

2012

Year in Review



DRAGONS

TRACK AND FIELD

Coming together,

sharing together,

working together

and

succeeding together

GRC INDOOR TRACK MEET @Foley
Saturday, March 31, 2012, 4:00
Pine City Girls' Results

4 x 800 m Relay	1. Abby Cummins 2. Katherine Cahill 3. Sherry Rike 4. Morgan Richardson	(80,89) 2:49.2 (83,89) 2:51.7 (83,82) 2:45.0 <u>(80,94) 2:54.2</u> 11:20.1 3rd		Pole Vault	1. Sondra Steele 2. Colleen Christian 3. Katie Hester	10' 11.5" 9' 11" 10' 4"
55 m Hurdles	1. Carissa Jahnz 2. Melissa Farrand 3. Katie Hester	9.9 1st PB 10.5 3rd PB 12.6		High Jump	1. Rachel Krautbauer 2. Melissa Farrand	4' 2" 4' 4"
55 m Dash	1. Rachel Krautbauer 2. Kelsey Fulweiler 3. Grace Yoon	8.5 8.3 5th 9.5		Triple Jump	1. Sondra Steele	
1600 m Run	1. Abby Cummins (1:29, 1:38, 1:42, 1:33) 2. Brenna Richardson (1:34, 1:51, 2:00, 2:01) 3. Jordan Vaudrin (1:34, 1:43, 1:49, 1:49)	06:22.3 5th PB 07:23.6 PB 06:57.6 PB		Shot Put	1. Sarah Nisley 2. Katie Christiansen 3. Sondra Steele	25' 8" 6th PB 19' 9" 18' 8"
<u>TEAM RESULTS:</u>						
4 x 200 m Relay	1. Carissa Jahnz 2. Katie Klein 3. Brenda Hurtado 4. Kaylyn Utecht	30.5 40.4 34.7 <u>31.4</u> 02:17.0 5th			1. Mille Lacs 2. Hinckley/Finlayson 3. Rush City 4. Pine City Ogilvie 6. Braham 7. East Central	118 98 87 59 59 36 4
400 m Dash	1. Melissa Farrand 2. Morgan Richardson	71.6 4th PB 73.2				
4 x 100 m Relay	1. Rachel Krautbauer 2. Katie Klein 3. Colleen Christian 4. Kelsey Fulweiler	12.7 19.2 17.5 <u>16.5</u> 65.8 6th				
800 m Run	1. Sherry Rike 2. Katherine Cahill 3. Jackie Westeren	(84, 85) 2:48.9 2nd PB (87, 92) 2:59.3 (85, 92) 2:57.8 6th				
200 m Dash	1. Kaylyn Utecht 2. Cassi Miesner 3. Brenda Hurtado	30.7 4th 31.2 PB 34.2 6th				
4 x 400 m Relay	1. Carissa Jahnz 2. Abby Cummins 3. Sherry Rike 4. Kaylyn Utecht	71.5 76.3 PB 69.2 PB <u>72.3</u> 04:49.3 2nd				

GRC INDOOR TRACK MEET @Foley
Saturday, March 31, 2012, 4:00
Pine City Boys' Results

4 x 800 m Relay	1. Jordan Rarick 2. Garrett Shelton 3. Nolan Montague 4. Zain Hunter	(69,68) 2:16.4 (79,98) 2:57.1 (87,85) 2:52.9 <u>(64,81) 2:24.7</u> 10:31.1 3rd	Pole Vault	
			Long Jump	1. Paul Skalicky 17' 2" 4th 2. Nolan Montague 16' 3.5" PB 3. Joe Favorito 14' 9"
55 m Hurdles			High Jump	1. Jordan Rarick 2. Zain Hunter
55 m Dash	1. Tristan Zybtovsky 2. Connor Clark	6.9 4th 7.2		
			Triple Jump	1. Paul Skalicky 37' 7.5" 2nd PB
1600 m Run	1. Jonah Spahr (1:21, 1:27, 1:37, 1:33) 2. Garrett Shelton (1:36, 1:50, 1:57, 1:54)	05:58.2 PB 07:17.1		
			Shot Put	
4 x 200 m Relay	1. Paul Skalicky 2. Joe Favorito 3. Connor Clark 4. Telby Madison	25.8 27.6 26.8 <u>26.8</u> 01:46.6 2nd		
			<u>TEAM RESULTS:</u>	
400 m Dash	1. Anthony Olson 2. Nolan Montague 3. Telby Madison	71.6 64.8 5th PB 68.2		1. Hinckley/Finlayson 157.5 2. Rush City 114.5 3. East Central 66 4. Pine City 58 5. Ogilvie 41 6. Braham 22
4 x 100 m Relay	1. Zain Hunter 2. Joe Favorito 3. Connor Clark 4. Tristan Zybtovsky	13.2 12.6 17.4 <u>12.3</u> 55.3 5th		
800 m Run	1. Jordan Rarick (68.8, 71.5) 2. Jonah Spahr (76.7, 86.7)	02:20.3 2nd 02:43.4 PB		
200 m Dash	1. Nolan Montague 2. Anthony Olson 3. Tristan Zybtovsky	27.9 PB 30.6 25.9 2nd		
4 x 400 m Relay	1. Jordan Rarick 2. Joe Favorito 3. Paul Skalicky 4. Zain Hunter	60.9 62.8 61.8 <u>58.7</u> 04:04.3 2nd		

OGILVIE UNLIMITED TRACK MEET

Tuesday, April 3, 2012

Pine City Girls' Results

sunny, cool, windy

4 x 800 m Relay	1. Jackie Westernen	(76,96)	2:52.8
	2. Katherine Cahill	(84,91)	2:54.7
	3. Abby Cummins	(85,86)	2:51.0
	4. Megan Miesner	<u>(79,89)</u>	<u>2:49.0</u>
		11:29.3	3rd

Pole Vault	1. Katherine Cahill	6' 0"
Long Jump	1. Amie Yerke	12' 6.5"
	2. Sondra Steele	11' 5.5"
	3. Katie Hester	9' 2"
	4. Colleen Christian	8' 8"

100 m Hurdles	1. Carissa Jahnz	18.1	2nd
	2. Katie Hester	22.5	

High Jump	1. Amie Yerke	4' 3"	5th (tie)
	2. Rachel Krautbauer	4' 6"	2nd (tie)
	3. Brenda Hurtado		

100 m Dash	1. Cassi Miesner	15.0
	2. Kelsey Fulweiler	15.7
	3. Brenda Hurtado	15.8
	4. Grace Yoon	17.9
	5. Katie Klein	19.1

Triple Jump	1. Amie Yerke	27' 10.5"
	2. Sondra Steele	20' 9"

Discus	1. Sarah Nisley	
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4 x 200 m Relay	1. Rachel Krautbauer	33.6	
	2. Morgan Richardson	30.8	
	3. Cassi Miesner	31.9	
	4. Kaylyn Utecht	<u>29.9</u>	
		02:05.9	5th

Shot Put	1. Sarah Nisley	24' 2.75"	6th
	2. Sondra Steele	18' 9"	PB

1600 m Run	1. Megan Miesner	06:27.8	4th
	(1:27, 1:39, 1:44, 1:37)		
	2. Brenna Richardson	06:46.0	PB
	(1:34, 1:49, 1:46, 1:42)		
	3. Jordan Vaudrin	06:49.6	PB
(1:34, 1:45, 1:49, 1:44)			
4. Jackie Westernen	06:37.4	6th	
(1:31, 1:41, 1:41, 1:44)			

TEAM RESULTS:

1. Rush City	153
1. Mille Lacs	141
3. Pine City	78
4. Ogilvie	76
5. Braham	65
6. Aitkin	39

4 x 100 m Relay	1. Sondra Steele	15.8
	2. Colleen Christian	16.4
	3. Grace Yoon	17.8
	4. Kelsey Fulweiler	<u>15.5</u>
		65.5

400 m Dash	1. Morgan Richardson	71.1	4th
	2. Cassi Miesner	75.3	
	3. Rachel Krautbauer	78.1	
	4. Katie Klein	94.8	

300 m Hurdles	1. Carissa Jahnz	52.2	1st
	2. Katie Hester	58.7	4th

3200 m Run	1. Abby Cummins	13:19.9	1st PB
	(1:32, 1:39, 1:42, 1:42, 1:45, 1:45, 1:44, 1:30)		
	2. Jordan Vaudrin	14:54.5	5th PB
	(1:38, 1:47, 1:52, 1:55, 1:57, 1:59, 1:59, 1:52)		

800 m Run	1. Katherine Cahill	(85,89)	2:55.1	4th	BTY
	2. Brenna Richardson	(88,97)	3:04.5	6th	PB
	3. Colleen Christian	(92,101)	3:10.0		

200 m Dash	1. Kaylyn Utecht	30.7	4th
	2. Kelsey Fulweiler	33.3	
	3. Morgan Richardson	32.4	
	4. Grace Yoon	38.6	

4 x 400 m Relay	1. Megan Miesner	70.9	
	2. Katherine Cahill	75.6	
	3. Carrisa Jahnz	73.8	
	4. Kaylyn Utecht	<u>78.6</u>	
		04:58.7	3rd

OGILVIE UNLIMITED TRACK MEET

Tuesday, April 3, 2012
Pine City Boys' Results
sunny, cool, windy

4 x 800 m Relay	1. Jordan Rarick (69,71) 2:20.2 2. Bobby Noreen (72,73) 2:24.4 3. Rico Horton (66,76) 2:21.7 4. Zain Hunter <u>(69,70)</u> 2:19.3 09:25.3 2nd	Pole Vault	1. Derek Prokott 2. Jordan Rarick 8' 0" 4th (tie)
110 m Hurdles	1. Eric Skalicky 20.3 4th	Long Jump	1. Nick Cummings 17' 4.5" 1st 2. Derek Prokott 16' 11.75" 3rd 3. Paul Skalicky 16' 6.5" 4th 4. Nolan Montague 15' 4" 5. Zain Hunter
100 m Dash	1. Jordan Pangerl 11.1 1st **ties school record** 2. Tristan Zybtofsky 12.1 3rd PB 3. Jordan Spahr 12.4 4. Connor Clark 12.3 5th 5. Torrance Berg 13.5	High Jump	1. Jordan Rarick 5' 0" 5th
4 x 200 m Relay	1. Connor Clark 25.8 2. Tristan Zybtofsky 26.3 3. Jordan Pangerl 23.6 4. Nick Cummings <u>23.5</u> 01:38.8 1st	Triple Jump	1. Eric Skalicky 35' 11.5" 2nd 2. Paul Skalicky 35' 5" 4th 3. Jordan Rarick
1600 m Run	1. Rico Horton 05:36.3 5th (1:18, 1:16, 1:27, 1:26) 2. Matthew Scott 06:41.7 (1:26, 1:57, 1:49, 1:49) 3. Jonah Spahr 06:06.9 (1:23, 1:36, 1:39, 1:28) 4. Garrett Shelton 06:46.5 PB (1:30, 1:50, 1:51, 1:29)	Shot Put	1. Eric Skalicky 31' 4.5" 2. Bobby Noreen 33' 4" 3. Rico Horton 30' 5"
		Discus	1. Bobby Noreen 92' 5" 2. Rico Horton 77' 5" 3. Joe Favorito 84'
		<u>TEAM RESULTS:</u>	
4 x 100 m Relay	1. Connor Clark 12.9 2. Telby Madison 12.4 3. Joe Favorito 12.2 4. Paul Skalicky <u>11.8</u> 49.1 2nd	4 x 400 m Relay	1. Rush City 136 2. Pine City 95.5 3. Ogilvie 56.5 4. Braham 49 5. Aitkin 29
400 m Dash	1. Nick Cummings 54.4 2nd 2. Jordan Spahr 61.6 3. Nolan Montague 62.7 PB 4. Torrance Berg 64.7 5. Anthony Olson 62.2 PB		
300 m Hurdles	1. Eric Skalicky 49.1 3rd 2. Derek Prokott 50.2 4th 3. Telby Madison 51.6		
800 m Run	1. Zain Hunter (71,74) 2:25.6 4th 2. Bobby Noreen (73,83) 2:35.5 3. Garrett Shelton (91,1:40) 3:10.6	3200 m Run	1. Jonah Spahr 13:11.6 5th (1:25, 1:40, 1:40, 1:44, 1:42, 1:44, 1:41, 1:35) 2. Matthew Scott DNF
200 m Dash	1. Nick Cummings 24.3 3rd 2. Jordan Pangerl 23.8 2nd 3. Tristan Zytovskey 25.3 PB 4. Jordan Spahr 25.9 5. Telby Madison 27.1		
			03:58.1 2nd

RUSH CITY TRACK MEET
Tuesday, April 10, 2012
Pine City Girls' Results
sunny, cool

4 x 800 m Relay	1. Jackie Westernen (82,95) 2:57.1	Pole Vault	1. Katherine Cahill 6' 6" 2nd PB
	2. Brenna Richardson (83,99) 3:02.7		
	3. Morgan Richardson (82,94) 2:56.6	Long Jump	1. Amie Yerke 12' 1"
	4. Katherine Cahill <u>(90,87) 2:58.1</u>		2. Sondra Steele 12' 1" BTY
	11:53.4		3. Katie Hester 11' 7" PB
100 m Hurdles	1. Carissa Jahnz 18.3 1st	High Jump	1. Amie Yerke 4' 2" 2nd
	2. Melissa Farrand 18.8 2nd PB		2. Rachel Krautbauer 4' 5" 1st
	3. Katie Hester 23.8		
100 m Dash	1. Rachel Krautbauer 15.1 PB	Triple Jump	1. Melissa Farrand 27'
	2. Cassi Miesner 15.2		2. Amie Yerke 29' 4" 2nd BTY
	3. Kelsey Fulweiler 15.5 PB		3. Sondra Steele
	4. Brenda Hurtado 15.7 PB	Discus	1. Sarah Nisley 68' 3" 1st BTY
	5. Grace Yoon 17.6 PB		2. Katie Christianson 59' 6" 3rd
4 x 200 m Relay	1. Cassi Miesner 32.4	Shot Put	1. Sarah Nisley 22' 6" 2nd
	2. Amie Yerke 30		2. Sondra Steele 17' 3"
	3. Melissa Farrand 32.9		3. Katie Christianson 19'
	4. Kaylyn Utecht <u>30.5</u>		
	02:05.7		
1600 m Run	1. Megan Miesner 06:22.6 3rd BTY (1:28, 1:36, 1:40, 1:38)		
	2. Abby Cummins 06:16.9 2nd PB (1:29, 1:37, 1:40, 1:31)	<u>TEAM RESULTS:</u>	
	3. Jordan Vaudrin 06:56.0 (1:33, 1:46, 1:50, 1:47)	1. Rush City 87	
	4. Jackie Westernen 06:48.2 (1:32, 1:45, 1:47, 1:44)	2. Pine City 64	
4 x 100 m Relay	1. Sondra Steele 15.5		
	2. Brenda Hurtado 15.2		
	3. Grace Yoon 16.9		
	4. Kelsey Fulweiler <u>16.3</u>		
	63.8		
400 m Dash	1. Morgan Richardson 70.3 1st PB	3200 m Run	1. Abby Cummins 13:21.9 1st (1:31, 1:39, 1:42, 1:48, 1:47, 1:46, 1:43, 1:30)
	2. Cassi Miesner 76.6		2. Jordan Vaudrin 14:57.0 3rd (1:39, 1:48, 1:50, 1:54, 1:56, 1:59, 2:00, 1:52)
	3. Rachel Krautbauer DNR		3. Brenna Richardson 14:57.1 (1:39, 1:48, 1:50, 1:54, 1:56, 1:59, 2:00, 1:52)
	4. Katie Klein 88.5 PB		
	5. Brenda Hurtado 96.8		
300 m Hurdles	1. Carissa Jahnz 51.7 1st BTY	4 x 400 m Relay	1. Megan Miesner 73.5
	2. Melissa Farrand 56.2 2nd		2. Katherine Cahill 78.2
	3. Katie Hester 59.9		2. Carrisa Jahnz 70.0 BTY
			3. Kaylyn Utecht <u>72.9</u>
800 m Run	1. Megan Miesner 02:49.8 1st (80, 88)		04:54.4
	2. Katherine Cahill 02:56.5 (86,90)		
	3. Colleen Christian 03:20.0 (1:36, 1:44)		
200 m Dash	1. Kaylyn Utecht 31.7 2nd		
	2. Rachel Krautbauer 32.8		
	3. Kelsey Fulweiler 32.7 PB		
	4. Katie Klein 39.5		

