

DRAGONS



20  16

2016 Dragon Cross Country Team



Great River Conference Champs



Dragon Cross Country

Trials

Seniors

2016

Nick bowl



Eli



Nick



Mora Time Trial
Thursday, August 25, 2016
mild and sunny

PINE CITY GIRLS' RESULTS:

3200 m

	<u>place</u>	<u>total time</u>		<u>1st mile</u>	<u>2nd mile</u>
1. Alaina Steele	5	13:37	PB	6:40	6:57
2. Ashli Webster	6	13:41	PB	6:47	6:54
3. Marin Foss	9	14:19		6:54	7:25
4. Grace Grubbs	10	14:23	PB	6:57	7:26
5. Lily Wilson	13	14:54	PB	7:30	7:24
6. Alexis Thieman	15	14:59	PB	7:31	7:58
7. Aaleaha Thieman	18	15:53	PB	8:02	7:51
8. Jill Tomczyk	29	17:17		8:30	8:47
9. Kaylee Prihoda	30	17:17	PB	8:30	8:47
10. Nicole Peters	31	17:41		8:18	9:23
11. Sarah Bombard	35	18:50	PB	9:19	9:31
12. Janae Johnson	36	18:52		9:19	9:32
13. Summer Rockstroh	39	19:23		9:20	10:03

#1 runner: Mora - 13:23

JUNIOR HIGH GIRLS:

1600 m

1. Ellaina Johnson	2	7:05	PB
2. Allison Cavallin	13	8:22	PB

#1 runner: Cambridge - 7:14

PINE CITY BOYS' RESULTS:

3200 m

	<u>place</u>	<u>total time</u>		<u>1st mile</u>	<u>2nd mile</u>
1. Eli Grubbs	4	11:02	PB	5:31	5:31
2. Tommy Ryan	5	11:17	PB	5:38	5:39
3. Nate Webster	13	11:40	PB	5:49	5:51
4. TJ Rank	22	12:35	PB	6:19	6:16
5. Noah Miller	23	12:40	PB	5:59	6:41
6. Remington Steele	28	13:00	PB	6:01	6:59
7. Max Graves	31	13:21	PB	6:35	6:46
8. Nick Stolp	34	13:33		6:37	6:56
9. Derek Clementson	38	13:52	PB	6:53	6:59
10. Koleman Lind	39	13:53	PB	6:57	6:56
11. Jake Adams	40	13:53	PB	6:54	6:59
12. Joseph Root	42	13:59	PB	7:00	6:59
13. Jacob Merrick	49	15:34	PB	7:46	7:48
14. Matthew Long	50	16:37	PB	8:03	8:34
15. Justin Stolp	51	16:39	PB	7:59	8:40

#1 runner: Michael Schwinghammer - Mora - 10:18

JUNIOR HIGH BOYS:

1600 m

1. Charlie Emmons	15	7:15	PB
2. Peyton Smetana	16	7:16	PB
3. Lukas Struss	17	7:16	
4. Parker Sell	18	7:17	PB
5. Aidan Welch	22	7:24	PB
6. Hunter Danielson	26	7:51	PB
7. Brayden Bombard	30	8:06	
8. Ethean Wiechman	31	8:07	PB
9. Bryce Roberts	33	8:22	PB

#1 runner: - Mora - 6:19

Brainerd Invitational Cross Country Meet

Friday, September 2, 2016

Mild and Sunny

PINE CITY GIRLS' RESULTS:

5000 m - 51 varsity & 47 JV runners

Top 5 Ave
23:09.0

	place	time	
1. Marin Foss	11	22:15.7	#4 Brainerd
2. Ashli Webster	14	22:26.8	#5 Brainerd
3. Alaina Steele	22	23:12.4	#7 Brainerd
4. Grace Grubbs	26	23:49.8	#8 Brainerd
5. Lily Wilson	27	24:00.0	PB #9 Brainerd
6. Alexis Thieman	31	24:22.1	
7. Grace Langmade	36	25:30.1	
8. Aaleaha Thieman	13jv	25:51.3	
9. Kaylee Prihoda	19jv	26:48.2	PB
10. Janae Johnson	34jv	29:02.8	
11. Nicole Peters	38jv	29:41.8	
12. Summer Rockstroh	42jv	32:02.2	
13. Jill Tomczyk	DNR		
14. Sarah Bombard	DNR		

#1 runner: Emily Rugloski - Brainerd - 20:15.6

JUNIOR HIGH GIRLS:

3200 m - 82 runners

	place	time
1. Ellaina Johnson	36	16:21.7
2. Allison Cavallin	53	16:52.5
3. Elly Tyberg	DNR	

#1 runner: Ella Sorensen - Alexandria - 14:06.4

PINE CITY BOYS' RESULTS:

5000 m - 48 varsity & 73 JV runners

Top 5 Ave
19:21.2

	place	time*	
1. Eli Grubbs	8	18:21	#1 Brainerd
2. Nate Webster	17	18:42	PB #3 Brainerd
3. Tommy Ryan	20	18:47	#4 Brainerd
4. Noah Miller	39	20:09	#8 Brainerd
5. Remington Steele	44	20:47	#9 Brainerd
6. TJ Rank	45	21:30	
7. Austin Eckert	47	21:43	
8. Derek Clementson	36jv	21:45	PB
9. Max Graves	43jv	22:19	
10. Jake Adams	44jv	22:37	
11. Koleman Lind	45jv	22:40	PB
12. Nick Stolp	42jv	22:45	
13. Joseph Root	48jv	22:53	
14. Jacob Merrick	53jv	23:18	PB
15. Justin Stolp	68jv	28:14	
16. Matthew Long	69jv	28:38	PB
17. Ethan Leibel	DNR		

#1 runner: Tyler Moore - Little Falls - 16:59*

JUNIOR HIGH BOYS:

3200 m - 116 runners

	place	time
1. Peyton Smetana	41	14:09.1
2. Parker Sell	59	14:39.5
3. Lukas Struss	67	15:03.0
4. Aidan Welch	68	15:03.1
5. Hunter Danielson	101	16:46.7
6. Brayden Bombard	105	17:18.7
7. Charlie Emmons	DNR	
8. Ethean Wiechman	DNR	
9. Bryce Roberts	DNR	

#1 runner: Seth Lemieur - Crosby-Ironton - 11:28.1

GIRLS' TEAM RESULTS:

1. Brainerd	34
2. Alexandria	54
3. Albany	77
4. Greenway N-K	83
5. Pine City	100
6. Little Falls	180
Pillager	
Crosby-Ironton	

JV Girls' Results:

1. Albany	33
2. Alexandria	54
3. Brainerd	73
4. Greenway N-K	107
5. Pine City	123
6. Little Falls	137

JH Girls' Results:

1. Alexandria	20
2. Albany	67
3. Crosby-Ironton	69
4. Brainerd	94
5. Pillager	136
6. Pequot Lakes	161
Pine City	
Little Falls	

BOYS' TEAM RESULTS:

1. Little Falls	38
2. Alexandria	54
3. Greenway N-K	70
4. Brainerd	87
5. Pine City	122
6. Albany	128
Pequot Lakes	
Crosby-Ironton	

JV Boys' Results:

1. Brainerd	30
2. Little Falls	63
3. Alexandria	72
4. Albany	91
5. Greenway N-K	106
6. Pine City	177

JH Team Results:

1. Crosby-Ironton	26
2. Alexandria	38
3. Little Falls	77
4. Brainerd	95
5. Pequot Lakes	162
6. Albany	184
7. Greenway N-K	200
8. Pine City	206

Pine City Invitational Cross Country Meet

Thursday, September 8, 2016

Mild and Sunny

PINE CITY GIRLS' RESULTS:

5000 m - 53 varsity & 45 JV runners

	place	time	
1. Ashli Webster	14	23:09	#6 PC
2. Marin Foss	16	23:23	#7 PC
3. Lily Wilson	24	24:10	#8 PC
4. Grace Langmade	27	24:39	BTY #9 PC
5. Alexis Thieman	30	24:48	#10 PC
6. Aaleaha Thieman	40	26:24	
7. Jill Tomczyk	7jv	26:35	
8. Kaylee Prihoda	8jv	26:40	PB
9. Summer Rockstroh	28jv	30:02	BTY
10. Sarah Bombard	29jv	30:02	PB
11. Alaina Steele	DNR		
12. Janae Johnson	DNR		
13. Grace Grubbs	DNR		

#1 runner: Rhianna Rinke - North Branch - 20:34

JUNIOR HIGH GIRLS:

2000 m - 56 runners

	place	time	
1. Ellaina Johnson	5 - 8th	9:04	
2. Beth Kemen	13 - 7th	9:32	PB
3. Allison Cavallin	9 - 8th	9:35	PB
4. Elly Tyberg	12 - 8th	10:05	PB
5. Hope Gregoire	24 - 7th	10:20	PB

#1 runner: Raechel Painovich - Hinckley-Finlayson - 8:22

PINE CITY BOYS' RESULTS:

5000 m - 54 varsity & 72 JV runners

	place	time	
1. Eli Grubbs	1	18:15	BTY
2. Nate Webster	4	19:05	
3. Noah Miller	23	20:16	
4. Derek Clementson	2jv	20:42	PB
5. Remington Steele	40	21:11	
6. TJ Rank	42	21:28	BTY
7. Nick Stolp	9jv	22:02	BTY
8. Austin Eckert	49	22:09	
9. Jake Adams	14jv	22:34	BTY
10. Koleman Lind	18jv	22:48	
11. Joseph Root	31jv	23:41	
12. Max Graves	35jv	23:54	
13. Jacob Merrick	42jv	24:08	
14. Justin Stolp	55jv	25:25	BTY
15. Matthew Long	58jv	25:55	BTY
16. Tommy Ryan	DNF	12:04 - 3200m	

#1 runner: Eli Grubbs - Pine City - 18:15

JUNIOR HIGH BOYS:

2000 m - 62 runners

	place	time	
1. Peyton Smetana	14	8:13	PB
2. Lukas Struss	18	8:22	PB
3. Aidan Welch	19	8:22	PB
4. Parker Sell	20	8:22	PB
5. Hunter Danielson	23	8:28	PB
6. Charlie Emmons	26	8:30	PB
7. Bryce Roberts	40	9:06	PB
8. Brayden Bombard	53	9:24	
9. Ethean Wiechman	49	9:29	PB

#1 runner: Ezra Metzger - Foley - 6:58

Top 5 Ave

24:01.8

GIRLS' TEAM RESULTS:

1. Mora	31
2. Milaca	65
3. North Branch	105
4. Pine City	107
5. Zimmerman	114
6. Hermantown	115
7. Foley	194
8. Rush City	207
Braham	Inc
Mille Lacs	Inc

JV Girls' Results:

1. Hermantown	21
2. Mora	49
3. Rush City	57
4. North Branch	97
Pine City	Inc
Hinckley-Finlayson	Inc
Milaca	Inc

7th Grade Girls' Results:

1. Mille Lacs	33
2. Hinckley-Finlayson	39
3. Mora	50

BOYS' TEAM RESULTS:

1. Milaca	41
2. North Branch	69
3. Foley	91
4. Pine City	96
5. Hermantown	104
6. Rush City	146
7. Maranatha	147
8. Zimmerman	159
Braham	Inc
Hinckley-Finlayson	Inc

JV Boys' Results:

1. Foley	53
2. North Branch	62
3. Pine City	66
4. Hinckley-Finlayson	89
5. Milaca	141
6. Hermantown	159
7. Rush City	166
8. Zimmerman	170
9. Maranatha	261

JH Team Results:

1. Foley	25
2. Hermantown	75
3. North Branch	88
4. Pine City	89
5. Rush City	101
6. Braham	145
7. Zimmerman	156
East Central	Inc
Hinckley-Finlayson	Inc
Milaca	Inc

Mora Invitational Cross Country Meet

Tuesday, September 13, 2016

cool and overcast

PINE CITY GIRLS' RESULTS:

5000 m - 69 varsity & 47 JV runners

	place	time
1. Marin Foss	13	21:32
2. Ashli Webster	19	22:11
3. Grace Grubbs	22	22:28
4. Lily Wilson	25	22:34
5. Grace Langmade	29	22:56
6. Alexis Thieman	31	23:04
7. Aaleaha Thieman	48	24:22
8. Jill Tomczyk	54	24:37
9. Kaylee Pihoda	7jv	24:57
10. Summer Rockstroh	31jv	27:43
11. Sarah Bombard	32jv	27:44
12. Janae Johnson	34jv	28:39
13. Alaina Steele	DNR	

#1 runner: Brook Wedin - Mora - 19:30

JUNIOR HIGH GIRLS:

2400 m - 61 runners

	place	time
1. Ellaina Johnson	18	11:12
2. Beth Kemen	21	11:16
3. Allison Cavallin	32	11:47
4. Ely Tyberg	DNF	
5. Hope Gregoire	DNR	

#1 runner: Cheyenne Kock - Mora - 10:21

PINE CITY BOYS' RESULTS:

5000 m - 76 varsity & 86 JV runners

	place	time	
1. Eli Grubbs	8	17:29	PB #3 Mora / T#99 A-T (T14)
2. Tommy Ryan	11	18:05	PB #8 Mora
3. Nate Webster	14	18:08	PB #9 Mora
4. Noah Miller	42	19:30	PB
5. Remington Steele	43	19:40	BTY
6. TJ Rank	54	20:04	BTY
7. Derek Clementson	62	20:28	PB
8. Jake Adams	15jv	20:33	PB
9. Joseph Root	26jv	21:11	PB
10. Austin Eckert	69	21:14	BTY
11. Max Graves	29jv	21:18	BTY
12. Nick Stolp	30jv	21:20	BTY
13. Koleman Lind	32jv	21:27	PB
14. Jacob Merrick	46jv	21:51	PB
15. Justin Stolp	52jv	22:25	PB
16. Matthew Long	75jv	24:26	PB

#1 runner: Micheal Schwinghamer - Mora - 16:14

JUNIOR HIGH BOYS:

2400 m - 90 runners

	place	time
1. Peyton Smetana	25	9:49
2. Parker Sell	26	9:54
3. Lukas Struss	28	10:00
4. Aidan Welch	31	10:04
5. Drake Willert	34	10:07
6. Charlie Emmons	39	10:13
7. Hunter Danielson	48	10:25
8. Ethean Wiechman	69	11:17
9. Brayden Bombard	72	11:32
10. Bryce Roberts	76	11:52

#1 runner: Ezra Metzger - Foley - 8:34

Top 5 Ave
22:18.2 #11 All-Time

GIRLS' TEAM RESULTS:

1. Mora	40
2. Howard Lake-W.W.	92
3. Pine City	104
4. North Branch	110
5. Princeton	117
6. Zimmerman	132
7. Moose Lake-Willow R.	161
8. Pierz	206
9. Rush City	224
10. Foley	231

JV Girls' Results:

1. Mora	21
2. Princeton	65
3. Rush City	66
4. Moose Lake-Willow R.	70
Pine City	Inc

JH Girls' Results:

1. Mora	37
2. North Branch	50
3. Hinckley-Finlayson	55
4. Mille Lacs	73
Pine City	Inc

BOYS' TEAM RESULTS:

1. Mora	23
2. Moose Lake-Willow R.	81
3. Pine City	112
4. North Branch	137
5. Foley	145
6. Braham	156
7. Howard Lake-W.W.	184
8. Pierz	188
9. Rush City	228
10. Princeton	230
11. Zimmerman	252

JV Boys' Results:

1. Mora	17
2. Moose Lake-Willow R.	51
3. Foley	109
4. Pine City	114
5. Hinckley-Finlayson	114
6. North Branch	154
7. Howard Lake-W.W.	202
8. Rush City	221
9. Zimmerman	250

JH Team Results:

1. Foley	36
2. Mora	38
3. North Branch	95
4. Pine City	132
5. Rush City	149
6. Pierz	172
7. Moose Lake-Willow R.	181
8. Braham	185
9. Zimmerman	218

Pierz Stampede Invitational Cross Country Meet

Monday, September 19, 2016

warm and sunny

PINE CITY GIRLS' RESULTS:

5000 m - 89 varsity & 106 JV runners

	place	time	
1. Alaina Steele	25	21:56.7	BTY #4 Pierz
2. Ashli Webster	38	22:32.7	#6 Pierz
3. Grace Grubbs	41	22:43.0	#7 Pierz
4. Lily Wilson	43	22:53.1	#9 Pierz
5. Marin Foss	46	22:58.0	#10 Pierz
6. Grace Langmade	47	23:02.9	
7. Alexis Thieman	49	23:05.9	
8. Aaleaha Thieman	20jv	24:38.9	
9. Kaylee Prihoda	28jv	25:18.5	
10. Jill Tomczyk	33jv	25:38.4	
11. Summer Rockstroh	55jv	27:30.5	BTY
12. Sarah Bombard	69jv	28:05.7	
13. Janae Johnson	70jv	28:08.9	BTY

#1 runner: Anna Donney - EdenVally-Watkns/K - 18:49.4

JUNIOR HIGH GIRLS:

3200 m - 100 runners

	place	time	
1. Ellaina Johnson	37	16:04.6	BTY
2. Beth Kemen	38	16:05.6	PB
3. Allison Cavallin	41	16:11.8	BTY
4. Hope Gregoire	69	18:00.0	PB
5. Elly Tyberg		DNR	

#1 runner: Liliana Schaeffer - Brainerd - 13:07.3

PINE CITY BOYS' RESULTS:

5000 m - 108 varsity & 172 JV runners

	place	time	
1. Eli Grubbs	15	17:52.6	
2. Tommy Ryan	17	18:10.6	
3. Nate Webster	42	19:09.1	
4. Noah Miller	54	19:33.3	
5. Derek Clementson	66	20:17.1	PB
6. TJ Rank	76	20:49.3	
7. Jake Adams	43jv	21:07.9	
8. Nick Stolp	50jv	21:21.6	
9. Remington Steele	83	21:30.8	
10. Joseph Root	67jv	22:05.7	
11. Koleman Lind	80jv	22:36.0	
12. Austin Eckert	89jv	23:02.2	
13. Justin Stolp	110jv	23:47.3	
14. Matthew Long	135jv	25:13.2	
15. Max Graves		DNR	
16. Jacob Merrick		DNR	

#1 runner: Alec Sandbeck - Mora - 16:31.3

JUNIOR HIGH BOYS:

3200 m - 125 runners

	place	time	
1. Peyton Smetana	26	13:32.7	PB
2. Parker Sell	27	13:38.4	PB
3. Lukas Struss	31	13:49.8	PB
4. Charlie Emmons	36	14:04.1	PB
5. Aidan Welch	49	14:27.8	PB
6. Hunter Danielson	59	14:54.4	PB
7. Drake Willert	80	15:52.4	PB
8. Brayden Bombard	91	16:26.1	BTY
9. Bryce Roberts	106	17:44.9	PB
10. Ethean Wiechman	108	17:51.0	

#1 runner: Jacob Johnson - Mora - 12:05.6

Top 5 Ave

22:36.7

GIRLS' TEAM RESULTS:

1. Annandale	57
2. Brainerd	57
3. Mora	71
4. EdenVally-Watkns/K	99
5. Maple Lake	113
6. Milaca	172
7. Pine City	189
8. Zimmerman	213
9. St. Cloud Cathedral	230
10. Osakis	247
11. Foley	330
12. Royalton	334

JV Girls' Results:

1. Annandale	33
2. Brainerd	40
3. Maple Lake	77
4. Mora	103
5. EdenVally-Watkns/K	118
6. St. Cloud Cathedral	136
7. Pine City	170
8. Milaca	246

JH Girls' Results:

1. Brainerd	43
9 complete teams	
Pine City	Inc.

Top 5 Ave

19:00.5

BOYS' TEAM RESULTS:

1. Mora	27
2. St. Cloud Cathedral	89
3. Brainerd	100
4. Annandale	132
5. Milaca	179
6. Pine City	189
7. St. Cloud Christian	193
8. Foley	196
9. Royalton	280
10. Maple Lake	282
11. Pierz	289
12. Braham	313
13. Zimmerman	334
14. EdenVally-Watkns/K	380
15. Maranatha Christian	392
16. St. John's Prep	414

JV Boys' Results:

1. Brainerd	60
2. Mora	29
3. St. Cloud Cathedral	35
4. Annandale	138
5. Pine City	221
6. Maple Lake	190
7. Foley	171
8. Hinckley-Finlayson	240
13 complete teams	

JH Team Results:

1. Mora	46
2. Annandale	46
3. St. Cloud Cathedral	59
4. Foley	103
5. Brainerd	114
6. Pine City	154
12 complete teams	

Milaca Mega Invitational Cross Country Meet

Saturday, September 24, 2016

cool and damp

PINE CITY GIRLS' RESULTS:

5000 m - 164 varsity & 441 JV runners
221 9th-grade & 230 10th-grade runners

	place	time	
1. Ashli Webster	46	21:41.5	BTY #5 MMM
2. Grace Grubbs	64	22:27.4	BTY #6 MMM
3. Lily Wilson	67	22:30.0	PB #7 MMM
4. Alexis Thieman	74	22:37.0	PB #8 MMM
5. Alaina Steele	78	22:41.8	#9 MMM
6. Grace Langmade	87	23:03.2	
7. Kaylee Pihoda	77 -10th	24:40.9	PB
8. Jill Tomczyk	153 -jv	24:55.5	
9. Aaleaha Thieman	110 -9th	25:25.5	
10. Summer Rockstroh	305 -jv	27:38.9	
11. Janae Johnson	336 -jv	28:10.0	
12. Sarah Bombard	181 -9th	28:18.9	
13. Marin Foss	DNR		

#1 Varsity runner: Brynnan Covington - Perham - 18:57.5

JUNIOR HIGH GIRLS:

3200 m - 252 7th-grade & 220 8th-grade runners

	place	time	
1. Allison Cavallin	98-8th	15:40.3	PB
2. Beth Kemen	159-7th	16:37.4	
3. Hope Gregoire	215-7th	18:23.7	
4. Ellaina Johnson	DNR		
5. Elly Tyberg	DNR		

#1 7th-grade runner: Tatum Leibke - Centennial - 12:42.1

#1 8th-grade runner: Marin Garrett - East Grand Forks - 12:34.2

PINE CITY BOYS' RESULTS:

5000 m - 154 varsity & 553 JV runners
329 9th-grade & 402 10th-grade runners

	place	time	
1. Tommy Ryan	25	18:03.9	PB
2. Nate Webster	33	18:14.4	
3. Eli Grubbs	56	18:39.2	
4. Noah Miller	92	19:28.7	PB
5. TJ Rank	102	19:41.7	PB
6. Derek Clementson	105	19:49.2	PB
7. Jake Adams	121	20:29.7	PB
8. Austin Eckert	158 -9th	21:15.1	
9. Remington Steele	240 -jv	21:17.1	
10. Nick Stolp	340 -jv	22:11.2	
11. Koleman Lind	246 -9th	22:50.2	
12. Joseph Root	417 -jv	23:06.4	
13. Justin Stolp	453 -jv	23:41.7	
14. Matthew Long	310 -9th	25:37.2	
15. Max Graves	DNR		
16. Jacob Merrick	DNR		

#1 Varsity runner: Michael Mitchell - Blake - 16:26.7

JUNIOR HIGH BOYS:

3200 m - 323 7th-grade & 336 8th-grade runners

	place	time	
1. Aidan Welch	71 -7th	13:30.3	PB
2. Peyton Smetana	145 -8th	13:47.5	
3. Lukas Struss	184 -8th	14:16.8	
4. Hunter Danielson	127 -7th	14:18.3	PB
5. Charlie Emmons	215 -8th	14:40.9	
6. Bryce Roberts	214 -7th	15:39.6	PB
7. Ethean Wiechman	270 -8th	15:40.9	BTY
8. Parker Sell	DNR		
9. Drake Willert	DNR		
10. Brayden Bombard	DNR		

#1 7th gr. runner: Mitiku Nies - Sartell - 11:28.8

#1 8th gr. runner: Ethan Vargas - Trinity Academy, Wi - 11:09.7

Top 5 Ave 22:23.5

GIRLS' TEAM RESULTS:

1. Fairmont (2)	75
2. Perham (1)	82
3. LQPV-DB (6)	101
4. Proctor (10)	153
5. Mora	178
6. Blake	178
7. Canby-Minneota	220
8. Greenway-N.K.	241
9. Pine City	305
10. Dilworth-Glyndon-F.	327
11. North Shore	332
12. St. Cloud Cathedral	336
13. Martin County West	357
14. Jordan	392
15. South Ridge	398
16. Esko	436
17. Moose Lake-Willow R.	468
18. SMSENUC	483
19. EdenValley-WatkinsK.	487
20. Melrose	501
21. Fargo Shanley	513
22. Watertown-Mayer	535
23. Benson-KMS	613
24. Virginia	617

BOYS' TEAM RESULTS:

1. Fargo Shanley, ND	152
2. Esko (9)	171
3. Jordan (11)	172
4. St. Cloud Cathedral	175
5. LQPV-DB (5)	180
6. Moose Lake-Willow R.	190
7. Blake	191
8. Dilworth-Glyndon-F.	203
9. Greenway-N.K.	220
10. Martin County West	247
11. North Shore	253
12. Fairmont	264
13. Pine City	305
14. Melrose	321
15. Milaca	323
16. Benson-KMS	353
17. Canby-Minneota	408
18. Virginia	446
19. Watertown-Mayer	482
20. Foley	504
21. Proctor	606

Foley Invitational Cross Country Meet

Thursday, September 29, 2016

warm and sunny

PINE CITY GIRLS' RESULTS:

5000 m - 57 varsity & 75 JV runners

	<u>place</u>	<u>time</u>	
1. Summer Rockstroh	36jv	26:10.7	BTY
2. Janae Johnson	46jv	26:45.3	BTY
3. Sarah Bombard	DNF		

Top 5 Ave N-A

GIRLS' TEAM RESULTS:

1. Mora	36
2. Albany	55
3. Spectrum	95
4. St. Cloud Cathedral	114
5. Princeton	126
6. Zimmerman	128
7. Pierz	214
8. Big Lake	218
9. Foley	223
Pine City	Inc

#1 Varsity runner: Brook Wedin - Mora - 20:05.7

#1 JV runner: Grace Rieland - Albany - 21:48.1

JUNIOR HIGH GIRLS:

3200 m - 62 runners

	<u>place</u>	<u>time</u>	
1. Beth Kemen	14	16:00.0	PB
2. Hope Gregoire	40	18:52.4	
3. Allison Cavallin	DNF		
4. Ellaina Johnson	DNR		
5. Elly Tyberg	DNR		

#1 runner: Carissa Andres - Pierz - 14:34.6

JV Girls' Results:

1. Albany	21
2. Mora	47
3. St. Cloud Cathedral	84
4. Spectrum	91
5. Princeton	136
6. Big Lake	180
Pine City	Inc

JH Girls' Results:

1. Albany	32
2. St. Cloud Cathedral	70
3. Big Lake	76
4. Mora	77
5. Spectrum	108
Pine City	Inc

PINE CITY BOYS' RESULTS:

5000 m - 61 varsity & 115 JV runners

	<u>place</u>	<u>time</u>	
1. Nick Stolp	47jv	20:55.0	BTY
2. Joseph Root	63jv	22:00.7	
3. Koleman Lind	73jv	22:21.9	
4. Justin Stolp	87jv	23:13.5	
5. Matthew Long	103jv	25:02.4	
6. Max Graves	DNR		
7. Jacob Merrick	DNR		

Top 5 Ave 22:42.6 JV

BOYS' TEAM RESULTS:

1. Mora	19
2. St. Cloud Cathedral	65
3. Big Lake	111
4. Spectrum	121
5. Albany	128
6. Foley	166
7. Pierz	190
8. Princeton	196
9. Zimmerman	231

#1 Varsity runner: Michael Schwinghamer - Mora - 17:10.8

#1 JV runner: Jared Greenberg - Mora - 18:17.9

JUNIOR HIGH BOYS:

3200 m - 96 runners

	<u>place</u>	<u>time</u>	
1. Peyton Smetana	22	13:21.5	PB
2. Parker Sell	23	13:21.7	PB
3. Aidan Welch	31	14:04.5	
4. Charlie Emmons	38	14:16.8	
5. Hunter Danielson	39	14:20.1	
6. Lukas Struss	43	14:26.9	
7. Drake Willert	57	15:00.9	PB
8. Bryce Roberts	76	16:03.9	
9. Brayden Bombard	81	16:39.7	
10. Ethean Wiechman	82	16:40.7	

#1 runner: Josh Rawis - Mora - 12:24.4

JV Boys' Results:

1. Mora	20
2. St. Cloud Cathedral	37
3. Big Lake	86
4. Albany	120
5. Foley	128
6. Spectrum	177
7. Zimmerman	231
8. Pine City	232
9. Milaca	263

JH Team Results:

1. Mora	38
2. St. Cloud Cathedral	55
3. Big Lake	59
4. Foley	80
5. Pine City	133
6. Albany	161
7. Zimmerman	216
8. Pierz	221

SWAIN Invitational Cross Country Meet

Saturday, October 1, 2016

mild and sunny

PINE CITY GIRLS' RESULTS:

5000 m - 216 Class A varsity runners

Top 5 Ave
22:30.6

	<u>place</u>	<u>time</u>	
1. Alaina Steele	59	22:07.2	#6 Swain
2. Ashli Webster	83	22:39.4	#8 Swain
3. Lily Wilson	85	22:42.4	#9 Swain
4. Alexis Thieman	88	22:51.0	#10 Swain
5. Grace Grubbs	98	23:13.2	
6. Grace Langmade	114	23:21.8	
7. Aaleaha Thieman	133	23:58.8	PB
Marin Foss	DNR		
A. Jill Tomczyk (AA JV)	73jv	25:33.4	
A. Kaylee Prihoda (AA JV)	77jv	25:38.3	

#1 runner: Tierney Wolfgram - Math & Science Academy - 18:24.7

GIRLS' TEAM RESULTS:

1. Perham (2)	93
2. Trinity of River Ridge (7)	161
3. Mora	176
4. Proctor (8)	178
5. United North Central (12)	186
6. Math & Science Academy	221
7. Lake City	229
8. Milaca	261
9. Northwestern	306
10. St. Paul Academy	310
11. Greenway Nashwauk-K.	324
12. Pine City	386
13. Ely	390
14. St. Croix Prep	392
15. Norwood	401
16. Pequot Lakes	442
17. South Ridge	475
18. Carlton	492
19. Esko	494
20. Glencoe Silver Lake	497
21. Eveleth-Gilbert	511
22. New London-Spicer	538
23. Moose Lake/Willow R.	555
24. Mesabi East	601
25. Wadena-Deer Creek	607
26. Plainview-Elgin-Millville	622
27. Marshall	662
28. Watertown-Mayer	718
29. Mountain Lake	768
30. Rush City	774
31. Spooner	826
32. Virginia	886

PINE CITY BOYS' RESULTS:

5000 m - 244 Class A varsity runners

Top 5 Ave
18:44.9 (18:43.0 w/jv)

	<u>place</u>	<u>time</u>	
1. Eli Grubbs	28	17:55.0	BTC #4 Swain
2. Tommy Ryan	47	18:21.4	BTC #9 Swain
3. Nate Webster	60	18:32.6	
4. TJ Rank	125	19:22.6	PB
5. Derek Clementson	139	19:33.1	PB
6. Jake Adams	188	20:39.7	
7. Noah Miller	DNF		
A. Remington Steele (A JV)	13jv	19:23.2	BTY-BTC
A. Austin Eckert (A JV)	58jv	20:55.1	BTY

#1 runner: Carl Kozlowski - Lake City - 16:22.0

BOYS' TEAM RESULTS:

1. Perham (1)	58
2. Mora (2)	79
3. Pequot Lakes (9)	176
4. Greenway Nashwauk-K.	187
5. Lake City	188
6. Ely	236
7. Trinity at River Ridge (7)	237
8. Esko (10)	315
9. New London-Spicer	329
10. Glencoe-Silver Lake	357
11. Plainview-Elgin-Millville	360
12. Pine City	381
13. Blake	391
14. Moose Lake/Willow R.	424
15. Milaca	449
16. Eveleth-Gilbert	462
17. Northwestern	465
18. Mountain Lake Area	483
19. Math & Science Academy	483
20. Holdingford	494
21. St. Paul Academy	526
22. Lakeview Christian A.	535
23. South St. Paul	599
24. Wadena-Deer Creek	625
25. Marshall	626
26. Watertown-Mayer	641
27. Norwood	655
28. Virginia	660
29. Chetek-Weyerhaeuser	664
30. United North Central	747
31. Mesabi East	819
32. Proctor	827
33. Spooner	905
34. Rush City	994

