

PINE CITY

2009

Year in Review



Track and Field

“It’s
a
Great Day
to be
a
DRAGON!”

Polzine

GRC INDOOR TRACK MEET @Foley
Saturday, April 4, 2009, 9:45
Pine City Girls' Results

4 x 800 m Relay					Pole Vault			
55 m Hurdles	1. Brietta Clementson	9.9	1st	PB				
	2. Maren Buschmann	11.6						
	3. Jorie Williamson	11.4			Long Jump	1. Holly Staples	13' 9.5"	4th
55 m Dash	1. Holly Staples	7.5	1st	PB		2. Maren Buschmann	13' 11.5"	2nd
	2. Ashley Gardner	8.2				3. Jorie Williamson	12' 2"	PB
	3. Nicole Chouanard	9.0			High Jump	1. Holly Staples	4' 2"	
1600 m Run	1. Megan Miesner	06:30.5	7th					
	(1:25, 1:39, 1:48, 1:38)							
4 x 200 m Relay	1. Brietta Clementson	30.7			Triple Jump	1. Brietta Clementson	26' 1"	6th
	2. Katelyn Booth	32.3						
	3. Jorie Williamson	32.7						
	4. Erin Pangerl	<u>29.4</u>			Shot Put	1. Karina Nordrum	30' 10"	4th
		02:05.1	4th					
400 m Dash	1. Kendra Motyl	69.4	4th					
	(32.8, 36.7)							
	2. Ashley Gardner	79.8						
	(37.2, 42.6)							
4 x 100 m Relay	1. Brietta Clementson	12.8						
	2. Erin Pangerl	12.9						
	3. Maren Buschmann	16.1						
	4. Holly Staples	<u>14.4</u>						
		56.3	1st					
800 m Run	1. Kari Chouanard	03:42.3						
	(1:28, 2:14)							
	2. Nicole Chouanard	03:35.8						
	(1:33, 2:02)							
200 m Dash	1. Maren Buschmann	DNR-injury						
	2. Katelyn Booth	33.6						
	3. Justyne Feigum	39.6						
4 x 400 m Relay	1. Megan Miesner	71.5						
	2. Jorie Williamson	74.7						
	3. Erin Pangerl	73.8						
	4. Kendra Motyl	<u>70.6</u>						
		04:50.6	3rd					

TEAM RESULTS:

1. Mille Lacs	109
2. Rush City	101
3. Braham	88
4. Hinckley/Finayson	73
5. Pine City	60
6. Ogilvie	35
7. East Central	2

GRC INDOOR TRACK MEET @Foley
Saturday, April 4, 2009, 9:45
Pine City Boys' Results

4 x 800 m Relay	1. John Fitzgerald 2. Mitch Ringness 3. John Dedic 4. Mike Chouanard	(71.6,71.9) 2:23.4 (76.5,77.7) 2:34.1 (76.1,84.0) 2:39.2 <u>(72.4,80.2) 2:33.6</u>		Pole Vault			
		10:09.8 2nd		Long Jump	1. Jarad Reiser 2. Nick Cummings 3. Tyler Johnson	16' .5" 16' 7" 14' 6"	5th
55 m Hurdles							
55 m Dash	1. Adam Olson 2. Dan Hambly 3. Matteo Bencic	6.8 1st PB 7.1 4th PB 7.0 3rd		High Jump	1. John Fitzgerald	5' 0"	4th
1600 m Run	1. Dallas Hanson (1:15, 1:21 1:25, 1:17)	05:17.5 3rd		Triple Jump	1. Justin Carlson 2. Eric Skalicky 3. Jordan Pangerl	35' 10" 30' 0"	4th
4 x 200 m Relay	1. Dan Hambly 2. Jordan Pangerl 3. Nick Cummings 4. Justin Carlson	26.6 25.3 25.5 <u>25.5</u>		Shot Put	1. Dan Hambly 2. Alex Steele 3. Josh Monson	40' 2" 28' 7.25" 29' .5"	40' 2" PB
		01:42.9 1st					
400 m Dash	1. Justin Carlson (31.2,28.2) 2. Jarad Reiser (29.0,33.3) 3. Tyler Johnson (29.9,38.2)	59.4 4th 62.2 6th 68.1					
					TEAM RESULTS:		
					1. Rush City 2. Pine city 3. East Central 4. Ogilvie 5. Braham 6. Hinckley/Finlaysor	116 114 71 66 56 39	
4 x 100 m Relay	1. Adam Olson 2. Matteo Bencic 3. John Fitzgerald 4. Danny Hambly	10.0 12.8 13.1 <u>13.3</u>					
		49.1 1st					
800 m Run	1. Dallas Hanson (72.5, 64.7) 2. Mitch Ringness (78.5, 75.9) 2. Mike Chouanard (80.4, 81.9)	02:25.3 1st 02:36.3 3rd 02:42.6					
200 m Dash	1. Adam Olson 2. Derek Prokott 3. Eric Skalicky	25.0 1st 26.8 3rd PB 27.9 6th					
4 x 400 m Relay	1. John Fitzgerald 2. Jarad Reiser 3. Jordan Pangerl 4. Nick Cummings	60.2 66.6 57.9 <u>59.6</u>					
		04:04.2 2nd					

OGILVIE UNLIMITED TRACK MEET
Tuesday, April 7, 2009
Pine City Girls' Results

4 x 800 m Relay

100 m Hurdles	1. Brietta Clementson	18.4	3rd
	2. Jenni Hussong	21.6	
	3. Jorie Williamson	22.2	
	4. Hannah Sahatoo	DNR	
	5. Justyne Feigum	DNR	

Pole Vault

Long Jump	1. Holly Staples	13' 5"	3rd
	2. Jorie Williamson	11' 8"	
	3. Hannah Sahatoo		
	4. Justyne Feigum	10' 10"	

100 m Dash

1. Holly Staples	13.4	1st
2. Ashley Gardner	15.3	
3. Katelyn Booth	16.0	
4. Hannah Sahatoo	17.8	
5. Nicole Chouanard	16.4	

High Jump	1. Holly Staples	4' 2"	6th
	2. Allie Brant	4' 4"	tie 3rd

Triple Jump	1. Brietta Clementson	27' 5"	BTY
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4 x 200 m Relay

1. Brietta Clementson	32.3	
2. Kendra Motyl	31.2	
3. Alie Brant	33.0	
4. Erin Pangerl	<u>27.6</u>	PB
	02:03.8	5th BTY

Discus	1. Karina Nordrum	88' 10"	3rd
	2. Kara Husnik	65' 11"	BTY

Shot Put	1. Karina Nordrum	29' 3.5"	3rd
	2. Kara Husnik	23' 11"	

1600 m Run

TEAM RESULTS:

4 x 100 m Relay

1. Holly Staples	12.9	
2. Jenni Hussong	17.5	
3. Erin Pangerl	12.5	
4. Ashley Gardner	<u>16.1</u>	
	58.6	4th

1. Mille Lacs	147
2. Rush City	127
3. Hinckley/Finlayson	107
4. Braham	78
5. Pine City	53
6. Aitkin	25
7. East Central	14
8. Ogilvie	2

400 m Dash

1. Erin Pangerl	65.7	3rd
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300 m Hurdles

1. Jenni Hussong	68.5
2. Jorie Williamson	63.2

800 m Run

1. Megan Miesner	02:46.3	5th
(80, 86)		
2. Kendra Motyl	02:49.6	
(1:22,1:27)		
2. Nicole Chouanard	03:32.9	PB
(1:33,2:00)		

200 m Dash

1. Ashley Gardner	33.6
2. Katelyn Booth	34.3

3200 m Run

4 x 400 m Relay

1. Megan Miesner	70.9	
2. Jorie Williamson	78.0	
3. Brietta Clementson	76.9	
4. Kendra Motyl	<u>70.7</u>	
	04:56.9	5th

OGILVIE UNLIMITED TRACK MEET
Tuesday, April 7, 2009
Pine City Boys' Results

4 x 800 m Relay	1. John Fitzgerald 2. Jarad Reiser 3. Mike Chouanard 4. Eric Osterdyk	(70,74) 2:22.9 (69,77) 2:25.6 (74,73) 2:26.3 <u>(66,68) 2:13.6</u>	BTY PB BTY BTY	Pole Vault	1. Eric Osterdyk 2. Derek Prokott 3. Nick Cummings	8' 0" 7' 0" 6' 6"	3rd
		09:28.2	2nd	Long Jump	1. Nick Cummings 2. Jarad Reiser 3. Tyler Johnson 4. John Dedic	16' 6" 15' 5" 14' 0"	5th
110 m Hurdles							
100 m Dash	1. Adam Olson 2. Matteo Bencic 3. Jordan Pangerl 4. Derek Prokott 5. Alex Steele	12.3 12.3 13.0 13.2 DNR	1st 2nd	High Jump	1. Eric Osterdyk 2. Trent Heimdahl 3. Adam Olson	5' 6" 5' 4" 5' 6"	2nd 5th 3rd
4 x 200 m Relay	1. Haakon Hansen 2. Jordan Pangerl 3. Nick Cummings 4. Justin Carlson	26.5 23.9 24.8 <u>25.3</u>		Triple Jump	1. John Fitzgerald 2. Eric Skalicky 3. Tyler Johnson	33' 11" 32' 1" 29' 6"	3rd 6th PB
		01:40.2	1st	Shot Put	1. Alex Steele 2. Josh Monson 3. Eric Skalicky	27' 6" 25' 0" 29' 4.5"	
1600 m Run	1. Dallas Hansen (1:12, 1:19, 1:24, 1:17) 2. Mitch Ringness (1:21, 1:33, 1:34, 1:25) 3. John Dedic (1:23, 1:32, 1:34, 1:30) 4. Jordan Sparling (1:35, 1:46, 1:52, 1:49)	05:11.3 05:52.7 05:58.9 07:02.6	2nd	Discus	1. Haakon Hansen 2. Alex Steele 3. Josh Monson	125' 8" 80' 1" 63' 0"	1st PB
4 x 100 m Relay	1. Adam Olson 2. Matteo Bencic 3. John Fitzgerald 4. Haakon Hansen	11.2 13.1 11.0 <u>12.3</u>					
		47.4	1st				
400 m Dash	1. Jarad Reiser 2. Trent Heimdahl 3. Eric Skalicky	60.1 64.3 62.4	BTY PB				
300 m Hurdles	1. Haakon Hansen	46.5	2nd				
800 m Run	1. Mitch Ringness 2. Mike Chouanard 3. John Dedic	02:33.9 02:28.0 02:31.6	5th 3rd 4th				BTY
200 m Dash	1. Adam Olson 2. Matteo Bencic 3. Derek Prokott 4. Trent Heimdahl 5. Tyler Johnson	24.7 25.8 27.4 28.0 29.9	1st 3rd 6th PB PB				BTY
3200 m Run	1. Dallas Hansen (1:21, 1:24, 1:27, 1:31, 1:32, 1:33, 1:30, 1:19) 2. Jordan Sparling (1:46, 1:57, 1:59, 1:58, 2:00, 2:03, 2:02, 1:57)	11:37.3 15:43.0	2nd				
4 x 400 m Relay	1. John Fitzgerald 2. Jordan Pangerl 3. Nick Cummings 4. Eric Osterdyk	59.5 58.4 57.1 <u>56.9</u>	BTY PB				
		03:52.0	2nd				

TEAM RESULTS:

1. Pine City	146
2. Rush City	134.3
3. Braham	98
4. East Central	58.3
5. Aitkin	49
6. Hinckley/Finlayson	39
7. Ogilvie	28.3

TIGERAMA TRACK MEET
Tuesday, April 14, 2009
Pine City Boys' Results

4 x 800 m Relay	1. John Fitzgerald (68,72) 2:19.7 BTY	Pole Vault	1. Josh Skalicky 10' 6"	2nd
	2. Mitch Ringness (74,75) 2:28.8 PB		2. Eric Osterdyk 9' 0"	PB
	3. Mike Chouanard (72,74) 2:26.3		3. Derek Prokott 9' 0"	5th PB
	4. Jarad Reiser (73,75) 2:28.5			
	09:43.2 2nd	Long Jump	1. Joey Carter 19' .5"	2nd
110 m Hurdles			2. Jarad Reiser 14' 10"	
			3. Tyler Johnson 13' 1"	
100 m Dash	1. Adam Olson 11.5 1st PB	High Jump	1. Eric Osterdyk 5' 8"	3rd PB
	2. Matteo Bencic 11.9 6th PB		2. Josh Skalicky 5' 10"	1st
	3. Danny Hambly 12.0 PB			
4 x 200 m Relay	1. Haakon Hansen 25.2 BTY	Triple Jump	1. John Fitzgerald 33' 5"	
	2. Jordan Pangerl 25.8		2. Eric Skalicky 31' 7"	
	3. Joey Carter 24.0 PB		3. Joey Carter 39' 8"	2nd
	4. Justin Carlson 23.9 BTY			
	01:43.1 1st	Shot Put	1. Alex Steele	
1600 m Run	1. Dallas Hansen 05:08.9 3rd PB		2. Josh Monson 26' ?	
	(1:13, 1:21, 1:23, 1:12)		3. Dan Hambly 40' 3.25"	2nd BTY
	2. Mitch Ringness 05:43.0 PB			
	(1:20, 1:29, 1:31, 1:13)	Discus	1. Haakon Hansen 117' 11"	2nd
	3. Cody Hansen 05:38.8 6th		2. Alex Steele	
	(1:15, 1:28, 1:33, 1:22)		3. Dan Hambly	
4 x 100 m Relay	1. Adam Olson 12.0			
	2. Matteo Bencic 11.8 PB			
	3. John Fitzgerald 12.5			
	4. Danny Hambly 11.0 PB			
	47.6 1st			
400 m Dash	1. Justin Carlson 55.8 4th BTY			
	2. Joey Carter 56.1 5th			
	3. Josh Skalicky 56.8 6th			
300 m Hurdles	1. Haakon Hansen 45.1 2nd BTY			
	2. Eric Skalicky 49.1 5th			
800 m Run	1. Cody Hansen 02:34.7 5th			
	(1:15, 1:19)			
	2. John Dedic 02:33.9 4th			
	(1:16, 1:18)			
200 m Dash	1. Adam Olson 23.9 1st PB			
	2. Matteo Bencic 24.7 PB			
	3. Nick Cummings 24.7 2nd PB			
3200 m Run	1. Dallas Hansen 11:30.0 3rd PB			
	(1:22, 1:27, 1:29, 1:30, (5:48) 1:29, 1:32, 1:25, 1:17)			
	2. Jordan Sparling 14:33 PB			
	(1:32, 1:42, 1:47, 1:52 (6:53) 1:54, 1:57, 1:59, 1:50)			
	3. Trevor Clune 13:59.0			
	(1:27, 1:37, 1:49, 1:50 (6:43) 1:52, 1:52, 1:56, 1:36)			
4 x 400 m Relay	1. Justin Carlson 57.0 BTY			
	2. Jarad Reiser 59.9 BTY			
	3. Jordan Pangerl 57.4 PB			
	4. John Fitzgerald 58.9 BTY			
	03:53.4 2nd			

TEAM RESULTS:

1. Pine City	158
2. Rush City	115
3. Braham	93
4. MLWR	79
5. Maranatha	36
6. East Central	32
7. Ogilvie	24
8. Hinckley	20

