

# 2007

*Year in Review*



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*Year in Review*



*To achieve all that is possible,*

*We must attempt*

*the impossible. . . . .*

*To be as much as we can be,*

*We must DREAM of being more.*

**RUM RIVER CONFERENCE INDOOR @ FOLEY**  
**Friday, March 30, 2007 - 4:15**  
**Pine City Girls' Results**

4 x 800 m Relay				High Jump	1. Brekka Gay	3' 8"
55 m Hurdles	1. Jenni Hussong	11.8		Long Jump	1. Kerri Hughes	13' 10.5" 5th
	2. Cyndy Marier	14.2			2. Jenni Hussong	12' 3.75"
					3. Kara Husnik	10' 4" PB
55 m Dash	1. Dani Pangerl	8.7		Triple Jump	1. Brekka Gay	22' 11"
	2. Kara Husnik	9.5				
	3. Ashly Johnson	9.9				
4 x 200 m Relay	1. Maria Bellinger	30.6		Pole Vault	1. Maria Bellinger	9' 0" 1st
	2. Brekka Gay	32.2				
	3. Emily Branzovsky	30.3				
	4. Kerri Hughes	<u>31.0</u>				
		2:03.9	4th	Shot Put	1. Maria Bellinger	30' 10" 3rd
					2. Becca Valencia	20' 9.5"
1600 m Run	1. Miranda Wilson	DNF				
4 x 100 m Relay	1. Maria Bellinger	12.9				
	2. Dani Pangerl	13.9				
	3. Kerri Hughes	15.2				
	4. Kendra Moryl	<u>17.2</u>				
		59.3	3rd			
400 m Dash	1. Emily Branzovsky	1:11.6	2nd			
	2. Brekka Gay	1:18.2	PB			
	3. Holly Schulz	1:34.4				
					<u>TEAM RESULTS:</u>	
					1. Mora	118
					2. Milaca	80
800 m Run					3. Foley	60
					4. Zimmerman	40
					5. Pine City	25
200 m Dash	1. Kendra Motyl	30.5				
	2. Becca Valencia	35.2				
	3. Brittany Hernandez	36.3				
3200 m Run						
4 x 400 m Relay	1. Cyndy Marier	1:43				
	2. Cortney Altergott	1:22				
	3. Ashly Johnson	1:26				
	4. Kendra Motyl	<u>1:12</u>				
		5:43.7				



**RUM RIVER CONFERENCE INDOOR @ FOLEY**  
**Friday, March 30, 2006 - 4:15**  
**Pine City Boys' Results**

4 x 800 m Relay	1. David Hambly (63,72) 2:15.3	High Jump	1. Jordan Clementson 5' 4" 5th
	2. Steven Guttormson (68,74) 2:22.2		2. Josh Skalicky 5' 2"
	3. Trevor McNally (64,72) 2:16.1		3. Derek Braatz 5' 2" PB
	4. Tom Miche' (66,69) 2:15.2		
	9:09.0 2nd	Long Jump	1. Haakon Hanson 16' 6.25"
			2. Cody McConnell 16' 4"
55 m Hurdles			3. Steven Guttormson
55 m Dash	1. Isaac Johnson 7.3	Triple Jump	1. Jordan Clementson 36' 8.25"
	2. Cody McConnell 7.4		2. Devin Braatz 25' 2"
	3. Danny Hambly 7.5 PB		3. Josh Skalicky 35' 9"
4 x 200 m Relay	1. Josh Skalicky 24.8	Pole Vault	
	2. Eric Osterdyk 27.8		
	3. Danny Hambly 28.0		
	4. Haakon Hansen 25.5		
	1:46.3 4th	Shot Put	1. Danny Hambly 39' 8.5" 4th PB
1600 m Run	1. David Hambly 5:07.9 4th PB (1:16, 1:17, 1:19, 1:12)		
	2. Kellen Montague 5:50.2 (1:18, 1:27, 1:37, 1:28)		
	3. Kyle Bodin 7:12.1 (1:27, 1:52, 1:56, 1:57)		
4 x 100 m Relay	1. Isaac Johnson 11.4		
	2. Cody McConnell 13.6		
	3. Danny Hambly 12.8		
	4. Haakon Hansen 12.3		
	49.9 4th		
		<u>TEAM RESULTS:</u>	
400 m Dash	1. Steven Guttormson 58.5 4th PB	1. Foley 140	
	2. Jared Reiser 61.7	2. Milaca 66	
	3. Jayme Gallagher 68.7	3. Mora 66	
		4. Zimmerman 31	
		5. Pine City 29	
800 m Run	1. Eric Osterdyk (68,75) 2:23.7		
	2. Devin Braatz (84,92) 2:56.0		
	3. Jordan Sparling (1:47,2:01) 3:48.7 PB		
200 m Dash	1. Cody McConnell 27.2		
	2. Jared Reiser 27.6		
	3. Derek Braatz 26.6		
3200 m Run	1. Tom Miche' (5:33) 11:08.6 3rd 1:19, 1:23, 1:26, 1:26, 1:26, 1:27, 1:26, 1:16)		
	2. Trevor McNally (5:26) 11:02.4 2nd (1:18, 1:22, 1:22, 1:22, 1:23, 1:25, 1:27, 1:20)		
4 x 400 m Relay	1. David Hambly 59.0 PB		
	2. Josh Skalicky 61.2		
	3. Steven Guttormson 61.1		
	4. Jordan Clementson 62.2		
	4:02.8 4th		

# TIGERAMA @ RUSH CITY

Tuesday, April 17, 2007

Pine City Girls' Results

cool, breezy

4 x 800 m Relay				High Jump	1. Kendra Motyl	4' 0"
					2. Brekka Gay	4' 0" PB
100 m Hurdles	1. Brietta Clementson	19.9	2nd			
	2. Jenni Hussong	22.1				
	3. Cyndy Marier	24.9		Long Jump	1. Kerri Hughes	12' 0" 6th
100 m Dash	1. Dani Pangerl	15.3			2. Jenni Hussong	11' 10"
	2. Kara Husnik	16.8	PB		3. Tara Miche	13' 3" 3rd PB
4 x 200 m Relay	1. Maria Bellinger	29.3		Triple Jump	1. Etta Clementson	26' 11"
	2. Kerri Hughes	31.6			2. Brekka Gay	25' 5" PB
	3. Emily Branzovsky	28.2			3. Dani Pangerl	28' 1.5" 4th
	4. Kendra Motyl	<u>30.8</u>		Pole Vault	1. Maria Bellinger	9' 6" 1st PB
		1:59.2	2nd		<b>***New Tigerama Record***</b>	
					<b>***New School Record***</b>	
1600 m Run	1. Tara Miche'	6:43.9	5th	Shot	1. Maria Bellinger	30' 1.75" 3rd
	(1:26, 1:51, 1:53, 1:34)				2. Becca Valencia	18' .75"
					3. Kara Husnik	20' 11.25"
4 x 100 m Relay	1. Dani Pangerl	16.8		Discus	1. Maria Bellinger	95' 6" 2nd
	2. Holly Schulz	15.8			2. Becca Valencia	53' 1"
	3. Ashly Johnson	16.0			3. Brittany Nugent	52' 3"
	4. Cortney Altergott	<u>16.4</u>				
		DQ				
400 m Dash	1. Emily Branzovsky	69.3	4th			
	2. Kendra Motyl	69.2	3rd			
300 m Hurdles	1. Jenni Hussong	62.7	4th			
	2. Cortney Altergott	63.6	5th			
800 m Run	1. Tara Miche'	(91, 98)	3:08.9			
	2. Etta Clementson	(88, 94)	3:06.4			
	3. Miranda Wilson	(89, 100)	3:09.5			
200 m Dash	1. Emily Branzovsky	28.9	2nd			
	2. Kendra Motyl	31.3				
	3. Dani Pangerl	34.3				
3200 m Run						
4 x 400 m Relay	1. Brietta Clementson	75.8				
	2. Brekka Gay	75.2				
	3. Miranda Wilson	80.5				
	4. Tara Miche'	<u>85.0</u>				
		5:16.0	5th			

## TEAM RESULTS

1. Braham	152
2. Hinckley Finlayson	135.5
3. Rush City	130
4. Pine City	80.5
5. MLWR	40
6. EC	6

# TIGERAMA INVITATIONAL at Rush City

Tuesday, April 17, 2007

## Pine City Boys' Results

cool, breezy

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. David Hambly</td> <td style="width: 15%;">(71,78)</td> <td style="width: 15%;">2:28.7</td> <td style="width: 15%;"></td> </tr> <tr> <td>2. Devin Braatz</td> <td>(80,90)</td> <td>2:49.9</td> <td>PB</td> </tr> <tr> <td>3. Kellen Montague</td> <td>(71,82)</td> <td>2:34.1</td> <td></td> </tr> <tr> <td>4. Eric Osterdyk</td> <td><u>(67,75)</u></td> <td><u>2:22.9</u></td> <td>PB</td> </tr> <tr> <td></td> <td>10:16.1</td> <td>2nd</td> <td></td> </tr> </table>	1. David Hambly	(71,78)	2:28.7		2. Devin Braatz	(80,90)	2:49.9	PB	3. Kellen Montague	(71,82)	2:34.1		4. Eric Osterdyk	<u>(67,75)</u>	<u>2:22.9</u>	PB		10:16.1	2nd		<p>High Jump</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Jordan Clementson</td> <td style="width: 15%;">5' 6"</td> <td style="width: 15%;">4th tie</td> <td style="width: 15%;">BTY</td> </tr> <tr> <td>2. Josh Skalicky</td> <td>5' 10"</td> <td>1st</td> <td>PB</td> </tr> <tr> <td>3. Eric Osterdyk</td> <td>5' 2"</td> <td></td> <td>PB</td> </tr> </table>	1. Jordan Clementson	5' 6"	4th tie	BTY	2. Josh Skalicky	5' 10"	1st	PB	3. Eric Osterdyk	5' 2"		PB
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**OGILVIE INVITATIONAL**  
**Thursday, April 19, 2007**  
**Pine City Girls' Results**  
**cool, very windy**

4 x 800 m Relay				High Jump	1. Brekka Gay	4' 0"	
					2. Kendra Motyl	3' 10"	
100 m Hurdles	1. Brietta Clementson	19.9	6th		3. Kerrie Hughes		
	2. Jenni Hussong	21.9	PB				
	3. Cyndy Marier			Long Jump	1. Kerrie Hughes	14' 7"	2nd BTY
					2. Jenni Hussong	12' 2"	
100 m Dash	1. Dani Pangerl	15.2	PB		3. Tara Miche'	13' 3"	5th
	2. Autumn Reicherts	15.8					
	3. Brittany Hernandez	DNR		Triple Jump	1. Dani Pangerl		
					2. Brietta Clementson	27' 7"	4th BTY
4 x 200 m Relay	1. Maria Bellinger	27.8			3. Brekka Gay	25' 9"	PB
	2. Kerri Hughes	31.2					
	3. Emily Branzovsky	29.2					
	4. Kendra Motyl	<u>30.8</u>		Pole Vault	1. Maria Bellinger	10' 0"	1st PB
		1:58.7	4th		<b>***New School Record***</b>		
1600 m Run	1. Tara Miche	7:10.9		Shot	1. Maria Bellinger	29' 2.75"	2nd
	(1:37, 1:54, 2:00, 1:39)				2. Becca Valencia	18' 11.75"	
					3. Kara Husnik	20' 3"	
4 x 100 m Relay	1. Dani Pangerl	15.3		Discus	1. Maria Bellinger	91' 7"	1st
	2. Kerri Hughes	15.1			2. Becca Valencia	52' 4"	
	3. Etta Clementson	13.7			3. Ashly Johnson	51' 9.5"	
	4. Emily Branzovsky	<u>13.4</u>					
		57.1	4th				
400 m Dash	1. Kendra Motyl	71.2	5th				
	2. Brekka Gay	74.1	PB				

