



TRACK & FIELD

2011

Year in Review

**The talent to be
a great runner
is a gift
from God;
Utilizing that talent
is a gift
from you
to yourself.**

GRC INDOOR TRACK MEET @Foley
Saturday, April 2, 2011, 4:00
Pine City Girls' Results

4 x 800 m Relay				Pole Vault	1. Katherine Cahill	NH
				Long Jump	1. Regan Kossan	12' 10" 5th
					2. Sondra Steele	10' 9.5"
55 m Hurdles	1. Carissa Jahnz	10.1	3rd			
	2. Regan Kossan	11.8		High Jump	1. Rachel Krautbauer	4' 2"
	3. Melissa Farrand	10.9			2. Melissa Farrand	4' 4" 6th
55 m Dash	1. Michela Westbrook	8.3				
	2. Allison Hatz	9.7		Triple Jump	1. Sondra Steele	24' 4.5"
	3. Rachel Krautbauer	8.5				
1600 m Run	1. Megan Miesner	06:04.7	1st	Shot Put		
	(1:23, 1:34, 1:38, 1:30)					
	2. Morgan Richardson	06:54.9				
	(1:28, 1:44, 1:51, 1:53)					
4 x 200 m Relay	1. Sondra Steele	34.7				
	2. Michela Westbrook	33.9				
	3. Melissa Farrand	30.4				
	4. Regan Kossan	<u>33.3</u>				
		02:12.3	4th			
400 m Dash	1. Carissa Jahnz	66.9	1st			
	2. Melissa Farrand	72.0	3rd			
4 x 100 m Relay	1. Sondra Steele	16.9				
	2. Rachel Krautbauer	14.6				
	3. Allison Hatz	18.9				
	4. Regan Kossan	<u>15.9</u>				
		66.3	5th			
800 m Run	1. Megan Miesner	02:41.0	1st			
	(74,87)					
	2. Morgan Richardson	03:13.5				
	(1:29, 1:45)					
	3. Katherine Cahill	03:00.1				
	(86, 94)					
200 m Dash	1. Rachel Krautbauer	32.4				
4 x 400 m Relay	1. Carissa Jahnz	70.0				
	2. Michela Westbrook	76.8				
	3. Katherine Cahill	75.3				
	4. Megan Miesner	<u>68.2</u>				
		04:50.1	4th			

TEAM RESULTS:

1. Mille Lacs	142
2. Rush City	122.5
3. Hinckley/Finlayson	59.5
4. Pine City	58
5. Braham	41
6. East Central	22
7. Ogilvie	14

GRC INDOOR TRACK MEET @Foley
Saturday, April 2, 2011, 4:00
Pine City Boys' Results

4 x 800 m Relay	1. Cody Hanson 2. Jordan Rarick 3. Torrance Berg 4. Rico Horton	(67, 73) 2:19.5 PB (76, 76) 2:31.6 (78, 82) 2:40.3 (79, 76) 2:35.5		Pole Vault	1. Derek Prokott	10' 0"	2nd
		10:06.4 2nd		Long Jump	1. Eric Skalicky 2. Paul Skalicky 3. Jordan Rarick	15' 8" 15' 3.5" 14' 11.25"	6th PB PB
55 m Hurdles	1. John Dedic	9.3	2nd PB	High Jump	1. John Dedic	5' 6"	2nd PB
55 m Dash	1. Jordan Pangerl 2. Jordan Spahr 3. Paul Skalicky	6.4 7.5 7.3	1st	Triple Jump	1. Eric Skalicky 2. Paul Skalicky 3. Bobby Noreen	34' 8" 32' 11.5" 29' 9"	4th 5th 6th
1600 m Run	1. Cody Hanson (1:12, 1:19, 1:21, 1:17) 2. Jacob Guttormson (1:16, 1:22, 1:24, 1:25)	05:08.7 05:27.0	3rd PB 6th PB	Shot Put	1. Bobby Noreen 2. Eric Skalicky 3. Rico Horton	34' .5" 35' 2.75" 31' 5"	 6th PB
4 x 200 m Relay	1. Derek Prokott 2. Torrance Berg 3. Bobby Noreen 4. Paul Skalicky	26.8 28.1 28.9 <u>27.3</u>					
		01:51.0	4th				
400 m Dash	1. Rico Horton 2. Eric Skalicky	65.3 66.7					
4 x 100 m Relay	1. Derek Prokott 2. Jordan Spahr 3. John Dedic 4. Torrance Berg	13.9 13.3 12.7 <u>14.9</u>					
		55.4	5th				
800 m Run	1. Jacob Guttormson (69, 70) 2. Bobby Noreen (76, 78)	02:18.5 02:33.4	3rd PB				
200 m Dash	1. Jordan Pangerl 2. Derek Prokott	24.2 27.0	1st PB				
4 x 400 m Relay	1. Jordan Rarick 2. John Dedic 3. Cody Hanson 4. Jordan Pangerl	60.7 PB 61.3 60.3 <u>55.8</u>					
		03:58.2	2nd				

TEAM RESULTS:

1. Rush City	121.5
2. Hinckley/Finlayson	111
3. Pine City	90
4. East Central	53.5
5. Ogilvie	50
6. Braham	30

OGILVIE UNLIMITED TRACK MEET

Thursday, April 7, 2011

Pine City Girls' Results

4 x 800 m Relay	1. Morgan Richardson 2. Amie Yerke 3. Katherine Cahill 4. Michela Westbrook	02:56.6 03:23.2 02:54.1 PB 03:04.3 12:18.2 5th		Pole Vault Long Jump	1. Katherine Cahill NH 1. Erin Pangerl 13' 9.5" 2nd 2. Regan Kossan 12' 4.25" 6th 3. Indigo Isackson 9' 4"														
100 m Hurdles	1. Carissa Jahnz 2. Melissa Farrand 3. Regan Kossan	19.0 6th 20.6 20.3		High Jump	1. Melissa Farrand 4' 3" 2. Rachel Krautbauer 4' 6" 3rd PB 3. Amie Yerke 4' 0"														
100 m Dash	1. Rachel Krautbauer 2. Mariah Johnson 3. Allison Hatz 4. Amie Yerke	15.2 15.1 PB 17.3 14.6		Triple Jump	1. Sondra Steele 22' 1.5" 2. Indigo Isackson 23' 5.5"														
4 x 200 m Relay	1. Sondra Steele 2. Mariah Johnson 3. Michela Westbrook 4. Melissa Farrand	33.3 31.1 33.2 30.4 02:08.1 3rd BTY		Discus Shot Put	1. Karina Nordrum 98' 6" 1st 2. Sarah Nisley 50' 9" 1. Karina Nordrum 31' 9" 2nd 2. Sarah Nisley 19' 7"														
1600 m Run	1. Megan Miesner (1:17, 1:32, 1:39, 1:30) 2. Morgan Richardson (1:39, 1:46, 1:52, 1:46)	05:58.2 1st BTY 06:56.2		<u>TEAM RESULTS:</u>															
4 x 100 m Relay	1. Sondra Steele 2. Mariah Johnson 3. Allison Hatz 4. Amie Yerke	16.0 14.7 16.9 14.5 61.0 5th BTY		<table border="0" style="width: 100%;"> <tbody> <tr><td>1. Rush City</td><td style="text-align: right;">191.25</td></tr> <tr><td>2. Mille Lacs</td><td style="text-align: right;">111.5</td></tr> <tr><td>3. Pine City</td><td style="text-align: right;">92.75</td></tr> <tr><td>4. Braham</td><td style="text-align: right;">57.5</td></tr> <tr><td>5. East Central</td><td style="text-align: right;">53</td></tr> <tr><td>6. Ogilvie</td><td style="text-align: right;">32</td></tr> <tr><td>7. Aitkin</td><td style="text-align: right;">20</td></tr> </tbody> </table>		1. Rush City	191.25	2. Mille Lacs	111.5	3. Pine City	92.75	4. Braham	57.5	5. East Central	53	6. Ogilvie	32	7. Aitkin	20
1. Rush City	191.25																		
2. Mille Lacs	111.5																		
3. Pine City	92.75																		
4. Braham	57.5																		
5. East Central	53																		
6. Ogilvie	32																		
7. Aitkin	20																		
400 m Dash	1. Erin Pangerl 2. Megan Miesner 3. Melissa Farrand 4. Michela Westbrook	67.0 2nd 70.7 4th 71.8 5th PB 80.7																	
300 m Hurdles	1. Carissa Jahnz 2. Regan Kossan	52.3 1st 59.6 6th																	
800 m Run	1. Katherine Cahill (86, 92)	02:57.5 6th BTY																	
200 m Dash	1. Erin Pangerl 2. Rachel Krautbauer 3. Allison Hatz 4. Indigo Isackson	28.6 4th 32.5 36.6 35.0																	
3200 m Run																			
4 x 400 m Relay	1. Megan Miesner 2. Katherine Cahill 3. Carrisa Jahnz 4. Erin Pangerl	70.1 76.2 67.7 74.8 04:49.1 2nd																	

OGILVIE UNLIMITED TRACK MEET

Thursday, April 7, 2011
Pine City Boys' Results

4 x 800 m Relay	1. Jordan Rarick 2. Bobby Noreen 3. Rico Horton 4. Tyler Clark	(72,69) 2:21.7 (68, 79) 2:27.3 (70,83) 2:33.1 <u>(67,74) 2:20.1</u> 09:41.5 2nd	BTY PB 2nd	Pole Vault Long Jump	1. Derek Prokott 2. Jordan Rarick 1. Eric Skalicky 2. Paul Skalicky	10' 6" 7' 6" 15' 5.5" ND	1st BTY 6th
110 m Hurdles	1. John Dedic	18.3	2nd PB	High Jump	1. Mike Hansmann 2. John Dedic	5' 8" 5' 3"	1st 4th
100 m Dash	1. Adam Olson 2. Anthony Olson	11.4 13.5	2nd	Triple Jump	1. Eric Skalicky 2. Tyler Clark 3. Paul Skalicky 4. Jordan Rarick	34' 10.75" 33' 9" 31' 5" 32' .5"	2nd 3rd
4 x 200 m Relay	1. Mike Hansmann 2. Jordan Pangerl 3. Derek Prokott 4. Adam Olson	24.6 27.9 24.4 <u>24.3</u> 01:41.0	1st BTY	Shot Put	1. Alex Steele 2. Eric Skalicky 3. Bobby Noreen 4. Rico Horton 5. Adam Olson	30' 7" 33' 5" 31' 10.5" 28' 3" 34' 4"	2nd 4th
1600 m Run	1. Cody Hanson (1:11, 1:16, 1:19, 1:19) 2. Jacob Guttormson (1:12, 1:16, 1:29, 1:20) 3. Russ Westernen (1:27, 1:37, 1:40, 1:29)	05:05.4 05:22.0 06:13.3	2nd PB 4th PB	Discus	1. Alex Steele 2. Tyler Clark 3. Rico Horton	82' 2" 54' 84' 7"	6th 5th
4 x 100 m Relay	1. John Dedic 2. Torrance Berg 3. Bobby Noreen 4. Paul Skalicky	12.7 13.8 11.4 <u>12.2</u> 50.2	3rd	<u>TEAM RESULTS:</u>			
400 m Dash	1. Rico Horton 2. Paul Skalicky 3. Anthony Olson	65.8 60.3 65.5	4th	1. Rush City 167 2. Pine City 163 3. East Central 107 4. Ogilvie 51 5. Braham 41 6. Aitkin 16			
300 m Hurdles	1. John Dedic 2. Eric Skalicky 3. Derek Prokott 4. Bobby Noreen	47.1 49.9 52.3 53.7	2nd 5th				
800 m Run	1. Jake Guttormson 2. Cody Hanson 3. Torrance Berg	(70, 81) 2:27.3 (66, 74) 2:17.4 (71, 80) 2:31.4	6th 2nd PB				
200 m Dash	1. Adam Olson 2. Mike Hansmann 3. Jordan Pangerl 4. Anthony Olson	23.5 24.7 23.7 28.4	1st 3rd 2nd PB 2nd				
3200 m Run	1. Jordan Rarick (1:16, 1:30, 1:34, 1:37, 1:38, 1:37, 1:45, 1:13) 2. Russ Westernen (1:29, 1:39, 1:39, 1:44, 1:45, 1:48, 1:50, 1:37)	12:11.8 13:30.4	3rd 5th				
4 x 400 m Relay	1. Mike Hansmann 2. Tyler Clark 3. Cody Hanson 4. Jordan Pangerl	57.6 58.3 59.9 <u>53.3</u> 03:49.5	1st 1st				

TIGERAMA TRACK MEET @ Rush City

Tuesday, April 11, 2011

Pine City Girls' Results

4 x 800 m Relay	1. Kelsey Harper (1:21,1:42) 3:02.8	Pole Vault	1. Katherine Cahill 6' 0"
	2. Jordan Vaudrin (1:36,1:45) 3:20.3		2. Michela Westbrook
	3. Katherine Cahill (1:27,1:30) 2:56.8		
	4. Michela Westbrook (1:38,1:49) 3:28.2		
	12:48.0	Long Jump	1. Erin Pangerl 14' 2" 1 st
			2. Regan Kossan 12' 4"
100 m Hurdles	1. Carissa Jahnz 19.0 4 th		3. Sondra Steele 10' 3"
	2. Melissa Farrand 20.0 PB	High Jump	1. Melissa Farrand 4' 0" tie 5 th
	3. Regan Kossan 20.4		2. Rachel Krautbauer 4' 0" tie 5 th
			3. Amie Yerke
100 m Dash	1. Erin Pangerl 13.5 3 rd	Triple Jump	1. Sondra Steele
	2. Sondra Steele 15.5		2. Indigo Isaacson
	3. Indigo Isacson		
4 x 200 m Relay	1. Amie Yerke 31.0	Discus	1. Karina Nordrum 86' 5" 1 st
	2. Allison Hatz 36.6		2. Sarah Nisley 53'
	3. Michela Westbrook 31.8		
	4. Rachel Krautbauer 31.5		
	02:11.0	Shot Put	1. Karina Nordrum 31' 6" 2 nd
			2. Sarah Nisley 20' 2.25"
1600 m Run	1. Megan Miesner 05:57.6 1 st BTY		
	(1:19, 1:33, 1:37, 1:29)		
	2. Morgan Richardson 06:54.0 BTY		
	(1:30, 1:42, 1:51, 1:51)		
	3. Jordan Vaudrin 07:28.0		
	(1:37, 1:55, 1:55, 1:47)		
			TEAM RESULTS:
			1. Rush City 172
			2. Hinckley/Finlayson 100
			3. Pine City 94
			4. Braham 79
			5. MLWR 45
			6. East Central 30
			7. Ogilvie 22
			8. Maranatha 16
4 x 100 m Relay	1. Rachel Krautbauer 15.6		
	2. Sondra Steele 15.4		
	3. Amie Yerke 15.1		
	4. Regan Kossan 14.7		
	60.7 4 th		
400 m Dash	1. Kelsey Harper 76.9		
	2. Katherine Cahill 74.6 PB		
	3. Allison Hatz 75.9		
300 m Hurdles	1. Carissa Jahnz 52.2 1 st BTY		
	2. Regan Kossan 60.7		
	3. Melissa Farrand 57.4 3 rd PB		
800 m Run	1. Megan Miesner (79,81) 2:40.4 2 nd BTY		
200 m Dash	1. Erin Pangerl 28.9 2 nd		
	2. Rachel Krautbauer 32.3		
	3. Amie Yerke 31.6		
3200 m Run	1. Morgan Richardson 15:31.5		
	(1:39, 1:48, 1:53, 1:59, 2:02, 2:04, 2:08, 2:00)		
4 x 400 m Relay	1. Megan Miesner 69.5		
	2. Melissa Farrand 72.0		
	3. Carissa Jahnz 66.3 PB		
	4. Erin Pangerl 67.9		
	04:35.5 2 nd		

