

2008

Year in Review



SUCCESS
IS
THE RESULT OF
HARD WORK
AND
HONEST EFFORT.

GRC INDOOR @ FOLEY
Saturday, March 29, 2008 - 8:45
Pine City Girls' Results

4 x 800 m Relay				High Jump	1. Holly Staples	4' 8"	2nd
55 m Hurdles	1. Brietta Clementson	10.0		Long Jump	1. Holly Staples		
	2. Jenni Hussong	11.8			2. Kerri Hughes	14' 2"	2nd
	3. Jewelie Heller	14.2			3. Tara Miche'	13' 6"	4th
55 m Dash	1. Holly Staples	7.8		Triple Jump	1. Brietta Clementson	27' 3"	7th
	2. Ellie Larson	8.4					
	3. Kara Husnik	9.5					
4 x 200 m Relay	1. Brietta Clementson	30.9		Pole Vault			
	2. Kerrie Hughes	29.7					
	3. Jenni Hussong	35.5					
	4. Kendra Motyl	<u>32.6</u>					
		2:08.8	5th	Shot Put	1. Kara Husnik	27' 3"	7th PB
1600 m Run	1. Shauna Palmer	6:48.2	6th				
	(1:34, 1:46, 1:48, 1:40)						
	2. Tara Miche'	6:58.1	8th				
	(1:38, 1:48, 1:50, 1:42)						
4 x 100 m Relay	1. Jenni Hussong	14.1					
	2. Ellie Larson	14.3					
	3. Brietta Clementson	15.6					
	4. Kerrie Hughes	<u>15.3</u>					
		58.9	4th				
400 m Dash	1. Kendra Motyl	73.8	6th				
	2. Kelsey Harper	75.9					
					<u>TEAM RESULTS:</u>		
800 m Run	1. Tara Miche'	3:15.5			1. Hinckley Finlayson		159
	(1:34, 1:42)				2. Mille Lacs		131
	2. Jewelie Heller	3:59.1			3. Rush City		79
	(1:49, 2:10)				4. Braham		75
					5. Pine City		71
					6. Ogilvie		39
200 m Dash	1. Holly Staples	29.8	3rd		7. East Central		19
	2. Ellie Larson	30.5	6th				
	3. Kelsey Harper	32.1					
4 x 400 m Relay	1. Shauna Palmer	77.1					
	2. Kerrie Hughes	75.6					
	3. Tara Miche'	82.2					
	3. Kendra Motyl	<u>76.3</u>					
		5:11.2	4th				

GRC INDOOR @ FOLEY
Saturday, March 29, 2008 - 8:45
Pine City Boys' Results

4 x 800 m Relay			High Jump	1. Eric Osterdyk	5' 10" 1st PB
				2. Josh Skalicky	5' 6" 2nd
				3. Mark Odegard	4' 10"

55 m Hurdles			Long Jump	1. Haakon Hanson	17' 4" 1st
				2. Jarad Reiser	16' 1.5" 3rd
55 m Dash	1. Adam Olson	6.8 1st		3. John Fitzgerald	15' 6.5"
	2. Isaac Johnson	7.4			
	3. John Fitzgerald	7.3 5th			

			Triple Jump	1. Devin Braatz	29' 5.5"
				2. Justin Carlson	32' 11.5" 6th
				3. Joey Carter	36' 9" 1st

4 x 200 m Relay	1. Derek Braatz	25.5	Pole Vault		
	2. Joey Carter	26.2			
	3. Haakon Hansen	25.6			
	4. Josh Skalicky	<u>25.8</u>			
		1:43.3 1st	Shot Put	1. Danny Hambly	40' 10.5" 1st PB
				2. Alex Steele	27' 6"

1600 m Run	1. Devin Braatz	6:06.9 5th			
	(1:29, 1:32, 1:35, 1:31)				

4 x 100 m Relay	1. Adam Olson	9.9			
	2. Isaac Johnson	13.1			
	3. Derek Braatz	14.1			
	4. Danny Hambly	<u>12.3</u>			
		49.2 1st			

TEAM RESULTS:

400 m Dash	1. Josh Skalicky	62.5 3rd	1. Pine City	133
	2. Jared Reiser	63.4 4th	2. Rush City	131
	3. Misha Yuta	95.9	3. Braham	57
800 m Run	1. Eric Osterdyk	2:18.7 1st	4. Hinckley/Finlayson	46
	(69, 70)		5. East Central	44
	2. Devin Braatz	3:03.2	6. Ogilvie	41
	(89, 94)			

200 m Dash	1. Derek Braatz	25.3 2nd		
	2. Haakon Hansen	25.4 3rd		
	3. Justin Carlson	25.5 4th		

4 x 400 m Relay	1. Mark Odegard	63.4		
	2. Joey Carter	64.0		
	3. John Fitzgerald	63.7		
	4. Alex Steele	<u>67.8</u>		
		4:17.6 3rd		

Lion's Speed Meet @ Ogilvie
Tuesday, April 17, 2008
Pine City Girls' Results
partly cloudy, cool

4 x 800 m Relay				High Jump	1. Holly Staples 2. Ellie Larson	4' 6" 6th 4' 4"
100 m Hurdles	1. Brietta Clementson 2. Jenni Hussong 3. Jewelie Heller	18.8 21.0 29.5	5th			
				Long Jump	1. Holly Staples 2. Kerri Hughes 3. Tara Miche	13' 9.75" 3rd BTY 14' 4.75 1st BTY 14"4.25 2nd BTY
100 m Dash	1. Holly Staples 2. Dani Pangerl 3. Kara Husnik	13.9 14.9	3rd			
				Triple Jump	1. Etta Clementson 2. Dani Pangerl	28' 11" 4th PB 28' 3"
4 x 200 m Relay	1. Brietta Clementsor 2. Kerri Hughes 3. Holly Staples 4. Emily Branzovsky	30.2 29.8 27.9 <u>27.5</u>		Pole Vault		
		1:55.2	3rd BTY			
1600 m Run	1. Shauna Palmer (1:33, 1:45, 1:50, 1:41) 2. Tara Miche' (1:35, 1:44, 1:49, 1:34) 3. Ashley Harrington (1:30, 1:55, 2:05, 1:58)	6:49.7 6:41.6 7:32.9		Shot	1. Karina Nordrum 2. Christine Kraft 3. Kara Husnik	27' 1.5" 4th
			BTY	Discus	1. Karina Nordrum 2. Christine Kraft	83' 9" 2nd
4 x 100 m Relay	1. Dani Pangerl 2. Kara Husnik 3. Brittany Nugent 4. Jenni Hussong	14.9 15.0 14.7 <u>14.7</u>				
		59.6	6th			
400 m Dash	1. Emily Branzovsky 2. Kerrie Hughes 3. Ellie Larson	68.9 73.9 69.3	5th			
				<u>TEAM RESULTS</u>		
300 m Hurdles	1. Jenni Hussong 2. Jewelie Heller				1. Zimmerman 2. Meadow Creek 3. Rush City 4. Braham 5. Pine City 6. West Lutheran 7. Ogilvie 8. East Central	177 95 83.5 73.5 62 37 24 5
800 m Run	1. Kendra Motyl (77, 83)	(82,93)	2:56.0			
200 m Dash	1. Ellie Larson 2. Nicole Chouanard	30.6 36.7				
3200 m Run	1. Tara Miche' (1:37, 1:47, 1:52, 1:52, 1:50, 1:53, 1:55, 1:47) 2. Shauna Palmer (1:35, 1:49, 1:56, 1:51, 1:55, 1:56, 1:54, 1:43)	14:33.9 14:39.4				
4 x 400 m Relay	1. Brietta Clementson 2. Ashley Harrington 3. Kerri Hughes 4. Kendra Motyl	71.5 84.9 73.5 <u>72.8</u>				
		5:01.5	4th			

LIONS SPEED MEET @ OGILVIE

Tuesday, April 17, 2008

Pine City Boys' Results

partly cloudy, cool

4 x 800 m Relay	1. Nick Bremer (70, 83) 2:35.4	High Jump	1. Eric Osterdyk 5' 6" 2nd
	2. John Fitzgerald (77, 69) 2:25.6		2. Josh Skalicky 5' 10" 1st BTY
	3. Jarad Reiser (83, 77) 2:39.9		3. Mark Odegard NH
	4. Kellen Montague (74, 86) <u>2:40.1</u>		
	10:20.5 5th		
110 m Hurdles		Long Jump	1. Haakon Hansen 16' 3.75"
			2. Jarad Reiser 17' 1" 5th BTY
			3. Adam Olson 16' 4.75"
100 m Dash	1. Adam Olson 11.6 1st	Triple Jump	1. Joey Carter 35' 9.5" 6th
	2. Joey Carter 12.2		2. Justin Carlson 32' 6"
	3. Isaac Johnson 12.8		3. Devin Braatz 27' 7"
4 x 200 m Relay	1. Derek Braatz 25.0	Pole Vault	1. Jayme Gallagher 8' 6" 4th
	2. Joey Carter 25.6		
	3. Haakon Hansen 23.1		
	4. Josh Skalicky <u>25.0</u>		
	1:38.4 1st BTY	Shot	1. Danny Hambly 40' 2" 2nd
1600 m Run	1. David Hambly 5:02.6 3rd		2. Alex Steele 27' 1"
	(1:10, 1:13, 1:21, 1:1:19)		3. Mark Odegard 29' 7"
	2. Kyle Bodin 6:52.4	Discus	1. Danny Hambly 133' 3" 1st PB
	(1:28, 1:45, 1:51, 1:48)		2. Tom Mans
	3. Devin Braatz 6:01.6 BTY		3. Alex Steele
	(1:23, 1:32, 1:36, 1:31)		
4 x 100 m Relay	1. Isaac Johnson 12.9		
	2. Adam Olson 11.4		
	3. Danny Hambly 11.6		
	4. Derek Braatz <u>11.2</u>		
	46.9 1st BTY		
400 m Dash	1. Josh Skalicky 57.2 5th BTY		
	2. John Fitzgerald 59.8		
	3. Justin Carlson 56.1 2nd		
		<u>TEAM RESULTS</u>	
300 m Hurdles	1. Haakon Hansen 45.0 2nd	1. Pine City 129	
		2. Rush City 97	
		3. West Lutheran 93	
		4. Zimmerman 89	
		5. Meadow Creek 75	
800 m Run	1. David Hambly (64,68) 2:12.9 2nd PB	6. Braham 52	
	2. Eric Osterdyk (66,68) 2:14.3 3rd PB	7. East Central 15	
	3. Ruslan Yussapov (72,92) 2:44.3	8. Ogilvie 6	
200 m Dash	1. Derek Braatz 24.2 1st PB		
	2. Haakon Hansen 25.3 BTY		
	3. Justin Carlson 24.9 4th PB		
3200 m Run	1. Kellen Montague 12:27.3		
	(1:21, 1:31, 1:35, 1:35, 1:38, 1:40, 1:41, 1:26)		
	2. Nick Bremer 13:39.2		
	(1:32, 1:36, 1:40, 1:43, 1:42, 1:43, 1:33, 2:10)	4 x 400 m Relay	1. David Hambly 58.5
	3. Jordan Sparling 14:32.1		2. Mark Odegard 61.4
	(1:36, 1:46, 1:47, 1:52, 1:51, 1:53, 1:56, 1:51)		3. Eric Osterdyk 58.0
			4. Josh Skalicky <u>58.9</u>
			3:56.7 4th

MILACA QUADATHLON
Tuesday, April 29, 2008
Pine City Boys' Results
sunny, breezy, cold

4 x 800 m Relay	1. Nick Bremer	(75,83)	2:37.8
	2. Devin Braatz	(76,81)	2:37.0
	3. Mike Chouanard	(67,80)	2:26.6
	4. Joey Dilts	<u>(69,87)</u>	<u>2:36.1</u>
		10:17.1	

