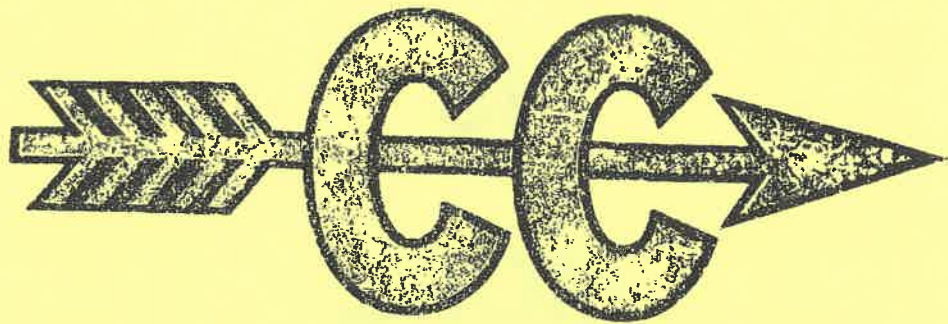


PINE CITY



DRAGONS

2007

DISTANCE RUNNING

IS

MORE

THAN A SPORT.

IT IS

A WAY OF LIFE.

George Sheehan

A CROSS COUNTRY RUNNER IS

Between the innocence of youth and the dignity of adulthood, one finds an extraordinarily dedicated creature called a cross-country runner.

He/she is generally a composite of the American boy/girl - skinny or heavy, short-legged or long-legged, long-haired or short-haired, bubbly or shy, wise-cracking or stammering.

Whatever he/she looks like he/she lives by the creed of every genuine cross-country runner: "To run every race to the very best of my ability."

The cross-country runner is found everywhere . . . slipping through the halls . . . wallowing through the crowded winter traffic . . . taking in a beautiful sunrise on the local golf course . . . disappearing in the dust of cars on a lonely, dry summer road . . . running softly along the painfully hot tar roads of July . . . whipping into whirlpool baths . . . intervallong on indoor tracks . . . loping around lakes.

Motorists chastise them, teammates rib them, coaches criticize them, students cheer them, kid sisters idolize them, football players don't understand them, fathers encourage them, and moms worry about them.

A cross-country runner eats like UCLA . . . sleeps like Oregon . . . thinks about distance running like the University of Texas-El Paso . . . but often runs like Pumpkin Center Unified.

He/she can be observed in a host of unusual activities . . . fartlekking . . . over-distancing . . . intervallong . . . speed working . . . hilling . . . circuiting . . . peaking . . . weight-lifting . . . and, when the pain of it all becomes too much, simply "walking" or "sitting" . . .

When he/she's not running well, he/she has too many other interests, like girls/boys . . . chemistry . . . girls/boys . . . physics . . . girls/boys . . . algebra . . . girls/boys . . . just can't concentrate . . . can't dedicate . . . or is just a bag of injuries.

When he/she's running well he/she is one of the hardest-working, most coachable athletes in school . . . is totally dedicated . . . will undoubtedly be a state champion . . . and is just a "physically tough" kid.

To the opponents' public relations man, he/she is sure to be a national leader and is probably the best distance runner in the history of the conference. She is Miki Gormann, Francie Lareau, Susie Hamilton, Frank Shorter, Bob Kennedy, and Todd Williams wrapped up in one.

To the coach, for press purposes, he/she lacks the real killer instinct demanded by great runners . . . he/she has the emotional stability of a playful cricket . . . the sprinting ability of a large snail . . . and is as coachable as a mule (though the coach knows all the time he/she will win the state).

To the alumnus, the cross-country runner is a nice kid who simply doesn't have the background . . . has not developed the distance base . . . will not go with the competition . . . can't run uphill . . . and hasn't the ability to kick like the five great runners on the 1967 team that finished second in the conference and almost qualified for state.

The cross-country runner likes news releases, "video tapes of winning efforts", recognition of a victory in the morning announcements . . . medals . . . ribbons . . . flat courses . . . overnight trips . . . new shoes . . . rub-downs . . . pictures in the yearbook . . . new uniforms . . . practice sessions the night before the meets . . . conference championships . . . trips to the state meet . . . and school records.

He/she is especially fond of blisters . . . shorts that rub . . . heavy running shirts . . . time-trials . . . team warm-ups, especially calisthenics . . . weight-training . . . circuit training . . . washing sweats . . . obnoxious motorists . . . hilly courses . . . big dogs . . . waiting for the race (but he/she lives with these things and has fond memories of them).

No one else looks forward as much to fall or so little to November . . . No one else can look at a field of 150 runners and know that he will finish 67th . . . No one else can have so many aches and pains and yet turn in excellent performances when the name of the game is "the big meet" . . . No one else feels defeat as deeply or as personally as the cross-country runner who had devoted 500 miles of training in preparation for the big race . . . No one else finds the same satisfaction and exhilaration in forcing every part of his/her body to the limit.

The cross-country runner is a wonderful creature . . . You can criticize him/her, but you can't discourage him/her . . . You can beat him/her, but you can't make him/her quit . . . You can take him/her out of cross-country, but you can't take cross-country out of him/her . . .

You might as well admit it - - - alumnus, fan, coach - - - he/she is your representative in the great international sport of American competitiveness . . . your totem of fair play and determination.

He/she may not be a state champion or qualifier for the Olympic team . . . He/she is not judged by color, religion, or social standing . . . he/she is measured simply by the democratic yardstick of how fast he/she can run, how far he/she can run, and how much the sacrifice for the good of his/her team and school.

The cross-country runner is a hard-working, untiring, and determined young person. When you leave the cross-country course moaning about a second or third place finish in a quality meet; he/she is the youngster, who, with a smudge of dirt on his/her cheek, sweat of his/her brow, pain in his/her body, and a tear in his/her eye, humbles and enriches you with a few simple words: "You tried!"

MILACA EARLY BIRD INVITATIONAL CROSS COUNTRY MEET
Monday, August 27, 2007
partly sunny, mid 70s, breezy

PINE CITY GIRLS' RESULTS:

4000 m - 109 varsity runners

	<u>place</u>	<u>time</u>	
1. Emily Branzovsky	61	18:26.7	
2. Karissa Lange	64	18:35.7	BTC
3. Brietta Clementson	66	18:40.1	BTC
4. Kendra Motyl	91	19:53.4	
5. Laura Kleppe	99	20:36.3	BTC
6. Molly Neil	107	23:05.8	
7. Aislinn Rogalla	109	26:42.0	BTC

#1 runner: J. Harrison, Mound Westonka-15:38.3

Junior High - 2800 m - 105 runners

1. Megan Meisner	20	13:38.6
2. Megan Aadland	59	16:15.8

PINE CITY BOYS' RESULTS:

5000 m - 112 varsity & 155 JV runners

	<u>place</u>	<u>time</u>	
1. David Hambly	13	18:10.2	BTC
2. Trevor McNally	16	18:15.1	
3. Andrew Lutz	21	18:37.2	BTC
4. Clay Fischer	22	18:40.3	BTC
5. Zach Swanson	2 jv	19:28.7	
6. Derek Arnsdorf	52	19:41.0	BTC
7. Ben Wirth	26 jv	21:26.3	
8. Kellen Montague	88	21:36.2	
9. Tony Miller	94	21:52.0	
10. Derek Lutz	58 jv	22:15.6	
11. Devin Braatz	77 jv	23:09.7	
12. Terry Kraft	85 jv	23:21.0	
13. Nick Bremer	108 jv	24:18.6	
14. Zach Borich	115 jv	24:35.0	
15. Alex Reicherts	117 jv	24:41.2	
16. Trevor Clune	124 jv	25:10.7	
17. Jordan Sparling	149 jv	28:37.8	RB
18. Shane Clune	151 jv	29:17.3	

#1 runner: N. Nygaard, STMA - 16:56.8

#1 jv runner: T. Jossart, STMA - 19:22.2

Junior High - 2800 m - 115 runners

1. Mitch Ringness	36	13:28.4
2. Joe Wolf	111	22:37.2
3. David Kleppe	113	23:41.1

#1 runner: C. Lawrence, Foley - 11:12.9

GIRLS' TEAM RESULTS:

1. Becker	68
2. Mound Westonka	81
3. Monticello	93
4. Mora	134
5. North Branch	168
6. STMA	170
7. Little Falls	183
8. Albany	221
9. Crosby-Ironton	235
10. Mille Lacs	243
11. Princeton	262
12. Chisago Lakes	277
13. Rocori	297
14. Pine City	357
15. Big Lake	368

Incomplete teams: Milaca, Rush City, Cambridge-Isanti, Hinckley/Finlayson

BOYS' TEAM RESULTS:

1. STMA	27
2. Pine City	118
3. Mora	119
4. Mound Westonka	128
5. Milaca	155
6. Albany	182
7. Big Lake	198
8. Monticello	199
9. Crosby-Ironton	207
10. Little Falls	233
11. Rocori	245
12. North Branch	276
13. Cambridge-Isanti	310
14. Chisago Lakes	315
15. Becker	430
16. Princeton	462

Incomplete teams: Braham, Foley, Rush City, Hinckley/Finlayson

JV RESULTS:

1. STMA	23
2. Cambridge-Isanti	68
3. Monticello	89
4. Mound Westonka	114
5. Little Falls	169
6. Big Lake	178
7. Pine City	187
8. North Branch	192
9. Mora	259
10. Albany	266
11. Rocori	285
12. Princeton	312

6 incomplete teams

PINE CITY INVITATIONAL CROSS COUNTRY MEET
Thursday, September 6, 2007
hot and humid, sunny, windy

PINE CITY GIRLS' RESULTS:

4000 m - 46 varsity and 26 jv runners

	<u>place</u>	<u>time</u>	
1. Brietta Clementson	24	19:36	
2. Tara Miche'	6 jv	19:53	BTC
3. Shauna Palmer	7 jv	19:54	BTC
4. Karissa Lange	28	20:01	
5. Kendra Motyl	31	20:36	
6. Laura Kleppe	33	20:48	
7. Shannon Segarra	21 jv	23:15	BTC
8. Erica Pitzen	24 jv	25:59	
9. Aislinn Rogalla	25 jv	26:11	BTY
10. Molly Neil	46	27:10	
Emily Branzovsky		DNF	

#1 runner: A. Bahlman, Mora - 16:22
 #1 jv runner: S. Gray, North Branch - 18:41

Junior High - 2000 m - 56 runners

1. Megan Miesner	5	8:37	PB
2. Megan Aadland	20	9:48	

PINE CITY BOYS' RESULTS:

5000 m - 56 varsity & 46 JV runners

	<u>place</u>	<u>time</u>	
1. Trevor McNally	4	18:03	BTY
2. Clay Fischer	13	18:55	
3. Zach Swanson	15	18:58	PB
4. Andrew Lutz	16	19:04	
5. David Hambly	18	19:15	
6. Dallas Hanson	1 jv	19:42	
7. Derek Arnsdorf	27	19:53	BTC
8. Kellen Montague	4 jv	21:03	PB
9. Ben Wirth	41	21:30	
10. Derek Lutz	9 jv	21:51	PB
11. Devin Braatz	14 jv	22:09	PB
12. Jake Guttormson	17 jv	22:19	
13. Zach Borich	20 jv	22:42	PB
14. Terry Kraft	21 jv	22:48	PB
15. Beau Peterson	24 jv	23:17	BTC
16. Nick Bremer	27 jv	23:43	PB
17. Alex Reicherts	35 jv	27:09	
18. Isaac Johnson	38 jv	28:07	
19. Trevor Clune	39 jv	28:08	
20. Jordan Sparling	40 jv	28:23	PB
21. Shane Clune	46 jv	29:43	

#1 runner: JP Cartier, Mora - 17:39
 #1 jv runner: Dallas Hanson, Pine City - 19:42

Junior High - 2000 m - 42 runners

1. Mitch Ringness	14	8:45	PB
2. Mike Bremer	31	10:03	
3. Joe Wolf	37	11:58	
4. David Kleppe	41	16:27	

#1 runner: I. Johnson, Rush City - 7:35

GIRLS' TEAM RESULTS:

1. Mora	33
2. North Branch	40
3. Hermantown	76
4. Mille Lacs	83
5. Pine City	140
6. Milaca	153
7. MLWR	164
Rush City	Inc
Milaca	Inc
Hinckley/Finlayson	Inc

JV TEAM RESULTS

1. North Branch	21
2. Pine City	34

BOYS' TEAM RESULTS:

1. Pine City	62
2. Milaca	68
3. North Branch	73
4. Mora	78
5. Hermantown	85
6. Foley	160
7. MLWR	175
8. Eash Central	228
Rush City	Inc
Hinckley/Finlayson	Inc
East Central	Inc

JV TEAM RESULTS:

1. Pine City	21
2. Mora	38

NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET
Thursday, September 13, 2007
beautiful fall day, windy

PINE CITY GIRLS' RESULTS:

4000 m - 38 varsity and 18 jv runners

	<u>place</u>	<u>time</u>	
1. Shauna Palmer	12	18:04	PB
2. Emily Branzovsky	14	18:09	BTY
3. Karissa Lange	17	18:15	BTY-BTC
4. Brietta Clementson	19	18:25	BTY-BTC
5. Tara Miche'	20	18:26	PB
6. Kendra Motyl	22	18:34	PB
7. Laura Kleppe	6 jv	19:43	BTY
8. Shannon Segarra	11 jv	21:42	BTY-BTC
9. Molly Neil	13 jv	21:57	PB
10. Aislinn Rogalla	17 jv	23:59	BTY
11. Erica Pitzen	18 jv	25:01	BTY-BTC

#1 runner: M. Charley, North Branch - 16:27
 #1 jv runner: K. Norman, North Branch - 17:46

Junior High - 2000 m - 37 runners

1. Megan Miesner	10	8:36	PB
2. Megan Aadland	17	9:27	PB

PINE CITY BOYS' RESULTS:

5000 m - 37 varsity & 48 JV runners

	<u>place</u>	<u>time</u>	
1. David Hambly	2	17:44	BTY-BTC
2. Trevor McNally	4	17:53	BTY
3. Zach Swanson	5	18:04	PB
4. Clay Fischer	7	18:24	BTY
5. Andrew Lutz	9	18:38	
6. Derek Arnsdorf	10	18:46	PB
7. Dallas Hanson	12	18:52	PB
8. Kellen Montague	1 jv	19:38	PB
9. Ben Wirth	8 jv	20:35	PB
10. Derek Lutz	12 jv	20:41	PB
11. Jake Guttormson	16 jv	20:47	PB
12. Nick Bremer	17 jv	20:55	PB
13. Zach Borich	22 jv	21:50	PB
14. Terry Kraft	26 jv	22:11	PB
15. Tony Miller	29 jv	22:14	
16. Beau Peterson	33 jv	23:18	BTC
17. Trevor Clune	38 jv	24:22	PB
18. Isaac Johnson	44 jv	26:29	PB
19. Jordan Sparling	47 jv	27:39	PB
20. Shane Clune	48 jv	29:13	BTY

#1 runner: M. Heideberger, North Branch - 17:37
 #1 jv runner: Kellen Montague, Pine City - 19:38

Junior High - 2000 m - 39 runners

1. Mitch Ringness	17	8:30	PB
2. Joe Wolf	35	10:39	PB
3. David Kleppe	39	14:57	BTY-BTC

#1 runner: I. Johnson, Rush City - 7:22

GIRLS' TEAM RESULTS:

1. North Branch	15
2. Rush City	69
3. Pine City	84
4. Cambridge	87
Hinckley/Finlayson	Inc
MLWR	Inc
Christian Academy	Inc

JV TEAM RESULTS

1. North Branch	20
2. H/F	49
3. Pine City	65

BOYS' TEAM RESULTS:

1. Pine City	27
2. North Branch	53
3. Cambridge	80
4. Rush City	122
5. MLWR	131
Hinckley/Finlayson	Inc
East Central	Inc

JV TEAM RESULTS:

1. Cambridge	20
2. Pine City	66

PIERZ STAMPEDE INVITATIONAL CROSS COUNTRY MEET
Monday, September 17, 2007
warm, muggy, overcast

PINE CITY GIRLS' RESULTS:

4000 m - 92 varsity and 98 jv runners

	<u>place</u>	<u>time</u>	
1. Karissa Lange	53	18:27	BTC
2. Brietta Clementson	59	18:40	BTC
3. Tara Mische'	72	19:28	BTC
4. Shauna Palmer	74	19:29	
5. Laura Kleppe	77	19:33	BTY
6. Kendra Motyl	79	19:42	
7. Shannon Segarra	66 jv	22:19	
8. Molly Neil	73 jv	22:46	
9. Aislinn Rogalla	84 jv	24:04	
10. Erica Pitzen	96 jv	25:48	

#1 runner: H. McAllester, Brainerd - 15:40

#1 jv runner: E. Danielson, Cathedral - 16:35

Junior High - 3200 m - 84 runners

1. Megan Miesner	7	14:46
2. Megan Aadland	29	16:33

PINE CITY BOYS' RESULTS:

