



PINE CITY

DRA
29
AGONS
61
29

CROSS COUNTRY

2013

Dragon Cross Country



Russell

Russ

Seniors

2013

Garrett



Brenna

Brenna

Dream

Big

Chris



Nate

Nate

Mora Fun Run
Thursday, August 22, 2013
warm and sunny

PINE CITY GIRLS' RESULTS:

3200 m - 38 runners

	<u>place</u>	<u>total time</u>		<u>1st mile</u>	<u>2nd mile</u>	
1.	Allison Gusk	5	13:55	PB	6:52	7:03
2.	Jordan Kotek	8	14:33		7:05	7:28
3.	Brenna Richardson	11	14:51		7:11	7:40
4.	Jackie Western	15	15:10		7:23	7:47
5.	Ashli Webster	16	15:22	PB	7:49	7:33
6.	Summer Rockstroh	21	16:46		8:15	8:31
7.	Nicole Peters	22	16:49	PB	8:15	8:34
8.	Melissa Whittaker	33	19:12		8:51	10:21

#1 runner: Bethany Coop, Mora - 12:19

JUNIOR HIGH GIRLS:

1600 m - 17 runners

1.	Alexis Thieman	1	6:43
2.	Karly Irlbeck	5	7:37
3.	Kaylee Prihoda	6	7:50
4.	Ava Tallarico	7	7:52
5.	Janae Johnson	9	8:01
6.	Megan Stransky	14	9:20
7.	Emma Schmidt	15	9:25

#1 runner: Alexis Thieman, Pine City - 6:43

PINE CITY BOYS' RESULTS:

3200 m - 64 runners

	<u>place</u>	<u>total time</u>		<u>1st mile</u>	<u>2nd mile</u>	
1.	Easton Foss	2	11:06		5:35	5:31
2.	Noah Adams	8	11:24	PB	5:39	5:45
3.	Beau Hunter	18	12:07	PB	5:45	6:22
4.	Jonah Spahr	22	12:22	PB	6:09	6:13
5.	Eli Grubbs	25	12:30	PB	6:11	6:19
6.	Gunnar Nilsson	26	12:31	PB	6:14	6:17
7.	Russ Western	29	12:37	PB	6:12	6:25
8.	Dylan Gamec-B.	30	12:43		6:15	6:28
9.	Nick Stolp	31	12:55	PB	6:18	6:37
10.	Kyle Peters	32	13:00	PB	6:17	6:43
11.	Ethan Leibel	35	13:18		6:26	6:52
12.	Tony Pitzen	38	13:32		6:29	7:03
13.	Brandt Berube	41	13:45	PB	6:44	7:01
14.	Austin Cavallin	42	13:46		6:48	6:58
15.	James Pixley	43	13:49		6:45	7:04
16.	Aaron Brown	44	13:50		6:47	7:03
17.	Danny Pitzen	45	14:00	PB	6:43	7:17
18.	Alec Zamorano	46	14:21		6:57	7:24
19.	Sam Saunders	47	14:29	PB	6:58	7:31
20.	Greg Petrie	55	15:21		7:10	8:11
21.	Cally Sibben	58	15:26		7:37	7:50
22.	Ryan Blake	60	15:57		7:47	8:10

#1 runner: Noah Moravec - Mora - 11:02

JUNIOR HIGH BOYS:

1600 m - 18 runners

1.	Nathan Kleppe	5	6:40
2.	Quentin Miklya	6	6:50
3.	Jake Adams	7	6:50
4.	TJ Rank	9	7:18
5.	Ryan Gamec-B.	10	7:28
6.	Joseph Root	12	7:30
7.	Max Graves	14	7:37
8.	Justin Stolp	16	8:44

#1 runner: - 6:12

**Mora Invitational
Cross Country Meet
Friday, August 30, 2013
mild and overcast**

PINE CITY GIRLS' RESULTS:

4000 m - 34 varsity and 34 JV runners

	<u>place</u>	<u>time</u>	
1. Allison Gusk	9	17:47	BTC
2. Jordan Kotek	14	18:12	BTC
3. Ashli Webster	19	18:29	
4. Brenna Richardson	22	18:46	BTC
5. Jackie Westeren	24	19:00	
6. Maddie Martin	32	19:33	PB
7. Melissa Whittaker	31jv	25:03	

#1 runner: Bethany Coop - Mora - 15:37

JUNIOR HIGH GIRLS:

2000 m - 40 runners

	<u>place</u>	<u>time</u>	
1. Alexis Thieman	1	8:09	
2. Kaylee Prihoda	9	8:54	
3. Summer Rockstroh	13	9:13	
4. Janae Johnson	16	9:19	
5. Nicole Peters	21	9:33	PB
6. Ava Tallarico	22	9:35	
7. Karly Irlbeck	23	9:35	
8. Emma Schmidt	27	9:57	
9. Megan Stransky	33	10:40	

#1 runner: Alexis Thieman - Pine City - 8:09

PINE CITY BOYS' RESULTS:

5000 m - 47 varsity and 65 JV runners

	<u>place</u>	<u>time</u>	
1. Easton Foss	4	18:03	
2. Noah Adams	7	18:15	
3. Beau Hunter	20	19:25	
4. Jonah Spahr	28	20:01	PB
5. Eli Grubbs	32	20:19	PB
6. Gunnar Nilsson	35	20:26	
7. Dylan Gamec-B.	10jv	20:27	
8. Russ Westeren	39	20:42	BTC
9. Elijah Johnson	14jv	20:50	PB
10. Nick Stolp	15jv	20:59	
11. Tony Pitzen	17jv	21:11	BTC
12. Kyle Peters	21jv	21:16	
13. Danny Pitzen	26jv	21:44	PB
14. Ethan Leibel	29jv	22:19	
15. Greg Petrie	38jv	23:16	
16. Sam Saunders	40jv	23:22	
17. Aaron Brown	41jv	23:24	
18. Brandt Berube	42jv	23:25	
19. Andrew Clementson	43jv	23:26	
20. Austin Cavallin	52jv	23:34	
21. Cally Sibben	57jv	25:13	
22. Ryan Blake	65jv	28:28	

#1 runner: Noah Moravec - Mora - 17:52

JUNIOR HIGH BOYS:

2000 m - 44 runners

	<u>place</u>	<u>time</u>	
1. Nathan Kleppe	13	8:10	PB
2. Jake Adams	22	8:38	
3. Max Graves	24	8:45	
4. Quentin Miklya	28	8:54	
5. TJ Rank	29	9:02	
6. Ryan Gamec-B.	31	9:13	
7. Joseph Root	32	9:15	
8. Justin Stolp	39	9:58	

#1 runner: Jon Hall - Milaca - 6:59

GIRLS' TEAM RESULTS:

1. Mora	30
2. Cambridge-Isanti	52
3. Albany	60
4. Pine City	79
Incomplete Teams:	
Milaca	
Rush City	
Braham	

JH Girls' Results: (Top 3 score)

1. Rush City	17
2. Pine City	23
3. Mora	26
4. Milaca	33
5. Cambridge-Isanti	37
6. Albany	40

*If scoring top 5 we would have won

BOYS' TEAM RESULTS:

1. Mora	26
2. Cambridge-Isanti	68
3. Albany	70
4. Pine City	89
5. Rush City	140
6. Milaca	155
7. Braham	184

JV Boys' Team Results

1. Mora	24
2. Cambridge-Isanti	65
3. Pine City	77
4. Albany	90
5. Milaca	98
6. Rush City	178
Incomplete Team:	
Braham	

JH Team Results: (Top 3 Score)

1. Cambridge-Isanti	13
2. Mora	24
3. Albany	30
4. Braham	39
5. Pine City	54
6. Milaca	54
7. Rush City	67

If it hurts,

run faster.

It wont stop hurting,

but you'll be done sooner!

**Pine City Invitational
Cross Country Meet
Thursday, September 5, 2013
sunny and warm**

PINE CITY GIRLS' RESULTS:

4000 m - 54 varsity and 30 JV runners

	<u>place</u>	<u>time</u>	
1. Allison Gusk	10	17:47	
2. Jordan Kotek	11	17:49	BTY
3. Ashli Webster	27	18:54	
4. Brenna Richardson	29	19:14	
5. Jackie Westeren	36	19:43	
6. Maddie Martin	43	20:03	
7. Melissa Whittaker	19 jv	23:45	PB

#1 runner: Rhianna Rinke - North Branch - 15:42

JUNIOR HIGH GIRLS:

2000 m - 42 runners

	<u>place</u>	<u>time</u>	
1. Alexis Thieman	8	8:58	
2. Kaylee Prihoda	16	9:30	
3. Summer Rockstroh	17	9:30	
4. Nicole Peters	20	9:39	
5. Karly Irlbeck	24	9:46	
6. Janae Johnson	25	9:46	
7. Abbey Haug	27	9:48	
8. Emma Schmidt	28	10:15	
9. Megan Stransky	33	10:38	PB

#1 runner: Elana Herberg - Rush City - 8:21

PINE CITY BOYS' RESULTS:

5000 m - 58 varsity and 89 JV runners

	<u>place</u>	<u>time</u>	
1. Easton Foss	4	18:13	
2. Noah Adams	7	18:32	
3. Beau Hunter	16	19:21	BTY
4. Jonah Spahr	38	20:26	
5. Gunnar Nilsson	45	20:55	
6. Russ Westeren	12 jv	21:15	
7. Kyle Peters	13 jv	21:20	
8. Nick Stolp	15 jv	21:23	
9. Elijah Johnson	17 jv	21:31	
10. Eli Grubbs	51	21:33	
11. Andrew Clementson	19 jv	21:46	PB
12. Tony Pitzen	25 jv	22:17	
13. Dylan Gamec-B.	56	22:21	
14. James Pixley	28 jv	22:22	PB
15. Ethan Leibel	35 jv	22:46	
16. Brandt Berube	42 jv	23:29	
17. Austin Cavallin	48 jv	23:57	PB
18. Danny Pitzen	50 jv	24:06	
19. Nate Scheid	51 jv	24:13	
20. Sam Saunders	58 jv	24:38	
21. Jared Montague	60 jv	24:54	
22. Aaron Brown	66 jv	25:13	
23. Greg Petrie	65 jv	25:15	
24. Cally Sibben	71 jv	25:54	
25. Ryan Blake	78 jv	26:51	PB

#1 runner: Noah Moravec - Mora - 17:47

JUNIOR HIGH BOYS:

2000 m - 53 runners

	<u>place</u>	<u>time</u>	
1. Nathan Kleppe	15	8:09	PB
2. Max Graves	24	8:40	BTY
3. Jake Adams	25	8:42	
4. TJ Rank	34	9:01	PB
5. Ryan Gamec-B.	40	9:42	
6. Joseph Root	44	10:27	
7. Justin Stolp	51	11:27	

#1 runner: Zach Garza - Mora - 7:21

GIRLS' TEAM RESULTS:

1. North Branch	33
2. Mora	37
3. Pine City	87
4. Milaca	98
5. MilleLacs	121
6. Hermantown	125
Incomplete Teams	
Rush City, East Central	
Foley, H/F, Braham,	
Zimmerman	

JH Girls' Results:

1. Pine City	43
2. Rush City	48
3. Mora	53
4. North Branch	82
Incomplete Teams	
East Central, Milaca	
Foley, H/F, Braham,	
Zimmerman,	
Hermantown	
MilleLacs	

BOYS' TEAM RESULTS:

1. Mora	33
2. Foley	85
3. Pine City	96
4. Hermantown	118
5. North Branch	121
6. Milaca	136
7. Braham	152
8. Rush City	164
Incomplete Teams	
East Central	
Hinckley-Finlayson	
Zimmerman	

JV Boys' Team Results

1. Mora	43
2. Pine City	76
3. Foley	76
4. North Branch	89
5. Milaca	105
6. Hermantown	117
7. Rush City	203
Incomplete Teams	
Braham	
Zimmerman	

JH Team Results:

1. Foley	33
2. Mora	48
3. Hermantown	84
4. North Branch	87
5. Pine City	101
Incomplete Teams	
Zimmerman, Braham,	
H/F, Milaca, Rush City	

**North Branch Invitational
Cross Country Meet
Thursday, September 12, 2013
sunny and mild**

PINE CITY GIRLS' RESULTS:

4000 m - 28 varsity and 23 JV runners

	<u>place</u>	<u>time</u>	
1. Allison Gusk	13	17:47	BTY-tie
2. Jordan Kotek	15	17:50	
3. Ashli Webster	18	18:10	PB
4. Brenna Richardson	19	18:40	BTY
5. Jackie Westernen	23	18:54	BTY
6. Maddie Martin	25	19:09	PB
7. Melissa Whittaker	19 jv	22:35	PB
8. Leonie Hoppe	20 jv	22:45	

#1 runner: Rhianna Rinke - North Branch - 15:30

JUNIOR HIGH GIRLS:

2000 m - 33 runners

	<u>place</u>	<u>time</u>	
1. Alexis Thieman	2	8:24	
2. Summer Rockstroh	6	9:06	PB
3. Kaylee Prihoda	7	9:08	
4. Nicole Peters	13	9:17	PB
5. Abbey Haug	15	9:21	PB
6. Janae Johnson	18	9:35	
7. Karly Irlbeck	20	9:40	
8. Ava Tallarico	25	9:55	
9. Emma Schmidt	27	10:10	
10. Megan Stransky	28	10:12	PB

#1 runner: Elana Herberg - Rush City - 8:22

PINE CITY BOYS' RESULTS:

5000 m - 34 varsity and 47 JV runners

	<u>place</u>	<u>time</u>	
1. Easton Foss	1	17:51	PB
2. Noah Adams	3	18:15	BTY-tie
3. Beau Hunter	9	19:01	BTY
4. Jonah Spahr	12	19:11	
5. Eli Grubbs	1 jv	19:36	PB
6. Russ Westernen	22	19:55	BTY
7. Nick Stolp	5 jv	20:17	PB
8. Dylan Gamec-B.	6 jv	20:18	BTY
9. Andrew Clementson	8 jv	20:39	PB
10. Gunnar Nilsson	28	20:41	
11. James Pixley	10 jv	20:41	PB
12. Tony Pitzen	12 jv	20:42	BTY
13. Elijah Johnson	13 jv	21:07	
14. Kyle Peters	29	21:11	PB
15. Danny Pitzen	18 jv	21:19	PB
16. Ethan Leibel	25 jv	22:20	
17. Sam Saunders	27 jv	22:56	PB
18. Greg Petrie	28 jv	22:59	BTY
19. Jared Montague	29 jv	23:03	BTY
20. Nate Scheid	30 jv	23:06	BTY
21. Brandt Berube	33 jv	24:01	
22. Austin Cavallin	34 jv	24:07	
23. Aaron Brown	37 jv	24:17	
24. Ryan Blake	42 jv	25:31	PB
25. Cally Sibben	43 jv	25:39	
26. Victor Rogers	44 jv	25:40	

#1 runner: Easton Foss - Pine City - 17:51

#1 JV runner - Eli Grubbs - Pine City - 19:36

JUNIOR HIGH BOYS:

2000 m - 20 runners

	<u>place</u>	<u>time</u>	
1. Nathan Kleppe	5	8:18	
2. Max Graves	6	8:21	
3. Jake Adams	9	8:25	PB
4. TJ Rank	15	9:13	
5. Joseph Root	16	10:11	
6. Justin Stolp	17	10:17	

#1 runner: Joey Lawson - Irondale - 8:01

GIRLS' TEAM RESULTS:

1. North Branch	29
2. Irondale	30
3. Pine City	61
Incomplete Teams	
Hinckley-Finlayson	
East Central	
North Lakes Academy	

JH Girls' Results:

1. Irondale	39
2. Pine City	43
3. Rush City	46
4. North Branch	82
Incomplete Teams	
Hinckley-Finlayson	
East Central	

BOYS' TEAM RESULTS:

1. Irondale	24
2. Pine City	42
3. North Branch	67
4. Rush City	77
5. North Lakes Acad.	115
Incomplete Teams	
East Central	
Hinckley-Finlayson	

JV Boys' Team Results

1. Pine City	23
2. North Branch	34
3. Rush City	63
Incomplete Teams	
Irondale	
East Central	

JH Boys' Team Results:

1. Pine City	27
2. North Branch	28
Incomplete Teams	
Irondale	
Hinckley-Finlayson	
North Lakes Acad.	

**Pierz Pioneer Stampede Invitational
Cross Country Meet
Monday, September 16, 2013
sunny and mild**

PINE CITY GIRLS' RESULTS:

4000 m - 121 varsity and 100 JV runners

	<u>place</u>	<u>time</u>	
1. Allison Gusk	46	17:38.7	BTY
2. Ashli Webster	71	18:10.3	PB-tie
3. Jordan Kotek	73	18:13.0	
4. Alexis Thieman	74	18:13.3	
5. Jackie Westernen	84	18:36.5	BTY
6. Summer Rockstroh	19 jv	18:59.3	
7. Abbey Haug	27 jv	19:14.1	
8. Maddie Martin	103	19:19.5	
9. Kaylee Prihoda	31 jv	19:35.9	
10. Brenna Richardson	111	19:48.0	
11. Nicole Peters	65 jv	21:00.5	
12. Taylor Darlow	83 jv	22:16.4	
13. Melissa Whittaker	84 jv	22:18.3	PB
14. Leonie Hoppe	89 jv	22:48.3	

#1 runner: Courtney Alama - Annandale - 14:57.3

JUNIOR HIGH GIRLS:

3200 m - 98 runners

	<u>place</u>	<u>time</u>
1. Karly Irlbeck	48	15:57.7
2. Janae Johnson	52	16:07.2
3. Ava Tallarico	55	16:13.3
4. Jenica Hancock	64	16:38.2
5. Megan Stransky	72	17:21.8
6. Emma Schmidt	74	17:31.7

#1 runner: Emily Frisbie - Foley - 12:54.8

PINE CITY BOYS' RESULTS:

5000 m - 112 varsity and 211 JV runners

	<u>place</u>	<u>time</u>	
1. Easton Foss	14	17:38.0	PB
2. Noah Adams	25	18:00.5	PB-tie
3. Jonah Spahr	69	19:08.8	PB
4. Beau Hunter	72	19:11.9	
5. Eli Grubbs	83	19:21.6	PB
6. Russ Westernen	90	19:36.0	BTY
7. Andrew Clementson	20 jv	19:44.8	PB
8. James Pixley	30 jv	20:11.6	PB
9. Chris Maki	38 jv	20:22.5	
10. Dylan Gamec-B.	45 jv	20:23.2	
11. Gunnar Nilsson	45 jv	20:30.4	
12. Nick Stolp	101	20:35.1	
13. Elijah Johnson	61 jv	20:53.8	
14. Kyle Peters	95 jv	21:39.0	
15. Tony Pitzen	102 jv	21:49.4	
16. Ethan Leibel	106 jv	21:55.1	PB
17. Garrett Shelton	120 jv	22:15.8	
18. Austin Cavallin	125 jv	22:25.0	
19. Brandt Berube	130 jv	22:37.3	BTY
20. Danny Pitzen	132 jv	22:38.1	
21. Nate Scheid	133 jv	22:38.4	PB
22. Greg Petrie	134 jv	22:40.8	BTY
23. Sam Saunders	135 jv	22:42.1	PB
24. Aaron Brown	156 jv	23:08.6	BTY
25. Jared Montague	170 jv	23:31.0	
26. Ryan Blake	205 jv	26:20.4	
27. Victor Rogers	210 jv	28:51.4	

#1 runner: Nick Golebiowski - St. Cloud Cathedral - 16:20.3

JUNIOR HIGH BOYS:

3200 m - 178 runners

	<u>place</u>	<u>time</u>	
1. Nathan Kleppe	43	13:26.8	PB
2. Jake Adams	54	13:38.7	
3. Max Graves	62	13:50.1	PB
4. TJ Rank	121	15:14.2	
5. Ryan Gamec-B.	132	15:34.8	
6. Joseph Root	152	16:46.6	PB
7. Justin Stolp	164	17:22.4	
8. Donald Aasen	165	17:24.3	

#1 runner: Hunter zupko - Little Falls - 11:08.2

GIRLS' TEAM RESULTS:

1. Brainerd	75
2. Annandale	78
3. St. Cloud Tech	102
4. Mora	106
5. Maple Lake	122
6. Little Falls	159
7. Crosby-Ironton	179
8. St. Cloud Christian	192
9. Albany	235
10. Milaca	288
11. Pine City	295
12. Pierz	344
13. Mille Lacs	356
14. Royalton	387
15. Maranatha Christian	420
16. Foley	452
6 Incomplete Teams	

JV Girls' Team Results:

8. Pine City	167
16 Total Teams	

JH Girls' Team Results:

8. Pine City	197
20 Total Teams	

BOYS' TEAM RESULTS:

1. Crosby-Ironton	72
2. St. Cloud Cathedral	93
3. Mora	94
4. Long Prairie-Grey Eagle	172
5. Little Falls	172
6. Brainerd	181
7. Albany	185
8. Benilde-St. Margaret's	198
9. St. Cloud Tech	215
10. Annandale	224
11. Pine City	243
12. Foley	256
13. Maple Lake	278
14. Milaca	338
15. Braham	355
6 Incomplete Teams	

JV Boys' Team Results

1. St. Cloud Cathedral	42
2. Brainerd	60
3. Mora	67
4. Annandale	116
5. Pine City	168
6. Long Prairie-Grey Eagle	180
7. Benilde-St. Margaret's	193
8. Albany	225
9. Little Falls	236
10. Foley	244
10 Other Teams	

JH Boys' Team Results:

12. Pine City	277
20 Total Teams	

Whatever your

100%

looks like,

GIVE IT!