3200 m Run	1. Kellen Montague	12:58.1
	(1:24, 1:34, 1:40, 1:41, 1:43, 1:39, 1:28, 1:49)	
	2. Nick Bremer	12:46.8
	(1:27, 1:33, 1:33, 1:36, 1:39, 1:41, 1:52, 1:25)	
3. Jordan Sparling	14:40.5	
	(1:36, 1:43, 1:46, 1:50, 1:55, 1:56, 1:59, 1:55)	

110 m Hurdles

100 m Dash	1. Danny Hambly	12.1	PB
	2. Isaac Johnson	12.6	
	3. Marius Holle	13.6	
	4. Jarad Reiser	12.2	PB
	5. Ruslan Yusapov	14.1	

4 x 400 m Relay	1. David Hambly	56.1
	2. Jarad Reiser	62.9
	3. Eric Osterdyk	57.8
	4. Justin Carlson	<u>55.8</u>
		3:52.9

4 x 200 m Relay	1. Derek Braatz	26.2
	2. Justin Carlson	22.5
	3. Haakon Hansen	25.3
	4. John Fitzgerald	<u>24.9</u>
		1:38.7

4 x 100 m Relay	1. Mike Chouanard	61.1
	2. Jake Guttormson	68.2
	3. Devin Braatz	71.2
	4. Joey Dilts	<u>66.2</u>
		4:26.7

1600 m Run	1. David Hambly	5:12.8
	(1:10, 1:17, 1:37, 1:09)	
	2. Kellen Montague	5:58.8
	(1:19, 1:24, 1:35, 1:30)	
3. Jacob Guttormson	6:00.0	
(1:20, 1:34, 1:38, 1:28)		
4. Jordan Sparling	6:48.0	PB
(1:30, 1:44, 1:47, 1:47)		

High Jump	1. Eric Osterdyk	5' 9"
	3. Marius Holle	4' 5"
	3. Derek Braatz	5' 1"

Long Jump	1. Haakon Hansen	16' 3"	
	2. Jarad Reiser	15' 10"	
	3. John Fitzgerald		
	4. Marius Holle	14' 1.5"	
	5. Mike Chouanard	13' 11.5"	
	6. Misha Yuta	11' 8"	
	7. Eric Osterdyk	15' 10.5"	PB
	8. Ruslan Yusapov	12' 4.5"	
	9. Jake Guttormson		

4 x 100 m Relay	1. Derek Braatz	11.9
	2. John Fitzgerald	12.0
	3. Danny Hambly	
	4. Haakon Hansen	
		DNF

400 m Dash	1. Justin Carlson	55.2	PB
	2. Joey Dilts	64.5	PB
	3. Ruslan Yusapov	65.1	

Triple Jump	1. Justin Carlson	34' 8"	PB
	2. Devin Braatz	27' 4.5"	
	3. David Hambly		

300 m Hurdles	1. Haakon Hansen	45.9
	2. Cody Fennern	58.5

Shot	1. Danny Hambly	40' 7"
	2. Mark Odegard	29' 3.5"
	3. Cody Fennern	32' 6.5"
	4. Tom Mans	25' 2.25"
	5. Alex Steele	24' 3"

800 m Run	1. David Hambly	2:15.1	
	2. Eric Osterdyk	2:16.5	
	3. Devin Braatz	2:42.3	PB
	4. Mike Chouanard	2:26.6	

Discus	1. Danny Hambly	129' 6"
	2. Alex Steele	64' 6"
	3. Tommy Mans	69' 3"
	4. Cody Fennern	84' .5"
	5. Mark Odegard	82' 7"

200 m Dash	1. Derek Braatz	24.2	
	2. Jarad Reiser	25.5	PB
	3. Misha Yuta	30.7	
	4. Alex Steele	28.6	
	5. Ruslan Yusapov	29.7	

TEAM RESULTS:

1. Milaca	37612
2. Zimmerman	36949.5
3. Becker	33509
4. Mora	31082.25
5. Pine City	26700

CHENGWATANA @ PINE CITY

Monday, May 5, 2008

Pine City Girls' Results

warm, sunny, beautiful

4 x 800 m Relay	1. Shauna Palmer (81,95) 2:56.2	High Jump	1. Holly Staples 4' 6" 2nd
	2. Sherry Rike (80,87) 2:47.5		2. Ellie Larson 4' 6" 1st PB
	3. Kendra Motyl (75,91) 2:45.6		
	4. Megan Meisner (78,86) 2:43.9		
	11:13.2 2nd	BTY Long Jump	1. Holly Staples 15' 10.5" 1st PB
			2. Kerri Hughes 13' 11" 2nd
100 m Hurdles	1. Brietta Clementson 18.1 1st PB		3. Tara Miche 13' 8.5" 3rd
	2. Jenni Hussong 20.8 2nd BTY		
	3. Katie Froseth 21.8 4th	Triple Jump	1. Etta Clementson 28' 5" 3rd
			2. Dani Pangerl 29' 2" 1st BTY
			3. Katie Froseth 23' 1"
100 m Dash	1. Holly Staples 13.5 1st		
	2. Emily Branzovsky 13.9 2nd	Pole Vault	
	3. Dani Pangerl 14.9		
4 x 200 m Relay	1. Holly Staples 28.1		
	2. Brietta Clementson 29.6	Shot	1. Karina Nordrum 30' 8.75" 2nd
	3. Ellie Larson 28.2		2. Christine Kraft 17' 5"
	4. Emily Branzovsky 27.5		3. Kara Husnik 23' 1.25"
	1:53.2 1st BTY		
1600 m Run	1. Tara Miche' 6:35.4 2nd BTY	Discus	1. Karina Nordrum 90' 11" 1st BTY
	(1:30, 1:41, 1:49, 1:36)		2. Christine Kraft 49' 9"
	2. Ashley Harrington 7:18.6		3. Brittany Nugent 54' 11"
	(1:38, 1:52, 1:55, 1:54)		
	3. Jewelie Heller 8:08.5		
	(1:38, 2:18, 2:04, 2:18)		
4 x 100 m Relay	1. Dani Pangerl 14.9		
	2. Jenni Hussong 15.2		
	3. Katie Froseth 13.8		
	4. Jordan Shaw 13.9		
	57.7 1st		
400 m Dash			
300 m Hurdles	1. Jenni Hussong 62.7 3rd BTY		
	2. Katie Froseth 57.2 1st		
800 m Run	1. Megan Meisner (83,83) 2:46.5 3rd		
200 m Dash	1. Emily Branzovsky 28.0 2nd		
	2. Nicole Chouanard 35.9		
3200 m Run	1. Tara Miche' 15:01.7 6th		
	(1:41, 1:50, 1:54, 2:05, 2:00, 1:58, 2:05, 1:38)		
	2. Shauna Palmer 14:27.1 2nd		
	(1:36, 1:47, 1:42, 1:54, 1:52, 2:00, 1:55, 1:42)		
	3. Ashley Harrington DNR		
4 x 400 m Relay	1. Brietta Clementson 67.9 PB		
	2. Sherry Rike 72.8		
	3. Megan Meisner 67.9		
	4. Ellie Larson 69.6		
	4:38.3 1st		

TEAM RESULTS

1. Pine City	201
2. Braham	125
3. East Central	72
4. Rush City	67
5. MLWR	39
6. Ogilvie	31

CHENGWATANA @ PINE CITY

Monday, May 5, 2008
Pine City Boys' Results
warm, sunny, beautiful

4 x 800 m Relay	1. John Fitzgerald (72,71) 2:23.4 2. Joey Dilts (79,74) 2:33.3 3. Mike Chouanard (68,75) 2:23.1 PB 4. Kellen Montague (79,71) 2:30.3 PB 9:50.6 1st BTY	High Jump	1. Eric Osterdyk 5' 8" 2nd 2. Josh Skalicky 5' 10" 1st 3. Derek Braatz 5' 2"
110 m Hurdles	1. Marias Holle	Long Jump	1. Joey Carter 18' 9.25" 1st 2. Jarad Reiser 16' 7.5" 3. Adam Olson 16' 4.25"
100 m Dash	1. Adam Olson 11.9 1st 1. John Fitzgerald 12.6 3. Isaac Johnson 13.4	Triple Jump	1. Joey Carter 37' 1" 2nd PB 2. Justin Carlson 36' 3" 3rd PB 3. Devin Braatz 29' 8" BTY
4 x 200 m Relay	1. Derek Braatz 23.5 2. Justin Carlson 25.1 3. Haakon Hansen 23.8 4. Adam Olson 24.0 1:36.3 1st BTY ***NEW SCHOOL RECORD***	Pole Vault	1. Josh Skalicky 8' 6" 4th
1600 m Run	1. David Hambly 4:59.0 1st PB (1:11, 1:16, 1:18, 1:13) 2. Jake Guttormson 5:46.8 6th PB (1:19, 1:25, 1:33, 1:30) 3. Jordan Sparling 6:28.7 PB (1:31, 1:37, 1:43, 1:37)	Shot	1. Danny Hambly 40' 11.5" 1st PB 2. Cody Fennern 31' 11" 3. Tom Mans 26' 2.5" PB
4 x 100 m Relay	1. Derek Braatz 12.0 2. Adam Olson 12.5 3. Danny Hambly 11.7 4. Haakon Hansen 11.1 47.2 1st	Discus	1. Danny Hambly 124' 3.5" 1st 2. Haakon Hansen 107' 2" 4th 3. Alex Steele 77' 5"
400 m Dash	1. Justin Carlson 55.1 tie 2nd PB 2. Josh Skalicky 56.7 5th PB 3. Jarad Reiser 58.5 PB	<u>TEAM RESULTS</u>	
300 m Hurdles	1. Haakon Hansen 46.0 2nd 2. Greg Shelton 59.1 3. Cody Fennern DNR	1. Pine City 186 2. Braham 124 3. MLWR 104 4. Rush City 54 5. East Central 40 6. Ogilvie 37	
800 m Run	1. Eric Osterdyk (67,67) 2:13.5 2nd PB 2. Mike Chouanard (68,74) 2:22.5 3rd PB 3. Devin Braatz (75,80) 2:35.0 PB		
200 m Dash	1. Derek Braatz 24.8 3rd 2. Joey Carter 25.3 5th 3. Ruslan Yusapov 29.5 PB		
3200 m Run	1. David Hambly 11:10.3 1st (1:19, 1:20, 1:25, 1:27, 1:28, 1:27, 1:27, 1:17) 2. Nick Bremer 12:15.8 3rd PB (1:18, 1:23, 1:29, 1:32, 1:35, 1:39, 1:44, 1:35) 3. Kellen Montague 12:18.9 5th PB (1:24, 1:27, 1:35, 1:33, 1:33, 1:38, 1:34, 1:37)	4 x 400 m Relay	1. Josh Skalicky 57.9 2. John Fitzgerald 60.5 3. Eric Osterdyk 57.2 4. Justin Carlson 55.9 3:51.4 2nd BTY

LIONS PRIDE MEET @ Ogilvie

Thursday, May 8, 2008

Pine City Girls' Results

partly cloudy, cool

4 x 800 m Relay	1. Brietta Clementsor	2:52.2	PB	High Jump		
	2. Kelsey Harper	2:51.2				
	3. Shauna Palmer	2:49.3	PB			
	4. Tara Miche'	<u>2:56.2</u>				
		11:40.5	2nd	Long Jump	1. Tara Miche'	13' 9" 2nd
					2. Jenni Hussong	10"
100 m Hurdles	1. Brietta Clementson	18.9	4th		3. Brietta Clementson	13' 4.75" 3rd PB
	2. Jenni Hussong	20.9				
				Triple Jump		
100 m Dash	1. Dani Pangerl	14.9	5th			
	2. Kara Husnik	16.5		Pole Vault		
	3. Nicole Chouanard	15.6	PB			
4 x 200 m Relay	1. Dani Pangerl	32.5				
	2. Brietta Clementsor	27.6		Shot		
	3. Jenni Hussong	33.2				
	4. Kendra Motyl	<u>30.8</u>				
		2:04.1	2nd			
1600 m Run	1. Tara Miche'	6:46.9		Discus	1. Karina Nordrum	104' .5" 1st PB
	(1:33, 1:46, 1:51, 1:37)				2. Christine Kraft	55' 0"
	2. Shauna Palmer	6:45.5	6th PB		3. Kara Husnik	61' 5.5" PB
	(1:35, 1:40, 1:44, 1:43)					