Becker/Big Lake Invitational Cross Country Meet

Tuesday, October 4, 2016

mild and overcast

PINE CITY GIRLS' RESULTS:

5000 m - 68 varsity & 59 JV runners

	place	time	
1. Ashli Webster	20	22:33.9	#5 Becker
2. Grace Langmade	26	22:58.2	#7 Becker
3. Alaina Steele	27	23:00.2	#9 Becker
4. Lily Wilson	32	23:16.2	#10 Becker
5. Alexis Thieman	34	23:23.7	
6. Aaleaha Thieman	47	24:51.7	
7. Kaylee Prihoda	7jv	25:32.1	
8. Jill Tomczyk	11jv	25:37.6	
9. Janae Johnson	29jv	27:03.5	
10. Summer Rockstroh	38jv	28:12.4	
11. Sarah Bombard	39jv	28:16.6	
12. Marin Foss	DNF		
13. Grace Grubbs	DNR		

#1 runner: Allison Hendrickson - Becker - 19:54.3

JUNIOR HIGH GIRLS:

3200 m - 47 runners

	place	time
1. Beth Kemen	10	16:08.9
2. Allison Cavallin	17	16:49.3
3. Hope Gregoire	30	18:50.2
4. Ellaina Johnson	DNR	
5. Elly Tyberg	DNR	

#1 runner: Megan Gregory - Becker - 14:19.8

PINE CITY BOYS' RESULTS:

5000 m - 80 varsity & 119 JV runners

	place	time
1. Eli Grubbs	7	17:58.5
2. Tommy Ryan	9	18:14.3
3. Nate Webster	28	19:06.4
4. Noah Miller	41	19:35.8
5. Derek Clementson	42	19:38.0
6. Jake Adams	31jv	20:51.5
7. Nick Stolp	33jv	20:54.5
8. TJ Rank	68	20:55.3
9. Remington Steele	70	21:16.5
10. Joseph Root	60jv	22:27.1
11. Austin Eckert	73jv	23:00.8
12. Koleman Lind	78jv	23:16.6
13. Justin Stolp	85jv	23:54.5
14. Matthew Long	105jv	25:18.3
15. Max Graves	DNR	
16. Jacob Merrick	DNR	

#1 runner: Alec Sanbeck - Mora - 16:56.3

JUNIOR HIGH BOYS:

3200 m - 80 runners

	place	time
1. Aidan Welch	28	13:55.5
2. Charlie Emmons	37	14:30.2
3. Lukas Struss	44	14:55.9
4. Bryce Roberts	66	16:16.8
5. Brayden Bombard	71	17:56.6
6. Ethean Wiechman	73	18:46.8
7. Peyton Smetana	DNR	
8. Parker Sell	DNR	
9. Hunter Danielson	DNR	
10. Drake Willert	DNR	

#1 runner: Paul Guertin - Monticello - 12:10.9

Top 5 Ave

23:02.4

GIRLS' TEAM RESULTS:

1. St. Cloud Tech (AA)	70
2. Milaca	76
3. Mora (9)	80
4. Becker (AA)	81
5. Pine City	139
6. North Branch (AA)	145
7. Princeton	164
8. Rockford	195
9. Zimmerman	195
10. Big Lake (AA)	260
11. Foley	291

JV Girls' Results:

1. Becker	17
2. Mora	51
3. Princeton	102
4. Pine City	102
5. St. Cloud Tech	103
6. Big Lake	157
7. Milaca	168

JH Girls' Results:

1. Becker	40
2. Big Lake	56
3. North Branch	60
4. Mora	62
Pine City	Inc

BOYS' TEAM RESULTS:

1. Mora (2)	21
2. St. Cloud Tech (AA)	88
3. Big Lake (AA)	96
4. Pine City	127
5. Becker (AA)	139
6. Milaca	146
7. Foley	205
8. Princeton	241
9. Zimmerman	283
10. North Branch (AA)	299
11. Rockford	302

JV Boys' Results:

1. Mora	17
2. Big Lake	54
3. Monticello	82
4. Foley	127
5. St. Cloud Tech	147
6. Becker	189
7. Pine City	201
8. Milaca	211
9. Zimmerman	258
10. Rockford	265

JH Team Results:

1. Mora	41
2. St. Cloud Tech (AA)	57
3. Big Lake (AA)	75
4. Foley	92
5. Monticello (AA)	103
6. Becker (AA)	154
7. Pine City	196
8. Zimmerman	202

Mora Last Chance Invitational Cross Country Meet

Tuesday, October 11, 2016

mild and overcast

PINE CITY GIRLS' RESULTS:

5000 m - 53 varsity/JV runners

	<u>place</u>	<u>time</u>
1. Ashli Webster	10	21:22
2. Alaina Steele	15	21:47
3. Alexis Thieman	20	22:35
4. Lily Wilson	21	22:36
5. Kaylee Pihoda	32	24:48
6. Jill Tomczyk	35	25:24
7. Janae Johnson	40	26:42
8. Grace Langmade	DNF	
9. Summer Rockstroh	DNF	
10. Marin Foss	DNR	
11. Grace Grubbs	DNR	
12. Aaleaha Thieman	DNR	
13. Sarah Bombard	DNR	

#1 runner: Brooke Wedin - Mora - 20:08

JUNIOR HIGH GIRLS:

3200 m - 19 runners

	<u>place</u>	<u>time</u>	
1. Beth Kemen	4	15:39	PB
2. Allison Cavallin	5	15:47	
3. Hope Gregoire	12	17:29	PB
4. Ellaina Johnson	DNR		
5. Elly Tyberg	DNR		

#1 runner: Ariella Onasch - Mora - 14:48

PINE CITY BOYS' RESULTS:

5000 m - 78 varsity/JV runners

	<u>place</u>	<u>time</u>	
1. Tommy Ryan	8	17:49	PB #6 Mora L.C. / T#176 A-T
2. Nate Webster	14	18:25	(24)
3. Derek Clementson	18	18:53	PB
4. Noah Miller	19	18:58	PB
5. TJ Rank	31	19:46	
6. Jake Adams	35	20:02	PB
7. Remington Steele	40	20:12	
8. Austin Eckert	42	20:19	PB
9. Nick Stolp	49	20:38	BTY
10. Koleman Lind	62	21:45	
11. Joseph Root	64	21:56	
12. Justin Stolp	70	22:57	
13. Matthew Long	74	25:28	
14. Eli Grubbs	DNR		
15. Max Graves	DNR		
16. Jacob Merrick	DNR		

#1 runner: Alec Sanbeck - Mora - 16:27

JUNIOR HIGH BOYS:

3200 m - 35 runners

	<u>place</u>	<u>time</u>	
1. Parker Sell	8	13:04	PB
2. Peyton Smetana	9	13:09	PB
3. Charlie Emmons	10	13:11	PB
4. Aidan Welch	15	13:33	
5. Drake Willert	21	14:03	PB
6. Lukas Struss	22	14:10	
7. Hunter Danielson	23	14:17	PB
8. Brayden Bombard	32	15:53	BTY
9. Bryce Roberts	33	15:59	
10. Ethean Wiechman	34	16:16	

#1 runner: Jacob Johnson - Mora - 12:17

Top 5 Ave

22:37.6

GIRLS' TEAM RESULTS:

1. Mora (9)	40
2. Milaca	46
3. Cambridge (AA)	48
4. Pine City	92

BTY #2 Mora L.C. tie#21 A-T
BTY #5 Mora L.C. tie#36 A-T
PB #8 Mora L.C.
#9 Mora L.C.

JH Girls' Results:

1. Mora	29
2. Cambridge-Isanti Pine City	30 Inc

BOYS' TEAM RESULTS:

1. Mora (2)	16
2. Cambridge (AA)	69
3. Milaca	73
4. Pine City	77

JH Team Results:

1. Mora	19
2. Cambridge-Isanti	57
3. Pine City	61

GREAT RIVER CONFERENCE Cross Country Meet

Tuesday, October 18, 2016
wet course / mild and sunny

PINE CITY GIRLS' RESULTS:

5000 m - 24 varsity & 13 JV runners

	<u>place</u>	<u>time</u>
1. Ashli Webster	1	21:48
2. Alaina Steele	2	22:06
3. Marin Foss	3	22:32
4. Grace Grubbs	4	22:34
5. Lily Wilson	5	22:35
6. Grace Langmade	8	22:56
7. Alexis Thieman	9	22:58
8. Kaylee Prihoda	2jv	23:58
9. Jill Tomczyk	3jv	25:45
10. Janae Johnson	4jv	26:11
11. Summer Rockstroh	5jv	26:41
12. Aaleaha Thieman	DNR	
13. Sarah Bombard	DNR	

#1 runner: Ashli Webster - Pine City - 21:48

JUNIOR HIGH GIRLS:

3200 m - 19 runners

	<u>place</u>	<u>time</u>
1. Beth Kemen	5	15:46
2. Allison Cavallin	6	15:52
3. Hope Gregoire	14	17:47
4. Ellaina Johnson	DNR	
5. Elly Tyberg	DNR	

#1 runner: Hallie Rootkie - Hinckley-Finlayson - 14:41

PINE CITY BOYS' RESULTS:

5000 m - 23 varsity & 19 JV runners

	<u>place</u>	<u>time</u>
1. Eli Grubbs	1	18:09
2. Tommy Ryan	2	18:25
3. Nate Webster	4	18:29
4. Derek Clementson	6	18:44
5. Noah Miller	11	19:23
6. TJ Rank	15	20:04
7. Remington Steele	16	20:05
8. Jake Adams	1jv	20:08
9. Austin Eckert	2jv	20:14
10. Nick Stolp	4jv	20:19
11. Koleman Lind	7jv	21:44
12. Joseph Root	8jv	22:07
13. Justin Stolp	9jv	22:09
14. Matthew Long	18jv	25:02
15. Max Graves	DNR	
16. Jacob Merrick	DNR	

#1 runner: Eli Grubbs - Pine City - 18:09

#1 JV runner: Jake Adams - Pine City - 22:08

JUNIOR HIGH BOYS:

3200 m - 25 runners

	<u>place</u>	<u>time</u>	
1. Aidan Welch	4	13:26	PB
2. Lukas Struss	6	13:39	PB
3. Drake Willert	8	13:56	PB
4. Hunter Danielson	9	14:05	PB
5. Bryce Roberts	15	15:43	
6. Brayden Bombard	20	16:29	
7. Ethean Wiechman	21	17:01	
8. Peyton Smetana	DNR		
9. Parker Sell	DNR		
10. Charlie Emmons	DNR		

#1 runner: Kevin Laman - Braham - 12:29

Top 5 Ave 22:19.0

GIRLS' TEAM RESULTS:

1. Pine City	15
2. Rush City	55
3. Mille Lacs	72
<u>Incomplete Teams</u>	
Braham	
East Central	
Hinckley-Finlayson	

PERFECT SCORE

7th Consecutive Year Winning!

JV Girls' Results:

No complete teams

JH Girls' Results:

1. Hinckley-Finlayson	6
2. Pine City	20
3. Braham	28
<u>Incomplete Teams</u>	
East Central	
Mille Lacs	
Rush City	

Top 5 Ave 18:38

BOYS' TEAM RESULTS:

1. Pine City	22
2. Braham	45
3. Rush City	59
<u>Incomplete Teams</u>	
East Central	
Hinckley-Finlayson	

4th Consecutive Year Winning!

JV Boys' Results:

1. Pine City	22
2. Hinckley-Finlayson	37
3. Rush City	77
<u>Incomplete Teams</u>	
Braham	
East Central	

JH Team Results:

1. Pine City	18
2. Rush City	20
3. Braham	21
4. Hinckley-Finlayson	30
<u>Incomplete Teams</u>	
East Central	

Girls Great River Conference Champs

2010 – 2011 – 2012 – 2013 – 2014 – 2015

2016



Boys Great River Conference Champs

2013 – 2014 – 2015

2016



Section 5A Cross Country Meet

@ Milaca

Thursday, October 27, 2016

cool and overcast

PINE CITY GIRLS' RESULTS:

5000 m - 138 varsity runners

Top 5 Ave
21:32.1 (#5 All-Time)

	place	time	
1. Marin Foss	28	21:07.1	BTY #6 Sec / #17tie A-T
2. Alaina Steele	32	21:13.7	BTY #7 Sec / #20 A-T
3. Ashli Webster	44	21:29.0	#8 Sec / #28 A-T
4. Grace Grubbs	48	21:51.1	PB #10 Sec / #45tie A-T
5. Lily Wilson	51	21:59.9	PB
6. Alexis Thieman	64	22:40.0	
7. Grace Langmade	87	23:32.5	

Alt. Kaylee Prihoda

Alt. Jill Tomczyk

Individual State Meet Qualifiers:

1. Maddie Kelly (9)	Providence	19:29.1
2. Brook Wedin (12)	Mora	19:41.9
3. Erika Swanson (10)	Northwest	19:43.4
4. Gwen Helgeson (10)	Howard Lake-W-W.	19:47.0
5. Gracie Mallak (9)	Howard Lake-W-W.	19:48.0
6. Emma Fashant (8)	Annandale	19:58.4
7. Jerilynn Simmer (9)	Northwest	20:00.1
8. Augusta Demarais (8)	Maple Lake	20:04.1
9. Jessica Scheer (11)	Annandale	20:04.1
10. Mary Miller (8)	Maple Lake	20:06.1
11. Grace Clark (10)	Rockford	20:07.7
12. Brianna Canesi (10)	Annandale	20:17.7
13. Josey Marquette (8)	Annandale	20:20.4
14. Johanna Schwinghamer (9)	Mora	20:20.8

PINE CITY BOYS' RESULTS:

5000 m - 143 varsity runners

Top 5 Ave
17:59.9 (#7tie Section)
(#20tie All-Time)

	place	time	
1. Eli Grubbs	13	17:11.8	PB #10 Sections / ****QUALIFIES FOR STATE**** #52tie All-Time (12)
2. Tommy Ryan	19	17:37.5	PB #135tie All-Time (21)
3. Nate Webster	26	17:54.2	PB #224tie All-Time (28)
4. Derek Clementson	41	18:21.4	PB
5. Noah Miller	64	18:54.9	PB
6. TJ Rank	69	19:00.6	PB
7. Jake Adams	81	19:20.4	PB

Alt. Remington Steele

Alt. Austin Eckert

Individual State Meet Qualifiers:

1. Michael Schwinghamer (12)	Mora	16:18.8
2. Alec Sanbeck (12)	Mora	16:31.7
3. John Schwinghamer (12)	Mora	16:48.2
4. Noah Bundrock (11)	Howard Lake-W-W.	16:50.1
5. Zackary Anderson (11)	Spectrum	16:56.7
6. Christopher Groth (11)	Annandale	17:00.2
7. Joshua Nordstrom (12)	Heritage Christian	17:00.3
8. Cooper Lennox (9)	Mora	17:01.3
9. Jack Heun (11)	Watertown-Mayer	17:02.8
10. Zach Garza (11)	Mora	17:09.3
11. Joel Ebel (10)	St. Cloud Cathedral	17:10.7
12. Jeff Braun (12)	Annandale	17:11.1
13. Eli Grubbs (12)	Pine City	17:11.8
14. Sam Overfors (12)	St. Cloud Christian	17:15.9

GIRLS' TEAM RESULTS:

1. Annandale	55
2. Howard Lake-Waverly-Winsted	83
3. Mora	112
4. Maple Lake	115
5. Providence Academy	126
6. Spectrum-Legacy	166
7. Milaca	193
8. PINE CITY	203
9. Rockford	227
10. Northwest	237
11. Heritage Christian Academy	239
12. St. Cloud Cathedral	279
13. Watertown-Mayer	376
14. Rush City	423
15. Foley	462
16. Hinckley-Finlayson	496
17. Mayer-Lutheran/LPWHT	508
18. North Lakes Academy	550
Maranatha Christian Academy Inc	
Mille Lacs	Inc
Braham	Inc
St. Cloud Christian	Inc

BOYS' TEAM RESULTS:

1. Mora	24
2. St. Cloud Cathedral	92
3. Annandale	97
4. Heritage Christian Academy	139
5. St. Cloud Christian	147
6. Pine City	163
7. Spectrum-Legacy	188
8. Foley	220
9. Milaca	244
10. Watertown-Mayer	321
11. Howard Lake-Wav/Win	331
12. Providence Academy	358
13. Rush City	360
14. Braham	429
15. Rockford	444
16. Maple Lake	452
17. Maranatha Christian Academy	475
18. Mayer-Lutheran/LPWHT	477
19. Northwest	488
20. Hinckley-Finlayson	520
21. North Lakes Academy	565