MARY VIRNIG INVITATIONAL TRACK MEET @ Onamia

Tuesday, April 17, 2012

Pine City Girls' Results

cold, windy

4 x 800 m Relay	1. Megan Miesner (76,88) 2:43.5 BTY	Pole Vault	1. Katherine Cahill 5' 6" 5th
	2. Katherine Cahill (80,87) 2:47.2 PB		
	3. Jackie Westernen (82,92) 2:53.5	Long Jump	1. Amie Yerke 13' 6.5" 4th BTY
	4. Sherry Rike <u>(78,82) 2:41.0 BTY</u>		2. Sondra Steele 11' 8.75"
	11:04.0 2nd BTY		3. Colleen Christian 9' 7"
100 m Hurdles	1. Carissa Jahnz 18.5 2nd	High Jump	1. Amie Yerke
	2. Melissa Farrand 19.1 4th		2. Rachel Krautbauer 4' 0"
			3. Melissa Farrand
100 m Dash	1. Kaylyn Utecht 14.7 5th		
	2. Rachel Krautbauer 15.3	Triple Jump	1. Melissa Farrand 25' 10.25"
	3. Cassi Miesner 14.7 PB		2. Amie Yerke 29' 6.25" 3rd BTY
	4. Kelsey Fulweiler 15.7		3. Sondra Steele 23' .25"
	5. Brenda Hurtado 15.6		
	6. Colleen Christian 17.1	Discus	1. Sarah Nisley 68' 2"
	7. Katie Klein 18.4		2. Katie Christensen 74' 2" 4th PB
4 x 200 m Relay	1. Cassi Miesner 31.6	Shot Put	1. Sarah Nisley 22' 9"
	2. Amie Yerke 29.1		2. Sondra Steele 18' 3"
	3. Morgan Richardson 30.0		3. Katie Christensen 16' 8"
	4. Sherry Rike <u>28.9</u>		
	01:59.7 2nd BTY		
1600 m Run	1. Megan Miesner 06:11.7 1st BTY		
	(1:25, 1:36, 1:41, 1:30)		
	2. Jackie Westernen 06:27.9 PB		
	(1:30, 1:39, 1:44, 1:35)		
	3. Jordan Vaudrin 06:42.7 PB		
	(1:31, 1:39, 1:46, 1:44)		
	4. Brenna Richardson 06:33.1 PB		
	(1:30, 1:42, 1:43, 1:39)		
			<u>TEAM RESULTS:</u>
			1. Mille Lacs 123.5
			2. Royalton 62.5
			3. Pine City 59
			4. Ogilvie 28
4 x 100 m Relay	1. Sondra Steele 15.7		
	2. Brenda Hurtado 15.2		
	3. Kelsey Fulweiler 15.2		
	4. Rachel Krautbauer <u>15.0</u>		
	60.9 3rd		
400 m Dash	1. Morgan Richardson 70.2 4th PB		
	2. Cassi Miesner 73.7 PB	200 m Dash	1. Rachel Krautbauer 32.0 BTY
			2. Kelsey Fulweiler 32.4
300 m Hurdles	1. Carissa Jahnz 51.2 1st BTY		3. Brenda Hurtado 32.5 PB
	2. Melissa Farrand 58.2 5th		
	3. Colleen Christian 72.4		
		3200 m Run	1. Sherry Rike 13:51.2 2nd
800 m Run	1. Kaylyn Utecht 02:52.6 2nd		(1:30, 1:41, 1:45, 1:48, 1:50, 1:51, 1:33)
	(80,93)		2. Jordan Vaudrin 14:40.7 4th PB
	2. Katherine Cahill 02:54.9 3rd PB		(1:31, 1:44, 1:49, 1:52, 1:53, 1:57, 1:52)
	(84,91)		
	3. Brenna Richardson 03:07.7 5th	4 x 400 m Relay	1. Kaylyn Utecht 70.9 BTY
	(89, 99)		2. Morgan Richardson 70.6
	4. Katie Klein 03:31.3		3. Megan Miesner 72.2
	(1:37, 1:54)		4. Carrisa Jahnz <u>70.3</u>
			04:43.8 2nd BTY

MARY VIRNING INVITATIONAL TRACK MEET @ Onamia

Tuesday, April 17, 2012

Pine City Boys' Results

cold, windy

4 x 800 m Relay	1. Rico Horton (69,77) 2:26.2	Pole Vault	1. Derek Prokott 10' 6" 1st BTY
	2. Nolan Montague (72,78) 2:29.4		
	3. Bobby Noreen (67,79) 2:26.3	Long Jump	1. Nick Cummings 19' 7.5" 1st BTY
	4. Jordan Rarick (67,74) 2:21.1		2. Derek Prokott 15' 10"
	09:43.0 2nd		3. Paul Skalicky 16' 8.25" 2nd
			4. Nolan Montague 16' 6" 4th PB
110 m Hurdles	1. Eric Skalicky 22.3 4th		
100 m Dash	1. Jordan Pangerl 11.3 1st	High Jump	1. Jordan Rarick 5' 0" 3rd
	2. Tristan Zybtofsky 12.4		
	3. Connor Clark 12.1 3rd		
	4. Jordan Spahr 12.2 4th	Triple Jump	1. Eric Skalicky 36' 10" 1st
	5. Torrance Berg 13.2 BTY		2. Paul Skalicky 34' 5.5" 2nd
			3. Jordan Rarick 33' 7" 3rd
4 x 200 m Relay	1. Connor Clark 25.9		
	2. Tristan Zybtofsky 25.3		
	3. Joe Favorito 25.5	Shot Put	1. Eric Skalicky 28' 4"
	4. Derek Prokott 25.4		2. Bobby Noreen 32' 6"
	01:41.9 1st		3. Rico Horton 28' 2"
			4. Jordan Stevens 30' 0"
1600 m Run	1. Rico Horton 05:29.5		5. Joe Favorito 32' 0" PB
	(1:16, 1:19, 1:28, 1:27)		
	2. Jonah Spahr 05:35.9 PB	Discus	1. Bobby Noreen 89' 4"
	(1:17, 1:23, 1:29, 1:26)		2. Rico Horton 75' 6"
	3. Bobby Noreen 05:32.7		3. Joe Favorito 87' 4" PB
	(1:15, 1:19, 1:32, 1:26)		4. Jordan Stevens 89' 0" PB
4 x 100 m Relay	1. Torrance Berg 14.4		
	2. Jordon Stevens 12.5		
	3. Nolan Montague 12.5		
	4. Joe Favorito 12.4		
	50.8 2nd		
400 m Dash	1. Nick Cummings 52.5 1st PB		
	2. Paul Skalicky 57.2 2nd PB		
	3. Jordan Spahr 61.5 3rd PB		
	4. Connor Clark 66.7		
	5. Jordan Stevens 65.0 4th PB		
300 m Hurdles	1. Eric Skalicky 47.7 2nd PB		
	2. Derek Prokott DNR		
800 m Run	1. Matthew Scott (1:23, 1:33) 2:55.9		
	2. Torrance Berg (1:17, 1:20) 2:37.6 3rd		
200 m Dash	1. Jordan Pangerl 23.3 1st BTY		
	2. Nick Cummings 23.7 2nd PB		
	3. Tristan Zyztofsky 25.4 3rd	4 x 400 m	1. Jordan Pangerl 54.7 BTY
	4. Jordan Spahr 26.1	Relay	2. Jordan Rarick 59.7
	5. Nolan Montague 27.1		3. Paul Skalicky 56.8
			4. Nick Cummings 54.7 BTY
3200 m Run	1. Jonah Spahr 12:35.4 3rd PB		03:45.8 1st
	(1:20, 1:31, 1:37, 1:38, 1:37, 1:38, 1:44, 1:31)		

TEAM RESULTS:

1. Pine City	79
2. Ogilvie	61
3. Royalton	39

FOLEY INVITATIONAL TRACK MEET

Friday, April 20, 2012

Pine City Girls' Results

partly sunny, cool, breezy

4 x 800 m Relay	1. Megan Miesner (76,89) 2:45.1 2. Kaylyn Utecht (78,89) 2:47.8 PB 3. Abby Cummins (83,86) 2:48.9 PB 4. Sherry Rike (84,84) 2:47.9 11:10:54 4th	Pole Vault Long Jump	1. Katherine Cahill 1. Amie Yerke 12' 11" 2. Sondra Steele 12' 3.75" PB
100 m Hurdles	1. Carissa Jahnz 17.94 6th PB 2. Melissa Farrand 19.29	High Jump	1. Amie Yerke 4' 2" 2. Rachel Krautbauer 4' 4" 3. Melissa Farrand
100 m Dash	1. Cassi Miesner 14.72 PB 2. Rachel Krautbauer 15.02 PB 3. Kelsey Fulweiler 15.45 PB	Triple Jump	1. Melissa Farrand 29' 0" 7th BTY 2. Amie Yerke 29' 6.5" 6th BTY 3. Sondra Steele 23' 10" BTY
4 x 200 m Relay	1. Cassi Miesner 34.0 2. Amie Yerke 30.0 3. Morgan Richardson 29.9 4. Rachel Krautbauer 33.1 2:06.44 8th	Discus Shot Put	1. Sarah Nisley 70' 6" PB 2. Katie Christianson 70' 11" 1. Sarah Nisley 24' 1-.25" 2. Sondra Steele 18' 3" 3. Katie Christianson 18' .25"
1600 m Run	1. Sherry Rike 6:24.03 8th (1:39, 1:37, 1:46, 1:22) 2. Jackie Westernen 6:25.27 PB (1:28, 1:35, 1:46, 1:36) 3. Brenna Richardson 6:28.32 PB (1:30, 1:38, 1:46, 1:34)	<u>TEAM RESULTS:</u>	
4 x 100 m Relay	1. Sondra Steele 16.6 2. Brenda Hurtado 14.8 3. Kelsey Fulweiler 14.5 4. Rachel Krautbauer 15.5 61.24 8th	1. Litchfield 104.95 2. Glencoe-SilverLake 98.15 3. Foley 89.5 4. Pierz 89 5. Milaca 78.2 6. Melrose 68 7. Eden Valley-W/Kim 65.2 8. Staples-Motley 59 9. Pine City 47	
400 m Dash	1. Morgan Richardson 69.66 4th 2. Cassi Miesner 75.02 3. Katie Klein 89.27		
300 m Hurdles	1. Carissa Jahnz 51.32 2nd BTY 2. Melissa Farrand 56.70 8th 3. Colleen Christian 71.08 PB		
800 m Run	1. Megan Miesner (77,83) 2:40.02 5th BTY 2. Katherine Cahill (78,87) 2:47.21 8th PB 3. Jackie Westernen (83,92) 2:56.01 PB		
200 m Dash	1. Kaylyn Utecht 30.34 PB 2. Morgan Richardson 31.22 PB 3. Brenda Hurtado 33.54		
3200 m Run	1. Abby Cummins 12:49.41 3rd PB (1:27, 1:34, 1:36, 1:40, (6:17), 1:42, 1:40, 1:40, 1:30) 2. Jordan Vaudrin 14:08.9 PB (1:35, 1:44, 1:46, 1:48, (6:53), 1:50, 1:50, 1:51, 1:45) 3. Brenna Richardson 14:38.8 PB (1:36, 1:48, 1:47, 1:54, (7:04), 1:55, 1:56, 1:56, 1:48)	4 x 400 m Relay	1. Megan Miesner 71.8 2. Carrisa Jahnz 69.7 BTY 3. Kaylyn Utecht 69.8 PB 4. Sherry Rike 66.9 PB 4:38.41 3rd

