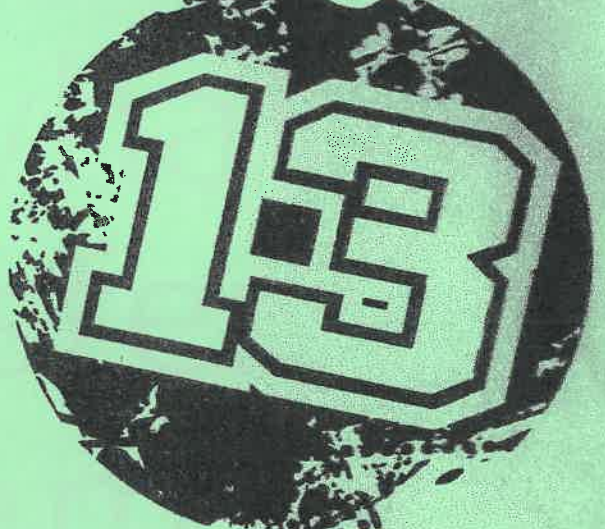


Year in Review



TOURNA GOODS TRACK AND FIELD

PINE CITY
HIGH SCHOOL

GRC INDOOR TRACK MEET @Foley
Saturday, March 23, 2013, 10:00
Pine City Girls' Results

4 x 800 m Relay	1. Allison Gusk (82, 87) 2:49.8	Pole Vault	
	2. Regan Kossan (90,107) 3:17.6		
	3. Morgan Richardson (85, 97) 3:02:8	Long Jump	1. Allison Gusk 13' 8" 4th
	4. Jordan Kotek (78, 93) 2:51.3		2. Jordan Kotek 13' 1" 6th
	12:01.4 4th		3. Isabella Frazeto
55 m Hurdles	1. Melissa Farrand 10.1 1st PB	High Jump	1. Rachel Krautbauer 4' 6" 3rd
55 m Dash	1. Cassidy Stream 8.4 6th		
	2. Isabella Frazeto 11.7	Triple Jump	1. Melissa Farrand
	3. Joslin Pezalla 10.6		2. Regan Kossan
1600 m Run	1. Allison Gusk 06:36.1 5th		
	(1:30, 1:41, 1:44, 1:41)	Shot Put	1. Sarah Nisley 23' 11.5"
	2. Jordan Vaudrin 07:29.9		2. Gracie LeBrun 18' 0"
4 x 200 m Relay	1. Rachel Krautbauer 33.0		
	2. Cassie Meisner 32.5		
	3. Melissa Farrand 33.5		
	4. Regan Kossan 33.9		
	02:13.0 2nd		
400 m Dash	1. Morgan Richardson 77.1		
	2. Cassidy Stream 73.9 PB		
	3. Breanna Shermer 95.1		
4 x 100 m Relay	1. Rachel Krautbauer 16.3		
	2. Cassie Miesner 14.1		
	3. Melissa Farrand 14.8		
	4. Gracie LeBrun 18.5		
	62.5 4th		
800 m Run	1. Jordan Kotek 02:49.9 3rd		
	(1:23, 1:25)		
	2. Jordan Vaudrin 03:21.6		
	(1:32, 1:49)		
200 m Dash	1. Cassie Meisner 31.6 6th		
	2. Gracie LeBrun 36.8		
	3. Breanna Shermer		
4 x 400 m Relay	1. Allison Gusk 73.5		
	2. Regan Kossan 87.2		
	3. Morgan Richardson 78.0		
	4. Jordan Kotek 76.8		
	05:15.5 3rd		

TEAM RESULTS:

1. Mille Lacs	174
2. Rush City	84
3. Hinckley/Finlayson	62
4. Ogilvie	54
5. Pine City	53
6. Braham	21
7. East Central	13

GRC INDOOR TRACK MEET @Foley
Saturday, March 23, 2013, 10:00
Pine City Boys' Results

4 x 800 m Relay	1. Jonah Spahr 2. Sam Kossan 3. Beau Hunter 4. Zain Hunter	(67, 82) 2:29.3 (76, 83) 2:49.0 (70, 86) 2:35.8 <u>(69, 72) 2:21.3</u> 10:15.3 3rd	Pole Vault		
			Long Jump	1. Paul Skalicky 2. Jordan Spahr 3. Sam Kossan	17' 9" 2nd
55 m Hurdles	1. Weston Berens		High Jump	1. Beau Hunter 2. Jeremy Dyksman 3. Jason Nowling	5' 0" 4th
55 m Dash	1. Jordan Spahr 2. Tristan Zbytovsky 3. Connor Clark	7.3 7.2 5th 7.3	Triple Jump	1. Paul Skalicky	36' 9" 1st
1600 m Run	1. Jonah Spahr (1:22, 1:23, 1:31, 1:28)	05:44.2			
	2. Garrett Shelton (1:24, 1:39, 1:46, 1:50)	06:37.8 PB	Shot Put	1. Jordan Stevens 2. Shannon Drury	34' 7.5" 3rd PB 30' 2"
4 x 200 m Relay	1. Tristan Zbytovsky 2. Connor Clark 3. Jordan Spahr 4. Paul Skalicky	26.9 30.2 27.0 <u>25.9</u> 01:49.9 3rd			
			<u>TEAM RESULTS:</u>		
400 m Dash	1. Sam Kossan 2. Dennis Skalicky 3. Weston Berens	70.3 63.1 6th 69.0 PB		1. Rush City 2. Braham 3. Pine City 4. Hinckley/Finlayson 5. East Central 6. Ogilvie	146 98 63 56 50 21
4 x 100 m Relay	1. Ryan Linnell 2. Sully Schmidt 3. Jeremy Dyksman 4. Jason Nowling	12.6 13.0 13.5 <u>13.8</u> 52.7 3rd			
800 m Run	1. Zain Hunter (70, 70)	02:19.9 1st			
	2. Garrett Shelton	DNF			
200 m Dash	1. Dennis Skalicky 2. Ryan Linnell 3. Sully Schmidt	27.5 28.1 29.6			
4 x 400 m Relay	1. Jordan Spahr 2. Connor Clark 3. Beau Hunter 4. Zain Hunter	62.2 67.8 68.4 <u>61.0</u> 04:18.3 4th			

FOLEY INDOOR INVITATIONAL TRACK MEET

Friday, April 19, 2013

Pine City Girls' Results

4 x 800 m Relay	1. Jordan Kotek (75,85) 2:42.9 PB 2. Kaylyn Utecht (81,93) 2:54.2 3. Allison Gusk (80,89) 2:48.9 PB 4. Sherry Rike <u>(86,87) 2:54.3</u> 11:20.08 3rd BTY	Pole Vault Long Jump	1. Allison Gusk 15' 0" 4th PB 2. Jordan Kotek 12' 10" 3. Regan Kossan
55 m Hurdles	1. Carissa Jahnz 10.11 6th 2. Melissa Farrand 10.30 3. Regan Kossan 11.60	High Jump	1. Rachel Krautbauer 4' 4"
55 m Dash	1. Cassidy Stream 8.92 2. Gracie LeBrun 10.10 3. Joslin Pezalla 10.98	Triple Jump	1. Melissa Farrand 26' 5" 2. Regan Kossan 25' 10" 3. Cassidy Stream 22' 9"
4 x 200 m Relay	1. Rachel Krautbauer 32.6 2. Cassi Miesner 31.1 3. Morgan Richardson 31.3 4. Melissa Farrand <u>31.7</u> 2:06.75 8th BTY	Shot Put	1. Sarah Nisley 23' 5" 2. Katie Christianson 20' 10" 3. Gracie LeBrun 17' 9" 4. Jess Brytowski 17' 5"
1600 m Run	1. Abby Cummins 6:05.73 5th PB (1:25, 1:35, 1:36, 1:29) 2. Allison Gusk 6:13.19 8th (1:26, 1:33, 1:39, 1:35) 3. Brenna Richardson 7:12.70 (1:33, 1:50, 1:56, 1:53)	<u>TEAM RESULTS:</u>	
400 m Dash	1. Carissa Jahnz 73.17 2. Morgan Richardson 73.80 3. Cassidy Stream 73.99	1. Litchfield 114 2. Glencoe-Silver Lake 97.25 3. Milaca 88.25 4. Eden Valley-W/Kimball 79.25 5. Foley 72.5 6. Sauk Rapids-Rice 53.5 7. Staples Motley 47.75 8. Pine City 31.5	
800 m Run	1. Jordan Kotek (80, 89) 2:49.51 2. Sherry Rike (81, 92) 2:53.85 3. Kaylyn Utecht (79, 85) 2:54.22		
200 m Dash	1. Cassi Miesner 31.13 2. Rachel Krautbauer 31.93 3. Regan Kossan 32.86		
3200 m Run	1. Abby Cummins 13:37.26 2nd (1:33, 1:41, 1:44, 1:44 (6:42), 1:44, 1:46, 1:47, 1:50, 1:31) 2. Brenna Richardson 16:12.79 6th (1:40, 1:56, 1:59, 2:06, 2:09, 2:11, 2:11, 2:00)		
4 x 400 m Relay	1. Jordan Kotek 70.1 2. Carissa Jahnz 72.2 3. Kaylyn Utecht 73.9 4. Sherry Rike <u>70.6</u> 4:47.27 8th BTY		

