

PINE CITY
DRAGONS



TRACK AND FIELD

2014

Year in Review

Dragon Track & Field



2014

GRC INDOOR TRACK MEET @ Foley

Saturday, March 29, 2014, 4:00

Pine City Girls' Results

4 x 800 m Relay	1. Alison Brown (70, 98) 2:48.5 PB 2. Alexis Thieman (88, 81) 2:49.5 3. Grace Langmade (82, 87) 2:48.9 PB 4. Ashli Webster (<u>88, 80</u>) <u>2:48.0</u> PB 11:14.9 1 st	Pole Vault Long Jump 1. Allison Gusk 14' 0" 1 st 2. Natalie Cahill 9' 8.75" 3. Samantha Willert 8' 11"
55 m Hurdles	1. Melissa Farrand 10.9 3 rd 2. Natalie Cahill 11.1 6 th 3. Melinda Rydberg 12.3	High Jump 1. Elsie Lundquist 4' 8" 1 st Tie PB 2. Breckan Pangerl 4' 2" 5 th Tie PB 3. Makayla Butenhoff 4' 2" 6 th
55 m Dash	1. Breckan Pangerl 8.4 5 th 2. Ariana Ledesma 8.8 3. Taylor Darlow 8.8 4. Maisie Berg 8.8 5. Caroline Bergwick 10.3	Triple Jump 1. Melissa Farrand 27' 8.75" 2 nd 2. Jordan Kotek 25' 6" 5 th 3. Carina Niewind 20' 11.75"
4 x 200 m Relay	1. Kaylyn Utecht 32.7 2. Leonie Hoppe 31.7 3. Alexis Pankonin 31.4 PB 4. Natalie Cahill <u>30.9</u> PB 2:06.7 1 st	Shot Put 1. Maisie Berg 24' 2.5" 2. Jess Brytowski 16' 11" 3. Alondra Sanchez 16' 10.5" 4. Karissa Soderbeck 17' ? 5. Gracie LeBrun 17' 11"
1600 m Run	1. Allison Gusk 6:05.7 4 th (1:26, 1:33, 1:36, 1:30) 2. Ashli Webster 6:18.8 PB (1:28, 1:36, 1:38, 1:37) 3. Grace Langmade 6:28.0 PB (1:30, 1:39, 1:42, 1:37)	1600 m Run (Exhibition) 1. Brenna Richardson 6:59 (1:35, 1:45, 1:52, 1:47) 2. Alison Brown 7:06 PB (1:38, 1:46, 1:52, 1:50) 3. Alexis Thieman 7:09 (1:42, 1:53, 1:52, 1:42) 4. Carina Niewind 7:10 (1:46, 2:00, 1:40, 1:44) 5. Kaylee Prihoda 7:10 (1:43, 1:53, 1:52, 1:42) 6. Emma Schmidt 7:13 (1:44, 2:01, 1:44, 1:44) 7. Gracie LeBrun 7:32 (1:45, 2:01, 1:53, 1:53) 8. Katherine Kwak 8:01 (1:47, 1:57, 1:55, 2:22)
Sprint Med Relay (100-100-200-400)	1. Melissa Farrand 14.1 2. Elsie Lundquist 14.2 3. Kaylyn Utecht 32.2 4. Marin Foss <u>78.6</u> 2:19.0 3 rd	
400 m Run	1. Alexis Pankonin 71.3 3 rd PB 2. Makayla Butenhoff 74.9 6 th 3. Lauren Sommer 75.4	
800 m Run	1. Jordan Kotek (1:31, 1:36) 3:07.6 4 th 2. Kaley Perlick (1:36, 1:36) 3:12.0 6 th 3. Kaylee Prihoda (1:35, 1:43) 3:18.2	
200 m Dash	1. Elsie Lundquist 30.5 5 th 2. Breckan Pangerl 32.1 3. Kaylyn Utecht 32.5	TEAM RESULTS:
4 x 400 m Relay	1. Allison Gusk 73.8 2. Jordan Kotek 76.8 3. Alexis Pankonin 70.5 PB 4. Alexis Thieman <u>72.6</u> PB 4:53.7 3 rd	1. Mille Lacs 124 2. Pine City 98 3. Hinckley/Finlayson 78 4. Rush City 65 5. Braham 53 6. Ogilvie 30

TIME TRIAL TRACK MEET @ Foley
Monday, April 7, 2014, 7:30
Pine City Girls' Results

55 m Hurdles	1. Elsie Lundquist 10.0 2. Melissa Farrand 10.3 3. Natalie Cahill 11.1 4. Makayla Butenhoff 11.8 5. Melinda Rydberg 12.6 6. Elizabeth Cahill 13.8	Pole Vault	
800 m Run	1. Marin Foss (90, 90) 3:00.2 PB 2. Kaley Perlick (89, 94) 3:04.0 PB 3. Janae Johnson (91, 101) 3:12.0 PB	Long Jump	1. Elsie Lundquist 12' 3.5" 2. Breckan Pangerl 11' 4.5" 3. Melinda Rydberg 10' 10" 4. Taylor Darlow 9' 7.5" 5. Samantha Willert 9' 1" PB
200 m Dash	1. Alexis Pankonin 29.8 PB 2. Elsie Lundquist 30.1 3. Jordan Kotek 31.9 4. Alexis Thieman 32.2 5. Breckan Pangerl 32.5 6. Ariana Ledesma 32.9 PB 7. Kaylee Prihoda 33.3 8. Emma Schmidt 33.3 9. Makayla Butenhoff 34.2 10. Taylor Darlow 34.4 11. Shantel Henkel 37.2 12. Caroline Bergwick 38.3 13. Samantha Willert 39.4	High Jump	1. Elsie Lundquist 4' 4" 2. Makayla Butenhoff 4' 2" 3. Breckan Pangerl 4' 0"
3200 m Run	1. Ashli Webster 14:01.6 PB (1:33, 1:49, 1:47, 1:47, 1:49, 1:51, 1:49, 1:37) 2. Grace Langmade 14:37.5 (1:35, 1:49, 1:52, 1:49, 1:53, 1:58, 1:59, 1:43) 3. Alison Brown 14:40.7 (1:36, 1:49, 1:53, 1:48, 1:54, 1:58, 1:58, 1:45) 4. Brenna Richardson 15:36.7 (1:34, 1:48, 1:51, 1:58, 2:03, 2:06, 2:10, 2:03)	Triple Jump	1. Jordan Kotek 24' 6" 2. Natalie Cahill 23' 4.5"
400 m Run	1. Alexis Pankonin 70.6 PB 2. Alexis Thieman 76.2 3. Marin Foss 76.8 PB 4. Makayla Butenhoff 77.5 5. Jordan Kotek 78.2 6. Kaylee Prihoda 78.7 7. Lauren Sommer 79.1 8. Kaley Perlick 80.1 9. Ariana Ledesma 84.1 10. Caroline Bergwick 92.2	Shot Put	1. Maisie Berg 25' 6.5" 2. Karissa Soderbeck 19' 9.5" 3. Samantha Willert 18' 6" 4. Shantel Henkel 17' 5.5"

TIME TRIAL TRACK MEET @ Foley
Monday, April 7, 2014, 7:30
Pine City Boys' Results

55 m Hurdles	1. Weston Berens	10.2			Pole Vault			
800 m Run	1. Tommy Ryan	(71, 78)	2:28.8	PB				
	2. Eli Grubbs	(74, 78)	2:31.9					
	3. Aaron Pulkrabek	(73, 79)	2:32.6	PB	Long Jump	1. Aaron Pulkrabek	16' 10.25"	
	4. Jon Bergwick	(90, 90)	2:59.6	tie PB		2. Nathan Kleppe	13' 10.75"	
200 m Dash	1. Jason Nowling	27.4	PB					
	2. Dakotah Neid-H.	27.4	PB					
	3. Ryan Linnell	27.6			High Jump	1. Dakotah Neid-H.	5' 4"	tie PB
	4. Kyle Miller	28.1				2. Jason Nowling	5' 2"	PB
	5. Nathan Kleppe	28.4				3. Sully Schmidt	5' 1"	
	6. Sully Schmidt	28.7	PB			4. Tommy Ryan	4' 4"	
	7. Alec Zamorano	28.7				5. Joe Ascherman	4' 4"	PB
1600 m Run	1. Jon Bergwick	6:47.0			Triple Jump	1. Sully Schmidt	32' 9.5"	PB
	(1:36, 1:46, 1:48, 1:37)					2. Jason Nowling	31' 1.5"	
						3. Tommy Ryan	27' 5.5"	PB
3200 m Run								
400 m Run	1. Aaron Pulkrabek	61.9			Shot Put	1. Jordon Stevens	32' 9"	
	2. Ryan Linnell	65.8				2. Dakotah Neid-H.	30' 4"	
	3. Eli Grubbs	66.8				3. Nathan Kleppe	23' 8"	
	4. Tommy Ryan	66.8				4. Blake Shermer	22' 6.5"	
	5. Jason Nowling	68.6						
	6. Weston Berens	68.7						
	7. Alec Zamorano	70.7						
	8. Blake Shermer	75.3						

CHENGWATANA TRACK MEET @ Pine City

Friday, April 25, 2014, 4:00

Pine City Boys' Results

4 x 800 m Relay	1. Jonah Spahr (68, 78) 2:26 BTY 2. Eli Grubbs (67, 80) 2:27 PB 3. Aaron Pulkrabek (71, 81) 2:32 4. Tommy Ryan (71, 76) <u>2:27</u> PB 9:53.9 4th BTY	Pole Vault Long Jump 1. Aaron Pulkrabek 17' 1.5" 2nd 2. Ryan Linnell 15' 1" 3. Nathan Kleppe 14' 2.5" PB 4. Sam Roberto 13' 8"
110 m Hurdles	1. Weston Berens 20.9 6th	
100 m Dash	1. Tristan Zbytovsky 11.6 3rd PB 2. Jordan Spahr 11.8 4th 3. Connor Clark 12.1 6th 4. Jason Nowling 12.4 PB 5. Sam Roberto 12.8	High Jump 1. Jason Nowling 5' 0" Tie 6th 2. Sully Schmidt 5' 0" Tie 6th 3. Joe Ascherman -
4 x 200 m Relay	1. Jason Nowling 28.2 2. Dennis Skalicky 24.0 PB 3. Jordon Stevens 26.0 PB 4. Sully Schmidt <u>25.8</u> PB 1:43.8 2nd BTY	Triple Jump 1. Sully Schmidt 34' 1.5" 5th PB 2. Jason Nowling 30' 8.5" 3. Tommy Ryan 26' 6.5" Shot Put 1. Jordon Stevens 32' 8.5" 2. Jordan Spahr 26' 7.25" 3. Nathan Kleppe 23' 10.5" 4. Blake Shermer 22' 4" Discus 1. Jordon Stevens 96' 6.5" 2. Connor Clark 60' 8" 3. Blake Shermer 60' 3.5" 4. Nathan Kleppe 56' 3.5"
1600 m Run	1. Eli Grubbs 5:30.8 (1:16, 1:25, 1:39, 1:21) 2. Jon Bergwick 5:56.8 BTY (1:24, 1:36, 1:35, 1:22) 3. TJ Rank 6:16.2 (1:25, 1:36, 1:39, 1:36)	
4 x 100 m Relay	1. Jordan Spahr 12.6 2. Weston Berens 14.5 3. Connor Clark 11.7 4. Tristan Zbytovsky <u>10.8</u> PB 49.7 DQ	
400 m Run	1. Dennis Skalicky 58.9 6th BTY 2. Sully Schmidt 63.7 3. Ryan Linnell 64.4 BTY 4. Joe Ascherman 71.9	
300m Hurdles	1. Weston Berens 53.6 5th	
800 m Run	1. Tommy Ryan (71.5, 72.5) 2:24.0 6th PB 2. Aaron Pulkrabek (72.8, 80.8) 2:33.6 3. Jon Bergwick (85, 84) 2:49.4 BTY	
200 m Dash	1. Tristan Zbytovsky 23.1 1st PB 2. Jordan Spahr 23.8 3rd PB 3. Connor Clark 25.0 tie PB 4. Ryan Linnell 26.6	
3200 m Run	1. Jonah Spahr 11:46 5th (1:16, 1:26, 1:29, 1:31, 1:32, 1:36, 1:34, 1:22) 2. TJ Rank 14:06 (1: 34, 1:48, 1:46, 1:50, 1:51, 1:48, 1:50, 1:39)	TEAM RESULTS: 1 Moose Lake-Willow 175.5 2 Rush City 124.5 3 Braham 102 4 Pine City 59 5 East Central 22 5 Barnum 22 7 Hinckley-Finlayson 6 8 Maranatha 3
4 x 400 m Relay	1. Eli Grubbs 63.6 2. Dennis Skalicky 59.1 3. Tommy Ryan 63.8 4. Aaron Pulkrabek <u>60.5</u> 4:07 5th BTY	

TIGERAMA TRACK MEET @ Rush City

Friday, May 2, 2014, 4:00

Pine City Girls' Results

4 x 800 m Relay	1. Alexis Thieman (80, 89) 2:49 PB 2. Ali Brown (88, 91) 2:59 3. Grace Langmade (83, 83) 2:46 4. Ashli Webster (87, 89) <u>2:56</u> 11:32.9 2nd	Pole Vault			
		Long Jump	1. Elsie Lundquist 13' 0" 2. Natalie Cahill 11' 8" 3. Breckan Pangerl 11' 8" 4. Leonie Hoppe ?	1st Tie 5th Tie 5th	
100 m Hurdles	1. Natalie Cahill 19.6 2nd PB 2. Melissa Farrand 21.1 5th 3. Melinda Rydberg 21.1 6th PB 4. Charisma Christenson 22.0	High Jump	1. Elsie Lundquist 4' 3" 2. Rachel Krautbauer 4' 3" 3. Breckan Pangerl 4' 0" 4. Makayla Butenhoff 3' 9"	3rd 4th	
100 m Dash	1. Breckan Pangerl 14.7 4th tie PB 2. Maisie Berg 15.4 5th 3. Ariana Ledesma 15.6 4. Brenna Richardson 15.9 PB	Triple Jump	1. Melissa Farrand 28' 6.5" 2. Natalie Cahill 28' 1.75"	1st 2nd PB	
4 x 200 m Relay	1. Kaylyn Utecht 30.4 2. Elsie Lundquist 30.6 3. Cassi Miesner 29.2 4. Jordan Kotek <u>30.2</u> 2:00.6 1st BTY	Shot Put	1. Maisie Berg 24' 9" 2. Sarah Nisley 23' 5.5" 3. Karissa Soderbeck 19' 10.5" 4. Jess Brytowski 17' 8"		
1600 m Run	1. Allison Gusk 6:10.7 2nd (1:21, 1:35, 1:40, 1:35) 2. Ashli Webster 6:20.2 3rd (1:29, 1:41, 1:31, 1:30) 3. Gracie LeBrun 7:16.9 PB (1:36, 1:58, 1:58, 1:46)	Discus	1. Sarah Nisley 74' 3" 2. Samantha Willert 52' 3" 3. Jess Brytowski 47' 0" 4. Gracie LeBrun 45' 0"	6th BTY PB PB	
4 x 100 m Relay	1. Kaylyn Utecht 14.4 PB 2. Rachel Krautbauer 13.8 BTY 3. Cassidy Stream 14.3 4. Elsie Lundquist 14.2 56.6 2nd BTY				
400 m Run	1. Jackie Westeren 69.5 4th PB 2. Grace Langmade 71.5 5th PB 3. Lauren Sommer 72.3 6th PB 4. Kaley Perlick 74.8 PB				TEAM RESULTS: 1 Pine City 154 2 Hinckley-Finlayson 127 3 Rush City 109 4 Braham 92 5 Ogilvie 50
300m Hurdles	1. Natalie Cahill 56.6 1st PB 2. Makayla Butenhoff 59.2 4th 3. Melissa Farrand 59.9 5th				
800 m Run	1. Marin Foss (82, 84) 2:45.9 2nd PB 2. Kaylee Prihoda (78, 93) 2:51.1 4th PB 3. Brenna Richardson (84, 91) 2:54.9 5th PB				
200 m Dash	1. Alexis Pankonin 29.3 4th PB 2. Cassi Miesner 30.5 3. Breckan Pangerl 31.8 4. Cassidy Stream 32.5	4 x 400 m Relay	1. Marin Foss 74.8 2. Jackie Westeren 71.5 3. Alexis Thieman 71.6 4. Cassidy Stream <u>73.5</u> 4:51.4 2nd BTY		
3200 m Run	1. Ali Brown 13:44.8 3rd PB (1:23, 1:53, 1:44, 1:46, 1:48, 1:46, 1:46, 1:39)				