Milaca Mega Invitational Cross Country Meet

Saturday, September 21, 2013

sunny and mild

PINE CITY GIRLS' RESULTS:

4000 m - 128 AA varsity, 187 -10th & 194 -9th grade runners

	place	time	
1. Jordan Kotek	54	17:18.1	BTY
2. Allison Gusk	59	17:20.9	BTY
3. Brenna Richardson	92	18:22.3	BTY
4. Jackie Western	96	18:40.9	
5. Melissa Whittaker	159 - 9th gr	21:57.7	PB
6. Taylor Darlow	162 - 9th gr	22:04.9	PB
7. Piper Knudson	175 - 10th gr	23:02	

#1 AA runner: - Alaysia Freetly - Lqpv-Db - 14:55.6

JUNIOR HIGH GIRLS:

3200 m - 207 -7th grade runners and 209 -8th grade runners

	place	time	
1. Ashli Webster	32 - 8th gr	13:41.5	PB
2. Alexis Thieman	16 - 7th gr	13:42.8	PB
3. Summer Rockstroh	66 - 8th gr	14:37.4	PB
4. Abbey Haug	79 - 8th gr	14:50.7	PB
5. Kaylee Prihoda	59 - 7th gr	14:56.9	PB
6. Karly Irlbeck	88 - 7th gr	15:32.3	PB
7. Jenica Hancock	117 - 7th gr	16:08.2	PB
8. Nicole Peters	160 - 8th gr	16:13.7	PB
9. Emma Schmidt	129 - 7th gr	16:20.0	PB
10. Janae Johnson	166 - 8th gr	16:21.1	
11. Ava Tallarico	167 - 8th gr	16:21.4	
12. Megan Stransky	133 - 7th gr	16:29.1	PB

#1 -7th grade runner: Isabel Grundstrom - Moorhead - 12:50.7

#1 -8th grade runner: Rebekah Olinger - Chisago lakes - 12:39.4

PINE CITY BOYS' RESULTS:

5000 m - 149 AA varsity, 582 JV & 339 -9th grade runners

	place	time	
1. Easton Foss	14	17:24.2	PB
2. Noah Adams	29	17:51.8	PB
3. Beau Hunter	65	18:45.8	BTY
4. Jonah Spahr	68	18:47.9	PB
5. Russ Western	94	19:33.5	BTY
6. Eli Grubbs	83 - 9th gr	19:48.7	
7. James Pixley	107	19:59.4	PB
8. Gunnar Nilsson	148 jv	20:13.6	BTY
9. Nick Stolp	131 - 9th gr	20:38.7	
10. Dylan Gamec-B.	226 jv	20:50.2	
11. Elijah Johnson	255 jv	21:04.0	
12. Kyle Peters	259 jv	21:07.8	PB
13. Andrew Clementson	135	21:18.3	
14. Ethan Leibel	179 - 9th gr	21:24.5	PB
15. Sam Saunders	186 - 9th gr	21:30.2	PB
16. Danny Pitzen	323 jv	21:48.1	
17. Austin Cavallin	349 jv	21:59.7	PB
18. Tony Pitzen	352 jv	22:00.0	
19. Brandt Berube	372 jv	22:10.5	BTY
20. Aaron Brown	409 jv	22:35.6	BTY
21. Jared Montague	440 jv	22:58.5	BTY
22. Nate Scheid	501 jv	24:03.4	
23. Cally Sibben	515 jv	24:22.4	BTY
24. Ryan Blake	301 - 9th gr	24:50.5	PB
25. Victor Rogers	541 jv	25:32.3	PB

#1 AA runner: Ephraim Bird - Minnehaha - 15:55.8

#1 JV runner: Alex Percival - Stillwater - 17:11.1

#1 -9th grade runner: Reed Kurak - Centennial - 17:05.2

JUNIOR HIGH BOYS:

3200 m - 324 -7th grade and 321 -8th grade runners

	place	time
1. Jake Adams	102 - 7th gr	13:59.1
2. Max Graves	194 - 8th gr	14:14.8
3. TJ Rank	233 - 7th gr	15:47.1
4. Justin Stolp	298 - 7th gr	18:06.5

#1 -7th grade runner: Issac Baisten - Buffalo - 11:35.9

#1 -8th grade runner: Landon Javens - Mankato Loyola - 10:56.3

GIRLS' AA TEAM RESULTS:

1. Perham	88
Pine City	Incomplete
16 Complete Teams	
8 Incomplete Teams	

7th Grade Girls' Team Results:

1. Wayzata	AAAA 29
2. Hutchinson	AAA 102
3. Maple Grove	AAAA 114
4. Monticello	AAA 129
5. Pine City	AA 142
11 Complete Teams	

8th Grade Girls' Team Results:

1. Wayzata	65
10. Pine City	243
14 Complete Teams	

BOYS' AA TEAM RESULTS:

1. Minnehaha Academy	54
2. Mora	78
3. Martin County West	110
4. Canby-Minneota/LincHi	117
5. Montevideo	164
6. St. Cloud Cathedral	167
7. Jordan	200
8. Esko	221
9. Proctor	235
10. Pine City	248
11. Park Rapids Area	273
12. Rockford	295
13. Fairmont	348
14. CookCounty-TwoHarbors	352
15. Byron	358
16. Virginia	443
17. Watertown-Mayer	464
18. Greenway/Nashwk-Kew	574
9 Incomplete Teams	

JV Boys' Team Results

1. Stillwater	26
31. Pine City	917
49 Complete Teams	

9th Grade Boys' Team Results:

1. Centennial	69
24. Pine City	643
32 Complete Teams	

Becker Invitational Cross Country Meet

Tuesday, October 1, 2013
sunny and mild

PINE CITY GIRLS' RESULTS:

4000 m - 51 varsity and 41 JV runners

	<u>place</u>	<u>time</u>	
1. Jordan Kotek	25	17:10	BTY
2. Ashli Webster	38	17:45	PB
3. Brenna Richardson	40	18:01	BTY
4. Alexis Thieman	44	18:15	
5. Abbey Haug	46	18:23	PB
6. Summer Rockstroh	47	18:27	PB
7. Kaylee Prihoda	48	18:45	PB
8. Nicole Peters	21 jv	19:28	PB
9. Melissa Whittaker	24 jv	20:13	PB
10. Taylor Darlow	32 jv	20:58	PB
11. Leonie Hoppe	34 jv	21:24	PB
12. Piper Knudson	39 jv	22:44	PB

#1 runner: Rhianna Rinke - North Branch - 14:52

JUNIOR HIGH GIRLS:

3200 m - 35 runners

	<u>place</u>	<u>time</u>	
1. Karly Irlbeck	10	15:27	PB
2. Ava Tallarico	13	15:42	PB
3. Janae Johnson	14	15:42	PB
4. Jenica Hancock	17	16:01	PB
5. Emma Schmidt	28	17:34	
6. Megan Stransky	30	17:51	

#1 runner: Emily Frisbie - Foley - 13:01

PINE CITY BOYS' RESULTS:

5000 m - 52 varsity and 77 JV runners

	<u>place</u>	<u>time</u>	
1. Easton Foss	4	17:38	
2. Noah Adams	12	18:08	
3. Jonah Spahr	21	18:49	
4. Beau Hunter	26	19:07	
5. Dylan Gamec-B.	7 jv	20:02	BTY
6. Andrew Clementson	9 jv	20:16	
7. Eli Grubbs	41	20:22	
8. Nick Stolp	42	20:27	
9. Danny Pitzen	13 jv	20:44	PB
10. Gunnar Nilsson	45	20:46	
11. Ethan Leibel	30 jv	21:43	
12. Nate Scheid	34 jv	21:56	PB
13. Sam Saunders	40 jv	22:11	
14. Kyle Peters	41 jv	22:11	
15. Nathan Kleppe	46 jv	22:22	PB
16. Aaron Brown	48 jv	22:23	BTY
17. Austin Cavallin	51 jv	22:47	
18. Brandt Berube	53 jv	22:51	
19. Jared Montague	62 jv	23:24	
20. Cally Sibben	72 jv	24:40	
21. Ryan Blake	73 jv	24:42	PB

#1 runner: Nathaniel Souther - Big Lake - 16:37

JUNIOR HIGH BOYS:

3200 m - 69 runners

	<u>place</u>	<u>time</u>	
1. Max Graves	23	13:43	PB
2. Jake Adams	24	13:47	
3. Ryan Gamec-B.	39	14:41	PB
4. TJ Rank	40	14:53	PB
5. Joseph Root	60	17:15	
6. Donald Aasen	63	18:05	
7. Justin Stolp	66	19:02	

#1 runner: Ben Morris - Big Lake - 12:16

GIRLS' TEAM RESULTS:

1. Mora	57
2. Becker	60
3. North Branch	69
4. Big Lake	76
5. Princeton	95
6. Milaca	154
7. Pine City	180
Incomplete Teams	
Zimmerman	

JV Girls' Team Results:

1. Becker	26
2. Mora	29
3. Pine City	84
Incomplete Teams	
Zimmerman, Milaca, Big Lake	
Princeton, North Branch	

JH Girls' Team Results:

1. Foley	32
2. Pine City	38
3. Mora	52
Incomplete Teams	
Zimmerman, Milaca,	
Becker, North Branch	
Big Lake, Princeton	

BOYS' TEAM RESULTS:

1. Mora	30
2. Big Lake	71
3. Pine City	96
4. Becker	99
5. Milaca	127
6. North Branch	131
7. Princeton	151
Incomplete Teams	
Zimmerman	

JV Boys' Team Results

1. Mora	22
2. North Branch	68
3. Pine City	89
4. Princeton	111
5. Big Lake	128
6. Becker	140
7. Milaca	163
Incomplete Teams	
Zimmerman	

JH Boys' Team Results:

1. Big Lake	38
2. Foley	44
3. Princeton	50
4. Mora	108
5. North Branch	142
6. Pine City	156
7. Becker	180
Incomplete Teams	
Zimmerman	
Milaca	

**Swain Invitational
Cross Country Meet
Saturday, October 5, 2013
cold, windy rainy**

PINE CITY GIRLS' RESULTS:

4000 m - 214 varsity runners

	<u>place</u>	<u>time</u>
1. Jordan Kotek	53	17:47.9
2. Allison Gusk	82	18:20.6
3. Ashli Webster	115	18:54.5
4. Brenna Richardson	127	19:22.1
5. Alexis Thieman	132	19:24.9
6. Abbey Haug	137	19:29.9
7. Summer Rockstroh	140	19:32.3
A. Jackie Westeren		

#1 runner: Mary Naas - St. Paul Academy - 15:48.5

GIRLS' TEAM RESULTS:

1. Trinity School	91
2. St. Paul Academy	182
3. Mora	201
4. Lake City	227
5. Holdingford	230
6. Holy Family Catholic	230
7. Norwood	247
8. Math & Science Academy	248
9. Watertown-Mayer	335
10. Esko	352
11. Plainview-Elgin-Millville	358
12. Osceola	365
13. Mountain Lake	383
14. Mesabi East	384
15. International Falls	394
16. Stewartville	406
17. Northwestern	414
18. Warroad	421
19. Moose Lake/Willow River	422
20. United North Central	474
21. Pine City	478
22. Greenway/Nashwauk-Kee	509
23. Glencoe-Silver Lake	595
24. Rush City	626
25. Eveleth-Gilbert	627
26. Deer River/Northland	674
27. Marshall	731
28. Hurley	733
29. Carlton	746
30. Virginia	752

PINE CITY BOYS' RESULTS:

5000 m - 184 varsity runners

	<u>place</u>	<u>time</u>
1. Easton Foss	17	17:54.4
2. Noah Adams	22	18:02.9
3. Eli Grubbs	98	19:54.8
4. Russ Westeren	104	19:57.6
5. Jonah Spahr	108	20:02.6
6. Beau Hunter	113	20:08.0
7. Andrew Clementson	114	20:08.2
A. James Pixley		

#1 runner: Mike Destache - St. Paul Academy - 16:35.6

BOYS' TEAM RESULTS:

1. Mora	73
2. Northwestern	145
3. Holdingford	175
4. Esko	176
5. Plainview-Elgin-Millville	179
6. Glencoe-Silver Lake	194
7. Trinity School	205
8. Proctor	209
9. Lake City	242
10. Math & Science Academy	297
11. Pine City	325
12. Moose Lake/Willow River	353
13. Norwood	364
14. Rockford	370
15. Tri City United	383
16. Mesabi East	410
17. St. Paul Academy	476
18. Osceola	494
19. Marshall	511
20. Virginia	516
21. Rush City	531
22. Watertown-Mayer	534
23. Mountain Lake	577
24. United North Central	605
25. Cook County-Two Harbors	605
26. Greenway/Nashwauk-Kee	783

The Makeup of a Champion

Champions share many characteristics, none of which are determined by their running speeds.

- * A champion has the courage to risk failure, knowing that set-backs are lessons to learn from.
- * A champion uses a race to gain greater self-knowledge as well as feedback on physical improvement.
- * A champion trains thought processes as well as the body to produce a total approach to performance.
- * A champion understands his athletic weaknesses and trains to strengthen them.
- * A champion actively creates a life of balance, moderation, and simplicity - values that help improve running and life.
- * A champion views competitors as partners who provide challenge and the chance to improve.
- * A champion understands that running performances are like a roller coaster, with many ups and downs, and that you have to accept both the good and the bad.
- * A champion enjoys running for the simple pleasures it provides.
- * A champion has vision. A champion dreams of things that haven't been and believes they are possible. A champion says, "I can."

Great River Conference Cross Country Meet at Pine City

Thursday, October 10, 2013
sunny and mild

PINE CITY GIRLS' RESULTS:

4000 m - 29 varsity and 14 JV runners

	place	time	
1. Jordan Kotek	5	17:13	
2. Allison Gusk	7	17:44	
3. Ashli Webster	8	17:45	PB-tie
4. Alexis Thieman	9	17:50	PB
5. Jackie Westernen	1 jv	18:37	BTY-tie
6. Abbey Haug	16	18:39	
7. Brenna Richardson	19	18:59	
8. Kaylee Prihoda	4 jv	19:02	
9. Summer Rockstroh	21	19:12	
10. Nicole Peters	5 jv	19:49	
11. Taylor Darlow	6 jv	20:44	PB
12. Melissa Whittaker	7 jv	20:52	
13. Piper Knudson	9 jv	21:06	PB

#1 runner: Breezy Shultz - Hinckley-Finlayson - 16:39

#1 JV runner: Jackie Westernen - Pine City - 18:37

JUNIOR HIGH GIRLS:

3000 m - 15 runners

	place	time	
1. Karly Irlbeck	1	13:54	PB
2. Janae Johnson	2	14:32	PB
3. Ava Tallarico	3	14:33	PB
4. Megan Stransky	8	15:18	PB
5. Jenica Hancock	9	15:53	
6. Emma Schmidt	10	16:08	

#1 runner: Karly Irlbeck - Pine City - 13:54

PINE CITY BOYS' RESULTS:

5000 m - 23 varsity and 28 JV runners

	place	time	
1. Easton Foss	1	17:59	
2. Noah Adams	2	18:19	
3. Jonah Spahr	5	19:01	
4. Beau Hunter	6	19:03	
5. Russ Westernen	16	19:51	
6. Eli Grubbs	18	19:59	
7. Andrew Clementson	19	20:00	
8. James Pixley	1 jv	20:08	
9. Dylan Gamec-B.	2 jv	20:12	
10. Nick Stolp	3 jv	20:25	
11. Chris Maki	4 jv	20:26	
12. Elijah Johnson	5 jv	20:27	PB
13. Gunnar Nilsson	6 jv	20:39	
14. Danny Pitzten	8 jv	20:47	
15. Sam Saunders	9 jv	20:50	PB
16. Ethan Leibel	10 jv	20:52	PB
17. Austin Cavallin	14 jv	22:33	
18. Brandt Berube	16 jv	22:41	
19. Nate Scheid	17 jv	22:43	
20. Aaron Brown	18 jv	22:43	
21. Kyle Peters	19 jv	22:51	
22. Jared Montague	22 jv	23:28	
23. Cally Sibben	23 jv	24:58	
24. Ryan Blake	26 jv	25:05	

#1 runner: Easton Foss - Pine City - 17:59

#1 JV runner: James Pixley - Pine City - 20:08

JUNIOR HIGH BOYS:

3000 m - 15 runners

	place	time	
1. Nathan Kleppe	4	12:35	PB
2. Max Graves	5	12:37	PB
3. Jake Adams	6	12:42	PB
4. TJ Rank	8	13:49	PB
5. Ryan Gamec-B.	10	14:12	
6. Joseph Root	12	16:11	
7. Justin Stolp	13	16:40	
8. Donald Aasen	DNF		

#1 runner: Calvin Engberg - Braham - 11:56

GIRLS' TEAM RESULTS:

1. Pine City	29
2. Rush City	35
3. Mille Lacs	62

Incomplete Teams
Braham
Hickley-Finlayson
East Central

JV Girls' Team Results:

1. Pine City	15
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Incomplete Teams
Rush City
Mille Lacs
Braham
Hickley-Finlayson
East Central

JH Girls' Team Results:

1. Pine City	6
2. Rush City	17

Incomplete Teams
Mille Lacs
Braham
Hickley-Finlayson
East Central

BOYS' TEAM RESULTS:

1. Pine City	26
2. Braham	48
3. Rush City	49

Incomplete Teams
Hinckley-Finlayson
East Central

JV Boys' Team Results

1. Pine City	15
2. Rush City	49

Incomplete Teams
Braham
East Central

JH Boys' Team Results:

1. Pine City	9
2. Hinckley-Finlayson	16

Incomplete Teams
Rush City
Braham

If you still look

CUTE

at the end of your
workout

**YOU
DIDN'T
TRAIN
HARD
ENOUGH!**

**Proctor Invitational
Cross Country Meet
Tuesday, October 15, 2013
cold and rainy**

PINE CITY GIRLS' RESULTS:

4000 m - 110 varsity and 80 JV runners

	<u>place</u>	<u>time</u>	
1. Jordan Kotek	24 (16)	17:41	
2. Allison Gusk	32 (22)	17:50	
3. Ashli Webster	35 (25)	17:57	
4. Brenna Richardson	57 (43)	18:55	
5. Alexis Thieman	62 (47)	19:04	
6. Abbey Haug	63 (48)	19:06	
7. Summer Rockstroh	11 (2 jv)	19:19	
8. Karly Irlbeck	13 (3 jv)	19:21	PB
9. Kaylee Prihoda	72 (42)	19:25	
10. Nicole Peters	23 (6 jv)	20:25	
11. Jenica Hancock	25 (8 jv)	20:48	PB
12. Janae Johnson	27 (9 jv)	21:02	PB
13. Melissa Whittaker	41 (15 jv)	22:06	
14. Leonie Hoppe	46 (18 jv)	22:34	
15. Piper Knudson	47 (19 jv)	22:36	

#1 A runner: Kailee Kiminski - Esko - 15:59

#1 AA runner - Anja Majjala - Cloquet - 16:00

JUNIOR HIGH GIRLS:

2400 m - ? runners

	<u>place</u>	<u>time</u>	
1. Megan Stransky		12:04	PB
2. Ava Tallarico		12:19	
3. Emma Schmidt		DNR	

PINE CITY BOYS' RESULTS:

5000 m - 113 varsity and 147 JV runners

	<u>place</u>	<u>time</u>	
	<u>overall / (A)</u>		
1. Easton Foss	19 (11)	18:32	
2. Noah Adams	23 (14)	18:40	
3. Beau Hunter	43 (29)	19:32	
4. Jonah Spahr	53 (38)	19:50	
5. Eli Grubbs	60 (43)	20:00	
6. Russ Westeren	63 (46)	20:04	
7. Andrew Clementson	72 (54)	20:26	
8. James Pixley	29 (16 jv)	21:17	
9. Nick Stolp	30 (17 jv)	21:18	
10. Ethan Leibel	31 (18 jv)	21:25	
11. Elijah Johnson	44 (27 jv)	21:43	
12. Gunnar Nilsson	62 (37 jv)	22:17	
13. Dylan Gamec-B.	63 (38 jv)	22:20	
14. Danny Pitzen	68 (42 jv)	22:27	
15. Sam Saunders	75 (47 jv)	22:49	
16. Nathan Kleppe	77 (48 jv)	22:51	
17. Max Graves	79 (50 jv)	22:55	PB
18. Austin Cavallin	81 (51 jv)	22:59	
19. Brandt Berube	84 (54 jv)	23:00	
20. Jake Adams	94 (60 jv)	23:20	PB
21. Kyle Peters	96 (62 jv)	23:23	
22. TJ Rank	101 (67 jv)	23:42	PB
23. Jared Montague	105 (71 jv)	24:16	
24. Aaron Brown	114 (76 jv)	25:13	
25. Nate Scheid	116 (78 jv)	25:19	
26. Ryan Blake	118 (79 jv)	25:31	
27. Cally Sibben	120 (81 jv)	26:34	
28. Joseph Root	144 (89 jv)	30:02	PB
29. Justin Stolp	145 (90 jv)	31:28	PB

#1 AA runner: Dylan Marvel - Cloquet - 17:03

#1 A Runner - Will Goodwin - Crosby-Ironton - 17:35

JUNIOR HIGH BOYS:

2400 m - ? runners

	<u>place</u>	<u>time</u>	
1. Ryan Gamec-B.		11:24	PB
2. Donald Aasen		23:00	

GIRLS' TEAM RESULTS:

1. South Ridge	60
2. Esko	89
3. Crosby-Ironton	115
4. Two Harbors	122
5. Pine City	126
6. Moose Lake-Willow River	144
7. Staples Motley	162
8. Rush City	163
9. Proctor	195
10. Carlton	214

JV Girls' Team Results:

1. Pine City	15
2. Moose Lake-Willow River	44
	22:5

BOYS' "A" TEAM RESULTS:

1. Crosby-Ironton	31
2. Proctor	45
3. Esko	89
4. Pine City	118
5. Two Harbors	154
6. Moose Lake-Willow River	161
7. Braham	173
8. Staples Motley	190
9. Marshall	204
10. Rush City	216
11. Wrenshall	341

JV Boys' "A" Team Results

1. Esko	22
2. Moose Lake-Willow River	70
3. Pine City	82
4. Proctor	94
5. Two Harbors	112
6. Marshall	164
7. Rush City	196

*“A winner is someone who sets their goals,
commits themselves to those goals
and then pursues their goals
with all the ability that is given to them.
That requires someone
who believes in themselves,
who will make self-sacrifices,
work hard,
and maintain the determination
to perform
at the best
of their ability.”*

Section 5A Cross Country Meet

@ Milaca

Thursday, October 24, 2013

cool and overcast

PINE CITY GIRLS' RESULTS:

4000 m - 129 varsity runners

	<u>place</u>	<u>time</u>	
1. Jordan Kotek	31	16:31.6	PB Tie
2. Allison Gusk	37	16:53.4	PB
3. Ashli Webster	38	16:54.3	PB
4. Alexis Thieman	57	17:27.6	PB
5. Brenna Richardson	62	17:28.9	BTY
6. Abbey Haug	72	17:40.3	PB
7. Jackie Westeren	76	17:50.0	BTY

Alt. Kaylee Prihoda

Alt. Summer Rockstroh

Alt. Karly Irlbeck

Individual State Meet Qualifiers:

1. Elizabeth Schlafke (10)	Annandale	14:46.3
2. Courtney Alama (12)	Annandale	14:46.8
3. Bethany Coop (12)	Mora	15:03.9
4. Jenny Walz (12)	Providence Academy	15:05.8
5. Brook Wedin (9)	Mora	15:10.5
6. Victoria Burr (12)	Glencoe-Silver Lake	15:12.1
7. Sommer Carlson (10)	Maple Lake	15:12.4
8. Kayla Zimmerman (12)	Spectrum	15:19.3
9. Elizabeth Hackbarth (8)	Spectrum	15:20.6
10. Halle Geyen (9)	Maple Lake	15:22.2
11. Liz Miller (12)	Watertown-Mayer	15:26.6
12. Abigail Botten (12)	Rockford	15:37.9

PINE CITY BOYS' RESULTS:

5000 m - 136 varsity runners

	<u>place</u>	<u>time</u>	
1. Easton Foss	5	17:09.2	PB
****QUALIFIES FOR STATE****			
2. Noah Adams	19	17:32.0	PB
3. Jonah Spahr	51	18:22.8	PB
4. Eli Grubbs	60	18:47.3	PB
5. Beau Hunter	62	18:51.4	
6. Andrew Clementson	63	18:51.6	PB
7. Russ Westeren	89	19:30.0	BTY

Alt. James Pixley

Alt. Nick Stolp

Individual State Meet Qualifiers:

1. Alex Wischnack (11)	Norwood-Young Am.	16:42.4
2. Connor Schank (10)	Howard Lake-Wav/Win	16:53.6
3. Jac Chelman (11)	Glencoe-Silver Lake	16:56.6
4. Noah Moravec (10)	Mora	17:04.2
5. Easton Foss (11)	Pine City	17:09.2
6. Joe Bastian (10)	Foley	17:11.2
7. Brendan Johnson (12)	Mora	17:11.5
8. Brandon Duffy (12)	Mayer Luthern/LPWHT	17:15.8
9. Zachary Anderson (8)	Spectrum-Legacy	17:19.5
10. JP Flanders (12)	Providence Academy	17:19.7
11. Sam Johnson (12)	Mora	17:20.4
12. John Schwinghamer (9)	Mora	17:23.5
13. Alec Sanbeck (9)	Mora	17:23.5
14. Cole Oslin (10)	Mora	17:25.9
15. Andrew Schonnesen (11)	Maple Lake	17:27.4

GIRLS' TEAM RESULTS:

1. Annandale	53
2. Spectrum	89
3. Mora	108
4. Maple Lake	138
5. Norwood-Young America	151
6. Providence Academy	163
7. Watertown-Mayer	208
8. Pine City	221
9. Glencoe-Silver Lake	259
10. Rush City	317
11. Milaca	331
12. Rockford	348
13. Howard Lake-Wav/Win	354
14. Hinckley-Finlayson	374
15. Braham	378
16. Foley	407
17. Mayer Luthern/LPWHT	427
18. Mille Lacs	434
Heritage Christian Academy	Inc
Maranatha Christian Academ	Inc
East Central	Inc
New Century Academy	Inc
North Lakes Academy	Inc

BOYS' TEAM RESULTS:

1. Mora	47
2. Glencoe-Silver Lake	77
3. Maple Lake	132
4. Foley	139
5. Annandale	178
6. Pine City	195
7. Providence	198
8. Norwood-Young America	255
9. Milaca	274
10. Braham	285
11. Rockford	286
12. Spectrum-Legacy	300
13. Rush City	312
14. Howard Lake-Wav/Win	322
15. Mayer Luthern/LPWHT	352
16. Watertown-Mayer	410
17. Heritage Christian Academy	453
18. North Lakes Academy	560
19. Prairie Seeds Academy	618
East Central	Inc
Maranatha Christian Academ	Inc
Hinckley-Finlayson	Inc

“Most people
run a race
to see
who is fastest.

