

PINE CITY DRAGONS



TRACK & FIELD

2010

Year in Review

To accomplish
great things,
we must
not only act,
but also
dream;
not only plan,
but also
believe.

Anatole France

GRC INDOOR TRACK MEET @Foley

Saturday, March 27, 2010, 4:00

Pine City Girls' Results

4 x 800 m Relay	1. Megan Miesner (78,84) 2:41.7 PB	Pole Vault	1. Katelyn Booth	NH
	2. Morgan Richardson (94,92) 3:06.6			
	3. Abby Cummins (90,98) 3:08.6			
	4. Sherry Rike (80,87) 2:46.9 PB			
	11:43.6 2 nd	Long Jump	1. Holly Staples	NJ
55 m Hurdles			2. Georgi Steiner	9' 3.25"
			3. Erin Pangerl	13' 2.75"
55 m Dash	1. Holly Staples 7.7 1st	High Jump	1. Holly Staples	4' 5" 2nd
	2. Greta Foster 9.6	Triple Jump		
	3. Georgi Steiner 9.4			
1600 m Run	1. Megan Miesner 06:06.0 1st PB	Shot Put	1. Karina Nordrum	29' 10"
	(1:26, 1:34, 1:38, 1:28)		2. Lauren Granger	21' 6"
	2. Morgan Richardson 07:30.9		3. Morgan Richardson	19' 9.5"
	(1:35, 1:57, 2:01, 1:57)			
4 x 200 m Relay	1. Lauren Granger 32.8			
	2. Katelyn Booth 34.4			
	3. Georgi Steiner 35.4			
	4. Greta Foster 35.6			
	02:18.1 5th			
400 m Dash	1. Erin Pangerl 65.8 1st			
4 x 100 m Relay				
800 m Run	1. Sherry Rike 02:55.6 PB			
	(1:26, 1:29)			
	2. Abby Cummins 03:07.8			
	(1:29, 1:38)			
	3. Lauren Granger 03:06.5			
	(1:28, 1:38)			
200 m Dash	1. Holly Staples 29.1 1st tie			
	2. Erin Pangerl 29.2 3rd			
	3. Greta Foster 35.7			
4 x 400 m Relay	1. Megan Miesner 69.7			
	2. Abby Cummins 80.9			
	3. Sherry Rike 73.3			
	3. Erin Pangerl 77.5			
	05:01.3 4th			

TEAM RESULTS:

1. Mille Lacs	171
2. Rush City	105.5
3. Pine City	65
4. Hinckley/Finlayson	49
5. Braham	26.5
6. East Centra	26
7. Ogilvie	23

GRC INDOOR TRACK MEET @Foley
Saturday, March 27, 2010, 4:00
Pine City Boys' Results

4 x 800 m Relay	1. Jordan Rarick 2. Torrance Berg 3. Zain Hunter 4. Nick Bremer	(74,75) 2:29.6 (68,81) 2:29.0 (65,82) 2:26.9 <u>(68,73) 2:21.8</u> PB 9:48.1 2nd	Pole Vault	1. Derek Prokott	9' 0" 4th
			Long Jump	1. Joe Favorito 2. Jordan Rarick 3. Robert Baker	13' 5.25" 13' 11.25" 12' 11"
55 m Hurdles	1. John Dedic	9.5 2nd	High Jump	1. Mike Hansmann 2. Adam Olson 3. Tyler Clark	5' 8" 3rd 5' 6" 4th 4' 8"
55 m Dash	1. Adam Olson 2. Mike Hansmann 3. Jordan Pangerl	6.7 1st PB 6.8 4th 6.7 2nd	Triple Jump	1. Eric Skalicky 2. Tyler Clark 3. Bobby Noreen	33' 6" 33' 1" 30' 7"
1600 m Run	1. Nick Bremer (1:15, 1:19, 1:24, 1:36) 2. Jordan Sparling (1:27, 1:37, 1:42, 1:25)	05:23.4 4th 06:16.8 PB	Shot Put	1. Alex Steele 2. Josh Monson 3. Torrance Berg	34' 2" PB 31' 1" PB 23' 11"
4 x 200 m Relay	1. Adam Olson 2. Mike Hansmann 3. Derek Prokott 4. Jordan Pangerl	24.0 24.9 26.6 <u>24.9</u> 01:40.2 1st			
400 m Dash	1. Zain Hunter 2. Danny Franklin	62.5 4th 71.2			
4 x 100 m Relay	1. Joe Favorito 2. Bobby Noreen 3. Robert Baker 4. Eric Skalicky	12.8 13.3 14.2 <u>14.1</u> 54.3 5th			
800 m Run	1. John Dedic (72, 78)	02:30.7 5th			
200 m Dash	1. Adam Olson 2. Mike Hansmann 3. Derek Prokott	24.0 1st 24.2 2nd 27.4			
4 x 400 m Relay	1. Jordan Rarick 2. Tyler Clark 3. Eric Skalicky 4. Jordan Pangerl	63.1 59.9 66.4 <u>55.1</u> PB 04:04.6 2nd			

TEAM RESULTS:

1. Rush City	155
2. Pine City	102
3. East Central	82
4. Hinckley/Finlayson	80
5. Ogilvie	63
6. Braham	15

OGILVIE UNLIMITED TRACK MEET

Thursday, April 8, 2010

Pine City Girls' Results

4 x 800 m Relay	1. Megan Miesner (76.5,85.8) 2:41.8 2. Morgan Richardson (82.0,98.4) 3:00.4 PB 3. Abby Cummins (94.0,95.5) 3:10.5 4. Sherry Rike (<u>77.3,88.4</u>) 2:45.7 PB 11:37.30 4 th	Pole Vault 1. Regan Kossan NH 2. Katherine Cahill NH Long Jump 1. Holly Staples 2. Allie Brant 3. Regan Kossan 12' 0" 4. Georgi Steiner 9' 0" 5. Sammy Kupsch 6. Erin Pangerl 13' 4"
100 m Hurdles	1. Carissa Jahnz 19.3 2. Jenni Hussong 20.3 3. Regan Kossan 21.9	
100 m Dash	1. Holly Staples 14.0 2 nd 2. Erin Pangerl 12.5 1 st 2. Georgi Steiner 17.5	High Jump 1. Holly Staples 4' 6" 3 rd BTY 2. Allie Brant 4' 10" 1 st Triple Jump 1. Allie Brant
4 x 200 m Relay	1. Georgi Steiner 36.9 2. Lauren Granger 33.2 3. Sammy Kupsch 4. Greta Foster DQ	Discus 1. Karina Nordrum 97' 2.5" 3 rd 2. Lauren Granger 3. Carissa Jahnz
1600 m Run	1. Megan Miesner 06:04.70 1 st PB (1:23, 1:37, 1:40, 1:24) 2. Morgan Richardson 06:58.60 PB (1:34, 1:48, 1:52, 1:45)	Shot Put 1. Karina Nordrum 30' 0" 3 rd BTY 2. Lauren Granger 21' ? 3. Morgan Richardson 19' 0" 4. Georgi Steiner
4 x 100 m Relay	1. Jenni Hussong 16.0 2. Regan Kossan 16.0 3. Michela Westbrook 14.6 4. Mariah Johnson <u>16.5</u> 62.9	<u>TEAM RESULTS:</u> 1. Hinckley 121.5 2. Mille Lacs 118.75 3. Pine City 102 4. Rush City 90.75 5. Braham 62 6. East Central 38 7. Ogilvie 25 8. Aitkin 14
400 m Dash	1. Erin Pangerl 63.0 1 st BTY	
300 m Hurdles	1. Carissa Jahnz 55.6 4 th 2. Jenni Hussong 66.1 3. Katherine Cahill DNF	
800 m Run	1. Lauren Granger (1:30, 1:39) 3:09.9 2. Sammy Kupsch (1:33, 1:44) 3:17.5 3. Michela Westbrook (1:25, 1:36) 3:01.5 4. Mariah Johnson (1 :31, 1:44) 3:14.9	
200 m Dash	1. Holly Staples DNR 2. Erin Pangerl 28.5 1 st BTY 3. Greta Foster 35.5 PB 4. Michela Westbrook 33.5 5. Mariah Johnson 34.2	
3200 m Run	1. Sherry Rike 13:25.20 3 rd (1:31, 1:39, 1:42, 1:43, 1:43, 1:45, 1:42, 1:39) 2. Abby Cummins 14:14.5 6 th (1:38, 1:47, 1:51, 1:52, 1:52, 1:52, 1:48, 1:35)	
4 x 400 m Relay	1. Carrisa Jahnz 73.4 2. Katherine Cahill 81.1 3. Sammy Kupsch 83.6 4. Megan Miesner <u>69.8</u> 05:07.60 6 th	

OGILVIE UNLIMITED TRACK MEET

Thursday, April 8, 2010

Pine City Boys' Results

4 x 800 m Relay	1. Mike Schmidt (67.0,74.2) 2:21.5 2. Zain Hunter (73.8,76.2) 2:29.8 3. Mike Chouanard (71.7,73.3) 2:25.2 4. Eric Osterdyk <u>(65.7,71.7) 2:17.7</u> 09:33.9 2 nd	Pole Vault	1. Eric Osterdyk 2. Derek Prokott 9' 6" 2 nd BTY 3. Joe Favorito 4. Zain Hunter 8' 0" 5 th 5. Jordan Rarick
110 m Hurdles	1. John Dedic 19.6 4 th PB	Long Jump	1. Joe Favorito 12' 8.5" 2. Bobby Noreen 11' 1" 3. Jordan Rarick 4. Eric Skalicky 14' 4" 5. David Keno 6. Zain Hunter 14' 10.5"
100 m Dash	1. Adam Olson 11.6 1 st 2. Mike Hansmann 11.7 2 nd 3. David Keno 12.8 4. Torrance Berg 13.3		
4 x 200 m Relay	1. Derek Prokott 26.7 2. Eric Skalicky 28.5 3. Joe Favorito 30.8 4. David Keno <u>27.2</u> 01:53.30 4 th	High Jump	1. Eric Osterdyk 5' 10" 1 st 2. Mike Hansmann 5' 10" 2 nd PB
		Triple Jump	1. Eric Skalicky 32' 10" 6 th 2. Bobby Noreen 28' 4"
1600 m Run	1. Jacob Guttormson 06:23.9 (1:23, 1:37, 1:43, 1:40) 3. Ben White 06:26.30 (1:22, 1:40, 1:46, 1:38) 4. Jordan Sparling 06:22.50 (1:23, 1:37, 1:40, 1:38)	Shot Put	1. Alex Steele 31' 2" 2. Josh Monson 29' ? 3. Gunnar Bontjes 24' 10" 4. Shayne Bontjes 25' 8" 5. Torrence Berg 24' 10.5" 6. Adam Olson 34' 8"
4 x 100 m Relay	1. Mike Hansmann 11.2 2. Jordan Pangerl 12.1 3. Mike Schmidt 4. Adam Olson DQ	Discus	1. Alex Steele 81' 6" 2. Josh Monson 89' 6" PB 3. Gunnar Bontjes 68' 3.5" 4. Shayne Bontjes
400 m Dash	3. Shayne Bontjes <u>70.1</u> 4. Gunnar Bontjes 69.8		
			<u>TEAM RESULTS:</u>
300 m Hurdles	1. John Dedic 50.3 6 th 2. Eric Skalicky 53.6		1. Rush City 189 2. Pine City 97 3. Hinckley 94.5 4. East Central 67 5. Ogilvie 56 6. Aitkin 38 7. Braham 13.5
800 m Run	1. Mike Chouanard (71.6, 75.3) 2:26.6 5 th 2. Torrence Berg (71.8, 79.1) 2:30.9 3. Bobby Noreen (72.2, 77.6) 2:39.8		
200 m Dash	1. Adam Olson 23.9 1 st BTY 2. Mike Hansmann 24.4 2 nd 3. Jordan Pangerl 24.5 3 rd 4. Derek Prokott DNR 5. David Keno 26.7		
3200 m Run	1. Jordan Rarick 12:18.10 5 th (1:29, 1:40, 1:42, 1:34, 1:33, 1:31, 1:30, 1:20) 2. Jordan Sparling 13:48.70 BTY (1:35, 1:45, 1:44, 1:44, 1:48, 1:46, 1:46, 10)		
4 x 400 m Relay	1. Jordan Pangerl 57.6 2. Zain Hunter 63.4 3. Mike Schmidt 56.8 4. Eric Osterdyk <u>55.8</u> 03:53.50 3 rd		