**OGILVIE TRACK MEET
Thursday, April 16, 2009
Pine City Girls' Results**

4 x 800 m Relay				Pole Vault	1. Justyne Feigum 2. Jorie Williamson 3. Katelyn Booth		
100 m Hurdles	1. Brietta Clementson 2. Jenni Hussong 3. Maren Buschmann	18.8 2nd 21.6 6th 20.2 3rd		Long Jump	1. Holly Staples 2. Maren Buschmann	13' 8" 13' 4.5"	2nd 3rd
100 m Dash	1. Holly Staples 2. Ashley Gardner 3. Katelyn Booth	13.4 1st 15.1 6th 15.2 PB		High Jump	1. Allie Brant	4' 6"	2nd
				Triple Jump	1. Brietta Clementson 2. Megan Miesner	27' 5.5" 25' 9"	6th PB
4 x 200 m Relay	1. Jenni Hussong 2. Chelsey Lindstrom 3. Katelyn Booth 4. Ashley Gardner	34.9 34.3 35.3 <u>30.1</u>		Discus	1. Karina Nordrum 2. Kara Husnik	102' 4.5" 72' 4.5"	2nd BTY PB
		02:14.3 4th		Shot Put	1. Karina Nordrum 2. Kara Husnik 3. Justyne Booth	30' 2.5" 20' 6"	3rd
1600 m Run							
				<u>TEAM RESULTS:</u>			
4 x 100 m Relay	1. Brietta Clementson 2. Jorie Williamson 3. Erin Pangerl 4. Holly Staples	15.4 14.4 12.8 <u>13.0</u>			1. Rush City 2. Braham 3. Pine City 4. East Central 5. Ogilvie	204 149 114 48 15	
		55.6 3rd	BTY				
400 m Dash	1. Kendra Motyl	67.9 4th	PB				
300 m Hurdles	1. Jorie Williamson 2. Maren Buschmann	61.5 54.5 1st					
800 m Run	1. Megan Miesner (1:18, 1:25)	02:43.7 3rd	BTY				
200 m Dash	1. Erin Pangerl 2. Hannah Sahatoo	28.6 2nd 36.5 PB					
3200 m Run							
4 x 400 m Relay	1. Erin Pangerl 2. Jorie Williamson 3. Megan Miesner 4. Kendra Motyl	68.6 PB 72.1 PB 69.8 BTY <u>67.4</u> PB					
		04:39.4 1st	BTY				

OGILVIE TRACK MEET
Thursday, April 16, 2009
Pine City Boys' Results

4 x 800 m Relay	1. Jarad Reiser 2. Mitch Ringness 3. Cody Hanson 4. Mike Chouanard	(70,81) 2:30.7 (76,77) 2:33.1 (69,80) 2:29.7 <u>(71,77) 2:28.5</u> 10:02.0 2nd	Pole Vault	1. Josh Skalicky 2. Derek Prokott	9' 6"	3rd PB
110 m Hurdles			Long Jump	1. Joey Carter 2. Jarad Reiser 3. Tyler Johnson	18' 6" 15' 1" 14' 2"	1st
100 m Dash	1. Adam Olson 2. Matteo Bencic 3. John Fitzgerald	11.5 1st 11.9 3rd 12.2 PB	High Jump	1. Josh Skalicky 2. Trent Heimdahl	5' 8" 5' 3"	1st 3rd
4 x 200 m Relay	1. Derek Prokott 2. Tyler Johnson 3. Eric Skalicky 4. Jordan Pangerl	26.2 27.7 <u>27.9</u> DNF	Triple Jump	1. John Fitzgerald 2. Eric Skalicky 3. Joey Carter	34' 10" 38' 6.5"	3rd PB 1st
1600 m Run	1. Mike Chouanard (1:16, 1:23, 1:31, 1:22) 2. Mitch Ringness (1:20, 1:30, 1:30, 1:25)	05:33.2 4th 05:45.2 6th	Shot Put	1. Alex Steele 2. Josh Monson 3. Dan Hambly	27' 5" 26' 8.5" 39' 1.25"	2nd
4 x 100 m Relay	1. Adam Olson 2. Matteo Bencic 3. Danny Hambly 4. Haakon Hansen	11.9 11.6 12.0 <u>11.8</u> 47.3 1st BTY	Discus	1. Haakon Hansen 2. Alex Steele 3. Dan Hambly	132' 2" 123' 8.5"	1st PB 3rd BTY
400 m Dash	1. Justin Carlson 2. Jarad Reiser	54.8 2nd BTY 58.9 6th BTY	TEAM RESULTS:			
300 m Hurdles	1. Haakon Hansen 2. Trent Heimdahl 3. Eric Skalicky	45.3 1st 53.2 52.4 6th	1. Rush City	190		
800 m Run	1. John Fitzgerald 2. Cody Hansen 3. John Dedic	(70,70) 2:20.0 2nd (72,76) 2:28.1 5th PB (73,75) 2:28.2 6th PB	2. Pine City	164		
200 m Dash	1. Jordan Pangerl 2. Derek Prokott 3. Tyler Johnson	24.7 2nd PB 25.6 4th PB 29.5 PB	3. Braham	102		
3200 m Run	1. Trevor Clune	13:52.2 5th PB (1:25, 1:37, 1:43, 1:54 (6:39), 1:52, 2:00, 1:50, 1:31)	4. East Central	63		
4 x 400 m Relay	1. Josh Skalicky 2. Joey Carter 3. Jordan Pangerl 4. Justin Carlson	55.8 PB 55.7 BTY 56.8 PB <u>59.3</u> 03:47.8 2nd BTY	5. Ogilvie	38		

BIG LAKE INVITATIONAL
Thursday, April 23, 2009
Pine City Girls' Results

4 x 800 m Relay				Pole Vault	1. Justyne Feigum 2. Katelyn Booth		
100 m Hurdles	1. Brietta Clementson 2. Maren Buschmann	18.1 18.7	4th BTY 7th PB	Long Jump	1. Holly Staples 2. Kerrie Hughes 3. Maren Buschmann	15' .75" 15' 0" 13' 7.75"	1st BTY 2nd BTY
100 m Dash	1. Holly Staples ***NEW SCHOOL RECORD*** 2. Ashley Gardner 3. Katelyn Booth 4. Nicole Chouanard	12.6 14.4 15.4 15.7	2nd PB PB PB	High Jump	1. Holly Staples 2. Allie Brant	4' 8" 4' 6"	4th 6th
				Triple Jump	1. Brietta Clementson 2. Megan Miesner 3. Katelyn Booth	28' 6" 26' 1"	8th BTY
4 x 200 m Relay	1. Holly Staples 2. Brietta Clementson 3. Kerrie Hughes 4. Erin Pangerl	27.6 32.0 31.0 <u>27.6</u>		Discus	1. Karina Nordrum 2. Kara Husnik	103' 7" 66' 7"	1st BTY
		01:58.4	3rd	Shot Put	1. Karina Nordrum 2. Kara Husnik 3. Justyne Feigum	31' 8" 25' 0" 19' 2"	2nd PB
1600 m Run	1. Megan Miesner (1:33, 1:40, 1:44, 1:35) 2. Kendra Motyl (1:34, 1:40, 1:41, 1:30)	06:31.3 06:25.6					
			8th		<u>TEAM RESULTS:</u>		
4 x 100 m Relay	1. Katelyn Booth 2. Jorie Williamson 3. Allie Brant 4. Ashley Gardner	17.2 13.5 15.7 <u>16.0</u>			1. Rogers 2. Big Lake 3. Sauk Centre 4. Foley 5. Pine City 6. Milaca 7. Princeton	140.5 136.5 123 110.5 81 55.5 20	
		62.5	5th				
400 m Dash	1. Erin Pangerl 2. Kendra Motyl 3. Chelsey Lindstrom	65.2 74.9 76.5	5th				
300 m Hurdles	1. Maren Buschmann	56.1					
800 m Run	1. Megan Miesner (1:23, 1:31) 2. Nicole Chouanard (1:34, 2:09)	02:55.9 03:45.3					
200 m Dash	1. Erin Pangerl 2. Chelsey Lindstrom 3. Hannah Sahatoo	29.5 34.3 39.5	3rd				
3200 m Run							
4 x 400 m Relay	1. Brietta Clementson 2. Kerrie Hughes 3. Maren Buschmann 4. Kendra Motyl	78.3 75.4 74.5 <u>71.5</u>					
		04:59.3	7th				

BIG LAKE INVITATIONAL
Thursday, April 23, 2009
Pine City Boys' Results

4 x 800 m Relay	1. Mike Schmidt 2. Mitch Ringness 3. Jarad Reiser 4. Dallas Hansen	(67,70) 2:18.5 (70,80) 2:30.5 (74,80) 2:34.2 <u>(68,82) 2:30.0</u> 9:54.5 6th	Pole Vault	1. Eric Osterdyk 2. Derek Prokott	10' 0" 9' 6"	4th PB 5th
110 m Hurdles	1. Haakon Hansen	17.9 3rd	Long Jump	1. Joey Carter 2. Jarad Reiser	19' 7" 15' 8.5"	1st PB
100 m Dash	1. Adam Olson 2. Matteo Bencic 3. Danny Hambly 4. Derek Braatz 5. Tyler Johnson	11.2 2nd PB 11.8 PB 12.0 11.8 PB 13.9	High Jump	1. Eric Osterdyk 2. Mike Schmidt	5' 10" 5' 6"	2nd BTY
4 x 200 m Relay	1. John Fitzgerald 2. Derek Prokott 3. Derek Braatz 4. Jordan Pangerl	25.6 26.2 23.2 <u>25.6</u> 01:40.6 1st	Triple Jump	1. Joey Carter 2. Justin Carlson 3. Eric Skalicky	40' 5" 37' 8.5" 34' 1"	3rd BTY 7th PB PB
1600 m Run	1. Nick Bremer (1:17, 1:19, 1:27, 1:25) 2. Mitch Ringness (1:20, 1:30, 1:34, 1:27)	05:26.6 05:51.1	Shot Put	1. Dan Hambly 2. Alex Steele 3. Josh Monson	39' 10" 28' 6" 27' 8"	
			Discus	1. Haakon Hansen 2. Dan Hambly 3. Alex Steele	131' 0" 115' 5" 74' 3"	2nd 7h
4 x 100 m Relay	1. Danny Hambly 2. Haakon Hansen 3. Matteo Bencic 4. Adam Olson	13.1 10.6 11.1 <u>11.8</u> 46.3 3rd BTY	<u>TEAM RESULTS:</u>			
				1. Rogers 2. Foley 3. Pine City 4. Big Lake 5. Sauk Centre 6. Milaca 7. Princeton	161 143.5 101 98.5 71 70 12	
400 m Dash	1. Justin Carlson 2. Mike Schmidt 3. Jarad Reiser	55.1 6th 57.3 58.9				
300 m Hurdles	1. Haakon Hansen 2. Eric Skalicky	48.4 52.7				
800 m Run	1. Eric Osterdyk	02:24.0				
200 m Dash	1. Adam Olson 2. Derek Braatz 3. Jordan Pangerl	24.2 1st 26.0 26.0				
3200 m Run	1. Dallas Hansen (1:18, 1:24, 1:26, 1:31 (5:39) 1:34, 1:34, 1:28, 1:18 (5:54)) 2. Nick Bremer (1:22, 1:28, 1:35, 1:36 (6:01) 1:39, 1:33, 1:32, 1:32 (6:26))	11:33.0 5th 12:25.0				
4 x 400 m Relay	1. Justin Carlson 2. Jordan Panerl 3. Nick Cummings 4. Joey Carter	56.6 57.0 55.3 <u>56.4</u> 03:45.1 6th				

OGILVIE INVITATIONAL
Tuesday, April 28, 2009
Pine City Boys' Results

4 x 800 m Relay	1. John Fitzgerald (69,69) 2:17.6 PB 2. Mike Chouanard (71,75) 2:25.9 BTY 3. Dallas Hansen (64,71) 2:14.5 PB 4. Eric Osterdyk (62,69) 2:12.2 BTY 9:09.5 1st BTY	Pole Vault	1. Josh Skalicky 10' 0" 3rd 2. Eric Osterdyk 9' 6" 5th 3. Derek Prokott
110 m Hurdles	1. Haakon Hansen 17.4 2nd PB	Long Jump	1. Jordan Pangerl 15' 9.5" 6th 2. Tyler Johnson 3. John Fitzgerald 14' 1"
100 m Dash	1. Adam Olson 11.7 1st 2. Matteo Bencic 11.8 4th 3. Danny Hambly 12.2 6th	High Jump	1. Josh Skalicky 5' 8" 1st 2. Trent Heimdahl 5' 3" 5th 3. Mike Schmidt 5' 3" 3rd
4 x 200 m Relay	1. Derek Braatz 25.5 2. John Fitzgerald 25.6 3. Derek Prokott 24.6 4. Jordan Pangerl 24.8 01:40.2 1st	Triple Jump	1. Justin Carlson 35' 1" 1st 2. John Fitzgerald 32' 11" 3. Eric Skalicky 34' 2.5" 5th PB
1600 m Run	1. Nick Bremer 05:15.4 4th PB (1:08, 1:20, 1:26, 1:22) 2. Cody Hanson 05:17.5 6th PB (1:17, 1:18, 1:24, 18) 3. Trevor Clune 06:13.3 (1:20, 1:34, 1:39, 1:49)	Shot Put	1. Dan Hambly 38' 7.5" 4th 2. Alex Steele 3. Josh Monson
4 x 100 m Relay	1. Danny Hambly 13.2 2. Haakon Hansen 11.0 3. Matteo Bencic 11.3 4. Adam Olson 10.7 46.3 1st	Discus	1. Haakon Hansen 114' 5.5" 3rd 2. Dan Hambly 124' 2" 1st 3. Alex Steele
400 m Dash	1. Justin Carlson 54.2 2nd BTY 2. Mike Schmidt 56.5 3rd PB 3. Jarad Reiser 58.5 6th BTY	<u>TEAM RESULTS:</u>	
300 m Hurdles	1. Haakon Hansen 46.1 2. Eric Skalicky 52.1 3. Trent Heimdahl 54.4	1. Pine City 190 2. Braham 91 3. East Central 76 4. Hinckley 72 5. Royalton 63 6. Ogilvie 53 7. St. Cloud Christian 12	
800 m Run	1. Mike Chouanard (69,72) 2:21.6 2nd PB 2. Cody Hanson (72,77) 2:29.4 3. Nick Bremer (69,78) 2:27.3 5th PB		
200 m Dash	1. Adam Olson 23.8 1st PB 2. Derek Braatz 24.4 3rd BTY		
3200 m Run	1. Dallas Hansen 11:01.7 1st PB (1:19, 1:24, 1:25, 1:26 (5:35), 1:26, 1:27, 1:16) 2. Mitch Ringness 12:30.4 4th (1:23, 1:32, 1:36, 1:39 (6:10), 1:39, 1:43, 1:38, 1:20)		
4 x 400 m Relay	1. Justin Carlson 56.5 BTY 2. Josh Skalicky 56.9 3. Eric Osterdyk 56.0 BTY 4. Mike Schmidt 55.7 03:45.3 1st		