TEAM RESULTS

300 m Hurdles	1. Etta Clementson	60.8	4th	1. Meadow Creek	183
	2. Jenni Hussong	62.3	6th PB	2. Braham	111
	3. Cortney Altergott	63.9		3. Rush City	70
				4. Ogilvie	64
800 m Run	1. Tara Miche'	3:19.9		5. Pine City	58
	2. Ashly Johnson	3:25.9		6. West Lutheran	55
	3. Brittany Hernandez	3:22.8		7. East Central	1
200 m Dash	1. Emily Branzovsky	30.3			
	2. Kendra Motyl	31.3			
	3. Autumn Reicherts	33.8			

3200 m Run

4 x 400 m Relay

**OGILVIE INVITATIONAL**  
**Thursday, April 19, 2007**  
**Pine City Boys' Results**  
**cool, very windy**

4 x 800 m Relay	1. Steven Guttormson (69,77) 2:26.2	High Jump	1. Josh Skalicky 5' 8" 1st
	2. Kellen Montague (72,80) 2:33.1 PB		2. Jordan Clementson 5' 4" 4th
	3. Eric Osterdyk (72,70) 2:22.8 PB		3. Eric Osterdyk 5' 4" 6th PB
	4. Tom Miche' <u>(67,66)</u> 2:13.1 PB		
	9:35.1 2nd	Long Jump	1. Jordan Clemntson 17' 10" 3rd PB
110 m Hurdles			2. Haakon Hansen 16' 3"
			3. Cody McConnell 15' 10.5"
100 m Dash	1. Isaac Johnson 12.1 5th	Triple Jump	1. Jordan Clementson 36' 7.75" 4th
	2. Jarad Reiser 12.6		2. Devin Braatz 28' 1"
	3. Jeff Gossen 12.9		
4 x 200 m Relay	1. Cody McConnell 27.7	Pole Vault	1. Josh Skalicky 10' 0" 2nd PB
	2. Danny Hambly 26.9		2. Jayme Gallagher 8' 0" PB
	3. Steven Guttormsor 25.8		
	4. Josh Skalicky <u>23.8</u>	Shot	1. Jeff Gossen 25' 10"
	1:44.2 3rd		
1600 m Run	1. Trevor McNally 4:56.4 2nd	Discus	1. Danny Hambly 117' .5" 2nd PB
	(1:09, 1:17, 1:17, 1:15)		2. Jeff Gossen 53' 9.5"
	2. David Hambly 5:09.2 3rd		
	(1:11, 1:19, 1:21, 1:18)		
	3. Kellen Montague 5:44.1 PB		
	(1:15, 1:30, 1:33, 1:26)		
4 x 100 m Relay	1. Isaac Johnson 13.4		
	2. Cody McConnell 12.0		
	3. Danny Hambly 12.2		
	4. Haakon Hansen <u>11.9</u>		
	49.1 4th		
400 m Dash	1. Tom Miche' 55.9 3rd PB		
	2. Steven Guttormson 58.9 5th		
	3. Jarad Reiser 62.9		
		<u>TEAM RESULTS</u>	
300 m Hurdles	1. Haakon Hansen 46.9 3rd		1. Rush City 138
			2. Pine City 128
800 m Run	1. David Hambly (66,70) 2:16.1 3rd PB		3. West Lutheran 85
	2. Eric Osterdyk (72,73) 2:25.8		Meadow Creek 85
	3. Jordan Sparling (1:46, 1:56) 3:42.8		5. Braham 83
			6. E Central 24
			7. Ogilvie 15
200 m Dash	1. Cody McConnell 26.2 PB		
	2. Isaac Johnson 26.2 PB		
	3. Jarad Reiser 27.2 PB		
3200 m Run	1. Trevor McNally 10:52.5 3rd BTY		
	(1:14, 1:20, 1:21, 1:22, 1:22, 1:22, 1:25, 1:22)		
	2. Tom Miche' 10:40.2 2nd PB		
	(1:15, 1:20, 1:21, 1:22, 1:23, 1:23, 1:22, 1:14)		
4 x 400 m Relay	1. Jordan Clementson 57.3 BTY		
	2. Haakon Hansen 61.6 PB		
	3. Josh Skalicky 58.5 BTY		
	4. David Hambly <u>59.8</u>		
	3:57.3 3rd		

**RRC QUAD INVITATIONAL at Pine City**  
**Monday, April 23, 2007**  
**Pine City Girls' Results**  
**sunny, cool, breezy**

4 x 800 m Relay				High Jump	1. Brekka Gay	4' 2" PB
					2. Kendra Motyl	
100 m Hurdles	1. Brietta Clementson	19.8	BTY	Long Jump	1. Kerrie Hughes	14' 7.5" 2nd BTY
	2. Jenni Hussong	22.0			2. Jenni Hussong	11' 11"
	3. Holly Schulz	24.5			3. Tara Miche'	12' 10.5" 5th
					4. Autumn Reicherts	12' 2"
100 m Dash	1. Dani Pangerl	15.0	PB		5. Kara Husnik	9' 4.25"
	2. Autumn Reicherts	15.8				
	3. Kerrie Hughes	14.3		Triple Jump	1. Dani Pangerl	27' 0"
	4. Tara Miche'	14.3			2. Brietta Clementson	28' 8.5" PB
	5. Kara Husnik	16.8			3. Brekka Gay	24' 4"
	6. Miranda Wilson	16.1				
4 x 200 m Relay	1. Maria Bellinger	29.6		Pole Vault	1. Maria Bellinger	9' 0" 2nd
	2. Kerri Hughes	30.6				
	3. Emily Branzovsky	29.8		Shot	1. Maria Bellinger	28' 4" 3rd
	4. Kendra Motyl	<u>30.8</u>			2. Becca Valencia	19' 11"
		2:01.3	3rd		3. Kara Husnik	23' 3" PB
	1. Holly Schulz	35.3				
	2. Autumn Reicherts	35.0		Discus	1. Maria Bellinger	98' 4" 1st BTY
	3. Jenni Hussong	31.0			2. Becca Valencia	65' 1" PB
	4. Cortney Altergott	<u>36.2</u>			3. Ashly Johnson	56' 0"
		2:19.2			4. Brittany Nugent	52' 2.5"
1600 m Run	1. Tara Miche	6:47.4				
	(1:31, 1:44, 1:42, 1:51)					
4 x 100 m Relay	1. Dani Pangerl	14.7				
	2. Kerri Hughes	15.7				
	3. Emily Branzovsky	13.3				
	4. Etta Clementson	<u>13.8</u>				
		57.7	3rd			
	1. Cyndy Marier	18.4				
	2. Miranda Wilson	17.0				
	3. Brittany Hernandez	14.2				
	4. Holly Schulz	<u>16.1</u>				
		65.4				
400 m Dash	1. Kendra Motyl	71.2	4th			
	2. Brekka Gay	72.9	PB			
300 m Hurdles	1. Etta Clementson	60.3	BTY			
	2. Jenni Hussong	66.2				
800 m Run	1. Tara Miche'	(1:33, 1:32)	3:05.6	5th		
200 m Dash	1. Emily Branzovsky	29.1	1st			
	2. Kendra Motyl	31.7				
	3. Brekka Gay	33.5				
	4. Autumn Reicherts	34.8				

TEAM RESULTS

1. Zimmerman	88
2. Foley	87
3. Milaca	59
4. Pine City	33

3200 m Run

4 x 400 m Relay

# RRC QUAD INVITATIONAL @ Pine City

Monday, April 23, 2007

Pine City Boys' Results

sunny, cool, breezy

4 x 800 m Relay	1. Devin Braatz (79,91) 2:49	High Jump	1. Josh Skalicky 5' 8" 1st
	2. Joey Dilts (88,88) 2:57		2. Derek Braatz 5' 2"
	3. Kellen Montague (69,84) 2:32		3. Eric Osterdyk 5' 4" 3rd
	4. Eric Osterdyk (75,74) 2:29		4. Trent Heimdahl 5' 2"
	10:46.8		
110 m Hurdles		Long Jump	1. Jordan Clemntson 17' 10.5" 3rd PB
			2. Haakon Hansen 16' 4"
100 m Dash	1. Isaac Johnson 12.4	Triple Jump	1. Jordan Clementson 36" 10" 3rd
	2. Shane Clune 13.2		2. Devin Braatz 26' 10"
	3. Derek Braatz 12.3 4th PB		3. Josh Skalicky 34' 10"
	4. Trent Heimdahl 13.8		
4 x 200 m Relay	1. Jared Reiser 27.7	Pole Vault	1. Josh Skalicky 10' 0" 5th
	2. Ben Splett 27.6		2. Jayme Gallagher DNV
	3. Danny Hambly 26.5	Shot	1. Danny Hambly 34' 10.75" 5th
	4. Jeff Gossen 28.4		2. Ben Splett 32' 3"
	1:49.8 2nd		3. Jeff Gossen 29' 6"
1600 m Run	1. Tom Miche' 4:47.5 1st PB (1:09, 1:13, 1:14, 1:09)	Discus	1. Danny Hambly 111' 8" 4th
	2. Trevor McNally 4:54.6 2nd BTY (1:10, 1:14, 1:14, 1:15)		2. Ben Splett 94' 4"
	3. David Hambly 5:10.9 3rd (1:11, 1:17, 1:23, 1:19)		3. Jeff Gossen 66' 7"
4 x 100 m Relay	1. Isaac Johnson		
	2. Jeff Gossen		
	3. Danny Hambly		
	4. Haakon Hansen DQ		
400 m Dash	1. Jordan Clementson 56.4		
	2. Jarad Reiser 60.4 PB		
	3. Trent Heimdahl DNR		
	4. Joey Ditsl 72.6		
		<u>TEAM RESULTS</u>	
		1. Foley 124	
		2. Pine City 62	
		3. Milaca 55.5	
		4. Zimmerman 34.5	
300 m Hurdles	1. Haakon Hansen 47.1 5th PB		
	2. Shane Clune		
800 m Run	1. Tom Miche' (63,65) 2:08.1 2nd PB		
	2. Eric Osterdyk (72,73) 2:25.7 4th		
	3. Kellen Montague (75,78) 2:33.9		
	4. Devin Braatz (87,85) 2:52		
	5. Jordan Sparling (1:46, 1:56) 3:42		
200 m Dash	1. Isaac Johnson 26.7	4 x 400 m Relay	1. Jordan Clementson 56.7
	2. Derek Braatz 25.5 5th PB		2. Haakon Hansen 63.8
	3. Jarad Reiser 27.2		3. Josh Skalicky 59.3
	4. Trent Heimdahl DNR		4. Tom Miche' 55.6
			3:55.5 2nd
3200 m Run	1. Trevor McNally 10:55.9 1st (1:14, 1:21, 1:22, 1:25, 1:25, 1:25, 1:26, 1:17)		
	2. David Hambly 11:21.9 2nd (1:25, 1:30, 1:30, 1:19, 1:22, 1:24, 1:27, 1:25)		