FOLEY INVITATIONAL TRACK MEET

Friday, April 20, 2012

Pine City Boys' Results

partly sunny, cool, breezy

4 x 800 m Relay	1. Jordan Rarick (62,72) 2:14.4 BTY 2. Bobby Noreen (70,72) 2:22.1 PB 3. Rico Horton (68,81) 2:29.5 4. Zain Hunter <u>(66,69) 2:14.5 PB</u> 9:21.66 4th	Pole Vault	1. Derek Prokott	11' 0" BTY
110 m Hurdles	1. Eric Skalicky 20.10 PB 2. Telby Madison 21.04	Long Jump	1. Nick Cummings 19' 9.25" 2nd BTY 2. Derek Prokott 16' 7.5" BTY 3. Nolan Montague 17' 6" PB	
100 m Dash	1. Jordan Pangerl 11.40 4th 2. Tristan Zybtofsky 12.40 3. Sam Roberto 12.76	High Jump	1. Jordan Rarick	
4 x 200 m Relay	1. Connor Clark 26.6 2. Tristan Zybtofsky 23.7 3. Paul Skalicky 24.9 4. Derek Prokott <u>24.0</u> 1:39.67 3rd	Triple Jump	1. Nick Cummings 39' 11.5" 2nd PB 2. Eric Skalicky 36' 2"	
1600 m Run	1. Bobby Noreen 5:27.26 (1:14, 1:23, 1:26, 1:26) 2. Rico Horton 5:29.83 (1:18, 1:23, 1:24, 1:19) 3. Jonah Spahr 5:37.98 (1:16, 1:27, 1:29, 1:25)	Shot Put	1. Bobby Noreen 32' 4.75" 2. Joe Favorito 31' 5" 3. Jordan Stevens 30' 9.5" PB	
4 x 100 m Relay	1. Connor Clark 12.0 2. Tristan Zybofsky 12.1 3. Joe Favorito 12.0 4. Sam Roberto <u>13.3</u> 49.31 8th	Discus	1. Bobby Noreen 85' 3" 2. Jordan Stevens 3. Joe Favorito 93' 4" PB	
400 m Dash	1. Nolan Montague 60.78 PB 2. Jordon Stevens 65.27 3. Matthew Scott 72.30	<u>TEAM RESULTS:</u>		
300 m Hurdles	1. Eric Skalicky 48.01 2. Derek Prokott DNR 3. Telby Madison 49.56 PB	1. Glencoe-Silver LK 146.5 2. Litchfield 142 3. Foley 92 4. Staples-Motley 88 5. Eden Valley-W/Kim 83.5 6. Pine City 58 7. Pierz 45 8. Milaca 28.5 9. Melrose 15.5		
800 m Run	1. Nick Cummings (62,66) 2:09.50 3rd PB 2. Jordan Rarick (67,68) 2:17.53 5th PB 3. Zain Hunter (69,69) 2:18.38 7th PB			
200 m Dash	1. Jordan Pangerl 23.62 4th 2. Nolan Montague 27.15 PB 3. Sam Roberto 28.05			
3200 m Run	1. Jonah Spahr 12:14.09 PB (1:26, 1:31, 1:33, 1:34, (6:04), 1:38, 1:35, 1:36, 1:24) 2. Garrett Shelton 14:34.00 (1:30, 1:45, 1:49, 1:54, (6:58), 1:59, 1:59, 1:40)	4 x 400 m Relay	1. Jordan Pangerl 52.9 BTY 2. Zain Hunter 55.9 PB 3. Paul Skalicky 55.8 PB 4. Nick Cummings <u>51.3 PB</u> 03:36.0 2nd	

CHENGWATANA INVITATIONAL TRACK MEET

Friday, April 27, 2012

Pine City Girls' Results

cool, cloudy, windy

4 x 800 m Relay	1. Abby Cummins (77,83) 2:39.9 PB 2. Katherine Cahill (79,87) 2:45.5 PB 3. Megan Miesner (81,80) 2:41.1 PB 4. Sherry Rike <u>(79,74)</u> 2:32.8 PB 10:38.6 2nd BTY	Pole Vault	1. Katherine Cahill NH
		Long Jump	1. Amie Yerke 13' 5.75" 3rd 2. Melissa Farrand 13' 1.5" 4th 3. Sondra Steele 11' 10.25"
100 m Hurdles	1. Carissa Jahnz 17.8 1st 2. Melissa Farrand 19.1 5th 3. Katie Hester 22.1 PB	High Jump	1. Amie Yerke 4' 3" 2. Rachel Krautbauer 4' 3" 6th
100 m Dash	1. Cassi Miesner 14.9 3. Kelsey Fulweiler 16.3 3. Grace Yoon 17.3 PB	Triple Jump	1. Melissa Farrand 26' 10" 2. Amie Yerke 29' 3" 4th 3. Sondra Steele 23' 4"
4 x 200 m Relay	1. Cassi Miesner 31.9 2. Amie Yerke 29.7 3. Morgan Richardson 31.0 4. Kaylyn Utecht <u>28.8</u> 2:01.5 4th	Discus	1. Sarah Nisley 71' 2" 5th PB 2. Katie Christensen 70' 7" 6th
		Shot Put	1. Sarah Nisley 25' 10" 5th PB 2. Sondra Steele 19' 7" 3. Katie Christensen 20' 8" PB
1600 m Run	1. Sherry Rike 5:59.7 6th BTY (1:23, 1:34, 1:40, 1:24) 2. Jackie Westernen 6:25.4 (1:23, 1:34, 1:47, 1:41) 3. Allison Gusk 6:07.9 PB (1:23, 1:33, 1:40, 1:32)		
			<u>TEAM RESULTS:</u>
4 x 100 m Relay	1. Sondra Steele 15.3 2. Brenda Hurtado 16.4 3. Kelsey Fulweiler 15.6 4. Rachel Krautbauer <u>14.4</u> 61.5 6th		1. Mille Lacs 147.5 2. Hinckley/Finlayson 90 3. Rush City 79.5 4. Pine City 75 5. Braham 64 6. MLWR 54 7. East Central 28 8. Maranatha Academy 19
400 m Dash	1. Morgan Richardson 69.1 PB 2. Katie Hester 70.1 3. Katie Klein 87.9 PB		
300 m Hurdles	1. Carissa Jahnz 50.0 2nd BTY 2. Melissa Farrand 56.5 3. Colleen Christian 69.2 PB		
800 m Run	1. Megan Miesner (77,90) 2:46.8 6th 2. Kaylyn Utecht (79,91) 2:48.8 PB 3. Jordan Kotek (79,87) 2:46.4 5th PB		
200 m Dash	1. Cassi Miesner 30.7 PB 2. Rachel Krautbauer 31.4 PB 3. Brenda Hurtado 32.3 PB		
3200 m Run	1. Abby Cummins 12:45.9 1st PB (1:27, 1:34, 1:38, 1:40, (6:19), 1:40, 1:40, 1:39, 1:28) 2. Brenna Richardson 13:30.3 5th PB (1:30, 1:33, 1:46, 1:43, (6:31), 1:48, 1:46, 1:47, 1:38) 3. Jordan Vaudrin 13:56.8 PB (1:30, 1:38, 1:41, 1:46, (6:39), 1:48, 1:46, 1:51, 1:50)	4 x 400 m Relay	1. Megan Miesner 73.3 2. Morgan Richardson 72.5 3. Carrisa Jahnz 69.5 BTY 4. Sherry Rike <u>63.6</u> PB 4:36.9 3rd BTY

TIGERAMA TRACK MEET @ Rush City
Tuesday, May 1, 2012
Pine City Girls' results
halted early due to storms

4 x 800 m Relay	1. Abby Cummins (78,94) 2:41.9 2. Kaylyn Utecht (77,94) 2:52.0 3. Megan Miesner (78,85) 2:43.0 4. Sherry Rike (77,80) 2:38.0 10:54.0 1st	Pole Vault	1. Katherine Cahill 6' 0"
		Long Jump	1. Amie Yerke 12' 9" 2. Melissa Farrand 13' 11" 3rd PB 3. Sondra Steele 12' 5"
100 m Hurdles	1. Carissa Jahnz 17.6 1st PB 2. Melissa Farrand 18.9 4th 3. Katie Hester 22.0 PB	High Jump	1. Amie Yerke 4' 0" 6th tie 2. Rachel Krautbauer 4' 3" 3rd
100 m Dash	1. Cassi Miesner 14.6 3. Kelsey Fulweiler 15.9 3. Grace Yoon 17.4 PB	Triple Jump	1. Melissa Farrand 28' 5" 6th 2. Sondra Steele
4 x 200 m Relay	1. Cassi Miesner 31.1 2. Rachel Krautbauer 32.3 3. Morgan Richardson 30.5 4. Kaylyn Utecht 30.5 2:04.1 6th	Discus	1. Sarah Nisley 69' 7" 2. Katie Christianson
		Shot Put	1. Sarah Nisley 23' 10" 2. Sondra Steele 19' 11" 3. Katie Christianson
1600 m Run	1. Megan Miesner 6:15.8 (1:25, 1:35, 1:40, 1:34) 2. Jackie Westeren 6:14.4 PB (1:27, 1:36, 1:41, 1:30) 3. Brenna Richardson 6:36.2 1:29, 1:39, 1:45, 1:43)	<u>TEAM RESULTS:</u>	
			1. Mille Lacs 106.3 2. Rush City 93.3 3. Hinckley/Finlayson 67 4. Pine City 50.3 5. Ogilvie 42 6. Braham 35 7. Aitkin 26 8. East Central 24 9. MLWR 21
4 x 100 m Relay	1. Sondra Steele 15.2 2. Brenda Hurtado 15.6 3. Kelsey Fulweiler 15.4 4. Rachel Krautbauer 15.6 61.5		
400 m Dash	1. Morgan Richardson 70.3 2. Kaylyn Utecht 70.6 3. Cassi Miesner 73.5 PB		
300 m Hurdles	1. Carissa Jahnz 50.3 2nd 2. Melissa Farrand 56.7 6th 3. Katie Hester 57.2 PB		
800 m Run	1. Sherry Rike (78,80) 2:38.7 5th PB 2. Katherine Cahill (80,86) 2:46.4 6th PB 3. Jackie Westeren (81,89) 2:50.0 PB		
200 m Dash	1. Rachel Krautbauer 2. Morgan Richardson 3. Katie Klein		
3200 m Run	1. Abby Cummins 2. Jordan Vaudrin 3. Brenna Richardson	4 x 400 m Relay	1. Megan Miesner 2. Katherine Cahill 3. Carissa Jahnz 4. Sherry Rike

TIGERAMA TRACK MEET @ Rush City
Tuesday, May 1, 2012
Pine City Boys' Results
meet halted due to storms

4 x 800 m Relay	1. Jordan Rarick 2. Bobby Noreen 3. Rico Horton 4. Zain Hunter	(66,68) 2:14.0 (69,75) 2:24.8 (71,78) 2:29.4 <u>(64,71) 2:15.3</u> 9:23.6 1st	Pole Vault	1. Derek Prokott 2. Jordan Rarick	
110 m Hurdles	1. Eric Skalicky	19.8 PB	Long Jump	1. Nick Cummings 19' 9" 2nd 2. Derek Prokott 3. Nolan Montague	
100 m Dash	1. Jordan Pangerl 2. Tristan Zybtofsky 3. Jordan Spahr	11.4 4th 12.4 12.5	High Jump		
4 x 200 m Relay	1. Tristan Zybtofsky 2. Connor Clark 3. Paul Skalicky 4. Derek Prokott	26.0 26.0 23.3 <u>25.0</u> 1:40.4 2nd	Triple Jump	1. Nick Cummings 41' 4" 1st ***NEW SCHOOL RECORD*** 2. Eric Skalicky 37' 0" 4th 3. Jordan Rarick	
1600 m Run	1. Jonah Spahr (1:19, 1:27, 1:30, 1:18) 2. Rico Horton (1:16, 1:25, 1:33, 1:29) 3. Matthew Scott (1:27, 1:35, 1:39, 1:29)	5:34.4 5:43.4 6:11.1 PB	Shot Put	1. Bobby Noreen 2. Eric Skalicky 3. Jordan Stevens 28' 4"	
4 x 100 m Relay	1. Tristan Zybofsky 2. Connor Clark 3. Jordan Spahr 4. Sam Roberto	12.2 12.1 12.4 <u>12.0</u> 48.7 3rd	Discus	1. Bobby Noreen 2. Jordan Stevens 92' 9" PB	
400 m Dash	1. Nolan Montague 2. Jordan Spahr 3. Bobby Noreen	59.2 PB 59.7 PB 61.2	<u>TEAM RESULTS:</u>		
300 m Hurdles	1. Eric Skalicky 2. Derek Prokott	47.3 BTY 48.6	1. Hinckley/Finlayson 93 2. MLWR 90 3. Rush City 70 4. Pine City 50 5. Ogilvie 29 6. Braham 24 7. East Central 13 8. Aitkin 2		
800 m Run	1. Nick Cummings 2. Jordan Rarick 3. Zain Hunter				
200 m Dash	1. Jordan Pangerl 2. Tristan Zybtofsky 3. Torrance Berg				
3200 m Run	1. Jonah Spahr 2. Garrett Shelton		4 x 400 m Relay	1. Jordan Pangerl 2. Zain Hunter 3. Paul Skalicky 4. Nick Cummings	

RON JENSON INVITATIONAL TRACK MEET @ Hinckley
Friday, May 4, 2012
Pine City Boys' Results
cold, cloudy, windy

4 x 800 m Relay	1. Rico Horton 2. Jonah Spahr 3. Nolan Montague 4. Bobby Noreen	(68,78) 2:25.8 (68,79) 2:27.2 (78,75) 2:33.4 <u>(68,74) 2:22.7</u> 9:48.8 5th	Pole Vault	1. Derek Prokott	10' 6" 3rd
			Long Jump	1. Nick Cummings 2. Nolan Montague 3. Paul Skalicky	18' 9" 17' .75"
110 m Hurdles	1. Eric Skalicky 2. Telby Madison	19.1 6th PB 18.9 4th PB	High Jump		
100 m Dash	1. Jordan Pangerl 2. Jordan Spahr 3. Nolan Montague	11.5 3rd 12.5 6th 13.4	Triple Jump	1. Eric Skalicky	37' 7" 1st BTY
4 x 200 m Relay	1. Tristan Zybtovsky 2. Joe Favorito 3. Paul Skalicky 4. Derek Prokott	24.8 25.8 23.8 <u>24.9</u> 1:39.1 2nd	Shot Put	1. Bobby Noreen 2. Eric Skalicky 3. Jordan Stevens	30' 3" 30' 1"
			Discus	1. Joe Favorito 2. Bobby Noreen 3. Jordan Stevens	89' 9"
1600 m Run	1. Zain Hunter (1:13, 1:20, 1:23, 1:13) 2. Bobby Noreen (1:14, 1:25, 1:25, 1:21) 3. Matthew Scott (1:24, 1:34, 1:40, 1:25)	5:08.9 3rd PB 5:25.5 PB 6:02.6			
4 x 100 m Relay	1. Tristan Zybovsky 2. Connor Clark 3. Joe Favorito 4. Derek Prokott	12.6 11.3 11.5 <u>12.4</u> 47.6 3rd BTY			
				<u>TEAM RESULTS:</u>	
				1. Hinckley/Finlayson 2. Rush City 3. Pine City 4. Siren 5. East Central 6. Braham	183 114 88 64.5 51 46
400 m Dash	1. Nick Cummings 2. Paul Skalicky 3. Connor Clark	53.1 1st 56.5 4th PB 64.1 PB			
300 m Hurdles	1. Telby Madison 2. Derek Prokott	49.2 5th 50.2			
800 m Run	1. Zain Hunter (1:07, 1:08)	02:14.8 2nd PB			
200 m Dash	1. Jordan Pangerl 2. Nick Cummings 3. Jordan Spahr	23.5 3rd 23.3 2nd 25.8 6th			
3200 m Run	1. Jonah Spahr (1:16, 1:25, 1:30, 1:32, (5:43), 1:32, 1:33, 1:34, 1:25) 2. Rico Horton (1:14, 1:26, 1:31, 1:32, (5:42), 1:39, 1:43, 1:39, 1:32)	11:47.0 6th PB 12:14.6			
4 x 400 m Relay	1. Jordan Pangerl 2. Paul Skalicky 3. Zain Hunter 4. Nick Cummings	53.7 57.1 56.6 <u>54.2</u> 03:41.6 1st			