FOLEY INDOOR INVITATIONAL TRACK MEET

Friday, April 19, 2013
Pine City Boys' Results

4 x 800 m Relay	1. Zain Hunter (66,68) 2:14.1 BTY 2. Jonah Spahr (73,80) 2:34.2 3. Beau Hunter (68,77) 2:25.8 PB 4. Sam Kossan <u>(78,83) 2:41.2 PB</u> 9:55.07 6th BTY	Pole Vault Long Jump <table border="0" style="margin-left: 20px;"> <tr><td>1. Paul Skalicky</td><td>18' 5"</td><td>3rd BTY</td></tr> <tr><td>2. Beau Hunter</td><td>16' 0"</td><td></td></tr> <tr><td>3. Sam Kossan</td><td>12' 4"</td><td></td></tr> </table>	1. Paul Skalicky	18' 5"	3rd BTY	2. Beau Hunter	16' 0"		3. Sam Kossan	12' 4"				
1. Paul Skalicky	18' 5"	3rd BTY												
2. Beau Hunter	16' 0"													
3. Sam Kossan	12' 4"													
55 m Hurdles	1. Weston Berens 10.45 2. Shannon Drury 11.70	High Jump <table border="0" style="margin-left: 20px;"> <tr><td>1. Jason Nowling</td><td>5' 0"</td></tr> <tr><td>2. Jeremy Dyksman</td><td>NH</td></tr> <tr><td>3. Sully Schmidt</td><td>NH</td></tr> </table>	1. Jason Nowling	5' 0"	2. Jeremy Dyksman	NH	3. Sully Schmidt	NH						
1. Jason Nowling	5' 0"													
2. Jeremy Dyksman	NH													
3. Sully Schmidt	NH													
55 m Dash	1. Ryan Linnell 7.62 2. Jason Nowling 7.71 3. Sully Schmidt 7.83	Triple Jump <table border="0" style="margin-left: 20px;"> <tr><td>1. Paul Skalicky</td><td>37' 10"</td><td>5th BTY</td></tr> <tr><td>2. Jason Nowling</td><td></td><td></td></tr> </table>	1. Paul Skalicky	37' 10"	5th BTY	2. Jason Nowling								
1. Paul Skalicky	37' 10"	5th BTY												
2. Jason Nowling														
4 x 200 m Relay	1. Weston Berens 29.90 2. Ryan Linnell 29.20 3. Jason Nowling 26.50 4. Sam Roberto <u>28.50</u> 1:54.16 7th	Shot Put <table border="0" style="margin-left: 20px;"> <tr><td>1. Shannon Drury</td><td>32' 5".5</td><td>PB</td></tr> <tr><td>2. Jordon Stevens</td><td>31' 5"</td><td></td></tr> <tr><td>3. Sam Roberto</td><td>24' 8"</td><td></td></tr> <tr><td>4. Connor Clark</td><td>21' 9"</td><td></td></tr> </table>	1. Shannon Drury	32' 5".5	PB	2. Jordon Stevens	31' 5"		3. Sam Roberto	24' 8"		4. Connor Clark	21' 9"	
1. Shannon Drury	32' 5".5	PB												
2. Jordon Stevens	31' 5"													
3. Sam Roberto	24' 8"													
4. Connor Clark	21' 9"													
1600 m Run	1. Jeremy Dyksman 5:39.54 (1:27, 1:29, 1:24, 1:19) 2. Logan Stahl 5:42.40 (1:27, 1:28, 1:27, 1:19) 3. Johnathon Bergwick 6:06.30 PB (1:28, 1:32, 1:36, 1:29)													
<u>TEAM RESULTS:</u>														
400 m Dash	1. Paul Skalicky 59.96 2. Dennis Skalicky 63.59 3. Weston Beren 71.06	1. Foley 111 2. Glencoe-Silver Lake 105.5 3. Sauk Rapids-Rice 91 4. Eden Valley-W/Kimball 76 5. Litchfield 69.5 6. Staples-Motley 58 7. Milaca 39 8. Pine City 33												
800 m Run	1. Zain Hunter (66, 66) 2:12.72 2nd BTY 2. Beau Hunter (68, 79) 2:27.24 3. Sam Kossan (81, 86) 2:46.75													
200 m Dash	1. Tristan Zbytovsky 24.82 3rd PB 2. Connor Clark 26.46 3. Sam Roberto 28.33													
3200 m Run	1. Jonah Spahr 12:14.73 8th (1:23, 1:29, 1:28, 1:36 (5:52), 1:37, 1:37, 1:36, 1:31) 2. Logan Stahl 14:32.01 (1:28, 1:27, 1:36, 1:40, 1:53, 1:59, 2:13, 2:16)													
4 x 400 m Relay	1. Ryan Linnell 63.8 2. Dennis Skalicky 64.5 3. Beau Hunter 60.7 PB 4. Zain Hunter <u>56.5</u> BTY 4:05.76 6th BTY													

TIGERAMA INVITATIONAL TRACK MEET

Tuesday, April 30, 2013

Pine City Girls' Results

cool, windy

4 x 800 m Relay	1. Abby Cummins (82,85) 2:47.2 2. Jordan Kotek (77,88) 2:45.5 3. Kaylyn Utecht (80,93) 2:52.7 BTY 4. Allison Gusk <u>(79,88) 2:48.0 PB</u> 11:13.0 2nd BTY	Pole Vault			
		Long Jump	1. Allison Gusk 13' 4" 6th		
			2. Jordan Kotek		
			3. Regan Kossan		
100 m Hurdles	1. Carissa Jahnz 17.8 1st 2. Melissa Farrand 18.1 2nd 3. Regan Kossan 20.9	High Jump	1. Rachel Krautbauer 4' 3" 2nd		
100 m Dash	1. Jess Brytowski 17.6 2. Joslin Pezalla 19.3 3. Rachel Krautbauer 15.0	Triple Jump	1. Melissa Farrand 28' 8.25" 5th BTY 2. Carissa Jahnz 26' 3.25" 3. Cassidy Stream		
4 x 200 m Relay	1. Cassi Miesner 31.4 2. Morgan Richardson 31.0 3. Rachel Krautbauer 31.8 4. Melissa Farrand <u>30.4</u> 02:04.4 6th BTY	Discus	1. Sarah Nisley 73' 6" 4th 2. Katie Christianson 72' 8" 6th 3. Vanessa Boldac 40' 2"		
1600 m Run	1. Sherry Rike 06:19.0 6th (1:27, 1:38, 1:44, 1:29) 2. Allison Gusk 06:23.5 (1:28, 1:39, 1:44, 1:33) 3. Jackie Westeren 06:45.8 (1:29, 1:43, 1:49, 1:45)	Shot Put	1. Sarah Nisley 22' ? 2. Katie Christianson 20' 5" 3. Vanessa Boldac 22' 1"		
4 x 100 m Relay	1. Cassi Miesner 15.0 2. Regan Kossan 15.9 3. Cassidy Stream 14.2 4. Rachel Krautbauer <u>13.8</u> 58.8 5th BTY	<u>TEAM RESULTS:</u>			
			1. Mille Lacs 108.5		
			2. MLWR 96.75		
			3. Pine City 93		
400 m Dash	1. Kaylyn Utecht 70.1 3rd 2. Cassidy Stream 72.1 5th PB 3. Brenna Richardson 79.3		4. Hinckley/Finlayson 72.75		
			5. Ogilvie 60		
			6. Braham 46.5		
			7. Aitkin 31		
300 m Hurdles	1. Carissa Jahnz 52.3 1st 2. Melissa Farrand 56.8 5th 3. Regan Kossan 58.9		8. East Central 24.75		
			Rush City 24.75		
800 m Run	1. Sherry Rike (81, 86) 2:47.2 5th 2. Jordan Kotek (79, 86) 2:44.8 4th PB 3. Morgan Richardson (81,93) 2:53.1 6th				
200 m Dash	1. Cassi Miesner 30.0 BTY 2. Cassidy Stream 31.5 3. Gracie LeBrun 35.3 PB				
3200 m Run	1. Abby Cummins 12:46.7 1st BTY (1:26, 1:34, 1:38, 1:40 (6:18) 1:41, 1:41, 1:40, 1:26) 2. Brenna Richardson 15:09.3 BTY (1:41, 1:49, 1:53, 1:56 (7:20) 2:00, 2:03, 1:57, 1:49)				
4 x 400 m Relay	1. Allison Gusk 70.4 2. Carissa Jahnz 68.7 3. Kaylyn Utecht 71.9 4. Sherry Rike <u>65.8</u> 04:36.8 1st BTY				

TIGERAMA INVITATIONAL TRACK MEET @ Rush City

Tuesday, April 30, 2013

Pine City Boys' Results

cool, windy

4 x 800 m Relay	1. Jeremy Dyksman	(69,78) 2:26.4	Pole Vault	Long Jump	1. Paul Skalicky	16' 7"
	2. Logan Stahl	(80,84) 2:43.9			2. Beau Hunter	15'
	3. Beau Hunter	(78,83) 2:41.6			3. Sam Kossan	
	4. Sam Kossan	<u>(68,80) 2:27.4</u> 10:18.9 5th				

110 m Hurdles	1. Weston Berens	20.3	High Jump	1. Jason Nowling
	2. Telby Madison	18.3 5th PB		2. Jeremy Dyksman
	3. Shannon Drury	22.9		3. Sully Schmidt

100 m Dash	1. Jordan Spahr	11.7 4th PB	Triple Jump	1. Paul Skalicky
	2. Jason Nowling	12.6		2. Telby Madison
	3. Ryan Linnell	12.7		3. Jason Nowling

4 x 200 m Relay	1. Tristan Zbytovsky	26.0	Shot Put	1. Jordan Stevens	33' 11"
	2. Connor Clark	25.5		2. Shannon Drury	32' 7"
	3. Paul Skalicky	26.8		3. Telby Madison	31' ?
	4. Jordan Spahr	<u>23.9</u>			

1600 m Run	1. Zain Hunter	05:23.9 5th	Discus	1. Jordan Stevens	89'
	(1:13, 1:23, 1:25, 1:23)			2. Shannon Drury	75'
	2. Jonah Spahr	05:29.8		3. Connor Clark	70'

3. Johnathon Bergwick	05:53.0 PB
(1:22, 1:35, 1:35, 1:22)	

TEAM RESULTS:

4 x 100 m Relay	1. Ryan Linnell	12.6	1. Rush City	144
	2. Weston Berens	13.8	2. MLWR	139.25
	3. Sully Schmidt	14.1	3. Braham	73.5
	4. Sam Roberto	<u>13.5</u>	4. Hinckley/Finlayson	72.25
	53.8 6th	5. Pine City	42	
400 m Dash	1. Dennis Skalicky	61.4 PB	6. East Central	41
	2. Jeremy Dyksman	61.3	7. Ogilvie	30
	3. Sam Kossan	68.2 PB	8. Aitkin	15

300 m Hurdles	1. Weston Berens	53.9
	2. Telby Madison	47.3 5th PB
	3. Garrett Shelton	59.0

800 m Run	1. Zain Hunter	(67, 65) 2:11.4 2nd BTY
	2. Johnathon Bergwick	(79, 84) 2:42.0 PB

200 m Dash	1. Tristan Zbytovsky	24.6 2nd PB
	2. Connor Clark	26.1 PB
	3. Sam Roberto	27.4 PB