5000 m - 100 varsity & 145 JV runners

	<u>place</u>	<u>time</u>	
1. Clay Fischer	32	18:12	BTY
2. Dallas Hansen	33	18:13	PB
3. David Hambly	34	18:14	
4. Andrew Lutz	37	18:16	BTY-BTC
5. Derek Arnsdorf	47	18:39	PB
6. Kellen Montague	55	19:06	PB
7. Ben Wirth	24 jv	20:10	PB
8. Derek Lutz	27 jv	20:15	PB
9. Tony Miller	64 jv	21:27	PB
10. Jake Guttormson	65 jv	21:29	
11. Devin Braatz	74 jv	21:43	PB
12. Nick Bremer	77 jv	21:57	
13. Beau Peterson	82 jv	22:15	BTY
14. Terry Kraft	85 jv	22:24	
15. Zach Borich	109 jv	24:01	
16. Thomas Pitzen	117 jv	24:32	
17. Trevor Clune	125 jv	25:38	
18. Alex Reicherts	129 jv	25:59	
19. Jordan Sparling	132 jv	26:21	PB
Zach Swanson		DNF	

#1 runner: T. Rose, Brainerd - 16:24

#1 jv runner: B. Wolhart, Brainerd - 18:00

Junior High - 3200 m - 39 runners

1. Mitch Ringness	33	14:29	BTC
2. Mike Bremer	74	16:38	
3. Joe Wolf	83	18:32	BTC
4. David Kleppe	95	22:49	BTC

#1 runner: C. Lawrence, Foley- 11:55

GIRLS' TEAM RESULTS:

1. Brainerd	36
2. Mora	109
3. Annandale	116
4. Mille Lacs	140
5. Albany	149
6. Cathedral	175
7. Ev-W-K	175
8. Maple	189
9. Crosby-Ironton	204
10. Pierz	266
11. Rockford	333
12. Pine City	335
13. Milaca	407
Maple Lake	Inc
Hinckley/Finlayson	Inc
Rockford	Inc
East Central	Inc
Braham	Inc
Crosby Ironton	Inc

BOYS' TEAM RESULTS:

1. Brainerd	24
2. Long Praire/GE	104
3. Cathedral	126
4. Annandale	131
5. Mora	158
6. Albany	164
7. Pine City	183
8. Milaca	185
9. Crosby Ironton	197
10. Royalton	310
11. Foley	341
12. Maple Lake	347
13. Pierz	391
14. Rockford	397
Hinckley/Finlayson	Inc
East Central	Inc
EVWK	Inc

JV Results:

1. Brainerd	15
2. Annandale	64
3. Cathedral	101
4. Mora	164
5. Albany	212
6. Milaca	247
7. Pine City	254
8. LPGE	307
9. Maple Lake	466
10. Royalton	475
11. East Central	570

MILACA MEGA CROSS COUNTRY MEET
Saturday, September 22, 2007
warm and sunny, breezy

PINE CITY GIRLS' RESULTS:

4000 m - Varsity (264 runners)- JV (371 runners)			
	<u>place</u>	<u>time</u>	
1. Kendra Motyl	145	18:23.6	PB
2. Brietta Clementson	160	18:42.4	
3. Karissa Lange	163	18:44.5	
4. Shauna Palmer	170	18:51.0	
5. Tara Miche'	179	19:07.3	BTC
6. Laura Kleppe	205	19:51.1	BTC
7. Shannon Segarra	259 jv	21:11.6	PB
8. Aislinn Rogalla	338 jv	23:26.5	BTY-BTC
9. Molly Neil	346 jv	23:44.8	
10. Erica Pitzen	358 jv	24:47.3	BTY-BTC

Varsity - #1 runner Linda Keller, Paynesville-14:29.3
 JV -#1 runner L. Rice, Holy Family Catholic - 15:02.

Junior High Girls 2800 m - 7th gr(170 runners)

1. Megan Aadland	117	17:08.6
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Junior High Boys 2800 m-174-7th gr, 214-8th gr

1. Mitch Ringness	138	8th	14:10.4
2. Adam Swanson	135	7th	16:01.3
3. Mike Bremer	152	7th	16:58.1
4. Joe Wolf	211	8th	17:37.7
5. Christian Miche	173	7th	21:45.1
6. David Kleppe	214	8th	23:26.5

GIRLS' TEAM RESULTS:

1. Adrian	93	25. E. Grand Forks	580
2. Perham	161	26. Warroad	616
3. Fairmont	166	27. Virginia	698
4. Holy Family Catholic	228	28. Pelican Rapids	713
5. Mankato Loyola	232	29. Blue Earth area	722
6. St. Cloud Cathedral	238	30. Math&Sci Ac	730
7. Mora	249	31. Pine City	745
8. Paynesville	257	32. Eveleth-Gilbert	758
9. Providence Academy	298	33. LCWM/N	791
10. Lake City	335	34. Morris Area	867
11. Redwood Valley	340	35. Milaca	971
12. New London-Spicer	355	36. Mayer Lutheran	1018
13. Mille Lacs	360	37. Wrenshall	1038
14. Byron	403		
15. Wadena-DeerCreek	440		
16. Concordia Academy	461	19 incomplete teams	
17. Minnehaha Academy	464		
18. Watertown-Mayer	482		
19. St. James	485		
20. Annandale	507		
21. Pierz	510		
22. Trinity	558		
23. St. Croix Lutheran	562		
24. Cook County	578		

PINE CITY BOYS' RESULTS

5000 m - Varsity (286 runners) - JV (342 runners)			
10th gr (234 runners) - 9th gr (257 runners)			
	<u>place</u>	<u>time</u>	
1. Trevor McNally	28	17:20.5	BTY-BTC
2. David Hambly	37	17:28.7	BTY-BTC
3. Zach Swanson	69	17:59.4	PB
4. Clay Fischer	76	18:08.4	BTY-BTC
5. Andrew Lutz	82	18:11.2	BTY-BTC
6. Dallas Hansen	115	18:37.8	
7. Derek Anrsdorf	131	18:55.6	BTC
8. Kellen Montague	55 jv	19:21.4	BTC
9. Derek Lutz	104 10th	20:26.8	BTC
10. Ben Wirth	105 10th	20:27.1	BTC
11. Tony Miller	137 jv	20:43.2	PB
12. Jake Guttormson	111 9th	20:50.0	
13. Zach Borich	126 9th	21:06.7	PB
14. Devin Braatz	158 10th	21:29.3	PB
15. Nick Bremer	178 9th	22:17.9	BTC
16. Thomas Pitzen	180 9th	22:24.8	PB
17. Terry Kraft	262 jv	23:11.6	BTC
18. Trevor Clune	235 9th	25:57.1	
19. Alex Reicherts	236 9th	25:59.9	
20. Jordan Sparling	229 10th	26:33.5	BTC
21. Shane Clune	339 jv	29:04.3	

Varsity - #1 runner K. Lachowitz, Perham-15:44.2
 JV -#1 runner A. Handorff, Andover-17:29.1
 10th gr-#1 runner: K. St. Marie, Big Lake- 17:10.8
 9th gr-#1 runner: A. Johnson, Maple Grove-16:36.9

BOYS' TEAM RESULTS:

1. Perham	98	19. New Londo	491
2. Warroad	193	20. Annandale	495
3. Holy Family Catholic	199	21. Milace	497
4. Long Prairie-GE	208	22. Chisholm	580
5. Adrian	228	23. Redwood \	598
6. Byron	251	24. Math& Sc	621
7. Pine City	255	25. Sauk Cent	664
8. St. James	281	26. Trinity	699
9. Minnehaha Academy	302	27. E. Grand F	702
10. St. Cloud Cathedral	334	28. Cook Co	735
11. Mora	339	29. Concordia	774
12. Pequot Lakes	339	30. Paynesvill	780
13. Esko	340	31. Royalton	819
14. Blue Earth area	344	32. Maple Riv	845
15. Eveleth-Gilbert	377	33. Mayer Lut	871
16. Fairmont	400	34. St. Croix l	872
17. Lake City	419	35. Wrenshall	960
18. Watertown-Mayer	429	21 Incomnplete Teams	

BECKER INVITATIONAL CROSS COUNTRY MEET
Tuesday, October 2, 2007
rainy, wet, cool

PINE CITY GIRLS' RESULTS:

4000 m - 41 varsity and 49 jv runners

	<u>place</u>	<u>time</u>	
1. Megan Miesner	6 jv	17:43.5	
2. Brietta Clementson	29	18:11.0	BTY-BTC
3. Shauna Palmer	30	18:15.3	BTC
4. Kendra Motyl	35	18:34.1	
5. Tara Miche'	39	19:10.0	
6. Laura Kleppe	40	20:19.3	
7. Shannon Segarra	38 jv	21:46.1	
Emily Branzovsky		DNF	

#1 runner: Ella Smith, Becker - 15:29.7
 #1 jv runner: Karlee Cox, Monticello - 17:25.8

Junior High - 3200 m - 38 runners

1. Megan Aadland 32 18:07.7

#1 jh runner: Karielle Larson, Monticello - 13:43.3

PINE CITY BOYS' RESULTS:

5000 m - 46 varsity & 78 JV runners

	<u>place</u>	<u>time</u>	
1. David Hambly	6	17:35.2	
2. Trevor McNally	7	17:48.5	
3. Zach Swanson	9	17:52.1	PB
4. Andrew Lutz	14	18:35.0	
5. Dallas Hansen	17	18:47.1	
6. Derek Arnsdorf	22	19:00.5	BTC
7. Kellen Montague	35	19:23.4	
8. Tony Miller	14 jv	20:18.8	PB
9. Ben Wirth	15 jv	20:19.7	
10. Derek Lutz	16 jv	20:29.3	
11. Jake Guttormson	35 jv	21:51.1	
12. Nick Bremer	38 jv	22:05.9	
13. Thomas Pitzen	50 jv	23:03.9	
14. Alex Reicherts	57 jv	23:50.3	PB
15. Jordan Sparling	70 jv	25:59.8	PB
16. Zach Borich	71 jv	26:05.2	
17. Isaac Johnson	73 jv	26:07.4	PB

#1 runner: L. Albares, Monticello-17:05.4
 #1 jv runner: N. Lemke, Monticello-19:10.6

Junior High - 2000 m - 41 runners

1. Mitch Ringness	16	14:15.1
2. Mike Bremer	33	15:48.0
3. Adam Swanson	37	16:46.7
4. Joe Wolf	39	18:53.5
5. David Kleppe	41	22:58.0
6. Christian Miche'		

#1 runner: A. Braegleemann, Big Lake - 12:36.2

GIRLS' TEAM RESULTS:

1. Becker	28
2. North Branch	61
3. Monticello	63
4. Mora	85
5. Big Lake	147
6. Pine City	173
7. St. Johns Prep	Inc

BOYS' TEAM RESULTS:

1. Pine City	53
2. Mora	54
3. Monticello	77
4. Big Lake	80
5. North Brandh	96
6. St. John's Prep	138
7. Becker	201

JV Results:

1. Monticello	64
2. Mora	76
3. Big Lake	119
4. Pine City	142
5. North Branch	273
6. St. Johns Prep	Inc
7. Becker	

*To win,
you must have
talent and desire-
---but desire first.*

Sam Sneed

SWAIN INVITATIONAL CROSS COUNTRY MEET @ Duluth

Saturday, October 6, 2007
foggy, rainy, low 50's, very windy

PINE CITY GIRLS' RESULTS:

4000 m - Varsity (195 runners)- jv (113 runners)

	<u>place</u>	<u>time</u>	
1. Karissa Lange	104	19:19.6	
2. Shauna Palmer	108	19:22.2	BTC
3. Kendra Motyl	113	19:28.1	
4. Brietta Clementson	130	19:51.3	BTC
5. Tara Miche'	152	20:18.5	
6. Emily Branzovsky	156	20:23.4	
7. Laura Kleppe	168	20:39.7	
8. Shannon Segarra	70 jv	22:35.1	BTC
9. Molly Neil	72 jv	22:40.9	
10. Aislinn Rogalla	94 jv	24:19.3	BTC
11. Erica Pitzen	96 jv	24:30.2	PB

Varsity - #1 runner M. Janning, Watertn-May-15:42.6

JV - #1 runner: L. Rice, Holy Family Catholic-16:29.8

Junior High 2500 m - 116 runners

1. Megan Miesner	4	11:01.0	PB
2. Megan Aadland	81	14:04.4	

#1 runner: A. Campbell, Cloquet - 10:31.0

GIRLS' TEAM RESULTS:

1. Holy Family Catholic	96
2. Mt Lake/Butter/Odin	102
3. Mora	126
4. New London-Spicer	185
5. St. Paul Academy	188
6. Osceola	188
7. Watertown-Mayer	191
8. Lake City	202
9. Amery	240
10. Cook County	264
11. Maple Lake	278
12. Norwood Young Am	290
13. St. Anthony	310
14. Glenco-SL	386
15. Plainview/Elgin/Mil	414
16. Virginia	432
17. Mesabi East	462
18. Warroad	469
19. Math/Science Acade	477
20. Rockford	520
21. Sibley East	535
22. Pine City	548
23. Bagley Fosston	552
24. Morris Area	621
25. Pillager	722

15 incomplete teams

PINE CITY BOYS' RESULTS

5000 m - Varsity (220 runners)

	<u>place</u>	<u>time</u>	
1. Trevor McNally	24	18:31.2	
2. David Hambly	46	19:00.3	
3. Clay Fischer	59	19:07.7	
4. Andrew Lutz	73	19:26.3	BTC
5. Derek Anrsdorf	89	19:37.2	BTC
6. Kellen Montague	140	20:32.7	
7. Tony Miller	185	21:47.6	

Varsity-#1 runner: A. Hoffmann, St. Anthony-17:18.7

Sophomore/Freshman -4000 m (201 runners)

1. Zach Swanson	4	14:33.5	
2. Dallas Hanson	13	15:14.1	
3. Ben Wirth	52	16:28.2	
4. Derek Lutz	69	16:48.4	
5. Zach Borich	100	17:25.7	
6. Jacob Guttormson	102	17:30.4	
7. Nick Bremer	113	17:43.3	
8. Devin Braatz	127	18:15.5	
9. Thomas Pitzen	128	18:17.3	
10. Alex Reicherts	168	20:05.1	
11. Trevor Clune	169	20:06.6	
12. Isaac Johnson	177	20:46.9	
13. Jordan Sparling	181	21:29.1	PB

#1 runner H. Junis, Mpls SW- 14:14.8

Junior High - 2500 m - (189 runners)

1. Mitchell Ringness	101	12:03.5	
2. Mike Bremer	150	12:59.7	
3. Adam Swanson	158	13:25.3	
4. Joe Wolf	173	14:20.8	PB
5. David Kleppe	185	18:32.4	PB
6. Christian Miche	186	18:45.7	

#1 runner: J. Lindquist, Esko- 10:09.7

BOYS' TEAM RESULTS:

1. Plainview/ElginMilview	121	19. Wat/May	470
2. Holy Family Catholic	129	20. Math/Sc AC	475
3. Long Prairie/GE	159	21. Blake 54	546
4. St. Anthony	209	22. Cook Count	577
5. Osceola	237	23. Sibley E	577
6. Lake City	240	24. DeLaSalle	589
7. Warroad	242	25. Bagley/Fos	604
8. Mora	244	26. Morris 6	617
9. Pine City	266	27. Rush City	686
10. Amery	295	28. Albrook	746
11. Esko	345	29. Maple Lk	792
12. Eveleth Gilbert	361	30. Rockford	829
13. Proctor	362	31. Lakeview	829
14. Glencoe/Silver Lk	366	32. Wrenshall	843
15. St. Paul Academy	405		
16. New London/Spicer	445	10 incomplete teams	
17. International Falls	451		
18. Norwood Young America	461		

SUCCESS
IS
THE RESULT OF
HARD WORK
AND
HONEST EFFORT.

