14 | 7:08 | 7:13 |
| Emily Erickson - 11 | 8:06 | 8:39 | 8:40 | 8:34 | 7:58 | DNR |
| Karissa Lange - 11 | | 7:47 | 7:40 | 7:42 | 7:26 | 7:29 |
| Shauna Palmer - 11 | 8:17 | | 8:25 | 7:46 | 7:34 | DNR |
| Erica Pitzen - 11 | | 10:17 | 10:22 | 10:34 | 9:54 | DNR |
| Aislinn Rogalla - 11 | | 10:48 | 9:43 | 9:34 | 9:22 | 9:33 |
| Shannon Segarra - 11 | | 9:31 | 9:46 | 9:10 | 8:46 | DNR |
| Brietta Clementson -10 | 7:40 | 8:15 | 7:45 | 7:41 | 7:50 | 7:28 |
| Steph Dickey - 10 | 8:37 | DNF | 8:50 | 9:00 | 8:31 | DNR |
| Emily Hill - 10 | 10:44 | 10:22 | 10:11 | 9:53 | 9:40 | 9:14 |
| Laura Kleppe - 10 | 8:12 | 8:15 | 8:19 | 7:47 | 7:41 | 7:42 |
| Tara Miche' - 10 | | 8:01 | 8:39 | 8:28 | 8:42 | 7:27 |
| | 2000 m | 2000 m | 2000 m | 2000 m | 3200 m | 3200 m |
| Ashley Harrington - 8 | | | | 7:31 | 8:07 | 7:27 |
| Megan Miesner- 7 | | | | 7:09 | 7:26 | 6:48 |
| Caitlin Walbridge - 7 | | | | 8:55 | 9:48 | 9:07 |

AVERAGE MILE TIMES AT MEETS - 2006

| Becker | Swain | Conf @ PC | Section 7A | State | Average |
|-------------|--------|--------------|-------------|-------------|---------|
| 5000 m | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m |
| 6:16 | 6:50 | 6:25 | 6:20 | 6:05 | 6:28 |
| 6:01 | 6:25 | 6:08 | 6:00 | 5:50 | 6:13 |
| 6:08 | 6:26 | 6:10 | 6:05 | 5:58 | 6:20 |
| DNR | 6:47 | 6:30 | | | 6:41 |
| 5:38 | 5:47 | 5:42 | 5:40 | 5:26 | 5:43 |
| 6:16 | 6:33 | DNR | | | 6:33 |
| 8:16 | 8:44 | 8:56 | | | 8:52 |
| 5:34 | 5:56 | 5:43 | 5:42 | 5:31 | 5:44 |
| 5:55 | 6:18 | 6:02 | 5:56 | 5:55 | 6:04 |
| 5:24 | 5:37 | 5:33 | 5:29 | 5:20 | 5:30 |
| 9:00 | DNR | 8:34 | | | 8:32 |
| DNR | DNR | DNR | | | 8:45 |
| 11:20 | 11:10 | 10:33 | | | 11:26 |
| | | | | | |
| 3200 m | 2500 M | 2000 M | | | |
| 6:30 | 6:57 | 6:26 | | | 6:34 |
| 7:28 | 7:30 | 7:01 | | | 7:25 |
| 7:22 | 8:10 | 7:04 | | | 7:46 |
| 6:30 | 6:58 | 6:24 | | | 6:39 |
| 6:59 | 7:16 | 6:30 | | | 6:52 |
| 8:00 | 8:09 | 7:45 | | | 8:11 |
| 7:00 | 7:10 | 6:43 | | | 6:56 |
| 9:54 | 12:20 | 11:41 | | | 11:28 |
| 7:22 | DNR | 7:36 | | | 7:29 |
| 9:33 | 10:00 | 9:08 | | | 9:22 |
| 4000 m | 4000 M | 4000 M | 4000 M | | 4000 M |
| 7:15 | 7:37 | 6:59 | 6:53 | | 7:21 |
| 7:32 | 8:20 | 7:57 | 7:37 | | 8:00 |
| 9:30 | 10:02 | DNR | | | 9:41 |
| DNR | DNR | 7:13 | 7:01 | | 7:10 |
| 8:06 | DNR | 8:13 | | | 8:21 |
| 7:16 | 7:41 | 7:20 | 7:13 | | 7:30 |
| 7:26 | 8:33 | 7:36 | | | 7:53 |
| DNR | 11:03 | 10:57 | | | 10:31 |
| 8:57 | 9:46 | 9:01 | | | 9:35 |
| 8:43 | 9:25 | 9:44 | | | 9:17 |
| 7:27 | 8:15 | 7:27 | 7:27 | | 7:44 |
| 8:32 | 8:47 | 8:21 | | | 8:40 |
| 9:32 | 9:58 | 9:39 | | | 9:48 |
| 7:29 | 8:08 | 7:37 | 7:34 | | 7:50 |
| 7:25 | 7:54 | 7:41 | 7:26 | | 7:58 |
| 3200 m | 2500 M | 2000 M | | | |
| 7:09 | 7:50 | 7:20 | | | 7:24 |
| 7:05 | 7:32 | 7:12 | | | 7:12 |
| 9:02 | 9:41 | 8:18 | | | 9:08 |

TEAM POSITIONS AT MEETS - 2006

| | Milaca | Pine City | N.Branch | Pierz | Mega |
|-------------------------|--------|-----------|----------|--------|--------|
| | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m |
| Josh Boland - 12 | 10 | 9 | 6 | 7 | 7 |
| Jordan Clementson - 12 | 6 | 6 | 5 | 4 | 5 |
| Mike Gray - 12 | 7 | 7 | 7 | 6 | 6 |
| John Kleppe - 12 | 9 | 8 | 10 | 9 | 9 |
| Tom Miche - 12 | 3 | 2 | 3 | 2 | 3 |
| Derek Arnsdorf - 11 | 8 | 10 | 8 | 8 | 8 |
| Shane Clune - 11 | 12 | 13 | 12 | 11 | 10 |
| David Hambly - 11 | 2 | 3 | 2 | 3 | 2 |
| Andrew Lutz - 11 | 5 | 4 | 4 | 5 | 4 |
| Trevor McNally - 11 | 1 | 1 | 1 | 1 | 1 |
| Kyle Bodin - 9 | | | | | 12 |
| Beau Peterson - 9 | | 12 | 11 | 10 | 11 |
| Jordan Sparling - 9 | 13 | 14 | 13 | 12 | 13 |
| | 2000 m | 2000 m | 2000 m | 3200 m | 3200 m |
| Zach Borich - 8 | 1 | 1 | 1 | 1 | 1 |
| Nick Bremer - 8 | | 6 | 5 | 6 | 5 |
| Trevor Clune - 8 | 4 | 5 | 7 | 7 | 6 |
| Jacob Guttormson - 8 | 2 | 2 | 2 | 2 | 2 |
| Thomas Pitzen - 8 | | 3 | 3 | 4 | 4 |
| Josh Adams - 7 | 5 | 8 | 8 | 8 | |
| Andrew Gerold - 7 | | 4 | 4 | 3 | 3 |
| David Kleppe - 7 | 7 | 10 | 10 | 10 | 8 |
| Mitch Ringness - 7 | 3 | 7 | 6 | 5 | |
| Joe Wolf - 7 | 6 | 9 | 9 | 9 | 7 |
| | 4000 m | 4000 m | 4000 m | 4000 m | 4000 m |
| Hannah Espeseth - 12 | 1 | 4 | 2 | 2 | 2 |
| Abby Olson - 12 | 3 | 7 | 7 | 7 | 7 |
| Becca Valencia - 12 | | | 14 | 14 | 9 |
| Emily Branzovsky - 11 | | 1 | 1 | 1 | 1 |
| Emily Erickson - 11 | 7 | 9 | 9 | 8 | |
| Karissa Lange - 11 | 2 | 2 | 4 | 3 | 4 |
| Shauna Palmer - 11 | | 6 | 5 | 4 | |
| Erica Pitzen - 11 | 9 | 14 | 15 | 15 | |
| Aislinn Rogalla - 11 | 11 | 11 | 12 | 12 | 10 |
| Shannon Segarra - 11 | 8 | 12 | 11 | 11 | |
| Brietta Clementson - 10 | 5 | 3 | 3 | 6 | 5 |
| Steph Dickey - 10 | | 10 | 10 | 9 | |
| Emily Hill - 10 | 10 | 13 | 13 | 13 | 8 |
| Laura Kleppe - 10 | 6 | 5 | 6 | 5 | 6 |
| Tara Miche' - 10 | 4 | 8 | 8 | 10 | 3 |
| | 2000 m | 2000 m | 2000 m | 2000 m | 3200 m |
| Ashley Harrington - 8 | | | 2 | 2 | 2 |
| Megan Miesner - 7 | | | 1 | 1 | 1 |
| Caitlin Walbridge - 7 | | | 3 | 3 | 3 |