3200 m Run	1. Jonah Spahr	11:45.1 6th PB
	(1:20, 1:28, 1:28, 1:31 (5:48) 1:31, 1:32, 1:34, 1:18)	
	2. Logan Stahl	13:32.7 PB
	(1:43, 1:41, 1:46, 1:44 (6:54) 1:44, 1:47, 1:43, 1:25)	

4 x 400 m Relay	1. Connor Clark	65.6
	2. Dennis Skalicky	62.0 PB
	3. Beau Hunter	61.6
	4. Zain Hunter	<u>55.7</u>
	04:04.7 5th BTY	

TRUE TEAM SECTION 7AA TRACK MEET @ Chisago Lakes

Tuesday, May 7, 2013

Pine City Girls' Results

warm, breezy

4 x 800 m Relay	1. Abby Cummins 2. Allison Gusk 3. Jordan Kotek 4. Sherry Rike	(78,83) 2:41.5 (78,85) 2:45.5 (78,83) 2:41.1 <u>(79,81) 2:40.9</u>	BTY PB PB BTY	Pole Vault Long Jump	1. Allison Gusk 2. Jordan Kotek	13' 3" 12' 9.25"	13th 14th
		10:49.06	4th				
100 m Hurdles	1. Carissa Jahnz 2. Melissa Farrand	18.35 18.86	6th 10th		High Jump	1. Rachel Krautbauer	4' 3" 11th
100 m Dash	1. Rachel Krautbauer 2. Regan Kossan	15.11 15.44	15th 17th		Triple Jump	1. Melissa Farrand 2. Carissa Jahnz	29' 10.5" 7th BTY 25' 8.5" 16th
4 x 200 m Relay	1. Cassi Miesner 2. Morgan Richardson 3. Melissa Farrand 4. Kaylyn Utecht	30.0 31.5 30.2 <u>29.7</u>			Discus	1. Sarah Nisley 2. Katie Christianson	76' 2" 8th BTY 71' 5" 11th
		2:01.33	6th				BTY
1600 m Run	1. Allison Gusk (1:25, 1:36, 1:39, 1:33) 2. Jackie Westernen (1:29, 1:44, 1:48, 1:43)	06:12.9 06:43.7	13th 15th	BTY	Shot Put	1. Sarah Nisley 2. Katie Christianson	23' 10.5" 16th 20' 10" 18th
4 x 100 m Relay	1. Cassi Miesner 2. Morgan Richardson 3. Cassidy Stream 4. Rachel Krautbauer	13.7 15.2 14.6 <u>14.9</u>					
		58.19	6th				BTY
400 m Dash	1. Kaylyn Utecht 2. Cassidy Stream	70.90 72.57	15th 17th				
300 m Hurdles	1. Carissa Jahnz 2. Melissa Farrand	51.11 56.16	5th 15th	BTY			
800 m Run	1. Jordan Kotek 2. Sherry Rike	(79, 87) (84, 86)	2:45.90 2:49.85	10th 14th			
200 m Dash	1. Cassi Miesner 2. Kaylyn Utecht	29.52 39.58	13th 15th	BTY			
3200 m Run	1. Abby Cummins (1:24, 1:33, 1:39, 1:42 (6:18) 1:41, 1:42, 1:45, 1:30) 2. Brenna Richardson (1:33, 1:49, 1:52, 1:58 (7:12) 1:59, 1:52, 1:56, 1:46)	12:56.39 14:48.55	5th 16th				BTY
4 x 400 m Relay	1. Allison Gusk 2. Carissa Jahnz 3. Jordan Kotek 4. Sherry Rike	70.0 68.0 70.7 <u>67.2</u>					
		4:35.78	9th				BTY

TEAM RESULTS:

1. North Branch	416
2. Hermantown	393
3. Chisago Lakes	382.5
4. Cloquet	377
5. Grand Rapids	363
6. Hibbing	278
7. Mora	256.5
8. Proctor	218.5
9. Pine City	203.5

TRUE TEAM SECTION 7AA TRACK MEET @Chisago Lakes

Tuesday, May 7, 2013

Pine City Boys' Results

warm, breezy

4 x 800 m Relay	1. Jeremy Dyksman (66,76) 2:22.7 PB	Pole Vault		
	2. Sam Kossan (77,83) 2:40.7			
	3. Jonah Spahr (70,80) 2:30.2	Long Jump	1. Paul Skalicky 18' 8.25" 6th BTY	
	3. Beau Hunter <u>(68,79) 2:28.2</u>		2. Beau Hunter 17' .25" 13th PB	
	10:01.88 9th			
110 m Hurdles	1. Telby Madison 18.83 9th	High Jump	1. Jason Nowling 4' 8" 16th	
	2. Weston Berens 20.74 15th		2. Jeremy Dyksman 4' 8" 16th	
100 m Dash	1. Tristan Zbytovsky 12.18 13th PB	Triple Jump	1. Paul Skalicky 37' 7" 8th BTY	
	2. Jordan Spahr 12.13 12th		2. Telby Madison 33' 3" 15th BTY	
4 x 200 m Relay	1. Tristan Zbytovsky 27.4	Shot Put	1. Jordan Stevens 30' 4" 18th	
	2. Connor Clark 24.4		2. Shannon Drury 32' 8" 17th PB	
	3. Jordan Spahr 25.6			
	4. Jason Nowling <u>26.3</u>	Discus	1. Jordan Stevens 94' 7" 13th BTY	
	1:43.65 6th		2. Shannon Drury 76' 10.5" 17th PB	
1600 m Run	1. Zain Hunter 5:08.82 10th BTY			
	(1:12, 1:17, 1:22, 1:17)			
	2. Jeremy Dyksman DNR			
4 x 100 m Relay	1. Sam Roberto 13.4			
	2. Connor Clark 12.0			
	3. Weston Berens 13.8			
	4. Jason Nowling <u>11.0</u>			
	50.20 9th BTY			
400 m Dash	1. Paul Skalicky 58.77 15th BTY			
	2. Dennis Skalicky 59.36 16th PB			
300 m Hurdles	1. Telby Madison 46.94 7th PB			
	2. Weston Berens 53.46 17th PB			
800 m Run	1. Zain Hunter (66, 66) 2:11.88 3rd			
	2. Beau Hunter (69, 74) 2:24.09 16th PB			
200 m Dash	1. Tristan Zbytovsky 25.26 15th			
	2. Jordan Spahr 24.93 12th PB			
3200 m Run	1. Jonah Spahr 11:42.53 13th PB			
	(1:19, 1:26, 1:27, 1:30 (5:41) 1:31, 1:35, 1:36, 1:20)			
4 x 400 m Relay	1. Paul Skalicky 58.6			
	2. Dennis Skalicky 60.4 PB			
	3. Beau Hunter 60.7			
	4. Zain Hunter <u>56.3</u> BTY			
	3:56.14 8th BTY			

TEAM RESULTS:

1. Grand Rapids	415
2. Chisago Lakes	391.5
3. Mora	385.5
4. North Branch	380
5. Cloquet	377
6. Hermantown	292.5
7. Proctor	272.5
8. Hibbing	214
9. Pine City	167

HINCKLEY INVITATIONAL TRACK MEET

Thursday, May 9, 2013
Pine City Girls' Results
cold, windy

4 x 800 m Relay	1. Abby Cummins (77,84) 2:41.0 BTY	Pole Vault		
	2. Kaylyn Utecht (82,94) 2:56.4			
	3. Jordan Kotek (74,83) 2:36.9 PB	Long Jump	1. Isabella Frazeto	
	4. Sherry Rike (74,80) 2:34.5 BTY		2. Jordan Kotek	13'1"
	10:48.5 2nd BTY		3. Regan Kossan	12' 11" BTY
100 m Hurdles	1. Carissa Jahnz 17.8 1st			
	2. Melissa Farrand 19.1 3rd			
	3. Regan Kossan 21.4	High Jump	1. Rachel Krautbauer	4' 4" 2nd tie
100 m Dash	1. Jess Brytowski 18.7			
	2. Joslin Pezalla 20.4	Triple Jump	1. Melissa Farrand	28' 7" 2nd
	3. Isabella Frazeto 19.3		2. Carissa Jahnz	26' 9" 6th
			3. Regan Kossan	26' 9" 6th PB
4 x 200 m Relay	1. Cassi Miesner 29.5			
	2. Morgan Richardson 31.8	Discus	1. Sarah Nisley	78' 4" 3rd PB
	3. Melissa Farrand 30.3		2. Katie Christianson	61' 6"
	4. Kaylyn Utecht 29.7		3. Gracie LeBrun	46' 1"
	02:01.2 3rd BTY			
1600 m Run	1. Sherry Rike 06:14.8 BTY	Shot Put	1. Sarah Nisley	23' 7"
	(1:26, 1:38, 1:40, 1:30)		2. Katie Christianson	21' BTY
			4. Jess Brytowski	16' 8"
4 x 100 m Relay	1. Cassi Miesner 14.0			
	2. Morgan Richardson 14.6			
	3. Cassidy Stream 14.8			
	4. Rachel Krautbauer 15.2			
	58.5 2nd			
400 m Dash	1. Cassidy Stream 73.5			
	2. Morgan Richardson 70.0 BTY			
	3. Jackie Westeren 71.6 PB			
300 m Hurdles	1. Carissa Jahnz 51.2 2nd			
	2. Melissa Farrand 54.1 5th BTY			
	3. Regan Kossan 58.1 6th			
800 m Run	1. Jordan Kotek (75, 81) 2:39.0 2nd PB			
	2. Kaylyn Utecht (79, 94) 2:53.6 6th BTY			
200 m Dash	1. Cassidy Stream 32.5			
	2. Rachel Krautbauer 31.4			
	3. Gracie LeBrun 37.1			
3200 m Run	1. Brenna Richardson 14:42.9 6th BTY			
	(1:40, 1:47, 1:49, 1:55 (7:17) 1:57, 1:54, 1:51, 1:51)			
4 x 400 m Relay	1. Cassi Miesner 70.0 PB			
	2. Carissa Jahnz 68.8			
	3. Jordan Kotek 69.9 PB			
	4. Sherry Rike 67.0			
	04:35.7 2nd BTY			

TEAM RESULTS:

1. MLWR	113
2. Pine City	101
3. Hinckley Finlayson	85
4. Mora	61
5. Rush City	53
6. Aitkin	33
7. Barnum	32
8. Siren	30
9. Braham	26
10. East Central	24
11. Lakeview Christian	0