**BIG LAKE INVITATIONAL**  
**Friday, April 27, 2007**  
**Pine City Girls' Results**  
**cool, overcast, breezy**

4 x 800 m Relay				High Jump	1. Holly Staples	4' 10"	2nd	PB
					2. Brekka Gay	NH		
100 m Hurdles	1. Brietta Clementson	20.8						
	2. Jenni Hussong	21.5						
	3. Cyndy Marier	39.2						
				Long Jump	1. Kerrie Hughes	13' 9.25"	8th	
					2. Holly Staples	14' 4.75"	5th	
100 m Dash	1. Holly Staples	13.6	3rd		3. Tara Miche'	11' 10.75"		
	2. Dani Pangerl	15.2						
	3. Autumn Reicherts	15.9						
	4. Tara Miche'	14.5		Triple Jump	1. Dani Pangerl	28' 1.5"		
					2. Brietta Clementson			
					3. Brekka Gay			
4 x 200 m Relay	1. Maria Bellinger	29.0						
	2. Kerri Hughes	29.9						
	3. Brietta Clementson	30.9		Pole Vault	1. Maria Bellinger	9' 0"	1st	
	4. Emily Branzovsky	<u>28.5</u>						
		1:58.4	3rd	BTY				
1600 m Run	1. Tara Miche	6:29.2	8th	BTY	Shot	1. Maria Bellinger	29' 3.5"	5th
	(1:29, 1:43, 1:46, 1:32)					2. Becca Valencia	21' 3"	PB
						3. Kara Husnik	22' 10.5"	
4 x 100 m Relay	1. Dani Pangerl	15.5			Discus	1. Maria Bellinger	97' 0"	2nd
	2. Brekka Gay	13.8				2. Becca Valencia	62' 10"	
	3. Jenni Hussong	14.9				3. Ashly Johnson	47' 6"	
	4. Kendra Motyl	<u>15.1</u>						
		59.1						
400 m Dash	1. Emily Branzovsky	68.9						
	2. Kendra Motyl	69.7						
	3. Kerri Hughes	82.1						

TEAM RESULTS

300 m Hurdles	1. Etta Clementson	61.9			1. Sauk Centre	162
	2. Jenni Hussong	62.6			2. Big Lake	139.5
	3. Cortney Altergott	64.2			3. Foley	118
					4. Princeton	87
800 m Run	1. Ashly Johnson	(1:29,1:59)	3:26.0		5. Pine City	53
	2. Miranda Wilson	(1:29,1:48)	3:16.6		6. Proctor	43
					7. Rockford	52.5
					8. Milaca	36
200 m Dash	1. Emily Branzovsky	29.2	7th			
	2. Holly Schulz	35.3				
3200 m Run	1. Tara Miche'	15:09.3	8th			
	(1:41, 1:56, 1:59, 2:02, 1:59, 1:59, 1:57, 1:38)					
4 x 400 m Relay	1. Kendra Motyl	69.8	PB			
	2. Brekka Gay	73.2	PB			
	3. Holly Staples	68.8	PB			
	4. Kerri Hughes	<u>77.1</u>				
		4:48.7	6th			





# CHENGWATANA INVITATIONAL

**Friday, May 4, 2007**  
**Pine City Girls' Results**  
**wet, rainy, cool**

<p>4 x 800 m Relay</p>		<p>High Jump</p>	<p>1. Holly Staples 4' 6" 2. Brekka Gay 4' 0"</p>
<p>100 m Hurdles</p>	<p>1. Brietta Clementson 20.4 2. Jenni Hussong 20.9 3. Tara Miche' 20.8</p>		
<p>100 m Dash</p>	<p>1. Holly Staples 14.1 2. Emily Branzovsky 3. Dani Pangerl 15.1</p>	<p>Long Jump</p>	<p>1. Kerrie Hughes 14' 0" 3rd 2. Holly Staples 12' 11" 6th 3. Tara Miche' 12' 10"</p>
<p>4 x 200 m Relay</p>	<p>1. Maria Bellinger 29.3 2. Kerri Hughes 30.1 3. Brietta Clementson 33.7 4. Emily Branzovsky <u>27.7</u> 2:01.3 4th</p>	<p>Triple Jump</p>	<p>1. Dani Pangerl 28' 6.5" PB 2. Brietta Clementson 3. Brekka Gay</p>
<p>1600 m Run</p>	<p>1. Tara Miche 6:36.5 (1:29, 1:52, 1:54, 1:34)</p>	<p>Pole Vault</p>	<p>1. Maria Bellinger cancelled due to rain</p>
<p>4 x 100 m Relay</p>	<p>1. Dani Pangerl 15.3 2. Brekka Gay 15.4 3. Jenni Hussong 14.2 4. Kendra Motyl <u>14.3</u> 59.2 6th</p>	<p>Shot</p>	<p>1. Maria Bellinger 29' 11.5" 5th 2. Becca Valencia 19' 8" 3. Kara Husnik 22' 0"</p>
<p>400 m Dash</p>	<p>1. Kendra Motyl 71.1 6th 2. Brittany Hernandez</p>	<p>Discus</p>	<p>1. Maria Bellinger 83' 4" 2nd 2. Becca Valencia 64' 5" 3. Karina Nordrum 75' 11" 5th</p>
<p>300 m Hurdles</p>	<p>1. Jenni Hussong 61.7</p>	<p><u>TEAM RESULTS</u></p>	
<p>800 m Run</p>	<p>1. Ashly Johnson 3:13.5 PB 2. Miranda Wilson 3. Cyndy Marier</p>	<p>1. Mora 141 2. Hinckley/Finlayson 123 3. Isle/Onamia 93 4. Braham 68 5. Moose Lake 42 6. Pine City 30 7. Ogilvie 22 8. Lakeview Christian 6</p>	
<p>200 m Dash</p>	<p>1. Emily Branzovsky 28.7 4th BTY 2. Autumn Reicherts 32.8 PB 3. Holly Schulz 34.3 PB</p>		
<p>3200 m Run</p>	<p>1. Tara Miche' 15:03.7 6th PB</p>		
<p>4 x 400 m Relay</p>	<p>1. Kendra Motyl 71.9 2. Brekka Gay 75.5 3. Holly Staples 76.6 4. Kerri Hughes <u>71.6</u> 4:55.7 6th</p>		

# CHENGWATANA INVITATIONAL

Friday, May 4, 2007  
Pine City Boys' Results  
wet, rainy, cool

4 x 800 m Relay	1. Steven Guttormson (68,70) 2:17.9 PB 2. Jarad Reiser (72,81) 2:33.2 PB 3. Kellen Montague (73,83) 2:36.0 4. Eric Osterdyk (73,75) 2:28.6 <u>9:55.7</u> 3rd	High Jump	1. Josh Skalicky cancelled 2. Jordan Clementson due to rain 3. Eric Osterdyk
110 m Hurdles	1. Shane Clune 21.9	Long Jump	1. Jordan Clemntson 17' 10.75" 3rd 2. Jarad Reiser 16' 3" 6th 3. Isaac Johnson 15' 4.25"
100 m Dash	1. Adam Olson 12.2 5th 2. Derek Braatz 12.4 3. Isaac Johnson 12.6	Triple Jump	1. Jordan Clementson 37' 10" 1st BTY 2. Devin Braatz
4 x 200 m Relay	1. Derek Braatz 25.8 2. Adam Olson 24.7 3. Haakon Hansen 25.4 4. Josh Skalicky <u>24.6</u> 1:40.5 3rd	Pole Vault	1. Josh Skalicky 9' 0" 4th 2. Jayme Gallagher 8' 6" 5th
1600 m Run	1. Tom Miche' 4:43.6 2nd PB (1:06, 1:12, 1:15, 1:10) 2. Trevor McNally 4:43.0 1st PB (1:08, 1:13, 1:11, 1:11) 3. David Hambly	Shot	1. Danny Hambly 36' 8" 4th 2. Ben Splett 3. Jeff Gossen 29' 6.5"
4 x 100 m Relay	1. Isaac Johnson 12.6 2. Adam Olson 12.7 3. Danny Hambly 12.0 4. Haakon Hansen <u>11.4</u> 48.6 3rd	Discus	1. Danny Hambly 118' 3" 2nd PB 2. Haakon Hansen 107' 5" 4th 3. Jeff Gossen 76' 10.5" PB
400 m Dash	1. Steven Guttormson 57.0 2nd PB 2. Jeff Gossen 62.1 3. Joey Dilts 69.8		
300 m Hurdles	1. Haakon Hansen 47.3 4th 2. Shane Clune	<u>TEAM RESULTS</u>	
800 m Run	1. Tom Miche' (63,67) 2:10.5 1st 2. Eric Osterdyk (68,73) 2:21.4 5th PB 3. Kellen Montague (64,101) 2:47.5	1. Mora 204.5 2. Braham 132 3. Pine City 121 4. Moose Lake 23.5 5. Hinckley 17 6. Lakeview Christian 15 7. Ogilvie 6	
200 m Dash	1. Derek Braatz 25.8 2. Isaac Johnson 3. Danny Hambly 27.0		
3200 m Run	1. Trevor McNally 10:37.7 1st BTY (1:14, 1:19, 1:22, 1:21, 1:24, 1:21, 1:26, 1:13) 2. David Hambly 3. Kyle Bodin 15:16.9 5th		
4 x 400 m Relay	1. Jordan Clementson 57 2. Steven Guttormson 58.6 3. Josh Skalicky 57.9 4. Tom Miche' <u>56.1</u> 3:49.6 2nd		