TIGERAMA TRACK MEET
Tuesday, April 11, 2011
Pine City Boys' Results

4 x 800 m Relay	1. Jordan Rarick (63,71) 2:14.2 PB 2. Bobby Noreen (72,75) 2:26.7 PB 3. Jake Guttormson (63,73) 2:16.0 PB 4. Cody Hanson (<u>66,70</u>) 2:16.7 PB 09:13.3 1 st	Pole Vault	1. Derek Prokott 11'6" 1 st PB 2. Jordan Rarick 9' 6" 5 th PB
110 m Hurdles	1. John Dedic 18.2 2 nd PB	Long Jump	1. Tyler Clark 15' 6.5" 2. Eric Skalicky 15' 4.25" 3. Nick Cummings 17' 8.75" 3 rd PB
100 m Dash	1. Jordan Pangerl 11.4 1 st PB 2. Paul Skalicky 13.3 3. Anthony Olson 13.1 PB	High Jump	1. Mike Hansmann 5' 6" 4 th 2. John Dedic 5' 10" 2 nd PB
4 x 200 m Relay	1. Mike Hansmann 24.3 2. Jordan Pangerl 22.0 3. Nick Cummings 23.2 4. Derek Prokott <u>26.0</u> 01:36.6 1 st	Triple Jump	1. Eric Skalicky 36' 4" 5 th BTY 2. Tyler Clark 34' 5" 3. Paul Skalicky 33' 10" PB
1600 m Run	1. Cody Hanson 05:04.4 3 rd PB (1:13, 1:16, 1:19, 1:16) 2. Russ Westernen 06:08.5 BTY (1:24, 1:35, 1:39, 1:31) 3. Nolan Montague 07:00.0 (1:33, 1:48, 1:48, 1:49)	Shot Put	1. Alex Steele 31' 4" BTY 2. Eric Skalicky 31' 3.5" 3. Bobby Noreen 31' 4"
4 x 100 m Relay	1. Derek Prokott 13.0 2. Torrance Berg 12.4 3. Eric Skalicky 12.6 4. John Dedic <u>11.4</u> 49.2 3 rd	Discus	1. Alex Steele 91' BTY 2. Rico Horton 78' 3. Bobby Noreen 76' 5"
400 m Dash	1. Nick Cummings 55.2 2 nd PB 2. Tyler Clark 57.4 5 th PB 3. Torrance Berg 63.8	<u>TEAM RESULTS:</u>	
300 m Hurdles	1. John Dedic 48.4 4 th 2. Derek Prokott 50.7 BTY 3. Bobby Noreen 53.6 PB	1. Rush City 122 2. Pine City 116 3. MLWR 95 4. East Central 64 5. Hinckley/Fin 52 6. Maranatha 46 7. Braham 34 8. Ogilvie 26	
800 m Run	1. Rico Horton (74,77) 2:31.3 PB 2. Anthony Olson (73,86) 2:37.3 PB		
200 m Dash	1. Mike Hansmann DNR (injury) 2. Paul Skalicky 26.9 3. Nolan Montague 29.7		
3200 m Run	1. Jordan Rarick 11:36.6 3 rd BTY (1:16, 1:25, 1:28, 1:31, 1:33, 1:35, 1:31, 1:20) 2. Jake Guttormson 11:38.9 4 th PB (1:16, 1:23, 1:26, 1:29, 1:32, 1:33, 1:33, 1:27)		
4 x 400 m Relay	1. Cody Hanson 59.3 PB 2. Tyler Clark 56.5 3. Nick Cummings 53.8 4. Jordan Pangerl <u>53.6</u> 03:43.2 1 st		

ONAMIA INVITATIONAL TRACK MEET

Tuesday, April 19, 2011

Pine City Girls' Results

cold, windy

4 x 800 m Relay	1. Megan Miesner (75,90) 2:44.5	Pole Vault	1. Katherine Cahill NH
	2. Erin Pangerl (81,97) 2:58.0		2. Michela Westbrook 6' 0" 5th
	3. Michela Westbrook (94,99) 3:12.0		
	4. Katherine Cahill (87,90) 2:59.0	Long Jump	1. Erin Pangerl 14' 5.25" 2nd BTY
	11:53.6 1st		2. Regan Kossan
			3. Sondra Steele 11' 9" PB
100 m Hurdles	1. Carissa Jahnz 18.7 2nd BTY		4. Kelsey Harper
	2. Regan Kossan 20.6		5. Allison Hatz 9' 11"
	3. Melissa Farrand 20.4 5th		6. Rachel Asheman
100 m Dash	1. Erin Pangerl 13.5 2nd	High Jump	1. Melissa Farrand
	2. Mariah Johnson 15.2		2. Rachel Krautbauer 4' 4" 5th
	3. Rachel Ascheman 17.3		3. Amie Yerke 4' 6" 3rd PB
	4. Allison Hatz 17.5		
	5. Indigo Isackson 16.9	Triple Jump	1. Sondra Steele 24' 8.5" 5th PB
			2. Indigo Isackson
4 x 200 m Relay	1. Mariah Johnson 32.4		
	2. Rachel Krautbauer 32.5	Discus	1. Karina Nordrum 93' 0" 1st
	3. Amie Yerke 32.3		2. Sarah Nisley
	4. Michela Westbrook 32.5		
	02:09.6 3rd		
1600 m Run	1. Megan Miesner 06:11.5 1st	Shot Put	1. Karina Nordrum 31' 5.5" 2nd
	(1:21, 1:34, 1:38, 1:38)		2. Sarah Nisley
	2. Morgan Richardson 07:08.6		
	(1:30, 1:40, 1:55, 1:53)		
	3. Jordan Vaudrin 07:08.6 PB		
	(1:30, 1:52, 1:57, 1:49)		
			<u>TEAM RESULTS:</u>
			1. Mille Lacs 137
			2. Pine City 69
			3. Royalton 36
			4. Ogilvie 28
4 x 100 m Relay	1. Mariah Johnson 15.9		
	2. Sondra Steele 15.3		
	3. Amie Yerke 16.2		
	4. Regan Kossan 14.0		
	61.2 3rd		
400 m Dash	1. Kelsey Harper 78.4 4th		
	2. Michela Westbrook 77.3 2nd PB		
	3. Amie Yerke 82.2 5th		
300 m Hurdles	1. Carissa Jahnz 53.7 1st		
	2. Melissa Farrand 58.8 4th		
	3. Regan Kossan 63.9		
800 m Run	1. Katherine Cahill (89,95) 3:04.7 4th		
	2. Jordan Vaudrin (93,106) 3:19.1 PB		
	3. Morgan Richardson (90,102) 3:12.6 BTY		
200 m Dash	1. Sondra Steele 33.9		
	2. Rachel Krautbauer 34.1		
	3. Allison Hatz 36.7		
3200 m Run			
4 x 400 m Relay	1. Megan Miesner 72.4		
	2. Melissa Farrand 80.3		
	3. Carissa Jahnz 74.4		
	4. Erin Pangerl 69.7		
	04:56.5 1st		

ONAMIA INVITATIONAL TRACK MEET
Tuesday, April 19, 2011
Pine City Boys' Results
cold, windy

4 x 800 m Relay	1. Jordan Rarick 2. Jake Guttormson 3. Cody Hanson 4. Tyler Clark	(70,70) 2:20.5 (67,70) 2:17.0 (65,72) 2:17.6 <u>(66,72) 2:17.9</u>		Pole Vault	1. Derek Prokott 2. Jordan Rarick	11' 6" 9' 6"	1st 2nd	
		09:13.0	1st	PB Long Jump	1. Nick Cummings 2. Paul Skalicky	17' 9.75" 15' 11"	1st PB 3rd PB	
110 m Hurdles	1. John Dedic	17.8	1st	PB	3. Nolan Montague 4. Bobby Noreen	14' 4.25"	5th PB	
100 m Dash	1. Derek Prokott 2. Torrance Berg 3. Nolan Montague	12.7 13.5 14.6	3rd 4th		High Jump	1. Mike Hansmann 2. John Dedic 3. Adam Olson	5' 6" 5' 4" 5' 2"	1st 3rd 4th
4 x 200 m Relay	1. Mike Hansmann 2. Jordan Pangerl 3. Nick Cummings 4. Adam Olson	25.7 23.2 26.4 <u>26.1</u>			Triple Jump	1. Eric Skalicky 2. Tyler Clark 3. Paul Skalicky 4. Jordan Rarick	35' .5" 35' 0" 31' 11.75" 33' 7.25"	1st BTY 2nd BTY 3rd PB
		01:41.1	1st		Shot Put	1. Alex Steele 2. Eric Skalicky 3. Bobby Noreen 4. Rico Horton	31' 1" 31' 7" 28' 1"	4th 3rd
1600 m Run	1. Jake Guttormson (1:11, 1:18, 1:25, 1:28) 2. Russ Westernen (1:22, 1:33, 1:37, 1:31) 3. Rico Horton (1:17, 1:30, 1:35, 1:25)	05:22.0 06:03.3 05:47.8	4th PB		Discus	1. Alex Steele 2. Rico Horton	89' 10.5"	3rd
4 x 100 m Relay	1. Jordan Pangerl 2. Nick Cummings 3. Eric Skalicky 4. John Dedic	11.0 12.8 12.2 <u>11.5</u>						
		47.5	1st		<u>TEAM RESULTS:</u>			
	1. Nolan Montague 2. Torrance Berg 3. Anthony Olson 4. Paul Skalicky	15.0 13.1 14.3 <u>11.2</u>			1. Pine City 2. Ogilvie 3. Royalton	112 40 29		
		53.7						
400 m Dash	1. Tyler Clark 2. Paul Skalicky 3. Torrance Berg 4. Anthony Olson	58.6 62.6 63.2 68.5	1st 2nd 3rd 4th	PB				
300 m Hurdles	1. John Dedic 2. Derek Prokott 3. Bobby Noreen 4. Eric Skalicky	48.4 51.0 52.9 52.4	1st 3rd PB 4th					
800 m Run	1. Jordan Rarick 2. Rico Horton 3. Russ Westernen 4. Nolan Montague	(71,73) 2:23.9 (77,83) 2:40.1 (80,87) 2:47.1 DNR	1st 3rd PB					
200 m Dash	1. Adam Olson 2. Mike Hansmann 3. Anthony Olson	24.6 24.9 29.4	1st 2nd 3rd					
3200 m Run	1. Cody Hanson (1:15, 1:26, 1:25, 1:27, 1:26, 1:27, 1:26, 1:19) 2. Bobby Noreen (1:17, 1:33, 1:37, 1:40, 1:50, 1:37, 1:45, 1:37)	11:11.5 12:58.1	1st 2nd	PB				
4 x 400 m Relay	1. Adam Olson 2. Tyler Clark 3. Nick Cummings 4. Jordan Pangerl	59.0 60.1 58.3 <u>57.5</u>						
		03:55.7	1st					

CHENGWATANA TRACK MEET @ Pine City
Friday, April 29, 2011
Pine City Girls' Results

4 x 800 m Relay	1. Kaylyn Utech 2. Kelsey Harper 3. Morgan Richardson 4. Katherine Cahill	(67,99) 2:57.0 (82,94) 2:56.1 BTY (80,93) 2:53.1 BTY <u>(84,90) 2:53.1 BTY</u>		Pole Vault	1. Katherine Cahill 2. Rachel Krautbauer	5' 6" 5' 6"	
		11:40.3		Long Jump	1. Erin Pangerl 2. Kelsey Harper 3. Sondra Steele	13' 9.75" 10' 10.75" 12' 5"	5th PB
100 m Hurdles	1. Carissa Jahnz 2. Melissa Farrand 3. Regan Kossan	18.7 20.9 20.6	4th	High Jump	1. Melissa Farrand 2. Rachel Krautbauer 3. Amie Yerke	4' 6" 4' 8" 4' 6"	6th 4th PB 6th
100 m Dash	1. Holly Staples 2. Indigo Isackson 3. Rachel Ascheman	14.2 16.6 17.5	3rd PB	Triple Jump	1. Sondra Steele 2. Amie Yerke 3. Indigo Isackson	23' 9.5" 25' .25" 25' 5"	PB
4 x 200 m Relay	1. Melissa Farrand 2. Sondra Steele 3. Rachel Krautbauer 4. Amie Yerke	33.3 30.4 34.4 <u>30.2</u>		Discus	1. Karina Nordrum 2. Sarah Nisley	101' 9" 61' 9"	1st BTY PB
		02:08.0		Shot Put	1. Karina Nordrum 2. Sarah Nisley	36' 7" 21' 1.5"	1st BTY PB
1600 m Run	1. Megan Miesner (1:17, 1:32, 1:38, 1:31) 2. Katherine Cahill (1:30, 1:44, 1:47, 1:36)	05:57.7 06:39.8	1st				
4 x 100 m Relay	1. Mariah Johnson 2. Allison Hatz 3. Rachel Krautbauer 4. Regan Kossan	14.7 16.2 15.5 <u>15.2</u>		<u>TEAM RESULTS:</u>			
		61.6	6th	1. Rush City		133.5	
400 m Dash	1. Erin Pangerl 2. Kelsey Harper 3. Amie Yerke	64.5 77.1 74.8	2nd BTY PB	2. Hinckley/Fin		92.5	
				3. Mille Lacs		89	
300 m Hurdles	1. Carissa Jahnz 2. Melissa Farrand 3. Regan Kossan	50.6 56.6 59.8	1st PB 5th PB	4. Pine City		88	
				5. Braham		72	
800 m Run	1. Megan Miesner 2. Mariah Johnson	(79, 84) 2:42.9 (88, 99) 3:07.4	4th	6. MLWR		34	
				7. East Central		27	
200 m Dash	1. Holly Staples 2. Erin Pangerl 3. Allison Hatz	28.7 28.3 30.2	5th 2nd PB				
3200 m Run	1. Morgan Richardson	15:25.7	BTY				
	(1:36, 1:48, 1:56, 2:00, 2:01, 2:05, 2:06, 1:54)						
4 x 400 m Relay	1. Megan Miesner 2. Holly Staples 3. Carissa Jahnz 4. Erin Pangerl	67.0 69.0 69.1 <u>69.4</u>					
		04:34.5	3rd				