HINCKLEY INVITATIONAL TRACK MEET

Thursday, May 9, 2013

Pine City Boys' Results

cold, windy

4 x 800 m Relay	1. Jeremy Dyksman	(67,70) 2:17.3	PB	Pole Vault			
	2. Logan Stahl	(71,73) 2:23.5	PB				
	3. Jonah Spahr	(67,78) 2:24.8	PB	Long Jump	1. Paul Skalicky	17' 10" 3rd tie	
	4. Eli Grubbs	<u>(73,79) 2:32.6</u>	<u>PB</u>		2. Ryan Linnell	15' 8"	
		09:38.1	BTY		3. Zain Hunter	17' 3" PB	
110 m Hurdles	1. Telby Madison	18.1	4th	PB	High Jump	1. Jason Nowling	NH
	2. Weston Berens	21.3				2. Sully Schmidt	NH
	3. Shannon Drury	22.7					
100 m Dash	1. Tristan Zbytovsky	11.9	4th	PB	Triple Jump	1. Telby Madison	
	2. Jordan Spahr	12.1	5th			2. Jason Nowling	31' 4" PB
	3. Jason Nowling	12.8				3. Sully Schmidt	29' 4" PB
4 x 200 m Relay	1. Tristan Zbytovsky	24.9			Shot Put	1. Jordan Stevens	29'
	2. Connor Clark	25.4				2. Shannon Drury	32' 3"
	3. Jordan Spahr	24.5				3. Telby Madison	31' 1"
	4. Zain Hunter	<u>24.7</u>					
		01:39.4	3rd	BTY	Discus	1. Jordan Stevens	89' 8"
						2. Shannon Drury	78' 9" PB
						3. Connor Clark	
1600 m Run	1. Jeremy Dyksman	05:34.5	PB				
	(1:22, 1:30, 1:26, 1:16)						
	2. Logan Stahl	05:35.1	PB				
	(1:21, 1:25, 1:28, 1:21)						
3. Johnathon Bergwick	05:49.9	PB					
	(1:25, 1:29, 1:34, 1:22)						
4 x 100 m Relay	1. Jordan Spahr	12.3					
	2. Jason Nowling	11.7					
	3. Ryan Linnell	12.8					
	4. Sam Roberto	<u>12.2</u>					
		48.6	3rd	BTY			
400 m Dash	1. Dennis Skalicky	58.8	4th	PB			
	2. Connor Clark	65.1					
	3. Ryan Linnell	61.7	PB				
					<u>TEAM RESULTS:</u>		
300 m Hurdles	1. Telby Madison	46.3	4th	PB		1. Rush City	113
	2. Weston Berens	53.9				2. Hinckley Finlayson	91
	3. Shannon Drury	54.9				3. Mora	89
800 m Run	1. Zain Hunter	(61, 66) 2:06.6	1st	PB		4. MLWR	83
	2. Johnathon Bergwick	(79, 81) 2:40.1	PB			5. Pine City	61
	3. Sam Kossan	(78, 82) 2:40.7	PB			6. Braham	35
						7. East Central	30
						8. Siren	25
						9. Altkin	16
						10. Barnum	13
200 m Dash	1. Tristan Zbytovsky	24.6	2nd			11. Lakeview Christian	2
	2. Paul Skalicky	26.7					
	3. Sam Roberto	27.6					
3200 m Run	1. Jonah Spahr	11:32.6	4th	PB			
	(1:14, 1:25, 1:27, 1:29 (5:36) 1:30, 1:31, 1:33, 1:23)						
	2. Eli Grubbs	12:45.8					
	(1:19, 1:35, 1:38, 1:38 (6:10) 1:43, 1:39, 1:41, 1:32)						
4 x 400 m Relay	1. Paul Skalicky	57.2	BTY				
	2. Dennis Skalicky	59.6	PB				
	3. Jeremy Dyksman	59.4	PB				
	4. Zain Hunter	<u>54.7</u>	BTY				
		03:50.9	2nd	BTY			

Junior Varsity Invitational @ East Central Friday, May 10, 2013

100 m Hurdles	1. Weston Berens	16.9	4th	High Jump			
100 m Dash	1. Jordan Kotek	15.0	2nd	High Jump	1. Beau Hunter	5' 3"	1st
	2. Joslin Pezalla	19.4	4th		2. Sully Schmidt	5' 0"	2nd
100 m Dash	1. Ryan Linnell	12.8	2nd	Long Jump	1. Allison Gusk	13' 9.5"	1st
	2. Sully Schmidt	13.2	5th		2. Jordan Kotek	12' 11"	2nd
1600 m Run	1. Johnathon Bergwick	5:57	1st	Long Jump	1. Beau Hunter	17' 7.5"	1st
					2. Ryan Linnell	16' 3.5"	3rd
					3. Weston Berens	13' 6"	5th
4 x 100 m Relay	1. Cassidy Stream			Shot Put	1. Gracie LeBrun	19' 5"	2nd
	2. Jess Brytowski				2. Jess Brytowski	21' 4"	1st
	3. Gracie LeBrun						
	4. Jordan Kotek			Shot Put			
		64.9	3rd				
4 x 100 m Relay	1. Sully Schmidt			Discus	1. Gracie LeBrun	54' 1"	1st
	2. Ryan Linnell				2. Jess Brytowski	39' 11"	2nd
	3. Dennis Skalicky						
	4. Beau Hunter			Discus			
		51.1	1st				
400 m Dash	1. Allison Gusk	01:10.1	1st				
	2. Jozlin Pezalla	01:42.5	4th				
400 m Dash	1. Weston Berens	67.5	4th				
800 m Run				<u>Boys' Team Results:</u>			
800 m Run	1. Johnathon Bergwick	2:44	3rd	1. Rush City		117	
				2. Pine City		98	
				3. East Central		80	
				4. Hinckley		41	
				5. Braham		8	
				6. MLWR		1	
200 m Dash	1. Allison Gusk	29.9	2nd				
	2. Jordan Kotek	29.6	1st				
	3. Joslin Pezalla	44.1	6th				
200 m Dash	1. Ryan Linnell	26.9	1st				
				<u>Girls' Team Results:</u>			
4 x 200 m Relay	1. Gracie LeBrun			1. Pine City		125	
	2. Allison Gusk			2. MLWR		32	
	3. Cassidy Stream			3. Rush City		28	
	4. Jordan Kotek			4. Braham		26	
		02:06.9	1st				
4 x 200 m Relay	1. Weston Berens						
	2. Sully Schmidt						
	3. Dennis Skalicky						
	4. Beau Hunter						
		01:51.5	2nd				

GREAT RIVER CONFERENCE TRACK MEET

Tuesday, May 14, 2013
Pine City Girls' Results
hot, very windy

<p>4 x 800 m Relay 1. Kaylyn Utecht (82,85) 2:46.9 BTY 2. Allison Gusk (75,86) 2:41.0 PB 3. Jordan Kotek (73,86) 2:37.8 4. Sherry Rike <u>(77,85) 2:41.8</u> **ALL-CONFERENCE** 10:47.0 1st BTY</p> <p>100 m Hurdles 1. Carissa Jahnz 17.6 1st BTY **ALL - CONFERENCE** 2. Melissa Farrand 17.7 2nd PB **HONORABLE MENTION**</p> <p>100 m Dash 1. Elsie Lundquist 13.6 4th PB 2. Cassi Miesner 13.9 3. Rachel Krautbauer 14.7 PB</p> <p>4 x 200 m Relay 1. Cassi Miesner 30.4 2. Elsie Lundquist 28 3. Melissa Farrand 29.9 4. Kaylyn Utecht <u>28.9</u> **HONORABLE MENTION** 1:57.1 2nd BTY</p> <p>1600 m Run 1. Abby Cummins 05:51.0 1st PB **ALL-CONFERENCE** (1:23, 1:32, 1:33, 1:24) 2. Allison Gusk 6:15.7 7th (1:22, 1:33, 1:41, 1:37)</p> <p>4 x 100 m Relay 1. Regan Kossan 15.4 2. Kaylyn Utecht 15.8 3. Cassidy Stream 13.0 4. Rachel Krautbauer <u>14.3</u> 58.3 4th</p> <p>400 m Dash 1. Sherry Rike 62.9 1st PB **ALL-CONFERENCE** 2. Morgan Richardson 69.7 7th BTY 3. Jackie Westernen 71.7</p> <p>300 m Hurdles 1. Carissa Jahnz 49.4 1st PB **ALL-CONFERENCE** 2. Melissa Farrand 53.8 4th BTY 3. Regan Kossan 59.0 8th</p> <p>800 m Run 1. Jordan Kotek (80, 85) 2:45.3 3rd 2. Morgan Richardson (84, 88) 2:52.1 4th PB</p> <p>200 m Dash 1. Elsie Lundquist 29.7 5th 2. Cassi Miesner 30.3 7th 3. Rachel Krautbauer 31.4</p> <p>3200 m Run 1. Abby Cummins 13:00.3 1st **ALL-CONFERENCE** (1:25, 1:33, 1:38, 1:40 (6:16) 1:45, 1:45, 1:44, 1:29) 2. Brenna Richardson 15:11.3 7th (1:36, 1:50, 1:54, 2:00 (7:20) 2:03, 2:06, 2:02, 1:40)</p>	<p>Pole Vault</p> <p>Long Jump 1. Allison Gusk 15' .5" 3rd PB 2. Jordan Kotek 13' 5.25" PB 3. Regan Kossan 13' 4" BTY</p> <p>High Jump 1. Elsie Lundquist 4' 6" 3rd 2. Rachel Krautbauer 4' 4" 7th</p> <p>Triple Jump 1. Melissa Farrand 30' 0" 6th BTY 2. Carissa Jahnz 29' 2" 7th PB 3. Regan Kossan 25' 11"</p> <p>Discus 1. Sarah Nisley 72' 0" 8th 2. Katie Christianson 62' 0" 3. Gracie LeBrun 47' 9"</p> <p>Shot Put 1. Sarah Nisley 23' 2" 2. Katie Christianson 22' 3" PB 3. Jess Brytowski 19' 0" PB</p> <p style="text-align: center;"><u>TEAM RESULTS:</u></p> <p>1. Mille Lacs 147.5 2. Pine City 144 3. Hinckley Finlayson 115 4. Ogilvie 69 5. Rush City 55 6. East Central 49 7. Braham 46 8. Aitkin 41.5</p> <p>4 x 400 m Relay 1. Allison Gusk 68.8 BTY 2. Carissa Jahnz 67.5 BTY 3. Jordan Kotek 66.8 PB 4. Sherry Rike <u>63.6 PB</u> **ALL-CONFERENCE** 4:26.8 1st BTY</p>
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GREAT RIVER CONFERENCE TRACK MEET