TIGERAMA TRACK MEET @ Rush City
Tuesday, April 13, 2010
Pine City Girls' Results

4 x 800 m Relay	1. Morgan Richardson (81.6, 90.1) 2:51.7 PB	Pole Vault	1. Regan Kossan	
	2. Abby Cummins (82.5,91.0) 2:56.5 PB		2. Michela Westbrook	
	3. Lauren Granger (90, 90.1) 3:00.1 PB		3. Abby Cummins	
	4. Michela Westbrook (<u>89.6,97.3</u>) <u>3:06.8</u>			
	11:55.8 6th	Long Jump	1. Holly Staples 14' 5.25" 4th BTY	
			2. Erin Pangerl 14' 10.75" 1st PB	
			3. Alli Brant 11' 1"	
100 m Hurdles	1. Carissa Jahnz 19.5 6th			
	2. Jenni Hussong 21.2			
	3. Regan Kossan 21.4 PB	High Jump	1. Holly Staples 4' 6" 3rd	
			2. Allie Brant 4' 8" 2nd	
100 m Dash	1. Holly Staples 13.7 1st BTY			
	2. Greta Foster 16.4	Triple Jump	1. Alli Brant 26'	
	3. Mariah Johnson 15.9		2. Greta Foster	
4 x 200 m Relay	1. Lauren Granger 37.1	Discus	1. Karina Nordrum 88' 8" 3rd	
	2. Greta Foster 31.7		2. Lauren Granger 45' 9"	
	3. Katherine Cahill 35.8		3. Carissa Jahnz	
	4. Michela Westbrook <u>32.4</u>			
	02:17.2	Shot Put	1. Karina Nordrum 30' 4.75" 3rd BTY	
			2. Morgan Richarson 20' 5.5" PB	
1600 m Run	1. Megan Miesner 05:53.9 2nd			
	(1:21, 1:32, 1:36, 1:25)			
	2. Sherry Rike 05:51.3 1st			
	(1:21, 1:32, 1:36, 1:21)			
			<u>TEAM RESULTS:</u>	
			1. Rush City 118.25	
			2. Pine City 115	
			3. Hinckley/Finlayson 113.5	
			4. MLWR 57	
			5. Braham 51	
			6. Maranatha 47	
			7. East Central 39.25	
			8. Ogilvie 16	
4 x 100 m Relay	1. Jenni Hussong 16.4			
	2. Georgi Steiner 14.8			
	3. Katherine Cahill 16.9			
	4. Mariah Johnson <u>14.7</u>			
	63.1 6th			
400 m Dash	1. Erin Pangerl 62.9 2nd BTY			
	2. Katherine Cahill 77.8			
	3. Greta Foster 79.2 PB			
300 m Hurdles	1. Carissa Jahnz 55.8 5th			
	2. Regan Kossan 59.6			
	3. Jenni Hussong DNR			
800 m Run	1. Megan Miesner (81.1, 85.9) 2:47.0 5th			
	2. Michela Westbrook (85.8, 95.8) 3:00.7 BTY			
	3. Samantha Kupsch (83.5, 100.1) 3:03.6 PB			
200 m Dash	1. Holly Staples 29.0 3rd BTY			
	2. Erin Pangerl 28.1 1st BTY			
	3. Regan Kossan 32.7			
3200 m Run	1. Sherry Rike 13:02.3 2nd BTY			
	(1:31, 1:33, 1:41, 1:41, 1:45, 1:37, 1:43, 1:27)			
	2. Abby Cummins 14:13.8 PB			
	(1:35, 1:45, 1:50, 1:55, 1:55, 1:52, 1:47, 1:33)			
	3. Morgan Richardson 15:36.4			
	(1:34, 1:45, 1:54, 2:02, 2:05, 2:09, 2:08, 1:59)			
4 x 400 m Relay	1. Megan Miesner 70.0			
	2. Lauren Granger 75.2			
	3. Carissa Jahnz 73.3 PB			
	4. Erin Pangerl <u>66.4</u> BTY			
	04:44.4 2nd			

TIGERAMA TRACK MEET
Tuesday, April 13, 2010
Pine City Boys' Results

4 x 800 m Relay	1. Jordan Rarick (76,74) 2:29.5 PB	Pole Vault	1. Eric Osterdyk 11' 0" 1st PB
	2. Torrance Berg (72,76) 2:28.9 PB		2. Derek Prokott 9' 0" 3rd
	3. Zain Hunter (74,72) 2:26.7 PB		3. Zain Hunter 8' 0"
	4. Mike Chouanard (68,71) 2:19.1 BTY		
	09:44.2 5th	Long Jump	1. Tyler Clark 15' 3' "
110 m Hurdles	1. John Dedic 19.3 4th PB		2. Eric Skalicky 15' .5' " PB
			3. Zain Hunter 15' 1' " PB
100 m Dash	1. Adam Olson 11.7 1st	High Jump	1. Eric Osterdyk 6' 2" 1st PB
	2. Mike Hansmann 11.9 4th		2. Mike Hansmann 6' 1" 2nd PB
	3. Jordan Pangerl 11.8 2nd		3. John Dedic 5' 1"
4 x 200 m Relay	1. Mike Hansmann 23.2	Triple Jump	1. Eric Skalicky 34' 1" BTY
	2. Jordan Pangerl 24.2		2. Tyler Clark 34' 2" PB
	3. Mike Schmidt 23.2		3. Bobby Noreen 29' 3' "
	4. Adam Olson 23.9		
	01:34.6 1st	Shot Put	1. Alex Steele
1600 m Run	1. Nick Bremer 04:59.1 1st PB		2. Josh Monson 26' 7' "
	(1:10, 1:16, 1:19, 1:14)		3. Adam Olson 34' 4.5" 6th
	2. Mike Chouanard 05:25.6 6th PB	Discus	1. Alex Steele
	(1:19, 1:25, 1:27, 1:25)		2. Josh Monson 76'
	3. Jake Guttormson 06:04.3 PB		3. Gunnar Bontjes 68' 9" PB
	(1:23, 1:30, 1:36, 1:35)		
4 x 100 m Relay	1. Derek Prokott 12.7		
	2. Torrance Berg 12.9		
	2. Eric Skalicky 12.6		
	4. David Keno DNF		
			TEAM RESULTS:
400 m Dash	1. Zain Hunter 59.1 PB		1. Rush City 138
	2. Tyler Clark 58.8		2. Pine City 128
	3. Shayne Bontjes 66.8 PB		3. Hinckley 94
			4. MLWR 58
300 m Hurdles	1. John Dedic 49.8 5th PB		5. Maranata 45
	2. Eric Skalicky 57.7		6. East Central 35
	3. Derek Prokott 57.8		7. Ogilvie 28
800 m Run	1. Eric Osterdyk (67.2,67.2) 2:15.4 1st		
	2. Mike Schmidt (71.6,69.6) 2:21.3 5 th		
	3. Isaac Handy (74.4,74.8) 2:29.2		
200 m Dash	1. Adam Olson 23.6 1st BTY		
	2. Mike Hansmann 23.9 2nd PB		
	3. David Keno DNR		
3200 m Run	1. Jordan Rarick 12:17.3 PB		
	(1:29, 1:33, 1:29, 1:37, 1:33, 1:38, 1:27, 1:23)		
	2. Nick Bremer 11:58.6 4th		
	(1:20, 1:27, 1:29, 1:29, 1:31, 1:38, 1:34, 1:35, 1:28)		
	3. Jordan Sparling 12:58.9 PB		
	(1:29, 1:33, 1:33, 1:37, 1:42, 1:45, 1:45, 1:36)		
4 x 400 m Relay	1. Jordan Pangerl 54.9 PB		
	2. Tyler Clark 57.8 PB		
	3. Mike Schmidt 55.6 BTY		
	4. Eric Osterdyk 57.2		
	03:45.1 2nd		

MORA INVITATIONAL TRACK MEET

Friday, April 16, 2010

Pine City Girls' Results

4 x 800 m Relay	1. Morgan Richardson	(81,95) 2:56.4	Pole Vault	1. Michela Westbrook		
	2. Abby Cummins	(90,94) 3:04.0		2. Katherine Cahill		
	3. Michela Westbrook	(90,96) 3:05.5 PB		3. Abby Cummins		
	4. Sherry Rike	<u>(85,89) 2:52.3</u> 11:57.8 4th		Long Jump	1. Holly Staples	
100 m Hurdles	1. Carissa Jahnz	19.5		2. Erin Pangerl		
	2. Regan Kossan	21.0 PB		3. Regan Kossan	12' 8"	
				4. Georgi Steiner	10' 5"	
100 m Dash	1. Holly Staples	13.5 2nd BTY	High Jump	1. Holly Staples	4' 10" 2nd	
	2. Mariah Johnson	15.2 PB		2. Allie Brant	4' 10" 3rd	
	3. Georgi Steiner	16.2 PB				
4 x 200 m Relay	1. Georgi Steiner	35.6	Triple Jump	1. Greta Foster		
	2. Sammy Kupsch	34.2				
	3. Katherine Cahill	35.7		Discus	1. Karina Nordrum	104' 7" 2nd PB
	4. Michela Westbrook	<u>31.4</u> 02:16.6 5th BTY			2. Lauren Granger	
			3. Carissa Jahnz			
1600 m Run	1. Megan Miesner	06:03.4 2nd	Shot Put	1. Karina Nordrum		
	(1:22, 1:35, 1:40, 1:25)			2. Lauren Granger		
	2. Morgan Richardson	06:46.7 PB		3. Morgan Richardson		
	(1:33, 1:35, 1:49, 1:40)					
<u>TEAM RESULTS:</u>						
4 x 100 m Relay	1. Lauren Granger	15.8		1. Mora	117	
	2. Georgi Steiner	15.9		2. Mille Lacs	104	
	3. Katherine Cahill	17.9		3. Rush City	81	
	4. Mariah Johnson	<u>13.8</u> 63.5 5th		4. Pine City	53	
			5. Barnum	19		
400 m Dash	1. Greta Foster	80.2				
	2. Sammy Kupsch	81.8				
300 m Hurdles	1. Carissa Jahnz	54.4 3rd PB				
	2. Regan Kossan	61.8				
800 m Run	1. Michela Westbrook	02:59.9 PB				
	(85,94)					
200 m Dash	1. Holly Staples	28.1 2nd BTY				
	2. Mariah Johnson	32.8 PB				
	3. Regan Kossan	33.3				
3200 m Run	1. Sherry Rike	13:18.2 2nd				
	(1:31, 1:38, 1:43, 1:42, 1:42, 1:44, 1:45, 1:31)					
	2. Abby Cummins	14:22.4 5th				
	(1:37, 1:47, 1:50, 1:51, 1:55, 1:52, 1:54, 1:47)					
4 x 400 m Relay	1. Megan Miesner	68.8 BTY				
	2. Katherine Cahill	76.0 PB				
	3. Carissa Jahnz	72.3 PB				
	4. Erin Pangerl	<u>68.3</u> 04:45.9 2nd				

**MORA INVITATIONAL
TRACK MEET**

Friday April 16 2010

4 x 800 m Relay	1. Jordan Rarick (75,78) 2:32.3 2. Torrance Berg (74,80) 2:33.7 3. Zain Hunter (74,76) 2:29.2 4. Mike Chouanard <u>(70,75) 2:25.3</u> 10:00.5 4th	Pole Vault	1. Eric Osterdyk 10' 0" 3rd 2. Derek Prokott 10' 6" 2nd PB 3. Joe Favorito 4. Zain Hunter 5. Jordan Rarick
110 m Hurdles	1. John Dedic 19.2 3rd PB	Long Jump	1. Jordan Pangerl 2. Mike Hansmann 17' 7.25" 3rd 3. Tyler Clark 15' 2.5" 4. Eric Skalicky 15' 5" 5. Zain Hunter 16' ? 6. Joe Favorito 7. Danny Franklin
100 m Dash	1. Adam Olson 11.5 1st BTY 2. Torrance Berg 13.7 3. Danny Frainklin 14.3		
4 x 200 m Relay	1. Mike Hansmann 26.0 2. Jordan Pangerl 22.3 3. Mike Schmidt 26.0 4. Adam Olson <u>23.6</u> 01:38.8 1st	High Jump	1. Eric Osterdyk 6' 2" 1st 2. Mike Hansmann 5' 8" 2nd 3. Mike Schmidt 5' 6" 5th 4. John Dedic 5' 4"
1600 m Run	1. Nick Bremer 05:07.9 5th (1:09, 1:17, 1:24, 1:16) 2. Jacob Guttormson 06:08.4 (1:23, 1:35, 1:38, 1:32) 3. Ben White 06:11.6 PB (1:22, 1:35, 1:40, 1:34) 4. Jordan Sparling 06:15.2 PB (1:25, 1:37, 1:40, 1:33)	Triple Jump	1. Eric Skalicky 34' 8" 3rd BTY 2. Tyler Clark 33' 3.25" 6th 3. Bobby Noreen 27' ?
4 x 100 m Relay	1. Mike Hansmann 11.7 2. Jordan Pangerl 11.9 3. Derek Prokott 12.3 4. Adam Olson <u>10.7</u> 46.6 2nd BTY	Shot Put	1. Alex Steele 32' 11.25" 6th 2. Josh Monson 3. Gunnar Bontjes 4. Shayne Bontjes 5. Danny Franklin
4 x 100 m Relay	1. Eric Skalicky 14.3 2. Bobby Noreen 12.5 3. Joe Favorito 13.6 4. Torrance Berg <u>12.2</u> 53.6	Discus	1. Alex Steele 94' 1" 6th PB 2. Josh Monson 3. Gunnar Bontjes 68' 1" 4. Shayne Bontjes 61' 8" 5. Adam Olson
400 m Dash	1. Mike Schmidt 59.3 2. Tyler Clark 62.2 3. Zain Hunter 59.5 4. Shayne Bontjes 69.9 5. Gunnar Bontjes 69.5 PB 6. Bobby Noreen 65.4		
300 m Hurdles	1. John Dedic 49.8 4th 2. Eric Skalicky 53.1 BTY 3. Derek Prokott 52.1 PB		
800 m Run	1. Eric Osterdyk (67, 70) 2:17.0 1st 2. Mike Chouanard (71, 71) 2:22.5 3rd BTY 3. Isaac Handy (75, 79) 2:34.8		
200 m Dash	1. Derek Prokott 26.8 3rd BTY 2. Bobby Noreen 28.5 3. Danny Franklin 30.6		
3200 m Run	1. Nick Bremer 11:52.7 4th BTY (1:22, 1:29, 1:31, 1:31, 1:30, 1:28, 1:34, 1:25) 2. Jordan Rarick 12:32.4 5th (1:23, 1:38, 1:40, 1:40, 1:32, 1:40, 1:36, 1:23) 3. Jordan Sparling DNR		
4 x 400 m Relay	1. Jordan Pangerl 55.9 2. Tyler Clark 59.9 3. Mike Schmidt 57.3 4. Mike Chouanard <u>59.4</u> 03:52.5 2nd		
			TEAM RESULTS: 1. Rush City 102 2. Mora 91 3. Pine City 65 4. Barnum 14