I run a race
to see
who has
the most guts.”

~Pre

STATE CROSS COUNTRY MEET
at St. Olaf College in Northfield
Saturday, November 2, 2013
cool and sunny

PINE CITY BOYS' RESULTS:

5000 m - 175 runners

	<u>place</u>	<u>time</u>
Easton Foss	58	17:21.7

1600m Split - 5:14

3200m Split - 10:52 (5:38)

Top 10 Finishers:

1 Keeghan Hurley (12)	Perham	15:36.7
2 Shane Steich (11)	Waseca	15:50.6
3 Ian Torchia (12)	Rochester Lourdes	15:56.4
4 Isaac Overmyer (11)	Park Rapids Area	16:00.1
5 Jayden Cullen (12)	Perham	16:09.2
6 Derek Warner (12)	Long Prairie-Grey Eagle	16:18.6
7 Ephraim Bird (11)	Minnehaha Academy	16:20.4
8 Andrew Zachman (11)	Holdingford	16:20.7
9 Ryan Phillips (12)	Redwood Valley	16:25.0
10 Billy Beseman (11)	Perham	16:26.2

BOYS' "A" TEAM RESULTS:

1 Perham	52
2 Mounds Park Academy	111
3 St. Cloud Cathedral	145
4 Minnehaha Academy	149
5 Martin County West	179
6 Waseca	181
7 Mora	192
8 Glencoe-Silver Lake	221
9 Crosby-Ironton	238
10 Canby/Minneota/Lincoln	242
11 Long Prairie-Grey Eagle	248
12 Proctor	272
13 Plainview-Elgin-Millville	288
14 Cotter	300
15 Redwood Valley	313
16 Roseau	355

Area/Section runners:

22 James Chelman (11)	Glencoe-Silver Lake	16:51.7
25 Alex Wischnack (11)	Norwood-Young America	16:55.3
26 Connor Schank (10)	Howard Lake-Wav/Win	16:56.6
42 Noah Moravec (10)	Mora	17:11.4
58 Easton Foss (11)	Pine City	17:21.7
59 Brendan Johnson (12)	Mora	17:21.7
66 Alec Sandbeck (9)	Mora	17:28.0
74 Joe Bastian (10)	Foley	17:31.8
77 Isiah Herout (11)	Glencoe-Silver Lake	17:34.6
79 Sam Johnson (12)	Mora	17:35.3
86 Brandon Richter (11)	Glencoe-Silver Lake	17:39.2
102 Brandon Duffy (12)	Mayer Luthern/LPWHT	17:45.8
103 Zach Anderson (8)	Spectrum-Legacy	17:45.9
105 Garret Ardolf (11)	Glencoe-Silver Lake	17:48.3
110 John Schwingamer (9)	Mora	17:50.8
111 Andrew Schonnesen (11)	Maple Lake	17:51.8
115 Cody Becker (12)	Glencoe-Silver Lake	17:55.6
120 JP Flanders (12)	Providence Academy	17:59.8
132 Garrett Ober (11)	Glencoe-Silver Lake	18:12.2
134 Cole Oslin (10)	Mora	18:14.5
143 Austin Schroepfer (9)	Glencoe-Silver Lake	18:26.2
162 Michael Schwingamer	Mora	19:13.5

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2013

Name	Gr	Year	Milaca/Mora	Pine City	N. Branch	Pierz	Milaca Mega	Becker	Swain	Conference	Prin/Camb/Proc	Section	State	PB	Average
Brenna Richardson	12	2013	Mora 18:46 (4k)	19:14 (4k)	18:40 (4k)	19:48 (4k)	18:22 (4k)	18:01 (4k)	19:22 (4k)	PC-18:59 (4k)	18:55 (4k)	Milaca - 17:29		17:29	18:46
	11	2012	19:30.4 (4k)	18:40 (4k)	18:11 (4k)	20:00 (4k)	17:41 (4k)	18:13 (4k)		PC-17:52 (4k)	18:46 (4k)	Pierz - 17:25		17:25	18:28
	10	2011	mora 21:13	20:42 (4k)	19:03 (4k)	19:01 (4k)	18:59 (4k)	18:35 (4k)		PC-17:55 (4k)	18:52 (4k)	Pierz - 17:35		17:35	19:06
	9	2010	21:04 (4k)	19:50 (4k)	19:35 (4k)	20:14 (4k)	19:23 (4k)	19:50 (4k)		PC-20:50 (4k)	19:03 (4k)			19:03	19:59
	8	2009	8:47 (2k)	9:57 (2k)	9:23 (2k)	15:49 (3.2k)	15:41 (3.2k)			PC-20:03 (4k)	19:19 (4k)	Pierz - 19:52		19:19	19:44
	7	2008	16:30 (2.8k)	10:45 (2k)	10:45 (2k)	17:32 (3.2k)	16:52 (3.2k)	16:28 (3.2k)	15:34 (2.6k)	PC-9:51 (2k)	15:27 (3k)			9:51 (2k)	10:27 (2k)
Leonie Hoppe	11	2013			22:45 (4k)	22:48 (4k)	DNR	21:24 (4k)		DNR	22:34 (4)			21:23	22:23
Jackie Westernen	11	2013	Mora 19:00 (4k)	19:43 (4k)	18:54 (4k)	18:37 (4k)	18:41 (4k)	DNR	Alt.	PC-18:37 (4k)	DNR	Milaca - 17:50		17:50	19:46
	10	2012	20:29.5 (4k)	19:37 (4k)	20:27 (4k)	19:52 (4k)	DNR	19:44 (4k)		PC-19:11 (4k)	20:10 (4k)	Pierz - 18:29		18:29	19:48
	9	2011	DNR	20:29 (4k)	19:52 (4k)	19:27 (4k)	19:17 (4k)	18:42 (4k)		PC-18:06 (4k)	18:24 (4k)	Pierz - 17:40		17:40	19:00
	8	2010	14:02 (2.9 k)	9:11 (2k)	9:18 (2k)	15:17 (3.2k)	14:49 (3.2k)	19:07 (4k)		PC-18:41 (4k)	18:03 (4k)	Pierz - 18:10		18:03	18:30
	7	2009	9:41 (2k)	10:12 (2k)	10:12 (2k)	16:34 (3.2k)	15:45 (3.2k)			PC-9:32 (2k)	20:49 (4k)			9:32 (2k)	9:54 (2k)
Allison Gusk	10	2013	Mora 17:47 (4k)	17:47 (4k)	17:47 (4k)	17:39 (4k)	17:21 (4k)	DNR	18:21 (4k)	PC-17:44 (4k)	17:50 (4k)	Milaca - 16:53		16:53	17:41
	9	2012	18:21.9 (4k)	17:46 (4k)	18:07 (4k)	17:33 (4k)	17:38 (4k)	17:56 (4k)		PC-17:40 (4k)	18:04 (4k)	Pierz - 17:12		17:12	17:48
	8	2011	mora 19:17	21:14 (4k)	18:34 (4k)	19:32 (4k)	14:45 (3.2k)	18:59 (4k)		PC-18:20 (4k)	18:32 (4k)			18:20	19:12
	7	2010	13:43 (2.9 k)	8:44 (2k)	8:48 (2k)		14:31 (3.2k)	19:25 (4k)		PC-18:57 (4k)	18:38 (4k)	Pierz - 18:15		18:15	18:49
Jordan Kotek	10	2013	Mora 18:12 (4k)	17:49 (4k)	17:50 (4k)	18:13 (4k)	17:18 (4k)	17:10 (4k)	17:48 (4k)	PC-17:13 (4k)	17:41 (4k)	Milaca - 16:31		16:31	17:35
	9	2012	18:34.3 (4k)	DNF	18:26 (4k)	17:33 (4k)	17:01 (4k)	17:24 (4k)		PC-16:33 (4k)	17:31 (4k)	Pierz - 16:31		16:31	17:26
	8	2011	mora 19:32	20:23 (4k)	18:17 (4k)	19:07 (5k)	13:44 (3.2k)	18:58 (4k)		PC-17:21 (4k)	17:47 (4k)	Pierz - 16:59		16:59	18:33
	7	2010		8:11 (2k)	8:25 (2k)	13:57 (3.2k)	13:27 (3.2k)	18:30 (4k)		PC-17:46 (4k)	17:21 (4k)	Pierz - 16:56		16:56	17:38
Piper Knudson	10	2013				23:02 (4k)	22:44 (4k)		PC-21:06 (4k)	22:36 (4k)			21:06	22:22	
Taylor Darlow	9	2013				22:16 (4k)	22:05 (4k)	20:58 (4k)		PC-20:44 (4k)	DNR			20:44	21:31
Maddie Martin	9	2013	Mora 19:33 (4k)	20:03 (4k)	19:09 (4k)	19:20 (4k)	DNR	DNR		DNR	DNR	DNR		19:09	19:31
	8	2012	8:41.6 (2k)	9:15 (2k)	8:23 (2k)	14:15 (3.2k)	DNR	DNF		PC-13:36 (3k)	21:08 (4k)			14:15 (3.2k)	14:15 (3.2k)
	7	2011	mora 9:18(2k)	9:15 (2k)	9:09 (2k)	15:06 (3.2k)	DNR	DNR		PC-13:49 (3k)	10:01 (2.5k)			15:06 (3.2k)	15:06 (3.2k)
Melissa Whittaker	9	2013	Mora 25:03 (4k)	23:45 (4k)	22:35 (4k)	22:18 (4k)	21:58 (4k)	20:13 (4k)		PC-20:52 (4k)	22:06 (4k)			20:13	22:21
Abbey Haug	8	2013		9:48 (2k)	9:21 (2k)	19:14 (4k)	14:51 (3.2k)	18:23 (4k)	19:30 (4k)	PC-18:39 (4k)	19:06 (4k)	Milaca - 17:40		17:40	18:45
Janae Johnson	8	2013	Mora 9:19 (2k)	9:46 (2k)	9:35 (2k)	16:07 (3.2k)	16:21 (3.2k)	15:42 (3.2k)		PC-14:32 (3k)	21:02 (4k)			15:42 (3.2k)	16:03 (3.2k)
Nicole Peters	8	2013	Mora 9:33 (2k)	9:39 (2k)	9:17 (2k)	21:01 (4k)	16:14 (3.2k)	19:28 (4k)		PC-19:49 (4k)	20:25 (4k)			19:28	20:27
	7	2012			10:02 (2k)	18:21 (3.2k)	17:28 (3.2k)	19:10 (3.2k)		PC-16:18 (3k)	16:11 (3k)			17:28 (3.2k)	18:19 (3.2k)
Summer Rockstroh	8	2013	Mora 9:13 (2k)	9:30 (2k)	9:06 (2k)	18:59 (4k)	14:37 (3.2k)	18:27 (4k)	19:32 (4k)	PC-19:12 (4k)	19:19 (4k)	Alt.		18:27	19:06
Ava Tallarico	8	2013	Mora 9:35 (2k)			16:13 (3.2k)	16:21 (3.2k)	15:42 (3.2k)		14:33 (3k)	12:19 (2.4k)			15:42 (3.2k)	16:05
Ashli Webster	8	2013	Mora 18:29 (4k)	18:54 (4k)	18:10 (4k)	18:10 (4k)	13:42 (3.2k)	17:45 (4k)	18:55 (4k)	PC-17:45 (4k)	17:57 (4k)	Milaca - 16:54		16:54	18:07
	7	2012		9:43 (2k)	9:14 (2k)	16:30 (3.2k)	15:49 (3.2k)	16:10 (3.2k)		PC-13:58 (3k)	14:13 (3k)			15:49 (3.2k)	16:09 (3.2k)
Jenica Hancock	7	2013			9:49 (2k)	16:38 (3.2k)	16:08 (3.2k)	16:01 (3.2k)		PC-15:53 (3k)	20:48 (4k)			16:01 (3.2k)	16:16 (3.2k)
Karly Irlbeck	7	2013	Mora 9:35 (2k)	9:46 (2k)	9:40 (2k)	15:58 (3.2k)	15:32 (3.2k)	15:27 (3.2k)		PC-13:54 (3k)	19:21 (4k)	H. Alt.		15:27 (3.2k)	15:39 (3.2k)
Kaylee Prihoda	7	2013	Mora 8:54 (2k)	9:30 (2k)	9:08 (2k)	19:36 (4k)	14:57 (3.2k)	18:45 (4k)		PC-19:02 (4k)	19:25 (4k)	Alt.		18:45	19:12
Emma Schmidt	7	2013	Mora 9:57 (2k)	10:15 (2k)	10:10 (2k)	17:32 (3.2k)	16:20 (3.2k)	17:34 (3.2k)		PC-16:08 (3k)	DNR			16:20 (3.2k)	17:09 (3.2k)
Megan Stransky	7	2013	Mora 10:40 (2k)	10:38 (2k)	10:12 (2k)	17:22 (3.2k)	16:29 (3.2k)	17:51 (3.2k)		PC-15:18 (3k)	12:04 (2.4k)			16:29 (3.2k)	17:14 (3.2k)
Alexis Thiemann	7	2013	Mora 8:09 (2k)	8:58 (2k)	8:24 (2k)	18:13 (4k)	13:43 (3.2k)	18:15 (4k)	19:25 (4k)	PC-17:50 (4k)	19:04 (4k)	Milaca - 17:28		17:28	18:23

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Name	Gr	Year	Milaca/Mora	Pine City	N Branch	Pierz	Milaca Mega	Becker	Swain	Conference	Prin/Camb/Proc	Section	State	PB	Average
Chris Maki	12	2013				20:23 (5k)				PC-20:26 (5k)				20:23	20:25
	9	2010		20:18 (5k)	19:04 (5k)	19:21 (5k)	18:38 (5k)	19:04 (5k)		PC-19:05 (5k)	19:33 (5k)			18:38	19:18
	8	2009	7:43 (2k)	8:03 (2k)			9:15 (2.5k)			PC-8:12 (2k)	12:34 (3k)			7:43 (2k)	7:59 (2k)
	7	2008		10:21 (2k)		16:37 (3.2k)	15:50 (3.2k)	16:05 (3.2k)	15:18 (2.6k)	PC-9:51 (2k)	13:52 (3k)			9:51 (2k)	10:06 (2k)
Nate Scheid	12	2013		24:13 (5k)	23:06 (5k)	22:38 (5k)	24:03 (5k)	21:56 (5k)		PC-22:43 (5k)	25:19 (5k)			21:56	23:25
	11	2012			24:29 (5k)	24:59 (5k)	22:58 (5k)			PC-23:18 (5k)	23:12 (5k)			22:58	23:47
Garrett Shelton	12	2013				22:16 (5k)								22:16	22:16
Russ Westernen	12	2013	Mora 20:42 (5k)	21:15 (5k)	19:55 (5k)	19:36 (5k)	19:34 (5k)		19:58 (5k)	PC-19:51 (5k)	20:04 (5k)	Milaca - 19:30		19:30	20:03
	11	2012	21:18.8 (5k)	20:29 (5k)	20:13 (5k)	19:38 (5k)	19:43 (5k)	19:52 (5k)		PC-19:14 (5k)	19:46 (5k)	Pierz - 18:48		18:48	19:53
	10	2011	mora 23:06	21:59 (5k)	20:25 (5k)	20:20 (5k)	20:01 (5k)	20:38 (5k)		PC-19:40 (5k)	19:38 (5k)	Pierz - 18:50		18:50	20:31
	9	2010	22:01 (5k)	21:30 (5k)	20:52 (5k)	21:24 (5k)	20:32 (5k)	20:46 (5k)		PC-20:11 (5k)	20:28 (5k)			20:11	20:58
	8	2009	8:29 (2k)	8:34 (2k)	8:25 (2k)	13:48 (3.2k)	9:03 (2.5k)			PC-8:05 (2k)	12:52 (3k)			8:05 (2k)	8:23 (2k)
	7	2008	17:44 (2.8k)	9:48 (2k)	10:31 (2k)	16:25 (3.2k)	15:14 (3.2k)	14:49 (3.2k)	14:02 (2.6k)	PC-8:58 (2k)	13:46 (3k)			8:58 (2k)	9:46 (2k)
	Austin Cavallin	11	2013	Mora 23:34 (5k)	23:57 (5k)	24:07 (5k)	22:25 (5k)	22:00 (5k)	22:47 (5k)		PC-22:33 (5k)	22:59 (5k)			22:00
Easton Foss	11	2013	Mora 18:03 (5k)	18:13 (5k)	17:51 (5k)	17:38 (5k)	17:24 (5k)	17:38 (5k)	17:54 (5k)	PC-17:59 (5k)	18:32 (5k)	Milaca - 17:09	17:21.7	17:09	17:47
	10	2012			20:34 (5k)	19:55 (5k)	19:51 (5k)	19:17 (5k)		PC-18:55 (5k)	19:06 (5k)	Pierz - 18:01		18:01	19:22
Elijah Johnson	11	2013	Mora 20:50 (5k)	21:31 (5k)	21:07 (5k)	20:54 (5k)	21:04 (5k)			PC-20:27 (5k)	21:43 (5k)			20:27	21:05
	10	2012			23:45 (5k)	DNR	DNR	21:40 (5k)		PC-21:24 (5k)	DNR			21:24	22:16
	7	2009	9:08 (2k)	9:34 (2k)	9:42 (2k)	15:48 (3.2k)	16:35 (3.2k)			PC-9:27 (2k)	DNR			9:08 (2k)	9:28 (2k)
Jared Montague	11	2013		24:54 (5k)	23:03 (5k)	23:31 (5k)	22:59 (5k)	23:24 (5k)		PC-23:28 (5k)	24:16 (5k)			22:59	23:39
	10	2012	27:53.8 (5k)	29:04 (5k)	26:51 (5k)	24:16 (5k)	24:28 (5k)			PC-24:01 (5k)	25:56 (5k)			24:01	26:04
	9	2011	mora 27:24	24:37 (5k)	22:38 (5k)	24:28 (5k)	24:07 (5k)	22:23 (5k)		PC-22:42 (5k)	22:49 (5k)			22:23	23:53
	8	2010	15:33 (2.9k)	9:25 (2k)	9:16 (2k)	16:10 (3.2k)	15:15 (3.2k)	15:15 (3.2k)		PC-8:34 (2k)	13:37 (3k)			8:34 (2k)	9:05 (2k)
	7	2009		10:43 (2k)	11:14 (2k)	17:20 (3.2k)	16:54 (3.2k)			PC-10:32 (2k)	16:06 (3k)			10:32 (2k)	10:50 (2k)
Tony Pitzen	11	2013	Mora 21:11 (5k)	22:17 (5k)	20:42 (5k)	21:49 (5k)	22:00 (5k)							20:42	21:36
	10	2012	23:04.5 (5k)	21:57 (5k)	21:25 (5k)	20:48 (5k)	21:25 (5k)	21:08 (5k)		PC-21:21 (5k)	21:27 (5k)			20:48	21:34
	9	2011	mora 24:26	23:21 (5k)	21:47 (5k)	22:10 (5k)	21:34 (5k)	23:00 (5k)		PC-21:12 (5k)	21:00 (5k)	Pierz - 20:25		20:25	22:06
	8	2010	14:05 (2.9k)	8:49 (2k)	8:46 (2k)	14:46 (3.2k)	14:12 (3.2k)	14:48 (3.2k)		PC-8:17 (2k)	12:51 (3k)			8:17 (2k)	8:37 (2k)
	7	2009	9:06 (2k)	8:54 (2k)	9:32 (2k)	15:52 (3.2k)	14:13 (3.2k)			PC-8:48 (2k)	14:13 (3k)			8:48 (2k)	9:05 (2k)
James Pixley	11	2013		22:22 (5k)	20:41 (5k)	20:12 (5k)	19:59 (5k)		Alt.	PC-20:08 (5k)	21:17 (5k)	Alt.		19:59	20:47
	10	2012			23:52 (5k)	DNR	DNR	DNR		DNR	DNR			23:52	23:52
	8	2010	14:08 (2.9k)	8:56 (2k)	8:30 (2k)	14:36 (3.2k)	14:24 (3.2k)	14:55 (3.2k)		PC-8:17 (2k)	13:24 (3k)			8:17 (2k)	8:34 (2k)
	7	2009	9:06 (2k)	9:03 (2k)	9:20 (2k)	15:37 (3.2k)	14:09 (3.2k)			PC-8:38 (2k)	13:23 (3k)			8:38 (2k)	9:02 (2k)
Jonah Spahr	11	2013	Mora 20:01 (5k)	20:26 (5k)	19:11 (5k)	19:09 (5k)	18:48 (5k)	18:49 (5k)	20:02 (5k)	PC-19:01 (5k)	19:50 (5k)	Milaca - 18:23		18:23	19:22
	10	2012	24:01.2 (5k)	21:06 (5k)	20:47 (5k)	20:52 (5k)	20:39 (5k)	21:20 (5k)		PC-20:02 (5k)	20:31 (5k)			20:02	21:09
	9	2011	mora 24:41	24:19 (5k)	22:05 (5k)	DNR	22:35 (5k)	22:33 (5k)		PC-21:31 (5k)	22:21 (5k)			21:31	22:52
	8	2010	14:32 (2.9k)	8:51 (2k)	8:40 (2k)	14:54 (3.2k)	14:23 (3.2k)	14:58 (3.2k)		PC-8:19 (2k)	13:20 (3k)			8:19 (2k)	8:37 (2k)
	7	2009	9:54 (2k)	DNR	10:18 (2k)	DNR	16:46 (3.2k)			PC-9:23 (2k)	15:15 (3k)			9:23 (2k)	9:52 (2k)