TWO RIVER CONFERENCE CROSS COUNTRY MEET

Pine City

Thursday, October 11, 2007

cold, cloudy- wet course

PINE CITY GIRLS' RESULTS:

4000 m - 37 varsity runners - 20 jv runners

	<u>place</u>	<u>time</u>		
1. Megan Miesner	13	17:33	PB	ALL-CONFERENCE
2. Etta Clementson	14	17:44	BTY-BTC	ALL-CONFERENCE
3. Emily Branzovsky	18	17:52	BTY-BTC	HONORABLE MENTION
4. Shauna Palmer	19	17:53	PB	HONORABLE MENTION
5. Karissa Lange	20	17:57	PB	HONORABLE MENTION
6. Kendra Motyl	27	18:41		
7. Tara Miche'	28	18:46	BTC	
8. Laura Kleppe	3 jv	19:36		
9. Molly Neil	9 jv	21:12	PB	
10. Aislinn Rogalla	16 jv	22:25	BTC	
11. Erica Pitzen	20 jv	25:11	BTC	

#1 runner: Melissa Agnew , Mille Lacs - 15:41

#1 jv runner: Courtney Arvidson, Rush City - 18:12

GIRLS' TEAM RESULTS:

1. Mora	27
2. Mille Lacs	32
3. Pine City	84
4. Rush City	90
5. Hinckley/Finlayson	135
6. Milaca	155
East Central	Inc
Braham	Inc

Junior High -

2000 m - 32 runners

1. Megan Aadland	12	9:43
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PINE CITY BOYS' RESULTS

5000 m - 29 varsity runners, 35 jv runners

	<u>place</u>	<u>time</u>		
1. Trevor McNally	3	17:35		ALL-CONFERENCE
2. David Hambly	4	17:41	BTC	ALL-CONFERENCE
3. Zach Swanson	5	17:46	PB	ALL-CONFERENCE
4. Clay Fischer	8	18:04	BTY	ALL-CONFERENCE
5. Dallas Hansen	12	18:26		ALL-CONFERENCE
6. Andrew Lutz	13	18:29		ALL-CONFERENCE
7. Derek Arnsdorf	16	18:32	PB	HONORABLE MENTION
8. Kellen Montague	2 jv	19:17		
9. Ben Wirth	4 jv	20:06	PB	
10. Tony Miller	6 jv	20:13	PB	
11. Derek Lutz	7 jv	20:40		
12. Jacob Guttormson	12 jv	21:03		
13. Devin Braatz	13 jv	21:04	PB	
14. Nick Bremer	17 jv	21:43		
15. Zach Borich	20 jv	22:49		
16. Alex Reicherts	21 jv	22:53	PB	
17. Tom Pitzen	23 jv	23:11		
18. Trevor Clune	30 jv	24:32		
19. Jordan Sparling	32 jv	25:28	PB	
20. Isaac Johnson	33 jv	25:32	PB	

#1 runner: Neil Larsen, Milaca - 17:17

#1 jv runner: Anthony Pasillas, Mora - 19:03

BOYS' TEAM RESULTS:

1. Pine City	32
2. Mora	42
3. Milaca	65
4. Rush City	100
Hinckley/Finlayson	Inc
Braham	Inc
East Central	Inc

JV team results

1. Pine City	31
2. Mora	36
3. Milaca	60

Junior High -

1. Mitch Ringness	9	8:09	PB
2. Adam Swanson	21	8:42	
3. Mike Bremer	22	8:45	
4. Joe Wolf	36	10:20	PB
5. David Kleppe	43	12:46	PB
6. Christian Miche'	44	12:57	

#1 runner: J. Rajkowski, Braham - 7:19

JH Team Results

1. Mora - 6	4. Pine City - 43
2. EC - 22	5. Hinckley - 56
3. Milaca - 36	

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

PRINCETON INVITATIONAL CROSS COUNTRY MEET
Tuesday, October 16, 2007
rainy, wet, cool

PINE CITY GIRLS' RESULTS:

4000 m - 79 varsity and 24 jv runners

	<u>place</u>	<u>time</u>	
1. Megan Miesner	30	17:31	PB
2. Emily Branzovsky	34	17:42	BTY
3. Karissa Lange	35	17:47	PB
4. Brietta Clementson	39	17:54	
5. Tara Miche'	41	17:58	PB
6. Kendra Motyl	47	18:04	PB
7. Shauna Palmer	51	18:09	
8. Laura Kleppe	7 jv	19:13	BTY
9. Molly Neil	15 jv	21:53	
10. Aislinn Rogalla	16 jv	21:56	PB
11. Erica Pitzen	22 jv	23:25	PB

#1 runner: Ella Smith, Becker - 15:27
 #1 jv runner: E. Palmquist, Becker - 17:58

Junior High - 3000 m - 33 runners

1. Megan Aadland	18	16:03
#1 jh runner:	Destiny Freidrichs, Becker - 14:01	

PINE CITY BOYS' RESULTS:

5000 m - 85 varsity & 73 JV runners

	<u>place</u>	<u>time</u>	
1. Trevor McNally	5	17:24	BTC
2. David Hambly	8	17:39	BTC
3. Zach Swanson	10	17:51	
4. Clay Fischer	15	18:06	BTC
5. Andrew Lutz	29	18:44	BTC
6. Dallas Hansen	36	18:52	BTC
7. Derek Arnsdorf	41	18:59	
8. Kellen Montague	5 jv	19:06	PB
9. Tony Miller	14 jv	20:10	PB
10. Ben Wirth	16 jv	20:17	
11. Derek Lutz	18 jv	20:22	
12. Jake Guttormson	29 jv	21:20	
13. Devin Braatz	31 jv	21:34	
14. Nick Bremer	37 jv	21:58	
15. Zach Borich	38 jv	21:59	
16. Thomas Pitzen	47 jv	23:00	
17. Trevor Clune	59 jv	24:35	
18. Alex Reicherts	60 jv	24:35	
19. Jordan Sparling	68 jv	25:31	
20. Isaac Johnson	69 jv	25:32	PB
21. Shane Clune	73 jv	28:11	BTY

#1 runner: Zach Waldoch, Forest Lake - 16:59
 #1 jv runner: Peter Buol, Forest Lake - 18:36

GIRLS' TEAM RESULTS:

1. Becker	24
2. Mille Lacs	59
3. Mora	92
4. Rush City	134
5. Rogers	141
6. Princeton	143
7. Pine City	167
8. Big Lake	177
9. Cambridge-Isanti	179
10. Math & Science Academy	239

BOYS' TEAM RESULTS:

1. Forest Lake	27
2. Pine City	65
3. Rogers	75
3. Mora	109
5. Big Lake	113
6. Cambridge Isanti	141
7. Math & Science Academy	197
8. Rush City	235
9. Maranatha	240
10. Princeton	302
11. Becker	304

JV Team Results:

	27
1. Forest Lake	38
2. Cambridge-Isanti	77
3. Pine City	111
4. Big Lake	121
5. Rogers	178
6. Math & Science Academy	

Junior High - 3000 m - 53 runners

1. Mitch Ringness	23	13:08
2. Mike Bremer	40	14:50
3. Joe Wolf	47	16:27
4. Adam Swanson	51	20:43
5. David Kleppe	52	21:44
6. Christian Miche'	63	21:59

#1 runner: Caleb LeClaire, Rogers - 10:38

JH Team results:

1. Forest Lake-17, 2. Big Lake-55, 3. Cambridge-80
116, 6. Pine City-165

LESSONS FROM GEESE

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

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

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

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

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

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

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

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

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

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

SECTION 5A CROSS COUNTRY MEET

@ PIERZ

Thursday, October 25, 2007

cool, breezy

PINE CITY GIRLS' RESULTS:

4000 m - 122 runners

	<u>place</u>	<u>time</u>	
1. Karissa Lange	42	17:30.0	PB
2. Megan Miesner	43	17:30.5	PB
3. Shauna Palmer	49	17:36.6	PB
4. Kendra Motyl	59	17:54.9	PB
5. Emily Branzovsky	63	18:00.4	
6. Etta Clementson	68	18:14.4	BTC
7. Tara Miche'	72	18:18.8	BTC

Top 10 runners (qualifying for state):

1. Marissa Jahning (8)	Wtrtn-Mayer	14:51.1
2. Greta Danielson (8)	St. Cloud Cath	15:25.6
3. Katie Finley (12)	Providence	15:32.7
4. Kit Chambers (11)	Providence	15:37.9
5. Melissa Agnew (11)	Mille Lacs	15:40.9
6. Elena Danielson (7)	St. Cloud Cath	15:43.3
7. Taylor Alama (8)	Annandale	15:49.3
8. Emma Johnson (8)	Mora	15:49.7
9. Ashlee Bahlmann (9)	Mora	15:54.6
10. Jenny Agnew (11)	Mille Lacs	16:07.9

PINE CITY BOYS' RESULTS

5000 m -122 runners

	<u>place</u>	<u>time</u>	
1. Trevor McNally	4	17:03.4	BTY-BTC
2. David Hambly	8	17:13.6	BTY-BTC
3. Zach Swanson	10	17:17.4	PB
4. Clay Fischer	21	17:56.3	BTY
5. Dallas Hansen	25	18:02.5	PB
6. Andrew Lutz	37	18:26.9	
7. Derek Arnsdorf	44	18:40.5	

Top 10 runners (qualifying for state):

1. Connor Gjevre (10)	Annandale	16:40.8
2. Daniel Merritt (12)	Howard Lk-Wa	16:50.9
3. Neil Larsen (11)	Milaca	16:58.4
4. Trevor McNally (12)	Pine City	17:03.4
5. Peter Borash	Royalton	17:06.2
6. Zack Haskins (11)	Heritage Chrn	17:08.9
7. Ryan Sterner (12)	Howard Lk-Wa	17:10.16
8. David Hambly (12)	Pine City	17:13.6
9. JP Cartier (12)	Mora	17:14.9
10. Zach Swanson (9)	Pine City	17:17.4

GIRLS' TEAM RESULTS:

1. St. Cloud Cathedral	74
2. Mora	75
3. Providence Academy	119
4. Mille Lacs	125
5. Annandale	127
6. Watertown-Mayer	139
7. Rush City	189
8. Maple Lake	199
9. Pierz	217
10. Pine City	246
11. Braham	269
12. St. John's Prep	300
13. Rockford	326
14. Royalton	345
15. Hinckley-Finlayson	393
16. Milaca	495
Howard Lake-Waverly-Wins Inc	
Holy Trinity/Lester Prairie, Maranatha	
Heritage Christian Academy, Foley	

BOYS' TEAM RESULTS:

top 2 teams qualify for STATE

1. Pine City	64
2. Mora	79
3. Annandale	83
4. St. Cloud Cathedral	83
5. Milaca	165
6. Howard Lk-Waverly-Win	225
7. Watertown-Mayer	230
8. Providence Academy	238
9. Rush City	247
10. St. John's Prep	310
11. Maranatha Christian Acade	311
12. Maple Lake	321
13. Royalton	326
14. Foley	331
15. Pierz	345
16. Braham	419
17. Rockford	444
Braham, Holy Trinity Inc	
Hinckley/Finlayson	

The Makeup of a Champion

Champions share many characteristics, none of which are determined by their running speeds.

- * A champion has the courage to risk failure, knowing that set-backs are lessons to learn from.
- * A champion uses a race to gain greater self-knowledge as well as feedback on physical improvement.
- * A champion trains thought processes as well as the body to produce a total approach to performance.
- * A champion understands his athletic weaknesses and trains to strengthen them.
- * A champion actively creates a life of balance, moderation, and simplicity – values that help improve running and life.
- * A champion views competitors as partners who provide challenge and the chance to improve.
- * A champion understands that running performances are like a roller coaster, with many ups and downs, and that you have to accept both the good and the bad.
- * A champion enjoys running for the simple pleasures it provides.
- * A champion has vision. A champion dreams of things that haven't been and believes they are possible. A champion says, "I can."

MSHSL CLASS A STATE CROSS COUNTRY MEET

St. Olaf College, Northfield
Saturday, November 3, 2007
partly sunny, slight breeze, mid 50's

PINE CITY BOYS' RESULTS

5000 m - 162 runners

	<u>place</u>	<u>team</u> <u>place</u>	<u>time</u>	
1. Trevor McNally	20	9	16:55.3	BTY
2. David Hambly	29	14	17:05.1	PB
3. Zach Swanson	37	18	17:13.0	PB
4. Clay Fischer	110	61	18:08.0	
5. Dallas Hansen	112	63	18:09.6	
6. Andrew Lutz	123	73	18:17.7	
7. Derek Arnsdorf	134	84	18:29.8	PB

BOYS' TEAM RESULTS:

1. Perham	88
2. Adrian	150
3. Pequot Lakes	161
4. Pine City	165
5. Long Prairie-G E	173
6. Mora	182
7. St James	207
8. Esko	210
9. Minnehaha Academy	214
10. Staples-Motley	219
11. Lake City	225
12. HolyFamily Catholic	230
13. Byron	242
14. Albany	264
15. Redwood Valley	313
16. Fairmont	332

Top 15 Runners:

1. Don Wasinger, 12	Winona Cotter	15:52.9
2. Kevin Lachowitzer, 12	Perham	15:58.5
3. Andrew Hoffman, 12	St. Anthony Village	16:20.4
4. Ryan Tholen, 11	Tracy/Milroy/Bal	16:21.2
5. Clayton Foster, 11	Pequot Lakes	16:23.0
6. Taylor Zinnel, 12	St. James	16:28.7
7. Kenny Filbandt, 12	Glencoe-Silver Lk	16:34.1
8. Adam Stainiger, 12	Chisholm	16:35.6
9. Tom Tesch, 12	Plainview/Elg/Mil	16:37.4
10. Zac Faith, 12	St. James	16:40.4
11. Alex Johnston, 12	Warroad	16:41.0
12. Connor Gjevre, 10	Annandale	16:41.1
13. Peter Otten, 12	CHOF	16:42.6
14. Ryan Swanson, 9	LacQuiParle Vly/Da	16:46.3
15. Justin Tellinghuisen, 12	Perham	16:46.5

MSHSL Boys Class A Championship

St. Olaf College, Northfield

Nov. 3, 2007

Sunny, calm, mid 50s
Results by ChampionChip Minnesota

PLACE	TEAM	POINTS	PLACES OF FINISHERS								AVG. TIME	SPREAD
1	Perham	88	1	5	23	26	33	52	102	17:00.9	1:35.2	
2	Adrian	150	6	20	28	47	49	55	70	17:27.2	1:06.8	
3	Pequot Lakes	161	2	16	25	58	60	87	89	17:25.5	1:42.7	
4	Pine City	165	9	14	18	61	63	73	84	17:30.2	1:14.3	
5	LongPrairie-GreyEagle	173	10	22	36	48	57	76	88	17:34.2	1:04.0	
6	Mora	182	13	32	40	43	54	71	107	17:36.8	0:55.9	
7	Saint James	207	3	4	53	65	82	99	109	17:32.8	2:00.7	
8	Esko	210	11	24	44	64	67	95	112	17:42.1	1:11.8	
9	Minnehaha Academy	214	17	29	37	56	75	79	104	17:44.1	1:06.2	
10	Staples-Motley	219	7	31	34	62	85	92	100	17:43.5	1:39.4	
11	Lake City	225	19	21	50	66	69	80	101	17:45.9	0:58.4	
12	Holy Family Catholic	230	8	38	39	59	86	94	105	17:48.9	1:43.0	
13	Byron	242	15	30	46	74	77	108	110	17:50.3	1:11.5	
14	Albany	264	12	35	41	83	93	97	111	17:57.3	1:54.9	
15	Redwood Valley	313	27	42	72	81	91	98	103	18:09.7	1:24.6	
16	Fairmont	332	45	51	68	78	90	96	106	18:14.1	1:00.8	

1. Perham

1	Kevin Lachowitz, 12	15:58.5
5	Justin Tellinghuisen, 12	16:46.5
23	Sam Stoll, 10	17:19.6
26	Parker Carignan, 12	17:26.0
33	Eddie Stenger, 12	17:33.7
52	Alex Barney, 11	17:55.3
102	Keith Schornack, 9	19:15.6
Total Time = 1:25:04.2		Total Places = 88

3. Pequot Lakes

2	Clayton Foster, 11	16:23.0
16	Kellen Braren, 10	17:12.6
25	Silas Lydeen, 10	17:22.5
58	Adison Runberg, 10	18:03.6
60	Jacob Headlee, 10	18:05.7
87	Jonas Dale, 11	18:39.0
89	Jake Braam, 10	18:46.1
Total Time = 1:27:07.2		Total Places = 161

2. Adrian

6	Chris Reisdorfer, 11	16:47.1
20	Nate Reyne, 10	17:15.1
28	Jack Albertson, 12	17:27.2
47	Jordan Pater, 10	17:52.7
49	Brett Springman, 11	17:53.9
55	Kyle Henning, 11	17:58.4
70	Jarod Boltjes, 12	18:14.9
Total Time = 1:27:15.9		Total Places = 150

4. Pine City

9	Trevor McNally, 12	16:55.3
14	David Hambly, 12	17:05.1
18	Zach Swanson, 9	17:13.0
61	Clay Fischer, 12	18:08.0
63	Dallas Hansen, 9	18:09.6
73	Andrew Lutz, 12	18:17.7
84	Derek Arnsdorf, 12	18:29.8
Total Time = 1:27:30.9		Total Places = 165

