



# TRACK-N-FIELD

2017

Year in Review

# Dragon Track & Field



# GRC INDOOR TRACK MEET @ Foley

Saturday, April 1, 2017, 10:00

Pine City Girls' Results

4 x 800 m Relay	1. Lydia Adams	(83, 81)	2:44
	2. Grace Langmade	(85, 84)	2:49
	3. Marin Foss	(83, 86)	2:49
	4. Alaina Steele	<u>(73, 82)</u>	<u>2:35</u>
		<b>10:57.5</b>	<b>1st</b>

Pole Vault	1. Allyson Chromey	NH
Long Jump	1. Elsie Lundquist	14' 9" 2nd
	2. Kelsey Erickson	13' 5.75" Tie 4th
	3. Natalie Cahill	13' 5.75" Tie 4th

55 m Hurdles	1. <b>Elsie Lundquist</b>	<b>9.0</b>	<b>1st</b>
	<b>***New GRC Indoor Record***</b>		
	2. Natalie Cahill	10.7	6th
	3. Megan Cunnien	11.2	

Triple Jump	1. <b>Elsie Lundquist</b>	<b>30' 7.75"</b>	<b>1st</b>
	2. Natalie Cahill	27' 5.25"	6th
	3. Elizabeth Cahill	24' 2"	

55 m Dash	1. Allyson Chromey	8.2	6th
	2. Ellaina Johnson	8.2	7th
	3. Alexis Pankonin	8.3	
	4. Kaylee Prihoda	8.4	
	5. Belle Sanders	9.1	

High Jump	1. <b>Elsie Lundquist</b>	<b>5' 1"</b>	<b>1st</b>
	<b>***New GRC Indoor Record***</b>		
	2. Kensi Tayerle	4' 2"	Tie 7th
	3. Isabelle Sanders	4' 2"	Tie 7th

4 x 200 m Relay	1. Alexis Thieman	31.9
	2. Kensi Tayerle	29.2
	3. Aaleaha Thieman	31.4
	4. Kelsey Erickson	<u>29.0</u>
	<b>2:01.5</b>	<b>1st</b>

Shot Put	1. Alexis Pankonin	28' 4.5"	3rd
	2. Emma Schmidt	25' 0"	4th - PB
	3. Cara Kuhn	23' 3"	
	4. Brandi Davis	15' 7"	PB
	5. Mikayla May	15' 5.5"	PB

1600 m Run	1. <b>Lydia Adams</b>	<b>6:18</b>	<b>1st</b>
	2. Marin Foss	6:22	2nd
	3. Ashli Webster	6:28	4th

1600 m Run (Exhibition)	1. Leah Westerman	7:34	PB
	2. Miriam Fromm	7:36	PB

Sprint Med Relay (100-100-200-400)	1. Kensi Tayerle	14.1
	2. Kaylee Prihoda	14.7
	3. Ellaina Johnson	31.1
	4. Lauren Sommer	<u>75.0</u>
	<b>2:15.1</b>	<b>4th</b>

400 m Dash	1. Alexis Thieman	72.7	5th
	2. Leah Westerman	82.4	
	3. Elizabeth Cahill	84.6	PB

800 m Run	1. <b>Alaina Steele</b>	(76, 82)	<b>2:38</b>	<b>1st</b>
	2. Grace Grubbs	(80, 88)	2:48	2nd
	3. Ashli Webster	(85, 94)	2:59	6th

200 m Dash	1. Alexis Pankonin	29.8	3rd
	2. Allyson Chromey	31.4	
	3. Kelsey Erickson	DNR	

4x400m Relay	1. Aaleaha Thieman	72.8
	2. Grace Langmade	70.6
	3. Lauren Sommer	74.6
	4. Alaina Steele	<u>66.1</u>
	<b>4:44.2</b>	<b>1st</b>

### Top Point Getters

1. Elsie Lundquist	38
2. Alaina Steele	20
3. Lydia Adams	15
4. Marin Foss	13
5. Alexis Pankonin	12
6. Grace Langmade	10
7. Aaleaha Thieman	10
8. Kelsey Erickson	9
9. Grace Grubbs	8

### **total scorers**

### TEAM RESULTS:

<b>1. Pine City</b>	<b>150</b>
2. Mille Lacs	100
3. East Central	75
4. Braham	61.5
5. Rush City	57.5
6. Ogilvie	33
7. Hinckley-Finlayson	1

# GRC INDOOR TRACK MEET @ Foley

Saturday, April 1, 2017, 10:00

## Pine City Boys' Results

4 x 800 m Relay	1. Remington Steele	(71, 71)	2:22
	2. Austin Eckert	(68, 72)	2:20
	3. Tommy Ryan	(67, 69)	2:19
	4. Eli Grubbs	(60, 69)	2:09
		<b>9:10</b>	<b>1st</b>

Pole Vault	1. Adam Archambault	<b>11' 0"</b>	<b>1st</b>
	2. TJ Rank	8' 0"	5th
	3. Austin Eckert		

55 m Hurdles	1. Tucker Dalen	10.7	4th
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Long Jump	1. Adam Seals	18' 11.25"	2nd
	2. Aaron Pulkrabek	18' 6.75"	3rd
	3. Tucker Dalen	15' 1.25"	

55 m Dash	1. Nathan Kleppe	7.3	6th
	2. Adam Archambault	7.5	
	3. Jason Thieman	7.7	
	4. Kenny Vo	8.2	

Triple Jump	1. <b>Adam Seals</b>	<b>37' 11.5"</b>	<b>1st</b>
	2. Aaron Pulkrabek	36' 3"	3rd
	3. TJ Rank	DNJ	

High Jump	1. Adam Seals	6' 0"	2nd
	2. Tucker Dalen	4' 9"	5th - PB

4 x 200 m Relay	1. Adam Seals	24.9	
	2. Nathan Kleppe	27.6	
	3. Riley Palmer	25.3	PB
	4. Aaron Pulkrabek	24.0	
		<b>1:42.0</b>	<b>1st</b>

Shot Put	1. Blake Shermer	32' 8"	7th - PB
	2. Nathan Kleppe	29' 4"	
	3. JJ Preston	27' 8"	PB
	4. Christian Fromm	25' 0"	PB
	5. Kenny Vo	23' 4.5"	PB

1600 m Run	1. <b>Tommy Ryan</b>	<b>5:06</b>	<b>1st</b>
	2. Noah Miller	5:22	3rd - PB
	3. TJ Rank	5:36	6th - PB

1600 m Run (Exhibition)	1. Timmy Johnson	5:39	PB
	2. George Ausmus	5:41	PB

Sprint Med Relay (100-100-200-400)	1. Kenny Vo	14.5	PB
	2. Blake Shermer	15.0	
	3. Jason Thieman	29.7	PB
	4. Christian Fromm	68.0	
		2:07.5	6th

400 m Dash	1. <b>Riley Palmer</b>	<b>58.6</b>	<b>1st</b>
	2. Remington Steele	60.1	2nd
	3. TJ Rank	65.0	5th

800 m Run	1. Noah Miller	(71, 73)	2:24	2nd - PB
	2. Timmy Johnson	(76, 78)	2:34	4th - PB
	3. George Ausmus	(74, 82)	2:36	5th - PB

200 m Dash	1. Aaron Pulkrabek	25.0	2nd
	2. Nathan Kleppe	27.9	

### Top Point Getters

1. Adam Seals	31
2. Tommy Ryan	20
3. Riley Palmer	20
4. Aaron Pulkrabek	17
5. Noah Miler	14
6. Remington Steele	13
7. Eli Grubbs	10
8. Austin Eckert	10
9. Adam Archambault	10

### total scorers

### TEAM RESULTS:

4 x 400 m Relay	1. Riley Palmer	59	
	2. Austin Eckert	61	
	3. Tommy Ryan	62	
	4. Eli Grubbs	57	
		<b>3:59.8</b>	<b>1st</b>

<b>1. Pine City</b>	<b>148</b>
2. Rush City	94
3. Braham	73
4. East Central	59
5. Ogilvie	48
6. Hinckley-Finlayson	37

# COOL DRAGON INVITATIONAL TRACK MEET

Friday, April 7, 2017, 4:00

## Pine City Girls' Results

4 x 800 m Relay	1. Marin Foss (77, 86) 2. Lydia Adams (76, 80) 3. Grace Grubbs (76, 84) 4. Ashli Webster (79, 90)	(77, 86) (76, 80) (76, 84) <u>(79, 90)</u>	2:43.4 2:36.3 2:39.5 <u>2:49.3</u>	BTY PB BTY BTY	10:48.53	2nd	Pole Vault	1. Allyson Chromey	5' 6"	Tie 5th - BTY
100 m Hurdles	1. <b>Elsie Lundquist</b> 2. Natalie Cahill 3. Megan Cunnien	<b>16.91</b> 19.73 20.98	<b>1st - BTY #3</b> 8th - BTY				Long Jump	1. Kelsey Erickson 2. Natalie Cahill 3. Allyson Chromey	14' 5.75" 14' 5.5"	4th - BTY 5th - BTY
100 m Dash	1. Alaina Steele 2. Ellaina Johnson 3. Kaylee Prihoda	14.06 14.65 15.06	2nd - PB 7th - PB				Triple Jump	1. Elsie Lundquist 2. Elizabeth Cahill 3. Dorothy Miller	32' 6" 25' 0" 24' 5"	3rd - BTY #4 BTY
4 x 200 m Relay	1. Aaleaha Thieman 2. Alexis Thieman 3. Allyson Chromey 4. Kensi Tayerle	No accurate splits					High Jump	1. <b>Elsie Lundquist</b> 2. Kensi Tayerle 3. Isabelle Sanders	<b>5' 2"</b> 4' 2" 4' 0"	<b>1st - BTY #3</b>
1600 m Run	1. <b>Lydia Adams</b> 2. Grace Grubbs 3.	<b>5:59.59</b> 6:16.89	<b>1st - BTY</b> 6th				Shot Put	1. Alexis Pankonin 2. Cara Kuhn 3. Emma Schmidt	30' 11" 24' 6.5" 23' 4.5"	2nd - BTY PB
4 x 100 m Relay	1. Kelsey Erickson 2. Natalie Cahill 3. Alexis Pankonin 4. Elsie Lundquist	14.1 13.6 13.6 <u>13.0</u>	PB PB				Discus	1. Alexis Pankonin 2. Emma Schmidt 3. Cara Kuhn	94' 9" 74' 8" 55' 1"	3rd - BTY 5th - BTY
400 m Dash	1. Kaylee Prihoda 2. Aaleaha Thieman 3. Lauren Sommer	70.68 71.88 72.65	6th BTY				<u>Top Point Getters</u>			
300 m Hurdles	1. Natalie Cahill 2. Elizabeth Cahill 3. Miriam Fromm	55.83 64.44 77.25	5th PB				1. Elsie Lundquist	31		
800 m Run	1. <b>Alaina Steele</b> 2. Leah Westerman	<b>(73, 76)</b> (84, 1:47)	<b>2:29.59</b> 3:11.77	<b>1st - BTY #6</b>			2. Alaina Steele	23		
200 m Dash	1. Ellaina Johnson 2. Kelsey Erickson 3. Kensi Tayerle	29.94 30.23 30.40	3rd - PB 4th 7th - PB				3. Alexis Pankonin	19		
3200 m Run	1. Ashli Webster (1:30, 1:38, 1:40, 1:47, 1:49, 1:49, 1:49, 1:33)	13:34.24	5th				3. Lydia Adams	19		
4 x 400 m Relay	1. Aaleaha Thieman 2. Alexis Thieman 3. Lydia Adams 4. Alaina Steele	72.6 71.3 67.3 <u>62.6</u>	BTY PB BTY				5. Kelsey Erickson	13		
		<b>4:33.83</b>	<b>1st</b>				6. Alexis Thieman	9		
							6. Aaleaha Thieman	9		
							6. Natalie Cahill	9		
							9. Ashli Webster	6		
							9. Ellaina Johnson	6		
							11. Allyson Chromey	5.5		
							12. Grace Grubbs	5		
							12. Marin Foss	5		
							14. Kensi Tayerle	4		
							15. Emma Schmidt	2		
							16. Kaylee Prihoda	1		
							<b>16 total scorers</b>			
							<u>TEAM RESULTS:</u>			
							1. <b>Pine City</b>	<b>130.5</b>		
							2. Crosby-Ironton	64		
							3. Mille Lacs	62		
							4. Two Harbors	61		
							5. East Central	53		
							6. Braham	52.5		
							7. Moose Lake-Willow R.	44		
							8. South Ridge/Cherry	41		
							8. Ogilvie	23		
							10. Hinckley-Finlayson	14		
							11. McGregor	9		



# COOL DRAGON INVITATIONAL TRACK MEET

Friday, April 7, 2017, 4:00

Pine City Boys' Results

4 x 800 m Relay	1. Austin Eckert	(66, 68)	2:14.4	BTY
	2. Remington Steele	(65, 70)	2:15.7	BTY
	3. Tommy Ryan	(62, 68)	2:09.4	PB
	4. Eli Grubbs	<u>(62, 65)</u>	<u>2:07.1</u>	BTY
		<b>8:46.58</b>	<b>1st - #5</b>	

110 m Hurdles	1. Tucker Dalen	21.50	7th - PB
	2. Brody Perlick	21.91	PB
	3. Jacob Merrick	DNR	

100 m Dash	1. Brandon Haskovec	12.18	2nd
	2. Aaron Pulkrabek	12.22	3rd - PB
	3. Kenny Vo	14.81	PB

4 x 200 m Relay	1. TJ Rank	26.2	PB
	2. Riley Palmer	25.2	PB
	3. Jason Thieman	27.9	PB
	4. Nathan Kleppe	<u>26.1</u>	
		<b>1:45.39</b>	<b>4th</b>

1600 m Run	1. Eli Grubbs	4:45.69	2nd - BTY
	(71, 73, 73, 68)		
	2. Remington Steele	5:21.49	BTY
	(76, 81, 83, 81)		
	3. Austin Eckert	5:35.13	BTY
	(76, 85, 88, 86)		

4 x 100 m Relay	1. Aaron Pulkrabek	12.3	
	2. Adam Seals	11.2	
	3. Nathan Kleppe	11.8	
	4. Brandon Haskovec	<u>11.6</u>	
		<b>47.02</b>	<b>1st</b>

400 m Dash	1. Riley Palmer	57.03	4th - BTY
	2. Ryan Tracy	65.75	PB
	3. Jason Thieman	67.35	PB

300 m Hurdles	1. TJ Rank	49.93	5th - PB
	2. Blake Shermer	54.80	
	3. Jacob Merrick	DNR	

800 m Run	1. George Ausmus	(68, 76)	2:25.02	PB
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200 m Dash	1. Nathan Kleppe	27.59	BTY
	2. Ali Pulley	DNR	
	3. Brody Perlick	DNR	

3200 m Run	1. Tommy Ryan	11:18.91	4th
	(1:17, 1:23, 1:23, 1:23, 1:26, 1:25, 1:07, 1:54)		
	2. Timmy Johnson	12:19.56	8th - PB
	(1:31, 1:35, 1:35, 1:34, 1:35, 1:33, 1:16, 1:40)		
	3.		

4 x 400 m Relay	1. Riley Palmer	56.9	BTY
	2. Austin Eckert	57.6	PB
	3. Remington Steele	57.7	BTY
	4. Eli Grubbs	<u>54.7</u>	BTY
		<b>3:46.89</b>	<b>1st</b>

Pole Vault	1. TJ Rank	8' 6"	Tie 4th - BTY
	2. Adam Archambault	DNV	
	3. Austin Eckert	NH	

Long Jump	1. Adam Seals	20' 1"	T 2nd - BTY T#6
	2. Aaron Pulkrabek	20' 1"	T 2nd - BTY T#6
	3. Brandon Haskovec	19' 4"	4th - PB

Triple Jump	1. Adam Seals	38' 7.75"	2nd - BTY
	2. Aaron Pulkrabek	37' 1.5"	5th - BTY
	3. TJ Rank	33' 11.5"	PB

High Jump	1. <b>Adam Seals</b>	<b>6' 0"</b>	<b>T 1st - PB T#4</b>
	2. <b>Brandon Haskovec</b>	<b>6' 0"</b>	<b>T 1st - PB T#4</b>
	3. Tucker Dalen	NH	

Shot Put	1. Damien Schwab	35' 4"	BTY
	2. Blake Shermer	31' 5"	
	3. Kenny Vo	23' 10"	PB

Discus	1. Blake Shermer	102' 3"	5th - BTY
	2. Damien Schwab	87' 7"	BTY
	3. Nathan Kleppe	76' 10"	

## Top Point Getters

1. Adam Seals	29
2. Brandon Haskovec	26
3. Aaron Pulkrabek	20
3. Eli Grubbs	18
5. Riley Palmer	11
6. Remington Steele	10
6. Austin Eckert	10
7. Tommy Ryan	9
9. Nathan Kleppe	7
9. TJ Rank	7
11. Blake Shermer	2
11. Jason Thieman	2

**12 total scorers**

## TEAM RESULTS:

1. <b>Pine City</b>	<b>117</b>
2. McGregor	91.5
3. Two Harbors	80
4. Moose Lake-Willow R.	75
5. East Central	60
6. Crosby-Ironton	44
7. South Ridge/Cherry	35
8. Braham	26
9. Hinckley-Finlayson	17.5
10. Ogilvie	11

# RUSH CITY INVITATIONAL TRACK MEET

Tuesday, April 11, 2017, 4:00

## Pine City Girls' Results

4 x 800 m Relay	1. Grace Langmade (78, 84) 2:42 2. Grace Grubbs (77, 84) 2:41 3. Leah Westerman (90, 96) 3:06 4. Alaina Steele (72, 85) 2:37 <hr style="width: 100%;"/> <b>11:06.9 1st</b>	Pole Vault Long Jump	Allyson Chromey NH 1. Natalie Cahill 13' 5.5" 2nd 2. Kelsey Erickson 12' 10.5" 5th 3. Elizabeth Cahill 10' 1.5"	
100 m Hurdles	1. <b>Elsie Lundquist</b> 16.4 1st 2. Natalie Cahill 19.0 2nd	Triple Jump High Jump	1. <b>Kelsey Erickson</b> 29' 9" 1st - PB 2. Natalie Cahill 28' 8" 4th - BTY 3. Elizabeth Cahill 24' 11.5" 1. <b>Elsie Lundquist</b> 5' 0" 1st 2. Kensi Tayerle 4' 2" 5th 3. Belle Sanders 4' 0" 6th	
100 m Dash	1. Alexis Pankonin 14.2 4th - BTY 2. Kaylee Prihoda 14.2 6th - PB 3. Allyson Chromey 15.0 PB 4. Belle Sanders 16.5 PB 5. Brandi Davis 18.1 PB	Shot Put	1. Alexis Pankonin 30' 4.5" 2nd 2. Cara Kuhn 24' 1" 3. Emma Schmidt 23' 11.5" 4. Mikayla May 16' 10" PB 5. Brandi Davis 16' 8" PB	
4 x 200 m Relay	1. Kensi Tayerle 30.6 2. Allyson Chromey 29.8 PB 3. Alexis Thieman 30.8 BTY 4. Aaleaha Thieman 30.3 BTY <hr style="width: 100%;"/> <b>2:01.2 1st</b>	Discus	1. Alexis Pankonin 90' 7" 2nd 2. Emma Schmidt 76' 6" 6th - BTY 3. Cara Kuhn 61' 7" 4. Brandi Davis 46' 1" 5. Mikayla May 34' 8" PB	
1600 m Run	1. <b>Lydia Adams</b> 5:58.5 1st - BTY (1:26, 1:31, 1:33, 1:27) 2. Natalie Cahill 7:12.7 6th - PB (1:36, 1:51, 1:59, 1:45) 3. Elsie Lundquist 7:27.7 PB (1:37, 1:55, 2:05, 1:50)			
4 x 100 m Relay	1. Kaylee Prihoda 14.4 2. Alexis Thieman 15.0 3. Kelsey Erickson 13.1 PB 4. Ellaina Johnson 13.1 PB <hr style="width: 100%;"/> 55.6 2nd	4 x 100 m Relay (Exh)	1. Ashli Webster 14.8 2. Lydia Adams 15.2 3. Marin Foss 13.6 4. Grace Grubbs 15.5 <hr style="width: 100%;"/> 59.5 *6th	
400 m Dash	1. Lauren Sommer 71.8 3rd - BTY 2. Leah Westerman 78.5 6th - BTY 3. Brandi Davis 1:40.8 PB		<u>Top Point Getters</u> 1. Elsie Lundquist 22 2. Natalie Cahill 21 3. Alexis Pankonin 20 4. Kelsey Erickson 17 5. Alaina Steele 16 5. Alexis Thieman 16 5. Grace Langmade 16 8. Lydia Adams 15 9. Marin Foss 10 9. Grace Grubbs 10 11. Ellaina Johnson 9 12. Kensi Tayerle 7 13. Ashli Webster 6 13. Kaylee Prihoda 6 13. Leah Westerman 6 13. Lauren Sommer 6 17. Aaleaha Thieman 5 17. Allyson Chromey 5 19. Emma Schmidt 1 19. Belle Sanders 1	
300 m Hurdles	1. Grace Langmade 55.8 3rd - PB 2. Elizabeth Cahill 68.4 3. Belle Sanders 75.9 PB			
800 m Run	1. Alexis Thieman (85, 89) 2:54.1 3rd 2. Elsie Lundquist (88, 1:45) 3:13.0 5th - PB			
200 m Dash	1. Alaina Steele 29.1 3rd 2. Ellaina Johnson 29.6 4th 3. Kaylee Prihoda 30.8 BTY 4. Allyson Chromey 31.4 PB 5. Lauren Sommer 31.9			
3200 m Run	1. <b>Marin Foss</b> 13:20 1st (1:23, 1:37, 1:42, 1:44, 1:43, 1:46, 1:48, 1:37) 2. Ashli Webster 13:47 3rd (1:29, 1:41, 1:48, 1:46, 1:51, 1:50, 1:48, 1:35)			
4 x 400 m Relay	1. Grace Langmade 69 2. Lydia Adams 68 3. Grace Grubbs 67 PB 4. Alaina Steele 65 <hr style="width: 100%;"/> <b>4:29.3 1st</b>			
			<b>20 total scorers</b>  <u>TEAM RESULTS:</u> 1. <b>Pine City</b> 173 2. East Central 110 3. Rush City 88 4. Braham 86 5. Ogilvie 37 6. Hinckley-Finlayson 35	