BIG LAKE TRACK MEET
Thursday, April 22, 2010
Pine City Girls' Results

4 x 800 m Relay					Pole Vault	1. Katherine Cahill	NH
						2. Abby Cummins	NH
					Long Jump	1. Erin Pangerl	14' 9" 2nd
						2. Regan Kossan	12' 6.25"
100 m Hurdles	1. Carissa Jahnz	19.1	5th	PB			
	2. Regan Kossan	20.6		PB			
					High Jump	1. Holly Staples	4' 10" 2 nd BTY
						2. Allie Brant	4' 8" 6th
100 m Dash	1. Holly Staples	13.1	2nd	BTY			
	2. Mariah Johnson	16.1			Triple Jump	1. Alli Brant	26' 1.5" PB
	3. Georgi Steiner	16.5					
4 x 200 m Relay	1. Lauren Granger	33.7			Discus	1. Karina Nordrum	106' 9" 1st PB
	2. Sammy Kupsch	32.5				2. Lauren Granger	58' 6" PB
	3. Greta Foster	33.8					
	4. Mariah Johnson	<u>32.2</u>					
		02:12.3	5th	BTY	Shot Put	1. Karina Nordrum	31' 8.5" 2nd BTY
						2. Morgan Richarson	18' 6"
1600 m Run	1. Megan Miesner	06:06.8	4th			3. Lauren Granger	21' 11.5" PB
	(1:23, 1:35, 1:39, 1:30)						
	2. Abby Cummins	06:29.6	8th		<u>TEAM RESULTS:</u>		
	(1:29, 1:40, 1:45, 1:36)						
	3. Morgan Richardson	06:38.7		PB		1. Sauk Centre	133
	(1:26, 1:42, 1:50, 1:43)					2. Rogers	123.5
4 x 100 m Relay	1. Regan Kossan	16.5				3. Foley	123.2
	2. Alli Brant	13.9				4. Big Lake	104
	3. Katherine Cahill	15.6				5. Pine City	89.8
	4. Mariah Johnson	<u>15.2</u>				6. Milaca	54.8
		61.2	6th	BTY		7. Princeton	36.7
400 m Dash	1. Erin Pangerl	62.1	3rd	BTY			
	2. Greta Foster	76.4		PB			
	3. Katherine Cahill	74.8		PB			
300 m Hurdles	1. Carissa Jahnz	54.0	4th	PB			
	2. Regan Kossan	61.6					
800 m Run	1. Megan Miesner	2:39.9	6th	PB			
	(78, 82)						
	2. Samantha Kupsch	03:09.2					
	(1:28, 1:41)						
200 m Dash	1. Holly Staples	27.7	3rd	BTY			
	2. Erin Pangerl	27.5	2nd	BTY			
3200 m Run	1. Abby Cummins	14:19.0	6th				
	(1:36, 1:43, 1:46, 1:52, 1:55, 1:55, 1:51, 1:38)						
	2. Morgan Richardson	14:59.3	8th	PB			
	(1:33, 1:46, 1:51, 1:58, 2:01, 2:03, 2:02, 1:45)						
4 x 400 m Relay	1. Megan Miesner	69.3					
	2. Carissa Jahnz	71.1		PB			
	3. Holly Staples	65.9					
	4. Erin Pangerl	<u>65.5</u>		BTY			
		04:31.8	5th	BTY			

BIG LAKE TRACK MEET

Thursday, April 22, 2010

Dino City Boys' Results

4 x 800 m Relay	1. Jordan Rarick	(66,73)	2:19.5	PB	Pole Vault	1. Derek Prokott	NH
	2. Torrance Berg	(71,78)	2:28.7	PB		2. Jordan Rarick	8' 6" 6th
	3. Zain Hunter	(68,73)	2:20.8	PB		3. Isaac Handy	NH
	4. Mike Chouanard	<u>(70,73)</u>	<u>2:22.9</u>				
			09:31.9	5th	BTY	Long Jump	1. Mike Hansmann 16' 11"
							2. Eric Skalicky 16' 4" PB
110 m Hurdles	1. John Dedic		18.8	8th	PB		3. Zain Hunter 15' 3.5"
100 m Dash	1. Adam Olson		11.5	3rd			
	2. James Taylor		12.1	8th		High Jump	1. Mike Hansmann 5' 8" 4th
	3. Joe Favorito		13.4				2. Mike Schmidt 5' 4" 8th
							3. Adam Olson 5' 2"
4 x 200 m Relay	1. Mike Hansmann		23.7				
	2. Jordan Pangerl		23.4			Triple Jump	1. Eric Skalicky 33' 10.25"
	3. Mike Schmidt		23.1				2. Tyler Clark ND
	4. Adam Olson		<u>23.8</u>				3. Mike Schmidt 33' 7.5"
			01:34.2	2nd	PB		
	NEW SCHOOL RECORD						
						Shot Put	1. Alex Steele 32' 2.5"
							2. Shayne Bontjes 28' 1.5" PB
1600 m Run	1. Ben White		06:03.4	PB			3. Josh Monson 26' 8"
	(1:19, 1:34, 1:39, 1:32)						
	2. Jake Guttormson		05:55.5	PB			
	(1:18, 1:30, 1:36, 1:31)					Discus	1. Alex Steele 82' 11"
							2. Josh Monson 83' 7"
4 x 100 m Relay	1. Derek Prokott		12.7				3. Gunnar Bontjes 72' 4" PB
	2. Eric Skalicky		12.7				
	3. Torrance Berg		12.5				
	4. James Taylor		<u>12.4</u>				
			50.0	5th			
						<u>TEAM RESULTS:</u>	
400 m Dash	1. Jordan Pangerl		53.7	3rd		1. Foley	148.5
	2. Tyler Clark		58.4	PB		2. Big Lake	144.5
	3. Isaac Handy		63.2			3. Rogers	124.5
						4. Sauk Centre	92.5
300 m Hurdles	1. John Dedic		49.1	PB		5. Pine City	54.5
	2. Derek Prokott		DNR			6. Milaca	54
	3. Eric Skalicky		51.9	BTY		7. Princeton	52.5
800 m Run	1. Eric Osterdyk	(65, 65)	2:09.7	3rd	BTY		
	2. Mike Chouanard	(70, 74)	2:23.9				
	3. Bobby Noreen		2:31.8	PB			
200 m Dash	1. Adam Olson		23.3	2nd	BTY		
	2. Mike Hansmann		23.3	2nd	PB		
	3. James Taylor		25.5				
3200 m Run	1. Jordan Rarick		11:46.4	PB			
	(1:21, 1:23, 1:30, 1:32, 1:32, 1:33, 1:30, 1:23)						
	2. Jordan Sparling		13:05.9				
	(1:27, 1:35, 1:38, 1:39, 1:41, 1:44, 1:44, 1:38)						
4 x 400 m Relay	1. Jordan Pangerl		54.7	PB			
	2. Zain Hunter		59.7	PB			
	3. Tyler Clark		58.2				
	4. Mike Schmidt		<u>55.9</u>				
			03:48.6	6th			

CHENGWATANA TRACK MEET
Friday, April 30, 2010
Pine City Girls' Results

4 x 800 m Relay	1. Sherry Rike (78,77) 2:35.5 PB	Pole Vault	1. Katherine Cahill 5' 6" PB
	2. Morgan Richardson (86,91) 2:57.3		2. Abby Cummins NH
	3. Abby Cummins (85,85) 2:49.6 PB		
	4. Michela Westbrook (81,95) 3:01.0 PB		
	11:23.4 2nd BTY	Long Jump	1. Erin Pangerl 15' 10" 1st PB
			2. Holly Staples 15' 4.5" 2nd BTY
100 m Hurdles	1. Carissa Jahnz 18.7 3rd PB		
	2. Jenni Hussong DNF		
	3. Regan Kossan 20.9	High Jump	1. Holly Staples 4' 10" 1st
100 m Dash	1. Holly Staples 13.2 1st		
	2. Erin Pangerl DNR	Discus	1. Karina Nordrum 101' 1st
	3. Mariah Johnson 15.5		2. Lauren Granger 59' 5" PB
4 x 200 m Relay	1. Mariah Johnson 32.5		
	2. Lauren Granger 34.5	Shot Put	1. Karina Nordrum 34' 9" 3rd PB
	3. Greta Foster 32.3		2. Morgan Richardson 17' 2.5"
	4. Michela Westbrook 29.8		3. Lauren Granger 21' 1.5"
	02:09.0 BTY		
		Triple Jump	
1600 m Run	1. Megan Miesner 05:58.1 2nd		
	(1:20, 1:30, 1:39, 1:29)		
	2. Morgan Richardson 06:33.8 PB		
	(1:35, 1:42, 1:45, 1:32)		
			<u>TEAM RESULTS:</u>
			1. Foley 80.6
			2. Pine City 78
			3. Rush City 76.3
			4. Braham 37
4 x 100 m Relay	1. Jenni Hussong 15.7		
	2. Greta Foster 14.3		
	3. Katherine Cahill 15.8		
	4. Mariah Johnson 15.1		
	60.8 BTY		
400 m Dash	1. Erin Pangerl 61.5 1st BTY		
300 m Hurdles	1. Carissa Jahnz 51.7 1st PB		
	2. Regan Kossan 59.6 5th		
800 m Run	1. Megan Miesner (79, 82) 2:41.7 2nd		
	2. Michela Westbrook (86, 96) 3:02.4		
	3. Lauren Granger (90, 96) 3:06.3		
200 m Dash	1. Holly Staples 27.6 2nd BTY		
	2. Erin Pangerl 27.4 1st BTY		
3200 m Run	1. Sherry Rike 12:48.5 1st BTY		
	(1:25, 1:35, 1:36, 1:41, (6:17), 1:41, 1:42 1:42, 1:26)		
	2. Abby Cummins 13:54.3 5th PB		
	(1:32, 1:42, 1:42, 1:50, (6:46), 1:52, 1:54, 1:49, 1:34)		
4 x 400 m Relay	1. Megan Miesner 70.9		
	2. Katherine Cahill 75.4 PB		
	3. Carissa Jahnz 68.1 PB		
	4. Greta Foster 78.2		
	04:52.5 3rd		