5. LongPrairie-GreyEagle		11. Lake City	
10 Doug Liebsch, 12	16:59.6	19 Indy Liljevall, 12	17:14.8
22 Ted Gray, 12	17:17.7	21 Jake Snyder, 12	17:16.6
36 Drew Weinzierl, 12	17:36.4	50 Alex Pyle, 10	17:54.2
48 Nathan Korfe, 11	17:53.4	66 Alex Martin, 12	18:10.7
57 David Weinhold, 12	18:03.6	69 Dylan Lemmer, 10	18:13.2
76 Alex Liebsch, 10	18:19.2	80 Chris Moyer, 10	18:28.3
88 Matt Schmidt, 12	18:39.8	101 Daryn York, 12	19:14.7
Total Time = 1:27:50.6	Total Places = 173	Total Time = 1:28:49.5	Total Places = 221
6. Mora		12. Holy Family Catholic	
13 J P. Cartier, 12	17:00.6	8 Paul Weigel, 12	16:54.4
32 Mark Bostrom, 11	17:33.3	38 Brian Curran, 12	17:42.6
40 Tim Stenberg, 11	17:45.8	39 Elliott Unseth, 12	17:44.4
43 Jon Coler, 11	17:47.9	59 Joel Graczyk, 12	18:05.4
54 Greg Moravec, 11	17:56.5	86 Adam Iverson, 11	18:37.4
71 Jake Murphy, 11	18:16.1	94 Will LaVelle, 10	18:56.6
107 John Amundson, 10	19:24.9	105 Tommy Kalb, 9	19:20.5
Total Time = 1:28:04.0	Total Places = 182	Total Time = 1:29:04.1	Total Places = 231
7. Saint James		13. Byron	
3 Taylor Zinnel, 12	16:28.7	15 Alex Thornton, 12	17:10.0
4 Zac Faith, 12	16:40.4	30 Thomas Thornton, 12	17:30.4
53 Ryan Doll, 12	17:55.3	46 Ali Khalili, 12	17:51.0
65 Brian Christiansen, 11	18:10.1	74 Kyle Johnson, 9	18:18.5
82 Johnathan Surber, 7	18:29.4	77 Eric Anderson, 9	18:21.4
99 Matthew Lahti, 11	19:07.8	108 Aaron Nepstad, 11	19:29.2
109 Eli Eggen, 11	19:31.3	110 Henry Hartzler, 7	19:34.0
Total Time = 1:27:43.8	Total Places = 207	Total Time = 1:29:11.2	Total Places = 241
8. Esko		14. Albany	
11 Bryan Lindquist, 12	17:00.1	12 Landon Bauer, 10	17:00.5
24 Raleigh Goessling, 10	17:20.4	35 Josh Holt, 10	17:34.9
44 Adam Eskuri, 9	17:48.3	41 Taylor Waletzko, 9	17:46.2
64 Jackson Lindquist, 8	18:09.8	83 Paul Maile, 10	18:29.4
67 Phillip Wirtz, 10	18:11.9	93 Austin Erickson, 12	18:55.3
95 Tim Garay, 10	18:57.8	97 Jaime Holt, 9	19:02.0
112 Ryan Hanson, 10	19:53.7	111 Tony Ohmann, 11	19:38.3
Total Time = 1:28:30.4	Total Places = 210	Total Time = 1:29:46.2	Total Places = 261
9. Minnehaha Academy		15. Redwood Valley	
17 Sam Wagner, 10	17:12.8	27 Nate Thooft, 11	17:26.3
29 Kevin Peters, 12	17:29.1	42 Travis McDougall, 12	17:46.4
37 Jake Brown, 10	17:36.9	72 Nick Hastreiter, 10	18:16.4
56 Joel McDougall, 12	18:02.6	81 Brian Riley, 10	18:28.5
75 Eric Lubar, 10	18:19.0	91 Daniel Perry, 12	18:50.8
79 Phil White, 10	18:28.3	98 Nate Remmele, 12	19:03.6
104 Brandon Wiersma, 9	19:18.7	103 Kris Hodgson, 12	19:16.6
Total Time = 1:28:40.3	Total Places = 214	Total Time = 1:30:48.3	Total Places = 311
10. Staples-Motley		16. Fairmont	
7 Jordan Bendson, 10	16:52.3	45 Andrew Hasek, 10	17:49.0
31 Josh Ullring, 12	17:30.8	51 Ian Heuer, 12	17:54.6
34 Josiah Fuhrman, 12	17:34.0	68 Jeff Janssen, 12	18:12.2
62 Ken Suzuki, 12	18:08.5	78 Alex Hodges, 10	18:25.0
85 Isaac Fuhrman, 10	18:31.7	90 Sam Viesselman, 9	18:49.7
92 Josh Freese, 10	18:51.6	96 Derek True, 12	18:59.9
100 Brandon Sterriker, 8	19:13.6	106 Derek Ziegelman, 11	19:22.2
Total Time = 1:28:37.3	Total Places = 219	Total Time = 1:31:10.3	Total Places = 331

2007 State Class A Boys' Cross Country

Individual Results

TEAM PLACE	SCORE	FINISHER	MILE TIME	FINAL TIME	TEAM
	1	Donny Wasinger, 12	4:46.30	15:52.9	Winona Cotter
	2	Kevin Lachowitz, 12	4:46.75	15:58.5	Perham
	3	Andrew Hoffman, 12	5:02.95	16:20.4	St. Anthony Village
	4	Ryan Tholen, 11	5:01.75	16:21.2	Tracy/Milroy/Balaton
	5	Clayton Foster, 11	5:00.50	16:23.0	Pequot Lakes
	6	Taylor Zinnel, 12	4:54.25	16:28.7	Saint James
	7	Kenny Fillbrandt, 12	4:54.80	16:34.1	Glencoe-Silver Lake
	8	Adam Stainiger, 12	4:58.90	16:35.6	Chisholm
	9	Tom Pesch, 12	5:06.80	16:37.4	Plainview-Elgn-Millvl
	10	Zac Faith, 12	4:58.80	16:40.4	Saint James
	11	Alex Johnston, 12	5:03.50	16:41.0	Warroad
	12	Connor Gjevre, 10	4:56.95	16:41.1	Annandale
	13	Peter Otten, 12	5:05.10	16:42.6	C H O F.
	14	Ryan Swanson, 9	4:54.55	16:46.3	LacQuiParleVly/Daws-B
	15	Justin Tellinghuisen, 12	5:01.80	16:46.5	Perham
	16	Chris Reisdorfer, 11	5:01.30	16:47.1	Adrian
	17	Jordan Bendson, 10	4:58.85	16:52.3	Staples-Motley
	18	Patrick Bryant, 11	5:01.90	16:54.1	DeLaSalle
	19	Paul Weigel, 12	5:05.90	16:54.4	Holy Family Catholic
	20	Trevor McNally, 12	5:11.80	16:55.3	Pine City
	21	Peter Vukelich, 12	5:01.20	16:58.9	Crosby - Ironton
	22	Doug Liebsch, 12	5:04.65	16:59.6	LongPrairie-GreyEagle
	23	Bryan Lindquist, 12	5:06.30	17:00.1	Esko
	24	Grant Timm, 9	5:15.40	17:00.5	Plainview-Elgn-Millvl
	25	Landon Bauer, 10	5:04.80	17:00.5	Albany
	26	J P. Cartier, 12	5:02.80	17:00.6	Mora
	27	Moses Heppner, 11	4:58.25	17:02.7	Warroad
	28	Tanner Wendroth, 9	5:07.70	17:02.8	Paynesville
	29	David Hambly, 12	5:14.40	17:05.1	Pine City
	30	Jordan Haroldson, 11	5:01.25	17:06.5	UnitedSouthCentral/Ac
	31	Neil Larsen, 11	5:06.90	17:07.0	Milaca
	32	Peter Borash, 11	5:10.10	17:08.8	Royalton
	33	Alex Thornton, 12	5:07.80	17:10.0	Byron
	34	Keegan Leonard, 12	5:03.85	17:12.0	Crosby - Ironton
	35	Kellen Braren, 10	5:05.05	17:12.6	Pequot Lakes
	36	Sam Wagner, 10	5:08.50	17:12.8	Minnehaha Academy
	37	Zach Swanson, 9	5:15.15	17:13.0	Pine City
	38	Indy Liljevall, 12	5:13.90	17:14.8	Lake City
	39	Nate Reyne, 10	5:10.90	17:15.1	Adrian
	40	Jake Snyder, 12	5:09.55	17:16.6	Lake City
	41	Andrew Gerdts, 9	5:17.45	17:17.1	LeSueur Henderson
	42	Jonathan Leitzke, 12	4:58.65	17:17.1	Blue Earth Area
	43	Ted Gray, 12	5:14.60	17:17.7	LongPrairie-GreyEagle
	44	Aaron Haley, 9	5:15.30	17:18.7	Plainview-Elgn-Millvl
	45	Sam Stoll, 10	5:11.90	17:19.6	Perham
	46	Daniel Merritt, 12	4:59.55	17:19.8	HowardLk-Wavrly-Wnste
	47	Raleigh Goessling, 10	5:12.35	17:20.4	Esko
	48	Mark Freund, 11	5:14.80	17:21.4	Rochester Lourdes
	49	Paul Koulick, 10	5:22.20	17:22.0	The Blake School
	50	Silas Lydeen, 10	5:09.90	17:22.5	Pequot Lakes
	51	Luke Gross, 11	5:18.90	17:24.7	Trinity School
	52	Mark Bartley, 12	5:18.20	17:25.1	Blue Earth Area
	53	Ryan Sterner, 12	5:07.60	17:25.4	HowardLk-Wavrly-Wnste
	54	Parker Carignan, 12	5:17.80	17:26.0	Perham
	55	Nate Thooft, 11	5:09.70	17:26.3	Redwood Valley
	56	Jack Albertson, 12	5:18.65	17:27.2	Adrian
	57	Zack Haskins, 11	5:07.55	17:27.5	HeritageChristianAcad
	58	Ben Jones, 11	5:22.60	17:27.7	The Blake School
	59	Halden Van Wyhe, 11	5:16.35	17:28.7	Hbc/Ellsworth/Edgertn
	60	Kevin Peters, 12	5:15.45	17:29.1	Minnehaha Academy
	61	Stewart Richardson, 11	5:21.40	17:29.6	The Blake School
	62	Thomas Thornton, 12	5:13.30	17:30.4	Byron
	63	Jordan Smith, 10	5:22.40	17:30.7	Cromwell - Floodwood
	64	Josh Ulring, 12	5:13.90	17:30.8	Staples-Motley
	65	Taylor Bodin, 10	5:18.10	17:31.0	Maccray
	66	Cody Marvig, 12	5:10.60	17:32.9	Hawley/Ulen-Hitterdal
	67	Ethan Spronk, 12	5:12.60	17:33.1	SouthwestMnchristian
	68	Mark Bostrom, 11	5:12.50	17:33.3	Mora
	69	Eddie Stenger, 12	5:01.90	17:33.7	Perham
	70	Josiah Fuhrman, 12	5:04.90	17:34.0	Staples-Motley

71	35	Josh Holt, 10	5:14.85	17:34.9	Albany
72		Ben Umhoefer, 12	5:16.80	17:35.3	Sauk Centre
73	36	Drew Weinzierl, 12	5:09.85	17:36.4	LongPrairie-GreyEagle
74	37	Jake Brown, 10	5:25.85	17:36.9	Minnehaha Academy
75		Tony Fremling, 12	5:17.50	17:37.3	Albrook - Cotton
76		Seb Kingsbury, 12	5:17.60	17:37.4	Lewistn-Alt/Rushf-Pet
77		Matt Kocak, 10	5:19.75	17:37.4	JacksonCountyCentral
78		Justin Anderson, 12	5:07.95	17:38.1	Proctor
79		Seb Kingsbury, 12	5:15.90	17:41.2	Lewistn-Alt/Rushf-Pet
80		Andy Thies, 9	5:15.40	17:41.5	Sibley East
81	38	Brian Curran, 12	5:25.10	17:42.6	Holy Family Catholic
82	39	Elliott Unseth, 12	5:25.20	17:44.4	Holy Family Catholic
83	40	Tim Stenberg, 11	5:22.50	17:45.8	Mora
84		Brendan Ruter, 11	5:18.65	17:46.0	New London-Spicer
85	41	Taylor Waletzko, 9	5:16.10	17:46.2	Albany
86	42	Travis McDougall, 12	5:19.45	17:46.4	Redwood Valley
87	43	Jon Coler, 11	5:11.10	17:47.9	Mora
88	44	Adam Eskuri, 9	5:26.70	17:48.3	Esko
89		Marc Strom, 9	5:22.35	17:48.4	JacksonCountyCentral
90	45	Andrew Hasek, 10	5:23.10	17:49.0	Fairmont
91	46	Ali Khalili, 12	5:22.50	17:51.0	Byron
92		Cory Asfeld, 12	5:14.10	17:51.6	Wadena-Deer Creek
93	47	Jordan Pater, 10	5:14.10	17:52.7	Adrian
94		Jordan Radel, 12	5:20.60	17:53.0	New London-Spicer
95	48	Nathan Korfe, 11	5:18.20	17:53.4	LongPrairie-GreyEagle
96		Eric Schultz, 10	5:18.65	17:53.5	Sibley East
97		Darren Reuss, 12	5:15.25	17:53.7	Montevideo
98	49	Brett Springman, 11	5:22.50	17:53.9	Adrian
99	50	Alex Pyle, 10	5:26.10	17:54.2	Lake City
100	51	Ian Heuer, 12	5:23.10	17:54.6	Fairmont
101	52	Alex Barney, 11	5:18.05	17:55.3	Perham
102	53	Ryan Doll, 12	5:31.35	17:55.3	Saint James
103	54	Greg Moravec, 11	5:23.50	17:56.5	Mora
104	55	Kyle Henning, 11	5:21.85	17:58.4	Adrian
105	56	Joel McDougall, 12	5:11.95	18:02.6	Minnehaha Academy
106	57	David Weinhold, 12	5:24.25	18:03.6	LongPrairie-GreyEagle
107	58	Adison Runberg, 10	5:17.50	18:03.6	Pequot Lakes
108	59	Joel Graczyk, 12	5:30.35	18:05.4	Holy Family Catholic
109	60	Jacob Headlee, 10	5:17.70	18:05.7	Pequot Lakes
110	61	Clay Fischer, 12	5:29.00	18:08.0	Pine City
111	62	Ken Suzuki, 12	5:29.80	18:08.5	Staples-Motley
112	63	Dallas Hansen, 9	5:28.90	18:09.6	Pine City
113	64	Jackson Lindquist, 8	5:29.65	18:09.8	Esko
114	65	Brian Christiansen, 11	5:30.50	18:10.1	Saint James
115	66	Alex Martin, 12	5:26.80	18:10.7	Lake City
116	67	Phillip Wirtz, 10	5:29.90	18:11.9	Esko
117	68	Jeff Janssen, 12	5:15.80	18:12.2	Fairmont
118	69	Dylan Lemmer, 10	5:26.20	18:13.2	Lake City
119	70	Jarod Boltjes, 12	5:22.95	18:14.9	Adrian
120		Owen Hein, 12	5:16.30	18:15.0	Montevideo
121	71	Jake Murphy, 11	5:24.00	18:16.1	Mora
122	72	Nick Hastreiter, 10	5:39.20	18:16.4	Redwood Valley
123	73	Andrew Lutz, 12	5:29.05	18:17.7	Pine City
124	74	Kyle Johnson, 9	5:35.00	18:18.5	Byron
125	75	Eric Lubar, 10	5:27.90	18:19.0	Minnehaha Academy
126	76	Alex Liebsch, 10	5:24.30	18:19.2	LongPrairie-GreyEagle
127	77	Eric Anderson, 9	5:29.20	18:21.4	Byron
128	78	Alex Hodges, 10	5:32.35	18:25.0	Fairmont
129	79	Phil White, 10	5:27.75	18:28.3	Minnehaha Academy
130	80	Chris Moyer, 10	5:31.35	18:28.3	Lake City
131	81	Brian Riley, 10	5:31.40	18:28.5	Redwood Valley
132	82	Johnathan Surber, 7	5:37.45	18:29.4	Saint James
133	83	Paul Maile, 10	5:28.15	18:29.4	Albany
134	84	Derek Arnsdorf, 12	5:39.00	18:29.8	Pine City
135	85	Isaac Fuhrman, 10	5:28.40	18:31.7	Staples-Motley
136	86	Adam Iverson, 11	5:30.35	18:37.4	Holy Family Catholic
137	87	Jonas Dale, 11	5:26.70	18:39.0	Pequot Lakes
138	88	Matt Schmidt, 12	5:27.35	18:39.8	LongPrairie-GreyEagle
139	89	Jake Braam, 10	5:33.55	18:46.1	Pequot Lakes
140	90	Sam Viesselman, 9	5:42.70	18:49.7	Fairmont
141	91	Daniel Perry, 12	5:43.85	18:50.8	Redwood Valley
142	92	Josh Freese, 10	5:29.50	18:51.6	Staples-Motley
143	93	Austin Erickson, 12	5:24.60	18:55.3	Albany
144	94	Will LaVelle, 10	5:38.05	18:56.6	Holy Family Catholic
145	95	Tim Garay, 10	5:45.90	18:57.8	Esko
146	96	Derek True, 12	5:32.55	18:59.9	Fairmont
147	97	Jaime Holt, 9	5:28.50	19:02.0	Albany
148	98	Nate Remmele, 12	5:39.60	19:03.6	Redwood Valley
149	99	Matthew Lahti, 11	5:45.60	19:07.8	Saint James
150	100	Brandon Sterriker, 8	5:29.70	19:13.6	Staples-Motley
151	101	Daryn York, 12	5:46.35	19:14.7	Lake City
152	102	Keith Schornack, 9	5:34.10	19:15.6	Perham
153	103	Kris Hodgson, 12	5:45.20	19:16.6	Redwood Valley
154	104	Brandon Wiersma, 9	5:38.90	19:18.7	Minnehaha Academy
155	105	Tommy Kalb, 9	5:43.50	19:20.5	Holy Family Catholic
156	106	Derek Ziegelman, 11	5:45.35	19:22.2	Fairmont
157	107	John Amundson, 10	5:43.20	19:24.9	Mora
158	108	Aaron Nepstad, 11	5:51.85	19:29.2	Byron
159	109	Eli Eggen, 11	5:45.50	19:31.3	Saint James
160	110	Henry Hartzler, 7	5:52.80	19:34.0	Byron
161	111	Tony Ohmann, 11	5:42.15	19:38.3	Albany
162	112	Ryan Hanson, 10	5:53.60	19:53.7	Esko