# HINCKLEY INVITATIONAL

Tuesday, May 8, 2007

Pine City Girls' Results

partly cloudy, warm

4 x 800 m Relay				High Jump	1. Holly Staples 2. Brekka Gay	4' 8" 4th
100 m Hurdles	1. Brietta Clementson 2. Jenni Hussong 3. Holly Schulz	19.9 21.1 26.4	3rd 4th 6th			
100 m Dash	1. Holly Staples 2. Dani Pangerl 3. Tara Miche'	13.3 14.1 14.1	2nd	Long Jump	1. Kerrie Hughes 2. Holly Staples 3. Tara Miche'	14' 4.5" 3rd 13' 1.75"
4 x 200 m Relay	1. Maria Bellinger 2. Kerri Hughes 3. Brietta Clementson 4. Emily Branzovsky	27.5 30.2 30.6 <u>27.7</u>		Triple Jump	1. Dani Pangerl 2. Brietta Clementson 3. Brekka Gay	28' 8" 5th
		1:56.0	1st PB	Pole Vault	1. Maria Bellinger	9' 6" 1st
1600 m Run	1. Tara Miche (1:33, 1:41, 1:45, 1:31)	6:30.2	6th	Shot	1. Maria Bellinger 2. Becca Valencia 3. Kara Husnik	31' 5.75" 5th BTY 21' 7" PB 24' 3.25" PB
4 x 100 m Relay	1. Dani Pangerl 2. Kerri Hughes 3. Etta Clementson 4. Emily Branzovsky	15.5 14.5 13.7 <u>13.3</u> 57.3	4th	Discus	1. Maria Bellinger 2. Karina Nordrum 3. Becca Valencia	97' 0" 3rd 78' 0" 5th 62' 1"
400 m Dash	1. Kendra Motyl	68.8	3rd PB			
300 m Hurdles	1. Jenni Hussong 2. Courtney Altergott	59.6 63.2	6th PB PB			
800 m Run	1. Cyndy Marier 2. Miranda Wilson	(1:28, 1:53)	3:21.3			
200 m Dash	1. Emily Branzovsky 2. Kendra Motyl 3. Kara Husnik	28.2 30.5 35.9	2nd BTY			
3200 m Run	1. Tara Miche'	15:32.3	3rd			
	(1:44, 1:57, 1:59, 1:59, 2:00, 1:04, 1:07, 1:14)					
4 x 400 m Relay						

## TEAM RESULTS

1. Hinckley/Finlayson	135
2. Barnum	93
Aitkin	93
4. Pine City	87
5. MLWR	57
6. Ogilvie	48
7. Cromwell	23
8. East Central	20



# RRC INVITATIONAL @ Milaca

Tuesday, May 15, 2007

Pine City Girls' Results

cool, partly sunny, windy

4 x 800 m Relay				High Jump	1. Holly Staples *** HONORABLE MENTION***	5' 0" 3rd PB
100 m Hurdles	1. Brietta Clementson 2. Jenni Hussong 3. Holly Schulz	19.78 21.20 24.27	BTY BTY			
100 m Dash	1. Holly Staples 2. Dani Pangerl 3. Autumn Reicherts	13.57 15.12 16.29		Long Jump	1. Kerrie Hughes 2. Holly Staples 3. Tara Miche' *** HONORABLE MENTION***	14' 6.5" 14' 10" 4th PB 15' 0" 3rd PB
4 x 200 m Relay	1. Maria Bellinger 2. Kerri Hughes 3. Brietta Clementson 4. Emily Branzovsky	27.6 29.5 32.0 <u>26.8</u>		Triple Jump	1. Dani Pangerl *** HONORABLE MENTION*** 2. Brietta Clementson	31' 1" 3rd PB 26' 7.5"
1600 m Run		1:56.78	3rd	Pole Vault	1. Maria Bellinger *** HONORABLE MENTION***	9' 6" 3rd
4 x 100 m Relay	1. Dani Pangerl 2. Kerri Hughes 3. Holly Staples 4. Emily Branzovsky	14.3 13.8 13.9 <u>13.1</u>		Shot	1. Maria Bellinger ***ALL CONFERENCE*** 2. Becca Valencia 3. Kara Husnik	32' 7.5" 2nd PB 20' 1" 22' 8.5"
400 m Dash	1. Kendra Motyl 2. Tara Miche'	70.36 71.83		Discus	1. Maria Bellinger ***ALL CONFERENCE*** 2. Karina Nordrum ***ALL CONFERENCE*** 3. Becca Valencia	104' 1st BTY 94' 1" 2nd PB 67' 4" PB
300 m Hurdles	1. Jenni Hussong 2. Courtney Altergott	61.65 63.48		<u>TEAM RESULTS</u>		
800 m Run	1. Cyndy Marier 2. Ashly Johnson	DNR (injury) (1:29, 1:49)	3:18.65		1. Mora 2. Foley 3. Milaca 4. Zimmerman 5. Pine City	133 113 68 54 49
200 m Dash	1. Emily Branzovsky 2. Kendra Motyl 3. Autumn Reicherts	28.94 31.95 35.32	4th			
3200 m Run	1. Tara Miche'	14:27.92	PB			
		(1:37, 1:51, 1:54, 1:53, 1:53, 1:53, 1:51, 1:35)				
4 x 400 m Relay	1. Kerrie Hughes 2. Courtney Altergott 3. Etta Clementson 4. Kendra Motyl	72.0 78.7 74.9 <u>69.6</u>				
		4:55.46	5th			



## 4A-NORTH SUBSECTION MEET @ Mora

Tuesday, May 23, 2007

Pine City Girls' Results

stormy, then nice

4 x 800 m Relay				High Jump	1. Holly Staples ***advances to Section***	4' 8" 3rd
100 m Hurdles	1. Brietta Clementson 2. Jenni Hussong 3. Holly Schulz	18.92 20.60 24.06	PB  BTY	Long Jump	1. Kerrie Hughes ***advances to Section***	14' 8.5" 6th BTY
100 m Dash	1. Holly Staples 2. Dani Pangerl 3. Autumn Reicherts	13.78 14.95 16.32	7th		2. Holly Staples ***advances to Section***	15" 3" 3rd PB
					3. Tara Miche'	14' 2" 8th
4 x 200 m Relay	1. Maria Bellinger 2. Kerri Hughes 3. Brietta Clementson 4. Emily Branzovsky	27.3 29.0 30.3 <u>28.5</u>		Triple Jump	1. Dani Pangerl ***advances to Section***	30' 9" 6th
		1:55.4	5th PB		2. Brietta Clementson	27' 0"
1600 m Run	1. Tara Miche' (1:28, 1:38, 1:36, 1:37)	6:29.63		Pole Vault	1. Maria Bellinger ***advances to Section***	9' 6" 1st
				Shot	1. Maria Bellinger ***advances to Section***	30' 10.5" 4th
4 x 100 m Relay	1. Dani Pangerl 2. Kerri Hughes 3. Holly Staples 4. Kendra Motyl	13.9 14.5 12.0 <u>15.6</u>			2. Becca Valencia 3. Kara Husnik	20' 2.5" 24' 6.25" PB
		55.84	5th	Discus	1. Maria Bellinger ***advances to Section***	98' 9" 1st
400 m Dash	1. Kendra Motyl 2. Kerrie Hughes	69.12 72.28			2. Karina Nordrum ***advances to Section***	88' 11" 3rd
					3. Becca Valencia	70' 10" 8th PB
300 m Hurdles	1. Jenni Hussong 2. Etta Clemetnson	60.39 62.02				
800 m Run	1. Cyndy Marier (1:23, 1:54)	3:18.45	PB			
200 m Dash	1. Emily Branzovsky 2. Kendra Motyl 3. Autumn Reicherts	28.59 31.16 35.01	8th			
3200 m Run	1. Tara Miche' (1:35, 1:45, 1:47, 1:50, 1:49, 1:50, 1:59, 1:44)	14:20.59	PB			
4 x 400 m Relay						

### TEAM RESULTS

1. Concordia Academy	171
2. Providence Academy	123
3. Mora	103.5
4. Meadow Creek	90
5. Braham	75
6. Pine City	60.5
7. Rush City	51
8. Brooklyn Center	17



**4A-NORTH SUBSECTION MEET @ Mora**  
**Wednesday, May 23, 2007**  
**Pine City Boys' Results**  
**stormy, then nice**

4 x 800 m Relay 1. Steven Guttormson (65,73) 2:17.3  
 2. Jarad Reiser (74,78) 2:32.0  
 3. Kellen Montague (75,80) 2:34.7  
 4. Eric Osterdyk (71,77) 2:28.8  
 9:52.95 7th

High Jump 1. Josh Skalicky 5' 6" 3rd  
**\*\*\*advances to Section\*\*\***  
 2. Jordan Clementson 5' 4" 5th  
**\*\*\*advances to Section\*\*\***  
 3. Eric Osterdyk 5' 4"

110 m Hurdles

Long Jump 1. Jordan Clemntson 18' 10.75" 4th PB  
**\*\*\*advances to Section\*\*\***  
 2. Jarad Reiser 15' 11"  
 3. Isaac Johnson 14' 1.5"

100 m Dash 1. Adam Olson 12.35  
 2. Derek Braatz 12.54  
 3. Isaac Johnson 12.57

Triple Jump 1. Jordan Clementson 38' 2.75" 5th  
**\*\*\*advances to Section\*\*\***  
 2. Devin Braatz 27' 11.5"

4 x 200 m Relay 1. Derek Braatz 27.3  
 2. Adam Olson 27.9  
 3. Haakon Hansen 24.1  
 4. Josh Skalicky 24.7  
 1:43.7

Pole Vault 1. Josh Skalicky 10' 0" 7th  
 2. Jayme Gallagher 8' 0"

1600 m Run 1. Trevor McNally 4:44.06 4th  
 (1:09, 1:11, 1:12, 1:11)  
**\*\*\*advances to Section\*\*\***  
 2. Tom Miche' 4:35.45 1st PB  
 (1:05, 1:11, 1:13, 1:06)  
**\*\*\*advances to Section\*\*\***

Shot 1. Danny Hambly 35' 10"

4 x 100 m Relay 1. Isaac Johnson 11.8  
 2. Adam Olson 12.3  
 3. Danny Hambly 10.9  
 4. Haakon Hansen 13.0  
 48.14 7th PB

Discus 1. Danny Hambly 121' 7" 2nd  
**\*\*\*advances to Section\*\*\***  
 2. Haakon Hansen 111' 0"

400 m Dash 1. Steven Guttormson 56.52 7th PB  
 2. Jarad Reiser 59.88 PB

TEAM RESULTS

300 m Hurdles 1. Haakon Hansen 46.39 6th PB  
**\*\*\*advances to Section\*\*\***

1. Mora	126
2. Concordia Academy	124
3. Rush City	110
4. Braham	78.5
5. Pine City	75.5
6. Providence	75
7. Brooklyn Center	57
8. Meadow Creek	49

800 m Run 1. Tom Miche' (61,64) 2:05.51 2nd PB  
**\*\*\*advances to Section\*\*\***  
 2. Eric Osterdyk (68,70) 2:18.04 PB  
 3. Joey Dilts (79,81) 2:40.29 PB

200 m Dash 1. Derek Braatz 25.81  
 2. Isaac Johnson 26.17  
 3. Danny Hambly 27.63

3200 m Run 1. Trevor McNally 10:28.67 2nd BTY  
 (1:13, 1:19, 1:19, 1:19, 1:20, 1:23, 1:20, 1:12)  
**\*\*\*advances to Section\*\*\***  
 3. Kyle Bodin 14:40.64 PB  
 (1:32, 1:47, 1:47, 1:52, 1:53, 1:58, 2:01, 1:49)

4 x 400 m Relay 1. Jordan Clementson 57.2  
 2. Steven Guttormsor 59.8  
 3. Josh Skalicky 58.4  
 4. Tom Miche' 55.7  
 3:51.48 5th