CHENGWATANA TRACK MEET
Friday, April 30, 2010
Pine City Boys' Results

4 x 800 m Relay	1. Jordan Rarick (72,68) 2:19.0 PB	Pole Vault	1. Eric Osterdyk 10' 6" 3rd
	2. Torrance Berg (72,76) 2:28.3 PB		2. Derek Prokott 10' 6" 4th
	3. Zain Hunter (69,74) 2:21.4		3. Jordan Rarick 9' 0" PB
	4. Mike Chouanard (67.73) 2:20.3		
	09:28.9 2nd BTY		
		Long Jump	1. Mike Hansmann 18' 7.75" 1st PB
110 m Hurdles	1. John Dedic 18.8 3rd		2. Eric Skalicky 17' 0" 5th PB
			3. Zain Hunter 16' .75" PB
100 m Dash	1. Adam Olson 11.6 3rd		
	2. James Taylor DQ		
	3. Derek Braatz 12.3	High Jump	1. Eric Osterdyk 6' 2" 1st
			2. Mike Hansmann 5' 10" 3rd
4 x 200 m Relay	1. Mike Hansmann 23.3		3. Mike Schmidt 5' 6" 4th
	2. Jordan Pangerl 23.4		
	3. Mike Schmidt 24.5	Triple Jump	1. Eric Skalicky 36' 2.5" 4th BTY
	4. Adam Olson 28.7		2. Mike Schmidt 36' 9" 3rd PB
	01:39.9 2nd		3. Bobby Noreen 28' 5.5"
1600 m Run	1. Nick Bremer 04:56.6 2nd PB	Shot Put	1. Alex Steele 29' 7.5"
	(1:11, 1:15, 1:17, 1:14)		2. Shayne Bontjes 30' 6" PB
	2. Jake Guttormson 05:34.4 5th PB		3. Bobby Noreen 32' 10.5" PB
	(1:18, 1:25, 1:27, 1:24)		
	3. Ben White 06:03.2 PB	Discus	1. Alex Steele 97' 6" PB
	(1:20, 1:33, 1:37, 1:33)		2. Josh Monson 87' 2"
			3. Gunnar Bontjes 65' 10"
4 x 100 m Relay	1. Derek Braatz 11.9		
	2. Derek Prokott 11.3		
	3. Eric Skalicky 14.2		
	4. James Taylor 10.5		
	47.9 3rd		
		<u>TEAM RESULTS:</u>	
400 m Dash	1. Jordan Pangerl 55.4 3rd	1. Foley 112	
	2. Tyler Clark 58.3 4th PB	2. Pine City 79	
	3. Zain Hunter 58.9 PB	3. Rush City 74	
		4. Braham 7	
300 m Hurdles	1. John Dedic 48.6 3rd PB		
	2. Derek Prokott 50.6 5th PB		
	3. Eric Skalicky 51.6 BTY		
800 m Run	1. Eric Osterdyk (64,66) 2:09.7 1st		
	2. Mike Chouanard (69,76) 2:25.7		
	3. Torrance Berg (69,80) 2:29.6		
200 m Dash	1. Adam Olson 23.8 2nd		
	2. Derek Braatz 24.5 4th		
	3. Joe Favorito 28.0		
3200 m Run	1. Nick Bremer 11:38.4 3rd PB		
	(1:15, 1:24, 1:29, 1:31 (5:38), 1:30, 1:34, 1:31, 1:25)		
	2. Jordan Rarick 11:59.2 4th		
	(1:18, 1:32, 1:34, 1:31 (5:55), 1:34, 1:33, 1:33, 1:24)		
	3. Jordan Sparling 13:04.0		
	(1:25, 1:35, 1:36, 1:41 (6:17), 1:41, 1:42, 1:45, 1:39)		
4 x 400 m Relay	1. Jordan Pangerl 54.5 BTY		
	2. Mike Hansmann 54.5		
	3. Mike Schmidt 56.6		
	4. Eric Osterdyk 54.2 BTY		
	03:37.8 2nd bty		

Junior Varsity Invitational @ Hinckley Monday, April 26, 2010

100 m Hurdles
110 m Hurdles

High Jump

Long Jump 1. Regan Kossan
2. Georgi Steiner

Long Jump 1. Bobby Noreen 14' 2" 1st
2. Joe Favorito 12' 5.5" 3rd

Shot Put 1. Shayne Bontjes 38' 6" 3rd
2. Gunnar Bontjes 34' 10" 5th
3. Bobby Noreen 40' 3" 1st

Shot Put 1. Kaylee Kupsch 21' 4"
2. Lauren Granger 21' 1"
3. Morgan Richardson 20'

Discus 1. Lauren Granger 57'
2. Kaylee Kupsch 69' 8" 2nd

Discus 1. Shayne Bontjes
2. Gunnar Bontjes 93' 7" 5th

Pole Vault 1. Abby Cummins 5' 6" 2nd PB
2. Katherine Cahill NH

Pole Vault 1. Isaac Handy 8' 6" 1st
2. Joe Favorito 7' 0" 4th

Triple Jump

100 m Dash 1. Maria Johnson 15.4
2. Georgi Steiner 16.3
3. Kaylee Kupsch 16.6

100 m Dash 1. Torrance Berg 13.7 1st
2. Bobby Noreen 13.8 2nd
3. Joe Favorito 13.8 4th
4. Jonathan Bergwick 15.3 6th

1600 m Run 1. Abby Cummins 06:24.4 2nd
(1:30, 1:39, 1:41, 1:34)
2. Morgan Richardson 06:36.9 3rd
(1:23, 1:35, 1:49, 1:49)

1600 m Run

4 x 100 m Relay 1. Georgi Steiner 16.1
2. Katherine Cahill 16.0
3. Greta Foster 14.8
4. Mariah Johnson 15.5
62.4 3rd 3rd

4 x 100 m Relay 1. Torrance Berg 14.6
2. Bobby Noreen 12.4
3. Joe Favorito 13.9
4. Gunnar Bontjes 13.1
53.9 1st

400 m Dash 1. Katherine Cahill 75.4
2. Greta Foster 74.6
3. Lauren Granger 76.3
4. Sammy Kupsch 77.5

400 m Dash 1. Shayne Bontjes 70.4 3rd
2. Jonathan Bergwick DNR

800 m Run 1. Abby Cummins (93,88) 3:00.3 4th
2. Morgan Richardson (90,90) 3:00.2 3rd

800 m Run 1. Torrance Berg (78,74) 2:32.4 1st
2. Isaac Handy (84,79) 2:43.8 2nd

200 m Dash 1. Mariah Johnson 33.0
2. Sammy Kupsch 34.1

200 m Dash 1. Jonathan Bergwick DNR

4 x 200 m Relay 1. Georgi Steiner 34.0
2. Katherine Cahill 34.3
3. Lauren Granger 34.4
4. Greta Foster 32.3
02:14.9 3rd

4 x 200 m Relay 1. Isaac Handy 29.2
2. Connor Clark 27.8
3. Shayne Bontjes 29.1
4. Gunnar Bontjes 28.9
01:55.1 2nd

Boys Team Results:

1. Pine City 116
2. Ogilvie 82
3. Braham 78
4. Hinckley 67

Girls' Team Results:

1. Hinckley 152
2. Ogilvie 114
3. Braham 76
4. Pine City 51
5. Mille Lacs 25
6. Mora 9
7. Rush City 9
8. East Central 5

**Junior Varsity Invitational @ Pine City
Monday, May 10, 2010**

100 m Hurdles	1. Regan Kossan	19.9	2nd PB	High Jump			
110 m Hurdles				Long Jump	1. Regan Kossan	11' 5"	2nd
					2. Georgi Steiner	9' 7.5"	
100 m Dash	1. Maria Johnson	15.4		Long Jump	1. Zain Hunter	15' 8"	1st
	2. Georgi Steiner	15.9 PB					
	3. Kaylee Kupsch	16.3 PB					
100 m Dash	1. Torrance Berg	13.4	4th	Shot Put	1. Shayne Bontjes	36' 9"	3rd
	2. Bobby Noreen	13.6	5 th PB		2. Gunnar Bontjes	36' 5"	4th
	3. Joe Favorito	13.7			3. Bobby Noreen	40' 7"	1st
1600 m Run	1. Abby Cummins	06:28.0	2nd	Shot Put	1. Kaylee Kupsch	22' 1"	5th
	2. Morgan Richardson	06:37.2	4th		2. Lauren Granger	20' .5"	
					3. Morgan Richardson	19' 10"	
1600 m Run	1. Jordan Rarick	05:13.5	2nd	Discus	1. Lauren Granger	60' 0"	4 th PB
					2. Kaylee Kupsch	64' 7"	3rd
4 x 100 m Relay	1. Georgi Steiner			Discus	1. Shayne Bontjes	108' 3"	3rd
	2. Regan Kossan				2. Gunnar Bontjes	89' 5"	6th
	3. Greta Foster						
	4. Mariah Johnson			Pole Vault	1. Abby Cummins	nh	
		60.8	3rd		2. Katherine Cahill	5' 6"	5th
4 x 100 m Relay	1. Torrance Berg				3. Michela Westbrook	5' 6"	
	2. Bobby Noreen			Pole Vault	1. Isaac Handy	8' 6"	3rd
	3. Jordan Rarick				2. Joe Favorito	7' 0"	5th
	4. Gunnar Bontjes				3. Zain Hunter	9' 0"	1st
		53.1	2nd		4. Jordan Rarick	9' 0"	2nd
400 m Dash	1. Katherine Cahill	75.1	6th				
	2. Greta Foster	76.3					

Boys Team Results:

400 m Dash	1. Shayne Bontjes	66.1	4th PB	1. Pine City	144
	2. Zain Hunter	58.6	1st PB	2. East Central	87
800 m Run	1. Morgan Richardson	02:58.4	3rd PB	3. Braham	50
	2. Michela Westbrook	02:55.8	2nd PB	3. Milaca	50
	3. Lauren Granger	03:06.2	6th	5. Hinckley	22
800 m Run	1. Torrance Berg	02:30.1	2nd	6. Rush City	20
	2. Isaac Handy	02:35.4	3rd	7. Ogilvie	8
				8. Mora	0

Girls' Team Results:

200 m Dash	1. Mariah Johnson	32.8	2nd	1. Mille Lacs	91.5
	2. Sammy Kupsch	33.5	3rd	2. Pine City	91
	3. Georgi Steiner	33.9	4th	3. Hinckley	68
200 m Dash	1. Bobby Noreen	28.7	3rd	4. Milaca	62
	2. Zain Hunter	26.5	1st	5. East Central	41
	3. Jordan Rarick	28.1	2nd	6. Braham	36.5
4 x 200 m Relay	1. Michela Westbrook			7. Mora	8
	2. Katherine Cahill			8. Rush City	0
	3. Lauren Granger			9. Ogilvie	0
	4. Sammy Kupsch				
		02:12.3	5th		
4 x 200 m Relay	1. Isaac Handy				
	2. Bobby Noreen				
	3. Shayne Bontjes				
	4. Gunnar Bontjes				
		01:54.5	3rd		

We are
what we
repeatedly do.

Excellence,
therefore,
is not an act
but a habit.

Aristotle

GRC TRACK and FIELD MEET @ Ogilvie
Tuesday, May 18, 2010
Pine City Girls' Results

4 x 800 m Relay 1. Morgan Richardson (86,90) 2:55.2
 2. Lauren Granger (89,99) 3:09.3
 3. Abby Cummins (95,88) 3:02.4
 4. Michela Westbrook (91,98) 3:09.1
 12:15.5 6th

100 m Hurdles 1. Carissa Jahnz 18.3 6th PB
 2. Regan Kossan 20.6
 3. Jenni Hussong 21.0

100 m Dash 1. Holly Staples 12.9 1st BTY
ALL- CONFERENCE
 2. Mariah Johnson 15.4
 3. Nicole Chouanard 15.9

4 x 200 m Relay 1. Maria Johnson 33.6
 2. Lauren Granger 34.7
 3. Greta Foster 32.8
 4. Michela Westbrook 30.8
 02:11.7 7th

1600 m Run 1. Megan Miesner 05:47.6 3rd PB
 (1:20, 1:31, 1:32, 1:24)
 2. Sherry Rike 05:40.8 1st PB
ALL- CONFERENCE (1:20, 1:31, 1:32, 1:18)

4 x 100 m Relay 1. Jenni Hussong 16.6
 2. Greta Foster 13.9
 3. Katherine Cahill 15.6
 4. Mariah Johnson 14.8
 60.9

400 m Dash 1. Erin Pangerl 60.6 1st PB
ALL- CONFERENCE *NEW SCHOOL RECORD*****
 2. Greta Foster 76.5

300 m Hurdles 1. Carissa Jahnz 51.9 4th
 2. Regan Kossan 61.4
 3. Jenni Hussong 62.1

800 m Run 1. Megan Miesner (80,82) 2:42.0 4th
 2. Michela Westbrook (92,90) 3:01.9
 3. Katherine Cahill (92,90) 3:02.3

200 m Dash 1. Holly Staples 27.3 2nd BTY
ALL-CONFERENCE HONORABLE MENTION
 2. Erin Pangerl 26.9 1st PB
ALL- CONFERENCE
 3. Nicole Chouanard 34.1 PB

3200 m Run 1. Sherry Rike 13:06.9 3rd
 (1:25, 1:34, 1:38, 1:41 (6:19), 1:46, 1:48, 1:445, 1:28)
 2. Abby Cummins 13:43.1 5th PB
 (1:36, 1:41, 1:44, 1:44 (6:41), 1:47, 1:51, 1:48, 1:32)
 3. Morgan Richardson 15:09.2
 (1:39, 1:48, 1:47,1:56 (7:09), 1:59, 2:03, 2:07, 1:51)

4 x 400 m Relay 1. Megan Miesner 67.6 BTY
 2. Katherine Cahill 74.4 PB
 3. Carissa Jahnz 66.5 PB
 4. Erin Pangerl 63.8 PB
 04:32.1 2nd BTY
ALL-CONFERENCE HONORABLE MENTION

Pole Vault 1. Katherine Cahill 6' 0" PB
 2. Abby Cummins NH
 3. Michela Westbrook NH

Long Jump 1. Erin Pangerl 14' 5.75" 2nd
ALL-CONFERENCE HONORABLE MENTION

2. Holly Staples 14' 4" 3rd
 3. Regan Kossan

High Jump 1. Holly Staples 5' 4" 1st PB
ALL- CONFERENCE *NEW SCHOOL RECORD*****
 2. Alli Brant 4' 10" 3rd

Discus 1. Karina Nordrum 114' 5" 1st PB
ALL- CONFERENCE *NEW SCHOOL RECORD*****
CONFERENCE RECORD
 2. Lauren Granger

Shot Put 1. Karina Nordrum 34' 9" 1st
ALL- CONFERENCE
 2. Morgan Richarson 18'
 3. Lauren Granger

TEAM RESULTS:

- 1. Pine City 140
- 2. Hinckley 136.7
- 3. Mille Lacs 126.2
- 4. Rush City 97.4
- 5. Braham 77
- 6. East Central 43.7
- 7. Aitkin 42
- 8. Ogilvie 32

GRC Track Athlete of the Year
 Erin Pangerl

Set
your goals
high,
and
don't stop
till
you get there.