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Name	Gr	Year	Milaca	Pine City	N. Branch	Pierz	Milaca Mega	Becker
Emily Branzovsky	12	2007	18:26 (4k)	DNF	18:19 (4k)	DNR	DNR	DNF
	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)
Karissa Lange	12	2007	18:35 (4k)	20:01 (4k)	18:15 (4k)	18:27 (4k)	18:44 (4k)	DNR
	11	2006	19:30 (4k)	19:12 (4k)	19:16 (4k)	18:36 (4k)	18:39 (4k)	18:05 (4k)
Molly Neil	12	2007	23:05 (4k)	27:10 (4k)	21:57 (4k)	22:46 (4k)	23:44 (4k)	DNR
Shauna Palmer	12	2007	DNR	19:54 (4k)	18:04 (4k)	19:29 (4k)	18:51 (4k)	18:15 (4k)
	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	12	2007	DNR	25:59 (4k)	25:01 (4k)	25:48 (4k)	24:47 (4k)	DNR
	11	2006	25:43 (4k)	25:57 (4k)	26:26 (4k)	24:45 (4k)		
Aislinn Rogalla	12	2007	26:42 (4k)	26:11 (4k)	23:59 (4k)	24:04 (4k)	23:26 (4k)	DNR
	11	2006	27:01 (4k)	24:18 (4k)	23:55 (4k)	23:26 (4k)	23:54 (4k)	22:16 (4k)
Shannon Segarra	12	2007	DNR	23:15 (4k)	21:42 (4k)	22:19 (4k)	21:11 (4k)	21:46 (4k)
	11	2006	23:50 (4k)	24:27 (4k)	22:57 (4k)	21:55 (4k)		21:40 (4k)
Etta Clementson	11	2007	18:40 (4k)	19:36 (4k)	18:25 (4k)	18:40 (4k)	18:42 (4k)	18:11 (4k)
	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)
Emily Hill	11	2007						
	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	11	2007	20:36 (4k)	20:48 (4k)	19:43 (4k)	19:33 (4k)	19:51 (4k)	20:19 (4k)
	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'	11	2007	DNR	19:53 (4k)	18:26 (4k)	19:28 (4k)	19:07 (4k)	19:10 (4k)
	10	2006	20:03 (4k)	21:39 (4k)	21:12 (4k)	21:46 (4k)	18:39 (4k)	18:28 (4k)
Kendra Motyl	11	2007	19:53 (4k)	20:36 (4k)	18:34 (4k)	19:42 (4k)	18:23 (4k)	18:34 (4k)
Megan Miesner	8	2007	13:38 (2.8k)	8:37 (2k)	8:36 (2k)	14:46 (3.2k)	DNR	17:43 (4k)
	7	2006			8:57 (2k)	14:44 (3.2k)	13:30 (3.2k)	14:14 (3.2k)
Megan Aadland	7	2007	16:15 (2.8k)	9:48 (2k)	9:27 (2k)	16:33 (3.2k)	17:08 (3.2k)	18:07 (3.2k)

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Swain	Conference	Princeton	Section	State	PB	Average
20:23 (4k)	PC-17:52 (4k)	17:42 (4k)	Pierz- 18:00		17:42	18:27
DNR	PC-18:03 (4k)		Cloquet-17:29		17:29	17:57
18:07 (4k)	PR-16:34 (4k)		Cloquet-16:29		16:19	16:53
	SM-16:25 (4k)		Cloquet-15:45	15:50	15:45	16:31
	PC-17:08 (4k)		Becker-16:40		16:40	18:00 (4k)
19:19 (4k)	PC-17:57 (4k)	17:47 (4k)	Pierz- 17:30		17:30	18:31
19:13 (4k)	PC-18:22 (4k)		Cloquet-18:00		18:00	18:46
22:40 (4k)	PC-21:12 (4k)	21:53 (4k)			21:53	23:03
19:22 (4k)	PC-17:53 (4k)	18:09 (4k)	Pierz- 17:36		17:36	18:37
21:24 (4k)	PC-19:02 (4k)				18:29	19:44
21:32 (4k)	PC-20:47 (4k)				20:03	20:40
	PC- 9:45 (2k)				9:36 (2k)	9:49 (2k)
24:30 (4k)	PC-25:11 (4k)	23:25 (4k)			23:25	24:57
27:51 (4k)	PC-27:24 (4k)				24:45	26:21
24:19 (4k)	PC-22:25 (4k)	21:56 (4k)			21:56	24:08
24:25 (4k)	PC-22:34 (4k)				22:16	23:58
22:35 (4k)	DNR	DNR			21:11	22:08
23:34 (4k)	PC-24:22 (4k)				21:40	23:15
19:51 (4k)	PC-17:44 (4k)	17:54 (4k)	Pierz- 18:14		17:44	18:36
20:38 (4k)	PC-18:38 (4k)		Cloquet-18:34		18:31	19:19
20:08 (4k)	PC-18:13 (4k)		Cloquet-18:01		18:01	19:10
13:02 (2.6k)	PR-14:01 (3k)		Cloquet-18:21		18:21	19:03
	SM-13:15(3k)		Cloquet-17:34		17:34	9:10 (2k)
24:56 (4k)	PC-24:08 (4k)				23:06	24:31
27:26 (4k)	PC-25:03 (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)
20:39 (4k)	PC-19:36 (4k)	19:13 (4k)			19:13	20:02
20:20 (4k)	PC-19:03 (4k)		Cloquet-18:52		18:52	19:35
21:10 (4k)	PC-19:05 (4k)		Cloquet-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)
20:18 (4k)	PC-18:46 (4k)	17:58 (4k)	Pierz- 18:18		17:58	19:03
19:46 (4k)	PC-19:14 (4k)		Cloquet-18:32		18:28	19:55
19:28 (4k)	PC-18:41 (4k)	18:04 (4k)	Pierz- 17:54		17:54	18:59
11:01 (2.5k)	PC-17:33 (4k)	17:31 (4k)	Pierz- 17:30		17:30	17:34
11:42 (2.5k)	PC-9:00 (2k)				8:57(2k)	8:58 (2k)
14:04 (2.5k)	PC-9:43 (2k)	16:03 (3k)			9:27 (2k)	9:33 (2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	Gr	Year	Milaca	Pine City	N Branch	Pierz	Milaca Mega	Becker
Derek Arnsdorf	12	2007	19:41 (5k)	19:53 (5k)	18:46 (5k)	18:39 (5k)	18:55 (5k)	19:00 (5k)
	11	2006	21:01 (5k)	20:39 (5k)	20:47 (5k)	20:15 (5k)	19:52 (5k)	19:31 (5k)
Shane Clune	12	2007	29:17 (5k)	29:43 (5k)	29:13 (5k)	DNR	29:04 (5k)	DNR
	11	2006	29:20 (5k)	28:58 (5k)	28:54 (5k)	26:20 (5k)	26:10 (5k)	25:41 (5k)
Clay Fischer	12	2007	18:40 (5k)	18:55 (5k)	18:24 (5k)	18:12 (5k)	18:08 (5k)	DNR
	11	2006	18:55 (5k)	19:19 (5k)				
	10	2005	18:58 (5k)	17:53 (5k)	18:01 (5k)	18:12 (5k)	17:50 (5k)	18:00 (5k)
	9	2004			19:45 (5k)	18:55 (5k)	DNF - injury	
	8	2003	7:14 (2k)		7:13 (2k)	7:02 (2k)	11:47 (3.2k)	7:11 (2k)
David Hambly	12	2007	18:10 (5k)	19:15 (5k)	17:44 (5k)	18:14 (5k)	17:28 (5k)	17:35 (5k)
	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)	
Terry Kraft	12	2007	23:21 (5k)	22:48 (5k)	22:11 (5k)	22:24 (5k)	23:11 (5k)	
Andrew Lutz	12	2007	18:37 (5k)	19:04 (5k)	18:38 (5k)	18:16 (5k)	18:11 (5k)	18:35 (5k)
	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	12	2007	18:15 (5k)	18:03 (5k)	17:53 (5k)	DNR	17:20 (5k)	17:48 (5k)
	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)
Tony Miller	12	2007	21:52 (5k)	DNR	22:14 (5k)	21:27 (5k)	20:43 (5k)	20:18 (5k)
Kellen Montague	12	2007	21:36 (5k)	21:03 (5k)	19:38 (5k)	19:06 (5k)	19:21 (5k)	19:23 (5k)
Devin Braatz	10	2007	23:09 (5k)	22:09 (5k)	DNR	21:43 (5k)	21:29 (5k)	DNR
Isaac Johnson	10	2007		28:07 (5k)	26:29 (5k)	DNR	DNR	26:07 (5k)
Derek Lutz	10	2007	22:15 (5k)	21:51 (5k)	20:41 (5k)	20:15 (5k)	20:26 (5k)	20:29 (5k)
Ben Wirth	10	2007	21:26 (5k)	21:30 (5k)	20:35 (5k)	20:10 (5k)	20:27 (5k)	20:19 (5k)
Beau Peterson	10	2007		23:17 (5k)	23:18 (5k)	22:15 (5k)		
	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	10	2007	28:37 (5k)	28:23 (5k)	27:39 (5k)	26:21 (5k)	26:33 (5k)	25:59 (5k)
	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)	
Zach Borich	9	2007	24:35 (5k)	22:42 (5k)	21:50 (5k)	24:01 (5k)	21:06 (5k)	26:05 (5k)
	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	9	2007	24:18 (5k)	23:43 (5k)	20:55 (5k)	21:57 (5k)	22:17 (5k)	22:05 (5k)
	8	2006		9:32 (2k)	8:51 (2k)	15:34 (3.2k)	14:44 (3.2k)	14:51 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Swain	Conference	Princeton	Section	State	PB	Average
19:37 (5k)	PC-18:32 (5k)	18:59 (5k)	Pierz- 18:40	18:29	18:29	19:01
20:19 (5k)	DNR				19:31	20:57
DNR	DNR	28:11 (5k)			28:11	29:06
27:07 (5k)	PC-27:43 (5k)				25:41	27:31
19:07 (5k)	PC-18:04 (5k)	18:06 (5k)	Pierz- 17:56	18:08	17:56	18:22
19:06 (5k)	PC-17:58 (5k)		Cloquet-18:11	17:36	17:36	18:10
DNF	PR-18:31 (5k)		Cloquet-18:13		18:52	18:52
	SM-17:37 (5k)		Cloquet-18:43		18:17	18:17
19:00 (5k)	PC-17:41 (5k)	17:39 (5k)	Pierz- 17:13	17:05	17:05	17:55
18:26 (5k)	PC-17:43 (5k)		Cloquet-17:45	17:05	17:05	17:48
19:25 (5k)	PC-18:22 (5k)		Cloquet-17:59	17:46	17:46	18:52
16:20 (4k)	PR-18:40 (5k)		Cloquet-18:17		18:17	19:28
	SM-19:29 (5k)		Cloquet-19:29		19:29	19:32
	PC- 8:35 (2k)				8:35 (2k)	14:23 (3.2k)
					22:11	22:47
19:26 (5k)	PC-18:29 (5k)	18:44 (5k)	Pierz- 18:26	18:17	18:11	18:37
19:32 (5k)	PC-18:43 (5k)		Cloquet-18:28	18:22	18:11	18:50
20:00 (5k)	PC-18:20 (5k)		Cloquet-18:07	18:06	18:06	18:47
16:40 (4k)	PR-19:30 (5k)				19:29	20:16
18:31 (5k)	PC-17:35 (5k)	17:24 (5k)	Pierz- 17:03	16:55	16:55	17:41
17:25 (5k)	PC-17:15 (5k)		Cloquet-17:04	16:32	16:32	17:05
17:54 (5k)	PC-17:28 (5k)		Cloquet-17:03	16:55	16:55	17:45
14:55 (4k)	PR-17:49 (5k)		Cloquet-17:25		17:25	18:14
	SM-19:38 (5k)				7:38 (2k)	7:46 (2k)
21:47 (5k)	PC-20:13 (5k)	20:10 (5k)			20:10	21:05
20:32 (5k)	PC-19:17 (5k)	19:06 (5k)			19:06	19:54
18:15 (4k)	PC-21:04 (5k)	21:34 (5k)			21:04	21:51
20:46 (4k)	PC-25:32 (5k)	25:32 (5k)			25:32	26:21
16:48 (4k)	PC-20:40 (5k)	20:22 (5k)			20:15	20:52
16:28 (4k)	PC-20:06 (5k)	20:17 (5k)			20:06	20:36
					22:15	22:57
					21:34	23:33
11:37 (2.5k)	PC-8:02 (2k)				8:02 (2k)	8:29 (2k)
12:13 (2.6k)	PR-13:37 (3k)				8:53 (2k)	9:22 (2k)
21:29 (4k)	PC-25:28 (5k)	25:31 (5k)			25:28	26:49
27:57 (4k)	PC-32:44 (5k)				32:44	35:59
18:33 (2.5k)	PC-11:44 (2k)				11:44 (2k)	12:36 (2k)
20:13 (2.6k)	PR-20:02 (3k)				12:56 (2k)	14:02 (2k)
17:25 (4k)	PC-22:49 (5k)	21:59 (5k)			21:06	23:08
10:47 (2.5k)	PC-8:03 (2k)				8:03 (2k)	8:08 (2k)
11:42 (2.5k)	PC-8:17 (2k)				8:17 (2k)	8:59 (2k)
17:43 (4k)	PC-21:43 (5k)	21:58 (5k)			20:55	22:22
11:38 (2.5k)	PC-8:47 (2k)				8:47 (2k)	9:03 (2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	Gr	Year	Milaca	Pine City	N Branch	Pierz	Milaca	Mega	Becker
Trevor Clune	9	2007	25:10 (5k)	28:08 (5k)	24:22 (5k)	25:38 (5k)	25:57 (5k)		DNR
	8	2006	10:03 (2k)	9:24 (2k)	9:35 (2k)	15:51 (3.2k)			14:39 (3.2k)
Jacob Guttormson	9	2007		22:19 (5k)	20:47 (5k)	21:29 (5k)	20:50 (5k)	21:51 (5k)	
	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)			
Dallas Hansen	9	2007		19:42 (5k)	18:52 (5k)	18:13 (5k)	18:37 (5k)	18:47 (5k)	
Tom Pitzen	9	2007		DNR	DNR	24:32 (5k)	22:24 (5k)	23:03 (5k)	
	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)			
Alex Reicherts	9	2007	24:41 (5k)	27:09 (5k)	DNR	25:59 (5k)	25:59 (5k)	23:50 (5k)	
Zach Swanson	9	2007	19:28 (5k)	18:58 (5k)	18:04 (5k)	DNF	17:59 (5k)	17:52 (5k)	
David Kleppe	8	2007	23:41 (2.8k)	16:27 (2k)	14:57 (2k)	22:49 (3.2k)	23:26 (3.2k)	22:58 (3.2k)	
	7	2006	13:35 (2k)	DNF	15:02 (2k)	23:57 (3.2k)	22:35 (3.2k)	21:42 (3.2k)	
Mitch Ringness	8	2007	13:28 (2.8k)	8:45 (2k)	8:30 (2k)	14:29 (3.2k)	14:10 (3.2k)	14:15 (3.2k)	
	7	2006	9:04 (2k)	9:38 (2k)	9:23 (2k)	15:02 (3.2k)		14:40 (3.2k)	
Joe Wolf	8	2007	22:37 (2.8k)	11:58 (2k)	10:39 (2k)	18:32 (3.2k)	17:37 (3.2k)	18:53 (3.2k)	
	7	2006	12:16 (2k)	11:03 (2k)	11:02 (2k)	19:27 (3.2k)	17:43 (3.2k)	18:57 (3.2k)	
Mike Bremer	7	2007		10:03 (2k)	DNR	16:38 (5k)	16:58 (5k)	15:48 (3.2k)	
Christian Miche'	7	2007					21:45 (3.2k)	DNF	
Adam Swanson	7	2007					16:01 (3.2k)	16:46 (3.2k)	

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Swain	Conference	Princeton	Section	State	PB	Average
20:06 (4k)	PC-24:32 (5k)	24:35 (5k)			24:22	25:29
12:41 (2.5k)	PC-8:50 (2k)				8:50 (2k)	9:28 (2k)
17:30 (4k)	PC-21:03 (5k)	21:20 (5k)			20:47	21:23
10:48 (2.5k)	PC-8:00 (2k)				8:00 (2k)	8:14 (2k)
11:31 (2.5k)	PC-8:21 (2k)				8:21 (2k)	8:58 (2k)
15:14 (4k)	PC-18:26 (5k)	18:52 (5k)	Pierz- 18:02	18:09	18:02	18:38
18:17 (4k)	PC-23:11 (5k)	23:00 (5k)			22:24	23:14
11:16 (2.5k)	PC-8:08 (2k)				8:08 (2k)	8:17 (2k)
11:33 (2.5k)	PC-8:21 (2k)				8:21 (2k)	8:45 (2k)
20:05 (4k)	PC-22:53 (5k)	24:35 (5k)			22:53	25:01
14:33 (4k)	PC-17:46 (5k)	17:51 (5k)	Pierz- 17:17	17:13	17:13	18:03
18:32 (2.5k)	PC-12:46 (2k)	21:44 (3k)			12:46 (2k)	14:43 (2k)
19:08 (2.5k)	PC-14:37 (2k)				13:35 (2k)	14:24 (2k)
12:03 (2.5k)	PC-8:09 (2k)	13:08 (3k)			8:09 (2k)	8:28 (2k)
	PC-9:30 (2k)				9:04 (2k)	9:23 (2k)
14:20 (2.5k)	PC-10:20 (2k)	16:27 (3k)			10:20 (2k)	10:59 (2k)
15:31 (2.5k)	PC-11:25 (2k)				11:02 (2k)	11:26 (2k)
12:59 (2.5k)	PC-8:45 (2k)	14:50 (3k)			8:45 (2k)	9:24 (2k)
18:45 (2.5k)	PC-12:57 (2k)	21:59 (3k)			12:57 (2k)	
13:25 (2.5k)	PC-8:42 (2k)	20:43 (3k)			8:42 (2k)	