CHENGWATANA INVITATIONAL

Friday, May 1, 2009

Pine City Boys' Results

4 x 800 m Relay	1. Mike Schmidt (68,68) 2:15.3 PB 2. Jarad Reiser (72,73) 2:24.3 PB 2. Mike Chouanard (70,75) 2:24.7 BTY 3. Dallas Hansen (64,79) 2:22.7 09:26.4 1st	Pole Vault	1. Josh Skalicky 11' 0" 3rd PB 2. Eric Osterdyk 10' 6" 4th PB 3. Derek Prokott 9' 0" 6th
110 m Hurdles	1. Haakon Hansen 18.0 4th 2. Joey Carter 3. John Dedic 22.2	Long Jump	1. Joey Carter 18' 11.5" 2nd 2. Tyler Johnson 14' 5" 3. Mike Schmidt 16' 5"
100 m Dash	1. Adam Olson 11.6 1st 2. Matteo Bencic 11.9 4th 3. Danny Hambly 12.0 5th	High Jump	1. Josh Skalicky 5' 8" 2nd tie 2. Eric Osterdyk 5' 10" 1st 3. Mike Schmidt 5' 3" 4th
4 x 200 m Relay	1. Jordan Pangerl 26.5 2. Derek Prokott 24.6 3. Matteo Bencic 23.7 4. Justin Carlson 24.4 01:39.1 2nd	Triple Jump	1. Joey Carter 39' 5.5" 1st 2. Eric Skalicky 36' 2" 3rd PB 3. Tyler Johnson 32' 2" PB
1600 m Run	1. Nick Bremer 05:15.5 2nd (1:12, 1:18, 1:23, 1:22) 2. Cody Hanson 05:17.8 6th (1:13, 1:24, 1:28, 1:20) 3. Mitch Ringness 05:23.9 PB (1:14, 1:28, 1:31, 1:20)	Shot Put	1. Dan Hambly 40' .5" 3rd 2. Alex Steele 29' 8.75" PB 3. Josh Monson 25' 6"
4 x 100 m Relay	1. Haakon Hansen 12.9 2. Dan Hambly 10.7 3. Josh Skalickey 12.2 4. Adam Olson 10.7 46.5 1st	Discus	1. Haakon Hansen 120' 3" 2nd 2. Dan Hambly 120' 1" 3rd 3. Alex Steele 79' 9"
400 m Dash	1. Justin Carlson 55.2 2nd 2. Mike Schmidt 56.3 4th PB 3. Jarad Reiser 56.5 5th BTY	<u>TEAM RESULTS:</u>	
300 m Hurdles	1. Haakon Hansen 47.0 6th 2. Eric Skalicky 49.1 3. Trent Heimdahl 53.2	1. Pine City 202 2. Moose Lake 104 3. Braham 72 4. Aitkin 61 5. Hinckley/Finlayson 56 6. Mora 53	
800 m Run	1. Eric Osterdyk (69,67) 2:16.3 2nd BTY 2. Mike Chouanard (71,71) 2:21.5 5th 3. John Dedic (73,77) 2:30.4		
200 m Dash	1. Adam Olson 24.1 1st 2. Derek Prokott 26.1 2nd tie 3. Tyler Johnson 28.9 PB		
3200 m Run	1. Dallas Hansen 11:12.6 1st (1:22, 1:24, 1:25, 1:27 (5:37), 1:27, 1:26, 1:23, 1:16 (5:32) 2. Nick Bremer 11:42.5 3rd (1:22, 1:24, 1:25, 1:28 (5:38), 1:30, 1:32, 1:34, 1:27 (6:03) 3. Jordan Sparling 14:26.8 BTY (1:34, 1:35, 1:46, 1:51, 1:51, 1:56, 1:55, 1:48)		
4 x 400 m Relay	1. Justin Carlson 55.0 2. Josh Skalicky 57.4 3. Eric Osterdyk 56.2 4. Joey Carter 55.7 03:44.6 1st		

SECTION 7AA TRUE TEAM MEET
Tuesday, May 5, 2009
Pine City Boys' Results

4 x 800 m Relay	1. John Fitzgerald 2. Mike Chouanard 3. Mike Schmidt 4. Eric Osterdyk	(64,69) 2:12.8 PB (66,72) 2:17.4 PB (64,68) 2:11.9 PB <u>(64,68) 2:12.1</u> BTY	8:55.15 7th BTY	Pole Vault	1. Josh Skalicky 2. Eric Osterdyk	11' 0" 4th 10' 0" 9th
				Long Jump	1. Joey Carter 2. Mike Schmidt	19' 10.5" 1st PB 16' 3" 15th
110 m Hurdles	1. Haakon Hansen 2. John Dedic	17.94 7th 20.58 15th PB		High Jump	1. Josh Skalicky 2. Eric Osterdyk	5' 10" 5th 5' 8" 6th-tie
100 m Dash	1. Adam Olson 2. Matteo Bencic		12.20 11th	Triple Jump	1. Joey Carter 2. Eric Skalicky	40' 6.25" 3rd PB ***NEW SCHOOL RECORD*** 35' 10.25" 11th
4 x 200 m Relay	1. Derek Braatz 2. Derek Prokott 3. Jordan Pangerl 4. Nick Cummings	25.3 24.9 25.3 <u>25.0</u>	1:40.71 5th	Shot Put	1. Dan Hambly 2. Alex Steele	39' 6" 9th 29' 5" 18th
				Discus	1. Haakon Hansen 2. Dan Hambly	116' 4" 5th 128' 0" 3rd BTY
1600 m Run	1. Dallas Hansen (1:11, 1:17, 1:16, 1:10) 2. Cody Hanson (1:12, 1:20, 1:24, 1:18)	4:54.43 6th PB 5:13.64 12th PB				
4 x 100 m Relay	1. Haakon Hansen 2. Dan Hambly 3. Matteo Bencic 4. Adam Olson	13.3 12.3 10.6 <u>10.7</u>	47.19 3rd			
				<u>TEAM RESULTS:</u>		
				1. Grand Rapids		465
				2. North Branch		438
				3. Hermantown		396.5
				4. Pine City		335.5
				5. Mora		319
				6. Chisago Lakes		313
				7. Proctor		267.5
				8. Cloquet		206
				9. Duluth Central		171.5
400 m Dash	1. Justin Carlson 2. Jarad Reiser	54.12 3rd 58.27 12th				
300 m Hurdles	1. Haakon Hansen 2. Eric Skalicky	47.26 11th 63.54 17th				
800 m Run	1. Eric Osterdyk (68, 72) 2. John Fitzgerald (66, 70)	2:19.60 13th 2:16.67 11th				
200 m Dash	1. Adam Olson 2. Derek Braatz	23.96 3rd 25.24 11th				
3200 m Run	1. Dallas Hansen (1:15, 1:22, 1:26, 1:25 (5:27), 1:25, 1:24, 1:23, 1:14) 2. Nick Bremer (1:14, 1:20, 1:24, 1:27 (5:23), 1:30, 1:31, 1:34, 1:26)	10:53.7 7th PB 11:23.93 12th PB				
4 x 400 m Relay	1. Justin Carlson 2. Josh Skalicky 3. Mike Schmidt 4. Joey Carter	55.2 55.5 54.8 PB <u>53.8</u> PB	3:39.55 4th BTY			

Hinckley Invitational Friday, May 8, 2009 Pine City Girls' Results

4 x 800 m Relay				Pole Vault	1. Jorie Williamson 2. Katelyn Booth	6' 0" 6' 0"	6th PB
100 m Hurdles	1. Etta Clementson 2. Maren Buschmann 3. Jenni Hussong	18.4 18.2 20.7	5th 4th	Long Jump	1. Allie Brant	13' 5"	6th
100 m Dash	1. Holly Staples 2. Ashley Gardner 3. Hannah Sahatoo	13.2 14.4 17.5	1st	High Jump	1. Holly Staples 2. Allie Brant	4' 10" 5' 0"	3rd 1st BTY
4 x 200 m Relay	1. Jenni Hussong 2. Jorie Williamson 3. Katelyn Booth 4. Kelsey Harper	32.8 32.3 31.9 <u>31.8</u>		Triple Jump	1. Kerrie Hughes 2. Katelyn Booth	29' 7" 24' 5"	5th
		02:08.4	5th	Discus	1. Karina Nordrum 2. Kara Husnik	100' 7"	3rd
1600 m Run	1. Megan Miesner (1:28, 1:39, 1:44, 1:32)	06:24.7		Shot Put	1. Karina Nordrum 2. Kara Husnik	31' 3.5"	2nd
4 x 100 m Relay	1. Etta Clementson 2. Kerrie Hughes 3. Ashley Gardner 4. Holly Staples	14.3 13.3 13.7 <u>13.6</u>					
		54.6	2nd				
				<u>TEAM RESULTS:</u>			
400 m Dash	1. Erin Pangerl 2. Kendra Motyl	61.5 67.8	1st 6th		1. Hinckley/Finlayson 2. Rush City 3. Pine City 4. Aitkin 5. MLWR 6. East Central 7. Siren 8. Ogilvie		175 108 94 53 45 43 35 2
300 m Hurdles	1. Maren Buschmann 2. Jenni Hussong 3. Jorie Williamson	52.4 63.6 58.0	2nd BTY 6th				
800 m Run	1. Kelsey Harper (1:19, 1:37)	02:55.9					
200 m Dash	1. Ashley Gardner 2. Katelyn Booth 3. Nicole Chouanard	30.7 32.7 35.8	PB PB				
3200 m Run							
4 x 400 m Relay	1. Megan Miesner 2. Kelsey Harper 3. Kendra Motyl 4. Erin Pangerl	67.2 71.9 66.6 <u>65.8</u>	BTY PB PB				
		04:32.1	2nd				BTY

Hinckley Invitational Friday, May 8, 2009 Pine City Boys' Results

4 x 800 m Relay	1. Cody Hanson (70,73) 2:22.9 PB	Pole Vault	1. Josh Skalicky 11' 6" 1st PB
	2. Mitch Ringness (74,78) 2:32.1		2. Eric Osterdyk 10' 0" 4th
	3. Jarad Reiser (73,75) 2:28.0		3. Derek Prokott 10' 0" 5th PB
	4. Mike Chouanard (68,71) 2:19.5	Long Jump	1. John Fitzgerald 16' 5.75"
	09:41.5 3rd		2. Mike Schmidt 16' 4"
110 m Hurdles	1. Haakon Hansen 17.8 1st		3. Tyler Johnson
	2. John Dedic DNF	High Jump	1. Josh Skalicky 5' 10" 1st
			2. Mike Schmidt 5' 6" 4th
100 m Dash	1. Adam Olson 11.7 1st		
	2. Matteo Bencic 12.0 5th	Triple Jump	1. Justin Carlson
	3. Tyler Johnson 14.0		2. Eric Skalicky 35' 3"
4 x 200 m Relay	1. Justin Carlson 23.9		3. Tyler Johnson 32' 5.75" PB
	2. Derek Braatz	Shot Put	1. Josh Monson 27' 0"
	3. John Fitzgerald		2. Alex Steele 31' 5" PB
	4. Joey Carter DNF		3. Tyler Johnson 23' 6"
1600 m Run	1. Dallas Hansen 04:58.9 1st	Discus	1. Haakon Hansen 128' 1" 1st
	(1:10, 1:19, 1:18, 1:11)		2. Dan Hambly 118' 6" 4th
	2. Cody Hanson 05:14.1 6th		3. Josh Monson
	(1:14, 1:21, 1:21, 1:15)		
	3. Trevor Clune 06:05.7		
	(1:19, 1:32, 1:41, 1:33)		
4 x 100 m Relay	1. Haakon Hansen 12.8		
	2. Dan Hambly 10.5		
	3. Matteo Bencic 12.0		
	4. Adam Olson 11.0		
	46.5 1st		
400 m Dash	1. Justin Carlson 53.4 1st BTY		
	2. Jarad Reiser 57.5		
300 m Hurdles	1. Eric Skalicky 49.7 5th		
	2. John Dedic		
800 m Run	1. John Fitzgerald (63,70) 2:13.3 3rd PB		
	2. Eric Osterdyk (63,68) 2:12.1 1st BTY		
	3. Mike Chouanard (64,69) 2:13.9 4th PB		
200 m Dash	1. Derek Braatz 25.4 4th		
	2. Derek Prokott 25.7 6th		
	3. Dan Hambly 25.4 3rd PB		
3200 m Run	1. Nick Bremer 11:13.9 3rd PB		
	(1:14, 1:23, 1:27, 1:29 (5:34), 1:27, 1:27, 1:19)		
	2. Mitch Ringness 12:13.1 5th PB		
	(1:25, 1:32, 1:33, 1:35 (6:06), 1:33, 1:37, 1:35, 1:22)		
	3. Jordan Sparling 14:00.0 PB		
	(1:32, 1:42, 1:44, 1:48 (6:46), 1:50, 1:51, 1:52, 1:41)		
4 x 400 m Relay	1. Dallas Hansen 56.6		
	2. Josh Skalicky 54.1 PB		
	3. Nick Cummings 53.8 PB		
	4. Joey Carter 54.5		
	03:39.1 1st		

TEAM RESULTS:

1. Pine City	160
2. Rush City	112
3. MLWR	77.5
4. Aitkin	60
5. Hinckley/Finlayson	49
6. Ogilvie	47
7. Siren	36
8. East Central	14.5

GREAT RIVER CONFERENCE MEET @ Rush City

Tuesday, May 12, 2009

Pine City Girls' Results

4 x 800 m Relay				Pole Vault	1. Jorie Williamson	6' 0"	
					2. Katelyn Booth	6' 0"	
100 m Hurdles	1. Etta Clementson	18.0	5th		3. Justyne Feigum	5' 6"	PB
	2. Maren Buschmann	17.6	2nd PB	Long Jump	1. Holly Staples	14' .5"	4th
	3. Jenni Hussong	20.3			2. Kerrie Hughes		
100 m Dash	1. Holly Staples	13.3	1st	High Jump	1. Holly Staples	4' 8"	2nd-tie
	ALL-CONFERENCE				2. Allie Brant	4' 8"	4th
	2. Ashley Gardner	14.4		Triple Jump	1. Brietta Clementson	28' 7"	BTY
	3. Hannah Sahatoo	17.2			2. Kerrie Hughes	30' 4"	6th PB
4 x 200 m Relay	1. Brietta Clementson	31.8			3. Katelyn Booth		
	2. Kerrie Hughes	30.1		Discus	1. Karina Nordrum	100' 0"	1st
	3. Jorie Williamson	30.9			***ALL-CONFERENCE***		
	4. Ashley Gardner	<u>31.4</u>			2. Kara Husnik		
		02:03.9	5th	Shot Put	1. Karina Nordrum	32' 2.25"	3rd PB
1600 m Run	1. Sherry Rike	05:56.2	3rd		2. Kara Husnik		
	(1:24, 1:32, 1:34, 1:24)				3. Justyne Feigum		
	2. Megan Miesner	06:24.6	6th				
	(1:25, 1:37, 1:44, 1:37)						
4 x 100 m Relay	1. Jenni Hussong	15.1		<u>TEAM RESULTS:</u>			
	2. Kara Husnik	14.6			1. Mille Lacs	144.5	
	3. Katelyn Booth	15.9			2. Hinckley/Finlayson	114	
	4. Ashley Gardner	<u>13.9</u>			3. Pine City	99	
		59.5	6th		4. Braham	83.5	
400 m Dash	1. Erin Pangerl	61.5	3rd		5. Rush City	78	
	2. Chelsey Lindstrom	73.1			6. Aitkin	23	
300 m Hurdles	1. Maren Buschmann	52.8	1st		7. East Central	14	
	ALL-CONFERENCE				8. Ogilvie	2	
	2. Jorie Williamson	60.5					
800 m Run	1. Kendra Motyl	(76,81)	2:36.8 PB				
	2. Megan Miesner	(79,86)	2:44.9				
	3. Kelsey Harper	(80,94)	2:55.7				
200 m Dash	1. Holly Staples	28.4	1st				
	ALL-CONFERENCE						
	2. Erin Pangerl	28.5	2nd				
	3. Nicole Chouanard	9:36					
3200 m Run	1. Sherry Rike	13:21.9	6th				
	(1:29, 1:38, 1:40, 1:42 (6:30), 1:47, 1:48, 1:47, 1:30)						
4 x 400 m Relay	1. Kerrie Hughes	71.4					
	2. Jorie Williamson	74.3					
	3. Kendra Motyl	67.9					
	4. Erin Pangerl	<u>68.6</u>					
		04:42.2	5th				