4 x 100 m Relay

TEAM RESULTS

					1. Mille Lacs	219
					2. Braham	108
400 m Dash	1. Kendra Motyl	70.1	4th BTY		3. Pine City	57
					4. Ogilvie	52
300 m Hurdles					5. Mora	47
					6. Zimmerman	44
					7. McGregor	14
800 m Run						
200 m Dash	1. Kendra Motyl	30.7	3rd BTY			
3200 m Run						
4 x 400 m Relay						

LIONS PRIDE MEET @ Ogilvie
Thursday, May 8, 2008
Pine City Boys Results

4 x 800 m Rela 1. John Fitzgerald (69,73) 2:22.6
 2. Mike Chouanard (66,75) 2:21.4
 3. Eric Osterdyk (64,69) 2:13.3
 4. David Hambly (69,69) 2:18.4
 9:14.4 1st BTY

High Jump 1. Josh Skalicky 5' 10" 1st
 2. Derek Braatz 5' 0" 6th
 3. Mark Odegard 5' 0"

110 m Hurdles 1. Marias Holle 22.0 2nd

Long Jump 1. Joey Carter 17' 4.5" 2nd
 2. Jarad Reiser 16' 4"
 3. Eric Osterdyk

100 m Dash 1. Adam Olson 11.8 1st
 2. Joey Carter 12.0 5th
 3. Danny Hambly 12.2

Triple Jump 1. Joey Carter 38' 4" 3rd PB
 2. Justin Carlson 34' 6.5" 5th

4 x 200 m Rela 1. Derek Braatz 25.2
 2. Justin Carlson 23.9
 3. Haakon Hansen 23.9
 4. Adam Olson 23.2
 1:36.3 1st

Pole Vault 1. Josh Skalicky 9' 0" 5th

1600 m Run 1. David Hambly 05:04.0 1st
 (1:11, 1:20, 1:20, 1:13)
 2. Kyle Bodin 06:39.9 PB
 (1:32, 1:43, 1:46, 1:39)
 3. Joey Dilts 05:51.8
 (1:27, 1:31, 1:29, 1:24)

Shot 1. Danny Hambly 39' 9" 1st
 2. Mark Odegard
 3. Cody Fennern 33' 11.5" 4th PB

Discus 1. Haakon Hansen 125' 5.5" 1st PB
 2. Mark Odegard 99' 8" 3rd PB
 3. Cody Fennern 91' 5" 6th PB

4 x 100 m Rela 1. Derek Braatz 12.0
 2. Adam Olson 11.2
 3. John Fitzgerald 12.2
 4. Haakon Hansen 11.8
 47.0 1st

400 m Dash 1. Justin Carlson 55.2 4th
 2. Josh Skalicky 56.0 5th PB
 3. Jarad Reiser 59.5

TEAM RESULTS

1. Pine City 154.5
 2. Braham 147
 3. Mora 68
 Ogilvie 68
 5. McGregor 52.5
 6. Zimmerman 43

300 m Hurdles 1. Haakon Hansen 46.3 3rd

800 m Run 1. Joey Dilts (79, 75) 2:34.1 5th
 2. Ruslan Yussapov (77, 79) 2:35.7 PB

200 m Dash 1. Derek Braatz 24.4 1st
 2. Jarad Reiser 25.9 6th

3200 m Run 1. Jake Guttormson 13:01.0 6th
 (1:23, 1:32, 1:36, 1:40, 1:44, 1:44, 1:47, 1:37)

4 x 400 m Rela 1. Josh Skalicky 57.8
 2. Joey Carter 55.9
 3. John Fitzgerald 58.3
 4. Justin Carlson 55.1
 3:46.9 1st BTY

GREAT RIVER CONFERENCE MEET @ PINE CITY

Thursday, May 15, 2008

Pine City Girls' Results

overcast and warm then windy and cool

<p>4 x 800 m Relay 1. Shauna Palmer (84,88) 2:51.9 2. Sherry Rike (89,84) 2:53.3 3. Kendra Motyl (84,92) 2:55.5 4. Megan Meisner (81,87) 2:47.4 11:28.1 3rd</p> <p>100 m Hurdles 1. Brietta Clementson 17.4 1st PB ***ALL-CONFERENCE*** 2. Jenni Hussong 19.8 PB 3. Katie Froseth 19.3 PB</p> <p>100 m Dash 1. Holly Staples 13.1 1st PB ***ALL-CONFERENCE*** 3. Dani Pangerl 14.9</p> <p>4 x 200 m Relay 1. Holly Staples 27.2 2. Brietta Clementson 28.6 3. Ellie Larson 28.2 4. Emily Branzovsky 27.9 1:51.9 2nd BTY</p> <p>1600 m Run 1. Tara Miche' 6:30.2 BTY (1:33, 1:45, 1:43, 1:30)</p> <p>4 x 100 m Relay 1. Dani Pangerl 14.5 2. Kerrie Hughes 14.8 3. Katie Froseth 13.1 4. Ellie Larson 13.5 55.6 BTY 5th</p> <p>400 m Dash 1. Kendra Motyl 69.5 BTY 2. Kelsey Harper 69.5 PB</p> <p>300 m Hurdles 1. Jenni Hussong 60.0 BTY 2. Katie Froseth 55.8 4th PB</p> <p>800 m Run 1. Megan Meisner (81,89) 2:50.2 2. Sherry Rike (87,96) 3:03.1</p> <p>200 m Dash 1. Emily Branzovsky 28.1 4th 2. Kerrie Hughes 29.6 BTY 3. Nicole Chouanard 34.9 PB</p> <p>3200 m Run 1. Tara Miche' 14:41.9 BTY (1:43, 1:50, 1:55, 1:54, 1:52, 1:54, 1:39) 2. Shauna Palmer 14:04.1 6th PB (1:38, 1:40, 1:43, 1:44, 1:49, 1:50, 1:56, 1:44)</p> <p>4 x 400 m Relay 1. Brietta Clementson 69.9 2. Kendra Motyl 73.8 3. Megan Meisner 71.2 4. Kelsey Harper 72.7 4:47.7 4th</p>	<p>High Jump 1. Holly Staples 4' 6" 2. Ellie Larson 4' 6" 4th tie</p> <p>Long Jump 1. Holly Staples 13' 4" 2. Kerri Hughes 14' 7.5" 1st ***ALL-CONFERENCE*** 3. Tara Miche 13' 6.5"</p> <p>Triple Jump 1. Etta Clementson 28' 4.75" 2. Dani Pangerl 28' .25" 3. Katie Froseth 22' 8.25"</p> <p>Pole Vault</p> <p>Shot 1. Karina Nordrum 30' 11.5" 5TH 2. Brittany Nugent 18' 3.25" 3. Kara Husnik 22' 1.25"</p> <p>Discus 1. Karina Nordrum 65' 2.5" 2. Kara Husnik 60' 11" 3. Brittany Nugent 55' 1" PB</p> <p style="text-align: center;"><u>TEAM RESULTS</u></p> <p>1. Hinckley/Finlayson 175 2. Braham 95 3. Rush City 92.3 4. Mille Lacs 81.3 5. Pine City 63.3 6. Aitkin 33 7. Ogilvie 15 8. East Central 3</p>
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GREAT RIVER CONFERENCE MEET @ PINE CITY

Thursday, May 15, 2008

Pine City Boys' Results

overcast and warm then windy and cool

4 x 800 m Relay	1. John Fitzgerald (70,69) 2:18.5 PB High Jump 2. Kellen Montague (72,79) 2:30.8 3. Mike Chouanard (67,71) 2:17.6 PB 4. Eric Osterdyk (63,69) 2:12.1 PB 9:19.4 2nd	1. Eric Osterdyk 5' 4" 5th 2. Josh Skalicky 5' 10" 1st ***ALL-CONFERENCE*** 3. Derek Braatz 5' 2" 6th tie	
110 m Hurdles	1. Marias Holle 21.7 5th PB	Long Jump 1. Joey Carter 18' 8.75" 2nd 2. Jarad Reiser 17' .5" 6th 3. John Fitzgerald 16' 4"	
100 m Dash	1. Adam Olson 11.8 1st ***ALL-CONFERENCE*** 2. Joey Carter 12.3	Triple Jump 1. Joey Carter 38' 2" 2nd 2. Justin Carlson 35' 7" 5th 3. Devin Braatz 31' 6.5" PB	
4 x 200 m Relay	1. Derek Braatz 23.9 2. Justin Carlson 24.3 3. Haakon Hansen 23.3 4. Adam Olson <u>24.3</u> ***NEW SCHOOL RECORD*** 1:35.8 1st PB ***ALL- CONFERENCE***	Pole Vault 1. Josh Skalicky 8' 6: 5th	
1600 m Run	1. David Hambly 4:54.1 2nd PB (1:11, 1:14, 1:16, 1:14) 2. Nick Bremer 5:44.1 PB (1:16, 1:28, 1:32, 1:28) 3. Kyle Bodin 6:56.6 (1:29, 1:45, 1:54, 1:49)	Shot 1. Danny Hambly 40' 1.25" 2nd 2. Cody Fennern 3. Mark Odegard 31' 1.25" PB	
4 x 100 m Relay	1. Derek Braatz 11.6 2. Adam Olson 12.4 3. Danny Hambly 11.6 4. Haakon Hansen <u>11.2</u> ***ALL-CONFERENCE*** 46.6 1st PB	Discus 1. Danny Hambly 130' 7" 1st ***ALL-CONFERENCE*** 2. Haakon Hansen 112' 0" 3rd 3. Mark Odegard 94' 8"	
400 m Dash	1. Justin Carlson 54.2 2nd PB 2. Josh Skalicky 56.3 6th 3. Jarad Reiser 56.7 PB	<u>TEAM RESULTS</u>	
300 m Hurdles	1. Haakon Hansen 43.9 2nd PB 2. Greg Shelton 59.0 PB 3. Marias Holle 52.80	1. Rush City 186.5 2. Pine City 147.5 3. Braham 122.5 4. Hinckley/Finlayson 34 5. Ogilvie 27 6. East Central 26 7. Aitkin 13.5	
800 m Run	1. Eric Osterdyk (71, 67) 2:17.3 4th 2. Mike Chouanard (72, 71) 2:23.3 6th		
200 m Dash	1. Derek Braatz 24.4 2nd 2. John Fitzgerald 26.3		
3200 m Run	1. Kellen Montague 12:19.8 4th (1:22, 1:32, 1:33, 1:37, 1:35, 1:36, 1:31) 2. Nick Bremer 12:39.7 (1:21, 1:31, 1:35, 1:37, 1:42, 1:40, 1:34) 3. Jordan Sparling 14:20.4 PB (1:33, 1:42, 1:47, 1:47, 1:52, 1:54, 1:49)		
4 x 400 m Relay	1. Josh Skalicky 57.4 2. Joey Carter 56.2 3. Jarad Reiser 59.4 4. Danny Hambly <u>56.9</u> 3:49.7 2nd		

GRC Relays @ Hinckley
Friday, May 16, 2008
Pine City Girl's Results
cool, sunny, sprinkles