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Name	Gr	Year	Milaca/Mora	Pine City	N Branch	Pierz	Milaca Mega	Becker	Swain	Conference	Prin/Camb/Proc	Section	State	PB	Average
Noah Adams	10	2013	Mora 18:15 (5k)	18:32 (5k)	18:15 (5k)	18:01 (5k)	17:52 (5k)	18:08 (5k)	18:03 (5k)	PC-18:19 (5k)	18:40 (5k)	Milaca - 17:32		17:32	18:10
	9	2012	21:12.0 (5k)	19:33 (5k)	19:12 (5k)	19:13 (5k)	19:08 (5k)	18:47 (5k)		PC-18:18 (5k)	18:37 (5k)	Pierz - 18:00		18:00	19:06
Brandt Berube	10	2013	Mora 23:25 (5k)	23:29 (5k)	24:01 (5k)	22:37 (5k)	22:11 (5k)	22:51 (5k)		PC-22:41 (5k)	23:00 (5k)			22:11	23:02
	9	2012	23:58.0 (5k)	23:37 (5k)	23:33 (5k)	23:50 (5k)	22:37 (5k)	24:03 (5k)		PC-22:08 (5k)	22:58 (5k)			22:08	23:20
Aaron Brown	10	2013	Mora 23:24 (5k)	25:13 (5k)	24:17 (5k)	23:09 (5k)	22:36 (5k)	22:23 (5k)		PC-22:43 (5k)	25:13 (5k)			22:23	23:37
	9	2012	23:27.7 (5k)	23:19 (5k)	23:33 (5k)	22:42 (5k)	21:43 (5k)	23:43 (5k)		PC-22:09 (5k)	23:01 (5k)			21:43	22:57
	7	2010		8:55 (2k)	9:20 (2k)	14:35 (3.2k)	14:24 (3.2k)	15:25 (3.2k)		PC-8:44 (2k)	13:55 (3k)			8:44 (2k)	9:00 (2k)
Andrew Clementson	10	2013	Mora 23:26 (5k)	21:46 (5k)	20:39 (5k)	19:45 (5k)	21:18 (5k)	20:16 (5k)	20:08 (5k)	PC-20:00 (5k)	20:26 (5k)	Milaca - 18:52		18:52	20:40
	9	2012	25:52.3 (5k)	23:31 (5k)	22:52 (5k)	22:48 (5k)	21:57 (5k)	23:09 (5k)		PC-21:59 (5k)	22:27 (5k)			21:57	23:04
Dylan Gamec-Bromberg	10	2013	Mora 20:27 (5k)	22:21 (5k)	20:18 (5k)	20:23 (5k)	20:50 (5k)	20:02 (5k)		PC-20:12 (5k)	22:20 (5k)			20:02	21:22
Beau Hunter	10	2013	Mora 19:25 (5k)	19:21 (5k)	19:01 (5k)	19:12 (5k)	18:46 (5k)	19:07 (5k)	20:08 (5k)	PC-19:03 (5k)	19:32 (5k)	Milaca - 18:51		18:46	19:09
	9	2012		DNR	19:21 (5k)	18:36 (5k)	18:47 (5k)	19:47 (5k)		PC-18:55 (5k)	19:36 (5k)	Pierz - 19:00		18:36	19:09
	8	2011					12:49 (3.2k)	21:12 (5k)		PC-19:37 (5k)	19:59 (5k)	Pierz - 19:24		19:24	19:40
Gunnar Nilsson	10	2013	Mora 20:26 (5k)	20:55 (5k)	20:41 (5k)	20:30 (5k)	20:14 (5k)	20:46 (5k)		PC-20:39 (5k)	22:17 (5k)			20:14	20:49
	9	2012	20:43.8 (5k)	20:14 (5k)	26:07 (5k)	DNR	DNR							20:14	22:21
	7	2010	13:15 (2.9k)	8:28 (2k)	8:21 (2k)	13:17 (3.2k)	13:14 (3.2k)	13:35 (3.2k)		PC-7:55 (2k)	12:28 (3k)			7:55 (2k)	8:15 (2k)
Kyle Peters	10	2013	Mora 21:16 (5k)	21:20 (5k)	21:11 (5k)	21:39 (5k)	21:08 (5k)	22:11 (5k)		PC-22:51 (5k)	23:23 (5k)			21:08	21:52
	9	2012	23:57.2 (5k)	22:50 (5k)	22:15 (5k)	21:57 (5k)	21:32 (5k)	21:53 (5k)		PC-20:59 (5k)	21:41 (5k)			20:59	22:08
	8	2011	mora 8:31(2k)	8:28 (2k)	8:25 (2k)	14:05 (3.2k)	15:43 (3.2k)	14:39 (3.2k)		PC-12:36 (3k)	10:13 (2.5k)			14:05 (3.2k)	14:49 (3.2k)
	7	2010	23:50 (2.9k)	9:22 (2k)	9:07 (2k)	16:39 (3.2k)	15:45 (3.2k)	16:20 (3.2k)		PC-9:09 (2k)	16:23 (3k)			9:07 (2k)	9:13 (2k)
Greg Petrie	10	2013	Mora 23:16 (5k)	25:15 (5k)	22:59 (5k)	22:41 (5k)								22:41	23:33
	9	2012			23:02 (5k)	24:34 (5k)				PC-22:04 (5k)	23:53 (5k)			22:02	23:23
Danny Pitzen	10	2013	Mora 21:44 (5k)	24:06 (5k)	20:42 (5k)	22:38 (5k)	21:48 (5k)	20:44 (5k)		PC-20:47 (5k)	22:27 (5k)			20:44	21:52
	9	2012	25:06.3 (5k)	26:14 (5k)	24:15 (5k)	24:23 (5k)	23:50 (5k)			PC-21:49 (5k)	24:56 (5k)			21:49	24:23
	8	2011	mora 8:14(2k)	9:02 (2k)	8:33 (2k)	23:17 (5k)	14:49 (3.2k)	15:50 (3.2k)		PC-12:49 (3k)	10:12 (2.5k)			14:49 (3.2k)	15:19 (3.2k)
	7	2010	12:42 (2.9k)	8:27 (2k)	8:26 (2k)	13:35 (3.2k)	13:21 (3.2k)	13:23 (3.2k)		PC-7:54 (2k)	12:12 (3k)			7:54 (2k)	8:16 (2k)
Victor Rogers	10	2013			25:40 (5k)	28:51 (5k)	25:32 (5k)							25:32	26:41
	9	2012				30:00 (5k)				PC-26:00 (5k)	26:11 (5k)			26:00	27:24
	7	2010	23:14 (2.9k)	10:48 (2k)	11:11 (2k)	17:40 (3.2k)	DNR	18:11 (3.2k)		PC-9:40 (2k)	16:36 (3k)			9:40 (2k)	10:33 (2k)
Cally Sibben	10	2013	Mora 25:13 (5k)	25:54 (5k)	25:39 (5k)		24:22 (5k)	24:40 (5k)		24:58 (5k)	26:34 (5k)			24:22	25:20
	9	2012			26:59 (5k)		DNR	26:17 (5k)	24:34 (5k)	PC-25:16 (5k)	23:36 (5k)			23:36	25:20
Ryan Blake	9	2013	Mora 28:28 (5k)	26:51 (5k)	25:31 (5k)	26:20 (5k)	24:51 (5k)	24:42 (5k)		PC-25:05 (5k)	25:31 (5k)			24:42	25:55
	8	2012	9:19.4 (2k)	9:44 (2k)	8:51 (2k)	15:28 (3.2k)	15:14 (3.2k)	15:30 (3.2k)		PC-13:48 (3k)	15:50 (3k)			15:14 (3.2k)	15:24 (3.2k)
	7	2011	mora 10:02(2k)	9:51 (2k)	9:50 (2k)	32:22 (5k)	15:59 (3.2k)	18:00 (3.2k)		PC-14:12 (3k)	11:09 (2.5k)			15:59 (3.2k)	17:00 (3.2k)
Eli Grubbs	9	2013	Mora 20:19 (5k)	21:33 (5k)	19:36 (5k)	19:22 (5k)	19:49 (5k)	20:22 (5k)	19:55 (5k)	PC-19:59 (5k)	20:00 (5k)	Milaca - 18:47		18:47	20:22
	8	2012	9:19.4 (2k)	9:44 (2k)	8:51 (2k)	15:28 (3.2k)	15:14 (3.2k)	15:30 (3.2k)		PC-13:48 (3k)	15:50 (3k)			15:14 (3.2k)	15:24 (3.2k)
	7	2011	mora 8:05(2k)	8:16 (2k)	7:56 (2k)	13:05 (3.2k)	13:16 (3.2k)	13:30 (3.2k)		PC-11:43 (3k)	9:32 (2.5k)			13:05 (3.2k)	13:17 (3.2k)
Ethan Leibel	9	2013	Mora 22:19 (5k)	22:46 (5k)	22:20 (5k)	21:55 (5k)	21:25 (5k)	21:43 (5k)		PC-20:52 (5k)	21:25 (5k)			20:52	21:51
Sam Saunders	9	2013	Mora 23:22 (5k)	24:38 (5k)	22:56 (5k)	22:42 (5k)	21:30 (5k)	22:11 (5k)		PC-20:50 (5k)	22:49 (5k)			20:50	22:37
	8	2012		DNR	8:07 (2k)	DNR	15:01 (3.2k)	DNR		DNR	DNR			15:01 (3.2k)	15:01 (3.2k)
	7	2011	mora 9:49(2k)	9:03 (2k)	9:11 (2k)	25:50 (5k)	15:47 (3.2k)	17:03 (3.2k)		DNR	11:10 (2.5k)			15:47 (3.2k)	16:25 (3.2k)
Nick Stolp	9	2013	Mora 20:59 (5k)	21:23 (5k)	20:17 (5k)	20:35 (5k)	20:39 (5k)	20:27 (5k)		PC-20:25 (5k)	21:18 (5k)	Alt.		20:17	20:45
	8	2012	8:09.3 (2k)	8:23 (2k)	7:46 (2k)	14:48 (3.2k)	14:43 (3.2k)	13:52 (3.2k)		PC-12:40 (3k)	14:43 (3k)			13:52 (3.2k)	14:28 (3.2k)
	7	2011	mora 9:22(2k)	8:49 (2k)	8:49 (2k)	24:54 (5k)	14:52 (3.2k)	14:58 (3.2k)		PC-13:12 (3k)	10:54 (2.5k)			14:52 (3.2k)	14:55 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2013

Name	Gr	Year	Milaca/Mora	Pine City	N Branch	Pierz	Milaca Mega	Becker	Swain	Conference	Prin/Camb/Proc	Section	State	PB	Average
Ryan Gamec-Bromberg	8	2013	Mora 9:13 (2k)	9:42 (2k)		15:35 (3.2k)		14:41 (3.2k)		PC-14:12 (3k)	11:24 (2.4k)			14:41 (3.2k)	15:08 (3.2k)
Max Graves	8	2013	Mora 8:45 (2k)	8:40 (2k)	8:21 (2k)	13:50 (3.2k)	14:15 (3.2k)	13:43 (3.2k)		PC-12:37 (3k)	22:55 (5k)			13:43 (3.2k)	13:56 (3.2k)
	7	2012	9:19.8 (2k)	8:18 (2k)	7:58 (2k)	15:11 (3.2k)	14:05 (3.2k)	14:06 (3.2k)		PC12:44 (3k)	14:44 (3k)			14:05 (3.2k)	14:27 (3.2k)
Nathan Kleppe	8	2013	Mora 8:10 (2k)	8:09 (2k)	8:18 (2k)	13:27 (3.2k)		22:22 (5k)		PC-12:35 (3k)	22:51 (5k)			13:27 (3.2k)	13:27 (3.2k)
	7	2012	9:14.0 (2k)	9:34 (2k)	8:48 (2k)	16:12 (3.2k)	14:59 (3.2k)	DNR		DNF	DNR			14:59 (3.2k)	15:36 (3.2k)
Joseph Root	8	2013	Mora 9:15 (5k)	10:27 (2k)	10:11 (2k)	16:47 (3.2k)		17:15 (3.2k)		PC-16:11 (3k)	30:02 (5k)			16:47 (3.2 k)	17:01 (3.2k)
	7	2012	10:22.7 (2k)	10:38 (2k)	8:59 (2k)	17:33 (3.2k)	DNR	17:29 (3.2k)		PC-15:15 (3k)				17:29 (3.2k)	17:31 (3.2k)
Donald Aasen	7	2013				17:24 (3.2k)		18:05 (3.2k)		DNF				17:24 (3.2k)	17:45 (3.2k)
Jake Adams	7	2013	Mora 8:38 (2k)	8:42 (2k)	8:25 (2k)	13:39 (3.2k)	13:59 (3.2k)	13:47 (3.2k)		PC-12:42 (3k)	23:20 (5k)			13:39 (3.2k)	13:48 (3.2k)
Quentin Miklya	7	2013	Mora 8:54 (2k)											8:54 (2k)	8:54 (2k)
T.J Rank	7	2013	Mora 9:02 (2k)	9:01 (2k)	9:13 (2k)	15:14 (3.2k)	15:47 (3.2k)	14:53 (5k)		PC-13:49 (3k)	23:42 (5k)			14:53 (3.2k)	15:18 (3.2k)
Justin Stolp	7	2013	Mora 9:58 (2k)	11:27 (2k)	10:17 (2k)	17:22 (3.2k)	18:07 (3.2k)	19:02 (5k)		PC-16:40 (3k)	31:28 (5k)			17:22 (3.2k)	17:45 (3.2k)

AVERAGE MILE TIMES AT MEETS - 2013

Name	PB - 2012 5000 m	Mora 5000 m	Pine City 5000 m	N. Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m	Becker 5000 m	Swain 5000 m	Conference 5000 m	Proctor 5000 m	Section 5A 5000 m	State 5000 m	Best 5000 m	Average 5000 m
Chris Maki - 12					6:34				6:35				6:34	6:35
Nate Scheid	7:24		7:48	7:26	7:17	7:44	7:04		7:19	8:09			7:04	7:32
Garrett Shelton					7:10								7:10	7:10
Russ Westernen	6:03	6:40	6:50	6:25	6:19	6:18		6:26	6:23	6:28	6:17		6:17	6:27
Austin Cavallin - 11		7:35	7:43	7:46	7:13	7:05	7:20		7:15	7:24			7:05	7:25
Easton Foss	5:48	5:49	5:52	5:45	5:41	5:36	5:41	5:46	5:47	5:58	5:31	5:35	5:31	5:43
Elijah Johnson	6:54	6:42	6:56	6:48	6:44	6:47			6:35	6:59			6:35	6:47
Jared Montague	7:44		8:01	7:25	7:34	7:24	7:32		7:33	7:49			7:24	7:37
Tony Pitzen	6:48	6:49	7:10	6:40	7:01	7:05							6:40	6:57
James Pixley	7:41		7:12	6:40	6:30	6:26			6:29	6:51			6:26	6:41
Jonah Spahr	6:27	6:27	6:35	6:10	6:10	6:03	6:03	6:27	6:07	6:23	5:55		5:55	6:14
Noah Adams - 10	5:48	5:52	5:58	5:52	5:48	5:45	5:50	5:48	5:54	6:00	5:39		5:39	5:51
Brandt Berube	7:08	7:32	7:34	7:44	7:17	7:08	7:21		7:18	7:24			7:08	7:25
Aaron Brown	7:00	7:32	8:07	7:49	7:27	7:16	7:12		7:19	8:07			7:12	7:36
Andrew Clementson	7:04	7:33	7:00	6:39	6:21	6:51	6:31	6:29	6:26	6:35	6:04		6:04	6:39
Dylan Gamec-Bromberg		6:35	7:12	6:32	6:34	6:42	6:27		6:30	7:11			6:27	6:53
Beau Hunter	6:00	6:15	6:14	6:07	6:11	6:02	6:09	6:29	6:08	6:17	6:04		6:02	6:10
Gunnar Nilsson	6:31	6:34	6:44	6:39	6:36	6:31	6:41		6:39	7:10			6:31	6:42
Kyle Peters	6:46	6:51	6:52	6:49	6:58	6:48	7:08		7:21	7:32			6:48	7:02
Greg Petrie	7:07	7:29	8:08	7:24	7:18								7:18	7:35
Danny Pitzen	7:02	7:00	7:45	6:40	7:17	7:01	6:40		6:41	7:14			6:40	7:02
Victor Rogers	8:23			8:16	9:17	8:13							8:13	8:35
Cally Sibben	7:36	8:07	8:20	8:16		7:51	7:56		8:02	8:33			7:51	8:09
Ryan Blake - 9		9:10	8:39	8:13	8:29	8:00	7:57		8:04	8:13			7:57	8:21
Eli Grubbs	7:30	6:32	6:56	6:19	6:14	6:23	6:33	6:25	6:26	6:26	6:03		6:03	6:33
Ethan Leibel		7:11	7:20	7:11	7:03	6:54	6:59		6:43	6:54			6:43	7:02
Sam Saunders		7:32	7:56	7:23	7:18	6:55	7:08		6:42	7:21			6:42	7:17
Nick Stolp		6:46	6:53	6:32	6:38	6:39	6:35		6:34	6:51			6:32	6:41
	3200 m	2000 m	2000 m	2000 m	3200 m	3200 m	3200 m	-	3000 m	2400 m			3200 m	3200 m
Ryan Gamec-Bromberg - 8		7:25	7:48		7:50		7:23		7:37	7:39			7:23	7:37
Max Graves	7:04	7:02	6:58	6:43	6:57	7:10	6:54		6:46	7:23			6:54	7:00
Nathan Kleppe	7:31	6:34	6:33	6:41	6:46		7:12 (5k)		6:45	7:21			6:46	6:46
Joseph Root	8:48	7:25	8:25	8:12	8:26		8:41		8:41	9:40			8:26	8:33
Donald Aasen - 7					8:45		9:06			15:00			8:45	8:56
Jake Adams		6:57	7:00	6:46	6:52	7:02	6:56		6:49	7:31			6:52	6:56
Quentin Miklya		7:10											7:10 (2k)	7:10 (2k)
TJ Rank		7:16	7:16	7:25	7:40	7:56	7:29		7:25	7:38			7:29	7:42
Justin Stolp		8:01	9:13	8:16	8:44	9:07	9:34		8:56	10:08			8:44	8:56
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Brenna Richardson - 12	6:58	7:33	7:44	7:31	7:58	7:23	7:15	7:48	7:38	7:37	7:02		7:02	7:33
Jackie Westernen - 11	7:23	7:39	7:56	7:36	7:29	7:31			7:29		7:10		7:10	7:57
Leonie Hoppe				9:09	9:10		8:37			9:05			8:37	9:00
Allison Gusk - 10	6:52	7:09	7:09	7:09	7:06	6:59		7:23	7:08	7:10	6:48		6:48	7:07
Jordan Kotek	6:36	7:19	7:10	7:10	7:20	6:58	6:54	7:10	6:56	7:07	6:39		6:39	7:04
Piper Knudson					9:16		9:09		8:29	9:06			8:29	9:00
Taylor Darlow - 9					8:58	8:53	8:26		8:21				8:21	8:39
Maddie Martin		7:52	8:04	7:42	7:47								7:42	7:51
Melissa Whittaker		10:05	9:33	9:05	8:59	8:50	8:08		8:24	8:53			8:08	8:59
Abbey Haug - 8					7:44		7:24	7:51	7:30	7:41	7:06		7:06	7:33
Janae Johnson										8:28			8:28	8:28
Nicole Peters					8:27		7:50		7:58	8:13			7:50	8:14
Summer Rockstroh					7:38		7:25	7:52	7:43	7:46			7:25	7:41
Ashli Webster		7:26	7:36	7:19	7:19		7:08	7:37	7:08	7:13	6:48		6:48	7:17
Jenica Hancock - 7										8:22			8:22	8:22
Karly Irlbeck										7:47			7:47	7:47
Kaylee Prihoda					7:53		7:33		7:39	7:49			7:33	7:43
Alexis Thieman					7:20		7:21	7:49	7:10	7:40	7:02		7:02	7:24
	3200 m	2000 m	2000 m	2000 m	3200 m	3200 m	3200 m	-	3000 m	2400 m			3200 m	3200 m
Abbey Haug - 8			7:53	7:31	JV	7:28	V		V	V			7:28	7:28
Janae Johnson		7:30	7:52	7:43	8:06	8:13	7:54		7:48	JV			7:54	8:04
Nicole Peters	8:46	7:41	7:46	7:28	JV	8:10	JV		JV	JV			8:10	8:10
Summer Rockstroh		7:25	7:39	7:19	JV	7:21	V		V	JV			7:21	7:21
Ava Tallarico		7:43			8:09	8:13	7:54		7:48	8:16			7:54	8:05
Ashli Webster	7:56	V	V	V	V	6:53	V		V	V			6:53	6:53
Jenica Hancock - 7				7:54	8:22	8:07	8:03		8:31	JV			8:03	8:11
Karly Irlbeck		7:43	7:52	7:47	8:02	7:49	7:46		7:27	JV			7:46	7:52
Kaylee Prihoda		7:10	7:39	7:29	JV	7:31	V		JV	V			7:31	7:31
Emma Schmidt		8:00	8:15	8:11	8:49	8:13	8:50		8:39				8:13	8:37
Megan Stransky		8:35	8:33	8:12	8:44	8:17	8:59		8:12	8:05			8:17	8:40
Alexis Thieman		6:33	7:13	6:46	V	6:53	V		V	V			6:53	6:53