**NO GOAL IS TOO HIGH**

**IF WE CLIMB WITH**

**CARE AND**

**CONFIDENCE.**

## SECTION TRACK MEET @ MACALASTER

Saturday, June 2, 2007 - 10:00

partly cloudy, warm then cool

	<u>Girls</u>		<u>Boys</u>	
DISCUS	1. Maria Bellinger 97' 9" 5th		TRIPLE JUMP	Jordan Clementson 38' 9.25" BTY
	2. Karina Nordrum 98' 8" 4th PB		HIGH JUMP	1. Josh Skalicky 5' 9" 5th
LONG JUMP	1. Holly Staples 14' 10.25"			2. Jordan Clementson 5' 5"
	2. Kerrie Hughes 14' 5.25"		3200 M RUN	1. Trevor McNally 10:23.30 6th BTY (1:11, 1:14, 1:17, 1:18, 1:19, 1:20, 1:24, 1:18)
POLE VAULT	Maria Bellinger 8' 8" 5th		LONG JUMP	Jordan Clementson
SHOT PUT	Maria Bellinger 29' 10.5"		DISCUS	Danny Hambly 120' 9"
TRIPLE JUMP	Dani Pangerl 31' 2.5" PB		1600 M RUN	1. Tom Miche' 4:32.55 1st PB (1:03, 1:10, 1:12, 1:08) <b>***QUALIFIES FOR STATE***</b>
HIGH JUMP	Holly Staples 4' 8"			2. Trevor McNally 4:52.26 (1:09, 1:12, 1:15, 1:16)

### TEAM RESULTS:

1. Concordia Academy	107
2. Visitation	101.5
3. Blake School	96
4. Providence Academy	88
5. Belle Plaine	78
6. St. Croix Lutheran	60
7. Meadow Creek	41
8. Mora	39
9. DeLaSalle	37
10. Breck School	30
11. Braham	28.5
12. Jordan	28
13. Minnehaha Academy	24
14. St. Paul Adademy	22
Holy Family Catholic	22
16. New Life Academy	18
17. International School of MN	17
18. Pine City	15
19. Trinity School River Ridge	14
20. Mounds Park Academy	13
Rush City	13
22. West Lutheran	8
Brooklyn Center	8
24. Southwest Christian	4
25. Maranatha Christian Academy	3
CHOF	3

### TEAM RESULTS:

1. St. Croix Lutheran	122
Holy Family Catholic	122
3. Minnehaha Academy	65
4. Concordia Academy	54.5
5. DeLaSalle	54
6. Jordan	51
7. Belle Plaine	50.5
8. Rush City	48.5
9. New Life Academy	46
10. Trinity School River Ridge	38
11. Providence	37
12. Mora	34
13. Meadow Creek	32
14. Brooklyn Center	31
15. West Lutheran	27
16. Mounds Park Academy	24
17. Pine City	23.5
18. St. Paul Academt	22
19. Southwest Christian	17
20. Braham	6
21. CHOF	4
22. St. Agnes	2

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

# STATE TRACK MEET @ HAMLINE

SATURDAY, JUNE 9, 2007

4:31 PM

Event 10 Boys 1600 Meter Run Class A

=====  
Name Year School Seed Time  
=====

Section 1 Timed Finals

17-1A	136 Jordan Smith	9 Cromwell	4:35.81
16-1B	377 Tate Plath	11 StCroixLuthe	4:33.89
13-1C	366 Eric Thies	12 Sibley East	4:32.87
12-1D	307 Tom Miche	12 Pine City	4:32.55
9-1E	300 Clayton Foster	10 Pequot Lakes	4:30.22
8-1F	185 Karl Johnson	10 Foley	4:29.75
5-1G	349 Justin Peters	12 Redwood Valley	4:27.44
4-1H	351 Tyler Leverington	12 Roseau	4:26.11
1-1I	427 Donny Wasinger	11 Winona Cotter	4:20.84
2-2A	111 Ian Campbell	12 Blooming Pra	4:23.76
3-2B	236 Dustin Franta	12 La Crescent	4:25.04
6-2C	198 Kenny Fillbrandt	11 Glencoe-Silver L	4:29.01
7-2D	301 Kevin Lachowitzer	11 Perham	4:29.41
10-2E	430 Jacob Henderson	12 YellowMedicineE	4:31.01
11-2F	263 Marcus Piepho	12 Mankato Loyola	4:32.31
14-2G	303 Eddie Stenger	11 Perham	4:33.76
15-2H	102 Tony Fremling	11 AlBrook	4:33.85

1600 m Run Tom Miche'

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## GIRLS' "BESTS" - 2007

59	Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
61	Kendra Motyl - 10	07			30.5- RRCI	68.8 - HF			
62				14.3sp- Chen	30.8sp - Tig	69.8sp - BL			
64	Katina Trigas - 10	05			32.7	72.9			
65		07							
66									
68	Cortney Altergott- 9	07		16.4sp - Tig		78.7sp - HF			
70	Brittany Hernandez-9	07			36.3 - RRCI		3:22.8 - Ogil		
72	Kerrie Hughes - 9	05		14.5		71.1	3:13.2-Blaine		
73						71.1sp - Fo			
74		06		14.26	29.9 - PC	71.1			
75						69.3sp - Sub			
76		07		14.3 - PC		72.28 - Sub			
77				15.1sp - Ogil	29.9sp - BL	72.0 sp- RRC			
79	Kara Husnik - 9	06		17.15					
80		07	9.5- RRCI	16.8 - Tig	36.2sp - PC				
82	Jenni Hussong - 9	05		16.9	36.9				
83		06		15.92	36.94				
84		07			33.1sp - JV				
86	Ashly Johnson- 9	07	9.9 - RRCI	16.0sp - Tig		1:26sp- RRCI	3:13.5-Cheng		
88	Autumn Reicherts -9	05		16.2	34.9				
89		06		15.69	33.97				
90		07		15.8 - Ogil	32.8- Cheng				
91				17.0sp - JV	35.0sp - PC				
93	Holly Schulz - 9	06		15.47	33.58				
94		07		15.8sp - Tig	34.3 - Cheng	1:34.4-RRCI			
96	Miranda Wilson - 9	07		16.1 - PC	36.5sp- JV	80.5 sp- Tig	3:09.5 - Tig		
98	Holly Staples - 8	06		13.82	29.32				
99		07		13.3	29.3	70.3			
100				12.0 sp - Sub		68.8sp - BL			
102	Karina Nordrum - 8	06							
103		07							
105	Emily Camp - 8	07		16.03					
107	Katie Froseth - 8	06		15.37					
108		07		14.9					
110	Kari Gohman - 8	07							
112	Ashley Harrington - 8	07					7:02		
114	Christine Kraft - 8	06							
115		07		16.96					
117	Shelbi Odegard - 8	07							
119	Cassie Ostler - 8	06			33.24				
120		07		15.67					

## GIRLS' "BESTS" - 2007

59	55 m hurd	100 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
61				4' 0" Tig					
62									
64				3' 10"	11' 2"				
65									
66									
68			63.2 - HF						
70									
72					13' 0"				
73									
74		18.02	54.0 - PC		15' 4.5" - RRC				
75									
76					14' 8.5" -Sub				
77									
79					9' 7"				
80					10' 4"- RRCI			24' 6.25" -Sub	
82		21.8		3' 6"					
83		20.62		3' 6"	12' 6"				
84	11.8- RRCI	20.3 jv	59.6 HF		12' 3.75"- RRCI				
86							56' - PC		
88					9' 10"				
89					11' 11"				
90					12' 2" - PC				
91									
93		22.06			8' 10.5"				
94		24.06- Sub							
96									
98				4' 8"					
99				5' 0" - RRC	15' 3" - Sub				
100									
102							84' 0"	29' 10"	
103							98' 8" - Sec	32' 3"	
105								28' 11.5"	
107		20.54			9' .5"				
108									
110							47' .5"	17' .25"	
112					9' 4"				
114							49' 4"	21'0"	
115							54' 0"		
117								19' 7"	
119		21.58							
120		21.18							





















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

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
<b>100 M DASH</b>	Katie Meyer 13.0 98	Tera Kazek 13.3 98	T. Kazek 13.39 96	B. Osterdyk 13.4 06	K. Meyer 13.4 00	Suzie Misel 13.51 92	Julianna Wirth 13.52 04	B. Osterdyk 13.5 03	T. Kazek 13.5 97	S. Misel 13.54 94
<b>200 M DASH</b>	E. Branzovsky 27.86 06	B. Osterdyk 27.9 02	Kayla Johnson 28.01 00	B. Osterdyk 28.05 04	Tera Kazek 28.1 98	Melissa Odegard 28.22 94	B. Osterdyk 28.2 03	B. Grinde 28.2 01	B. Osterdyk 28.3 05	M. Odegard 28.55 93
<b>400 M DASH</b>	M. Odegard 61.4 94	E. Branzovsky 61.8 05	M. Odegard 62.0 95	E. Branzovsky 63.09 06	A. Dufresne 63.54 00	Rita Auers 64.5 96	S. Johnson 64.6 00	Jenna Fore 65.2 05	Tessa Korf 65.6 01	R.Schimming 65.8 92
<b>800 M RUN</b>	Kim Connaker 2:28.35 01	MeleiaJohnson 2:28.2 02	MeleiaJohnson 2:30.7 04	A.Wiedemann 2:31.85 97	A. Wiedemann 2:32.01 96	M. Johnson 2:32.39 03	A. Wiedemann 2:32.8 95	K. Connaker 2:36.09 99	Miki Anderson 2:37.62 02	K. Connaker 2:38.91 00
<b>1600 M RUN</b>	Jenna Fore 5:37.70 03	Leah Schwartz 5:49.7 91	Jenna Fore 5:52.6 04	Heidi Larsen 5:57.4 99	R. Craighead 5:58.43 01	BeckyHaavisto 6:00.0 94	Jenna Fore 6:01.64 01	M. Johnson 6:02.7 02	AmyJohnson 6:03.0 94	Jacki Gregoire 6:05.4 04
<b>3200 M RUN</b>	Amy Johnson 12:34.04 96	J. Gregoire 12:53.98 01	J. Gregoire 13:10.12 02	Jamie Johnson 13:11.3 98	A. Munkberg 13:20.12 93	J. Gregoire 13:24.32 03	J. Gregoire 13:29.8 04	J. Gregoire 13:43.9 05	Nikki Plasek 13:53.8 01	Etta Clementson 13:54.5 -04
<b>100 M HURDLES</b>	C. Hersbergen 16.54 94	Cassie Filler 17.1 03	Cassie Filler 17.44 04	J. Kosisek 17.4 02	C. Hersbergen 17.83 93	Lena Filler 17.9 00	J. Kozisek 18.0 01	J. Kozisek 18.0 00	L. Haugrud 18.36 02	C. Marier 18.49 06
<b>300 M HURDLES</b>	C. Filler 49.23 03	C. Filler 49.83 04	C. Mosher 51.64 01	L. Filler 51.70 00	C. Filler 52.3 02	Lena Filler 52.4 98	L. Filler 52.9 99	C. Mosher 53.0 00	J. Kozisek 53.11 02	Lena Filler 53.9 96
<b>HIGH JUMP</b>	Kari Splett 5' 2" 04	Kari Splett 5' 1" 03	L. Drexler 5' 1" 05	Kari Splett 5' .5" 02	Holly Staples 5' 0" 07	B. Osterdyk 5' 0" 06	B. Osterdyk 5' 0" 05	Heidi Larsen 5' 0" 99	H. Larsen 5' 0" 02	B. Osterdyk 4' 10" 04
<b>LONG JUMP</b>	Erica Delak 16' 7" 91	B. Osterdyk 16'3.5" -06	E. Delak 16' 1.75" 93	B. Osterdyk 15' 9.5" 05	B. Osterdyk 15' 9" 04	L. Drexler 15' 8.25" - 05	E. Delak 15' 7.75" 92	B. Osterdyk 15' 6.75" 03	C. Hersbergen 15' 5.5" 93	K. Hughes 15' 4.5" -06
<b>TRIPLE JUMP</b>	Lisa Drexler 32' 8" 05	Cassie Filler 32' 7.25" 04	E. Delak 32' 3" 93	K. Meyer 32' .5" 00	J. Ammann 31' 9.5" 00	C. Hersbergen 31' 9" 94	S. Wiechman 31' 7" 93	L. Haugrud 31' 6" 02	C. Filler 31' 5.25" 03	C. Hersbergen 31' 3" 93
<b>DISCUS</b>	M. Bellinger 110' 4" 06	M. Bellinger 109'10" -05	M. Bellinger 104' 0" 07	Jenna Fore 101' 1.5" 03	Jenna Fore 101' 1" 05	Jenna Fore 100' 8" 04	K. Nordrum 98' 8" 07	Mary Misel 93' 10" 96	Molly Sloan 91' .5" 98	L. Mettling 90' 9" 01
<b>SHOT PUT</b>	Tera Kazek 35' 10" 98	T. Kazek 35' 4.5" 97	T. Kazek 33' 1" 96	M. Bellinger 32'7.5" 07	M. Bellinger 31' 2.5" 05	R.Schimming 30' 9.75" 92	M. Anderson 30' 1" 02	M. Thieman 29' 11.5" 01	Joell Werner 29' 11.25" 93	M. Bellinger 29' 6" 04
<b>POLE VAULT</b>	M. Bellinger 10'0" 07	M. Bellinger 9' 3" 06	M. Bellinger 9' 0" 05	J. Wirth 9' 0" 04	S. Johnson 9' 0' 00	J. Ammann 8' 6" 99	J.Ammann 8' 6" 00	M. Bellinger 8' 0" 04	J. Wirth 8' 0" 03	S. Johnson 8' 0" 99