GREAT RIVER CONFERENCE MEET @ Rush City

Tuesday, May 12, 2009

Pine City Boys' Results

4 x 800 m Relay	1. John Fitzgerald (68,70) 2:17.9	Pole Vault	1. Josh Skalicky 11' 6" 3rd
	2. Mike Chouanard (65,72) 2:16.1		2. Eric Osterdyk 9' 6"
	3. Mike Schmidt (65,73) 2:17.6		3. Derek Prokott 10' 0" 6th PB
	4. Eric Osterdyk (69,72) 2:21.4		
ALL-CONFERENCE	09:13.2 1st	Long Jump	1. Joey Carter 18' .75" 1st
			ALL-CONFERENCE
110 m Hurdles	1. Haakon Hansen 17.6 2nd		2. Mike Schmidt 16' 10" PB
	2. John Dedic 20.0 PB		3. Jarad Reiser
100 m Dash	1. Adam Olson 11.2 1st	High Jump	1. Josh Skalicky 5' 8" 2nd tie
	ALL-CONFERENCE		2. Eric Osterdyk 5' 10" 1st
	2. Matteo Bencic		***ALL-CONFERENCE***
	3. Danny Hambly 12.0 6th		3. Mike Schmidt 5' 6" 5th tie
4 x 200 m Relay	1. Justin Carlson 23.9	Triple Jump	1. Joey Carter 38' 9" 2nd
	2. Derek Braatz 24.8		2. Justin Carlson
	3. Derek Prokott 24.1		3. Eric Skalicky 34' 6"
	4. Joey Carter <u>25.3</u>		
	01:38.2 2nd BTY	Shot Put	1. Dan Hambly 38' 11" 2nd
1600 m Run	1. Dallas Hansen 04:57.5 3rd	Discus	1. Dan Hambly 129' 11" 1st BTY
	(1:12, 1:17, 1:18, 1:10)		***ALL-CONFERENCE***
	2. Cody Hanson 05:14.3		2. Haakon Hansen 122' 6" 2nd
	(1:13, 1:20, 1:23, 1:18)		
	3. Jordan Sparling 06:31.6 BTY		
	(1:28, 1:39, 1:40, 1:43)		
4 x 100 m Relay	1. Haakon Hansen 12.8	<u>TEAM RESULTS:</u>	
	2. Dan Hambly 10.5		1. Pine City 168.5
	3. Matteo Bencic 11.7		2. Rush City 136.5
	4. Adam Olson <u>10.9</u>		3. Braham 95
ALL-CONFERENCE	46.2 1st BTY		4. East Central 43
			5. Ogilvie 40
400 m Dash	1. Justin Carlson 53.7 1st BTY		6. Hinckley 38
	ALL-CONFERENCE		7. Aitkin 37
	2. Jarad Reiser 55.9 PB		
300 m Hurdles	1. Haakon Hansen 46.5 3rd		
	2. Eric Skalicky 50.4		
	3. John Dedic 51.6		
800 m Run	1. John Fitzgerald (68,70) 2:18.3		
	2. Eric Osterdyk (67,67) 2:13.9 2nd		
	3. Nick Cummings (67,68) 2:15.7 5th		
200 m Dash	1. Adam Olson 24.0 1st		
	ALL-CONFERENCE		
	2. Derek Braatz 25.5 6th		
	3. Derek Prokott 26.1		
3200 m Run	1. Dallas Hansen 11:05.1 3rd		
	(1:20, 1:22, 1:22, 1:23 (5:29), 1:24, 1:27, 1:25, 1:18)		
	2. Nick Bremer 12:09.8 5th		
	(1:20, 1:22, 1:21, 1:24 (5:28), 1:24, 1:29, 1:28, 1:20)		
4 x 400 m Relay	1. Justin Carlson 53.9 BTY		
	2. Josh Skalicky 55.9		
	3. Mike Schmidt 53.7 PB		
	4. Joey Carter <u>56.0</u>		
	03:39.4 2nd		

GRC RELAYS @ Hinckley

Thursday, May 14, 2009

Pine City Girls' Results

4 x 800 m Relay				Pole Vault	1. Jorie Williamson	6' 0"	
100 m Hurdles	1. Etta Clementson	18.9					
	2. Maren Buschmann	17.9					
	3. Jenni Hussong	<u>20.1</u>					
		57.2	3rd	Long Jump	1. Holly Staples		
					2. Kerrie Hughes		
4 x 200 m Relay	1. Brietta Clementson	30.2			3. Allie Brant		
	2. Kerrie Hughes	29.7				40' 6.25"	4th
	3. Jorie Williamson	31.7					
	4. Maren Buschman	<u>29.1</u>		High Jump	1. Holly Staples	4' 10"	
		02:00.6	5th		2. Allie Brant	<u>4' 6"</u>	
						13' 2"	3rd
Distance Medley							
800	1. Kelsey Harper	02:48.0	(73,95)	Triple Jump	1. Kerrie Hughes	28' 1"	
400	2. Erin Pangerl	65.4			2. Etta Clementson	<u>28' 9"</u>	
1200	3. Kendra Motyl	04:18.1	(78,93,88)			80' 10"	5th
1600	4. Megan Miesner	<u>06:21.8</u>	(1:27, 1:43, 1:43, 1:27)				
		14:33.1	3rd				
				Discus	1. Karina Nordrum	98' 6"	
4 mile Relay					2. Kara Husnik	<u>68' 0"</u>	
						226' 6"	4th
800 Sprint Medley							
100	1. Ashley Gardner	15.0		Shot Put	1. Karina Nordrum	32' 1"	
100	2. Jorie Williamson	15.5			2. Kara Husnik	<u>25' 4"</u>	
200	3. Erin Pangerl	26.9				77' 5"	
400	4. Kelsey Harper	<u>71.4</u>					
		02:09.0	3rd				
1600 Sprint Medley							
200	1. Ashley Gardner	30.7					
200	2. Hannah Sahatoo	35.7					
400	3. Erin Pangerl	75.0					
800	4. Nicole Chouanard	<u>03:27.8</u>					
		05:49.4					
4 x 100 m Relay	1. Brietta Clementson						
	2. Kerrie Hughes						
	3. Jenni Hussong						
	4. Ashley Gardner						
			DNR				
4 x 400 m Relay	1. Megan Miesner	69.8					
	2. Maren Buschmann	68.8					
	3. Holly Staples	65.8					
	4. Kendra Motyl	<u>66.7</u>					
		04:30.9	3rd	BTY			

TEAM RESULTS:

1. Mille Lacs	126
2. Hinckley	90
3. Rush City	86
4. Pine City	47
5. Braham	45
6. East Central	32
7. Aitkin	27
8. Ogilvie	5

GRC RELAYS @ Hinckley

Thursday, May 14, 2009

Pine City Boys' Results

4 x 800 m Relay	1. John Fitzgerald 2. Mike Chouanard 3. Nick Cummings 4. Eric Osterdyk	(67,68) 2:14.6 (63,69) 2:11.9 PB (66,67) 2:13.1 PB <u>(61,69) 2:10.4 PB</u> 08:50.1 2nd BTY	Pole Vault	1. Eric Osterdyk 2. Derek Prokott	DNJ
100 m Hurdles	1. John Dedic	20.0	Long Jump	1. Mike Schmidt 2. Jarad Reiser 3. Eric Skalicky	16' 10" 15' 5.75" <u>15' .5"</u> 47' 4.25" 5th
4 x 200 m Relay	1. Derek Braatz 2. Justin Carlson 3. Haakon Hansen 4. Joey Carter	24.2 24.7 25.6 <u>23.3</u> 01:37.8 1st BTY	High Jump	1. Eric Osterdyk 2. Josh Skalicky 3. Mike Schmidt	5' 8" 5' 10" <u>5' 4"</u> 16' 10" 1st
Distance Medley	800 1. John Dedic 400 2. Jarad Reiser 1200 3. Cody Hansen 1600 4. Nick Bremer	02:25.2 (69,76) 57.8 03:46.6 (68,80,78) <u>05:09.7 (69,77,83,80)</u> 12:19.3 3rd	Triple Jump	1. Eric Skalicky 2. Mike Schmidt 3. Tyler Johnson	34' 8" 35' 7" <u>31' 1"</u> 101' 4" 3rd
4 mile Relay			Discus	1. Haakon Hansen 2. Danny Hambly 3. Alex Steele	125' 0" 135' 6" PB <u>78' 0"</u> 350' 6" 1st
800 Sprint Medley	100 1. Danny Hambly 100 2. Matteo Bencic 200 3. Adam Olson 400 4. Justin Carlson	12.8 11.2 23.8 <u>54.8</u> 01:42.5 1st	Shot Put	1. Danny Hambly 2. Alex Steele 3. Josh Monson	32' 0" PB 100' 9" 3rd
			<u>TEAM RESULTS:</u>		
1600 Sprint Medley	200 1. Derek Braatz 200 2. Derek Prokott 400 3. Jarad Reiser 800 4. Mike Schmidt	24.5 25.2 57.8 <u>02:14.5 (62,73)</u> 04:02.0 2nd	1. Rush City 100 2. Pine City 96 3. Braham 76 4. Hinckley 62 5. Ogilvie 54 6. East Central 38 7. Aitkin 25		
4 x 100 m Relay	1. Haakon Hansen 2. Danny Hambly 3. Matteo Bencic 4. Adam Olson	12.9 11.1 11.0 <u>11.3</u> 46.3 1st			
4 x 400 m Relay	1. Justin Carlson 2. Josh Skalicky 3. Nick Cummings 4. Joey Carter	55.4 54.9 55.6 <u>53.3</u> 03:39.4 1st			
Throwers Relay	1. Justyne Feigum 2. Kara Husnik 3. Josh Monson 4. Alex Steele	DNR			

SUB-SECTION 18 MEET @ Mora
Tuesday, May 19, 2009
Pine City Girls' Results

4 x 800 m Relay				Pole Vault	1. Jorie Williamson	6' 7"	PB
					2. Katelyn Booth	6' 1"	PB
100 m Hurdles	1. Etta Clementson	17.92	5th	BTY			
	2. Maren Buschmann	17.56	4th	PB			
	ADVANCES TO SECTIONS						
	3. Jenni Hussong	DQ			Long Jump	1. Holly Staples	14' 3.5" 5th
						2. Kerrie Hughes	14' 1" 6th
						3. Allie Brant	11' 4"
100 m Dash	1. Holly Staples	13.24	1st		High Jump	1. Holly Staples	4' 10" 2nd
	ADVANCES TO SECTIONS						
	2. Ashley Gardner	14.62				***ADVANCES TO SECTIONS***	
	3. Hannah Sahatoo	17.20				2. Allie Brant	4' 10" 3rd tie
						ADVANCES TO SECTIONS	
4 x 200 m Relay	1. Brietta Clementson	29.8			Triple Jump	1. Brietta Clementson	
	2. Kerrie Hughes	28.7				2. Kerrie Hughes	30' 6" 4th PB
	3. Jorie Williamson	31.9				***ADVANCES TO SECTIONS***	
	4. Maren Buschmann	<u>27.6</u>					
		1:59.36	6th		Discus	1. Karina Nordrum	94' 10" 3rd
						ADVANCES TO SECTIONS	
1600 m Run	1. Sherry Rike	5:46.00	5th	PB	Shot Put	1. Karina Nordrum	32' 4.75" 4th PB
	(1:22, 1:31, 1:32, 1:20)					***ADVANCES TO SECTIONS***	
	2. Megan Miesner	6:15.82		PB		2. Kara Husnik	25' 2"
	(1:22, 1:33, 1:41, 1:39)						
4 x 100 m Relay	1. Brietta Clementson	14.0					
	2. Kerrie Hughes	13.4					
	3. Jenni Hussong	15.4					
	4. Ashley Gardner	<u>14.4</u>					
		57.51	6th	BTY			
400 m Dash	1. Erin Pangerl	61.56	2nd				
	ADVANCES TO SECTIONS						
	2. Kelsey Harper	70.32		PB			
300 m Hurdles	1. Maren Buschmann	51.65	2nd	PB			
	ADVANCES TO SECTIONS						
	2. Jorie Williamson	59.18					
800 m Run	1. Kendra Motyl	(73,78)	2:31.30	5th			
	2. Megan Miesner	(78,91)	2:48.84				
	3. Nicole Chouanard	(98,95)	3:13.95	PB			
200 m Dash	1. Holly Staples	27.22	1st				
	ADVANCES TO SECTIONS						
	2. Erin Pangerl	27.62	3rd	PB			
	ADVANCES TO SECTIONS						
	3. Ashley Gardner	31.09					
3200 m Run	1. Sherry Rike	12:56.21	3rd	PB			
	(1:28,1:38,1:40,1:40, 1:42, 1:41, 1:39, 1:28)						
	ADVANCES TO SECTIONS						
4 x 400 m Relay	1. Megan Miesner	69.5					
	2. Kelsey Harper	72.5					
	3. Kendra Motyl	66.0		PB			
	4. Erin Pangerl	<u>64.1</u>		PB			
		4:32.37	3rd				

TEAM RESULTS:

1. Mille Lacs	140.5
2. Mora	127.5
3. Pine City	103
4. Milaca	88
5. Rush City	77
6. Braham	68
7. Ogilvie	7

SUB-SECTION MEET @ Mora
Tuesday, May 19, 2009
Pine City Boys' Results

4 x 800 m Relay	1. John Fitzgerald (63,71) 2:14.5	Pole Vault	1. Josh Skalicky 11' 8" 3rd PB
	2. Mike Chouanard (66,71) 2:16.0		*** ADVANCES TO SECTIONS**
	3. Nick Cummings (65,72) 2:19.5		2. Eric Osterdyk
	4. Eric Osterdyk (74,76) 2:29.4		3. Derek Prokott 9' 8"
	9:19.68 4th		
110 m Hurdles	1. John Dedic 20.29	Long Jump	1. Joey Carter 19' 7.75" 1st
			*** ADVANCES TO SECTIONS**
100 m Dash	1. Adam Olson 11.54 1st		2. Jarad Reiser 15' 11.75"
	*** ADVANCES TO SECTIONS**		3. Eric Skalicky 14' 7.25"
	2. Matteo Bencic 11.84 3rd PB	High Jump	1. Josh Skalicky 5' 10" 2nd
	*** ADVANCES TO SECTIONS**		*** ADVANCES TO SECTIONS**
	3. Danny Hambly 12.11 PB		2. Eric Osterdyk 5' 10" 3rd
4 x 200 m Relay	1. Derek Braatz 24.2		*** ADVANCES TO SECTIONS**
	2. Justin Carlson		3. Adam Olson 5' 4" 6th tie
	3. Haakon Hansen	Triple Jump	1. Joey Carter 40' 5.75" 2nd
	4. Joey Carter		*** ADVANCES TO SECTIONS**
	DNF		2. Justin Carlson 37' 1"
1600 m Run	1. Nick Bremer 5:07.05 5th PB		3. Eric Skalicky 36' 9.25" PB
	(1:11,1:17,1:20,1:16)	Shot Put	1. Dan Hambly 40' 8" 2nd BTY
	2. Cody Hanson 5:10.52 PB		*** ADVANCES TO SECTIONS**
	(1:11,1:20,1:23,1:14)		2. Alex Steele 29' 11.5"
4 x 100 m Relay	1. Haakon Hansen 13.3	Discus	1. Dan Hambly 136' 7" 2nd PB
	2. Dan Hambly 10.9		*** ADVANCES TO SECTIONS**
	3. Matteo Bencic 10.3		2. Haakon Hansen 140' 7" 1st PB
	4. Adam Olson 10.2		*** ADVANCES TO SECTIONS**
	*** ADVANCES TO SECTIONS**		3. Alex Steele 84' 11" PB
	45.64 1st BTY		
400 m Dash	1. Justin Carlson 53.62 2nd BTY		<u>TEAM RESULTS:</u>
	*** ADVANCES TO SECTIONS**		1. Pine City 137.2
	2. Jarad Reiser 56.18		2. Milaca 133.2
	3. Jordan Pangerl 56.31 PB		3. Mora 133
300 m Hurdles	1. Haakon Hansen 44.06 5th BTY		4. Braham 76.2
	2. Eric Skalicky 52.12		5. Rush Cty 51.4
	3. John Dedic 51.59 PB		6. Ogilvie 26
800 m Run	1. John Fitzgerald (65,71) 2:16.73 5th		
	2. Eric Osterdyk (65,67) 2:13.32 4th		
	*** ADVANCES TO SECTIONS**		
	3. Mike Chouanard (66,71) 2:17.06 6th		
200 m Dash	1. Adam Olson 23.11 1st PB		
	*** ADVANCES TO SECTIONS**		
	2. Derek Braatz 24.02 3rd PB		
	*** ADVANCES TO SECTIONS**		
	3. Derek Prokott 25.91		
3200 m Run	1. Cody Hanson 11:22.23 e		
	(1:20,1:24,1:26,1:28 (5:38) 1:27,1:29,1:29,1:16)		
	2. Nick Bremer 11:21.85 e		
	(1:18,1:24,1:23,1:26 (5:32), 1:26,1:29,1:30,1:22)		
	3. Jordan Sparling 14:15.4		
	(1:33,1:43,1:46,1:48 (6:50), 1:50,1:52,1:53,1:50)		
4 x 400 m Relay	1. Justin Carlson 54.5		
	2. Josh Skalicky 54.5		
	3. Nick Cummings 54.4		
	4. Joey Carter 54.3		
	*** ADVANCES TO SECTIONS**		
	3:37.42 2nd BTY		

***"A goal
without
a plan
is just
a wish."***

(Antoine de Saint Exupery, French writer and aviator)

SECTION TRACK MEET @ ST. JOHN'S
Wednesday, May 27, 2009
cool, breezy

TRACK EVENTS

100 M HURDLES	Maren Buschmann	18.55	
100 M DASH	Holly Staples	13.09	8th
100 M DASH	1. Adam Olson	11.55	6th
	2. Matteo Bencic	11.81	9th PB
4 x 100 M RELAY	1. Haakon Hansen	12.6	
	2. Dan Hambly	11.5	
	3. Matteo Bencic	10.6	
	4. Adam Olson	<u>10.9</u>	
		45.73	3rd
400 M DASH	Erin Pangerl	61.38	3rd PB
	NEW SCHOOL RECORD		
400 M DASH	Justin Carlson	52.09	5th PB
300 M HURDLES	Maren Buschmann	52.33	
800 M RUN	Eric Osterdyk	(61,66)	2:07.16 PB
200 M DASH	1. Holly Staples	27.04	4th PB
	NEW SCHOOL RECORD		
	2. Erin Pangerl	27.32	5th PB
200 M DASH	1. Adam Olson	23.50	5th
	2. Derek Braatz	26.16	
3200 M RUN	Sherry Rike	12:31.31	PB
	(1:24, 1:32, 1:34, 1:36 (6:07), 1:40, 1:42, 1:41, 1:22)		
	NEW SCHOOL RECORD		
4 X 400 M RELAY	1. Justin Carlson	54.9	
	2. Josh Skalicky	54.9	
	3. Eric Osterdyk	53.9	PB
	4. Nick Cummings	<u>55.8</u>	
		3:39.57	8th

Girls Team Results

1. Annandale	72.5		
2. Zimmerman	51		
3. Mille Lacs	48		
4. Litchfield	46.5	15.Belgrade-	24
5. Foley	41.5	St. Cloud	24
6. Pierz	4	17.Pine City	22
7. Eden Valley-W/	39	New Lonc	22
8. Paynesville	37	19.Mora	17
9. Albany	35	20.Rush City	11
10. Holdingford	32	21.Milaca	9.5
11. Atwater-Cosn	29	22.St. Cloud	8
12. St. Johns Prej	28	23.Melrose	6
13. Braham	26	24.Royalton	5
14. Meadow Cree!	25	25.Upsala/Sv	3

FIELD EVENTS:

DISCUS	Karina Nordrum	99' 5"	8th
DISCUS	1. Dan Hambly	131' 11"	5th
	2. Haakon Hansen	118' 5"	
LONG JUMP	Joey Carter	18' 5"	
TRIPLE JUMP	Kerrie Hughes	30' 6.5"	PB
TRIPLE JUMP	Joey Carter	38' 3.75"	
HIGH JUMP	1. Holly Staples	5' 0"	5th
	2. Allie Brant	4' 8"	
HIGH JUMP	1. Josh Skalicky	5' 9"	tie 5th
	2. Eric Osterdyk	5' 9"	tie 5th
SHOT PUT	Karina Nordrum	30' 7.75"	
SHOT PUT	Dan Hambly	ND	
POLE VAULT	Josh Skalicky	11' 2"	8th

Boys Team Results

1. Pierz	80
2. Foley	76
3. St. Cloud Cathedr:	58.5
4. Meadow Creek Ch	48
5. Annandale	47
6. Paynesville	40
7. Litchfield	39
8. Albany	38
9. Milaca	36
Holdingford	36
11. Pine City	31
12. New London-Spi	29
Braham	29
14. Atwater-Cosmos	27
15. Maple Lake	18
Mora	18
17. Royalton	12
18. Rush City	10
19. Belgrade-Broote!	9.5
20. Eden Valley-W/K	8
21. Upsala/Swanville	7
22. Ogilvie	2
St. John's Prep	2
24. Zimmerman	1

BOYS' "BESTS" - 2009

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Josh Skalicky - 12	04		14.7	29.8				
	05	7.8-Blaine	13.1	26.5	59.6			
				28.3 sp - Fo		2:22.3 sp - Sec		
	06				58.92 - CH			
						57.5sp - Sub	2:20.5sp- PC	
	07							
Derek Braatz -11	06		13.43	26.45				
	07		11.2sp - HF	24.8 - HF				
	08			24.2 - Og				
	09		11.2sp -Og	23.5sp - PC				
Mike Chouanard - 11	08				61.1sp - Mil	2:22.5 - PC		
						2:17.6sp - GRC		
	09					2:13.9 - H/F	5:33.2 - Og	
Mike Schmidt - 11	09				56.3 - PC			
					53.7sp - RC	2:11.9sp - ChLk		
Eric Osterdyk - 11	05		14.3	30.1		2:23.20- Sub	5:46	
	06		13.96	30.13	25.9sp - Sub	2:23.2sp - RRC	5:33	
	07			27.3 - JV		2:18.04 - Sub		
			14.4sp - JV			2:18.6sp - HF		
	08					2:11.04 - Sec		
Jordan Sparling - 11	05					4:19.1	11:46.3	
	06					4:10	8:33	
	07				85.3 - RRC	3:24.2 - HF		
Trent Heimdal - 11	08						6:28.7 - PC	13:48.12 - Sub
	09						7:02.6 - Og	14:00.0 - H/F
Trevor Clune - 10	06		14.48		79.4	2:40.6		
	07						5:53	
	09						6:05.7 - H/F	13:52.2 - Og
John Dedic-10	09					2:28.2 - Og	5:58.9 - Og	
						2:25.2sp - H/F		

BOYS' "BESTS" - 2009

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
19.35 jh			4' 8"	13' 2.5"				
			5' 5"					
			5' 6" - Sub					9' 8" - Sec
			5' 10" - Tig		35' 9" - Ogil			10' 0" - Ogil
								9' 0" - Og
			5' 10" - Tig					11' 8" - Sub
			5' 0"					
			5' 2" - Ogil					
			5' 2" - GRC					
				13' 11.5" - Mil				
			5' 6" - BL	16' 5" - PC				
				13' 5.5"				
			5' 0"	14' 11.5"				
			5' 8" - HF					
			5' 10" - In	15' 10.5" - Mil				
			5' 10" - BL					10' 6" - PC
				8' 7"				
			4' 4"			62' 11"	27' 11"	
			5' 5"			87' 0"	34' 1"	
		53.2 - og	5' 4" - Og					
	20.29- Sub							

BOYS' "BESTS" - 2009

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Dallas Hansen - 10	09					2:25.3 - Og	4:54.43 - ChLk	10:53.7 - Ch Lk
					56.6sp - H/F	2:14.5 sp - Og		
Nick Bremer - 10	06				78.97	3:03.82	6:39.8.8	
	07					2:42	5:59	
	08					2:35.4sp - Og	5:24.14 - Sub	11:50.07 - Sub
	09					2:27.3 sp	5:07.05-Sub	11:13.9 - H/F
Adam Olson - 10	06		14.9					
	07		12.0 - BL	24.8	59.0			
			11.0sp - BL	24.7sp - Cheng				
	08		11.6 - Og					
			11.2sp -Og	23.2sp - Og				
	09	6.8 - In	11.2 - BL	23.11 - Sub				
			10.0sp - Og					
Cody Hanson - 10	09					2:28.1 - Og	5:10.52 - Sub	11:22.23 - Sub
						2:22.9sp- H/F		
Alex Steele - 10	06		14.8					
	07		13.9					
	08			28.6 - Mll				
	09							
Nick Cummings - 9	07		13.6	27.7	62.0			
	08		13.6	26.1	57.2	2:15		
	09			24.7 - Tig		2:15.7 - RC		
				24.8sp - Og	53.8sp - H/F	2:13.1 sp- H/F		
Tyler Johnson - 9	07		16.4	33.9				
	08		15.1	32.5				
	09		13.9 - BL	28.9 - PC	68.1 - Og			
Josh Monson - 9	07		15.9					
	08		14.1					
	09							
Jordan Pangerl - 9	07		14.3	30.4	68.0			
	08		12.7	25.9	63.9			
	09			24.7 - Tig				
				23.9sp - Og	56.31 - Sub			
Derek Prokott - 9	07		14.4	30.1				
	08		13.1	27.1				
	09		13.2	25.6 - Og				
				24.6sp - Og				
Mitch Ringness -9	09					2:33.2 - Og	5:23.9 - PC	12"13.1 - H/F
						2:28.8 sp		
Eric Skalicky - 9	07					3:08		
	08		13.2	27.1				
	09			27.9 - Og	62.4 - Og			

BOYS' "BESTS" - 2009

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
				11' 0"				
				11' 8"				
			4' 8"				39' 1"	
			5' 8" - HF	16' 4.75"- PC				
			5' 6" - Og					
				11' 11.5"		85' 8"-jh		
						100' .5"-jh		
						77' 5" - PC	27' 6" - In	
						84' 11" - Sub	31' 5" - H/F	
				15' 2.5"				
				17' 5.5"				
				16' 7" - Og				6' 6" - Og
				12' 4"				
	21.0			12' 9.5"		46' 6"	28' 7.5"	
				14' 6" - Og	32' 5.75" - H/F		23' 6" - H/F	
						65' 9"	23' 10.75"	
						74' 7"	30' 7"	
						63' 0" - Og	29' .5" - Og	
				14' 2"				
				16' 10"				
		20.3		13' 11"				
		19.1		14' 10"				10' 0" - RC
		19.1					25' 2"	
		49.1 - Tig		14' 7.25"-Sut	36' 9.25" - Sub			

GIRLS' RELAY HISTORY-2009

	RRC INDOOR	OGILVIE	TIGERAMA	OGILVIE	BIG LAKE	OGILVIE
4 x 100 M RELAY	B. Clementson	H. Staples	J. Hussong	B. Clementson	K. Booth	J. Hussong
52.79	E. Pangerl	J. Hussong	J. Williamson	J. Williamson	J. Williamson	K. Husnik
	M. Buschmann	E. Pangerl	K. Booth	E. Pangerl	A. Brant	K. Booth
	H. Staples	A. Gardner	A. Gardner	H. Staples	A. Gardner	A. Gardner
	56.3	58.6	61.5	55.6	62.5	60.8
4 x 200 M RELAY	B. Clementson	B. Clementson	H. Staples	J. Hussong	H. Staples	B. Clementson
(1:50.17)	K. Booth	K. Motyl	B. Clementson	C. Lindstrom	B. Clementson	K. Hughes
	J. Williamson	A. Brant	K. Motyl	K. Booth	K. Hughes	J. Williamson
	E. Pangerl	E. Pangerl	E. Pangerl	A. Gardner	E. Pangerl	E. Pangerl
	02:05.1	02:03.8	DQ	02:14.3	01:58.4	02:00.5
4 x 400 M RELAY	M. Miesner	M. Miesner	B. Clementson	E. Pangerl	B. Clementson	E. Pangerl
(4:16.81)	J. Williamson	J. Williamson	J. Williamson	J. Williamson	K. Hughes	J. Williamson
	E. Pangerl	B. Clementsin	K. Harper	M. Miesner	M. Buschmann	C. Lindstrom
	K. Motyl	K. Motyl	K. Motyl	K. Motyl	K. Motyl	K. Motyl
	04:50.6	04:56.9	04:51.6	04:39.4	04:59.3	04:41.4
4 X 800 M RELAY						
(10:27.01)						
800 Sprint Medley						
1600 Sprint Medley						
Distance Medley						

GIRLS' RELAY HISTORY-2009

CHENGWATANA	TRUE TEAM	HINCKLEY	GRC	GRC RELAYS	SUB-SECTION
J. Hussong	J. Hussong	B. Clementson	J. Hussong		B. Clementson
K. Husnik	K. Husnik	K. Hughes	K. Husnik		K. Hughes
A. Brant	A. Brant	A. Gardner	K. Booth		J. Hussong
A. Gardner	C. Jahnz	H. Staples	A. Gardner		A Gardner
60.4	62.26	54.6	59.5		57.51
B. Clementson	B. Clementson	J. Hussong	B. Clementson	B. Clementson	B. Clementson
K. Hughes	K. Hughes	J. Williamson	K. Hughes	K. Hughes	K. Hughes
J. Williamson	J. Williamson	K. Booth	J. Williamson	J. Williamson	J. Williamson
E. Pangerl	M. Buschmann	K. Harper	A. Gardner	M. Buschmann	M. Buschmann
01:58.2	(2:02.49)	02:08.5	02:03.9	02:00.6	(1:59.36)
E. Pangerl	K. Motyl	M. Miesner	K. Hughes	M. Miesner	M. Miesner
J. Williamson	J. Williamson	K. Harper	J. Williamson	M. Buschmann	K. Harper
K. Hughes	K. Hughes	K. Motyl	K. Motyl	H. Staples	K. Motyl
K. Motyl	E. Pangerl	E. Pangerl	E. Pangerl	K. Motyl	E. Pangerl
04:46.2	(4:38.76)	04:32.1	04:42.2	04:30.9	(4:32.37)
	K. Booth				
	C. Lindstrom				
	C. Jahnz				
	K. Motyl				
	(11:56.33)				
				A. Gardner	
				J. Williamson	
				E. Pangerl	
				K. Harper	
				02:09.0	
				A. Gardner	
				H. Sahatoo	
				E. Pangerl	
				N. Chouanard	
				05:49.4	
				K. Harper	
				E. Pangerl	
				K. Motyl	
				M. Miesner	
				14:33.1	