Eli Grubbs at STATE XC



STATE CROSS COUNTRY MEET
at St. Olaf College in Northfield
Saturday, November 5, 2016
mild and sunny; 50 degrees

PINE CITY BOYS' RESULTS:

5000 m - 176 runners

	<u>place</u>	<u>time</u>
Eli Grubbs	109	17:51.9

1600m Split - 5:25.3

3200m Split - 11:22.4 (5:57.1)

Top 10 Finishers:

1 Declan Dahlberg (11)	Mounds Park Academy	15:57.1
2 Matt Steiger (11)	La Crescent	15:57.3
3 Carl Kozlowski (12)	Lake City	15:57.6
4 Zack Emery (12)	La Crescent	16:01.9
5 Ethan Olson (11)	Moose Lake-Willow River	16:02.7
6 Ryley Nelson (12)	West Central Area	16:03.8
7 Michael Schwinghamer (12)	Mora	16:04.4
8 Lucas Mueller (12)	Nova Classical Academy	16:08.7
9 John Irwin (12)	Windom Area	16:13.4
10 Michael Mitchell (12)	Blake	16:15.7

BOYS' "A" TEAM RESULTS:

1 Mora	93
2 Perham	99
3 La Crescent	123
4 Windom Area	166
5 West Central	186
6 Lac Qui Parle Valley/DB	190
7 Minnehaha Academy	201
8 GFW	205
9 Lake City	209
10 Trinity of River Ridge	227
11 Pequot Lakes	236
12 Mankato Loyola/Cleveland	237
13 Greenway Nashwauk-K.	257
14 Ely	264
15 St. Cloud Cathedral	360
16 New London-Spicer	360

Area/Section runners:

5 Ethan Olson (11)	Moose Lake-Willow River	16:02.7
7 Michael Schwinghamer (12)	Mora	16:04.4
12 Alec Sanbeck (12)	Mora	16:17.0
15 John Schwinghamer (12)	Mora	16:26.6
28 Jeff Braun (12)	Annandale	16:50.4
35 Christopher Groth (11)	Annandale	16:57.5
48 Sam Overfors (12)	St. Cloud Christian	17:08.5
53 Noah Bundrock (11)	Howard Lake-W.W.	17:09.7
58 Zackary Anderson (11)	Spectrum	17:11.3
60 Jack Heun (11)	Watertown-Mayer	17:13.8
61 Zach Garza (11)	Mora	17:16.9
65 Joshua Nordstrom (12)	Heritage Christian	17:19.8
93 Matt Ergen (12)	Mora	17:38.9
101 Cooper Lennox (9)	Mora	17:43.5
109 Eli Grubbs (12)	Pine City	17:51.9
115 Joel Ebel (10)	St. Cloud Cathedral	17:53.4
121 Ryan Munter (12)	St. Cloud Cathedral	17:55.6
133 Sam Nelson (12)	St. Cloud Cathedral	18:04.8
138 Clayton Teff (12)	St. Cloud Cathedral	18:13.1
147 Nate Williams (10)	Mora	18:18.3
148 Alex Tomczik (11)	St. Cloud Cathedral	18:18.6
152 Shane Corbett (9)	St. Cloud Cathedral	18:25.0
159 Dominick Deleso (12)	St. Cloud Cathedral	18:34.4

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2016

Name	Gr	Year	Mil/Mo/Gr/Brain	Pine City	N.B. / Mora	Pierz	Milaca Mega	St. J. / Foley	Swain	Becker	Proc/Camb/Mo	Conference	Section	State	PB	Average	
Marin Foss	11	2016	Br. 22:16 (5k)	23:23 (5k)	21:32 (5k)	22:53 (5k)					DNR	PC-22:32 (5k)	Milaca - 21:07		21:07	22:17	
	10	2015	Br. 22:51 (5k)	21:44 (5k)	22:53 (5k)	22:43 (5k)	21:26 (5k)		21:40 (5k)	21:27 (5k)	21:55 (5k)	PC-20:37 (5k)	Milaca - 20:44	21:20.8	20:37	21:46	
	9	2014	Gr. 22:58 (5k)	16:56 (4k)	16:47 (4k)	16:29 (4k)	16:41 (4k)		18:10 (4k)	16:16 (4k)		DNR	PC-16:44 (4k)	<i>Milaca - 16:13</i>	<i>16:49.6</i>	<i>16:13</i>	<i>16:47</i>
Janae Johnson	11	2016	Br. 29:42 (5k)		28:39 (5k)	28:09 (5k)	28:10 (5k)	26:45 (5k)		27:04 (5k)	26:42 (5k)	PC-26:11 (5k)			26:11	27:40	
	10	2015	Br. 29:42 (5k)	28:45 (5k)	29:37 (5k)	28:46 (5k)	27:25 (5k)	26:41* (5k)		28:39 (5k)	28:01 (5k)	PC-26:23 (5k)			26:23	28:24	
	9	2014	Gr. 28:43 (5k)	21:14 (4k)	20:46 (4k)	20:22 (4k)	20:03 (4k)	21:23 (4k)			20:13 (4k)	20:28 (4k)	PC-19:45 (4k)			19:45	20:32
	8	2013	Mora 9:19 (2k)	9:46 (2k)	9:35 (2k)	16:07 (3.2k)	16:21 (3.2k)			15:42 (3.2k)	21:02 (4k)	PC-14:32 (3k)			15:42 (3.2k)	16:03 (3.2k)	
Grace Langmade	11	2016	Br. 25:30 (5k)	24:39 (5k)	22:56 (5k)	23:03 (5k)	23:03 (5k)		23:22 (5k)	22:58 (5k)		DNF	PC-22:56 (5k)	Milaca - 23:33		22:56	23:33
	10	2015		22:12 (5k)	22:32 (5k)	22:29 (5k)	23:00 (5k)		21:56 (5k)	22:39 (5k)	21:58 (5k)	PC-21:50 (5k)	Milaca - 21:32	22:15.4	21:32	22:13	
	9	2014	Gr. 27:24 (5k)	18:06 (4k)	17:51 (4k)	17:46 (4k)	17:30 (4k)	18:18 (4k)	19:05 (4k)	17:43 (4k)		DNR	PC-17:44 (4k)	<i>Milaca - 17:29</i>		<i>17:29</i>	<i>17:57</i>
Summer Rockstroh	11	2016	Br. 32:02 (5k)	30:02 (5k)	27:43 (5k)	27:30 (5k)	27:39 (5k)	26:11 (5k)		28:12 (5k)		DNF	PC-26:41 (5k)		26:11	28:15	
	10	2015		25:45 (5k)	DNF	25:45 (5k)	25:39 (5k)	23:57* (5k)		24:38 (5k)	25:10 (5k)	PC-24:40 (5k)			24:38	25:13	
	9	2014	Gr. 25:40 (5k)	19:12 (4k)	19:47 (4k)	19:05 (4k)	18:26 (4k)	18:58 (4k)	19:10 (4k)	18:06 (4k)	18:36 (4k)	PC-18:36 (4k)	Alt.		18:06	18:53	
	8	2013	Mora 9:13 (2k)	9:30 (2k)	9:06 (2k)	18:59 (4k)	14:37 (3.2k)		19:32 (4k)	18:27 (4k)	19:19 (4k)	PC-19:12 (4k)	Alt.		18:27	19:06	
Jill Tomczyk	11	2016		26:35 (5k)	24:37 (5k)	25:38 (5k)	24:56 (5k)		25:33 (5k)	25:38 (5k)	25:24 (5k)	PC-25:45 (5k)	Alt.		24:37	25:31	
	10	2015		26:46 (5k)		25:36 (5k)	23:59 (5k)		23:51 (5k)	22:59 (5k)		DNR	PC-23:31 (5k)	Alt.		22:59	24:37
	9	2014	Gr. 27:37 (5k)	19:13 (4k)	20:52 (4k)	20:18 (4k)	19:07 (4k)	19:44 (4k)	Alt.	18:18 (4k)	19:08 (4k)	PC-18:14 (4k)	Alt.		18:14	19:22	
Ashli Webster	11	2016	Br. 22:27 (5k)	23:09 (5k)	22:11 (5k)	22:33 (5k)	21:42 (5k)		22:39 (5k)	22:34 (5k)	21:22 (5k)	PC-21:48 (5k)	Milaca - 21:29		21:22	22:11	
	10	2015	Br. 22:00 (5k)	21:40 (5k)	21:53 (5k)	21:48 (5k)	21:22 (5k)		21:07 (5k)	21:48 (5k)	21:35 (5k)	PC-20:52 (5k)	Milaca - 20:36	20:43.4	20:36	21:24	
	9	2014	Gr. 23:46 (5k)	17:55 (4k)	17:15 (4k)	17:35 (4k)	18:26 (4k)		18:43 (4k)	17:52 (4k)		DNR	PC-17:28 (4k)	<i>Milaca - 16:56</i>		<i>16:56</i>	<i>17:46</i>
	8	2013	Mora 18:29 (4k)	18:54 (4k)	18:10 (4k)	18:10 (4k)	13:42 (3.2k)		18:55 (4k)	17:45 (4k)	17:57 (4k)	PC-17:45 (4k)	<i>Milaca - 16:54</i>			<i>16:54</i>	<i>18:07</i>
	7	2012		9:43 (2k)	9:14 (2k)	16:30 (3.2k)	15:49 (3.2k)			16:10 (3.2k)	14:13 (3k)	PC-13:58 (3k)			15:49 (3.2k)	16:09 (3.2k)	
Makayla Butenhoff	10	2016	Manager due to Injury												Manager		
	9	2015	Br. 24:21 (5k)			24:45 (5k)	23:33 (5k)		22:36 (5k)	24:03 (5k)	23:08 (5k)	PC-21:53 (5k)	Milaca - 20:58	21:10.7	20:58	22:56	
Kaia Leibel	8-10	2014 - 2016	Manager												Manager		
Kaylee Pihoda	10	2016	Br. 26:48 (5k)	26:40 (5k)	24:57 (5k)	25:18 (5k)	24:41 (5k)		25:38 (5k)	25:32 (5k)	24:48 (5k)	PC-23:58 (5k)	Alt.		23:58	25:22	
	8	2014	Look up from past														
	7	2013	Look up from past														
Megan Stransky	8-10	2014 - 2016	Manager												Manager		
	7	2013	Mora 10:40 (2k)	10:38 (2k)	10:12 (2k)	17:22 (3.2k)	16:29 (3.2k)			17:51 (3.2k)	12:04 (2.4k)	PC-15:18 (3k)			16:29 (3.2k)	17:14 (3.2k)	
Alexis Thieman	10	2016	Br. 24:22 (5k)	24:48 (5k)	23:04 (5k)	23:06 (5k)	22:37 (5k)		22:51 (5k)	23:23 (5k)	22:35 (5k)	PC-22:58 (5k)	Milaca - 22:40		22:35	23:14	
	9	2015	Br. 26:15 (5k)	25:21 (5k)	25:50 (5k)	24:06 (5k)	24:28 (5k)	22:26* (5k)	Alt.	23:42 (5k)	23:28 (5k)	PC-23:03 (5k)	Alt.		23:03	24:22	
	8	2014	Gr. 11:48 (2.5k)	19:10 (4k)	19:47 (4k)	14:34 (3.2k)	14:37 (3.2k)	17:43 (3.2k)		18:45 (4k)					14:34 (3.2k)	14:36 (3.2k)	
	7	2013	Mora 8:09 (2k)	8:58 (2k)	8:24 (2k)	18:13 (4k)	13:43 (3.2k)		19:25 (4k)	18:15 (4k)	19:04 (4k)	PC-17:50 (4k)	<i>Milaca - 17:28</i>			<i>17:28</i>	<i>18:23</i>
Sarah Bombard	9	2016		30:02 (5k)	27:44 (5k)	28:06 (5k)	28:19 (5k)	DNF							27:44	28:33	
	8	2015		9:44 (2k)		16:44 (3.2k)	16:04 (3.2k)	15:34 (3.2k)		16:01 (3.2k)	15:51 (3.2k)	15:37 (3.2k)			15:34 (3.2k)	15:59 (3.2k)	
	7	2014	Gr. 13:31 (2.5k)	9:42 (2k)	9:43 (2k)	16:03 (3.2k)	16:14 (3.2k)	19:06 (3.2k)		20:17 (4k)	20:31 (4k)	PC-14:39 (3k)			16:03 (3.2k)	16:09 (3.2k)	
Grace Grubbs	9	2016	Br. 23:50 (5k)		22:28 (5k)	22:43 (5k)	22:27 (5k)		23:13 (5k)		DNR	PC-22:34 (5k)	Milaca - 21:51		21:51	22:44	
	8	2015	Br. 24:32 (5k)		DNF	25:50 (5k)	24:22 (5k)		23:09 (5k)	23:22 (5k)	23:13 (5k)	PC-22:33 (5k)	Milaca - 23:32	22:24.4	22:24	23:36	
	7	2014	Gr. 11:55 (2.5k)	8:45 (2k)	8:55 (2k)	14:29 (3.2k)	14:31 (3.2k)	17:38 (3.2k)	Alt.	18:26 (4k)	18:30 (4k)	PC-18:20 (4k)	E. Alt.		14:29 (3.2k)	14:30 (3.2k)	
Alaina Steele	9	2016	Br. 23:12 (5k)		DNF	DNF	21:57 (5k)	22:42 (5k)	22:07 (5k)	23:00 (5k)	21:47 (5k)	PC-22:06 (5k)	Milaca - 21:14		21:14	22:16	
	8	2015	Br. 22:04 (5k)	21:50 (5k)	21:52 (5k)	21:51 (5k)	21:22 (5k)		20:48 (5k)	20:59 (5k)	21:30 (5k)	PC-20:33 (5k)	Milaca - 20:48	20:54.7	20:33	21:19	
	7	2014	Gr. 11:11 (2.5k)	7:55 (2k)	18:07 (2k)	13:25 (3.2k)	13:39 (3.2k)			19:26 (4k)	18:10 (4k)	PC-12:57 (3k)	E. Alt.		13:25 (3.2k)	13:32 (3.2k)	
Aaleaha Thieman	9	2016	Br. 25:51 (5k)	26:24 (5k)	24:22 (5k)	24:39 (5k)	25:26 (5k)		23:59 (5k)	24:52 (5k)		DNF		E. Alt.	23:59	25:05	
	8	2015	Br. 15:08 (3.2k)	8:35 (2k)	11:51 (2.5k)	14:54 (3.2k)	15:14 (3.2k)	23:44* (5k)		24:13 (5k)	24:00 (5k)	14:22 (3.2k)	E. Alt.		14:22 (3.2k)	14:55 (3.2k)	
	7	2014	Gr. 11:50 (2.5k)	8:46 (2k)	8:53 (2k)	14:49 (3.2k)	14:37 (3.2k)	18:31 (3.2k)		19:33 (4k)		PC-13:36 (3k)			14:37 (3.2k)	14:43 (3.2k)	
Lily Wilson	9	2016	Br. 24:00 (5k)	24:10 (5k)	22:34 (5k)	22:53 (5k)	22:30 (5k)		22:42 (5k)	23:16 (5k)	22:36 (5k)	PC-22:35 (5k)	Milaca - 22:00		22:00	22:56	
Allison Cavallin	8	2016	br. 16:52 (3.2k)	9:35 (2k)	11:47 (2.4k)	16:12 (3.2k)	15:40 (3.2k)			16:49 (3.2k)	15:47 (3.2k)	15:52 (3.2k)			15:40 (3.2k)	16:12 (3.2k)	
	7	2015	br. 16:19 (3.2k)	9:40 (2k)	12:27 (2.5k)		15:56 (3.2k)	15:49 (3.2k)		16:22 (3.2k)	15:51 (3.2k)	15:40 (3.2k)			15:40 (3.2k)	16:00 (3.2k)	
Ellaina Johnson	8	2016	br. 16:22 (3.2k)	9:04 (2k)	11:12 (2.4k)	16:05 (3.2k)									16:05 (3.2k)	16:14 (3.2k)	
	7	2015	br. 15:08 (3.2k)	8:55 (2k)	11:51 (2.5k)	15:18 (3.2k)	15:14 (3.2k)	14:35 (3.2k)		15:27 (3.2k)	14:55 (3.2k)	14:31 (3.2k)			14:31 (3.2k)	15:01 (3.2k)	
Elly Tyberg	8	2016		10:05 (2k)		DNF									10:05 (2k)	-	
	7	2015		10:08 (2k)	13:14 (2.5k)	18:11 (3.2k)	17:19 (3.2k)	17:09 (3.2k)		17:31 (3.2k)		DNF	17:13 (3.2k)		17:09 (3.2k)	17:29 (3.2k)	
Hope Gregoire	7	2016				18:00 (3.2k)	18:24 (3.2k)	18:52 (3.2k)		18:50 (3.2k)	17:29 (3.2k)	17:47 (3.2k)			17:29 (3.2k)	18:14 (3.2k)	
Beth Kemen	7	2016		9:32 (2k)	11:16 (2.4k)	16:05 (3.2k)	16:37 (3.2k)	16:00 (3.2k)		16:09 (3.2k)	15:39 (3.2k)	15:46 (3.2k)			15:39 (3.2k)	16:03 (3.2k)	