TEAM POSITIONS AT MEETS - 2013

Name	Mora 5000 m	Pine City 5000 m	North Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m	Becker 5000 m	Swain 5000 m	Conference 5000 m	Proctor 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
Chris Maki - 12				9				11				10.0
Nate Scheid		19	20	21	22	12		19	25			19.7
Garrett Shelton				17								17.0
Russ Westernen	8	6	6	6	5		4	5	6	7		5.9
Austin Cavallin - 11	20	17	22	18	17	17		17	18			18.3
Easton Foss	1	1	1	1	1	1	1	1	1	1	1	1.0
Elijah Johnson	9	9	13	13	11			12	11			11.1
Jared Montague		21	19	25	21	19		22	23			21.4
Tony Pitzen	11	12	12	15	18							13.6
James Pixley	15	14	11	8	7		8	8	8			9.9
Jonah Spahr	4	4	4	3	4	3	5	3	4	3		3.7
Noah Adams - 10	2	2	2	2	2		2	2	2	2		2.0
Brandt Berube	18	16	21	19	19	18		18	19			18.5
Aaron Brown	17	22	23	24	20	16		20	24			20.8
Andrew Clementson	19	11	9	7	13	6	7	7	7	6		9.2
Dylan Gamec-Bromberg	7	13	8	10	10	5		9	13			9.4
Beau Hunter	3	3	3	4	3	4	6	4	3	5		3.8
Gunnar Nilsson	6	5	10	11	8	10		13	12			9.4
Kyle Peters	12	7	14	14	12	14		21	21			14.4
Greg Petrie	15	23	18	22								19.5
Danny Pitzen	13	18	15	20	16	9		14	14			14.9
Victor Rogers			26	27	25							26
Cally Sibben	21	24	25	25	23	20		23	27			23.3
Ryan Blake - 9	22	25	24	26	24	21		24	26			24
Eli Grubbs	5	10	5	5	6	7	3	6	5	4		5.6
Ethan Leibel	14	15	16	16	14	11		16	10			14
Sam Saunders	16	20	17	23	15	13		15	15			16.8
Nick Stolp	10	8	7	12	9	8		10	9			9.1
	2000 m	2000 m	2000 m	3200 m	3200 m	3200 m		3000 m	2400 m			
Ryan Gamec-Bromberg - 8	6	5		5		3		5	1			4.2
Max Graves	3	2	2	3	2	1		2	17 jv			2.1
Nathan Kleppe	1	1	1	1				1	16 jv			1
Joseph Root	7	6	5	6		5		6	28 jv			5.8
Donald Aasen - 7				8		6			2			5.3
Jake Adams	2	3	3	2	1	2		3	20 jv			2.3
Quentin Miklya	4											4
TJ Rank	5	4	4	4	3	4		4	22 jv			4
Justin Stolp	8	7	6	7	4	7		7	29 jv			6.6
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Brenna Richardson - 12	4	4	4	10	3	3	4	7	4	5		4.8
Jackie Westernen - 11	5	5	5	5	4		8	5		7		5.5
Leonie Hoppe			8	14		11			14			11.8
Allison Gusk - 10	1	1	1	1	2		2	2	2	2		1.6
Jordan Kotek	2	2	2	3	1	1	1	1	1	1		1.5
Piper Knudson				7	12	12	1	13	15			11.8
Taylor Darlow - 9				12	6	10		11				9.8
Maddie Martin	6	6	6	8								6.5
Melissa Whittaker	7	7	7	13	5	9		12	13			9.1
Abbey Haug - 8				7		5	6	6	6	6		6.0
Janae Johnson									12			12.0
Nicole Peters				11		8		10	10			9.8
Summer Rockstroh				6		6	7	9	7			7.0
Ashli Webster	3	3	3	2		2	3	3	3	3		2.8
Jenica Hancock - 7									11			11.0
Karly Irlbeck									8			8.0
Kaylee Prihoda				9		7		8	9			8.3
Alexis Thieman				4		4	5	4	5	4		4.3
	2000 m	2000 m	2000 m	3200 m	3200 m	3200 m		3000 m	2400 m			
Abbey Haug - 8			5		4							4.5
Janae Johnson	4	6	6	2	10	3		2				4.7
Nicole Peters	5	4	4		8							5.3
Summer Rockstroh	3	3	2		3							2.8
Ava Tallarico	6		9	3	11	2		3	2			5.1
Ashli Webster					1							1.0
Jenica Hancock - 7			8	4	7			5				5.6
Karly Irlbeck	7	5	7	1	6	1		1				4.0
Kaylee Prihoda	2	2	3		5							3.0
Emma Schmidt	8	8	10	6	9	5		6				7.4
Megan Stransky	9	9	11	5	12	6		4	1			7.1
Alexis Thieman	1	1	1		2							1.3

PLACE FINISHES AT MEETS - 2013

Name	Mora 5000 m	Pine City 5000 m	North Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m	Becker 5000 m	Swain 5000 m	Conference 5000 m	Proctor 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
Chris Maki - 12				38 jv				4 jv				21.0 jv
Nate Scheid		51 jv	30 jv	133 jv	501 jv	34 jv		17 jv	78 jv			120.6 jv
Garrett Shelton				120 jv								120.0 jv
Russ Westernen	39	12 jv	22	90	94		104	16	46	87		62.3
Austin Cavallin - 11	52 jv	48 jv	34 jv	125 jv	349 jv	51 jv		14 jv	51 jv			90.5 jv
Easton Foss	4	4	1	14	14	4	17	1	11	5	58	7.5 / 12.1 w/State
Elijah Johnson	14 jv	17 jv	13 jv	61 jv	255 jv			5 jv	27 jv			56.0 jv
Jared Montague		60 jv	29 jv	170 jv	440 jv	62 jv		22 jv	71 jv			122.0 jv
Tony Pitzen	17 jv	25 jv	12 jv	102 jv	352 jv							101.6 jv
James Pixley		28 jv	10 jv	30 jv	107			1 jv	16 jv			17 jv
Jonah Spahr	28	38	12	69	68	21	108	5	38	50		43.7
Noah Adams - 10	7	7	3	25	29	12	22	2	14	19		14.0
Brandt Berube	42 jv	42 jv	33 jv	130 jv	372 jv	53 jv		16 jv	54 jv			92.8 jv
Aaron Brown	41 jv	66 jv	37 jv	156 jv	409 jv	48 jv		18 jv	76 jv			106.4 jv
Andrew Clementson	43 jv	19 jv	8 jv	20 jv	135	9 jv	114	19	54	62		76.8
Dylan Gamec-Bromberg	10 jv	56	6 jv	45 jv	226 jv	7 jv		2 jv	38 jv			47.7 jv
Beau Hunter	20	16	9	72	65	26	113	6	29	61		41.7
Gunnar Nilsson	35	45	28	45 jv	148 jv	45		6 jv	37 jv			59 jv
Kyle Peters	21 jv	13 jv	29	95 jv	259 jv	41 jv		19 jv	62 jv			72.9 jv
Greg Petrie	38 jv	65 jv	28 jv	134 jv								66.3 jv
Danny Pitzen	26 jv	50 jv	18 jv	132 jv	323 jv	13 jv		8 jv	42 jv			76.5
Victor Rogers			44 jv	210 jv	541 jv							265.0 jv
Cally Sibben	57 jv	71 jv	43 jv		515 jv	72 jv		23 jv	81 jv			123.1 jv
Ryan Blake - 9	65 jv	78 jv	42 jv	205 jv	301 -9 th gr	73 jv		26 jv	79 jv			108.6 jv
Eli Grubbs	32	51	1 jv	83	83 -9 th gr	41	98	18	43	59		53.1
Ethan Leibell	29 jv	35 jv	25 jv	106 jv	179 -9 th gr	30 jv		10 jv	18 jv			54.0 jv
Sam Saunders	40 jv	58 jv	27 jv	135 jv	186 -9 th gr	40 jv		9 jv	47 jv			67.8 jv
Nick Stolp	15 jv	15 jv	5 jv	101	131 -9 th gr	42		3 jv	17 jv			31 jv
	2000 m	2000 m	2000 m	3200 m	3200 m	3200 m	-	3000 m	2400 m			
Ryan Gamec-Bromberg - 8	31	40		132		39		10	?			50.4
Max Graves	24	24	6	62	194 -8 th gr	23		5	50 jv			48.3
Nathan Kleppe	13	15	5	43		46 jv		4	48 jv			16.0
Joseph Root	32	44	16	152		60		12	89 jv			52.7
Donald Aasen - 7				165		63			?			114.0
Jake Adams	22	25	9	54	102 -7 th gr	24		6	60 jv			34.6
Quentin Miklya	28											28.0
TJ Rank	29	34	15	121	233 -7 th gr	40		8	67 jv			68.6
Justin Stolp	39	51	17	164	298 -7 th gr	66		13	90 jv			92.6
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Brenna Richardson - 12	22	29	19	111	92	40	127	19	43	61		56.3
Jackie Westernen - 11	24	36	23	84	96			1 jv		75		56.3
Leonie Hoppe			20 jv	89 jv		34 jv			18 jv			40.3 jv
Allison Gusk - 10	9	10	13	46	59		82	7	22	36		31.6
Jordan Kotek	14	11	15	73	54	25	53	5	16	30		29.6
Piper Knudson					175 -10 th gr	39 jv		9 jv	19 jv			60.5 jv
Taylor Darlow - 9				83 jv	162 -9 th gr	32 jv		6 jv				70.8 jv
Maddie Martin	32	43	25	103								50.8
Melissa Whittaker	31 jv	19 jv	19 jv	84 jv	159 -9 th gr	24 jv		7 jv	15 jv			44.8 jv
Abbey Haug - 8				27 jv		46	137	16	48	71		63.6
Janae Johnson									9 jv			
Nicole Peters				65 jv		21 jv		5 jv	6 jv			24.3 jv
Summer Rockstroh				19 jv		47	140	21	2 jv			69.3
Ashli Webster	19	27	18	71		38	115	8	25	37		39.8
Jenica Hancock - 7									8 jv			
Karly Irlbeck									3 jv			
Kaylee Prihoda				31 jv		48		4 jv	42			17.5 jv
Alexis Thieman				74		44	132	9	47	56		60.3
	2000 m	2000 m	2000 m	3200 m	3200 m	3200 m	-	3000 m	2400 m			
Abbey Haug - 8		27	15		79 -8 th gr							40.3
Janae Johnson	16	25	18	52	166 -7 th gr	14		2				41.9
Nicole Peters	21	20	13		160 -8 th gr							53.5
Summer Rockstroh	13	17	6		66 -8 th gr							25.5
Ava Tallarico	22		25	55	167 -8 th gr	13		3	?			47.5
Ashli Webster					32 -8 th gr							32.0
Jenica Hancock - 7			24	64	117 -7 th gr	17		9				46.2
Karly Irlbeck	23	24	20	48	88 -8 th gr	10		1				30.6
Kaylee Prihoda	9	16	7		59 -7 th gr							22.8
Emma Schmidt	27	28	27	74	129 -7 th gr	28		10				46.1
Megan Stransky	33	33	28	72	133 -7 th gr	30		8	?			48.1
Alexis Thieman	1	8	2		16 -7 th gr							6.8

TOP 10 CROSS COUNTRY TIMES AT MEETS

<u>MILACA/MORA</u>		<u>PINE CITY</u>		<u>NORTH BRANCH</u>		<u>PIERZ</u>					
17:07	Abby Cummins	2012	16:34	Abby Cummins	2012	16:19	Emily Branzovsky	2004	16:19	Abby Cummins	2012
17:18	Megan Miesner	2010	17:01	Megan Miesner	2010	16:24	Emily Branzovsky	2003	16:34	Emily Branzovsky	2003
17:46	Kim Connaker	2000	17:04	Emily Branzovsky	2003	16:35	Megan Miesner	2010	17:00	Emily Branzovsky	2004
17:47	Allison Gusk	2013	17:09	Meleia Johnson	2002	16:51	Sherry Rike	2011	17:07	Megan Miesner	2010
17:52	Miki Anderson	2000	17:19	Meleia Johnson	2003	16:51	Kim Connaker	2000	17:07	Jacki Gregoire	2002
18:01	Hannah Espeseth	2006	17:21	Emily Branzovsky	2004	16:59	Abby Cummins	2010	17:12	Sherry Rike	2012
18:06	Meleia Johnson	2002	17:30	Jenna Fore	2002	16:59	Meleia Johnson	2003	17:15	Abby Cummins	2011
18:10	Abby Cummins	2010	17:33	Sherry Rike	2011	17:00	Meleia Johnson	2002	17:21	Kim Connaker	2000
18:12	Jordan Kotek	2013	17:36	Sherry Rike	2009	17:02	Abby Cummins	2012	17:23	Abby Cummins	2010
18:17	Meleia Johnson	2000	17:42	Abby Cummins	2011	17:02	Abby Cummins	2011	17:33	Jordan Kotek	2012
<u>SWAIN</u>		<u>BECKER</u>		<u>CONFERENCE</u>		<u>SECTION</u>					
17:48	Jordan Kotek	2013	15:56	Emily Branzovsky	2003	15:55	Abby Cummins	2012 PC	15:44	Sherry Rike	2011 PZ
18:07	Emily Branzovsky	2004	16:30	Abby Cummins	2012	16:20	Sherry Rike	2011 PC	15:45	Abby Cummins	2011 PZ
18:10	Becky Haavisto	1994	16:31	Megan Miesner	2010	16:23	Abby Cummins	2011 PC	15:46	Emily Branzovsky	2003 CL
18:20	Jacki Gregoire	2005	16:36	Abby Cummins	2010	16:25	Emily Branzovsky	2003 SM	15:52	Abby Cummins	2012 PZ
18:21	Allison Gusk	2013	16:50	Jacki Gregoire	2003	16:26	Sherry Rike	2009 PC	16:02	Abby Cummins	2010 PZ
18:26	Amy Johnson	1995	16:53	Sherry Rike	2011	16:33	Jordan Kotek	2012 PC	16:16	Jacki Gregoire	2002 BK
18:35	Amy Johnson	1994	16:53	Abby Cummins	2011	16:34	Emily Branzovsky	2004 PR	16:24	Megan Miesner	2010 PZ
18:47	Bree Fischer	1994	17:04	Jenna Fore	2002	16:39	Abby Cummins	2010 PC	16:29	Emily Branzovsky	2004 CL
18:55	Ashli Webster	2013	17:08	Jenna Fore	2003	16:41	Sherry Rike	2012 PC	16:31	Jordan Kotek	2012 PZ
18:56	Becky Haavisto	1996	17:10	Jordan Kotek	2013	16:53	Megan Miesner	2010 PC	16:31	Jordan Kotek	2013 ML
<u>PRINCETON/CAMBRIDGE</u>		<u>MILACA MEGA</u>		<u>STATE</u>		<u>ALL-TIME BESTS</u>					
16:25	Megan Miesner	2010	16:13	Abby Cummins	2012	15:50	Emily Branzovsky	2003	15:44	Sherry Rike	2011 SECT
16:42	Abby Cummins	2010	16:36	Megan Miesner	2010				15:45	Abby Cummins	2011 SECT
16:43	Abby Cummins	2012	16:36	Abby Cummins	2010				15:46	Emily Branzovsky	2003 SECT
16:58	Sherry Rike	2009	16:48	Sherry Rike	2011				15:50	Emily Branzovsky	2003 STA
16:59	Abby Cummins	2009	16:48	Sherry Rike	2009				15:52	Abby Cummins	2012 SECT
17:05	Sherry Rike	2011	16:55	Abby Cummins	2011				15:55	Abby Cummins	2012 GRC
17:06	Abby Cummins	2011	17:01	Jordan Kotek	2012				15:56	Emily Branzovsky	2003 BECK
17:20	Megan Miesner	2008	17:06	Sherry Rike	2012				16:02	Abby Cummins	2010 SECT
17:21	Jordan Kotek	2010	17:09	Abby Cummins	2009				16:13	Abby Cummins	2012 MEGA
17:21	Sherry Rike	2012	17:18	Jordan Kotek	2013				16:16	Jacki Gregoire	2002 SECT

TOP 10 CROSS COUNTRY TIMES AT MEETS

<u>MILACA/MORA</u>			<u>PINE CITY</u>			<u>NORTH BRANCH</u>			<u>PIERZ</u>		
17:17	Zach Swanson	2008	17:14	John Blom	1988	17:03	Jared Clementson	2003	16:58	Trevor McNally	2006
17:27	Trevor McNally	2006	17:14	Trevor McNally	2006	17:18	Jared Clementson	2001	17:10	Jared Clementson	2003
17:53	Cody Hanson	2010	17:16	Zach Swanson	2008	17:22	Trevor McNally	2006	17:14	Zach Swanson	2008
18:03	Easton Foss	2013 Mo	17:21	Jared Clementson	2003	17:30	Cody Hanson	2010	17:14	Jared Clementson	2002
18:03	Dan Pangerl	1998	17:28	Jared Clementson	2002	17:33	Zach Swanson	2008	17:20	Tom Miche'	2005
18:10	David Hambly	2007	17:33	Cody Hanson	2010	17:36	Ryan Hammill	2000	17:30	Jared Clementson	2001
18:15	Noah Adams	2013 Mo	17:53	Clay Fischer	2005	17:41	Jared Clementson	2000	17:33	Trevor McNally	2004
18:15	Trevor McNally	2007	17:56	Tom Miche'	2006	17:44	Chris Lutz	2002	17:34	Ryan Hammill	2000
18:20	David Hambly	2006	17:58	Jared Clementson	2001	17:44	David Hambly	2007	17:34	David Hansen	2001
18:26	David Hansen	2001	18:02	Chris Lutz	2002	17:48	David Hansen	2001	17:36	Tom Miche'	2006
<u>SWAIN</u>			<u>BECKER</u>			<u>CONFERENCE</u>			<u>SECTION</u>		
17:25	Trevor McNally	2006	16:31	Jared Clementson	2002	16:39	Jared Clementson	2003 SM	16:20	Jared Clementson	2002 BK
17:54	Easton Foss	2013	16:49	Trevor McNally	2006	17:15	Trevor McNally	2006 PC	16:57	Jared Clementson	2003 CL
17:54	Trevor McNally	2005	16:54	Zach Swanson	2008	17:20	Cody Hanson	2010 PC	17:03	Trevor McNally	2005 CL
17:57	Tom Miche'	2006	17:18	David Hambly	2006	17:26	Jared Clementson	2002 PC	17:03	Trevor McNally	2007 PZ
18:03	Noah Adams	2013	17:30	Cody Hanson	2010	17:28	Zach Swanson	2008 PC	17:04	Trevor McNally	2006 CL
18:23	Tom Miche'	2005	17:33	Tom Miche'	2006	17:28	Trevor McNally	2005 PC	17:05	Cody Hanson	2010 PZ
18:26	David Hambly	2006	17:35	David Hambly	2007	17:35	Tom Miche'	2005 PC	17:05	Tom Miche'	2004 CL
18:31	Trevor McNally	2007	17:38	Easton Foss	2013	17:35	Trevor McNally	2007 PC	17:09	Easton Foss	2013 ML
18:48	John Hansen	1997	17:48	Trevor McNally	2007	17:36	Ryan Hammill	1999 ML	17:10	Tom Miche'	2005 CL
19:00	David Hambly	2007	17:49	Jared Clementson	2002	17:37	Ryan Hammill	2000 FO	17:17	Zach Swanson	2007 PZ
<u>PRIN./CAMB./PROC.</u>			<u>MILACA MEGA (G.C.)</u>			<u>STATE</u>			<u>ALL-TIME BESTS</u>		
17:07	Cody Hanson	2010 Pri	17:06	Zach Swanson	2008	*17:01	Jared Clementson	2002	16:20	Jared Clementson	2002 SECT
17:19	Zach Swanson	2008	17:11	Cody Hanson	2010	16:32	Trevor McNally	2006	*17:01	Jared Clementson	2002 STA
17:49	Cody Hanson	2009	17:24	Easton Foss	2013	16:49	Jared Clementson	2003	16:31	Jared Clementson	2003 BL-BK
0:00	Zach Swanson	2007	17:51	Jordan Rarick	2012	16:50	Tom Miche'	2006	16:32	Trevor McNally	2006 STA
18:19	Dallas Hansen	2008	17:52	Noah Adams	2013	16:53	Cody Hanson	2010	16:37	Jared Clementson	2001 FOL
18:32	Easton Foss	2013 Pro	17:59	Zach Swanson	2007	16:55	Trevor McNally	2005	16:39	Jared Clementson	2003 CONF
18:35	John Dedic	2010 Pri	18:10	Cody Hanson	2009	16:55	Trevor McNally	2007	16:49	Jared Clementson	2003 STA
18:37	Jordan Rarick	2012 Ca	18:25	Dallas Hansen	2008	17:00	Tom Miche'	2005	16:49	Trevor McNally	2006 BKR
18:37	Noah Adams	2012 Ca	18:37	Dallas Hansen	2007	17:05	David Hambly	2006	16:50	Tom Miche'	2006 STA
18:40	Noah Adams	2013 Pro	18:38	Chris Maki	2010	17:05	David Hambly	2007	16:53	Cody Hanson	2010 STA

*5200m course (16:22)

*5200m course (16:22)

SET GOALS,

THEN

DEMOLISH

THEM

TOP 10 FIRST PLACE FINISHERS at Pine City Meets

PINE CITY INVITATIONAL

Rhianna Rinke	North Branch	2012	15:00
Melissa Engelmeier	Hermantown	2003	15:03
Melissa Engelmeier	Hermantown	2004	15:40
Rhianna Rinke	North Branch	2013	15:42
Emma Johnson	Mora	2011	15:42
Jenny Agnew	Mille Lacs	2008	15:54
Mary Molton	Rush City	1996	16:04
Melissa Engelmeier	Hermantown	2002	16:08
Nikki Roach	Hermantown	2010	16:09
Emma Johnson	Mora	2009	16:10

Pine City Best:

Abby Cummins	Pine City	2012	16:34
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CONFERENCE MEET @ PINE CITY

Brenna Carey	Big Lake	2002	15:27
Melissa Agnew	Mille Lacs	2007	15:41
Jenny Agnew	Mille Lacs	2008	15:54
Breezy Schultz	Hinckley-Finlayson	2012	15:54
Abby Cummins	Pine City	2012	15:55
Breezy Schultz	Hinckley-Finlayson	2011	15:58
Trisha Guenningsman	Sauk Rapids	1995	16:23
Melissa Agnew	Mille Lacs	2006	16:25
Sherry Rike	Pine City	2009	16:26
Mary Virnig	Mille Lacs	2005	16:33

Pine City Best:

Abby Cummins	Pine City	2012	15:55 2nd
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PINE CITY INVITATIONAL

Chris Anderson	Chisago Lakes	1995	15:50
Charlie Lawrence	Foley	2012	16:03
Austin Bauer	Milaca	2009	16:40
Charlie Lawrence	Foley	2011	16:42
Charlie Lawrence	Foley	2010	16:49
Austin Bauer	Milaca	2008	16:54
Brett Ausmus	Hinckley	2006	17:02
Brian Granholm	CW	1995	17:05
Eric Dahlstrom	Milaca	1997	17:05
Evan Eliason	Concordia Academy	2005	17:07

Pine City Best:

Trevor McNally	Pine City	2006	17:14
John Bloom	Pine City		17:14

CONFERENCE MEET @ PINE CITY

Chris Anderson	Chisago Lakes	1995	16:37
Brett Ausmus	Hinckley	2005	16:55
Josh Wurdemann	Rush City	2009	17:14
Brett Ausmus	Hinckley	2006	17:14
Trevor McNally	Pine City	2006	17:15
Neil Larsen	Milaca	2007	17:17
Cody Hanson	Pine City	2010	17:20
Jared Clementson	Pine City	2002	17:26
Zach Swanson	Pine City	2008	17:28
Jeremiah LeTourneau	Hinckley	2012	17:39

Pine City Best:

Trevor McNally	Pine City	2006	17:15 1st
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Don't Dream
of Winning.
Train For It!