AVERAGE MILE TIMES AT MEETS - 2007

	PB -2006	Milaca	Pine City	N.Branch	Pierz	Mega
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Derek Arnsdorf- 12	6:16	6:20	6:24	6:03	6:00	6:06
Shane Clune	8:16	9:26	9:35	9:25	DNR	9:22
Clay Fischer		6:01	6:06	5:56	5:52	5:50
David Hambly	5:31	5:51	6:12	5:43	5:52	5:38
Terry Kraft		7:31	7:21	7:09	7:13	7:28
Andrew Lutz	5:51	6:00	6:09	6:00	5:53	5:51
Trevor McNally	5:20	5:53	5:49	5:46	DNR	5:35
Tony Miller		7:03	DNR	7:10	6:55	6:40
Kellen Montague		6:58	6:47	6:19	6:09	6:14
Devin Braatz-10		7:28	7:08	DNR	7:00	6:55
Isaac Johnson			9:04	8:32	DNR	DNR
Derek Lutz		7:10	7:02	6:40	6:31	6:35
Beau Peterson	6:57		7:30	7:30	7:10	
Jordan Sparling	10:33	9:13	9:09	8:55	8:30	8:33
Ben Wirth		6:54	6:56	6:38	6:30	6:35
Zach Borich - 9	6:26	7:55	7:19	7:02	7:44	6:48
Nick Bremer	7:01	7:50	7:39	6:44	7:04	7:11
Trevor Clune	7:04	8:07	9:04	7:51	8:16	8:22
Jacob Guttormson	6:24		7:11	6:42	6:55	6:43
Dallas Hansen			6:21	6:05	5:52	6:00
Thomas Pitzen	6:30		DNR	DNR	7:54	7:13
Alex Reicherts		7:57	8:45	DNR	8:22	8:22
Zach Swanson		6:16	6:07	5:49	DNF	5:48
	2000 m	2000 m	2000 m	2000 m	3200 m	3200 m
David Kleppe - 8	9:54	13:36	13:09	11:57	11:28	11:50
Mitch Ringness	7:14	7:44	7:00	6:47	7:17	7:09
Joe Wolf	8:50	12:59	9:34	8:31	9:19	8:53
Mike Bremer-7			8:02	DNR	8:22	8:34
Christian Miche						10:59
Adam Swanson						8:05
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Emily Branzovsky - 12	7:01	7:22	DNF	7:15	DNR	DNR
Karissa Lange	7:13	7:25	8:00	7:17	7:22	7:29
Molly Neil		9:13	10:52	8:46	9:06	9:29
Shauna Palmer	7:26		7:57	7:13	7:47	7:32
Erica Pitzen	9:54		10:23	10:00	10:19	9:54
Aislinn Rogalla	8:57	10:40	10:28	9:35	9:37	9:22
Shannon Segarra	8:43		9:18	8:40	8:55	8:28
Brietta Clementson- 11	7:27	7:28	7:50	7:22	7:28	7:28
Laura Kleppe	7:29	8:14	8:19	7:53	7:49	7:56
Tara Miche'	7:25		7:57	7:22	7:47	7:38
Kendra Motyl		7:57	8:14	7:25	7:52	7:21
Megan Miesner - 8						
	2000 m	2000 m	2000 m	2000 m	3200 m	3200 m
Megan Miesner - 8	6:48	7:50	6:53	6:52	7:25	DNR
Megan Aadland - 7		9:20	7:50	7:33	8:19	8:39

AVERAGE MILE TIMES AT MEETS - 2007

Becker	Swain	Conf @ PC	Princeton	Section 7A	State	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
6:07	6:19	5:58	6:07	6:01	5:57	6:07
DNR	DNR	DNR	9:05			9:23
DNR	6:10	5:49	5:50	5:47	5:50	5:55
5:40	6:07	5:42	5:41	5:33	5:30	5:46
DNR		DNR				7:20
5:59	6:16	5:57	6:02	5:56	5:53	6:00
5:44	5:58	5:40	5:36	5:30	5:27	5:42
6:32	7:01	6:31	6:30			6:48
6:15	6:37	6:13	6:09			6:25
DNR	7:17	6:47	6:57			7:05
8:25	8:18	8:14	8:14			8:28
6:36	6:43	6:40	6:34			6:43
						7:23
8:22	8:35	8:12	8:13			8:38
6:33	6:35	6:29	6:32			6:38
8:24	6:58	7:21	7:05			7:24
7:07	7:05	7:00	7:05			7:12
DNR	8:02	7:54	7:55			8:11
7:02	7:00	6:47	6:52			6:54
6:03	6:05	5:56	6:05	5:49	5:51	6:01
7:26	7:18	7:28	7:25			7:27
7:41	8:01	7:22	7:55			8:03
5:45	5:49	5:43	5:45	5:34	5:33	5:49
3200 m	2500 m	2000 m	3000 m			
11:35	11:57	10:12	11:41			11:56
7:10	7:46	6:31	7:03			7:10
9:32	9:14	8:16	8:50			9:28
7:58	8:22	7:00	7:58			8:02
DNF	12:05	10:21	11:49			11:19
8:28	8:39	6:57	11:08			7:02
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	
DNF	8:09	7:08	7:04	7:12		7:22
DNR	7:43	7:10	7:06	7:00		7:24
DNR	9:04	8:28	8:45			9:13
7:17	7:44	7:09	7:15	7:02		7:26
DNR	9:48	10:04	9:22			9:59
DNR	9:43	8:58	8:46			9:39
8:42	9:01	DNR				8:51
7:16	7:56	7:05	7:09	7:17		7:26
8:07	8:15	7:50	7:41			8:00
7:40	8:07	7:30	7:11	7:19		7:37
7:25	7:47	7:28	7:13	7:09		7:35
7:05		7:01	7:00	7:00		7:02
3200 m	2500 m	2000 m	3000 m			
	7:06					7:13
9:08	9:04	7:46	8:37			8:28

TEAM POSITIONS AT MEETS - 2007

	Milaca 5000 m	Pine City 5000 m	N.Branch 5000 m	Pierz 5000 m	Mega 5000 m	Becker 5000 m
Derek Arnsdorf- 12	6	7	6	5	7	6
Shane Clune	18	21	20		21	
Clay Fischer	4	2	4	1	4	
David Hambly	1	5	1	3	2	1
Terry Kraft	12	14	14	14	17	
Andrew Lutz	3	4	5	4	5	4
Trevor McNally	2	1	2		1	2
Tony Miller	9		15	9	11	8
Kellen Montague	8	8	8	6	8	7
Devin Braatz-10	11	11		11	14	
Isaac Johnson		18	18			17
Derek Lutz	10	10	10	8	9	10
Beau Peterson		15	16	13		
Jordan Sparling	17	20	19	19	20	15
Ben Wirth	7	9	9	7	10	9
Zach Borich - 9	14	13	13	15	13	16
Nick Bremer	13	16	12	12	15	12
Trevor Clune	16	19	17	17	18	
Jacob Guttormson		12	11	10	12	11
Dallas Hansen		6	7	2	6	5
Thomas Pitzen				16	16	13
Alex Reicherts	15	17		18	19	14
Zach Swanson		3	3		3	3
	2800 m	2000 m	2000 m	3200 m	3200 m	3200 m
David Kleppe - 8	3	4	3	4	6	5
Mitch Ringness	1	1	1	1	1	1
Joe Wolf	2	3	2	3	4	4
Mike Bremer-7		2		2	3	2
Christian Miche					5	6
Adam Swanson					2	3
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Emily Branzovsky - 12	1		2			
Karissa Lange	2	4	3	1	3	
Molly Neil	6	10	9	8	9	
Shauna Palmer		3	1	4	4	3
Erica Pitzen		8	11	10	10	
Aislinn Rogalla	7	9	10	9	8	
Shannon Segarra		7	8	7	7	7
Brietta Clementson- 11	3	1	4	2	2	2
Laura Kleppe	5	6	7	5	6	6
Tara Miche'		2	5	3	5	5
Kendra Motyl	4	5	6	6	1	4
Megan Miesner - 8						1
	2800 m	2000 m	2000 m	3200 m	3200 m	3200 m
Megan Miesner - 8	1	1	1	1		
Megan Aadland - 7	2	2	2	2	1	1

TEAM POSITIONS AT MEETS - 2007

	Swain 5000 m	Conf @ PC 5000 m	Princeton 5000 m	Section 7A 5000 m	State 5000 m	Average 5000 m
	5	7	7	7	7	6.36
			21			20.20
	3	4	4	4	4	3.40
	2	2	2	2	2	2.09
						14.20
	4	6	5	6	6	4.73
	1	1	1	1	1	1.30
	7	10	9			9.75
	6	8	8			7.44
8 -Soph		13	13			12.17
12 -Soph		20	20			18.60
4 -Soph		11	11			9.88
						14.67
13 -Soph		19	19			18.50
3 -Soph		9	10			8.75
5 -Soph		15	15			14.25
7 -Soph		14	14			13.50
11 -Soph		18	17			17.43
6 -Soph		12	12			11.43
2 -Soph		5	6	5	5	5.22
9 -Soph		17	16			15.60
10-Soph		16	18			16.71
1 -Soph		3	3	3	3	3.00
	2500 m	2000 m	3000 m			
	5	5	5			4.44
	1	1	1			1.00
	4	4	3			3.22
	2	3	2			2.29
	6	6	6			5.80
	3	2	4			2.80
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
	6	3	2	5		3.17
	1	5	3	1		2.56
	9	9	9			8.62
	2	4	7	3		3.44
	11	11	11			10.29
	10	10	10			9.12
	8					7.33
	4	2	4	6		3.00
	7	8	8			6.25
	5	7	5	7		4.89
	3	6	6	4		4.50
		1	1			1.00
	2500 m	2000 m	3000 m			
	1			2		1.00
	2	1	1			1.56

PLACE FINISHES AT MEETS - 2007

	Milaca 5000 m	Pine City 5000 m	N.Branch 5000 m	Pierz 5000 m	Mega 5000 m	Becker 5000 m	
Derek Arnsdorf- 12	52	27	10	47	131	22	
Shane Clune	151jv	46jv	48jv		339jv		
Clay Fischer	22	13	7	32	76		
David Hambly	13	18	2	34	37	6	
Terry Kraft	85jv	21jv	26jv	85jv	262jv		
Andrew Lutz	21	16	9	37	82	14	
Trevor McNally	16	4	4		28	7	
Tony Miller	94		29jv	64jv	137jv	14jv	
Kellen Montague	88	4jv	1jv		55jv	35	
Devin Braatz-10	77jv	14jv		74jv	158-10th		
Isaac Johnson		38jv	44jv			73jv	
Derek Lutz	58jv	9jv	12jv	27jv	104-10th	16jv	
Beau Peterson		24jv	33jv	82jv			
Jordan Sparling	149jv	40jv	47jv	132jv	229-10th	70jv	
Ben Wirth	26jv		41 8jv	24jv	105-10th	15jv	
Zach Borich - 9	115jv	20jv	22jv	109jv	126-9th	71jv	
Nick Bremer	108jv	27jv	17jv	77jv	178-9th	38jv	
Trevor Clune	124jv	39jv	38jv	125jv	235-9th		
Jacob Guttormson		17jv	16jv	65jv	111-9th	35jv	
Dallas Hansen		1jv		12	33	115	17
Thomas Pitzen				117jv	180-9th	50jv	
Alex Reicherts	117jv	35jv		129jv	236-9th	57jv	
Zach Swanson	2jv		15	5		69	9
	2800 m	2000 m	2000 m	3200 m	3200 m	3200 m	
David Kleppe - 8	113	41	39	95	214	41	
Mitch Ringness	36	14	17	33	138	16	
Joe Wolf	111	37	35	83	211	39	
Mike Bremer-7		31		74	152	33	
Christian Miche					173	DNF	
Adam Swanson					135	37	
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	
Emily Branzovsky - 12	61		14			DNF	
Karissa Lange	64	28	17	53	163		
Molly Neil	107	46	13jv	73jv	346jv		
Shauna Palmer		7jv	12	74	170	30	
Erica Pitzen		24jv	18jv	96jv	358jv		
Aislinn Rogalla	109	25jv	17jv	84jv	338jv		
Shannon Segarra		21jv	11jv	66jv	259jv	38jv	
Brietta Clementson- 11	66	24	19	59	160	29	
Laura Kleppe	99	33	6jv	77	205	40	
Tara Miche'		6jv	20	72	179	39	
Kendra Motyl	91	31	22	79	145	35	
Megan Miesner - 8						6jv	
	2800 m	2000 m	2000 m	3200 m	3200 m	3200 m	
Megan Miesner - 8	20	5	10	7			
Megan Aadland - 7	59	20	17	29	117	32	

PLACE FINISHES AT MEETS - 2007

Swain 5000/4000	Conf @ PC 5000 m	Princeton 5000 m	Section 7A 5000 m	State 5000 m	Average 5000 m	
89	16	41	44	134	55.73	
		73jv			131.4 jv	
59	8	15	21	110	36.30	
46	4	8	8	29	18.64	
					119.75 jv	
73	13	29	37	123	41.27	
24	3	5	4	20	11.50	
185	6jv	14jv			44.0 jv	
140	2jv	5jv			13.4 jv	
127-soph	13jv	61jv			47.8 jv	
177-soph	33jv	69jv			51.4 jv	
69-soph	7jv	18jv			21.0 jv	
					46.3 jv	
181-soph	32jv	68jv			76.8 jv	
52-soph	4jv	16jv			15.5 jv	
100-soph	20jv	38jv			56.4 jv	
113-soph	17jv	37jv			45.9 jv	
169-soph	30jv	59jv			69.2 jv	
102-soph	12jv	29jv			29.0 jv	
13-soph		12	36	25	112	45.25
128-soph	23jv	47jv				59.3 jv
168-soph	21jv	60jv				69.8 jv
4-soph		5	10	10	37	20.00
	2500 m	2000 m	3000 m			
185		43	52		91.44	
101		9	23		43.00	
173		36	47		85.78	
150		22	40		71.71	
186		44	63		116.50	
158		21	51		80.40	
	4000 m	4000 m	4000 m	4000 m	4000 m	
156		18	34	63	57.67	
104		20	35	42	58.44	
72jv	9jv	15jv			88.0 jv	
108		19	51	49	64.12	
96jv	20jv	22jv			90.6 jv	
94jv	16jv	16jv			84.3 jv	
70jv					77.5 jv	
130		14	39	68	60.80	
168	3jv	7jv			103.67	
152		28	41	72	75.38	
113		27	47	59	64.90	
		13	30	43	28.67	
	2500 m	2000 m	3000 m			
4					9.20	
81		12	18		42.78	

**Work
is either
fun
or
drudgery.**

**It depends
on your
attitude.**

Colleen Barrett

TOP 10 CROSS COUNTRY TIMES AT MEETS

MILACA

17:27 Trevor McNally 2006
 18:03 Dan Pangerl 1998
 18:10 David Hambly 2007
 18:15 Trevor McNally 2007
 18:20 David Hambly 2006
 18:26 David Hansen 2001
 18:37 Andrew Lutz 2007
 18:40 Clay Fischer 2007
 18:45 JR Anderson 1996
 18:45 Ryan Hammill 2000

PINE CITY

17:14 John Blom 1988
 17:14 Trevor McNally 2006
 17:21 Jared Clementson 2003
 17:28 Jared Clementson 2002
 17:53 Clay Fischer 2005
 17:56 Tom Miche' 2006
 17:58 Jared Clementson 2001
 18:02 Chris Lutz 2002
 18:03 Trevor McNally 2007
 18:04 JR Anderson 1996

NORTH BRANCH

17:03 Jared Clementson 2003
 17:18 Jared Clementson 2001
 17:22 Trevor McNally 2006
 17:36 Ryan Hammill 2000
 17:41 Jared Clementson 2000
 17:44 Chris Lutz 2002
 17:44 David Hambly 2007
 17:48 David Hansen 2001
 17:50 Ryan Hammill 1999
 17:50 Jeremy Lee 2000

PIERZ

16:58 Trevor McNally 2006
 17:10 Jared Clementson 2003
 17:14 Jared Clementson 2002
 17:20 Tom Miche' 2005
 17:30 Jared Clementson 2001
 17:33 Trevor McNally 2004
 17:34 Ryan Hammill 2000
 17:34 David Hansen 2001
 17:36 Tom Miche' 2006
 17:38 David Hambly 2006

SWAIN

17:25 Trevor McNally 2006
 17:54 Trevor McNally 2005
 17:57 Tom Miche' 2006
 18:23 Tom Miche' 2005
 18:26 David Hambly 2006
 18:31 Trevor McNally 2007
 18:48 John Hansen 1997
 19:00 David Hambly
 19:06 Clay Fischer 2005
 19:07 Clay Fischer 2007

CONFERENCE

16:39 Jared Clementson 2003 SM
 17:15 Trevor McNally 2006 PC
 17:26 Jared Clementson 2002 PC
 17:28 Trevor McNally 2005 PC
 17:35 Tom Miche' 2005 PC
 17:35 Trevor McNally 2007 PC
 17:36 Ryan Hammill 1999 ML
 17:37 Ryan Hammill 2000 FO
 17:37 Clay Fischer 2003 SM
 17:39 Chris Lutz 2001 NB