BOYS' RELAY HISTORY-2009

	RRC INDOOR	OGILVIE	TIGERAMA	OGILVIE	BIG LAKE	OGILVIE
4 x 100 M RELAY	A. Olson	A. Olson	A. Olson	A. Olson	D. Hambly	D. Hambly
45.3	M. Bencic	M. Bencic	M. Bencic	M. Bencic	H. Hansen	H. Hansen
	J. Fitzgerald	J. Fitzgerald	J. Fitzgerald	D. Hambly	M. Bencic	M. Bencic
	D. Hambly	H. Hansen	D. Hambly	H. Hansen	A. Olson	A. Olson
	49.1	47.4	47.6	47.3	46.3	46.3
4 x 200 M RELAY	D. Hambly	H. Hansen	H. Hansen	D. Prokott	J. Fitzgerald	D. Braatz
(1:34.76)	J. Pangerl	J. Pangerl	J. Pangerl	T. Johnson	D. Prokott	J. Fitzgerald
	N. Cummings	N. Cummings	J. Carter	E. Skalicky	D. Braatz	D. Prokott
	J. Carlson	J. Carlson	J. Carlson	J. Pangerl	J. Pangerl	J. Pangerl
	01:42.9	01:40.2	01:43.1	DNF	01:40.6	01:40.2
4 x 400 M RELAY	J. Fitzgerald	J. Fitzgerald	J. Carlson	J. Skalicky	J. Carlson	J. Carlson
(3:28.39)	J. Reiser	J. Pangerl	J. Reiser	J. Carter	J. Pangerl	J. Skalicky
	J. Pangerl	N. Cummings	J. Pangerl	J. Pangerl	N. Cummings	E. Osterdyk
	N. Cummings	E. Osterdyk	J. Fitzgerald	J. Carlson	J. Carter	M. Schmidt
	04:04.2	03:52.0	03:53.4	03:47.8	03:45.1	03:45.3
4 X 800 M RELAY	J. Fitzgerald	F. Fitzgerald	J. Fitzgerald	J. Reiser	M. Schmidt	J. Fitzgerald
(8:27.89)	M. Ringness	J. Reiser	M. Ringness	M. Ringness	M. Ringness	M. Chouanard
	J. Dedic	M. Chouanard	M. Chouanard	C. Hansen	J. Reiser	D. Hansen
	M. Chouanard	E. Osterdyk	J. Reiser	M. Chouanard	D. Hansen	E. Osterdyk
	10:09.8	09:28.2	09:43.2	10:02.0	09:54.5	09:09.5
800 Sprint Medley						
1600 Sprint Medley						
Distance Medley						

BOYS' RELAY HISTORY-2009

CHENGWATANA	TRUE TEAM	HINCKLEY	GRC	GRC RELAY	SUB-SECTION	SECTION
D. Hambly	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen
H. Hansen	D. Hambly	D. Hambly	D. Hambly	D. Hambly	D. Hambly	D. Hambly
J. Skalicy	J. Bencic	J. Bencic	J. Bencic	J. Bencic	J. Bencic	J. Bencic
A. Olson	A. Olson	A. Olson	A. Olson	A. Olson	A. Olson	A. Olson
46.5	47.19	46.5	46.2	46.3	45.64	45.73
J. Pangerl	D. Braatz	J. Carlson	J. Carlson	D. Braatz	D. Braatz	
D. Prokott	D. Prokott	D. Braatz	D. Braatz	J. Carlson	J. Carlson	
M. Bencic	J. Pangerl	J. Fitzgerald	D. Prokott	H. Hansen	H. Hansen	
J. Carlson	N. Cummings	J. Carter	J. Carter	J. Carter	J. Carter	
01:39.1	(1:40.71)	DNF	01:38.2	01:37.8	DNF	
J. Carlson	J. Carlson	D. Hansen	J. Carlson	J. Carlson	J. Carlson	J. Carlson
J. Skalicky	J. Skalicky	J. Skalicky	J. Skalicky	J. Skalicky	J. Skalicky	J. Skalicky
E. Osterdyk	M. Schmidt	N. Cummings	M. Schmidt	N. Cummings	N. Cummings	E. Osterdyk
J. Carter	J. Carter	J. Carter	J. Carter	J. Carter	J. Carter	N. Cummings
03:44.6	(3:39.55)	03:39.1	03:39.4	03:39.3	(3:37.42)	(3:39.57)
M. Schmidt	J. Fitzgerald	C. Hanson	J. Fitzgerald	J. Fitzgerald	J. Fitzgerald	
J. Reiser	M. Chouanard	M. Ringness	M. Chouanard	M. Chouanard	M. Chouanard	
M. Chouanard	M. Schmidt	J. Reiser	M. Schmidt	N. Cummings	N. Cummings	
D. Hansen	E. Osterdyk	M. Chouanard	E. Osterdyk	E. Osterdyk	E. Osterdyk	
09:26.4	(8:55.15)	09:41.5	09:13.2	08:50.1	(9:19.68)	
				D. Hambly		
				M. Bencic		
				A. Olson		
				J. Carlson		
				01:42.5		
				D. Braatz		
				D. Prokott		
				J. Reiser		
				M. Schmidt		
				04:02.0		
				J. Dedic		
				J. Reiser		
				C. Hanson		
				N. Bremer		
				12:19.3		

GIRLS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	H. Staples 12.6 09	Katie Meyer 13.0 98	H. 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	J. Wirth 13.52 04	B. Osterdyk 13.5 03
200 M DASH	H. Staples 27.04 09	E. Pangerl 27.32 09	E. Branzovsky 27.86 06	B. Osterdyk 27.9 02	K. Johnson 28.01 00	B. Osterdyk 28.05 04	E. Branzovsky 28.0 08	Tera Kazek 28.1 98	M. Odegard 28.22 94	B. Osterdyk 28.2 03
400 M DASH	E. Pangerl 61.38 09	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
800 M RUN	Kim Connaker 2:28.35 01	MeleiaJohnson 2:28.2 02	MeleiaJohnson 2:30.7 04	K. Motyl 2:31.30 -09	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
1600 M RUN	Jenna Fore 5:37.70 03	S. Rike 5:46.00 -09	L. Schwartz 5:49.7 91	Jenna Fore 5:52.6 04	Heidi Larsen 5:57.4 99	R. Craighead 5:58.43 01	B. Haavisto 6:00.0 94	Jenna Fore 6:01.64 01	M. Johnson 6:02.7 02	AmyJohnson 6:03.0 94
3200 M RUN	S. Rike 12:31.31 09	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
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	M. Buschmann 17.56 09	C. Hersbergen 17.83 93	B. Clementson 17.92 -09	Lena Filler 17.9 00	J. Kozisek 18.0 01
300 M HURDLES	C. Filler 49.23 03	C. Filler 49.83 04	C. Mosher 51.64 01	M. Buschmann 51.65 09	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	B. Clementson 53.9 09
HIGH JUMP	Kari Splett 5' 2" 04	Kari Splett 5' 1" 03	L. Drexler 5' 1" 05	Kari Splett 5' .5" 02	H. Staples 5' 0" 09	Allie Brant 5' 0" 09	Holly Staples 5' 0" 07	B. Osterdyk 5' 0" 06	B. Osterdyk 5' 0" 05	Heidi Larsen 5' 0" 02
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	H. Staples 15' 6" 09
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	K. Nordrum 103' 7" 09	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
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 32'4.75" 09	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
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. Koppen	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 08	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. Branzovsky
	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 100, 100, 200, 400	K. Meyer	T. Kazek	M. Bellinger	K. Meyer	H. Staples	A. Bernard	A. Gardner	B. Johnson	K. Meyer	B. Jewell
	R. Overson	A. Miller	K. Splett	A. Miller	J. Hussong	K. Johnson	H. Sahatoo	K. Smetana	A. Miller	A. Bernard
	K. Ovik	K. Odegard	B. Osterdyk	T. Kazek	E. Larson	J. Wirth	E. Pangerl	T. Kazek	K. Odegard	A. Nelson
	S. Johnson	S. Johnson	J. Wirth	M. Sloan	K. Harper	T. Korf	K. Harper	R. Auers	M. Sloan	H. Larsen
	2:02.21 00	2:05.7 98	2:05.8 04	2:07 5 98	2:07.6 08	2:08.9 02	2:09.0 09	2:09.6 96	2:11.14 97	2:11.6 01
1600 MEDLEY 200, 200, 400, 800	A. Nelson	K. Perell	A. Nelson	K. Meyer	A. Peil	T. Kazek	C. Milligan	A. Filler	M. Misel	A. Gardner
	A. Mettling	K. Hughes	L. Haugrud	A. Miller	M. Soderbeck	S. Johnson	J. Kozisek	K. Meyer	A. Wiedeman	H. Sahatoo
	T. Korf	C. Filler	S. Gregoire	S. Johnson	L. Ballis	M. Sloan	N. Plasek	L. Haugrud	M. Sloan	E. Pangerl
	K. Connaker	M. Johnson	M. Anderson	K. Connaker	K. Connaker	A. Wiedeman	K. Splett	J. Kozisek	J. Ammann	N.Chouanard
	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	5:49.4 09
DISTANCE MEDLEY 800, 400, 1200, 1600	K. Harper	A. Wiedeman	J. Johnson	A. Olson	H. Larsen	L. Mettling	C. Mosher	C. Milligan	R. Craighead	
	E Pangerl	B. Fischer	K. Odegard	K. Perell	S. Gregoire	C. Mosher	R. Craighead	N. Carlson	M. Soderbeck	
	K. Motyl	B. Haavisto	B. Haavisto	S. Gregoire	N. Plasek	B. Haavisto	Katie Splett	R. Craighead	N. Carlson	
	M. Miesner	A. Johnson	N. Carlson	J. Gregoire	R. Craighead	B. Fischer	J. Johnson	N. Plasek	J. Johnson	
	14:33.1 09	15:06.3 96	15:26.6 98	15:31.5 -04	15:48.9 -01	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	A. Olson 11.54 09	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
200 M DASH	Pl. Johnson 22.80 99	A. Olson 23.11 09	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
400 M DASH	Mike Johnson 51.73 99	J. Carlson 52.09 09	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
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	Dv Hansen 2:06.1 03	E. Osterdyk 2:07.16 09	JRAnderson 2:07.1 98	Dv Hansen 2:07.31 02	Dv Hansen 2:08.11 01	Dv Hansen 208.6 04
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	H. Hansen 17.4 09	N. Anderson 17.4 96	T. Gerving 17.55 04	S. Kunze 17.69 90
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 44.06 09	H. Hansen 44.46 07	S. Kunze 44.4 91	J. Kruse 44.8 03	S. Kunze 45.24 90
HIGH JUMP	T. Schwarz 6' 2" 00	T. Schwarz 6' 0" 99	E. Osterdyk 5' 10" 09	J. Skalicky 5' 10" 09	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
LONG JUMP	L. Williams 20' 1.75" -01	J. Kruse 19' 11.5" 04	J. Carter 19' 10.5" 09	J. Kruse 19' 9" 06	J. 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
TRIPLE JUMP	Joey Carter 40' 6.25" 09	J. 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	D. Freetly 38' 9" 90	J. Clementson 38' 6.75" 03
DISCUS	M. Rydberg 157' 5.5" 02	M. Rydberg 149' 2.5" - 01	M. Rydberg 147' 10.5" -00	B. Mettling 144' 0" 00	H. Hansen 140' 7" 09	Dan Hambly 136' 7" 09	D. Hambly 133' 3" 08	S. Isaacson 132' 9" 90	Josh Barnes 127' 0" 03	H. Hansen 125' 5.5" 08
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	S. Isaacson 42' 0" 90	M. Rydberg 41' 2.75" 99	Dan Hambly 40' 11.5" 08	D. Hambly 40' 8" 09	David Rolf 40' 2" 04
POLE VAULT	Nate Thieman 13' 0" 00	P. Stephan 12' 6" 98	N. Thieman 12' 0" 99	J. Skalicky 11' 8" 09	P. Stephan 11' 0" 97	N. Thieman 11' 0" 98	E. Osterdyk 10' 6" 09	Josh Wiener 10' 6" 97	D. Prokott 10' 0" 09	J. Skalicky 10' 0" 07