3200 m Relay			Thrower's Relay		
			100	1. Dani Pangerl	14.3
Hurdle Relay	1. Brietta Clementson	18.4	100	2. Kara Husnik	15.7
	2. Jenni Hussong	20.2	100	3. Cody Fennern	13.3
			100	4. Danny Hambly	<u>17.9</u>
					59.9 4th
4 x 200 m Relay	1. Holly Staples	28.8	Long Jump	1. Holly Staples	15' 4.75"
	2. Etta Clementson	28.0		2. Ellie Larson	<u>15' .25"</u>
	3. Kerrie Hughes				41' 5" 1st
	4. Emily Branzovsky				
		DQ			
Distance Medley			Triple Jump	1. Etta Clementson	27' 3"
800				2. Dani Pangerl	<u>29' 6"</u> BTY
400					80' 9" 4th
1200					
1600			High Jump	1. Holly Staples	4' 6"
				2. Ellie Larson	<u>4' 4"</u>
					12' 8" 4th
4 Mile Relay	1. Shauna Palmer	6:38.1 PB	Shot Put	1. Karina Nordrum	31' 8" PB
	(1:30, 45, 1:46, 1:37)			2. Kara Husnik	24' 4"
800 Sprint Medley				3. Christine Kraft	20' 10" PB
100	1. Holly Staples	14.1		4. Dani Pangerl	<u>22' 11"</u>
100	2. Jenni Hussong	14.6			78' 11" 3rd
200	3. Ellie Larson	28.3			
400	4. Kelsey Harper	<u>70.6</u>	Discus	1. Karina Nordrum	101' 4"
		2:07.6 3rd		2. Kara Husnik	63' 6" PB
				3. Christine Kraft	<u>48' 0"</u>
1600 Sprint Medley					224' 10" 4th
200			Pole Vault		
200					
400					
800					
					TEAM RESULTS:
4 x 100 m Relay	1. Dani Pangerl	14.9		1. Hinckley/Finlay	74
	2. Kelsey Harper	14.9		2. Mille Lacs	55
	3. Brietta Clemtnson	13.5		3. Ruch City	47
	4. Emily Branzovsky	<u>13.8</u>		4. Pine City	17
		56.8 3rd		5. Ogilvie	11
4 x 400 m Relay	1. Shauna Palmer	72.6			
	2. Kendra Motyl	71.8			
	3. Kelsey Harper	72.4			
	4. Ellie Larson	<u>69.0</u>			
		4:45.8 4th			

GRC Relays @ Hinckley
Friday, May 16, 2008
Pine City Boys results
cool, sunny, sprinkles

3200 m Relay	1. Nick Bremer	(80,81) 2:41.1	PB	Thrower's Relay		
	2. Jarad Reiser	(77,83) 2:39.5		100	1. Dani Pangerl	14.3
	3. Joey Dilts	(78,77) 2:35.3		100	2. Kara Husnik	15.7
	4. Mike Chouanard	<u>(70,77) 2:27.6</u>		100	3. Cody Fennern	13.3
		10:16.7	2nd	100	4. Danny Hambly	<u>17.9</u>
						59.9
Hurdle Relay	1. Marias Holle	22.2				
				Long Jump	1. Joey Carter	17' 5"
4 x 200 m Relay	1. Derek Braatz	26.0			2. Jarad Reiser	15' 10"
	2. Justin Carlson	24.0			3. John Fitzgerald	
	3. Haakon Hansen	24.1			4. Ruslan Yussapov	<u>13' 6.25"</u>
	4. Adam Olson	<u>24.7</u>				42' 2.75" 1st
		1:38.5	1st			
Distance Medley				Triple Jump	1. Joey Carter	38' 10" PB
800	1. Eric Osterdyk	2:18.4			2. Justin Carlson	35' 6"
400	2. John Fitzgerald	1:00.6			3. Devin Braatz	<u>31' 4"</u>
1200	3. Mike Chouanard	3:59.7				105' 8" 2nd
1600	4. Nick Bremer	<u>5:44.8</u>	PB			
		13:04.5	2nd	High Jump	1. Eric Osterdyk	5' 8"
					2. Josh Skalicky	5' 10"
4 Mile Relay	1. Joey Dilts	6:04.1			3. Adam Olson	<u>5' 8"</u>
	2. Devin Braatz	5:55.5	PB			17' 2" 1st
	3. Jordan Sparling	<u>6:37.6</u>				
		25:07.2	2nd			
				Shot Put	1. Danny Hambly	38' 11"
800 Sprint Medley					2. Cody Fennern	35' 2" PB
100	1. John Fitzgerald	11.7			3. Tom Mans	30' 4" PB
100	2. Alex Steele	14.0			4. Alex Steele	<u>27' 4"</u>
200	3. Misha Yuta	28.9				104' 5" 2nd
400	4. Mike Chouanard	<u>62.8</u>				
		1:57.5	3rd	Discus	1. Danny Hambly	123' 1"
					2. Haakon Hansen	115' 4"
1600 Sprint Medley					3. Cody Fennern	119' 5" PB
200	1. Marias Holle	0:25.1			4. Alex Steele	<u>72' 1"</u>
200	2. Jarad Reiser	0:28.2				357' 10" 1st
400	3. Joey Dilts	1:04.4				
800	4. Ruslan Yussapov	<u>2:40.4</u>		Pole Vault	1. Josh Skalicky	
		4:37.9	2nd			
4 x 100 m Relay	1. John Fitzgerald	12.2				
	2. Adam Olson	12.1				
	3. Danny Hambly	10.7		TEAM RESULTS:		
	4. Haakon Hansen	<u>12.9</u>		1. Rush City	62	
		47.6	2nd	2. Pine City	47	
				3. Hinckley/Finlay	17	
				3. Ogilvie	17	
4 x 400 m Relay	1. Josh Skalicky	56.5				
	2. Joey Carter	56.7				
	3. Eric Osterdyk	57.0				
	4. Justin Carlson	<u>58.9</u>				
		3:48.9	1st			

SUB-SECTION MEET @ MILACA

Tuesday, May 20, 2008

Pine City Girls' Results

cool, breezy, sunny

4 x 800 m Relay	1. Shauna Palmer (83,94) 2:57.4 2. Sherry Rike (88,89) 2:56.1 3. Kendra Motyl (86,89) 2:55.6 4. Megan Meisner (81,85) 2:46.1 11:13.2 11:36.7 5th	High Jump	1. Holly Staples 4' 6" 5th 2. Ellie Larson 4' 6" 4th ***ADVANCES TO SECTIONS***
100 m Hurdles	1. Brietta Clementson 17.76 2nd ***ADVANCES TO SECTIONS*** 2. Jenni Hussong 20.78	Long Jump	1. Holly Staples 15' 5" 1st ***ADVANCES TO SECTIONS*** 2. Ellie Larson 15' 3" 2nd ***ADVANCES TO SECTIONS*** 3. Kerri Hughes 14' 3" 5th
100 m Dash	1. Holly Staples 13.39 1st ***ADVANCES TO SECTIONS*** 2. Dani Pangerl 15.36 3. Nicole Chouanard 16.79	Triple Jump	1. Etta Clementson 30' 5.5" 1st PB ***ADVANCES TO SECTIONS*** 2. Dani Pangerl 29' 5.5" 7th
4 x 200 m Relay	1. Holly Staples 27.8 2. Brietta Clementson 27.6 3. Kerrie Hughes 29.0 4. Emily Branzovsky 27.9 1:52.59 1st ***ADVANCES TO SECTIONS***	Pole Vault	
1600 m Run		Shot	1. Karina Nordrum 31' 9.25" 4th PB ***ADVANCES TO SECTIONS*** 2. Kara Husnik 23' 3.25"
4 x 100 m Relay	1. Dani Pangerl 14.5 2. Jenni Hussong 14.9 3. Ellie Larson 13.2 4. Emily Branzovsky 14.4 57.25 6th	Discus	1. Karina Nordrum 97' 7" 2nd ***ADVANCES TO SECTIONS*** 2. Kara Husnik 64' 4" PB 3. Brittany Nugent 46' 8"
<u>TEAM RESULTS</u>			
400 m Dash	1. Kendra Motyl 71.84 2. Kelsey Harper 69.31 6th		1. Mora 133.75 2. Isle/Onamia 12.5 3. Milaca 101 4. Pine City 96 5. Rush City 78.75 6. Braham 65 7. Ogilvie 13
300 m Hurdles	1. Jenni Hussong 63.06		
800 m Run	1. Megan Meisner (80,82) 2:41.90 PB 2. Sherry Rike (88,94) 3:02.45		
200 m Dash	1. Emily Branzovsky 28.8 1st ***ADVANCES TO SECTIONS*** 2. Kelsey Harper 31.66 3. Nicole Chouanard 36.96		
3200 m Run	1. Shauna Palmer 13:55.77 PB (1:31, 1:42, 1:46, 1:47, 1:51, 1:50, 1:49, 1:38)		
4 x 400 m Relay	1. Brietta Clementson 69.4 2. Kendra Motyl 69.7 3. Megan Meisner 65.6 4. Ellie Larson 68.7 4:33.5 4th BTY		

SUB-SECTION MEET @ MILACA

Tuesday, May 20, 2008

Pine City Boys' Results

cool, breezy, sunny

<p>4 x 800 m Relay 1. John Fitzgerald (69,72) 2:21.7 2. Kellen Montague (73,79) 2:31.7 3. Mike Chouanard (74,75) 2:28.8 4. Eric Osterdyk <u>(74,80) 2:33.9</u> 9:55.90 4th</p>	<p>High Jump 1. Eric Osterdyk 5' 10" 1st ***ADVANCES TO SECTIONS*** 2. Josh Skalicky NH</p>
<p>110 m Hurdles 1. Marias Holle 22.13</p>	<p>Long Jump 1. Joey Carter 18' 8.5" 1st ***ADVANCES TO SECTIONS*** 2. Jarad Reiser 15' 8.5" 3. John Fitzgerald 15' 11"</p>
<p>100 m Dash 1. Adam Olson 12.20 3rd ***ADVANCES TO SECTIONS*** 2. Isaac Johnson 13.26</p>	<p>Triple Jump 1. Joey Carter 39' 4" 2nd PB ***ADVANCES TO SECTIONS*** 2. Justin Carlson 35' 8.5" 7th 3. Devin Braatz 31' 5"</p>
<p>4 x 200 m Relay 1. Derek Braatz 24.3 2. Justin Carlson 23.1 3. Haakon Hansen 23.3 4. Adam Olson <u>24.5</u> 1:35.54 1st PB ***ADVANCES TO SECTIONS*** ***NEW SCHOOL RECORD***</p>	<p>Pole Vault</p>
<p>1600 m Run 1. David Hambly DNF 2. Nick Bremer 5:24.14 PB (1:11, 1:19, 1:27, 1:27)</p>	<p>Shot 1. Danny Hambly 39' 5.25" 4th ***ADVANCES TO SECTIONS*** 2. Cody Fennern 36' 7.25" 5th PB 3. Mark Odegard 30' 4.25"</p>
<p>4 x 100 m Relay 1. Derek Braatz 11.7 2. Adam Olson 11.8 3. Danny Hambly 11.4 4. Haakon Hansen <u>11.3</u> 46.36 1st ***ADVANCES TO SECTIONS***</p>	<p>Discus 1. Danny Hambly 130' 8" 2nd ***ADVANCES TO SECTIONS*** 2. Haakon Hansen 117' 10" 4th ***ADVANCES TO SECTIONS*** 3. Cody Fennern 91' 3"</p>
<p>400 m Dash 1. Justin Carlson 53.56 3rd PB ***ADVANCES TO SECTIONS*** 2. Jarad Reiser 56.25 PB 3. Ruslan Yussapov 64.26</p>	<p style="text-align: center;"><u>TEAM RESULTS</u></p>
<p>300 m Hurdles 1. Haakon Hansen 44.23 2nd ***ADVANCES TO SECTIONS*** 2. Greg Shelton 57.41 3. Marias Holle 51.97</p>	<p>1. Mora 145 2. Milaca 118 3. Pine Cit 102 4. Rush City 95 5. Braham 85 6. Ogilvie 9</p>
<p>800 m Run 1. Eric Osterdyk (69,66) 2:15.83 4th ***ADVANCES TO SECTIONS*** 2. Mike Chouanard (70,73) 2:23.34 7th</p>	
<p>200 m Dash 1. Derek Braatz 25.03 4th ***ADVANCES TO SECTIONS*** 2. John Fitzgerald 26.44 3. Misha Yuta 30.31</p>	
<p>3200 m Run 1. Kellen Montague 11:50.60 PB (1:20, 1:27, 1:29, 1:32, 1:31, 1:33, 1:32, 1:26) 2. Nick Bremer 11:50.07 PB (1:17, 1:23, 1:28, 1:30, 1:31, 1:37, 1:35, 1:28) 3. Jordan Sparling 13:48.12 PB (1:32, 1:40, 1:41, 1:42, 1:47, 1:50, 1:49, 1:45)</p>	
<p>4 x 400 m Relay 1. Danny Hambly 55.9 PB 2. Joey Carter 54.5 PB 3. Eric Osterdyk 56.0 PB 4. Justin Carlson <u>55.5</u> PB 3:42.3 4th BTY</p>	