Bo Jackson

GRC TRACK and FIELD MEET @ Ogilvie
Tuesday, May 18, 2010
Pine City Boys' Results

4 x 800 m Relay	1. Jordan Rarick (70,71) 2:20.6	Pole Vault	1. Eric Osterdyk 10' 6" 1st
	2. Torrance Berg (72,75) 2:26.5 PB		ALL-CONFERENCE
	3. Zain Hunter (67,74) 2:20.8		2. Derek Prokott 10' 0" 4th
	4. Mike Chouanard (67,68) 2:14.9 <u>BTY</u>		3. Jordan Rarick 9' 0"
	09:22.8 3rd BTY		
110 m Hurdles	1. John Dedic 18.4 3rd PB	Long Jump	1. Mike Hansmann 16' 3" 7th
			2. Eric Skalicky 13' 3.5"
			3. Zain Hunter
100 m Dash	1. Adam Olson 11.4 2nd BTY	High Jump	1. Eric Osterdyk 6' 2" 1st
	ALL-CONFERENCE HONORABLE MENTION		ALL-CONFERENCE
	2. James Taylor 12.0 7th PB		2. Mike Hansmann 6' 0" 2nd
	3. Derek Braatz 12.0 6th BTY		ALL-CONFERENCE HONORABLE MENTION
4 x 200 m Relay	1. Mike Hansmann 23.4		3. John Dedic
	2. Jordan Pangerl 22.6		
	3. Mike Schmidt 23.6	Triple Jump	1. Eric Skalicky 35' 4.5" 8th
	4. Adam Olson <u>23.5</u>		2. Mike Schmidt 33'
	ALL-CONFERENCE 01:32.9 1st BTY		3. Tyler Clark 35' 4" PB
	NEW SCHOOL RECORD		
	CONFERENCE RECORD		
1600 m Run	1. Nick Bremer 04:50.5 2nd PB	Shot Put	1. Alex Steele 31' 9"
	ALL-CONFERENCE HONORABLE MENTION (1:11, 1:15, 1:18, 1:13)		2. Shayne Bontjes 30' 11.5" PB
	2. Jake Guttormson 05:27.5 8th PB		3. Bobby Noreen 32' 7"
	(1:17, 1:21, 1:27, 1:24)		
	3. Ben White 05:56.7 PB	Discus	1. Alex Steele 89'
	1:18, 1:31, 1:35, 1:32)		2. Josh Monson 92' PB
			3. Gunnar Bontjes 79' PB
4 x 100 m Relay	1. Derek Braatz 12.2		
	2. John Dedic 13.7		
	3. Eric Skalicky 12.5		
	4. James Taylor <u>10.3</u>		
	48.0 4th		
		<u>TEAM RESULTS:</u>	
400 m Dash	1. Jordan Pangerl 53.7 3rd		1. Rush City 208.5
	2. Mike Schmidt 56.7 7th BTY		2. Pine City 134
	3. Zain Hunter 58.7		3. Hinckley 97
			4. Ogilvie 83
			5. East Central 77.5
300 m Hurdles	1. John Dedic 49.4 8th		6. Aitkin 48
	2. Derek Prokott 48.5 6th PB		7. Braham 25
	3. Eric Skalicky 50.8 BTY		
800 m Run	1. Eric Osterdyk (62,64) 2:06.1 2nd PB		
	ALL-CONFERENCE HONORABLE MENTION		
	2. Mike Chouanard (70, 70) 2:19.5 6th BTY		GRC Track Athlete of the Year
	3. Isaac Handy (78, 77) 2:34.8		Eric Osterdyk
200 m Dash	1. Adam Olson 22.8 1st PB		
	ALL-CONFERENCE *** ties CONFERENCE RECORD***		
	2. Mike Hansmann 23.6 3rd		
	3. Derek Braatz 24.8		
3200 m Run	1. Nick Bremer 11:27.1 3rd BTY		
	(1:20, 1:24, 1:22, 1:25 (5:32), 1:31, 1:33, 1:34, 1:18)		
	2. Jordan Rarick 11:35.0 5th PB		
	(1:21, 1:25, 1:27, 1:28 (5:42), 1:32, 1:29, 1:30, 1:23)		
	3. Jordan Sparling 12:51.5 8th PB		
	(1:30, 1:37, 1:36, 1:37 (6:20), 1:38, 1:39, 1:39, 1:35)		
4 x 400 m Relay	1. Jordan Pangerl 54.7		
	2. Tyler Clark 55.9 PB		
	3. Mike Schmidt 54.2 BTY		
	4. Eric Osterdyk <u>52.6</u> PB		
	03:37.3 2nd BTY		
	ALL-CONFERENCE HONORABLE MENTION		

GRC RELAYS @ Hinckley

Thursday, May 20, 2010

4 x 800 m Relay	1. Sherry Rike (78,78) 2:36.5	Pole Vault	1. Michela Westbrook 6' 0"
	2. Morgan Richardson (80,90) 2:48.7 PB		2. Abby Cummins 5' 6"
	3. Abby Cummins (85,84) 2:48.7 PB		3. Katherine Cahill <u>6' 0"</u>
	4. Megan Miesner (<u>76,86</u>) <u>2:42.2</u>		17' 6" 4th
	10:55.8 4th BTY	Long Jump	1. Holly Staples 15' 9.5" BTY
100 m Hurdles	1. Carissa Jahnz 18.6		2. Erin Pangerl 14' 5.25"
	2. Jenni Hussong 19.9		4. Regan Kossan <u>13' 10" PB</u>
	3. Regan Kossan <u>19.9</u>		43' 4.25" 2nd
	58.1 4th	High Jump	1. Holly Staples 5' 4"
4 x 200 m Relay	1. Mariah Johnson 32.9		2. Allie Brant <u>4' 10"</u>
	2. Lauren Granger 34.8		14' 1st
	3. Greta Foster 36.8	Triple Jump	
	4. Michela Westbrook <u>29.8</u>		
	02:14.4		
Distance Medley		Discus	1. Karina Nordrum 102' 5"
800 1. Nicole Chouanard 03:23.6			2. Lauren Granger <u>56' 2"</u>
400 2. Greta Foster 79.5			218' 7" 2nd
1200 3. Sammy Kupsch 5:00.8		Shot Put	1. Karina Nordrum 31' 5"
1600 4. Morgan Richardson <u>07:07.6</u>			2. Lauren Granger 20' 4"
(1:35, 1:50, 1:55, 1:46) 16:51.4 6th			3. Morgan Richardson <u>19' 3"</u>
4 mile Relay	1. Sherry Rike 06:02.7 1st		71' 6th
	(1:30, 1:37, 1:36, 1:20)		
	2. Abby Cummins 06:25.3 3rd		
	(1:33, 1:47, 1:42, 1:29)		
800 Sprint Medley			
100 1. Mariah Johnson 15.3			
100 2. Regan Kossan 14.5			
200 3. Michela Westbrook 31.7			
400 4. Katherine Cahill <u>72.8 PB</u>			
	02:13.7 6th		
1600 Sprint Medley			
200 1. Holly Staples 23.5			
200 2. Carissa Jahnz 31.0			
400 3. Erin Pangerl 63.9			
800 4. Megan Miesner <u>02:42.7</u> (80,81)			
	04:40.6 1st		
4 x 100 m Relay	1. Jenni Hussong 16.5		
	2. Greta Foster 14.5		
	3. Katherine Cahill 14.8		
	4. Mariah Johnson <u>15.6</u>		
	61.5		
4 x 400 m Relay	1. Megan Miesner 68.3		
	2. Carissa Jahnz 66.6		
	3. Holly Staples 65.3		
	4. Erin Pangerl <u>64.9</u>		
	04:25.2 1st		
Throwers Relay	1. Alex Steele 14.3		
	2. Lauren Granger 15.4		
	3. Morgan Richardson 15.9		
	4. Gunnar Bontjes <u>13.1</u>		
	58.5 6th		

TEAM RESULTS:

1. Hinckley	106
2. Mille Lacs	93
3. Rush City	89
4. Pine City	61
5. Braham	48
6. East Central	40
7. Aitkin	27
8. Ogilvie	22

GRC RELAYS @ Hinckley

Thursday, May 20, 2010

4 x 800 m Relay	1. Nick Bremer (63,74) 2:17.2 PB	Pole Vault	1. Eric Osterdyk 11' 0"
	2. Jordan Rarick (65,76) 2:20.8		2. Derek Prokott 10' 0"
	3. Mike Chouanard (66,72) 2:18.0		3. Zain Hunter <u>9' 6" PB</u>
	4. Eric Osterdyk <u>(62,74) 2:16.2</u>		4. Isaac Handy 30' 6" 1st
	09:11.5 2nd BTY		
100 m Hurdles	1. John Dedic 18.6	Long Jump	1. Mike Hansmann 17' 1"
			2. Tyler Clark 16' 5" PB
			3. Eric Skalicky 17' 5.25" PB
			4. Joe Favorito <u>14' 11.5" PB</u>
4 x 200 m Relay	1. Derek Prokott 27.6		50' 11.75" 6 th
	2. Torrance Berg 27.6		
	3. Zain Hunter 27.6		
	4. James Taylor 23.0	High Jump	1. Eric Osterdyk 5' 8"
	01:45.9 DQ		2. Mike Hansmann 5' 8"
			3. Mike Schmidt 5' 8" PB
			4. John Dedic <u>5' 0"</u>
Distance Medley			17' 1st
800	1. Bobby Noreen 02:29.5 (71,78)		
400	2. Derek Braatz 54.9		
1200	3. Jake Guttormson 03:53.8 (73,80,81)	Triple Jump	1. Eric Skalicky 35' 10"
1600	4. Ben White <u>05:58.9</u> PB		2. Mike Schmidt 35' 5"
	(1:20, 1:31, 1:38, 1:30)		3. Tyler Clark <u>35' 9" PB</u>
	13:17.3 2nd		107' 0" 2nd
4 mile Relay	1. Nick Bremer 05:03.0 (1:15, 1:17, 1:17, 1:15)		
	2. Mike Chouanard 05:27.2 (1:22, 1:25, 1:25, 1:15)		
	3. Jordan Rarick 05:19.6 (1:16, 1:25, 1:25, 1:14)		
	4. Jordan Sparling <u>05:51.1</u> (1:25, 1:30, 1:31, 1:25) PB		
	21:40.9 1st	Discus	1. Alex Steele 95' 9"
			2. Josh Monson 85' 5"
800 Sprint Medley			3. Gunnar Bontjes 81' 3" PB
100	1. Mike Hansmann 11.5		4. Shayne Bontjes <u>71' 8" PB</u>
100	2. Derek Prokott 11.9		271' 2" 5th
200	3. Mike Schmidt 24.8		
400	4. Jordan Pangerl <u>52.9</u> PB	Shot Put	1. Alex Steele 31' 6"
	01:41.1 1st		2. Josh Monson 26' 7"
			3. Bobby Noreen 31' 0"
1600 Sprint Medley			4. Shayne Bontjes <u>30' 6"</u>
200	1. Derek Braatz 21.3		93' 0" 6th
200	2. Torrance Berg 30.2		
400	3. Tyler Clark 57.2		
800	4. Eric Osterdyk <u>02:07.1</u> (60,67) PB		
	03:55.4 1st		
		<u>TEAM RESULTS:</u>	
4 x 100 m Relay	1. Derek Braatz 12.1	1. Rush City 106	
	2. John Dedic 11.8	2. Pine City 97	
	3. Eric Skalicky 12.5	3. Hinckley 91	
	4. James Taylor <u>11.1</u>	4. East Central 74	
	47.9 2nd	5. Ogilvie 54	
		6. Braham 32	
		7. Aitkin 21	
4 x 400 m Relay	1. Jordan Pangerl 57.8		
	2. John Dedic 60.2		
	3. Mike Schmidt 59.8		
	4. Mike Hansmann <u>53.9</u> PB		
	03:51.9 2nd		
Throwers Relay	1. Alex Steele 14.3		
	2. Lauren Granger 15.4		
	3. Morgan Richardson 15.9		
	4. Gunnar Bontjes <u>13.1</u>		
	58.4 6th		

The will
to win
is important,
but
the will
to prepare
is vital.