# RUSH CITY INVITATIONAL TRACK MEET

Tuesday, April 11, 2017, 4:00

## Pine City Boys' Results

4 x 800 m Relay	1. Reminton Steele (65, 71) 2:17			Pole Vault	1. <b>Adam Archambault</b> 11' 6" 1st - BTY
	2. Austin Eckert (67, 72) 2:19				2. Logan Schaaf 9' 6" 3rd - PB
	3. Eli Grubbs (62, 63) 2:05 PB				3. TJ Rank 8' 6" 5th
	4. Tommy Ryan (65, 69) 2:14				4. Austin Eckert ?
	<b>8:55.5</b> <b>1st</b>				
110 m Hurdles	1. Logan Schaaf 20.3 6th - PB			Long Jump	1. <b>Aaron Pulkrabek</b> 19' 4" 1st
	2. Tucker Dalen 21.8				2. Brandon Haskovec 17' 5" 4th
					3. Tucker Dalen 14' 4"
					4. Ali Pulley ??
100 m Dash	1. <b>Aaron Pulkrabek</b> 11.6 1st - PB			Triple Jump	1. <b>Adam Seals</b> 37' 5" 1st
	2. Adam Seals 11.8 2nd - PB				2. Aaron Pulkrabek 37' 2.25" 2nd - BTY
	3. Tryston West 12.8 6th				3. TJ Rank 32' 11" 5th
	4. Brody Perlick 13.3 PB				
4 x 200 m Relay	1. Kenny Vo 30.4 PB			High Jump	1. <b>Adam Seals</b> 5' 4" 1st
	2. Ryan Tracy 30.4 PB				2. Tucker Dalen 4' 9" tie 5th
	3. Ali Pulley 29.1 PB				3. Logan Schaaf 4' 9" tie 5th - PB
	4. Adam Archambault 25.5 PB				4. Nathan Kleppe NH
	<b>1:55.4</b> DQ			Shot Put	1. Damien Schwab 36' 0.5" 4th - PB
1600 m Run	1. Noah Miller 5:49.5 5th (1:17, 1:28, 1:35, 1:29)				2. Blake Shermer 31' 8.5"
					3. JJ Preston 27' 5.5"
					4. Brody Perlick 24' 10.5" PB
					5. Kenny Vo 24' 5" PB
4 x 100 m Relay	1. Tucker Dalen 14.0 PB			Discus	1. Blake Shermer 96' 5" 5th
	2. JJ Preston 13.6 PB				2. JJ Preston 76' 3" PB
	3. Ali Pulley 13.1 PB				3. Damien Schwab 69' 0"
	4. Logan Schaaf 12.8 PB				4. Brody Perlick 67' 10" PB
	<b>53.4</b> 5th				5. Kenny Vo 49' 1" PB
400 m Dash	1. Riley Palmer 57.2 2nd				
	2. Aaron Pulkrabek 58.9 3rd - BTY				
	3. Ryan Tracy 67.1				
300 m Hurdles	1. TJ Rank 48.9 4th - PB				
800 m Run	1. Remington Steele (68, 69) 2:17.1 2nd - BTY				
	2. Noah Miller (77, 84) 2:40.6 6th				
200 m Dash	1. Adam Seals 25.6 2nd				
	2. Tryston West 26.0 6th				
	3. Nathan Kleppe 27.3				
3200 m Run	1. <b>Eli Grubbs</b> 10:37.0 1st (1:17, 1:23, 1:21, 1:21, 1:19, 1:21, 1:22, 1:13)				
	2. Tommy Ryan 11:00.0 2nd - BTY (1:18, 1:24, 1:22, 1:24, 1:25, 1:25, 1:25, 1:17)				
	3. Austin Eckert 11:57.0 5th - PB (1:21, 1:25, 1:27, 1:29, 1:32, 1:37, 1:36, 1:27)				
	4. TJ Rank 12:00.0 PB (1:22, 1:29, 1:31, 1:32, 1:37, 1:37, 1:34, 1:18)				
4 x 400 m Relay	1. Remington Steele 58.4				
	2. Austin Eckert 59.9				
	3. Tommy Ryan 57.6				
	4. Eli Grubbs 58.9				
	<b>3:54.8</b> <b>1st</b>				

### Top Point Getters

1. Adam Seals	36
2. Aaron Pulkrabek	24
3. Eli Grubbs	20
4. Remington Steele	18
4. Tommy Ryan	18
6. Austin Eckert	12
7. Adam Archambault	10
7. Logan Schaaf	10
9. TJ Rank	8
9. Riley Palmer	8
11. Brandon Haskovec	4
11. Damien Schwab	4
13. Noah Miller	3
14. Tryston West	2
14. Blake Shermer	2
16. Ali Pulley	1
16. JJ Preston	1
16. Tucker Dalen	1

**18 total scorers**

### TEAM RESULTS:

1. <b>Pine City</b>	<b>169.5</b>
2. Rush City	125.5
3. East Central	92
4. Braham	90
5. Ogilvie	40
6. Hinckley-Finlayson	30



# OGILVIE "DEB BRENNAN" INVITATIONAL TRACK MEET

Thursday, April 13, 2017, 4:00

## Pine City Girls' Results

4 x 800 m Relay	1. Marin Foss	(83, 96)	2:59
	2. Ashli Webster	(86, 93)	2:59
	3. Leah Westerman	(96, 98)	3:14
	4. Grace Langmade	<u>(87, 98)</u>	<u>3:05</u>
		12:16.5	2nd

100 m Hurdles	1. <b>Elsie Lundquist</b>	<b>16.9</b>	<b>1st</b>
	2. Natalie Cahill	19.2	5th
	3. Miriam Fromm	30.4	

100 m Dash	1. Kaylee Prihoda	14.2	6th - PB tie
	2. Aaleaha Thieman	14.3	BTY
	3. Belle Sanders	16.2	PB
	4. Brandi Davis	17.6	PB

4 x 200 m Relay	1. Ellaina Johnson	29.9	
	2. Kensi Tayerle	29.6	
	3. Alexis Thieman	31.6	
	4. Allyson Chromey	<u>29.8</u>	
		2:00.8	4th

1600 m Run	1. Alaina Steele	6:00.4	2nd - BTY
		(1:18, 1:32, 1:38, 1:30)	
	2. Lydia Adams	6:06.0	3rd
		(1:24, 1:36, 1:37, 1:30)	
	3. Grace Grubbs	6:17.4	4th
	(1:24, 1:37, 1:42, 1:42)		

4 x 100 m Relay	1. Ellaina Johnson	14.2	
	2. Alexis Thieman	14.9	
	3. Kelsey Erickson	13.3	
	4. Alexis Pankonin	<u>13.7</u>	
		56.1	2nd

400 m Dash	1. <b>Alaina Steele</b>	<b>64.5</b>	<b>1st - BTY</b>
	2. Lauren Sommer	72.7	
	3. Kaylee Prihoda	73.6	

300 m Hurdles	1. Elsie Lundquist	53.8	2nd - PB
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800 m Run	1. Grace Grubbs	(79, 86)	2:45.1	2nd
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200 m Dash	1. Kaylee Prihoda	29.9	4th - PB
	2. Kensi Tayerle	30.4	5th
	3. Aaleaha Thieman	30.5	6th - BTY

3200 m Run

4 x 400 m Relay	1. Grace Langmade	71.2	
	2. Grace Grubbs	68.2	
	3. Lydia Adams	68.4	
	4. Alaina Steele	<u>64.6</u>	
		<b>4:32.5</b>	<b>1st</b>

Pole Vault Allyson Chromey NH

Long Jump	1. Kelsey Erickson	12' 4"	4th
	2. Natalie Cahill	11' 11"	

Triple Jump	1. <b>Elsie Lundquist</b>	<b>29' 6"</b>	<b>1st</b>
	2. Kelsey Erickson	28' 9"	3rd

High Jump	1. <b>Elsie Lundquist</b>	<b>5' 2"</b>	<b>1st</b>
	2. Kensi Tayerle	4' 4"	4th - BTY
	3. Belle Sanders	4' 2"	5th

Shot Put	1. Alexis Pankonin	31' 0"	2nd - BTY
	2. Emma Schmidt	22' 3.75"	
	3. Cara Kuhn	21' 2"	
	4. Brandi Davis	16' 10"	PB
	5. Mikayla May	15' 5.25"	

Discus	1. <b>Alexis Pankonin</b>	<b>100' 1.5"</b>	<b>1st - PB</b>
	2. Emma Schmidt	88' 4.5"	3rd - PB
	3. Cara Kuhn	71' 11"	6th - PB
	4. Mikayla May	42' 8"	PB
	5. Brandi Davis	39' 10"	

### Top Point Getters

1. Elsie Lundquist	38
2. Alaina Steele	23
3. Alexis Pankonin	18
4. Grace Grubbs	17
5. Lydia Adams	11
6. Kelsey Erickson	10
7. Grace Langmade	9
8. Kensi Tayerle	8
9. Emma Schmidt	6
9. Kaylee Prihoda	6
11. Marin Foss	4
11. Ashli Webster	4
11. Leah Westerman	4
14. Natalie Cahill	2
14. Alexis Thieman	2
14. Ellaina Johnson	2
14. Lauren Sommer	2
14. Allyson Chromey	2
19. Aaleaha Thieman	1
19. Cara Kuhn	1

**20 total scorers**

### TEAM RESULTS:

1. <b>Pine City</b>	<b>146</b>
2. Mille Lacs	122.5
3. East Central	80.5
4. Barnum	66
5. Duluth Marshall	58
6. Moose Lake-Willow R.	35
7. Ogilvie	29

# OGILVIE "DEB BRENNAN" INVITATIONAL TRACK MEET

Thursday, April 13, 2017, 4:00

## Pine City Boys' Results

4 x 800 m Relay	1. George Ausmus	(70, 76)	2:27
	2. Timmy Johnson	(81, 77)	2:38
	3. Austin Eckert	(65, 74)	2:19
	4. Remington Steele	<u>(64, 73)</u>	<u>2:17</u>
		9:41	3rd

110 m Hurdles	1. Tucker Dalen	21.8	5th
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100 m Dash	1. <b>Brandon Haskovec</b>	<b>11.6</b>	<b>1st - PB</b>
	2. Austin Eckert	12.7	PB
	3. Brody Perlick	13.2	PB
	4. Jason Thieman	13.6	PB
	5. Ryan Tracy	13.8	PB

4 x 200 m Relay	1. Nathan Kleppe	28.0	
	2. Riley Palmer	24.0	PB
	3. Adam Archambault	25.0	PB
	4. Tryston West	<u>24.9</u>	<u>PB</u>
		<b>1:41.9</b>	<b>1st - BTY</b>

1600 m Run	1. <b>Tommy Ryan</b>	<b>5:02.2</b>	<b>1st - BTY</b>
		(1:11, 1:18, 1:19, 1:14)	
	2. Noah Miller	5:38.6	
		(1:17, 1:25, 1:29, 1:27)	
	3. George Ausmus	5:39.5	PB
	(1:18, 1:27, 1:30, 1:24)		

4 x 100 m Relay	1. Aaron Pulkrabek	12.3	
	2. Adam Seals	11.4	
	3. Tryston West	12.1	
	4. Brandon Haskovec	<u>11.0</u>	
		<b>46.3</b>	<b>1st - BTY</b>

400 m Dash	1. Ryan Tracy	63.7	PB
	2. Jason Thieman	68.6	

300 m Hurdles	1. TJ Rank	48.3	3rd - PB
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800 m Run	1. <b>Eli Grubbs</b>	<b>(61, 64)</b>	<b>2:05.7</b>	<b>1st</b>
	2. Tommy Ryan	(65, 71)	2:16.7	2nd
	3. Timmy Johnson	(73, 78)	2:31.8	PB

200 m Dash	1. Jason Thieman	27.6	PB
	2. Kenny Vo	30.4	PB

3200 m Run	1. Remington Steele	11:52	5th - PB
		(1:16, 1:25, 1:28, 1:32, 1:38, 1:35, 1:35, 1:23)	

	2. Austin Eckert	12:09	
		(1:19, 1:27, 1:28, 1:33, 1:41, 1:41, 1:55, 1:38)	

	3. TJ Rank	12:31	
		(1:23, 1:34, 1:34, 1:38, 1:38, 1:38, 1:37, 1:29)	

	3. Noah Miller	13:04	
		(1:22, 1:30, 1:33, 1:40, 1:46, 1:48, 1:46, 1:39)	

4 x 400 m Relay	1. Tryston West	58.4	
	2. Remington Steele	59.0	
	3. Tommy Ryan	56.5	
	4. Eli Grubbs	<u>54.6</u>	
		<b>3:48.4</b>	<b>1st</b>

Pole Vault	1. <b>Adam Archambault</b>	<b>10' 6"</b>	<b>1st</b>
	2. Logan Schaaf	9' 0"	Tie 2nd
	3. TJ Rank	8' 6"	4th
	4. Austin Eckert	7' 0"	5th - PB

Long Jump	1. Adam Seals	17' 3"	2nd
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Triple Jump	1. None		
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High Jump	1. <b>Adam Seals</b>	<b>5' 8"</b>	<b>1st</b>
	2. Brandon Haskovec	5' 4"	2nd
	3. Logan Schaaf	5' 2"	3rd - PB
	4. Tucker Dalen	5' 0"	5th - PB

Shot Put	1. Damien Schwab	36' 5"	6th - PB
	2. Blake Shermer	31' 2"	
	3. JJ Preston	28' 2.25"	PB
	4. Brody Perlick	25' 7"	PB
	5. Kenny Vo	25' 10.25"	PB

Discus	1. Damien Schwab	98' 7"	PB
	2. Blake Shermer	97' 2"	
	3. Brody Perlick	77' 6"	PB
	4. JJ Preston	68' 7"	PB
	5. Kenny Vo	52' 4"	PB

### Top Point Getters

1. Adam Seals	23
1. Tommy Ryan	23
1. Brandon Haskovec	23
4. Eli Grubbs	15
4. Adam Archambault	15
4. Tryston West	15
7. Logan Schaaf	14
8. Remington Steele	10
8. TJ Rank	10
10. Aaron Pulkrabek	5
10. Austin Eckert	5
10. Riley Palmer	5
10. Nathan Kleppe	5
14. Tucker Dalen	4
15. Timmy Johnson	3
15. George Ausmus	3
17. Damien Schwab	1

**17 total scorers**

### TEAM RESULTS:

1. Moose Lake-Willow R.	152
2. Pine City	142
3. East Central	73
4. Barnum	71
5. Duluth Marshall	61
6. Ogilvie	44

# FOLEY INVITATIONAL TRACK MEET

Friday, April 21, 2017, 4:00

## Pine City Girls' Results

4 x 800 m Relay	1. Grace Langmade (77, 82) 2:39.4 2. Lydia Adams (75, 83) 2:38.5 3. Grace Grubbs (75, 82) 2:37.8 4. Marin Foss (77, 86) 2:43.7 <hr style="width: 100%;"/> 10:39:32 2nd - BTY #10	Pole Vault 1. Allyson Chromey NH  Long Jump 1. <b>Elsie Lundquist 15' 11.5"</b> 1st - BTY #5 2. Kelsey Erickson 14' 9" 7th - PB 3. Natalie Cahill 14' 6.75 BTY
100 m Hurdles	1. Elsie Lundquist 16.91 2nd 2. Natalie Cahill 18.91 BTY 3. Megan Cunnien 20.49 PB	Triple Jump 1. Elsie Lundquist 32' 10.25" 2nd - BTY #2 2. Kelsey Erickson 31' 2.25" 6th - PB 3. Natalie Cahill 30' 1.25" 8th - BTY
100 m Dash	1. Aaleaha Thieman 14.40 BTY 2. Allyson Chromey 14.43 PB 3. Alexis Thieman 14.91 BTY	High Jump 1. Elsie Lundquist 5' 0" 2nd 2. Kensi Tayerle 4' 4" 3. Belle Sanders 4' 2"
4 x 200 m Relay	1. Kelsey Erickson 30.4 2. Kaylee Prihoda 27.9 PB 3. Ellaina Johnson 29.1 PB 4. Kensi Tayerle 30.4 <hr style="width: 100%;"/> 1:57.85 4th - BTY	Shot Put 1. Alexis Pankonin 28' 3" 2. Cara Kuhn 24' 9" PB 3. Emma Schmidt 23' 3"
1600 m Run	1. Lydia Adams 6:15.33 (1:22, 1:34, 1:42, 1:36) 2. Leah Westerman 6:51.00 PB (1:29, 1:41, 1:49, 1:52)	Discus 1. Alexis Pankonin 95' 1" 4th 2. Cara Kuhn 76' 1" PB 3. Emma Schmidt 74' 11"
4 x 100 m Relay	1. Kelsey Erickson 14.2 2. Aaleaha Thieman 14.8 3. Ellaina Johnson 13.0 PB 4. Kensi Tayerle 14.1 PB <hr style="width: 100%;"/> 56.15 7th	<p style="text-align: center;"><u>Top Point Getters</u></p> 1. Elsie Lundquist 34 2. Alaina Steele 17 3. Grace Grubbs 12 4. Kelsey Erickson 8.5 5. Grace Langmade 8 6. Marin Foss 7 7. Lydia Adams 6 8. Alexis Pankonin 5 9. Ellaina Johnson 4.5 10. Kensi Tayerle 3.5 11. Kaylee Prihoda 2.5 12. Natalie Cahill 1 12. Ashli Webster 1 12. Aaleaha Thieman 1 <b>14 total scorers</b>
400 m Dash	1. Alaina Steele 65.84 4th 2. Kaylee Prihoda 71.25 3. Lauren Sommer 70.60	
300 m Hurdles	1. Natalie Cahill 56.04 2. Megan Cunnien 62.79 PB 3. Elizabeth Cahill 67.61	
800 m Run	1. <b>Alaina Steele (80, 75) 2:35.22 1st</b> 2. Grace Grubbs (77, 83) 2:40.85 3rd - BTY 3. Grace Langmade (78, 88) 2:46.46 7th - BTY	
200 m Dash	1. Ellaina Johnson 28.96 8th - PB 2. Kaylee Prihoda 29.68 PB 3. Alexis Thieman 30.65 BTY	
3200 m Run	1. Marin Foss 13:29.59 6th (1:26, 1:37, 1:42, 1:48, 1:49, 1:50, 1:47, 1:36)  2. Ashli Webster 13:35.65 8th (1:28, 1:38, 1:44, 1:47, 1:45, 1:45, 1:50, 1:31)	<p style="text-align: center;"><u>TEAM RESULTS:</u></p> 1. Foley 122 2. Eden Valley-W.K. 114 3. Pierz 98 4. Litchfield 95 5. Pine City 92 6. Glencoe-Silver Lake 78 7. Staples-Motley 52 8. St. Cloud Tech 48
4 x 400 m Relay	1. Grace Langmade 68.7 BTY 2. Grace Grubbs 67.9 3. Lydia Adams 67.2 PB 4. Alaina Steele 65.2 <hr style="width: 100%;"/> 4:28.90 5th - BTY	

# FOLEY INVITATIONAL TRACK MEET

Friday, April 21, 2017, 4:00

Pine City Boys' Results

4 x 800 m Relay	1. Austin Eckert (64, 69) 2:13.7 BTY	Pole Vault	1. Adam Archambault 10' 0" Tie 3rd
	2. Remington Steele (63, 70) 2:12.7 BTY		2. Logan Schaaf 9' 0"
	3. Noah Miller (68, 79) 2:27.7		3. TJ Rank 9' 0" PB tie
	4. George Ausmus (68, 80) 2:28.3		
	9:22.41 5th		
110 m Hurdles	1. Logan Schaaf 20.22 PB	Long Jump	1. Aaron Pulkrabek 20' 5.75" 3rd - BTY #4
	2. Tucker Dalen 21.43 PB		2. Adam Seals 20' 1.5" 4th - BTY #7
	3. Brody Perlick 21.90 PB		3. Brandon Haskovec 18' 7.75" 6th
100 m Dash	1. Brandon Haskovec 11.69 5th - PB #10	Triple Jump	1. Aaron Pulkrabek 39' 7.5" 2nd - BTY #9
	2. Nathan Kleppe 12.85 BTY		2. Adam Seals 37' 0.5" 6th
	3. Brody Perlick 13.36 PB		3. TJ Rank 33' 4.5"
4 x 200 m Relay	1. Riley Palmer 25.9	High Jump	1. Adam Seals 5' 8" Tie 3rd
	2. Adam Archambault 25.9		2. Brandon Haskovec 5' 8" Tie 3rd
	3. Tryston West 24.8 PB		3. Logan Schaaf 5' 0"
	4. Nathan Kleppe 25.8 BTY		
	1:41.82 5th - BTY		
1600 m Run	1. <b>Eli Grubbs 4:43.85 1st - BTY</b> (1:10, 1:11, 1:14, 1:08)	Shot Put	1. Damien Schwab 38' 0" PB
	2. Tommy Ryan 4:53.95 2nd - BTY (1:10, 1:14, 1:18, 1:11)		2. Blake Shermer 32' 7" PB
	3. Timmy Johnson 5:38.96 (1:22, 1:27, 1:27, 1:22)		3. JJ Preston 28' 8" PB
4 x 100 m Relay	1. Aaron Pulkrabek 12.4	Discus	1. Blake Shermer 102' 11" BTY
	2. Adam Seals 11.4		2. Damien Schwab 91' 7"
	3. Tryston West 11.7 BTY		3. Nathan Kleppe 79' 8" BTY
	4. Brandon Haskovec 10.7 PB		
	46.22 2nd - BTY #10		
400 m Dash	1. Riley Palmer 57.22 5th		
	2. George Ausmus 65.35 PB		
	3. Timmy Johnson 66.51 PB		
300 m Hurdles	1. TJ Rank 48.82		
	2. Logan Schaaf 52.71 PB		
	3. Tucker Dalen 53.85 PB		
800 m Run	1. Eli Grubbs (61, 63) 2:04.80 2nd - PB #4		
	2. Remington Steele (64, 70) 2:14.08 4th - BTY		
	3. Austin Eckert (66, 73) 2:19.04 8th - BTY		
200 m Dash	1. Aaron Pulkrabek 24.09 2nd - BTY		
	2. Tryston West 25.44 PB		
	3. Nathan Kleppe 27.27 PB		
3200 m Run	1. Tommy Ryan 10:47.28 3rd - PB (1:15, 1:19, 1:22, 1:24, 1:25, 1:27, 1:26, 1:09)		
	2. TJ Rank 11:50.33 PB (1:21, 1:30, 1:32, 1:31, 1:33, 1:34, 1:30, 1:19)		
	3. Noah Miller 11:54.71 BTY (1:17, 1:24, 1:30, 1:32, 1:34, 1:36, 1:33, 1:18)		
4 x 400 m Relay	1. Riley Palmer 57.9		
	2. Austin Eckert 57.6 PB		
	3. Remington Steele 57.2 PB		
	4. Eli Grubbs 53.7 BTY		
	3:46.45 5th - BTY		

## Top Point Getters

1. Aaron Pulkrabek	26
2. Eli Grubbs	20
3. Adam Seals	18
4. Brandon Haskovec	17
5. Tommy Ryan	14
6. Remington Steele	9
7. Adam Archambault	8
7. Riley Palmer	8
9. Tryston West	6
10. Austin Eckert	5
11. Noah Miller	2
11. George Ausmus	2
11. Nathan Kleppe	2

**13 total scorers**

## TEAM RESULTS:

1. Eden Valley-W.K.	147
2. Pine City	115 ?
3. Litchfield	102
4. Foley	91.33
5. Glencoe-Silver Lake	87.67
6. Staples Motley	81
7. St. Cloud Tech	44
8. Pierz	34

# CHENGWATANA INVITATIONAL TRACK MEET

Friday, April 28, 2017, 4:00

## Pine City Girls' Results

4 x 800 m Relay	1. Alaina Steele	(72, 86)	2:38	
	2. Grace Langmade	(82, 81)	2:43	
	3. Grace Grubbs	(75, 84)	2:39	
	4. Lydia Adams	<u>(75, 83)</u>	<u>2:38</u>	
		10:37.62	2nd	#8

Pole Vault	1. Allyson Chromey	6' 0"	tie 6th
Long Jump	1. Elsie Lundquist	15' 8"	2nd
	2. Natalie Cahill	14' 5.5"	4th
	3. Kelsey Erickson	14' 4"	6th