TIGERAMA TRACK MEET @ Rush City

Friday, May 2, 2014, 4:00

Pine City Boys' Results

4 x 800 m Relay	1. Jonah Spahr (65, 74) 2:19.4 PB 2. Tommy Ryan (73, 72) 2:25 3. Eli Grubbs (65, 76) 2:21 PB 4. Aaron Pulkrabek (65, 79) <u>2:34</u> 9:29.9 3rd BTY	Pole Vault Long Jump	1. Aaron Pulkrabek ? 2. Nathan Kleppe 12' 11" 3. Ryan Linnell 12' 8" 4. Sam Roberto ?
110 m Hurdles	1. Weston Berens 19.4 4th 2. Dakotah Neid-H. 21.9	High Jump	1. Dakotah Neid-H. 5' 6" 1st PB 2. Sully Schmidt 5' 0" Tie 3rd 3. Jason Nowling -
100 m Dash	1. Jordan Spahr 11.9 2nd 2. Connor Clark 12.3 4th 3. Jordon Stevens 12.7 4. Sam Roberto 12.9	Triple Jump	1. Sully Schmidt 33' 4.5 3rd 2. Jason Nowling 32' 1" 5th BTY 3. Tommy Ryan ?
4 x 200 m Relay	1. Jordan Spahr 24.4 2. Connor Clark 25.0 BTY 3. Jason Nowling 24.7 PB 4. Sully Schmidt <u>25.8</u> tie PB 1:38.9 1st BTY	Shot Put	1. Jordon Stevens 31' 11.5" 6th 2. Dakotah Neid-H. 29' 11" 3. Jordan Spahr 26' 5" 4. Nathan Kleppe 24' 10"
1600 m Run	1. TJ Rank 6:15.1 (1:29, 1:39, 1:38, 1:30)	Discus	1. Jordon Stevens 106' 5" 4th PB 2. Blake Shermer 62' 8" PB 3. Connor Clark 60' 11"
4 x 100 m Relay	1. Weston Berens 14.0 2. Aaron Pulkrabek 11.8 PB 3. Ryan Linnell 11.6 PB 4. Sully Schmidt <u>12.6</u> PB 49.9 2nd BTY	400 m Run	1. Tristan Zbytovsky 57.2 2nd PB 2. Ryan Linnell 64.5
300m Hurdles	1. Weston Berens 50.6 5th PB 2. Dakotah Neid-H. 54.6	800 m Run	1. Tommy Ryan (74, 71) 2:25.3 6th 2. Eli Grubbs (72, 76) 2:27.7 3. Nathan Kleppe (78, 92) 2:49.9
200 m Dash	1. Jordan Spahr 23.9 2nd 2. Tristan Zbytovsky 24.0 4th 3. Connor Clark DNF	3200 m Run	1. Jonah Spahr 11:32.7 2nd BTY (1:15, 1:26, 1:28, 1:29, 1:31, 1:33, 1:32, 1:19) 2. TJ Rank 13:34.0 PB (1:22, 1:52, 1:45, 1:45, 1:48, 1:45, 1:45, 1:32)
4 x 400 m Relay	1. Eli Grubbs 62.3 PB 2. Jason Nowling 60.6 PB 3. Tommy Ryan 64.8 4. Aaron Pulkrabek <u>58.7</u> PB 4:06.1 4th BTY	<p style="text-align: center;"><u>TEAM RESULTS:</u></p> 1 Braham 173 2 Rush City 156 3 Pine City 101 4 Hinckley-Finlayson 87 5 Ogilvie 34	

TRUE TEAM TRACK MEET @ Hibbing

Tuesday, May 6, 2014, 1:00

Pine City Girls' Results

Cold (40's), Windy, Cloudy

4 x 800 m Relay	1. Alexis Thieman (80, 86) 2:46 PB 2. Grace Langmade (76, 86) 2:42 PB 3. Ali Brown (85, 90) 2:55 4. Marin Foss (82, 88) <u>2:50</u> 11:15.16 11th	Pole Vault Long Jump 1. Natalie Cahill 12' 9.25" 12th 2. Elsie Lundquist 12' 6.5" 14th
100 m Hurdles	1. Melissa Farrand 20.29 16th 2. Natalie Cahill 20.44 17th	High Jump 1. Elsie Lundquist 4' 8" 10th 2. Rachel Krautbauer 4' 4" 17th
100 m Dash	1. Alexis Pankonin 14.21 8th 2. Elsie Lundquist 14.63 15th	
4 x 200 m Relay	1. Kaylyn Utecht 30.9 2. Jordan Kotek 29.1 3. Breckan Pangerl 31.4 4. Cassi Miesner <u>29.8</u> 2:01.27 9th	Triple Jump 1. Natalie Cahill 28' 6.75" 13th 2. Melissa Farrand 26' 6" 19th
1600 m Run	1. Allison Gusk 6:07.77 14th (1:26, 1:35, 1:36, 1:31) 2. Ashli Webster 6:18.28 17th (1:27, 1:39, 1:42, 1:30)	Shot Put 1. Maisie Berg 24' 9" 16th 2. Sarah Nisley 24' 5" 17th
4 x 100 m Relay	1. Kaylyn Utecht 15.0 2. Rachel Krautbauer 13.7 3. Elsie Lundquist 13.5 PB 4. Cassi Miesner <u>15.2</u> 57.72 9th	Discus 1. Sarah Nisley 71' 7" 12th 2. Gracie LeBrun 42' 5" 21st
400 m Run	1. Alexis Pankonin 67.72 11th 2. Jackie Westernen 70.83 17th	
300m Hurdles	1. Natalie Cahill 56.33 16th PB 2. Melissa Farrand DNR	<u>TEAM RESULTS:</u> 1 North Branch 555 2 Cloquet 552 3 Grand Rapids 547.5 4 Mora 465.5 5 Esko 418 6 Hermantown 396.5 7 Hibbing 387 8 Proctor 351.5 9 Duluth Denfeld 257 10 Pine City 216 11 South Ridge 123
800 m Run	1. Grace Langmade (77.8, 89.5) 2:47.48 14th 2. Allison Gusk (81.5, 91.4) 2:52.15 18th	
200 m Dash	1. Kaylyn Utecht 31.25 19th 2. Cassi Miesner 31.72 20th	
3200 m Run	1. Ashli Webster 13:38.73 14th (1:32, 1:43, 1:44, 1:44, 1:47, 1:46, 1:45, 1:35) 2. Ali Brown 13:46.02 16th (1:33, 1:43, 1:45, 1:45, 1:48, 1:46, 1:49, 1:38)	
4 x 400 m Relay	1. Alexis Pankonin 69 2. Jackie Westernen 73 3. Marin Foss 75 4. Alexis Thieman <u>73</u> 4:50.71 11th	

HINCKLEY TRACK MEET @ Hinckley

Friday, May 9, 2014, 4:00

Pine City Boys' Results

4 x 800 m Relay

110 m Hurdles	1. Weston Berens	19.4	4th
100 m Dash	1. Tristan Zbytovsky	11.9	2nd
	2. Jordan Spahr	12.0	3rd

4 x 200 m Relay	1. Sully Schmidt	26.2	PB
	2. Jason Nowling	25.1	
	3. Jordon Stevens	26.0	PB
	4. Dakotah Neid-H.	<u>26.1</u>	<u>PB</u>
		1:43.3	2nd

1600 m Run	1. Eli Grubbs	5:17.5	1st PB
	(1:14, 1:25, 1:27, 1:11)		
	2. Jonah Spahr	5:18.8	2nd PB
	(1:14, 1:26, 1:27, 1:12)		

4 x 100 m Relay	1. Sully Schmidt	12.9	
	2. Ryan Linnell	12.3	
	3. Nathan Kleppe	12.8	PB
	4. Jason Nowling	<u>12.3</u>	
		50.2	4th

400 m Run	1. Aaron Pulkrabek	58.5	2nd PB
-----------	--------------------	------	--------

300m Hurdles

800 m Run	1. Eli Grubbs	(73, 74)	2:26.8	4th
-----------	---------------	----------	--------	-----

200 m Dash	1. Jordan Spahr	24.1	2nd
------------	-----------------	------	-----

3200 m Run	1. Jonah Spahr	11:48	2nd
------------	----------------	-------	-----

4 x 400 m Relay	1. Jordan Spahr	56.3	
	2. Eli Grubbs	61.0	PB
	3. Ryan Linnell	61.5	PB
	4. Aaron Pulkrabek	<u>59.2</u>	
		3:58.9	2nd BTY

Pole Vault

Long Jump	1. Aaron Pulkrabek	18' 6"	2nd PB
	2. Nathan Kleppe	12' 8.5"	
	3. Ryan Linnell		

High Jump	1. Dakotah Neid-H.	5' 2"	4th
	2. Sully Schmidt	5' 2"	5th PB
	3. Jason Nowling	5' 0"	

Triple Jump	1. Sully Schmidt	34' 11"	2nd PB
	2. Jason Nowling	32' 1.25"	4th

Shot Put	1. Jordon Stevens	31' 0"	
	2. Nathan Kleppe	25' 9"	PB

Discus	1. Jordon Stevens	101' 0"	
	2. Nathan Kleppe	58' 2"	

TEAM RESULTS:

1	Rush City	113
2	Pine City	110
3	Hinckley-Finlayson	87
4	Mora	67
5	Barnum	60
6	Siren	45
7	Legacy Christian Ac.	25
8	Aitkin	21
9	Wrenshal	12

HINCKLEY TRACK MEET @ Hinckley

Friday, May 9, 2014, 4:00

Pine City Girls' Results

4 x 800 m Relay	1. Allison Gusk (77, 88) 2:45 BTY			Pole Vault			
	2. Jordan Kotek (85, 87) 2:52 BTY						
	3. Jackie Westeren (81, 94) 2:55 BTY			Long Jump	1. Elsie Lundquist 13' 6.5"	3rd	PB
	4. Brenna Richardson (86, 90) 2:56				2. Breckan Pangerl 12' 2.5"		PB
	11:29.3	3rd			3. Taylor Darlow ND		
100 m Hurdles	1. Elsie Lundquist 18.9	1st					
	2. Natalie Cahill 19.8	3rd					
100 m Dash	1. Breckan Pangerl 14.7	5th tie PB		High Jump	1. Elsie Lundquist 4' 4"	Tie 3rd	
	2. Taylor Darlow 15.3	tie PB			2. Rachel Krautbauer 4' 4"	5th	
	3. Sarah Nisley 20.8	PB			3. Ali Brown 4' 4"	6th	PB
4 x 200 m Relay	1. Cassidy Stream 33.4						
	2. Jordan Kotek 29.4	BTY		Triple Jump	1. Natalie Cahill 28' 8.5"	1st	PB
	3. Taylor Darlow 33.9				2. Jordan Kotek 25' 11.5"		PB
	4. Maisie Berg 33.2						
	2:08.6	3rd					
1600 m Run	1. Grace Langmade 6:15.5	4th	PB				
	(1:25, 1:35, 1:41, 1:35)			Shot Put	1. Maisie Berg 24' 10"		
	2. Ashli Webster 6:16.5	5th			2. Sarah Nisley 23' 3.5"		
	(1:27, 1:38, 1:41, 1:31)				3. Jess Brytowski 18' 2"		BTY
	3. Ali Brown 6:39.3						
	(1:32, 1:32, 1:47, 1:38)						
4 x 100 m Relay	1. Elsie Lundquist 14.4			Discus	1. Sarah Nisley 68' 11"		
	2. Rachel Krautbauer 14.6				2. Maisie Berg 44' 0"		
	3. Cassidy Stream 14.7				3. Jess Brytowski 41' 10"		
	4. Breckan Pangerl 15.3						
	58.4	3rd					
400 m Run	1. Jackie Westeren 69.5	1st	tie PB				
	2. Cassidy Stream 72.2	3rd					
	3. Kaley Perlick 75.2	4th					
			BTY				
300m Hurdles	1. Natalie Cahill 54.9	1st	PB				
800 m Run	1. Marin Foss (84, 83) 2:47.4	4th					
	2. Brenna Richardson (88, 92) 3:00.5						
200 m Dash	1. Breckan Pangerl 31.5	3rd					
	2. Taylor Darlow 33.4						
	3. Maisie Berg 33.7						
3200 m Run	1. Ashli Webster 13:11.2	1st	PB				
	(1:30, 1:40, 1:42, 1:42, 1:41, 1:43, 1:46, 1:27)						
	2. Grace Langmade 14:00.4	4th	PB				
	(1:33, 1:44, 1:45, 1:44, 1:52, 1:53, 1:52, 1:37)						
	3. Ali Brown 14:06.6	5th					
	(1:32, 1:44, 1:46, 1:48, 1:51, 1:54, 1:52, 1:40)						
4 x 400 m Relay	1. Marin Foss 71.2	PB					
	2. Jordan Kotek 74.7	BTY					
	3. Cassidy Stream 75.0						
	4. Brenna Richardson 76.5						
	4:58.0	4th					

TEAM RESULTS:

1 Pine City	124
2 Hinckley-Finlayson	105
3 Aitkin	78
4 Legacy Christian Ac.	70
5 Rush City	61
6 Mora	55
7 Wrenshal	22
8 Siren	12
9 Barnum	10