Joe Paterno

5A SUB-SECTION 18 TRACK and FIELD MEET @ Mora
Tuesday, May 25, 2010
Pine City Girls' Results

4 x 800 m Relay 1. Morgan Richardson (81,88) 2:48.7 PB
 2. Katherine Cahill (86,91) 2:57.1 PB
 3. Abby Cummins (90,87) 2:57.5
 4. Lauren Granger (85,88) 2:53.4 PB
 11:36.75 6th

100 m Hurdles 1. Carissa Jahnz 18.32 7th PB
 2. Regan Kossan 20.50
 3. Jenni Hussong 19.84 PB

100 m Dash 1. Holly Staples 13.16 2nd
ADVANCES TO SECTIONS
 2. Mariah Johnson 15.66
 3. Nicole Chouanard 16.16

4 x 200 m Relay 1. Mariah Johnson 31.8
 2. Lauren Granger 33.1
 3. Greta Foster 33.1
 4. Katherine Cahill 33.2
 2:11.72 8th

1600 m Run 1. Megan Miesner 5:47.91 4th
ADVANCES TO SECTIONS
 (1:18, 1:22, 1:36, 1:24)
 2. Sherry Rike 5:48.67 5th
 (1:18, 1:30, 1:35, 1:25)
 3. Morgan Richardson 06:30.82 PB

4 x 100 m Relay 1. Jenni Hussong 15.1
 2. Regan Kossan 15.2
 3. Greta Foster 15.2
 4. Mariah Johnson 15.1
 60.54 8th BTY

400 m Dash 1. Erin Pangerl 61.30 1st
ADVANCES TO SECTIONS
 2. Greta Foster 77.54

300 m Hurdles 1. Carissa Jahnz 51.94 3rd
ADVANCES TO SECTIONS
 2. Regan Kossan 60.18
 3. Jenni Hussong 61.93 BTY

800 m Run 1. Megan Miesner (81,84) 2:45.52 6th
 2. Samantha Kupsch (85,99) 3:03.93

200 m Dash 1. Erin Pangerl 27.35 3rd
ADVANCES TO SECTIONS
 2. Holly Staples 27.19 1st BTY
ADVANCES TO SECTIONS
 3. Nicole Chouanard 36.37

3200 m Run 1. Sherry Rike 13:24.85 6th
 (1:28, 1:34, 1:39, 1:41, 1:49, 1:51, 1:49, 1:32)
 2. Abby Cummins 13:29.01 8th PB
 (*1:32, 1:39, 1:38, 1:45, 1:49, 1:50, 1:46, 1:28)

4 x 400 m Relay 1. Megan Miesner 67.6
 2. Katherine Cahill 75.2
 3. Carissa Jahnz 67.8
 4. Erin Pangerl 69.5
 4:40.24 5th

Pole Vault 1. Katherine Cahill 6' 1" PB
 2. Abby Cummins NH

Long Jump 1. Erin Pangerl 13' 8.5"
 2. Holly Staples 15' 4.75" 2nd
ADVANCES TO SECTIONS
 3. Regan Kossan 13' 6"

High Jump 1. Holly Staples 5' 2" 1st
ADVANCES TO SECTIONS
 2. Alli Brant 5' 0" 4th BTY
ADVANCES TO SECTIONS

Discus 1. Karina Nordrum 104' 11" 1st
ADVANCES TO SECTIONS
 2. Lauren Granger 55' 4"

Shot Put 1. Karina Nordrum 36' 9.75" 2nd PB
***** NEW SCHOOL RECORD*****
ADVANCES TO SECTIONS
 2. Morgan Richardson 19' 3.5"
 3. Lauren Granger 21' 3.25"

Triple Jump

TEAM RESULTS:

1. Zimmerman 188
 2. Mora 118
 3. Pine City 108
 4. Mille Lacs 93
 5. Rush City 65
 6. Milaca 63
 7. Braham 56
 8. Ogilvie 10

Happiness is an attitude.

***We either make
ourselves miserable,***

or

happy and strong.

***The amount of work
is the same.***

Francesca Reigler

5A SUB-SECTION 18 TRACK and FIELD MEET @ Mora

Tuesday, May 25, 2010

Pine City Boys' Results

4 x 800 m Relay	1. Jordan Rarick	(72,68)	2:19.2	Pole Vault	1. Eric Osterdyk	11' 9"	2 nd PB	
	2. Torrance Berg	(73,73)	2:25.8		PB	ADVANCES TO SECTIONS		
	3. Zain Hunter	(66,73)	2:19.1		PB	2. Derek Prokott	10' 9"	4 th PB
	4. Mike Chouanard	<u>(67,69)</u>	<u>2:16.1</u>			ADVANCES TO SECTIONS		
			9:20.19	2 nd	3. Zain Hunter	8' 9"	8 th	
ADVANCES TO SECTIONS								

110 m Hurdles	1. John Dedic	18.68	7 th	Long Jump	1. Mike Hansmann	ND
					2. Eric Skalicky	17' 2.75"
100 m Dash	1. Adam Olson	11.64	2 nd		3. Tyler Clark	16' 3.5"
	ADVANCES TO SECTIONS			High Jump	1. Eric Osterdyk	6' 0" 2 nd
	2. Derek Braatz	12.25			ADVANCES TO SECTIONS	
	3. James Taylor	12.44			2. Mike Hansmann	5' 10" 4 th

4 x 200 m Relay	1. Mike Hansmann	22.9		Triple Jump	1. Eric Skalicky	37' 1" PB
	2. Jordan Pangerl	23.3			2. Mike Schmidt	35' 5.75"
	3. Mike Schmidt	23.3			3. Tyler Clark	35' 10" PB
	4. Adam Olson	<u>23.9</u>				
		01:33.49	1 st	ADVANCES TO SECTIONS		

1600 m Run	1. Nick Bremer	4:47.82	4 th PB	Shot Put	1. Alex Steele	31' 7.5"
	ADVANCES TO SECTIONS (1:09, 1:13, 1:14, 1:12)				2. Bobby Noreen	31' 7"
	2. Jake Guttormson	05:27.16	PB		3. Josh Monson	27' 9"
	3. Ben White	06:03.26			Discus	1. Alex Steele
(1:17, 1:22, 1:26, 1:23)			2. Josh Monson	87' 5"		
(1:23, 1:33, 1:38, 1:39)			3. Gunnar Bontjes	84' 2" PB		

4 x 100 m Relay	1. Derek Braatz	11.8		<u>TEAM RESULTS:</u>	1. Zimmerman	175.5
	2. John Dedic	12.3			2. Rush City	141.5
	3. Eric Skalicky	11.2			3. Mora	118.25
	4. James Taylor	<u>11.9</u>			4. Pine City	110.25
		47.31	4 th	5. Milaca	61.75	

400 m Dash	1. Jordan Pangerl	55.87	5 th	TEAM RESULTS:	6. Ogilvie	59
	2. Tyler Clark	58.49			7. Braham	20
	3. Zain Hunter	57.79	8 th PB			
300 m Hurdles	1. John Dedic	47.59	8 th PB			
	2. Derek Prokott	48.31	PB			
	3. Eric Skalicky	49.02	PB			

800 m Run	1. Eric Osterdyk	(60.9,64.6)	2:05.89	2 nd PB
	2. Mike Chouanard	(67.4,69.5)	2:17.25	7 th BTY
	3. Isaac Handy	(74.5,73.6)	2:28.26	PB

200 m Dash	1. Adam Olson	23.30	1 st
	ADVANCES TO SECTIONS		
	2. Mike Hansmann	23.93	4 th
	ADVANCES TO SECTIONS		
	3. James Taylor	25.64	PB

3200 m Run	1. Nick Bremer	11:09.51	5 th PB
	(1:16, 1:21, 1:23, 1:24 (5:24), 1:25, 1:27, 1:30, 1:23)		
	2. Jordan Rarick	11:47.76	9 th
	(1:17, 1:21, 1:22, 1:25 (5:26), 1:38, 1:36, 1:43, 1:25)		
	3. Jordan Sparling	12:22.76	PB
	(1:25, 1:29, 1:30, 1:33 (5:57), 1:36, 1:39, 1:38, 1:38, 1:34)		

4 x 400 m Relay	1. Derek Braatz	53.8	PB
	2. Jordan Pangerl	52.9	PB
	3. Mike Schmidt	55.6	
	4. Eric Osterdyk	<u>53.0</u>	
		03:35.85	1 st BTY
ADVANCES TO SECTIONS			

The difference between
a successful person
and others is
not
a lack of strength,
not
a lack of knowledge,
but rather
a lack of will.

Vince Lombardi

SECTION 5A TRACK MEET
@ St. John's University
Wednesday, June 2, 2010
Results

TRACK EVENTS

4 x 800 M RELAY 1. Jordan Rarick (65, 72) 2:16.9 PB
2. Torrance Berg (66, 75) 2:19.9 PB
3. Zain Hunter (63, 73) 2:16.8 PB
4. Mike Chouanard (62, 69) 2:10.6 PB
9:04.08 6th PB

100 M DASH 1. Holly Staples 12.78 5th PB
QUALIFIES FOR STATE
NEW SCHOOL RECORD

100 M DASH 1. Adam Olson 11.58 (prelim) 11.62 (final) 5th BTY
SHOT PUT

4 x 200 M RELAY 1. Mike Hansmann 23.9
2. Jordan Pangerl 22.0
3. Mike Schmidt 24.5
4. Adam Olson 22.7
1:33.31 2nd

1600 M RUN 1. Megan Miesner (5:52.52)
(1:20, 1:27, 1:36, 1:29)

1600 M RUN 1. Nick Bremer 4:47.49 PB
(1:07, 1:12, 1:15, 1:13)

400 M DASH 1. Erin Pangerl 60.07 2nd PB
QUALIFIES FOR STATE
NEW SCHOOL RECORD

300 M HURDLES 1. Carissa Jahnz 52.28

800 M RUN 1. Eric Osterdyk 2:04.78 6th PB
(59.0, 65.7)

200 M DASH 1. Holly Staples 26.42 (prelim) 26.76 (final) 5th PB
NEW SCHOOL RECORD
2. Erin Pangerl 27.19 (prelim) 27.20 (final) 6th

200 M DASH 1. Adam Olson 23.65 4th
2. Mike Hansmann 23.98

4 x 400 M RELAY 1. Derek Braatz 54.6
2. Jordan Pangerl 52.9 PB
3. Mike Schmidt 54.7
4. Eric Osterdyk 52.4 PB
3:35.03 4th PB

Boys' Team Results:

1. Foley	63	14. Meadow Cr	21
1. Annandale	63	15. Milaca	19.3
3. Dassal-Cokato	54	16. Mora	18
4. Pierz	46.3	16. St. Johns Prep	18
5. New London Sp	44	18. Holdingford	15
5. Litchfield	44	19. Belgrade-Bro-El	13
7. Rush City	43	19. EVWK	13
8. Pine City	42.3	21. Atwater-Cos-GC	12
9. St. Cloud Cath	34	22. Paynesville	9
10. Albany	31	23. Ogilvie	7
11. Howard Lk-Wav-	29	24. Upsala/Swan	4
12. Maple Lake	25	24. Royalton	4
12. Zimmerman	25	26. Rockford	3
		27. Braham	1

FIELD EVENTS

DISCUS 1. Karina Nordrum 109' 5" 5th

LONG JUMP 1. Holly Staples 15'9.5" 6th

HIGH JUMP 1. Holly Staples 5' 3" 1st
QUALIFIES FOR STATE
2. Allie Brant 5' 0" 3rd

POLE VAULT 1. Eric Osterdyk 11' 9" 3rd
2. Derek Prokott 11' 3" 5th PB

SHOT PUT 1. Karina Nordrum 35' .5" 5th

HIGH JUMP 1. Eric Osterdyk 5' 11" 5th
2. Mike Hansmann 5' 9" 8th

Girls' Team Results:

1. Zimmerman	68
2. Annandale	54
3. St. Cloud Cathl	53
4. New London Sp	52
5. EVWK	47
6. Pine City	45
7. Dassal-Cokato	41
8. Foley	40
9. Litchfield	38
10. Meadow Creek	30
11. Holdingfod	29
12. Mora	26
13. Melrose	25
14. St. Johns Prep	19
15. Albany	18
16. Paynesville	16
16. Braham	16
16. St. Cloud Christi	16
19. Rockford	11
19. Royalton	11
21. Atwater-Cos-GC	10
22. Milaca	7
22. Mille Lacs	7
24. Rush City	6
24. Upsala/Swanville	6
26. Pierz	5
27. Belgrade-Br-El	4
28. Maple Lake	2

BOYS' "BESTS" - 2010

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Derek Braatz -12	06		13.43	26.45				
	07		11.2sp - HF	24.8 - HF				
	08			24.2 - Og				
	09		11.2sp -Og	23.5sp - PC				
	10		11.8 - BL	24.02 - Sub				
				23.2 sp - BL				
			12.25 - Sub	24.5 - PC				
			11.8sp -Sub	21.3sp - H/F	53.8sp - Sub			
Mike Chouanard -12	08				61.1sp - Mil	2:22.5 - PC		
						2:17.6sp - GRC		
	09					2:13.9 - H/F	5:33.2 - Og	
						2:11.9sp - H/F		
	10					2:17.25 - Sub	5:25.6 - RC	
					59.4sp - Mo	2:10.6sp - Sec		
David Keno - 12	10		12.8 - Og	26.7 - Og				
				27.2sp - Og				
Eric Osterdyk - 12	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		
					56.0sp - Sub	2:12.1sp - GRC		
	09					2:07.16 - Sec		
					53.9sp - Sec	2:10.4sp - H/F		
	10					2:04.78 - Sec		
					52.4sp - Sec	2:07.1sp - H/F		
Mike Schmidt - 12	09				56.3 - PC			
					53.7sp - RC	2:11.9sp - ChLk		
	10				56.7 - GRC	2:21.3 - RC		
			23.1 sp - BL	54.2sp - GRC	2:21.5sp - Og			
Jordan Sparling-12	05					4:19.1	11:46.3	
	06					4:10	8:33	
	07				85.3 - RRC	3:24.2 - HF		
	08						6:28.7 - PC	13:48.12 - Sub
	09						7:02.6 - Og	14:00.0 - H/F
	10						5:51.1 - H/F	12:22.76 - Sub
Ben White - 12	10						5:58.9 - H/F	
Nick Bremer - 11	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
	10					2:17.2sp- H/F	4:47.49 - Sec	11:09.51 - Sub