100 m Hurdles	1. <b>Elsie Lundquist</b>	<b>16.45</b>	<b>1st - tie PB</b>	<b>#1</b>
	*** TIES SCHOOL RECORD ***			
	2. Natalie Cahill	18.55	6th - BTY	
	3. Megan Cunnien	20.33	PB	

Triple Jump	1. <b>Elsie Lundquist</b>	<b>32' 1.5"</b>	<b>1st</b>
	2. Kelsey Erickson	31' 1"	3rd
	3. Natalie Cahill	30' 6.5"	5th - PB

100 m Dash	1. Kensi Tayerle	14.31	6th - PB
	2. Alexis Pankonin	14.35	8th - BTY
	3. Allyson Chromey	14.69	

High Jump	1. <b>Elsie Lundquist</b>	<b>5' 2"</b>	<b>1st</b>	<b>#3</b>
	2. Kensi Tayerle	4' 6"	7th - PB	
	3. Belle Sanders	NH		

4 x 200 m Relay	1. Kelsey Erickson	30.4	
	2. Kaylee Prihoda	28.1	
	3. Alexis Thieman	30.7	BTY
	4. Ellaina Johnson	<u>28.3</u>	<u>PB</u>
		1:57.45	2nd - BTY

Shot Put	1. Alexis Pankonin	32' 2"	2nd - PB #8
	2. Cara Kuhn	23' 9.5"	
	3. Emma Schmidt	22' 3"	

1600 m Run	1. Grace Grubbs	6:06.50	4th
		(1:28, 1:33, 1:35, 1:25)	
	2. Marin Foss	6:15.05	6th
		(1:28, 1:33, 1:36, 1:37)	
	3. Leah Westerman	6:45.80	7th
	(1:29, 1:40, 1:48, 1:47)		

Discus	1. Alexis Pankonin	100' 7"	2nd - PB
	2. Emma Schmidt	82' 7"	5th
	3. Cara Kuhn	70' 1"	

4 x 100 m Relay	1. Kelsey Erickson	13.9	
	2. Aaleaha Thieman	14.4	BTY
	3. Kensi Tayerle	13.6	PB
	4. Ellaina Johnson	<u>13.3</u>	
		<b>55.31</b>	<b>1st</b>

### Top Point Getters

1. Elsie Lundquist	38
2. Kelsey Erickson	18
3. Alexis Pankonin	17
4. Alaina Steele	15
5. Natalie Cahill	14
5. Lydia Adams	14
5. Grace Grubbs	14
5. Ellaina Johnson	14
9. Grace Langmade	12
10. Kensi Tayerle	10
11. Kaylee Prihoda	8
12. Alexis Thieman	7
12. Marin Foss	7
14. Ashli Webster	6
15. Aaleaha Thieman	5
16. Emma Schmidt	4
17. Leah Westerman	2
17. Allyson Chromey	2

**18 total scorers**

800 m Run	1. Alaina Steele	(77, 79)	2:36.89	3rd
	2. Lydia Adams	(77, 80)	2:38.26	4th - PB
	3. Grace Langmade	(78, 84)	2:42.30	6th

200 m Dash	1. Ellaina Johnson	28.93	4th - PB
	2. Alexis Pankonin	29.73	BTY
	3. Kaylee Prihoda	29.74	

3200 m Run	1. Ashli Webster	13:06.38	3rd
		(1:28, 1:36, 1:38, 1:42, 1:44, 1:45, 1:44, 1:28)	
	2. Marin Foss	13:23.84	5th
		(1:28, 1:39, 1:42, 1:43, 1:42, 1:43, 1:43, 1:42)	

### TEAM RESULTS:

1. Pine City	171	
2. Mora	136	-35
3. Mille Lacs	86	-85
4. Rush City	74	-97
5. Braham	59.5	-111.5
6. East Central	48	-123
7. Barnum	46	-125
8. Aitkin	32	-139
9. Floodwood	22	-149
10. Hinckley-Finlayson	19.5	-151.5

4 x 400 m Relay	1. Grace Langmade	69	
	2. Grace Grubbs	68	
	3. Lydia Adams	66	
	4. Alaina Steele	<u>63</u>	
		<b>4:26.34</b>	<b>1st</b>

# CHENGWATANA INVITATIONAL TRACK MEET

Friday, April 28, 2017, 4:00

## Pine City Boys' Results

4 x 800 m Relay	1. Austin Eckert	(65, 65)	2:10.8	PB
	2. Remington Steele	(61, 71)	2:12.1	BTY
	3. Tommy Ryan	(60, 68)	2:08.6	PB
	4. Eli Grubbs	(59, 65)	2:04.6	PB
			<b>8:35.95</b>	<b>1st - BTY #3</b>

Pole Vault	1. <b>Adam Archambault</b>	<b>10' 6"</b>	<b>1st</b>
	2. Logan Schaaf	10' 0"	2nd - PB
	3. TJ Rank	10' 0"	4th - PB

110 m Hurdles	1. Logan Schaaf	20.36	6th
	2. Tucker Dalen	20.64	8th - PB
	3. Jacob Merrick	22.61	PB

Long Jump	1. <b>Adam Seals</b>	<b>20' 5.5"</b>	<b>1st - BTY #5</b>
	2. Aaron Pulkrabek	19' 3.75"	4th
	3. Nathan Kleppe	16' 7.5"	BTY

100 m Dash	1. <b>Aaron Pulkrabek</b>	<b>11.56</b>	<b>1st - PB #7</b>
	2. Brandon Haskovec	11.85	3rd
	3. Quinten Miklya	12.73	PB

Triple Jump	1. <b>Aaron Pulkrabek</b>	<b>39' 4"</b>	<b>1st</b>
	2. Adam Seals	37' 5"	3rd
	3. TJ Rank	34' 1"	PB

4 x 200 m Relay	1. Aaron Pulkrabek	26.9	
	2. Adam Seals	23.6	BTY
	3. Tryston West	23.7	PB
	4. Brandon Haskovec	24.2	BTY
			<b>1:38.35</b>

High Jump	1. <b>Adam Seals</b>	<b>6' 3"</b>	<b>1st - PB #1*</b>
	2. Brandon Haskovec	5' 6"	3rd
	3. Logan Schaaf	5' 0"	tie 7th

1600 m Run	1. Eli Grubbs	<b>4:48.73</b>	<b>1st</b>
	(1:11, 1:13, 1:13, 1:11)		
	2. Noah Miller	5:21.60	6th - PB
	(1:12, 1:19, 1:25, 1:25)		
	3. Timmy Johnson	5:38.62	
	(1:17, 1:27, 1:29, 1:24)		

Shot Put	1. Damien Schwab	35' 6"	6th
	2. Blake Shermer	30' 3"	
	3. JJ Preston	28' 10"	PB

4 x 100 m Relay	1. Riley Palmer	13.0	BTY
	2. Adam Archambault	11.8	BTY
	3. Tryston West	12.7	
	4. Nathan Kleppe	11.0	PB
			<b>48.63</b>

Discus	1. Damien Schwab	93' 5"	6th
	2. Blake Shermer	86' 3"	
	3. Nathan Kleppe	83' 4"	BTY

### Top Point Getters

1. Adam Seals	31
2. Aaron Pulkrabek	30
3. Brandon Haskovec	21
4. Eli Grubbs	20
4. Remington Steele	20
4. Tommy Ryan	20
7. Austin Eckert	18
8. Tryston West	15
9. Adam Archambault	14
10. Logan Schaaf	12.5
11. TJ Rank	10
12. Riley Palmer	9
13. Damien Schwab	6
14. Noah Miller	4
14. Nathan Kleppe	4
16. Quinten Miklya	2
17. Tucker Dalen	1

**17 total scorers**

400 m Dash	1. Riley Palmer	58.69	4th
	2. Quentin Miklya	60.90	7th - PB
	3. Logan Schaaf	DNR	

300 m Hurdles	1. TJ Rank	47.68	4th - PB
	2. Tucker Dalen	53.49	PB
	3. Jacob Merrick	55.38	PB

800 m Run	1. <b>Remington Steele</b>	<b>(65, 67)</b>	<b>2:12.37</b>	<b>1st - PB</b>
	2. Austin Eckert	(65, 68)	2:13.00	2nd - PB
	3. George Ausmus	(69, 75)	2:24.03	PB

200 m Dash	1. Tryston West	25.18	3rd - PB
	2. Brandon Haskovec	25.84	5th - BTY
	3. Nathan Kleppe	26.64	PB

3200 m Run	1. <b>Tommy Ryan</b>	<b>10:20.16</b>	<b>1st - PB #6</b>
	(1:12, 1:11, 1:19, 1:1:22, 1:22, 1:20, 1:19, 1:05)		
	2. Noah Miller	11:31.35	8th - BTY
	(1:20, 1:24, 1:27, 1:29, 1:29, 1:29, 1:21)		
	3. TJ Rank	11:57.22	
	(1:22, 1:27, 1:30, 1:32, 1:34, 1:35, 1:32, 1:21)		

### TEAM RESULTS:

1. <b>Pine City</b>	<b>199.5</b>	
2. Mora	140.5	-59
3. Barnum	92	-107.5
4. Rush City	83	-116.5
5. East Central	65	-134.5
6. Braham	42	-157.5
7. Hinckley-Finlayson	34	-165.5
8. Aitkin	32	-167.5
9. Floodwood	8	-191.5

4 x 400 m Relay	1. Austin Eckert	57.8	
	2. Remington Steele	56.5	PB
	3. Tommy Ryan	58.3	
	4. Eli Grubbs	53.4	BTY
			<b>3:46.23</b>

**TIGERAMA INVITATIONAL TRACK MEET**  
**Tuesday, May 2, 2017, 4:00**  
**Pine City Girls' Results**

4 x 800 m Relay	1. Marin Foss	(82, 85)	2:46.5	BTY
	2. Leah Westerman	(90, 91)	3:01.8	
	3. Lydia Adams	(77, 85)	2:40.5	
	4. Ashli Webster	(82, 91)	3:03.0	
	<hr/>		11:23.1	

Pole Vault 1. Allyson Chromey NH

Long Jump	1. <b>Elsie Lundquist</b>	<b>14' 11"</b>	<b>1st</b>
	2. Allyson Chromey	12' 8"	BTY
	3. Ashli Webster	10' 1"	PB

100 m Hurdles	1. Natalie Cahill	18.0	2nd - BTY
	2. Megan Cunnien	21.4	

Triple Jump	1. Natalie Cahill	29' 8"	6th
	2. Grace Langmade	28' 1"	PB
	3. Elizabeth Cahill	26' 10.5"	PB

100 m Dash	1. Elsie Lundquist	13.3	3rd - PB #10
	2. Ellaina Johnson	14.1	6th - PB
	3. Kensi Tayerle	14.3	

High Jump	1. Elsie Lundquist	5' 1"	2nd
	2. Kensi Tayerle	4' 7"	Tie 5th - PB
	3. Belle Sanders	4' 1"	

4 x 200 m Relay	1. Lauren Sommer	31.8	<hr/>
	2. Kaylee Prihoda	28.2	
	3. Alexis Thieman	30.7	
	4. Aaleaha Thieman	30.8	
	<b>1:59.5</b>		

Shot Put	1. Alexis Pankonin	31' 0"	3rd
	2. Cara Kuhn	25' 4.5"	6th - PB
	3. Emma Schmidt	24' 8.5"	

1600 m Run	1. <b>Alaina Steele</b>	<b>5:45.3</b>	<b>1st - BTY</b>	#9
	(1:24, 1:30, 1:33, 1:17)			
	2. Grace Grubbs	5:59.9	3rd - BTY	
	(1:25, 1:33, 1:36, 1:27)			
	3. Leah Westerman	6:37.7	PB	
(1:33, 1:40, 1:43, 1:40)				

Discus	1. <b>Alexis Pankonin</b>	<b>98' 0"</b>	<b>1st</b>
	2. Emma Schmidt	73' 10"	
	3. Cara Kuhn	62' 0"	

4 x 100 m Relay	1. Alexis Pankonin	14.6	<hr/>
	2. Kelsey Erickson	12.8	
	3. Natalie Cahill	14.2	
	4. Elsie Lundquist	12.2	
	<b>53.7</b>		

Top Point Getters

1. Elsie Lundquist	29
2. Alexis Pankonin	22
3. Natalie Cahill	20
4. Alaina Steele	16
5. Marin Foss	12
6. Grace Langmade	11
6. Alexis Thieman	11
8. Grace Grubbs	10
8. Kaylee Prihoda	10
8. Aaleaha Thieman	10
11. Lydia Adams	8
11. Ashli Webster	8
13. Kelsey Erickson	5
13. Ellaina Johnson	5
13. Lauren Sommer	5
16. Leah Westerman	4
17. Kensi Tayerle	2
18. Cara Kuhn	1
18 total scorers	

400 m Dash	1. Lydia Adams	65.3	4th - PB
	2. Lauren Sommer	69.7	BTY
	3. Kensi Tayerle	72.9	PB

300 m Hurdles	1. Natalie Cahill	53.4	3rd - BTY
	2. Megan Cunnien	66.2	
	3. Elizabeth Cahill	66.9	

800 m Run	1. Grace Langmade	(77, 83)	2:40.0	3rd - BTY
	2. Grace Grubbs	(79, 84)	2:43.0	4th
	3. Alexis Thieman	(81, 83)	2:44.0	6th - PB

200 m Dash	1. Alaina Steele	28.5	3rd - BTY
	2. Ellaina Johnson	28.9	4th
	3. Alexis Pankonin	29.9	6th

3200 m Run	1. Marin Foss	13:11.0	2nd - BTY
	(1:25, 1:36, 1:40, 1:42, 1:44, 1:44, 1:43, 1:38)		
	2. Ashli Webster	13:41.0	4th
(1:29, 1:35, 1:41, 1:47, 1:50, 1:52, 1:50, 1:37)			

TEAM RESULTS:

1. <b>Pine City</b>	<b>139.5</b>	
2. Mille Lacs	110	-29.5
3. Rush City	100	-39.5
4. East Central	56	-83.5
5. Braham	48.5	-91
6. Aitkin	38	-101.5
7. Hinckley-Finlayson	25	-114.5
8. Ogilvie	2	-137.5

4 x 400 m Relay	1. Kaylee Prihoda	66.7	PB
	2. Alexis Thieman	69.3	BTY
	3. Aaleaha Thieman	66.9	BTY
	4. Grace Langmade	66.3	PB
	<hr/>		<b>4:29.1</b>



# TIGERAMA INVITATIONAL TRACK MEET

Tuesday, May 2, 2017, 4:00

## Pine City Boys' Results

4 x 800 m Relay	1. TJ Rank (73, 75) 2:28.5 BTY	Pole Vault	1. <b>Adam Archambault</b> 11' 7" 1st - BTY #8
	2. Noah Miller (66, 78) 2:23.6 PB		2. TJ Rank 8' 7" 4th
	3. George Ausmus (72, 75) 2:26.9		3. Austin Eckert NH
	4. Timmy Johnson (78, 74) 2:32.0		
	9:51.5 2nd		
110 m Hurdles	1. Tucker Dalen 20.2 PB	Long Jump	1. Nathan Kleppe 15' 6"
	2. Brody Perlick 21.3 PB		2. Tucker Dalen 14' 2"
	3. Jacob Merrick 22.3 PB		3. Quentin Miklya 13' 0" PB
100 m Dash	1. <b>Aaron Pulkrabek</b> 11.5 1st	Triple Jump	1. <b>Adam Seals</b> 38' 10" 1st - BTY
	2. Brandon Haskovec 11.7 2nd		2. Aaron Pulkrabek 36' 11" 3rd
	3. Adam Seals 11.8 4th		3. TJ Rank 33' 3"
4 x 200 m Relay	1. Riley Palmer 26.7	High Jump	1. <b>Adam Seals</b> 6' 1" 1st
	2. Quentin Miklya 24.2 PB		2. Brandon Haskovec 5' 7" 2nd
	3. Nathan Kleppe 27.0		3. Tucker Dalen 5' 0" 5th
	4. Adam Seals 23.9		
	<b>1:41.5 1st</b>		
1600 m Run	1. Remington Steele 5:04.1 3rd - BTY (1:10, 1:17, 1:20, 1:16)	Shot Put	1. Blake Shermer 34' 0" 4th - PB
	2. Austin Eckert 5:11.5 4th - PB (1:11, 1:17, 1:22, 1:22)		2. JJ Preston 28' 7.5"
	3. George Ausmus 5:27.9 6th - PB (1:16, 1:24, 1:28, 1:19)		3. Eli Grubbs 26' 8" PB
4 x 100 m Relay	1. Tryston West 12.6	Discus	1. Blake Shermer 106' 0" 3rd - PB
	2. Quentin Miklya 12.2 PB		2. Nathan Kleppe 82' 1"
	3. Adam Archambault 11.2 PB		3. JJ Preston 74' 4"
	4. Nathan Kleppe 11.8		
	<b>47.8 1st</b>		
400 m Dash	1. <b>Eli Grubbs</b> 53.8 1st - PB		
	2. Tommy Ryan 55.2 2nd - BTY		
	3. Riley Palmer 56.5 3rd - BTY		
300 m Hurdles	1. TJ Rank 50.2 5th		
	2. Tucker Dalen 52.4 PB		
	3. Jacob Merrick 55.6		
800 m Run	1. <b>Eli Grubbs</b> (63, 64) 2:07.7 1st		
	2. Tommy Ryan (64, 64) 2:08.7 2nd - PB		
	3. Austin Eckert (68, 70) 2:18.8 4th		
200 m Dash	1. Aaron Pulkrabek 24.5 2nd		
	2. Brandon Haskovec 24.7 3rd - BTY		
	3. Tryston West 25.9 4th		
3200 m Run	1. Noah Miller 11:35.0 4th (1:16, 1:22, 1:24, 1:30, 1:33, 1:31, 1:32, 1:27)		
	2. Remington Steele 11:50.0 5th - PB (1:15, 1:22, 1:24, 1:30, 1:36, 1:40, 1:35, 1:28)		
	3. Timmy Johnson 12:46.0 6th (1:20, 1:39, 1:34, 1:37, 1:36, 1:40, 1:43, 1:37)		
4 x 400 m Relay	1. Riley Palmer 57.3		
	2. Tryston West 55.7 PB		
	3. Tommy Ryan 55.1 PB		
	4. Eli Grubbs 53.8		
	<b>3:41.9 1st</b>		

### Top Point Getters

1. Adam Seals	29
2. Eli Grubbs	25
3. Aaron Pulkrabek	24
4. Brandon Haskovec	22
5. Tommy Ryan	21
6. Riley Palmer	16
7. Adam Archambault	15
8. Tryston West	14
9. TJ Rank	10
9. Nathan Kleppe	10
9. Quentin Miklya	10
9. Blake Shermer	10
13. Remington Steele	8
13. Austin Eckert	8
13. Noah Miller	8
16. George Ausmus	5
16. Timmy Johnson	5
18. Tucker Dalen	4

**18 total scorers**

### TEAM RESULTS:

1. <b>Pine City</b>	<b>208</b>	
2. Braham	97	-111
2. Rush City	87	-121
4. East Central	78	-130
5. Ogilvie	29	-179
6. Aitkin	28	-180
7. Hinckley-Finlayson	24	-184