***WHAT LIES BEHIND US
AND
WHAT LIES BEFORE US,
ARE TINY MATTERS
COMPARED TO
WHAT LIES WITHIN US.***

Ralph Waldo Emerson

SECTION TRACK MEET @ ST. JOHN'S
Wednesday, May 28, 2008 - 10:30
warm, sunny

TRACK EVENTS

100 M HURDLES	Brietta Clementson	18.90	
100 M DASH	Holly Staples	13.32	5th PB
100 M DASH	Adam Olson	12.01	7th
4 X 200 M RELAY	1. Holly Staples	27.3	
	2. Brietta Clementson	27.6	
	3. Kerrie Hughes	28.5	
	4. Emily Branzovsky	<u>29.0</u>	
		1:52.28	5th PB
4 X 200 M RELAY	1. Derek Braatz	25.4	
	2. Justin Carlson	22.9	
	3. Haakon Hansen	22.4	
	4. Adam Olson	<u>23.9</u>	
		1:34.76	4th PB
	NEW SCHOOL RECORD		
4 X 100 M RELAY	1. Derek Braatz	12.3	
	2. Adam Olson	11.5	
	3. Danny Hambly	11.4	
	4. Haakon Hansen	<u>10.7</u>	
		46.16	4th PB
400 M DASH	Justin Carlson	53.87	10th
300 M HURDLES	Haakon Hansen	43.75	PB
800 M RUN	Eric Osterdyk	(65,66)	2:11.04 PB
200 M DASH	Emily Branzovsky	28.34	
200 M DASH	Derek Braatz	24.97	

FIELD EVENTS:

DISCUS	Karina Nordrum	95' 2"
LONG JUMP	1. Holly Staples	15' 10.5" 6th PB
	2. Ellie Larson	13' 9.5"
TRIPLE JUMP	Joey Carter	40' 6" 5th PB
	NEW SCHOOL RECORD	
HIGH JUMP	Ellie Larson	NH
SHOT PUT	Karina Nordrum	37' 5.25"
DISCUS	1. Dan Hambly	125' 4" 8TH
	2. Haakon Hansen	112' 8"
LONG JUMP	Joey Carter	19' 6.5" 8TH PB
TRIPLE JUMP	Brietta Clementson	30' 1.5"
HIGH JUMP	Eric Osterdyk	5' 9" 7th tie
SHOT PUT	Dan Hambly	37' 5.25"

Girls Team Results

1. Annandale - 73
2. Albany - 58
3. EVWK - 56
4. Paynesville - 55
5. Holdingford - 46
6. Meadow Creek - 45
7. St. Cloud Cathedral - 39
8. Mora, Pierz, Zimmerman - 30
11. New Lndn-Spcr, Atwtr-Csms-GC - 29
13. Maple Lake - 28
14. Mille Lacs - 24
15. Litchfield - 20
16. St. John's Prep, Melrose, Milaca - 18
19. Foley - 17
20. Belgrade-Brooten Elrosa - 13
21. Pine City - 11
22. Braham - 8
23. Rush City - 6

Boys Team Results

1. Foley - 91
2. Albany - 67
3. New Ldn-Scr - 56
4. Annandale - 50
5. Mora - 43
6. Hwd Lk-Wvly-Wnstd - 39
7. Paynesville, Milaca, Holdingford - 35
10. Meadow Creek - 28.5
11. Braham, St. Cloud Cath - 26.5
13. Maple Lake - 25
14. Edn Valley-Wat-Kim, Pierz - 22
16. Royalton - 20
17. Pine City - 19.5
18. Atwtr-Csms-GC - 17
19. Zimmerman - 12
20. Litchfield, Melrose - 11
22. Rush City - 8
23. Blgrd-Brtn-Elrs - 1

GIRLS' "BESTS" - 2008

116	Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
118	Jasmine Dyksman - 8	08		15.6					
120	Justyne Feigum - 8	07							
121		08							
123	Holly Guerin - 8	07		14.8	31.3	71.5			
124		08		14.6	31.3	71.5			
126	Jordin Shaw - 8	07		14.3	31.1				
127		08		13.7	28.5	74.7			
129	Jorie Williamson - 8	07							
130		08		16.0					
132	Lena Barthel	08		19.1					
134	Katie Booth	08		15.7	32.9	78.1			
136	Ashley Gardner	08		14.8					
138	Lauren Granger	08			32.9				
140	Carissa Jahnz	08		15.6		79.0			
142	Laura Nordrum	08		16.5					
144	Morgan Richardson	08		16.9	37.1				
146	Tatum Ritter	08		15.3	34.4				
148	Katie Saari	08		15.3					
150	Serena Steele	08		15.0	35.0				
152	Georgi Steiner	08		16.7	35.3				
154	Brittney Valvoda	08		15.2	31.1				
156	4 x 100 m Relay -8	98	59.2						
157		99	59.9						
158		00	57.9						
159		02	57.7						
160		03	56.9						
161		04	59.1						
162		06	65.58						
163		08	57.8	Ashley,Holly, Megan, Jordin					
165	4 x 200 m Relay -8	98	2:11						
166		99	2:22						
167		00	2:04.5						
169	4 x 100 m relay -7	98	60.2						
170		99	59.6						
171		01	58.4						
172		02	60.8						
173		03	61.8						
174		06	58.58	Larson, Staples, Harper, Ostler					
175		08	60.8	Jahnz, Granger, Rike, Valvoda					
177	4 x 200 m relay - 7	98	2:16.0						
178		99	2:08.6						
179		01	2:08.2						

GIRLS' "BESTS" - 2008

116	50 m hurdles	100 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
118		22.04			9' 4"			26' 2"	
120		24.3			10' 11.5"				
121		23.4		3' 9"	10' 11.5"				
123					12' 9"				
124					14' 1.25"				
126									
127									
129		21.25			9' 5"				
130		20.7		4' 0"	11' 7"				
132					6' 10"		50' .5"	23' 3"	
134								20' 8"	
136		22.1		3' 9"					
138		22.1						25' 2"	
140		20.1					59' 5"	'	
142					9' 11.5"		46' 4"	18' 6"	
144					6' 11.75"				
146		22.6			11' 5"			24' 10"	
148		21.2		4' 4"					
150					10' 4"		46' 1"	24' 3.5"	
152					9' 11"			18' 1"	

*WHATEVER
 YOUR GOALS
 MAY BE,
 WORK AT THEM
 EVERY DAY.*

BOYS' "BESTS" - 2008

173	name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m dash	1600 m dash	3200 m dash
175	BJ Baker	08		14.6		68.4			
177	Michael Bremer	08						6:20	
179	Joe Favorito	08		15.8					
181	Josh Gusk	08		16.7					
183	Zain Hunter	08		14.8	31.0	64.9	2:33		
185	Kurtis Rosera	08							
187	4 x 100 m Relay - 7	98	54.5						
188		00	58.0						
189		01	59.6						
190		03	59.4						
191		04	57.3						
192		05	55.6						
193		06	58.36	Kehn, Clune, Steele, Seals					
194		08	63.0						
196	4 x 200 m Relay - 7	00	2:01.3						
197		01	2:09.6						
198		07	2:00.5						

BOYS' "BESTS" - 2008

173	55 m hurdles	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
175								27' 2"	
177					11' 0"				
179		22.0					49' 9"	11' 1"	
181				4' 4"	11' 3.25"			24' 7.5"	
183					13' 7.25"		36' 0"		
185					10' 2.5"				

Competition

is the greatest thing in our lives.

*The tougher the opponent,
the more you should love him.*

*The better he is,
the more he will bring out in you.*

There is only one way to go -

You've gotta reach.

John Wooden

GIRLS' RELAY HISTORY - 2008

	RRC INDOOR	OGILVIE	MILACA	PINE CITY	OGILVIE	GRC	GRC RELAYS	SUB-SECTION	SECTION
4 X 100 M RELAY	J. Hussong	D. Pangerl	D. Pangerl	D. Pangerl		D. Pangerl	D. Pangerl	D. Pangerl	
(0:52.79)	E. Larson	K. Husnik	J. Hussong	J. Hussong		K. Hughes	K. Harper	J. Hussong	
	B. Clementson	B. Nugent	B. Clementson	K. Froseth		K. Froseth	B. Clementson	E. Larson	
	K. Hughes	J. Hussong	E. Larson	J. Shaw		E. Larson	E. Branzovsky	E. Branzovsky	
	58.9	59.6	57.6	57.7		55.6	56.8	57.25	
4 x 200 M RELAY	B. Clementson	B. Clementson	E. Branzovsky	H. Staples	D. Pangerl	H. Staples	H. Staples	H. Staples	H. Staples
(1:50.8)	K. Hughes	K. Hughes	B. Clementson	B. Clementson	B. Clementson	B. Clementson	B. Clementson	B. Clementson	B. Clementson
	J. Hussong	H. Staples	K. Hughes	E. Larson	J. Hussong	E. Larson	K. Hughes	K. Hughes	K. Hughes
	K. Motyl	E. Branzovsky	K. Motyl	E. Branzovsky	K. Motyl	E. Branzovsky	E. Branzovsky	E. Branzovsky	E. Branzovsky
	2:08.8	1:55.2	1:59.7	1:53.2	2:04.1	1:51.9	DQ	1:52.59	1:52.28
4 x 400 M RELAY	S. Palmer	B. Clementson	B. Clementson	B. Clementson		B. Clementson	S. Palmer	B. Clementson	
(4:16.81)	K. Hughes	A. Harrington	K. Motyl	S. Rike		K. Motyl	K. Motyl	K. Motyl	
	T. Miche'	K. Hughes	K. Hughes	M. Meisner		M. Meisner	K. Harper	M. Meisner	
	K. Motyl	K. Motyl	T. Miche'	E. Larson		K. Harper	E. Larson	E. Larson	
	5:11.2	5:01.5	4:48.1	4:38.3		4:47.7	4:45.8	4:33.39	
4 x 800 M RELAY				S. Palmer	B. Clementson	S. Palmer			
(10:27.01)				S. Rike	K. Harper	S. Rike			
				K. Motyl	S. Palmer	K. Motyl			
				M. Meisner	T. Miche'	M. Meisner			
				11:13.2	11:40.5	11:28.1			
SPRINT MEDLEY							H. Staples		
100, 100, 200, 400							J. Hussong		
							E. Larson		
							K. Harper		
							2:07.6		