TRUE TEAM TRACK MEET @ Hibbing

Tuesday, May 6, 2014, 1:00

Pine City Boys' Results

Cold (40's), Windy, Cloudy

4 x 800 m Relay	1. Jonah Spahr (70, 77) 2:27 2. Eli Grubbs (68, 77) 2:25 3. Tommy Ryan (72, 71) 2:23 4. Aaron Pulkrabek (<u>67, 79</u>) <u>2:26</u> PB 9:44.7 10th	Pole Vault Long Jump 1. Aaron Pulkrabek 18' 4" 6th 2. Ryan Linnell 12' 8.5" 20th
100 m Hurdles	1. Weston Berens 19.66 15th 2. Dakotah Neid-H. 22.54 19th	High Jump 1. Dakotah Neid-H. 5' 4" 10th 2. Sully Schmidt 5' 1" 14th
100 m Dash	1. Tristan Zbytovsky 12.08 9th 2. Jordan Spahr 12.13 10th	
4 x 200 m Relay	1. Jordan Spahr 24.9 2. Sully Schmidt 25.5 3. Jason Nowling 26.0 4. Dennis Skalicky <u>24.2</u> PB 1:40.77 6th BTY	Triple Jump 1. Jason Nowling 33' 4" 18th 2. Sully Schmidt 33' 1.5" 19th
1600 m Run	1. Eli Grubbs 5:29.12 19th (1:19, 1:24, 1:26, 1:19) 2. Jon Bergwick 6:01.52 21st (1:24, 1:31, 1:40, 1:25)	Shot Put 1. Jordon Stevens 32' 10" 20th 2. Dakotah Neid-H. 29' 2" 22nd
4 x 100 m Relay	1. Weston Berens 13.7 2. Sully Schmidt 12.9 3. Jason Nowling 12.5 4. Jordon Stevens <u>11.6</u> PB 50.92 9th	Discus 1. Jordon Stevens 99' 7" 16th 2. Blake Shermer 65' 4" 22nd
400 m Run	1. Dennis Skalicky 57.81 16th 2. Tristan Zbytovsky 59.48 18th	
		<u>TEAM RESULTS:</u>
300m Hurdles	1. Dakotah Neid-H. 52.41 20th PB 2. Weston Berens 52.57 21st	1 Cloquet 545 2 Grand Rapids 501.5 3 North Branch 483 4 Duluth Denfeld 443 5 Mora 432.5 6 Esko 423 7 Hermantown 418.5 8 Proctor 346.5 9 Hibbing 327 10 Pine City 209 11 South Ridge 160
800 m Run	1. Tommy Ryan (70.3, 72.7) 2:23.13 17th PB 2. Jon Bergwick (80.5, 88.4) 2:49.16 21st BTY	
200 m Dash	1. Tristan Zbytovsky 24.26 7th PB 2. Jordan Spahr 24.27 8th	
3200 m Run	1. Jonah Spahr 11:44.42 17th (1:19, 1:25, 1:30, 1:31, 1:33, 1:32, 1:35, 1:19) 2. TJ Rank 13:47.41 21st (1:30, 1:40, 1:45, 1:48, 1:47, 1:52, 1:47, 1:36)	
4 x 400 m Relay	1. Eli Grubbs 61.3 PB 2. Jason Nowling 61.6 3. Tommy Ryan 65.0 4. Aaron Pulkrabek <u>59.0</u> 4:07.06 10th	

GREAT RIVER CONFERENCE TRACK MEET @ Onamia

Tuesday, May 13, 2014, 3:30

Pine City Girls' Results

Cool and Windy

4 x 800 m Relay	1. Alexis Thieman (83, 89) 2:52 2. Ali Brown (86, 94) 2:59 3. Kaylee Prihoda (81, 93) 2:54 4. Brenna Richardson (84, 99) <u>3:03</u> 11:53.4 4th	Pole Vault	
		Long Jump	1. Allison Gusk 14' 10" 1st BTY *** ALL-CONFERENCE *** 2. Elsie Lundquist 14' 4" 5th PB 3. Natalie Cahill 13' 8.5" 8th PB
100 m Hurdles	1. Melissa Farrand 19.2 2nd ** HONORABLE MENTION ** 2. Natalie Cahill 19.7 4th 3. Makayla Butenhoff 21.9	High Jump	1. Elsie Lundquist 4' 8" 3rd tie PB 2. Rachel Krautbauer 4' 4" BTY 3. Breckan Pangerl 4' 0"
100 m Dash	1. Elsie Lundquist 14.5 F: 15.3 7th 2. Cassi Miesner 15.0 3. Breckan Pangerl 16.1	Triple Jump	1. Natalie Cahill 29' 10" 2nd PB ** HONORABLE MENTION ** 2. Melissa Farrand 29' 0" 5th 3. Jordan Kotek 26' 9" PB
4 x 200 m Relay	1. Kaylyn Utecht 30.8 2. Jordan Kotek 29.8 3. Melissa Farrand 30.4 4. Cassi Miesner <u>30.7</u> 2:01.5 3rd	Shot Put	1. Maisie Berg 24' 8" 2. Sarah Nisley 21' 7.75" 3. Karissa Soderbeck 20' 1.25"
1600 m Run	1. Allison Gusk 6:07.9 5th (1:20, 1:34, 1:38, 1:36) 2. Ashli Webster 6:20.1 6th (1:25, 1:37, 1:42, 1:36) 3. Brenna Richardson 6:38.4 9th BTY (1:32, 1:44, 1:46, 1:36)	Discus	1. Sarah Nisley 70' 10" 2. Samantha Willert 45' 6" 3. Jess Brytowski 47' 0" tie PB
4 x 100 m Relay	1. Rachel Krautbauer 14.3 2. Jordan Kotek 14.4 3. Cassidy Stream 15.3 4. Cassi Miesner <u>14.3</u> 58.2 4th	*** CONFERENCE CHAMPS ***	
400 m Run	1. Alexis Pankonin 66.0 4th PB 2. Jackie Westernen 69.0 9th PB 3. Lauren Sommer 72.0 PB	TEAM RESULTS:	
300m Hurdles	1. Natalie Cahill 55.6 2nd ** HONORABLE MENTION ** 2. Melissa Farrand 58.6 5th 3. Makayla Butenhoff 60.6 7th	1 PINE CITY 130 2 Mille Lacs 124 3 Rush City 123 4 Hinckley-Finlayson 122 5 Braham 69 6 Aitkin 64.5 7 Ogilvie 34.5 8 East Central 28	
800 m Run	1. Grace Langmade (78, 84) 2:41.7 3rd PB 2. Marin Foss (79, 88) 2:46.8 5th 3. Allison Gusk (84, 84) 2:48.2 6th	4 x 400 m Relay	
200 m Dash	1. Jordan Kotek 30.5 6th PB 2. Elsie Lundquist 31.2 8th 3. Kaylyn Utecht 31.4 9th	1. Alexis Pankonin 65.6 PB 2. Jackie Westernen 72.4 3. Marin Foss 72.2 4. Alexis Thieman <u>69.3</u> PB 4:39.5	
3200 m Run	1. Ashli Webster 13:22.8 3rd (1:25, 1:35, 1:42, 1:46, 1:44, 1:45, 1:47, 1:35) 2. Grace Langmade 13:54.9 5th PB (1:32, 1:43, 1:44, 1:52, 1:53, 1:52, 1:51, 1:28) 3. Ali Brown 13:59.9 8th (1:31, 1:45, 1:47, 1:49, 1:52, 1:52, 1:51, 1:33)	*** ALL-CONFERENCE ***	

GREAT RIVER CONFERENCE TRACK MEET @ Onamia

Tuesday, May 13, 2014, 3:30

Pine City Boys' Results

Cool and Windy

4 x 800 m Relay	1. Jonah Spahr (70, 75) 2:25 2. Tommy Ryan (70, 74) 2:24 3. Eli Grubbs (67, 76) 2:23 4. Aaron Pulkrabek (69, 79) <u>2:28</u> 9:41.3 1st *** ALL-CONFERENCE ***	Pole Vault			
		Long Jump	1. Aaron Pulkrabek 18' 8" 3rd	2. Ryan Linnell ? 9th	3. Nathan Kleppe 14' 1.5"
110 m Hurdles	1. Weston Berens 19.7 F: 20.0 3rd	High Jump	1. Dakotah Neid-H. 5' 8" 1st PB	*** ALL-CONFERENCE ***	
100 m Dash	1. Jordan Spahr 12.4 F: 12.1 3rd 2. Tristan Zbytovsky 12.4 F: 12.1 4th 3. Ryan Linnell 13.1		2. Sully Schmidt 5' 2" 4th	3. Jason Nowling 5' 0" 6th	
4 x 200 m Relay	1. Sully Schmidt 26.6 2. Jason Nowling 25.4 3. Jordon Stevens 24.6 4. Dennis Skalicky <u>25.5</u> 1:42.0 1st *** ALL-CONFERENCE ***	Triple Jump	1. Jason Nowling 35' 4.5" 2nd PB	** HONORABLE MENTION **	
			2. Sully Schmidt 35' 4" 3rd PB	3. Tommy Ryan 28' 11" PB	
1600 m Run	1. Eli Grubbs 5:33.2 6th (1:19, 1:28, 1:28, 1:18) 2. TJ Rank 6:13.6 (1:32, 1:41, 1:30, 1:31) 3. Jon Bergwick 6:13.7 (1:32, 1:42, 1:35, 1:25)	Shot Put	1. Dakotah Neid-H. 30' 10"	2. Jordon Stevens 29' 9.75	3. Jordan Spahr ?
4 x 100 m Relay	1. Sully Schmidt 2. Dakotah Neid-H. Dropped 3. Nathan Kleppe Baton 4. Jordon Stevens 1:15.0 7th	Discus	1. Jordon Stevens 109' 5" 4th PB	2. Blake Shermer 70' 7" PB	3. Nathan Kleppe 67' 2" PB
400 m Run	1. Jordan Spahr 58.2 PB 2. Aaron Pulkrabek 59.0 3. Tristan Zbytovsky DNR				
300m Hurdles	1. Dakotah Neid-H. 52.1 7th PB 2. Weston Berens 52.6 8th				
800 m Run	1. Tommy Ryan (72, 76) 2:28.6 8th 2. Jon Bergwick (86, 87) 2:53.5				
200 m Dash	1. Jordan Spahr 25.4 6th 2. Dennis Skalicky 25.7 8th 3. Tristan Zbytovsky DNR				
3200 m Run	1. Jonah Spahr 11:46 5th (1:17, 1:25, 1:29, 1:31, 1:33, 1:34, 1:36, 1:19) 2. TJ Rank 14:06 7th (1:35, 1:46, 1:45, 1:50, 1:51, 1:51, 1:55, 1:32)	<u>TEAM RESULTS:</u>			
			1 Rush City 218	2 Braham 170	3 Pine City 104
			4 Hinckley-Finlayson 84	5 East Central 66	6 Ogilvie 28
4 x 400 m Relay	1. Dennis Skalicky 58.4 2. Jason Nowling 60.5 PB 3. Eli Grubbs 63.1 4. Aaron Pulkrabek <u>59.8</u> 4:01.7 4th		7 Aitkin 19		

GRC RELAY TRACK MEET @ Hinckley
Thursday, May 15, 2014, 4:00
Pine City Boys' Results

4 x 800 m Relay	1. Jonah Spahr 2. Tommy Ryan 3. Eli Grubbs 4. Aaron Pulkrabek	(66, 76) (71, 75) (66, 74) <u>(68, 75)</u>	2:22 2:26 2:20 <u>2:23</u>			Pole Vault			
		9:33.1	1st			Long Jump	1. Aaron Pulkrabek 2. Dakotah Neid-H. 3.	18' 8" 17' 6"	tie PB
110 m Hurdle Relay	1. Weston Berens 2. Dakotah Neid-H. 3. Ghost	21.2 21.5 <u>22.0</u>				High Jump	1. Dakotah Neid-H. 2. Sully Schmidt 3. Jason Nowling 4. Joe Ascheman	5' 4" 5' 0" 5' 0"	
4 x 200 m Relay	1. Sully Schmidt 2. Kyle Miller 3. Jason Nowling 4. Jordan Spahr	26 23 29 <u>25</u>		PB		Triple Jump	1. Sully Schmidt 2. Jason Nowling 3. Tommy Ryan	15' 4" 34' 4" 33' 11.5" <u>29' 4"</u>	Tie 1st
		1:44.6	DQ					98' 0"	2nd
Distance Medley (800-400-1200-1600)	1. Jonah Spahr 2. Aaron Pulkrabek 3. Tommy Ryan 4. Eli Grubbs	2:24 59.5 4:01 <u>5:34</u>				Shot Put	1. Dakotah Neid-H. 2. Jordon Stevens 3. Nathan Kleppe	32' 6" 30' 9" <u>25' 0"</u>	6th
		12:58.8	2nd			Discus	1. Jordon Stevens 2. Blake Shermer 3. Nathan Kleppe	106' 1" 70' 0" <u>70' 0"</u>	5th
4 x 1600 m Relay	1. TJ Rank								
800m Sprind Med. (100-100-200-400)	1. Jason Nowling 2. Nathan Kleppe 3. Weston Berens 4. Dennis Skalicky	12.8 13.2 27.4 <u>55.4</u>						192' 1"	
		1:48.9	2nd						
1600m Sprint Med. (200-200-400-800)	1. Jordan Spahr 2. Jason Nowling 3. Tommy Ryan 4. Aaron Pulkrabek	24.6 25.8 62.5 <u>2:24.0</u>							
		4:17.3	3rd						
4 x 100m Relay	1. Sully Schmidt 2. Blake Shermer 3. Nathan Kleppe 4. Jordon Stevens	13.5 14.0 13.8 <u>11.9</u>							
		53	4th						
4 x 400 m Relay	1. Jordan Spahr 2. Jonah Spahr 3. Eli Grubbs 4. Dennis Skalicky	56.9 59.9 60.2 <u>59.1</u>		PB		4x 100 m Throwers Relay	1. Jordan Stevens 2. Sarah Nisley 3. Maisie Berg 4. Nathan Kleppe		
		3:55.3	3rd					1:03.8	5th

TEAM RESULTS:

1	Rush City	98
1	Braham	98
3	Hinckley-Finlayson	86
4	Pine City	70
5	East Central	52
6	Aitkin	45
7	Ogilvie	19

SUBSECTION 18 TRACK MEET @ Mora

Tuesday, May 20, 2014, 3:30

Pine City Girls' Results

sunny, warm, calm

4 x 800 m Relay	1. Alexis Thieman (79, 82) 2:41 PB	Pole Vault	
	2. Ashli Webster (84, 83) 2:47 PB		
	3. Kaylee Prihoda (85, 90) 2:55	Long Jump	1. Natalie Cahill 14' 6" 5th PB
	4. Grace Langmade (83, 82) 2:45		2. Allison Gusk 14' 3" 7th
	11:10.47 3rd BTY		3. Leonie Hoppe 11' 7.75"
100 m Hurdles	1. Elsie Lundquist 18.45 F: 18.27 6th PB		
	2. Melissa Farrand 19.16 F: 18.76 7th	High Jump	1. Elsie Lundquist 4' 9" 3rd PB
	3. Natalie Cahill 19.59 PB		*** ADVANCES TO SECTIONS ***
			2. Rachel Krautbauer 4' 5" 5th BTY
100 m Dash	1. Cassi Miesner 14.67 BTY		3. Ali Brown 4' 5" PB
	2. Rachel Krautbauer 14.93 BTY		
	3. Cassidy Stream 15.22 PB		
4 x 200 m Relay	1. Kaylyn Utecht 29.9 BTY	Triple Jump	1. Elsie Lundquist 30' 7.5" 2nd PB
	2. Jordan Kotek 28.5 PB		*** ADVANCES TO SECTIONS ***
	3. Elsie Lundquist 28.4 PB		2. Natalie Cahill 30' 1.75" 3rd PB
	4. Alexis Pankonin 28.1 PB		*** ADVANCES TO SECTIONS ***
	1:54.41 2nd BTY		3. Melissa Farrand 27' 7.75"
	*** ADVANCES TO SECTIONS ***		
1600 m Run	1. Allison Gusk 5:54.79 5th PB	Shot Put	1. Maisie Berg 25' 8.5" PB
	(1:24, 1:29, 1:30, 1:31)		2. Karissa Soderbeck 21' 0" PB
	2. Brenna Richardson 6:31.36 BTY		3. Sarah Nisley 16' 4"
	(1:27, 1:41, 1:42, 1:41)		
	3. Kaylee Prihoda 6:51.32	Discus	1. Sarah Nisley 75' 1" BTY
	(1:30, 1:48, 1:52, 1:41)		2. Jess Brytowski 42' 8"
			3. Gracie LeBrun 42' 2"
4 x 100 m Relay	1. Rachel Krautbauer 15.1		
	2. Cassidy Stream 14.4		
	3. Cassi Miesner 14.0		
	4. Breckan Pangerl 14.5 PB		
	57.71 6th		
400 m Run	1. Alexis Pankonin 64.57 2nd PB		
	*** ADVANCES TO SECTIONS ***		
	2. Jackie Westernen 68.59 PB		
	3. Lauren Sommer 70.07 PB		
300m Hurdles	1. Natalie Cahill 54.37 4th PB		
	*** ADVANCES TO SECTIONS ***		
	2. Melissa Farrand 57.16 BTY		
	3. Makayla Butenhoff 59.20 PB		
800 m Run	1. Grace Langmade (75, 81) 2:37.28 5th PB		
	2. Allison Gusk (77, 86) 2:44.18 6th BTY		
	3. Kaley Perlick (91, 82) 2:53.15 PB		
200 m Dash	1. Kaylyn Utecht 30.19 F: 30.50 8th		
	2. Jordan Kotek 30.37 PB		
	3. Breckan Pangerl 30.58 PB		
3200 m Run	1. Ashli Webster 12:56.34 5th PB	4 x 400 m Relay	1. Alexis Pankonin 66.4
	(1:28, 1:34, 1:38, 1:40, 1:41, 1:42, 1:43, 1:30)		2. Jackie Westernen 68.3 PB
	2. Ali Brown 13:41.35 8th PB		3. Lauren Sommer 70.3
	(1:29, 1:37, 1:44, 1:47, 1:48, 1:46, 1:49, 1:41)		4. Alexis Thieman 67.7 PB
	3. Brenna Richardson 14:37.74 BTY		4:32.79 4th BTY
	(1:32, 1:46, 1:49, 1:56, 1:57, 1:55, 1:55, 1:48)		

TEAM RESULTS:

1 Mora	197.5
2 Milaca	103
3 Pine City	86.5
4 Rush City	86
5 Mille Lacs	72.5
6 Hinckley-Finlayson	71
7 Braham	44.5
8 East Central	20
9 Ogilvie	18

SUBSECTION 18 TRACK MEET @ Mora

Tuesday, May 20, 2014, 3:30

Pine City Boys' Results

sunny, warm, calm

4 x 800 m Relay	1. Jonah Spahr (64, 73) 2:17 PB 2. Tommy Ryan (68, 72) 2:20 PB 3. Eli Grubbs (65, 74) 2:19 PB 4. Aaron Pulkrabek (<u>63, 78</u>) <u>2:21</u> PB 9:19.00 3rd BTY	Pole Vault Long Jump <ol style="list-style-type: none"> 1. Dakotah Neid-H. 17' 1" 2. Aaron Pulkrabek 15' 6.5" 3. Nathan Kleppe 14' 2"
110 m Hurdles	1. Weston Berens 19.82 F: 19.23 7th PB	High Jump <ol style="list-style-type: none"> 1. Sully Schmidt 5' 0" 2. Dakotah Neid-H. 5' 0" 3. Jason Nowling 5' 0"
100 m Dash	1. Jordan Spahr 12.06 F: 11.81 3rd PB *** ADVANCES TO SECTIONS *** 2. Tristan Zbytovsky 11.91 F: 11.90 4th *** ADVANCES TO SECTIONS *** 3. Sam Roberto 12.95	
4 x 200 m Relay	1. Sully Schmidt 26.7 2. Jason Nowling 25.1 3. Jordon Stevens 24.8 PB 4. Dennis Skalicky <u>24.7</u> 1:41.32 4th	Triple Jump <ol style="list-style-type: none"> 1. Sully Schmidt 35' 4" 7th tie PB 2. Jason Nowling 34' 3.75" 3. Tommy Ryan 28' 2.75"
1600 m Run	1. Eli Grubbs 5:09.80 6th PB (1:14, 1:18, 1:23, 1:15) 2. TJ Rank 6:21.35 (1:29, 1:38, 1:41, 1:33)	Shot Put <ol style="list-style-type: none"> 1. Dakotah Neid-H. 31' 10.5" 2. Jordon Stevens 29' 0" 3. Jordan Spahr 25' 2"
4 x 100 m Relay	1. Sully Schmidt 13.2 2. Nathan Kleppe 12.3 PB 3. Jordon Stevens 13.7 4. Weston Berens <u>12.8</u> PB 52.30 5th	Discus <ol style="list-style-type: none"> 1. Jordon Stevens 115' 4" 5th PB 2. Nathan Kleppe 70' 6" PB 3. Blake Shermer 67' 6"
400 m Run	1. Aaron Pulkrabek 56.25 4th PB *** ADVANCES TO SECTIONS *** 2. Dennis Skalicky 56.81 5th BTY	
300m Hurdles	1. Dakotah Neid-H. 49.82 7th PB 2. Weston Berens 51.67	
800 m Run	1. Tommy Ryan (69, 74) 2:22.79 PB	
200 m Dash	1. Jordan Spahr 24.43 F: 24.21 3rd *** ADVANCES TO SECTIONS *** 2. Tristan Zbytovsky 25.51 3. Sam Roberto 28.47	
3200 m Run	1. Jonah Spahr 11:36.82 8th 2. TJ Rank 13:51.17	<u>TEAM RESULTS:</u> 1 Mora 190.25 2 Rush City 121 3 Milaca 98 4 Braham 90 5 Hinckley-Finlayson 61.5 6 Pine City 60.5 7 East Central 59.5 8 Ogilvie 14.75
4 x 400 m Relay	1. Jordan Spahr 60.0 2. Eli Grubbs 63.5 3. Jason Nowling 61.3 4. Dennis Skalicky <u>56.8</u> 4:01.59 5th	

Don't Dream
of Winning.

Train For It!

- Mo Farah

SECTION 5A TRACK MEET
@ St. John's University
Wednesday, May 28, 2014, 10:30
Pine City Results

TRACK EVENTS

100 m Dash	1. Tristan Zbytovsky	11.86	10th
	2. Jordan Spahr	12.04	13th
4 x 200 m Relay	1. Kaylyn Utecht	30.0	
	2. Jordan Kotek	30.7	
	3. Elsie Lundquist	28.4	tie PB
	4. Alexis Pankonin	<u>27.9</u>	<u>PB</u>
		1:57.19	8th
400 m Run	1. Alexis Pankonin	DNR (Injury)	
400 m Run	1. Aaron Pulkrabek	56.04	13th PB
300m Hurdles	1. Natalie Cahill	54.50	15th
200 m Dash	1. Jordan Spahr	24.47	9th

FIELD EVENTS

High Jump	1. Elsie Lundquist	4' 9"	tie PB
Triple Jump	1. Natalie Cahill	30' 9.75"	13th PB
	2. Elsie Lundquist	28' 9"	15th

GIRLS' TEAM RESULTS:

1 Annandale	66
2 Litchfield	64
3 Paynesville	58
4 Holdingford	47
5 Maple Lake	42
6 Foley	40
7 Atwater-Cosmos-G.C	35.5
8 St. Cloud Cathedral	34.5
9 Rockford	34
9 Rush City	34
11 Albany	33
11 Milaca	33
13 Spectrum	32
14 Mora	25
15 Belgrade-Brooten-E.	20
15 Eden Valley-Watkins	20
17 Melrose Area	19
18 Howard Lake-W-W.	11
19 St. Cloud Christian	8
19 New London-Spicer	8
21 Braham	7
22 St. John's Prep	6
22 Royalton	6
24 Pierz	5
25 East Central	4
25 Ogilvie	4
27 Mille Lacs	3
28 Community Christian	2

BOYS' TEAM RESULTS:

1 Holdingford	89
2 Foley	83.5
3 New Lonon-Spicer	69.5
4 Maple Lake	60.5
5 Rockford	46
6 Rush City	40
7 Albany	37
8 Mora	33
8 Howard Lake-W-W	33
10 St. Cloud Cathedral	26
10 Pierz	26
12 Litchfield	24
13 Annandale	23
14 Royalton	18
14 Comm. Christian	18
16 St. Cloud Christian	14.5
17 Milaca	13
18 Melrose Area	12
19 Hinckley-Finlayson	10
20 Braham	9
21 Eden Valley-Watkins	6
22 Atwater-Cosmos-G.C.	4
23 St. John's Prep	3
24 Spectrum	2
25 Paynesville Area	1
25 East Central	1

GIRLS' "BESTS" - 2014

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run	55 m hurdles	100 m hurdles	300 m hurdles	high jump	long jump	triple jump	discus	shot put	pole vault
Melinda Rydberg - 9	2012		16.0	35.0	1:22	03:21.7							10' 10.25"				
	2013									21.1			9' .75"				
	2014			32.4 - jv pc					12.3 - ln	21.1 - RC			10' 11" - jv pc				
Alondra Sanchez - 9	2014		15.6 - jv GRC	33.2 - jv GRC											49' 5.5" - jv grc	14' .75" - jv grc	
																16' 10.5" - ln	
Samantha Willert - 9	2014		17.7 - jv pc	39.4 - ln TT									9' 1" - ln TT		54' 11" - jv grc	17' 4.5" -jv grc	
															52' 3" - RC	17' 10.25 - PC	
Maisie Berg - 8	2013		15.3										10' 3"				28' 1.5"
	2014	8.8 - ln		32.5 - jh pc									10' 6" - jh pc		44' 0" - Hinck	25' 8.5" - Sub	
				33.2sp - Hinck													
Caroline Bergwick - 8	2013				01:19.0	03:27.0				26.5			9' 4"				
	2014	10.3 - ln		37.8 - jh GRC													
Alison Brown - 8	2013					03:09.0				22.6			9' 8"				
	2014						6:33 - Relay	13:41.35 - Sub				4' 5"					
						2:48.5sp - ln	6:23 - jh pc										
Charisma Christenson	2013		15.3										11' 5"				
	2014									20.6			11' 4.5"				
										21.4 - PC							
Marin Foss - 8	2014				72.2 - jh pc	2:45.9 - RC											
					71.2sp - Hinck	2:48sp - Relay											
Janae Johnson - 8	2013					3:19							9' 11"				
	2014				76.5 - jh pc	3:12 - ln TT											
Grace Langmade - 8	2014				71.5 - RC	2:37.28 - Sub	6:15.5 - Hinck	13:54.9 - GRC									
						2:42sp - TT											
Ariana Ledesma - 8	2013		14.4	33.3									10' 0"				
	2014	8.8 ln	15.0 - jh GRC	32.1 - jh pc													
			13.5sp - Relay	32.9 - ln TT													
Alexis Pankonin - 8	2013		14.8														
	2014		13.9 - PC	29.3 - RC	64.57 - Sub												
			13.8 - jh pc	28.1sp - Sub	65.6sp - GRC												
Kaley Perlick - 8	2014				75.0 - jh pc	2:53.13 - Sub											
					74.8 - RC	2:59sp - Relay											
Karissa Soderbeck - 8	2014														54' 0" - jh GRC	24' 4" - jh GRC	
																21' 0" - Sub	
Lauren Sommer - 8	2013			32.7	01:14.6												
	2014		15.6 - jh pc	31.6 - jh hf	70.07 - Sub												
				32.0 - PC	70.3sp - Sub												
Ashli Webster - 8	2013					03:13.3	0:06						8' 5"				
	2014					2:51.1 - jh pc	6:07.0 - jh GRC	12:56.34 - Sub									
						2:47sp - Sub	6:16.5 - Hinck										
Makala Butenhoff - 7	2014		15.5 - jh pc	33.1 - jh pc													
							6:15.3 - jh GRC		11.8 - ln TT	21.6 - PC	59.20 - Sub	4' 2" - ln					
							6:31 - Relay										
Elizabeth Cahill - 7	2014								13.8 - ln TT	23.1 - jh grc							
Savannah Clifford - 7	2014												3' 6" - jh pc				
Tommi Hernandez - 7	2014		16.4 - jh grc	34.6 - jh grc									?				