# PINE CITY INVITATIONAL TRACK MEET

Friday, May 5, 2017, 4:00

## Pine City Girls' Results

<table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">4 x 800 m Relay</td> <td style="width: 15%;">1. NONE</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>100 m Hurdles</td> <td>1. Natalie Cahill</td> <td>18.14</td> <td>3rd - BTY</td> <td></td> <td></td> </tr> <tr> <td></td> <td>2. Megan Cunnien</td> <td>19.69</td> <td>4th - PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Dorothy Miller</td> <td>20.54</td> <td>6th - PB</td> <td></td> <td></td> </tr> <tr> <td>100 m Dash</td> <td>1. Kensi Tayerle</td> <td>14.52</td> <td>4th</td> <td></td> <td></td> </tr> <tr> <td></td> <td>2. Dorothy Miller</td> <td>15.16</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Megan Cunnien</td> <td>15.82</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>4. Belle Sanders</td> <td>16.05</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>5. Brandi Davis</td> <td>18.31</td> <td></td> <td></td> <td></td> </tr> <tr> <td>4 x 200 m Relay</td> <td>1. Kaylee Pihoda</td> <td>30.7</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>2. Alexis Thieman</td> <td>29.7</td> <td>BTY</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Allyson Chromey</td> <td>31.3</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>4. Aaleaha Thieman</td> <td>28.3</td> <td>BTY</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td style="border-top: 1px solid black;">2:00.01</td> <td>3rd</td> <td></td> <td></td> </tr> <tr> <td>4 x 200 m Relay</td> <td>1. Grace Langmade</td> <td>32.5</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>2. Grace Grubbs</td> <td>27.6</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Marin Foss</td> <td>32.6</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>4. Lydia Adams</td> <td>27.7</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td style="border-top: 1px solid black;">2:00.43</td> <td>4th</td> <td></td> <td></td> </tr> <tr> <td>1600 m Run</td> <td>1. Leah Westerman</td> <td>6:31.58</td> <td>3rd - PB</td> <td></td> <td></td> </tr> <tr> <td>4 x 100 m Relay</td> <td>1. Kensi Tayerle</td> <td>15.0</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>2. Alaina Steele</td> <td>12.5</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Natalie Cahill</td> <td>13.7</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>4. Elsie Lundquist</td> <td>13.1</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td style="border-top: 1px solid black;">54.48</td> <td>2nd</td> <td></td> <td></td> </tr> <tr> <td>4 x 100 m Relay</td> <td>1. Alexis Pankonin</td> <td>14.3</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>2. Ashli Webster</td> <td>13.2</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Adrianna David</td> <td>15.3</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>4. Alexis Thieman</td> <td>13.8</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td style="border-top: 1px solid black;">56.69</td> <td>5th</td> <td></td> <td></td> </tr> <tr> <td>400 m Dash</td> <td>1. Alaina Steele</td> <td>66.35</td> <td>3rd</td> <td></td> <td></td> </tr> <tr> <td></td> <td>2. Lydia Adams</td> <td>67.71</td> <td>4th</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Grace Grubbs</td> <td>68.51</td> <td>5th - PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>4. Lauren Sommer</td> <td>70.99</td> <td>6th</td> <td></td> <td></td> </tr> <tr> <td></td> <td>5. Elsie Lundquist</td> <td>71.97</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>6. Belle Sanders</td> <td>1:34.87</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td>300 m Hurdles</td> <td>1. Natalie Cahill</td> <td>54.72</td> <td>3rd</td> <td></td> <td></td> </tr> <tr> <td></td> <td>2. Megan Cunnien</td> <td>65.03</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Elizabeth Cahill</td> <td>67.44</td> <td></td> <td></td> <td></td> </tr> <tr> <td>800 m Run</td> <td>1. Ashli Webster</td> <td>(88, 84)</td> <td>2:52.10</td> <td>3rd - PB</td> <td></td> </tr> <tr> <td></td> <td>2. Leah Westerman</td> <td>(88, 92)</td> <td>3:00.32</td> <td>5th - BTY</td> <td></td> </tr> <tr> <td>200 m Dash</td> <td>NONE</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>3200 m Run</td> <td>NONE</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>4 x 400 m Relay</td> <td>1. Grace Grubbs</td> <td>67</td> <td>PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>2. Lydia Adams</td> <td>68</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Grace Langmade</td> <td>67</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>4. Alaina Steele</td> <td>63</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td style="border-top: 1px solid black;">4:26.71</td> <td>1st</td> <td></td> <td></td> </tr> </table>	4 x 800 m Relay	1. NONE					100 m Hurdles	1. Natalie Cahill	18.14	3rd - BTY				2. Megan Cunnien	19.69	4th - PB				3. Dorothy Miller	20.54	6th - PB			100 m Dash	1. Kensi Tayerle	14.52	4th				2. Dorothy Miller	15.16	PB				3. Megan Cunnien	15.82	PB				4. Belle Sanders	16.05	PB				5. Brandi Davis	18.31				4 x 200 m Relay	1. Kaylee Pihoda	30.7					2. Alexis Thieman	29.7	BTY				3. Allyson Chromey	31.3					4. Aaleaha Thieman	28.3	BTY					2:00.01	3rd			4 x 200 m Relay	1. Grace Langmade	32.5	PB				2. Grace Grubbs	27.6	PB				3. Marin Foss	32.6	PB				4. Lydia Adams	27.7	PB					2:00.43	4th			1600 m Run	1. Leah Westerman	6:31.58	3rd - PB			4 x 100 m Relay	1. Kensi Tayerle	15.0					2. Alaina Steele	12.5	PB				3. Natalie Cahill	13.7					4. Elsie Lundquist	13.1						54.48	2nd			4 x 100 m Relay	1. Alexis Pankonin	14.3					2. Ashli Webster	13.2	PB				3. Adrianna David	15.3	PB				4. Alexis Thieman	13.8						56.69	5th			400 m Dash	1. Alaina Steele	66.35	3rd				2. Lydia Adams	67.71	4th				3. Grace Grubbs	68.51	5th - PB				4. Lauren Sommer	70.99	6th				5. Elsie Lundquist	71.97	PB				6. Belle Sanders	1:34.87	PB			300 m Hurdles	1. Natalie Cahill	54.72	3rd				2. Megan Cunnien	65.03					3. Elizabeth Cahill	67.44				800 m Run	1. Ashli Webster	(88, 84)	2:52.10	3rd - PB			2. Leah Westerman	(88, 92)	3:00.32	5th - BTY		200 m Dash	NONE					3200 m Run	NONE					4 x 400 m Relay	1. Grace Grubbs	67	PB				2. Lydia Adams	68					3. Grace Langmade	67					4. Alaina Steele	63						4:26.71	1st		
4 x 800 m Relay	1. NONE																																																																																																																																																																																																																																																																																															
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	2. Megan Cunnien	19.69	4th - PB																																																																																																																																																																																																																																																																																													
	3. Dorothy Miller	20.54	6th - PB																																																																																																																																																																																																																																																																																													
100 m Dash	1. Kensi Tayerle	14.52	4th																																																																																																																																																																																																																																																																																													
	2. Dorothy Miller	15.16	PB																																																																																																																																																																																																																																																																																													
	3. Megan Cunnien	15.82	PB																																																																																																																																																																																																																																																																																													
	4. Belle Sanders	16.05	PB																																																																																																																																																																																																																																																																																													
	5. Brandi Davis	18.31																																																																																																																																																																																																																																																																																														
4 x 200 m Relay	1. Kaylee Pihoda	30.7																																																																																																																																																																																																																																																																																														
	2. Alexis Thieman	29.7	BTY																																																																																																																																																																																																																																																																																													
	3. Allyson Chromey	31.3																																																																																																																																																																																																																																																																																														
	4. Aaleaha Thieman	28.3	BTY																																																																																																																																																																																																																																																																																													
		2:00.01	3rd																																																																																																																																																																																																																																																																																													
4 x 200 m Relay	1. Grace Langmade	32.5	PB																																																																																																																																																																																																																																																																																													
	2. Grace Grubbs	27.6	PB																																																																																																																																																																																																																																																																																													
	3. Marin Foss	32.6	PB																																																																																																																																																																																																																																																																																													
	4. Lydia Adams	27.7	PB																																																																																																																																																																																																																																																																																													
		2:00.43	4th																																																																																																																																																																																																																																																																																													
1600 m Run	1. Leah Westerman	6:31.58	3rd - PB																																																																																																																																																																																																																																																																																													
4 x 100 m Relay	1. Kensi Tayerle	15.0																																																																																																																																																																																																																																																																																														
	2. Alaina Steele	12.5	PB																																																																																																																																																																																																																																																																																													
	3. Natalie Cahill	13.7																																																																																																																																																																																																																																																																																														
	4. Elsie Lundquist	13.1																																																																																																																																																																																																																																																																																														
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4 x 100 m Relay	1. Alexis Pankonin	14.3																																																																																																																																																																																																																																																																																														
	2. Ashli Webster	13.2	PB																																																																																																																																																																																																																																																																																													
	3. Adrianna David	15.3	PB																																																																																																																																																																																																																																																																																													
	4. Alexis Thieman	13.8																																																																																																																																																																																																																																																																																														
		56.69	5th																																																																																																																																																																																																																																																																																													
400 m Dash	1. Alaina Steele	66.35	3rd																																																																																																																																																																																																																																																																																													
	2. Lydia Adams	67.71	4th																																																																																																																																																																																																																																																																																													
	3. Grace Grubbs	68.51	5th - PB																																																																																																																																																																																																																																																																																													
	4. Lauren Sommer	70.99	6th																																																																																																																																																																																																																																																																																													
	5. Elsie Lundquist	71.97	PB																																																																																																																																																																																																																																																																																													
	6. Belle Sanders	1:34.87	PB																																																																																																																																																																																																																																																																																													
300 m Hurdles	1. Natalie Cahill	54.72	3rd																																																																																																																																																																																																																																																																																													
	2. Megan Cunnien	65.03																																																																																																																																																																																																																																																																																														
	3. Elizabeth Cahill	67.44																																																																																																																																																																																																																																																																																														
800 m Run	1. Ashli Webster	(88, 84)	2:52.10	3rd - PB																																																																																																																																																																																																																																																																																												
	2. Leah Westerman	(88, 92)	3:00.32	5th - BTY																																																																																																																																																																																																																																																																																												
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	2. Lydia Adams	68																																																																																																																																																																																																																																																																																														
	3. Grace Langmade	67																																																																																																																																																																																																																																																																																														
	4. Alaina Steele	63																																																																																																																																																																																																																																																																																														
		4:26.71	1st																																																																																																																																																																																																																																																																																													

 |                 |                           |               |            | |-----------------|---------------------------|---------------|------------| | Pole Vault      | 1. Maddy Graham           | 6' 6"         | 6th - PB   | |                 | 2. Belle Sanders          | NH            |            | | Long Jump       | 1. Alexis Thieman         | 11' 6.75"     | PB         | | Triple Jump     | 1. Dorothy Miller         | 29' 1.75"     | PB         | |                 | 2. Elizabeth Cahill       | 28' 6"        | PB         | |                 | Allyson Chromey           | 25' 5"        | PB         | | High Jump       | 1. Kensi Tayerle          | 4' 6"         | 5th        | |                 | 2. Isabelle Sanders       | 4' 2"         |            | | Shot Put        | 1. <b>Alexis Pankonin</b> | <b>30' 4"</b> | <b>1st</b> | |                 | 2. Elsie Lundquist        | 26' 11"       | 3rd - PB   | |                 | 3. Cara Kuhn              | 26' 4"        | 4th - PB   | |                 | 4. Emma Schmidt           | 25' 9"        | 5th - PB   | |                 | 5. Natalie Cahill         | 21' 2"        | BTY        | |                 | 6. Elizabeth Cahill       | 18' 2"        | PB         | |                 | 7. Brandi Davis           | 16' 9"        |            | |                 | 8. Mikayla May            | 16' 2"        |            | | Discus          | 1. <b>Alexis Pankonin</b> | <b>89' 1"</b> | <b>1st</b> | |                 | 2. Elsie Lundquist        | 76' 2"        | 3rd - PB   | |                 | 3. Cara Kuhn              | 75' 0.5"      | 4th        | |                 | 4. Emma Schmidt           | 74' 8.5"      | 5th        | |                 | 5. Natalie Cahill         | 67' 11.5"     | 6th        | |                 | 6. Brandi Davis           | 46' 10"       |            | |                 | 7. Mikayla May            | 32' 11.5"     |            | | 4 x 100 m Relay | 1. Megan Cunnien          |               |            | |                 | 2. Dorothy Miller         |               |            | |                 | 3. Miriam Fromm           |               |            | |                 | 4. Elizabeth Cahill       |               |            | |                 |                           | 61.90         | 6th        | |                 | <u>Top Point Getters</u>  |               |            | |                 | 1. Alexis Pankonin        | 24            |            | |                 | 2. Natalie Cahill         | 17            |            | |                 | 3. Elsie Lundquist        | 16            |            | |                 | 4. Alaina Steele          | 15            |            | |                 | 5. Kensi Tayerle          | 10            |            | |                 | 6. Grace Grubbs           | 9             |            | |                 | 7. Leah Westerman         | 8             |            | |                 | 7. Cara Kuhn              | 8             |            | |                 | 9. Grace Langmade         | 7             |            | |                 | 9. Ashli Webster          | 7             |            | |                 | 11. Lydia Adams           | 6             |            | |                 | 12. Alexis Thieman        | 4             |            | |                 | 12. Megan Cunnien         | 4             |            | |                 | 12. Emma Schmidt          | 4             |            | |                 | 15. Aaleaha Thieman       | 3             |            | |                 | 15. Allyson Chromey       | 3             |            | |                 | 17. Marin Foss            | 2             |            | |                 | 18. Adrianna David        | 1             |            | |                 | 18. Dorothy Miller        | 1             |            | |                 | 18. Lauren Sommer         | 1             |            | |                 | 18. Maddy Graham          | 1             |            | |                 | <b>21 total scorers</b>   |               |            | |                 | <u>TEAM RESULTS:</u>      |               |            | |                 | 1. Cambridge-Isanti       | 279           |            | |                 | 2. Pine City              | 127           | -152       | |                 | 3. Legacy Christian A.    | 60            | -219       | |                 | 4. Duluth Marshall        | 55            | -224       | |

# PINE CITY INVITATIONAL TRACK MEET

Friday, May 5, 2017, 4:00

Pine City Boys' Results

4 x 800 m Relay	1. NONE			
110 m Hurdles	1. <b>Jacob Merrick</b>	<b>23.12</b>	<b>1st</b>	
	2. Tucker Dalen	25.08	2nd	
100 m Dash	1. Tryston West	12.35	2nd - PB	
	2. Tommy Ryan	12.40	3rd - PB	
	3. Quentin Miklya	12.65	4th - PB	
	4. Brody Perlick	13.32	PB	
	5. Jason Thieman	13.44	PB	
	6. Ryan Tracy	13.84	PB	
4 x 200 m Relay	1. Tucker Dalen	28.3	PB	
	2. Ryan Tracy	27.7	PB	
	3. Kenny Vo	29.1	PB	
	4. Jason Thieman	28.2		
		<hr/>		
		1:53.16	2nd	
1600 m Run	1. <b>Eli Grubbs</b>	<b>4:39.49</b>	<b>1st - PB #8</b>	
	(1:07, 1:11, 1:12, 1:08)			
	2. Tommy Ryan	4:51.87	3rd - BTY	
	(1:08, 1:12, 1:17, 1:14)			
	3. Noah Miller	5:26.83	5th	
	(1:13, 1:19, 1:25, 1:28)			
	4. Nathan Kleppe	7:03.21	PB	
4 x 100 m Relay	1. Aaron Pulkrabek	11.7		
	2. Adam Seals	11.8		
	3. Quentin Miklya	12.2	PB	
	4. Tryston West	11.1	PB	
		<hr/>		
		<b>46.94</b>	<b>1st</b>	
4 x 100 m Relay	1. Austin Eckert	13.2	PB	
	2. Noah Miller	14.4	PB	
	3. Remington Steele	12.2	PB	
	4. George Ausmus	13.0	PB	
		<hr/>		
		52.87	2nd	
400 m Dash	1. Timmy Johnson	63.15	2nd - PB	
300 m Hurdles	1. <b>TJ Rank</b>	<b>51.37</b>	<b>1st</b>	
	2. Tucker Dalen	57.29	2nd	
800 m Run	1. George Ausmus	(74, 72)	2:26.39 2nd	
	2. Noah Miller	(73, 76)	2:29.03 3rd	
200 m Dash	1. Eli Grubbs	25.15	2nd - PB	
	2. Jason Thieman	28.08	4th	
	3. Ali Pulley	28.58	5th - PB	
3200 m Run	1. Timmy Johnson	13:30.96	2nd	
	(1:31, 1:39, 1:40, 1:42, 1:45, 1:48, 1:48, 1:35)			
4 x 400 m Relay	1. George Ausmus	62	PB	
	2. Nathan Kleppe	64	PB	
	3. Austin Eckert	56	PB	
	4. Remington Steele	56	PB	
		<hr/>		
		<b>4:00.83</b>	<b>1st</b>	

Pole Vault	1. <b>Adam Archambault</b>	<b>10' 0"</b>	<b>1st</b>
	2. TJ Rank	9' 0"	3rd
	3. Austin Eckert	NH	
Long Jump	1. <b>Aaron Pulkrabek</b>	<b>19' 8"</b>	<b>1st</b>
	2. Adam Seals	19' 7"	2nd
	3. Riley Palmer	16' 10.5"	4th - BTY
	4. TJ Rank	16' 7"	5th - PB
	5. Jason Thieman	15' 1.5"	PB
	6. Ali Pulley	14' 11"	
Triple Jump	1. <b>TJ Rank</b>	<b>34' 3.5"</b>	<b>1st - PB</b>
	2. Ali Pulley	33' 1.75"	2nd - PB
High Jump	1. <b>Adam Seals</b>	<b>6' 2"</b>	<b>1st</b>
	2. Riley Palmer	5' 2"	2nd - PB
	3. Tucker Dalen	5' 2"	3rd - PB
Shot Put	1. <b>Damien Schwab</b>	<b>37' 7"</b>	<b>1st</b>
	2. Blake Shermer	31' 7"	2nd
	3. JJ Preston	28' 10"	3rd - PB tie
	4. Brody Perlick	26' 8"	4th - PB
	5. Kenny Vo	23' 11"	6th
Discus	1. Blake Shermer	100' 3"	2nd
	2. Damien Schwab	98' 7"	3rd - PB tie
	3. JJ Preston	81' 0"	4th - PB
	4. Brody Perlick	77' 4.5"	5th
	5. Tommy Ryan	75' 5"	6th - PB
	6. Austin Eckert	49' 6.5"	PB
	7. Kenny Vo	48' 4.5"	

### Top Point Getters

1. TJ Rank	28
2. Tucker Dalen	26
3. Adam Seals	23
4. Eli Grubbs	18
5. George Ausmus	17
6. Blake Shermer	16
6. Timmy Johnson	16
6. Damien Schwab	16
9. Aaron Pulkrabek	15
10. Tommy Ryan	13
11. Riley Palmer	12
11. Noah Miller	12
13. Adam Archambault	10
13. Jacob Merrick	10
13. JJ Preston	10
13. Ali Pulley	10
17. Quentin Miklya	9
17. Remington Steele	9
17. Austin Eckert	9
20. Jason Thieman	8
21. Brody Perlick	6
22. Kenny Vo	5
22. Tryston West	5
22. Nathan Kleppe	5
25. Ryan Tracy	4

**25 total scorers**

### TEAM RESULTS:

1. Pine City	284	
2. Duluth Marshall	88	-196
3. Legacy Christian A.	79	-205

# SECTION 7AA TRUE TEAM TRACK MEET (Grand Rapids)

Tuesday, May 9, 2017, 3:00

## Pine City Girls' Results

4 x 800 m Relay	1. Grace Langmade (74.6, 84.5) 2:39.1 BTY 2. Grace Grubbs (75.4, 81.3) 2:36.7 PB 3. Lydia Adams (75.1, 81.4) 2:36.6 4. Alaina Steele (72.3, 77.1) 2:29.4 BTY <hr style="width: 100%;"/> 10:21.72 2nd - BTY #3	Pole Vault	1. Allyson Chromey 6' 0" 21st 2. Maddy Graham NH
100 m Hurdles	1. Elsie Lundquist 16.72 2nd 2. Natalie Cahill 18.71 17th	Long Jump	1. Elsie Lundquist 15' 10" 4th 2. Natalie Cahill 14' 2.25" 15th
100 m Dash	1. Aaleaha Thieman 14.57 19th 2. Kensi Tayerle 14.81 21st	Triple Jump	1. Elsie Lundquist 33' 10" 2nd - BTY #2 2. Kelsey Erickson 30' 7.5" 10th
4 x 200 m Relay	1. Kelsey Erickson 29.7 2. Kaylee Prihoda 28.6 3. Ellaina Johnson 27.9 PB 4. Alexis Pankonin 28.5 BTY <hr style="width: 100%;"/> 1:54.75 3rd - BTY	High Jump	1. Elsie Lundquist 4' 10" 6th 2. Kensi Tayerle 4' 4" 15th
1600 m Run	1. Lydia Adams 6:00.27 15th (1:25, 1:33, 1:35, 1:27) 2. Leah Westerman 6:30.27 23rd - PB (1:27, 1:40, 1:46, 1:37)	Shot Put	1. Alexis Pankonin 29' 0.25" 9th 2. Cara Kuhn 26' 9" 18th - PB
4 x 100 m Relay	1. Kelsey Erickson 14.3 2. Aaleaha Thieman 13.8 BTY 3. Ellaina Johnson 13.6 4. Kensi Tayerle 13.3 BTY <hr style="width: 100%;"/> 55.14 5th	Discus	1. Alexis Pankonin 89' 5" 8th 2. Emma Schmidt 77' 7" 17th
400 m Dash	1. Kaylee Prihoda 69.42 17th - BTY 2. Grace Langmade 70.68 20th - BTY	<u>Top Point Getters</u> 1. Elsie Lundquist 94 2. Natalie Cahill 55 3. Alexis Pankonin 53 4. Alaina Steele 46 5. Grace Grubbs 42 5. Kaylee Prihoda 42 7. Lydia Adams 40 8. Kelsey Erickson 36 9. Aaleaha Thieman 31 10. Kensi Tayerle 30 11. Ellaina Johnson 29 12. Grace Langmade 25 13. Marin Foss 14 14. Alexis Thieman 10 14. Emma Schmidt 10 16. Ashli Webster 9 16. Cara Kuhn 9 18. Allyson Chromey 6 19. Megan Cunnien 5 20. Leah Westerman 4 <b>20 total scorers</b>	
300 m Hurdles	1. Natalie Cahill 55.09 14th 2. Megan Cunnien 62.36 22nd - PB		
800 m Run	1. Alaina Steele (73, 82) 2:36.25 9th 2. Grace Grubbs (78, 82) 2:40.89 13th		
200 m Dash	1. Kaylee Prihoda 29.39 11th - PB 2. Alexis Thieman 30.57 17th - BTY		
3200 m Run	1. Marin Foss 12:53.77 13th - BTY (1:25, 1:35, 1:38, 1:39, (6:17), 1:39, 1:41, 1:42, 1:34)  2. Ashli Webster 13:21.67 18th (1:28, 1:36, 1:39, 1:43, 1:46, 1:46, 1:47, 1:32)	<u>TEAM RESULTS:</u> 1. North Branch 619 2. Cloquet 612.5 3. Chisago Lakes 585 4. Hibbing 578.5 5. Grand Rapids 551.5 6. Mora 541.5 7. Pine City 469 8. Hermantown 437 9. Greenway N. K. 396 10. Esko 346.5 11. Proctor 334 12. South Ridge/Cherry 256.5	
4 x 400 m Relay	1. Aaleaha Thieman 68 2. Grace Grubbs 68 3. Lydia Adams 67 4. Alaina Steele 63 <hr style="width: 100%;"/> 4:25.99 7th - BTY		