TEAM POSITIONS AT MEETS - 2006

| Becker | Swain | Conf @ PC | Section 7A | State | Average |
|--------|--------|-----------|------------|--------|---------|
| 5000 m | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m |
| 7 | 9 | 7 | 7 | 7 | 7.60 |
| 5 | 5 | 5 | 5 | 4 | 5.00 |
| 6 | 6 | 6 | 6 | 6 | 6.30 |
| | 8 | 8 | | | 8.71 |
| 3 | 2 | 2 | 2 | 2 | 2.40 |
| 8 | 7 | | | | 8.14 |
| 9 | 10 | 10 | | | 10.88 |
| 2 | 3 | 3 | 3 | 3 | 2.60 |
| 4 | 4 | 4 | 4 | 5 | 4.30 |
| 1 | 1 | 1 | 1 | 1 | 1.00 |
| 10 | | 9 | | | 10.33 |
| | | | | | 11.00 |
| 11 | 11 | 11 | | | 12.25 |
| 2000 m | 2500 m | 2000 m | | | |
| 1 | 1 | 2 | | | 1.12 |
| 7 | 5 | 5 | | | 5.57 |
| 5 | 6 | 6 | | | 5.75 |
| 2 | 2 | 1 | | | 1.88 |
| 3 | 4 | 3 | | | 3.43 |
| 8 | 7 | 8 | | | 7.43 |
| 4 | 3 | 4 | | | 3.57 |
| 10 | 9 | 10 | | | 9.25 |
| 6 | | 7 | | | 5.67 |
| 9 | 8 | 9 | | | 8.25 |
| 4000 m | 4000 m | 4000 m | 4000 m | 4000 m | 4000 m |
| 1 | 1 | 1 | 1 | | 1.67 |
| 7 | 6 | 8 | 7 | | 6.56 |
| 12 | 12 | | | | 12.20 |
| | | 2 | 2 | | 1.33 |
| 8 | | 9 | | | 8.33 |
| 2 | 2 | 3 | 3 | | 2.78 |
| 4 | 7 | 5 | | | 5.17 |
| | 13 | 14 | | | 13.33 |
| 11 | 10 | 11 | | | 11.00 |
| 10 | 9 | 13 | | | 10.57 |
| 5 | 5 | 4 | 5 | | 4.56 |
| 9 | 8 | 10 | | | 9.33 |
| 13 | 11 | 12 | | | 11.62 |
| 6 | 4 | 6 | 6 | | 5.56 |
| 3 | 3 | 7 | 4 | | 5.56 |
| 2000 m | 2500 m | 2000 m | | | |
| 2 | 2 | 2 | | | 2.00 |
| 1 | 1 | 1 | | | 1.00 |
| 3 | 3 | 3 | | | 3.00 |

PLACE FINISHES AT MEETS - 2006

| | Milaca | Pine City | N.Branch | Pierz | Mega |
|------------------------|--------|-----------|----------|--------|-----------|
| | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m |
| Josh Boland - 12 | 30 jv | 7 jv | 3 jv | 80 | 124 jv |
| Jordan Clementson - 12 | 66 | 44 | 21 | 53 | 125 |
| Mike Gray - 12 | 77 | 48 | 24 | 74 | 170 |
| John Kleppe - 12 | 29 jv | 6 jv | 25 | 23 jv | 133 jv |
| Tom Miche - 12 | 22 | 7 | 6 | 16 | 39 |
| Derek Amsdorf - 11 | 16 jv | 9 jv | 7 jv | 21 jv | 171 |
| Shane Clune - 11 | 132 jv | 55 jv | 15 jv | 134 jv | 424 jv |
| David Hambly - 11 | 15 | 19 | 5 | 17 | 21 |
| Andrew Lutz - 11 | 33 | 28 | 13 | 68 | 76 |
| Trevor McNally - 11 | 2 | 3 | 2 | 3 | 5 |
| Kyle Bodin - 9 | | | | | 152 -10th |
| Beau Peterson - 9 | | 41 jv | 13 jv | 54 jv | 122 -10th |
| Jordan Sparling - 9 | 141 jv | 57 jv | 18 jv | 143 jv | 160 -10th |
| | 2000 m | 2000 m | 2000 m | 3200 m | 3200 m |
| Zach Borich - 8 | 15 | 5 | 3 | 18 | 63 |
| Nick Bremer - 8 | | 30 | 14 | 91 | 139 |
| Trevor Clune - 8 | 87 | 28 | 25 | 99 | 160 |
| Jacob Guttormson - 8 | 23 | 9 | 5 | 22 | 88 |
| Thomas Pitzen - 8 | | 10 | 6 | 63 | 91 |
| Josh Adams - 7 | 104 | 44 | 30 | 115 | DNR |
| Andrew Gerold - 7 | | 14 | 8 | 52 | 42 |
| David Kleppe - 7 | 125 | | 36 | 145 | 155 |
| Mitch Ringness - 7 | 54 | 33 | 20 | 77 | DNR |
| Joe Wolf - 7 | 120 | 51 | 32 | 139 | 142 |
| | 4000 m | 4000 m | 4000 m | 4000 m | 4000 m |
| Hannah Espeseth - 12 | 28 | 32 | 11 | 70 | 132 |
| Abby Olson - 12 | 71 | 49 | 20 | 117 | 181 |
| Becca Valencia - 12 | | | 14 jv | 95 jv | 215 |
| Emily Branzovsky - 11 | | 14 | 8 | 57 | 111 |
| Emily Erickson - 11 | 32 jv | 19 jv | 5 jv | 33 jv | DNR |
| Karissa Lange - 11 | 57 | 29 | 14 | 71 | 141 |
| Shauna Palmer - 11 | | 15 jv | 16 | 89 | DNR |
| Erica Pitzen - 11 | 73 jv | 42 jv | 15 jv | 100 jv | DNR |
| Aislinn Rogalla - 11 | 79 jv | 32 jv | 11 jv | 89 jv | 216 |
| Shannon Segarra - 11 | 61 jv | 34 jv | 9 jv | 65 jv | DNR |
| Brietta Clementson -10 | 80 | 31 jv | 13 | 116 | 38 -10th |
| Steph Dickey - 10 | | 23 jv | 7 jv | 51 jv | DNR |
| Emily Hill - 10 | 74 jv | 39 jv | 13 jv | 94 jv | 90 -10th |
| Laura Kleppe - 10 | 81 | 47 | 17 | 102 | 52 -10th |
| Tara Miche' - 10 | 73 | 50 | 4 jv | 62 jv | 37 -10th |
| | 2000 m | 2000 m | 2000 m | 3200 m | 3200 m |
| Ashley Harrington - 8 | | | 10 | 41 | 68 |
| Megan Miesner - 7 | | | 6 | 13 | 21 |
| Caitlin Walbridge - 7 | | | 16 | 80 | 122 |

PLACE FINISHES AT MEETS - 2006

| Becker | Swain | Conf @ PC | Section 7A | State | Average |
|--------|-----------|-----------|------------|--------|----------|
| 5000 m | 5000/4000 | 5000 m | 5000 m | 5000 m | 5000 m |
| 45 | 144 | 1 jv | 67 | 143 | 95.80 |
| 28 | 87 | 17 | 36 | 107 | 58.40 |
| 35 | 93 | 18 | 47 | 130 | 71.60 |
| DNR | 27 jv | 29 | | | 43.6 jv |
| 12 | 15 | 5 | 11 | 25 | 15.80 |
| 8 jv | 13 jv | DNR | | | 13.3 jv |
| 64 jv | 94 jv | 25 jv | | | 117.8 jv |
| 9 | 32 | 6 | 14 | 37 | 17.50 |
| 25 | 67 | 16 | 25 | 130 | 48.10 |
| 3 | 6 | 2 | 2 | 14 | 4.20 |
| 67 jv | DNR | 24 jv | | | 81.0 jv |
| | DNR | DNR | | | 57.5 jv |
| 69 jv | 152-10th | 27 jv | | | 95.8 jv |
| 3200 m | 2500 m | 2000 m | | | 2000 m |
| 8 | 35 | 4 | | | 18.88 |
| 39 | 81 | 14 | | | 58.29 |
| 34 | 121 | 17 | | | 71.38 |
| 9 | 36 | 3 | | | 24.38 |
| 18 | 61 | 8 | | | 36.71 |
| 49 | 125 | 28 | | | 70.71 |
| 20 | 56 | 9 | | | 28.71 |
| 54 | 150 | 41 | | | 100.86 |
| 35 | DNR | 26 | | | 40.83 |
| 53 | 145 | 37 | | | 89.88 |
| 4000 m | 4000 m | 4000 m | 4000 m | | 4000 m |
| 35 | 93 | 12 | 16 | | 47.67 |
| 47 | 140 | 34 | 67 | | 80.67 |
| 57 jv | 86 jv | DNR | | | 63.0 jv |
| DNR | DNR | 19 | 22 | | 38.50 |
| 33 jv | DNR | 6 jv | | | 21.3 jv |
| 36 | 99 | 23 | 41 | | 56.78 |
| 41 | 145 | 2 jv | | | 72.75 |
| DNR | 91 jv | 18 jv | | | 56.5 jv |
| 53 jv | 82 jv | 9 jv | | | 50.7 jv |
| 48 jv | 160 | 15 jv | | | 38.6 jv |
| 42 | 63 -10th | 25 | 57 | | 55.20 |
| 44 jv | 86 -10th | 8 jv | | | 36.5 jv |
| 58 jv | 113 -10th | 13 jv | | | 61.8 jv |
| 45 | 60 -10th | 27 | 65 | | 54.86 |
| 40 | 43 -10th | 28 | 56 | | 49.40 |
| 3200 m | 2500 m | 2000 m | | | |
| 4 | 42 | 2 | | | 27.83 |
| 2 | 25 | 1 | | | 11.33 |
| 23 | 81 | 9 | | | 55.17 |

DESIRE
IS AN
UNLIMITED FORCE,
but its possession
doesn't mean
that you still won't have to
work hard,
to face life's trials
and make a few mistakes!

November 05, 2006

Swenson wins 2nd girls' title; Perham junior conquers nerves

CLASS 1A No. 1-ranked runners finish season as champions.

John Millea, Star Tribune

NORTHFIELD, MINN. - Nikki Swenson doesn't care much about rankings or history. The senior from Lac qui Parle Valley/Dawson-Boyd, making her fifth appearance at the Class 1A state cross-country meet and seeking her second title, took nothing for granted in Saturday's race at St. Olaf College in Northfield. She was ranked No. 1 and was accustomed to high finishes, finishing first as a ninth-grader and second the past two years. But still, she knows what counts when the spikes hit the earth for 4,000 meters. "Anything can happen at a state meet," she said. "If rankings actually mattered, we wouldn't have a state meet." She proved that rankings don't count but performance does. Swenson capped her career with another championship, rolling to a 28-second victory over second-ranked Blake senior Claire Richardson. Swenson's time was 14 minutes, 23.6 seconds. Paynesville sophomore Linda Keller was third, followed by Staples-Motley sophomore Naomi Landecker and Luverne junior Lexi Jo Heitkamp. "My plan was to get a good start, get comfortable in the first mile and in the second mile just pound away," Swenson said. She indeed did pound away, and there were no surprises. "That's what makes it so much fun; there are always some surprises, maybe some upsets," said Swenson, who announced after the race that she has made a verbal commitment to run for the Gophers. "I didn't want an upset today, though." Swenson's sister Kelly, a sophomore, placed 37th, and her brother Ryan, an eighth-grader, was 34th in the 1A boys' field.