HINCKLEY INVITATIONAL TRACK MEET

**Friday, May 6, 2011
Pine City Girls' Results
cool, mostly cloudy**

4 x 800 m Relay	1. Megan Miesner (77,82) 2:39.4 PB	Pole Vault	1. Katherine Cahill NH
	2. Katherine Cahill (84,86) 2:50.0 PB		2. Michela Westbrook NH
	3. Kelsey Harper (82,96) 2:57.6		3. Rachel Krautbauer NH
	4. Morgan Richardson <u>(80,96) 2:55.8</u> 11:22.6 5th		
		Long Jump	1. Erin Pangerl 15' 0" 2nd BTY
100 m Hurdles	1. Carissa Jahnz 19.3 6th		2. Regan Kossan 12' 11" BTY
	2. Melissa Farrand 19.9 PB		3. Sondra Steele 10' 6"
	3. Regan Kossan 20.0 BTY		
100 m Dash	1. Erin Pangerl 13.1 1st PB	High Jump	1. Holly Staples 4' 10" 1st
	2. Holly Staples 13.4 4th BTY		2. Rachel Krautbauer 4' 6" 2nd
	3. Rachel Ascheman 16.7 PB		3. Amie Yerke 4' 3" 6th
4 x 200 m Relay	1. Melissa Farrand 32.6	Triple Jump	1. Indigo Isackson 25' 9" PB
	2. Michela Westbrook 30.1		2. Amie Yerke 27' 5" PB
	3. Rachel Krautbauer 33.4		3. Melissa Farrand 29' 5"
	4. Amie Yerke <u>30.2</u> 02:06.3 3rd	Discus	1. Karina Nordrum 111' 8" 2nd BTY
			2. Sarah Nisley 65' 8" PB
1600 m Run	1. Katherine Cahill 06:37.5 PB (1:31, 1:40, 1:45, 1:42)	Shot Put	1. Karina Nordrum 35' 11" 1st
	2. Morgan Richardson 06:45.6 BTY (1:34, 1:45, 1:48, 1:38)		2. Sarah Nisley 22' 5" PB
	3. Jordan Vaudrin 07:08.2 PB (1:34, 1:47, 1:55, 1:52)		
		<u>TEAM RESULTS:</u>	
4 x 100 m Relay	1. Rachel Krautbauer 14.8	1. Rush City 140	
	2. Sondra Steele 15.3	2. Hinckley 129	
	3. Indigo Isackson 15.3	3. Pine City 112	
	4. Regan Kossan <u>14.5</u> 59.9 6th BTY	4. Siren 60	
		5. Braham 48	
400 m Dash	1. Megan Misener 65.4 3rd PB	6. East Centra 45	
	2. Holly Staples 68.4 6th PB	7. Ogilvie 25	
	3. Amie Yerke 72.8 PB		
300 m Hurdles	1. Carissa Jahnz 51.1 1st		
	2. Melissa Farrand 54.1 4th PB		
	3. Regan Kossan 57.7 PB		
800 m Run	1. Kelsey Harper (83,99) 3:02.4		
	2. Michela Westbrook (85,95) 2:59.9 BTY		
200 m Dash	1. Erin Pangerl 27.8 1st BTY		
	2. Indigo Isackson 33.9 PB		
	3. Sondra Steele 32.7 PB		
3200 m Run	1. Jordan Vaudrin 15:21.5 (1:38, 1:50, 1:53, 1:57, 2:00, 2:03, 2:03, 1:55)		
4 x 400 m Relay	1. Megan Miesner 67.1 BTY		
	2. Holly Staples 67.9 BTY		
	3. Carissa Jahnz 67.3		
	4. Erin Pangerl <u>67.0</u> BTY 04:29.6 2nd BTY		

HINCKLEY INVITATIONAL TRACK MEET

Friday, May 6, 2011
Pine City Boys' Results
cool, mostly cloudy

4 x 800 m Relay	1. Jordan Rarick (65,68) 2:13.2 PB	Pole Vault	1. Derek Prokott 11' 6"	1st
	2. Jake Guttormson (63,70) 2:13.0 PB		2. Jordan Rarick	
	3. Torrance Berg (75,75) 2:29.7 BTY		3. Anthony Olson	
	4. Tyler Clark (62,75) 2:17.5			
	09:13.3 2nd	Long Jump	1. Nick Cummings 18' 3"	
110 m Hurdles			2. Paul Skalicky 16' 6"	
			3. Jordan Rarick	
100 m Dash	1. Nick Cumings 11.7 3rd			
	2. Anthony Olson 13.3	High Jump	1. Mike Hansmann 5' 8"	2nd
	3. Nolan Montague 13.7 PB			
4 x 200 m Relay	1. Derek Prokott 25.9			
	2. Paul Skalicky 25.0	Triple Jump	1. Eric Skalicky 35' 5"	5th
	3. Eric Skalicky 26.5		2. Tyler Clark	
	4. Torrance Berg 26.9		3. Paul Skalicky 33' 10"	
	01:44.3 2nd			
1600 m Run	1. Bobby Noreen 05:31.0	Shot Put	1. Alex Steele 36' 5"	PB
	(1:12, 1:23, 1:32, 1:25)		2. Eric Skalicky 30' 9"	
	2. Russ Westernen 05:45.0 PB		3. Adam Olson	
	(1:18, 1:25, 1:32, 1:29)			
	3. Rico Horton 05:36.8 PB	Discus	1. Alex Steele 97' 4"	BTY
	(1:16, 1:25, 1:30, 1:26)		2. Rico Horton	
4 x 100 m Relay	1. Mike Hansmann 11.8		3. Bobby Noreen 99' 5"	PB
	2. Jordan Pangerl 10.6			
	2. Nick Cummings 11.6			
	4. Adam Olson 10.9			
	45.0 1st			
	*** NEW SCHOOL RECORD ***			
		<u>TEAM RESULTS:</u>		
400 m Dash	1. Anthony Olson 64.4 PB		1. Rush City 123	
	2. Jordan Rarick 58.6 5th		2. Hincley 116	
	3. Nolan Montague 66.9		3. Pine City 96	
			4. Siren 82	
			5. East Central 61	
300 m Hurdles	1. Derek Prokott 48.1 6th PB		6. Ogilvie 41	
	2. Eric Skalicky 49.8 BTY		7. Braham 35.5	
800 m Run	1. Bobby Noreen (74,74) 2:28.2 PB			
	2. Tyler Clark (68,71) 2:19.7 3rd			
	2. Rico Horton (73,81) 2:34.7			
200 m Dash	1. Adam Olson 23.5 3rd			
	2. Mike Hansmann 23.7 4th BTY			
	3. Jordan Pangerl 22.8 1st PB			
3200 m Run	1. Jake Guttormson DNR			
	3. Russ Westernen 12:50.0 PB			
	(1:27, 1:39, 1:40, 1:42, 1:42, 1:39, 1:40, 1:27)			
4 x 400 m Relay	1. Adam Olson 55.2 PB			
	2. Tyler Clark 56.7 BTY			
	3. Nick Cummings 53.0 PB			
	4. Jordan Pangerl 52.2 PB			
	03:36.9 1st BTY			

TRUE TEAM TRACK MEET @ Chisago Lakes
Tuesday, May 10, 2011
Pine City Girls' Results
warm, humid, partly cloudy

4 x 800 m Relay	1. Michela Westbrook (83,98) 3:01.5 BTY	Pole Vault	1. Katherine Cahill 6' 0" 15th BTY
	2. Kaylyn Utech (84,92) 2:55.9 PB		2. Michela Westbrook 6' 0" 17th BTY
	3. Morgan Richardson (87,90) 2:57.1		
	4. Katherine Cahill (84,90) 2:54.6		
	11:49.60 9th	Long Jump	1. Erin Pangerl 14' 6.5" 3rd
			2. Regan Kossan 12' 10" 13th
100 m Hurdles	1. Carissa Jahnz 19.37 16th		
	2. Melissa Farrand 19.95 18th	High Jump	1. Holly Staples 4' 10 6th
			2. Rachel Krautbauer 4' 4" 14th
100 m Dash	1. Holly Staples 13.92 6th		
	2. Amie Yerke 15.15 20th	Triple Jump	1. Melissa Farrand 28' 4.5" 17th
			2. Amie Yerke 28' 8" 15th PB
4 x 200 m Relay	1. Mariah Johnson 30.5		
	2. Michela Westbrook 31.9	Discus	1. Karina Nordrum 117' 9" 1st
	3. Melissa Farrand 30.4		***NEW SCHOOL RECORD***
	4. Amie Yerke 30.9		2. Sarah Nisley 59' 6.5" 19th
	2:03.95 9th		
1600 m Run	1. Megan Miesner 5:53.25 7th BTY	Shot Put	1. Karina Nordrum 38' 2" 2nd
	(1:20, 1:27, 1:34, 1:32)		***NEW SCHOOL RECORD***
	2. Katherine Cahill 6:37.00 19th PB		2. Sarah Nisley 22' 7" 19th PB
	(1:31, 1:40, 1:46, 1:40)		
		<u>TEAM RESULTS:</u>	
4 x 100 m Relay	1. Mariah Johnson 14.6	1. Grand Rapids 529	
	2. Michela Westbrook 14.8	2. North Branch 478	
	3. Rachel Krautbauer 16.3	3. Duluth Central 440.5	
	4. Regan Kossan 13.9	4. Mora 403.5	
	59.79 10th BTY	5. Hermantown 401	
400 m Dash	1. Erin Pangerl 66.86 9th	6. Chisago Lakes 327	
	2. Amie Yerke 76.47 19th	7. Cloquet 275	
		8. Pine City 253	
300 m Hurdles	1. Carissa Jahnz 50.81 5th	9. Hibbing 252.4	
	2. Melissa Farrand 56.31 17th	10. Proctor 232.5	
800 m Run	1. Megan Miesner 2:49.39 10th		
	(78, 87)		
	2. Kaylyn Utech 2:58.37 18th		
	(84,94)		
200 m Dash	1. Holly Staples 28.70 9th		
	2. Erin Pangerl 28.30 6th		
3200 m Run	1. Morgan Richardson 15:17.95 19th BTY		
	(1:42, 1:46, 1:51, 1:55, 2:00, 2:15, 1:03, 1:55)		
	2. Jordan Vaudrin 15:36.19 20th		
	(1:42, 1:49, 1:55, 1:59, 2:00, 2:04, 2:16, 2:01)		
4 x 400 m Relay	1. Megan Miesner 69.7		
	2. Holly Staples 71.1		
	3. Carissa Jahnz 70.3		
	4. Erin Pangerl 77.3		
	4:48.43 9th		

TRUE TEAM TRACK MEET @ Chisago Lakes

Tuesday, May 10, 2011

Pine City Boys' Results

warm, humid, partly cloudy

4 x 800 m Relay	1. Jake Guttormson 2. Bobby Noreen 3. Torrance Berg 4. Tyler Clark	(66,68) 2:14.8 (71,76) 2:27.0 (72,76) 2:28.4 BTY <u>(65,72) 2:17.3</u> 9:27.39 10th	Pole Vault	1. Derek Prokott	11' 0" 4th
			High Jump	1. Mike Hansmann 2. John Dedic	5' 10" 3rd BTY 5' 8" 7th
110 m Hurdles	1. John Dedic 2. Eric Skalicky	18.44 12th 21.63 16th	Long Jump	1. Nick Cummings	22' 4.5" 1st PB ***NEW SCHOOL RECORD***
100 m Dash	1. Adam Olson 2. Jordan Pangerl	12.01 5th 11.86 3rd		2. Paul Skalicky	15' 4" 20th
4 x 200 m Relay	1. Mike Hansmann 2. Jordan Pangerl 3. Nick Cummings 4. Adam Olson	22.8 23.6 22.6 <u>23.3</u>	Triple Jump	1. Eric Skalicky 2. Tyler Clark	37' 1" 11th BTY 35' 11.5" 14th PB
	NEW SCHOOL RECORD	1:32.54 1st	Shot Put	1. Alex Steele 2. Adam Olson	36' 0" 13th 34' 0" 17th
1600 m Run	1. Cody Hanson (1:11, 1:15, 1:22, 1:15) 2. Rico Horton (1:20, 1:27, 1:30, 1:27)	5:02.95 9th 5:44.90 18th	Discus	1. Alex Steele 2. Bobby Noreen	90' 4" 17th 87' 4" 19th
4 x 100 m Relay	1. Derek Prokott 2. Paul Skalicky 3. Eric Skalicky 4. Torrance Berg	12.6 11.2 12.2 <u>12.9</u> 49.05 8th			
400 m Dash	1. Jordan Pangerl 2. Nick Cummings	53.61 7th PB 52.80 5th PB		<u>TEAM RESULTS:</u>	
300 m Hurdles	1. John Dedic 2. Derek Prokott	46.83 10th PB 47.94 13th PB		1. Mora	445.5
800 m Run	1. Tyler Clark (66.5, 68.9) 2. Bobby Noreen (70.9, 79.8)	2:15.86 11th PB 2:30.89 20th		1. Duluth Central	431.5
200 m Dash	1. Adam Olson 2. Mike Hansmann	23.64 2nd 24.44 7th		3. Grand Rapids	384
3200 m Run	1. Cody Hanson (1:17, 1:20, 1:21, 1:25, 1:26, 1:29, 1:22) 2. Jake Guttormson (1:19, 1:21, 1:23, 1:27, 1:31, 1:33, 1:34, 1:27)	11:06.11 11th 11:35.38 12th PB		4. Chisago Lakes	380
4 x 400 m Relay	1. Mike Hansmann 2. Tyler Clark 3. John Dedic 3. Nick Cummings	57.9 56.8 58.4 PB <u>53.7</u> 3:46.72 10th		5. North Branch	349
				6. Hermantown	344.5
				7. Pine City	325
				8. Hibbing	317.5
				9. Cloquet	309
				10. Proctor	290