# SECTION 7AA TRUE TEAM TRACK MEET (Grand Rapids)

Tuesday, May 9, 2017, 3:00

## Pine City Boys' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;">Austin Eckert</td> <td style="width: 15%;">(65.2, 66.9)</td> <td style="width: 15%;">2:11.9</td> <td style="width: 55%;"></td> </tr> <tr> <td>2.</td> <td>Tommy Ryan</td> <td>(59.5, 67.3)</td> <td>2:06.8</td> <td>PB</td> </tr> <tr> <td>3.</td> <td>Remington Steele</td> <td>(60.3, 71.9)</td> <td>2:12.3</td> <td></td> </tr> <tr> <td>4.</td> <td>Eli Grubbs</td> <td><u>(55.8, 66.3)</u></td> <td><u>2:02.1</u></td> <td>PB</td> </tr> <tr> <td></td> <td></td> <td>8:33.12</td> <td>3rd - BTY</td> <td>#2</td> </tr> </table> <p>110 m Hurdles</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;">Tucker Dalen</td> <td style="width: 15%;">20.64</td> <td style="width: 15%;">19th</td> <td style="width: 55%;"></td> </tr> <tr> <td>2.</td> <td>Jacob Merrick</td> <td>22.26</td> <td>22nd - PB</td> <td></td> </tr> </table> <p>100 m Dash</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;">Aaron Pulkrabek</td> <td style="width: 15%;">12.01</td> <td style="width: 15%;">12th</td> <td style="width: 55%;"></td> </tr> <tr> <td>2.</td> <td>Brandon Haskovec</td> <td>12.43</td> <td>21st</td> <td></td> </tr> </table> <p>4 x 200 m Relay</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;">Tryston West</td> <td style="width: 15%;">24.9</td> <td style="width: 15%;"></td> <td style="width: 55%;"></td> </tr> <tr> <td>2.</td> <td>Quentin Miklya</td> <td>24.9</td> <td></td> <td></td> </tr> <tr> <td>3.</td> <td>Adam Archambault</td> <td>24.4</td> <td>PB</td> <td></td> </tr> <tr> <td>4.</td> <td>Nathan Kleppe</td> <td><u>25.9</u></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>1:40.23</td> <td>8th</td> <td></td> </tr> </table> <p>1600 m Run</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;">Eli Grubbs</td> <td style="width: 15%;">4:42.21</td> <td style="width: 15%;">5th</td> <td style="width: 55%;"></td> </tr> <tr> <td></td> <td></td> <td>(1:11.4, 1:12.6, 1:08.1, 1:10.1)</td> <td></td> <td></td> </tr> <tr> <td>2.</td> <td>George Ausmus</td> <td>5:16.94</td> <td>19th - 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PB</td> </tr> <tr> <td>2.</td> <td>Remington Steele</td> <td>(65, 70)</td> <td>2:15.03</td> <td>15th</td> </tr> </table> <p>200 m Dash</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;">Brandon Haskovec</td> <td style="width: 15%;">24.72</td> <td style="width: 15%;">14th - BTY</td> <td style="width: 55%;"></td> </tr> <tr> <td>2.</td> <td>Tryston West</td> <td>24.75</td> <td>15th - PB</td> <td></td> </tr> </table> <p>3200 m Run</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;">Tommy Ryan</td> <td style="width: 15%;">10:32.26</td> <td style="width: 15%;">6th</td> <td style="width: 55%;"></td> </tr> <tr> <td></td> <td></td> <td>(1:15, 1:17, 1:18, 1:20, (5:10), 1:24, 1:24, 1:24, 1:10)</td> <td></td> <td></td> </tr> <tr> <td>2.</td> <td>Noah Miller</td> <td>11:28.07</td> <td>19th - BTY</td> <td></td> </tr> <tr> <td></td> <td></td> <td>(1:15, 1:20, 1:22, 1:28, (5:28), 1:30, 1:32, 1:30, 1:26)</td> <td></td> <td></td> </tr> </table> <p>4 x 400 m Relay</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;">Riley Palmer</td> <td style="width: 15%;">56.9</td> <td style="width: 15%;"></td> <td style="width: 55%;"></td> </tr> <tr> <td>2.</td> <td>Austin Eckert</td> <td>58.0</td> <td></td> <td></td> </tr> <tr> <td>3.</td> <td>Remington Steele</td> <td>57.5</td> <td></td> <td></td> </tr> <tr> <td>4.</td> <td>Eli Grubbs</td> <td><u>52.5</u></td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td></td> <td>3:44.82</td> <td>8th</td> <td></td> </tr> </table>	1.	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Adam Archambault	11' 0"	7th		2.	TJ Rank	NH			1.	Adam Seals	20' 10"	2nd - BTY	#4	2.	Aaron Pulkrabek	19' 9"	5th		1.	Adam Seals	39' 5.5"	6th - PB	#10	2.	Aaron Pulkrabek	38' 7.5"	9th		1.	<b>Adam Seals</b>	<b>6' 0"</b>	<b>1st</b>		2.	Brandon Haskovec	5' 6"	5th		1.	Damien Schwab	36' 0"	16th		2.	Blake Shermer	33' 0.5"	23rd		1.	Blake Shermer	103' 6"	15th		2.	Damien Schwab	81' 8"	26th		1.	Adam Seals	88	2.	Aaron Pulkrabek	71	3.	Brandon Haskovec	57	4.	Eli Grubbs	47	5.	Austin Eckert	41	6.	Tommy Ryan	37	6.	Tryston West	37	8.	Remington Steele	36	9.	Adam Archambault	29	10.	Riley Palmer	20	11.	Blake Shermer	16	12.	Quentin Miklya	13	12.	Tucker Dalen	13	14.	Damien Schwab	12	15.	TJ Rank	9	15.	Nathan Kleppe	9	17.	Noah Miller	8	17.	George Ausmus	8	19.	Jacob Merrick	5	1.	Chisago Lakes	671	2.	Grand Rapids	631	3.	Cloquet	599	4.	Mora	590	5.	North Branch	494	6.	Esko	484	7.	Pine City	458	8.	Hermantown	388	9.	Hibbing	383.5	10.	Proctor	378	11.	Duluth Denfeld	277	12.	South Ridge/Cherry	170
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2.	Austin Eckert	58.0																																																																																																																																																																																																																																																																																																																																																																
3.	Remington Steele	57.5																																																																																																																																																																																																																																																																																																																																																																
4.	Eli Grubbs	<u>52.5</u>	PB																																																																																																																																																																																																																																																																																																																																																															
		3:44.82	8th																																																																																																																																																																																																																																																																																																																																																															
1.	Adam Archambault	11' 0"	7th																																																																																																																																																																																																																																																																																																																																																															
2.	TJ Rank	NH																																																																																																																																																																																																																																																																																																																																																																
1.	Adam Seals	20' 10"	2nd - BTY	#4																																																																																																																																																																																																																																																																																																																																																														
2.	Aaron Pulkrabek	19' 9"	5th																																																																																																																																																																																																																																																																																																																																																															
1.	Adam Seals	39' 5.5"	6th - PB	#10																																																																																																																																																																																																																																																																																																																																																														
2.	Aaron Pulkrabek	38' 7.5"	9th																																																																																																																																																																																																																																																																																																																																																															
1.	<b>Adam Seals</b>	<b>6' 0"</b>	<b>1st</b>																																																																																																																																																																																																																																																																																																																																																															
2.	Brandon Haskovec	5' 6"	5th																																																																																																																																																																																																																																																																																																																																																															
1.	Damien Schwab	36' 0"	16th																																																																																																																																																																																																																																																																																																																																																															
2.	Blake Shermer	33' 0.5"	23rd																																																																																																																																																																																																																																																																																																																																																															
1.	Blake Shermer	103' 6"	15th																																																																																																																																																																																																																																																																																																																																																															
2.	Damien Schwab	81' 8"	26th																																																																																																																																																																																																																																																																																																																																																															
1.	Adam Seals	88																																																																																																																																																																																																																																																																																																																																																																
2.	Aaron Pulkrabek	71																																																																																																																																																																																																																																																																																																																																																																
3.	Brandon Haskovec	57																																																																																																																																																																																																																																																																																																																																																																
4.	Eli Grubbs	47																																																																																																																																																																																																																																																																																																																																																																
5.	Austin Eckert	41																																																																																																																																																																																																																																																																																																																																																																
6.	Tommy Ryan	37																																																																																																																																																																																																																																																																																																																																																																
6.	Tryston West	37																																																																																																																																																																																																																																																																																																																																																																
8.	Remington Steele	36																																																																																																																																																																																																																																																																																																																																																																
9.	Adam Archambault	29																																																																																																																																																																																																																																																																																																																																																																
10.	Riley Palmer	20																																																																																																																																																																																																																																																																																																																																																																
11.	Blake Shermer	16																																																																																																																																																																																																																																																																																																																																																																
12.	Quentin Miklya	13																																																																																																																																																																																																																																																																																																																																																																
12.	Tucker Dalen	13																																																																																																																																																																																																																																																																																																																																																																
14.	Damien Schwab	12																																																																																																																																																																																																																																																																																																																																																																
15.	TJ Rank	9																																																																																																																																																																																																																																																																																																																																																																
15.	Nathan Kleppe	9																																																																																																																																																																																																																																																																																																																																																																
17.	Noah Miller	8																																																																																																																																																																																																																																																																																																																																																																
17.	George Ausmus	8																																																																																																																																																																																																																																																																																																																																																																
19.	Jacob Merrick	5																																																																																																																																																																																																																																																																																																																																																																
1.	Chisago Lakes	671																																																																																																																																																																																																																																																																																																																																																																
2.	Grand Rapids	631																																																																																																																																																																																																																																																																																																																																																																
3.	Cloquet	599																																																																																																																																																																																																																																																																																																																																																																
4.	Mora	590																																																																																																																																																																																																																																																																																																																																																																
5.	North Branch	494																																																																																																																																																																																																																																																																																																																																																																
6.	Esko	484																																																																																																																																																																																																																																																																																																																																																																
7.	Pine City	458																																																																																																																																																																																																																																																																																																																																																																
8.	Hermantown	388																																																																																																																																																																																																																																																																																																																																																																
9.	Hibbing	383.5																																																																																																																																																																																																																																																																																																																																																																
10.	Proctor	378																																																																																																																																																																																																																																																																																																																																																																
11.	Duluth Denfeld	277																																																																																																																																																																																																																																																																																																																																																																
12.	South Ridge/Cherry	170																																																																																																																																																																																																																																																																																																																																																																

**GREAT RIVER CONFERENCE TRACK MEET (East Central)**  
**Friday, May 19, 2017, 3:30 (rescheduled)**  
**Pine City Girls' Results**

4 x 800 m Relay	1. Grace Langmade	(82, 88)	2:50.4	
	2. Grace Grubbs	(75, 87)	2:42.1	
	3. Lydia Adams	(79, 83)	2:42.7	
	4. Alaina Steele	<u>(81, 83)</u>	<u>2:44.3</u>	
		<b>10:59.39</b>	<b>1st</b>	

\*\*\*\*ALL-CONFERENCE\*\*\*\*

100 m Hurdles	1. <b>Elsie Lundquist</b>	<b>P: 17.20</b>	<b>F: 16.86</b>	<b>1st</b>
		****ALL-CONFERENCE****		
	2. Natalie Cahill	P: 18.68	F: 18.16	2nd
		****HONORABLE MENTION****		
	3. Megan Cunnien	P: 20.33		

100 m Dash	1. Alexis Pankonin	P: 14.49	F: 14.31	5th - BTY
	2. Kelsey Erickson	P: 14.56	F: 14.39	7th
	3. Kensi Tayerle	P: 14.56	F: 14.40	8th

4 x 200 m Relay	1. Aaleaha Thieman	30.4		
	2. Kaylee Pihoda	27.2	PB	
	3. Alexis Thieman	31.1		
	4. Ellaina Johnson	<u>30.7</u>		
		<b>1:59.37</b>	<b>2nd</b>	

\*\*\*\*HONORABLE MENTION\*\*\*\*

1600 m Run	1. Lydia Adams	5:48.56	2nd - PB
		(1:22, 1:29, 1:29, 1:28)	
		****HONORABLE MENTION****	
	2. Leah Westerman	6:27.38	8th - PB
		(1:28, 1:37, 1:43, 1:38)	
	3. Miriam Fromm	6:53.68	PB
		(1:34, 1:47, 1:53, 1:39)	

4 x 100 m Relay	1. Kelsey Erickson	14.5		
	2. Kensi Tayerle	13.7		
	3. Alexis Pankonin	13.4	BTY	
	4. Ellaina Johnson	<u>13.7</u>		
		<b>55.39</b>	<b>2nd</b>	

\*\*\*\*HONORABLE MENTION\*\*\*\*

400 m Dash	1. Aaleaha Thieman	68.47	5th
	2. Kaylee Pihoda	69.04	7th
	3. Leah Westerman	76.20	PB

300 m Hurdles	1. Natalie Cahill	54.28	3rd
	2. Megan Cunnien	61.26	PB
	3. Elizabeth Cahill	66.40	

800 m Run	1. <b>Alaina Steele</b>	<b>(76, 74)</b>	<b>2:31.34</b>	<b>1st</b>
		****ALL-CONFERENCE****		
	2. Grace Grubbs	(77, 82)	2:39.55	4th
	3. Grace Langmade	(79, 86)	2:45.38	5th

200 m Dash	1. Ellaina Johnson	30.01	4th
	2. Kaylee Pihoda	30.20	7th
	3. Alexis Thieman	30.46	8th - BTY

3200 m Run	1. <b>Marin Foss</b>	<b>12:54.30</b>	<b>1st</b>
		(1:23, 1:33, 1:37, 1:40, (6:13), 1:40, 1:42, 1:43, 1:35)	

\*\*\*\*ALL-CONFERENCE\*\*\*\*

	2. Ashli Webster	13:04.57	2nd - BTY
		(1:23, 1:36, 1:40, 1:42, (6:23), 1:42, 1:45, 1:44, 1:30)	
		****HONORABLE MENTION****	

4 x 400 m Relay	1. Grace Langmade	68.0		
	2. Grace Grubbs	66.5	PB	
	3. Lydia Adams	64.8	PB	
	4. Alaina Steele	<u>62.5</u>	BTY	
		<b>2:21.77</b>	<b>1st - BTY</b>	<b>#4</b>

\*\*\*\*ALL-CONFERENCE\*\*\*\*

Pole Vault	1. Allyson Chromey	6' 6"	Tie 3rd
	2. Maddy Graham	6' 0"	Tie 7th
	3. Belle Sanders	NH	

Long Jump	1. Elsie Lundquist	15' 3.5"	2nd
		****HONORABLE MENTION****	
	2. Kelsey Erickson	14' 2.25"	6th
	3. Natalie Cahill	13' 9.5"	

Triple Jump	1. <b>Elsie Lundquist</b>	<b>33' 4.75"</b>	<b>1st</b>
		****ALL-CONFERENCE****	
	2. Kelsey Erickson	31' 2.75"	5th - PB
	3. Natalie Cahill	29' 8.25"	

High Jump	1. <b>Elsie Lundquist</b>	<b>5' 1"</b>	<b>1st</b>
		****ALL-CONFERENCE****	
	2. Kensi Tayerle	4' 5"	6th
	3. Belle Sanders	4' 1"	

Shot Put	1. Alexis Pankonin	30' 10.5"	4th
	2. Cara Kuhn	28' 1"	6th - PB
	3. Emma Schmidt	23' 10.75"	

Discus	1. Alexis Pankonin	90' 5"	3rd
	2. Emma Schmidt	68' 1"	
	3. Cara Kuhn	61' 4"	PB

Top Point Getters

1. Elsie Lundquist	38
2. Alaina Steele	20
3. Alexis Pankonin	19
4. Lydia Adams	17
5. Grace Grubbs	15
6. Natalie Cahill	14
6. Grace Langmade	14
8. Kelsey Erickson	13
8. Ellaina Johnson	13
10. Marin Foss	10
11. Kaylee Pihoda	8
11. Aaleaha Thieman	8
11. Ashli Webster	8
11. Kensi Tayerle	8
15. Allyson Chromey	4.5
16. Alexis Thieman	4
17. Cara Kuhn	3
18. Maddy Graham	1
18. Leah Westerman	1

**19 total scorers**

TEAM RESULTS:

<b>1. Pine City</b>	<b>183.5</b>	
2. Rush City	149	-34.5
3. Mille Lacs	92.5	-91
4. East Central	80	-103.5
5. Braham	75	-108.5
6. Ogilvie	40	-143.5
7. Aitkin	35	-148.5
8. Hinckley-Finlayson	28	-155.5

# GREAT RIVER CONFERENCE TRACK MEET (East Central)

Friday, May 19, 2017, 3:30 (rescheduled)

Pine City Boys' Results

4 x 800 m Relay	1. Austin Eckert	(64, 70)	2:14.8	
	2. Remington Steele	(64, 70)	2:14.5	
	3. Noah Miller	(68, 75)	2:23.2	PB
	4. George Ausmus	(70, 76)	2:26.6	

**9:18.99 1st**

**\*\*\*\*ALL-CONFERENCE\*\*\*\***

110 m Hurdles	1. Logan Schaaf	P: 20.21	F: 19.80	5th - PB
	2. Tucker Dalen	P: 20.71	F: 20.50	8th
	3. Jacob Merrick	P: 23.05		

100 m Dash	1. <b>Aaron Pulkrabek</b>	<b>P: 11.87</b>	<b>F: 11.63</b>	<b>1st</b>
	<b>****ALL-CONFERENCE****</b>			
	2. Brandon Haskovec	P: 11.92	F: 11.78	2nd

**\*\*\*\*HONORABLE MENTION\*\*\*\***

3. Nathan Kleppe P: 13.02

4 x 200 m Relay	1. Tryston West	24.6	
	2. Quentin Miklya	24.2	
	3. Adam Archambault	24.5	
	4. Nathan Kleppe	25.9	

**1:39.48 1st**

**\*\*\*\*ALL-CONFERENCE\*\*\*\***

1600 m Run	1. <b>Eli Grubbs</b>	<b>4:38.74</b>	<b>1st - PB</b>	<b>#8</b>
	(1:05, 1:11, 1:13, 1:08)			
	<b>****ALL-CONFERENCE****</b>			
	2. Tommy Ryan	4:46.74	2nd - PB	
	(1:06, 1:12, 1:17, 1:11)			
	<b>****HONORABLE MENTION****</b>			
	3. George Ausmus	5:29.30	7th	
	(1:15, 1:27, 1:27, 1:19)			

4 x 100 m Relay	1. Aaron Pulkrabek	12.0	
	2. Adam Seals	11.0	BTY
	3. Tryston West	11.3	
	4. Brandon Haskovec	11.7	

**46.26 1st**

**\*\*\*\*ALL-CONFERENCE\*\*\*\***

400 m Dash	1. <b>Riley Palmer</b>	<b>55.11</b>	<b>1st - PB</b>
	<b>****ALL-CONFERENCE****</b>		
	2. Tommy Ryan	55.88	2nd

**\*\*\*\*HONORABLE MENTION\*\*\*\***

3. Timmy Johnson 62.63 6th - PB

300 m Hurdles	1. TJ Rank	49.15	3rd
	2. Tucker Dalen	53.39	6th
	3. Jacob Merrick	DNR	

800 m Run	1. <b>Eli Grubbs</b>	<b>(61, 64)</b>	<b>2:05.35</b>	<b>1st</b>
	<b>****ALL-CONFERENCE****</b>			
	2. Remington Steele	(64, 67)	2:11.81	3rd - PB

3. Austin Eckert (65, 68) 2:13.86 4th

200 m Dash	1. Tryston West	25.00	2nd
	<b>****HONORABLE MENTION****</b>		
	2. Brandon Haskovec	26.02	4th

3. Quentin Miklya 26.36 6th

3200 m Run	1. <b>Tommy Ryan</b>	<b>10:42.00</b>	<b>1st</b>
	(1:16, 1:20, 1:22, 1:23, (5:20), 1:23, 1:24, 1:22, 1:11)		
	<b>****ALL-CONFERENCE****</b>		
	2. Noah Miller	11:15.20	4th - PB
	(1:17, 1:20, 1:24, 1:27, (5:28), 1:27, 1:29, 1:28, 1:22)		
	3. TJ Rank	11:37.56	6th - PB
	(1:21, 1:26, 1:29, 1:24, (5:39), 1:28, 1:35, 1:32, 1:22)		

4 x 400 m Relay	1. Riley Palmer	56.6	
	2. Austin Eckert	57.8	
	3. Remington Steele	56.2	
	4. Eli Grubbs	53.0	

**3:43.75 1st**

**\*\*\*\*ALL-CONFERENCE\*\*\*\***

Pole Vault	1. Logan Schaaf	10' 6"	3rd - PB
	2. Adam Archambault	10' 0"	4th
	3. TJ Rank	9' 6"	6th

Long Jump	1. Adam Seals	21' 4.75"	1st - BTY
	<b>****ALL-CONFERENCE****</b>		
	2. Aaron Pulkrabek	20' 1"	3rd

3. Nathan Kleppe 16' 7.25"

Triple Jump	1. Adam Seals	39' 5"	2nd #3
	<b>****HONORABLE MENTION****</b>		
	2. Aaron Pulkrabek	38' 11"	3rd

3. TJ Rank 34' 9.5" 7th - PB

High Jump	1. <b>Adam Seals</b>	<b>6' 1"</b>	<b>1st</b>
	<b>****ALL-CONFERENCE****</b>		
	2. Brandon Haskovec	6' 0"	2nd

**\*\*\*\*HONORABLE MENTION\*\*\*\***

3. Tucker Dalen 5' 0" 5th

Shot Put	1. Damien Schwab	36' 4"	5th
	2. Blake Shermer	34' 2.75"	PB
	3. JJ Preston	31' 4"	PB

Discus	1. Blake Shermer	97' 4"	4th
	2. Nathan Kleppe	75' 7"	
	3. Damien Schwab	67' 0"	

### Top Point Getters

1. Adam Seals	33
2. Aaron Pulkrabek	27
3. Brandon Haskovec	26
3. Tommy Ryan	26
5. Eli Grubbs	25
6. Tryston West	18
7. Remington Steele	17
8. Riley Palmer	15
8. Austin Eckert	15
10. TJ Rank	14
11. Adam Archambault	10
11. Noah Miller	10
11. Logan Schaaf	10
14. Quentin Miklya	8
14. Tucker Dalen	8
16. George Ausmus	7
17. Nathan Kleppe	5
17. Blake Shermer	5
19. Damien Schwab	4
20. Timmy Johnson	3

**20 total scorers**

### TEAM RESULTS:

<b>1. Pine City</b>	<b>245</b>	
2. Rush City	108	-137
3. East Central	91	-154
4. Braham	73	-172
5. Hinckley-Finlayson	49	-196
6. Ogilvie	48	-197
7. Aitkin	45	-200



**SUB-SECTION 18 TRACK MEET @ Milaca**  
**Tuesday, May 23, 2017, 3:30**  
**Pine City Girls' Results**

4 x 800 m Relay	1. Lydia Adams	(71, 79)	2:30.6	PB
	2. Grace Langmade	(74, 82)	2:36.8	BTY
	3. Grace Grubbs	(71, 81)	2:31.8	PB
	4. Alaina Steele	<u>(74, 74)</u>	<u>2:28.8</u>	BTY
		10:08.16	3rd - BTY	#3

\*\*\*\* Qualifies for Sections \*\*\*\*

100 m Hurdles	1. <b>Elsie Lundquist</b>	<b>P: 16:73</b>	<b>F: 16.96</b>	<b>1st</b>
		**** Qualifies for Sections ****		
	2. Natalie Cahill	P: 18.79	F: 18.15	3rd
		**** Qualifies for Sections ****		
	3. Megan Cunnien	P: 20.53		

100 m Dash	1. Alexis Thieman	P: 14.68	BTY
	2. Kensi Tayerle	P: 14.69	
	3. Allyson Chromey	P: 14.76	

4 x 200 m Relay	1. Kelsey Erickson	29.9	
	2. Kaylee Prihoda	29.4	
	3. Ellaina Johnson	27.5	PB
	4. Alexis Pankonin	<u>28.3</u>	<u>BTY</u>
		1:55.19	3rd

1600 m Run	1. Lydia Adams	5:55.79	2nd
		(1:18, 1:27, 1:35, 1:35)	
		**** Qualifies for Sections ****	
	2. Leah Westerman	6:14.78	PB
		(1:30, 1:34, 1:36, 1:35)	
	3. Miriam Fromm	6:46.44	PB
		(1:36, 1:41, 1:49, 1:40)	

4 x 100 m Relay	1. Aaleaha Thieman	14.1	
	2. Alexis Thieman	13.3	PB
	3. Kensi Tayerle	13.5	
	4. Ellaina Johnson	<u>13.1</u>	
		54.18	3rd #10

400 m Dash	1. Aaleaha Thieman	65.49	3rd - BTY
		**** Qualifies for Sections ****	
	2. Kaylee Prihoda	69.56	7th
	3. Miriam Fromm	77.63	PB

300 m Hurdles	1. Natalie Cahill	53.97	4th
		**** Qualifies for Sections ****	
	2. Megan Cunnien	60.04	PB
	3. Elizabeth Cahill	64.64	

800 m Run	1. Alaina Steele	(70, 80)	2:30.37	4th
		**** Qualifies for Sections ****		
	2. Grace Grubbs	(74, 79)	3:33.80	7th - PB
	3. Leah Westerman	(82, 90)	2:52.30	PB

200 m Dash	1. Ellaina Johnson	29.52	6th
	2. Kaylee Prihoda	30.68	
	3. Allyson Chromey	30.92	

3200 m Run	1. Marin Foss	12:49.58	5th - BTY
		(1:23, 1:32, 1:36, (6:10), 1:38, 1:41, 1:40, 1:38)	
	2. Ashli Webster	13:04.39	6th - BTY
		(1:27, 1:36, 1:39, 1:42, (6:23), 1:44, 1:45, 1:43, 1:32)	

4 x 400 m Relay	1. Grace Langmade	66	PB
	2. Grace Grubbs	65	PB
	3. Lydia Adams	65	
	4. Alaina Steele	<u>62</u>	<u>BTY</u>
		4:19.39	3rd - BTY #2

\*\*\*\* Qualifies for Sections \*\*\*\*

Pole Vault	1. Maddy Graham	5' 9"	Tie 7th
	2. Allyson Chromey	5' 9"	
	3. Isabelle Sanders	NH	

Long Jump	1. Elsie Lundquist	15' 10.75"	4th
		**** Qualifies for Sections ****	
	2. Kelsey Erickson	14' 5.75"	7th
	3. Natalie Cahill	13' 4.25"	

Triple Jump	1. <b>Elsie Lundquist</b>	<b>34' 2.5"</b>	<b>1st - BTY #2</b>
		**** Qualifies for Sections ****	
	2. Kelsey Erickson	31' 7.5"	2nd - PB
		**** Qualifies for Sections ****	
	3. Natalie Cahill	30' 2.5"	8th

High Jump	1. <b>Elsie Lundquist</b>	<b>5' 1"</b>	<b>1st</b>
		**** Qualifies for Sections ****	
	2. Kensi Tayerle	4' 3"	
	3. Isabelle Sanders	4' 1"	