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2016

Name	Gr	Year	Mil/Mo/Gr/Brain	Pine City	N.B. / Mora	Pierz	Milaca Mega	St. J. / Foley	Swain	Becker	Proc/Camb/Mo	Conference	Section	State	PB	Average
Eli Grubbs	12	2016	Br. 18:21 (5k)	18:15 (5k)	17:29 (5k)	17:53 (5k)	18:39 (5k)		17:55 (5k)	17:59 (5k)	DNR	PC-18:09 (5k)	Milaca - 17:12	17:52	17:12	17:58
	11	2015		DNF		19:47 (5k)	19:38 (5k)	Fo 17:45* (5k)	18:39 (5k)	19:56 (5k)	18:59 (5k)	PC-18:23 (5k)	Milaca - 18:03		18:03	18:56
	10	2014	Gr. 20:00 (5k)	19:25 (5k)	19:02 (5k)	19:10 (5k)	19:00 (5k)	20:03 (5k)	19:15 (5k)	19:06 (5k)	19:03 (5k)	PC-18:46 (5k)	Milaca - 18:52		18:46	19:10
	9	2013	Mora 20:19 (5k)	21:33 (5k)	19:36 (5k)	19:22 (5k)	19:49 (5k)		19:55 (5k)	20:22 (5k)	20:00 (5k)	PC-19:59 (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)	15:50 (3k)	PC-13:48 (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)	9:32 (2.5k)	PC-11:43 (3k)			13:05 (3.2k)	13:17 (3.2k)	
Nick Stolp	12	2016	Br. 22:45 (5k)	22:02 (5k)	21:20 (5k)	21:21 (5k)	22:11 (5k)	20:55 (5k)		20:55 (5k)	20:38 (5k)	PC-20:19 (5k)			20:19	21:23
	11	2015	Br. 22:13 (5k)	21:25 (5k)	21:26 (5k)	21:39 (5k)						PC-21:14 (5k)			21:14	21:35
	10	2014	Gr. 22:11 (5k)	21:18 (5k)	20:27 (5k)	20:28 (5k)	19:49 (5k)	20:11 (5k)		21:05 (5k)	20:13 (5k)	PC-19:31 (5k)	Milaca - 19:58		19:31	20:20
	9	2013	Mora 20:59 (5k)	21:23 (5k)	20:17 (5k)	20:35 (5k)	20:39 (5k)			20:27 (5k)	21:18 (5k)	PC-20:25 (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)	14:43 (3k)	PC-12:40 (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)	10:54 (2.5k)	PC-13:12 (3k)			14:52 (3.2k)	14:55 (3.2k)	
Max Graves	11	2016	Br. 22:19 (5k)	23:54 (5k)	21:18 (5k)										21:18	22:30
	10	2015	Br. 22:24 (5k)	20:47 (5k)	21:05 (5k)	22:51 (5k)	20:30 (5k)		21:11 (5k)		20:57 (5k)	PC-19:41 (5k)			19:41	21:11
	9	2014	Gr. 23:49 (5k)	23:16 (5k)	22:21 (5k)	22:31 (5k)	24:21 (5k)			23:04 (5k)	22:40 (5k)	PC-22:48 (5k)			22:21	23:00
	8	2013	Mora 8:45 (2k)	8:40 (2k)	8:21 (2k)	13:50 (3.2k)	14:15 (3.2k)			13:43 (3.2k)	22:55 (5k)	PC-12:37 (3k)			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)	14:44 (3k)	PC12:44 (3k)			14:05 (3.2k)	14:27 (3.2k)
Joseph Root	11	2016	Br. 22:53 (5k)	23:41 (5k)	21:11 (5k)	22:06 (5k)	23:06 (5k)	22:01 (5k)		22:27 (5k)	21:56 (5k)	PC-22:07 (5k)			21:11	22:23
	10	2015	Br. 24:01 (5k)		23:42 (5k)	23:21 (5k)	23:23 (5k)			23:24 (5k)	23:34 (5k)	PC-22:22 (5k)			22:22	23:21
	9	2014	Gr. 27:35 (5k)	27:26 (5k)	25:06 (5k)	27:01 (5k)	25:27 (5k)	29:59 (5k)		26:13 (5k)	23:50 (5k)	PC-25:05 (5k)			23:50	26:16
	8	2013	Mora 9:15 (5k)	10:27 (2k)	10:11 (2k)	16:47 (3.2k)				17:15 (3.2k)	30:02 (5k)	PC-16:11 (3k)			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)
Remington Steele	11	2016	Br. 20:47 (5k)	21:11 (5k)	19:40 (5k)	21:31 (5k)	21:17 (5k)		19:23 (5k)	21:17 (5k)	20:12 (5k)	PC-20:05 (5k)	Alt.		19:23	20:36
	10	2015	Br. 20:06 (5k)	21:04 (5k)	21:56 (5k)	20:07 (5k)	19:29 (5k)		19:43 (5k)	19:59 (5k)	19:58 (5k)	PC-18:39 (5k)	Milaca - 19:24		18:39	19:57
	9	2014	Gr. 22:37 (5k)	21:53 (5k)	21:28 (5k)	21:15 (5k)	22:36 (5k)	21:21 (5k)		20:38 (5k)	21:28 (5k)	PC-21:21 (5k)	E. Alt.		20:38	21:30
Jake Adams	10	2016	Br. 22:37 (5k)	22:34 (5k)	20:33 (5k)	21:08 (5k)	20:30 (5k)		20:40 (5k)	20:52 (5k)	20:02 (5k)	PC-20:08 (5k)	Milaca - 19:20		19:20	20:50
	9	2015	Br. 22:36 (5k)		22:51 (5k)	22:22 (5k)	22:10 (5k)	Fo 21:21* (5k)		22:56 (5k)	22:33 (5k)	PC-21:14 (5k)			21:14	22:20
	8	2014	gr. 11:15 (2.5k)	8:19 (2k)	8:34 (2k)	14:18 (3.2k)	15:03 (3.2k)	16:34 (3.2k)		23:34 (5k)	DNR	PC-12:35 (3k)			14:18 (3.2k)	14:40 (3.2k)
	7	2013	Mora 8:38 (2k)	8:42 (2k)	8:25 (2k)	13:39 (3.2k)	13:59 (3.2k)			13:47 (3.2k)	23:20 (5k)	PC-12:42 (3k)			13:39 (3.2k)	13:48 (3.2k)
TJ Rank	10	2016	Br. 21:30 (5k)	21:28 (5k)	20:04 (5k)	20:49 (5k)	19:42 (5k)		19:23 (5k)	20:55 (5k)	19:46 (5k)	PC-20:04 (5k)	Milaca - 19:01		19:01	20:16
	9	2015	Br. 21:27 (5k)	21:18 (5k)	23:21 (5k)	21:35 (5k)	21:14 (5k)	Fo 20:44* (5k)		21:01 (5k)	21:15 (5k)	PC-20:02 (5k)			20:02	21:24
	8	2014	gr. 11:16 (2.5k)	8:04 (2k)	8:14 (2k)	15:37 (3.2k)	14:03 (3.2k)	15:48 (3.2k)		21:59 (5k)	22:10 (5k)	PC-12:56 (3k)			14:03 (3.2k)	14:50 (3.2k)
	7	2013	Mora 9:02 (2k)	9:01 (2k)	9:13 (2k)	15:14 (3.2k)	15:47 (3.2k)			14:53 (3.2k)	23:42 (5k)	PC-13:49 (3k)			14:53 (3.2k)	15:18 (3.2k)
Tommy Ryan	10	2016	Br. 18:47 (5k)	DNF	18:05 (5k)	18:11 (5k)	18:04 (5k)		18:21 (5k)	18:14 (5k)	17:49 (5k)	PC-18:25 (5k)	Milaca - 17:38		17:38	18:10
	9	2015	DNF			20:12 (5k)	19:30 (5k)		19:15 (5k)	19:24 (5k)	19:06 (5k)	PC-18:50 (5k)	Milaca - 18:37		18:37	19:16
Justin Stolp	10	2016	Br. 28:14 (5k)	25:25 (5k)	22:25 (5k)	23:47 (5k)	23:42 (5k)	23:14 (5k)		23:55 (5k)	22:57 (5k)	PC-22:09 (5k)			22:09	23:59
	9	2015	Br. 29:27 (5k)	27:27 (5k)	25:24 (5k)	25:42 (5k)	26:12 (5k)	Fo 24:48* (5k)		24:03 (5k)	25:55 (5k)	PC-23:34 (5k)			23:34	25:55
	8	2014	gr. 13:47 (2.5k)	10:02 (2k)	10:01 (2k)			21:23 (3.2k)		16:52 (3.2k)	12:12 (2.4k)	PC-15:21 (3k)			16:52 (3.2k)	16:52 (3.2k)
	7	2013	Mora 9:58 (2k)	11:27 (2k)	10:17 (2k)	17:22 (3.2k)	18:07 (3.2k)			19:02 (3.2k)	31:28 (5k)	PC-16:40 (3k)			17:22 (3.2k)	17:45 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2016

Name	Gr	Year	Mil/Mo/Gr/Brain	Pine City	N.B. / Mora	Pierz	Milaca Mega	St. J. / Foley	Swain	Becker	Prin/Proc/Camb	Conference	Section	State	PB	Average
Derek Clementson	9	2016	Br. 21:45 (5k)	20:42 (5k)	20:28 (5k)	20:17 (5k)	19:49 (5k)		19:33 (5k)	19:38 (5k)	18:53 (5k)	PC-18:44 (5k)	Milaca - 18:21		18:21	19:49
	8	2015	br. 15:43 (3.2k)	8:08 (2k)	10:59 (2.5k)	15:11 (3.2k)		13:51 (3.2k)		13:35 (3.2k)	13:38 (3.2k)	12:50 (3.2k)			12:50 (3.2k)	14:15 (3.2k)
	7	2014		9:35 (2k)	10:00 (2k)		18:02 (3.2k)	20:32 (3.2k)		18:22 (3.2k)	11:44 (2.4k)	PC-14:22 (3k)			18:02 (3.2k)	18:21 (3.2k)
Austin Eckert	9	2016	Br. 21:43 (5k)	22:09 (5k)	21:14 (5k)	23:02 (5k)	21:15 (5k)		20:55 (5k)	23:01 (5k)	20:19 (5k)	PC-20:14 (5k)	Alt.		20:14	21:26
	8	2015	br. 13:09 (3.2k)	7:10 (2k)	9:31 (2.5k)	12:42 (3.2k)	11:47 (3.2k)	12:02 (3.2k)		20:29 (5k)	12:11 (3.2k)	12:02 (3.2k)			11:47 (3.2k)	12:19 (3.2k)
	7	2014	gr. 12:03 (2.5k)	8:16 (2k)	8:24 (2k)	13:59 (3.2k)	13:59 (3.2k)	16:11 (3.2k)		13:29 (3.2k)	9:36 (2.4k)	PC-12:11 (3k)			13:29 (3.2k)	14:29 (3.2k)
Koleman Lind	9	2016	Br. 22:40 (5k)	22:48 (5k)	21:27 (5k)	22:36 (5k)	22:50 (5k)	22:22 (5k)		23:17 (5k)	21:45 (5k)	PC-21:44 (5k)			21:27	22:23
	8	2015	br. 14:02 (3.2k)	7:47 (2k)	10:35 (2.5k)	13:50 (3.2k)	14:09 (3.2k)	13:19 (3.2k)		13:22 (3.2k)	23:05 (5k)	13:00 (3.2k)			13:00 (3.2k)	13:37 (3.2k)
Matthew Long	9	2016	Br. 28:38 (5k)	25:55 (5k)	24:26 (5k)	25:13 (5k)	25:37 (5k)	25:02 (5k)		25:18 (5k)	25:28 (5k)	PC-25:02 (5k)			24:26	25:38
	8	2015	br. 16:48 (3.2k)	9:10 (2k)	12:43 (2.5k)		16:22 (3.2k)	15:21 (3.2k)		16:01 (3.2k)	15:56 (3.2k)	15:10 (3.2k)			15:10 (3.2k)	15:56 (3.2k)
	7	2014	gr. 13:28 (2.5k)	9:22 (2k)	9:46 (2k)			18:46 (3.2k)		15:57 (3.2k)	11:33 (2.4k)	PC-14:30 (3k)			15:57 (3.2k)	17:22 (3.2k)
Jacob Merrick	9	2016	Br. 23:18 (5k)	24:08 (5k)	21:51 (5k)										21:51	23:06
	8	2015	br. 16:24 (3.2k)	8:44 (2k)		16:02 (3.2k)	15:03 (3.2k)	14:51 (3.2k)		14:53 (3.2k)	15:03 (3.2k)	14:45 (3.2k)			14:45 (3.2k)	15:17 (3.2k)
	7	2014	gr. 12:58 (2.5k)	9:32 (2k)	9:57 (2k)	17:55 (3.2k)				17:00 (3.2k)	12:19 (2.4k)	DNF			17:00 (3.2k)	17:28 (3.2k)
Noah Miller	9	2016	Br. 20:09 (5k)	20:16 (5k)	19:30 (5k)	19:33 (5k)	19:29 (5k)		DNF	19:36 (5k)	18:58 (5k)	PC-19:23 (5k)	Milaca - 18:55		18:55	19:32
	8	2015	Br. 21:05 (5k)	20:37 (5k)	20:58 (5k)	20:51 (5k)	12:16 (3.2k)	Fo 19:20* (5k)		20:13 (5k)	20:37 (5k)	PC-19:40 (5k)	Alt.		19:40	20:30
	7	2014	gr. 11:16 (2.5k)	8:30 (2k)	8:41 (2k)	15:15 (3.2k)	14:58 (3.2k)	18:08 (3.2k)		14:48 (3.2k)	9:57 (2.4k)	PC-12:34 (3k)			14:48 (3.2k)	15:00 (3.2k)
Nate Webster	9	2016	Br. 18:42 (5k)	19:05 (5k)	18:08 (5k)	19:09 (5k)	18:14 (5k)		18:33 (5k)	19:06 (5k)	18:25 (5k)	PC-18:29 (5k)	Milaca - 17:54		17:54	18:35
	8	2015	br. 13:21 (3.2k)	7:31 (2k)	9:44 (2.5k)	12:45 (3.2k)	12:33 (3.2k)	12:21 (3.2k)		20:27 (5k)	12:55 (3.2k)	12:31 (3.2k)			12:21 (3.2k)	12:44 (3.2k)
	7	2014	gr. 10:59 (2.5k)	8:12 (2k)	8:17 (2k)	13:33 (3.2k)	13:22 (3.2k)	16:00 (3.2k)		22:04 (5k)	DNR	PC-12:20 (3k)			13:22 (3.2k)	13:28 (3.2k)
Brayden Bombard	8	2016	br. 17:19 (3.2k)	9:24 (2k)	11:32 (2.4k)	16:26 (3.2k)		16:40 (3.2k)		17:57 (3.2k)	15:53 (3.2k)	16:29 (3.2k)			15:53 (3.2k)	16:47 (3.2k)
	7	2015	br. 16:25 (3.2k)	8:58 (2k)	13:27 (2.5k)	17:46 (3.2k)	16:23 (3.2k)	15:43 (3.2k)		16:28 (3.2k)	15:44 (3.2k)	15:02 (3.2k)			15:02 (3.2k)	16:13 (3.2k)
Charlie Emmons	8	2016		8:30 (2k)	10:13 (2.4k)	14:04 (3.2k)	14:41 (3.2k)	14:17 (3.2k)		14:30 (3.2k)	13:11 (3.2k)				13:11 (3.2k)	14:06 (3.2k)
Parker Sell	8	2016	br. 14:39 (3.2k)	8:22 (2k)	9:54 (2.4k)	13:38 (3.2k)		13:22 (3.2k)		DNR	13:04 (3.2k)				13:04 (3.2k)	13:41 (3.2k)
Peyton Smetana	8	2016	br. 14:09 (3.2k)	8:13 (2k)	9:49 (2.4k)	13:32 (3.2k)	13:48 (3.2k)	13:22 (3.2k)		DNR	13:09 (3.2k)				13:09 (3.2k)	13:36 (3.2k)
Lukas Struss	8	2016	br. 15:03 (3.2k)	8:22 (2k)	10:00 (2.4k)	13:50 (3.2k)	14:17 (3.2k)	14:27 (3.2k)		14:56 (3.2k)	14:10 (3.2k)	13:39 (3.2k)			13:39 (3.2k)	14:20 (3.2k)
	7	2015	br. 16:09 (3.2k)	8:40 (2k)	11:59 (2.5k)	15:53 (3.2k)	14:52 (3.2k)	14:12 (3.2k)		15:19 (3.2k)	14:39 (3.2k)	14:05 (3.2k)			14:05 (3.2k)	15:01 (3.2k)
Ethean Wiechman	8	2016		9:29 (2k)	11:17 (2.4k)	17:51 (3.2k)	15:41 (3.2k)	16:41 (3.2k)		18:47 (3.2k)	16:16 (3.2k)	17:01 (3.2k)			15:41 (3.2k)	16:09 (3.2k)
	7	2015			14:04 (2.5k)	18:07 (3.2k)	17:00 (3.2k)	15:37 (3.2k)		16:29 (3.2k)	17:26 (3.2k)	15:30 (3.2k)			15:30 (3.2k)	16:42 (3.2k)
Hunter Danielson	7	2016	br. 16:47 (3.2k)	8:28 (2k)	10:25 (2.4k)	14:54 (3.2k)	14:18 (3.2k)	14:20 (3.2k)		DNR	14:17 (3.2k)	14:05 (3.2k)			14:05 (3.2k)	14:47 (3.2k)
Bryce Roberts	7	2016		9:06 (2k)	11:52 (2.4k)	17:45 (3.2k)	15:40 (3.2k)	16:04 (3.2k)		16:17 (3.2k)	15:59 (3.2k)	15:43 (3.2k)			15:40 (3.2k)	16:15 (3.2k)
Aidan Welch	7	2016	br. 15:03 (3.2k)	8:22 (2k)	10:04 (2.4k)	14:28 (3.2k)	13:30 (3.2k)	14:05 (3.2k)		13:55 (3.2k)	13:33 (3.2k)	13:26 (3.2k)			13:26 (3.2k)	14:00 (3.2k)
Drake Willert	7	2016			10:07 (2.4k)	15:52 (3.2k)		15:01 (3.2k)		DNR	14:03 (3.2k)	13:56 (3.2k)			13:56 (3.2k)	14:43 (3.2k)