BOYS' "BESTS" - 2010

55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
			5' 0"					
			5' 2" - Ogil					
			5' 2" - GRC					
				13' 11.5" - Mil				
				13' 5.5"				
			5' 0"	14' 11.5"				
			5' 8" - HF					
			5' 10" - In	15' 10.5" - Mil				
			5' 10" - BL					10' 6" - PC
			6' 2" - RC					11' 9" - Sub
			5' 6" - BL	16' 5" - PC				
			5' 8" - H/F	36' 9" - PC				
				8' 7"				
				11' 0"				
				11' 8"				

BOYS' "BESTS" - 2010

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Tyler Clark - 11	10				58.49 - Sub 55.9sp - GRC			
John Dedic-11	09					2:28.2 - Og 2:25.2sp - H/F	5:58.9 - Og	
	10		1.8sp - H/F		60.2p - H/F	2:30.7 - Fol		
Jacob Guttormson	06				82.03	02:53.0	6:35	
	07						6:00	
	08				68.2sp-Mil		5:46.8 - PC	13:01.0 - Og
	10						5:27.16 - Sub	3:53.8 -(1200)
Mike Hansmann - 11	10	6.8 - Fol	11.7 - Og 11.2 sp -Og	23.3 - BL 22.9sp - Sub	53.9sp - H/F			
Cody Hanson - 11	09					2:28.1 - Og 2:22.9sp- H/F	5:10.52 - Sub	11:22.23 - Sub
Adam Olson - 11	06		14.9					
	07		12.0 - BL 11.0sp - BL	24.8 24.7sp - Cheng	59.0			
	08		11.6 - Og 11.2sp -Og	23.2sp - Og				
	09	6.8 - In	11.2 - BL	23.11 - Sub				
	10	6.7 - Fol	10.0sp - Og 11.58 - Sec	22.8 - GRC				
			10.7sp - Mo	22.7 sp - Sec				
Alex Steele - 11	06		14.8					
	07		13.9					
	08			28.6 - Mil				
	09							
	10							
James Taylor-11	10		12.0 - GRC 10.5sp - PC	25.64 - Sub 23.0 sp - H/F				
Shayne Bontjes -10	10				66.1 - jv			
Nick Cummings -10	07		13.6	27.7	62.0			
	08		13.6	26.1	57.2	2:15		
	09			24.7 - Tig 24.8sp - Og		2:15.7 - RC 2:13.1 sp- H/F		
	10							
Isaac Handy - 10	10				63.2 - BL	2:28.26 - Sub		
Josh Monson - 10	07		15.9					
	08		14.1					
	09							
	10							

BOYS' "BESTS" - 2010

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
			4' 8" - Fol	16' 5" - H/F	35' 10" - Sub			
	20.29- Sub							
9.5 - Fol	18.4 - GRC	47.59 - Sub	5' 1" - RC					
			6' 1" - RC	18' 7.75" - PC				
			4' 8"				39' 1"	
			5' 8" - HF	16' 4.75" - PC				
			5' 6" - Og					
			5' 6" - Fol				34' 8" - Mo	
				11' 11.5"		85' 8"-jh 100' .5"-jh		
						77' 5" - PC	27' 6" - In	
						84' 11" - Sub	31' 5" - H/F	
						97' 6" - PC	34' 2" - Fol	
						71' 8" -H/F	30' 11.5" - GRC	
				15' 2.5"				
				17' 5.5"				
				16' 7" - Og				6' 6" - Og
								8' 6" - jv
						65' 9"	23' 10.75"	
						74' 7"	30' 7"	
						63' 0" - Og	29' .5" - Og	
						92' - GRC	31' 1" - Fol	

BOYS' "BESTS" - 2010

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Robert Noreen - 10	10	13.6 - JV	28.5 - Mo	65.4 - Mo	2:31.8 - BL			
		12.5sp - Mo			2:29.5sp - H/F			
Jordan Pangerl -10	07	14.3	30.4	68.0				
	08	12.7	25.9	63.9				
	09		24.7 - Tig					
			23.9sp - Og	56.31 - Sub				
	10	6.7 - Fol		53.7 - BL				
			22.0sp - Sec	52.9sp - Sub				
Derek Prokott - 10	07	14.4	30.1					
	08	13.1	27.1					
	09	13.2	25.6 - Og					
			24.6sp - Og					
	10	11.8 - RC	26.8 - Mo					
		11.3sp - PC	26.6sp - Fol					
Eric Skalicky - 10	07					3:08		
	08	13.2	27.1					
	09		27.9 - Og	62.4 - Og				
	10	11.2sp - Sub		66.4 sp - Fol				
Torrance Berg - 9	10	13.3 - Og						
		12.5sp -BL	27.7sp - H/F		2:19.9 sp - Sec			
Jonathan Bergwick	10	15.4 - JV						
Gunnar Bontjes - 9	10			69.5 - Mo				
Joe Favorito - 9	10	13.4 - BL	28.0 - PC					
		12.8sp - Fol	30.8 sp - Og					
Danny Franklin - 9	10	14.3 - Mo	30.6 - Mo	71.2 - Fol				
Zain Hunter- 9	08	14.8	31.0	64.9	2:33			
	09							
	10		26.5 - jv	57.79 - Sub				
			27.6sp - H/F	59.7 sp - BL	2:16.8 sp - Sec			
Jordan Rarick - 9	10		28.1 - jv			5:13.5 - jv	11:35.0 - GRC	
				63.1sp - Fol	2:16.9 sp - Sec			

BOYS' "BESTS" - 2010

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
				14' 2" - JV	30' 7" - Fol		32' 10.5" - PC	
				14' 2"				
				16' 10"				
	20.3			13' 11"				
	19.1			14' 10"				10' 0" - RC
		48.31 - Sub						11' 3" - Sec
	19.1						25' 2"	
	19.1							
		49.1 - Tig		14' 7.25"-Sub	36' 9.25" - Sub			
		49.02 - Sub		17'5.25"-H/F	37' 1" - Sub			
							23' 11" - Fol	
						84' 2" - Sub	24' 10" - Og	
				14' 11.5" - H/F				7' 0"- JV
				13' 7.25"		36' 0"		
				16' .75" - PC				9' 6" - H/F
				13' 11.25" - Fol				9' 0" - GRC

BOYS' RELAY HISTORY-2010

	RRC INDOOR	OGILVIE	TIGERAMA	MORA	BIG LAKE	CHENGWATANA	GRC	GRC RELAYS	SUBSECTION	SECTION
4 x 100 M RELAY	J. Favorito	M. Hansmann	D. Prokott	M. Hansmann	D. Prokott	D. Braatz	D. Braatz	D. Braatz	D. Braatz	
45.3	B. Noreen	J. Pangerl	T. Berg	J. Pangerl	E. Skalicky	D. Prokott	J. Dedic	J. Dedic	J. Dedic	
	R. Baker	M. Schmidt	E. Skalicky	D. Prokott	T. Berg	E. Skalicky	E. Skalicky	E. Skalicky	E. Skalicky	
	E. Skalicky	A. Olson	D. Keno	A. Olson	J. Taylor	J. Taylor	J. Taylor	J. Taylor	J. Taylor	
	54.3	DQ	DNF	46.6	50.0	47.9	48.0	47.9	47.31	
4 x 200 M RELAY	A. Olson	D. Prokott	M. Hansmann	M. Hansmann	M. Hansmann	M. Hansmann	M. Hansmann	D. Prokott	M. Hansmann	M. Hansmann
(1:33.14)	M. Hansmann	E. Skalicky	J. Pangerl	J. Pangerl	J. Pangerl	J. Pangerl	J. Pangerl	T. Berg	J. Pangerl	J. Pangerl
	D. Prokott	J. Favorito	M. Schmidt	M. Schmidt	M. Schmidt	M. Schmidt	M. Schmidt	Z. Hunter	M. Schmidt	M. Schmidt
	J. Pangerl	D. Keno	A. Olson	A. Olson	A. Olson	A. Olson	A. Olson	J. Taylor	A. Olson	A. Olson
	01:40.2	01:53.3	01:34.6	01:38.8	01:34.2	01:39.9	(1:33.14)	DQ	(1:33.49)	(1:33.31)
4 x 400 M RELAY	J. Rarick	J. Pangerl	J. Pangerl	J. Pangerl	J. Pangerl	J. Pangerl	J. Pangerl	J. Pangerl	D. Braatz	D. Braatz
(3:28.39)	R. Clark	Z. Hunter	T. Clark	T. Clark	Z. Hunter	M. Hansmann	T. Clark	J. Dedic	J. Pangerl	J. Pangerl
	E. Skalicky	M. Schmidt	M. Schmidt	M. Schmidt	T. Clark	M. Schmidt	M. Schmidt	M. Schmidt	M. Schmidt	M. Schmidt
	J. Pangerl	E. Osterdyk	E. Osterdyk	M. Chouanard	M. Schmidt	E. Osterdyk	E. Osterdyk	M. Hansmann	E. Osterdyk	E. Osterdyk
	04:04.6	03:53.5	03:45.1	03:52.5	03:48.6	03:37.8	03:37.3	03:51.8	(3:35.85)	(3:35.03)
4 X 800 M RELAY	J. Rarick	M. Schmidt	J. Rarick	J. Rarick	J. Rarick	J. Rarick	J. Rarick	N. Bremer	J. Rarick	J. Rarick
(8:27.89)	T. Berg	Z. Hunter	T. Berg	T. Berg	T. Berg	T. Berg	T. Berg	J. Rarick	T. Berg	T. Berg
	Z. Hunter	M. Chouanard	Z. Hunter	Z. Hunter	Z. Hunter	Z. Hunter	Z. Hunter	M. Chouanard	Z. Hunter	Z. Hunter
	N. Bremer	E. Osterdyk	M. Chouanard	M. Chouanard	M. Chouanard	M. Chouanard	M. Chouanard	E. Osterdyk	M. Chouanard	M. Chouanard
	09:48.1	09:33.9	09:44.2	10:00.5	09:31.9	09:28.9	09:22.8	09:11.5	(9:20.19)	(9:04.08)
800 Sprint Medley								M. Hansmann		
								D. Prokott		
								M. Schmidt		
								J. Pangerl		
								01:41.1		
1600 Sprint Medley								D. Braatz		
								T. Berg		
								T. Clark		
								E. Osterdyk		
								03:55.4		
Distance Medley								B. Noreen		
								D. Braatz		
								J. Guttormson		
								B. White		
								13:17.3		

*The price of success is
hard work,
dedication to the job at hand,
and the
determination that whether
we win or lose,
we have applied the best
of ourselves
to the task at hand.*

Vince Lombardi

2010 Dragon Track and Field Awards

Track and Field - MVP	Holly Staples Erin Pangerl	Eric Osterdyk
Dragon "3'D" Award (Dedication, Determination, Drive)	Karina Nordrum	John Dedic
Rookie of the Year	Carissa Jahnz	Mike Hansmann
Perseverance Award	Jenni Hussong	Jordan Sparling
Work Horse Award	Megan Miesner Sherry Rike	Mike Chouanard Nick Bremer
Coaches' Award	Allie Brant	Mike Schmidt

New School Records:

High Jump	Holly Staples	5' 4"
Discus	Karina Nordrum	114' 5"
Shot Put	Karina Nordrum	36' 9.75"
100 m Dash	Holly Staples	12.78
200 m Dash	Holly Staples	26.42
400 m Dash	Erin Pangerl	60.07
4 x 200 m Relay	Mike Hansmann, Jordan Pangerl Mike Schmidt, Adam Olson	1:33.14

All-State Academic Honors

Allie Brant
Karina Nordrum

Eric Osterdyk
Tyler Clark

All-Conference Awards:

Holly Staples	100 m Dash, High Jump
Erin Pangerl	200 m Dash, 400 m Dash
Sherry Rike	1600 m Run
Karina Nordrum	Discus, Shot Put
Adam Olson	200 m Dash, 4 x 200 m Relay
Jordan Pangerl	4 x 200 m Relay
Mike Hansmann	4 x 200 m Relay
Mike Schmidt	4 x 200 m Relay
Eric Osterdyk	High Jump, Pole Vault

All-Conference Honorable Mention

Holly Staples	200 m Dash
Megan Miesner	4 x 400 m Relay
Katherine Cahill	4 x 400 m Relay
Carissa Jahnz	4 x 400 m Relay
Erin Pangerl	4 x 400 m Relay, Long Jump
Adam Olson	100 m Dash
Nick Bremer	1600 m Run
Eric Osterdyk	800 m Run, 4 x 400 m Relay
Mike Hansmann	High Jump
Jordan Pangerl	4 x 400 m Relay
Tyler Clark	4 x 400 m Relay
Mike Schmidt	4 x 400 m Relay

All- Conference Athletes of the Year

Erin Pangerl

Eric Osterdyk

2010 Letter Winners:

Derek Braatz
Mike Schmidt
Jenni Hussong
Holly Staples
Tyler Clark
Jordan Pangerl
Eric Skalicky
Torrance Berg
Jordan Rarick

Allie Brant
Eric Osterdyk
Adam Olson
Erin Pangerl
Nick Bremer
Derek Prokott
Sherry Rike
Carissa Jahnz

Mike Chouarnard
Jordan Sparling
Karina Nordrum
Mike Hansmann
John Dedic
Megan Miesner
Abby Cummins
Zain Hunter

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

Ralph Waldo Emerson

ACCEPT
the CHALLENGES
so that
you may
FEEL
the EXHILARATION
of
VICTORY.