SECTION

16:20 Jared Clementson 2002 BK
 16:57 Jared Clementson 2003 CL
 17:03 Trevor McNally 2005 CL
 17:03 Trevor McNally 2007 PZ
 17:04 Trevor McNally 2006 CL
 17:05 Tom Miche' 2004 CL
 17:10 Tom Miche' 2005 CL
 17:17 Zach Swanson 2007 PZ
 17:25 Jared Clementson 2000 BK
 17:25 Trevor McNally 2004 CL

STATE

16:32 Trevor McNally 2006
 16:49 Jared Clementson 2003
 16:50 Tom Miche' 2006
 16:55 Trevor McNally 2005
 16:55 Trevor McNally 2007
 17:00 Tom Miche' 2005
 17:01 Jared Clementson 2002
 17:05 David Hambly 2006
 17:05 David Hambly 2007
 17:13 Zach Swanson 2007

ALL-TIME BESTS

16:20 Jared Clementson 2002 SECTION
 16:32 Trevor McNally 2006 STATE
 16:39 Jared Clementson 2003 CONFERENCE
 16:49 Jared Clementson 2003 STATE
 16:50 Tom Miche' 2006 STATE
 16:55 Trevor McNally 2005 STATE
 16:55 Trevor McNally 2007 STATE
 16:57 Jared Clementson 2003 SECTION
 16:58 Trevor McNally 2006 PIERZ
 17:00 Tom Miche' 2005 STATE

2007 TOTAL MILES

1. Andrew Lutz	276.3
2. Clay Fischer	255.2
3. David Hambly	249.7
4. Derek Arnsdorf	249.1
5. Kellen Montague	243.6
6. Brietta Clementson	231.5
7. Zach Swanson	230.1
8. Laura Kleppe	224.4
9. Tony Miller	221.3
10. Dallas Hansen	218.7
11. Trevor McNally	214.9
12. Derek Lutz	208.6
13. Ben Wirth	201.3
14. Karissa Lange	198.9
14. Kendra Motyl	198.4
15. Molly Neil	196.8
16. Zach Borich	192.9
17. Jordan Sparling	185.6
18. Tara Miche'	178.5
19. Shauna Palmer	178.3
20. Devin Braatz	172.1
21. Nick Bremer	169.0
22. Trevor Clune	165.6
23. Jake Guttormson	158.6
24. Alex Reicherts	158.4
25. Isaac Johnson	157.5
26. Megan Miesner	150.7
27. Aislinn Rogalla	149.1
28. Shane Clune	145.5
29. Megan Aadland	136.9
30. Mitchell Ringness	136.6
31. Joe Wolf	127.9
32. Erica Pitzen	125.3
33. Emily Branzovsky	120.9
34. Beau Peterson	120.8
35. David Kleppe	117.6
36. Thomas Pitzen	116.4
37. Shannon Segarra	97.4
38. Michael Bremer	86.1
39. Terry Kraft	79.8
40. Christian Miche'	65.9
41. Adam Swanson	63.1
TOTAL	7175.3

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	8:40 (4:20 ave)	October 16, 2007	Karissa Lange
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
47. 1 x mile loop, 3 x 500	13:00	October 15, 2007	Kendra Motyl

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	5:32	October 8, 2007	David Hambly
15. Cty Rd 117 - 1	5:26	October 18, 1996	J. R. Anderson
16. 1 x mile loop	5:24	October 1, 2007	Trevor McNally
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'
54. 1 x mile loop, 3 x 500	10:13	October 15, 2007	David Hambly

Pine City High School Cross Country 2007

Awards:

MOST VALUABLE RUNNER	Trevor McNally 16:55	Karissa Lange 17:30
RELIABILITY AWARD	Kellen Montague 19:06	Brietta Clementson 17:44
MOST IMPROVED RUNNER	Jordan Sparling 25:28	Shauna Palmer 17:36
INTEGRITY AWARD		Derek Arnsdorf 18:29
PERSEVERANCE AWARD		Emily Branzovsky 17:42
ROOKIE OF THE YEAR	Zach Swanson 17:13 Dallas Hansen 18:02	Megan Miesner 17:30 Kendra Motyl 17:54
"GOLDEN GOOSE " AWARD (HEART, FAITH, SPIRIT, CHARACTER)	Clay Fischer 17:56	Andrew Lutz 18:11 David Hambly 17:05

ALL-CONFERENCE:

David Hambly	Clay Fischer
Trevor McNally	Dallas Hansen
Zach Swanson	Andrew Lutz
Brietta Clementson	Megan Miesner

ALL CONFERENCE HONORABLE MENTION:

Karissa Lange	Derek Arnsdorf
Emily Branzovsky	Shauna Palmer

ALL-STATE

Trevor McNally

STATE ACADEMIC

Trevor McNally

LETTER WINNERS:

Trevor McNally	David Hambly	Andrew Lutz
Emily Branzovsky	Karissa Lange	Clay Fischer
Kellen Montague	Tony Miller	Derek Arnsdorf
Shauna Palmer	Brietta Clementson	Laura Kleppe
Tara Miche'	Kendra Motyl	Dallas Hansen
Zach Swanson	Megan Miesner	

Coming together,

sharing together,

working together

and

succeeding together

You might be a Cross Country Runner is:

... people say, "You run three miles...at once?"

...you can spit while running.

...you finish a race looking like you wrestled a bear and you don't care.

...you eat your weight in spaghetti.

...your spit strings from your chin and you don't even care.

...a meal involves more than 3 servings.

...you feel lost without your water bottle.

...Gatorade is your drug of choice.

...your favorite food group is carbohydrates.

...you can strip and change in a bus seat in less than 2 minutes.

...your room smells like Icy-Hot.

...you own spandex in more than 1 color.

...your spit hits everything but the ground.

...there's nothing like intervals to start the week off fresh.

...your calves are bigger than your biceps.

...some little kid wants to know why you're running in your underwear.

...you're proud that another team has quadrupled your score.

...you refer to puke as a bodily function.

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

Name	Gr	Year	Milaca	Pine City	N. Branch	Pierz	Milaca Mega	Becker
Emily Branzovsky	12	2007	18:26 (4k)	DNF	18:19 (4k)	DNR	DNR	DNF
	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)
Karissa Lange	12	2007	18:35 (4k)	20:01 (4k)	18:15 (4k)	18:27 (4k)	18:44 (4k)	DNR
	11	2006	19:30 (4k)	19:12 (4k)	19:16 (4k)	18:36 (4k)	18:39 (4k)	18:05 (4k)
Molly Neil	12	2007	23:05 (4k)	27:10 (4k)	21:57 (4k)	22:46 (4k)	23:44 (4k)	DNR
Shauna Palmer	12	2007	DNR	19:54 (4k)	18:04 (4k)	19:29 (4k)	18:51 (4k)	18:15 (4k)
	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	12	2007	DNR	25:59 (4k)	25:01 (4k)	25:48 (4k)	24:47 (4k)	DNR
	11	2006	25:43 (4k)	25:57 (4k)	26:26 (4k)	24:45 (4k)		
Aislinn Rogalla	12	2007	26:42 (4k)	26:11 (4k)	23:59 (4k)	24:04 (4k)	23:26 (4k)	DNR
	11	2006	27:01 (4k)	24:18 (4k)	23:55 (4k)	23:26 (4k)	23:54 (4k)	22:16 (4k)
Shannon Segarra	12	2007	DNR	23:15 (4k)	21:42 (4k)	22:19 (4k)	21:11 (4k)	21:46 (4k)
	11	2006	23:50 (4k)	24:27 (4k)	22:57 (4k)	21:55 (4k)		21:40 (4k)
Etta Clementson	11	2007	18:40 (4k)	19:36 (4k)	18:25 (4k)	18:40 (4k)	18:42 (4k)	18:11 (4k)
	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)
Emily Hill	11	2007						
	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	11	2007	20:36 (4k)	20:48 (4k)	19:43 (4k)	19:33 (4k)	19:51 (4k)	20:19 (4k)
	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'	11	2007	DNR	19:53 (4k)	18:26 (4k)	19:28 (4k)	19:07 (4k)	19:10 (4k)
	10	2006	20:03 (4k)	21:39 (4k)	21:12 (4k)	21:46 (4k)	18:39 (4k)	18:28 (4k)
Kendra Motyl	11	2007	19:53 (4k)	20:36 (4k)	18:34 (4k)	19:42 (4k)	18:23 (4k)	18:34 (4k)
Megan Miesner	8	2007	13:38 (2.8k)	8:37 (2k)	8:36 (2k)	14:46 (3.2k)	DNR	17:43 (4k)
	7	2006			8:57 (2k)	14:44 (3.2k)	13:30 (3.2k)	14:14 (3.2k)
Megan Aadland	7	2007	16:15 (2.8k)	9:48 (2k)	9:27 (2k)	16:33 (3.2k)	17:08 (3.2k)	18:07 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	Gr	Year	Milaca	Pine City	N Branch	Pierz	Milaca Mega	Becker
Derek Arnsdorf	12	2007	19:41 (5k)	19:53 (5k)	18:46 (5k)	18:39 (5k)	18:55 (5k)	19:00 (5k)
	11	2006	21:01 (5k)	20:39 (5k)	20:47 (5k)	20:15 (5k)	19:52 (5k)	19:31 (5k)
Shane Clune	12	2007	29:17 (5k)	29:43 (5k)	29:13 (5k)	DNR	29:04 (5k)	DNR
	11	2006	29:20 (5k)	28:58 (5k)	28:54 (5k)	26:20 (5k)	26:10 (5k)	25:41 (5k)
Clay Fischer	12	2007	18:40 (5k)	18:55 (5k)	18:24 (5k)	18:12 (5k)	18:08 (5k)	DNR
	11	2006	18:55 (5k)	19:19 (5k)				
	10	2005	18:58 (5k)	17:53 (5k)	18:01 (5k)	18:12 (5k)	17:50 (5k)	18:00 (5k)
	9	2004			19:45 (5k)	18:55 (5k)	DNF - injury	
	8	2003	7:14 (2k)		7:13 (2k)	7:02 (2k)	11:47 (3.2k)	7:11 (2k)
David Hambly	12	2007	18:10 (5k)	19:15 (5k)	17:44 (5k)	18:14 (5k)	17:28 (5k)	17:35 (5k)
	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)	DNF		
	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)	
Terry Kraft	12	2007	23:21 (5k)	22:48 (5k)	22:11 (5k)	22:24 (5k)	23:11 (5k)	
Andrew Lutz	12	2007	18:37 (5k)	19:04 (5k)	18:38 (5k)	18:16 (5k)	18:11 (5k)	18:35 (5k)
	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	12	2007	18:15 (5k)	18:03 (5k)	17:53 (5k)	DNR	17:20 (5k)	17:48 (5k)
	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)
Tony Miller	12	2007	21:52 (5k)	DNR	22:14 (5k)	21:27 (5k)	20:43 (5k)	20:18 (5k)
Kellen Montague	12	2007	21:36 (5k)	21:03 (5k)	19:38 (5k)	19:06 (5k)	19:21 (5k)	19:23 (5k)
Devin Braatz	10	2007	23:09 (5k)	22:09 (5k)	DNR	21:43 (5k)	21:29 (5k)	DNR
Isaac Johnson	10	2007		28:07 (5k)	26:29 (5k)	DNR	DNR	26:07 (5k)
Derek Lutz	10	2007	22:15 (5k)	21:51 (5k)	20:41 (5k)	20:15 (5k)	20:26 (5k)	20:29 (5k)
Ben Wirth	10	2007	21:26 (5k)	21:30 (5k)	20:35 (5k)	20:10 (5k)	20:27 (5k)	20:19 (5k)
Beau Peterson	10	2007		23:17 (5k)	23:18 (5k)	22:15 (5k)		
	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	10	2007	28:37 (5k)	28:23 (5k)	27:39 (5k)	26:21 (5k)	26:33 (5k)	25:59 (5k)
	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)	
Zach Borich	9	2007	24:35 (5k)	22:42 (5k)	21:50 (5k)	24:01 (5k)	21:06 (5k)	26:05 (5k)
	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	9	2007	24:18 (5k)	23:43 (5k)	20:55 (5k)	21:57 (5k)	22:17 (5k)	22:05 (5k)
	8	2006		9:32 (2k)	8:51 (2k)	15:34 (3.2k)	14:44 (3.2k)	14:51 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Swain	Conference	Princeton	Section	State	PB	Average
19:37 (5k)	PC-18:32 (5k)	18:59 (5k)	Pierz- 18:40	18:29	18:29	19:01
20:19 (5k)	DNR				19:31	20:57
DNR	DNR	28:11 (5k)			28:11	29:06
27:07 (5k)	PC-27:43 (5k)				25:41	27:31
19:07(5k)	PC-18:04 (5k)	18:06 (5k)	Pierz- 17:56	18:08	17:56	18:22
19:06 (5k)	PC-17:58 (5k)		Cloquet-18:11	17:36	17:36	18:10
DNF	PR-18:31 (5k)		Cloquet-18:13		18:52	18:52
	SM-17:37 (5k)		Cloquet-18:43		18:17	18:17
19:00 (5k)	PC-17:41 (5k)	17:39 (5k)	Pierz- 17:13	17:05	17:05	17:55
18:26 (5k)	PC-17:43 (5k)		Cloquet-17:45	17:05	17:05	17:48
19:25 (5k)	PC-18:22 (5k)		Cloquet-17:59	17:46	17:46	18:52
16:20 (4k)	PR-18:40 (5k)		Cloquet-18:17		18:17	19:28
	SM-19:29 (5k)		Cloquet-19:29		19:29	19:32
	PC- 8:35 (2k)				8:35 (2k)	14:23 (3.2k)
					22:11	22:47
19:26 (5k)	PC-18:29 (5k)	18:44 (5k)	Pierz- 18:26	18:17	18:11	18:37
19:32 (5k)	PC-18:43 (5k)		Cloquet-18:28	18:22	18:11	18:50
20:00 (5k)	PC-18:20 (5k)		Cloquet-18:07	18:06	18:06	18:47
16:40 (4k)	PR-19:30 (5k)				19:29	20:16
18:31 (5k)	PC-17:35 (5k)	17:24 (5k)	Pierz- 17:03	16:55	16:55	17:41
17:25 (5k)	PC-17:15 (5k)		Cloquet-17:04	16:32	16:32	17:05
17:54 (5k)	PC-17:28 (5k)		Cloquet-17:03	16:55	16:55	17:45
14:55 (4k)	PR-17:49 (5k)		Cloquet-17:25		17:25	18:14
	SM-19:38 (5k)				7:38 (2k)	7:46 (2k)
21:47 (5k)	PC-20:13 (5k)	20:10 (5k)			20:10	21:05
20:32 (5k)	PC-19:17 (5k)	19:06 (5k)			19:06	19:54
18:15 (4k)	PC-21:04 (5k)	21:34 (5k)			21:04	21:51
20:46 (4k)	PC-25:32 (5k)	25:32 (5k)			25:32	26:21
16:48 (4k)	PC-20:40 (5k)	20:22 (5k)			20:15	20:52
16:28 (4k)	PC-20:06 (5k)	20:17 (5k)			20:06	20:36
					22:15	22:57
					21:34	23:33
11:37 (2.5k)	PC-8:02 (2k)				8:02(2k)	8:29 (2k)
12:13(2.6k)	PR-13:37 (3k)				8:53(2k)	9:22 (2k)
21:29 (4k)	PC-25:28 (5k)	25:31 (5k)			25:28	26:49
27:57 (4k)	PC-32:44 (5k)				32:44	35:59
18:33 (2.5k)	PC-11:44 (2k)				11:44(2k)	12:36 (2k)
20:13(2.6k)	PR-20:02 (3k)				12:56(2k)	14:02 (2k)
17:25 (4k)	PC-22:49 (5k)	21:59 (5k)			21:06	23:08
10:47 (2.5k)	PC-8:03 (2k)				8:03(2K)	8:08 (2K)
11:42 (2.5k)	PC-8:17 (2k)				8:17(2k)	8:59 (2k)
17:43 (4k)	PC-21:43 (5k)	21:58 (5k)			20:55	22:22
11:38 (2.5k)	PC-8:47 (2k)				8:47(2K)	9:03 (2K)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Name	Gr	Year	Milaca	Pine City	N Branch	Pierz	Milaca Mega	Becker
Trevor Clune	9	2007	25:10 (5k)	28:08 (5k)	24:22 (5k)	25:38 (5k)	25:57 (5k)	DNR
	8	2006	10:03 (2k)	9:24 (2k)	9:35 (2k)	15:51 (3.2k)		14:39 (3.2k)
Jacob Guttormson	9	2007		22:19 (5k)	20:47 (5k)	21:29 (5k)	20:50 (5k)	21:51 (5k)
	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)		
Dallas Hansen	9	2007		19:42 (5k)	18:52 (5k)	18:13 (5k)	18:37 (5k)	18:47 (5k)
Tom Pitzen	9	2007		DNR	DNR	24:32 (5k)	22:24 (5k)	23:03 (5k)
	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)		
Alex Reicherts	9	2007	24:41 (5k)	27:09 (5k)	DNR	25:59 (5k)	25:59 (5k)	23:50 (5k)
Zach Swanson	9	2007	19:28 (5k)	18:58 (5k)	18:04 (5k)	DNF	17:59 (5k)	17:52 (5k)
David Kleppe	8	2007	23:41 (2.8k)	16:27 (2k)	14:57 (2k)	22:49 (3.2k)	23:26 (3.2k)	22:58 (3.2k)
	7	2006	13:35 (2k)	DNF	15:02 (2k)	23:57 (3.2k)	22:35 (3.2k)	21:42 (3.2k)
Mitch Ringness	8	2007	13:28 (2.8k)	8:45 (2k)	8:30 (2k)	14:29 (3.2k)	14:10 (3.2k)	14:15 (3.2k)
	7	2006	9:04 (2k)	9:38 (2k)	9:23 (2k)	15:02 (3.2k)		14:40 (3.2k)
Joe Wolf	8	2007	22:37 (2.8k)	11:58 (2k)	10:39 (2k)	18:32 (3.2k)	17:37 (3.2k)	18:53 (3.2k)
	7	2006	12:16 (2k)	11:03 (2k)	11:02 (2k)	19:27 (3.2k)	17:43 (3.2k)	18:57 (3.2k)
Mike Bremer	7	2007		10:03 (2k)	DNR	16:38 (5k)	16:58 (5k)	15:48 (3.2k)
Christian Miche'	7	2007					21:45 (3.2k)	DNF
Adam Swanson	7	2007					16:01 (3.2k)	16:46 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