BOYS' RELAY HISTORY - 2008

	GRC INDOOR	OGILVIE	MILACA	PINE CITY	OGILVIE	GRC	GRC RELAYS	SUB-SECTION	SECTION
4 X 100 M RELAY	A. Olson	I. Johnson	Dk Braatz	Dk. Braatz	Dk. Braatz	Dk. Braatz	J. Fitzgerald	Dk. Braatz	Dk. Braatz
(0:45.3)	I. Johnson	A. Olson	J. Fitzgerald	A. Olson	A. Olson	A. Olson	A. Olson	A. Olson	A. Olson
	Dk. Braatz	Dn Hambly	Dn Hambly	Dn Hambly	J. Fitzgerald	Dn Hambly	Dn Hambly	Dn Hambly	Dn Hambly
	Dn Hambly	Dk Braatz	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen
	49.2	46.9	DNF	47.2	47.0	46.6	47.6	46.36	46.16
4 x 200 M RELAY	Dk. Braatz	Dk Braatz	Dk Braatz	Dk Braatz	Dk Braatz	Dk Braatz	Dk Braatz	Dk Braatz	Dk Braatz
(1:34.76)	J. Carter	J. Carter	J. Carlson	J. Carlson	J. Carlson	J. Carlson	J. Carlson	J. Carlson	J. Carlson
	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen
	J. Skalicky	J. Skalicky	J. Fitzgerald	A. Olson	A. Olson	A. Olson	A. Olson	A. Olson	A. Olson
	1:43.3	1:38.4	1:38.7	1:36.3	1:36.3	1:35.8	1:38.5	1:35.54	1:34.76
4 x 400 M RELAY	M. Odegard	Dv Hambly	Dv. Hambly	J. Skalicky	J. Skalicky	J. Skalicky	J. Skalicky	Dn Hambly	
(3:28.39)	J. Carter	M. Odegard	J. Reiser	J. Fitzgerald	J. Carter	J. Carter	J. Carter	J. Carter	
	J. Fitzgerald	E. Osterdyk	E. Osterdyk	E. Osterdyk	J. Fitzgerald	J. Reiser	E. Osterdyk	E. Osterdyk	
	A. Steele	J. Skalicky	J. Carlson	J. Carlson	J. Carlson	Dn Hambly	J. Carlson	J. Carlson	
	4:17.6	3:56.7	3:52.9	3:51.4	3:46.9	3:49.7	3:48.9	3:42.3	
4 x 800 M RELAY		N. Bremer	N. Bremer	J. Fitzgerald	J. Fitzgerald	J. Fitzgerald	N. Bremer	J. Fitzgerald	
(8:27.89)		J. Fitzgerald	Dv Braatz	J. Dilts	M. Chouanard	K. Montague	J. Reiser	K. Montae	
		J. Reiser	M. Chouanard	M. Chouanard	E. Osterdyk	M. Chouanard	J. Dilts	M. Chouanard	
		K. Montague	J. Dilts	K. Montague	Dv Hambly	E. Osterdyk	M. Chouanard	E. Osterdyk	
		10:20.5	10:17.1	9:50.6	9:14.4	9:19.4	10:16.7	9:55.90	
SPRINT MEDLEY							J. Fitzgerald		
100, 100, 200, 400							A. Steele		
							M. Yuta		
							M. Chouanard		
							1:57.5		
SPRINT MEDLEY							M. Holle		
200, 200, 400, 800							J. Reiser		
							J. Dilts		
							R. Yussapov		
							4:37.9		
DISTANCE MEDLEY							E. Osterdyk		
							J. Fitzgerald		
							M. Chouanard		
							N. Bremer		
							13:04.5		

GIRLS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Katie Meyer 13.0 98	Holly Staples 13.32 08	Tera Kazek 13.3 98	T. Kazek 13.39 96	B. Osterdyk 13.4 06	K. Meyer 13.4 00	Suzie Misel 13.51 92	Julianna Wirth 13.52 04	B. Osterdyk 13.5 03	T. Kazek 13.5 97
200 M DASH	E. Branzovsky 27.86 06	B. Osterdyk 27.9 02	Kayla Johnson 28.01 00	B. Osterdyk 28.05 04	E. Branzovsky 28.0 08	Tera Kazek 28.1 98	Melissa Odegard 28.22 94	B. Osterdyk 28.2 03	B. Grinde 28.2 01	B. Osterdyk 28.3 05
400 M DASH	M. Odegard 61.4 94	E. Branzovsky 61.8 05	M. Odegard 62.0 95	E. Branzovsky 63.09 06	A. Dufresne 63.54 00	Rita Auers 64.5 96	S. Johnson 64.6 00	Jenna Fore 65.2 05	Tessa Korf 65.6 01	R.Schimming 65.8 92
800 M RUN	Kim Connaker 2:28.35 01	MeleiaJohnson 2:28.2 02	MeleiaJohnson 2:30.7 04	A.Wiedemann 2:31.85 97	A. Wiedemann 2:32.01 96	M. Johnson 2:32.39 03	A. Wiedemann 2:32.8 95	K. Connaker 2:36.09 99	Miki Anderson 2:37.62 02	K. Connaker 2:38.91 00
1600 M RUN	Jenna Fore 5:37.70 03	Leah Schwartz 5:49.7 91	Jenna Fore 5:52.6 04	Heidi Larsen 5:57.4 99	R. Craighead 5:58.43 01	BeckyHaavisto 6:00.0 94	Jenna Fore 6:01.64 01	M. Johnson 6:02.7 02	AmyJohnson 6:03.0 94	Jacki Gregoire 6:05.4 04
3200 M RUN	Amy Johnson 12:34.04 96	J. Gregoire 12:53.98 01	J. Gregoire 13:10.12 02	Jamie Johnson 13:11.3 98	A. Munkberg 13:20.12 93	J. Gregoire 13:24.32 03	J. Gregoire 13:29.8 04	J. Gregoire 13:43.9 05	Nikki Plasek 13:53.8 01	Etta Clementson 13:54.5 -04
100 M HURDLES	C. Hersbergen 16.54 94	Cassie Filler 17.1 03	Cassie Filler 17.44 04	B. Clementson 17.4 08	J. Kosisek 17.4 02	C. Hersbergen 17.83 93	Lena Filler 17.9 00	J. Kozisek 18.0 01	J. Kozisek 18.0 00	L. Haugrud 18.36 02
300 M HURDLES	C. Filler 49.23 03	C. Filler 49.83 04	C. Mosher 51.64 01	L. Filler 51.70 00	C. Filler 52.3 02	Lena Filler 52.4 98	L. Filler 52.9 99	C. Mosher 53.0 00	J. Kozisek 53.11 02	Lena Filler 53.9 96
HIGH JUMP	Kari Splett 5' 2" 04	Kari Splett 5' 1" 03	L. Drexler 5' 1" 05	Kari Splett 5' .5" 02	Holly Staples 5' 0" 07	B. Osterdyk 5' 0" 06	B. Osterdyk 5' 0" 05	Heidi Larsen 5' 0" 99	H. Larsen 5' 0" 02	B. Osterdyk 4' 10" 04
LONG JUMP	Erica Delak 16' 7" 91	B. Osterdyk 16'3.5" -06	E. Delak 16' 1.75" 93	H. Staples 15' 10.5" 08	B. Osterdyk 15' 9.5" 05	B. Osterdyk 15' 9" 04	L. Drexler 15' 8.25" - 05	E. Delak 15' 7.75" 92	B. Osterdyk 15' 6.75" 03	C. Hersbergen 15' 5.5" 93
TRIPLE JUMP	Lisa Drexler 32' 8" 05	Cassie Filler 32' 7.25" 04	E. Delak 32' 3" 93	K. Meyer 32' .5" 00	J. Ammann 31' 9.5" 00	C. Hersbergen 31' 9" 94	S. Wiechman 31' 7" 93	L. Haugrud 31' 6" 02	C. Filler 31' 5.25" 03	C. Hersbergen 31' 3" 93
DISCUS	M. Bellinger 110' 4" 06	M. Bellinger 109'10" -05	K. Nordrum 104' .5" 08	M. Bellinger 104' 0" 07	Jenna Fore 101' 1.5" 03	Jenna Fore 101' 1" 05	Jenna Fore 100' 8" 04	K. Nordrum 98' 8" 07	Mary Misel 93' 10" 96	Molly Sloan 91' .5" 98
SHOT PUT	Tera Kazek 35' 10" 98	T. Kazek 35' 4.5" 97	T. Kazek 33' 1" 96	M. Bellinger 32'7.5" 07	K. Nordrum 31'9.25" 08	M. Bellinger 31' 2.5" 05	R.Schimming 30'9.75" 92	M. Anderson 30' 1" 02	M. Thieman 29' 11.5" 01	Joell Werner 29' 11.25" 93
POLE VAULT	M. Bellinger 10'0" 07	M. Bellinger 9' 3" 06	M. Bellinger 9' 0" 05	J. Wirth 9' 0" 04	S. Johnson 9' 0' 00	J. Ammann 8' 6" 99	J.Ammann 8' 6" 00	M. Bellinger 8' 0" 04	J. Wirth 8' 0" 03	S. Johnson 8' 0" 99

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X100 M RELAY	K. Meyer	A. Bernard	C. Koppen	K. Meyer		R. Overson	C. Koppen	A. Bernard	M. Bellinger	A. Nelson
	A. Peil	A. Nelson	S. Weichman	A. Mettling		J. Wirth	S. Weichman	A. Nelson	A. Nelson	B. Grinde
	M. Sloan	K. Johnson	M Odegard	L. Ballis		K. Johnson	M. Odegard	K. Johnson	B. Grinde	K. Johnson
	T. Kazek	J. Wirth	S. Misel	K. Ovik		A. Mettling	S. Misel	J. Wirth	J. Wirth	J. Wirth
	52.79 98	53.03 03	53.05 93	53.23 99	53.41 91	53.71 01	53.86 94	53.94 02	54.1 04	54.20 03
4 x 200 M RELAY	M. Bellinger	k. Nelson	H. Staples	H. Staples	M. Bellinger	A. Nelson	S. Misel	C. Kopppen	K. Meyer	M. Bellinger
	K. Perell	K. Lindstrom	B. Clementson	B. Clementson	K. Perell	B. Grinde	C. Koppen	S. Weichman	A. Miller	K. Hughes
	E. Branzovsky	L. Lindstrom	E. Larson	K. Hughes	E. Branzovsky	K. Johnson	S. Weichman	M. Odegard	M. Sloan	B. Clementson
	B. Osterdyk	L. Hagen	E. Branzovsky	E. Branzovsky	B. Osterdyk	J. Wirth	R. Schimming	S. Misel	T. Kazek	E. Branzovsky
	1:50.17 -06	1:50.8 83	1:51.9	1:52.28 08	1:53.55 -05	1:53.86 03	1:54.12 92	1:54.31 93	1:54.8 98	1:55.40 - 07
4 x400 M RELAY	M. Johnson	M. Johnson	J. Fore	K. Connaker	M. Johnson	K. Connaker	M. Johnson	K. Odegard	K. Connaker	J. Fore
	J. Fore	J. Fore	E. Branzovsky	M. Anderson	B. Osterdyk	M. Anderson	B. Osterdyk	L. Ballis	A. Dufresne	A. Hepburn
	C. Filler	C. Filler	C. Filler	A. Dufresne	J. Fore	S. Johnson	C. Filler	M. Sloan	M. Anderson	C. Filler
	B. Osterdyk	B. Osterdyk	B. Osterdyk	S. Johnson	C. Filler	A. Dufresne	J. Fore	S. Johnson	S. Johnson	B. Osterdyk
	4:16.81 -03	4:22.2 04	4:22.7 03	4:25.4 00	4:26.00 03	4:26.07 00	4:26.2 03	4:27.1 98	4:27.34 00	4:27.6 04
4 x800 M RELAY	J. Fore	K. Connaker	M. Johnson	K. Connaker	M. Anderson	M. Anderson	K. Connaker	K. Connaker	M. Anderson	J. Fore
	D. Dickey	M. Anderson	M. Anderson	L. Filler	H. Larsen	J. Gregoire	L. Mettling	B. Haavisto	H. Larsen	S. Purdy
	E. Branzovsky	L. Mettling	L. Mettling	M. Anderson	R. Craighead	R. Craighead	M. Anderson	M. Sloan	J. Gregoire	E. Branzovsk
	M. Johnson	L. Filler	K. Connaker	L. Mettling	M. Johnson	M. Johnson	L. Filler	L. Filler	M. Johnson	M. Johnson
	10:27.01 03	10:35.51-99	10:36.61 01	10:38.3 00	10:39.81 02	10:41.5 02	10:45.09 -00	10:46.0 98	10:46.6 02	10:49.1 04
800 MEDLEY	K. Meyer	T. Kazek	M. Bellinger	K. Meyer	H. Staples	A. Bernard	B. Johnson	K. Meyer	B. Jewell	A. Peil
100, 100, 200, 400	R. Overson	A. Miller	K. Splett	A. Miller	J. Hussong	K. Johnson	K. Smetana	A. Miller	A. Bernard	L. Ballis
	K. Ovik	K. Odegard	B. Osterdyk	T. Kazek	E. Larson	J. Wirth	T. Kazek	K. Odegard	A. Nelson	A. Miller
	S. Johnson	S. Johnson	J. Wirth	M. Sloan	K. Harper	T. Korf	R. Auers	M. Sloan	H. Larsen	K. Odegard
	2:02.21 00	2:05.7 98	2:05.8 04	2:07 5 98	2:07.6	2:08.9 02	2:09.6 96	2:11.14 97	2:11.6 01	2:13.6 97
1600 MEDLEY	A. Nelson	K. Perell	A. Nelson	K. Meyer	A. Peil	T. Kazek	C. Milligan	A. Filler	M. Misel	
200, 200, 400, 800	A. Mettling	K. Hughes	L. Haugrud	A. Miller	M. Soderbeck	S. Johnson	J. Kozisek	K. Meyer	A. Wiedemann	
	T. Korf	C. Filler	S. Gregoire	S. Johnson	L. Ballis	M. Sloan	N. Plasek	L. Haugrud	M. Sloan	
	K. Connaker	M. Johnson	M. Anderson	K. Connaker	K. Connaker	A. Wiedeman	K. Splett	J. Kozisek	J. Ammann	
	4:42.8 01	4:51.1 04	4:54.8 02	4:55.1 99	5:00.1 98	5:03.2 97	5:09.7 99	5:18.44 00	5:23.6 96	
DISTANCE MEDLEY	A. Wiedeman	J. Johnson	A. Olson	H. Larsen	L. Mettling	C. Mosher	C. Milligan	R. Craighead		
800, 400, 1200, 1600	B. Fischer	K. Odegard	K. Perell	S. Gregoire	C. Mosher	R. Craighead	N. Carlson	M. Soderbeck		
	B. Haavisto	B. Haavisto	S. Gregoire	N. Plasek	B. Haavisto	Katie Splett	R. Craighead	N. Carlson		
	A. Johnson	N. Carlson	J. Gregoire	R. Craighead	B. Fischer	J. Johnson	N. Plasek	J. Johnson		
	15:06.3 96	15:26.6 98	15:31.5 -04	15:48.9	15:54.0 97	16:01.6 01	16:02.51	16:31.9 99		