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	H. Hansen	J. Arnold	N. Thieman	J. McSherry	Dk Braatz	S. Auers	J. Arnold	T. Schwarz	M. Johnson
	S. Auers	D. Hambly	Jeff Johnson	L. Williams	J. Johnson	A. Olson	J. Johnson	J. Johnson	J. Oare	Z. Mettling
	Z. Mettling	M. Bencic	B. Olson	Pt Johnson	B. Olson	Dn Hambly	B. Olson	B. Olson	A. Wirth	B. Olson
	M. Johnson	A. Olson	J. Jahnz	T. Schwarz	S. Auers	H. Hansen	J. Jahnz	S. Auers	L. Williams	S. Auers
	45.3 98	45.64 09	45.87 96	46.0 00	46.08 97	46.16 08	46.4 96	46.6 96	46.6 00	46.7 98
4 x 200 M RELAY	D. Braatz	J. Hansen	J. Hansen	Dk Braatz	J. Hansen	Dk Braatz	PeteJohnson	Dk. Braatz	L. Williams	N. Thieman
	J. Carlson	R. Root	A. Wirth	J. Carlson	A.Wirth	J. Carter	R. Hammill	A. Olson	R. Hammill	A. Wirth
	H. Hansen	A. Wirth	Pt Johnson	H. Hansen	L. Williams	H. Hansen	J. Oare	H. Hansen	J. Oare	Pt. Johnson
	A. Olson	M. Johnson	J. Oare	J. Carter	J. Oare	J. Skalicky	L. Williams	J. Skalicky	PeteJohnson	J. Oare
	1:34.76 -08	1:36.6 99	1:36.8 00	1:37.8 09	1:38.28 00	1:38.4 08	1:38.4 01	1:38.58 -07	1:38.5 01	1:39.0 -00
4 x 400 M RELAY	J. Hansen	J. Hansen	J. Hansen	S. Peterson	J. Carlson	J. Lee	J. Hansen	R. Hammill	N. Johnson	J. Hansen
	A. Wirth	N. Johnson	A. Wirth	D. Hansen	J. Skalicky	R. Hammill	M. Johnson	J. Lee	A. Wirth	N. Johnson
	M. Johnson	JR Anderson	T. Schwarz	C. Lutz	N. Cummings	L. Williams	P. Johnson	L. Williams	M. Johnson	M. Johnson
	Paul Johnson	M. Johnson	J. Oare	J. Clementson	J. Carter	J. Oare	A. Wirth	J. Oare	JR Anderosor	JR Anderson
	3:28.39 -99	3:34.55-98	3:36.39-00	3:36.88 03	3:37.42 09	3:39.61 -01	3:39.7 99	3:39.7 00	3:39.8 98	3:40.45 -97
4 x 800 M RELAY	J. Lee	C. Lutz	J. Lee	Pete Johnsor	Pete Johnsor	J. Fitzgerald	J. Oare	P.Johnson	C. Lutz	D. Hansen
	Pt Johnson	A. Lee	Pt Johnson	J. Oare	R. Hammill	M. Chouanard	JR Anderson	R. Hammill	A. Lee	Jordan C.
	R. Hammill	D. Hansen	J. Oare	A. Wirth	A. Wirth	N. Cummings	Pt Johnson	A. Wirth	D. Hansen	C. Fischer
	J. Oare	J. Clementson	R. Hammill	JR Anderson	JR Anderson	E. Osterdyk	A. Wirth	J. Oare	Jared C.	T. Miche'
	8:27.89 -01	8:34.13 03	8:41.97 00	8:44.9 98	8:48.7 98	8:50.1 09	8:56.65 98	8:58.6 98	9:01.2 02	9:01.63 -04
800 M Medley 100, 100, 200, 400	D. Hambly	J. Hansen	B. Olson	B. Olson	M. Rydberg	N. Thieman	J. Johnson	J. Kruse	J. Fitzgerald	J. Peterson
	M. Bencic	A. Wirth	S. Auers	P.D. Johnson	J. Jahnz	M. Wirth	J. Jahnz	M. Odendahl	A. Steele	D. Gregoire
	A. Olson	M. Johnson	Z. Mettling	J. McSherry	D. Gregoire	J. Hansen	J. McSherry	N. Purdy	M. Yuta	K. Skadsheim
	J. Carlson	Paul Johnson	M. Johnson	JR Anderson	J. BoorBoor	A. Wirth	B. Runyan	D. Gerold	M. Chouanard	D. Johnson
	1:42.5 09	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	Dk Braatz	J. McSherry	A. Bodle	D. Gregoire
		J. Hansen		P.D. Johnson	L. Williams	S. Auers	D. Prokott	S. Auers	BJ Patzoldt	T. Muller
		A. Wirth		M. Johnson	S. Peterson	J. Arnold	J. Reiser	J. Arnold	J. Arnold	M.Defenbaugh
		JR Anderson		JR Anderson	J. Lee	JR Anderson	M. Schmidt	JR Anderson	R. Bell	G. Bunce
	3:45.28 90	3:57.4 98	3:57.6 91	3:57.85 97	4:01.4 01	4:01.6 96	4:02.0 09	4:04.9 96	4:05 93	4:05.8 02
Distance Medley 400, 800,1200,1600	PeteJohnson	L. Williams	J. Dedic	C. Teeman	J. Lee	S. Peterson	E. Osterdyk	D. Sanders	M. Talbot	T. Muller
	M. Stahlke	S. France	J. Reiser	S. Peterson	B. Mettling	J. Arnold	J. Fitzgerald	N. Thieman	J. Lind	M Defenbaugh
	J. Lee	J. Lee	C. Hanson	C. Lutz	S. France	B. Runyan	M. Chouanarc	B. Mettling	J. Hussong	G. Bunce
	R. Hammill	R. Hammill	N. Bremer	J. Clementson	D. Pangerl	JR Anderson	N. Bremer	D. Pangerl	Jordan C.	A. Lee
	11:57.39 00	11:58.3 -99	12:19.3 -09	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 SCHOOL RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	12.6	Holly Staples	2009
200 m Dash	27.04	Holly Staples	2009
400 m Dash	61.38	Erin Pangerl	2009
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	12:31.31	Sherry Rike	2009
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 SCHOOL RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	11.12	Chris Olson	1991
200 m Dash	22.80 22.6 (HH)	Paul C. Johnson Chris Harrison	1999 1979
400 m Dash	51.73	Mike Johnson	1999
800 m Run	01:56.7	Tom Nelson	1980
1600 m Run	4:22.97	Jared Clementson	2004
3200 m Run	09:52.0	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' 6.25"	Joey Carter	2009
Pole Vault	13' 8.5"	Chuck Novak	1972
Shot Put	52' 11.25"	Mike Rydberg	2002
Discus	157' 5.5"	Mike Rydberg	2002

ATTITUDE

Always making today your best day

Taking pride in a job well done

Treating others with respect

Isolating your negative thoughts

Treating every new challenge as an opportunity

Utilizing your talents daily

Doing the job right the first time

Expecting positive outcomes daily

2009 Dragon Track and Field Awards

Track and Field - MVP	Holly Staples	Haakon Hansen
Outstanding Runner Award	Erin Pangerl	Adam Olson
Outstanding Jumper Award	Kerrie Hughes	Joey Carter Josh Skalicky
Outstanding Thrower Award	Karina Nordrum	Dan Hambly
Dragon "3'D" Award (Dedication, Determination, Drive)	Jarad Reiser	Mike Chouanard
Rookie of the Year	Maren Buschmann	Matteo Bencic
Perseverance Award	Brietta Clementson Dan Hambly	Josh Skalicky Haakon Hansen
Coaches' Award	Kendra Motyl	Justin Carlson John Fitzgerald

New School Records:

Triple Jump	Joey Carter	40' 6.25"
100 m Dash	Holly Staples	12.6
200 m Dash	Holly Staples	27.04
400 m Dash	Erin Pangerl	61.38
3200 m Run	Sherry Rike	12:31.31

"Obstacles
are those
frightful things
you see
when you take
your eyes
off your goal."

Henry Ford

All-Conference Awards:

Holly Staples	100 m Dash, 200 m Dash
Maren Buschmann	300 m Hurdles
Karina Nordrum	Discus
Adam Olson	100 m Dash, 200 m Dash, 4 x 100 m Relay
Eric Osterdyk	High Jump, 4 x 800 m Relay
Joey Carter	Long Jump
Justin Carlson	400 m Dash
Dan Hambly	Discus, 4 x 100 m Relay
John Fitzgerald	4 x 800 m Relay
Mike Chouanard	4 x 800 m Relay
Mike Schmidt	4 x 800 m Relay
Haakon Hansen	4 x 100 m Relay
Matteo Bencic	4 x 100 m Relay

2009 Letter Winners:

Brietta Clementson	Matteo Bencic	Justin Carlson
Maren Buschmann	Joey Carter	John Fitzgerald
Dan Hambly	Haakon Hansen	Jarad Reiser
Kendra Motyl	Josh Skalicky	Derek Braatz
Allie Brant	Mike Chouarnard	Mike Schmidt
Kerrie Hughes	Eric Osterdyk	Adam Olson
Karina Nordrum	Holly Staples	Erin Pangerl
Nick Cummings	Jordan Pangerl	Derek Prokott
Megan Miesner	Jorie Williamson	Eric Skalicky
Sherry Rike	Dallas Hansen	

Run Fast,
Jump High
Throw Far,
Turn Left.

*“Life is too short to wake up in the
morning with regrets,
so love the people who treat you
right,
forget about the ones who don’t,
and believe that everything
happens for a reason.
If you get a chance,
take it.
If it changes your life,
let it.
Nobody said life would be easy,
they just promised it would be
worth it.”*

BEAST MODE

GIRLS' BESTS - 2009

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Maren Buschmann-12	09				71.1 - Tig			
			16.1sp - In	27.6sp - Sub	68.8sp- H/F			
Etta Clementson -12	04			32.2		2:59.9	6:30.9	13:54.5 - Sub
						3:07 sp-RRCI		
	05			31.9	78.3-Blaine		6:33.4 - Cheng	
					77.4sp-Cheng	2:56.9sp- Sub		
	06					3:00.5 - Fol		
					72.0sp - CH	2:58.4 sp- Fol		
	07					3:06.4 - Tig		
			13.8sp - PC		75.8sp - Tig			
	08							
			13.4sp - Mil	27.6sp- Sub	67.9sp-PC	2:52.2sp - Og		
	09							
			12.8sp - In	24.8sp - Tig	74.8sp - Tig			
Kendra Motyl - 12	07			30.5- RRCI	68.8 - HF			
			14.3sp- Cheng	30.8sp - Tig	69.8sp - BL			
	08			30.7 - Og	69.5 - GRC			
					69.7sp - Sub	2:45.6 sp -PC		
	09				67.8 - H/F	2:31.30 - Sub	6:25.6 - BL	
				31.2sp - Og	66.0sp - Sub			
Alli Brant - 11	05			30.7	71.7			
	09							
				15.3sp - PC	33.0sp - Og			
Nicole Chouanard-11	08		15.6 - Og	34.9 - GRC				
	09		15.7 - BL			3:13.95 - Sub		
Kerrie Hughes - 11	05		14.5		71.1	3:13.2-Blaine		
					71.1sp - Fo			
	06		14.26	29.9 - PC	71.1			
					69.3sp - Sub			
	07		14.3 - PC		72.28 - Sub			
			15.1sp - Ogil	29.9sp - BL	72.0 sp- RRC			
	08			29.6 - GRC				
			14.8sp - GRC	28.5sp - Sec	71.0sp - Mil			
	09							
			13.4sp - Sub	28.2sp - ChLI	70.2sp - ChLk			
Kara Husnik - 11	06		17.15					
	07	9.5- RRCI	16.8 - Tig	36.2sp - PC				
	08		15.7sp - HF					
	09		14.4sp - Og					
Jenni Hussong - 11	05		16.9	36.9				
	06		15.92	36.94				
	07			33.1sp - JV				
	08		14.9sp - Sub					
	09							
			15.4 sp - Sub	34.9 sp - Og				

GIRLS' BESTS - 2009

55 m hurdles	100 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
11.6 - In	17.56 - Sub	51.65 - Sub		13' 11.5' - in				
	19.2			12' 6"	24'.25"-Blaine			
	19.1 - CH	55.9 - CH		13' 2"	27' 10.5"- Sub			
	18.92 - Sub	60.3 - PC			28' 8.5" - PC			
10.0 - In	17.4 - GRC			13' 4.75" - Og	30' 5.5" - Sub			
9.9 - In	17.92 - Sub	53.9 - Og			28' 6" - BL			
			4' 0" Tig					
			5' 0"	11' 7.5"				
			5' 0" - H/F	13' 5" - H/F				
				13' 0"				
	18.02	54.0 - PC		15' 4.5" - RRC				
				14' 8.5" -Sub				
				14' 9.25" - GRC				
				15' 0" - BL	30' 6.5" - Sec			
				9' 7"				
				10' 4"- RRCI			24' 6.25" - Sub	
						64' 4" - Sub	27' 3" - In	
						72' 4.5" -Og	26' .5" - Ch Lk	
	21.8		3' 6"					
	20.62		3' 6"	12' 6"				
11.8- RRCI	20.3 jv	59.6 HF		12' 3.75"- RRCI				
	19.8 - GRC	60.0 - GRC		10' 0" -Og				
	20.3 - GRC	63.6 - H/F						

GIRLS' BESTS - 2009

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Kelsey Harper -10	06				74.01			
	08			31.66 Sub	69.31 - Sub	2:51.2sp - Og		
	09				70.32 - Sub	2:53.0 - Tig		
					71.9sp - H/F	2:48.0sp- H/F		
Karina Nordrum - 10	06							
	07							
	08							
	09							
Erin Pangerl - 10	09			27.32 - Sec	61.38 - Sec			
			12.5 sp - Og	26.5sp - Tig	64.1sp - Sub			
Hannah Sahatoo - 10	09		16.8 - Og	36.5 - Og				
Holly Staples - 10	06		13.82	29.32				
	07		13.3	29.3	70.3			
	08	7.8 - In	12.0 sp - Sub		68.8sp - BL			
			13.32 - Sec					
	09	7.5 - In	12.6 - BL	27.2sp - GRC	27.04 - Sec			
			12.9 sp - Og	27.6sp - BL	65.8sp- H/F			
Katelyn Booth - 9	08		15.7	32.9	78.1			
	09		15.2 - Og	32.7 - H/F				
			15.1sp - Og	32.3 sp - Og		3:06.6sp -ChLk		
Kari Chouanard - 9	09					3:42.3 - Og		
Justyne Feigum - 9	07							
	08							
	09			39.6 - Og				
Ashley Gardner- 9	08		14.8					
	09	8.2 - In	14.4 - Og	30.7 - H/F	79.8 - Og			
			14.2sp - Tig	30.1sp - Og				
Chelsey Lindstrom -9	09			32.3 - Og	73.5 - Og			
				34.3 sp - Og	76.0 sp - Og	3:09.2sp-ChLk		
Megan Miesner - 9	07		14.6	32.1	70.5		6:25	
	08		14.5	32.7	69.1	2:41.90- Sub		
					65.6sp - Sub	2:43.9 sp- PC		
	09					2:43.7 - Og	6:15.82 - Sub	13:59.0 - Tig
					66.2 sp - H/F			
Jorie Williamson - 9	07							
	08		16.0					
	09							
			13.8 sp - Tig	31.9 sp - Sub	72.1sp - Og			
Sherry Rike - 8	08			32.0		2:58		
					72.8sp - PC	2:47.5sp - PC		
	09						5:46.00 -Sub	12:31.31 - Sec
Carissa Jahnz-8	08		15.6		79.0			
	09		13.8sp -ChLk			2:57.6sp-Ch Lk		

BOYS' "BESTS" - 2009

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Matteo Bencic-12	09	7.0 - In	11.81- Sec 10.3sp- Sub	24.7 - Tig 23.7sp - PC				
Justin Carlson - 12	08				53.56 - Sub			
				22.5sp - Mil	55.1sp - Og			
	09				52.09 - Sec			
				23.9sp - Tig	53.9sp - RC			
Joey Carter - 12	08		12.0 - Og					
				25.6sp- Og	54.5sp-Sub			
	09				56.1 - Tig			
				24.0sp - Tig	53.8sp-ChLk			
John Fitzgerald - 12	08	7.3 - In	12.6 - PC	26.44 - Sub	59.8 - OG			
			11.7sp - HF	24.9sp- Mil	58.3sp - Og	2:18.5sp - GRC		
	09		12.2 - Og			2:13.3 - H/F		
			11.0 sp-Og	25.6sp-BL	58.9sp - Tig	2:12.8sp-ChLk		
Dan Hambly - 12	04							
	05	8.5-Blaine	14.1 sp-Fo					
	06		13.9 - RC		80.8 sp- Mil			
			12.2sp- RC					
	07	7.5 - RRCI		27.0 - Cheng				
			12.2sp-Tig	25.7sp - Tig				
	08		12.1 - Mil					
			11.4sp - Sec		55.9sp - Sub			
	09	7.1 - In	12.11 - Sub	25.4 - H/F				
			10.5sp-H/F	26.6sp - Og				
Haakon Hansen - 12	04		13.9	27.3				
	05			26.7				
			14.5 sp- Fo	26.6 sp- Fo		2:31.6 sp - Sec		
	06		13.59 - CH	25.83 - Sub				
			11.3 sp- Fol	26.6sp- BL	62.1sp - RRC			
	07		12.4 - Tig					
			11.4sp-Cher	24.1sp -Sub	61.6sp - Ogil			
	08							
			10.7sp - Sec	22.4sp - Sec				
	09							
			10.6sp - BL	25.2sp - Tig				
Jarad Reiser - 12	07		12.6 - Ogil	27.2 - Ogil	59.88 - Sub			
				27.7sp - PC	61.6sp - RRC	2:30.1 sp - RRC		
	08		12.2 - Mil	25.5 - Mil	56.25 - Sub			
				28.2sp - HF	59.4sp - GRC	2:39.5sp - HF		
	09				55.9 - GRC			
					59.9 sp - Tig	2:24.7sp - PC		