BOYS' "BESTS" - 2014

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run	55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault	
Jon Bergwick – 10	2011		16.7			02:56.8	7:14			22.8								
	2012		17.4			2:52	6:09			21.0			9' 4"					
	2013					2:40.1 - Hin	5:44.14 - Sub											
	2014					2:49.16 - TT	5:56.8 - PC											
Weston Berens – 10	2011		16.7							20.1								
	2012		15.4	33.0	01:14.6					18.9	35.5 (200's)		11' 8"					
	2013				69.0 - In				10.45-Folln	20.3 - Tig	51.47 - Sub							
	2014		13.8sp - Tig 12.8sp - Sub	29.9sp - Fol 27.4 - Relay					10.2 - In	19.23 - Sub	50.6 - RC							
Marco Harthopf	2014														110' 0" -jv	37' 7.25" - jv 30' 9" - In		
Ryan Linnell – 10	2012		13.3	27.3	01:07.2	02:44.6				19.5			16' 0"					
	2013	7.62-Folln	12.7 - Tig	28.1 - In	61.7 - Hinck								15' 8" - Hin					
	2014	7.4 - In	13.1 - GRC	26.6 - PC	64.4 - PC													
			11.6sp - RC		61.5sp - Hin													
Sully Schmidt – 10	2011		15.8							21.6		4' 0"	12' 1"					
	2012		15.5	32.1	1:14					19.8	35.7 (200's)	4' 6"						
	2013	7.83-Folln	13.2 jv	29.6 - In	61.4 - Tig							5' 1" - Sub						
	2014		13.0sp - In 12.5 - jv grc 12.6sp - RC	28.6 - In 26.2sp - Hin					17.2* - jv grc	5' 2" - GRC	17' 2.75" - jv	35' 4" - GRC						
Dennis Skalicky – 10	2011		14.8	29.8						18.6			13' 1"					
	2012		12.8	26.9	01:02.7								14' 10.25"					
	2013			27.5 - In	56.66 - Sub 57.0sp - Sub													
	2014			25.7 - GRC 24.2sp - TT	56.81 - Sub 56.8sp - Sub													
Alec Zamorano	2014	7.5 - In		28.7 - In TT	70.7 - In TT											24' 7.5" - In		
Joe Ascheman – 9	2012		15.9	37.9	1:27					24.2		4' 0"						
	2013			30.5						20								
	2014				71.9 - PC							4' 8" - jv pc						
Eli Grubbs – 9	2013						5:35.40 - Sub	12:30.7 - GRC										
	2014					2:30.3so - GRC												
Kyle Miller	2014		12.8 - jv grc	27.1 - jv HF														
				23sp - Relay														
Dakotah Neid-Hinrichs	2012			30.9	01:07.2					19.0	40.0 (200's)	5' 0"				34' 7"		
	2013																	
	2014			27.4 - In TT 26.1 - Hinck					11.5 - In	21.5 - Relay	49.82 - Sub	5' 8" - GRC	17' 1" - Sub			32' 6" - Relay		

GIRLS' RELAY HISTORY-2014

	RRC INDOOR	CHENGWATANA	TIGERAMA	TRUE TEAM	HINCKLEY	GRC	GRC RELAYS	SUB-SECTION	SECTION
4 x 100 M RELAY	Melissa Farrand	Kaylyn Utecht	Kaylyn Utecht	Kaylyn Utecht	Elsie Lundquist	Rachel Krautbauer	Cassi Miesner	Rachel Krautbauer	
(52.79)	Elsie Lundquist	Rachel Krautbauer	Elsie Lundquist	Rachel Krautbauer	Rachel Krautbauer	Jordan Kotek	Leonie Hoppe	Cassidy Stream	
	Kaylyn Utecht	Taylor Darlow	Cassidy Stream	Elsie Lundquist	Cassidy Stream	Cassidy Stream	Brenna Richardson	Cassi Miesner	
	Marin Foss	Ariana Ledesma	Elsie Lundquist	Cassi Miesner	Breckan Pangerl	Cassi Miesner	Ariana Ledesma	Breckan Pangerl	
	800m SMR 2:19.0	60.2	56.6	57.72	58.4	58.2	60.5	57.71	
4 x 200 M RELAY	Kaylyn Utecht	Kaylyn Utecht	Kaylyn Utecht	Kaylyn Utecht	Cassidy Stream	Kaylyn Utecht	Cassidy Stream	Kaylyn Utecht	Kaylyn Utecht
(1:50.17)	Leonie Hoppe	Rachel Krautbauer	Elsie Lundquist	Jordan Kotek	Jordan Kotek	Jordan Kotek	Breckan Pangerl	Jordan Kotek	Jordan Kotek
	Alexis Pankonin	Jordan Kotek	Cassi Miesner	Breckan Pangerl	Taylor Darlow	Melissa Farrand	Taylor Darlow	Elsie Lundquist	Elsie Lundquist
	Natalie Cahill	Breckan Pangerl	Jordan Kotek	Cassi Miesner	Maisie Berg	Cassi Miesner	Katherine Kwak	Alexis Pankonin	Alexis Pankonin
	2:06.7	2:03.4	2:00.6	2:01.27	2:08.6	2:01.5	2:17.6	1:54.41	1:57.19
4 x 400 M RELAY	Allison Gusk	Marin Foss	Marin Foss	Alexis Pankonin	Marin Foss	Alexis Pankonin	Lauren Sommer	Alexis Pankonin	
(4:16.81)	Jordan Kotek	Jackie Westeren	Jackie Westeren	Jackie Westeren	Jordan Kotek	Jackie Westeren	Kaley Perlick	Jackie Westeren	
	Alexis Pankonin	Jordan Kotek	Alexis Thieman	Marin Foss	Cassidy Stream	Marin Foss	Alexis Pankonin	Lauren Sommer	
	Alexis Thieman	Alexis Thieman	Cassidy Stream	Alexis Thieman	Brenna Richardson	Alexis Thieman	Alexis Thieman	Alexis Thieman	
	4:53.7	4:53.2	4:51.4	4:50.71	4:58.0	4:39.5	4:45.6	4:32.79	
4 X 800 M RELAY	Alison Brown	Alexis Thieman	Alexis Thieman	Alexis Thieman	Allison Gusk	Alexis Thieman	Kaylee Prihoda	Alexis Thieman	
(10:22.29)	Alexis Thieman	Marin Foss	Alison Brown	Grace Langmade	Jordan Kotek	Alison Brown	Kaley Perlick	Kaylee Prihoda	
	Grace Langmade	Kaley Perlick	Grace Langmade	Alison Brown	Jackie Westeren	Kaylee Prihoda	Marin Foss	Ashli Webster	
	Ashli Webster	Alison Brown	Ashli Webster	Marin Foss	Brenna Richardson	Brenna Richardson	Ashli Webster	Grace Langmade	
	11:14.9	11:37.1	11:32.9	11:15.16	11:29.3	11:53.4	11:39.7	11:10.47	

BOYS' RELAY HISTORY-2014

	RRC INDOOR	CHENGWATANA	TIGERAMA	TRUE TEAM	HINCKLEY	GRC	GRC RELAY	SUB-SECTION	SECTION	STATE
4 x 100 M RELAY	Connor Clark	Jordan Spahr	Weston Berens	Weston Berens	Sully Schmidt	Sully Schmidt	Sully Schmidt	Sully Schmidt		
44.20	Weston Berens	Weston Berens	Aaron Pulkrabek	Sully Schmidt	Ryan Linnell	Ryan Linnell	Blake Shermer	Nathan Kleppe		
	Jordan Spahr	Connor Clark	Ryan Linnell	Jason Nowling	Nathan Kleppe	Nathan Kleppe	Nathan Kleppe	Jordon Stevens		
	Dennis Skalicky	Tristan Zbytovsky	Sully Schmidt	Jordon Stevens	Jason Nowling	Jordon Stevens	Jordon Stevens	Weston Berens		
	800m S.M.R. 1:51.2	49.7	49.9	50.92	50.2	65.0	53.0	52.30		
4 x 200 M RELAY	Connor Clark	Jason Nowling	Jordan Spahr	Jordan Spahr	Sully Schmidt	Sully Schmidt	Sully Schmidt	Sully Schmidt		
(1:31.68)	Jason Nowling	Dennis Skalicky	Connor Clark	Sully Schmidt	Jason Nowling	Jason Nowling	Jason Nowling	Jason Nowling		
	Sully Schmidt	Jordon Stevens	Jason Nowling	Jason Nowling	Jordon Stevens	Jordon Stevens	Kyle Miller	Jordon Stevens		
	Jordon Stevens	Sully Schmidt	Sully Schmidt	Dennis Skalicky	Dakotah Neid-H.	Dennis Skalicky	Jordan Spahr	Dennis Skalicky		
	1:46.3	1:43.8	1:38.9	1:40.77	1:43.3	1:42.0	1:44.6 DQ	1:41.32		
4 x 400 M RELAY	Jason Nowling	Eli Grubbs	Eli Grubbs	Eli Grubbs	Jordan Spahr	Dennis Skalicky	Jordan Spahr	Jordan Spahr		
(3:28.39)	Aaron Pulkrabek	Dennis Skalicky	Jason Nowling	Jason Nowling	Eli Grubbs	Jason Nowling	Jonah Spahr	Eli Grubbs		
	Tommy Ryan	Tommy Ryan	Tommy Ryan	Tommy Ryan	Ryan Linnell	Eli Grubbs	Eli Grubbs	Jason Nowling		
	Eli Grubbs	Aaron Pulkrabek	Aaron Pulkrabek	Aaron Pulkrabek	Aaron Pulkrabek	Aaron Pulkrabek	Dennis Skalicky	Dennis Skalicky		
	4:16.0	4:07.0	4:06.1	4:07.06	3:58.9	4:01.7	3:55.3	4:01.59		
4 X 800 M RELAY	Jonah Spahr	Jonah Spahr	Jonah Spahr	Jonah Spahr		Jonah Spahr	Jonah Spahr	Jonah Spahr		
(8:27.89)	Eli Grubbs	Eli Grubbs	Tommy Ryan	Eli Grubbs		Tommy Ryan	Tommy Ryan	Tommy Ryan		
	Aaron Pulkrabek	Aaron Pulkrabek	Eli Grubbs	Tommy Ryan		Eli Grubbs	Eli Grubbs	Eli Grubbs		
	Tommy Ryan	Tommy Ryan	Aaron Pulkrabek	Aaron Pulkrabek		Aaron Pulkrabek	Aaron Pulkrabek	Aaron Pulkrabek		
	10:08.4	9:53.9	9:29.9	9:44.7		9:41.3	9:33.1	9:19.0		

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 x100 M RELAY	K. Meyer	A. Bernard	C. Koppen	K. Meyer		R. Overson	C. Koppen	A. Bernard	M. Bellinger	A. Nelson
	A. Peil	A. Nelson	S. Weichman	A. Mettling		J. Wirth	S. Weichman	A. Nelson	A. Nelson	B. Grinde
	M. Sloan	K. Johnson	M Odegard	L. Ballis		K. Johnson	M. Odegard	K. Johnson	B. Grinde	K. Johnson
	T. Kazek	J. Wirth	S. Misel	K. Ovik		A. Mettling	S. Misel	J. Wirth	J. Wirth	J. Wirth
	52.79 98	53.03 03	53.05 93	53.23 99	53.41 91	53.71 01	53.86 94	53.94 02	54.1 04	54.20 03
4 x 200 M RELAY	M. Bellinger	k. Nelson	H. Staples	H. Staples	M. Bellinger	A. Nelson	S. Misel	C. Kopppen	K. Utecht	K. Meyer
	K. Perell	K. Lindstrom	B. Clementson	B. Clementson	K. Perell	B. Grinde	C. Koppen	S. Weichman	J. Kotek	A. Miller
	E. Branzovsky	L. Lindstrom	E. Larson	K. Hughes	E. Branzovsky	K. Johnson	S. Weichman	M. Odegard	E. Lundquist	M. Sloan
	B. Osterdyk	L. Hagen	E. Branzovsky	E. Branzovsky	B. Osterdyk	J. Wirth	R. Schimming	S. Misel	A. Pankonin	T. Kazek
	1:50.17 -06	1:50.8 83	1:51.9 08	1:52.28 08	1:53.55 -05	1:53.86 03	1:54.12 92	1:54.31 93	1:54.41 14	1:54.8 98
4 x400 M RELAY	M. Johnson	A. Gusk	M. Johnson	J. Fore	M. Miesner	K. Connaker	M. Johnson	K. Connaker	M. Johnson	K. Odegard
	J. Fore	C. Jahnz	J. Fore	E. Branzovsky	C. Jahnz	M. Anderson	B. Osterdyk	M. Anderson	B. Osterdyk	L. Ballis
	C. Filler	J. Kotek	C. Filler	C. Filler	H. Staples	A. Dufresne	J. Fore	S. Johnson	C. Filler	M. Sloan
	B. Osterdyk	S. Rike	B. Osterdyk	B. Osterdyk	E. Pangerl	S. Johnson	C. Filler	A. Dufresne	J. Fore	S. Johnson
	4:16.81 -03	4:21.59 13	4:22.2 04	4:22.7 03	4:25.2 10	4:25.4 00	4:26.00 03	4:26.07 -00	4:26.2 03	4:27.1 98
4 x800 M RELAY	A. Cummins	J. Fore	K. Connaker	M. Johnson	K. Connaker	A. Cummins	M. Anderson	K. Utecht	M. Anderson	K. Connaker
	A. Gusk	D. Dickey	M. Anderson	M. Anderson	L. Filler	K. Cahill	H. Larsen	K. Cahill	J. Gregoire	L. Mettling
	J. Kotek	E. Branzovsky	L. Mettling	L. Mettling	M. Anderson	M. Miesner	R. Craighead	M. Miesner	R. Craighead	M. Anderson
	S. Rike	M. Johnson	L. Filler	K. Connaker	L. Mettling	S. Rike	M. Johnson	S. Rike	M. Johnson	L. Filler
	10:22.29 13	10:27.01 03	10:35.51 99	10:36.61 01	10:38.3 00	10:38.6 12	10:39.81 02	10:41.3 12	10:41.5 02	10:45.09 -00
800 MEDLEY	K. Meyer	T. Kazek	M. Bellinger	K. Meyer	H. Staples	A. Bernard	A. Gardner	B. Johnson	K. Meyer	B. Jewell
100, 100, 200, 400	R. Overson	A. Miller	K. Splett	A. Miller	J. Hussong	K. Johnson	H. Sahatoo	K. Smetana	A. Miller	A. Bernard
	K. Ovik	K. Odegard	B. Osterdyk	T. Kazek	E. Larson	J. Wirth	E. Pangerl	T. Kazek	K. Odegard	A. Nelson
	S. Johnson	S. Johnson	J. Wirth	M. Sloan	K. Harper	T. Korf	K. Harper	R. Auers	M. Sloan	H. Larsen
	2:02.21 00	2:05.7 98	2:05.8 04	2:07 5 98	2:07.6 08	2:08.9 02	2:09.0 09	2:09.6 96	2:11.14 97	2:11.6 01
1600 MEDLEY	H. Staples	A. Nelson	K. Perell	A. Nelson	K. Meyer	A. Peil	J. Kotek	T. Kazek	C. Milligan	A. Filler
200, 200, 400, 800	C. Jahnz	A. Mettling	K. Hughes	L. Haugrud	A. Miller	M. Soderbeck	T. Darlow	S. Johnson	J. Kozisek	K. Meyer
	E. Pangerl	T. Korf	C. Filler	S. Gregoire	S. Johnson	L. Ballis	M. Foss	M. Sloan	N. Plasek	L. Haugrud
	M. Miesner	K. Connaker	M. Johnson	M. Anderson	K. Connaker	K. Connaker	G. Langmade	A. Wiedemann	K. Splett	J. Kozisek
	4:40.6 10	4:42.8 01	4:51.1 04	4:54.8 02	4:55.1 99	5:00.1 98	5:02.2 14	5:03.2 97	5:09.7 99	5:18.44 00
DISTANCE MEDLEY	G. Langmade	K. Harper	A. Wiedemann	J. Johnson	A. Olson	H. Larsen	L. Mettling	C. Mosher	C. Milligan	R. Craighead
800, 400, 1200, 1600	J. Westernen	E. Pangerl	B. Fischer	K. Odegard	K. Perell	S. Gregoire	C. Mosher	R. Craighead	N. Carlson	M. Soderbeck
	A. Gusk	K. Motyl	B. Haavisto	B. Haavisto	S. Gregoire	N. Plasek	B. Haavisto	Katie Splett	R. Craighead	N. Carlson
	A. Webster	M. Miesner	A. Johnson	N. Carlson	J. Gregoire	R. Craighead	B. Fischer	J. Johnson	N. Plasek	J. Johnson
	14:29.2 14	14:33.1 09	15:06.3 96	15:26.6 98	15:31.5 -04	15:48.9 -01	15:54.0 97	16:01.6 01	16:02.51	16:31.9 99