Lachowitzer beats nerves, field

Perham junior Kevin Lachowitzer carried a bundle of nerves and the No. 1 ranking among 1A boys into Saturday's meet. He beat back the jitters and proved the pollsters correct with a convincing victory in the first race of the day.

Lachowitzer said he had been nervous for two weeks, and he didn't shed the feeling until after the race started.

"Right away I felt really horrible," he said. "I started jogging the first 800. I think the nerves were getting to me."

Lachowitzer and second-ranked Moses Heppner, a sophomore from Warroad, broke away from the pack a mile into the 5,000-meter race, and that was when Lachowitzer settled down.

"I started feeling like it was my race," he said.

He took the lead for good at the top of a hill with 800 meters remaining and cruised to victory in a time of 15:54.9. Third-ranked Winona Cotter junior Don Wasinger was second in 16:06.5, followed by fourth-ranked Minnehaha Academy senior Will Haffield and Heppner.

"Right at the top of the hill I leaned down and used the hill and just took off," Lachowitzer said. "I felt a lot better at the end."

"I thought if I made it my race it would be hard to beat me. I knew there was a lot of good runners, because there was a big pack for a while. This was the hardest race I ever ran."

Team races

Lachowitzer's victory propelled top-ranked Perham to the boys' team title with a big margin between the Yellowjackets and second-place, second-ranked Minnehaha Academy. Perham had a team score of 71 and Minnehaha had 165. Adrian was third at 172, followed by Pine City at 181 and Fairmont at 194. Perham's Justin Tellinhuisen finished eighth among team competitors, Eddie Stenger was 11th, Bryan Paridon 24th and Nick Adkins 27th.

Top-ranked Adrian, with two runners finishing in the top 10 among team competitors, captured the girls' title for the second year in a row with a score of 60. Blake was second at 75, Rochester Lourdes was third at 140, Perham was fourth at 148 and Staples-Motley was fifth at 151.

Morgan Lynn led Adrian with a fifth-place finish and Erica Thier was ninth, followed by Megan Henning (13th), Austyn Thier (16th) and Leslie Stover (17th).

John Millea • jmillea@startribune.com

©2006 Star Tribune. All rights reserved



Run Hard,

Be Strong,

Think Big!



2006 CROSS COUNTRY SEASON MILEAGE

| | <u>total miles</u> |
|------------------------|--------------------|
| 1. Mike Gray | 265.2 |
| 2. David Hambly | 263.6 |
| 3. Jordan Clementson | 262.5 |
| 4. Trevor McNally | 262.6 |
| 5. Andrew Lutz | 262.1 |
| 6. John Kleppe | 261.9 |
| 7. Tom Miche' | 250.5 |
| 8. Josh Boland | 246.3 |
| 9. Derek Arnsdorf | 246.2 |
| 10. Abby Olson | 227.2 |
| 11. Hannah Espeseth | 227.1 |
| 12. Brietta Clementson | 223.4 |
| 13. Laura Kleppe | 223.1 |
| 14. Karissa Lange | 221.2 |
| 15. Tara Miche' | 218.6 |
| 16. Shauna Palmer | 205.8 |
| 17. Emily Branzovsky | 191.5 |
| 18. Emily Erickson | 187.9 |
| 19. Jacob Guttormson | 177.4 |
| 20. Shane Clune | 175.1 |
| 21. Emily Hill | 168.4 |
| 22. Steph Dickey | 165.8 |
| 23. Aislinn Rogalla | 165.4 |
| 24. Jordan Sparling | 158.7 |
| 25. Erica Pitzen | 154.1 |
| 26. Trevor Clune | 148.1 |
| 27. Zach Borich | 147.2 |
| 28. Shannon Segarra | 140.4 |
| 29. Joe Wolf | 120.3 |
| 30. Mitch Ringness | 118.0 |
| 31. Thomas Pitzen | 115.4 |
| 32. Josh Adams | 112.8 |
| 33. David Kleppe | 110.7 |
| 34. Beau Peterson | 103.5 |
| 35. Nick Bremer | 94.3 |
| 36. Andrew Gerold | 86.4 |
| 37. Caitlin Walbridge | 84.6 |
| 38. Kyle Bodin | 83.6 |
| 39. Ashley Harrington | 81.6 |
| 40. Becca Valencia | 77.6 |
| 41. Megan Meisner | 74.4 |

MILES AND MILES.....

GIRLS' PRACTICE COURSE RECORDS

| Course | Time | Date | Runner |
|----------------------------------|--------------------|--------------------|-----------------|
| 1. Golf course loop -4.5 | 34:31 | October 18, 1995 | Amy Johnson |
| 2. 580th Street - 4 | 32:52 | September 23, 1998 | Heidi Larsen |
| 3. The loop x 3 - 3.3 | 22:26 | October 4, 2003 | EmilyBranzovsky |
| 4. Cty Rd 110 west - 3 | 22:13 | August 23, 2002 | Jacki Gregoire |
| 5. H.S. Loops - 4800 m | 23:19 | September 21, 2000 | Miki Anderson |
| 6. Connaker's loop - 2.7 | 20:38 | October 6, 1997 | Heidi Larsen |
| 7. The loop x 2 - 2.2 | 15:28 | September 4, 1998 | Kim Connaker |
| 8. Track - 3200 m | 15:06 | August 16, 1996 | Becky Haavisto |
| 9. 2 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 | Meleia Johnson |
| 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 | 21:32 (4:18 ave) | September 5, 2006 | Em Branzovsky |
| 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 | Em Branzovsky |
| 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 | Em Branzovsky |
| 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 | Em Branzovsky |
| 45. 2 mile on mile loop, 2 x 400 | 17:59 | October 17, 2005 | Jacki Gregoire |
| 46. 2 mile on mile loop | 14:45 (7:22 ave) | August 25, 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 | 11:32 (5:46 ave) | September 27, 2006 | Trevor McNally |
| 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 | 11:11 | October 19, 2006 | Trevor McNally |
| 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 | 6:06 (3:03 ave) | August 17, 2006 | Tom Miche- |
| 37. 3 x 1000 | 9:25 (3:08 ave) | August 22, 2006 | Tom Miche' |
| 38. 4 x 1000 | 12:58 (3:14 ave) | August 31, 2006 | Trevor McNally |
| 39. 5 x 1000 | 16:34 (3:19 ave) | September 5, 2006 | Trevor McNally |
| 40. 6 x 1000 | 19:35 (3:16 ave) | September 11, 2006 | Trevor McNally |
| 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 | 11:38 | October 9, 2006 | Trevor McNally |
| 47. 1 x mile loop, 1 x 1000 | 8:14 | October 30, 2006 | Trevor McNally |
| 48. 1 x mile loop, 2 x 800 | 10:04 | October 10, 2005 | Tom Miche' |
| 49. 3 mile on mile loop | 17:00 (5:40 ave) | August 24, 2006 | Trevor McNally |
| 50. 2 mile on mile loop, 2 x 400 | 13:41 | October 17, 2005 | Tom Miche' |
| 52. 2 mile on mile loop | 11:17 (5:38 ave) | October 17, 2006 | Trevor McNally |
| 53. 2 x 1000, 2 x 500 | 9:18 | October 28, 2006 | Tom Miche' |

CHALLENGE

There are so many challenges waiting for you to accept:

The challenge of a new opportunity.

The challenge of a new prospect.

The challenge to beat yesterday's record.

The challenge to compete against yourself.

The challenge to grow personally a little more each day.

Pine City High School Cross Country 2006

Awards:

| | | |
|--------------------------|-------------------|-------------------------------------|
| MOST VALUABLE RUNNER | Trevor McNally | Emily Branzovsky Hannah Espeseth |
| DEDICATION AWARD | Tom Miche' | Abby Olson |
| ROOKIE OF THE YEAR | | Karissa Lange |
| "YOUTH LEADER" AWARD | | John Kleppe |
| "THREE MUSKETEERS" AWARD | Jordan Clementson | Mike Gray |
| | | Josh Boland |

ALL-CONFERENCE:

| | |
|----------------|-----------------|
| Tom Miche | David Hambly |
| Trevor McNally | Hannah Espeseth |

ALL CONFERENCE HONORABLE MENTION:

| | |
|-------------------|--------------------|
| Andrew Lutz | Brietta Clementson |
| Jordan Clementson | Karissa Lange |
| Mike Gray | Emily Branzovsky |

ALL-STATE

| | |
|----------------|------------|
| Trevor McNally | Tom Miche' |
|----------------|------------|

STATE ACADEMIC

| | |
|----------------|------------|
| Trevor McNally | Tom Miche' |
|----------------|------------|

LETTER WINNERS:

| | | |
|--------------------|------------------|---------------|
| Jordan Clementson | Josh Boland | Tom Miche' |
| Abby Olson | Hannah Espeseth | Mike Gray |
| Trevor McNally | David Hambly | Andrew Lutz |
| Brietta Clementson | Emily Branzovsky | Karissa Lange |
| Laura Kleppe | Tara Miche' | Shauna Palmer |
| John Kleppe | Derek Arnsdorf | |

The key
to your
dreams
lies
within.....

DREAM BIG!