General George S. Patton

Coming together,
sharing together,
working together
and

succeeding

together

YOU'RE ONLY

WRONG WHEN

YOU TURN

RIGHT!

GIRLS' "BESTS" - 2010

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Alli Brant - 12	05			30.7	71.7			
	09							
	10			15.3sp - PC 13.9 sp - BL	33.0sp - Og			
Nicole Chouanard-12	08		15.6 - Og	34.9 - GRC				
	09		15.7 - BL			3:13.95 - Sub		
	10		15.9 - GRC	34.1 - GRC		3:23.6 sp- H/F		
Jenni Hussong -12	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				
	10		15.1 sp - Sub					
Karina Nordrum-11	06							
	07							
	08							
	09							
	10							
Erin Pangerl - 11	09			27.32 - Sec	61.38 - Sec			
	10		12.5 sp - Og	26.5sp - Tig	64.1sp - Sub			
			13.2 - Og	26.9 - GRC	60.07 - Sec			
					63.8sp - GRC			
Holly Staples - 11	06		13.82	29.32				
	07		13.3	29.3	70.3			
			12.0 sp - Sub		68.8sp - BL			
	08	7.8 - In	13.32 - Sec					
				27.2sp - GRC				
	09	7.5 - In	12.6 - BL	27.04 - Sec				
			12.9 sp - Og	27.6sp - BL	65.8sp- H/F			
	10	7.7 - Fol	12.78 - Sec	26.42 - Sec				
				23.5sp - H/F	65.3 sp -H/F			
Katelyn Booth - 10	08		15.7	32.9	78.1			
	09		15.2 - Og	32.7 - H/F				
	10		15.1sp - Og	32.3 sp - Og		3:06.6sp -ChLk		
Kaylee Kupsch - 10	10		16.3 - JV					
Megan Miesner -10	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				66.2 sp - H/F	2:43.7 - Og	6:15.82 - Sub	13:59.0 - Tig
	10					2:39.9 - BL	5:47.6 - GRC	
					67.6 sp- GRC	2:41.7 sp - Fol		
Katherine Cahill -9	10				74.8 - BL			
			14.8 sp -H/F	33.21p - Sub	72.8sp - H/F	2:57.1sp - Sub		

GIRLS' "BESTS" - 2010

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Abby Cummins - 9	10					3:00.3 - JV	6:23.9 - JV	13:29.01 - Sub
					80.9 sp- Fol	2:48.7sp - H/F		
Greta Foster - 9	10	9.6 - Fol	16.4 - RC	35.5 - Og	76.4 - BL			
			14.3sp - PC	31.7 sp - RC	78.2sp - PC			
Lauren Granger - 9	08			32.9				
	09							
	10				76.3 - JV	3:06.2 - jv		
			15,8 sp - Mo	32.8 sp- Fol	75.2 sp - RC	2:53.4 sp - Sub		
Carissa Jahnz - 9	08		15.6		79.0			
	09		13.8sp -ChLk			2:57.6sp-Ch Lk		
	10							
				31.0 sp -H/F	66.6sp - H/F			
Mariah Johnson - 9	10		15.2 - Mo	32.8 - Mo				
			13.8 sp - Mo	31.8 sp - Sub				
Samantha Kupsch	10			33.5 - jv	81.8 - Mo	3:03.6 - RC		
				32.5 sp - BL		5:00.8 -(1200)		
Regan Kossan - 9	10			32.7 - RC				
			14,5sp - H/F					
Morgan Richardson	08		16.9	37.1				
	09							
	10					2:58.4 - jv	6:30.82 - Sub	14:59.3 - BL
						2:48.7 sp - Sub		
Sherry Rike - 9	08			32.0		2:58		
					72.8sp - PC	2:47.5sp - PC		
	09						5:46.00 -Sub	12:31.31 - Sec
	10					2:55.6 - Fol	5:40.8 - GRC	12:48.5 - PC
					73.3 sp - Fol	2:35.5sp - PC		
Georgi Steiner - 9	08		16.7	35.3				
	09							
	10	9.4 - Fol	15.9 - jv	33.9 - jv				
			14.8 sp - Og	35.4 sp - Fol				
Michela Westbrook	10					2:55.8 - jv		
			14.6 sp - Og	29.8sp - PC		3:01.0 sp - PC		

BOYS' "BESTS" - 2010

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Derek Braatz -12	06		13.43	26.45				
	07		11.2sp - HF	24.8 - HF				
	08			24.2 - Og				
	09		11.2sp -Og	23.5sp - PC				
	10		11.8 - BL	24.02 - Sub				
				23.2 sp - BL				
			12.25 - Sub	24.5 - PC				
			11.8sp -Sub	21.3sp - H/F	53.8sp - Sub			
Mike Chouanard -12	08				61.1sp - Mil	2:22.5 - PC		
						2:17.6sp - GRC		
	09					2:13.9 - H/F	5:33.2 - Og	
						2:11.9sp - H/F		
	10					2:17.25 - Sub	5:25.6 - RC	
					59.4sp - Mo	2:10.6sp - Sec		
David Keno - 12	10		12.8 - Og	26.7 - Og				
				27.2sp - Og				
Eric Osterdyk - 12	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		
					56.0sp - Sub	2:12.1sp - GRC		
	09					2:07.16 - Sec		
					53.9sp - Sec	2:10.4sp - H/F		
	10					2:04.78 - Sec		
					52.4sp - Sec	2:07.1sp - H/F		
Mike Schmidt - 12	09				56.3 - PC			
					53.7sp - RC	2:11.9sp - ChLk		
	10				56.7 - GRC	2:21.3 - RC		
			23.1 sp - BL	54.2sp - GRC	2:21.5sp - Og			
Jordan Sparling-12	05					4:19.1	11:46.3	
	06					4:10	8:33	
	07				85.3 - RRC	3:24.2 - HF		
	08						6:28.7 - PC	13:48.12 - Sub
	09						7:02.6 - Og	14:00.0 - H/F
	10						5:51.1 - H/F	12:22.76 - Sub
Ben White - 12	10						5:58.9 - H/F	
Nick Bremer - 11	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
	10					2:17.2sp- H/F	4:47.49 - Sec	11:09.51 - Sub

BOYS' "BESTS" - 2010

55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
			5' 0"					
			5' 2" - Ogil					
			5' 2" - GRC					
				13' 11.5" - Mil				
				13' 5.5"				
			5' 0"	14' 11.5"				
			5' 8" - HF					
			5' 10" - In	15' 10.5" - Mil				
			5' 10" - BL					10' 6" - PC
			6' 2" - RC					11' 9" - Sub
			5' 6" - BL	16' 5" - PC				
			5' 8" - H/F	36' 9" - PC				
				8' 7"				
				11' 0"				
				11' 8"				

BOYS' "BESTS" - 2010

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Tyler Clark - 11	10				58.49 - Sub 55.9sp - GRC			
John Dedic-11	09					2:28.2 - Og 2:25.2sp - H/F	5:58.9 - Og	
	10		1.8sp - H/F		60.2p - H/F	2:30.7 - Fol		
Jacob Guttormson	06				82.03	02:53.0	6:35	
	07						6:00	
	08				68.2sp-Mil		5:46.8 - PC	13:01.0 - Og
	10						5:27.16 - Sub	3:53.8 -(1200)
Mike Hansmann - 11	10	6.8 - Fol	11.7 - Og 11.2 sp -Og	23.3 - BL 22.9sp - Sub	53.9sp - H/F			
Cody Hanson - 11	09					2:28.1 - Og 2:22.9sp- H/F	5:10.52 - Sub	11:22.23 - Sub
Adam Olson - 11	06		14.9					
	07		12.0 - BL 11.0sp - BL	24.8 24.7sp - Cheng	59.0			
	08		11.6 - Og 11.2sp -Og	23.2sp - Og				
	09	6.8 - In	11.2 - BL 10.0sp - Og	23.11 - Sub				
	10	6.7 - Fol	11.58 - Sec 10.7sp - Mo	22.8 - GRC 22.7 sp - Sec				
Alex Steele - 11	06		14.8					
	07		13.9					
	08			28.6 - Mil				
	09							
	10							
James Taylor-11	10		12.0 - GRC 10.5sp - PC	25.64 - Sub 23.0 sp - H/F				
Shayne Bontjes -10	10				66.1 - jv			
Nick Cummings -10	07		13.6	27.7	62.0			
	08		13.6	26.1	57.2	2:15		
	09			24.7 - Tig 24.8sp - Og	53.8sp - H/F	2:15.7 - RC 2:13.1 sp- H/F		
	10							
Isaac Handy - 10	10				63.2 - BL	2:28.26 - Sub		
Josh Monson - 10	07		15.9					
	08		14.1					
	09							
	10							

BOYS' "BESTS" - 2010

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
			4' 8" - Fol	16' 5" - H/F	35' 10" - Sub			
	20.29- Sub							
9.5 - Fol	18.4 - GRC	47.59 - Sub	5' 1" - RC					
			6' 1" - RC	18' 7.75" - PC				
			4' 8"				39' 1"	
			5' 8" - HF	16' 4.75" - PC				
			5' 6" - Og					
			5' 6" - Fol				34' 8" - Mo	
				11' 11.5"		85' 8"-jh 100' .5"-jh 77' 5" - PC	27' 6" - In	
						84' 11" - Sub	31' 5" - H/F	
						97' 6" - PC	34' 2" - Fol	
						71' 8" -H/F	30' 11.5" - GRC	
				15' 2.5"				
				17' 5.5"				
				16' 7" - Og				6' 6" - Og
								8' 6" - jv
						65' 9"	23' 10.75"	
						74' 7"	30' 7"	
						63' 0" - Og	29' .5" - Og	
						92' - GRC	31' 1" - Fol	

BOYS' "BESTS" - 2010

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Robert Noreen - 10	10		13.6 - JV 12.5sp - Mo	28.5 - Mo	65.4 - Mo	2:31.8 - BL 2:29.5sp - H/F		
Jordan Pangerl -10	07		14.3	30.4	68.0			
	08		12.7	25.9	63.9			
	09			24.7 - Tig 23.9sp - Og	56.31 - Sub			
	10	6.7 - Fol			53.7 - BL 22.0sp - Sec			
Derek Prokott - 10	07		14.4	30.1				
	08		13.1	27.1				
	09		13.2	25.6 - Og 24.6sp - Og				
	10		11.8 - RC 11.3sp - PC	26.8 - Mo 26.6sp - Fol				
Eric Skalicky - 10	07					3:08		
	08		13.2	27.1				
	09			27.9 - Og	62.4 - Og			
	10		11.2sp - Sub		66.4 sp - Fol			
Torrance Berg - 9	10		13.3 - Og 12.5sp -BL	27.7sp - H/F		2:19.9 sp - Sec		
Jonathan Bergwick	10		15.4 - JV					
Gunnar Bontjes - 9	10				69.5 - Mo			
Joe Favorito - 9	10		13.4 - BL 12.8sp - Fol	28.0 - PC 30.8 sp - Og				
Danny Franklin - 9	10		14.3 - Mo	30.6 - Mo	71.2 - Fol			
Zain Hunter- 9	08		14.8	31.0	64.9	2:33		
	09							
	10			26.5 - jv 27.6sp - H/F	57.79 - Sub 59.7 sp - BL	2:16.8 sp - Sec		
Jordan Rarick - 9	10			28.1 - jv		5:13.5 - jv	11:35.0 - GRC	
					63.1sp - Fol	2:16.9 sp - Sec		

BOYS' "BESTS" - 2010

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
				14' 2" - JV	30' 7" - Fol		32' 10.5" - PC	
				14' 2"				
				16' 10"				
	20.3			13' 11"				
	19.1			14' 10"				10' 0" - RC
		48.31 - Sub						11' 3" - Sec
	19.1						25' 2"	
	19.1							
		49.1 - Tig		14' 7.25"-Sub	36' 9.25" - Sub			
		49.02 - Sub		17'5.25"-H/F	37' 1" - Sub			
							23' 11" - Fol	
						84' 2" - Sub	24' 10" - Og	
				14' 11.5" - H/F				7' 0"- JV
				13' 7.25"		36' 0"		
				16' .75" - PC				9' 6" - H/F
				13' 11.25" - Fol				9' 0" - GRC