GIRLS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Erin Pangerl 12.73 11	HollyStaples 12.78 10	H. Staples 12.84 09	Katie Meyer 13.24 98	H. Staples 13.32 08	T. Kazek 13.39 96	Suzie Misel 13.51 92	J. Wirth 13.52 04	Erin Pangerl 13.54 10	Tera Kazek 13.54 98
200 M DASH	HollyStaples 26.42 10	Erin Pangerl 26.46 11	H. Staples 27.04 09	E. Pangerl 27.14 10	E. Pangerl 27.32 09	E. Branzovsky 27.86 06	B. Osterdyk 27.9 02	K. Johnson 28.01 00	B. Osterdyk 28.05 04	E. Branzovsky 28.0 08
400 M DASH	E. Pangerl 60.07 10	S. Rike 60.15 13	E. Pangerl 61.38 09	M. Odegard 61.4 94	E. Branzovsky 61.8 05	M. Odegard 62.0 95	E. Branzovsky 63.09 06	A. Dufresne 63.54 00	A. Pankonin 64.57 14	E. Pangerl 64.5 11
800 M RUN	Sherry Rike 2:26.84-12	Kim Connaker 2:28.35- 01	MeleiaJohnson 2:28.2 02	MeleiaJohnson 2:30.7 04	K. Motyl 2:31.30 -09	J. Kotek 2:31.48 13	A.Wiedemann 2:31.85 97	A. Wiedemann 2:32.01 96	M. Johnson 2:32.39 03	A. Wiedemann 2:32.8 95
1600 M RUN	Jenna Fore 5:37.70-03	Sherry Rike 5:40.8 10	M. Miesner 5:42.05 -11	S. Rike 5:46.00 -09	M. Miesner 5:47.6 10	S. Rike 5:48.1 12	L. Schwartz 5:49.7 91	A. Cummins 5:51.0 13	M. Miesner 5:51.9 12	Jenna Fore 5:52.6 04
3200 M RUN	A. Cummins 12:27.58 13	Sherry Rike 12:31.31 09	A. Cummins 12:33.27 12	Amy Johnson 12:34.04 96	S. Rike 12:48.5 10	J. Gregoire 12:53.98 01	A. Webster 12:56.34 14	J. Gregoire 13:10.12 02	Jamie Johnson 13:11.3 98	A. Munkberg 13:20.12 93
100 M HURDLES	C. Hersbergen 16.54 94	Cassie Filler 17.1 03	C. Jahnz 17.3 12	Cassie Filler 17.44 04	B. Clementson 17.4 08	J. Kosisek 17.4 02	M. Buschmann 17.56 09	C. Jahnz 17.76 13	C. Hersbergen 17.83 93	B. Clementson 17.92 -09
300 M HURDLES	C. Jahnz 49.14 13	Cassie Filler 49.23 03	C. Jahnz 49.5 12	C. Filler 49.83 04	C. Jahnz 49.96 11	C. Mosher 51.64 01	M. Buschmann 51.65 09	L. Filler 51.70 00	C. Jahnz 51.94 10	C. Filler 52.3 02
HIGH JUMP	HollyStaples 5' 4" 10	Kari Splett 5' 2" 04	Kari Splett 5' 1" 03	L. Drexler 5' 1" 05	Kari Splett 5' .5" 02	Allie Brant 5' 0" 10	H. Staples 5' 0" 09	Allie Brant 5' 0" 09	Holly Staples 5' 0" 07	B. Osterdyk 5' 0" 06
LONG JUMP	Erica Delak 16' 7" 91	B. Osterdyk 16'3.5" -06	E. Delak 16' 1.75" 93	H. Staples 15' 10.5" 08	E. Pangerl 15' 10" 10	H. Staples 15' 9.5" 10	B. Osterdyk 15' 9.5" 05	B. Osterdyk 15' 9" 04	Erin Pangerl 15' 7.25" - 11	Lisa Drexler 15' 8.25" - 05
TRIPLE JUMP	Lisa Drexler 32' 8" 05	Cassie Filler 32' 7.25" 04	E. Delak 32' 3" 93	K. Meyer 32' .5" 00	J. Ammann 31' 9.5" 00	C. Hersbergen 31' 9" 94	S. Wiechman 31' 7" 93	L. Haugrud 31' 6" 02	C. Filler 31' 5.25" 03	C. Hersbergen 31' 3" 93
DISCUS	K. Nordrum 117' 9" 11	K. Nordrum 114' 5" 10	M. Bellinger 110' 4" 06	M. Bellinger 109'10" -05	K. Nordrum 104' .5" 08	M. Bellinger 104' 0" 07	K. Nordrum 103' 7" 09	Jenna Fore 101' 1.5" 03	Jenna Fore 101' 1" 05	Jenna Fore 100' 8" 04
SHOT PUT	K. Nordrum 38' 2" 11	K. Nordrum 36' 9.75" 10	Tera Kazek 35' 10" 98	T. Kazek 35' 4.5" 97	T. Kazek 33' 1" 96	M. Bellinger 32'7.5" 07	K. Nordrum 32'4.75" 09	K. Nordrum 31' 9.25" 08	M. Bellinger 31' 2.5" 05	R.Schimming 30' 9.75" 92
POLE VAULT	M. Bellinger 10'0" 07	M. Bellinger 9' 3" 06	M. Bellinger 9' 0" 05	J. Wirth 9' 0" 04	S. Johnson 9' 0' 00	J. Ammann 8' 6" 99	J.Ammann 8' 6" 00	M. Bellinger 8' 0" 04	J. Wirth 8' 0" 03	S. Johnson 8' 0" 99

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH	
4 X 100 M RELAY	M. Hansmann	B. Olson	M. Hansmann	H. Hansen	J. Arnold	N. Thieman	J. McSherry	Dk Braatz	S. Auers	M.Hansmann	
	J. Pangerl	S. Auers	J. Pangerl	D. Hambly	Jeff Johnson	L. Williams	J. Johnson	A. Olson	J. Johnson	J. Pangerl	
	N. Cummings	Z. Mettling	N. Cummings	M. Bencic	B. Olson	Pt Johnson	B. Olson	Dn Hambly	B. Olson	D. Prokott	
	A. Olson	M. Johnson	J. Dedic	A. Olson	J. Jahnz	T. Schwarz	S. Auers	H. Hansen	J. Jahnz	A. Olson	
	43.70 11	45.3 98	45.4 11	45.64 09	45.87 96	46.0 00	46.08 97	46.16 08	46.4 96	46.6 10	
4 x 200 M RELAY	M.Hansmann	M.Hansmann	D. Braatz	D. Braatz	J. Hansen	J. Hansen	Dk Braatz	J. Hansen	J. Spahr	Dk Braatz	
	J. Pangerl	J. Pangerl	J. Carlson	J. Carlson	R. Root	A. Wirth	J. Carlson	A.Wirth	T.Zbystovksy	J. Carter	
	N. Cummings	M. Schmidt	H. Hansen	H. Hansen	A. Wirth	Pt Johnson	H. Hansen	L. Williams	C. Clark	H. Hansen	
	A. Olson	A. Olson	A. Olson	A. Olson	M. Johnson	J. Oare	J. Carter	J. Oare	Z. Hunter	J. Skalicky	
	1:31.39 11	1:33.14 10	1:34.76 08	1:34.76 08	1:36.6 99	1:36.8 00	1:37.8 09	1:38.28 00	1:38.36 - 13	1:38.4 08	
4 x 400 M RELAY	J. Hansen	J. Pangerl	J. Hansen	M. Hansmann	D. Braatz	J. Hansen	S. Peterson	A. Olson	J. Carlson	J. Pangerl	
	A. Wirth	P. Skalicky	N. Johnson	T. Clark	J. Pangerl	A. Wirth	D. Hansen	T. Clark	J. Skalicky	T. Clark	
	M. Johnson	Z. Hunter	JR Anderson	N. Cummings	M. Schmidt	T. Schwarz	C. Lutz	N. Cummings	N. Cummings	M. Schmidt	
	Paul Johnson	N. Cummings	M. Johnson	J. Pangerl	E. Osterdyk	J. Oare	J. Clementson	J. Pangerl	J. Carter	E. Osterdyk	
	3:28.39 -99	3:31.57 12	3:34.55-98	3:34.87 11	3:35.03 -10	3:36.39-00	3:36.88 03	3:36.9 11	3:37.42 09	3:37.54 10	
4 x 800 M RELAY	J. Lee	C. Lutz	J. Lee	Pete Johnson	Pete Johnson	J. Rarick	J. Fitzgerald	J. Oare	P.Johnson	C. Lutz	
	Pt Johnson	A. Lee	Pt Johnson	J. Oare	R. Hammill	C. Hanson	M. Chouanard	JR Anderson	R. Hammill	A. Lee	
	R. Hammill	D. Hansen	J. Oare	A. Wirth	A. Wirth	J.Guttormson	N. Cummings	Pt Johnson	A. Wirth	D. Hansen	
	J. Oare	J. Clementson	R. Hammill	JR Anderson	JR Anderson	Tyler Clark	E. Osterdyk	A. Wirth	J. Oare	Jared C.	
	8:27.89 -01	8:34.13 03	8:41.97 00	8:44.9 98	8:48.7 98	8:49.65 11	8:50.1 09	8:56.65 98	8:58.6 98	9:01.2 02	
800 M Medley	M. Hansmann	D. Hambly	J. Hansen	B. Olson	B. Olson	M. Rydberg	N. Thieman	J. Nowling	J. Johnson	J. Kruse	
	D. Prokott	M. Bencic	A. Wirth	S. Auers	P.D. Johnson	J. Jahnz	M. Wirth	N. Kleppe	J. Jahnz	M. Odendahl	
	M. Schmidt	A. Olson	M. Johnson	Z. Mettling	J. McSherry	D. Gregoire	J. Hansen	T. Ryan	J. McSherry	N. Purdy	
	J. Pangerl	J. Carlson	Paul Johnson	M. Johnson	JR Anderson	J. BoorBoor	A. Wirth	A. Pulkrabek	B. Runyan	D. Gerold	
	1:41.1 10	1:42.5 09	1:43.7 99	1:45.0 98	1:45.8 97	1:46.2 02	1:48.43 00	1:48.9 14	1:54.5 96	1:56.8	
1600 M Medley		D. Braatz	M. Johnson		J. McSherry	PeteJohnson	B. Olson	Dk Braatz	J. McSherry	A. Bodle	
	200, 200, 400, 800		T. Berg	J. Hansen		P.D. Johnson	L. Williams	S. Auers	D. Prokott	S. Auers	BJ Patzoldt
			T. Clark	A. Wirth		M. Johnson	S. Peterson	J. Arnold	J. Reiser	J. Arnold	J. Arnold
			E. Osterdyk	JR Anderson		JR Anderson	J. Lee	JR Anderson	M. Schmidt	JR Anderson	R. Bell
		3:45.28 90	3:55.4 10	3:57.4 98	3:57.6 91	3:57.85 97	4:01.4 01	4:01.6 96	4:02.0 09	4:04.9 96	4:05 93
Distance Medley	PeteJohnson	L. Williams	J. Dedic	C. Teeman	J. Lee	J. Spahr	S. Peterson	E. Osterdyk	B. Noreen	D. Sanders	
	800, 400,1200,1600	M. Stahlke	S. France	J. Reiser	S. Peterson	B. Mettling	A. Pulkrabek	J. Arnold	J. Fitzgerald	D. Braatz	N. Thieman
		J. Lee	J. Lee	C. Hanson	C. Lutz	S. France	T. Ryan	B. Runyan	M. Chouanard	J. Guttormson	B. Mettling
		R. Hammill	R. Hammill	N. Bremer	J. Clementson	D. Pangerl	E. Grubbs	JR Anderson	N. Bremer	B. White	D. Pangerl
		11:57.39 00	11:58.3 -99	12:19.3 -09	12:19.7 -01	12:42.2 98	12:58.8 -14	13:02.7 -96	13:04.5 08	13:17.3 10	13:26.6 97

BOYS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	J. Pangerl 11.24 12	Chris Olson 11.1 91	Adam Olson 11.2 09	Paul Johnson 11.38 99	A. Olson 11.4 11	Jeff Arnold 11.49 96	A. Olson 11.58 10	L. Williams 11.5 01	J. BoorBoor 11.5 02	K.Skadsheim 11.58 04
200 M DASH	Pl Johnson 22.80 99	J. Pangerl 22.7 12	Adam Olson 22.8 10	A. Olson 23.07 11	A. Olson 23.11 09	Chris Olson 23.1 91	M.Hansmann 23.3 10	C. Olson 23.65 90	M. Johnson 23.7 98	John Hansen 23.9 98
400 M DASH	N. Cummings 51.09 12	Mike Johnson 51.73 99	J. Carlson 52.09 09	M. Johnson 52.33 98	J. Clementson 52.4 04	N. Cummings 52.80 11	DavidHansen 53.1 04	M. Johnson 53.30 97	Jeff Arnold 53.54 96	Justin Carlson 53.56 08
800 M RUN	J. Clementson 1:57.49 03	J. Clementson 1:58.13 04	E. Osterdyk 2:04.78 10	Chris Lutz 2:05.0 03	Tom Miche' 2:05.51 07	Z. Hunter 2:05.89 13	Dv Hansen 2:06.1 03	E. Osterdyk 2:07.16 09	JRAnderson 2:07.1 98	Dv Hansen 2:07.31 02
1600 M RUN	J. Clementson 4:22.97 04	J. Clementson 4:24.08 03	J. Clementson 4:30.10 02	Jon Bloom 4:30.5 91	Tom Miche' 4:32.55 07	Chris Lutz 4:36.97 03	J.Clementson 4:41.63 -01	T. McNally 4:43.0 07	JR Anderson 4:44.6 98	N. Bremer 4:47.49-10
3200 M RUN	John Bloom 9:52 91	Chris Lutz 9:53.80 03	T. McNally 10:13.20 06	John Bloom 10:18.69 90	J. Clementson 10:19.62 02	J. Clementson 10:20.4 03	T. McNally 10:23.30 07	R. Hammill 10:26.1 00	J.Clementson 10:27.05 00	J.Clementson 10:29.03 - 01
110 M HURDLES	J. Kruse 16.01 06	Jordan Kruse 16.44 04	Steve Kunze 16.44 91	N. Anderson 16.6 98	J. Kruse 16.85 05	N. Anderson 17.2 97	H. Hansen 17.4 09	N. Anderson 17.4 96	T. Gerving 17.55 04	T. Madison 17.61 13
300 M HURDLES	J. Kruse 42.17 06	Jordan Kruse 42.33 04	J. Kruse 42.78 05	H. Hansen 43.75 08	N. Anderson 43.67 98	H. Hansen 44.06 09	H. Hansen 44.46 07	S. Kunze 44.4 91	J. Kruse 44.8 03	T. Madison 45.01 13
HIGH JUMP	E. Osterdyk 6' 2" 10	T. Schwarz 6' 2" 00	M.Hansmann 6' 1" 10	T. Schwarz 6' 0" 99	J. Dedic 5' 10" 11	M.Hansmann 5' 10" 11	E. Osterdyk 5' 10" 08	J. Skalicky 5' 10" 08	E. Osterdyk 5' 10" 08	J. Skalicky 5' 10" 08
LONG JUMP	N.Cummings 22'4.5" 11	N. Cummings 20' 4.5" 12	L. Williams 20' 1.75" -01	J. Kruse 19' 11.5" 04	J. Carter 19' 10.5" 09	J. Kruse 19' 9" 06	P. Skalicky 19' 8" 12	J. Carter 19' 6.5" 08	L. Williams 19' 6" 00	Chris Olson 19' 5" 91
TRIPLE JUMP	N. Cummings 43' 5.5" 12	Joey Carter 40' 6.25" 09	J. Carter 40' 6" 08	Matt Wirth 40' 4" 02	Paul Johnson 39' 9" 99	Jo Clementson 39' 8" 06	E. Skalicky 3'9 5.5 -12	J. Oare 39' 4" 01	P. Skalicky 39'3.25"-12	Ja. Clementson 38' 11" 02
DISCUS	M. Rydberg 157' 5.5" 02	M. Rydberg 149' 2.5" - 01	M. Rydberg 147' 10.5" -00	B. Mettling 144' 0" 00	H. Hansen 140' 7" 09	Dan Hambly 136' 7" 09	D. Hambly 133' 3" 08	S. Isaacson 132' 9" 90	Josh Barnes 127' 0" 03	H. Hansen 125' 5.5" 08
SHOT PUT	M. Rydberg 52' 11.25" -02	M. Rydberg 51' 9.5" 01	M. Rydberg 47' 6" 00	Brian Olson 44' 0" 98	Brian Olson 42' 0" 97	S. Isaacson 42' 0" 90	M. Rydberg 41' 2.75" 99	Dan Hambly 40' 11.5" 08	D. Hambly 40' 8" 09	David Rolf 40' 2" 04
POLE VAULT	Nate Thieman 13' 0" 00	P. Stephan 12' 6" 98	D. Prokott 12' 0" 11	N. Thieman 12' 0" 99	E. Osterdyk 11' 9" 10	J. Skalicky 11' 8" 09	D. Prokott 11' 5" 12	D. Prokott 11' 3" 10	P. Stephan 11' 0" 97	N. Thieman 11' 0" 98