AVERAGE MILE TIMES AT MEETS - 2016

Boys Name	PB - 2015	Brainerd	Pine City	Mora	Pierz	Milaca Mega	Foley	Swain	Becker	Mora	Conference	Section 5A	State	Best	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Eli Grubbs - 12	5:49	5:54	5:52	5:38	5:46	6:00		5:46	5:47	DNR	5:51	5:32	5:44	5:32	5:47
Nick Stolp	6:50	7:20	7:06	6:53	6:53	7:09	6:44		6:44	6:39	6:33			6:32	6:54
Max Graves - 11	6:20	7:11	7:42	6:52										6:52	7:15
Joseph Root	7:12	7:23	7:38	6:50	7:07	7:26	7:05		7:14	7:05	7:07			6:50	7:13
Remington Steele	6:00	6:42	6:50	6:20	6:56	6:52		6:15	6:51	6:30	6:28			6:15	6:38
Jake Adams - 10	6:50	7:17	7:16	6:37	6:49	6:36		6:39	6:43	6:27	6:29	6:14		6:14	6:43
TJ Rank	6:27	6:56	6:55	6:27	6:42	6:21		6:15	6:44	6:22	6:28	6:07		6:07	6:31
Tommy Ryan	6:03	6:03		5:50	5:52	5:49		5:54	5:52	5:44	5:56	5:41		5:41	5:51
Justin Stolp	7:35	9:05	8:11	7:13	7:40	7:38	7:29		7:42	7:24	7:08			7:08	7:43
Derek Clementson - 9		7:01	6:40	6:35	6:32	6:23		6:18	6:19	6:05	6:02	5:54		5:54	6:23
Austin Eckert	6:35	7:00	7:08	6:51	7:25	6:51		6:44	7:24	6:32	6:31			6:31	6:55
Koleman Lind	7:25	7:18	7:21	6:55	7:17	7:22	7:12		7:30	7:01	7:00			6:55	7:13
Matthew Long		9:13	8:21	7:52	8:07	8:15	8:04		8:09	8:12	8:04			7:52	8:16
Jacob Merrick		7:30	7:46	7:03										7:03	7:26
Noah Miller	6:19	6:29	6:31	6:17	6:18	6:17			6:18	6:06	6:14	6:05		6:05	6:18
Nate Webster	6:35	6:01	6:09	5:51	6:10	5:52		5:58	6:09	5:55	5:57	5:46		5:46	5:59
														Best	Average
	3200 m	3200 m	2000 m	2400 m	3200 m	3200 m	3200 m	-	3200 m	3200 m	3200 m			3200 m	3200 m
Brayden Bombard - 8	7:31	8:40	7:34	7:44	8:13		8:20		8:58	7:59	8:17			7:57	8:24
Charlie Emmons			6:50	6:51	7:02	7:20	7:08		7:15	6:38				6:36	7:03
Parker Sell		7:20	6:44	6:38	6:49		6:41			6:34				6:32	6:51
Peyton Smetana		7:05	6:37	6:35	6:46	6:54	6:41			6:37				6:35	6:48
Lukas Struss	7:03	7:32	6:44	6:42	6:55	7:08	7:13		7:28	7:08	6:52			6:50	7:10
Ethean Wiechman	7:45		7:38	7:34	8:56	7:50	8:20		9:23	8:11	8:34			7:50	8:05
Hunter Danielson - 7		8:24	6:49	6:59	7:27	7:09	7:10			7:11	7:05			7:03	7:24
Bryce Roberts			7:19	7:57	8:53	7:50	8:02		8:08	8:02	7:54			7:40	8:08
Aidan Welch		7:32	6:44	6:45	7:14	6:45	7:02		6:58	6:49	6:45			6:43	7:00
Drake Willert				6:47	7:56		7:30			7:04	7:01			6:58	7:22
Girls Name	PB - 2015	Brainerd	Pine City	Mora	Pierz	Milaca Mega	Foley	Swain	Becker	Mora	Conference	Section 5A	State	Best	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Marin Foss - 11	6:38	7:10	7:32	6:57	7:23			DNR	DNF	DNR	7:15	6:48		6:48	7:11
Janae Johnson	8:29	9:34		9:13	9:04	9:04	8:37		8:43	8:36	8:26			8:26	8:54
Grace Langmade	6:55	8:13	7:56	7:24	7:25	7:25		7:31	7:23	DNF	7:23	7:35		7:24	7:35
Summer Rockstroh	7:55	10:19	9:40	8:55	8:51	8:54	8:26		9:05	DNF	8:35			8:26	9:06
Jill Tomczyk	7:23		8:23	7:55	8:16	8:02		8:14	8:15	8:11	8:17			7:55	8:13
Ashli Webster	6:37	7:14	7:27	7:09	7:16	7:00		7:18	7:16	6:53	7:01	6:56		6:53	7:09
Kaylee Pihoda - 10		8:38	8:35	8:02	8:09	7:57		8:15	8:13	7:59	7:43			7:43	8:10
Alexis Thieman	7:24	7:50	7:59	7:25	7:26	7:17		7:22	7:32	7:16	7:24	7:18		7:17	7:29
Sarah Bombard - 9			9:40	8:36	9:03	9:07			9:06					8:56	9:11
Grace Grubbs	7:12	7:41		7:14	6:40	7:14		7:28	DNR	DNR	7:16	7:03		7:03	7:20
Alaina Steele	6:36	7:28			7:05	7:19		7:07	7:24	7:01	7:07	6:51		6:51	7:10
Aaleaha Thieman	7:43	8:19	8:30	7:50	7:56	8:12		7:43	8:04		DNR			7:43	8:05
Lily Wilson		7:43	7:46	7:16	7:23	7:15		7:19	7:29	7:17	7:16	7:05		7:05	7:24
														Best	Average
	3200 m	3200 m	2000 m	2400 m	3200 m	3200 m	3200 m	-	3200 m	3200 m	3200 m			3200 m	3200 m
Allison Cavallin - 8	7:50	8:26	7:43	7:54	8:06	7:50			8:25	7:56	7:59			7:50	8:06
Ellaia Johnson	7:16	8:11	7:18	7:31	8:03									8:03	8:07
Elly Tyberg	8:34		8:07											-	-
Hope Gregoire - 7					9:00	9:12	9:26		9:25	8:48	8:57			8:45	9:07
Beth Kemen			7:40	7:33	8:03	8:19	8:00		8:04	7:52	7:56			7:50	8:02

TEAM POSITIONS AT MEETS - 2016

Boys Name	Brainerd	Pine City	Mora	Pierz	Milaca Mega	Foley	Swain	Becker	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Eli Grubbs - 12	1	1	1	1	3		1	1		1	1	1	1.2
Nick Stolp	12	7	12	8	10	1		7	9	10			8.4
Max Graves - 11	9	12	11										10.7
Joseph Root	13	11	9	10	12	2		10	11	12			10.0
Remington Steele	5	5	5	9	9		5	9	7	7			6.8
Jake Adams - 10	10	9	8	7	7		7	6	6	8	7		9.8
TJ Rank	6	6	6	6	5		4	8	5	6	6		5.8
Tommy Ryan	3	DNF	2	2	1		2	2	1	2	2		1.7
Justin Stolp	15	14	15	13	13	4		13	12	13			12.4
Derek Clementson - 9	8	4	7	5	6		6	5	3	4			6.0
Austin Eckert	7	8	10	12	8		8	11	8	9			9.0
Koleman Lind	11	10	13	11	11	3		12	10	11			10.2
Matthew Long	16	15	16	14	14	5		14	13	14			13.4
Jacob Merrick	14	13	14					16					14.3
Noah Miller	4	3	4	4	4			4	4	5	5		4.1
Nate Webster	2	2	3	3	2		3	3	2	3	3		2.6
	3200 m	2000 m	2400 m	3200 m	3200 m	3200 m	-	3200 m	3200 m	3200 m			Average
Brayden Bombard - 8	6	8	9	8		9		5	8	6			7.4
Charlie Emmons		6	6	4	5	4		2	3				4.3
Parker Sell	2	4	2	2		2			1				2.2
Peyton Smetana	1	1	1	1	2	1			2				1.3
Lukas Struss	3	2	3	3	3	6		3	6	2			3.4
Ethean Wiechman		9	8	10	7	10		6	10	7			8.4
Hunter Danielson - 7	5	5	7	6	4	5			7	4			5.4
Bryce Roberts		7	10	9	6	8		4	9	5			7.3
Aidan Welch	4	3	4	5	1	3		1	4	1			2.9
Drake Willert			5	7		7			5	3			5.4
Girls Name	Brainerd	Pine City	Mora	Pierz	Milaca Mega	Foley	Swain	Becker	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	Average
Marin Foss - 11	1	2	1	5	DNR		DNR	DNF	DNR	3	1		2.2
Janae Johnson	10		12	13	11	2		9	7	10			9.3
Grace Langmade	7	4	5	6	6		6	2	DNF	6	7		5.4
Summer Rockstroh	12	9	10	11	10	1		10	DNF	11			9.3
Jill Tomczyk		7	8	10	8		8	8	6	9			8.0
Ashli Webster	2	1	2	2	1		2	1	1	1	3		1.6
Kaylee Prihoda - 10	9	8	9	9	7		9	7	5	8			7.9
Alexis Thieman	6	5	6	7	4		4	5	3	7	6		5.3
Sarah Bombard - 9		10	11	12	12			11					11.2
Grace Grubbs	4		3	3	2		5	DNR	DNR	4	4		3.6
Alaina Steele	3			1	5		1	3	2	2	2		2.4
Aaleaha Thieman	8	6	7	8	9		7	6	DNR	DNR			7.3
Lily Wilson	5	3	4	4	3		3	4	4	5	5		4.0
	3200 m	2000 m	2400 m	3200 m	3200 m	3200 m	-	3200 m	3200 m	3200 m			Average
Allison Cavallin - 8	2	3	3	3	1	DNF		2	2	2			2.3
Ellaina Johnson	1	1	1	1									1.0
Elly Tyberg		4											4.0
Hope Gregoire - 7		5		4	3	2		3	3	3			3.3
Beth Kemen		2	2	2	2	1		1	1	1			1.5

PLACE FINISHES AT MEETS - 2016

Boys Name	Brainerd	Pine City	Mora	Pierz	Milaca Mega	Foley	Swain	Becker	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Eli Grubbs - 12	11	1	8	15	56		28	7		1	13	109	5.6 / 24.9 Stat
Nick Stolp	42jv	9jv	30jv	50jv	340jv	47jv			49	4jv			30.3jv
Max Graves - 11	43jv	35jv	29jv										32.0jv
Joseph Root	48jv	31jv	26jv	67jv	417jv	63jv			64	8jv			40.5jv
Remington Steele	44	40	43	83	240jv		13jv	70	40	16			37.3
Jake Adams - 10	44jv	14jv	15jv	43jv	121		188		35	1jv	81		85 / 21.4jv
TJ Rank	45	42	54	76	102		125	68	31	15	69		62.7
Tommy Ryan	20	DNF	11	17	25		47	9	8	2	19		15.8
Justin Stolp	68jv	55jv	52jv	110jv	453jv	87jv			70	9jv			63.5jv
Derek Clementson - 9	36jv	2jv	62	66	105		139	42	18	6	41		59.9
Austin Eckert	47	49	69	89jv	158-9th		58jv		42	2jv			51.8 / 49.3jv
Koleman Lind	45jv	18jv	32jv	80jv	246-9th	73jv			62	7jv			42.5jv
Matthew Long	69jv	58jv	75jv	135jv	310-9th	103jv			74	18jv			76.3jv
Jacob Merrick	53jv	42jv	46jv										47jv
Noah Miller	39	23	42	54	92			41	19	11	64		42.8
Nate Webster	17	4	14	42	33		60	28	14	4	26		24.2
	3200 m	2000 m	2400 m	3200 m	3200 m	3200 m	-	3200 m	3200 m	3200 m			
Brayden Bombard - 8	105	53	72	91		81		71	32	20			65.6
Charlie Emmons		26	39	36	215-8th	38		37	10				50.1
Parker Sell	59	20	26	27		23			8				27.2
Peyton Smetana	41	14	25	26	145-8th	22			9				40.3
Lukas Struss	67	18	28	31	184-8th	43		44	22	6			49.2
Ethean Wiechman		9	69	108	270-8th	82		73	34	21			83.3
Hunter Danielson - 7	101	23	48	59	127-7th	39			23	9			53.6
Bryce Roberts		40	76	106	214-7th	76		66	33	15			78.3
Aidan Welch	68	19	31	49	71-7th	31		28	15	4			35.1
Drake Willert			34	80		57			21	8			40.0
Girls Name	Brainerd	Pine City	Mora	Pierz	Milaca Mega	Foley	Swain	Becker	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Marin Foss - 11	11	16	13	46	DNR		DNR	DNF	DNR	3	28		19.5
Janae Johnson	34jv		34jv	70jv	336jv	46jv			40	4jv			37.6jv
Grace Langmade	36	27	29	47	87		114	26	DNF	8	87		51.2
Summer Rockstroh	42jv	28jv	31jv	55jv	305jv	36jv		38jv	DNF	5jv			33.6jv
Jill Tomczyk		7jv	54	33jv	153jv		73jv	11jv	35	3jv			25.4jv
Ashli Webster	14	14	19	38	46		83	20	10	1	44		28.9
Kaylee Prihoda - 10	19jv	8jv	7jv	28jv	77-10th		77jv	7jv	32	2jv			21.1jv
Alexis Thieman	31	30	31	49	74		88	34	20	9	64		43.0
Sarah Bombard - 9		29jv	32jv	69jv	181-9th								43.3jv
Grace Grubbs	26		22	41	64		98	DNR	DNR	4	48		37.9
Alaina Steele	22			25	78		59	27	15	2	32		32.5
Aaleaha Thieman	13jv	40	48	20jv	110-9th		133	47	DNR	DNR			67 / 16.5jv
Lily Wilson		24	25	43	67		85	32	21	5	51		35.3
	3200 m	2000 m	2400 m	3200 m	3200 m	3200 m	-	3200 m	3200 m	3200 m			
Allison Cavallin - 8	53	9	32	41	98-8th			17	5	6			32.6
Ellaina Johnson	36	5	18	37									24.0
Elly Tyberg		12	DNF										12.0
Hope Gregoire - 7		24		69	215-7th	40		30	12	14			57.7
Beth Kemen		13	21	38	159-7th	14		10	4	5			33.0