BOYS' "BESTS" - 2009

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Josh Skalicky - 12	O4		14.7	29.8				
	O5	7.8-Blaine	13.1	26.5	59.6			
				28.3 sp - Fo		2:22.3 sp - Sec		
	O6				58.92 - CH			
					57.5sp - Sub	2:20.5sp- PC		
	O7							
				23.8sp - Ogil	57.9 sp- Cheng			
	O8				56.0 - Og			
				25.0sp -Og	56.5sp - HF			
	O9				56.8 - Tig			
			12.2 sp- PC		54.1sp -ChLk			
Derek Braatz -11	O6		13.43	26.45				
	O7		11.2sp - HF	24.8 - HF				
	O8			24.2 - Og				
			11.2sp -Og	23.5sp - PC				
	O9		11.8 - BL	24.02 - Sub				
				23.2 sp - BL				
Mike Chouanard - 11	O8				61.1sp - Mil	2:22.5 - PC		
						2:17.6sp - GRC		
	O9					2:13.9 - H/F	5:33.2 - Og	
						2:11.9sp - H/F		
Mike Schmidt - 11	O9				56.3 - PC			
					53.7sp - RC	2:11.9sp - ChLk		
Eric Osterdyk - 11	O5		14.3	30.1		2:23.20- Sub	5:46	
	O6		13.96	30.13	25.9sp - Sub	2:23.2sp - RRC	5:33	
	O7			27.3 - JV		2:18.04 - Sub		
			14.4sp - JV			2:18.6sp - HF		
	O8					2:11.04 - Sec		
					56.0sp - Sub	2:12.1sp - GRC		
	O9					2:07.16 - Sec		
					53.9sp - Sec	2:10.4sp - H/F		
Jordan Sparling - 11	O5					4:19.1	11:46.3	
	O6					4:10	8:33	
	O7				85.3 - RRC	3:24.2 - HF		
	O8						6:28.7 - PC	13:48.12 - Sub
	O9						7:02.6 - Og	14:00.0 - H/F
Trent Heimdal - 11	O5			29.2	65.6			
	O6			29.15	64.4			
	O9			28.0 - Og	64.3 - Og			
Trevor Clune - 10	O6		14.48		79.4	2:40.6		
	O7						5:53	
	O9						6:05.7 - H/F	13:52.2 - Og
John Dedic-10	O9					2:28.2 - Og	5:58.9 - Og	
						2:25.2sp - H/F		

BOYS' "BESTS" - 2009

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
19.35 jh			4' 8"	13' 2.5"				
			5' 5"					
			5' 6" - Sub					9' 8" - Sec
			5' 10" - Tig		35' 9" - Ogil			10' 0" - Ogil
								9' 0" - Og
			5' 10" - Tig					11' 8" - Sub
			5' 0"					
			5' 2" - Ogil					
			5' 2" - GRC					
				13' 11.5" - Mil				
			5' 6" - BL	16' 5" - PC				
				13' 5.5"				
			5' 0"	14' 11.5"				
			5' 8" - HF					
			5' 10" - In	15' 10.5" - Mil				
			5' 10" - BL					10' 6" - PC
				8' 7"				
			4' 4"			62' 11"	27' 11"	
			5' 5"			87' 0"	34' 1"	
		53.2 - og	5' 4" - Og					
	20.29- Sub							

BOYS' "BESTS" - 2009

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Dallas Hansen - 10	09					2:25.3 - Og	4:54.43 - ChLk	10:53.7 - Ch Lk
					56.6sp - H/F	2:14.5 sp - Og		
Nick Bremer - 10	06				78.97	3:03.82	6:39.8.8	
	07					2:42	5:59	
	08					2:35.4sp - Og	5:24.14 - Sub	11:50.07 - Sub
	09					2:27.3 sp	5:07.05-Sub	11:13.9 - H/F
Adam Olson - 10	06		14.9					
	07		12.0 - BL	24.8	59.0			
			11.0sp - BL	24.7sp - Cheng				
	08		11.6 - Og					
			11.2sp -Og	23.2sp - Og				
	09	6.8 - In	11.2 - BL	23.11 - Sub				
			10.0sp - Og					
Cody Hanson - 10	09					2:28.1 - Og	5:10.52 - Sub	11:22.23 - Sub
						2:22.9sp- H/F		
Alex Steele - 10	06		14.8					
	07		13.9					
	08			28.6 - MII				
	09							
Nick Cummings - 9	07		13.6	27.7	62.0			
	08		13.6	26.1	57.2	2:15		
	09			24.7 - Tig		2:15.7 - RC		
				24.8sp - Og	53.8sp - H/F	2:13.1 sp- H/F		
Tyler Johnson - 9	07		16.4	33.9				
	08		15.1	32.5				
	09		13.9 - BL	28.9 - PC	68.1 - Og			
Josh Monson - 9	07		15.9					
	08		14.1					
	09							
Jordan Pangerl - 9	07		14.3	30.4	68.0			
	08		12.7	25.9	63.9			
	09			24.7 - Tig				
				23.9sp - Og	56.31 - Sub			
Derek Prokott - 9	07		14.4	30.1				
	08		13.1	27.1				
	09		13.2	25.6 - Og				
				24.6sp - Og				
Mitch Ringness -9	09					2:33.2 - Og	5:23.9 - PC	12"13.1 - H/F
						2:28.8 sp		
Eric Skalicky - 9	07					3:08		
	08		13.2	27.1				
	09			27.9 - Og	62.4 - Og			

BOYS' "BESTS" - 2009

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
				11' 0" 11' 8"				
			4' 8"				39' 1"	
			5' 8" - HF	16' 4.75" - PC				
			5' 6" - Og					
				11' 11.5"		85' 8"-jh 100' .5"-jh 77' 5" - PC 84' 11" - Sub	27' 6" - In 31' 5" - H/F	
				15' 2.5" 17' 5.5" 16' 7" - Og				6' 6" - Og
				12' 4"				
	21.0			12' 9.5" 14' 6" - Og	32' 5.75" - H/F	46' 6"	28' 7.5" 23' 6" - H/F	
						65' 9" 74' 7" 63' 0" - Og	23' 10.75" 30' 7" 29' .5" - Og	
				14' 2" 16' 10"				
	20.3			13' 11"				
	19.1			14' 10"				10' 0" - RC
	19.1						25' 2"	
	19.1							
		49.1 - Tig		14' 7.25"-Sub	36' 9.25" - Sub			

GIRLS' RELAY HISTORY-2009

	RRC INDOOR	OGILVIE	TIGERAMA	OGILVIE	BIG LAKE	OGILVIE
4 x 100 M RELAY	B. Clementson	H. Staples	J. Hussong	B. Clementson	K. Booth	J. Hussong
52.79	E. Pangerl	J. Hussong	J. Williamson	J. Williamson	J. Williamson	K. Husnik
	M. Buschmann	E. Pangerl	K. Booth	E. Pangerl	A. Brant	K. Booth
	H. Staples	A. Gardner	A. Gardner	H. Staples	A. Gardner	A. Gardner
	56.3	58.6	61.5	55.6	62.5	60.8
4 x 200 M RELAY (1:50.17)	B. Clementson	B. Clementson	H. Staples	J. Hussong	H. Staples	B. Clementson
	K. Booth	K. Motyl	B. Clementson	C. Lindstrom	B. Clementson	K. Hughes
	J. Williamson	A. Brant	K. Motyl	K. Booth	K. Hughes	J. Williamson
	E. Pangerl	E. Pangerl	E. Pangerl	A. Gardner	E. Pangerl	E. Pangerl
	02:05.1	02:03.8	DQ	02:14.3	01:58.4	02:00.5
4 x 400 M RELAY (4:16.81)	M. Miesner	M. Miesner	B. Clementson	E. Pangerl	B. Clementson	E. Pangerl
	J. Williamson	J. Williamson	J. Williamson	J. Williamson	K. Hughes	J. Williamson
	E. Pangerl	B. Clementsin	K. Harper	M. Miesner	M. Buschmann	C. Lindstrom
	K. Motyl	K. Motyl	K. Motyl	K. Motyl	K. Motyl	K. Motyl
	04:50.6	04:56.9	04:51.6	04:39.4	04:59.3	04:41.4
4 X 800 M RELAY (10:27.01)						
800 Sprint Medley						
1600 Sprint Medley						
Distance Medley						

GIRLS' RELAY HISTORY-2009

CHENGWATANA	TRUE TEAM	HINCKLEY	GRC	GRC RELAYS	SUB-SECTION
J. Hussong	J. Hussong	B. Clementson	J. Hussong		B. Clementson
K. Husnik	K. Husnik	K. Hughes	K. Husnik		K. Hughes
A. Brant	A. Brant	A. Gardner	K. Booth		J. Hussong
A. Gardner	C. Jahnz	H. Staples	A. Gardner		A Gardner
60.4	62.26	54.6	59.5		57.51
B. Clementson	B. Clementson	J. Hussong	B. Clementson	B. Clementson	B. Clementson
K. Hughes	K. Hughes	J. Williamson	K. Hughes	K. Hughes	K. Hughes
J. Williamson	J. Williamson	K. Booth	J. Williamson	J. Williamson	J. Williamson
E. Pangerl	M. Buschmann	K. Harper	A. Gardner	M. Buschmann	M. Buschmann
01:58.2	(2:02.49)	02:08.5	02:03.9	02:00.6	(1:59.36)
E. Pangerl	K. Motyl	M. Miesner	K. Hughes	M. Miesner	M. Miesner
J. Williamson	J. Williamson	K. Harper	J. Williamson	M. Buschmann	K. Harper
K. Hughes	K. Hughes	K. Motyl	K. Motyl	H. Staples	K. Motyl
K. Motyl	E. Pangerl	E. Pangerl	E. Pangerl	K. Motyl	E. Pangerl
04:46.2	(4:38.76)	04:32.1	04:42.2	04:30.9	(4:32.37)
	K. Booth				
	C. Lindstrom				
	C. Jahnz				
	K. Motyl				
	(11:56.33)				
				A. Gardner	
				J. Williamson	
				E. Pangerl	
				K. Harper	
				02:09.0	
				A. Gardner	
				H. Sahatoo	
				E. Pangerl	
				N. Chouanard	
				05:49.4	
				K. Harper	
				E. Pangerl	
				K. Motyl	
				M. Miesner	
				14:33.1	

BOYS' RELAY HISTORY-2009

	RRC INDOOR	OGILVIE	TIGERAMA	OGILVIE	BIG LAKE	OGILVIE
4 x 100 M RELAY	A. Olson	A. Olson	A. Olson	A. Olson	D. Hambly	D. Hambly
45.3	M. Bencic	M. Bencic	M. Bencic	M. Bencic	H. Hansen	H. Hansen
	J. Fitzgerald	J. Fitzgerald	J. Fitzgerald	D. Hambly	M. Bencic	M. Bencic
	D. Hambly	H. Hansen	D. Hambly	H. Hansen	A. Olson	A. Olson
	49.1	47.4	47.6	47.3	46.3	46.3
4 x 200 M RELAY	D. Hambly	H. Hansen	H. Hansen	D. Prokott	J. Fitzgerald	D. Braatz
(1:34.76)	J. Pangerl	J. Pangerl	J. Pangerl	T. Johnson	D. Prokott	J. Fitzgerald
	N. Cummings	N. Cummings	J. Carter	E. Skalicky	D. Braatz	D. Prokott
	J. Carlson	J. Carlson	J. Carlson	J. Pangerl	J. Pangerl	J. Pangerl
	01:42.9	01:40.2	01:43.1	DNF	01:40.6	01:40.2
4 x 400 M RELAY	J. Fitzgerald	J. Fitzgerald	J. Carlson	J. Skalicky	J. Carlson	J. Carlson
(3:28.39)	J. Reiser	J. Pangerl	J. Reiser	J. Carter	J. Pangerl	J. Skalicky
	J. Pangerl	N. Cummings	J. Pangerl	J. Pangerl	N. Cummings	E. Osterdyk
	N. Cummings	E. Osterdyk	J. Fitzgerald	J. Carlson	J. Carter	M. Schmidt
	04:04.2	03:52.0	03:53.4	03:47.8	03:45.1	03:45.3
4 X 800 M RELAY	J. Fitzgerald	F. Fitzgerald	J. Fitzgerald	J. Reiser	M. Schmidt	J. Fitzgerald
(8:27.89)	M. Ringness	J. Reiser	M. Ringness	M. Ringness	M. Ringness	M. Chouanard
	J. Dedic	M. Chouanard	M. Chouanard	C. Hansen	J. Reiser	D. Hansen
	M. Chouanard	E. Osterdyk	J. Reiser	M. Chouanard	D. Hansen	E. Osterdyk
	10:09.8	09:28.2	09:43.2	10:02.0	09:54.5	09:09.5
800 Sprint Medley						
1600 Sprint Medley						
Distance Medley						

BOYS' RELAY HISTORY-2009

CHENGWATANA	TRUE TEAM	HINCKLEY	GRC	GRC RELAY	SUB-SECTION	SECTION
D. Hambly	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen	H. Hansen
H. Hansen	D. Hambly	D. Hambly	D. Hambly	D. Hambly	D. Hambly	D. Hambly
J. Skalicy	J. Bencic	J. Bencic	J. Bencic	J. Bencic	J. Bencic	J. Bencic
A. Olson	A. Olson	A. Olson	A. Olson	A. Olson	A. Olson	A. Olson
46.5	47.19	46.5	46.2	46.3	45.64	45.73
J. Pangerl	D. Braatz	J. Carlson	J. Carlson	D. Braatz	D. Braatz	
D. Prokott	D. Prokott	D. Braatz	D. Braatz	J. Carlson	J. Carlson	
M. Bencic	J. Pangerl	J. Fitzgerald	D. Prokott	H. Hansen	H. Hansen	
J. Carlson	N. Cummings	J. Carter	J. Carter	J. Carter	J. Carter	
01:39.1	(1:40.71)	DNF	01:38.2	01:37.8	DNF	
J. Carlson	J. Carlson	D. Hansen	J. Carlson	J. Carlson	J. Carlson	J. Carlson
J. Skalicky	J. Skalicky	J. Skalicky	J. Skalicky	J. Skalicky	J. Skalicky	J. Skalicky
E. Osterdyk	M. Schmidt	N. Cummings	M. Schmidt	N. Cummings	N. Cummings	E. Osterdyk
J. Carter	J. Carter	J. Carter	J. Carter	J. Carter	J. Carter	N. Cummings
03:44.6	(3:39.55)	03:39.1	03:39.4	03:39.3	(3:37.42)	(3:39.57)
M. Schmidt	J. Fitzgerald	C. Hanson	J. Fitzgerald	J. Fitzgerald	J. Fitzgerald	
J. Reiser	M. Chouanard	M. Ringness	M. Chouanard	M. Chouanard	M. Chouanard	
M. Chouanard	M. Schmidt	J. Reiser	M. Schmidt	N. Cummings	N. Cummings	
D. Hansen	E. Osterdyk	M. Chouanard	E. Osterdyk	E. Osterdyk	E. Osterdyk	
09:26.4	(8:55.15)	09:41.5	09:13.2	08:50.1	(9:19.68)	
				D. Hambly		
				M. Bencic		
				A. Olson		
				J. Carlson		
				01:42.5		
				D. Braatz		
				D. Prokott		
				J. Reiser		
				M. Schmidt		
				04:02.0		
				J. Dedic		
				J. Reiser		
				C. Hanson		
				N. Bremer		
				12:19.3		