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

| Name | Gr | Year | Milaca | Pine City | N. Branch | Pierz | Mega@Foley | Becker |
|-------------------|----|------|------------|------------|------------|--------------|--------------|--------------|
| Hannah Espeseth | 12 | 2006 | 18:01 (4k) | 19:24 (4k) | 19:03 (4k) | 18:35 (4k) | 18:35 (4k) | 18:02 (4k) |
| | 11 | 2005 | 20:32 (4k) | 19:05 (4k) | 18:44 (4k) | 18:40 (4k) | | |
| | 10 | 2004 | | 18:52 (4k) | 19:05 (4k) | 18:54 (4k) | 18:12 (4k) | |
| | 9 | 2003 | 22:09 (4k) | 20:27 (4k) | 19:49 (4k) | 19:48 (4k) | | 19:02 (4k) |
| | 8 | 2002 | 10:50 (2k) | 10:05 (2k) | 9:00 (2k) | 16:42(3.2k) | 14:39(3.2k) | 17:24 (3.2k) |
| | 7 | 2001 | | 9:21 (2k) | 9:17 (2k) | 16:46 (3.2k) | | |
| Abby Olson | 12 | 2006 | 20:00 (4k) | 21:35 (4k) | 20:21 (4k) | 19:37 (4k) | 20:03 (4k) | 18:45 (4k) |
| | 11 | 2005 | | 20:22 (4k) | 19:31 (4k) | 19:21 (4k) | | |
| | 10 | 2004 | | 21:25 (4k) | 19:04 (4k) | 20:02 (4k) | 18:47 (4k) | |
| | 9 | 2003 | 20:27 (4k) | 18:48 (4k) | 18:32 (4k) | 19:18 (4k) | | 18:49 (4k) |
| | 8 | 2002 | 9:50 (2k) | 9:16 (2k) | 8:44 (2k) | 15:36(3.2k) | 14:23(3.2k) | 15:50 (3.2k) |
| | 7 | 2001 | 9:56 (2k) | 9:09 (2k) | 9:09 (2k) | 15:56 (3.2k) | | |
| Becca Valencia | 12 | 2006 | | | 24:46 (4k) | 24:17 (4k) | 23:25 (4k) | 23:39 (4k) |
| Emily Branzovsky | 11 | 2006 | DNF | 18:05 (4k) | 18:06 (4k) | 17:51 (4k) | 18:06 (4k) | |
| | 10 | 2005 | DNF | | | | | |
| | 9 | 2004 | | 17:21 (4k) | 16:19 (4k) | 17:00 (4k) | 16:24 (4k) | |
| | 8 | 2003 | | 17:04 (4k) | 16:24 (4k) | 16:34 (4k) | | 15:56 (4k) |
| | 7 | 2002 | 9:27 (2k) | 8:59 (2k) | 8:35 (2k) | 18:45 (4k) | 13:44(3.2k) | 18:41 (4k) |
| Emily Erickson | 11 | 2006 | 21:40 (4k) | 21:41 (4k) | 21:26 (4k) | 19:57 (4k) | | 20:08 (4k) |
| | 10 | 2005 | 22:11 (4k) | 21:08 (4k) | 20:18 (4k) | 20:07 (4k) | | |
| | 9 | 2004 | | | | | DNR | |
| | 8 | 2003 | 11:43 (2k) | 9:03 (2k) | 8:56 (2k) | 18:50(3.2k) | | 17:14 (3.2k) |
| Karissa Lange | 11 | 2006 | 19:30 (4k) | 19:12 (4k) | 19:16 (4k) | 18:36 (4k) | 18:39 (4k) | 18:05 (4k) |
| Shauna Palmer | 11 | 2006 | | 21:05 (4k) | 19:25 (4k) | 18:57 (4k) | | 18:29 (4k) |
| | 10 | 2005 | | 20:58 (4k) | 21:01 (4k) | 20:29 (4k) | | |
| | 7 | 2002 | | 10:07 (2k) | 9:36 (2k) | 16:44(3.2k) | 16:10 (3.2k) | |
| Erica Pitzen | 11 | 2006 | 25:43 (4k) | 25:57 (4k) | 26:26 (4k) | 24:45 (4k) | | |
| Aislinn Rogalla | 11 | 2006 | 27:01 (4k) | 24:18 (4k) | 23:55 (4k) | 23:26 (4k) | 23:54 (4k) | 22:16 (4k) |
| Shannon Segarra | 11 | 2006 | 23:50 (4k) | 24:27 (4k) | 22:57 (4k) | 21:55 (4k) | | 21:40 (4k) |
| Etta Clementson | 10 | 2006 | 20:38 (4k) | 19:23 (4k) | 19:13 (4k) | 19:36 (4k) | 18:41 (4k) | 18:31 (4k) |
| | 9 | 2005 | 20:24 (4k) | 19:25 (4k) | 18:51 (4k) | 19:12 (4k) | | |
| | 8 | 2004 | | 9:08 (2k) | 8:46 (2k) | 19:36 (4k) | 18:54 (4k) | |
| | 7 | 2003 | 9:48 (2k) | 8:47 (2k) | 8:41 (2k) | 14:39(3.2k) | | 14:41 (3.2k) |
| Steph Dickey | 10 | 2006 | DNF | 22:07 (4k) | 22:31 (4k) | 21:20 (4k) | | 21:13 (4k) |
| | 9 | 2005 | | 21:20 (4k) | 22:06 (4k) | DNR | | |
| | 8 | 2004 | | 9:35 (2k) | 9:15 (2k) | 16:39 (3.2k) | | DNF |
| | 7 | 2003 | | 9:41 (2k) | 9:12 (2k) | | DNR | DNF |
| Emily Hill | 10 | 2006 | 25:56 (4k) | 25:29 (4k) | 24:44 (4k) | 24:11 (4k) | 23:06 (4k) | 23:43 (4k) |
| | 9 | 2005 | 28:36 (4k) | 28:00 (4k) | 26:20 (4k) | DNR | | |
| | 8 | 2004 | | 12:39 (2k) | 11:44 (2k) | 20:24 (3.2k) | 20:02 (3.2k) | |
| | 7 | 2003 | 12:34 (2k) | 11:51(2k) | 11:32 (2k) | 21:21(3.2k) | | 19:08 (3.2k) |
| Laura Kleppe | 10 | 2006 | 20:39 (4k) | 20:48 (4k) | 19:28 (4k) | 19:13 (4k) | 19:17 (4k) | 18:37 (4k) |
| | 9 | 2005 | | 21:14 (4k) | 21:22 (4k) | 21:05 (4k) | | |
| | 8 | 2004 | | 9:51 (2k) | 9:29 (2k) | 16:37 (3.2k) | 15:41 (3.2k) | |
| | 7 | 2003 | 11:39 (2k) | 12:06 (2k) | 10:12 (2k) | 19:34(3.2k) | | 17:24 (3.2k) |
| Tara Miche' | 10 | 2006 | 20:03 (4k) | 21:39 (4k) | 21:12 (4k) | 21:46 (4k) | 18:39 (4k) | 18:28 (4k) |
| Ashley Harrington | 8 | 2006 | | | 9:24 (2k) | 16:06 (3.2k) | 14:46 (3.2k) | 18:28 (3.2k) |
| Megan Miesner | 7 | 2006 | | | 8:57 (2k) | 14:44 (3.2k) | 13:30 (3.2k) | 14:14 (3.2k) |
| Caitlin Walbridge | 7 | 2006 | | | 11:09 (2k) | 19:26 (3.2k) | 18:05 (3.2k) | 17:59 (3.2k) |

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

| Swain | Conference | Cambridge | Section | State | PB | Average |
|--------------|---------------|------------|------------|-------|-----------|------------|
| 19:03 (4k) | PC-17:29 (4k) | | Clqt-17:10 | | 17:10 | 18:22 |
| 20:00 (4k) | PC-17:48 (4k) | 18:47 (4k) | Clqt-18:01 | | 17:48 | 19:02 |
| 20:13 (4k) | PR-17:51 (4k) | | Clqt-18:27 | | 17:51 | 18:53 |
| | SM-20:29 (4k) | | | | 19:02 | 20:20 |
| | PC- 9:20 (2k) | | | | 9:00(2k) | 9:49 (2k) |
| | NB- 8:38 (2k) | | | | 8:38 (2k) | 9:22 (2k) |
| 20:52 (4k) | PC-19:53 (4k) | | Clqt-19:00 | | 18:45 | 20:67 |
| 20:04 (4k) | PC-18:57 (4k) | 19:27 (4k) | Clqt-18:41 | | 18:41 | 19:27 |
| 20:52 (4k) | PR-18:41 (4k) | | Clqt-18:14 | | 18:14 | 19:18 |
| | SM-19:21 (4k) | | Clqt-18:37 | | 18:32 | 19:17 |
| | PC- 8:45 (2k) | | | | 8:44 (2k) | 9:13 (2k) |
| | NB-8:26 (2k) | | | | 8:26 (2k) | 9:21 (2k) |
| 25:05 (4k) | DNR | | | | 23:25 | 24:14 |
| DNR | PC-18:03 (4k) | | Clqt-17:29 | | 17:29 | 17:57 |
| 18:07 (4k) | PR-16:34 (4k) | | Clqt-16:29 | | 16:19 | 16:53 |
| | SM-16:25 (4k) | | Clqt-15:45 | 15:50 | 15:45 | 16:31 |
| | PC-17:08 (4k) | | Bec-16:40 | | 16:40 | 18:00 (4k) |
| DNR | PC-20:34 (4k) | | | | 19:57 | 20:54 |
| DNF | PC-18:42 (4k) | DNF | Clqt-18:29 | | 18:29 | 20:15 |
| 24:08 (4k) | PR-21:08 (4k) | | | | 21:10 | 23:13 |
| | DNF-injury | | | | 8:56(2k) | 10:36(2k) |
| 19:13 (4k) | PC-18:22 (4k) | | Clqt-18:00 | | 18:00 | 18:46 |
| 21:24 (4k) | PC-19:02 (4k) | | | | 18:29 | 19:44 |
| 21:32 (4k) | PC-20:47 (4k) | 20:26 (4k) | | | 20:03 | 20:40 |
| | PC- 9:45 (2k) | | | | 9:36 (2k) | 9:49(2k) |
| 27:51 (4k) | PC-27:24 (4k) | | | | 24:45 | 26:21 |
| 24:25 (4k) | PC-22:34 (4k) | | | | 22:16 | 23:58 |
| 23:34 (4k) | PC-24:22 (4k) | | | | 21:40 | 23:15 |
| 20:38 (4k) | PC-18:38 (4k) | | Clqt-18:34 | | 18:31 | 19:19 |
| 20:08 (4k) | PC-18:13 (4k) | 18:38 (4k) | Clqt-18:01 | | 18:01 | 19:10 |
| 13:02 (2.6k) | PR-14:01 (3k) | | Clqt-18:21 | | 18:21 | 19:03 |
| | SM-13:15(3k) | | Clqt-17:34 | | 17:34 | 9:10(2k) |
| 21:58 (4k) | PC-20:53 (4k) | | | | 20:53 | 21:40 |
| 22:00 (4k) | PC-20:16 (4k) | 21:39 (4k) | | | 20:16 | 21:33 |
| DNR | PR-15:14 (3k) | | | | 9:15(2k) | 9:28(2k) |
| | SM-14:10(3k) | | | | 9:04(2k) | 9:27(2k) |
| 24:56 (4k) | PC-24:08 (4k) | | | | 23:06 | 24:31 |
| 27:26 (4k) | PC-25:03 (4k) | 26:05 (4k) | | | 25:03 | 26:50 |
| 10:37 (2.6k) | PR-17:43 (3k) | | | | 11:27(2k) | 12:10(2k) |
| | SM-19:14 (3k) | | | | 11:32(2k) | 12:03(2k) |
| 20:20 (4k) | PC-19:03 (4k) | | Clqt-18:52 | | 18:52 | 19:35 |
| 21:10 (4k) | PC-19:05 (4k) | 19:45 (4k) | Clqt-18:49 | | 18:49 | 20:35 |
| 8:30 (2.6k) | PR-15:10 (3k) | | | | 9:19(2k) | 9:36(2k) |
| | SM-16:44(.3k) | | | | 10:12(2k) | 11:21(2k) |
| 19:46 (4k) | PC-19:14 (4k) | | Clqt-18:32 | | 18:28 | 19:55 |
| 12:09 (2.5k) | PC-9:11 (2k) | | | | 9:11(2k) | 9:17(2k) |
| 11:42 (2.5k) | PC-9:00 (2k) | | | | 8:57(2k) | 8:58(2k) |
| 15:01 (2.5k) | PC-10:23 (2k) | | | | 10:23(2k) | 10:46(2k) |