GREAT RIVER CONFERENCE TRACK MEET @ East Central
Tuesday, May 17, 2011
Pine City Girls' Results

4 x 800 m Relay 1. Kaylyn Utecht (80,91) 2:50.7 PB
 2. Kelsey Harper (93,98) 3:11.2
 3. Morgan Richardson (81,98) 2:59.2
 4. Katherine Cahill (87,92) (2:58.8)
 11:59.8 6th

100 m Hurdles 1. Carissa Jahnz 19.0 7th
 2. Melissa Farrand 19.1 8th PB
 3. Regan Kossan 20.6

100 m Dash 1. Holly Staples 13.6 6th
 3. Rachel Ascherman 16.5 PB
 4. Allison Hatz 16.9 PB

4 x 200 m Relay 1. Mariah Johnson 32.1
 2. Michela Westbrook 31.0
 3. Melissa Farrand 28.5
 4. Amie Yerke (31.1)
 02:02.9 6th BTY

1600 m Run 1. Megan Miesner 05:51.2 1st BTY
*****ALL CONFERENCE*****
 (1:19, 1:28, 1:35, 1:29)
 2. Jordan Kotek 06:10.8 PB
 (1:26, 1:35, 1:39, 1:30)
 3. Katherine Cahill 06:19.7 PB
 (1:27, 1:35, 1:39, 1:38)

4 x 100 m Relay 1. Mariah Johnson 15.2
 2. Michela Westbrook 14.1
 3. Amie Yerke 15.0
 4. Regan Kossan (14.5)
 58.7 8th BTY

400 m Dash 1. Erin Pangerl 65.5 5th
 2. Kelsey Harper 77.1
 3. Morgan Richardson 73.8

300 m Hurdles 1. Carissa Jahnz 51.1 2nd
ALL CONFERENCE HONORABLE MENTION
 2. Melissa Farrand 55.5 4th
 3. Regan Kossan 57.5 8th PB

800 m Run 1. Megan Miesner (78,86) 2:43.9 5th
 2. Jordan Kotek (88,85) 2:53.2
 3. Kaylyn Utecht (84,91) 2:55.6

200 m Dash 1. Erin Pangerl 27.8 1st
*****ALL CONFERENCE*****
 2. Holly Staples 29.3 5th
 3. Sondra Steele 32.9

3200 m Run 1. Morgan Richardson 15:58.2
 (1:41, 1:55, 1:57, 2:03, 2:07, 2:09, 2:09, 1:57)
 2. Jordan Vaudrin 15:14.1
 (1:40, 1:51, 1:55, 1:57, 1:58, 1:59, 1:59, 1:51) PB
 3. Allison Gusk 14:27.1
 (1:37, 1:47, 1:51, 1:53, 1:53, 1:51, 1:52, 1:42) PB

4 x 400 m Relay 1. Megan Miesner 71.5
 2. Holly Staples 70.7
 3. Carissa Jahnz 73.5
 4. Erin Pangerl (72.7)
 04:48.6 4th

Pole Vault 1. Katherine Cahill
 2. Michela Westbrook

Long Jump 1. Erin Pangerl 15' 3" 2nd BTY
ALL CONFERENCE HONORABLE MENTION
 2. Regan Kossan 13' 0"
 3. Sondra Steele 13' 1" PB

High Jump 1. Holly Staples 4' 8" 2nd
ALL CONFERENCE HONORABLE MENTION
 3. Amie Yerke 4' 2" 8th

Triple Jump 1. Amie Yerke 30' 8.5" 3rd PB
 2. Melissa Farrand 30' 4.5" 7th PB
 3. Indigo Isackson 25' 11" PB

Discus 1. Karina Nordrum 107' 1" 1st
*****ALL CONFERENCE*****
 2. Sarah Nisley 62' 2.5"

Shot Put 1. Karina Nordrum 38' .5" 1st
*****ALL CONFERENCE*****
 2. Sarah Nisley

TEAM RESULTS:

1. Rush City 140
 2. Hinckley/Finlayson 114.5
 3. Braham 107
 4. Pine City 103.5
 5. Mille Lacs 101.5
 6. East Central 50.5
 7. Aitkin 32
 8. Ogilvie 20

GREAT RIVER CONFERENCE TRACK MEET @ East Central

Tuesday, April 17, 2011

Pine City Boys' Results
sunny with a cold wind

4 x 800 m Relay 1. Jordan Rarick (65,75) 2:19.1
2. Torrance Berg (74,74) 2:27.9
3. Jake Guttormson (70,72) 2:22.3
4. Tyler Clark (68,77) 2:24.4

ALL CONFERENCE HONORABLE MENTION 09:33.6 2nd

110 m Hurdles 1. John Dedic 17.8 2nd

ALL CONFERENCE HONORABLE MENTION

2. Eric Skalicky 20.2 8th PB

100 m Dash 1. Adam Olson injured
2. Jordan Pangerl 11.5 2nd

ALL CONFERENCE HONORABLE MENTION

3. Nolan Montague DNR

4 x 200 m Relay 1. Derek Prokott 25.9

2. Paul Skalicky 26.4

3. Eric Skalicky 25.6

4. Torrance Berg 27.7
01:45.4 3rd

1600 m Run 1. Cody Hanson 04:56.5 3rd PB

(1:12, 1:15, 1:14, 1:17)

2. Russ Westernen 05:45.0

(1:16, 1:24, 1:33, 1:32)

3. Rico Horton 05:43.2

(1:15, 1:23, 1:32, 1:33)

4 x 100 m Relay 1. Mike Hansmann 12.2

2. Jordan Pangerl 10.4

3. Nick Cummings 11.9

4. John Dedic 11.2
45.4 1st

*****ALL CONFERENCE*****

400 m Dash 1. Nick Cummings 52.4 1st PB

*****ALL CONFERENCE*****

2. Jordan Pangerl 53.2 2nd PB

ALL CONFERENCE HONORABLE MENTION

3. Anthony Olson 66.2

300 m Hurdles 1. John Dedic 46.7 4th

2. Derek Prokott 49.8 6th

3. Bobby Noreen 51.3 PB

800 m Run 1. Jake Guttormson (65,67) 2:11.8 3rd PB

2. Tyler Clark (66,67) 2:13.7 5th PB

3. Nolan Montague (76,89) 2:45.6

200 m Dash 1. Adam Olson injury

2. Mike Hansmann 24.9 3rd

3. Anthony Olson 27.9 PB

3200 m Run 1. Cody Hanson 10:52.4 2nd PB

ALL CONFERENCE HONORABLE MENTION

(1:11, 1:18, 1:20, 1:25, 1:27, 1:27, 1:36, 1:18)

2. Jordan Rarick 11:18.7 4th

(1:16, 1:24, 1:28, 1:27, 1:26, 1:26, 1:32, 1:19)

3. Russ Westernen 12:37.7 PB

(1:22, 1:36, 1:38, 1:41, 1:41, 1:41, 1:38, 1:25)

4 x 400 m Relay 1. Mike Hansmann 54.3

2. Tyler Clark 56.6

3. Jake Guttormson 58.0

4. Nick Cummings 53.5
*****ALL CONFERENCE***** 03:42.3 1st BTY

Pole Vault 1. Derek Prokott 12' 0" 1st PB

*****ALL CONFERENCE*****

2. Jordan Rarick 9' 6" 7th

3. Paul Skalicky NH

Long Jump 1. Nick Cummings 20' 1" 3rd

2. Paul Skalicky 16' 6"

3. Derek Prokott 18' 1" 6th

High Jump 1. Mike Hansmann 5' 8" 3rd

2. John Dedic 5' 10" 1st

*****ALL CONFERENCE*****

Triple Jump 1. Eric Skalicky 37' 7" 3rd PB

2. Tyler Clark 36' 4" 5th PB

3. Paul Skalicky 37' 4" 4th PB

Shot Put 1. Alex Steele 36' 9" 7th PB

2. Eric Skalicky

3. Bobby Noreen 31' 4"

Discus 1. Alex Steele

2. Bobby Noreen 90' 10.5" 5th PB

3. Rico Horton 87'

TEAM RESULTS:

1. Pine City 170

2. Rush City 142

3. Hinckley 132

4. East Central 77

5. Aitkin 65

6. Ogilvie 50

7. Braham 31

5A SUB-SECTION 18 TRACK and FIELD MEET @ Mora
Tuesday, May 24, 2011
Pine City Girls' Results

4 x 800 m Relay 1. Kaylyn Utecht (79,92) 2:50.9
 2. Allison Gusk (94,33) 3:06.1
 3. Katherine Cahill (89,91) 3:00.2
 4. Jordan Kotek (87,90) 2:57.3
 11:54.80 6th

100 m Hurdles 1. Carissa Jahnz 18.16 8th PB
 2. Melissa Farrand 19.49
 3. Regan Kossan 20.45

100 m Dash 1. **Erin Pangerl 12.96 1st PB**
****QUALIFIES FOR SECTIONS*****
 2. Holly Staples 13.71 7th
 3. Rachel Ascheman 16.94

4 x 200 m Relay 1. Mariah Johnson 32.5
 2. Michela Westbrook 30.8
 3. Melissa Farrand 30.0
 4. Amie Yerke 29.0
 2:02.24 8th BTY

1600 m Run 1. **Megan Miesner 5:42.05 4th PB**
****QUALIFIES FOR SECTIONS*****
 (1:18, 1:27, 1:30, 1:26)
 2. Jordan Kotek (6:14.62)
 (1:28, 1:38, 1:40, 1:29)
 3. Katherine Cahill (6:26.06)
 (1:28, 1:36, 1:41, 1:41)

4 x 100 m Relay 1. Mariah Johnson 15.5
 2. Michela Westbrook 13.3
 3. Amie Yerke 14.8
 4. Regan Kossan 14.6
 58.31 8th BTY

400 m Dash 1. Kaylyn Utecht 70.09 PB
 2. Morgan Richardson 71.96 PB
 3. Allison Hatz 76.53

300 m Hurdles 1. **Carissa Jahnz 49.96 3rd PB**
****QUALIFIES FOR SECTIONS*****
 2. Melissa Farrand 54.36
 3. Regan Kossan 56.64 PB

800 m Run 1. Megan Miesner (77,87) 2:43.73 8th
 2. Cassie Miesner (84,91) 2:55.0 PB
 3. Mariah Johnson (92,101) 3:13.30

200 m Dash 1. **Erin Pangerl 26.86 2nd PB**
****QUALIFIES FOR SECTIONS*****
 2. Holly Staples 28.8 BTY
 3. Sondra Steele 32.47 PB

3200 m Run 1. Allison Gusk (14:48.09)
 (1:38, 1:50, 1:53, 1:54, 1:54, 1:56, 1:45)
 2. Jordan Vaudrin (15:06.46) PB
 (1:38, 1:50, 1:53, 1:56, 1:56, 1:59, 2:00, 1:51)
 3. Morgan Richardson (15:39.25)
 (1:37, 1:48, 1:54, 1:56, 2:07, 2:09, 2:08, 1:58)

4 x 400 m Relay 1. Megan Miesner 68.4
 2. Kaylyn Utecht 70.9
 3. Carissa Jahnz 69.9
 4. Erin Pangerl 71.8
 4:41.54 5th

Pole Vault 1. Katherine Cahill 6' 1" PB
 2. Michela Westbrook DNJ
 3. Rachel Krautbauer NH

Long Jump 1. **Erin Pangerl 15' 8.75" 2nd PB**
****QUALIFIES FOR SECTIONS*****
 2. Regan Kossan 12' 7.75"
 3. Sondra Steele 13' 4.75" PB

High Jump 1. **Holly Staples 4' 11" 4th BTY**
****QUALIFIES FOR SECTIONS*****
 2. Rachel Krautbauer 4' 7" PB
 3. Amie Yerke NH

Triple Jump 1. Amie Yerke 29' 3"
 2. Melissa Farrand 28' 8.25"

Discus 1. **Karina Nordrum 108' 1" 2nd**
****QUALIFIES FOR SECTIONS*****
 2. Sarah Nisley 69' 11" PB

Shot Put 1. **Karina Nordrum 35' 7.5" 2nd**
****QUALIFIES FOR SECTIONS*****
 2. Sarah Nisley 23' 0" PB

TEAM RESULTS:

1. Zimmerman	172
2. Mora	143
3. Rush City	89
4. Pine City	71
4. Braham	71
6. Milaca	69
7. Mille Lacs	60
8. Ogilvie	23

5A SUB-SECTION 18 TRACK MEET @ Mora
Tuesday, April 24, 2011
Pine City Boys' Results

4 x 800 m Relay 1. Jordan Rarick (66,67) 2:12.7 PB
 2. Cody Hanson (62,71) 2:12.7 PB
 3. Jake Guttormson (60,71) 2:10.8 PB
 4. Tyler Clark (60,73) 2:13.0 PB

*****QUALIFIES FOR SECTIONS*** 8:49.65 2nd PB**

110 m Hurdles 1. John Dedic 18.51 8th

100 m Dash 1. Torrance Berg 13.35
 2. Connor Clark 12.85
 3. Tristen Zybtofsky 13.34

4 x 200 m Relay 1. Mike Hansmann 24.4
 2. Jordan Pangerl 21.9
 3. Nick Cummings 23.3
 4. Adam Olson 22.2