Tuesday, May 14, 2013
Pine City Boys' Results
hot, very windy

4 x 800 m Relay	1. Jeremy Dyksman (73,70) 2:23.7 2. Eli Grubbs (72,78) 2:30.3 PB 3. Jonah Spahr (72,77) 2:29.5 3. Beau Hunter <u>(69,78) 2:27.3</u> 09:51.0 3rd	Pole Vault Long Jump	1. Zain Hunter 18' 10.5" 1st PB **ALL-CONFERENCE** 2. Paul Skalicky 18' 6" 2nd **HONORABLE MENTION** 3. Beau Hunter 16' 11.25"
110 m Hurdles	1. Telby Madison 18.1 4th 2. Weston Berens 21.4 3. Shannon Drury 22.1 PB	High Jump	1. Jason Nowling 4' 10" 2. Sully Schmidt 4' 10"
100 m Dash	1. Jordan Spahr 11.6 3rd PB 2. Tristan Zbytovsky 11.7 4th PB 3.. Sam Roberto 12.7 BTY	Triple Jump	1. Paul Skalicky 37' 10.5" 2nd BTY **HONORABLE MENTION** 2. Telby Madison 32' 9.25" 3. Jason Nowling 33' 11.5" PB 8th
4 x 200 m Relay	1. Jordan Spahr 25.9 2. Tristan Zbytovsky 25.7 3. Connor Clark 24.6 4. Jason Nowling <u>26.4</u> 01:42.1 4th BTY	Shot Put	1. Jordan Stevens 30' 9" 2. Shannon Drury 34' 0" 7 th PB 3. Telby Madison 32' PB
1600 m Run	1. Zain Hunter 5:29.5 7th (1:12, 1:20, 1:24, 1:34) 2. Johnathon Bergwick 05:44.7 PB (1:23, 1:30, 1:30, 1:21)	Discus	1. Jordan Stevens 97' 1" PB 2. Shannon Drury 80' 5" PB 3. Connor Clark 63' 6"
4 x 100 m Relay	1. Jason Nowling 14.0 2. Ryan Linnell 12.2 3. Connor Clark 11.0 4. Sam Roberto <u>12.4</u> **HONORABLE MENTION** 49.1 2nd		
400 m Dash	1. Paul Skalicky 59.3 2. Dennis Skalicky 58.4 7th PB 3. Ryan Linnell 64.4		
300 m Hurdles	1. Telby Madison 45.9 4th PB 2. Weston Berens 54.3		<u>TEAM RESULTS:</u>
800 m Run	1. Zain Hunter (63, 67) 2:09.8 1st **ALL-CONFERENCE** 2. Jeremy Dyksman (67, 71) 2:17.1 5th PB 3. Sam Kossan (76, 80) 2:35.8 PB		1. Rush City 196 2. Hinckley Finlayson 110 3. Pine City 106.67 4. Braham 106 5. Ogilvie 67 6. East Central 66.33 7. Aitkin 17
200 m Dash	1. Jordan Spahr 25.3 5th 2. Tristan Zbytovsky 25.4 6th 3. Connor Clark 25.5 PB		
3200 m Run	1. Jonah Spahr 11:49.8 5th (1:17, 1:28, 1:30, 1:35 (5:50) 1:33, 1:34, 1:35, 1:17) 2. Eli Grubbs 12:30.7 8th PB (1:23, 1:29, 1:32, 1:37 (6:02) 1:42, 1:42, 1:43, 1:23)		
4 x 400 m Relay	1. Paul Skalicky 59.5 2. Dennis Skalicky 58.9 PB 3. Beau Hunter 60.2 PB 4. Zain Hunter <u>55.6</u> 3:54.1 3rd		

SUB-SECTION 18 TRACK MEET @ Milaca

Thursday, May 23, 2013

Pine City Girls' Results

sunny, cool, windy

<p>4 x 800 m Relay 1. Abby Cummins (78,82) 2:38.0 PB 2. Allison Gusk (75,87) 2:41.4 3. Jordan Kotek (74,84) 2:37.8 4. Sherry Rike <u>(79,82) 2:41.4</u> ***ADVANCES TO SECTIONS*** 10:38.66 1st BTY</p>	<p>Pole Vault</p> <p>Long Jump 1. Allison Gusk 14' 1.75" 6th 2. Jordan Kotek 12' 1.25" 3. Regan Kossan 13' .25"</p>
<p>100 m Hurdles 1. Carissa Jahnz 17.76 5th BTY 2. Melissa Farrand 18.14 6th</p>	<p>High Jump 1. Elsie Lundquist 4' 3" 8th tie 2. Rachel Krautbauer 4' 1"</p>
<p>100 m Dash 1. Elsie Lundquist 14.60 2. Cassi Miesner 14.40 3. Rachel Krautbauer 15.34</p>	<p>Triple Jump 1. Melissa Farrand 27' 0" 2. Carissa Jahnz 28' 8" 3. Regan Kossan 27' 9.5"</p>
<p>4 x 200 m Relay 1. Cassi Miesner 30.2 2. Elsie Lundquist 28.2 3. Melissa Farrand 30.6 4. Kaylyn Utecht <u>29.1</u> 1:57.99 4th</p>	<p>Discus 1. Sarah Nisley 68' 3" 2. Katie Christianson 58' 6" 3. Gracie LeBrun 44' 9"</p>
<p>1600 m Run 1. Allison Gusk 6:02.38 4th BTY (1:22, 1:35, 1:37, 1:27) ***ADVANCES TO SECTIONS***</p>	<p>Shot Put 1. Sarah Nisley 22' 11.25" 2. Katie Christianson 21' 6.75"</p>
<p>4 x 100 m Relay 1. Regan Kossan 14.6 2. Kaylyn Utecht 14.6 3. Cassidy Stream 14.8 4. Rachel Krautbauer <u>14.4</u> 57.98 6th BTY</p>	<p><u>TEAM RESULTS:</u></p> <p>1. Milaca 150 2. Foley 148.33 3. Mora 104.33 4. Mille Lacs 86 5. Pine City 75.33 6. Ogilvie 58 7. Rush City 52 8. Braham 24</p>
<p>400 m Dash 1. Sherry Rike 61.64 1st PB ***ADVANCES TO SECTIONS*** 2. Morgan Richardson 69.23 PB 3. Jackie Westernen 70.88 PB</p>	
<p>300 m Hurdles 1. Carissa Jahnz 51.75 4th ***ADVANCES TO SECTIONS*** 2. Melissa Farrand 54.90 5th 3. Regan Kossan 57.31 PB</p>	
<p>800 m Run 1. Jordan Kotek (74, 77) 2:31.48 2nd PB ***ADVANCES TO SECTIONS*** 2. Morgan Richardson (82, 86) 2:48.76 PB 2. Kaylyn Utecht (85,91) 2:56.87</p>	
<p>200 m Dash 1. Cassi Miesner 28.82 8th PB 2. Elsie Lundquist 30.81 3. Rachel Krautbauer 32.52</p>	
<p>3200 m Run 1. Abby Cummins 12:27.58 3rd PB (1:23, 1:30, 1:34, 1:36 (6:03) 1:40, 1:40, 1:39, 1:25) ***NEW SCHOOL RECORD*** ***ADVANCES TO SECTIONS*** 2. Brenna Richardson 14:41.82 BTY (1:36, 1:45, 1:49, 1:51 (7:02) 1:55, 1:56, 1:58, 1:51)</p>	<p>4 x 400 m Relay 1. Allison Gusk 67.6 PB 2. Carissa Jahnz 65.8 PB 3. Jordan Kotek 65.4 PB 4. Sherry Rike <u>62.6</u> PB ***ADVANCES TO SECTIONS*** 4:21.59 2nd BTY</p>

**"We all have dreams.
In order to make dreams
come into 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 29, 2013
 Results

TRACK EVENTS

4 x 800 m Relay	1. Abby Cummins	(72,79)	2:31.2	PB
	2. Allison Gusk	(69,89)	2:38.8	PB
	3. Jordan Kotek	(72,83)	2:35.1	PB
	4. Sherry Rike	<u>(74,83)</u>	<u>2:36.9</u>	
			10:22.29	5th PB

NEW SCHOOL RECORD

100 m Dash Tristan Zbytovsky 12.36

1600 m Run Allison Gusk 6:04.65
 (1:22, 1:33, 1:37, 1:33)

400 m Dash Sherry Rike 60.15 2nd PB
 ADVANCES TO STATE

300 m Hurdles Carissa Jahnz 49.14 6th PB
 NEW SCHOOL RECORD

300 m Hurdles Telby Madison 45.52

800 m Run Jordan Kotek 2:36.44
 (74, 82)

800 m Run Zain Hunter 2:05.89 6th PB
 (60, 66)

200 m Dash Jordan Spahr 24.27

3200 m Run Abby Cummins 12:29.40 8th
 (1:21, 1:30, 1:33, 1:36 (6:01) 1:42, 1:41, 1:40, 1:26)

4 x 400 m Relay	1. Allison Gusk	68.4
	2. Carissa Jahnz	67.3
	3. Jordan Kotek	68.2
	4. Sherry Rike	<u>66.6</u>
		4:30.57 8th

FIELD EVENTS

Triple Jump 1. Paul Skalicky 36' 9.75"

Long Jump 1. Paul Skalicky 18' 3"

Girls' Team Results:

1. Milaca	66
2. Litchfield	65
3. Annandale	55
4. Atwater-Cosmos/GC	45
5. Paynesville	43
6. Foley	39
7. Holdingford	36
8. Mora	34
St. Cloud Cathedral	34
10. Maple Lake	32.5
11. Spectrum	23
Howard Lake W/W	23
13. Rockford	21
14. St. Cloud Christian	18
Albany	18
16. Mille Lacs	17.5
17. Pine City	17
Belgrade-Brooten/E	17
19. Ogilvie	14
20. New London-Spicer	13
Eden Valley-W/K	13
22. Upsala/Swanville	12
Melrose	12
St. Johns Prep	12
25. Pierz	7
26. Rush City	6
27. Royalton	5
28. Braham	4

Boys' Team Results:

1. Foley	101	14. Spectrum	15
2. Maple Lake	75	15. Howard Lake-W/W	13
3. Holdingford	50	16. Belgrade-Brooten/E	12
4. Albany	49	17. Royalton	11
5. Eden Valley-W/K	45.5	18. St. Cloud Christian	10
6. St. Sloud Cathedral	43	19. Lester Prairie/HT	10
7. New London Spicer	42	20. Braham	7
8. Rush City	41	21. Paynesville	6
9. Rockford	40	22. Milaca	4
10. Mora	39	23. Pine City	3
11. Litchfield	34	Ogilvie	3
12. Annandale	22	25. Melrose	2.5
13. Pierz	19	26. St. Johns Prep	1

STATE TRACK AND FIELD MEET @ Hamline University
Friday - Saturday, June 7 - 8, 2013

Friday, June 7, 2013

4:57 400 m Dash Sherry Rike

Saturday, June 8, 2013

5:41 400 m Dash Sherry Rike

GIRLS' "BESTS" - 2013

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Allison Gusk - 9	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	
	2013				67.6sp - Sub	2:38.8sp - Sec	6:02.38 - Sub	
Jordan Kotek - 9	2011			31.3		02:51.5	6:10.8 - GRC	
	2012		14.3	31.0	76.5	2:43.8 - GRC	7:07	
	2013		13.8sp - Sub	29.0sp - Sub		2:31.48 - Sub		
					65.6sp - Sub	2:35.2sp - Sec		
Gracie Lebrun - 9	2012		15.3	35.4		03:17.2		
	2013	10.10-Folln		35.3 - Tig				
			18.5sp - In					
Breanna Shermer - 9	2013				95.1 - In			
Cassidy Stream - 9	2011		15.3	33.3	74.3			
	2012		16.1	34.1	77.4			
	2013	8.4 - In	13.0sp - GRC	31.5 - Tig	72.1 - Tig			
Alyssa Bursott - 8	2012		15.7	34.7				
	2013					03:18.8	7:06	
Natalie Cahill - 8	2012			31.2	01:15.7			
	2013			31.6				
Samantha Carr - 8	2013		15.1		01:24.5	2:33		
Taylor Darlow - 8	2012		15.3	33.2	1:18			
	2013			34.8	01:14.7			
Elsie Lundquist - 8	2012		14.1	29.5				
	2013		13.7	29.7 - GRC				
				28.0sp - GRC				
Breckan Pangerl - 8	2012		14.7	30.7	76.1	03:10.8		
	2013			32.0				
Melinda Rydberg - 8	2012		16.0	35.0	1:22	03:21.7		
	2013							
Alexis Wildhirt - 8	2013		15.2					
Maisie Berg - 7	2013		15.3					
Caroline Bergwick - 7	2013				01:19.0	03:27.0		
Alison Brown - 7	2013					03:09.0		
Charisma Christenson	2013		15.3					
Abbey Haug - 7	2013				1:18			
Janae Johnson - 7	2013					3:19		
Shania Johnson 7	2013		16.03	34.5	01:24.6			
Ariana Ledesma - 7	2013		14.4	33.3				
Alexis Pankonin - 7	2013		14.8					
Lauren Sommer - 7	2013			32.7	01:14.6			

GIRLS' "BESTS" - 2013

55 m hurdles	100 m hurdles	300 m hurdles	high jump	long jump	triple jump	discus	shot put	pole vault
				14' 6" - Sub				
				15' .5" - GRC				
				12' 9"				
				13' 3"				
				13' 5.25" - GRC				
				9' 4.5"			19' 10"	
						54' 1" - JV	18' 0" - In	
				11' 1"				
				10' 10"				
					22' 9" - Fol			
						66' 8"	28' 7"	
						68' 5"	27' 3"	
	20.0			12' 1.5"				
	19.6			12' 2"				
	22.1			11' 4"				
				10' 8"				
				10' 7"				
	18.4	34.6 (200's)	4' 2"					
	17.8		4' 8"	11' 11"			26' 11"	
	20.5		4' 2"					
			3' 11"					
				10' 10.25"				
	21.1			9' .75"				
				11' 5.5"				
				10' 3"			28' 1.5"	
	26.5			9' 4"				
	22.6			9' 8"				
	20.6			11' 5"				
	21.1			10' 3.25"				
				9' 11"				
	23.2			9' 9"				
				10' 0"				

GIRLS' "BESTS" - 2013

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Josie Toman - 7	2013		16.6					
Ashli Webster - 7	2013					03:13.3	0:06	
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					
2013	58.3	Lindquist, Cahill, Pangerl, Rydberg						
4 x 200 m Relay - 8	1998	2:11						
	1999	2:22						
	2000	2:04.5						
	2013	02:17.9	Darlow, Rydberg, Wildhurt, Bursott					
4 x 200 m relay - 7	1998	2:16.0						
	1999	2:08.6						
	2001	2:08.2						
	2010	02:20.8						
	2013	02:13.4	Sommer, Ledesma, J> Johnson, Christenson					
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					
2013	62.6	Sommer, Pankonin, Ledesma, J. Johnson						
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					

GIRLS' "BESTS" - 2013

55 m hurdles	100 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
							26' .25"	
				8' 5"				

"When you put yourself
 on the line in a race
 and expose yourself
 to the unknown,
 you learn things
 about yourself
 that are very exciting."

Doris Brown Heritage

BOYS' "BESTS" - 2013

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Eli Grubbs - 8	2013						5:35.40 - Sub	12:30.7 - GRC
						2:30.3so - GRC		
Joe Ascheman - 8	2012		15.9	37.9	1:27			
	2013			30.5				
Jordan Foster - 8	2013		16.1					
Ryan Fulweiler - 8	2012		16.2	31.2				
	2013		16.3					
Dakotah Neid-Hinrichs	2012			30.9	01:07.2			
	2013							
Aaron Pulkrabek - 8	2012		12.9	27.1	60.7	02:40.2	5:45	
	2013		12.9					
Blake Shermer - 8	2012		16.6		01:18.8	02:58.8		
	2013				01:16.6			
Andrew Erickson-8	2013		15.7	30.6				
Charles Fix - 7	2013							
Tyler Halberg - 7	2013							
Sam Vacinek - 7	2013	18.4						
4 x 100 m Relay -8	2000	55.3						
	2010	57.8						
	2012	56.9	Linnell, Berens, Schmidt, Skalicky					
	2013							
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					
	2012	59.1	Neid-Hinrichs, Shermer, Stolp, Pulkrabek					
	2013							
4 x 200 m Relay -7	2000	02:01.3						
	2001	02:09.6						
	2007	02:00.5						
	2013							
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					

BOYS' "BESTS" - 2013

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
		24.2	4' 0"					
		20						
				10' 2"		28' 0"	23' 10"	
		19.0	40.0 (200's)	5' 0"			34' 7"	
				15' 1"				
				15' 5.25"				
		23.2				63' 7.5"	26' 10"	
						73' 4"		
						55' 1"	27' 8"	

*“Failing to prepare
is
preparing to fail.”*

Benjamin Franklin

GIRLS' RELAY HISTORY-2013

	RRC INDOOR	FOLEY INDOOR	TIGERAMA	TRUE TEAM	HINCKLEY	GRC	SUB-SECTION	SECTION
4 x 100 M RELAY	R. Krautbauer		C. Miesner	C. Miesner	C. Miesner	R. Kossan	R. Kossan	
52.79	C. Miesner		R. Kossan	M. Richardson	M. Richardson	K. Utecht	K. Utecht	
	M. Farrand		C. Stream	C. Stream	C. Stream	C. Stream	C. Stream	
	G. LeBrun		R. Krautbauer	R. Krautbauer	R. Krautbauer	R. Krautbauer	R. Krautbauer	
	62.5		58.8	58.19	58.5	58.3	57.98	
4 x 200 M RELAY	R. Krautbauer	R. Krautbauer	C. Miesner	C. Miesner	C. Miesner	C. Miesner	C. Miesner	
(1:50.17)	C. Miesner	C. Miesner	M. Richardson	M. Richardson	M. Richardson	E. Lundquist	E. Lundquist	
	M. Farrand	M. Richardson	R. Krautbauer	M. Farrand	M. Farrand	M. Farrand	M. Farrand	
	R. Kossan	M. Farrand	M. Farrand	K. Utecht	K. Utecht	K. Utecht	K. Utecht	
	02:13.0	2:06.75	02:04.4	2:01.33	02:01.2	01:57.1	1:57.99	
4 x 400 M RELAY	A. Gusk	J. Kotek	A. Gusk	A. Gusk	C. Miesner	A. Gusk	A. Gusk	A. Gusk
(4:16.81)	R. Kossan	C. Jahnz	C. Jahnz	C. Jahnz	C. Jahnz	C. Jahnz	C. Jahnz	C. Jahnz
	M. Richardson	K. Utecht	K. Utecht	J. Kotek	J. Kotek	J. Kotek	J. Kotek	J. Kotek
	J. Kotek	S. Rike	S. Rike	S. Rike	S. Rike	S. Rike	S. Rike	S. Rike
	05:15.5	4:47.27	04:36.8	4:35.78	4:35.7	04:26.8	4:21.59	4:30.57
4 X 800 M RELAY	A. Gusk	J. Kotek	A. Cummins	A. Cummins	A. Cummins	K. Utecht	A. Cummins	A. Cummins
(10:27.01)	R. Kossan	K. Utecht	J. Kotek	A. Gusk	K. Utecht	A. Gusk	A. Gusk	A. Gusk
	M. Richardson	A. Gusk	K. Utecht	J. Kotek	J. Kotek	J. Kotek	J. Kotek	J. Kotek
	J. Kotek	S. Rike	A. Gusk	S. Rike	S. Rike	S. Rike	S. Rike	S. Rike
	12:01.4	11:20.08	11:13.0	10:49.06	10:48.5	10:47.0	10:38.66	10:22.29