**Junior Varsity Invitational @ Pine City
Tuesday, April 24, 2012**

100 m Hurdles	1. Katie Hester 2. Colleen Christian	21.21 24.4	4th		High Jump		
					High Jump		
100 m Dash	1. Cassi Miesner 2. Brenda Hurtado 3. Kelsey Fulweiler	14.7 15.6 15.7	2nd		Long Jump	1. Sondra Steele 2. Katie Hester	11' 10.5" 8' 10.5'
100 m Dash	1. Sam Roberto 2. Nolan Montague	12.5 12.8	4th PB		Long Jump	1. Matt Scott	13' 2"
1600 m Run	1. Jackie Westeren 2. Jordan Vaudrin 3. Brenna Richardson	06:14.8 06:33.5 06:27.9	1st 3rd 2nd	PB PB PB	Shot Put	1. Katie Christiansen 2. Sondra Steele	19' 4.5" 20' 7" PB
1600 m Run	1. Jonah Spahr 2. Garrett Shelton	05:34.8	3rd		Shot Put	1. Jordon Stevens	30' 4" 1st
					Discus	1. Katie Christianson	55' .5"
4 x 100 m Relay	1. Sondra Steele 2. Grace Yoon 3. Brenda Hurtado 4. Kelsey Fulweiler				Discus	1. Jordon Stevens	106' 1.5" 2nd
		63.1	1st		Pole Vault		
					Pole Vault		
400 m Dash	1. Brenna Richardson 2. Colleen Christian 3. Katie Hester	77.0 69.4	4th 2nd				
400 m Dash	1. Nolan Montague 2. Tristan Zbytovsky	58.3 59.4	1st 2nd	PB			
					<u>Boys' Team Results:</u>		
800 m Run	1. Jackie Westeren 2. Jordan Vaudrin	02:55.7 03:07.1	1st 3rd	PB PB		1. Rush City 2. Hinckley/Fin 3. Pine City 4. Braham	47 47 41 38
800 m Run	1. Jonah Spahr 2. Matthew Scott 3. Garrett Shelton	02:36.1 02:44.7	3rd 4th	PB PB			
					<u>Girls' Team Results:</u>		
200 m Dash	1. Cassi Miesner 2. Kelsey Fulweiler 3. Sondra Steele	31.1 32.6 32.9	2nd 5th	PB		1. Rush City 2. Pine City 3. Mille Lacs 4. Hinckley/Fin 5. Braham	83 75 33 32 12
200 m Dash	1. Nolan Montague 2. Sam Roberto	26.5 27.6	4th	PB PB			
4 x 200 m Relay	1. Cassi Miesner 2. Brenda Hurtado 3. Jackie Westeren 4. Brenna Richardson						
		02:12.4	1st				
4 x 200 m Relay	1. Tristan Zbytovsky 2. Jordon Stevens 3. Jordan Spahr 4. Sam Roberto						
		01:46.2	1st				

**Junior Varsity Invitational @ Hinckley
Monday, May 7, 2012**

100 m Hurdles	1. Colleen Christian	25	5th	High Jump		
				High Jump		
100 m Dash	1. Kelsey Fulweiler	16.2	5th			
	2. Brenda Hurtado	15.8	2nd	Long Jump		
100 m Dash	1. Matthew Scott	14.8	PB	Long Jump	1. Matthew Scott	13' 7" 4th PB
1600 m Run				Shot Put	1. Colleen Christian	21' 6"
1600 m Run				Shot Put		
				Discus	1. Colleen Christian	
4 x 100 m Relay	1. Kelsey Fulweiler	15.7		Discus		
	2. Brenda Hurtado	16.8				
	3. Colleen Christian	16.8		Pole Vault		
	4. Katie Klein	<u>16.5</u> PB		Pole Vault		
		65.4	1st			
400 m Dash	1. Katie Klein	85.9	4th	PB		
400 m Dash	1. Matthew Scott	72.8				
800 m Run						
800 m Run						
200 m Dash	1. Katie Klein	37.8	6th			
	2. Brenda Hurtado	34.3	3rd			
200 m Dash	1. Matthew Scott	31.2	4th			
4 x 200 m Relay						
4 x 200 m Relay						

TRUE TEAM TRACK MEET @ Grand Rapids
Tuesday, May 8, 2012
Pine City Girls' Results
cold, rainy, windy

4 x 800 m Relay	1. Kaylyn Utecht 2. Katherine Cahill 3. Megan Miesner 4. Sherry Rike	(76,88) 2:44.7 PB (81,86) 2:48.2 (77,84) 2:41.5 <u>(77,78) 2:36.2</u> 10:50.57 6th	Pole Vault	1. Katherine Cahill	6' 0" 8th
			Long Jump	1. Melissa Farrand 2. Sondra Steele	11' 11" 19th 12' 0" 18th
100 m Hurdles	1. Carissa Jahnz 2. Melissa Farrand	18.12 11th 20.56 20th	High Jump	1. Rachel Krautbauer 2. Melissa Farrand	4' 3" 12th 4' 0" 18th
100 m Dash	1. Cassi Miesner 2. Rachel Krautbauer	14.82 17th 15.76 22nd	Triple Jump	1. Melissa Farrand 2. Sondra Steele	26' 2" 19th
4 x 200 m Relay	1. Cassi Miesner 2. Katie Hester 3. Morgan Richardson 4. Rachel Krautbauer	30.8 29.5 31.8 <u>31.0</u> 2:03.15 8th	Discus	1. Sarah Nisley 2. Katie Christensen	68' 1.75" 15th 68' 8.25" 14th
1600 m Run	1. Sherry Rike (1:24, 1:32, 1:32, 1:23) 2. Jackie Westeren (1:25, 1:34, 1:38, 1:36)	5:52.19 7th 6:13.21 16th PB	Shot Put	1. Sarah Nisley 2. Katie Christensen	23' 9.25" 19th 21' 3" 21st
			<u>TEAM RESULTS:</u>		
4 x 100 m Relay	1. Sondra Steele 2. Katie Hester 3. Brenna Richardson 4. Rachel Krautbauer	16.5 13.5 15.0 <u>15.2</u> 60.33 9th		1. Grand Rapids 2. Hermantown 3. North Branch 4. International Falls 5. Chisago Lakes 6. Mora 7. Cloquet 8. Proctor 9. Greenway/Nash/Ke 10. Pine City 11. Hibbing	623 480.5 478.5 461.5 434.5 396 372.5 334.5 285 228 142
400 m Dash	1. Kaylyn Utecht 2. Morgan Richardson	70.94 18th 69.27 15th			
300 m Hurdles	1. Carissa Jahnz 2. Katie Hester	54.26 13th 56.62 16th			
800 m Run	1. Megan Miesner (76, 87) 2. Katherine Cahill (80, 87)	2:43.76 11th 2:46.94 12th			
200 m Dash	1. Cassi Miesner 2. Morgan Richardson	31.35 20th 30.63 19th			
3200 m Run	1. Brenna Richardson (1:31, 1:40, 1:43, 1:45, (6:39), 1:49, 1:49, 1:48, 1:38) 2. Jordan Vaudrin (1:36, 1:48, 1:48, 1:50, (7:02), 1:51, 1:53, 1:52, 1:43)	13:43.56 13th 14:21.41 18th			
4 x 400 m Relay	1. Kaylyn Utecht 2. Carissa Jahnz 3. Megan Miesner 4. Sherry Rike	72.1 72.8 73.1 <u>69.3</u> 4:47.69 10th			

TRUE TEAM TRACK MEET @ Grand Rapids
Tuesday, May 8, 2012
Pine City Boys' Results

4 x 800 m Relay	1. Nolan Montague (69,77) 2:26.3 PB	Pole Vault	1. Derek Prokott 10' 6" 9th
	2. Jonah Spahr (69,80) 2:29.9		2. Jordan Rarick
	3. Rico Horton (67,82) 2:28.4		
	4. Jordan Rarick <u>(70,74) 2:24.9</u>		
	9:49.99 9th	High Jump	1. Jordan Rarick 5' 0" 15th
			2. Eric Skalicky
110 m Hurdles	1. Eric Skalicky 19.14 13th PB	Long Jump	1. Nick Cummings 19' 7" 2nd
	2. Telby Madison 19.02 12th PB		2. Paul Skalicky 17' 8" 12th BTY
100 m Dash	1. Jordan Pangerl 11.49 1st		
	2. Tristan Zybtofsky 12.38 14th		
		Triple Jump	1. Nick Cummings 40' 6.5" 1st
4 x 200 m Relay	1. Tristan Zybtofsky 26.3		2. Eric Skalicky 36' 7" 13th
	2. Connor Clark 24.4		
	3. Paul Skalicky 24.2		
	4. Derek Prokott <u>25.1</u>	Shot Put	1. Jordan Stevens 29' 6" 20th
	1:39.94 8th		2. Joe Favorito 30' 6" 19th
1600 m Run	1. Zain Hunter 05:06.1 11th PB	Discus	1. Joe Favorito 93' 4" 15th
	(1:08, 1:19, 1:22, 1:16)		2. Jordon Stevens 82' 8" 18th
	2. Jordan Rarick 05:11.9 13th PB		
	(1:09, 1:20, 1:24, 1:18)		
4 x 100 m Relay	1. Tristan Zybtofsky 12.7		
	2. Connor Clark 12.2		
	3. Joe Favorito 12.0		
	4. Sam Roberto <u>12.0</u>		
	48.76 7th		
400 m Dash	1. Paul Skalicky 56.51 10th PB	<u>TEAM RESULTS:</u>	
	2. Nolan Montague 63.66 18th		
		1. Chisago Lakes 490	
300 m Hurdles	1. Eric Skalicky 47.36 13th PB	2. Grand Rapids 486	
	2. Telby Madison 48.44 15th PB	3. Mora 474	
		4. Hermantown 421	
800 m Run	1. Nick Cummings 2:13.84 8th	5. North Branch 394	
	(65, 69)	6. Cloquet 331.5	
	2. Zain Hunter 2:17.33 12th	7. Proctor 309.5	
	(70, 67)	8. Pine City 279	
		9. Hibbing 251.5	
200 m Dash	1. Jordan Pangerl 23.23 1st	10. Greenway/Nas/Kc 76.5	
	2. Sam Roberto 27.78 18th		
3200 m Run	1. Jonah Spahr 11:54.68 17th		
	(1:20, 1:27, 1:28, 1:31, (5:47), 1:34, 1:35, 1:35, 1:23)		
	2. Rico Horton 12:19.99 18th		
	(1:19, 1:27, 1:28, 1:32, (5:48), 1:39, 1:39, 1:42, 1:30)		
4 x 400 m Relay	1. Jordan Pangerl 53.5		
	2. Zain Hunter 57.6		
	3. Paul Skalicky 56.5		
	4. Nick Cummings <u>52.2</u>		
	3:40.03 3rd		

GREAT RIVER CONFERENCE TRACK MEET @ Hinckley

Tuesday, May 15, 2012

Pine City Girls' results

sunny, warm, breezy

4 x 800 m Relay	1. Kaylyn Utecht	(74,87) 2:40.7	PB	Pole Vault	1. Katherine Cahill	6' 6"	
	2. Katherine Cahill	(77,80) 2:40.1	PB		Long Jump	1. Melissa Farrand	13' 11.75" 7th PB
	3. Megan Miesner	(76,84) 2:40.2	BTY			2. Sondra Steele	12' 4.5"
	4. Sherry Rike	<u>(79,83) 2:42.3</u>				3. Katie Hester	
ALL CONFERENCE			10:41.3	1st		BTY	

100 m Hurdles	1. Carissa Jahnz	17.3	2nd	PB	High Jump	1. Rachel Krautbauer	4' 4" 7th	
	ALL CONFERENCE HONORABLE MENTION							
	2. Melissa Farrand	17.9	3rd	PB		Triple Jump	1. Melissa Farrand	27' 4"
3. Katie Hester	21.6							

100 m Dash	1. Cassi Miesner	14.4	PB	Discus	1. Katie Christensen	70' 7"
	2. Rachel Krautbauer	15.8			2. Sarah Nisley	77' 9" 8th PB
	3. Kelsey Fulweiler	15.1	PB		3. Sondra Steele	40' 8"

4 x 200 m Relay	1. Cassi Miesner	30.8		Shot Put	1. Sarah Nisley	23'
	2. Jordan Kotek	31.2			2. Katie Christensen	21' 7" PB
	3. Morgan Richardson	30.0			3. Sondra Steele	20' 3"
	4. Rachel Krautbauer	<u>30.3</u>				
			2:02.6	4th		

1600 m Run	1. Megan Miesner	6:24.9		
	(1:19, 1:36, 1:46, 1:43)			
	2. Jackie Westernen	6:12.8	8th	PB
	(1:23, 1:34, 1:38, 1:37)			
3. Allison Gusk	5:58.9	5th	PB	
				(1:21, 1:33, 1:35, 1:29)

TEAM RESULTS:

1. Mille Lacs	146
2. Rush City	137
3. Hindkley/Finlayson	108
4. Pine City	80
5. Braham	60
6. Aitkin	46
Ogilvie	46
8. East Central	43

4 x 100 m Relay	1. Sondra Steele	15.3			
	2. Brenda Hurtado	14.5			
	3. Kelsey Fulweiler	15.5			
	4. Jordan Kotek	<u>14.2</u>			
			59.2	6th	BTY

400 m Dash	1. Kaylyn Utecht	69.0	8th	
	2. Morgan Richardson	70.9		
	3. Katie Klein	86.1		

300 m Hurdles	1. Carissa Jahnz	49.5	2nd	PB
	ALL CONFERENCE HONORABLE MENTION			
	2. Melissa Farrand	53.8	4th	PB
3. Katie Hester	57.3			

800 m Run	1. Sherry Rike	(73, 73) 2:26.6	1st	PB
	ALL CONFERENCE			
	NEW SCHOOL RECORD			
2. Jordan Kotek	(77, 87) 2:43.8	8th	PB	
3. Katherine Cahill	(77, 85) 2:41.7	7th	PB	

200 m Dash	1. Morgan Richardson	32.0	8th	
	2. Cassi Miesner	30.6	7th	
	3. Rachel Krautbauer	32.2		

3200 m Run				4 x 400 m Relay	1. Kaylyn Utecht	72.2	
	1. Brenna Richardson	13:22.9	4th		PB	2. Carissa Jahnz	70.8
	(1:30, 1:38, 1:42, 1:45 (6:34) 1:46, 1:47, 1:45, 1:32)				3. Allison Gusk	67.9	
	2. Jordan Vaudrin	14:09.7				4. Sherry Rike	<u>66.0</u>
(1:35, 1:41, 1:43, 1:45 (6:44) 1:49, 1:51, 1:56, 1:49)					04:37.1	3rd	