*****QUALIFIES FOR SECTIONS*** 1:31.97 1st PB**
*****NEW SCHOOL RECORD*****

1600 m Run 1. Rico Horton 5:36.13 PB
 (1:13, 1:24, 1:29, 1:30)
 2. Russ Westernen 5:39.05 PB
 (1:17, 1:25, 1:29, 1:28)
 3. Bobby Noreen 5:27.91 PB
 (1:13, 1:22, 1:29, 1:25)

4 x 100 m Relay 1. Mike Hansmann 12.3
 2. Jordan Pangerl 10.4
 3. Nick Cummings 11.5
 4. Adam Olson 10.5

*****QUALIFIES FOR SECTIONS*** 44.86 1st PB**
*****NEW SCHOOL RECORD*****

400 m Dash 1. Paul Skalicky 58.43 8th PB
 2. Anthony Olson 64.87
 3. Jordan Stevens 64.68

300 m Hurdles 1. John Dedic 45.77 5th PB
 2. Derek Prokott 46.86 7th PB
 3. Eric Skalicky 49.91

800 m Run 1. Jake Guttormson (66,68) 2:13.29 6th
 2. Torrance Berg (72,72) 2:23.36
 3. Nolan Montague (78,89) 2:47.05

200 m Dash 1. Adam Olson 23.07 1st PB
*****QUALIFIES FOR SECTIONS*****
 2. Paul Skalicky 25.19 PB
 3. Connor Clark 26.96 PB

3200 m Run 1. Cody Hanson 10:49.68 3rd PB
*****QUALIFIES FOR SECTIONS*****
 (1:14, 1:17, 1:21, 1:23, 1:25, 1:26, 1:26, 1:17)
 2. Jordan Rarick 11:22.78 5th
 (1:18, 1:24, 1:25, 1:27, 1:26, 1:29, 1:31, 1:22)
 3. Russ Westernen 12:27.38 PB
 (1:25, 1:34, 1:38, 1:37, 1:37, 1:35, 1:35, 1:25)

4 x 400 m Relay 1. Mike Hansmann 55.2
 2. Tyler Clark 55.4 PB
 3. Nick Cummings 52.7 PB
 4. Jordan Pangerl 52.2 PB

*****QUALIFIES FOR SECTIONS*** 3:35.61 2nd PB**

Pole Vault 1. Derek Prokott 11' 5" 4th
*****QUALIFIES FOR SECTIONS*****
 2. Jordan Rarick 9' 11" 7th PB
 3. Anthony Olson NH

Long Jump 1. Nick Cummings 18' 10.25" 5th
 2. Paul Skalicky 18' 4.75" 8th PB
 3. Derek Prokott 16' 5.75"

High Jump 1. Mike Hansmann 5' 7" 5th tie
 2. John Dedic 5' 7" 5th tie

Triple Jump 1. Eric Skalicky 38' 9.5" 5th PB
 2. Tyler Clark 34' 9.25"
 3. Paul Skalicky 36' 7.25"

Shot Put 2. Eric Skalicky 31' 1"
 3. Bobby Noreen 31' 3"

Discus 2. Bobby Noreen 96' 2" 8th
 3. Rico Horton 82' 3"

TEAM RESULTS:

1. Mora 195
 2. Zimmerman 152
 3. Rush City 99
 4. Pine City 91
 5. Milaca 77
 6. Braham 42
 7. Ogilvie 31

**YOUR LEVEL
OF SUCCESS
IS DIRECTLY
PROPORTIONAL
TO YOUR LEVEL
OF
COMMITMENT**

SECTION 5A TRACK MEET

@ St. John's University

Wednesday, June 1, 2011

Results

warm, sunny, breezy

TRACK EVENTS

4 x 800 M RELAY
 1. Jordan Rarick (64,71) 2:15.8
 2. Cody Hanson (64,73) 2:17.3
 3. Jake Guttormson (62,69) 2:11.7
 4. Tyler Clark (62,71) 2:12.3 PB
 8:56.88 7th

100 M DASH
 1. Erin Pangerl 12.73 3rd PB
*****QUALIFIES FOR STATE*****
*****NEW SCHOOL RECORD*****

4 x 200 M RELAY
 1. Mike Hansmann 23.3
 2. Jordan Pangerl 22.7
 3. Nick Cummings 23.1
 4. Adam Olson 22.5
 1:31.68 1st PB
*****QUALIFIES FOR STATE*****
*****NEW SCHOOL RECORD*****

1600 M RUN
 1. Megan Miesner (5:52.74)
 (1:18, 1:28, 1:35, 1:33)

4 x 100 M RELAY
 1. Mike Hansmann 11.3
 2. Jordan Pangerl 10.8
 3. Nick Cummings 11.3
 4. Adam Olson 10.8
 44.20 1st PB
*****QUALIFIES FOR STATE*****
*****NEW SCHOOL RECORD*****

300 M HURDLES
 1. Carissa Jahnz 51.20

200 M DASH
 1. Erin Pangerl 26.46 3rd PB

200 M DASH
 1. Adam Olson 23.32 3rd

3200 m RUN
 1. Cody Hanson 10:32.53 7th PB
 (1:12, 1:14, 1:17, 1:20, 1:23, 1:25, 1:24, 1:17)

4 x 400 M RELAY
 1. Mike Hansmann 54.7
 2. Tyler Clark 55.8
 3. Nick Cummings 51.7 PB
 4. Jordan Pangerl 52.5
 3:34.87 3rd PB

FIELD EVENTS

DISCUS 1. Karina Nordrum 101' 9" 8th

LONG JUMP 1. Erin Pangerl 14' .5"

HIGH JUMP 1. Holly Staples 4' 11" 4th

POLE VAULT 1. Derek Prokott 10' 11" 6th

SHOT PUT 1. Karina Nordrum

Boys' Team Results:

1. Holdingford 58.5
 2. Dassel-Cokato 57.5
 3. Annandale 52
 4. St. Cloud Cathedral 51
 5. Foley 50.5
 6. Mora 49
 7. New London-Spicer 46
 8. Litchfield 40.5
 9. Zimmerman 39.5
 10. Pine City 39
 Maple Lake 39
 12. Atwater-Cosmos-GroveCity 30
 13. Albany 28
 14. Howard Lake Waverly 27
 15. Eden Valley Watkins 21.5
 16. Rush City 19
 17. Royalton 15
 18. Milaca 13
 19. Braham 7
 20. Upsala/Swanville 6
 21. Rockford 5
 22. Belgrade-Brooten 3
 Melrose 3
 24. Paynesville 1
 Lester Prairie 1

Girls' Team Results:

1. St. Cloud Cathedral 74
 2. Annandale 72.5
 3. New London-Spicer 53
 4. Foley 50
 5. Litchfield 43
 6. Melrose 41
 7. Mora 35
 Eden Valley Watkins 35
 9. Zimmerman 30
 10. Dassel Cokato 29
 11. Braham 27
 12. Milaca 22.5
 13. St. Cloud Christian 19
 14. Pine City 18
 St. John's Prep 18
 Albany 18
 17. Holdingford 17
 18. Paynesville 16
 19. Howard Laek Waverly 13
 Pierz 13
 21. Royalton 12
 22. Rush City 11
 23. Atwater-CosmosGrove City 8
 Upsala/Swanville 8
 25. Belgrade-Brooten 7
 Rockford 7
 27. Maple Lake 2
 Mille Lacs 2

Ability

is what you are capable
of doing.

Motivation

determines what you do.

Attitude

determines how well you
do it.

Lou Holtz

STATE TRACK AND FIELD MEET @ Hamline University

Friday, Saturday, June 10, 11, 2011

Friday, June 10

3:20 100 m Dash
prelims

Erin Pangerl
12.76

Saturday, June 11

3:50 100 m Dash
finals

Erin Pangerl

4:10 4 x 200 m Relay

1. Mike Hansmann
2. Jordan Pangerl
3. Nick Cummings
4. Adam Olson

(1:31.68)

5:07 4 x 100 m Relay

1. Mike Hansmann
2. Jordan Pangerl
3. Nick Cummings
4. Adam Olson

44.20

GIRLS' "BESTS" - 2011

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Mariah Johnson - 10	10		15.2 - Mo	32.8 - Mo				
	11		13.8 sp - Mo	31.8 sp - Sub				
Regan Kossan - 10	10			32.7 - RC				
	11		14.5sp - H/F					
			13.9sp - ChL	33.3sp - Fol				
Morgan Richardson	08		16.9	37.1				
	09							
	10					2:58.4 - jv	6:30.82 - Sub	14:59.3 - BL
Michela Westbrook	10					2:48.7 sp - Sub		
	11	8.3 - Fol	14.6 sp - Og	29.8sp - PC	77.3 - On	3:12.6 - On	6:45.6 - H/F	15:17.95-ChL
			13.3 sp - Sub	30.1sp - H/F	76.8sp - Fol	2:53.1sp - PC		
Rachel Ascheman -9	11		16.5 - GRC					
Melissa Farrand-9	10					01:15.7		
	11				30.4sp - Fol	71.8 - Og	72.0 sp- RC	
Indigo Isacson - 9	11		16.6 - PC	33.9 - H/F				
			15.3 sp- H/F					
Rachel Krautbauer	10		15.3					
	11	8.5 - Fol	15.2 - Og	32.3 - RC				
Sara Nisley - 9	10		14.6sp - Fol	31.5sp - RC				
	11							
Sondra Steele - 9	10		16.5			01:22.6		
	11		15.5 - RC	32.7 - H/F				
Jordan Vaudrin - 9	10		15.3sp - On	33.3sp - Og				
	11					03:23.5	07:12.3	
Amie Yerke - 9	10					3:19.1 - On	7:08.2 - H/F	15:06.46 - Sub
	11					3:20.2sp - RC		
Kaylyn Utecht - 8	10		14.8					
	11		14.6 - Og	31.6 - RC	72.8 - H/F			
Cassi Miesner - 8	10		14.5sp - Og	29.0 sp- Sub		3:23.2sp - Og		
	11							
Jackie Westeren - 8	10			31.7	01:13.9			
	11			30.4	70.09 - Sub	02:53.2		
Cassi Miesner - 8	10			70.9sp- Sub	2:50.7sp - GRC			
	11							
Cassi Miesner - 8	10			32.8				
	11		15.0	31.4		2:55.0 - Sub		
Jackie Westeren - 8	10				01:14.4			
	11				88.0		06:36.0	

GIRLS' "BESTS" - 2011

	55 m hurdles	100 m hurdles	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
		19.9 - H/F	59.6 - RC		13' 10" - H/F				
	11.8 - Fol	20.0 - H/F	56.64 - Sub		13.0 - GRC				
					6' 11.75"				
								19' 9.5" - Fol	
									5' 6" - jv
									6' 0" - ChL
		19.4 - jh						26' .5"	
10.9 - Fol	19.1 - GRC	54.1 - H/F	4' 6" - H/F		30' 4.5" - GRC				
					9' 4" - Og	25' 11" - GRC			
				4' 2"					
				4' 7" - Sub					5' 6" - PC
							53' 11"	24' 8"	
							69' 11" - Sub	23' 0" - Sub	
					11' .5"				
					13' 4.75" - Sub	24' 8.5" - On			
				4' 0"					
				4' 6" - On		30' 8.5" - GRC			
					10' 10"				
								25' 7"	
		20.5			10' 7"				

GIRLS' "BESTS" - 2011

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Colleen Christian - 8	11			34.1			07:29.2	
McKenna Webster-8	10							
	11		15.6					
Emma Reiser - 8	10			35.0		3:00:00	07:20.7	
	11							
Allison Gusk - 7	11		15.4	31.9	72.7	3:06.1sp - Sub	06:47.2	14:27.1 - GRC
Jordan Kotek - 7	11			31.3		02:51.5	6:10.8 - GRC	
						2:57.3sp - Sub		
Piper Knudson - 7	11		16.2	34.3	78.2			
Marie Larson - 7	11							
Madison Miller - 7	11		15.8	33.7				
Cassidy Stream - 7	11		15.3	33.3	74.3			

The five S's of sports training are:

Stamina,
Speed,
Strength,
Skill
and Spirit;

but the greatest of these
is Spirit.