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

| Name | Gr | Year | Milaca | Pine City | N Branch | Pierz | Mega@Foley | Becker |
|-------------------|----|------|------------|------------|------------|--------------|-------------|--------------|
| Josh Boland | 12 | 2006 | 21:50 (5k) | 20:28 (5k) | 20:02 (5k) | 19:26 (5k) | 19:51 (5k) | 19:29 (5k) |
| | 11 | 2005 | | 20:19 (5k) | 20:07 (5k) | 19:38 (5k) | | |
| | 10 | 2004 | | 21:17 (5k) | 19:34 (5k) | 19:32 (5k) | 19:20 (5k) | |
| Jordan Clementson | 12 | 2006 | 20:19 (5k) | 20:11 (5k) | 20:01 (5k) | 18:53 (5k) | 19:06 (5k) | 18:43 (5k) |
| | 11 | 2005 | 21:28 (5k) | 19:15 (5k) | 19:21 (5k) | 19:11 (5k) | | |
| | 10 | 2004 | | 20:03 (5k) | 19:20 (5k) | 19:36 (5k) | 19:26 (5k) | |
| | 9 | 2003 | 24:54 (5k) | 21:55 (5k) | 20:41 (5k) | 20:38 (5k) | | 19:42 (5k) |
| | 8 | 2002 | 8:14 (2k) | 7:38 (2k) | 7:36 (2k) | 21:45 (5k) | 12:07(3.2k) | 22:08 (5k) |
| | 7 | 2001 | 8:35 (2k) | 8:54 (2k) | 8:19 (2k) | 14:28(3.2k) | | |
| Mike Gray | 12 | 2006 | 20:53 (5k) | 20:22 (5k) | 20:25 (5k) | 19:18 (5k) | 19:51 (5k) | 19:04 (5k) |
| | 11 | 2005 | | 21:21 (5k) | 20:37 (5k) | 19:31 (5k) | | |
| | 10 | 2004 | | 21:05 (5k) | 19:58 (5k) | 19:58 (5k) | 19:53 (5k) | |
| John Kleppe | 12 | 2006 | 21:50 (5k) | 20:25 (5k) | 21:44 (5k) | 20:17 (5k) | 19:58 (5k) | |
| | 10 | 2004 | | 23:13 (5k) | 22:24 (5k) | 23:38 (5k) | 20:50 (5k) | |
| Tom Miche' | 12 | 2006 | 18:46 (5k) | 17:56 (5k) | 17:59 (5k) | 17:36 (5k) | 17:39 (5k) | 17:33 (5k) |
| | 11 | 2005 | 18:51 (5k) | 18:32 (5k) | 18:12 (5k) | 17:20 (5k) | | |
| | 10 | 2004 | | 18:46 (5k) | 18:28 (5k) | 18:06 (5k) | 17:46 (5k) | |
| | 9 | 2003 | 13:04 (3k) | | 20:37 (5k) | 19:52 (5k) | | 19:46 (5k) |
| | 8 | 2002 | 8:42 (2k) | 8:12 (2k) | 7:48 (2k) | 13:11(3.2k) | 12:39(3.2k) | 13:42(3.2k) |
| | 7 | 2001 | 7:58 (2k) | | 8:14 (2k) | 14:12(3.2k) | | |
| Derek Arnsdorf | 11 | 2006 | 21:01 (5k) | 20:39 (5k) | 20:47 (5k) | 20:15 (5k) | 19:52 (5k) | 19:31 (5k) |
| Shane Clune | 11 | 2006 | 29:20 (5k) | 28:58 (5k) | 28:54 (5k) | 26:20 (5k) | 26:10 (5k) | 25:41 (5k) |
| Steven Guttormson | 11 | 2006 | 23:32 (5k) | 23:03 (5k) | 21:19 (5k) | | | |
| | 10 | 2005 | | 22:26 (5k) | 20:22 (5k) | 20:22 (5k) | | |
| | 7 | 2002 | 7:29 (2k) | 7:51 (2k) | 7:47 (2k) | | | |
| David Hambly | 11 | 2006 | 18:20 (5k) | 18:39 (5k) | 17:51 (5k) | 17:36 (5k) | 17:19 (5k) | 17:18 (5k) |
| | 10 | 2005 | 20:16 (5k) | DNF | 19:01 (5k) | DNR | | |
| | 9 | 2004 | | 20:48 (5k) | 19:45 (5k) | 19:33 (5k) | 19:00 (5k) | 19:38 (5k) |
| | 8 | 2003 | 7:59 (2k) | 7:18 (2k) | 7:27 (2k) | 12:29 (3.2k) | | |
| | 7 | 2002 | | | | | 14:21(3.2k) | |
| Andrew Lutz | 11 | 2006 | 19:06 (5k) | 19:13 (5k) | 19:13 (5k) | 19:08 (5k) | 18:11 (5k) | 18:26 (5k) |
| | 10 | 2005 | 19:36 (5k) | 18:43 (5k) | 18:34 (5k) | 18:58 (5k) | | |
| | 9 | 2004 | | 21:13 (5k) | 19:52 (5k) | 20:18 (5k) | 19:48 (5k) | |
| Trevor McNally | 11 | 2006 | 17:27 (5k) | 17:14 (5k) | 17:22 (5k) | 16:58 (5k) | 16:42 (5k) | 16:49 (5k) |
| | 10 | 2005 | 19:05 (5k) | 18:11 (5k) | 17:54 (5k) | 17:33 (5k) | | |
| | 9 | 2004 | | 19:22 (5k) | 18:33 (5k) | 18:29 (5k) | 17:52 (5k) | |
| | 8 | 2003 | | 7:38 (2k) | 7:47 (2k) | | | 12:32 (3.2k) |
| Kyle Bodin | 9 | 2006 | | | | | 20:11 (4k) | 27:57 (5k) |
| Beau Peterson | 9 | 2006 | | 24:32 (5k) | 24:35 (5k) | 21:34 (5k) | 18:06 (4k) | |
| | 8 | 2005 | | 8:38 (2k) | 8:34 (2k) | DNR | | |
| | 7 | 2004 | | 9:32 (2k) | 9:27 (2k) | 15:15 (3.2k) | 14:21(3.2k) | |
| Jordan Sparling | 9 | 2006 | 37:49 (5k) | 38:56 (5k) | 36:17 (5k) | 35:01 (5k) | 27:00 (4k) | 35:10 (5k) |
| | 8 | 2005 | | 13:00 (2k) | 12:19 (2k) | 22:52 (3.2k) | | |
| | 7 | 2004 | | 14:10 (2k) | 13:37 (2k) | | 21:56(3.2k) | |