GREAT RIVER CONFERENCE TRACK MEET @ Hinckley

Tuesday, May 15, 2012

Pine City Boys' Results

sunny, warm, breezy

4 x 800 m Relay	1. Jordan Rarick (66,66) 2:11.4 PB 2. Rico Horton (68,74) 2:21.9 3. Bobby Noreen (67,74) 2:21.0 PB 4. Zain Hunter (64,67) 2:11.6 PB	Pole Vault Long Jump	1. Derek Prokott 11' 0" 3rd 1. Nick Cummings 19' 7.25" 2nd ALL CONFERENCE HONORABLE MENTION 2. Paul Skalicky 17' 11" 5th PB 3. Nolan Montague 15' 7"
ALL CONFERENCE HONORABLE MENTION 9:06.1 2nd BTY			
110 m Hurdles	1. Eric Skalicky 19.0 8th PB 2. Telby Madison 18.6 6th PB	High Jump	1. Jordan Rarick 5' 2" 6th PB
100 m Dash	1. Jordan Pangerl 11.4 2nd ALL CONFERENCE HONORABLE MENTION 2. Tristan Zybtofsky 12.1 5th PB 3. Jordan Spahr 12.3 7th	Triple Jump	1. Nick Cummings 41' 1.5" 1st ***ALL CONFERENCE*** 2. Eric Skalicky 38' 1" 3rd BTY 3. Jordan Rarick 34' 2" 6th
4 x 200 m Relay	1. Tristan Zybtofsky 25.2 2. Connor Clark 25.2 3. Paul Skalicky 24.0 4. Derek Prokott 25.0 ***ALL CONFERENCE*** 1:39.0 1st PB	Shot Put	1. Bobby Noreen 2. Eric Skalicky 31' 6.5" BTY 3. Jordan Stevens 29' 9"
1600 m Run	1. Jordan Rarick 5:14.4 5th (1:15, 1:22, 1:18, 1:19) 2. Rico Horton 5:29.4 (1:16, 1:25, 1:26, 1:22) 3. Jonah Spahr 5:28.8 PB (1:18, 1:25, 1:27, 1:18)	Discus	1. Joe Favorito 85' 2. Jordan Stevens 95' 5" 8th PB 3. Bobby Noreen 82'
4 x 100 m Relay	1. Tristan Zybofsky 12.3 2. Connor Clark 12.4 3. Joe Favorito 11.0 4. Sam Roberto 12.6 ALL CONFERENCE HONORABLE MENTION 48.1 2nd	<u>TEAM RESULTS:</u>	
400 m Dash	1. Nick Cummings 52.3 3rd PB 2. Paul Skalicky 56.3 7th PB 3. Nolan Montague 57.9 PB	1. Hinckley/Finlayson 193.5 2. Rush City 174.5 3. Pine City 127.5 4. East Central 52.5 5. Ogilvie 46 6. Braham 38 7. Aitkin 26	
300 m Hurdles	1. Eric Skalicky 46.4 5th PB 2. Telby Madison 49.0 3. Derek Prokott 48.9		
800 m Run	1. Zain Hunter (68,64) 2:12.1 2nd PB ALL CONFERENCE HONORABLE MENTION 2. Bobby Noreen (70,78) 2:27.5 3. Matthew Scott (77,83) 2:40.2 PB		
200 m Dash	1. Jordan Pangerl 23.3 1st ***ALL CONFERENCE*** 2. Jordan Spahr 25.8 7th 3. Torrance Berg 28.5	4 x 400 m Relay	1. Jordan Pangerl 52.2 2. Zain Hunter 55.8 3. Paul Skalicky 55.8 4. Nick Cummings 52.2 ***ALL CONFERENCE*** 03:35.9 1st
3200 m Run	1. Jonah Spahr 12:00.5 (1:22, 1:28, 1:30, 1:33 (5:53) 1:34, 1:34, 1:33, 1:25)		

SUB-SECTION 18 TRACK MEET @ Foley
Tuesday, May 22, 2012
Pine City Girls' results
warm with gusty winds

4 x 800 m Relay	1. Kaylyn Utecht (76,88) 2:43.4 2. Katherine Cahill (78,86) 2:43.8 3. Megan Miesner (78,87) 2:45.6 4. Sherry Rike (80,80) 2:41.1 10:54.19 4th	Pole Vault	1. Katherine Cahill 6' 3"
		Long Jump	1. Melissa Farrand 12' 6" 2. Sondra Steele 12' 2.5" 3. Allison Gusk 14' 6" 8th PB
100 m Hurdles	1. Carissa Jahnz 18.02 4th ***qualifies for SECTIONS*** 2. Melissa Farrand 18.37 5th 3. Katie Hester 21.68	High Jump	1. Rachel Krautbauer 4' 3"
		Triple Jump	1. Melissa Farrand 30' 1.25" BTY
100 m Dash	1. Cassi Miesner 15.30 2. Rachel Krautbauer 16.29 3. Kelsey Fulweiler 16.19	Discus	1. Sarah Nisley 67' 5.75" 2. Katie Christensen 70' 11.75" 3. Sondra Steele 55' 7.5" PB
4 x 200 m Relay	1. Cassi Miesner 31.6 2. Morgan Richardson 30.9 3. Jordan Kotek 29.0 4. Kaylyn Utecht 30.0 2:01.21 7th	Shot Put	1. Sarah Nisley 23' 8.5" 2. Katie Christensen 22' 1" PB 3. Sondra Steele 19' 11.5"
1600 m Run	1. Megan Miesner 6:07.15 5th (1:19, 1:37, 1:44, 1:27) 2. Allison Gusk 6:05.95 3rd (1:20, 1:47, 1:34, 1:25) ***qualifies for SECTIONS*** 3. Jackie Westeren 6:51.57 (1:21, 1:49, 1:53, 1:48)	<u>TEAM RESULTS:</u>	
		1. Foley 138.25	
		2. Mora 132	
		3. Mille Lacs 102.5	
		4. Milaca 94	
		5. Rush City 69.25	
		6. Pine City 66	
		7. Braham 54	
		8. Ogilvie 44	
4 x 100 m Relay	1. Sondra Steele 15.3 2. Rachel Krautbauer 14.3 3. Kelsey Fulweiler 14.5 4. Jordan Kotek 13.8 58.41 7th		
400 m Dash	1. Kaylyn Utecht 69.10 8th 2. Morgan Richardson 69.20 3. Katie Klein 85.15 PB		
300 m Hurdles	1. Carissa Jahnz 50.28 3rd ***qualifies for SECTIONS*** 2. Melissa Farrand 54.22 7th 3. Katie Hester 57.76		
800 m Run	1. Sherry Rike (72,77) 2:29.73 2nd ***qualifies for SECTIONS*** 2. Katherine Cahill (77,85) 2:41.93 PB 3. Jordan Kotek (78,87) 2:44.42		
200 m Dash	1. Morgan Richardson 31.63 8th 2. Cassi Miesner 30.30 4th PB ***qualifies for SECTIONS*** 3. Rachel Krautbauer 34.12		
3200 m Run	1. Abby Cummins 12:39.81 3rd PB (1:25, 1:32, 1:36, 1:38 (6:11) 1:42, 1:40, 1:38, 1:28) ***qualifies for SECTIONS*** 2. Brenna Richardson 13:57.07 6th (1:29, 1:39, 1:43, 1:48 (6:39) 1:50, 1:51, 1:49, 1:47) 3. Jordan Vaudrin 14:19.86 (1:31, 1:43, 1:45, 1:46 (6:45) 1:52, 1:56, 1:58, 1:48)	4 x 400 m Relay	1. Carissa Jahnz 68.7 BTY 2. Megan Miesner 71.7 3. Allison Gusk 70.1 4. Sherry Rike 68.0 4:39.44 5th

We all have dreams.
In order to make dreams
become a reality,
it takes an
awful lot
of
determination,
dedication,
self-discipline
and
effort.

Jesse Owens

SECTION 5A TRACK MEET
 @ St. John's University
 Wednesday, May 30, 2012
 Results
 cool, mostly cloudy

TRACK EVENTS

100 m Hurdles	Carissa Jahnz	17.54	6th	PB
100 m Dash	Jordan Pangerl	11.32	2nd	PB
	qualifies for STATENEW SCHOOL RECORD***			
1600 m Run	Allison Gusk	5:58.05		PB
400 m Dash	Nick Cummings	52.52	5th	
300 m Hurdles	Carissa Jahnz	49.80	7th	
800 m Run	Sherry Rike (70.6, 76.1)	2:26.88	6th	
200 m Dash	Cassi Miesner	29.50		PB
200 m Dash	Jordan Pangerl	23.13	2nd	
	qualifies for STATE			
3200 m Run	Abby Cummins	12:33.27		PB
	(1:24, 1:32, 1:36, 1:36 (6:10) 1:40, 1:40, 1:39, 1:24)			
4 x 400 m Relay	1. Jordan Pangerl	52.7		
	2. Paul Skalicky	54.3		PB
	3. Zain Hunter	52.1		PB
	4. Nick Cummings	<u>51.2</u>		
		3:31.57	2nd	PB
	qualifies for STATE			

FIELD EVENTS

Triple Jump	1. Nick Cummings	42' 3.75"	1st
	qualifies for STATE		
	2. Eric Skalicky	36' 5"	
	3. Paul Skalicky		
Long Jump	1. Nick Cummings	19' .5"	
	2. Paul Skalicky	18' 8.75"	
POLE VAULT	1. Derek Prokott	11' 0"	

Boys' Team Results:

1. Foley	70
2. Annandale	68
3. Maple Lake	65.5
4. Litchfield	59
5. Eden Valley-W/Kimball	47
6. Rush City	46
7. Albany	45
8. St. Cloud Cathedral	44
9. Pine City	38
10. Mora	35
11. Pierz	26.5
12. New London-Spicer	26
13. Braham	18
13. Rockford	18
15. Royalton	17
16. Holdingford	12
16. Legacy Christian	12
18. Howard Lake-Waverly-Winsted	10
19. Lester Prairie Holy Trinity	9
20. St. John's Prep	8
21. Belgrade-Broten-Elrosa	7
22. Melrose	6
22. Spectrum	6
24. Ogilvie	4
25. Milaca	3
26. Paynesville	1

Girls' Team Results:

1. Annandale	93
2. Litchfield	71
3. Foley	56
4. Milaca	48.5
5. Mora	39.5
6. Paynesville	35.5
7. Holdingford	34
8. St. Cloud Cathedral	33.5
9. Albany	33
10. Melrose	30
11. Maple Lake	25.5
12. St. John's Prep	23
13. Atwater-Cosmos-Grove City	22
14. St. Cloud Christian	20
14. New London-Spicer	20
16. Rush City	19
17. Eden Valley-W/Kimball	17
18. Howard Lake-Waverly-Winsted	13
18. Royalton	13
20. Rockford	11
21. Braham	9
21. Upsala/Swanville	9
23. Pine City	8
24. Pierz	6.5
25. Spectrum	6
26. Belgrade-Broten-Elrosa	2
26. Mille Lacs	2
28. Ogilvie	1

Dream the
impossible,
do the
incredible.

Unknown

**STATE TRACK AND FIELD MEET @ Hamline University
Friday, Saturday, June 8, 9, 2012**

Friday, June 8

3:30 Triple Jump	Nick Cummings
3:59 100 m Dash prelims	Jordan Pangerl
6:02 200 m Dash prelims	Jordan Pangerl
7:03 4 x 400 m Relay	1. Jordan Pangerl 2. Paul Skalicky 3. Zain Hunter 4. Nick Cummings

Saturday, June 9

4:40 100 m Dash finals	Jordan Pangerl
6:35 200 m Dash finals	Jordan Pangerl
6:54 4 x 400 m Relay finals	1. Jordan Pangerl 2. Paul Skalicky 3. Zain Hunter

GIRLS' "BESTS" - 2012

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run	
Megan Miesner - 12	2007		14.6	32.1	70.5		6:25		
	2008		14.5	32.7	69.1	2:41.90- Sub			
						65.6sp - Sub	2:43.9 sp- PC		
	2009				66.2 sp - H/F	2:43.7 - Og	6:15.82 - Sub	13:59.0 - Tig	
	2010						2:39.9 - BL	5:47.6 - GRC	
						67.6 sp- GRC	2:41.7 sp - Fol		
	2011				65.4 - H/F	2:40.1 - RC	5:42.05 - Sub		
2012					67.1sp - H/F	2:39.4 sp- H/F			
						2:40.02 - Fol	5:51.9 - H/F		
					70.9sp - Og	2:40.2sp - GRC			
Katherine Cahill -11	2010				74.8 - BL				
	2011		14.8 sp -H/F	33.21p - Sub	72.8sp - H/F	2:57.1sp - Sub			
					74.6 - RC	2:57.5 - Og	6:19.7 - GRC		
	2012				75.3sp - Fol	2:50.0sp - H/F			
					2:41.93 -Sub				
Abby Cummins - 11	2010					3:00.3 - JV	6:23.9 - JV	13:29.01 - Sub	
	2012				80.9 sp- Fol	2:48.7sp - H/F			
						76.3sp = Fol	2:39.9sp - PC	6:16.9 - RC	12:33.27 - Sec
Carissa Jahnz - 11	2008		15.6		79.0				
	2009		13.8sp -ChLk			2:57.6sp-Ch Lk			
	2010								
					31.0 sp -H/F	66.6sp - H/F			
	2011					66.9 - Fol			
						66.3sp - RC			
2012			29.3sp - H/F		68.7sp - Sub				
Morgan Richardson	2008		16.9	37.1					
	2009								
	2010					2:58.4 - jv	6:30.82 - Sub	14:59.3 - BL	
						2:48.7 sp - Sub			
	2011				71.96 - Sub	3:12.6 - On	6:45.6 - H/F	15:17.95-ChL	
2012				30.4	69.1 - PC				
				30.1sp - On	70.0sp - H/F	2:48.6sp - H/F			
Sherry Rike - 11	2008			32.0		2:58			
	2009				72.8sp - PC	2:47.5sp - PC			
							5:46.00 -Sub	12:31.31 - Sec	
	2010					2:55.6 - Fol	5:40.8 - GRC	12:48.5 - PC	
2012				73.3 sp - Fol	2:35.5sp - PC				
					2:26.6 - GRC	5:48.1 - H/F	13:51.2 - On		
Melissa Farrand	2010								
	2011					01:15.7			
						71.8 - Og			
	2012				30.4sp - Fol	72.0 sp- RC			
					71.6 - Fol				
		14.0sp - H/F	32.9sp - RC						