GIRLS' "BESTS" -

55 m hurdles	100 m hurdles	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
						42' 1"		
		20.6		12' 2"			29' 6"	
				12' 9"				
		23.5						
		27.8						
				11' 1"				

The pride
you gain
is worth
the pain

BOYS' "BESTS" - 2011

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Nick Cummings -11	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			
	10							
	11		11.7 - H/F		52.80 - ChL			
			11.3sp- Sec 23.0sp - PC		51.7sp - Sec			
Rico Horton - 11	11				65.3 - Fol	2:31.3 - RC	5:36.8 - H/F	
						2:33.1sp - Og		
Jordan Pangerl -11	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		
	11	6.4 - Fol	11.4 - RC	22.8 - H/F	53.61 - ChL			
			10.6sp -H/F 21.9sp- Sub		52.2sp - H/F			
Derek Prokott - 11	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					
	11		12.7 - On	27.0 - Fol				
			12.5sp - PC 24.4sp Og					
Eric Skalicky - 11	07					3:08		
	08		13.2	27.1				
	09		27.9 - Og		62.4 - Og			
	10		11.2sp - Sub		66.4 sp - Fol			
	11		12.2sp - PC 26.5sp - H/F		66.7 - Fol			
Torrance Berg - 10	10		13.3 - Og					
			12.5sp -BL 27.7sp - H/F		2:19.9 sp - Sec			
	11		13.35 - Sub		63.2 - On 2:22.2 - PC			
		12.4sp - RC 26.9sp - H/F		2:28.4sp - ChL				
Jordan Rarick - 10	10			28.1 - jv	63.1sp - Fol	2:16.9 sp - Sec	5:13.5 - jv	11:35.0 - GRC
	11				58.6 - H/F	2:23.9 -)n		11:16.7 - PC
						2:12.7 - Sub		
Nolan Montague - 9	10		14.6	30.6				
	11		13.7 - H/F	29.2 - PC	66.9 - H/F	2:45.2 - GRC	7:00.0 - RC	
Anthony Olson - 9	10		14.4		66.1	02:59.3		
	11		13.1 - RC	27.9 - GRC	64.4 - H/F	2:37.3 - RC		
Paul Skalicky - 9	10	7.3 - Fol	14.3					
	11			25.19 - Sub	58.43 - Sub			
			11.2sp - On 25.0sp - H/F					

BOYS' "BESTS" - 2011

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
				15' 2.5"				
				17' 5.5"				
				16' 7" - Og				6' 6" - Og
				22' 4.5" - ChL				
						87' - GRC	31' 5" - Fol	
				14' 2"				
				16' 10"				
		20.3		13' 11"				
		19.1		14' 10"				10' 0" - RC
					48.31 - Sub			11' 3" - Sec
					46.86 - Sub			12' 0" - GRC
		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			
				49.91 Sub	16' 8.75"-PC 38' 9.5" - Sub		35' 2.75" - Fol	
							23' 11" - Fol	
								9' 0" - GRC
								9' 11" - Sub
				14' 5"				
		18.4		14' 3.75"				
				18' 4.75" - Sl 37' 4" - GRC				

BOYS' "BESTS" - 2011

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Jordan Spahr - 9	10	7.5 - Fol		13.6				
	11		13.3sp - Fol					
Russ Westeren - 9	10					02:55.1	5:46	
	11					2:47.1 - On	5:39.05 - Sub	12:27.38 - Sub
Connor Clark - 8	10		13.1	27.8				
	11		12.3	26.96 - Sub				
Jordon Stevens - 8	10							
	11			27.8	63.2	02:45.9		
Tristan Zbytovsky - 8	10		13.5	28.9				
	11		12.9	26.9				
Nick Miesner - 8	10				68.6			
	11				67.7			
Sam Roberto - 8	11		12.5	28.2				
Matthew Scott - 8	11		15.6			02:51.0		
Jonah Spahr - 8	11					02:46.3	06:01.6	
Weston Berens - 7	11		16.7					
Jon Bergwick - 7	11		16.7			02:56.8	7:14	
Sean Butler - 7	11		14.9	31.5	72.6			
Beau Hunter - 7	11			30.1	65.5	02:36.5	05:49.4	
Sully Schmidt - 7	11		15.8					
Dennis Skalicky - 7	11		14.8	29.8				

*Only those who risk
going too far
can find out
how far they can go.*

BOYS' "BESTS" - 2011

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
						54' 1"	35' 6"	
				14' 9"				
				14' 1"				
						39' 7.5"		
	19.8			13' 11.5"				
					79' 1"	39' 0"		
					85' 7"	40' 1"		
				15' 1.5"				
	18.8		4' 3"					
	20.1							
	22.8							
			4' 6"					
	21.6		4' 0"	12' 1"				
	18.6			13' 1"				

*Never settle
for less
than
your best*

GIRLS' RELAY HISTORY-2011

	RRC INDOOR	OGILVIE	TIGERAMA	ONAMIA	CHENGWATANA	HINCKLEY	TRUE TEAM	GRC	SUB-SECTION
4 x 100 M RELAY	S. Steele	S. Steele	R. Krautbauer	M. Johnson	M. Johnson	R. Krautbauer	M. Johnson	M. Johnson	M. Johnson
52.79	R. Krautbauer	M. Johnson	S. Steele	S. Steele	A. Hatz	S. Steele	M. Westbrook	M. Westbrook	M. Westbrook
	A. Hatz	A. Hatz	A. Yerke	A. Yerke	R. Krautbauer	I. Isackson	R. Krautbauer	A. Yerke	A. Yerke
	R. Kossan	A. Yerke	R. Kossan	R. Kossan	R. Kossan	R. Kossan	R. Kossan	R. Kossan	R. Kossan
	66.3	61.0	60.7	61.2	61.6	59.9	59.79	58.7	58.31
4 x 200 M RELAY	S. Steele	S. Steele	A. Yerke	M. Johnson	M. Farrand	M. Farrand	M. Johnson	M. Johnson	M. Johnson
(1:50.17)	M. Westbrook	M. Johnson	A. Hatz	R. Krautbauer	S. Steele	M. Westbrook	M. Westbrook	M. Westbrook	M. Westbrook
	M. Farrand	M. Westbrook	M. Westbrook	A. Yerke	R. Krautbauer	R. Krautbauer	M. Farrand	M. Farrand	M. Farrand
	R. Kossan	M. Farrand	R. Krautbauer	M. Westbrook	A. Yerke	A. Yerke	A. Yerke	A. Yerke	A. Yerke
	02:12.3	02:08.1	02:11.0	02:09.6	02:08.0	02:06.3	(2:03.95)	02:02.9	(2:02.24)
4 x 400 M RELAY	C. Jahnz	M. Miesner	M. Miesner	M. Miesner	M. Miesner	M. Miesner	M. Miesner	M. Miesner	M. Miesner
(4:16.81)	M. Westbrook	K. Cahill	M. Farrand	M. Farrand	H. Staples	H. Staples	H. Staples	H. Staples	K. Utecht
	K. Cahill	C. Jahnz	C. Jahnz	C. Jahnz	C. Jahnz	C. Jahnz	C. Jahnz	C. Jahnz	C. Jahnz
	M. Miesner	E. Pangerl	E. Pangerl	E. Pangerl	E. Pangerl	E. Pangerl	E. Pangerl	E. Pangerl	E. Pangerl
	04:50.1	04:49.1	04:35.5	04:56.5	04:34.5	04:29.6	(4:48.43)	04:48.6	(4:41.54)
4 X 800 M RELAY		M. Richardson	K. Harper	M. Miesner	K. Utecht	M. Miesner	M. Westbrook	K. Utecht	K. Utecht
(10:27.01)		A. Yerke	J. Vaudrin	E. Pangerl	K. Harper	K. Cahill	K. Utecht	K. Harper	A. Gusk
		K. Cahill	K. Cahill	M. Westbrook	M. Richardson	K. Harper	M. Richardson	M. Richardson	K. Cahill
		M. Westbrook	M. Westbrook	K. Cahill	K. Cahill	M. Richardson	K. Cahill	K. Cahill	J. Kotek
		12:18.2	12:48.0	11:53.6	11:40.3	11:22.6	(11:49.60)	11:59.8	(11:54.80)

BOYS' RELAY HISTORY-2011

	RRC INDOOR	OGILVIE	TIGERAMA	ONAMIA	CHENGWATANA	HINCKLEY	TRUE TEAM	GRC	SUBSECTION	SECTION	STATE
4 x 100 M RELAY	D. Prokott	J. Dedic	D. Prokott	J. Pangerl	D. Prokott	M. Hansmann	D. Prokott	M. Hansmann	M. Hansmann	M. Hansmann	
44.20	J. Spahr	T. Berg	T. Berg	N. Cummings	P. Skalicky	J. Pangerl	P. Skalicky	J. Pangerl	J. Pangerl	J. Pangerl	
	J. Dedic	B. Noreen	E. Skalicky	E. Skalicky	E. Skalicky	N. Cummings	E. Skalicky	N. Cummings	N. Cummings	N. Cummings	
	T. Berg	P. Skalicky	J. Dedic	J. Dedic	J. Dedic	A. Olson	J. Dedic	J. Dedic	A. Olson	A. Olson	
	55.4	50.2	49.2	47.5	48.3	45.0	49.05	45.4	44.86	44.20	
4 x 200 M RELAY	D. Prokott	M. Hansmann	M. Hansmann	M. Hansmann	M. Hansmann	D. Prokott	M. Hansmann	D. Prokott	M. Hansmann	M. Hansmann	
(1:31.68)	T. Berg	J. Pangerl	J. Pangerl	J. Pangerl	J. Pangerl	P. Skalicky	J. Pangerl	P. Skalicky	J. Pangerl	J. Pangerl	
	B. Noreen	D. Prokott	N. Cummings	N. Cummings	N. Cummings	E. Skalicky	N. Cummings	E. Skalicky	N. Cummings	N. Cummings	
	P. Skalicky	A. Olson	D. Prokott	A. Olson	A. Olson	T. Berg	A. Olson	T. Berg	A. Olson	A. Olson	
	01:51.0	01:41.0	01:36.6	01:41.1	01:33.5	01:44.3	(1:32.54)	01:45.4	(1:31.97)	(1:31.68)	
4 x 400 M RELAY	J. Rarick	M. Hansmann	C. Hanson	A. Olson	M. Hansmann	A. Olson	M. Hansmann	M. Hansmann	M. Hansmann	M. Hansmann	
(3:28.39)	J. Dedic	T. Clark	T. Clark	T. Clark	T. Clark	T. Clark	T. Clark	T. Clark	T. Clark	T. Clark	
	C. Hanson	C. Hanson	N. Cummings	N. Cummings	N. Cummings	N. Cummings	J. Dedic	J. Guttormson	N. Cummings	N. Cummings	
	J. Pangerl	J. Pangerl	J. Pangerl	J. Pangerl	J. Pangerl	J. Pangerl	N. Cummings	N. Cummings	J. Pangerl	J. Pangerl	
	03:58.2	03:49.5	03:43.2	03:55.7	03:41.2	03:36.9	(3:46.72)	03:42.3	(3:35.61)	(3:34.87)	
4 X 800 M RELAY	C. Hanson	J. Rarick	J. Rarick	J. Rarick	J. Rarick	J. Rarick	J. Guttormson	J. Rarick	J. Rarick	J. Rarick	
(8:27.89)	J. Rarick	B. Noreen	B. Noreen	J. Guttormson	B. Noreen	J. Guttormson	B. Noreen	T. Berg	C. Hanson	C. Hanson	
	T. Berg	R. Horton	J. Guttormson	C. Hanson	J. Guttormson	T. Berg	T. Berg	J. Guttormson	J. Guttormson	J. Guttormson	
	R. Horton	T. Clark	C. Hanson	T. Clark	T. Clark	T. Clark	T. Clark	T. Clark	T. Clark	T. Clark	
	10:06.4	09:41.5	09:13.3	09:13.0	09:10.4	09:13.3	(9:27.39)	09:33.6	(8:49.65)	(8:56.88)	

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X100 M RELAY	K. Meyer	A. Bernard	C. Koppen	K. Meyer		R. Overson	C. Koppen	A. Bernard	M. Bellinger	A. Nelson
	A. Peil	A. Nelson	S. Weichman	A. Mettling		J. Wirth	S. Weichman	A. Nelson	A. Nelson	B. Grinde
	M. Sloan	K. Johnson	M Odegard	L. Ballis		K. Johnson	M. Odegard	K. Johnson	B. Grinde	K. Johnson
	T. Kazek	J. Wirth	S. Misel	K. Ovik		A. Mettling	S. Misel	J. Wirth	J. Wirth	J. Wirth
	52.79 98	53.03 03	53.05 93	53.23 99	53.41 91	53.71 01	53.86 94	53.94 02	54.1 04	54.20 03
4 x 200 M RELAY	M. Bellinger	k. Nelson	H. Staples	H. Staples	M. Bellinger	A. Nelson	S. Misel	C. Kopppen	K. Meyer	M. Bellinger
	K. Perell	K. Lindstrom	B. Clementson	B. Clementson	K. Perell	B. Grinde	C. Koppen	S. Weichman	A. Miller	K. Hughes
	E. Branzovsky	L. Lindstrom	E. Larson	K. Hughes	E. Branzovsky	K. Johnson	S. Weichman	M. Odegard	M. Sloan	B. Clementson
	B. Osterdyk	L. Hagen	E. Branzovsky	E. Branzovsky	B. Osterdyk	J. Wirth	R. Schimming	S. Misel	T. Kazek	E. Branzovsky
	1:50.17 -06	1:50.8 83	1:51.9 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	M. Miesner	K. Connaker	M. Johnson	K. Connaker	M. Johnson	K. Odegard	K. Connaker
	J. Fore	J. Fore	E. Branzovsky	C. Jahnz	M. Anderson	B. Osterdyk	M. Anderson	B. Osterdyk	L. Ballis	A. Dufresne
	C. Filler	C. Filler	C. Filler	H. Staples	A. Dufresne	J. Fore	S. Johnson	C. Filler	M. Sloan	M. Anderson
	B. Osterdyk	B. Osterdyk	B. Osterdyk	E. Pangerl	S. Johnson	C. Filler	A. Dufresne	J. Fore	S. Johnson	S. Johnson
	4:16.81 -03	4:22.2 04	4:22.7 03	4:25.2 10	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 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	H. Staples	A. Nelson	K. Perell	A. Nelson	K. Meyer	A. Peil	T. Kazek	C. Milligan	A. Filler	M. Misel
	C. Jahnz	A. Mettling	K. Hughes	L. Haugrud	A. Miller	M. Soderbeck	S. Johnson	J. Kozisek	K. Meyer	A. Wiedemann
	E. Pangerl	T. Korf	C. Filler	S. Gregoire	S. Johnson	L. Ballis	M. Sloan	N. Plasek	L. Haugrud	M. Sloan
	M. Miesner	K. Connaker	M. Johnson	M. Anderson	K. Connaker	K. Connaker	A. Wiedemann	K. Splett	J. Kozisek	J. Ammann
	4:40.6 10	4:42.8 01	4:51.1 04	4:54.8 02	4:55.1 99	5:00.1 98	5:03.2 97	5:09.7 99	5:18.44 00	5:23.6 96
DISTANCE MEDLEY 800, 400, 1200, 1600	K. Harper	A. Wiedemann	J. Johnson	A. Olson	H. Larsen	L. Mettling	C. Mosher	C. Milligan	R. Craighead	N. Chouanard
	E Pangerl	B. Fischer	K. Odegard	K. Perell	S. Gregoire	C. Mosher	R. Craighead	N. Carlson	M. Soderbeck	G. Foster
	K. Motyl	B. Haavisto	B. Haavisto	S. Gregoire	N. Plasek	B. Haavisto	Katie Splett	R. Craighead	N. Carlson	S. Kupsch
	M. Miesner	A. Johnson	N. Carlson	J. Gregoire	R. Craighead	B. Fischer	J. Johnson	N. Plasek	J. Johnson	M. Richardson
	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	16:51.4 10