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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
<b>4 X100 M RELAY</b>	K. Meyer	A. Bernard	C. Koppen	K. Meyer		R. Overson	C. Koppen	A. Bernard	M. Bellinger	A. Nelson
	A. Peil	A. Nelson	S. Weichman	A. Mettling		J. Wirth	S. Weichman	A. Nelson	A. Nelson	B. Grinde
	M. Sloan	K. Johnson	M Odegard	L. Ballis		K. Johnson	M. Odegard	K. Johnson	B. Grinde	K. Johnson
	T. Kazek	J. Wirth	S. Misel	K. Ovik		A. Mettling	S. Misel	J. Wirth	J. Wirth	J. Wirth
	52.79 98	53.03 03	53.05 93	53.23 99	53.41 91	53.71 01	53.86 94	53.94 02	54.1 04	54.20 03
<b>4 x 200 M RELAY</b>	M. Bellinger	k. Nelson	M. Bellinger	A. Nelson	S. Misel	C. Kopppen	K. Meyer	M. Bellinger	A. Nelson	K. Johnson
	K. Perell	K. Lindstrom	K. Perell	B. Grinde	C. Koppen	S. Weichman	A. Miller	K. Hughes	B. Grinde	J. Wirth
	E. Branzovsky	L. Lindstrom	E. Branzovsky	K. Johnson	S. Weichman	M. Odegard	M. Sloan	B. Clementson	A. Hepburn	R. Overson
	B. Osterdyk	L. Hagen	B. Osterdyk	J. Wirth	R. Schimming	S. Misel	T. Kazek	E. Branzovsky	J. Wirth	A. Mettling
	1:50.17 -06	1:50.8 83	1:53.55 -05	1:53.86 03	1:54.12 92	1:54.31 93	1:54.8 98	1:55.40 - 07	1:55.58 04	1:55.74 -01
<b>4 x400 M RELAY</b>	M. Johnson	M. Johnson	J. Fore	K. Connaker	M. Johnson	K. Connaker	M. Johnson	K. Odegard	K. Connaker	J. Fore
	J. Fore	J. Fore	E. Branzovsky	M. Anderson	B. Osterdyk	M. Anderson	B. Osterdyk	L. Ballis	A. Dufresne	A. Hepburn
	C. Filler	C. Filler	C. Filler	A. Dufresne	J. Fore	S. Johnson	C. Filler	M. Sloan	M. Anderson	C. Filler
	B. Osterdyk	B. Osterdyk	B. Osterdyk	S. Johnson	C. Filler	A. Dufresne	J. Fore	S. Johnson	S. Johnson	B. Osterdyk
	4:16.81 -03	4:22.2 04	4:22.7 03	4:25.4 00	4:26.00 03	4:26.07 00	4:26.2 03	4:27.1 98	4:27.34 00	4:27.6 04
<b>4 x800 M RELAY</b>	J. Fore	K. Connaker	M. Johnson	K. Connaker	M. Anderson	M. Anderson	K. Connaker	K. Connaker	M. Anderson	J. Fore
	D. Dickey	M. Anderson	M. Anderson	L. Filler	H. Larsen	J. Gregoire	L. Mettling	B. Haavisto	H. Larsen	S. Purdy
	E. Branzovsky	L. Mettling	L. Mettling	M. Anderson	R. Craighead	R. Craighead	M. Anderson	M. Sloan	J. Gregoire	E. Branzovsk
	M. Johnson	L. Filler	K. Connaker	L. Mettling	M. Johnson	M. Johnson	L. Filler	L. Filler	M. Johnson	M. Johnson
	10:27.01 03	10:35.51-99	10:36.61 01	10:38.3 00	10:39.81 02	10:41.5 02	10:45.09 -00	10:46.0 98	10:46.6 02	10:49.1 04
<b>800 MEDLEY</b>	K. Meyer	T. Kazek	M. Bellinger	K. Meyer	A. Bernard	B. Johnson	K. Meyer	B. Jewell	A. Peil	N. Plasek
100, 100, 200, 400	R. Overson	A. Miller	K. Splett	A. Miller	K. Johnson	K. Smetana	A. Miller	A. Bernard	L. Ballis	L. Haugrud
	K. Ovik	K. Odegard	B. Osterdyk	T. Kazek	J. Wirth	T. Kazek	K. Odegard	A. Nelson	A. Miller	L. Ballis
	S. Johnson	S. Johnson	J. Wirth	M. Sloan	T. Korf	R. Auers	M. Sloan	H. Larsen	K. Odegard	J. Stahlke
	2:02.21 00	2:05.7 98	2:05.8 04	2:07 5 98	2:08.9 02	2:09.6 96	2:11.14 97	2:11.6 01	2:13.6 97	2:16.1 99
<b>1600 MEDLEY</b>	A. Nelson	K. Perell	A. Nelson	K. Meyer	A. Peil	T. Kazek	C. Milligan	A. Filler	M. Misel	
200, 200, 400, 800	A. Mettling	K. Hughes	L. Haugrud	A. Miller	M. Soderbeck	S. Johnson	J. Kozisek	K. Meyer	A. Wiedemann	
	T. Korf	C. Filler	S. Gregoire	S. Johnson	L. Ballis	M. Sloan	N. Plasek	L. Haugrud	M. Sloan	
	K. Connaker	M. Johnson	M. Anderson	K. Connaker	K. Connaker	A. Wiedeman	K. Splett	J. Kozisek	J. Ammann	
	4:42.8 01	4:51.1 04	4:54.8 02	4:55.1 99	5:00.1 98	5:03.2 97	5:09.7 99	5:18.44 00	5:23.6 96	
<b>DISTANCE MEDLEY</b>	A. Wiedeman	J. Johnson	A. Olson	H. Larsen	L. Mettling	C. Mosher	C. Milligan	R. Craighead		
800, 400, 1200, 1600	B. Fischer	K. Odegard	K. Perell	S. Gregoire	C. Mosher	R. Craighead	N. Carlson	M. Soderbeck		
	B. Haavisto	B. Haavisto	S. Gregoire	N. Plasek	B. Haavisto	Katie Splett	R. Craighead	N. Carlson		
	A. Johnson	N. Carlson	J. Gregoire	R. Craighead	B. Fischer	J. Johnson	N. Plasek	J. Johnson		
	15:06.3 96	15:26.6 98	15:31.5 -04	15:48.9	15:54.0 97	16:01.6 01	16:02.51	16:31.9 99		