GIRLS' "BESTS" - 2012

55 m hurdles	100 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
								6' 1" - Sub
								6' 1" - Sub
								6' 6" - RC
								5' 6" - JV
	20.1 jh					59' 5		
	18.32 - Sub	51.94 - Sub						
10.1 - Fol	18.16 - Sub	49.96 - Sub						
9.9 - Fol	17.3 - GRC	49.5 - GRC						
				6' 11.75"				
							19' 9.5" - Fol	
	19.4 - jh							26' .5"
10.9 - Fol	19.1 - GRC	54.1 - H/F	4' 6" - H/F		30' 4.5" - GRC			
10.5 - Fol	17.9 - GRC	53.8 - GRC	4' 4" - Fol	13' 11.75 - GRC	30' 1.25" - Sub			

GIRLS' "BESTS" - 2012

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Kaylyn Utecht - 9	2010			31.7	01:13.9			
	2011			30.4	70.09 - Sub	02:53.2		
						70.9sp- Sub	2:50.7sp - GRC	
	2012		14.6 - On	30.34 - Fol	68.7 - H/F	2:48.8 - PC		
				28.8sp - PC	69.8sp - Fol	2:44.7sp - GR		
Jackie Westernen - 9	2010				01:14.4			
	2011				01:28.0		06:36.0	
							2:50.0 - Tig	6:12.8 - GRC
	2012				74.5sp - H/F	2:52.8sp - Og		
Allison Gusk - 8	2011		15.4	31.9	72.7	3:06.1sp - Sub	06:47.2	14:27.1 - GRC
	2012		14.7	30.7	67.9sp - GRC	02:54.7	5:58.05 - Sec	
Jordan Kotek - 8	2011			31.3		02:51.5	6:10.8 - GRC	
	2012		14.3	31.0	76.5	2:43.8 - GRC	7:07	
				13.8sp - Sub	29.0sp - Sub			
Cassidy Stream - 8	2011		15.3	33.3	74.3			
	2012		16.1	34.1	77.4			
Jessica Brytowski-8	2012		17.5	37.5				
Savannah Larson	2012		15.3	31.8	74.0			
Gracie Lebrun - 8	2012		15.3	35.4		03:17.2		
Alyssa Bursott - 7	2012		15.7	34.7				
Breckan Pangerl - 7	2012		14.7	30.7	76.1	03:10.8		
Elsie Lundquist - 7	2012		14.1	29.5				
Melinda Rydberg - 7	2012		16.0	35.0	1:22	03:21.7		
Natalie Cahill - 7	2012			31.2	01:15.7			
Taylor Darlow - 7	2012		15.3	33.2	1:18			
4 x 100 m Relay - 8	1998	59.2						
	1999	59.9						
	2000	57.9						
	2002	57.7						
	2003	56.9						
	2004	59.1						
	2006	65.58						
	2008	57.8	Ashley,Holly, Megan, Jordin					
	2010	62.3						
	2012	65.2	Gusk, Brytowski, Larson, Kotek					
4 x 200 m Relay -8	1998	2:11						
	1999	2:22						
	2000	2:04.5						
4 x 200 m relay - 7	1998	2:16.0						
	1999	2:08.6						
	2001	2:08.2						
	2010	02:20.8						

GIRLS' "BESTS" - 2012

	55 m hurdles	100 m hurdles	300 m hurdles	high jump	long jump	triple jump	discus	shot put	pole vault
		20.5			10' 7"				
					14' 6" - Sub				
					12' 9"				
					13' 3"				
					11' 1"				
					10' 10"				
					7' 7.5"		18' 4"	18" 7"	
		21.9		4' 2"					
					9' 4.5"			19' 10"	
							66' 8"	28' 7"	
		20.5		4' 2"					
		18.4	34.6 (200's)	4' 2"					
					10' 10.25"				
		20.0			12' 1.5"				
					10' 8"				
4 x 100 m Relay - 7	1998	60.2							
	1999	59.6							
	2001	9:36							
	2002	60.8							
	2003	61.8							
	2006	58.6	Larson, Staples, Harper, Ostler						
	2008	60.8	Jahnz, Granger, Rike, Valvoda						
	2012	59.6	Cahill, Pangerl, Rydberg, Lundquist						
	4 x 200 m Relay -7/8	2012	2:14	Larson, Rydberg, Stream, Kotek					
	4 x 100 m Relay-7/8	2012	57.6	Larson, Gusk, Pangerl, Lundquist					

BOYS' "BESTS" - 2012

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Nick Cummings -12	2007		13.6	27.7	62.0			
	2008		13.6	26.1	57.2	2:15		
	2009			24.7 - Tig		2:15.7 - RC		
				24.8sp - Og	53.8sp - H/F	2:13.1 sp- H/F		
	2010							
	2011		11.7 - H/F		52.80 - ChL			
2012		11.3sp- Sec	23.0sp - PC	51.7sp - Sec				
			23.3 - PC	51.09 - Sub	2:09.50 - Fol			
			23.5sp - Og	51.1sp - Sub	2:12.0sp - RC			
Rico Horton - 12	2011				65.3 - Fol	2:31.3 - RC	5:36.8 - H/F	
						2:33.1sp - Og		
	2012						5:26.6 - RC	12:05.7 - PC
Bobby Noreen - 12	2010		13.6 - JV	28.5 - Mo	65.4 - Mo	2:31.8 - BL		
			12.5sp - Mo			2:29.5sp - H/F		
	2011					2:28.2 - H/F	5:27.91 - Sub	12:58.1 - On
	2012		11.4sp - Pg	28.9sp - Fol		2:25.2sp -PC		
Jordan Pangerl -12	2007		14.3	30.4	68.0			
	2008		12.7	25.9	63.9			
	2009			24.7 - Tig				
				23.9sp - Og	56.31 - Sub			
	2010	6.7 - Fol			53.7 - BL			
				22.0sp - Sec	52.9sp - Sub			
	2011	6.4 - Fol	11.4 - RC	22.8 - H/F	53.61 - ChL			
2012		10.6sp -H/F	21.9sp- Sub	52.2sp - H/F				
		11.32 - Sec	22.7 - PC					
			23.4sp - RC	52.1sp - Sub				
Derek Prokott - 12	2007		14.4	30.1				
	2008		13.1	27.1				
	2009		13.2	25.6 - Og				
				24.6sp - Og				
	2010		11.8 - RC	26.8 - Mo				
			11.3sp - PC	24.9sp - H/F				
	2011		12.7 - On	27.0 - Fol				
2012		12.5sp - PC	24.4sp Og					
			11.6sp- Sub	24.0sp - Fol				
Eric Skalicky - 12	2007					3:08		
	2008		13.2	27.1				
	2009			27.9 - Og	62.4 - Og			
	2010		11.2sp - Sub		66.4 sp - Fol			
	2011		12.2sp - PC	26.5sp - H/F	66.7 - Fol			
	2012							

BOYS' "BESTS" - 2012

55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
				15' 2.5"				
				17' 5.5"				
				16' 7" - Og				6' 6" - Og
				22' 4.5" - ChL				
				20' 4.5" -Sub	43' 5.5" - Sub			
						87' - GRC	31' 5" - Fol	
						77' 5" - Og	30' 5" - Og	
				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	
						92' 5" - Og	33' 4" - Og	
				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
		46.75- Sub		16' 11.75" - Og				11' 5" - Sub
		19.1					25' 2"	
		19.1						
				14' 7.25"-Sub	36' 9.25" - Sub			
				17'5.25"-H/F	37' 1" - Sub			
				49.91 Sub	16' 8.75"-PC	38' 9.5" - Sub		35' 2.75" - Fol
	19.14 - GR	46.4 - GRC			39' 5.5" - Sub			31' 6.5" - GRC

BOYS' "BESTS" - 2012

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Torrance Berg - 11	2010		13.3 - Og					
			12.5sp -BL	27.7sp - H/F		2:19.9 sp - Sec		
	2011		13.35 - Sub		63.2 - On	2:22.2 - PC		
			12.4sp - RC	26.9sp - H/F		2:28.4sp - ChL		
2012		13.2 - On	28.5 - GRC	63.72 - Sub	2:31.6 - PC			
			14.4sp - On					
Joe Favorito - 11	2010		13.4 - BL	28.0 - PC				
			12.8sp - Fol	30.8 sp - Og				
	2012		12.6 - RC					
			11.5sp - H/F	25.5sp - On				
Zain Hunter- 11	2008		14.8	31.0	64.9	2:33		
	2009							
	2010			26.5 - jv	57.79 - Sub			
				27.6sp - H/F	59.7 sp - BL	2:16.8 sp - Sec		
	2012		13.2sp - In			2:10.22 - Sub	5:06.1 - GR	
				52.1sp - Sec	2:11.6sp - GRC			
Telby Madison - 11	2012			27.1 - Og	68.2 - In			
			12.4sp - Og					
Jordan Rarick - 11	2010			28.1 - jv	63.1sp - Fol	2:16.9 sp - Sec	5:13.5 - jv	11:35.0 - GRC
	2011				58.6 - H/F	2:23.9 -)n		11:16.7 - PC
						2:12.7sp - Sub		
	2012					2:17.53 - Fol	5:07.36 - Sub	
				57.9sp - Og	2:11.4sp - GRC			
Nolan Montague -10	2010		14.6	30.6				
	2011		12.8 - PCjv	26.5 - PCjv	66.9 - H/F	2:45.2 - GRC	7:00.0 - RC	
	2012		12.5sp - On	27.15 - Fol	57.9 - GRC	2:26.3sp - GR	2:34.2 - PC	
Anthony Olson - 10	2010		14.4		66.1	02:59.3		
	2011		13.1 - RC	27.9 - GRC	64.4 - H/F	2:37.3 - RC		
	2012			30.6 - In	62.2 - Og			
Garrett Shelton -10	2012				2:44.7 - PCjv	6:46.5 - Og	14:34.0 - Fol	
					2:57.1sp - In			
Paul Skalicky - 10	2010	7.3 - Fol	14.3					
	2011			25.19 - Sub	58.43 - Sub			
			11.2sp - On	25.0sp - H/F				
	2012				56.3 - GRC			
			10.7sp - In	24.2sp - GR	54.3sp - Sec			
Jordan Spahr - 10	2010	7.5 - Fol	13.6					
	2011		13.3sp - Fol					
	2012		12.3 - PC	25.3 - PC	59.7 - Tig			
Connor Clark - 9	2010		13.1	27.8				
	2011		12.3	26.96 - Sub				
		2012	7.2 - In	12.4 - Og		64.1 - H/F		
				11.3sp - H/F	24.4sp - GR			

BOYS' "BESTS" - 2012

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
							23' 11" - Fol	
				14' 11.5" - H/F				7' 0" - JV
						93' 4" - Fol	32' 0" - On	
				13' 7.25"		36' 0"		
				16' .75" - PC				9' 6" - H/F
	18.6 - GRC	47.82 - Sub						
				13' 11.25" - Fol				9' 0" - GRC
				14' 11.25" - Fol	33' 7.25" - On			9' 11" - Sub
			5' 2" - GRC		34' 11" - PC			8' 0" - Og
				14' 5"				
				17' 6" - Fol				
	18.4			14' 3.75"				
				18' 4.75" - Su	37' 4" - GRC			
				19' 8" - Sub	39' 3.25" - Sub			
						54' 1"	35' 6"	
				14' 9"				
				14' 1"				

“Ninety-eight percent of success is in the head and the heart”

Cathy Ferguson, Olympic swimming

BOYS' "BESTS" - 2012

4 x 100 m Relay -7	1998	54.5						
	2000	58						
	2001	59.6						
	2003	59.4						
	2004	57.3						
	2005	55.6						
	2006	58.4	Kehn, Clune, Steele, Seals					
	2008	63.0						
	2010	58.3						
	2012	59.1	Neid-Hinrichs, Shermer, Stolp, Pulkrabek					
4 x 200 m Relay -7	2000	02:01.3						
	2001	02:09.6						
	2007	02:00.5						
4 x 100 m Relay -7/8	2012	52.64	Pulkrabek, Linnell, Skalicky, Hunter					
4 x 200 m Relay-7/8	2012	1:51	Pulkrabek, Linnell, Skalicky, Hunter					

You have to have confidence in your ability, and then be tough enough to follow through.

Rosalynn Carter

GIRLS' RELAY HISTORY-2012

	RRC INDOOR	OGILVIE	RUSH CITY	ONAMIA	FOLEY	CHENGWATANA	HINCKLEY	TRUE TEAM	GRC	SUB-SECTION
4 x 100 M RELAY	R. Krautbauer	S. Steele	S. Steele	S. Steele	S. Steele	S. Steele	C. Miesner	S. Steele	S. Steele	S. Steele
52.79	K. Klein	C. Christian	B. Hurtado	B. Hurtado	B. Hurtado	B. Hurtado	M. Farrand	K. Hester	B. Hurtado	R. Krautbauer
	C. Christian	G. Yoon	G. Yoon	K. Fulweiler	K. Fulweiler	K. Fulweiler	K. Hester	B. Richardson	K. Fulweiler	K. Fulweiler
	K. Fulweiler	K. Fulweiler	K. Fulweiler	R. Krautbauer	R. Krautbauer	R. Krautbauer	K. Fulweiler	R. Krautbauer	J. Kotek	J. Kotek
	65.8	65.5	63.8	60.9	61.24	61.5	57.9	60.33	59.2	58.41
4 x 200 M RELAY	C. Jahnz	R. Krautbauer	C. Miesner	C. Miesner	C. Miesner	C. Miesner	C. Miesner	C. Miesner	C. Miesner	C. Miesner
(1:50.17)	K. Klein	M. Richardson	A. Yerke	A. Yerke	A. Yerke	A. Yerke	B. Richardson	K. Hester	J. Kotek	M. Richardson
	B. Hurtado	C. Miesner	M. Farrand	M. Richardson	M. Richardson	M. Richardson	S. Steele	M. Richardson	M. Richardson	J. Kotek
	K. Utecht	K. Utecht	K. Utecht	S. Rike	R. Krautbauer	K. Utecht	R. Krautbauer	R. Krautbauer	R. Krautbauer	K. Utecht
	02:17.0	02:05.9	02:05.7	01:59.7	02:06.4	02:01.5	02:05.0	2:03.15	02:02.6	2:01.21
4 x 400 M RELAY	C. Jahnz	M. Miesner	M. Miesner	K. Utecht	M. Miesner	M. Miesner	M. Miesner	K. Utecht	K. Utecht	C. Jahnz
(4:16.81)	A. Cummins	K. Cahill	K. Cahill	M. Richardson	C. Jahnz	M. Richardson	J. Westeren	C. Jahnz	C. Jahnz	M. Miesner
	S. Rike	C. Jahnz	C. Jahnz	M. Miesner	K. Utecht	C. Jahnz	M. Richardson	M. Miesner	A. Gusk	A. Gusk
	K. Utecht	K. Utecht	K. Utecht	C. Jahnz	S. Rike	S. Rike	K. Utecht	S. Rike	S. Rike	S. Rike
	04:49.3	04:58.7	04:54.4	04:43.8	4:38.41	04:36.9	04:47.6	4:47.69	04:37.1	4:39.44
4 X 800 M RELAY		J. Westeren	J. Westeren	M. Miesner	M. Miesner	A. Cummins	M. Miesner	K. Utecht	K. Utecht	K. Utecht
(10:27.01)		K. Cahill	B. Richardson	K. Cahill	K. Utecht	K. Cahill	K. Cahill	K. Cahill	K. Cahill	K. Cahill
		A. Cummins	M. Richardson	J. Westeren	A. Cummins	M. Miesner	M. Richardson	M. Miesner	M. Miesner	M. Miesner
		M. Miesner	K. Cahill	S. Rike	S. Rike	S. Rike	S. Rike	S. Rike	S. Rike	S. Rike
		11:29.3	11:53.4	11:04.0	11:10.54	10:38.6	10:53.2	10:50.57	10:41.3	10:54.19