BOYS' RELAY HISTORY - 2013

	RRC INDOOR	FOLEY INDOOR	TIGERAMA	TRUE TEAM	HINCKLEY	GRC	SUBSECTION	SECTION
4 x 100 M RELAY	R. Linnell		R. Linnell	S. Roberto	Jordan Spahr	J. Nowling	J. Nowling	
44.20	S. Schmidt		W. Berens	C. Clark	J. Nowling	R. Linnell	R. Linnell	
	J. Dyksman		S. Schmidt	W. Berens	R. Linnell	C. Clark	C. Clark	
	J. Nowling		S. Roberto	J. Nowling	S. Roberto	S. Roberto	S. Roberto	
	52.7		53.8	50.20	48.6	49.1	48.37	
4 x 200 M RELAY	T. Zbytovsky	W. Berens	T. Zbytovsky	T. Zbytovsky	T. Zbytovsky	Jordan Spahr	Jordan Spahr	
(1:31.68)	C. Clark	R. Linnell	C. Clark	C. Clark	C. Clark	T. Zbytovsky	T. Zbytovsky	
	Jordan Spahr	J. Nowling	P. Skalicky	Jordan Spahr	Jordan Spahr	C. Clark	C. Clark	
	P. Skalicky	S. Roberto	J. Spahr	J. Nowling	Z. Hunter	J. Nowling	Z. Hunter	
	01:49.9	1:54.16	01:42.0	1:43.65	1:39.4	01:42.1	1:38.36	
4 x 400 M RELAY	Jordan Spahr	R. Linnell	P. Skalicky	P. Skalicky	P. Skalicky	P. Skalicky	P. Skalicky	
(3:28.39)	C. Clark	D. Skalicky	D. Skalicky	D. Skalicky	D. Skalicky	D. Skalicky	D. Skalicky	
	B. Hunter	B. Hunter	B. Hunter	B. Hunter	J. Dyksman	B. Hunter	J. Dyksman	
	Z. Hunter	Z. Hunter	Z. Hunter	Z. Hunter	Z. Hunter	Z. Hunter	Z. Hunter	
	04:18.3	4:05.76	04:04.7	3:56.14	03:50.9	03:54.1	3:53.15	
4 X 800 M RELAY	Jonah Spahr	Z. Hunter	J. Dyksman	J. Dyksman	J. Dyksman	J. Dyksman	B. Hunter	
(8:27.89)	S. Kossan	Jonah Spahr	L. Stahl	S. Kossan	L. Stahl	Eli Grubbs	L. Stahl	
	B. Hunter	B. Hunter	B. Hunter	Jonah Spahr	Jonah Spahr	Jonah Spahr	J. Spahr	
	Z. Hunter	S. Kossan	S. Kossan	B. Hunter	Eli Grubbs	B. Hunter	J. Dyksman	
	10:15.3	9:55.07	10:18.9	10:01.88	9:38.1	09:51.0	9:51.94	

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	A. Gusk	M. Johnson	J. Fore	M. Miesner	K. Connaker	M. Johnson	K. Connaker	M. Johnson	K. Odegard
	J. Fore	C. Jahnz	J. Fore	E. Branzovsky	C. Jahnz	M. Anderson	B. Osterdyk	M. Anderson	B. Osterdyk	L. Ballis
	C. Filler	J. Kotek	C. Filler	C. Filler	H. Staples	A. Dufresne	J. Fore	S. Johnson	C. Filler	M. Sloan
	B. Osterdyk	S. Rike	B. Osterdyk	B. Osterdyk	E. Pangerl	S. Johnson	C. Filler	A. Dufresne	J. Fore	S. Johnson
	4:16.81 -03	4:21.59 13	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 x800 M RELAY	A. Cummins	J. Fore	K. Connaker	M. Johnson	K. Connaker	A. Cummins	M. Anderson	K. Utecht	M. Anderson	K. Connaker
	A. Gusk	D. Dickey	M. Anderson	M. Anderson	L. Filler	K. Cahill	H. Larsen	K. Cahill	J. Gregoire	L. Mettling
	J. Kotek	E. Branzovsky	L. Mettling	L. Mettling	M. Anderson	M. Miesner	R. Craighead	M. Miesner	R. Craighead	M. Anderson
	S. Rike	M. Johnson	L. Filler	K. Connaker	L. Mettling	S. Rike	M. Johnson	S. Rike	M. Johnson	L. Filler
	10:22.29 13	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
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	S. Rike 60.15 13	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
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	J. Kotek 2:31.48 13	A.Wiedemann 2:31.85 97	A. Wiedemann 2:32.01 96	M. Johnson 2:32.39 03	A. Wiedemann 2:32.8 95
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	A. Cummins 5:51.0 13	M. Miesner 5:51.9 12	Jenna Fore 5:52.6 04
3200 M RUN	A. Cummins 12:27.58 13	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
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. Jahnz 17.76 13	C. Hersbergen 17.83 93	B. Clementson 17.92 -09
300 M HURDLES	C. Jahnz 49.14 13	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
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	J. Spahr	Dk Braatz
	J. Pangerl	J. Pangerl	J. Carlson	J. Carlson	R. Root	A. Wirth	J. Carlson	A.Wirth	T.Zbystovksy	J. Carter
	N. Cummings	M. Schmidt	H. Hansen	H. Hansen	A. Wirth	Pt Johnson	H. Hansen	L. Williams	C. Clark	H. Hansen
	A. Olson	A. Olson	A. Olson	A. Olson	M. Johnson	J. Oare	J. Carter	J. Oare	Z. Hunter	J. Skalicky
	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	1:38.36 - 13	1:38.4 08
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 11.24 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	Z. Hunter 2:05.89 13	Dv Hansen 2:06.1 03	E. Osterdyk 2:07.16 09	JRAnderson 2:07.1 98	Dv Hansen 2:07.31 02
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	T. Madison 17.61 13
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	T. Madison 45.01 13
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	12:27.58	Abby Cummins	2013
100 m Hurdles	16.54	Chantel Hersbergen	1994
300 m Hurdles	49.14	Carissa Jahnz	2013
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	10:22.29	Abby Cummins, Allison Gusk Jordan Kotek, Sherry Rike	2013
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	11.24 11.1 (HH)	Jordan Pangerl Chris Olson	2012 1991
200 m Dash	22.80 22.6 (HH)	Paul C. Johnson Chris Harrison	1999 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 15.8 (HH)	Jordan Kruse Tom Nelson	2006 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

2013 Dragon Track and Field Awards

Track and Field - MVP

Carissa Jahnz
Sherry Rike

Zain Hunter

Dragon "3-D" Award

(Dedication, Determination, Drive)

Jordan Spahr

Most Improved Award

Telby Madison

Rookie of the Year

Jordan Kotek

Jeremy Dyksman

Perseverance Award

Morgan Richardson

Carissa Jahnz

Sportsmanship Award

Regan Kossan

Coaches' Award

Abby Cummins

New School Records:

Abby Cummins	4 x 800 m Relay	10:22.29
Allison Gusk	4 x 800 m Relay	10:22.29
Jordan Kotek	4 x 800 m Relay	10:22.29
Sherry Rike	4 x 800 m Relay	10:22.29
Carissa Jahnz	300 m Hurdles	49.14
Abby Cummins	3200 m Run	12:27.58

“CHAMPIONS
ARE MADE
WHEN
NO ONE
IS
WATCHING.”

All-Conference Awards:

Kaylyn Utecht	4 x 800 m Relay
Allison Gusk	4 x 800 m Relay, 4 x 400 m Relay
Jordan Kotek	4 x 800 m Relay, 4 x 400 m Relay
Sherry Rike	4 x 800 m Relay, 400 m Dash, 4 x 400 m Relay
Abby Cummins	1600 m Run, 3200 m Run
Carissa Jahnz	100 m Hurdles, 300 m Hurdles, 4 x 400 m Relay
Zain Hunter	800 m Run, Long Jump

All-Conference Honorable Mention

Cassi Miesner	4 x 200 m Relay
Elsie Lundquist	4 x 200 m Relay
Melissa Farrand	4 x 200 m Relay, 100 m Hurdles
Kaylyn Utecht	4 x 200 m Relay
Paul Skalicky	Triple Jump, Long Jump
Jason Nowling	4 x 100 m Relay
Ryan Linnell	4 x 100 m Relay
Connor Clark	4 x 100 m Relay
Sam Roberto	4 x 100 m Relay

2013 Letter Winners:

Abby Cummins

Morgan Richardson

Telby Madison

Melissa Farrand

Jordan Spahr

Jeremy Dyksman

Jason Nowling

Tristan Zybtovsky

Beau Hunter

Carissa Jahnz

Sherry Rike

Shannon Drury

Rachel Krautbauer

Connor Clark

Jonah Spahr

Cassi Miesner

Allison Gusk

Dennis Skalicky

Regan Kossan

Zain Hunter

Paul Skalicky

Sarah Nisley

Katie Christensen

Jordon Stevens

Kaylyn Utecht

Jordan Kotek

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

“RUN
HARD,
BE STRONG,
THINK
BIG!”

PERCY CERUTTY

RESPECT

IS EARNED

ONE DROP OF SWEAT

AT A TIME

RESPECT



IS EARNED

ONE DROP OF SWEAT

AT A TIME

GIRLS' "BESTS" - 2013

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Abby Cummins - 12	2010					3:00.3 - JV	6:23.9 - JV	13:29.01 - Sub
					80.9 sp- Fol	2:48.7sp - H/F		
	2012						6:16.9 - RC	12:33.27 - Sec
	2013				76.3sp = Fol	2:39.9sp - PC		
							5:51.0 - GRC	12:27.58 - Sub
						2:31.2sp - Sec		
Carissa Jahnz - 12	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				
	2013					68.7sp - Sub		
					73.17 - Fol In			
					65.8 sp - Sub			
Regan Kossan - 12	2010			32.7 - RC				
			14,5sp - H/F					
	2011							
			13.9sp - ChL	33.3sp - Fol				
	2013	10.98-Fol In	15.44 - TT	32.86 - Fol-In				
		14.6sp - Sub	33.9sp - In	87.2sp - In	3:17.6sp - In			
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
						2:53.1sp - PC		
	2012			30.4	69.1 - PC			
					30.1sp - On	70.0sp - H/F	2:48.6sp - H/F	
2013					69.23 - Sub	2:48.76 - Sub		
		14.6sp - Hinck	31.0 sp - Tig	78.0 sp IN	3:02.8sp - In			
Sherry Rike - 12	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
						73.3 sp - Fol	2:35.5sp - PC	
	2012					2:26.6 - GRC	5:48.1 - H/F	13:51.2 - On
				28.9sp - On	63.6sp - PC	2:32.8sp - PC		
2013					60.15 - Sec	2:47.2 - Tig	6:14.8 - Hin	
					62.6sp - Sub	2:34.5sp - Hin		
Melissa Farrand	2010				01:15.7			
	2011				71.8 - Og			
				30.4sp - Fol	72.0 sp- RC			
	2012				71.6 - Fol			
			14.0sp - H/F	32.9sp - RC				
2013								
		14.8sp - In	29.9 sp -GRC					