GIRLS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Erin Pangerl 12.73 11	HollyStaples 12.78 10	H. Staples 12.84 09	Katie Meyer 13.24 98	H. Staples 13.32 08	T. Kazek 13.39 96	Suzie Misel 13.51 92	J. Wirth 13.52 04	Erin Pangerl 13.54 10	Tera Kazek 13.54 98
200 M DASH	HollyStaples 26.42 10	Erin Pangerl 26.46 11	H. Staples 27.04 09	E. Pangerl 27.14 10	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
400 M DASH	E. Pangerl 60.07 10	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	E. Pangerl 64.5 11	Rita Auers 64.5 96	S. Johnson 64.6 00
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	Sherry Rike 5:40.8 10	M. Miesner 5:42.05 -11	S. Rike 5:46.00 -09	M. Miesner 5:47.6 10	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
3200 M RUN	Sherry Rike 12:31.31 09	Amy Johnson 12:34.04 96	S. Rike 12:48.5 10	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	A. Cummins 13:29.01 10	J. Gregoire 13:29.8 04
100 M HURDLES	C. Hersbergen 16.54 94	Cassie Filler 17.1 03	Cassie Filler 17.44 04	B. Clementson 17.4 08	J. Kosisek 17.4 02	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	Cassie Filler 49.23 03	C. Filler 49.83 04	C. Jahnz 49.96 11	C. Mosher 51.64 01	M. Buschmann 51.65 09	L. Filler 51.70 00	C. Jahnz 51.94 10	C. Filler 52.3 02	Lena Filler 52.4 98	L. Filler 52.9 99
HIGH JUMP	HollyStaples 5' 4" 10	Kari Splett 5' 2" 04	Kari Splett 5' 1" 03	L. Drexler 5' 1" 05	Kari Splett 5' .5" 02	Allie Brant 5' 0" 10	H. Staples 5' 0" 09	Allie Brant 5' 0" 09	Holly Staples 5' 0" 07	B. Osterdyk 5' 0" 06
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	E. Pangerl 15' 10" 10	H. Staples 15' 9.5" 10	B. Osterdyk 15' 9.5" 05	B. Osterdyk 15' 9" 04	Erin Pangerl 15' 7.25" -	Lisa Drexler 11'5' 8.25" - 05
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	K. Nordrum 117' 9" 11	K. Nordrum 114' 5" 10	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
SHOT PUT	K. Nordrum 38' 2" 11	K. Nordrum 36' 9.75" 10	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
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

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X 100 M RELAY	M. Hansmann	B. Olson	M. Hansmann	H. Hansen	J. Arnold	N. Thieman	J. McSherry	Dk Braatz	S. Auers	M.Hansmann
	J. Pangerl	S. Auers	J. Pangerl	D. Hambly	Jeff Johnson	L. Williams	J. Johnson	A. Olson	J. Johnson	J. Pangerl
	N. Cummings	Z. Mettling	N. Cummings	M. Bencic	B. Olson	Pt Johnson	B. Olson	Dn Hambly	B. Olson	D. Prokott
	A. Olson	M. Johnson	J. Dedic	A. Olson	J. Jahnz	T. Schwarz	S. Auers	H. Hansen	J. Jahnz	A. Olson
	44.20 11	45.3 98	45.4 11	45.64 09	45.87 96	46.0 00	46.08 97	46.16 08	46.4 96	46.6 10
4 x 200 M RELAY	M.Hansmann	M.Hansmann	D. Braatz	D. Braatz	J. Hansen	J. Hansen	Dk Braatz	J. Hansen	Dk Braatz	PeteJohnson
	J. Pangerl	J. Pangerl	J. Carlson	J. Carlson	R. Root	A. Wirth	J. Carlson	A.Wirth	J. Carter	R. Hammill
	N. Cummings	M. Schmidt	H. Hansen	H. Hansen	A. Wirth	Pt Johnson	H. Hansen	L. Williams	H. Hansen	J. Oare
	A. Olson	A. Olson	A. Olson	A. Olson	M. Johnson	J. Oare	J. Carter	J. Oare	J. Skalicky	L. Williams
	1:31.68 11	1:33.14 10	1:34.76 08	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
4 x 400 M RELAY	J. Hansen	J. Hansen	M. Hansmann	D. Braatz	J. Hansen	S. Peterson	A. Olson	J. Carlson	J. Pangerl	J. Lee
	A. Wirth	N. Johnson	T. Clark	J. Pangerl	A. Wirth	D. Hansen	T. Clark	J. Skalicky	T. Clark	R. Hammill
	M. Johnson	JR Anderson	N. Cummings	M. Schmidt	T. Schwarz	C. Lutz	N. Cummings	N. Cummings	M. Schmidt	L. Williams
	Paul Johnson	M. Johnson	J. Pangerl	E. Osterdyk	J. Oare	J. Clementson	J. Pangerl	J. Carter	E. Osterdyk	J. Oare
	3:28.39 -99	3:34.55-98	3:34.87 11	3:35.03 -10	3:36.39-00	3:36.88 03	3:36.9 11	3:37.42 09	3:37.54 10	3:39.61 -01
4 x 800 M RELAY	J. Lee	C. Lutz	J. Lee	Pete Johnson	Pete Johnson	J. Rarick	J. Fitzgerald	J. Oare	P.Johnson	C. Lutz
	Pt Johnson	A. Lee	Pt Johnson	J. Oare	R. Hammill	C. Hanson	M. Chouanard	JR Anderson	R. Hammill	A. Lee
	R. Hammill	D. Hansen	J. Oare	A. Wirth	A. Wirth	N. Cummings	N. Cummings	Pt Johnson	A. Wirth	D. Hansen
	J. Oare	J. Clementson	R. Hammill	JR Anderson	JR Anderson	J. Pangerl	E. Osterdyk	A. Wirth	J. Oare	Jared C.
	8:27.89 -01	8:34.13 03	8:41.97 00	8:44.9 98	8:48.7 98	8:49.65 11	8:50.1 09	8:56.65 98	8:58.6 98	9:01.2 02
800 M Medley 100, 100, 200, 400	M. Hansmann	D. Hambly	J. Hansen	B. Olson	B. Olson	M. Rydberg	N. Thieman	J. Johnson	J. Kruse	J.Fitzgerald
	D. Prokott	M. Bencic	A. Wirth	S. Auers	P.D. Johnson	J. Jahnz	M. Wirth	J. Jahnz	M. Odendahl	A. Steele
	M. Schmidt	A. Olson	M. Johnson	Z. Mettling	J. McSherry	D. Gregoire	J. Hansen	J. McSherry	N. Purdy	M. Yuta
	J. Pangerl	J. Carlson	Paul Johnson	M. Johnson	JR Anderson	J. BoorBoor	A. Wirth	B. Runyan	D. Gerold	M. Chouanard
	1:41.1 10	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
1600 M Medley 200, 200, 400, 800		D. Braatz	M. Johnson		J. McSherry	PeteJohnson	B. Olson	Dk Braatz	J. McSherry	A. Bodle
		T. Berg	J. Hansen		P.D. Johnson	L. Williams	S. Auers	D. Prokott	S. Auers	BJ Patzoldt
		T. Clark	A. Wirth		M. Johnson	S. Peterson	J. Arnold	J. Reiser	J. Arnold	J. Arnold
		E. Osterdyk	JR Anderson		JR Anderson	J. Lee	JR Anderson	M. Schmidt	JR Anderson	R. Bell
	3:45.28 90	3:55.4 10	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
Distance Medley 400, 800,1200,1600	PeteJohnson	L. Williams	J. Dedic	C. Teeman	J. Lee	S. Peterson	E. Osterdyk	B. Noreen	D. Sanders	M. Talbot
	M. Stahlke	S. France	J. Reiser	S. Peterson	B. Mettling	J. Arnold	J. Fitzgerald	D. Braatz	N. Thieman	J. Lind
	J. Lee	J. Lee	C. Hanson	C. Lutz	S. France	B. Runyan	M. Chouanard	J. Guttomson	B. Mettling	J. Hussong
	R. Hammill	R. Hammill	N. Bremer	J. Clementson	D. Pangerl	JR Anderson	N. Bremer	B. White	D. Pangerl	Jordan C.
	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	13:17.3 10	13:26.6 97	13:40.2 -04

BOYS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Chris Olson 11.1 91	Adam Olson 11.2 09	Paul Johnson 11.38 99	A. Olson 11.4 11	Jeff Arnold 11.49 96	A. Olson 11.58 10	L. Williams 11.5 01	J. BoorBoor 11.5 02	K. Skadsheim 11.58 04	Adam Olson 11.6 08
200 M DASH	Pl Johnson 22.80 99	Adam Olson 22.8 10	A. Olson 23.07 11	A. Olson 23.11 09	Chris Olson 23.1 91	M.Hansmann 23.3 10	C. Olson 23.65 90	M. Johnson 23.7 98	John Hansen 23.9 98	John Hansen 23.9 99
400 M DASH	Mike Johnson 51.73 99	J. Carlson 52.09 09	M. Johnson 52.33 98	J. Clementson 52.4 04	N. Cummings 52.80 11	DavidHansen 53.1 04	M. Johnson 53.30 97	Jeff Arnold 53.54 96	Justin Carlson 53.56 08	J. Pangerl 53.61 11
800 M RUN	J. Clementson 1:57.49 03	J. Clementson 1:58.13 04	E. Osterdyk 2:04.78 10	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
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	N. Bremer 4:47.49-10
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	E. Osterdyk 6' 2" 10	T. Schwarz 6' 2" 00	M.Hansmann 6' 1" 10	T. Schwarz 6' 0" 99	J. Dedic 5' 10" 11	M.Hansmann 5' 10" 11	E. Osterdyk 5' 10" 08	J. Skalicky 5' 10" 08	E. Osterdyk 5' 10" 08	J. Skalicky 5' 10" 08
LONG JUMP	N.Cummings 22'4.5" 11	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
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	E. Skalicky 38'9.5" 11
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	D. Prokott 12' 0" 11	N. Thieman 12' 0" 99	E. Osterdyk 11' 9" 10	J. Skalicky 11' 8" 09	D. Prokott 11' 3" 10	P. Stephan 11' 0" 97	N. Thieman 11' 0" 98	E. Osterdyk 10' 6" 09

PINE CITY GIRLS' TRACK AND FIELD SCHOOL RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	12.73	Erin Pangerl	2011
200 m Dash	26.42	Holly Staples	2010
400 m Dash	60.07	Erin Pangerl	2010
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' 4"	Holly Staples	2010
Long Jump	16' 7"	Erica Delak	1991
Triple Jump	32' 8"	Lisa Drexler	2005
Pole Vault	10' 0"	Maria Bellinger	2007
Shot Put	38' 2"	Karina Nordrum	2011
Discus	117' 9"	Karina Nordrum	2011

PINE CITY BOYS' TRACK AND FIELD SCHOOL RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	11.1	Chris Olson	1991
200 m Dash	22.80 22.6 (HH)	Paul C. Johnson Chris Harrison	1999 1979
400 m Dash	51.73	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	44.20	Mike Hansmann, Jordan Pangerl, Nick Cummings, Adam Olson	2011
4 x 200 m Relay	(1:31.68)	Mike Hansmann, Jordan Pangerl, Nick Cummings, Adam Olson	2011
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	22' 4.5"	Nick Cummings	2011
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

*Every runner
has excuses,
a champion
never uses them.*

2011 Dragon Track and Field Awards

Track and Field - MVP

Erin Pangerl

Nick Cummings

Dragon "3'D" Award

(Dedication, Determination, Drive)

Megan Miesner

Katherine Cahill

Tyler Clark

Most Improved Award

Jake Guttormson

Rookie of the Year

Melissa Farrand

Paul Skalicky

Perseverance Award

Holly Staples

Adam Olson

Karina Nordrum

Work Horse Award

John Dedic

New School Records:

Discus	Karina Nordrum	117' 9"
Shot Put	Karina Nordrum	38' 2"
Long Jump	Nick Cummings	22' 4.5"
100 m Dash	Erin Pangerl	12.73
4 x 200 m Relay	Mike Hansmann, Jordan Pangerl Nick Cummings, Adam Olson	1:31.68
4 x 100 m Relay	Mike Hansmann, Jordan Pangerl Nick Cummings, Adam Olson	44.20

DEDICATION
AND
COMMITMENT
ARE WHAT
TRANSFERS
DREAMS INTO
REALITIES.

All-Conference Awards:

Erin Pangerl	200 m Dash
Karina Nordrum	Discus, Shot Put
Megan Miesner	1600 m Run
John Dedic	High Jump, 4 x 100 m Relay
Derek Prokott	Pole Vault
Jordan Pangerl	4 x 200 m Relay
Mike Hansmann	4 x 200 m Relay, 4 x 100 m Relay
Nick Cummings	400 m Dash, 4 x 100 m Relay, 4 x 400 m Relay
Tyler Clark	4 x 400 m Relay
Jake Guttormson	4 x 400 m Relay

All-Conference Honorable Mention

Holly Staples	High Jump
Erin Pangerl	Long Jump
Carissa Jahnz	300 m Hurdles
John Dedic	110 m Hurdles
Jordan Pangerl	400 m Dash, 100 m dash
Cody Hanson	3200 m Run
Tyler Clark	4 x 800 m Relay
Jordan Rarick	4 x 800 m Relay
Jake Guttormson	4 x 800 m Relay
Torrance Berg	4 x 800 m Relay

*You can't coach heart, you can never
coach desire,
they must always come from within.
Rules may be learned, and skill
developed,
But you cannot be taught the will to
win.*

*You must reach a little deeper
to bring out your best,
you must be your own motivation.
Keep going, Never Quit,
You have to find a reason.
You are your own Strength,
Your own Motivation*