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X100 M RELAY	K. Meyer	A. Bernard	C. Koppen	K. Meyer		R. Overson	C. Koppen	A. Bernard	M. Bellinger	A. Nelson
	A. Peil	A. Nelson	S. Weichman	A. Mettling		J. Wirth	S. Weichman	A. Nelson	A. Nelson	B. Grinde
	M. Sloan	K. Johnson	M Odegard	L. Ballis		K. Johnson	M. Odegard	K. Johnson	B. Grinde	K. Johnson
	T. Kazek	J. Wirth	S. Misel	K. Ovik		A. Mettling	S. Misel	J. Wirth	J. Wirth	J. Wirth
	52.79 98	53.03 03	53.05 93	53.23 99	53.41 91	53.71 01	53.86 94	53.94 02	54.1 04	54.20 03
4 x 200 M RELAY	M. Bellinger	k. Nelson	H. Staples	H. Staples	M. Bellinger	A. Nelson	S. Misel	C. Koppen	K. Meyer	M. Bellinger
	K. Perell	K. Lindstrom	B. Clementson	B. Clementson	K. Perell	B. Grinde	C. Koppen	S. Weichman	A. Miller	K. Hughes
	E. Branzovsky	L. Lindstrom	E. Larson	K. Hughes	E. Branzovsky	K. Johnson	S. Weichman	M. Odegard	M. Sloan	B. Clementson
	B. Osterdyk	L. Hagen	E. Branzovsky	E. Branzovsky	B. Osterdyk	J. Wirth	R. Schimming	S. Misel	T. Kazek	E. Branzovsky
	1:50.17 -06	1:50.8 83	1:51.9 08	1:52.28 08	1:53.55 -05	1:53.86 03	1:54.12 92	1:54.31 93	1:54.8 98	1:55.40 - 07
4 x400 M RELAY	M. Johnson	M. Johnson	J. Fore	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	A. Cummins	M. Anderson	K. Utecht	M. Anderson	K. Connaker	K. Connaker
	D. Dickey	M. Anderson	M. Anderson	L. Filler	K. Cahill	H. Larsen	K. Cahill	J. Gregoire	L. Mettling	B. Haavisto
	E. Branzovsky	L. Mettling	L. Mettling	M. Anderson	M. Miesner	R. Craighead	M. Miesner	R. Craighead	M. Anderson	M. Sloan
	M. Johnson	L. Filler	K. Connaker	L. Mettling	S. Rike	M. Johnson	S. Rike	M. Johnson	L. Filler	L. Filler
	10:27.01 03	10:35.51-99	10:36.61 01	10:38.3 00	10:38.6 12	10:39.81 02	10:41.3 12	10:41.5 02	10:45.09 -00	10:46.0 98
800 MEDLEY	K. Meyer	T. Kazek	M. Bellinger	K. Meyer	H. Staples	A. Bernard	A. Gardner	B. Johnson	K. Meyer	B. Jewell
100, 100, 200, 400	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	H. Staples	A. Nelson	K. Perell	A. Nelson	K. Meyer	A. Peil	T. Kazek	C. Milligan	A. Filler	M. Misel
200, 200, 400, 800	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	K. Harper	A. Wiedemann	J. Johnson	A. Olson	H. Larsen	L. Mettling	C. Mosher	C. Milligan	R. Craighead	N. Chouanard
800, 400, 1200, 1600	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	Sherry Rike 2:26.84-12	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
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	S. Rike 5:48.1 12	L. Schwartz 5:49.7 91	M. Miesner 5:51.9 12	Jenna Fore 5:52.6 04	Heidi Larsen 5:57.4 99
3200 M RUN	Sherry Rike 12:31.31 09	A. Cummins 12:33.27 12	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	B.Richardson 13:22.9 12	J. Gregoire 13:24.32 03
100 M HURDLES	C. Hersbergen 16.54 94	Cassie Filler 17.1 03	C. Jahnz 17.3 12	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	M. Farrand 17.9 12
300 M HURDLES	Cassie Filler 49.23 03	C. Jahnz 49.5 12	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 Fller 52.4 98
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" - 11	Lisa Drexler 15' 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
	43.70 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
	1:31.39 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. Pangerl	J. Hansen	M. Hansmann	D. Braatz	J. Hansen	S. Peterson	A. Olson	J. Carlson	J. Pangerl
	A. Wirth	P. Skalicky	N. Johnson	T. Clark	J. Pangerl	A. Wirth	D. Hansen	T. Clark	J. Skalicky	T. Clark
	M. Johnson	Z. Hunter	JR Anderson	N. Cummings	M. Schmidt	T. Schwarz	C. Lutz	N. Cummings	N. Cummings	M. Schmidt
	Paul Johnson	N. Cummings	M. Johnson	J. Pangerl	E. Osterdyk	J. Oare	J. Clementson	J. Pangerl	J. Carter	E. Osterdyk
	3:28.39 -99	3:31.57 12	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
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	J.Guttormson	N. Cummings	Pt Johnson	A. Wirth	D. Hansen
	J. Oare	J. Clementson	R. Hammill	JR Anderson	JR Anderson	Tyler Clark	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. Guttormson	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	J. Pangerl 11.32 12	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
200 M DASH	Pl Johnson 22.80 99	J. Pangerl 22.7 12	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
400 M DASH	N. Cummings 51.09 12	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
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	N. Cummings 20' 4.5" 12	L. Williams 20' 1.75" -01	J. Kruse 19' 11.5" 04	J. Carter 19' 10.5" 09	J. Kruse 19' 9" 06	P. Skalicky 19' 8" 12	J. Carter 19' 6.5" 08	L. Williams 19' 6" 00	Chris Olson 19' 5" 91
TRIPLE JUMP	N. Cummings 43' 5.5" 12	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	E. Skalicky 3'9 5.5 -12	J. Oare 39' 4" 01	P. Skalicky 39'3.25"-12	Ja. Clementson 38' 11" 02
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' 5" 12	D. Prokott 11' 3" 10	P. Stephan 11' 0" 97	N. Thieman 11' 0" 98

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	2:26.84	Sherry Rike	2012
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	11.32	Jordan Pangerl	2012
	11.1 (HH)	Chris Olson	1991
200 m Dash	22.80	Paul C. Johnson	1999
	22.6 (HH)	Chris Harrison	1979
400 m Dash	51.09	Nick Cummings	2012
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	Jordan Kruse	2006
	15.8 (HH)	Tom Nelson	1980
300 m Hurdles	42.17	Jordan Kruse	2006
4 x 100 m Relay	43.70	Mike Hansmann, Jordan Pangerl, Nick Cummings, Adam Olson	2011
4 x 200 m Relay	1:31.39	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	43' 5.5"	Nick Cummings	2012
Pole Vault	13' 8.5"	Chuck Novak	1972
Shot Put	52' 11.25"	Mike Rydberg	2002
Discus	157' 5.5"	Mike Rydberg	2002

*Don't be pushed
by your
problems.*

*Be led by
your dreams.*

Unknown

2012 Dragon Track and Field Awards

Track and Field - MVP	Carissa Jahnz	Nick Cummings Jordan Pangerl
Dragon “3’D” Award (Dedication, Determination, Drive)	Sherry Rike Abby Cummins	Rico Horton
Most Improved Award	Kaylyn Utecht Katherine Cahill	Paul Skalicky
Rookie of the Year	Cassie Miesner	Tristan Zybtovsky
Perseverance Award	Megan Miesner Jordan Pangerl Nick Cummings	Eric Skalicky Derek Prokott
Work Horse Award	Morgan Richardson	Zain Hunter Jordan Rarick

New School Records:

Triple Jump	Nick Cummings	43’ 5.5”
100 m Dash	Jordan Pangerl	11.32
400 m Dash	Nick Cummings	51.09
800 m Run	Sherry Rike	2:26.84

Ability is what you're
capable of doing.

Motivation determines
what you do.

Attitude determines how
well you do it.

Lou Holtz

All-Conference Awards:

Megan Miesner	4 x 800 m Relay
Kaylyn Utecht	4 x 800 m Relay
Katherine Cahill	4 x 800 m Relay
Sherry Rike	4 x 800 m Relay, 800 m Run
Derek Prokott	4 x 200 m Relay
Tristan Zybtofsky	4 x 200 m Relay
Connor Clark	4 x 200 m Relay
Paul Skalicky	4 x 200 m Relay, 4 x 400 m Relay
Jordan Pangerl	4 x 400 m Relay, 200 m Dash
Nick Cummings	4 x 400 m Relay, Triple jump
Zain Hunter	4 x 400 m Relay

All-Conference Honorable Mention

Carissa Jahnz	100 m Hurdles, 300 m Hurdles
Jordan Rarick	4 x 800 m Relay
Rico Horton	4 x 800 m Relay
Bobby Noreen	4 x 800 m Relay
Zain Hunter	4 x 800 m Relay, 800 m Run
Nick Cummings	Long Jump
Tristan Zybtofsky	4 x 100 m Relay
Connor Clark	4 x 100 m Relay
Joe Favorito	4 x 100 m Relay
Sam Roberto	4 x 100 m Relay

2012 Letter Winners:

Jordan Pangerl

Eric Skalicky

Jordan Rarick

Paul Skalicky

Sherry Rike

Abby Cummins

Rachel Krautbauer

Derek Prokott

Nick Cummings

Katherine Cahill

Melissa Farrand

Kaylyn Utecht

Tristan Zybtofsky

Connor Clark

Allison Gusk

Megan Miesner

Carissa Jahnz

Bobby Noreen

Zain Hunter

Rico Horton

Morgan Richardson

Cassi Miesner

The answer to the big questions in running is the same as the answer to the big questions in life:

Do the best with what you've got.

Dr. George Sheehan

GIRLS' "BESTS" - 2012

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Megan Miesner - 12	2007		14.6	32.1	70.5		6:25	
	2008		14.5	32.7	69.1	2:41.90 - Sub		
					65.6sp - Sub	2:43.9 sp- PC		
	2009				66.2 sp - H/F	2:43.7 - Og	6:15.82 - Sub	13:59.0 - Tig
	2010					2:39.9 - BL	5:47.6 - GRC	
					67.6 sp- GRC	2:41.7 sp - Fol		
	2011				65.4 - H/F	2:40.1 - RC	5:42.05 - Sub	
Katherine Cahill - 11	2010				74.8 - BL			
	2011		14.8 sp -H/F	33.21p - Sub	72.8sp - H/F	2:57.1sp - Sub		
					74.6 - RC	2:57.5 - Og	6:19.7 - GRC	
	2012				75.3sp - Fol	2:50.0sp - H/F		
Abby Cummins - 11	2010					3:00.3 - JV	6:23.9 - JV	13:29.01 - Sub
	2012				80.9 sp- Fol	2:48.7sp - H/F		
					76.3sp = Fol	2:39.9sp - PC	6:16.9 - RC	12:33.27 - Sec
Carissa Jahnz - 11	2008		15.6		79.0			
	2009		13.8sp -ChLk			2:57.6sp-Ch Lk		
	2010							
	2011			31.0 sp -H/F	66.6sp - H/F			
	2012			29.3sp - H/F	66.9 - Fol	66.3sp - RC		
Morgan Richardson	2008		16.9	37.1				
	2009							
	2010					2:58.4 - jv	6:30.82 - Sub	14:59.3 - BL
						2:48.7 sp - Sub		
	2011				71.96 - Sub	3:12.6 - On	6:45.6 - H/F	15:17.95-ChL
	2012			30.4	69.1 - PC			
Sherry Rike - 11	2008			32.0		2:58		
					72.8sp - PC	2:47.5sp - PC		
	2009						5:46.00 -Sub	12:31.31 - Sec
	2010					2:55.6 - Fol	5:40.8 - GRC	12:48.5 - PC
	2012				73.3 sp - Fol	2:35.5sp - PC		
Melissa Farrand	2010							
	2011							
	2012			30.4sp - Fol	72.0 sp- RC			
		14.0sp - H/F	32.9sp - RC		71.6 - Fol			

GIRLS' "BESTS" - 2012

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Kelsey Fulweiler-	2012	8.3 - Fol	15.1 - GRC 15.2sp -On	32.4 - On				
Brenda Hurtado-10	2012		15.7 - RC 14.8sp - Fol	32.3 - PC 34.7sp - Fol	96.8 - RC			
Katie Klein-10	2012		18.4 - On 16.5sp - jv?h	39.5 - RC 40.4sp - Fol	85.15 - Sub	3:25.8 - H/F		
Rachel Krautbauer	2010		15.3					
	2011	8.5 - Fol	15.2 - Og 14.6sp - Fol	32.3 - RC 31.5sp - RC				
	2012	8.5 - Fol	15.02 - Fol 12.7sp - Fol	31.4 - PC 33.1sp - Fol	78.1 - Fol			
Sarah Nisley - 10	2010							
	2011							
	2012							
Brenna Richardson	2010					3:22	7:25	
	2012		15.0sp - GR	32.1sp - H/F	75.9 - H/F	3:04.5 - Og 3:02.7sp - RC	6:27.9 - PCjv	13:22.9 - GRC
Sondra Steele - 10	2010		16.5		01:22.6			
	2011		15.5 - RC 15.3sp - On	32.7 - H/F 33.3sp - Og				
	2012		15.2sp - Tig	32.0sp - H/F				
Jordan Vaudrin-10	2010					03:23.5	07:12.3	
	2011					3:19.1 - On 3:20.2sp - RC	7:08.2 - H/F	15:06.46 - Sub
	2012					3:07.1 - PCjv	6:33.5 - PCjv	13:56.8 - PC
Amie Yerke - 10	2010		14.8					
	2011		14.6 - Og 14.5sp - Og	31.6 - RC 29.0 sp- Sub	72.8 - H/F	3:23.2sp - Og		
	2012			29.1sp - On				
Grace Yoon - 10	2012	9.5 - Fol	17.3 - PC 16.9sp - RC	38.6 - Fol				
Colleen Christian - 9	2011			34.1			07:29.2	
	2012		17.5sp - Fol			3:10.0 - Og		
Katie Christensen	2012							
Katie Hester - 9	2012		13.5sp - GR	29.5sp - GR	69.4 - PCjv			
Cassi Miesner - 9	2010			32.8				
	2011		15.0	31.4		2:55.0 - Sub		
	2012		14.4 - GRC 14.3sp - H/F	29.50 - Sec 30.8sp - GR	73.5 - Tig			