GIRLS' "BESTS" - 2013

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Isabella Frazeto	2013		19.3 - Hinck					
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			
	2013		14.7 - GRC 13.8sp - Tig	31.4 - Hinck 31.8sp - Tig				
Sarah Nisley - 11	2010							
	2011							
	2012							
	2013							
Jozlin Pezalla	2013	10.6 - In	19.3 - Tig					
Brenna Richardson	2010					3:22	7:25	
	2012				75.9 - H/F	3:04.5 - Og	6:27.9 - PCjv	13:22.9 - GRC
			15.0sp - GR	32.1sp - H/F		3:02.7sp - RC		
	2013				79.3 - Tig		7:12.70 - Folln	14:41.82 - Sub
Jordan Vaudrin-11	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
	2013					3:21.6 - In	7:29.9 - In	
Vanessa Bolduc - 10	2013							
Katie Christensen	2012							
	2013							
Cassi Miesner - 10	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			
	2013		13.9 - GRC 13.7sp - TT	28.82 - Sub 29.5sp - Hinck	70.0sp - Hinck			
Kaylyn Utecht - 10	2010			31.7	01:13.9			
	2011			30.4	70.09 - Sub 70.9sp- Sub	02:53.2 2:50.7sp - GRC		
	2012		14.6 - On	30.34 - Fol 28.8sp - PC	68.7 - H/F 69.8sp - Fol	2:48.8 - PC 2:44.7sp - GR		
	2013			30.58 - TT 14.6sp - Sub	70.4 - Tig 28.9sp - GRC	2:53.6 - Hinck 2:52.7sp - Tig		
Jackie Westernen - 10	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		
	2013				70.88 - Sub		6:43.67 - TT	
Jessica Brytowski-9	2012		17.5	37.5				
	2013		17.6 - Tig					

GIRLS' "BESTS" - 2013

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Allison Gusk - 9	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	
	2013				67.6sp - Sub	2:38.8sp - Sec	6:02.38 - Sub	
Jordan Kotek - 9	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				
	2013					2:31.48 - Sub		
					65.6sp - Sub	2:35.2sp - Sec		
Gracie Lebrun - 9	2012		15.3	35.4		03:17.2		
	2013	10.10-Folln		35.3 - Tig				
			18.5sp - In					
Breanna Shermer - 9	2013				95.1 - In			
Cassidy Stream - 9	2011		15.3	33.3	74.3			
	2012		16.1	34.1	77.4			
	2013	8.4 - In	13.0sp - GRC	31.5 - Tig	72.1 - Tig			
Alyssa Bursott - 8	2012		15.7	34.7				
	2013					03:18.8	7:06	
Natalie Cahill - 8	2012			31.2	01:15.7			
	2013			31.6				
Samantha Carr - 8	2013		15.1		01:24.5	2:33		
Taylor Darlow - 8	2012		15.3	33.2	1:18			
	2013			34.8	01:14.7			
Elsie Lundquist - 8	2012		14.1	29.5				
	2013		13.7	29.7 - GRC				
				28.0sp - GRC				
Breckan Pangerl - 8	2012		14.7	30.7	76.1	03:10.8		
	2013			32.0				
Melinda Rydberg - 8	2012		16.0	35.0	1:22	03:21.7		
	2013							
Alexis Wildhirt - 8	2013		15.2					
Maisie Berg - 7	2013		15.3					
Caroline Bergwick - 7	2013				01:19.0	03:27.0		
Alison Brown - 7	2013					03:09.0		
Charisma Christenson	2013		15.3					
Abbey Haug - 7	2013				1:18			
Janae Johnson - 7	2013					3:19		
Shania Johnson 7	2013		16.03	34.5	01:24.6			
Ariana Ledesma - 7	2013		14.4	33.3				
Alexis Pankonin - 7	2013		14.8					
Lauren Sommer - 7	2013			32.7	01:14.6			

GIRLS' "BESTS" - 2013

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Josie Toman - 7	2013		16.6					
Ashli Webster - 7	2013					03:13.3	0:06	
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					
	2013	58.3	Lindquist, Cahill, Pangerl, Rydberg					
4 x 200 m Relay -8	1998	2:11						
	1999	2:22						
	2000	2:04.5						
	2013	02:17.9	Darlow, Rydberg, Wildhurt, Bursott					
4 x 200 m relay - 7	1998	2:16.0						
	1999	2:08.6						
	2001	2:08.2						
	2010	02:20.8						
	2013	02:13.4	Sommer, Ledesma, J> Johnson, Christenson					
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					
	2013	62.6	Sommer, Pankonin, Ledesma, J. Johnson					
4 x 200 m Relay -7/8	2012	2:14	Larson, Rydberg, Stream, Kotek					
4 x 100 m Ralay-7/8	2012	57.6	Larson, Gusk, Pangerl, Lundquist					

GIRLS' "BESTS" - 2013

55 m hurdles	100 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
							26' .25"	
				8' 5"				

“When you put yourself
on the line in a race
and expose yourself
to the unknown,
you learn things
about yourself
that are very exciting.”

Doris Brown Heritage

BOYS' "BESTS" - 2013

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Zain Hunter- 12	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		
	2013					2:05.89 - Sec	5:08.82 - TT	
				23.8sp - Sub	54.7sp - Hin	2:14.1sp - Fol		
Telby Madison - 12	2012			27.1 - Og	68.2 - In			
			12.4sp - Og					
	2013							
Shannon Drury - 11	2013							
Garrett Shelton -11	2012					2:44.7 - PCjv	6:46.5 - Og	14:34.0 - Fol
						2:57.1sp - In		
	2013						6:37.8 - In	
Paul Skalicky - 11	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			
	2013			26.7 - Hin	58.77 - TT			
				25.7sp - In	57.2sp - Hin			
Jordan Spahr - 11	2010	7.5 - Fol	13.6					
	2011		13.3sp - Fol					
	2012		12.3 - PC	25.3 - PC	59.7 - Tig			
	2013	7.3 - In	11.6 - GRC	24.12 - Sub				
			12.3sp - Hin	23.9sp - Tig	62.2sp - In			
Connor Clark - 10	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				
	2013	7.3 - In		25.5 - GRC	65.1 - Hinck			
			11.0sp - GRC	24.4sp - TT	65.6sp - Tig			
Jeremy Dyksman	2013				61.3 - Tig	2:15.90 - Sub		
			13.5sp - In		57.8sp - Sub	2:17.3sp - Hin		
Sam Kossan - 10	2013				70.3 - In	2:30.58 - Sub		
						2:49.0sp - In		
Jason Nowling - 10	2013	7.71-FolIn	12.6 - Tig					
			11.0sp - TT	26.3sp - TT				

BOYS' "BESTS" - 2013

55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
				13' 7.25"		36' 0"		
				16' .75" - PC				9' 6" - H/F
				18' 10.5" - GRC				
	18.6 - GRC	47.82 - Sub						
	17.61 - Sub	45.01 - Sub			33' 3" - TT		32' 0" - GRC	
						89' 2" - Sub	34' 0" - GRC	
		59.0 - Tig						
	18.4			14' 3.75"				
				18' 4.75" - SL	37' 4" - GRC			
				19' 8" - Sub	39' 3.25" - Sub			
				19' 2" - In	37' 10.5" - GRC			
						54' 1"	35' 6"	
				14' 9"				
				14' 1"				
						70' 0" - Tig	21' 9" - Fol In	
			4' 8" -					
			5' 0" - In		33' 11.5" - GRC			

BOYS' "BESTS" - 2013

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Sam Roberto - 10	2011		12.5	28.2				
	2012		12.5 - PCjv	27.6 - PCjv	70.4 - PC			
			12.0sp - Tig					
	2013		12.7 - GRC	27.4 - Tig				
			12.2sp - Hinc	25.5so-Foln				
Jonah Spahr - 10	2011					02:46.3	06:01.6	
	2012					2:27.2sp - H/F	5:28.8 - GRC	11:47.0 - H/F
	2013						5:29.8 - Tig	11:14.72 - Sub
						2:24.8sp - Hin		
Logan Stahl - 10	2013						5:35.1 - Hin	12:24.22 - Sub
						2:24.8sp - Hin		
Jordon Stevens -10	2010							
	2011			27.8	63.2	02:45.9		
	2012		11.9sp - RC		65.0 - On			
	2013							
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			
			12.0sp - Fol	23.7sp - Fol				
	2013	7.2 - In	11.73 - Sub	24.6 - Hin				
			24.9sp - Hin					
Jon Bergwick - 9	2011		16.7			02:56.8	7:14	
	2012		17.4			2:52	6:09	
	2013					2:40.1 - Hin	5:44..14 - Sub	
Weston Berens - 9	2011		16.7					
	2012		15.4	33.0	01:14.6			
	2013				69.0 - In			
			13.8sp - Tig	29.9sp - Fol				
Beau Hunter - 9	2011			30.1	65.5	02:36.5	05:49.4	
	2012			27.9	62.0	2:29	5:34	
	2013				58.61 - Sub	2:24.09 - TT		
					60.2sp - GRC	2:22.3sp - Sub		
Ryan Linnell - 9	2012		13.3	27.3	01:07.2	02:44.6		
	2013	7.62-Foln	12.7 - Tig	28.1 - In	61.7 - Hinck			
			12.0sp - Sub	29.2sp - Fol				
Sully Schmidt - 9	2011		15.8					
	2012		15.5	32.1	1:14			
	2013	7.83-Foln	13.2 jv	29.6 - In	61.4 - Tig			
		13.0sp - In						
Dennis Skalicky - 9	2011		14.8	29.8				
	2012		12.8	26.9	01:02.7			
	2013			27.5 - In	56.66 - Sub			
					57.0sp - Sub			

BOYS' "BESTS" - 2013

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
	24.2		4' 0"					
	20							
				10' 2"		28' 0"	23' 10"	
	19.0	40.0 (200's)	5' 0"				34' 7"	
				15' 1"				
				15' 5.25"				
	23.2					63' 7.5"	26' 10"	
						73' 4"		
						55' 1"	27' 8"	

*“Failing to prepare
 is
 preparing to fail.”*

Benjamin Franklin