Shot Put	1. Alexis Pankonin	29' 5.5"	5th
	2. Cara Kuhn	28' 3"	PB
	3. Emma Schmidt	25' 5"	

Discus	1. Alexis Pankonin	98' 11"	3rd
		**** Qualifies for Sections ****	
	2. Emma Schmidt	78' 4"	
	3. Cara Kuhn	71' 6"	

Top Point Getters

1. Elsie Lundquist	35
2. Lydia Adams	14
3. Alexis Pankonin	13
3. Kelsey Erickson	13
5. Alaina Steele	11
5. Natalie Cahill	11
7. Ellaina Johnson	9
7. Aaleaha Thieman	9
9. Grace Grubbs	8
10. Grace Langmade	6
11. Kaylee Prihoda	5
12. Marin Foss	4
13. Ashli Webster	3
13. Kensi Tayerle	3
13. Alexis Thieman	3
16. Maddy Graham	1.5

**16 total scorers**

TEAM RESULTS:

1. Mora	140.5	
2. <b>Pine City</b>	<b>126.6</b>	-13.9
3. Milaca	100	-40.5
4. Rush City	84.6	-55.9
5. Mille Lacs	76.6	-63.9
6. East Central	64.5	-76
7. Braham	52.2	-88.3
8. Ogilvie	29	-111.5
9. Hinckley-Finlayson	25	-115.5

# SUB-SECTION 18 TRACK MEET @ Milaca

Tuesday, May 23, 2017, 3:30

Pine City Boys' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Remington Steele</td><td>(64, 66)</td><td>2:10.2</td><td>PB</td></tr> <tr><td>2. Austin Eckert</td><td>(61, 66)</td><td>2:07.4</td><td>PB</td></tr> <tr><td>3. Tommy Ryan</td><td>(59, 63)</td><td>2:02.9</td><td>PB</td></tr> <tr><td>4. Eli Grubbs</td><td><u>(58, 61)</u></td><td><u>2:00.5</u></td><td>PB</td></tr> <tr><td></td><td></td><td>8:21.08</td><td>2nd #1</td></tr> </table> <p style="text-align: center;">**** Qualifies for Sections **** **** NEW SCHOOL RECORD ****</p> <p>110 m Hurdles</p> <table border="0" style="width: 100%;"> <tr><td>1. Tucker Dalen</td><td>P: 20.46</td><td>F: 20.40</td><td>7th - PB</td></tr> <tr><td>2. Logan Schaaf</td><td>P: 20.06</td><td>F: 20.66</td><td>8th</td></tr> <tr><td>3. Jacob Merrick</td><td>P: 21.97</td><td></td><td>PB</td></tr> </table> <p>100 m Dash</p> <table border="0" style="width: 100%;"> <tr><td>1. Aaron Pulkrabek</td><td>P: 11.87</td><td>F: 11.64</td><td>1st</td></tr> <tr><td></td><td colspan="3" style="text-align: center;">**** Qualifies for Sections ****</td></tr> <tr><td>2. Brandon Haskovec</td><td>P: 12.05</td><td>F: 11.95</td><td>4th</td></tr> <tr><td></td><td colspan="3" style="text-align: center;">**** Qualifies for Sections ****</td></tr> <tr><td>3. Nathan Kleppe</td><td>P: 12.95</td><td></td><td></td></tr> </table> <p>4 x 200 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Riley Palmer</td><td>25.6</td><td></td><td></td></tr> <tr><td>2. Quentin Miklya</td><td>25.9</td><td></td><td></td></tr> <tr><td>3. Adam Archambault</td><td>23.8</td><td></td><td>PB</td></tr> <tr><td>4. Nathan Kleppe</td><td><u>25.5</u></td><td></td><td>BTY</td></tr> <tr><td></td><td>1:40.66</td><td></td><td>3rd</td></tr> </table> <p>1600 m Run</p> <table border="0" style="width: 100%;"> <tr><td>1. Eli Grubbs</td><td>4:39.16</td><td></td><td>2nd</td></tr> <tr><td></td><td>(1:08, 1:12, 1:11, 1:07)</td><td></td><td></td></tr> <tr><td></td><td colspan="3" style="text-align: center;">**** Qualifies for Sections ****</td></tr> <tr><td>2. George Ausmus</td><td>5:11.13</td><td></td><td>PB</td></tr> <tr><td></td><td>(1:11, 1:18, 1:25, 1:16)</td><td></td><td></td></tr> <tr><td>3. Timmy Johnson</td><td>5:18.83</td><td></td><td>PB</td></tr> <tr><td></td><td>(1:12, 1:20, 1:26, 1:20)</td><td></td><td></td></tr> </table> <p>4 x 100 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Aaron Pulkrabek</td><td>12.5</td><td></td><td></td></tr> <tr><td>2. Adam Seals</td><td>10.9</td><td></td><td>BTY</td></tr> <tr><td>3. Tryston West</td><td>11.4</td><td></td><td></td></tr> <tr><td>4. 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Rush City</td><td>73</td><td>-87</td></tr> <tr><td>5. Braham</td><td>69</td><td>-91</td></tr> <tr><td>6. East Central</td><td>63</td><td>-97</td></tr> <tr><td>7. Ogilvie</td><td>31</td><td>-129</td></tr> <tr><td>8. Hinckley-Finlayson</td><td>29</td><td>-131</td></tr> </table>	1. Adam Archambault	11' 5"		1st		**** Qualifies for Sections ****			2. Logan Schaaf	10' 11"		3rd - PB		**** Qualifies for Sections ****			3. TJ Rank	9' 11"		6th	1. Aaron Pulkrabek	20' 10.25"		2nd - BTY #5		**** Qualifies for Sections ****			2. Adam Seals	20' 7.25"		3rd		**** Qualifies for Sections ****			3. Nathan Kleppe	15' 11.75"			1. Adam Seals	40' 0.5"		1st - PB #6		**** Qualifies for Sections ****			2. Aaron Pulkrabek	37' 11.5"		4th		**** Qualifies for Sections ****			3. TJ Rank	34' 10.25		7th - PB	1. Adam Seals	6' 0"		2nd		**** Qualifies for Sections ****			2. Brandon Haskovec	5' 10"		3rd		**** Qualifies for Sections ****			3. Tucker Dalen	4' 10"			1. Damien Schwab	37' 3.75"		6th	2. 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3. Timmy Johnson	5:18.83		PB																																																																																																																																																																																																																																																																																																																																																																																																								
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1. Aaron Pulkrabek	12.5																																																																																																																																																																																																																																																																																																																																																																																																										
2. Adam Seals	10.9		BTY																																																																																																																																																																																																																																																																																																																																																																																																								
3. Tryston West	11.4																																																																																																																																																																																																																																																																																																																																																																																																										
4. Brandon Haskovec	<u>10.7</u>		PB																																																																																																																																																																																																																																																																																																																																																																																																								
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1. Riley Palmer	55.08		3rd - PB																																																																																																																																																																																																																																																																																																																																																																																																								
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2. Timmy Johnson	62.00		PB																																																																																																																																																																																																																																																																																																																																																																																																								
3. Jason Thieman	65.87		PB																																																																																																																																																																																																																																																																																																																																																																																																								
1. TJ Rank	45.79		4th - PB																																																																																																																																																																																																																																																																																																																																																																																																								
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2. Tucker Dalen	53.74																																																																																																																																																																																																																																																																																																																																																																																																										
3. Jacob Merrick	55.76																																																																																																																																																																																																																																																																																																																																																																																																										
1. Remington Steele	(63, 67)	2:10.27	5th - PB																																																																																																																																																																																																																																																																																																																																																																																																								
2. Austin Eckert	(63, 73)	2:16.36	8th																																																																																																																																																																																																																																																																																																																																																																																																								
3. George Ausmus	(67, 76)	2:22.74	PB																																																																																																																																																																																																																																																																																																																																																																																																								
1. Tryston West	24.62		5th - PB																																																																																																																																																																																																																																																																																																																																																																																																								
2. Brandon Haskovec	24.70		6th - BTY																																																																																																																																																																																																																																																																																																																																																																																																								
3. Quentin Miklya	25.67		PB																																																																																																																																																																																																																																																																																																																																																																																																								
1. Tommy Ryan	10:52.87		4th																																																																																																																																																																																																																																																																																																																																																																																																								
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2. Noah Miller	11:16.70		8th																																																																																																																																																																																																																																																																																																																																																																																																								
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3. TJ Rank	11:29.73		PB																																																																																																																																																																																																																																																																																																																																																																																																								
	(1:17, 1:21, 1:23, 1:27, (5:29), 1:30, 1:34, 1:37, 1:19)																																																																																																																																																																																																																																																																																																																																																																																																										
1. Riley Palmer	55.7																																																																																																																																																																																																																																																																																																																																																																																																										
2. Tryson West	53.6		PB																																																																																																																																																																																																																																																																																																																																																																																																								
3. Tommy Ryan	54.3		PB																																																																																																																																																																																																																																																																																																																																																																																																								
4. Eli Grubbs	<u>52.7</u>																																																																																																																																																																																																																																																																																																																																																																																																										
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1. Adam Archambault	11' 5"		1st																																																																																																																																																																																																																																																																																																																																																																																																								
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2. Logan Schaaf	10' 11"		3rd - PB																																																																																																																																																																																																																																																																																																																																																																																																								
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3. TJ Rank	9' 11"		6th																																																																																																																																																																																																																																																																																																																																																																																																								
1. Aaron Pulkrabek	20' 10.25"		2nd - BTY #5																																																																																																																																																																																																																																																																																																																																																																																																								
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2. Adam Seals	20' 7.25"		3rd																																																																																																																																																																																																																																																																																																																																																																																																								
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3. Nathan Kleppe	15' 11.75"																																																																																																																																																																																																																																																																																																																																																																																																										
1. Adam Seals	40' 0.5"		1st - PB #6																																																																																																																																																																																																																																																																																																																																																																																																								
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2. Aaron Pulkrabek	37' 11.5"		4th																																																																																																																																																																																																																																																																																																																																																																																																								
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3. TJ Rank	34' 10.25		7th - PB																																																																																																																																																																																																																																																																																																																																																																																																								
1. Adam Seals	6' 0"		2nd																																																																																																																																																																																																																																																																																																																																																																																																								
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2. Brandon Haskovec	5' 10"		3rd																																																																																																																																																																																																																																																																																																																																																																																																								
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3. Tucker Dalen	4' 10"																																																																																																																																																																																																																																																																																																																																																																																																										
1. Damien Schwab	37' 3.75"		6th																																																																																																																																																																																																																																																																																																																																																																																																								
2. Blake Shermer	35' 8.75"		PB																																																																																																																																																																																																																																																																																																																																																																																																								
3. JJ Preston	31' 8.5"		PB																																																																																																																																																																																																																																																																																																																																																																																																								
1. Blake Shermer	85' 8"																																																																																																																																																																																																																																																																																																																																																																																																										
2. JJ Preston	79' 5"																																																																																																																																																																																																																																																																																																																																																																																																										
3. Damien Schwab	75' 5"																																																																																																																																																																																																																																																																																																																																																																																																										
1. Adam Seals	29																																																																																																																																																																																																																																																																																																																																																																																																										
2. Aaron Pulkrabek	28																																																																																																																																																																																																																																																																																																																																																																																																										
3. Brandon Haskovec	19																																																																																																																																																																																																																																																																																																																																																																																																										
4. Eli Grubbs	16																																																																																																																																																																																																																																																																																																																																																																																																										
5. Tommy Ryan	13																																																																																																																																																																																																																																																																																																																																																																																																										
5. Tryston West	13																																																																																																																																																																																																																																																																																																																																																																																																										
5. Riley Palmer	13																																																																																																																																																																																																																																																																																																																																																																																																										
5. Adam Archambault	13																																																																																																																																																																																																																																																																																																																																																																																																										
9. TJ Rank	10																																																																																																																																																																																																																																																																																																																																																																																																										
10. Remington Steele	8																																																																																																																																																																																																																																																																																																																																																																																																										
11. Logan Schaaf	7																																																																																																																																																																																																																																																																																																																																																																																																										
12. Austin Eckert	5																																																																																																																																																																																																																																																																																																																																																																																																										
13. Quentin Miklya	3																																																																																																																																																																																																																																																																																																																																																																																																										
13. Nathan Kleppe	3																																																																																																																																																																																																																																																																																																																																																																																																										
13. Damien Schwab	3																																																																																																																																																																																																																																																																																																																																																																																																										
16. Tucker Dalen	2																																																																																																																																																																																																																																																																																																																																																																																																										
17. Noah Miller	1																																																																																																																																																																																																																																																																																																																																																																																																										
1. Mora	160																																																																																																																																																																																																																																																																																																																																																																																																										
2. Pine City	154	-6																																																																																																																																																																																																																																																																																																																																																																																																									
3. Milaca	109	-51																																																																																																																																																																																																																																																																																																																																																																																																									
4. Rush City	73	-87																																																																																																																																																																																																																																																																																																																																																																																																									
5. Braham	69	-91																																																																																																																																																																																																																																																																																																																																																																																																									
6. East Central	63	-97																																																																																																																																																																																																																																																																																																																																																																																																									
7. Ogilvie	31	-129																																																																																																																																																																																																																																																																																																																																																																																																									
8. Hinckley-Finlayson	29	-131																																																																																																																																																																																																																																																																																																																																																																																																									

**SECTION 5A TRACK MEET @ St. John's University**  
**Wednesday, May 31, 2017, 10:30**  
**Pine City Girls' Results**

4 x 800 m Relay	1. Lydia Adams	(72, 82)	2:34.2	
<b>11:00 AM</b>	2. Grace Langmade	(73, 85)	2:38.3	
	3. Grace Grubbs	(74, 86)	2:41.4	
	4. Alaina Steele	<u>(70, 84)</u>	<u>2:34.8</u>	
		10:28.91	8th	

Long Jump	1. Elsie Lundquist	16' 0"	10th - BTY
<b>10:30 AM</b>			

Triple Jump	1. Elsie Lundquist	34' 2.75"	7th - BTY
<b>1:00 PM</b>			
	2. Kelsey Erickson	32' 2"	13th - PB

100 m Hurdles	1. <b>Elsie Lundquist</b>	<b>P: 16.32</b>	F: 16.46	6th - PB #1
<b>11:35 AM</b>	<b>**** NEW SCHOOL RECORD ****</b>			
<b>1:00 PM</b>	2. Natalie Cahill	P: 17.96		14th - BTY

High Jump	1. Elsie Lundquist	4' 10"	6th
<b>10:30 AM</b>			

1600 m Run	1. Lydia Adams	6:05.90	16th
<b>1:50 PM</b>	(1:23, 1:28, 1:34, 1:35)		

Discus	1. Alexis Pankonin	97' 0"	11th
<b>10:30 AM</b>			

TEAM RESULTS:

400 m Dash	1. Aaleaha Thieman	65.78	13th
<b>2:25 PM</b>			
300 m Hurdles	1. Natalie Cahill	53.32	14th - BTY
<b>2:50 PM</b>			
800 m Run	1. Alaina Steele	2:33.63	8th
<b>3:20 PM</b>			
4 x 400 m Relay	1. Grace Langmade	67.0	
<b>4:35 PM</b>	2. Grace Grubbs	67.7	
	3. Lydia Adams	66.5	
	4. Alaina Steele	<u>62.4</u>	
		4:23.64	6th

1. Rockford	65.5
2. Watertown-Mayer	59
3. Litchfield	55
4. Maple Lake	50
5. Pierz	45
6. Mora	44
7. Eden Valley W.K.	43.5
8. Howard Lake -W.W.	40
9. Foley	35.5
10. Annandale	34
11. Holdingford	28.5
12. Albany	27.5
13. Spectrum	24.5
14. Milaca	21
14. Braham	21
16. Mille Lacs	17
17. Paynesville	16
18. <b>Pine City</b>	<b>13</b>
19. Rush City	12
20. St. Cloud Cathedral	9
20. Hinckley-Finlayson	9
22. Legacy Christian A.	8
22. New London Spicer	8
24. Northwest Nighthawks	7
24. Royalton	6
26. Atwater Cosmos-G.	2
27. East Central	1

Top Point Getters

1. Elsie Lundquist	8
2. Alaina Steele	3
3. Lydia Adams	2
4. Grace Grubbs	2
5. Grace Langmade	2
Alexis Pankonin	0
Aaleaha Thieman	0
Natalie Cahill	0
Kelsey Erickson	0
<b>5 total scorers</b>	

**SECTION 5A TRACK MEET @ Saint John's University**  
**Wednesday, May 31, 2017, 10:30am**  
**Pine City Boys' Results**

4 x 800 m Relay	1. <b>Remington Steele</b> (61, 70)	<b>2:11.3</b>	
	<b>11:15 AM</b> 2. <b>Austin Eckert</b> (60, 66)	<b>2:06.9</b>	PB
	3. <b>Tommy Ryan</b> (58, 65)	<b>2:03.7</b>	
	4. <b>Eli Grubbs</b> (58, 64)	<b>2:02.9</b>	
		<b>8:24.64</b>	<b>2nd</b>

\*\*\*\* QUALIFIES FOR STATE \*\*\*\*

100 m Dash	1. Aaron Pulkrabek	P: 11.64	9th
	<b>12:10 PM</b> 2. Brandon Haskovec	P: 11.72	12th
	<b>1:25 PM</b>		

1600 m Run	1. Eli Grubbs	4:44.13	3rd
	<b>2:00 PM</b>	(1:05, 1:14, 1:12, 1:12)	

4 x 100 m Relay	1. Aaron Pulkrabek	12.3	
	<b>2:15 PM</b> 2. Adam Seals	11.2	
	3. Tryston West	11.5	
	4. Brandon Haskovec	<u>11.1</u>	
		46.17	7th

400 m Dash	1. Riley Palmer	55.02	10th - PB
	<b>2:35 PM</b>		

300 m Hurdles	1. TJ Rank	45.93	13th
	<b>3:05 PM</b>		

3200 m Run	1. Tommy Ryan	10:25.90	4th
		(1:11, 1:16, 1:17, 1:18, (5:03), 1:23, 1:24, 1:26, 1:09)	
	<b>4:20 PM</b>		

4 x 400 m Relay	1. Riley Palmer	55.5	
	<b>4:40 PM</b> 2. Tryston West	54.4	
	3. Remington Steele	57.9	
	4. Eli Grubbs	<u>54.1</u>	
		3:42.12	8th

Top Point Getters

1. Eli Grubbs	10.5
2. Tommy Ryan	9
3. Adam Seals	8
4. Aaron Pulkrabek	5
5. Remington Steele	4.5
6. Brandon Haskovec	4
7. Austin Eckert	4
8. Tryston West	1.5
9. Riley Palmer	0.5
TJ Rank	0
Adam Archambault	0

**9 total scorers**

Pole Vault	1. Adam Archambault	11' 9"	10th - BTY #6
	<b>10:30 AM</b>		

	2. Logan Schaaf	DNV	
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Long Jump	1. Aaron Pulkrabek	20' 9.5"	6th
	<b>1:00 PM</b>		

	2. Adam Seals	20' 0.5"	10th
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Triple Jump	1. Adam Seals	39' 2.5"	7th
	<b>10:30 AM</b>		

	2. Aaron Pulkrabek	38' 4.25"	8th
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High Jump	1. Adam Seals	5' 11"	4th
	<b>1:00 PM</b>		

	2. Brandon Haskovec	5' 9"	6th
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TEAM RESULTS:

1. Annandale	86.5
2. Holdingford	76
3. Mora	63
3. Eden Valley W.K.	63
5. Spectrum	53
6. Albany	44
7. Foley	42.5
8. Litchfield	36
9. <b>Pine City</b>	<b>35.5</b>
10. Maple Lake	35
11. Royalton	31.5
12. Howard Lake -W.W.	25
13. New London Spicer	23
14. Milaca	22
15. Pierz	11
15. East Central	11
15. Atwater Cosmos-G.	11
18. Rockford	9
19. Watertown-Mayer	6
20. Braham	5
21. Rush City	4
22. Paynesville	3
22. St. Johns Prep	3
24. St. Cloud Cathedral	2
25. St. Cloud Christian	1

# STATE TRACK MEET @ Hamline University

Friday Saturday, June 9-10, 2017, 3:30pm

Pine City Boys' Results

## RUNNING EVENTS

4x800 m relay	<b>1. Remington Steele</b>	<b>(63, 66)</b>	<b>2:09.53</b>	<b>PB</b>
3:56 PM	<b>2. Austin Eckert</b>	<b>(59, 72)</b>	<b>2:11.35</b>	
(Saturday)	<b>3. Tommy Ryan</b>	<b>(61, 63)</b>	<b>2:04.56</b>	
	<b>4. Eli Grubbs</b>	<b>(60, 62)</b>	<b>2:02.14</b>	
		<b>8:27.58</b>	<b>10th</b>	

### Boys 4x800 Meter Relay Class A

Class A Rec: # 7:56.21	2007	Pine Island
MN All Time: ! 7:44.56	6/11/2016	Hopkins, Hopkins
Nat'l H.S.: + 7:33.48	2009	Warrington Central Bucks South, PA
'16 Champion: 8:09.04	6/11/2016	Fairmont, Fairmont
		N Subbert, T Willett, A Moeller, J Sundblad

\*\*\*\*\*  
**First Pine City  
 4x800 m Relay  
 to Run at  
 STATE**  
 \*\*\*\*\*

School	Seed	Finals	H#	Points
1 Mora	8:18.06	8:10.75	2	12
1) #539 Zach Garza 11	2) #541 Alec Sanbeck 12			
3) #542 John Schwinghamer 12	4) #543 Michael Schwinghamer 12			
2:04.816 (2:04.816)	4:07.289 (2:02.473)	6:10.865 (2:03.576)		
8:10.741 (1:59.876)				
2 Fairmont	8:08.64	8:17.40	2	10
1) #212 Leyton Becker 12	2) #215 Andrew Moeller 10			
3) #216 Dayton Pasch 11	4) #214 Dylan Kennedy 10			
2:03.308 (2:03.308)	4:06.379 (2:03.071)	6:12.000 (2:05.621)		
8:17.393 (2:05.393)				
3 Pipestone Area	8:20.36	8:17.64	1	8
1) #325 Lucas Griebel 12	2) #326 Matthew Kennedy 12			
3) #331 Tyl Woelber 11	4) #330 Devin Tinklenberg 10			
2:06.465 (2:06.465)	4:09.819 (2:03.354)	6:16.944 (2:07.125)		
8:17.632 (2:00.688)				
4 Minnehaha Academy	8:19.50	8:23.04	2	6
1) #414 Maxwell Gifford 10	2) #412 Drew Cairns 12			
3) #415 Anthony Guarnera 10	4) #417 Gabriel Satoskar 12			
2:04.926 (2:04.926)	4:07.037 (2:02.111)	6:19.498 (2:12.461)		
8:23.038 (2:03.540)				
5 Mankato Loyola/Cleveland*	8:05.64	8:24.49	2	5
1) #235 Micah Rentschler 10	2) #233 Brady Omtvedt 11			
3) #237 Joey Zalusky 12	4) #230 Landon Javens 11			
2:07.141 (2:07.141)	4:10.348 (2:03.207)	6:18.957 (2:08.609)		
8:24.486 (2:05.529)				
6 Lake City	8:17.47	8:24.62	2	4
1) #131 Mitch Mund 12	2) #128 Nate Jasso 12			
3) #123 Denilzo Baltazar 12	4) #129 Carl Kozlowski 12			
2:02.940 (2:02.940)	4:10.005 (2:07.065)	6:24.490 (2:14.485)		
8:24.612 (2:00.122)				
7 Hillcrest Lutheran	8:17.29	8:26.78	2	3
1) #609 Tommy Thompson 12	2) #607 Eric Konyonenbelt 11			
3) #605 Luke Bowman 12	4) #606 Hans Frank-Holzner 12			
2:08.915 (2:08.915)	4:13.606 (2:04.691)	6:23.117 (2:09.511)		
8:26.771 (2:03.654)				
8 Esko	8:21.54	8:26.86	1	2
1) #708 Luke Bourgeault 10	2) #712 Joshua Kemp 11			
3) #716 Sam Rengo 10	4) #720 Isaiah Stokes 11			
2:09.301 (2:09.301)	4:15.983 (2:06.682)	6:19.866 (2:03.883)		
8:26.853 (2:06.987)				
9 St Charles	8:12.15	8:26.90	2	1
1) #157 Chris Majerus 12	2) #158 Aaron Nunemacher 11			
3) #153 Korrigan Diercks 9	4) #156 Jason Kolbert 12			
2:07.594 (2:07.594)	4:13.578 (2:05.984)	6:18.713 (2:05.135)		
8:26.895 (2:08.182)				
10 Pine City	8:24.64	8:27.58	1	
1) #551 Remington Steele 11	2) #547 Austin Eckert 9			
3) #550 Tommy Ryan 10	4) #548 Eli Grubbs 12			
2:09.525 (2:09.525)	4:20.878 (2:11.353)	6:25.435 (2:04.557)		
8:27.575 (2:02.140)				