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

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
<b>100 M DASH</b>	Chris Olson 11.12 91	Paul Johnson 11.38 99	Jeff Arnold 11.49 96	L. Williams 11.5 01	J. BoorBoor 11.5 02	K. Skadsheim 11.58 04	Brian Olson 11.6 98	C. Olson 11.63 90	B. Olson 11.68 96	Josh Boland 11.7 06
<b>200 M DASH</b>	Paul Johnson 22.80 99	Chris Olson 23.1 91	C. Olson 23.65 90	M. Johnson 23.7 98	John Hansen 23.9 98	John Hansen 23.9 99	L. Williams 23.93 00	L. Williams 24.09 01	David Gross 24.19 02	D. Riesmeier 24.24 03
<b>400 M DASH</b>	Mike Johnson 51.73 99	M. Johnson 52.33 98	J. Clementson 52.4 04	DavidHansen 53.1 04	M. Johnson 53.30 97	Jeff Arnold 53.3 96	Andy Wirth 53.78 98	Seth Peterson 53.97 03	A. Wirth 53.9 99	J. Clementson 54.0 03
<b>800 M RUN</b>	J. Clementson 1:57.49 03	J. Clementson 1:58.13 04	Chris Lutz 2:05.0 03	Tom Miche' 2:05.51 07	DavidHansen 2:06.1 03	JRAnderson 2:07.1 98	D. Hansen 2:07.31 02	DavidHansen 2:08.11 01	D. Hansen 2:08.6 04	R. Hammill 2:09.1 99
<b>1600 M RUN</b>	J. Clementson 4:22.97 04	J. Clementson 4:24.08 03	J. Clementson 4:30.10 02	Jon Bloom 4:30.5 91	Tom Miche' 4:32.55 07	Chris Lutz 4:36.97 03	J.Clementson 4:41.63 -01	T. McNally 4:43.0 07	JR Anderson 4:44.6 98	R. Hammill 4:47.85 00
<b>3200 M RUN</b>	John Bloom 9:52 91	Chris Lutz 9:53.80 03	T. McNally 10:13.20 06	John Bloom 10:18.69 90	J. Clementson 10:19.62 02	J. Clementson 10:20.4 03	T. McNally 10:23.30 07	R. Hammill 10:26.1 00	J.Clementson 10:27.05 00	J.Clementson 10:29.03 -01
<b>110 M HURDLES</b>	J. Kruse 16.01 06	Jordan Kruse 16.44 04	Steve Kunze 16.44 91	N. Anderson 16.6 98	J. Kruse 16.85 05	N. Anderson 17.2 97	N. Anderson 17.4 96	Travis Gerving 17.55 04	S. Kunze 17.69 90	Jordan Kruse 17.7 03
<b>300 M HURDLES</b>	J. Kruse 42.17 06	Jordan Kruse 42.33 04	J. Kruse 42.78 05	N. Anderson 43.67 98	H. Hansen 44.46 07	Steve Kunze 44.4 91	J. Kruse 44.8 03	S. Kunze 45.24 90	N. Anderson 45.6 97	C. Wiener 45.92 00
<b>HIGH JUMP</b>	Travis Schwarz 6' 2" 00	T. Schwarz 6' 0" 99	J. Skalicky 5' 10" 07	J. Kruse 5' 10" 06	J. Kruse 5' 10" 05	J. Kruse 5' 10" 04	Steve Kunze 5' 10" 91	Thiago Muller 5' 10" 02	Jo Clementson 5' 8" 06	J. Hussong 5' 8" 05
<b>LONG JUMP</b>	L. Williams 20' 1.75" -01	J. Kruse 19' 11.5" 04	J. Kruse 19' 9" 06	L. Williams 19' 6" 00	Chris Olson 19' 5" 91	Stu Auers 19' 3.75" 98	Brian Olson 19' 2.75" 98	Stu Auers 19' 2" 97	Matt Wirth 19' 2" 02	J. Kruse 19' 1" 05
<b>TRIPLE JUMP</b>	Matt Wirth 40' 4" 02	Paul Johnson 39' 9" 99	Jo Clementson 39' 8" 06	J. Oare 39' 4" 01	Ja. Clementson 38' 11" 02	Jo Clementson 38' 9.25" 07	Darrin Freetly 38' 9" 90	J. Clementson 38' 6.75" 03	Matt Wirth 38' 6" 03	J. Oare 38' 6" 00
<b>DISCUS</b>	M. Rydberg 157' 5.5" 02	Mike Rydberg 149' 2.5" -01	M. Rydberg 147' 10.5"-00	B. Mettling 144' 0" 00	Scott Isaacson 132' 9" 90	Josh Barnes 127' 0" 03	Dan Hambly 123' 9" 07	B. Thieman 123' 3" 06	D. Odegard 120' 2" 00	B. Mettling 119'11.5"-99
<b>SHOT PUT</b>	M. Rydberg 52' 11.25"-02	M. Rydberg 51' 9.5" 01	M. Rydberg 47' 6" 00	Brian Olson 44' 0" 98	Brian Olson 42' 0" 97	Scott Isaacson 42' 0" 90	M. Rydberg 41' 2.75" 99	David Rolf 40' 2" 04	Dan Hambly 39' 8.5" 07	J. Barnes 39' 6.5" 03
<b>POLE VAULT</b>	Nate Thieman 13' 0" 00	Patrick Stephan 12' 6" 98	N. Thieman 12' 0" 99	P. Stephan 11' 0" 97	Nate Thieman 11' 0" 98	Josh Wiener 10' 6" 97	J. Skalicky 10' 0" 07	Mike Talbot 10' 0" 05	Andy Wirth 10' 0" 00	P. Stephan 10' 0" 99

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
<b>4 X 100 M RELAY</b>	B. Olson	J. Arnold	N. Thieman	J. McSherry	S. Auers	J. Arnold	T. Schwarz	M. Johnson	J. Hansen	M. Johnson
	S. Auers	Jeff Johnson	L. Williams	J. Johnson	J. Johnson	J. Johnson	J. Oare	Z. Mettling	M. Johnson	J. Johnson
	Z. Mettling	B. Olson	Pete Johnson	B. Olson	B. Olson	B. Olson	A. Wirth	B. Olson	B. Olson	B. Olson
	M. Johnson	J. Jahnz	T. Schwarz	S. Auers	J. Jahnz	S. Auers	L. Williams	S. Auers	S. Auers	P.D.Johnson
	45.3 98	45.87 96	46.0 00	46.08 97	46.4 96	46.6 96	46.6 00	46.7 98	46.7 98	46.9 97
<b>4 x 200 M RELAY</b>	J. Hansen	J. Hansen	J. Hansen	PeteJohnson	Dk. Braatz	L. Williams	N. Thieman	T. Schwarz	S. Auers	B. Olson
	R. Root	A. Wirth	A.Wirth	R. Hammill	A. Olson	R. Hammill	A. Wirth	A. Wirth	R. Root	R. Root
	A. Wirth	PeteJohnson	L. Williams	J. Oare	H. Hansen	J. Oare	PeteJohnson	PeteJohnson	A. Wirth	A. Wirth
	M. Johnson	J. Oare	J. Oare	L. Williams	J. Skalicky	PeteJohnson	J. Oare	J. Oare	J. Hansen	J. Hansen
	1:36.6 99	1:36.8 00	1:38.28 00	1:38.4 01	1:38.58 -07	1:38.5 01	1:39.0 00	1:39.44 00	1:39.6 98	1:40.2 98
<b>4 x 400 M RELAY</b>	J. Hansen	J. Hansen	J. Hansen	S. Peterson	J. Lee	J. Hansen	R. Hammill	N. Johnson	J. Hansen	J. Oare
	A. Wirth	N. Johnson	A. Wirth	D. Hansen	R. Hammill	M. Johnson	J. Lee	A. Wirth	N. Johnson	M. Johnson
	M. Johnson	JR Anderson	T. Schwarz	C. Lutz	L. Williams	P. Johnson	L. Williams	M. Johnson	M. Johnson	A. Wirth
	Paul Johnson	M. Johnson	J. Oare	J. Clementson	J. Oare	A. Wirth	J. Oare	JR Anderoson	JR Anderson	JR Anderson
	3:28.39 -99	3:34.55 98	3:36.39 00	3:36.88 03	3:39.61 01	3:39.7 99	3:39.7 00	3:39.8 98	3:40.45 97	3:41.4 98
<b>4 x 800 M RELAY</b>	J. Lee	C. Lutz	J. Lee	Pete Johnson	Pete Johnson	J. Oare	P.Johnson	C. Lutz	D. Hansen	D. Hansen
	Pete Johnson	A. Lee	PeteJohnson	J. Oare	R. Hammill	JR Anderson	R. Hammill	A. Lee	Jordan C.	T. Miche'
	R. Hammill	D. Hansen	J. Oare	A. Wirth	A. Wirth	Pete Johnson	A. Wirth	D. Hansen	C. Fischer	A. Lee
	J. Oare	J. Clementson	R. Hammill	JR Anderson	JR Anderson	A. Wirth	J. Oare	Jared C.	T. Miche'	Jared C.
	8:27.89 -01	8:34.13 03	8:41.97 00	8:44.9 98	8:48.7 98	8:56.65 98	8:58.6 98	9:01.2 02	9:01.63 04	9:02.4 04
<b>800 M Medley</b>	J. Hansen	B. Olson	B. Olson	M. Rydberg	N. Thieman	J. Johnson	J. Kruse	J. Peterson		
100, 100, 200, 400	A. Wirth	S. Auers	P.D. Johnson	J. Jahnz	M. Wirth	J. Jahnz	M. Odendahl	D. Gregoire		
	M. Johnson	Z. Mettling	J. McSherry	D. Gregoire	J. Hansen	J. McSherry	N. Purdy	K. Skadsheim		
	Paul Johnson	M. Johnson	JR Anderson	J. BoorBoor	A. Wirth	B. Runyan	D. Gerold	D. Johnson		
	1:43.7 99	1:45.0 98	1:45.8 97	1:46.2 02	1:48.43 00	1:54.5 96	1:56.8	2:03.5 01		
<b>1600 M Medley</b>		M. Johnson		J. McSherry	PeteJohnson	B. Olson	J. McSherry	A. Bodle	D. Gregoire	J. Schoen
200, 200, 400, 800		J. Hansen		P.D. Johnson	L. Williams	S. Auers	S. Auers	BJ Patzoldt	T. Muller	A. Bodle
		A. Wirth		M. Johnson	S. Peterson	J. Arnold	J. Arnold	J. Arnold	M.Defenbaugh	J. Kucera
		JR Anderson		JR Anderson	J. Lee	JR Anderson	JR Anderson	R. Bell	G. Bunce	R. Bell
	3:45.28 90	3:57.4 98	3:57.6 91	3:57.85 97	4:01.4 01	4:01.6 96	4:04.9 96	4:05 93	4:05.8 02	4:06 94
<b>Distance Medley</b>	PeteJohnson	L. Williams	C. Teeman	J. Lee	S. Peterson	D. Sanders	M. Talbot	T. Muller		
400, 800, 1200, 1600	M. Stahlke	S. France	S. Peterson	B. Mettling	J. Arnold	N. Thieman	J. Lind	M Defenbaugh		
	J. Lee	J. Lee	C. Lutz	S. France	B. Runyan	B. Mettling	J. Hussong	G. Bunce		
	R. Hammill	R. Hammill	J. Clementson	D. Pangerl	JR Anderson	D. Pangerl	Jordan C.	A. Lee		
	11:57.39 00	11:58.3 99	12:19.7 01	12:42.2 98	13:02.7 96	13:26.6 97	13:40.2 04	13:50.1 02		

## PINE CITY GIRLS' TRACK AND FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	12.79	Karla Nelson	1983
200 m Dash	27.08	Lori Haugen	1982
400 m Dash	1:01.4	Melissa Odegard	1994
800 m Run	2:28.35 2:28.2 (HH)	Kim Connaker Meleia Johnson	2001 2002
1600 m Run	5:37.70	Jenna Fore	2003
3200 m Run	12:34.04	Amy Johnson	1996
100 m Hurdles	16.54	Chantel Hersbergen	1994
300 m Hurdles	49.23	Cassandra Filler	2003
4 x 100 m Relay	52.79	Katie Meyer, Amanda Peil Molly Sloan, Tera Kazek	1998
4 x 200 m Relay	1:50.17	Maria Bellinger, Kasey Perell Emily Branzovsky, Becky Osterdyk	2006
4 x 400 m Relay	4:16.81	Meleia Johnson, Jenna Fore, Cassie Filler, Becky Osterdyk	2003
4 x 800 m Relay	10:27.01	Jenna Fore, Deanna Dickey, Emily Branzovsky, Meleia Johnson	2003
High Jump	5' 2"	Kari Splett	2004
Long Jump	16' 7"	Erica Delak	1991
Triple Jump	32' 8"	Lisa Drexler	2005
Pole Vault	10' 0"	Maria Bellinger	2007
Shot Put	35' 10"	Tera Kazek	1998
Discus	110' 4"	Maria Bellinger	2006

## PINE CITY BOYS' TRACK AND FIELD RECORDS

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

# 2007 Track and Field Awards

<b>Track and Field - MVP</b>	Maria Bellinger	Jordan Clementson Tom Miche'
<b>Dragon "3-D" Award</b> (Dedication, Determination, Drive)	Josh Skalicky	Danny Hambly
<b>"Work-horse" Award</b>	Dani Pangerl	Haakon Hansen
<b>Rookie of the Year</b>	Holly Staples	Eric Osterdyk