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

| Swain | Conference | Cambridge | Section | State | P B | Average |
|--------------|---------------|--------------|------------|-------|--------------|-------------|
| 21:11 (5k) | PC-19:56 (5k) | | Clqt-19:43 | 18:53 | 18:53 | 20:04 |
| 20:29 (5k) | PC-18:55 (5k) | 18:29 (5k) | Clqt-18:19 | 18:19 | 18:19 | 19:30 |
| 16:21 (4k) | PR-18:55 (5k) | | Clqt-18:26 | | 18:26 | 19:44 |
| 19:55 (5k) | PC-19:01 (5k) | | Clqt-18:39 | 18:08 | 18:08 | 19:17 |
| 20:21 (5k) | PC-18:58 (5k) | 19:48 (5k) | Clqt-18:47 | 18:50 | 18:47 | 19:31 |
| 16:05 (4k) | DNR | | Clqt-19:16 | | 19:16 | 19:49 |
| | SM-19:38 (5k) | | | | 19:38 | 21:30 |
| | PC- 7:22 (2k) | | | | 7:22 (2k) | 7:47(2k) |
| | NB-8:10 (2k) | | | | 8:10(2k) | 8:41(2k) |
| 19:59 (5k) | PC-19:07 (5k) | | Clqt-18:57 | 18:31 | 18:31 | 19:39 |
| 20:38 (5k) | PC-19:41 (5k) | 19:19 (5k) | | | 19:19 | 20:17 |
| 16:35 (4k) | PR-19:27 (5k) | | | | 19:27 | 20:14 |
| 21:03 (5k) | PC-20:09 (5k) | | | | 19:58 | 20:46 |
| 17:47 (4k) | PR-20:20 (5k) | | | | 20:20 | 21:57 |
| 17:57 (5k) | PC-17:41 (5k) | | Clqt-17:38 | 16:50 | 16:50 | 17:45 |
| 18:23 (5k) | PC-17:35 (5k) | 17:37 (5k) | Clqt-17:10 | 17:00 | 17:00 | 17:51 |
| 15:24 (4k) | PR-17:46 (5k) | | Clqt-17:05 | | 17:05 | 18:14 |
| | SM-19:00 (5k) | | Clqt-18:47 | | 18:47 | 20:50 |
| | PC- 7:55 (2k) | | | | 7:48(2k) | 8:18(2k) |
| | NB-8:01 (2k) | | | | 7:58(2k) | 8:04 (2k) |
| 20:19 (5k) | DNR | | | | 19:31 | 20:57 |
| 27:07 (5k) | PC-27:43 (5k) | | | | 25:41 | 27:31 |
| | | | | | 21:19 | 22:38 |
| 16:58 (4k) | PC-20:59 (5k) | 20:41 (5k) | | | 20:22 | 20:57 |
| | | | | | 7:29(2k) | 8:20(2k) |
| 18:26 (5k) | PC-17:43 (5k) | | Clqt-17:45 | 17:05 | 17:05 | 17:48 |
| 19:25 (5k) | PC-18:22 (5k) | 18:09 (5k) | Clqt-17:59 | 17:46 | 17:46 | 18:52 |
| 16:20 (4k) | PR-18:40 (5k) | | Clqt-18:17 | | 18:17 | 19:28 |
| | SM-19:29 (5k) | | Clqt-19:29 | | 19:29 | 19:32 |
| | PC- 8:35 (2k) | | | | 8:35(2k) | 14:23(3.2k) |
| 19:32 (5k) | PC-18:43 (5k) | | Clqt-18:28 | 18:22 | 18:11 | 18:50 |
| 20:00 (5k) | PC-18:20 (5k) | 18:54 (5k) | Clqt-18:07 | 18:06 | 18:06 | 18:47 |
| 16:40 (4k) | PR-19:30 (5k) | | | | 19:29 | 20:16 |
| 17:25 (5k) | PC-17:15 (5k) | | Clqt-17:04 | 16:32 | 16:32 | 17:05 |
| 17:54 (5k) | PC-17:28 (5k) | 17:26 (5k) | Clqt-17:03 | 16:55 | 16:55 | 17:45 |
| 14:55 (4k) | PR-17:49 (5k) | | Clqt-17:25 | | 17:25 | 18:14 |
| | SM-19:38 (5k) | | | | 7:38(2k) | 7:46(2k) |
| | PC-26:35 (5k) | | | | 26:35 | 27:16 |
| | | | | | 21:34 | 23:33 |
| 11:37 (2.5k) | PC-8:02 (2k) | 13.56 (3.2k) | | | 8:02(2k) | 8:29(2k) |
| 12:13(2.6k) | PR-13:37 (3k) | | | | 8:53(2k) | 9:22(2k) |
| 27:57 (4k) | PC-32:44 (5k) | | | | 32:44 | 35:59 |
| 18:33 (2.5k) | PC-11:44 (2k) | 20:56 (3.2k) | | | 11:44(2k) | 12:36(2k) |
| 20:13(2.6k) | PR-20:02 (3k) | | | | 12:56(2k) | 14:02(2k) |

CROSS COUNTRY HISTORY - JR. HIGH BOYS' MEET TIMES

| Name | Gr | Year | Milaca | Pine City | N Branch | Pierz | Mega @Foley | Becker |
|------------------|----|------|------------|------------|------------|--------------|--------------|--------------|
| Zach Borich | 8 | 2006 | 8:08 (2k) | 8:10 (2k) | 8:12 (2k) | 13:21 (3.2k) | 12:46 (3.2k) | 12:56 (3.2k) |
| | 7 | 2005 | | 8:49 (2k) | 9:30 (2k) | 16:28 (3.2k) | | |
| Nick Bremer | 8 | 2006 | | 9:32 (2k) | 8:51 (2k) | 15:34 (3.2k) | 14:44 (3.2k) | 14:51 (3.2k) |
| Trevor Clune | 8 | 2006 | 10:03 (2k) | 9:24 (2k) | 9:35 (2k) | 15:51 (3.2k) | | 14:39 (3.2k) |
| Jacob Guttormson | 8 | 2006 | 8:22 (2k) | 8:17 (2k) | 8:19 (2k) | 13:26 (3.2k) | 13:13 (3.2k) | 12:57 (3.2k) |
| | 7 | 2005 | | 9:12 (2k) | 8:55 (2k) | 14:43 (3.2k) | | |
| Tom Pitzen | 8 | 2006 | | 8:21 (2k) | 8:23 (2k) | 14:28 (3.2k) | 13:17 (3.2k) | 13:53 (3.2k) |
| | 7 | 2005 | | 8:59 (2k) | 8:47 (2k) | 14:33 (3.2k) | | |
| Josh Adams | 7 | 2006 | 10:32 (2k) | 10:26 (2k) | 10:35 (2k) | 16:23 (3.2k) | | 15:56 (3.2k) |
| Andrew Gerold | 8 | 2006 | | 8:41 (2k) | 8:32 (2k) | 14:20 (3.2k) | 13:15 (3.2k) | 13:55 (3.2k) |
| David Kleppe | 8 | 2006 | 13:35 (2k) | DNF | 15:02 (2k) | 23:57 (3.2k) | 22:35 (3.2k) | 21:42 (3.2k) |
| Mitch Ringness | 8 | 2006 | 9:04 (2k) | 9:38 (2k) | 9:23 (2k) | 15:02 (3.2k) | | 14:40 (3.2k) |
| Joe Wolf | 8 | 2006 | 12:16 (2k) | 11:03 (2k) | 11:02 (2k) | 19:27 (3.2k) | 17:43 (3.2k) | 18:57 (3.2k) |

CROSS COUNTRY HISTORY - JR. HIGH BOYS' MEET TIMES

| Swain | Conference | Cambridge | Section | State | P B | Average |
|--------------|---------------|--------------|---------|-------|-----------|-----------|
| 10:47 (2.5k) | PC-8:03 (2k) | | | | 8:03(2K) | 8:08(2K) |
| 11:42 (2.5k) | PC-8:17 (2k) | 15:36 (3.2k) | | | 8:17(2k) | 8:59(2k) |
| 11:38 (2.5k) | PC-8:47 (2k) | | | | 8:47(2K) | 9:03(2K) |
| 12:41 (2.5k) | PC-8:50 (2k) | | | | 8:50(2K) | 9:28(2K) |
| 10:48 (2.5k) | PC-8:00 (2k) | | | | 8:00(2K) | 8:14(2K) |
| 11:31 (2.5k) | PC-8:21 (2k) | 13:56 (3.2k) | | | 8:21(2k) | 8:58(2k) |
| 11:16 (2.5k) | PC-8:08 (2k) | | | | 8:08(2K) | 8:17(2K) |
| 11:33 (2.5k) | PC-8:21 (2k) | 15:06 (3.2k) | | | 8:21(2k) | 8:45(2k) |
| 12:38 (2.5k) | PC-9:42 (2k) | | | | 9:42(2K) | 10:18(2K) |
| 11:07 (2.5k) | PC-8:24 (2k) | | | | 8:24(2K) | 8:32(2K) |
| 19:08 (2.5k) | PC-14:37 (2k) | | | | 13:35(2K) | 14:24(2K) |
| | PC-9:30 (2k) | | | | 9:04(2K) | 9:23(2K) |
| 15:31 (2.5k) | PC-11:25 (2k) | | | | 11:02(2K) | 11:26(2K) |