GIRLS - TOP 10 CROSS COUNTRY TIMES AT MEETS (5K)

<u>PINE CITY</u>				<u>Mora</u>				<u>PIERZ</u>				<u>ALL-TIME BEST 4K</u>			
21:40	Ashli Webster	2015		21:32	Marin Foss	2016		21:20	Allison Gusk	2015		15:44	Sherry Rike	2011	SECT
21:41	Allison Gusk	2015		21:51	Allison Gusk	2015		21:48	Ashli Webster	2015		15:45	Abby Cummins	2011	SECT
21:44	Marin Foss	2015		21:52	Alaina Steele	2015		21:51	Alaina Steele	2015		15:46	Emily Branzovsky	2003	SECT
21:50	Alaina Steele	2015		21:53	Ashli Webster	2015		21:57	Alaina Steele	2016		15:50	Emily Branzovsky	2003	STA
22:12	Grace Langmade	2015		22:11	Ashli Webster	2016		22:28	Grace Langmade	2015		15:52	Abby Cummins	2012	SECT
23:09	Ashli Webster	2016		22:28	Grace Grubbs	2016		22:33	Ashli Webster	2016		15:55	Abby Cummins	2012	GRC
23:23	Marin Foss	2016		22:32	Grace Langmade	2015		22:43	Grace Grubbs	2016		15:56	Emily Branzovsky	2003	BECK
24:10	Lily Wilson	2016		22:34	Lily Wilson	2016		22:43	Marin Foss	2015		16:02	Abby Cummins	2010	SECT
24:39	Grace Langmade	2016		22:53	Marin Foss	2015		22:53	Lily Wilson	2016		16:13	Marin Foss	2014	SECT
24:48	Alexis Thieman	2016		22:56	Grace Langmade	2016		22:58	Marin Foss	2016		16:13	Abby Cummins	2012	MEGA
												16:14	Allison Gusk	2014	SECT
<u>MILACA MEGA (G.C.)</u>				<u>SWAIN</u>				<u>Becker</u>				<u>Camb./Mora</u>			
21:22	Alaina Steele	2015		20:48	Alaina Steele	2015		20:59	Alaina Steele	2015		21:04	Allison Gusk	2015	
21:22	Ashli Webster	2015		21:06	Allison Gusk	2015		21:27	Marin Foss	2015		21:22	Ashli Webster	2016	
21:23	Allison Gusk	2015		21:07	Ashli Webster	2015		21:27	Allison Gusk	2015		21:30	Alaina Steele	2015	
21:26	Marin Foss	2015		21:40	Marin Foss	2015		21:48	Ashli Webster	2015		21:35	Ashli Webster	2015	
21:42	Ashli Webster	2016		21:56	Grace Langmade	2015		22:34	Ashli Webster	2016		21:47	Alaina Steele	2016	
22:27	Grace Grubbs	2016		22:07	Alaina Steele	2016		22:39	Grace Langmade	2015		21:55	Marin Foss	2015	
22:30	Lily Wilson	2016		22:36	Makayla Butenhoff	2015		22:58	Grace Langmade	2016		21:58	Grace Langmade	2015	
22:37	Alexis Thieman	2016		22:39	Ashli Webster	2016		22:59	Jill Tomczyk	2015		22:35	Alexis Thieman	2016	
22:42	Alaina Steele	2016		22:42	Lily Wilson	2016		23:00	Alaina Steele	2016		22:36	Lily Wilson	2016	
23:00	Grace Langmade	2015		22:51	Alexis Thieman	2016		23:16	Lily Wilson	2016		23:08	Makayla Butenhoff	2015	
<u>CONFERENCE</u>				<u>SECTION</u>				<u>STATE</u>				<u>ALL-TIME BEST 5K</u>			
20:33	Alaina Steele	2015	PC	20:36	Ashli Webster	2015	ML	20:28	Allison Gusk	2015		20:28	Allison Gusk	2015	STATE
20:37	Marin Foss	2015	PC	20:37	Allison Gusk	2015	ML	20:43	Ashli Webster	2015		20:33	Alaina Steele	2015	GRC-PC
20:48	Allison Gusk	2015	PC	20:44	Marin Foss	2015	ML	20:55	Alaina Steele	2015		20:36	Ashli Webster	2015	Section
20:52	Ashli Webster	2015	PC	20:48	Alaina Steele	2015	ML	21:11	Makayla Butenhoff	2015		20:37	Marin Foss	2015	GRC-PC
21:48	Ashli Webster	2016	PC	20:58	Makayla Butenhoff	2015	ML	21:21	Marin Foss	2015		20:37	Allison Gusk	2015	Section
21:50	Grace Langmade	2015	PC	21:07	Marin Foss	2016	ML	22:15	Grace Langmade	2015		20:43	Ashli Webster	2015	STATE
21:53	Makayla Butenhoff	2015	PC	23:14	Alaina Steele	2016	ML	22:24	Grace Grubbs	2015		20:44	Marin Foss	2015	Section
22:06	Alaina Steele	2016	PC	23:29	Ashli Webster	2016	ML					20:48	Allison Gusk	2015	GRC-PC
22:32	Marin Foss	2016	PC	21:32	Grace Langmade	2015	ML					20:48	Alaina Steele	2015	Swain
22:33	Grace Grubbs	2015	PC	21:51	Grace Grubbs	2016	ML	15:50	Emily Branzovsky	2003		20:48	Alaina Steele	2015	Section
								16:50	Marin Foss	2014		20:52	Ashli Webster	2015	GRC-PC

BOYS
TOP CROSS COUNTRY TEAMS AT MEETS
By Top-5 Average Times
2016

<u>PINE CITY INVITE (Top 11)</u>			
18:28	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	
18:32	2005	C. Fischer, T. McNally, T. Miche, A. Lutz & Jo. Clementson	
18:38	1997	Pe. Johnson, R. Wasson, Pa. Johnson, J. Larson & J.R. Anderson	
18:43	2002	Ja. Clementson, C. Lutz, S. Peterson, Dv. Hansen, & C. Greden	
18:51	2007	T. McNally, C. Fischer, Z. Swanson, A. Lutz & D. Hambly	
19:01	2000	R. Hammill, Ja. Clementson, J. Lee, J. Oare & R. Arola	
19:02	2014	E. Foss, N. Adams, E. Grubbs, J. Spahr & J. Pixley	
19:07	2010	C. Hanson, J. Dedic, N. Bremer, J. Guttormson & C. Maki	
19:13	2001	Ja. Clementson, Dv. Hansen, C. Lutz, R. Arola & C. Zak	
19:19	1996	J.R. Anderson, R. Wasson, R. Anderson, Q. Patzoldt & B. Runyan	
19:29	2013	E. Foss, N. Adams, B. Hunter, J. Spahr & G. Nilsson	
<u>CONFERENCE (Top 11) Great River, Two-River & Rum River</u>			
17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC
17:55	2003	Ja. Clementson, C. Fischer, Dv. Hansen, A. Lee & T. Miche	RRC - SM
17:57	2005	T. McNally, T. Miche, C. Fischer, A. Lutz & D. Hambly	TRC - PC
17:59	2000	R. Hammill, Ja. Clementson, J. Lee, Pe. Johnson & J. Oare	RRC - FO
18:05	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	TRC - PC
18:06	2001	C. Lutz, Dv. Hansen, C. Zak, Ja. Clementson & R. Arola	RRC - NB
18:18	1997	J. Larson, Pa. Johnson, Pe. Johnson, R. Wasson & N. Johnson	RRC - SA
18:20	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	RRC - PR
18:29	2015	N. Adams, E. Grubbs, R. Steele, A. Clementson & T. Ryan	GRC - PC
18:31	2014	E. Foss, N. Adams, E. Grubbs, J. Spahr & J. Pixley	GRC - PC
18:36	2002	Ja. Clementson, C. Lutz, T. Laugerman, S. Peterson & C. Greden	RRC - PC
<u>SECTION (Top 12) Milaca, Pierz, Cloquet & Becker</u>			
17:31	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Pierz
17:43	2005	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	Cloquet
17:47	2002	Ja. Clementson, C. Lutz, C. Greden, S. Peterson, S. Laugerman	Becker
17:53	2000	Ja. Clementson, Hammill, P. Johnson, J. Lee & J. Oare	Becker
17:53	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	Cloquet
17:55	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	Cloquet
18:00	2016	E. Grubbs, T. Ryan, N. Webster, D. Clementson & N. Miller	Milaca
18:00	2008	Z. Swanson, D. Hansen, J. Emslander, B. Wirth & N. Bremer	Pierz
18:08	2013	E. Foss, N. Adams, J. Spahr, E. Grubbs & B. Hunter	Milaca
18:11	1997	R. Wasson, J. Larson, Pa. Johnson, J.R. Anderson & Pe. Johnson	Cloquet
18:20	2015	N. Adams, E. Grubbs, A. Clementson, T. Ryan & S. Whim	Milaca
18:20	2012	N. Adams, E. Foss, J. Rarick, R. Westernen & Z. Hunter	Pierz

<u>STATE at St. Olaf in Northfield (Only 4)</u>			
17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	
17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	
17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	
18:14	2000	Ja. Clementson, J. Lee, Pe. Johnson, R. Arola & J. Oare	
<u>ALL-TIME BESTS (Top 31)</u>			
17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	STATE
17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	STATE
17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	STATE
17:31	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Section 5A- PZ
5 17:38	2000	R. Hammill, Ja. Clementson, P. Johnson, J. Lee, & J. Oare	Sub-Section- PZ
17:43	2005	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	Section 7A- CL
17:46	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	Becker Invite
17:47	2002	Ja. Clementson, C. Lutz, C. Greden, S. Peterson, S. Laugerman	Section 5A- BK
17:47	1997	Pe. Johnson, R. Wasson, Pa. Johnson, J. Larson & J.R. Anderson	Princeton (Mega)
10 17:48	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	MILACA MEGA
17:50	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & A. Lutz	MILACA MEGA
17:53	2000	Ja. Clementson, Hammill, P. Johnson, J. Lee & J. Oare	Section 5A- BK
17:53	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	Section 7A- CL
17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC
15 17:55	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	Section 7A- CL
17:55	2003	Ja. Clementson, C. Fischer, Dv. Hansen, A. Lee & T. Miche	RRC - SM
17:57	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Princeton Invite
17:57	2005	T. McNally, T. Miche, C. Fischer, A. Lutz & D. Hambly	TRC - PC
17:59	2000	R. Hammill, Ja. Clementson, J. Lee, Pe. Johnson & J. Oare	RRC - FO
20 18:00	2016	E. Grubbs, T. Ryan, N. Webster, D. Clementson & N. Miller	Section 5A- ML
18:00	2008	Z. Swanson, D. Hansen, J. Emslander, B. Wirth & N. Bremer	Section 5A- PZ
18:01	2000	R. Hammill, Ja. Clementson, J. Lee, J. Oare & Pe. Johnson	N. Branch Invite
18:03	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	Pierz Stampede
18:05	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	TRC- PC
25 18:06	2001	C. Lutz, Dv. Hansen, C. Zak, Ja. Clementson & R. Arola	RRC- NB
18:07	2005	T. McNally, T. Miche, D. Hambly, J. Boland & A. Lutz	Cambridge Invite
18:08	2007	D. Hambly, T. McNally, Z. Swanson, A. Lutz & D. Hansen	Becker Invite
18:08	2013	E. Foss, N. Adams, J. Spahr, E. Grubbs & B. Hunter	Section 5A- ML
18:10	2005	T. Miche, McNally, Fischer, A. Lutz & Jo. Clementson	Pierz Stampede
30 18:11	1997	R. Wasson, J. Larson, Pa. Johnson, J.R. Anderson & Pe. Johnson	Section 7A- CL
18:14	2000	Ja. Clementson, J. Lee, Pe. Johnson, R. Arola & J. Oare	STATE

BOYS - TOP 10 CROSS COUNTRY TIMES AT MEETS

<u>Brainerd</u>			<u>PINE CITY</u>			<u>MILACA/MORA</u>			<u>PIERZ</u>					
18:21*	Eli Grubbs	2016	17:01	Jim Kingen	1986	17:17	Zach Swanson	2008	16:58	Trevor McNally	2006			
18:37	Noah Adams	2015	17:14	Trevor McNally	2006	17:27	Trevor McNally	2006	17:10	Jared Clementson	2003			
18:42*	Nate Webster	2016	17:16	Zach Swanson	2008	17:29	Eli Grubbs	2016	Mo	17:14	Easton Foss	2014		
18:47*	Tommy Ryan	2016	17:21	Jared Clementson	2003	17:53	Cody Hanson	2010		17:14	Zach Swanson	2008		
19:52	Andrew Clementson	2015	17:28	Jared Clementson	2002	17:59	Noah Adams	2015	Mo	17:14	Jared Clementson	2002		
20:05	Sasha Whim	2015	17:33	Cody Hanson	2010	18:03	Easton Foss	2013	Mo	17:20	Tom Miche'	2005		
20:07	Remington Steele	2015	17:34	John Bloom	1988	??	18:03	Dan Pangerl	1998	17:30	Jared Clementson	2001		
20:09*	Noah Miller	2016	17:53	Easton Foss	2014	18:05	Tommy Ryan	2016	Mo	17:33	Trevor McNally	2005		
20:47*	Remington Steele	2016	17:53	Clay Fischer	2005	18:08	Nate Webster	2016	Mo	17:34	Ryan Hammill	2000		
21:05	Noah Miller	2015	17:56	Tom Miche'	2006	18:10	David Hambly	2007		17:34	David Hansen	2001		
<u>MILACA MEGA (G.C.)</u>			<u>SWAIN</u>			<u>BECKER</u>			<u>PRIN/CAMB/PROC/MORA</u>					
17:06	Zach Swanson	2008	17:25	Trevor McNally	2006	16:31	Jared Clementson	2002	17:07	Cody Hanson	2010	Pri		
17:11	Cody Hanson	2010	17:47	Noah Adams	2015	16:49	Trevor McNally	2006	17:19	Zach Swanson	2008			
17:20	Trevor McNally	2007	17:54	Easton Foss	2013	16:54	Zach Swanson	2008	17:24	Trevor McNally	2007	Pri		
17:22	Easton Foss	2014	17:55	Eli Grubbs	2016	17:18	David Hambly	2006	17:31	Easton Foss	2014	Pro		
17:24	Easton Foss	2013	17:55	Trevor McNally	2005	17:30	Cody Hanson	2010	17:39	David Hambly	2007	Pri		
17:29	David Hambly	2007	17:57	Tom Miche'	2006	17:33	Tom Miche'	2006	17:49	Tommy Ryan	2016	Mo		
17:50	Noah Adams	2015	18:03	Noah Adams	2013	17:35	David Hambly	2007	17:49	Cody Hanson	2009			
17:51	Jordan Rarick	2012	18:10	Easton Foss	2014	17:38	Easton Foss	2013	17:51	Zach Swanson	2007			
17:51	Noah Adams	2014	18:21	Tommy Ryan	2016	17:48	Trevor McNally	2007	18:08	Noah Adams	2015	Camb		
17:52	Noah Adams	2013	18:23	Tom Miche'	2005	17:49	Jared Clementson	2002	18:19	Dallas Hansen	2008			
<u>CONFERENCE</u>			<u>SECTION</u>			<u>STATE</u>			<u>ALL-TIME BESTS</u>					
16:39	Jared Clementson	2003	SM	16:20	Jared Clementson	2002	BK	*17:01	Jared Clementson	2002	16:20	Jared Clementson	2002	SECT
17:15	Trevor McNally	2006	PC	16:57	Jared Clementson	2003	CL	16:32	Trevor McNally	2006	*17:01	Jared Clementson	2002	STA
17:20	Cody Hanson	2010	PC	17:03	Trevor McNally	2005	CL	16:49	Jared Clementson	2003	16:31	Jared Clementson	2003	BL-BK
17:26	Jared Clementson	2002	PC	17:03	Trevor McNally	2007	PZ	16:50	Tom Miche'	2006	16:32	Trevor McNally	2006	STA
17:28	Zach Swanson	2008	PC	17:04	Trevor McNally	2006	CL	16:53	Cody Hanson	2010	16:37	Jared Clementson	2002	FOL
17:28	Trevor McNally	2005	PC	17:05	Cody Hanson	2010	PZ	16:55	Trevor McNally	2005	16:39	Jared Clementson	2003	CONF
17:35	Tom Miche'	2005	PC	17:05	Tom Miche'	2004	CL	16:55	Trevor McNally	2007	16:42	Trevor McNally	2006	MMM
17:35	Trevor McNally	2007	PC	17:09	Easton Foss	2013	ML	17:00	Easton Foss	2014	16:49	Jared Clementson	2003	STA
17:36	Ryan Hammill	1999	ML	17:10	Tom Miche'	2005	CL	17:00	Tom Miche'	2005	16:49	Trevor McNally	2006	BKR
17:37	Ryan Hammill	2000	FO	17:12	Eli Grubbs	2016	ML	17:05	David Hambly	2006 & 07	16:50	Tom Miche'	2006	STA