PINE CITY GIRLS' TRACK AND FIELD SCHOOL RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	12.73	Erin Pangerl	2011
200 m Dash	26.42	Holly Staples	2010
400 m Dash	60.07	Erin Pangerl	2010
800 m Run	2:26.84	Sherry Rike	2012
1600 m Run	5:37.70	Jenna Fore	2003
3200 m Run	12:27.58	Abby Cummins	2013
100 m Hurdles	16.54	Chantel Hersbergen	1994
300 m Hurdles	49.14	Carissa Jahnz	2013
4 x 100 m Relay	52.79	Katie Meyer, Amanda Peil, Molly Sloan, Tera Kazek	1998
4 x 200 m Relay	1:50.17	Maria Bellinger, Kasey Perell, Emily Branzovsky, Becky Osterdyk	2006
4 x 400 m Relay	4:16.81	Meleia Johnson, Jenna Fore, Cassie Filler, Becky Osterdyk	2003
4 x 800 m Relay	10:22.29	Abby Cummins, Allison Gusk Jordan Kotek, Sherry Rike	2013
High Jump	5' 4"	Holly Staples	2010
Long Jump	16' 7"	Erica Delak	1991
Triple Jump	32' 8"	Lisa Drexler	2005
Pole Vault	10' 0"	Maria Bellinger	2007
Shot Put	38' 2"	Karina Nordrum	2011
Discus	117' 9"	Karina Nordrum	2011

PINE CITY BOYS' TRACK AND FIELD SCHOOL RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	11.24 11.1 (HH)	Jordan Pangerl Chris Olson	2012 1991
200 m Dash	22.80 22.6 (HH)	Paul C. Johnson Chris Harrison	1999 1979
400 m Dash	51.09	Nick Cummings	2012
800 m Run	01:56.7	Tom Nelson	1980
1600 m Run	4:22.97	Jared Clementson	2004
3200 m Run	09:52.0	Jon Bloom	1991
110 m Hurdles	16.01 15.8 (HH)	Jordan Kruse Tom Nelson	2006 1980
300 m Hurdles	42.17	Jordan Kruse	2006
4 x 100 m Relay	43.70	Mike Hansmann, Jordan Pangerl, Nick Cummings, Adam Olson	2011
4 x 200 m Relay	1:31.39	Mike Hansmann, Jordan Pangerl, Nick Cummings, Adam Olson	2011
4 x 400 m Relay	3:28.39	John Hansen, Andy Wirth, Mike Johnson, Paul Johnson	1999
4 x 800 m Relay	8:27.89	Jeremy Lee, Peter Johnson, Ryan Hammill, Jason Oare	2001
High Jump	6' 8.25"	Tom Nelson	1980
Long Jump	22' 4.5"	Nick Cummings	2011
Triple Jump	43' 5.5"	Nick Cummings	2012
Pole Vault	13' 8.5"	Chuck Novak	1972
Shot Put	52' 11.25"	Mike Rydberg	2002
Discus	157' 5.5"	Mike Rydberg	2002

2014 Dragon Track and Field Awards

Track and Field - MVP

Elsie Lundquist
Natalie Cahill

Jordan Spahr

Dragon "3-D" Award

(Dedication, Determination, Drive)

Allison Gusk

Jason Nowling

Most Improved Award

Ashli Webster

Sully Schmidt

Rookie of the Year

Alexis Pankonin
Alexis Thieman

Aaron Pulkrabek
Tommy Ryan

Perseverance Award

Rachel Krautbauer
Brenna Richardson
Sarah Nisley
Melissa Farrand

Jordan Spahr

Sportsmanship Award

Jackie Westeren

Jonah Spahr

TEAM CAPTAINS

Jackie Westeren

Jordan Spahr

Kaylyn Utecht

Jonah Spahr

ALTERNATE CAPTAINS

Sarah Nisley

Connor Clark

CONFERENCE TEAM CHAMPIONS

Girls' Team: 130 points

ALL-CONFERENCE AWARDS:

Alexis Pankonin	4 x 400 m Relay
Jackie Westeren	4 x 400 m Relay
Marin Foss	4 x 400 m Relay
Alexis Thieman	4 x 400 m Relay
Allison Gusk	Long Jump
Jonah Spahr	4 x 800 m Relay
Tommy Ryan	4 x 800 m Relay
Eli Grubbs	4 x 800 m Relay
Aaron Pulkrabek	4 x 800 m Relay
Sully Schmidt	4 x 200 m Relay
Jason Nowling	4 x 200 m Relay
Jordon Stevens	4 x 200 m Relay
Dennis Skalicky	4 x 200 m Relay
Dakotah Neid-Hinrichs	High Jump

HONORABLE MENTION AWARDS:

Natalie Cahill	300m Hurdles, Triple Jump
Melissa Farrand	100m Hurdles
Jason Nowling	Triple Jump

2014 Letter Winners:

Melissa Farrand

Rachel Krautbauer

Sarah Nisley

Brenna Richardson

Jordan Spahr

Connor Clark

Jonah Spahr

Jordon Stevens

Tristan Zybtofsky

Jason Nowling

Cassi Miesner

Kaylyn Utecht

Jackie Westeren

Dennis Skalicky

Sully Schmidt

Weston Berens

Allison Gusk

Jordan Kotek

Eli Grubbs

Dakotah Neid-Hinrichs

Aaron Pulkrabek

Elsie Lundquist

Natalie Cahill

Breckan Pangerl

Alexis Pankonin

Ashli Webster

Grace Langmade

Alison Brown

Marin Foss

Tommy Ryan

Alexis Thieman



Coach Clementson

Coach Thieman Coach Stoltz Coach Etta

Coach Hussong Coach Brevier

*Thanks for a
FUN season!*

- Coaches

GIRLS

GREAT RIVER CONFERENCE



CHAMPS

2014

GIRLS' "BESTS" - 2014

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Melissa Farrand - 12	2010				01:15.7			
	2011				71.8 - Og			
				30.4sp - Fol	72.0 sp- RC			
	2012				71.6 - Fol			
			14.0sp - H/F	32.9sp - RC				
	2013			14.8sp - In	29.9 sp -GRC			
	2014		14.1sp - Relay	30.4sp - GRC				
Rachel Krautbauer - 12	2010		15.3					
	2011	8.5 - Fol	15.2 - Og	32.3 - RC				
			14.6sp - Fol	31.5sp - RC				
	2012	8.5 - Fol	15.02 - Fol	31.4 - PC	78.1 - Fol			
			12.7sp - Fol	33.1sp - Fol				
	2013		14.7 - GRC	31.4 - Hinck				
		13.8sp - Tig	31.8sp - Tig					
	2014		14.93 - Sub					
			13.7sp - TT	32.5sp - PC				
Sarah Nisley - 12	2010							
	2011							
	2012							
	2013							
	2014							
Brenna Richardson - 12	2010					3:22	7:25	
	2012				75.9 - H/F	3:04.5 - Og	6:27.9 - PCjv	13:22.9 - GRC
			15.0sp - GR	32.1sp - H/F		3:02.7sp - RC		
	2013				79.3 - Tig		7:12.70 - Folln	14:41.82 - Sub
	2014		15.9 - RC			2:54.9 - RC	6:31.36 - Sub	14:37.74 - Sub
		16.0sp - Relay		76.5sp - Hinck	2:56sp - Hinck			
Leonie Hoppe - F.E.S.	2014		16.4sp - Relay	31.7sp - In	73sp - Relay			
Katherine Kwak - F.E.S.	2014		16.5 - jv pc	35.3 - jv pc			8:01 - In	
				35sp - Relay				
Carina Niewind - F.E.S.	2014		15.7 - jv pc			3:00.2 - PC	6:48.8 - PC	
Cassi Miesner - 11	2010			32.8				
	2011		15.0	31.4		2:55.0 - Sub		
	2012		14.4 - GRC	29.50 - Sec	73.5 - Tig			
			14.3sp - H/F	30.8sp - GR				
	2013		13.9 - GRC	28.82 - Sub				
			13.7sp - TT	29.5sp - Hinck	70.0sp - Hinck			
	2014		14.67 - Sub	30.5 - RC				
			14.0 sp - Sub	29.2sp - RC				
Kaylyn Utecht - 11	2010			31.7	01:13.9			
	2011			30.4	70.09 - Sub	02:53.2		
					70.9sp- Sub	2:50.7sp - GRC		
	2012		14.6 - On	30.34 - Fol	68.7 - H/F	2:48.8 - PC		
				28.8sp - PC	69.8sp - Fol	2:44.7sp - GR		
	2013			30.58 - TT	70.4 - Tig	2:53.6 - Hinck		
		14.6sp - Sub	28.9sp - GRC	71.9sp - Tig	2:52.7sp - Tig			
	2014			29.8 - PC				
			14.1sp - PC	29.9sp - Sub				

GIRLS' "BESTS" - 2014

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Jackie Westeren - 11	2010				01:14.4			
	2011				01:28.0		06:36.0	
	2012					2:50.0 - Tig	6:12.8 - GRC	
	2013				74.5sp - H/F	2:52.8sp - Og		
	2014				70.88 - Sub		6:43.67 - TT	
					68.59 - Sub	2:55sp - Hinck		
					68.3sp - Sub			
Jessica Brytowski - 10	2012		17.5	37.5				
	2013		17.6 - Tig					
	2014							
Allison Gusk - 10	2011		15.4	31.9	72.7	3:06.1sp - Sub	06:47.2	14:27.1 - GRC
	2012			14.7	30.7	67.9sp - GRC	02:54.7	5:58.05 - Sec
	2013						6:02.38 - Sub	
	2014					67.6sp - Sub	2:38.8sp - Sec	
							2:44.18 - Sub	5:54.79 - Sub
					73.8sp - In	2:45sp - Hinck		
Jordan Kotek - 10	2011			31.3		02:51.5	6:10.8 - GRC	
	2012		14.3	31.0	76.5	2:43.8 - GRC	7:07	
			13.8sp - Sub	29.0sp - Sub				
	2013					2:31.48 - Sub		
	2014					65.6sp - Sub	2:35.2sp - Sec	
				30.37 - Sub		3:07.6 - In		
			14.4sp - GRC	28.5sp - Sub	76.8sp - In	2:52sp - Hinck		
Gracie LeBrun - 10	2012		15.3	35.4		03:17.2		
	2013	10.10-Folln		35.3 - Tig				
	2014		18.5sp - In				7:16.9 - RC	
Cassidy Stream - 10	2011		15.3	33.3	74.3			
	2012		16.1	34.1	77.4			
	2013	8.4 - In	13.0sp - GRC	31.5 - Tig	72.1 - Tig			
	2014		15.22 - Sub	32.5 - RC				
			14.3sp - RC	33.4sp - Hinck	73.5 - RC			
Natalie Cahill - 9	2012			31.2	01:15.7			
	2013			31.6				
	2014							
Taylor Darlow - 9	2012		15.3	33.2	1:18			
	2013			34.8	01:14.7			
	2014	8.8 - In	15.3 - Hinck	33.4 - Hinck				
				33sp - Relay				
Shantel Henkel - 9	2014							
Elsie Lundquist - 9	2012			14.1	29.5			
	2013			13.7	29.7 - GRC			
					28.0sp - GRC			
	2014		14.1 - PC	30.1 - In TT				
			13.5sp - TT	28.4sp - Sub				
Breckan Pangerl - 9	2012		14.7	30.7	76.1	03:10.8		
	2013				32.0			
	2014	8.4 - In	14.4 - jv pc	30.58 - Sub				
			14.5sp - Sub	30.1sp - PC				

GIRLS' "BESTS" - 2014

55 m hurdles	100 m hurdles	300 m hurdles	high jump	long jump	triple jump	discus	shot put	pole vault
	20.5			10' 7"				
				7' 7.5"		18' 4"	18" 7"	
						47' 0"	19' 8" - GRC	
							18' 2" - Hinck	
				14' 6" - Sub				
				15' .5" - GRC				
				14' 10" - GRC				
				12' 9"				
				13' 3"				
				13' 5.25" - GRC				
				12' 1" - Relay	26' 9" - GRC			
				9' 4.5"			19' 10"	
						54' 1" - JV	18' 0" - In	
						47' 0.5" - PC	18' 4.5" - PC	
				11' 1"				
				10' 10"				
					22' 9" - Fol			
	20.0			12' 1.5"				
	19.6			12' 2"				
11.1 - In	19.59 - Sub	54.37 - Sub		14' 6" - Sub	30' 9.75" - Sec			
				10' 8"				
				10' 7"				
				10' 7" - jv pc				
						43' 10.5 - PC	17' 5.5" - In TT	
	18.4	34.6 (200's)	4' 2"					
	17.8		4' 8"	11' 11"			26' 11"	
10.0 - In TT	18.27 - Sub		4' 9" - Sec	14' 4" - GRC	30' 7.5" - Sub	5' 6" - JV		
	20.5		4' 2"					
			3' 11"					
			4' 2" - In	12' 2.5" - Hinck				