11 Morris Area/Chokio-Alberta*	8:29.25	8:29.23	1
1) #615 Tate Nelson 11	2) #617 Christian Thielke 12		
3) #616 Noah Scomer 9	4) #614 Jaden Maun 9		
2:04.554 (2:04.554)	4:14.437 (2:09.883)	6:25.077 (2:10.640)	
8:29.225 (2:04.148)			
8:33.340 (2:06.369)			
12 Two Harbors	8:19.84	8:33.34	2
1) #747 Noah Smith 9	2) #748 Isaac Swenson 8		
3) #745 Jake Paron 11	4) #742 Brandon Dugger 12		
2:09.126 (2:09.126)	4:20.003 (2:10.874)	6:26.971 (2:06.968)	
8:34.037 (2:06.921)			
13 Dilworth-Glyndon-Felton	8:28.70	8:34.04	1
1) #815 Dylan Taves 10	2) #814 Garrett Schuel 12		
3) #813 Josh Finseth 7	4) #818 Dan Wilson 11		
2:07.487 (2:07.487)	4:12.413 (2:04.926)	6:27.216 (2:14.803)	
8:34.037 (2:06.921)			
14 Park Rapids Area	8:34.10	8:34.82	1
1) #840 Seth Breitwaser 10	2) #839 Matt Renson 11		
3) #841 Jack Christlanson 12	4) #842 Adam Jacobi 12		
2:07.549 (2:07.549)	4:19.236 (2:11.687)	6:26.137 (2:06.901)	
8:34.815 (2:06.678)			
15 Nova Classical Academy	8:17.56	8:35.59	2
1) #422 Blaine Brownell 12	2) #427 Tavin Zeise 9		
3) #420 Oluwadare Alcinmusire 9	4) #424 Noah Johnson 9		
2:13.630 (2:13.050)	4:24.612 (2:11.562)	6:29.503 (2:04.891)	
8:35.588 (2:06.080)			
16 Windan Area	8:17.66	8:35.70	2
1) #548 Evan Wiens 12	2) #342 Nicholas Green 12		
3) #543 John Irwin 12	4) #347 Isaac Tade 12		
2:14.476 (2:14.476)	4:25.288 (2:10.812)	6:33.421 (2:08.133)	
8:35.697 (2:02.276)			

# STATE TRACK MEET 2017



Remington Steele, Austin Eckert, Tommy Ryan, & Eli Grubbs

**4x800m Relay – 10<sup>th</sup> Place - 8:27.58**



Alternates – George Ausmus and Noah Miller









## GIRLS' "BESTS" - 2017

Name	year	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
Lydia Adams - 8	2016				68.88 - Sub	2:40.15 - GRC	5:56.14 - GRC	13:15.0 - RC									
					68.2sp - Hinck	2:40.4 sp - Chen											
	2017				65.3 - Tig	2:38.26 - Cheng	5:48.56 - GRC										
				27.7sp - PC	64.8sp	2:30.6sp - Sub											
Ellaina Johnson - 8	2016	8.8 - Fol In	14.51 - jh grc	29.26 - jh grc	74.2 - RC								10' 11.5" - Og				
	2017	8.2 - Fol In	14.1 - Tig	28.93 - Cheng									11' 8.5" - tt				
			13.0sp	27.5sp													
Cara Kuhn - 8	2016												11' 0.5" - Relay			23' 4.5" - Subs	
															51' 6" - tt	25' 10.5" - tt	
	2017		15.64 - jh	32.66 - jh pc											76' 1.5" - Fol	28' 3" - Sub	
Kensi Tayerle - 8	2016		14.85 - jh pc	30.90 - jh grc	73.9 - RC							4' 6" - jh					
			16.4 - tt	33.3 - tt								4' 3" - Cheng					
	2017		14.31 - Cheng	30.40 - Cool	72.9 - Tig							4' 7" - Tig					
Adrianna David - 7	2017		15.3sp	30.34 - jh													
Miriam Fromm - 7	2017			36.5 - tt	77.63 - Sub	3:03.1 - jh grc	6:46.44 - Sub			30.4 - Og (fell)	77.25 - Cool	3' 8" - tt					
Madison Graham - 7	2017		16.98 - jh									4' 0" - jh grc	10' 3" - jh				6' 9" - jh grc
Willow-Rai Hart - 7	2017		18.74 - jh										8' 5.75" - jh				
Rhaya Merrick - 7	2017														48' 2" - tt	17' 0.5" - tt	
															51' 9.5" - jh grc	25' 3" - jh grc	
Dorothy Miller - 7	2017									20.54 - PC				29' 1.75" - PC			
Jet Pulley - 7	2017		15.9 - jh										11' 9" - jh				
Hailee Rydberg - 7	2017		15.68 - jh		75.6 - jh								12' 3" - jh grc		42' 10" - tt		







## GIRLS' RELAY HISTORY - 2017

	RRC INDOOR	COOL DRAGON	RUSH CITY	OGILVIE	FOLEY	CHENGWATANA	TIGERAMA	PC INVITE	TRUE TEAM	GRC	SUB-SECTION	SECTION	STATE
<b>4 X 100 M</b>	Kensi Tayerle	Kelsey Erickson	Kaylee Prihoda	Ellaina Johnson	Kelsey Erickson	Kelsey Erickson	Alexis Pankonin	Kensi Tayerle	Kelsey Erickson	Kelsey Erickson	Aaleaha Thieman		
<b>RELAY</b>	Kaylee Prihoda	Natalie Cahill	Alexis Thieman	Alexis Thieman	Aaleaha Thieman	Aaleaha Thieman	Kelsey Erickson	Alaina Steele	Aaleaha Thieman	Kensi Tayerle	Alexis Thieman		
<b>(52.79)</b>	Ellaina Johnson	Alexis Pankonin	Kelsey Erickson	Kelsey Erickson	Ellaina Johnson	Kensi Tayerle	Natalie Cahill	Natalie Cahill	Ellaina Johnson	Alexis Pankonin	Kensie Tayerle		
	Lauren Sommer	Elsie Lundquist	Ellaina Johnson	Alexis Pankonin	Kensi Tayerle	Ellaina Johnson	Elsie Lundquist	Elsie Lundquist	Kensi Tayerle	Ellaina Johnson	Ellaina Johnson		
	800 SMR 2:15.2	54.55	55.6	56.1	56.15	55.31	<b>53.7</b>	54.48	55.14	55.39	54.76		
<b>4 X 200 M</b>	Alexis Thieman	Aaleaha Thieman	Kensi Tayerle	Ellaina Johnson	Kelsey Erickson	Kelsey Erickson	Lauren Sommer	Kaylee Prihoda	Kelsey Erickson	Aaleaha Thieman	Kelsey Erickson		
<b>RELAY</b>	Kensi Tayerle	Alexis Thieman	Allyson Chromey	Kensi Tayerle	Kaylee Prihoda	Kaylee Prihoda	Kaylee Prihoda	Alexis Thieman	Kaylee Prihoda	Kelsey Erickson	Kaylee Prihoda		
<b>(1:49.10)</b>	Aaleaha Thieman	Allyson Chromey	Alexis Thieman	Alexis Thieman	Ellaina Johnson	Alexis Thieman	Alexis Thieman	Allyson Chromey	Ellaina Johnson	Alexis Thieman	Ellaina Johnson		
	Kelsey Erickson	Kensi Tayerle	Aaleaha Thieman	Allyson Chromey	Kensi Tayerle	Ellaina Johnson	Aaleaha Thieman	Aaleaha Thieman	Alexis Pankonin	Ellaina Johnson	Alexis Pankonin		
	2:01.5	2:00.78	2:01.2	2:00.8	1:57.85	1:57.45	1:59.5	2:00.01	1:54.75	1:59.37	1:55.19		
<b>4 X 400 M</b>	Aaleaha Thieman	Aaleaha Thieman	Grace Langmade	Grace Langmade	Grace Langmade	Grace Langmade	Kaylee Prihoda	Grace Grubbs	Aaleaha Thieman	Grace Langmade	Grace Langmade	Grace Langmade	
<b>RELAY</b>	Grace Langmade	Alexis Thieman	Lydia Adams	Grace Grubbs	Grace Grubbs	Grace Grubbs	Alexis Thieman	Lydia Adams	Grace Grubbs	Grace Grubbs	Grace Grubbs	Grace Grubbs	
<b>(4:16.81)</b>	Lauren Sommer	Lydia Adams	Grace Grubbs	Lydia Adams	Lydia Adams	Lydia Adams	Aaleaha Thieman	Grace Langmade	Lydia Adams	Lydia Adams	Lydia Adams	Lydia Adams	
	Alaina Steele	Alaina Steele	Alaina Steele	Alaina Steele	Alaina Steele	Alaina Steele	Grace Langmade	Alaina Steele	Alaina Steele	Alaina Steele	Alaina Steele	Alaina Steele	
	4:44.2	4:33.83	4:29.3	4:32.5	4:28.90	4:26.34	4:29.1	4:26.71	4:25.99	4:21.77	4:19.39	4:23.64	
<b>4 X 800 M</b>	Lydia Adams	Marin Foss	Grace Langmade	Marin Foss	Grace Langmade	Alaina Steele	Marin Foss	None	Grace Langmade	Grace Langmade	Lydia Adams	Lydia Adams	
<b>RELAY</b>	Grace Langmade	Lydia Adams	Grace Grubbs	Ashli Webster	Lydia Adams	Grace Langmade	Leah Westerman		Grace Grubbs	Grace Grubbs	Grace Langmade	Grace Langmade	
<b>(9:59.69)</b>	Marin Foss	Grace Grubbs	Leah Westerman	Leah Westerman	Grace Grubbs	Grace Grubbs	Lydia Adams		Lydia Adams	Lydia Adams	Grace Grubbs	Grace Grubbs	
	Alaina Steele	Ashli Webster	Alaina Steele	Grace Langmade	Marin Foss	Lydia Adams	Ashli Webster		Alaina Steele	Alaina Steele	Alaina Steele	Alaina Steele	
	10:57.5	10:48.53	11:06.9	12:16.5	10:39.32	10:37.62	11:23.1		10:21.72	10:59.39	10:08.16	10:28.91	



## BOYS' RELAY HISTORY - 2017

	RRC INDOOR	COOL DRAGON	RUSH CITY	OGILVIE	FOLEY	CHENGWATANA	TIGERAMA	PC INVITE	TRUE TEAM	GRC	SUB-SECTION	SECTION	STATE
<b>4 X 100 M</b>	Kenny Vo	Aaron Pulkrabek	Tucker Dalen	Aaron Pulkrabek	Aaron Pulkrabek	Riley Palmer	Tryston West	Aaron Pulkrabek	Aaron Pulkrabek	Aaron Pulkrabek	Aaron Pulkrabek	Aaron Pulkrabek	
<b>RELAY</b>	Blake Shermer	Adam Seals	JJ Preston	Adam Seals	Adam Seals	Adam Archambault	Quentin Miklya	Adam Seals	Adam Seals	Adam Seals	Adam Seals	Adam Seals	
<b>(44.20)</b>	Jason Thieman	Nathan Kleppe	Ali Pulley	Tryston West	Tryston West	Tryston West	Adam Archambault	Quentin Miklya	Tryston West	Tryston West	Tryston West	Tryston West	
	Christian Fromm	Brandon Haskovec	Logan Schaaf	Brandon Haskovec	Brandon Haskovec	Nathan Kleppe	Nathan Kleppe	Tryston West	Brandon Haskovec	Brandon Haskovec	Brandon Haskovec	Brandon Haskovec	
	800m SMR 2:07.5	47.02	53.4	46.3	46.22	48.63	47.8	46.94	46.42	46.26	<b>45.49</b>		
<b>4 X 200 M</b>	Adam Seals	TJ Rank	Kenny Vo	Nathan Kleppe	Riley Palmer	Aaron Pulkrabek	Riley Palmer	Tucker Dalen	Tryston West	Tryston West	Riley Palmer		
<b>RELAY</b>	Nathan Kleppe	Riley Palmer	Ryan Tracy	Riley Palmer	Adam Archambault	Adam Seals	Quentin Miklya	Ryan Tracy	Quentin Miklya	Quentin Miklya	Quentin Miklya		
<b>(1:31.68)</b>	Riley Palmer	Jason Thieman	Ali Pulley	Adam Archambault	Tryston West	Tryston West	Nathan Kleppe	Kenny Vo	Adam Archambault	Adam Archambault	Adam Archambault		
	Aaron Pulkrabek	Nathan Kleppe	Adam Archambault	Tryston West	Nathan Kleppe	Brandon Haskovec	Adam Seals	Jason Thieman	Nathan Kleppe	Nathan Kleppe	Nathan Kleppe		
	1:42.0	1:45.39	1:55.4 (DQ)	1:41.9	1:41.82	1:38.35	1:41.5	1:53.16	1:40.23	1:39.48	1:40.66		
<b>4 X 400 M</b>	Riley Palmer	Riley Palmer	Remington Steele	Tryston West	Riley Palmer	Austin Eckert	Riley Palmer	George Ausmus	Riley Palmer	Riley Palmer	Riley Palmer	Riley Palmer	
<b>RELAY</b>	Austin Eckert	Austin Eckert	Austin Eckert	Remington Steele	Austin Eckert	Remington Steele	Tryston West	Nathan Kleppe	Austin Eckert	Austin Eckert	Tryston West	Tryston West	
<b>(3:28.39)</b>	Tommy Ryan	Remington Steele	Tommy Ryan	Tommy Ryan	Remington Steele	Tommy Ryan	Tommy Ryan	Austin Eckert	Remington Steele	Remington Steele	Tommy Ryan	Tommy Ryan	
	Eli Grubbs	Eli Grubbs	Eli Grubbs	Eli Grubbs	Eli Grubbs	Eli Grubbs	Eli Grubbs	Remington Steele	Eli Grubbs	Eli Grubbs	Eli Grubbs	Eli Grubbs	
	3:59.8	3:46.89	3:54.8	3:48.4	3:46.45	3:46.23	3:41.9	4:00.83	3:44.82	3:43.75	<b>3:36.15</b>	3:39.34	
<b>4 X 800 M</b>	Remington Steele	Austin Eckert	Remington Steele	George Ausmus	Austin Eckert	Austin Eckert	TJ Rank	None	Austin Eckert	Austin Eckert	Remington Steele	Remington Steele	Remington Steele
<b>RELAY</b>	Austin Eckert	Remington Steele	Austin Eckert	Timmy Johnson	Remington Steele	Remington Steele	Noah Miller		Tommy Ryan	Remington Steele	Austin Eckert	Austin Eckert	Austin Eckert
<b>(8:21.08)</b>	Tommy Ryan	Tommy Ryan	Eli Grubbs	Austin Eckert	Noah Miller	Tommy Ryan	George Ausmus		Remington Steele	Noah Miller	Tommy Ryan	Tommy Ryan	Tommy Ryan
	Eli Grubbs	Eli Grubbs	Tommy Ryan	Remington Steele	George Ausmus	Eli Grubbs	Timmy Johnson		Eli Grubbs	George Ausmus	Eli Grubbs	Eli Grubbs	Eli Grubbs
	9:10	8:46.58	8:55.5	9:41	9:22.41	8:35.95	9:51.5		8:33.12	9:18.99	<b>(S.R.) 8:21.08</b>	8:24.64	8:27.58

## 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	Sam Isackson		R. Overson	C. Koppen	<b>Alexis Pankonin</b>	A. Bernard
	A. Peil	A. Nelson	S. Weichman	A. Mettling	Erica Delak		J. Wirth	S. Weichman	<b>Kelsey Erickson</b>	A. Nelson
	M. Sloan	K. Johnson	M Odegard	L. Ballis	Heidi Delak		K. Johnson	M. Odegard	<b>Natalie Cahill</b>	K. Johnson
	T. Kazek	J. Wirth	S. Misel	K. Ovik	Nina Sear		A. Mettling	S. Misel	<b>Elsie Lundquist</b>	J. Wirth
	52.79 98	53.03 03	53.05 93	53.23 99	53.3 90	53.41 91	53.71 01	53.86 94	<b>53.7 17</b>	53.94 02
4 x 200 M RELAY	Aa. Thieman	M. Bellinger	K. Nelsen	H. Staples	H. Staples		Aa. Thieman	M. Bellinger	A. Nelson	S. Misel
	Elsie Lundquist	K. Perell	K. Lindstrom	B. Clementson	B. Clementson		B. Pangerl	K. Perell	B. Grinde	C. Koppen
	Alexis Pankonin	E. Branzovsky	L. Lindstrom	E. Larson	K. Hughes		Elsie Lundquist	E. Branzovsky	K. Johnson	S. Weichman
	Alaina Steele	B. Osterdyk	L. Haugen	E. Branzovsky	E. Branzovsky		Alexis Pankonin	B. Osterdyk	J. Wirth	R. Schimming
	1:49.10 16	1:50.17 -06	1:50.8 83	1:51.9 08	1:52.28 08	1:52.5 90	1:52.99 15	1:53.55 -05	1:53.86 03	1:54.12 92
4 x400 M RELAY	M. Johnson	<b>G. Langmade</b>	Lauren Sommer	A. Gusk	M. Johnson	J. Fore	Al. Thieman	M. Miesner	K. Connaker	Kaylee Prihoda
	J. Fore	<b>Grace Grubbs</b>	Aa. Thieman	C. Jahnz	J. Fore	E. Branzovsky	Aa. Thieman	C. Jahnz	M. Anderson	Al. Thieman
	C. Filler	<b>Lydia Adams</b>	Alexis Pankonin	J. Kotek	C. Filler	C. Filler	G. Langmade	H. Staples	A. Dufresne	G. Langmade
	B. Osterdyk	<b>Alaina Steele</b>	Alaina Steele	S. Rike	B. Osterdyk	B. Osterdyk	Alaina Steele	E. Pangerl	S. Johnson	Aa. Thieman
	4:16.81 -03	<b>10:19.39 17</b>	4:20.7 15	4:21.59 13	4:22.2 04	4:22.7 03	4:24.26 16	4:25.2 10	4:25.4 00	4:25.39 16
4 x800 M RELAY	Alaina Steele	M. Butenhoff	<b>G. Langmade</b>	A. Cummins	J. Fore	Marin Foss	K. Connaker	M. Johnson	K. Connaker	A. Cummins
	G. Langmade	G. Langmade	<b>Grace Grubbs</b>	A. Gusk	D. Dickey	G. Langmade	M. Anderson	M. Anderson	L. Filler	K. Cahill
	M. Butenhoff	Allison Gusk	<b>Lydia Adams</b>	J. Kotek	E. Branzovsky	Allison Gusk	L. Mettling	L. Mettling	M. Anderson	M. Miesner
	Allison Gusk	Alaina Steele	<b>Alaina Steele</b>	S. Rike	M. Johnson	Alaina Steele	L. Filler	K. Connaker	L. Mettling	S. Rike
	9:59.69 16	10:00.96 15	<b>10:08.16 17</b>	10:22.29 13	10:27.01 03	10:34 16	10:35.51 99	10:36.61 01	10:38.3 00	10:38.6 12
800 MEDLEY 100, 100, 200, 400	Aa. Thieman	K. Meyer	T. Kazek	M. Bellinger	K. Meyer	H. Staples	A. Bernard	A. Gardner	B. Johnson	K. Meyer
	Elsie Lundquist	R. Overson	A. Miller	K. Splett	A. Miller	J. Hussong	K. Johnson	H. Sahatoo	K. Smetana	A. Miller
	Alexis Pankonin	K. Ovik	K. Odegard	B. Osterdyk	T. Kazek	E. Larson	J. Wirth	E. Pangerl	T. Kazek	K. Odegard
	Alaina Steele	S. Johnson	S. Johnson	J. Wirth	M. Sloan	K. Harper	T. Korf	K. Harper	R. Auers	M. Sloan
	1:55.8 16	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
1600 MEDLEY 200, 200, 400, 800	H. Staples	A. Nelson	L. Sommer	K. Perell	A. Nelson	K. Meyer	A. Peil	J. Kotek	T. Kazek	C. Milligan
	C. Jahnz	A. Mettling	C. Stream	K. Hughes	L. Haugrud	A. Miller	M. Soderbeck	T. Darlow	S. Johnson	J. Kozisek
	E. Pangerl	T. Korf	G. Langmade	C. Filler	S. Gregoire	S. Johnson	L. Ballis	M. Foss	M. Sloan	N. Plasek
	M. Miesner	K. Connaker	Grace Grubbs	M. Johnson	M. Anderson	K. Connaker	K. Connaker	G. Langmade	A. Wiedemann	K. Splett
	4:40.6 10	4:42.8 01	4:48.7 16	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
DISTANCE MEDLEY 800, 400, 1200, 1600	M. Butenhoff	G. Langmade	K. Harper	A. Wiedemann	J. Johnson	A. Olson	H. Larsen	L. Mettling	C. Mosher	C. Milligan
	L. Sommer	J. Western	E. Pangerl	B. Fischer	K. Odegard	K. Perell	S. Gregoire	C. Mosher	R. Craighead	N. Carlson
	Alaina Steele	A. Gusk	K. Motyl	B. Haavisto	B. Haavisto	S. Gregoire	N. Plasek	B. Haavisto	Katie Splett	R. Craighead
	Lydia Adams	A. Webster	M. Miesner	A. Johnson	N. Carlson	J. Gregoire	R. Craighead	B. Fischer	J. Johnson	N. Plasek
	14:18.3 16	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