- Mo Farah

TOTAL MILES - 2013

1 Easton Foss	280.2	31 TJ Rank	172.9
2 Noah Adams	263.0	32 Jake Adams	172.0
3 Jonah Spahr	252.9	33 Elijah Johnson	168.2
4 Jackie Westeren	242.5	34 Nicole Peters	167.9
5 Brenna Richardson	238.6	35 Melissa Whittaker	167.3
6 Jordan Kotek	236.9	36 Joseph Root	162.7
7 Ashli Webster	236.9	37 Janae Johnson	161.9
8 Allison Gusk	228.1	38 Nate Sheid	161.4
9 Nick Stolp	226.7	39 Justin Stolp	159.7
10 Russ Westeren	225.9	40 Abbey Haug	155.8
11 Brandt Berube	214.5	41 Nathan Kleppe	152.6
12 Eli Grubbs	212.4	42 Ava Tallarico	149.9
13 Gunnar Nillson	211.5	43 Megan Stransky	149.4
14 Andrew Clementson	209.6	44 Tony Pitzen	143.3
15 Ryan Blake	206.3	45 Jared Montague	137.4
16 Kyle Peters	205.7	46 Ryan Gamec-Bromberg	121.6
17 Beau Hunter	203.6	47 Emma Schmidt	118.2
18 Sam Saunders	198.2	48 Alec Zamorano	118.2
19 Dylan Gamec-Bromberg	197.7	49 Maddie Martin	107.6
20 Alexis Thieman	196.9	50 Jenica Hancock	101.4
21 Aaron Brown	196.7	51 Leonie Hoppe	96.3
22 Austin Cavallin	196.0	52 Piper Knudson	93.7
23 Ethan Leibel	193.0	53 Greg Petrie	82.8
24 Kaylee Prihoda	192.2	54 Taylor Darlow	78.8
25 Summer Rockstroh	187.8	55 Victor Rogers	78.4
26 Danny Pitzen	187.7	56 Chris Maki	77.7
27 James Pixley	183.7	57 Garrett Shelton	52.7
28 Karly Irlbeck	178.0	58 Quentin Miklya	50.6
29 Cally Sibben	177.9	59 Donald Aasen	48.6
30 Max Graves	177.6		

1000/500 Best Times ~ 2013

<u>1000 times</u>			<u>500 times</u>		
		<u>year</u>			<u>year</u>
1 Easton Foss	2:57	2013	1 Easton Foss	1:17 (t)	2013
2 Trevor McNally	3:00	2007	2 Noah Adams	1:17 (t)	2013
3 Cody Hanson	3:02	2010	3 Cody Hanson	1:19	2010
4 John Dedic	3:03	2010	4 John Dedic	1:19	2010
5 Jared Clementson	3:03	2002	5 Tom Miche'	1:20	2005
6 Tom Miche'	3:03	2006	6 Zain Hunter	1:20	2012
7 Noah Adams	3:03 (t)	2013	7 Eli Grubbs	1:21	2013
8 Zach Swanson	3:04	2008	8 Tom Miche'	1:21	2004
9 Cody Hanson	3:05 (t)	2009	9 Clay Fischer	1:21	2005
10 Trevor McNally	3:06	2006	10 Jordan Rarick	1:21	2012
11 David Hambly	3:07	2004	11 James Pixley	1:21 (t)	2013
12 Tom Miche'	3:07	2005	12 Jared Clementson	1:22	2012
13 Tom Miche'	3:08	2005	13 David Hambly	1:23	2006
14 Trevor McNally	3:08	2005	14 Noah Adams	1:23	2012
15 Andrew Lutz	3:08	2007	15 Trevor McNally	1:24	2006
16 David Hambly	3:11	2006	16 Clay Fischer	1:24	2007
17 Andrew Lutz	3:11	2006	17 Beau Hunter	1:25	2013
18 Cody Hanson	3:11	2009	18 David Hambly	1:25	2005
19 Chris Lutz	3:11	2002	19 Josh Boland	1:25	2005
20 Jordan Rarick	3:11	2012	20 David Hambly	1:25	2007
			21 Easton Foss	1:25	2012
			22 Paul Skalicky	1:25	2012
			23 Christian Miche'	1:25	2012
			24 Russ Westernen	1:25 (t)	2013
			25 Jonah Spahr	1:25 (t)	2013
			26 Andrew Clementson	1:25 (t)	2013
1 Sherry Rike	3:30	2011	1 Sherry Rike	1:32	2011
2 Megan Miesner	3:40	2010	2 Morgan Richardson	1:32	2012
3 Abby Cummins	3:40	2012	3 Jordan Kotek	1:32 (t)	2013
4 Abby Cummins	3:41	2011	4 Sherry Rike	1:33	2012
5 Sherry Rike	3:44	2012	5 Megan Miesner	1:34	2010
6 Morgan Richardson	3:45	2012	6 Jackie Westernen	1:35 (t)	2013
7 Brenna Richardson	3:45	2012	7 Sherry Rike	1:36	2008
8 Sherry Rike	3:46	2010	8 Allison Gusk	1:37 (t)	2013
9 Jordan Kotek	3:49	2013	9 Sherry Rike	1:38	2010
10 Brenna Richardson	3:49	2013	10 Sherry Rike	1:38	2009
11 Sherry Rike	3:49	2009	11 Abby Cummins	1:39	2011
12 Allison Gusk	3:50	2013	12 Abby Cummins	1:39	2012
13 Jordan Kotek	3:50	2012	13 Alexis Thieman	1:39 (t)	2013
14 Jackie Gregoire	3:51	2005	14 Brenna Richardson	1:39 (t)	2013
15 Emily Branzovsky	3:51	2007	15 Abbey Haug	1:39 (t)	2013
16 Abby Cummins	3:52	2010	16 Kendra Motyl	1:40	2008
17 Morgan Richardson	3:52	2011	17 Jordan Kotek	1:41	2010
18 Jackie Westernen	3:54 (t)	2013	18 Abby Cummins	1:43	2010
19 Ashli Webster	3:54 (t)	2013	19 Morgan Richardson	1:43	2011
20 Jackie Gregoire	3:55	2002	20 Meleia Johnson	1:44	2002
21 Meleia Johnson	3:55	2002	21 Jordan Kotek	1:44	2012
22 Jordan Kotek	3:55	2011	22 Ashli Webster	1:44 (t)	2012
23 Alexis Thieman	3:55 (t)	2013	23 Kaylee Prihoda	1:45 (t)	2013
24 Abbey Haug	3:55 (t)	2013			

GIRLS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loop -4.5	34:31	October 18, 1995	Amy Johnson
2. 580th Street - 4	32:52	September 23, 1998	Heidi Larsen
3. The loop x 3 - 3.3	21:15 (7:05 ave)	September 30, 2010	Megan Miesner
4. Cty Rd 110 west - 3	22:13	August 23, 2002	Jacki Gregoire
5. H.S. Loops - 4800 m	23:19	September 21, 2000	Miki Anderson
6. Connaker's loop - 2.7	20:38	October 6, 1997	Heidi Larsen
7. The loop x 2 - 2.2	14:27 (7:14 ave)	September 27, 2012	Jordan Kotek
8. Track - 3200 m	15:06	August 16, 1996	Becky Haavisto
9. 2 mile on mile loop	13:54 (6:57 ave)	October 15, 2012	Sherry Rike
10. G .C. loop - 1.1	6:36	September 29, 2011	Sherry Rike
11. Cty Rd 117 - 1	6:41	October 18, 1996	Bree Fischer
12. 1 x mile loop	6:36	October 3, 2010	Sherry Rike
13. 2000-1000-600 (track)	14:37	October 16, 2008	Sherry Rike
14. 2000-1000-500	13:36	October 17, 2013	Jordan Kotek
15. Track - 8 x 400	11:32 (1:26.5 ave)	September 30, 1999	Meleia Johnson
16. 800,1000,1200,1400,1600	26:47	September 28, 1995	Amy Johnson
17. 2 x 1200	9:32 (4:46 ave)	October 21, 1996	Becky Haavisto
18. 1 x 2000	8:47	October 20, 1997	Becky Haavisto
19. 800, 600, 400	7:19	September 12, 1997	Becky Haavisto
20. 6 x 400	7:57 (1:19 ave)	August 14, 2003	Jenna Fore
21. 4 x 400	5:30 (1:23 ave)	October 5, 1995	Amy Johnson
22. 2 x 400, 2 x 800, 2 x 400	10:18	September 15, 1998	Jenelle Stahlke
23. 2 x 1 mi, 1 x 800, 2 x 400	20:45	August 21, 1995	Bree Fischer
24. Connaker's Loops - 1.6	11:02	August 25, 1999	Heidi Larsen
25. 3 x 500	5:09 (1:43 ave)	October 22, 2013	Jordan Kotek
26. 4 x 500	6:35 (1:39 ave)	October 10, 2013	Jordan Kotek
27. 5 x 500	9:11(1:50 ave)	October 22, 2001	Jacki Gregoire
28. 6 x 500	10:59 (1:50 ave)	September 12, 2000	Kim Connaker
29. 8 x 500	14:28 (1:49 ave)	September 23, 2005	Jacki Gregoire
30. 3 x 800	8:46 (2:55 ave)	September 23, 2011	Sherry Rike
31. 4 x 800	14:54 (3:44 ave)	September 21, 2005	Jacki Gregoire
32. 2 x 1000	7:52 (3:56 ave)	August 15, 2013	Jordan Kotek
33. 3 x 1000	11:43 (3:54 ave)	August 21, 2012	Abby Cummins
34. 4 x 1000	14:59 (3:45 ave)	September 2, 2010	Megan Miesner
35. 5 x 1000	18:58 (3:48 ave)	September 13, 2009	Sherry Rike
36. 6 x 1000	22:54 (3:49 ave)	September 26, 20010	Abby Cummins
37. 7 x 1000	28:06 (4:01 ave)	September 17, 2003	Em Branzovsky
38. 8 x 1000	32:23 (4:03 ave)	September 18, 2002	Jacki Gregoire
39. 2x1000, 2x500, 2x1000	29:15	September 27, 2001	Jacki Gregoire
40. 1 x 1000, 4 x 500, 1 x 1000	15:51	October 7, 2002	Jacki Gregoire
41. 3 x 1000, 2 x 500	16:23	August 26, 2003	EmilyBranzovsky
42. Co 8 cut-across - 6.2	55:20	August 16, 2002	Meleia Johnson
43. 1 x mile loop, 2 x 1000	13:27	October 10, 2011	Sherry Rike
44. 1 x mile loop, 2 x 800	12:49	October 10, 2005	Jacki Gregoire
45. 1 x mile loop, 1 x 1000	10:35	October 25, 2004	Em Branzovsky
46. 2 mile on mile loop, 2 x 400	17:59	October 17, 2005	Jacki Gregoire
47. 2 mile on mile loop, 2 x 500	17:25	October 18, 2010	Megan Miesner
48. 1 x mile loop, 3 x 500	13:00	October 15, 2007	Kendra Motyl
49. 2 x 1000, 6 x 500	18:49	September 27, 2010	Megan Miesner
50. 2 x 1000, 2 x 500	10:32	October 11, 2011	Sherry Rike
51. 1 x mile loop, 1000, 500	12:02	October 22, 2012	Abby Cummins

BOYS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loops -5.6	33:59	September 21, 2010	Cody Hanson
2. Golf Course loop - 4.5	26:56	September 14, 1998	Dan Pangerl
3. 580th Street - 4	25:56	September 23, 1998	Ryan Hammill
4. Connaker's loops - 3.8	23:00	August 20, 1997	J. R. Anderson
5. Connaker's loops - 3.5	20:56	August 25, 1998	Ryan Hammill
6. The loop x 3 - 3.3	17:13 (6:04 ave)	September 30, 2010	Cody Hanson
7. Cty Rd 110 west - 3	17:47	August 23, 2002	Chris Lutz
8. H.S. loops - 4800 m	19:43	October 21, 2000	Peter Johnson
9. Connaker's loop - 2.7	15:40	October 26, 1998	Ryan Hammill
10. 5 x 800	12:47 (2:33 ave)	September 21, 1999	Jeremy Lee
11. The loop x 2 - 2.2	11:32 (5:46 ave)	September 27, 2006	Trevor McNally
12. Track - 3200 m	10:47	August 16, 1996	J. R. Anderson
13. H.S. Loops - 3200 m	11:37	August 22, 1997	J. R. Anderson
14. G C loop - 1.1	5:24	September 27, 2008	Zach Swanson
15. Cty Rd 117 - 1	5:26	October 18, 1996	J. R. Anderson
16. 1 x mile loop	5:23	October 4, 2010	Cody Hanson
17. 2000-1000-600 (track)	11:29	September 29, 1998	J. R. Anderson
18. 2000-1000-500	10:59	October 17, 2013	Easton Foss
19. Track - 8 x 400	9:04 (1:08 ave)	September 4, 1995	J. R. Anderson
20. 800, 1000, 1200, 1400, 1600	21:46	September 28, 1995	J. R. Anderson
21. 2 x 1200	7:27 (3:43 ave)	October 2, 1997	J. R. Anderson
22. 1 x 2000	6:50	October 20, 1997	Jason Larsen
23. 800, 600, 400	5:11	September 12, 1997	J. R. Anderson
24. 6 x 400	6:31 (1:05 ave)	August 14, 2003	Jared Clementson
25. 4 x 400	4:14 (1:03.5 Ave)	October 16, 1997	J. R. Anderson
26. 2 x 400, 2 x 800, 2 x 400	9:28	September 15, 1997	J. R. Anderson
27. 2 x 1 mi, 1 x 800, 2 x 400	15:45	August 21, 1995	J. R. Anderson
28. Connaker's loops - 1.6	8:52	October 25, 1999	Ryan Hammill
29. 3 x 500	4:07 (1:22 ave)	October 21, 2003	Jared Clementson
30. 4 x 500	5:24 (1:21ave)	November 2, 2010	Cody Hanson
31. 5 x 500	7:28 (1:29 ave)	October 22, 2001	David Hansen
32. 6 x 500	8:59 (1:29 ave)	September 11, 2001	Jared Clementson
33. 8 x 500	12:27 (1:31 ave)	October 5, 2000	Ryan Hammill
34. 3 x 800	8:14 (2:45 ave)	September 23, 2011	Mike Connelly
35. 4 x 800	11:28 (2:52 ave)	September 21, 2005	Tom Miche'
36. 6 x 200	3:01 (30.2 ave)	October 31, 2002	Chris Lutz
37. 2 x 1000	6:06 (3:03 ave)	August 17, 2006	Tom Miche'
38. 3 x 1000	9:25 (3:08 ave)	August 22, 2006	Tom Miche'
39. 4 x 1000	12:26 (3:06 ave)	September 2, 2010	Cody Hanson
40. 5 x 1000	16:34 (3:19 ave)	September 5, 2006 & 9/13/10	Trevor McNally & Cody Hanson
41. 6 x 1000	19:26 (3:14 ave)	September 26, 2013	Easton Foss
42. 7 x 1000	23:28 (3:21 ave)	September 17, 2003	Jared Clementson
43. 8 x 1000	25:28 (3:11 ave)	September 23, 2003	Jared Clementson
44. 2x1000, 2x500, 2x1000	16:43	September 27, 2001	Jared Clementson
45. 3 x 1000, 2 x 500	12:56	August 26, 2003	Jared Clementson
46. Co 8 cut across - 6.2	38:45	September 29, 2010	Cody Hanson
47. 1 x mile loop, 2 x 1000	11:37	October 7, 2013	Easton Foss
48. 1 x mile loop, 1 x 1000	8:06	October 21, 2013	Easton Foss
49. 1 x mile loop, 2 x 800	10:04	October 10, 2005	Tom Miche'
50. 3 mile on mile loop	17:00 (5:40 ave)	August 24, 2006	Trevor McNally
51. 2 mile on mile loop, 2 x 400	13:41	October 17, 2005	Tom Miche'
52. 2 mile on mile loop, 2 x 500	13:52	October 18, 2010	Cody Hanson
53. 2 x 1000, 2 x 500	9:16	October 22, 2009	Cody Hanson
54. 1 x mile loop, 3 x 500	10:13	October 15, 2007	David Hambly
55. 2 x 1000, 6 x 500	15:01	September 27, 2010	Cody Hanson
56. Mailbox run - 5 mi	33:20 (6:40 ave)	November 3, 2010	Nick Bremer
57. 1 x mile loop, 1000, 500	9:59	November 1, 2010	Cody Hanson

Pine City High School Cross Country

2013 Awards:

MOST VALUABLE RUNNER

Jordan Kotek
16:31

Easton Foss
17:09

ROOKIE OF THE YEAR

Ashli Webster
16:54

Eli Grubbs
18:47

Alexis Thieman
17:28

MOST IMPROVED RUNNER

Abbey Haug
17:40

Jonah Spahr
18:23

Andrew Clementson
18:52

WORKHORSE AWARD

Noah Adams
17:32

SPORTSMANSHIP AWARD

Nicole Peters
19:28

Ryan Blake
24:42

“PC” AWARD

(Persistent and Courageous)

Allison Gusk
16:53

Beau Hunter
18:46

TEAM AWARD

(Together Everyone Achieves More)

Summer Rockstroh
18:27

James Pixley
19:59

Kaylee Pihoda
18:45

PERSEVERANCE AWARD

Brenna Richardson
17:29

Russ Westernen
19:30

COACHES’ LEADERSHIP AWARD

(Courage, Optimism, Attitude,
Character, Heart, Ethics, Spirit)

Jackie Westernen
17:50

Nathan Kleppe
22:22

CONFERENCE TEAM CHAMPIONS

Boys' Varsity (26pts)

Girls' Varsity (29pts)

Boys' JV (15pts)

Girls' JV (15pts)

Boys' JH (9pts)

Girls' JH (9pts)

ALL CONFERENCE

Easton Foss (1) Noah Adams (2) Jonah Spahr (5) Beau Hunter (6)

Jordan Kotek (5) Allison Gusk (7) Ashli Webster (8) Alexis Thieman (9)

CONFERENCE INDIVIDUAL CHAMPIONS

Boys' Varsity: Easton Foss

Boys' JV: James Pixley

Girls' JV: Jackie Westeren

Girls' JH: Karly Irlbeck

STATE MEET QUALIFIER

Easton Foss (5)

LETTER WINNERS:

Russell Westeren
Brenna Richardson
Jackie Westeren
Easton Foss
Jonah Spahr
Jordan Kotek

Allison Gusk
Beau Hunter
Noah Adams
Andrew Clementson
James Pixley

Alexis Thieman
Ashli Webster
Kaylee Prihoda
Eli Grubbs
Summer Rockstroh
Abbey Haug



Coach Clementson Coach Etta Coach Hussong Coach Allen

*Thanks for a
GREAT season!
- Coaches*

I RUN.



CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2013

Name	Gr	Year	Milaca/Mora	Pine City	N. Branch	Pierz	Milaca Mega
Brenna Richardson	12	2013	Mora 18:46 (4k)	19:14 (4k)	18:40 (4k)	19:48 (4k)	18:22 (4k)
	11	2012	19:30.4 (4k)	18:40 (4k)	18:11 (4k)	20:00 (4k)	17:41 (4k)
	10	2011	mora 21:13	20:42 (4k)	19:03 (4k)	19:01 (4k)	18:59 (4k)
	9	2010	21:04 (4k)	19:50 (4k)	19:35 (4k)	20:14 (4k)	19:23 (4k)
	8	2009	8:47 (2k)	9:57 (2k)	9:23 (2k)	15:49 (3.2k)	15:41 (3.2k)
	7	2008	16:30 (2.8k)	10:45 (2k)	10:45 (2k)	17:32 (3.2k)	16:52 (3.2k)
Leonie Hoppe	11	2013			22:45 (4k)	22:48 (4k)	DNR
Jackie Westernen	11	2013	Mora 19:00 (4k)	19:43 (4k)	18:54 (4k)	18:37 (4k)	18:41 (4k)
	10	2012	20:29.5 (4k)	19:37 (4k)	20:27 (4k)	19:52 (4k)	DNR
	9	2011	DNR	20:29 (4k)	19:52 (4k)	19:27 (4k)	19:17 (4k)
	8	2010	14:02 (2.9 k)	9:11 (2k)	9:18 (2k)	15:17 (3.2k)	14:49 (3.2k)
	7	2009	9:41 (2k)	10:12 (2k)	10:12 (2k)	16:34 (3.2k)	15:45 (3.2k)
Allison Gusk	10	2013	Mora 17:47 (4k)	17:47 (4k)	17:47 (4k)	17:39 (4k)	17:21 (4k)
	9	2012	18:21.9 (4k)	17:46 (4k)	18:07 (4k)	17:33 (4k)	17:38 (4k)
	8	2011	mora 19:17	21:14 (4k)	18:34 (4k)	19:32 (4k)	14:45 (3.2k)
	7	2010	13:43 (2.9 k)	8:44 (2k)	8:48 (2k)		14:31 (3.2k)
Jordan Kotek	10	2013	Mora 18:12 (4k)	17:49 (4k)	17:50 (4k)	18:13 (4k)	17:18 (4k)
	9	2012	18:34.3 (4k)	DNF	18:26 (4k)	17:33 (4k)	17:01 (4k)
	8	2011	mora 19:32	20:23 (4k)	18:17 (4k)	19:07 (5k)	13:44 (3.2k)
	7	2010		8:11 (2k)	8:25 (2k)	13:57 (3.2k)	13:27 (3.2k)
Piper Knudson	10	2013					23:02 (4k)
Taylor Darlow	9	2013				22:16 (4k)	22:05 (4k)
Maddie Martin	9	2013	Mora 19:33 (4k)	20:03 (4k)	19:09 (4k)	19:20 (4k)	DNR
	8	2012	8:41.6 (2k)	9:15 (2k)	8:23 (2k)	14:15 (3.2k)	DNR
	7	2011	mora 9:18(2k)	9:15 (2k)	9:09 (2k)	15:06 (3.2k)	DNR
Melissa Whittaker	9	2013	Mora 25:03 (4k)	23:45 (4k)	22:35 (4k)	22:18 (4k)	21:58 (4k)
Abbey Haug	8	2013		9:48 (2k)	9:21 (2k)	19:14 (4k)	14:51 (3.2k)
Janae Johnson	8	2013	Mora 9:19 (2k)	9:46 (2k)	9:35 (2k)	16:07 (3.2k)	16:21 (3.2k)
Nicole Peters	8	2013	Mora 9:33 (2k)	9:39 (2k)	9:17 (2k)	21:01 (4k)	16:14 (3.2k)
	7	2012			10:02 (2k)	18:21 (3.2k)	17:28 (3.2k)
Summer Rockstroh	8	2013	Mora 9:13 (2k)	9:30 (2k)	9:06 (2k)	18:59 (4k)	14:37 (3.2k)
Ava Tallarico	8	2013	Mora 9:35 (2k)			16:13 (3.2k)	16:21 (3.2k)
Ashli Webster	8	2013	Mora 18:29 (4k)	18:54 (4k)	18:10 (4k)	18:10 (4k)	13:42 (3.2k)
	7	2012		9:43 (2k)	9:14 (2k)	16:30 (3.2k)	15:49 (3.2k)
Jenica Hancock	7	2013			9:49 (2k)	16:38 (3.2k)	16:08 (3.2k)
Karly Irlbeck	7	2013	Mora 9:35 (2k)	9:46 (2k)	9:40 (2k)	15:58 (3.2k)	15:32 (3.2k)
Kaylee Prihoda	7	2013	Mora 8:54 (2k)	9:30 (2k)	9:08 (2k)	19:36 (4k)	14:57 (3.2k)
Emma Schmidt	7	2013	Mora 9:57 (2k)	10:15 (2k)	10:10 (2k)	17:32 (3.2k)	16:20 (3.2k)
Megan Stransky	7	2013	Mora 10:40 (2k)	10:38 (2k)	10:12 (2k)	17:22 (3.2k)	16:29 (3.2k)
Alexis Thieman	7	2013	Mora 8:09 (2k)	8:58 (2k)	8:24 (2k)	18:13 (4k)	13:43 (3.2k)

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2013

Becker	Swain	Conference	Prin/Camb/Proc	Section	State	PB	Average
18:01 (4k)	19:22 (4k)	PC-18:59 (4k)	18:55 (4k)	Milaca - 17:29		17:29	18:46
18:13 (4k)		PC-17:52 (4k)	18:46 (4k)	Pierz - 17:25		17:25	18:28
18:35 (4k)		PC-17:55 (4k)	18:52 (4k)	Pierz - 17:35		17:35	19:06
19:50 (4k)		PC-20:50 (4k)	19:03 (4k)			19:03	19:59
		PC-20:03 (4k)	19:19 (4k)	Pierz - 19:52		19:19	19:44
16:28 (3.2k)	15:34 (2.6k)	PC-9:51 (2k)	15:27 (3k)			9:51 (2k)	10:27 (2k)
21:24 (4k)		DNR	22:34 (4)			21:23	22:23
DNR	Alt.	PC-18:37 (4k)	DNR	Milaca - 17:50		17:50	19:46
19:44 (4k)		PC-19:11 (4k)	20:10 (4k)	Pierz - 18:29		18:29	19:48
18:42 (4k)		PC-18:06 (4k)	18:24 (4k)	Pierz - 17:40		17:40	19:00
19:07 (4k)		PC-18:41 (4k)	18:03 (4k)	Pierz - 18:10		18:03	18:30
		PC-9:32 (2k)	20:49 (4k)			9:32 (2k)	9:54 (2k)
DNR	18:21 (4k)	PC-17:44 (4k)	17:50 (4k)	Milaca - 16:53		16:53	17:41
17:56 (4k)		PC-17:40 (4k)	18:04 (4k)	Pierz - 17:12		17:12	17:48
18:59 (4k)		PC-18:20 (4k)	18:32 (4k)			18:20	19:12
19:25 (4k)		PC-18:57 (4k)	18:38 (4k)	Pierz - 18:15		18:15	18:49
17:10 (4k)	17:48 (4k)	PC-17:13 (4k)	17:41 (4k)	Milaca - 16:31		16:31	17:35
17:24 (4k)		PC-16:33 (4k)	17:31 (4k)	Pierz - 16:31		16:31	17:26
18:58 (4k)		PC-17:21 (4k)	17:47 (4k)	Pierz - 16:59		16:59	18:33
18:30 (4k)		PC-17:46 (4k)	17:21 (4k)	Pierz - 16:56		16:56	17:38
22:44 (4k)		PC-21:06 (4k)	22:36 (4k)			21:06	22:22
20:58 (4k)		PC-20:44 (4k)	DNR			20:44	21:31
DNR		DNR	DNR	DNR		19:09	19:31
DNF		PC-13:36 (3k)	21:08 (4k)			14:15 (3.2k)	14:15 (3.2k)
DNR		PC-13:49 (3k)	10:01 (2.5k)			15:06 (3.2k)	15:06 (3.2k)
20:13 (4k)		PC-20:52 (4k)	22:06 (4k)			20:13	22:21
18:23 (4k)	19:30 (4k)	PC-18:39 (4k)	19:06 (4k)	Milaca - 17:40		17:40	18:45
15:42 (3.2k)		PC-14:32 (3k)	21:02 (4k)			15:42 (3.2k)	16:03 (3.2k)
19:28 (4k)		PC-19:49 (4k)	20:25 (4k)			19:28	20:27
19:10 (3.2k)		PC-16:18 (3k)	16:11 (3k)			17:28 (3.2k)	18:19 (3.2k)
18:27 (4k)	19:32 (4k)	PC-19:12 (4k)	19:19 (4k)	Alt.		18:27	19:06
15:42 (3.2k)		14:33 (3k)	12:19 (2.4k)			15:42 (3.2k)	16:05
17:45 (4k)	18:55 (4k)	PC-17:45 (4k)	17:57 (4k)	Milaca - 16:54		16:54	18:07
16:10 (3.2k)		PC-13:58 (3k)	14:13 (3k)			15:49 (3.2k)	16:09 (3.2k)
16:01 (3.2k)		PC-15:53 (3k)	20:48 (4k)			16:01 (3.2k)	16:16 (3.2k)
15:27 (3.2k)		PC-13:54 (3k)	19:21 (4k)	H. Alt.		15:27 (3.2k)	15:39 (3.2k)
18:45 (4k)		PC-19:02 (4k)	19:25 (4k)	Alt.		18:45	19:12
17:34 (3.2k)		PC-16:08 (3k)	DNR			16:20 (3.2k)	17:09 (3.2k)
17:51 (3.2k)		PC-15:18 (3k)	12:04 (2.4k)			16:29 (3.2k)	17:14 (3.2k)
18:15 (4k)	19:25 (4k)	PC-17:50 (4k)	19:04 (4k)	Milaca - 17:28		17:28	18:23

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2013

Name	Gr	Year	Milaca/Mora	Pine City	N Branch	Pierz	Milaca Mega
Chris Maki	12	2013				20:23 (5K)	
	9	2010		20:18 (5k)	19:04 (5k)	19:21 (5k)	18:38 (5k)
	8	2009	7:43 (2k)	8:03 (2k)			9:15 (2.5k)
	7	2008		10:21 (2k)		16:37 (3.2k)	15:50 (3.2k)
Nate Scheid	12	2013		24:13 (5k)	23:06 (5k)	22:38 (5K)	24:03 (5k)
	11	2012			24:29 (5k)	24:59 (5k)	22:58 (5k)
Garrett Shelton	12	2013				22:16 (5K)	
Russ Westeren	12	2013	Mora 20:42 (5k)	21:15 (5k)	19:55 (5k)	19:36 (5K)	19:34 (5k)
	11	2012	21:18.8 (5k)	20:29 (5k)	20:13 (5k)	19:38 (5k)	19:43 (5k)
	10	2011	mora 23:06	21:59 (5k)	20:25 (5k)	20:20 (5k)	20:01 (5k)
	9	2010	22:01 (5k)	21:30 (5k)	20:52 (5k)	21:24 (5k)	20:32 (5k)
	8	2009	8:29 (2k)	8:34 (2k)	8:25 (2k)	13:48 (3.2k)	9:03 (2.5k)
	7	2008	17:44 (2.8k)	9:48 (2k)	10:31 (2k)	16:25 (3.2k)	15:14 (3.2k)
Austin Cavallin	11	2013	Mora 23:34 (5k)	23:57 (5k)	24:07 (5k)	22:25 (5K)	22:00 (5k)
Easton Foss	11	2013	Mora 18:03 (5k)	18:13 (5k)	17:51 (5k)	17:38 (5K)	17:24 (5k)
	10	2012			20:34 (5k)	19:55 (5k)	19:51 (5k)
Elijah Johnson	11	2013	Mora 20:50 (5k)	21:31 (5k)	21:07 (5k)	20:54 (5k)	21:04 (5k)
	10	2012			23:45 (5k)	DNR	DNR
	7	2009	9:08 (2k)	9:34 (2k)	9:42 (2k)	15:48 (3.2k)	16:35 (3.2k)
Jared Montague	11	2013		24:54 (5k)	23:03 (5k)	23:31 (5k)	22:59 (5k)
	10	2012	27:53.8 (5k)	29:04 (5k)	26:51 (5k)	24:16 (5k)	24:28 (5k)
	9	2011	mora 27:24	24:37 (5k)	22:38 (5k)	24:28 (5k)	24:07 (5k)
	8	2010	15:33 (2.9k)	9:25 (2k)	9:16 (2k)	16:10 (3.2k)	15:15 (3.2k)
	7	2009		10:43 (2k)	11:14 (2k)	17:20 (3.2k)	16:54 (3.2k)
Tony Pitzen	11	2013	Mora 21:11 (5k)	22:17 (5k)	20:42 (5k)	21:49 (5k)	22:00 (5k)
	10	2012	23:04.5 (5k)	21:57 (5k)	21:25 (5k)	20:48 (5k)	21:25 (5k)
	9	2011	mora 24:26	23:21 (5k)	21:47 (5k)	22:10 (5k)	21:34 (5k)
	8	2010	14:05 (2.9k)	8:49 (2k)	8:46 (2k)	14:46 (3.2k)	14:12 (3.2k)
	7	2009	9:06 (2k)	8:54 (2k)	9:32 (2k)	15:52 (3.2k)	14:13 (3.2k)
James Pixley	11	2013		22:22 (5k)	20:41 (5k)	20:12 (5k)	19:59 (5k)
	10	2012			23:52 (5k)	DNR	DNR
	8	2010	14:08 (2.9k)	8:56 (2k)	8:30 (2k)	14:36 (3.2k)	14:24 (3.2k)
	7	2009	9:06 (2k)	9:03 (2k)	9:20 (2k)	15:37 (3.2k)	14:09 (3.2k)
Jonah Spahr	11	2013	Mora 20:01 (5k)	20:26 (5k)	19:11 (5k)	19:09 (5k)	18:48 (5k)
	10	2012	24:01.2 (5k)	21:06 (5k)	20:47 (5k)	20:52 (5k)	20:39 (5k)
	9	2011	mora 24:41	24:19 (5k)	22:05 (5k)	DNR	22:35 (5k)
	8	2010	14:32 (2.9k)	8:51 (2k)	8:40 (2k)	14:54 (3.2k)	14:23 (3.2k)
	7	2009	9:54 (2k)	DNR	10:18 (2k)	DNR	16:46 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2013

Becker	Swain	Conference	Prin/Camb/Proc	Section	State	PB	Average
		PC-20:26 (5k)				20:23	20:25
19:04 (5k)		PC-19:05 (5k)	19:33 (5k)			18:38	19:18
		PC-8:12 (2k)	12:34 (3k)			7:43 (2k)	7:59 (2k)
16:05 (3.2k)	15:18 (2.6k)	PC-9:51 (2k)	13:52 (3k)			9:51 (2k)	10:06 (2k)
21:56 (5k)		PC-22:43 (5k)	25:19 (5k)			21:56	23:25
		PC-23:18 (5k)	23:12 (5k)			22:58	23:47
						22:16	22:16
	19:58 (5k)	PC-19:51 (5k)	20:04 (5k)	Milaca - 19:30		19:30	20:03
19:52 (5k)		PC-19:14 (5k)	19:46 (5k)	Pierz - 18:48		18:48	19:53
20:38 (5k)		PC-19:40 (5k)	19:38 (5k)	Pierz - 18:50		18:50	20:31
20:46 (5k)		PC-20:11 (5k)	20:28 (5k)			20:11	20:58
		PC-8:05 (2k)	12:52 (3k)			8:05 (2k)	8:23 (2k)
14:49 (3.2k)	14:02 (2.6k)	PC-8:58 (2k)	13:46 (3k)			8:58 (2k)	9:46 (2k)
22:47 (5k)		PC-22:33 (5k)	22:59 (5k)			22:00	23:03
17:38 (5k)	17:54 (5k)	PC-17:59 (5k)	18:32 (5k)	Milaca - 17:09	17:21.7	17:09	17:47
19:17 (5k)		PC-18:55 (5k)	19:06 (5k)	Pierz - 18:01		18:01	19:22
		PC-20:27 (5k)	21:43 (5k)			20:27	21:05
21:40 (5k)		PC-21:24 (5k)	DNR			21:24	22:16
		PC-9:27 (2k)	DNR			9:08 (2k)	9:28 (2k)
23:24 (5k)		PC-23:28 (5k)	24:16 (5k)			22:59	23:39
		PC-24:01 (5k)	25:56 (5k)			24:01	26:04
22:23 (5k)		PC-22:42 (5k)	22:49 (5k)			22:23	23:53
15:15 (3.2k)		PC-8:34 (2k)	13:37 (3k)			8:34 (2k)	9:05 (2k)
		PC-10:32 (2k)	16:06 (3k)			10:32 (2k)	10:50 (2k)
						20:42	21:36
21:08 (5k)		PC-21:21 (5k)	21:27 (5k)			20:48	21:34
23:00 (5k)		PC-21:12 (5k)	21:00 (5k)	Pierz - 20:25		20:25	22:06
14:48 (3.2k)		PC-8:17 (2k)	12:51 (3k)			8:17 (2k)	8:37 (2k)
		PC-8:48 (2k)	14:13 (3k)			8:48 (2k)	9:05 (2k)
	Alt.	PC-20:08 (5k)	21:17 (5k)	Alt.		19:59	20:47
DNR		DNR	DNR			23:52	23:52
14:55 (3.2k)		PC-8:17 (2k)	13:24 (3k)			8:17 (2k)	8:34 (2k)
		PC-8:38 (2k)	13:23 (3k)			8:38 (2k)	9:02 (2k)
18:49 (5k)	20:02 (5k)	PC-19:01 (5k)	19:50 (5k)	Milaca - 18:23		18:23	19:22
21:20 (5k)		PC-20:02 (5k)	20:31 (5k)			20:02	21:09
22:33 (5k)		PC-21:31 (5k)	22:21 (5k)			21:31	22:52
14:58 (3.2k)		PC-8:19 (2k)	13:20 (3k)			8:19 (2k)	8:37 (2k)
		PC-9:23 (2k)	15:15 (3k)			9:23 (2k)	9:52 (2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2013

Name	Gr	Year	Milaca/Mora	Pine City	N Branch	Pierz	Milaca Mega
Noah Adams	10	2013	Mora 18:15 (5k)	18:32 (5k)	18:15 (5k)	18:01 (5k)	17:52 (5k)
	9	2012	21:12.0 (5k)	19:33 (5k)	19:12 (5k)	19:13 (5k)	19:08 (5k)
Brandt Berube	10	2013	Mora 23:25 (5k)	23:29 (5k)	24:01 (5k)	22:37 (5k)	22:11 (5k)
	9	2012	23:58.0 (5k)	23:37 (5k)	23:33 (5k)	23:50 (5k)	22:37 (5k)
Aaron Brown	10	2013	Mora 23:24 (5k)	25:13 (5k)	24:17 (5k)	23:09 (5k)	22:36 (5k)
	9	2012	23:27.7 (5k)	23:19 (5k)	23:33 (5k)	22:42 (5k)	21:43 (5k)
	7	2010		8:55 (2k)	9:20 (2k)	14:35 (3.2k)	14:24 (3.2k)
Andrew Clementson	10	2013	Mora 23:26 (5k)	21:46 (5k)	20:39 (5k)	19:45 (5k)	21:18 (5k)
	9	2012	25:52.3 (5k)	23:31 (5k)	22:52 (5k)	22:48 (5k)	21:57 (5k)
Dylan Gamec-Bromberg	10	2013	Mora 20:27 (5k)	22:21 (5k)	20:18 (5k)	20:23 (5k)	20:50 (5k)
Beau Hunter	10	2013	Mora 19:25 (5k)	19:21 (5k)	19:01 (5k)	19:12 (5k)	18:46 (5k)
	9	2012	DNR	DNR	19:21 (5k)	18:36 (5k)	18:47 (5k)
	8	2011					12:49 (3.2k)
Gunnar Nilsson	10	2013	Mora 20:26 (5k)	20:55 (5k)	20:41 (5k)	20:30 (5k)	20:14 (5k)
	9	2012	20:43.8 (5k)	20:14 (5k)	26:07 (5k)	DNR	DNR
	7	2010	13:15 (2.9k)	8:28 (2k)	8:21 (2k)	13:17 (3.2k)	13:14 (3.2k)
Kyle Peters	10	2013	Mora 21:16 (5k)	21:20 (5k)	21:11 (5k)	21:39 (5k)	21:08 (5k)
	9	2012	23:57.2 (5k)	22:50 (5k)	22:15 (5k)	21:57 (5k)	21:32 (5k)
	8	2011	mora 8:31(2k)	8:28 (2k)	8:25 (2k)	14:05 (3.2k)	15:43 (3.2k)
	7	2010	23:50 (2.9k)	9:22 (2k)	9:07 (2k)	16:39 (3.2k)	15:45 (3.2k)
Greg Petrie	10	2013	Mora 23:16 (5k)	25:15 (5k)	22:59 (5k)	22:41 (5k)	
	9	2012			23:02 (5k)	24:34 (5k)	
Danny Pitzen	10	2013	Mora 21:44 (5k)	24:06 (5k)	20:42 (5k)	22:38 (5k)	21:48 (5k)
	9	2012	25:06.3 (5k)	26:14 (5k)	24:15 (5k)	24:23 (5k)	23:50 (5k)
	8	2011	mora 8:14(2k)	9:02 (2k)	8:33 (2k)	23:17 (5k)	14:49 (3.2k)
	7	2010	12:42 (2.9k)	8:27 (2k)	8:26 (2k)	13:35 (3.2k)	13:21 (3.2k)
Victor Rogers	10	2013			25:40 (5k)	28:51 (5k)	25:32 (5k)
	9	2012				30:00 (5k)	
	7	2010	23:14 (2.9k)	10:48 (2k)	11:11 (2k)	17:40 (3.2k)	DNR
Cally Sibben	10	2013	Mora 25:13 (5k)	25:54 (5k)	25:39 (5k)		24:22 (5k)
	9	2012			26:59 (5k)	DNR	26:17 (5k)
Ryan Blake	9	2013	Mora 28:28 (5k)	26:51 (5k)	25:31 (5k)	26:20 (5k)	24:51 (5k)
	8	2012	9:19.4 (2k)	9:44 (2k)	8:51 (2k)	15:28 (3.2k)	15:14 (3.2k)
	7	2011	mora 10:02(2k)	9:51 (2k)	9:50 (2k)	32:22 (5k)	15:59 (3.2k)
Eli Grubbs	9	2013	Mora 20:19 (5k)	21:33 (5k)	19:36 (5k)	19:22 (5k)	19:49 (5k)
	8	2012	9:19.4 (2k)	9:44 (2k)	8:51 (2k)	15:28 (3.2k)	15:14 (3.2k)
	7	2011	mora 8:05(2k)	8:16 (2k)	7:56 (2k)	13:05 (3.2k)	13:16 (3.2k)
Ethan Leibel	9	2013	Mora 22:19 (5k)	22:46 (5k)	22:20 (5k)	21:55 (5k)	21:25 (5k)
Sam Saunders	9	2013	Mora 23:22 (5k)	24:38 (5k)	22:56 (5k)	22:42 (5k)	21:30 (5k)
	8	2012	DNR	DNR	8:07 (2k)	DNR	15:01 (3.2k)
	7	2011	mora 9:49(2k)	9:03 (2k)	9:11 (2k)	25:50 (5k)	15:47 (3.2k)
Nick Stolp	9	2013	Mora 20:59 (5k)	21:23 (5k)	20:17 (5k)	20:35 (5k)	20:39 (5k)
	8	2012	8:09.3 (2k)	8:23 (2k)	7:46 (2k)	14:48 (3.2k)	14:43 (3.2k)
	7	2011	mora 9:22(2k)	8:49 (2k)	8:49 (2k)	24:54 (5k)	14:52 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2013