BOYS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Chris Olson 11.12 91	Paul Johnson 11.38 99	Jeff Arnold 11.49 96	L. Williams 11.5 01	J. BoorBoor 11.5 02	K. Skadsheim 11.58 04	Adam Olson 11.6 08	Brian Olson 11.6 98	C. Olson 11.63 90	B. Olson 11.68 96
200 M DASH	Paul Johnson 22.80 99	Chris Olson 23.1 91	C. Olson 23.65 90	M. Johnson 23.7 98	John Hansen 23.9 98	John Hansen 23.9 99	L. Williams 23.93 00	L. Williams 24.09 01	David Gross 24.19 02	Derek Braatz 24.2 08
400 M DASH	Mike Johnson 51.73 99	M. Johnson 52.33 98	J. Clementson 52.4 04	DavidHansen 53.1 04	M. Johnson 53.30 97	Jeff Arnold 53.54 96	Justin Carlson 53.56 08	Andy Wirth 53.78 98	Seth Peterson 53.97 03	A. Wirth 53.9 99
800 M RUN	J. Clementson 1:57.49 03	J. Clementson 1:58.13 04	Chris Lutz 2:05.0 03	Tom Miche' 2:05.51 07	DavidHansen 2:06.1 03	JRAnderson 2:07.1 98	D. Hansen 2:07.31 02	DavidHansen 2:08.11 01	D. Hansen 2:08.6 04	R. Hammill 2:09.1 99
1600 M RUN	J. Clementson 4:22.97 04	J. Clementson 4:24.08 03	J. Clementson 4:30.10 02	Jon Bloom 4:30.5 91	Tom Miche' 4:32.55 07	Chris Lutz 4:36.97 03	J.Clementson 4:41.63 -01	T. McNally 4:43.0 07	JR Anderson 4:44.6 98	R. Hammill 4:47.85 00
3200 M RUN	John Bloom 9:52 91	Chris Lutz 9:53.80 03	T. McNally 10:13.20 06	John Bloom 10:18.69 90	J. Clementson 10:19.62 02	J. Clementson 10:20.4 03	T. McNally 10:23.30 07	R. Hammill 10:26.1 00	J.Clementson 10:27.05 00	J.Clementson 10:29.03 -01
110 M HURDLES	J. Kruse 16.01 06	Jordan Kruse 16.44 04	Steve Kunze 16.44 91	N. Anderson 16.6 98	J. Kruse 16.85 05	N. Anderson 17.2 97	N. Anderson 17.4 96	Travis Gerving 17.55 04	S. Kunze 17.69 90	Jordan Kruse 17.7 03
300 M HURDLES	J. Kruse 42.17 06	Jordan Kruse 42.33 04	J. Kruse 42.78 05	H. Hansen 43.75 08	N. Anderson 43.67 98	H. Hansen 44.46 07	Steve Kunze 44.4 91	J. Kruse 44.8 03	S. Kunze 45.24 90	N. Anderson 45.6 97
HIGH JUMP	Travis Schwarz 6' 2" 00	T. Schwarz 6' 0" 99	E. Osterdyk 5' 10" 08	J. Skalicky 5' 10" 08	J. Skalicky 5' 10" 07	J. Kruse 5' 10" 06	J. Kruse 5' 10" 05	J. Kruse 5' 10" 04	Steve Kunze 5' 10" 91	Thiago Muller 5' 10" 02
LONG JUMP	L. Williams 20' 1.75" -01	J. Kruse 19' 11.5" 04	J. Kruse 19' 9" 06	Joey Carter 19' 6.5" 08	L. Williams 19' 6" 00	Chris Olson 19' 5" 91	Stu Auers 19' 3.75" 98	Brian Olson 19' 2.75" 98	Stu Auers 19' 2" 97	Matt Wirth 19' 2" 02
TRIPLE JUMP	Joey Carter 40' 6" 08	Matt Wirth 40' 4" 02	Paul Johnson 39' 9" 99	Jo Clementson 39' 8" 06	J. Oare 39' 4" 01	Ja. Clementson 38' 11" 02	Jo Clementson 38' 9.25" 07	Darrin Freetly 38' 9" 90	J. Clementson 38' 6.75" 03	Matt Wirth 38' 6" 03
DISCUS	M. Rydberg 157' 5.5" 02	Mike Rydberg 149' 2.5" -01	M. Rydberg 147' 10.5" -00	B. Mettling 144' 0" 00	Dan Hambly 133' 3" 08	Scott Isaacson 132' 9" 90	Josh Barnes 127' 0" 03	HaakonHansen 125' 5.5" 08	Dan Hambly 123' 9" 07	B. Thieman 123' 3" 06
SHOT PUT	M. Rydberg 52' 11.25" -02	M. Rydberg 51' 9.5" 01	M. Rydberg 47' 6" 00	Brian Olson 44' 0" 98	Brian Olson 42' 0" 97	Scott Isaacson 42' 0" 90	M. Rydberg 41' 2.75" 99	Dan Hambly 40' 11.5" 08	David Rolf 40' 2" 04	Dan Hambly 39' 8.5" 07
POLE VAULT	Nate Thieman 13' 0" 00	Patrick Stephan 12' 6" 98	N. Thieman 12' 0" 99	P. Stephan 11' 0" 97	Nate Thieman 11' 0" 98	Josh Wiener 10' 6" 97	J. Skalicky 10' 0" 07	Mike Talbot 10' 0" 05	Andy Wirth 10' 0" 00	P. Stephan 10' 0" 99

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X 100 M RELAY	B. Olson	J. Arnold	N. Thieman	J. McSherry	Dk Braatz	S. Auers	J. Arnold	T. Schwarz	M. Johnson	J. Hansen
	S. Auers	Jeff Johnson	L. Williams	J. Johnson	A. Olson	J. Johnson	J. Johnson	J. Oare	Z. Mettling	M. Johnson
	Z. Mettling	B. Olson	Pete Johnson	B. Olson	Dn Hambly	B. Olson	B. Olson	A. Wirth	B. Olson	B. Olson
	M. Johnson	J. Jahnz	T. Schwarz	S. Auers	H. Hansen	J. Jahnz	S. Auers	L. Williams	S. Auers	S. Auers
	45.3 98	45.87 96	46.0 00	46.08 97	46.16 08	46.4 96	46.6 96	46.6 96	46.6 00	46.7 98
4 x 200 M RELAY	D. Braatz	J. Hansen	J. Hansen	J. Hansen	Dk Braatz	PeteJohnson	Dk. Braatz	L. Williams	N. Thieman	T. Schwarz
	J. Carlson	R. Root	A. Wirth	A.Wirth	J. Carter	R. Hammill	A. Olson	R. Hammill	A. Wirth	A. Wirth
	H. Hansen	A. Wirth	PeteJohnson	L. Williams	H. Hansen	J. Oare	H. Hansen	J. Oare	PeteJohnson	PeteJohnson
	A. Olson	M. Johnson	J. Oare	J. Oare	J. Skalicky	L. Williams	J. Skalicky	PeteJohnson	J. Oare	J. Oare
	1:34.76 -08	1:36.6 99	1:36.8 00	1:38.28 00	1:38.4 08	1:38.4 01	1:38.58 -07	1:38.5 01	1:39.0 00	1:39.44 00
4 x 400 M RELAY	J. Hansen	J. Hansen	J. Hansen	S. Peterson	J. Lee	J. Hansen	R. Hammill	N. Johnson	J. Hansen	J. Oare
	A. Wirth	N. Johnson	A. Wirth	D. Hansen	R. Hammill	M. Johnson	J. Lee	A. Wirth	N. Johnson	M. Johnson
	M. Johnson	JR Anderson	T. Schwarz	C. Lutz	L. Williams	P. Johnson	L. Williams	M. Johnson	M. Johnson	A. Wirth
	Paul Johnson	M. Johnson	J. Oare	J. Clementson	J. Oare	A. Wirth	J. Oare	JR Anderson	JR Anderson	JR Anderson
	3:28.39 -99	3:34.55 98	3:36.39 00	3:36.88 03	3:39.61 01	3:39.7 99	3:39.7 00	3:39.8 98	3:40.45 97	3:41.4 98
4 x 800 M RELAY	J. Lee	C. Lutz	J. Lee	Pete Johnson	Pete Johnson	J. Oare	P.Johnson	C. Lutz	D. Hansen	D. Hansen
	Pete Johnson	A. Lee	PeteJohnson	J. Oare	R. Hammill	JR Anderson	R. Hammill	A. Lee	Jordan C.	T. Miche'
	R. Hammill	D. Hansen	J. Oare	A. Wirth	A. Wirth	Pete Johnson	A. Wirth	D. Hansen	C. Fischer	A. Lee
	J. Oare	J. Clementson	R. Hammill	JR Anderson	JR Anderson	A. Wirth	J. Oare	Jared C.	T. Miche'	Jared C.
	8:27.89 -01	8:34.13 03	8:41.97 00	8:44.9 98	8:48.7 98	8:56.65 98	8:58.6 98	9:01.2 02	9:01.63 04	9:02.4 04
800 M Medley 100, 100, 200, 400	J. Hansen	B. Olson	B. Olson	M. Rydberg	N. Thieman	J. Johnson	J. Kruse	J. Fitzgerald	J. Peterson	
	A. Wirth	S. Auers	P.D. Johnson	J. Jahnz	M. Wirth	J. Jahnz	M. Odendahl	A. Steele	D. Gregoire	
	M. Johnson	Z. Mettling	J. McSherry	D. Gregoire	J. Hansen	J. McSherry	N. Purdy	M. Yuta	K. Skadsheim	
	Paul Johnson	M. Johnson	JR Anderson	J. BoorBoor	A. Wirth	B. Runyan	D. Gerold	M. Chouanard	D. Johnson	
	1:43.7 99	1:45.0 98	1:45.8 97	1:46.2 02	1:48.43 00	1:54.5 96	1:56.8	1:57.5 08	2:03.5 01	
1600 M Medley 200, 200, 400, 800		M. Johnson		J. McSherry	PeteJohnson	B. Olson	J. McSherry	A. Bodle	D. Gregoire	J. Schoen
		J. Hansen		P.D. Johnson	L. Williams	S. Auers	S. Auers	BJ Patzoldt	T. Muller	A. Bodle
		A. Wirth		M. Johnson	S. Peterson	J. Arnold	J. Arnold	J. Arnold	M.Defenbaugh	J. Kucera
		JR Anderson		JR Anderson	J. Lee	JR Anderson	JR Anderson	R. Bell	G. Bunce	R. Bell
	3:45.28 90	3:57.4 98	3:57.6 91	3:57.85 97	4:01.4 01	4:01.6 96	4:04.9 96	4:05 93	4:05.8 02	4:06 94
Distance Medley 400, 800,1200,1600	PeteJohnson	L. Williams	C. Teeman	J. Lee	S. Peterson	E. Osterdyk	D. Sanders	M. Talbot	T. Muller	
	M. Stahlke	S. France	S. Peterson	B. Mettling	J. Arnold	J. Fitzgerald	N. Thieman	J. Lind	M Defenbaugh	
	J. Lee	J. Lee	C. Lutz	S. France	B. Runyan	M. Chouanard	B. Mettling	J. Hussong	G. Bunce	
	R. Hammill	R. Hammill	J. Clementson	D. Pangerl	JR Anderson	N. Bremer	D. Pangerl	Jordan C.	A. Lee	
	11:57.39 00	11:58.3 99	12:19.7 01	12:42.2 98	13:02.7 96	13:04.5 08	13:26.6 97	13:40.2 04	13:50.1 02	