Gold - Academic All-State Team Award

Pine City Girls' Track Team

Silver-Academic All-State Team Award

Pine City Boys' Track Team

Individual Academic All-State Award

Karina Nordrum

Tyler Clark

Nick Cummings

2011 Letter Winners:

Adam Olson

Karina Nordrum

Holly Staples

Erin Pangerl

Mike Hansmann

John Dedic

Tyler Clark

Cody Hanson

Jordan Pangerl

Jake Guttormson

Kelsey Harper

Derek Prokott

Megan Miesner

Eric Skalicky

Nick Cummings

Carissa Jahnz

Jordan Rarick

Katherine Cahill

Bobby Noreen

Paul Skalicky

Melissa Farrand

Amie Yerke

Our sport,
is your sport's
punishment

GIRLS' "BESTS" - 2011

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Karina Nordrum-12	06							
	07							
	08							
	09							
	10							
	11							
Erin Pangerl - 12	09			27.32 - Sec	61.38 - Sec			
			12.5 sp - Og	26.5sp - Tig	64.1sp - Sub			
	10		13.2 - Og	26.9 - GRC	60.07 - Sec			
	11		12.73 - Sec	26.46 - Sec	64.5 - PC			
					67.0 sp - H/F	2:58.0sp - On		
Holly Staples - 12	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			
	11		13.4 - H/F	28.7 - PC	68.4 - H/F			
				67.9 sp - H/F				
Kelsey Harper - 12	06					74.1		
	08			31.66 - Sub	69.31 - Sub	2:51.2sp - Og		
	09				70.32 - Sub	2:53.0 - Tig		
					71.9sp - H/F	2:48.0 sp - H/F		
	11				76.9 - RC			
						2:56.1sp - PC		
Megan Miesner -11	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	
	11				67.6 sp- GRC	2:41.7 sp - Fol		
Katherine Cahill -10	10				74.8 - BL			
			14.8 sp -H/F	33.21p - Sub	72.8sp - H/F	2:57.1sp - Sub		
	11				74.6 - RC	2:57.5 - Og	6:19.7 - GRC	
					75.3sp - Fol	2:50.0sp - H/F		
Allison Hatz - 10	11	9.7 - Fol	16.9	30.2 - PC	75.9 - RC			
			16.2sp - PC	36.6sp - RC				
Carissa Jahnz - 10	08		15.6		79.0			
	09		13.8sp -ChLk			2:57.6sp-Ch Lk		
	10							
	11			31.0 sp -H/F	66.6sp - H/F			
				66.9 - Fol				
				66.3sp - RC				

GIRLS' "BESTS" -

55 m hurdles	100 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
						84' 0"	29' 10"	
						98' 8" - Sec	32' 3"-jh	
						104' .5" - Og	31' 9.25" - Sub	
						103' 7" - BL	32' 4.75"-Sub	
						114' 5" -GRC	36' 9.75" - Sub	
						117' 9" - ChL	38' 2" - ChL	
				15' 10" - PC				
				15' 8.75" - Sub				
			4' 8"					
			5' 0" - RRC	15' 3" - Sub				
			4' 8" - PC	15' 10.5" - PC				
			5' 0" - Ch LK	15' 6" - Ch Lk				
			5' 4" - GRC	15' 9.5" - H/F				
			4' 11" - Sub					
				10' 10.75" - PC				
					25' 9" - Og			
								6' 1" - Sub
								6' 1" - Sub
				9' 11" - On				
	20.1 jh					59' 5		
	18.32 - Sub	51.94 - Sub						
10.1 - Fol	18.16 - Sub	49.96 - Sub						

GIRLS' "BESTS" - 2011

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Mariah Johnson - 10	10		15.2 - Mo 13.8 sp - Mo	32.8 - Mo 31.8 sp - Sub				
	11		15.1 - Og 14.6sp - ChL	30.5sp - ChL		3:07.4 - PC		
Regan Kossan - 10	10			32.7 - RC				
	11		14,5sp - H/F 13.9sp - ChL	33.3sp - Fol				
Morgan Richardson	08		16.9	37.1				
	09							
	10					2:58.4 - jv 2:48.7 sp - Sub	6:30.82 - Sub	14:59.3 - BL
	11				71.96 - Sub	3:12.6 - On 2:53.1sp - PC	6:45.6 - H/F	15:17.95-ChL
Michela Westbrook	10					2:55.8 - jv 3:01.0 sp - PC		
	11	8.3 - Fol	14.6 sp - Og	29.8sp - PC	77.3 - On	2:59.9 - H/F		
			13.3 sp - Sub	30.1sp - H/F	76.8sp - Fol	3:01.5sp - ChL		
Rachel Ascherman -9	11		16.5 - GRC					
Melissa Farrand-9	10					01:15.7		
	11				30.4sp - Fol	71.8 - Og 72.0 sp- RC		
Indigo Isacson - 9	11		16.6 - PC 15.3 sp- H/F	33.9 - H/F				
Rachel Krautbauer	10			15.3				
	11	8.5 - Fol	15.2 - Og 14.6sp - Fol	32.3 - RC 31.5sp - RC				
Sara Nisley - 9	10							
	11							
Sondra Steele - 9	10			16.5		01:22.6		
	11		15.5 - RC 15.3sp - On	32.7 - H/F 33.3sp - Og				
Jordan Vaudrin - 9	10					03:23.5	07:12.3	
	11					3:19.1 - On 3:20.2sp - RC	7:08.2 - H/F	15:06.46 - Sub
Amie Yerke - 9	10			14.8				
	11		14.6 - Og 14.5sp - Og	31.6 - RC 29.0 sp- Sub	72.8 - H/F	3:23.2sp - Og		
Kaylyn Utecht - 8	10			31.7	01:13.9			
	11			30.4	70.09 - Sub 70.9sp- Sub	02:53.2 2:50.7sp - GRC		
Cassi Miesner - 8	10			32.8				
	11		15.0	31.4		2:55.0 - Sub		
Jackie Westernen - 8	10				01:14.4			
	11				88.0		06:36.0	

GIRLS' "BESTS" - 2011

55 m hurdles	100 m hurdles	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
	19.9 - H/F	59.6 - RC		13' 10" - H/F				
11.8 - Fol	20.0 - H/F	56.64 - Sub		13.0 - GRC				
				6' 11.75"			19' 9.5" - Fol	
								5' 6" - jv
								6' 0" - ChL
	19.4 - jh						26' .5"	
10.9 - Fol	19.1 - GRC	54.1 - H/F	4' 6" - H/F		30' 4.5" - GRC			
				9' 4" - Og	25' 11" - GRC			
			4' 2"					
			4' 7" - Sub					5' 6" - PC
						53' 11"	24' 8"	
						69' 11" - Sub	23' 0" - Sub	
				11' .5"				
				13' 4.75" - Sub	24' 8.5" - On			
			4' 0"					
			4' 6" - On		30' 8.5" - GRC			
				10' 10"				
							25' 7"	
	20.5			10' 7"				

GIRLS' "BESTS" - 2011

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Colleen Christian - 8	11			34.1			07:29.2	
McKenna Webster-8	10							
	11		15.6					
Emma Reiser - 8	10			35.0		3:00:00	07:20.7	
	11							
Allison Gusk - 7	11		15.4	31.9	72.7	3:06.1sp - Sub	06:47.2	14:27.1 - GRC
Jordan Kotek - 7	11			31.3		02:51.5	6:10.8 - GRC	
						2:57.3sp - Sub		
Piper Knudson - 7	11		16.2	34.3	78.2			
Marie Larson - 7	11							
Madison Miller - 7	11		15.8	33.7				
Cassidy Stream - 7	11		15.3	33.3	74.3			

The five S's of sports training are:

Stamina,
Speed,
Strength,
Skill
and Spirit;

but the greatest of these
is Spirit.

GIRLS' "BESTS" -

55 m hurdles	100 m hurdles	300 m hurd	high jump	long jump	triple jump	discus	shot put	pole vault
						42' 1"		
	20.6			12' 2"			29' 6"	
				12' 9"				
	23.5							
	27.8							
				11' 1"				

The pride
you gain
is worth
the pain

BOYS' "BESTS" - 2011

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Tyler Clark - 12	10				58.49 - Sub 55.9sp - GRC			
	11				7.4 - RC 55.4sp - Sub	2:13.7 - GRC 2:12.3sp - Sec		
John Dedic-12	09					2:28.2 - Og 2:25.2sp - H/F	5:58.9 - Og	
	10		12.8sp - H/F		60.2sp - H/F	2:30.7 - Fol		
	11		11.2sp-GRC		58.4sp - ChL			
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)
	11				58.0sp -GRC	2:11.8 - GRC 2:10.8sp - Sub	5:22.0 - Og	11:35.38 - ChL
Mike Hansmann - 12	10	6.8 - Fol	11.7 - Og	23.3 - BL				
			11.2 sp -Og	22.9sp - Sub	53.9sp - H/F			
	11			23.7 - H/F 11.3sp - Sec	23.3sp - PC	54.3sp - GRC		
Cody Hanson - 12	09					2:28.1 - Og 2:22.9sp- H/F	5:10.52 - Sub	11:22.23 - Sub
	11					2:17.4 - Og 59.3sp - RC	4:56.5 - GRC	10:32.53 - Sec 2:12.7sp - Sub
Adam Olson - 12	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					
	10	6.7 - Fol	11.58 - Sec	22.8 - GRC				
		10.7sp - Mo	22.7 sp - Sec					
	11		11.4 - Og	23.07 - Sub				
			10.8sp -Sec	22.2sp - Sub	55.2sp - H/F			
Alex Steele - 12	06		14.8					
	07		13.9					
	08			28.6 - MII				
	09							
	10							
	11							
Bobby Noreen - 11	10		13.6 - JV	28.5 - Mo	65.4 - Mo	2:31.8 - BL		
			12.5sp - Mo			2:29.5sp - H/F		
	11					2:28.2 - H/F	5:27.91 - Sub	12:58.1 - On
			11.4sp - Pg	28.9sp - Fol		2:25.2sp -PC		

BOYS' "BESTS" - 2011

55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
			4' 8" - Fol	16' 5" - H/F	35' 10" - Sub 36'4" - GRC	54' - Og		
	20.29- Sub							
9.5 - Fol	18.4 - GRC	47.59 - Sub	5' 1" - RC					
9.3 - Fol	17.8 - On	45.77 - Sub	5' 10" - RC					
			6' 1" - RC	18' 7.75" - PC				
			5' 10" - ChL					
			5' 3" - PC					
			4' 8"				39' 1"	
			5' 8" - HF	16' 4.75" - PC				
			5' 6" - Og					
			5' 6" - Fol				34' 8" - Mo	
			5' 2" - On				34' 4" - Og	
				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	
						97' 4" - H/F	36' 9" - GRC	
				14' 2" - JV	30' 7" - Fol		32' 10.5" - PC	
	51.3 - GRC			14' 4.25"-On	29' 9"	99' 5" - H/F	34' .5" - Fol	

BOYS' "BESTS" - 2011

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Nick Cummings -11	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		
	10							
	11		11.7 - H/F		52.80 - ChL			
Rico Horton - 11	11				65.3 - Fol	2:31.3 - RC	5:36.8 - H/F	
						2:33.1sp - Og		
Jordan Pangerl -11	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			
	11	6.4 - Fol	11.4 - RC	22.8 - H/F	53.61 - ChL			
Derek Prokott - 11	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		11.3sp - PC	26.6sp - Fol				
Eric Skalicky - 11	07					3:08		
	08		13.2	27.1				
	09			27.9 - Og	62.4 - Og			
	10		11.2sp - Sub		66.4 sp - Fol			
	11		12.2sp - PC	26.5sp - H/F	66.7 - Fol			
	Torrance Berg - 10	10		13.3 - Og				
			12.5sp -BL	27.7sp - H/F		2:19.9 sp - Sec		
11			13.35 - Sub		63.2 - On	2:22.2 - PC		
Jordan Rarick - 10	10			28.1 - jv	63.1sp - Fol	2:16.9 sp - Sec	5:13.5 - jv	11:35.0 - GRC
	11				58.6 - H/F	2:23.9 -)n		11:16.7 - PC
Nolan Montague - 9	10		14.6	30.6				
	11		13.7 - H/F	29.2 - PC	66.9 - H/F	2:45.2 - GRC	7:00.0 - RC	
Anthony Olson - 9	10		14.4		66.1	02:59.3		
	11		13.1 - RC	27.9 - GRC	64.4 - H/F	2:37.3 - RC		
Paul Skalicky - 9	10	7.3 - Fol	14.3					
	11			25.19 - Sub	58.43 - Sub			
			11.2sp - On	25.0sp - H/F				

BOYS' "BESTS" - 2011

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
				15' 2.5"				
				17' 5.5"				
				16' 7" - Og				6' 6" - Og
				22' 4.5" - ChL				
						87' - GRC	31' 5" - Fol	
				14' 2"				
				16' 10"				
	20.3			13' 11"				
	19.1			14' 10"				10' 0" - RC
		48.31 - Sub						11' 3" - Sec
		46.86 - Sub		18' 1" - GRC				12' 0" - GRC
	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			
		49.91 Sub		16' 8.75"-PC	38' 9.5" - Sub		35' 2.75" - Fol	
							23' 11" - Fol	
				13' 11.25" - Fol				9' 0" - GRC
				14'11.25"-Fol	33'7.25" - On			9' 11" - Sub
				14' 5"				
	18.4			14' 3.75"				
				18' 4.75" - St	37' 4" - GRC			

BOYS' "BESTS" - 2011

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Jordan Spahr - 9	10	7.5 - Fol		13.6				
	11		13.3sp - Fol					
Russ Westernen - 9	10					02:55.1	5:46	
	11					2:47.1 - On	5:39.05 - Sub	12:27.38 - Sub
Connor Clark - 8	10		13.1	27.8				
	11		12.3	26.96 - Sub				
Jordon Stevens - 8	10							
	11			27.8	63.2	02:45.9		
Tristan Zbytovsky - 8	10		13.5	28.9				
	11		12.9	26.9				
Nick Miesner - 8	10					68.6		
	11					67.7		
Sam Roberto - 8	11		12.5	28.2				
Matthew Scott - 8	11		15.6			02:51.0		
Jonah Spahr - 8	11					02:46.3	06:01.6	
Weston Berens - 7	11		16.7					
Jon Bergwick - 7	11		16.7			02:56.8	7:14	
Sean Butler - 7	11		14.9	31.5	72.6			
Beau Hunter - 7	11			30.1	65.5	02:36.5	05:49.4	
Sully Schmidt - 7	11		15.8					
Dennis Skalicky - 7	11		14.8	29.8				

*Only those who risk
 going too far
 can find out
 how far they can go.*

BOYS' "BESTS" - 2011

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
						54' 1"	35' 6"	
				14' 9"				
				14' 1"				
						39' 7.5"		
	19.8			13' 11.5"				
					79' 1"	39' 0"		
					85' 7"	40' 1"		
				15' 1.5"				
	18.8		4' 3"					
	20.1							
	22.8							
			4' 6"					
	21.6		4' 0"	12' 1"				
	18.6			13' 1"				

*Never settle
for less
than
your best*