Becker	Swain	Conference	Prin/Camb/Proc	Section	State	PB	Average
18:08 (5k)	18:03 (5k)	PC-18:19 (5k)	18:40 (5k)	Milaca - 17:32		17:32	18:10
18:47 (5k)		PC-18:18 (5k)	18:37 (5k)	Pierz - 18:00		18:00	19:06
22:51 (5k)		PC-22:41 (5k)	23:00 (5k)			22:11	23:02
24:03 (5k)		PC-22:08 (5k)	22:58 (5k)			22:08	23:20
22:23 (5k)		PC-22:43 (5k)	25:13 (5k)			22:23	23:37
23:43 (5k)		PC-22:09 (5k)	23:01 (5k)			21:43	22:57
15:25 (3.2k)		PC-8:44 (2k)	13:55 (3k)			8:44 (2k)	9:00 (2k)
20:16 (5k)	20:08 (5k)	PC-20:00 (5k)	20:26 (5k)	Milaca - 18:52		18:52	20:40
23:09 (5k)		PC-21:59 (5k)	22:27 (5k)			21:57	23:04
20:02 (5k)		PC-20:12 (5k)	22:20 (5k)			20:02	21:22
19:07 (5k)	20:08 (5k)	PC-19:03 (5k)	19:32 (5k)	Milaca - 18:51		18:46	19:09
19:47 (5k)		PC-18:55 (5k)	19:36 (5k)	Pierz - 19:00		18:36	19:09
21:12 (5k)		PC-19:37 (5k)	19:59 (5k)	Pierz - 19:24		19:24	19:40
20:46 (5k)		PC-20:39 (5k)	22:17 (5k)			20:14	20:49
						20:14	22:21
13:35 (3.2k)		PC-7:55 (2k)	12:28 (3k)			7:55 (2k)	8:15 (2k)
22:11 (5k)		PC-22:51 (5k)	23:23 (5k)			21:08	21:52
21:53 (5k)		PC-20:59 (5k)	21:41 (5k)			20:59	22:08
14:39 (3.2k)		PC-12:36 (3k)	10:13 (2.5k)			14:05 (3.2k)	14:49 (3.2k)
16:20 (3.2k)		PC-9:09 (2k)	16:23 (3k)			9:07 (2k)	9:13 (2k)
						22:41	23:33
		PC-22:04 (5k)	23:53 (5k)			22:02	23:23
20:44 (5k)		PC-20:47 (5k)	22:27 (5k)			20:44	21:52
		PC-21:49 (5k)	24:56 (5k)			21:49	24:23
15:50 (3.2k)		PC-12:49 (3k)	10:12 (2.5k)			14:49 (3.2k)	15:19 (3.2k)
13:23 (3.2k)		PC-7:54 (2k)	12:12 (3k)			7:54 (2k)	8:16 (2k)
						25:32	26:41
		PC-26:00 (5k)	26:11 (5k)			26:00	27:24
18:11 (3.2k)		PC-9:40 (2k)	16:36 (3k)			9:40 (2k)	10:33 (2k)
24:40 (5k)		24:58 (5k)	26:34 (5k)			24:22	25:20
24:34 (5k)		PC-25:16 (5k)	23:36 (5k)			23:36	25:20
24:42 (5k)		PC-25:05 (5k)	25:31 (5k)			24:42	25:55
15:30 (3.2k)		PC-13:48 (3k)	15:50 (3k)			15:14 (3.2k)	15:24 (3.2k)
18:00 (3.2k)		PC-14:12 (3k)	11:09 (2.5k)			15:59 (3.2k)	17:00 (3.2k)
20:22 (5k)	19:55 (5k)	PC-19:59 (5k)	20:00 (5k)	Milaca - 18:47		18:47	20:22
15:30 (3.2k)		PC-13:48 (3k)	15:50 (3k)			15:14 (3.2k)	15:24 (3.2k)
13:30 (3.2k)		PC-11:43 (3k)	9:32 (2.5k)			13:05 (3.2k)	13:17 (3.2k)
21:43 (5k)		PC-20:52 (5k)	21:25 (5k)			20:52	21:51
22:11 (5k)		PC-20:50 (5k)	22:49 (5k)			20:50	22:37
DNR		DNR	DNR			15:01 (3.2k)	15:01 (3.2k)
17:03 (3.2k)		DNR	11:10 (2.5k)			15:47 (3.2k)	16:25 (3.2k)
20:27 (5k)		PC-20:25 (5k)	21:18 (5k)	Alt.		20:17	20:45
13:52 (3.2k)		PC-12:40 (3k)	14:43 (3k)			13:52 (3.2k)	14:28 (3.2k)
14:58 (3.2k)		PC-13:12 (3k)	10:54 (2.5k)			14:52 (3.2k)	14:55 (3.2k)

AVERAGE MILE TIMES AT MEETS - 2013

Name	PB - 2012 5000 m	Mora 5000 m	Pine City 5000 m	N. Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m
Chris Maki - 12					6:34	
Nate Scheid	7:24		7:48	7:26	7:17	7:44
Garrett Shelton					7:10	
Russ Westernen	6:03	6:40	6:50	6:25	6:19	6:18
Austin Cavallin - 11		7:35	7:43	7:46	7:13	7:05
Easton Foss	5:48	5:49	5:52	5:45	5:41	5:36
Elijah Johnson	6:54	6:42	6:56	6:48	6:44	6:47
Jared Montague	7:44		8:01	7:25	7:34	7:24
Tony Pitzen	6:48	6:49	7:10	6:40	7:01	7:05
James Pixley	7:41		7:12	6:40	6:30	6:26
Jonah Spahr	6:27	6:27	6:35	6:10	6:10	6:03
Noah Adams - 10	5:48	5:52	5:58	5:52	5:48	5:45
Brandt Berube	7:08	7:32	7:34	7:44	7:17	7:08
Aaron Brown	7:00	7:32	8:07	7:49	7:27	7:16
Andrew Clementson	7:04	7:33	7:00	6:39	6:21	6:51
Dylan Gamec-Bromberg		6:35	7:12	6:32	6:34	6:42
Beau Hunter	6:00	6:15	6:14	6:07	6:11	6:02
Gunnar Nilsson	6:31	6:34	6:44	6:39	6:36	6:31
Kyle Peters	6:46	6:51	6:52	6:49	6:58	6:48
Greg Petrie	7:07	7:29	8:08	7:24	7:18	
Danny Pitzen	7:02	7:00	7:45	6:40	7:17	7:01
Victor Rogers	8:23			8:16	9:17	8:13
Cally Sibben	7:36	8:07	8:20	8:16		7:51
Ryan Blake - 9		9:10	8:39	8:13	8:29	8:00
Eli Grubbs	7:30	6:32	6:56	6:19	6:14	6:23
Ethan Leibell		7:11	7:20	7:11	7:03	6:54
Sam Saunders		7:32	7:56	7:23	7:18	6:55
Nick Stolp		6:46	6:53	6:32	6:38	6:39
	3200 m	2000 m	2000 m	2000 m	3200 m	3200 m
Ryan Gamec-Bromberg - 8		7:25	7:48		7:50	
Max Graves	7:04	7:02	6:58	6:43	6:57	7:10
Nathan Kleppe	7:31	6:34	6:33	6:41	6:46	
Joseph Root	8:48	7:25	8:25	8:12	8:26	
Donald Aasen - 7					8:45	
Jake Adams		6:57	7:00	6:46	6:52	7:02
Quentin Miklya		7:10				
TJ Rank		7:16	7:16	7:25	7:40	7:56
Justin Stolp		8:01	9:13	8:16	8:44	9:07
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Brenna Richardson - 12	6:58	7:33	7:44	7:31	7:58	7:23
Jackie Westernen - 11	7:23	7:39	7:56	7:36	7:29	7:31
Leonie Hoppe				9:09	9:10	
Allison Gusk - 10	6:52	7:09	7:09	7:09	7:06	6:59
Jordan Kotek	6:36	7:19	7:10	7:10	7:20	6:58
Piper Knudson						9:16
Taylor Darlow - 9					8:58	8:53
Maddie Martin		7:52	8:04	7:42	7:47	
Melissa Whittaker		10:05	9:33	9:05	8:59	8:50
Abbey Haug - 8					7:44	
Janae Johnson						
Nicole Peters					8:27	
Summer Rockstroh					7:38	
Ashli Webster		7:26	7:36	7:19	7:19	
Jenica Hancock - 7						
Karly Irlbeck						
Kaylee Prihoda					7:53	
Alexis Thieman					7:20	
	3200 m	2000 m	2000 m	2000 m	3200 m	3200 m
Abbey Haug - 8			7:53	7:31	JV	7:28
Janae Johnson		7:30	7:52	7:43	8:06	8:13
Nicole Peters	8:46	7:41	7:46	7:28	JV	8:10
Summer Rockstroh		7:25	7:39	7:19	JV	7:21
Ava Tallarico		7:43			8:09	8:13
Ashli Webster	7:56	V	V	V	V	6:53
Jenica Hancock - 7				7:54	8:22	8:07
Karly Irlbeck		7:43	7:52	7:47	8:02	7:49
Kaylee Prihoda		7:10	7:39	7:29	JV	7:31
Emma Schmidt		8:00	8:15	8:11	8:49	8:13
Megan Stransky		8:35	8:33	8:12	8:44	8:17
Alexis Thieman		6:33	7:13	6:46	V	6:53

AVERAGE MILE TIMES AT MEETS - 2013

Becker 5000 m	Swain 5000 m	Conference 5000 m	Proctor 5000 m	Section 5A 5000 m	State 5000 m	Best 5000 m	Average 5000 m
		6:35				6:34	6:35
7:04		7:19	8:09			7:04	7:32
						7:10	7:10
	6:26	6:23	6:28	6:17		6:17	6:27
7:20		7:15	7:24			7:05	7:25
5:41	5:46	5:47	5:58	5:31	5:35	5:31	5:43
		6:35	6:59			6:35	6:47
7:32		7:33	7:49			7:24	7:37
						6:40	6:57
		6:29	6:51			6:26	6:41
6:03	6:27	6:07	6:23	5:55		5:55	6:14
5:50	5:48	5:54	6:00	5:39		5:39	5:51
7:21		7:18	7:24			7:08	7:25
7:12		7:19	8:07			7:12	7:36
6:31	6:29	6:26	6:35	6:04		6:04	6:39
6:27		6:30	7:11			6:27	6:53
6:09	6:29	6:08	6:17	6:04		6:02	6:10
6:41		6:39	7:10			6:31	6:42
7:08		7:21	7:32			6:48	7:02
						7:18	7:35
6:40		6:41	7:14			6:40	7:02
						8:13	8:35
7:56		8:02	8:33			7:51	8:09
7:57		8:04	8:13			7:57	8:21
6:33	6:25	6:26	6:26	6:03		6:03	6:33
6:59		6:43	6:54			6:43	7:02
7:08		6:42	7:21			6:42	7:17
6:35		6:34	6:51			6:32	6:41
3200 m	-	3000 m	2400 m			3200 m	3200 m
7:23		7:37	7:39			7:23	7:37
6:54		6:46	7:23			6:54	7:00
7:12 (5k)		6:45	7:21			6:46	6:46
8:41		8:41	9:40			8:26	8:33
9:06			15:00			8:45	8:56
6:56		6:49	7:31			6:52	6:56
						7:10 (2k)	7:10 (2k)
7:29		7:25	7:38			7:29	7:42
9:34		8:56	10:08			8:44	8:56
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
7:15	7:48	7:38	7:37	7:02		7:02	7:33
		7:29		7:10		7:10	7:57
8:37			9:05			8:37	9:00
	7:23	7:08	7:10	6:48		6:48	7:07
6:54	7:10	6:56	7:07	6:39		6:39	7:04
9:09		8:29	9:06			8:29	9:00
8:26		8:21				8:21	8:39
						7:42	7:51
8:08		8:24	8:53			8:08	8:59
7:24	7:51	7:30	7:41	7:06		7:06	7:33
			8:28			8:28	8:28
7:50		7:58	8:13			7:50	8:14
7:25	7:52	7:43	7:46			7:25	7:41
7:08	7:37	7:08	7:13	6:48		6:48	7:17
			8:22			8:22	8:22
			7:47			7:47	7:47
7:33		7:39	7:49			7:33	7:43
7:21	7:49	7:10	7:40	7:02		7:02	7:24
3200 m	-	3000 m	2400 m			3200 m	3200 m
V		V	V			7:28	7:28
7:54		7:48	JV			7:54	8:04
JV		JV	JV			8:10	8:10
V		V	JV			7:21	7:21
7:54		7:48	8:16			7:54	8:05
V		V	V			6:53	6:53
8:03		8:31	JV			8:03	8:11
7:46		7:27	JV			7:46	7:52
V		JV	V			7:31	7:31
8:50		8:39				8:13	8:37
8:59		8:12	8:05			8:17	8:40
V		V	V			6:53	6:53

TEAM POSITIONS AT MEETS - 2013

Name	Milaca/Mora 5000 m	Pine City 5000 m	North Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m
Chris Maki - 12				9	
Nate Scheid		19	20	21	22
Garrett Shelton				17	
Russ Westernen	8	6	6	6	5
Austin Cavallin - 11	20	17	22	18	17
Easton Foss	1	1	1	1	1
Elijah Johnson	9	9	13	13	11
Jared Montague		21	19	25	21
Tony Pitzen	11	12	12	15	18
James Pixley	15	14	11	8	7
Jonah Spahr	4	4	4	3	4
Noah Adams - 10	2	2	2	2	2
Brandt Berube	18	16	21	19	19
Aaron Brown	17	22	23	24	20
Andrew Clementson	19	11	9	7	13
Dylan Gamec-Bromberg	7	13	8	10	10
Beau Hunter	3	3	3	4	3
Gunnar Nilsson	6	5	10	11	8
Kyle Peters	12	7	14	14	12
Greg Petrie	15	23	18	22	
Danny Pitzen	13	18	15	20	16
Victor Rogers			26	27	25
Cally Sibben	21	24	25		23
Ryan Blake - 9	22	25	24	26	24
Eli Grubbs	5	10	5	5	6
Ethan Leibel	14	15	16	16	14
Sam Saunders	16	20	17	23	15
Nick Stolp	10	8	7	12	9
	2000 m	2000 m	2000 m	3200 m	3200 m
Ryan Gamec-Bromberg - 8	6	5		5	
Max Graves	3	2	2	3	2
Nathan Kleppe	1	1	1	1	
Joseph Root	7	6	5	6	
Donald Aasen - 7				8	
Jake Adams	2	3	3	2	1
Quentin Mikliya	4				
TJ Rank	5	4	4	4	3
Justin Stolp	8	7	6	7	4
	4000 m	4000 m	4000 m	4000 m	4000 m
Brenna Richardson - 12	4	4	4	10	3
Jackie Westernen - 11	5	5	5	5	4
Leonie Hoppe			8	14	
Allison Gusk - 10	1	1	1	1	2
Jordan Kotek	2	2	2	3	1
Piper Knudson					7
Taylor Darlow - 9				12	6
Maddie Martin	6	6	6	8	
Melissa Whittaker	7	7	7	13	5
Abbey Haug - 8				7	
Janae Johnson					
Nicole Peters				11	
Summer Rockstroh				6	
Ashli Webster	3	3	3	2	
Jenica Hancock - 7					
Karly Irlbeck					
Kaylee Prihoda				9	
Alexis Thieman				4	
	2000 m	2000 m	2000 m	3200 m	3200 m
Abbey Haug - 8			5		4
Janae Johnson	4	6	6	2	10
Nicole Peters	5	4	4		8
Summer Rockstroh	3	3	2		3
Ava Tallarico	6		9	3	11
Ashli Webster					1
Jenica Hancock - 7			8	4	7
Karly Irlbeck	7	5	7	1	6
Kaylee Prihoda	2	2	3		5
Emma Schmidt	8	8	10	6	9
Megan Stransky	9	9	11	5	12
Alexis Thieman	1	1	1		2

TEAM POSITIONS AT MEETS - 2013

Becker 5000 m	Swain 5000 m	Conference 5000 m	Proctor 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
		11				10.0
12		19	25			19.7
						17.0
	4	5	6	7		5.9
17		17	18			18.3
1	1	1	1	1	1	1.0
		12	11			11.1
19		22	23			21.4
						13.6
	8	8	8			9.9
3	5	3	4	3		3.7
2	2	2	2	2		2.0
18		18	19			18.5
16		20	24			20.8
6	7	7	7	6		9.2
5		9	13			9.4
4	6	4	3	5		3.8
10		13	12			9.4
14		21	21			14.4
						19.5
9		14	14			14.9
						26
20		23	27			23.3
21		24	26			24
7	3	6	5	4		5.6
11		16	10			14
13		15	15			16.8
8		10	9			9.1
3200 m		3000 m	2400 m			
3		5	1			4.2
1		2	17 jv			2.1
		1	16 jv			1
5		6	28 jv			5.8
6			2			5.3
2		3	20 jv			2.3
						4
4		4	22 jv			4
7		7	29 jv			6.6
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
3	4	7	4	5		4.8
	8	5		7		5.5
11			14			11.8
	2	2	2	2		1.6
1	1	1	1	1		1.5
12		13	15			11.8
10		11				9.8
						6.5
9		12	13			9.1
5	6	6	6	6		6.0
			12			12.0
8		10	10			9.8
6	7	9	7			7.0
2	3	3	3	3		2.8
			11			11.0
			8			8.0
7		8	9			8.3
4	5	4	5	4		4.3
3200 m		3000 m	2400 m			
						4.5
3		2				4.7
						5.3
						2.8
2		3	2			5.1
						1.0
4		5				5.6
1		1				4.0
						3.0
5		6				7.4
6		4	1			7.1
						1.3

PLACE FINISHES AT MEETS - 2013

Name	Mora 5000 m	Pine City 5000 m	North Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m
Chris Maki - 12				38 jv	
Nate Scheid		51 jv	30 jv	133 jv	501 jv
Garrett Shelton				120 jv	
Russ Westeren	39	12 jv	22	90	94
Austin Cavallin - 11	52 jv	48 jv	34 jv	125 jv	349 jv
Easton Foss	4	4	1	14	14
Elijah Johnson	14 jv	17 jv	13 jv	61 jv	255 jv
Jared Montague		60 jv	29 jv	170 jv	440 jv
Tony Pitzen	17 jv	25 jv	12 jv	102 jv	352 jv
James Pixley		28 jv	10 jv	30 jv	107
Jonah Spahr	28	38	12	69	68
Noah Adams - 10	7	7	3	25	29
Brandt Berube	42 jv	42 jv	33 jv	130 jv	372 jv
Aaron Brown	41 jv	66 jv	37 jv	156 jv	409 jv
Andrew Clementson	43 jv	19 jv	8 jv	20 jv	135
Dylan Gamec-Bromberg	10 jv	56	6 jv	45 jv	226 jv
Beau Hunter	20	16	9	72	65
Gunnar Nilsson	35	45	28	45 jv	148 jv
Kyle Peters	21 jv	13 jv	29	95 jv	259 jv
Greg Petrie	38 jv	65 jv	28 jv	134 jv	
Danny Pitzen	26 jv	50 jv	18 jv	132 jv	323 jv
Victor Rogers			44 jv	210 jv	541 jv
Cally Sibben	57 jv	71 jv	43 jv		515 jv
Ryan Blake - 9	65 jv	78 jv	42 jv	205 jv	301 -9 th gr
Eli Grubbs	32	51	1 jv	83	83 -9 th gr
Ethan Leibel	29 jv	35 jv	25 jv	106 jv	179 -9 th gr
Sam Saunders	40 jv	58 jv	27 jv	135 jv	186 -9 th gr
Nick Stolp	15 jv	15 jv	5 jv	101	131 -9 th gr
	2000 m	2000 m	2000 m	3200 m	3200 m
Ryan Gamec-Bromberg - 8	31	40		132	
Max Graves	24	24	6	62	194 -8 th gr
Nathan Kleppe	13	15	5	43	
Joseph Root	32	44	16	152	
Donald Aasen - 7				165	
Jake Adams	22	25	9	54	102 -7 th gr
Quentin Mikliya	28				
TJ Rank	29	34	15	121	233 -7 th gr
Justin Stolp	39	51	17	164	298 -7 th gr
	4000 m	4000 m	4000 m	4000 m	4000 m
Brenna Richardson - 12	22	29	19	111	92
Jackie Westeren - 11	24	36	23	84	96
Leonie Hoppe			20 jv	89 jv	
Allison Gusk - 10	9	10	13	46	59
Jordan Kotek	14	11	15	73	54
Piper Knudson					175 -10 th gr
Taylor Darlow - 9				83 jv	162 -9 th gr
Maddie Martin	32	43	25	103	
Melissa Whittaker	31 jv	19 jv	19 jv	84 jv	159 -9 th gr
Abbey Haug - 8				27 jv	
Janae Johnson					
Nicole Peters				65 jv	
Summer Rockstroh				19 jv	
Ashli Webster	19	27	18	71	
Jenica Hancock - 7					
Karly Irlbeck					
Kaylee Prihoda				31 jv	
Alexis Thieman				74	
	2000 m	2000 m	2000 m	3200 m	3200 m
Abbey Haug - 8		27	15		79 -8 th gr
Janae Johnson	16	25	18	52	166 -7 th gr
Nicole Peters	21	20	13		160 -8 th gr
Summer Rockstroh	13	17	6		66 -8 th gr
Ava Tallarico	22		25	55	167 -8 th gr
Ashli Webster					32 -8 th gr
Jenica Hancock - 7			24	64	117 -7 th gr
Karly Irlbeck	23	24	20	48	88 -8 th gr
Kaylee Prihoda	9	16	7		59 -7 th gr
Emma Schmidt	27	28	27	74	129 -7 th gr
Megan Stransky	33	33	28	72	133 -7 th gr
Alexis Thieman	1	8	2		16 -7 th gr

PLACE FINISHES AT MEETS - 2013

Becker 5000 m	Swain 5000 m	Conference 5000 m	Proctor 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
		4 jv				21.0 jv
34 jv		17 jv	78 jv			120.6 jv
	104	16	46	87		120.0 jv
51 jv		14 jv	51 jv			62.3
4	17	1	11	5	58	90.5 jv
		5 jv	27 jv			56.0 jv
62 jv		22 jv	71 jv			122.0 jv
						101.6 jv
		1 jv	16 jv			17 jv
21	108	5	38	50		43.7
12	22	2	14	19		14.0
53 jv		16 jv	54 jv			92.8 jv
48 jv		18 jv	76 jv			106.4 jv
9 jv	114	19	54	62		76.8
7 jv		2 jv	38 jv			47.7 jv
26	113	6	29	61		41.7
45		6 jv	37 jv			59 jv
41 jv		19 jv	62 jv			72.9 jv
						66.3 jv
13 jv		8 jv	42 jv			76.5
						265.0 jv
72 jv		23 jv	81 jv			123.1 jv
73 jv		26 jv	79 jv			108.6 jv
41	98	18	43	59		53.1
30 jv		10 jv	18 jv			54.0 jv
40 jv		9 jv	47 jv			67.8 jv
42		3 jv	17 jv			31 jv
3200 m	-	3000 m	2400 m			
39		10	?			50.4
23		5	50 jv			48.3
46 jv		4	48 jv			16.0
60		12	89 jv			52.7
63			?			114.0
24		6	60 jv			34.6
						28.0
40		8	67 jv			68.6
66		13	90 jv			92.6
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
40	127	19	43	61		56.3
		1 jv		75		56.3
34 jv			18 jv			40.3 jv
	82	7	22	36		31.6
25	53	5	16	30		29.6
39 jv		9 jv	19 jv			60.5 jv
32 jv		6 jv				70.8 jv
						50.8
24 jv		7 jv	15 jv			44.8 jv
46	137	16	48	71		63.6
			9 jv			
21 jv		5 jv	6 jv			24.3 jv
47	140	21	2 jv			69.3
38	115	8	25	37		39.8
			8 jv			
			3 jv			
48		4 jv	42			17.5 jv
44	132	9	47	56		60.3
3200 m	-	3000 m	2400 m			
						40.3
14		2				41.9
						53.5
						25.5
13		3	?			47.5
						32.0
17		9				46.2
10		1				30.6
						22.8
28		10				46.1
30		8	?			48.1
						6.8