*5200m course (16:22)

*5200m course (16:22)

SINGLE BEST GIRLS XC TIMES UNDER 23:00

<u>Single Rank</u>	<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>	<u>Meet</u>
1	1	20:28	Allison Gusk	2015	STATE
2	2	20:33	Alaina Steele	2015	GRC-PC
3	3	20:36	Ashli Webster	2015	Section 5A (Milaca)
4	4	20:37	Marin Foss	2015	GRC-PC
5	13	20:58	Makayla Butenhoff	2015	Section 5A (Milaca)
6	26	21:32	Grace Langmade	2015	Section 5A (Milaca)
7	T45	21:51	Grace Grubbs	2016	Section 5A (Milaca)
8	56	22:00	Lily Wilson	2016	Section 5A (Milaca)
9	T79	22:35	Alexis Thieman	2016	Mora Last Chance
10	101	22:59	Jill Tomczyk	2015	Becker

SINGLE BEST BOYS XC TIMES UNDER 18:00min

<u>Single Rank</u>	<u>Overall Rank</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>	<u>Meet</u>
1	1	16:20	Jared Clementson	2002	SECTION 5A
2	T4	16:32	Trevor McNally	2006	STATE
3	T4	16:32	Chase Duarte	1985	Chisago Lakes
4	6	16:36	John Bloom	1990	Princeton (Mega)
4	10	16:45	Jim Kingen	1986	District 25
6	17	16:50	Tom Miche'	2006	STATE
7	T20	16:54	Cody Hanson	2010	STATE
8	T20	16:54	Zach Swanson	2008	Becker
9	29	17:00	Easton Foss	2014	STATE
10	37	17:05	David Hambly	2006	STATE
11	46	17:10	Ryan Hammill	2000	SubSection-Pierz
12	T52	17:12	Eli Grubbs	2016	Section-Milaca
13	T64	17:16	Chris Lutz	2001	SubSection-Pierz
14	T94	17:27	Jason Rarick	1987	RRC - Pine City
15	T100	17:29	Peter Johnson	2000	SubSection-Pierz
16	T108	17:32	Noah Adams	2013	Section-Milaca
17	T108	17:32	Marcus Duarte	1987	RRC
17	T117	17:34	David Hansen	2001	Pierz
19	T121	17:35	Ricky Wasson	1997	Princeton (Mega)
20	T128	17:37	Clay Fischer	2003	RRC-STMA
21	T135	17:38	Tommy Ryan	2016	Section-Milaca
22	T161	17:45	Jeremy Lee	2000	SubSection-Pierz
23	T170	17:47	Jason Larson	1997	Princeton (Mega)
24	T170	17:47	Paul Johnson	1997	Princeton (Mega)
25	T193	17:51	Jordan Rarick	2012	MMM (G.C.)
26	T209	17:53	Karl Greden	2002	Section-Becker
27	T209	17:53	Danny Olson	1989	Region 7 - Cambridge
28	T224	17:55	Nate Webster	2016	Section-Milaca
29	T224	17:55	Charlie Zak	2001	SubSection-Pierz
30	T234	17:57	J.R. Anderson	1996	Rush City

1000/500 Top Practice Times - 2016

<u>Boys Names</u>	<u>1000 times</u>	<u>year</u>
1 Eli Grubbs	2:50 (t)	2016
2 Easton Foss	2:57	2013
3 Easton Foss	2:57 (t)	2014
4 Trevor McNally	3:00	2007
5 Cody Hanson	3:02	2010
6 John Dedic	3:03	2010
7 Jared Clementson	3:03	2002
8 Tom Miche'	3:03	2006
9 Noah Adams	3:03 (t)	2013
10 Zach Swanson	3:04	2008
11 Noah Adams	3:04 (t)	2015
12 Eli Grubbs	3:05 (t)	2015
13 Eli Grubbs	3:05 (t)	2014
14 Cody Hanson	3:05 (t)	2009
15 Trevor McNally	3:06	2006
16 Tommy Ryan	3:06 (t)	2016
17 Noah Adams	3:06 (t)	2014
18 David Hambly	3:07	2004
19 Tom Miche'	3:07	2005
20 Trevor McNally	3:08	2005
21 Andrew Lutz	3:08	2007
22 James Pixley	3:09 (t)	2014
23 Sasha Whim	3:10 (t)	2015
24 David Hambly	3:11	2006
25 Andrew Lutz	3:11	2006
26 Cody Hanson	3:11	2009
27 Chris Lutz	3:11	2002
28 Jordan Rarick	3:11	2012
29 Noah Miller	3:11 (t)	2016

(t) track

<u>Girls Names</u>	<u>1000 times</u>	<u>year</u>
1 Alaina Steele	3:28 (t)	2015
2 Marin Foss	3:28 (t)	2015
3 Marin Foss	3:29 (t)	2014
4 Sherry Rike	3:30	2011
5 Megan Miesner	3:40	2010
6 Abby Cummins	3:40	2012
7 Abby Cummins	3:41	2011
8 Grace Langmade	3:41 (t)	2015
9 Ashli Webster	3:42 (t)	2015
10 Allison Gusk	3:42 (t)	2015
11 Sherry Rike	3:44	2012
12 Marin Foss	3:44 (t)	2016
13 Morgan Richardson	3:45	2012
14 Brenna Richardson	3:45	2012
15 Alexis Thieman	3:45 (t)	2016
16 Sherry Rike	3:46	2010
17 Allison Gusk	3:46 (t)	2014
18 Grace Grubbs	3:46 (t)	2014
19 Jordan Kotek	3:49	2013
20 Brenna Richardson	3:49	2013
21 Sherry Rike	3:49	2009
22 Alaina Steele	3:49 (t)	2016
23 Allison Gusk	3:50	2013
24 Jordan Kotek	3:50	2012
25 Jackie Gregoire	3:51	2005
26 Emily Branzovsky	3:51	2007
27 Grace Langmade	3:51 (t)	2014
28 Abby Cummins	3:52	2010
29 Morgan Richardson	3:52	2011
30 Grace Grubbs	3:52 (t)	2015
31 Jackie Westeren	3:52 (t)	2014
32 Ashli Webster	3:52 (t)	2014
33 Ashli Webster	3:53 (t)	2016

(t) track

<u>Boys Names</u>	<u>500 times</u>	<u>year</u>
1 Eli Grubbs	1:14 (t)	2016
2 Noah Adams	1:16 (t)	2014
3 Easton Foss	1:16 (t)	2014
4 Easton Foss	1:17 (t)	2013
5 Noah Adams	1:17 (t)	2013
6 Eli Grubbs	1:18 (t)	2014
7 Cody Hanson	1:19	2010
8 John Dedic	1:19	2010
9 James Pixley	1:19 (t)	2014
10 Tom Miche'	1:20	2005
11 Zain Hunter	1:20	2012
12 Tommy Ryan	1:20 (t)	2016
13 Noah Adams	1:20 (t)	2015
14 Eli Grubbs	1:20 (t)	2015
15 Eli Grubbs	1:21	2013
16 Tom Miche'	1:21	2004
17 Clay Fischer	1:21	2005
18 Jordan Rarick	1:21	2012
19 James Pixley	1:21 (t)	2013
20 Jared Clementson	1:22	2012
21 Remington Steele	1:22 (t)	2016
22 David Hambly	1:23	2006
23 Noah Adams	1:23	2012
24 Sasha Whim	1:23 (t)	2014
25 Tommy Ryan	1:23 (t)	2015
26 Trevor McNally	1:24	2006
27 Clay Fischer	1:24	2007
28 Noah Miller	1:24 (t)	2016
29 Austin Eckert	1:24 (t)	2016
30 Andrew Clementson	1:24 (t)	2015
31 Andrew Clementson	1:24 (t)	2014

<u>Girls Names</u>	<u>500 times</u>	<u>year</u>
1 Alaina Steele	1:31 (t)	2016
2 Marin Foss	1:31 (t)	2014
3 Sherry Rike	1:32	2011
4 Morgan Richardson	1:32	2012
5 Jordan Kotek	1:32 (t)	2013
6 Sherry Rike	1:33	2012
7 Marin Foss	1:33 (t)	2016
8 Alaina Steele	1:33 (t)	2015
9 Megan Miesner	1:34	2010
10 Grace Grubbs	1:34 (t)	2016
11 Marin Foss	1:34 (t)	2015
12 Allison Gusk	1:34 (t)	2014
13 Grace Langmade	1:35 (t)	2015
14 Aaleaha Thieman	1:35 (t)	2015
15 Grace Grubbs	1:35 (t)	2014
16 Jackie Westeren	1:35 (t)	2013
17 Sherry Rike	1:36	2008
18 Alexis Thieman	1:36 (t)	2016
19 Alexis Thieman	1:36 (t)	2015
20 Grace Langmade	1:36 (t)	2014
21 Allison Gusk	1:37 (t)	2015
22 Jackie Westeren	1:37 (t)	2014
23 Ashli Webster	1:37 (t)	2014
24 Alaina Steele	1:37 (t)	2014
25 Sherry Rike	1:38	2010
26 Sherry Rike	1:38	2009
27 Grace Grubbs	1:38 (t)	2015
28 Makayla Butenhoff	1:38 (t)	2015
29 Abby Cummins	1:39	2011
30 Abby Cummins	1:39	2012
31 Ashli Webster	1:39 (t)	2015
32 Alexis Thieman	1:39 (t)	2013
33 Brenna Richardson	1:39 (t)	2013
34 Abbey Haug	1:39 (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	12:45	October 16, 2014	Marin Foss
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	6:22 (1:36 ave)	November 3, 2015	Marin Foss
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	26:58 (3:51 ave)	October 9, 2015	Marin Foss
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	13:05	October 19, 2015	Alaina Steele
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
52. 1600, 1000, 500 (track)	11:18	October 26, 2015	Alaina Steele

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	5:21	August 18, 2014	Easton Foss
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	10:54	October 20, 2016	Eli Grubbs
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	16:20 (3:16 ave)	September 17, 2014	Easton Foss
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	11:28	October 19, 2015	Eli Grubbs
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
58. 1600, 1000, 500 (track)	9:08	October 24, 2016	Eli Grubbs

Team Records by Season (1996-2016)

GIRLS			Year	BOYS		
Wins	Losses	Percent		Wins	Losses	Percent
70	48	0.593	2016	77	48	0.616
104	19	0.846 State	2015	64	56	0.533
65	40	0.619	2014	66	47	0.584
34	54	0.386	2013	63	45	0.583
39	44	0.470	2012	38	57	0.400
42	51	0.452	2011	25	53	0.321
39	48	0.448	2010	47	48	0.495
24	62	0.279	2009	35	56	0.385
9	30	0.231	2008	40	52	0.435
26	103	0.202	2007	129	25	0.838 State
29	85	0.254	2006	116	22	0.841 State
16	68	0.254	2005	102	21	0.829 State
31	27	0.534	2004	38	33	0.535
39	27	0.591	2003	59	66	0.472
37	24	0.607	2002	77	36	0.681
43	50	0.462	2001	62	46	0.574
30	49	0.380	2000	88	31	0.739 State
30	46	0.395	1999	42	72	0.368
28	35	0.444	1998	41	33	0.554
10	55	0.154	1997	78	26	0.750
2	32	0.059	1996	29	32	0.475
Total W's	Total L's	Total W %	Total	Total W's	Total L's	Total W %
747	997	0.428		1316	905	0.593
Overall Ave			21 Seasons	Overall Ave		
6 Winning Seasons				14 Winning Seasons		
Total Since 2013			4 Seasons	Total Since 2013		
<u>Wins</u> 203	<u>Losses</u> 161	<u>Percent</u> 0.558		<u>Wins</u> 270	<u>Losses</u> 196	<u>Percent</u> 0.579
3 Winning Seasons				4 Winning Seasons		

Pine City High School Cross Country 2016 Awards:

MOST VALUABLE RUNNER	Ashli Webster 21:22	Eli Grubbs 17:11.8
ROOKIE OF THE YEAR	Lily Wilson 21:59.9	Nate Webster 17:54.2
MOST IMPROVED RUNNER	Alexis Thieman 22:35	Derek Clementson 18:21.4
	Grace Grubbs 21:51.1	
WORKHORSE AWARD	Grace Langmade 22:56	Tommy Ryan 17:37.5
SPORTSMANSHIP AWARD	Janae Johnson 26:11	TJ Rank 19:00.6
“PC” AWARD (<u>P</u> ersistent and <u>C</u> ourageous)	Marin Foss 21:07.1	Jake Adams 19:20.0
	Alaina Steele 21:13.7	Noah Miller 18:54.9
TEAM AWARD (<u>T</u> ogether <u>E</u> veryone <u>A</u> chieves <u>M</u> ore)	Kaylee Pihoda 23:58	Remington Steele 19:23.2
TOUGH AS NAILS AWARD	Summer Rockstroh 26:11	
PERSEVERANCE AWARD		Eli Grubbs 17:11.8
		Nick Stolp 20:19
CAPTAINS:	Eli Grubbs Remington Steele Ashli Webster	Marin Foss

CONFERENCE TEAM CHAMPIONS

Boys' Varsity (22pts)

Girls' Varsity (15pts)

Boys' JV (22pts)

Boys' JH (18pts)

ALL CONFERENCE

Eli Grubbs (1)

Ashli Webster (1)

Tommy Ryan (2)

Alaina Steele (2)

Nate Webster (4)

Marin Foss (3)

Derek Clementson (6)

Grace Grubbs (4)

Lily Wilson (5)

Grace Langmade (8)

Alexis Thieman (9)

HONORABLE MENTION

Noah Miller (11)

CONFERENCE INDIVIDUAL CHAMPIONS

Boys Varsity: Eli Grubbs

Girls Varsity: Ashli Webster

Boys JV: Jake Adams

ACADEMIC EXCELLENCE

Boys: Silver Level (3.69 Cum GPA)

Girls: Gold Level (3.92 Cum GPA)

STATE MEET QUALIFIERS

Eli Grubbs (13) 109th at State

LETTER WINNERS

BOYS

Eli Grubbs
Tommy Ryan
Nate Webster
Remington Steele
TJ Rank
Noah Miller
Derek Clementson
Jake Adams
Austin Eckert

GIRLS

Alaina Steele
Ashli Webster
Marin Foss
Grace Grubbs
Lily Wilson
Alexis Thieman
Grace Langmade
Aaleaha Thieman
Kaylee Prihoda
Jill Tomczyk



Coach Clementson

Coach Etta

Coach Adams

THANKS for an
FUN
season!

- Coaches

NO EXCUSES

Boys

Great River Conference Champs

Section 5A - 6th Place

Girls

Great River Conference Champs

Section 5A – 8th Place