PINE CITY GIRLS' TRACK AND FIELD RECORDS

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

PINE CITY BOYS' TRACK AND FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	11.1	Chris Olson	1991
200 m Dash	22.80 22.6 (HH)	Paul C. Johnson Chris Harrison	1999 1979
400 m Dash	51.7	Mike Johnson	1999
800 m Run	1:56.7	Tom Nelson	1980
1600 m Run	4:22.97	Jared Clementson	2004
3200 m Run	9:52.0	Jon Bloom	1991
110 m Hurdles	16.01 15.8 (HH)	Jordan Kruse Tom Nelson	2006 1980
300 m Hurdles	42.17	Jordan Kruse	2006
4 x 100 m Relay	45.3	Brian Olson, Stu Auers, Zach Mettling, Mike Johnson	1998
4 x 200 m Relay	1:34.76	Derek Braatz, Justin Carlson, Haakon Hansen, Adam Olson	2008
4 x 400 m Relay	3:28.39	John Hansen, Andy Wirth Mike Johnson, Paul Johnson	1999
4 x 800 m Relay	8:27.89	Jeremy Lee, Peter Johnson, Ryan Hammill, Jason Oare	2001
High Jump	6' 8.25"	Tom Nelson	1980
Long Jump	21' 8"	Jerry Hoefler	1948
Triple Jump	40' 6"	Joey Carter	2008
Pole Vault	13' 8 1/2"	Chuck Novak	1972
Shot Put	52' 11.25"	Mike Rydberg	2002
Discus	157' 5.5"	Mike Rydberg	2002

2008 Track and Field Awards

Track and Field - MVP	Holly Staples	Haakon Hansen Danny Hambly
Dragon "3-D" Award (Dedication, Determination, Drive)	Emily Branzovsky Dani Pangerl	Eric Osterdyk Adam Olson
"Work-horse" Award	Jarad Reiser	
Rookie of the Year	Ellie Larson	Justin Carlson Joey Carter
Most Improved Award	Brietta Clementson	Derek Braatz
Perseverance Award	David Hambly	

New School Records:

Triple Jump	Joey Carter	40' 6"
4 x 200 m Relay	Derek Braatz Justin Carlson Haakon Hansen Adam Olson	1:34.76

All- Conference Awards:

Danny Hambly	Discus, 4 x 100 m Relay
Josh Skalicky	High Jump
Holly Staples	100 m Dash
Brietta Clementson	100 m Hurdles
Kerrie Hughes	Long Jump
Adam Olson	100 m Dash, 4 x 100 m Relay, 4 x 200 m Relay
Derek Braatz	4 x 100 m Relay, 4 x 200 m Relay
Justin Carlson	4 x 200 m Relay
Haakon Hansen	4 x 100 m Relay, 4 x 200 m Relay

2008 Track Letter Winners:

Emily Branzovsky

Kellen Montague

Danny Hambly

Josh Skalicky

Justin Carlson

Mike Chouanard

Eric Osterdyk

Adam Olson

David Hambly

Dani Pangerl

Tara Miche'

Kendra Motyl

Joey Carlson

Derek Braatz

Jenni Hussong

Karina Nordrum

Shauna Palmer

Brietta Clementson

Haakon Hansen

Jarad Reiser

John Fitzgerald

Kerrie Hughes

Holly Staples

Ellie Larson

DEDICATION AND
COMMITMENT ARE
WHAT TRANSFERS
DREAMS INTO
REALITIES.

Coming together,

sharing together,

working together

and

succeeding together

QUALITIES OF SUCCESSFUL PEOPLE:

Attitude

Commitment

Common Sense

Compassionate

Communicator

Confident

Conscientious

Decisive

Dedicated

Dependable

Disciplined

Empathy

Goal-Oriented

Good Listener

Gratitude

Hard Working

Integrity

Knowledge

Learner

Loving

Loyalty

Motivated

Organized

Patience

Persistence

Responsible

Self-Image

Success

Tolerance

Character

do work.

GIRLS' "BESTS" - 2008

116	Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
118	Jasmine Dyksman - 8	08		15.6					
120	Justyne Feigum - 8	07							
121		08							
123	Holly Guerin - 8	07		14.8	31.3	71.5			
124		08		14.6	31.3	71.5			
126	Jordin Shaw - 8	07		14.3	31.1				
127		08		13.7	28.5	74.7			
129	Jorie Williamson - 8	07							
130		08		16.0					
132	Lena Barthel	08		19.1					
134	Katie Booth	08		15.7	32.9	78.1			
136	Ashley Gardner	08		14.8					
138	Lauren Granger	08			32.9				
140	Carissa Jahnz	08		15.6		79.0			
142	Laura Nordrum	08		16.5					
144	Morgan Richardson	08		16.9	37.1				
146	Tatum Ritter	08		15.3	34.4				
148	Katie Saari	08		15.3					
150	Serena Steele	08		15.0	35.0				
152	Georgi Steiner	08		16.7	35.3				
154	Brittney Valvoda	08		15.2	31.1				
156	4 x 100 m Relay -8	98	59.2						
157		99	59.9						
158		00	57.9						
159		02	57.7						
160		03	56.9						
161		04	59.1						
162		06	65.58						
163		08	57.8	Ashley,Holly, Megan, Jordin					
165	4 x 200 m Relay -8	98	2:11						
166		99	2:22						
167		00	2:04.5						
169	4 x 100 m relay -7	98	60.2						
170		99	59.6						
171		01	58.4						
172		02	60.8						
173		03	61.8						
174		06	58.58	Larson, Staples, Harper, Ostler					
175		08	60.8	Jahnz, Granger, Rike, Valvoda					
177	4 x 200 m relay - 7	98	2:16.0						
178		99	2:08.6						
179		01	2:08.2						

GIRLS' "BESTS" - 2008

	50 m hurdles	100 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
116									
118		22.04			9' 4"			26' 2"	
120		24.3			10' 11.5"				
121		23.4		3' 9"	10' 11.5"				
123					12' 9"				
124					14' 1.25"				
126									
127									
129		21.25			9' 5"				
130		20.7		4' 0"	11' 7"				
132					6' 10"		50' .5"	23' 3"	
134								20' 8"	
136		22.1		3' 9"					
138		22.1						25' 2"	
140		20.1					59' 5"	'	
142					9' 11.5"		46' 4"	18' 6"	
144					6' 11.75"				
146		22.6			11' 5"			24' 10"	
148		21.2		4' 4"					
150					10' 4"		46' 1"	24' 3.5"	
152					9' 11"			18' 1"	

*WHATEVER
 YOUR GOALS
 MAY BE,
 WORK AT THEM
 EVERY DAY.*

BOYS' "BESTS" - 2008

114	name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m dash	1600 m dash	3200 m dash
116	Jordan Sparling - 10	05					4:19.1	11:46.3	
117		06					4:10	8:33	
118		07				85.3 - RRC	3:24.2 - HF		
119		08						6:28.7 - PC	13:48.12 - Sub
121	Nick Bremer - 9	06				78.97	3:03.82	6:39.8.8	
122		07					2:42	5:59	
123		08					2:35.4sp - Og	5:24.14 0 Sub	11:50.07 - Sub
125	Jacob Guttormson - 9	06				82.03	2:53.0	6:35	
126		07						6:00	
127		08				68.2sp - Mil		5:46.8 - PC	13:01.0 - Og
129	Adam Olson - 9	06		14.9					
130		07		12.0 - BL	24.8	59.0			
131				11.0sp - BL	24.7sp - Cheng				
132		08		11.6 - Og					
133				11.2sp -Og	23.2sp - Og				
135	Greg Shelton - 9	07			31.28				
136		08							
138	Alex Steele - 9	06		14.8					
139		07		13.9					
140		08			28.6 - Mil				
142	Nick Cummings - 8	07		13.6	27.7		62.0		
143		08		13.6	26.1		57.2	2:15	
145	Tyler Johnson - 8	07		16.4	33.9				
146		08		15.1	32.5				
148	Josh Monson - 8	07		15.9					
149		08		14.1					
151	Ben M<iche'	08		15.0	31.5		3:12	6:37	
153	Jordan Pangerl - 8	07		14.3	30.4	68.0			
154		08		12.7	25.9	63.9			
156	Derek Prokott - 8	07		14.4	30.1				
157		08		13.1	27.1				
159	Eric Skalicky - 8	07					3:08		
160		08		13.2	27.1				
162	4 x 200 m Relay - 8	00	2:02.0						
163		01	1:50.8						
164		04	1:52.4						
165		06	2:00.3	Dilts, Kringstad, Braatz, Heimdahl					
167	4 x 100 m Relay - 8	00	55.3						
168		01	53.0						
169		04	53.3						
170		05	52.2						
171		06	51.99	Strusz, Kringstad, Johnson, Osterdyk					
172		08	50.4	Skalicky, Prokott, Cummings, Pangerl					

BOYS' "BESTS" - 2008

173	name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m dash	1600 m dash	3200 m dash
175	BJ Baker	08		14.6		68.4			
177	Michael Bremer	08						6:20	
179	Joe Favorito	08		15.8					
181	Josh Gusk	08		16.7					
183	Zain Hunter	08		14.8	31.0	64.9	2:33		
185	Kurtis Rosera	08							
187	4 x 100 m Relay - 7	98	54.5						
188		00	58.0						
189		01	59.6						
190		03	59.4						
191		04	57.3						
192		05	55.6						
193		06	58.36	Kehn, Clune, Steele, Seals					
194		08	63.0						
196	4 x 200 m Relay - 7	00	2:01.3						
197		01	2:09.6						
198		07	2:00.5						

BOYS' "BESTS" - 2008

	55 m hurdles	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
173								27' 2"	
175									
177					11' 0"				
179		22.0					49' 9"	11' 1"	
181				4' 4"	11' 3.25"			24' 7.5"	
183					13' 7.25"		36' 0"		
185					10' 2.5"				

Competition

is the greatest thing in our lives.

***The tougher the opponent,
the more you should love him.***

***The better he is,
the more he will bring out in you.***

There is only one way to go -

You've gotta reach.

John Wooden