GIRLS' "BESTS" - 2012

55 m hurdles	100 m hurdles	300 m hurdles	high jump	long jump	triple jump	discus	shot put	pole vault
			4' 2"					
			4' 7" - Sub					5' 6" - PC
			4' 6" - Og					
						53' 11"	24' 8"	
						69' 11" - Sub	23' 0" - Sub	
						77' 9" - GRC	25' 10" - PC	
		8' 3.5"						
				11' .5"				
				13' 4.75" - Sub	24' 8.5" - On			
				12' 3.75" - Fol	23' 10" - Fol	55' 7.5" - Sub	20' 10.5" - H/F	
			4' 0"					
			4' 6" - On		30' 8.5" - GRC			
			4' 3" - Og	13' 6.5" - On	29' 6.5" - Fol			
						42' 1"		
	25.0 - jv/H	69.2 - PC		9' 11" - In			21' 6" - jv/H	
						74' 2" - On	22' 1" - Sub	
12.6 - Fol	20.6 - H/F	56.2 - H/F		12' 1.75" - H/F				
				10' 10"				
							25' 7"	

GIRLS' "BESTS" - 2012

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Kaylyn Utecht - 9	2010			31.7	01:13.9			
	2011			30.4	70.09 - Sub	02:53.2		
						70.9sp- Sub	2:50.7sp - GRC	
	2012		14.6 - On	30.34 - Fol	68.7 - H/F	2:48.8 - PC		
				28.8sp - PC	69.8sp - Fol	2:44.7sp - GR		
Jackie Westernen - 9	2010				01:14.4			
	2011				01:28.0		06:36.0	
	2012					2:50.0 - Tig	6:12.8 - GRC	
						74.5sp - H/F	2:52.8sp - Og	
Allison Gusk - 8	2011		15.4	31.9	72.7	3:06.1sp - Sub	06:47.2	14:27.1 - GRC
	2012		14.7	30.7	67.9sp - GRC	02:54.7	5:58.05 - Sec	
Jordan Kotek - 8	2011			31.3		02:51.5	6:10.8 - GRC	
	2012		14.3	31.0	76.5	2:43.8 - GRC	7:07	
			13.8sp - Sub	29.0sp - Sub				
Cassidy Stream - 8	2011		15.3	33.3	74.3			
	2012		16.1	34.1	77.4			
Jessica Brytowski-8	2012		17.5	37.5				
Savannah Larson	2012		15.3	31.8	74.0			
Gracie Lebrun - 8	2012		15.3	35.4		03:17.2		
Alyssa Bursott - 7	2012		15.7	34.7				
Breckan Pangerl - 7	2012		14.7	30.7	76.1	03:10.8		
Elsie Lundquist - 7	2012		14.1	29.5				
Melinda Rydberg - 7	2012		16.0	35.0	1:22	03:21.7		
Natalie Cahill - 7	2012			31.2	01:15.7			
Taylor Darlow - 7	2012		15.3	33.2	1:18			
4 x 100 m Relay - 8	1998	59.2						
	1999	59.9						
	2000	57.9						
	2002	57.7						
	2003	56.9						
	2004	59.1						
	2006	65.58						
	2008	57.8	Ashley,Holly, Megan, Jordin					
	2010	62.3						
	2012	65.2	Gusk, Brytowski, Larson, Kotek					
4 x 200 m Relay -8	1998	2:11						
	1999	2:22						
	2000	2:04.5						
4 x 200 m relay - 7	1998	2:16.0						
	1999	2:08.6						
	2001	2:08.2						
	2010	02:20.8						

GIRLS' "BESTS" - 2012

55 m hurdles	100 m hurdles	300 m hurdles	high jump	long jump	triple jump	discus	shot put	pole vault
	20.5			10' 7"				
				14' 6" - Sub				
				12' 9"				
				13' 3"				
				11' 1"				
				10' 10"				
				7' 7.5"		18' 4"	18" 7"	
	21.9		4' 2"					
				9' 4.5"			19' 10"	
						66' 8"	28' 7"	
	20.5		4' 2"					
	18.4	34.6 (200's)	4' 2"					
				10' 10.25"				
	20.0			12' 1.5"				
				10' 8"				
4 x 100 m Relay - 7	1998	60.2						
	1999	59.6						
	2001	9:36						
	2002	60.8						
	2003	61.8						
	2006	58.6	Larson, Staples, Harper, Ostler					
	2008	60.8	Jahnz, Granger, Rike, Valvoda					
	2012	59.6	Cahill, Pangerl, Rydberg, Lundquist					
4 x 200 m Relay -7/8	2012	2:14	Larson, Rydberg, Stream, Kotek					
4 x 100 m Relay-7/8	2012	57.6	Larson, Gusk, Pangerl, Lundquist					

BOYS' "BESTS" - 2012

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Nick Cummings -12	2007		13.6	27.7	62.0			
	2008		13.6	26.1	57.2	2:15		
	2009			24.7 - Tig		2:15.7 - RC		
				24.8sp - Og	53.8sp - H/F	2:13.1 sp- H/F		
	2010							
	2011		11.7 - H/F		52.80 - ChL			
			11.3sp- Sec	23.0sp - PC	51.7sp - Sec			
2012			23.3 - PC	51.09 - Sub	2:09.50 - Fol			
			23.5sp - Og	51.1sp - Sub	2:12.0sp - RC			
Rico Horton - 12	2011				65.3 - Fol	2:31.3 - RC	5:36.8 - H/F	
						2:33.1sp - Og		
	2012						5:26.6 - RC	12:05.7 - PC
						2:21.7sp - Og		
Bobby Noreen - 12	2010		13.6 - JV	28.5 - Mo	65.4 - Mo	2:31.8 - BL		
			12.5sp - Mo			2:29.5sp - H/F		
	2011					2:28.2 - H/F	5:27.91 - Sub	12:58.1 - On
			11.4sp - Pg	28.9sp - Fol		2:25.2sp - PC		
2012					61.2 - Tig	2:19.80 - Sub	5:25.5 - H/F	
						2:21.0sp - GRC		
Jordan Pangerl -12	2007		14.3	30.4	68.0			
	2008		12.7	25.9	63.9			
	2009			24.7 - Tig				
				23.9sp - Og	56.31 - Sub			
	2010	6.7 - Fol			53.7 - BL			
				22.0sp - Sec	52.9sp - Sub			
	2011	6.4 - Fol	11.4 - RC	22.8 - H/F	53.61 - ChL			
			10.6sp -H/F	21.9sp- Sub	52.2sp - H/F			
2012		11.32 - Sec	22.7 - PC					
			23.4sp - RC	52.1sp - Sub				
Derek Prokott - 12	2007		14.4	30.1				
	2008		13.1	27.1				
	2009		13.2	25.6 - Og				
				24.6sp - Og				
	2010		11.8 - RC	26.8 - Mo				
			11.3sp - PC	24.9sp - H/F				
	2011		12.7 - On	27.0 - Fol				
			12.5sp - PC	24.4sp Og				
2012								
		11.6sp- Sub	24.0sp - Fol					
Eric Skalicky - 12	2007					3:08		
	2008		13.2	27.1				
	2009			27.9 - Og	62.4 - Og			
	2010		11.2sp - Sub		66.4 sp - Fol			
	2011		12.2sp - PC	26.5sp - H/F	66.7 - Fol			
	2012							

BOYS' "BESTS" - 2012

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Torrance Berg - 11	2010		13.3 - Og					
			12.5sp -BL	27.7sp - H/F		2:19.9 sp - Sec		
	2011		13.35 - Sub		63.2 - On	2:22.2 - PC		
			12.4sp - RC	26.9sp - H/F		2:28.4sp - ChL		
	2012		13.2 - On	28.5 - GRC	63.72 - Sub	2:31.6 - PC		
			14.4sp - On					
Joe Favorito - 11	2010		13.4 - BL	28.0 - PC				
			12.8sp - Fol	30.8 sp - Og				
	2012		12.6 - RC					
			11.5sp - H/F	25.5sp - On				
Zain Hunter- 11	2008		14.8	31.0	64.9	2:33		
	2009							
	2010			26.5 - jv	57.79 - Sub			
				27.6sp - H/F	59.7 sp - BL	2:16.8 sp - Sec		
	2012		13.2sp - In			2:10.22 - Sub	5:06.1 - GR	
				52.1sp - Sec	2:11.6sp - GRC			
Telby Madison - 11	2012			27.1 - Og	68.2 - In			
			12.4sp - Og					
Jordan Rarick - 11	2010			28.1 - jv	63.1sp - Fol	2:16.9 sp - Sec	5:13.5 - jv	11:35.0 - GRC
	2011				58.6 - H/F	2:23.9 -)n		11:16.7 - PC
						2:12.7sp - Sub		
	2012					2:17.53 - Fol	5:07.36 - Sub	
				57.9sp - Og	2:11.4sp - GRC			
Nolan Montague -10	2010		14.6	30.6				
	2011		12.8 - PCjv	26.5 - PCjv	66.9 - H/F	2:45.2 - GRC	7:00.0 - RC	
	2012		12.5sp - On	27.15 - Fol	57.9 - GRC	2:26.3sp - GR	2:34.2 - PC	
Anthony Olson - 10	2010		14.4		66.1	02:59.3		
	2011		13.1 - RC	27.9 - GRC	64.4 - H/F	2:37.3 - RC		
	2012			30.6 - In	62.2 - Og			
Garrett Shelton -10	2012				2:44.7 - PCjv	6:46.5 - Og	14:34.0 - Fol	
					2:57.1sp - In			
Paul Skalicky - 10	2010	7.3 - Fol	14.3					
	2011			25.19 - Sub	58.43 - Sub			
			11.2sp - On	25.0sp - H/F				
	2012				56.3 - GRC			
			10.7sp - In	24.2sp - GR	54.3sp - Sec			
Jordan Spahr - 10	2010	7.5 - Fol	13.6					
	2011		13.3sp - Fol					
	2012		12.3 - PC	25.3 - PC	59.7 - Tig			
Connor Clark - 9	2010		13.1	27.8				
	2011		12.3	26.96 - Sub				
	2012	7.2 - In	12.4 - Og		64.1 - H/F			
			11.3sp - H/F	24.4sp - GR				

BOYS' "BESTS" - 2012

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
							23' 11" - Fol	
				14' 11.5" - H/F				7' 0"- JV
						93' 4" - Fol	32' 0" - On	
				13' 7.25"		36' 0"		
				16' .75" - PC				9' 6" - H/F
	18.6 - GRC	47.82 - Sub						
				13' 11.25" - Fol				9' 0" - GRC
				14' 11.25"-Fol	33' 7.25" - On			9' 11" - Sub
			5' 2" - GRC		34' 11" - PC			8' 0" - Og
				14' 5"				
				17' 6" - Fol				
	18.4			14' 3.75"				
				18' 4.75" - Su	37' 4" - GRC			
				19' 8" - Sub	39' 3.25" - Sub			
						54' 1"	35' 6"	
				14' 9"				
				14' 1"				

BOYS' "BESTS" - 2012

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Matthew Scott - 9	2011		15.6			02:51.0		
	2012		14.8 - jv/H	31.2 - jv/H	72.30 - Fol	2:40.2 - GRC	6:11.1 - Tig	
Jonah Spahr - 9	2011					02:46.3	06:01.6	
	2012					2:27.2sp - H/F	5:28.8 - GRC	11:47.0 - H/F
Jordon Stevens - 9	2010							
	2011			27.8	63.2	02:45.9		
	2012		11.9sp - RC		65.0 - On			
Tristan Zbytovsky	2010		13.5	28.9				
	2011		12.9	26.9				
	2012	6.9 - In	12.1 - RC	25.3 - Og	59.4 - PC			
Sam Roberto - 9	2011		12.5	28.2				
	2012		12.5 - PCjv	27.6 - PCjv	70.4 - PC			
			12.0sp - Tig					
Weston Berens - 8	2011		16.7					
	2012		15.4	33.0	01:14.6			
Jon Bergwick - 8	2011		16.7			02:56.8	7:14	
	2012		17.4			2:52	6:09	
Beau Hunter - 8	2011			30.1	65.5	02:36.5	05:49.4	
	2012			27.9	62.0	29:00.0	5:34	
Sully Schmidt - 8	2011		15.8					
	2012		15.5	32.1	1:14			
Dennis Skalicky - 8	2011		14.8	29.8				
	2012		12.8	26.9	01:02.7			
Robert Pigeon - 8	2012		16.1	32.5	01:10.6	2:42		
Ryan Linnell - 8	2012		13.3	27.3	01:07.2	02:44.6		
Joe Ascherman - 7	2012		15.9	37.9	1:27			
Ryan Fulweiler - 7	2012		16.2	31.2				
Dakotah Neid-Hinrichs	2012			30.9	01:07.2			
Aaron Pulkrabek - 7	2012		12.9	27.1	60.7	02:40.2	5:45	
Blake Shermer - 7	2012		16.6		01:18.8	02:58.8		
Nick Stolp - 7	2012		16.7		01:13.5	3:01	6:11	
Logan Swanson - 7	2012		16.1	34.8				
4 x 100 m Relay - 8	2000	55.3						
	2010	57.8						
	2012	56.9	Linnell, Berens, Schmidt, Skalicky					

BOYS' "BESTS" - 2012

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
	18.8		4' 3"					
				13' 7" - jv/H				
							39' 7.5"	
						95' 5" - GRC	30' 9.5" - Fol	
	19.8			13' 11.5"				
				15' 1.5"				
	20.1							
	18.9	35.5 (200's)		11' 8"				
	22.8							
	21.0			9' 4"				
			4' 6"					
	21.6		4' 0"	12' 1"				
	19.8	35.7 (200's)	4' 6"					
	18.6			13' 1"				
				14' 10.25"				
	20.5	36.3 (200's)		10' 8.5"			30' 10"	
	19.5			16' 0"				
	24.2		4' 0"					
				10' 2"		28' 0"	23' 10"	
	19.0	40.0 (200's)	5' 0"				34' 7"	
				15' 1"				
	23.2					63' 7.5"	26' 10"	
				10' 1.5"				
						87' 5"	29' 10"	

***“Ninety-eight
percent
of success
is in
the head
and
the heart”***

Cathy Ferguson, Olympic swimming