## **New School Records:**

Pole Vault	Maria Bellinger	10' 0"
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## **All- Conference Awards:**

Maria Bellinger	Shot, Discus,
Jordan Clementson	High Jump
Trevor McNally	1600 m Run, 3200 m Run
Danny Hambly	Discus
Josh Skalicky	High Jump
Karina Nordrum	Discus

## **All- Conference Honorable Mention:**

Jordan Clementson	Triple Jump
Maria Bellinger	Pole Vault
Tom Miche'	1600 m Run
Dani Pangerl	Triple Jump
Tara' Miche'	Long Jump
Holly Staples	High Jump

## 2007 Track Letter Winners:

Maria Bellinger

Cyndy Marier

Trevor McNally

Danny Hambly

Dani Pangerl

Haakon Hansen

Kellen Montague

Isaac Johnson

Jordan Clementson

Becca Valencia

David Hambly

Tara Miche'

Steven Guttormson

Josh Skalicky

Jarad Reiser

Eric Osterdyk

Karina Nordrum

Tom Miche'

Emily Branzovsky

Brietta Clementson

Kerrie Hughes

Brekka Gay

Kendra Motyl

Derek Braatz

Holly Staples

## ***The Formula for Success:***

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

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

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







# GIRLS' "BESTS" - 2007

59	Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
61	Kendra Motyl - 10	07			30.5- RRCI	68.8 - HF			
62				14.3sp- Chen	30.8sp - Tig	69.8sp - BL			
64	Katina Trigas - 10	05			32.7	72.9			
65		07							
66									
68	Cortney Altergott- 9	07		16.4sp - Tig		78.7sp - HF			
70	Brittany Hernandez-9	07			36.3 - RRCI		3:22.8 - Ogil		
72	Kerrie Hughes - 9	05		14.5		71.1	3:13.2-Blaine		
73						71.1sp - Fo			
74		06		14.26	29.9 - PC	71.1			
75						69.3sp - Sub			
76		07		14.3 - PC		72.28 - Sub			
77				15.1sp - Ogil	29.9sp - BL	72.0 sp- RRC			
79	Kara Husnik - 9	06		17.15					
80		07	9.5- RRCI	16.8 - Tig	36.2sp - PC				
82	Jenni Hussong - 9	05		16.9	36.9				
83		06		15.92	36.94				
84		07			33.1sp - JV				
86	Ashly Johnson- 9	07	9.9 - RRCI	16.0sp - Tig		1:26sp- RRCI	3:13.5-Cheng		
88	Autumn Reicherts -9	05		16.2	34.9				
89		06		15.69	33.97				
90		07		15.8 - Ogil	32.8- Cheng				
91				17.0sp - JV	35.0sp - PC				
93	Holly Schulz - 9	06		15.47	33.58				
94		07		15.8sp - Tig	34.3 - Cheng	1:34.4-RRCI			
96	Miranda Wilson - 9	07		16.1 - PC	36.5sp- JV	80.5 sp- Tig	3:09.5 - Tig		
98	Holly Staples - 8	06		13.82	29.32				
99		07		13.3	29.3	70.3			
100				12.0 sp - Sub		68.8sp - BL			
102	Karina Nordrum - 8	06							
103		07							
105	Emily Camp - 8	07		16.03					
107	Katie Froseth - 8	06		15.37					
108		07		14.9					
110	Kari Gohman - 8	07							
112	Ashley Harrington - 8	07						7:02	
114	Christine Kraft - 8	06							
115		07		16.96					
117	Shelbi Odegard - 8	07							
119	Cassie Ostler - 8	06			33.24				
120		07		15.67					

# GIRLS' "BESTS" - 2007

59	55 m hurd	100 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
61				4' 0" Tig					
62									
64				3' 10"	11' 2"				
65									
66									
68			63.2 - HF						
70									
72					13' 0"				
73									
74		18.02	54.0 - PC		15' 4.5" - RRC				
75									
76					14' 8.5" -Sub				
77									
79					9' 7"				
80					10' 4" - RRCI			24' 6.25" -Sub	
82		21.8		3' 6"					
83		20.62		3' 6"	12' 6"				
84	11.8- RRCI	20.3 jv	59.6 HF		12' 3.75" - RRCI				
86							56' - PC		
88					9' 10"				
89					11' 11"				
90					12' 2" - PC				
91									
93		22.06			8' 10.5"				
94		24.06- Sub							
96									
98				4' 8"					
99				5' 0" - RRC	15' 3" - Sub				
100									
102							84' 0"	29' 10"	
103							98' 8" - Sec	32' 3"	
105								28' 11.5"	
107		20.54			9' .5"				
108									
110							47' .5"	17' .25"	
112					9' 4"				
114							49' 4"	21'0"	
115							54' 0"		
117								19' 7"	
119		21.58							
120		21.18							

# GIRLS' "BESTS" - 2007

121	Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
122	Justyne Feigum - 7	07							
124	Holly Guerin - 7	07		14.83	31.33	71.48			
126	Kayla Harthan - 7	07		15.33					
128	Megan Miesner - 7	07		14.63	32.07	70.45		6:25	
130	Chelsey Nordrum - 7	07							
132	Jordin Shaw - 7	07		14.25	31.02				
134	Caitlin Walbridge - 7	07		14.95					
136	Jorie Williamson - 7	07							
138	4 x 100 m Relay -8	98	59.2						
139		99	59.9						
140		00	57.9						
141		01							
142		02	57.7						
143		03	56.9						
144		04	59.1						
145		06	65.58						
146		07							
148	4 x 200 m Relay -8	98	2:11						
149		99	2:22						
150		00	2:04.5						
151		07							
153	4 x 100 m relay -7	98	60.2						
154		99	59.6						
155		00							
156		01	58.4						
157		02	60.8						
158		03	61.8						
159		06	58.58	Larson, Staples, Harper, Ostler					
160		07							
162	4 x 200 m relay - 7	98	2:16.0						
163		99	2:08.6						
164		00							
165		01	2:08.2						









# BOYS' "BESTS" - 2007

54	name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
56	Kellen Montague - 11	07					2:33.9 - PC	5:38.7 - BL	
57							2:30.7sp - BL		
59	Dan Hambly - 10	04							
60		05	8.5-Blaine	14.1 sp-Fo					
61		06		13.9 - RC		80.8 sp- Mil			
62				12.2sp- RC					
63		07	7.5 - RRCI		27.0 - Cheng				
64				12.2sp-Tig	25.7sp - Tig				
66	Haakon Hansen - 10	04		13.9	27.3				
67		05			26.7				
68				14.5 sp- Fo	26.6 sp- Fo		2:31.6 sp - Sec		
69		06		13.59 - CH	25.83 - Sub				
70				11.3 sp- Fol	26.6sp- BL	62.1sp - RRC			
71		07		12.4 - Tig					
72				11.4sp-Chen	24.1sp -Sub	61.6sp - Ogil			
74	Jeff Gossen - 10	07		12.9 - Ogil	28.4 sp - PC	62.1 - Cheng			
76	Jarad Reiser - 10	07		12.6 - Ogil	27.2 - Ogil	59.88 - Sub			
77					27.7sp - PC	61.6sp - RRC	2:30.1 sp - RRC		
79	Josh Skalicky - 10	04		14.7	29.8				
80		05	7.8-Blaine	13.1	26.5	59.6			
81					28.3 sp - Fo		2:22.3 sp - Sec		
82		06				58.92 - CH			
83						57.5sp - Sub	2:20.5sp- PC		
84		07							
85					23.8sp - Ogil	57.9 sp- Cheng			
87	Ben Splett - 10	05			28.7	63.4			
88		06			27.8 - Fol	59.3 - RC			
89				12.1sp - Mil	25.5sp - PC	59.3sp - Sub			
90		07							
91									
93	Kyle Bodin - 9	07						7:12.1- RRCI	14:40.64 - Sub
95	Derek Braatz - 9	06		13.43	26.45				
96		07		11.2sp - HF	24.8 - HF				
98	Devin Braatz - 9	05							
99		06							
100		07				72.73 - RRC	2:47.6sp - BL		
102	Joey Dilts - 9	06		14.8	31.43				
103		07		12.8sp - JV		69.8 - Cheng	2:40.29 - Sub		
105	Isaac Johnson - 9	05		12.9	27.7				
106		06		12.6	27.7				
107				12.5sp -Sub	27.9sp - Sub				
108		07	7.3- RRCI	12.3 - Ogil	25.8 - HF				
109				11.4sp-RRCI	27.4sp - Tig				





# BOYS' "BESTS" - 2007

110	name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m dash	1600 m dash	3200 m dash	
112	Jayne Gallagher - 9	07			29.4sp - JV	67.6 - Tig				
114	Eric Osterdyk - 9	05		14.3	30.1		2:23.20- Sub	5:46		
115		06		13.96	30.13	25.9sp - Sub	2:23.2sp - RRC	5:33		
116		07			27.3 - JV		2:18.04 - Sub			
117				14.4sp - JV			2:18.6sp - HF			
119	Jordan Sparling - 9	05					4:19.1	11:46.3		
120		06					4:10	8:33		
121		07				85.3 - RRC	3:24.2 - HF			
123	Adam Olson - 8	06		14.92						
124		07		12.0 - BL	24.8	59.0				
125				11.0sp - BL	24.7sp - Cheng					
127	Nick Bremer - 8	06				78.97	3:03.82	6:39.8.8		
128		07					2:42	5:59		
130	Trevor Clune - 8	06		14.48		79.4	2:40.6			
131		07						5:53		
133	Jacob Guttormson - 8	06				82.03	2:53.0	6:35		
134		07						6:00		
136	Alex Reicherts - 8	06					3:18	7:41		
137		07					2:41	6:25		
139	Willie Seals - 8	06		14.81						
140		07		13.93						
142	Alex Steele - 8	06		14.79						
143		07		13.9						
145	4 x 200 m Relay - 8	00	2:02.0							
146		01	1:50.8							
147		04	1:52.4							
148		06	2:00.3	Dilts, Kringstad, Braatz, Heimdahl						
149		07								
151	4 x 100 m Relay - 8	00	55.3							
152		01	53.0							
153		04	53.3							
154		05	52.2							
155		06	51.99	Strusz, Kringstad, Johnson, Osterdyk						
156		07								



# BOYS' "BESTS" - 2007

167	name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m dash	1600 m dash	3200 m dash
169	Nick Cummings - 7	07		13.6	27.7		62		
171	Jordan Goad - 7	07							
173	Rico Horton - 7	07		16.57					
175	Tyler Johnson - 7	07		16.4	33.9				
177	Josh Monson - 7	07		15.9					
179	Jordan Pangerl - 7	07		14.33	30.43	68.0			
181	Derek Prokott - 7	07		14.44	30.09				
183	Greg Shelton - 7	07			31.28				
185	Eric Skalicky - 7	07					3:08		
187	4 x 100 m Relay - 7	98	54.5						
188		00	58.0						
189		01	59.6						
190		03	59.4						
191		04	57.3						
192		05	55.6						
193		06	58.36	Kehn, Clune, Steele, Seals					
194		07							
196	4 x 200 m Relay - 7	00	2:01.3						
197		01	2:09.6						
198		07	2:00.5						