Swain	Conference	Princeton	Section	State	PB	Average
20:06 (4k)	PC-24:32 (5k)	24:35 (5k)			24:22	25:29
12:41 (2.5k)	PC-8:50 (2k)				8:50 (2K)	9:28 (2K)
17:30 (4k)	PC-21:03 (5k)	21:20 (5k)			20:47	21:23
10:48 (2.5k)	PC-8:00 (2k)				8:00 (2K)	8:14 (2K)
11:31 (2.5k)	PC-8:21 (2k)				8:21 (2k)	8:58 (2k)
15:14 (4k)	PC-18:26 (5k)	18:52 (5k)	Pierz- 18:02	18:09	18:02	18:38
18:17 (4k)	PC-23:11 (5k)	23:00 (5k)			22:24	23:14
11:16 (2.5k)	PC-8:08 (2k)				8:08 (2K)	8:17 (2K)
11:33 (2.5k)	PC-8:21 (2k)				8:21(2k)	8:45 (2k)
20:05 (4k)	PC-22:53 (5k)	24:35 (5k)			22:53	25:01
14:33 (4k)	PC-17:46 (5k)	17:51 (5k)	Pierz- 17:17	17:13	17:13	18:03
18:32 (2.5k)	PC-12:46 (2k)	21:44 (3k)			12:46 (2k)	14:43 (2k)
19:08 (2.5k)	PC-14:37 (2k)				13:35 (2K)	14:24 (2K)
12:03 (2.5k)	PC-8:09 (2k)	13:08 (3k)			8:09 (2k)	8:28 (2k)
	PC-9:30 (2k)				9:04 (2K)	9:23 (2K)
14:20 (2.5k)	PC-10:20 (2k)	16:27 (3k)			10:20 (2k)	10:59 (2k)
15:31 (2.5k)	PC-11:25 (2k)				11:02 (2K)	11:26 (2K)
12:59 (2.5k)	PC-8:45 (2k)	14:50 (3k)			8:45 (2k)	9:24 (2k)
18:45 (2.5k)	PC-12:57 (2k)	21:59 (3k)			12:57 (2k)	
13:25 (2.5k)	PC-8:42 (2k)	20:43 (3k)			8:42 (2k)	

AVERAGE MILE TIMES AT MEETS - 2007

	PB -2006	Milaca	Pine City	N.Branch	Pierz	Mega
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Derek Arnsdorf- 12	6:16	6:20	6:24	6:03	6:00	6:06
Shane Clune	8:16	9:26	9:35	9:25	DNR	9:22
Clay Fischer		6:01	6:06	5:56	5:52	5:50
David Hambly	5:31	5:51	6:12	5:43	5:52	5:38
Terry Kraft		7:31	7:21	7:09	7:13	7:28
Andrew Lutz	5:51	6:00	6:09	6:00	5:53	5:51
Trevor McNally	5:20	5:53	5:49	5:46	DNR	5:35
Tony Miller		7:03	DNR	7:10	6:55	6:40
Kellen Montague		6:58	6:47	6:19	6:09	6:14
Devin Braatz-10		7:28	7:08	DNR	7:00	6:55
Isaac Johnson			9:04	8:32	DNR	DNR
Derek Lutz		7:10	7:02	6:40	6:31	6:35
Beau Peterson	6:57		7:30	7:30	7:10	
Jordan Sparling	10:33	9:13	9:09	8:55	8:30	8:33
Ben Wirth		6:54	6:56	6:38	6:30	6:35
Zach Borich - 9	6:26	7:55	7:19	7:02	7:44	6:48
Nick Bremer	7:01	7:50	7:39	6:44	7:04	7:11
Trevor Clune	7:04	8:07	9:04	7:51	8:16	8:22
Jacob Guttormson	6:24		7:11	6:42	6:55	6:43
Dallas Hansen			6:21	6:05	5:52	6:00
Thomas Pitzen	6:30		DNR	DNR	7:54	7:13
Alex Reicherts		7:57	8:45	DNR	8:22	8:22
Zach Swanson		6:16	6:07	5:49	DNF	5:48
	2000 m	2000 m	2000 m	2000 m	3200 m	3200 m
David Kleppe - 8	9:54	13:36	13:09	11:57	11:28	11:50
Mitch Ringness	7:14	7:44	7:00	6:47	7:17	7:09
Joe Wolf	8:50	12:59	9:34	8:31	9:19	8:53
Mike Bremer-7			8:02	DNR	8:22	8:34
Christian Miche						10:59
Adam Swanson						8:05
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Emily Branzovsky - 12	7:01	7:22	DNF	7:15	DNR	DNR
Karissa Lange	7:13	7:25	8:00	7:17	7:22	7:29
Molly Neil		9:13	10:52	8:46	9:06	9:29
Shauna Palmer	7:26		7:57	7:13	7:47	7:32
Erica Pitzen	9:54		10:23	10:00	10:19	9:54
Aislinn Rogalla	8:57	10:40	10:28	9:35	9:37	9:22
Shannon Segarra	8:43		9:18	8:40	8:55	8:28
Brietta Clementson- 11	7:27	7:28	7:50	7:22	7:28	7:28
Laura Kleppe	7:29	8:14	8:19	7:53	7:49	7:56
Tara Miche'	7:25		7:57	7:22	7:47	7:38
Kendra Motyl		7:57	8:14	7:25	7:52	7:21
Megan Miesner - 8						
	2000 m	2000 m	2000 m	2000 m	3200 m	3200 m
Megan Miesner - 8	6:48	7:50	6:53	6:52	7:25	DNR
Megan Aadland - 7		9:20	7:50	7:33	8:19	8:39

AVERAGE MILE TIMES AT MEETS - 2007

Becker	Swain	Conf @ PC	Princeton	Section 7A	State	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
6:07	6:19	5:58	6:07	6:01	5:57	6:07
DNR	DNR	DNR	9:05			9:23
DNR	6:10	5:49	5:50	5:47	5:50	5:55
5:40	6:07	5:42	5:41	5:33	5:30	5:46
DNR		DNR				7:20
5:59	6:16	5:57	6:02	5:56	5:53	6:00
5:44	5:58	5:40	5:36	5:30	5:27	5:42
6:32	7:01	6:31	6:30			6:48
6:15	6:37	6:13	6:09			6:25
DNR	7:17	6:47	6:57			7:05
8:25	8:18	8:14	8:14			8:28
6:36	6:43	6:40	6:34			6:43
						7:23
8:22	8:35	8:12	8:13			8:38
6:33	6:35	6:29	6:32			6:38
8:24	6:58	7:21	7:05			7:24
7:07	7:05	7:00	7:05			7:12
DNR	8:02	7:54	7:55			8:11
7:02	7:00	6:47	6:52			6:54
6:03	6:05	5:56	6:05	5:49	5:51	6:01
7:26	7:18	7:28	7:25			7:27
7:41	8:01	7:22	7:55			8:03
5:45	5:49	5:43	5:45	5:34	5:33	5:49
3200 m	2500 m	2000 m	3000 m			
11:35	11:57	10:12	11:41			11:56
7:10	7:46	6:31	7:03			7:10
9:32	9:14	8:16	8:50			9:28
7:58	8:22	7:00	7:58			8:02
DNF	12:05	10:21	11:49			11:19
8:28	8:39	6:57	11:08			7:02
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	
DNF	8:09	7:08	7:04	7:12		7:22
DNR	7:43	7:10	7:06	7:00		7:24
DNR	9:04	8:28	8:45			9:13
7:17	7:44	7:09	7:15	7:02		7:26
DNR	9:48	10:04	9:22			9:59
DNR	9:43	8:58	8:46			9:39
8:42	9:01	DNR				8:51
7:16	7:56	7:05	7:09	7:17		7:26
8:07	8:15	7:50	7:41			8:00
7:40	8:07	7:30	7:11	7:19		7:37
7:25	7:47	7:28	7:13	7:09		7:35
7:05		7:01	7:00	7:00		7:02
3200 m	2500 m	2000 m	3000 m			
	7:06					7:13
9:08	9:04	7:46	8:37			8:28

TEAM POSITIONS AT MEETS - 2007

	Milaca	Pine City	N.Branch	Pierz	Mega	Becker
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Derek Arnsdorf- 12	6	7	6	5	7	6
Shane Clune	18	21	20		21	
Clay Fischer	4	2	4	1	4	
David Hambly	1	5	1	3	2	1
Terry Kraft	12	14	14	14	17	
Andrew Lutz	3	4	5	4	5	4
Trevor McNally	2	1	2		1	2
Tony Miller	9		15	9	11	8
Kellen Montague	8	8	8	6	8	7
Devin Braatz-10	11	11		11	14	
Isaac Johnson		18	18			17
Derek Lutz	10	10	10	8	9	10
Beau Peterson		15	16	13		
Jordan Sparling	17	20	19	19	20	15
Ben Wirth	7	9	9	7	10	9
Zach Borich - 9	14	13	13	15	13	16
Nick Bremer	13	16	12	12	15	12
Trevor Clune	16	19	17	17	18	
Jacob Guttormson		12	11	10	12	11
Dallas Hansen		6	7	2	6	5
Thomas Pitzen				16	16	13
Alex Reicherts	15	17		18	19	14
Zach Swanson		3	3		3	3
	2800 m	2000 m	2000 m	3200 m	3200 m	3200 m
David Kleppe - 8	3	4	3	4	6	5
Mitch Ringness	1	1	1	1	1	1
Joe Wolf	2	3	2	3	4	4
Mike Bremer-7		2		2	3	2
Christian Miche					5	6
Adam Swanson					2	3
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Emily Branzovsky - 12	1		2			
Karissa Lange	2	4	3	1	3	
Molly Neil	6	10	9	8	9	
Shauna Palmer		3	1	4	4	3
Erica Pitzen		8	11	10	10	
Aislinn Rogalla	7	9	10	9	8	
Shannon Segarra		7	8	7	7	7
Brietta Clementson- 11	3	1	4	2	2	2
Laura Kleppe	5	6	7	5	6	6
Tara Miche'		2	5	3	5	5
Kendra Motyl	4	5	6	6	1	4
Megan Miesner - 8						1
	2800 m	2000 m	2000 m	3200 m	3200 m	3200 m
Megan Miesner - 8	1	1	1	1		
Megan Aadland - 7	2	2	2	2	1	1

TEAM POSITIONS AT MEETS - 2007

Swain 5000 m	Conf @ PC 5000 m	Princeton 5000 m	Section 7A 5000 m	State 5000 m	Average 5000 m
5	7	7	7	7	6.36
		21			20.20
3	4	4	4	4	3.40
2	2	2	2	2	2.09
					14.20
4	6	5	6	6	4.73
1	1	1	1	1	1.30
7	10	9			9.75
6	8	8			7.44
8 -Soph	13	13			12.17
12 -Soph	20	20			18.60
4 -Soph	11	11			9.88
					14.67
13 -Soph	19	19			18.50
3 -Soph	9	10			8.75
5 -Soph	15	15			14.25
7 -Soph	14	14			13.50
11 -Soph	18	17			17.43
6 -Soph	12	12			11.43
2 -Soph	5	6	5	5	5.22
9 -Soph	17	16			15.60
10 -Soph	16	18			16.71
1 -Soph	3	3	3	3	3.00
2500 m	2000 m	3000 m			
5	5	5			4.44
1	1	1			1.00
4	4	3			3.22
2	3	2			2.29
6	6	6			5.80
3	2	4			2.80
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
6	3	2	5		3.17
1	5	3	1		2.56
9	9	9			8.62
2	4	7	3		3.44
11	11	11			10.29
10	10	10			9.12
8					7.33
4	2	4	6		3.00
7	8	8			6.25
5	7	5	7		4.89
3	6	6	4		4.50
	1	1			1.00
2500 m	2000 m	3000 m			
1			2		1.00
2	1	1			1.56

PLACE FINISHES AT MEETS - 2007

	Milaca 5000 m	Pine City 5000 m	N.Branch 5000 m	Pierz 5000 m	Mega 5000 m	Becker 5000 m
Derek Arnsdorf- 12	52	27	10	47	131	22
Shane Clune	151jv	46jv	48jv		339jv	
Clay Fischer	22	13	7	32	76	
David Hambly	13	18	2	34	37	6
Terry Kraft	85jv	21jv	26jv	85jv	262jv	
Andrew Lutz	21	16	9	37	82	14
Trevor McNally	16	4	4		28	7
Tony Miller	94		29jv	64jv	137jv	14jv
Kellen Montague	88	4jv	1jv	55	55jv	35
Devin Braatz-10	77jv	14jv		74jv	158-10th	
Isaac Johnson		38jv	44jv			73jv
Derek Lutz	58jv	9jv	12jv	27jv	104-10th	16jv
Beau Peterson		24jv	33jv	82jv		
Jordan Sparling	149jv	40jv	47jv	132jv	229-10th	70jv
Ben Wirth	26jv		41 8jv	24jv	105-10th	15jv
Zach Borich - 9	115jv	20jv	22jv	109jv	126-9th	71jv
Nick Bremer	108jv	27jv	17jv	77jv	178-9th	38jv
Trevor Clune	124jv	39jv	38jv	125jv	235-9th	
Jacob Guttormson		17jv	16jv	65jv	111-9th	35jv
Dallas Hansen		1jv		12	33	115
Thomas Pitzen				117jv	180-9th	50jv
Alex Reicherts	117jv	35jv		129jv	236-9th	57jv
Zach Swanson	2jv		15	5		69
	2800 m	2000 m	2000 m	3200 m	3200 m	3200 m
David Kleppe - 8	113	41	39	95	214	41
Mitch Ringness	36	14	17	33	138	16
Joe Wolf	111	37	35	83	211	39
Mike Bremer-7		31		74	152	33
Christian Miche					173	DNF
Adam Swanson					135	37
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Emily Branzovsky - 12	61		14			DNF
Karissa Lange	64	28	17	53	163	
Molly Neil	107	46	13jv	73jv	346jv	
Shauna Palmer		7jv	12	74	170	30
Erica Pitzen		24jv	18jv	96jv	358jv	
Aislinn Rogalla	109	25jv	17jv	84jv	338jv	
Shannon Segarra		21jv	11jv	66jv	259jv	38jv
Brietta Clementson- 11	66	24	19	59	160	29
Laura Kleppe	99	33	6jv	77	205	40
Tara Miche'		6jv	20	72	179	39
Kendra Motyl	91	31	22	79	145	35
Megan Miesner - 8						6jv
	2800 m	2000 m	2000 m	3200 m	3200 m	3200 m
Megan Miesner - 8	20	5	10	7		
Megan Aadland - 7	59	20	17	29	117	32

PLACE FINISHES AT MEETS - 2007

Swain 5000/4000	Conf @ PC 5000 m	Princeton 5000 m	Section 7A 5000 m	State 5000 m	Average 5000 m
89	16	41	44	134	55.73
		73jv			131.4 jv
59	8	15	21	110	36.30
46	4	8	8	29	18.64
					119.75 jv
73	13	29	37	123	41.27
24	3	5	4	20	11.50
185	6jv	14jv			44.0 jv
140	2jv	5jv			13.4 jv
127-soph	13jv	61jv			47.8 jv
177-soph	33jv	69jv			51.4 jv
69-soph	7jv	18jv			21.0 jv
					46.3 jv
181-soph	32jv	68jv			76.8 jv
52-soph	4jv	16jv			15.5 jv
100-soph	20jv	38jv			56.4 jv
113-soph	17jv	37jv			45.9 jv
169-soph	30jv	59jv			69.2 jv
102-soph	12jv	29jv			29.0 jv
13-soph	12	36	25	112	45.25
128-soph	23jv	47jv			59.3 jv
168-soph	21jv	60jv			69.8 jv
4-soph	5	10	10	37	20.00
2500 m	2000 m	3000 m			
185	43	52			91.44
101	9	23			43.00
173	36	47			85.78
150	22	40			71.71
186	44	63			116.50
158	21	51			80.40
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
156	18	34	63		57.67
104	20	35	42		58.44
72jv	9jv	15jv			88.0 jv
108	19	51	49		64.12
96jv	20jv	22jv			90.6 jv
94jv	16jv	16jv			84.3 jv
70jv					77.5 jv
130	14	39	68		60.80
168	3jv	7jv			103.67
152	28	41	72		75.38
113	27	47	59		64.90
	13	30	43		28.67
2500 m	2000 m	3000 m			
4					9.20
81	12	18			42.78