AVERAGE MILE TIMES AT MEETS - 2006

| | PB -2005 | Milaca | Pine City | N.Branch | Pierz | Mega |
|------------------------|-----------------|---------------|------------------|-----------------|---------------|---------------|
| | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m |
| Josh Boland - 12 | 6:17 | 7:02 | 6:36 | 6:27 | 6:16 | 6:23 |
| Jordan Clementson - 12 | 6:17 | 6:32 | 6:30 | 6:27 | 6:05 | 6:09 |
| Mike Gray - 12 | 6:32 | 6:44 | 6:34 | 6:35 | 6:13 | 6:24 |
| John Kleppe - 12 | | 7:02 | 6:33 | 7:00 | 6:32 | 6:26 |
| Tom Miche - 12 | 5:45 | 6:03 | 5:47 | 5:48 | 5:40 | 5:41 |
| Derek Arnsdorf - 11 | | 6:46 | 6:39 | 6:42 | 6:31 | 6:24 |
| Shane Clune - 11 | | 9:27 | 9:20 | 9:19 | 8:29 | 8:26 |
| David Hambly - 11 | 6:04 | 5:54 | 6:00 | 5:45 | 5:41 | 5:35 |
| Andrew Lutz - 11 | 6:03 | 6:09 | 6:11 | 6:11 | 6:10 | 5:51 |
| Trevor McNally - 11 | 5:43 | 5:37 | 5:33 | 5:36 | 5:28 | 5:23 |
| Kyle Bodin - 9 | | | | | DNR | 8:04 |
| Beau Peterson - 9 | | | 7:54 | 7:55 | 6:57 | 7:14 |
| Jordan Sparling - 9 | | 12:11 | 12:33 | 11:42 | 11:17 | 10:48 |
| | | | | | | |
| | 2000 m | 2000 m | 2000 m | 2000 m | 3200 m | 3200 m |
| Zach Borich - 8 | 7:31 | 6:30 | 6:31 | 6:33 | 6:44 | 6:26 |
| Nick Bremer - 8 | | | 7:37 | 7:04 | 7:51 | 7:26 |
| Trevor Clune - 8 | | 8:01 | 7:31 | 7:40 | 8:00 | 8:24 |
| Jacob Guttormson - 8 | 7:17 | 6:41 | 6:37 | 6:39 | 6:47 | 6:40 |
| Thomas Pitzen - 8 | 7:14 | | 6:40 | 6:42 | 7:18 | 6:42 |
| Josh Adams - 7 | | 8:24 | 8:20 | 8:28 | 8:16 | DNR |
| Andrew Gerold - 7 | | | 6:56 | 6:49 | 7:14 | 6:41 |
| David Kleppe - 7 | | 10:52 | DNF | 12:01 | 12:05 | 11:24 |
| Mitch Ringness - 7 | | 7:14 | 7:42 | 7:30 | 7:35 | DNR |
| Joe Wolf - 7 | | 9:48 | 8:50 | 8:52 | 9:49 | 8:56 |
| | 4000 m | 4000 m | 4000 m | 4000 m | 4000 m | 4000 m |
| Hannah Espeseth - 12 | 7:37 | 7:12 | 7:45 | 7:37 | 7:25 | 7:25 |
| Abby Olson - 12 | 7:54 | 8:00 | 8:37 | 8:08 | 7:50 | 8:01 |
| Becca Valencia - 12 | | | | 9:54 | 9:42 | 9:21 |
| Emily Branzovsky - 11 | | DNF | 7:13 | 7:14 | 7:08 | 7:13 |
| Emily Erickson - 11 | 8:06 | 8:39 | 8:40 | 8:34 | 7:58 | DNR |
| Karissa Lange - 11 | | 7:47 | 7:40 | 7:42 | 7:26 | 7:29 |
| Shauna Palmer - 11 | 8:17 | | 8:25 | 7:46 | 7:34 | DNR |
| Erica Pitzen - 11 | | 10:17 | 10:22 | 10:34 | 9:54 | DNR |
| Aislinn Rogalla - 11 | | 10:48 | 9:43 | 9:34 | 9:22 | 9:33 |
| Shannon Segarra - 11 | | 9:31 | 9:46 | 9:10 | 8:46 | DNR |
| Brietta Clementson -10 | 7:40 | 8:15 | 7:45 | 7:41 | 7:50 | 7:28 |
| Steph Dickey - 10 | 8:37 | DNF | 8:50 | 9:00 | 8:31 | DNR |
| Emily Hill - 10 | 10:44 | 10:22 | 10:11 | 9:53 | 9:40 | 9:14 |
| Laura Kleppe - 10 | 8:12 | 8:15 | 8:19 | 7:47 | 7:41 | 7:42 |
| Tara Miche' - 10 | | 8:01 | 8:39 | 8:28 | 8:42 | 7:27 |
| | 2000 m | 2000 m | 2000 m | 2000 m | 3200 m | 3200 m |
| Ashley Harrington - 8 | | | | 7:31 | 8:07 | 7:27 |
| Megan Miesner- 7 | | | | 7:09 | 7:26 | 6:48 |
| Caitlin Walbridge - 7 | | | | 8:55 | 9:48 | 9:07 |

AVERAGE MILE TIMES AT MEETS - 2006

| Becker | Swain | Conf @ PC | Section 7A | State | Average |
|---------------|---------------|------------------|-------------------|---------------|----------------|
| 5000 m | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m |
| 6:16 | 6:50 | 6:25 | 6:20 | 6:05 | 6:28 |
| 6:01 | 6:25 | 6:08 | 6:00 | 5:50 | 6:13 |
| 6:08 | 6:26 | 6:10 | 6:05 | 5:58 | 6:20 |
| DNR | 6:47 | 6:30 | | | 6:41 |
| 5:38 | 5:47 | 5:42 | 5:40 | 5:26 | 5:43 |
| 6:16 | 6:33 | DNR | | | 6:33 |
| 8:16 | 8:44 | 8:56 | | | 8:52 |
| 5:34 | 5:56 | 5:43 | 5:42 | 5:31 | 5:44 |
| 5:55 | 6:18 | 6:02 | 5:56 | 5:55 | 6:04 |
| 5:24 | 5:37 | 5:33 | 5:29 | 5:20 | 5:30 |
| 9:00 | DNR | 8:34 | | | 8:32 |
| DNR | DNR | DNR | | | 8:45 |
| 11:20 | 11:10 | 10:33 | | | 11:26 |
| | | | | | |
| 3200 m | 2500 M | 2000 M | | | |
| 6:30 | 6:57 | 6:26 | | | 6:34 |
| 7:28 | 7:30 | 7:01 | | | 7:25 |
| 7:22 | 8:10 | 7:04 | | | 7:46 |
| 6:30 | 6:58 | 6:24 | | | 6:39 |
| 6:59 | 7:16 | 6:30 | | | 6:52 |
| 8:00 | 8:09 | 7:45 | | | 8:11 |
| 7:00 | 7:10 | 6:43 | | | 6:56 |
| 9:54 | 12:20 | 11:41 | | | 11:28 |
| 7:22 | DNR | 7:36 | | | 7:29 |
| 9:33 | 10:00 | 9:08 | | | 9:22 |
| 4000 m | 4000 M | 4000 M | 4000 M | | 4000 M |
| 7:15 | 7:37 | 6:59 | 6:53 | | 7:21 |
| 7:32 | 8:20 | 7:57 | 7:37 | | 8:00 |
| 9:30 | 10:02 | DNR | | | 9:41 |
| DNR | DNR | 7:13 | 7:01 | | 7:10 |
| 8:06 | DNR | 8:13 | | | 8:21 |
| 7:16 | 7:41 | 7:20 | 7:13 | | 7:30 |
| 7:26 | 8:33 | 7:36 | | | 7:53 |
| DNR | 11:03 | 10:57 | | | 10:31 |
| 8:57 | 9:46 | 9:01 | | | 9:35 |
| 8:43 | 9:25 | 9:44 | | | 9:17 |
| 7:27 | 8:15 | 7:27 | 7:27 | | 7:44 |
| 8:32 | 8:47 | 8:21 | | | 8:40 |
| 9:32 | 9:58 | 9:39 | | | 9:48 |
| 7:29 | 8:08 | 7:37 | 7:34 | | 7:50 |
| 7:25 | 7:54 | 7:41 | 7:26 | | 7:58 |
| 3200 m | 2500 M | 2000 M | | | |
| 7:09 | 7:50 | 7:20 | | | 7:24 |
| 7:05 | 7:32 | 7:12 | | | 7:12 |
| 9:02 | 9:41 | 8:18 | | | 9:08 |

TEAM POSITIONS AT MEETS - 2006

| | Milaca | Pine City | N.Branch | Pierz | Mega |
|------------------------|--------|-----------|----------|--------|--------|
| | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m |
| Josh Boland - 12 | 10 | 9 | 6 | 7 | 7 |
| Jordan Clementson - 12 | 6 | 6 | 5 | 4 | 5 |
| Mike Gray - 12 | 7 | 7 | 7 | 6 | 6 |
| John Kleppe - 12 | 9 | 8 | 10 | 9 | 9 |
| Tom Miche - 12 | 3 | 2 | 3 | 2 | 3 |
| Derek Arnsdorf - 11 | 8 | 10 | 8 | 8 | 8 |
| Shane Clune - 11 | 12 | 13 | 12 | 11 | 10 |
| David Hambly - 11 | 2 | 3 | 2 | 3 | 2 |
| Andrew Lutz - 11 | 5 | 4 | 4 | 5 | 4 |
| Trevor McNally - 11 | 1 | 1 | 1 | 1 | 1 |
| Kyle Bodin - 9 | | | | | 12 |
| Beau Peterson - 9 | | 12 | 11 | 10 | 11 |
| Jordan Sparling - 9 | 13 | 14 | 13 | 12 | 13 |
| | 2000 m | 2000 m | 2000 m | 3200 m | 3200 m |
| Zach Borich - 8 | 1 | 1 | 1 | 1 | 1 |
| Nick Bremer - 8 | | 6 | 5 | 6 | 5 |
| Trevor Clune - 8 | 4 | 5 | 7 | 7 | 6 |
| Jacob Guttormson - 8 | 2 | 2 | 2 | 2 | 2 |
| Thomas Pitzen - 8 | | 3 | 3 | 4 | 4 |
| Josh Adams - 7 | 5 | 8 | 8 | 8 | |
| Andrew Gerold - 7 | | 4 | 4 | 3 | 3 |
| David Kleppe - 7 | 7 | 10 | 10 | 10 | 8 |
| Mitch Ringness - 7 | 3 | 7 | 6 | 5 | |
| Joe Wolf - 7 | 6 | 9 | 9 | 9 | 7 |
| | 4000 m | 4000 m | 4000 m | 4000 m | 4000 m |
| Hannah Espeseth - 12 | 1 | 4 | 2 | 2 | 2 |
| Abby Olson - 12 | 3 | 7 | 7 | 7 | 7 |
| Becca Valencia - 12 | | | 14 | 14 | 9 |
| Emily Branzovsky - 11 | | 1 | 1 | 1 | 1 |
| Emily Erickson - 11 | 7 | 9 | 9 | 8 | |
| Karissa Lange - 11 | 2 | 2 | 4 | 3 | 4 |
| Sauna Palmer - 11 | | 6 | 5 | 4 | |
| Erica Pitzen - 11 | 9 | 14 | 15 | 15 | |
| Aislinn Rogalla - 11 | 11 | 11 | 12 | 12 | 10 |
| Shannon Segarra - 11 | 8 | 12 | 11 | 11 | |
| Brietta Clementson -10 | 5 | 3 | 3 | 6 | 5 |
| Steph Dickey - 10 | | 10 | 10 | 9 | |
| Emily Hill - 10 | 10 | 13 | 13 | 13 | 8 |
| Laura Kleppe - 10 | 6 | 5 | 6 | 5 | 6 |
| Tara Miche' - 10 | 4 | 8 | 8 | 10 | 3 |
| | 2000 m | 2000 m | 2000 m | 2000 m | 3200 m |
| Ashley Harrington - 8 | | | 2 | 2 | 2 |
| Megan Miesner - 7 | | | 1 | 1 | 1 |
| Caitlin Walbridge - 7 | | | 3 | 3 | 3 |