GIRLS' "BESTS" - 2014

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run
Melinda Rydberg - 9	2012		16.0	35.0		1:22	03:21.7	
	2013							
	2014			32.4 - jv pc				
Alondra Sanchez - 9	2014		15.6 - jv GRC	33.2 - jv GRC				
Samantha Willert - 9	2014		17.7 - jv pc	39.4 - ln TT				
Maisie Berg - 8	2013		15.3					
	2014	8.8 - ln		32.5 - jh pc 33.2sp - Hinck				
Caroline Bergwick - 8	2013					01:19.0	03:27.0	
	2014	10.3 - ln		37.8 - jh GRC				
Alison Brown - 8	2013						03:09.0	
	2014						6:33 - Relay 2:48.5sp - ln 6:23 - jh pc	13:41.35 - Sub
Charisma Christenson	2013		15.3					
	2014							
Marin Foss - 8	2014				72.2 - jh pc 71.2sp - Hinck	2:45.9 - RC 2:48sp - Relay		
Janae Johnson - 8	2013						3:19	
	2014				76.5 - jh pc	3:12 - ln TT		
Grace Langmade - 8	2014				71.5 - RC	2:37.28 - Sub 2:42sp - TT	6:15.5 - Hinck	13:54.9 - GRC
Ariana Ledesma - 8	2013		14.4	33.3				
	2014	8.8 ln	15.0 - jh GRC 13.5sp - Relay	32.1 - jh pc 32.9 - ln TT				
Alexis Pankonin - 8	2013		14.8					
	2014		13.9 - PC 13.8 - jh pc	29.3 - RC 27.9sp - Sec	64.57 - Sub 65.6sp - GRC			
Kaley Perlick - 8	2014				75.0 - jh pc 74.8 - RC	2:53.13 - Sub 2:59sp - Relay		
Karissa Soderbeck - 8	2014							
Lauren Sommer - 8	2013			32.7		01:14.6		
	2014		15.6 - jh pc	31.6 - jh hf 32.0 - PC	70.07 - Sub 70.3sp - Sub			
Ashli Webster - 8	2013						03:13.3	0:06
	2014					2:51.1 - jh pc 2:47sp - Sub	6:07.0 - jh GRC 6:16.5 - Hinck	12:56.34 - Sub
Makala Butenhoff - 7	2014		15.5 - jh pc	33.1 - jh pc			6:15.3 - jh GRC 6:31 - Relay	
Elizabeth Cahill - 7	2014							
Savannah Clifford - 7	2014							
Tommi Hernandez - 7	2014		16.4 - jh grc	34.6 - jh grc				

GIRLS' "BESTS" - 2014

55 m hurdles	100 m hurdles	300 m hurdles	high jump	long jump	triple jump	discus	shot put	pole vault
				10' 10.25"				
	21.1			9' .75"				
12.3 - ln	21.1 - RC			10' 11" - jv pc				
						49' 5.5" - jv grc	14' .75" - jv grc	
							16' 10.5" - ln	
				9' 1" - ln TT		54' 11" - jv grc	17' 4.5" -jv grc	
						52' 3" - RC	17' 10.25 - PC	
				10' 3"			28' 1.5"	
				10' 6" - jh pc		44' 0" - Hinck	25' 8.5" - Sub	
	26.5			9' 4"				
	22.6			9' 8"				
			4' 5"					
	20.6			11' 5"				
	21.4 - PC			11' 4.5"				
				9' 11"				
				10' 0"				
						54' 0" - jh GRC	24' 4" - jh GRC	
							21' 0" - Sub	
				8' 5"				
11.8 - ln TT	21.6 - PC	59.20 - Sub	4' 2" - ln					
13.8 - ln TT	23.1 - jh grc							
			3' 6" - jh pc					
				?				

GIRLS' "BESTS" - 2014

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Kaylee Prihoda - 7	2014			33.3 - In TT	78.7 - In TT	2:51.1 - RC 2:55sp - Sub	6:37.7 - jh grc	
Emma Schmidt - 7	2014		15.0 - jh hf	33.3 - In TT			7:13 - In	
Megan Stransky - 7	2014		14.9 - jh pc	33.7 - jh pc				
Alexis Thieman	2014			32.2 - In TT	67.7 - jh grc 67.7sp - Sub	2:41sp - Sub	7:09 - In	
4 x 100 m Relay - 8	1998	59.2						
	1999	59.9						
	2000	57.9						
	2002	57.7						
	2003	56.9						
	2004	59.1						
	2006	65.58						
	2008	57.8	Ashley,Holly, Megan, Jordin					
	2010	62.3						
	2012	65.2	Gusk, Brytowski, Larson, Kotek					
	2013	58.3	Lindquist, Cahill, Pangerl, Rydberg					
	2014	60.2	Sommer, Perlick, Langmade, Ledesma					
4 x 200 m Relay -8	1998	2:11						
	1999	2:22						
	2000	2:04.5						
	2013	02:17.9	Darlow, Rydberg, Wildhurt, Bursott					
	2014	02:11.3	Sommer, Perlick, J. Johnson, Berg					
4 x 200 m relay - 7	1998	2:16.0						
	1999	2:08.6						
	2001	2:08.2						
	2010	02:20.8						
	2013	02:13.4	Sommer, Ledesma, J. Johnson, Christenson					
	2014	02:07.6	Prihoda, Schmidt, Butenhoff, Thieman					
4 x 100 m Relay - 7	1998	60.2						
	1999	59.6						
	2001							
	2002	60.8						
	2003	61.8						
	2006	58.6	Larson, Staples, Harper, Ostler					
	2008	60.8	Jahnz, Granger, Rike, Valvoda					
	2012	59.6	Cahill, Pangerl, Rydberg, Lundquist					
	2013	62.6	Sommer, Pankonin, Ledesma, J. Johnson					
	2014	60.8	Schmidt, Stransky, E. Cahill, Thieman					
4 x 200 m Relay -7/8	2012	2:14	Larson, Rydberg, Stream, Kotek					
	2014	2:10	Langmade, Foss, Perlick, Thieman					
4 x 100 m Relay-7/8	2012	57.6	Larson, Gusk, Pangerl, Lundquist					
	2014	65	Bergwick, Christenson, Butenhoff, Schmidt					

BOYS' "BESTS" - 2014

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Jordan Spahr - 12	2010	7.5 - Fol	13.6					
	2011		13.3sp - Fol					
	2012		12.3 - PC	25.3 - PC	59.7 - Tig			
	2013	7.3 - In	11.6 - GRC	24.12 - Sub				
			12.3sp - Hin	23.9sp - Tig	62.2sp - In			
	2014	6.7 - In	11.81 - Sub	23.8 - PC	58.2 - GRC			
		12.6sp - PC	24.4sp - RC	56.9 - Relay				
Connor Clark - 11	2010		13.1	27.8				
	2011		12.3	26.96 - Sub				
	2012	7.2 - In	12.4 - Og		64.1 - H/F			
			11.3sp - H/F	24.4sp - GR				
	2013	7.3 - In		25.5 - GRC	65.1 - Hinck			
			11.0sp - GRC	24.4sp - TT	65.6sp - Tig			
2014		12.1 - PC	25.0 - PC					
		11.7sp - PC	25.0sp - RC					
Jason Nowling - 11	2013	7.71-Folln	12.6 - Tig					
			11.0sp - TT	26.3sp - TT				
	2014		12.4 - PC	27.4 - In TT				
			12.3sp - Hinck	24.7sp - RC	60.5sp - GRC			
Sam Roberto - 11	2011		12.5	28.2				
	2012		12.5 - PCjv	27.6 - PCjv	70.4 - PC			
			12.0sp - Tig					
	2013		12.7 - GRC	27.4 - Tig				
			12.2sp - Hinc	25.5so-Folln				
2014		12.95 - Sub	28.47 - Sub					
Jonah Spahr - 11	2011					02:46.3	06:01.6	
	2012					2:27.2sp - H/F	5:28.8 - GRC	11:47.0 - H/F
	2013						5:29.8 - Tig	11:14.72 - Sub
						2:24.8sp - Hin		
	2014						5:18.8 - Hinck	11:32.7 - RC
					59.9sp -Relay	2:17sp - Sub		
Jordon Stevens -11	2010							
	2011			27.8	63.2	02:45.9		
	2012		11.9sp - RC		65.0 - On			
	2013							
	2014		11.6sp - TT	24.8sp - Sub				
Tristan Zbytovsky	2010		13.5	28.9				
	2011		12.9	26.9				
	2012	6.9 - In	12.1 - RC	25.3 - Og	59.4 - PC			
			12.0sp - Fol	23.7sp - Fol				
	2013	7.2 - In	11.73 - Sub	24.6 - Hin				
				24.9sp - Hin				
2014		11.6 - PC	23.1 - PC					
		10.8sp - PC						

BOYS' "BESTS" - 2014

55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
						54' 1"	35' 6"	
							26' 10" - GRC	
				14' 9"				
				14' 1"				
						70' 0" - Tig	21' 9" - Fol In	
						60' 11" - RC		
			5' 0" - In		33' 11.5" - GR			
			5' 0" - Sub		35' 4.5" - GRC			
				15' 1.5"				
							24' 8" - Folln	
				13' 8" - PC				
							39' 7.5"	
						95' 5" - GRC	30' 9.5" - Fol	
						101' 2" - Sub	34' 7.5" - In	
						115' 4" - Sub	32' 11" - In	
	19.8			13' 11.5"				

BOYS' "BESTS" - 2014

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Jon Bergwick - 10	2011		16.7			02:56.8	7:14	
	2012		17.4			2:52	6:09	
	2013					2:40.1 - Hin	5:44..14 - Sub	
	2014					2:49.16 - TT	5:56.8 - PC	
Weston Berens - 10	2011		16.7					
	2012		15.4	33.0	01:14.6			
	2013				69.0 - In			
	2014		13.8sp - Tig 12.8sp - Sub	29.9sp - Fol 27.4 - Relay				
Marco Harthopf	2014							
Ryan Linnell - 10	2012		13.3	27.3	01:07.2	02:44.6		
	2013	7.62-Folln	12.7 - Tig 12.0sp - Sub	28.1 - In 29.2sp - Fol	61.7 - Hinck			
	2014	7.4 - In	13.1 - GRC 11.6sp - RC	26.6 - PC	64.4 - PC 61.5sp - Hin			
Sully Schmidt - 10	2011		15.8					
	2012		15.5	32.1	1:14			
	2013	7.83-Folln	13.2 jv 13.0sp - In	29.6 - In	61.4 - Tig			
	2014		12.5 - jv grc 12.6sp - RC	28.6 - In 26.2sp - Hin				
Dennis Skalicky - 10	2011		14.8	29.8				
	2012		12.8	26.9	01:02.7			
	2013			27.5 - In	56.66 - Sub 57.0sp - Sub			
	2014			25.7 - GRC 24.2sp - TT	56.81 - Sub 56.8sp - Sub			
Alec Zamorano	2014	7.5 - In		28.7 - In TT	70.7 - In TT			
Joe Ascherman - 9	2012		15.9	37.9	1:27			
	2013			30.5				
	2014				71.9 - PC			
Eli Grubbs - 9	2013					5:35.40 - Sub	12:30.7 - GRC	
	2014					2:30.3so - GRC 66.8 - In TT 60.2sp - Rel	2:26.8 - Hin 5:09.80 - Sub 2:19sp - Sub	
Kyle Miller	2014		12.8 - jv grc	27.1 - jv HF 23sp - Relay				
Dakotah Neid-Hinrichs	2012			30.9	01:07.2			
	2013							
	2014			27.4 - In TT 26.1 - Hinck				

BOYS' "BESTS" - 2014

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
	22.8							
		21.0		9' 4"				
	20.1							
	18.9	35.5 (200's)		11' 8"				
10.45-Folln	20.3 - Tig	51.47 - Sub						
10.2 - In	19.23 - Sub	50.6 - RC						
						110' 0" -jv	37' 7.25" - jv	
							30' 9" - In	
	19.5			16' 0"				
				15' 8" - Hin				
	21.6		4' 0"	12' 1"				
	19.8	35.7 (200's)	4' 6"					
			5' 1" - Sub					
	17.2* - jv grc		5' 2" - GRC	17' 2.75" - jv	35' 4" - GRC			
	18.6			13' 1"				
				14' 10.25"				
							24' 7.5" - In	
	24.2		4' 0"					
	20							
			4' 8" - jv pc					
				14' 6" - In				
		19.0 40.0 (200's)	5' 0"				34' 7"	
11.5 - In	21.5 - Relay	49.82 - Sub	5' 8" - GRC	17' 1" - Sub			32' 6" - Relay	

BOYS' "BESTS" - 2014

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Aaron Pulkrabek - 9	2012		12.9	27.1	60.7	02:40.2	5:45	
	2013		12.9					
	2014		12.1 - jh pc		56.04 - Sec	2:32.6 - In TT		
				11.8sp - RC		58.7sp - RC	2:21sp - Sub	
Blake Shermer - 9	2012		16.6		01:18.8	02:58.8		
	2013				01:16.6			
	2014				75.3 - In TT			
Charles Fix - 8	2013							
	2014		14.0 - jh grc	30.7 - jh grc				
Nathan Kleppe - 8	2014	7.7 - In	13.2 - jh hinck	28.4 - In TT		2:49.9 - RC		
			12.8sp - Hinck					
TJ Rank - 7	2014					2:57.4 - jh grc	6:13.6 - GRC	13:34.0 - RC
Tommy Ryan - 7	2014		13.1 - jh pc		66.8 - In TT	2:22.79 - Sub	5:15.7 - jh grc	
					63.8 - PC	2:20sp - Sub		
Cody Somora - 7	2014			36.3 - jh pc				
4 x 100 m Relay -8	2000	55.3						
	2010	57.8						
	2012	56.9	Linnell, Berens, Schmidt, Skalicky					
	2013							
	2014							
4 x 100 m Relay -7	1998	54.5						
	2000	58						
	2001	59.6						
	2003	59.4						
	2004	57.3						
	2005	55.6						
	2006	58.4	Kehn, Clune, Steele, Seals					
	2008	63.0						
	2010	58.3						
	2012	59.1	Neid-Hinrichs, Shermer, Stolp, Pulkrabek					
	2013							
	2014							
4 x 200 m Relay -7	2000	02:01.3						
	2001	02:09.6						
	2007	02:00.5						
	2013							
	2014							
4 x 100 m Relay -7/8	2012	52.64	Pulkrabek, Linnell, Skalicky, Hunter					
4 x 200 m Relay-7/8	2012	1:51	Pulkrabek, Linnell, Skalicky, Hunter					

BOYS' "BESTS" - 2014

55 m hurd	110 m hurd	300 m hurd	high jump	long jump	triple jump	discus	shot put	polevault
				15' 1"				
				15' 5.25"				
				18' 8" - GRC				
	23.2					63' 7.5"	26' 10"	
						73' 4"		
						70' 7" - GRC	22' 6.5" - In TT	
						70' 6" - Sub	25' 9" - Hinck	
				12' 8"				
	19.9* - jh grc		4' 8" - jh grc					
				9' 6.5" - jh pc		55' 1"	27' 8"	

**You can only ever grow
 as a human being
 if you're outside
 your comfort zone!**