TEAM POSITIONS AT MEETS - 2006

| Becker 5000 m | Swain 5000 m | Conf @ PC 5000 m | Section 7A 5000 m | State 5000 m | Average 5000 m |
|--------------------------|-------------------------|-----------------------------|------------------------------|-------------------------|---------------------------|
| 7 | 9 | 7 | 7 | 7 | 7.60 |
| 5 | 5 | 5 | 5 | 4 | 5.00 |
| 6 | 6 | 6 | 6 | 6 | 6.30 |
| | 8 | 8 | | | 8.71 |
| 3 | 2 | 2 | 2 | 2 | 2.40 |
| 8 | 7 | | | | 8.14 |
| 9 | 10 | 10 | | | 10.88 |
| 2 | 3 | 3 | 3 | 3 | 2.60 |
| 4 | 4 | 4 | 4 | 5 | 4.30 |
| 1 | 1 | 1 | 1 | 1 | 1.00 |
| 10 | | 9 | | | 10.33 |
| | | | | | 11.00 |
| 11 | 11 | 11 | | | 12.25 |
| | | | | | |
| 2000 m | 2500 m | 2000 m | | | |
| 1 | 1 | 2 | | | 1.12 |
| 7 | 5 | 5 | | | 5.57 |
| 5 | 6 | 6 | | | 5.75 |
| 2 | 2 | 1 | | | 1.88 |
| 3 | 4 | 3 | | | 3.43 |
| 8 | 7 | 8 | | | 7.43 |
| 4 | 3 | 4 | | | 3.57 |
| 10 | 9 | 10 | | | 9.25 |
| 6 | | 7 | | | 5.67 |
| 9 | 8 | 9 | | | 8.25 |
| | | | | | |
| 4000 m | 4000 m | 4000 m | 4000 m | 4000 m | 4000 m |
| 1 | 1 | 1 | 1 | | 1.67 |
| 7 | 6 | 8 | 7 | | 6.56 |
| 12 | 12 | | | | 12.20 |
| | | 2 | 2 | | 1.33 |
| 8 | | 9 | | | 8.33 |
| 2 | 2 | 3 | 3 | | 2.78 |
| 4 | 7 | 5 | | | 5.17 |
| | 13 | 14 | | | 13.33 |
| 11 | 10 | 11 | | | 11.00 |
| 10 | 9 | 13 | | | 10.57 |
| 5 | 5 | 4 | 5 | | 4.56 |
| 9 | 8 | 10 | | | 9.33 |
| 13 | 11 | 12 | | | 11.62 |
| 6 | 4 | 6 | 6 | | 5.56 |
| 3 | 3 | 7 | 4 | | 5.56 |
| | | | | | |
| 2000 m | 2500 m | 2000 m | | | |
| 2 | 2 | 2 | | | 2.00 |
| 1 | 1 | 1 | | | 1.00 |
| 3 | 3 | 3 | | | 3.00 |

PLACE FINISHES AT MEETS - 2006

| | Milaca | Pine City | N.Branch | Pierz | Mega |
|------------------------|--------|-----------|----------|--------|-----------|
| | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m |
| Josh Boland - 12 | 30 jv | 7 jv | 3 jv | 80 | 124 jv |
| Jordan Clementson - 12 | 66 | 44 | 21 | 53 | 125 |
| Mike Gray - 12 | 77 | 48 | 24 | 74 | 170 |
| John Kleppe - 12 | 29 jv | 6 jv | 25 | 23 jv | 133 jv |
| Tom Miche - 12 | 22 | 7 | 6 | 16 | 39 |
| Derek Amsdorf - 11 | 16 jv | 9 jv | 7 jv | 21 jv | 171 |
| Shane Clune - 11 | 132 jv | 55 jv | 15 jv | 134 jv | 424 jv |
| David Hambly - 11 | 15 | 19 | 5 | 17 | 21 |
| Andrew Lutz - 11 | 33 | 28 | 13 | 68 | 76 |
| Trevor McNally - 11 | 2 | 3 | 2 | 3 | 5 |
| Kyle Bodin - 9 | | | | | 152 -10th |
| Beau Peterson - 9 | | 41 jv | 13 jv | 54 jv | 122 -10th |
| Jordan Sparling - 9 | 141 jv | 57 jv | 18 jv | 143 jv | 160 -10th |
| | | | | | |
| | 2000 m | 2000 m | 2000 m | 3200 m | 3200 m |
| Zach Borich - 8 | 15 | 5 | 3 | 18 | 63 |
| Nick Bremer - 8 | | 30 | 14 | 91 | 139 |
| Trevor Clune - 8 | 87 | 28 | 25 | 99 | 160 |
| Jacob Guttormson - 8 | 23 | 9 | 5 | 22 | 88 |
| Thomas Pitzen - 8 | | 10 | 6 | 63 | 91 |
| Josh Adams - 7 | 104 | 44 | 30 | 115 | DNR |
| Andrew Gerold - 7 | | 14 | 8 | 52 | 42 |
| David Kleppe - 7 | 125 | | 36 | 145 | 155 |
| Mitch Ringness - 7 | 54 | 33 | 20 | 77 | DNR |
| Joe Wolf - 7 | 120 | 51 | 32 | 139 | 142 |
| | 4000 m | 4000 m | 4000 m | 4000 m | 4000 m |
| Hannah Espeseth - 12 | 28 | 32 | 11 | 70 | 132 |
| Abby Olson - 12 | 71 | 49 | 20 | 117 | 181 |
| Becca Valencia - 12 | | | 14 jv | 95 jv | 215 |
| Emily Branzovsky - 11 | | 14 | 8 | 57 | 111 |
| Emily Erickson - 11 | 32 jv | 19 jv | 5 jv | 33 jv | DNR |
| Karissa Lange - 11 | 57 | 29 | 14 | 71 | 141 |
| Shauna Palmer - 11 | | 15 jv | 16 | 89 | DNR |
| Erica Pitzen - 11 | 73 jv | 42 jv | 15 jv | 100 jv | DNR |
| Aislinn Rogalla - 11 | 79 jv | 32 jv | 11 jv | 89 jv | 216 |
| Shannon Segarra - 11 | 61 jv | 34 jv | 9 jv | 65 jv | DNR |
| Brietta Clementson -10 | 80 | 31 jv | 13 | 116 | 38 -10th |
| Steph Dickey - 10 | | 23 jv | 7 jv | 51 jv | DNR |
| Emily Hill - 10 | 74 jv | 39 jv | 13 jv | 94 jv | 90 -10th |
| Laura Kleppe - 10 | 81 | 47 | 17 | 102 | 52 -10th |
| Tara Miche' - 10 | 73 | 50 | 4 jv | 62 jv | 37 -10th |
| | 2000 m | 2000 m | 2000 m | 3200 m | 3200 m |
| Ashley Harrington - 8 | | | 10 | 41 | 68 |
| Megan Miesner- 7 | | | 6 | 13 | 21 |
| Caitlin Walbridge - 7 | | | 16 | 80 | 122 |

PLACE FINISHES AT MEETS - 2006

| Becker | Swain | Conf @ PC | Section 7A | State | Average |
|---------------|------------------|------------------|-------------------|---------------|----------------|
| 5000 m | 5000/4000 | 5000 m | 5000 m | 5000 m | 5000 m |
| 45 | 144 | 1 jv | 67 | 143 | 95.80 |
| 28 | 87 | 17 | 36 | 107 | 58.40 |
| 35 | 93 | 18 | 47 | 130 | 71.60 |
| DNR | 27 jv | 29 | | | 43.6 jv |
| 12 | 15 | 5 | 11 | 25 | 15.80 |
| 8 jv | 13 jv | DNR | | | 13.3 jv |
| 64 jv | 94 jv | 25 jv | | | 117.8 jv |
| 9 | 32 | 6 | 14 | 37 | 17.50 |
| 25 | 67 | 16 | 25 | 130 | 48.10 |
| 3 | 6 | 2 | 2 | 14 | 4.20 |
| 67 jv | DNR | 24 jv | | | 81.0 jv |
| | DNR | DNR | | | 57.5 jv |
| 69 jv | 152-10th | 27 jv | | | 95.8 jv |
| | | | | | |
| 3200 m | 2500 m | 2000 m | | | 2000 m |
| 8 | 35 | 4 | | | 18.88 |
| 39 | 81 | 14 | | | 58.29 |
| 34 | 121 | 17 | | | 71.38 |
| 9 | 36 | 3 | | | 24.38 |
| 18 | 61 | 8 | | | 36.71 |
| 49 | 125 | 28 | | | 70.71 |
| 20 | 56 | 9 | | | 28.71 |
| 54 | 150 | 41 | | | 100.86 |
| 35 | DNR | 26 | | | 40.83 |
| 53 | 145 | 37 | | | 89.88 |
| 4000 m | 4000 m | 4000 m | 4000 m | | 4000 m |
| 35 | 93 | 12 | 16 | | 47.67 |
| 47 | 140 | 34 | 67 | | 80.67 |
| 57 jv | 86 jv | DNR | | | 63.0 jv |
| DNR | DNR | 19 | 22 | | 38.50 |
| 33 jv | DNR | 6 jv | | | 21.3 jv |
| 36 | 99 | 23 | 41 | | 56.78 |
| 41 | 145 | 2 jv | | | 72.75 |
| DNR | 91 jv | 18 jv | | | 56.5 jv |
| 53 jv | 82 jv | 9 jv | | | 50.7 jv |
| 48 jv | 160 | 15 jv | | | 38.6 jv |
| 42 | 63 -10th | 25 | 57 | | 55.20 |
| 44 jv | 86 -10th | 8 jv | | | 36.5 jv |
| 58 jv | 113 -10th | 13 jv | | | 61.8 jv |
| 45 | 60 -10th | 27 | 65 | | 54.86 |
| 40 | 43 -10th | 28 | 56 | | 49.40 |
| 3200 m | 2500 m | 2000 m | | | |
| 4 | 42 | 2 | | | 27.83 |
| 2 | 25 | 1 | | | 11.33 |
| 23 | 81 | 9 | | | 55.17 |