## 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	A. Pankonin 13.2 16	Suzie Misel 13.51 92	J. Wirth 13.52 04	<b>Elsie Lundquist</b> <b>13.3 17</b>
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	Nina Sear 27.4 90	A. Pankonin 27.66 16	E. Branzovsky 27.86 06	A. Pankonin 27.8 15	Alaina Steele 27.9 16
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	Alaina Steele 62.6 15	E. Branzovsky 63.09 06	A. Dufresne 63.54 00	Alaina Steele 63.3 16
800 M RUN	Alaina Steele 2:17.70 16	Alaina Steele 2:24.56 15	Sherry Rike 2:26.84 12	Kim Connaker 2:28.35 01	Meleia Johnson 2:28.2 02	<b>Alaina Steele</b> <b>2:29.59 17</b>	G. Langmade 2:30.23 16	Meleia Johnson 2:30.7 04	K. Motyl 2:31.30 -09	Jordan Kotek 2:31.48 13
1600 M RUN	Alaina Steele 5:27.97 16	Alaina Steele 5:29.9 15	Jenna Fore 5:37.70-03	Allison Gusk 5:38.71 15	Sherry Rike 5:40.8 10	M. Miesner 5:42.05 -11	Allison Gusk 5:43.79 16	M. Butenhoff 5:43.9 15	<b>Alaina Steele</b> <b>5:45.3 17</b>	Sherry Rike 5:46.00 -09
3200 M RUN	Alaina Steele 12:13.6 16	A. Cummins 12:27.58 13	Marin Foss 12:30.08 15	Sherry Rike 12:31.31 09	A. Cummins 12:33.27 12	Amy Johnson 12:34.04 96	Ashli Webster 12:37.8 15	Ashli Webster 12:40.22 16	Marin Foss 12:40.81 16	Sherry Rike 12:48.5 10
100 M HURDLES	<b>Elsie Lundquist</b> <b>16.32 17</b>	Elsie Lundquist 16.45 16	C. Hersbergen 16.54 94	E. Lundquist 17.1(.28) 15	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
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	Natalie Cahill 51.86 16	C. Jahnz 51.94 10
HIGH JUMP	E. Lundquist 5' 4.25" 16	HollyStaples 5' 4" 10	<b>E. Lundquist</b> <b>5' 2" 17</b>	Kari Splett 5' 2" 04	E. Lundquist 5' 1" 15	Kari Splett 5' 1" 03	L. Drexler 5' 1" 05	Kari Splett 5' .5" 02	Allie Brant 5' 0" 10 & 09	H. Staples 5' 0" 09
LONG JUMP	E. Lundquist 16' 8.5" 16	Erica Delak 16' 7" 91	Erica Delak 16' 4" 90	B. Osterdyk 16'3.5" -06	Erica Delak 16' 1.75" 93	Heidi Delak 16' 0.5" 90	<b>E. Lundquist</b> <b>16' 0" 17</b>	H. Staples 15' 10.5" 08	E. Pangerl 15' 10" 10	H. Staples 15' 9.5" 10
TRIPLE JUMP	E. Lundquist 34' 6.25" 16	<b>E. Lundquist</b> <b>34' 2.75" 17</b>	Lisa Drexler 32' 8" 05	Cassie Filler 32' 7.25" 04	E. Delak 32' 3" 93	<b>K. Erickson</b> <b>32' 2" 17</b>	K. Meyer 32' .5" 00	J. Ammann 31' 9.5" 00	C. Hersbergen 31' 9" 94	Allison Gusk 31' 8.5" 16
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	<b>A. Pankonin</b> <b>32' 2" 17</b>	K. Nordrum 31' 9.25" 08	M. Bellinger 31' 2.5" 05
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>Aaron Pulkrabek</b>	B. Olson	M. Hansmann	H. Hansen	Dennis Skalicky	J. Arnold	N. Thieman	J. McSherry	Dk Braatz
	J. Pangerl	<b>Adam Seals</b>	S. Auers	J. Pangerl	D. Hambly	Adam Seals	Jeff Johnson	L. Williams	J. Johnson	A. Olson
	N. Cummings	<b>Tryston West</b>	Z. Mettling	N. Cummings	M. Bencic	Aaron Pulkrabek	B. Olson	Pt Johnson	B. Olson	Dn Hambly
	A. Olson	<b>B. Haskovec</b>	M. Johnson	J. Dedic	A. Olson	B. Haskovec	J. Jahnz	T. Schwarz	S. Auers	H. Hansen
	43.70 11	<b>45.49 17</b>	45.3 98	45.4 11	45.64 09	45.69 16	45.87 96	46.0 00	46.08 97	46.16 08
4 x 200 M RELAY	Mike Hansmann	Mike Hansmann	Dennis Skalicky	Dennis Skalicky	D. Braatz	D. Braatz	J. Hansen	J. Hansen	D. Skalicky	Dk Braatz
	Jordan Pangerl	Jordan Pangerl	Adam Seals	Aaron Pulkrabek	J. Carlson	J. Carlson	R. Root	A. Wirth	Dakotah Neid-H	J. Carlson
	Nick Cummings	Mike Schmidt	Aaron Pulkrabek	Adam Seals	H. Hansen	H. Hansen	A. Wirth	Pt Johnson	Adam Seals	H. Hansen
	Adam Olson	Adam Olson	B. Haskovec	T. Zybtofsky	A. Olson	A. Olson	M. Johnson	J. Oare	T. Zybtofsky	J. Carter
	1:31.39 11	1:33.14 10	1:33.76 16	1:34.69 15	1:34.76 08	1:34.76 08	1:36.6 99	1:36.8 00	1:37.8 15	1:37.8 09
4 x 400 M RELAY	John Hansen	J. Pangerl	J. Hansen	M. Hansmann	D. Braatz	Riley Palmer	<b>Riley Palmer</b>	J. Hansen	S. Peterson	A. Olson
	Andy Wirth	P. Skalicky	N. Johnson	T. Clark	J. Pangerl	Tommy Ryan	<b>Tryston West</b>	A. Wirth	D. Hansen	T. Clark
	Mike Johnson	Z. Hunter	JR Anderson	N. Cummings	M. Schmidt	Eli Grubbs	<b>Tommy Ryan</b>	T. Schwarz	C. Lutz	N. Cummings
	Paul Johnson	N. Cummings	M. Johnson	J. Pangerl	E. Osterdyk	Dennis Skalicky	<b>Eli Grubbs</b>	J. Oare	Ja. Clementson	J. Pangerl
	3:28.39 -99	3:31.57 12	3:34.55 -98	3:34.87 11	3:35.03 -10	3:35.82 16	<b>3:36.15 17</b>	3:36.39 -00	3:36.88 03	3:36.9 11
4 x 800 M RELAY	<b>Rem. Steele</b>	Jeremy Lee	C. Lutz	J. Lee	Pete Johnson	Pete Johnson	J. Rarick	J. Fitzgerald	J. Oare	Eli Grubbs
	<b>Austin Eckert</b>	Peter Johnson	A. Lee	Pt Johnson	J. Oare	R. Hammill	C. Hanson	M. Chouanard	JR Anderson	Tommy Ryan
	<b>Tommy Ryan</b>	Ryan Hammill	D. Hansen	J. Oare	A. Wirth	A. Wirth	J. Guttormson	N. Cummings	Pt Johnson	Rem Steele
	<b>Eli Grubbs</b>	Jason Oare	Ja. Clementson	R. Hammill	JR Anderson	JR Anderson	Tyler Clark	E. Osterdyk	A. Wirth	Austin Eckert
	<b>8:21.08 17</b>	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	8:56.6 16
800 M Medley 100, 100, 200, 400	M. Hansmann	Adam Seals	D. Hambly	J. Hansen	B. Olson	B. Olson	M. Rydberg	N. Thieman	J. Nowling	J. Johnson
	D. Prokott	B. Haskovec	M. Bencic	A. Wirth	S. Auers	P.D. Johnson	J. Jahnz	M. Wirth	N. Kleppe	J. Jahnz
	M. Schmidt	A. Pulkrabek	A. Olson	M. Johnson	Z. Mettling	J. McSherry	D. Gregoire	J. Hansen	T. Ryan	J. McSherry
	J. Pangerl	R. Palmer	J. Carlson	Paul Johnson	M. Johnson	JR Anderson	J. BoorBoor	A. Wirth	A. Pulkrabek	B. Runyan
	1:41.1 10	1:42.3 16	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
1600 M Medley 200, 200, 400, 800		D. Braatz	M. Johnson		J. McSherry	PeteJohnson	B. Olson	Dk Braatz	J. McSherry	A. Bodle
		T. Berg	J. Hansen		P.D. Johnson	L. Williams	S. Auers	D. Prokott	S. Auers	BJ Patzoldt
		T. Clark	A. Wirth		M. Johnson	S. Peterson	J. Arnold	J. Reiser	J. Arnold	J. Arnold
		E. Osterdyk	JR Anderson		JR Anderson	J. Lee	JR Anderson	M. Schmidt	JR Anderson	R. Bell
	3:45.28 90	3:55.4 10	3:57.4 98	3:57.6 91	3:57.85 97	4:01.4 01	4:01.6 96	4:02.0 09	4:04.9 96	4:05 93
Distance Medley 800, 400, 1200, 1600	Austin Eckert	PeteJohnson	L. Williams	J. Dedic	C. Teeman	J. Lee	J. Spahr	S. Peterson	E. Osterdyk	B. Noreen
	Dennis Skalicky	M. Stahlke	S. France	J. Reiser	S. Peterson	B. Mettling	A. Pulkrabek	J. Arnold	J. Fitzgerald	D. Braatz
	Eli Grubbs	J. Lee	J. Lee	C. Hanson	C. Lutz	S. France	T. Ryan	B. Runyan	M. Chouanard	J. Guttormson
	Tommy Ryan	R. Hammill	R. Hammill	N. Bremer	J. Clementson	D. Pangerl	E. Grubbs	JR Anderson	N. Bremer	B. White
	11:54.0 16	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

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

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Jordan Pangerl 11.24 12	Chris Olson 11.1 91	Paul Johnson 11.38 99	Adam Olson 11.2 09	T. Zbytovsky 11.3 15	Jeff Arnold 11.49 96	<b>A. Pulkrabek</b> <b>11.56 17</b>	A. Olson 11.58 10	K.Skadsheim 11.58 04	Adam Olson 11.4 11
200 M DASH	Paul Johnson 22.80 99	Jordan Pangerl 22.7 12	Adam Olson 22.8 10	Adam Olson 23.07 11	Adam Olson 23.11 09	Chris Olson 23.1 91	M. Hansmann 23.3 10	A. Pulkrabek 23.60 16	Chris Olson 23.65 90	T. Zbytovsky 23.5 15
400 M DASH	N. Cummings 51.09 12	Mike Johnson 51.73 99	J. Carlson 52.09 09	Mike Johnson 52.33 98	J. Clementson 52.4 04	N. Cummings 52.80 11	D. Skalicky 53.25 16	David Hansen 53.1 04	M. Johnson 53.30 97	Jeff Arnold 53.54 96
800 M RUN	J. Clementson 1:57.49 03	J. Clementson 1:58.13 04	E. Osterdyk 2:04.78 10	<b>Eli Grubbs</b> <b>2:04.80 17</b>	Chris Lutz 2:05.0 03	Tom Miche' 2:05.51 07	Eli Grubbs 2:05.74 16	Zain Hunter 2:05.89 13	David Hansen 2:06.1 03	E. Osterdyk 2:07.16 09
1600 M RUN	J. Clementson 4:22.97 04	J. Clementson 4:24.08 03	J. Clementson 4:30.10 02	John Bloom 4:30.5 91	Tom Miche' 4:32.55 07	Easton Foss 4:34.58 15	Chris Lutz 4:36.97 03	<b>Eli Grubbs</b> <b>4:38.74 17</b>	J.Clementson 4:41.63 -01	T. McNally 4:43.0 07
3200 M RUN	John Bloom 9:52 91	Chris Lutz 9:53.80 03	John Bloom 10:02.8 90	T. McNally 10:13.20 -06	J. Clementson 10:19.62 -02	<b>Tommy Ryan</b> <b>10:20.16 17</b>	J. Clementson 10:20.4 -03	T. McNally 10:23.30 -07	Easton Foss 10:26.07 15	R. Hammill 10:26.1 -00
110 M HURDLES	Jordan Kruse 16.01 06	Jordan Kruse 16.44 04	Steve Kunze 16.44 91	N. Anderson 16.6 98	Jordan 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	Jordan Kruse 42.17 06	Jordan Kruse 42.33 04	Jordan 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	Jordan Kruse 44.8 03	T. Madison 45.01 13
HIGH JUMP	<b>Adam Seals</b> <b>6' 3" 17</b>	E. Osterdyk 6' 2" 10	T. Schwarz 6' 2" 00	M.Hansmann 6' 1" 10	<b>B. Haskovec</b> <b>6' 0" 17</b>	Adam Seals 6' 0" 16	T. Schwarz 6' 0" 99	Darrin Freetly 6' 0" 90	B. Haskovec 5' 10" 16	M.Hansmann 5' 10" 11
LONG JUMP	N. Cummings 22'4.5" 11	Adam Seals 21' 8" 16	<b>Adam Seals</b> <b>21' 4.75" 17</b>	A. Pulkrabek 21' 4.5" 16	<b>A. Pulkrabek</b> <b>20' 10.25" 17</b>	N. Cummings 20' 4.5" 12	L. Williams 20' 1.75" -01	Chris Olson 20' 1.75" -90	A. Pulkrabek 20' 0.5" 15	J. Kruse 19' 11.5" 04
TRIPLE JUMP	N. Cummings 43' 5.5" 12	A. Pulkrabek 40' 11" 16	Joey Carter 40' 6.25" 09	J. Carter 40' 6" 08	Matt Wirth 40' 4" 02	<b>Adam Seals</b> <b>40' 0.5" 17</b>	Darrin Freetly 39' 11.5" 90	Paul Johnson 39' 9" 99	A. Pulkrabek 39' 8.5" 15	Jo Clementson 39' 8" 06
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	S. Isaacson 136' 7" 90	D. Hambly 133' 3" 08	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	A. Archambault 11' 10" 16	<b>A. Archambault</b> <b>11' 9" 17</b>	E. Osterdyk 11' 9" 10	J. Skalicky 11' 8" 09	D. Prokott 11' 5" 12	D. Prokott 11' 3" 10

# 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	2:17.70	Alaina Steele	2016
1600 m Run	5:27.97	Alaina Steele	2016
3200 m Run	12:13.6	Alaina Steele	2016
<b>100 m Hurdles</b>	<b>16.32</b>	<b>Elsie Lundquist</b>	<b>2017</b>
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	1:49.10	Aaleaha Thieman, Elsie Lundquist Alexis Pankonin, Alaina Steele	2016
4 x 400 m Relay	4:16.81	Meleia Johnson, Jenna Fore, Cassie Filler, Becky Osterdyk	2003
4 x 800 m Relay	9:59.69	Alaina Steele, Grace Langmade, Makayla Butenhoff, Allison Gusk	2016
High Jump	5' 4.25"	Elsie Lundquist	2016
Long Jump	16' 8.5"	Elsie Lundquist	2016
Triple Jump	34' 6.25"	Elsie Lundquist	2016
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	1:56.7	Tom Nelson	1980
1600 m Run	4:22.97	Jared Clementson	2004
3200 m Run	9:52.0	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
<b>4 x 800 m Relay</b>	<b>8:21.08</b>	<b>Remington Steele, Austin Eckert, Tommy Ryan, Eli Grubbs</b>	<b>2017</b>
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



# New School Records



**Remington Steele, Austin Eckert, Tommy Ryan, & Eli Grubbs  
4x800m Relay – 8:21.08**



**Elsie Lundquist - 100m Hurdles – 16.32**



# 2017 Dragon Track and Field Awards

<b>Track and Field - MVP</b>	Elsie Lundquist	Adam Seals
<b>Dragon “3-D” Award</b> (Dedication, Determination, Drive)	Alaina Steele Natalie Cahill	Eli Grubbs Aaron Pulkrabek
<b>Most Improved Award</b>	Lydia Adams	TJ Rank
<b>Workhorse Award</b>	Grace Grubbs Kelsey Erickson	Tommy Ryan
<b>Rookie of the Year</b>	Ellaina Johnson	Tryston West
<b>Perseverance Award</b>	Natalie Cahill Elsie Lundquist	Eli Grubbs Aaron Pulkrabek Blake Shermer
<b>Sportsmanship Award</b>	Alexis Thieman	Adam Archambault

## **TEAM CAPTAINS**

Natalie Cahill

Adam Seals

Elsie Lundquist

Nathan Kleppe

## **ALTERNATE CAPTAINS**

Grace Langmade

Remington Steele

## **GREAT RIVER CONFERENCE TEAM CHAMPIONS**

Girls' Team: 183.5 points

Boys' Team: 245 points

## **CONFERENCE ATHLETE OF THE YEAR**

Elsie Lundquist

Adam Seals

# ALL-CONFERENCE AWARDS:

## Girls

Grace Langmade	4 x 800 m Relay
Grace Grubbs	4 x 800 m Relay
Lydia Adams	4 x 800 m Relay
Alaina Steele	4 x 800 m Relay
Elsie Lundquist	100 m Hurdles
Alaina Steele	800m Run
Marin Foss	3200m Run
Grace Langmade	4 x 400 m Relay
Grace Grubbs	4 x 400 m Relay
Lydia Adams	4 x 400 m Relay
Alaina Steele	4 x 400 m Relay
Elsie Lundquist	Triple Jump
Elsie Lundquist	High Jump

## **HONORABLE MENTION AWARDS:**

Natalie Cahill	100m Hurdles
Aaleaha Thieman	4 x 200 m Relay
Kaylee Prihoda	4 x 200 m Relay
Alexis Thieman	4 x 200 m Relay
Ellaina Johnson	4 x 200 m Relay
Lydia Adams	1600m Run
Kelsey Erickson	4 x 100 m Relay
Kensi Tayerle	4 x 100 m Relay
Alexis Pankonin	4 x 100 m Relay
Ellaina Johnson	4 x 100 m Relay
Ashli Webster	3200m Run
Elsie Lundquist	Long Jump

## Boys

Austin Eckert	4x800m Relay
Remington Steele	4x800m Relay
Noah Miller	4x800m Relay
George Ausmus	4x800m Relay
Aaron Pulkrabek	100m Dash
Tryston West	4 x 200 m Relay
Quentin Miklya	4 x 200 m Relay
Adam Archambault	4 x 200 m Relay
Nathan Kleppe	4 x 200 m Relay
Eli Grubbs	1600m Run
Aaron Pulkrabek	4 x 100 m Relay
Adam Seals	4 x 100 m Relay
Tryston West	4 x 100 m Relay
Brandon Haskovec	4 x 100 m Relay
Riley Palmer	400m Dash
Eli Grubbs	800m Run
Tommy Ryan	3200m Run
Riley Palmer	4 x 400 m Relay
Austin Eckert	4 x 400 m Relay
Remington Steele	4 x 400 m Relay
Eli Grubbs	4 x 400 m Relay
Adam Seals	Long Jump
Adam Seals	High Jump

## **HONORABLE MENTION AWARDS:**

Brandon Haskovec	100m Dash
Tommy Ryan	1600m Run
Tommy Ryan	400m Dash
Tryston West	200m Dash
Brandon Haskovec	High Jump
Adam Seals	Triple Jump

## **2017 Letter Winners:**

Eli Grubbs	Aaron Pulkrabek	Adam Seals
Blake Shermer	Elsie Lundquist	Natalie Cahill
Nathan Kleppe	Adam Archambault	Remington Steele
Brandon Haskovec	Riley Palmer	Alexis Pankonin
Ashli Webster	Grace Langmade	Marin Foss
Tommy Ryan	TJ Rank	Alexis Thieman
Kaylee Prihoda	Austin Eckert	Noah Miller
Tryston West	Alaina Steele	Aaleaha Thieman
Grace Grubbs	Kelsey Erickson	Lydia Adams
Damien Schwab	Tucker Dalen	George Ausmus
Ellaina Johnson	Kensi Tayerle	

## **ACADEMIC ALL-STATE TEAM**

Girls: Gold Level (3.89 Cum GPA)

Boys: Silver Level (3.66 Cum GPA)

## **ACADEMIC ALL-STATE INDIVIDUAL**

Elsie Lundquist

Austin Eckert

Grace Langmade

Adam Archambault

Alaina Steele

Riley Palmer

Marin Foss

Tryston West

Eli Grubbs

# STATE PARTICIPANTS

4x800m Relay – 10th – 8:27.58

Remington Steele (2:09.53), Austin Eckert (2:11.35),

Tommy Ryan (2:04.56), and Eli Grubbs (2:02.14)

Alt. - George Ausmus and Noah Miller

## STATE HONOR ROLL RANKINGS

Adam Selas – High Jump – Tie 3rd – 6' 3"

Elsie Lundquist – High Jump – Tie 9th – 5' 2"

Remington Steele, Austin Eckert, Tommy Ryan, Eli Grubbs – 4x800m Relay – 12th – 8:21.08

Adam Selas – Long Jump – 15th – 21' 4.75"

Aaron Pulkrabek – Long Jump – 21st – 20' 10.25"

Elsie Lundquist – 100m Hurdles – 22nd – 16.32

Lydia Adams, Grace Langmade, Grace Grubbs, Alaina Steele – 4x800m Relay – 22nd – 10:08.16

Aaron Pulkrabek, Adam Seals, Tryston West, Brandon Haskovec – 4x100m Relay – 23rd – 45.49

Eli Grubbs – 1600m – 24th – 4:38.74

Elsie Lundquist – Triple Jump – 25th – 34' 2.75"

Brandon Haskovec – High Jump – Tie 25th – 6' 0"

Riley Palmer, Tryston West, Tommy Ryan, Eli Grubbs – 4x400m Relay – 27th – 3:36.15

Eli Grubbs – 800m – 32nd – 2:04.80

Grace Langmade, Grace Grubbs, Lydia Adams, Alaina Steele – 4x400m Relay – 34th – 4:19.39

Elsie Lundquist – Long Jump – Tie 39th – 16' 0"

Tommy Ryan – 3200m – 40th – 10:20.16

Alaina Steele – 800m – 41st – 2:29.59

Aaron Pulkrabek – 100m Dash – 43rd – 11.56

Brandon Haskovec – 100m Dash – 53rd – 11.69

\*19 Total Honor Role Performances



Coach Etta

Coach Hannah    Coach Sherry

Coach Clementson    Coach Stoltz    Coach Thieman

Thanks for a  
Memorable season!

- Coaches



# GREAT RIVER CONFERENCE CHAMPS 2017





# GREAT RIVER CONFERENCE CHAMPS 2017



# GIRLS' "BESTS" - 2017

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Natalie Cahill - 12	2012			31.2	01:15.7			
	2013			31.6				
	2014							
	2015							
	2016				70.54 - PC			
	2017		13.6 sp		68.4sp - Hinck		7:12.7 - RC	
Elsie Lundquist - 12	2012		14.1	29.5				
	2013		13.7	29.7 - GRC 28.0sp - GRC				
	2014		14.1 - PC 13.5sp - TT	30.1 - In TT 28.4sp - Sub				
	2015		13.8 - Cheng					
	2016		13.79 - PC	27.2sp - Sub 28.4 - Tig 26.6sp - Sub				
	2017		13.3 - Tig 13.0sp		71.97 - PC	3:13.0 - RC	7:27.7 - RC	
	Brandi Davis - 11	2017		17.6 - Og		1:40.8 - RC		
	Marin Foss - 11	2014				72.2 - jh pc 71.2sp - Hinck	2:45.9 - RC 2:48sp - Relay	
2015						2:43.1 - Hinck 2:40.8sp - Tig	5:49.5 - Hinck	12:30.08 - TT
2016							6:02.79 - Fol	12:40.81 - GRC
2017					70.0sp - PC	2:40.7sp - Cheng	6:15.05 - Cheng	12:49.58 - Sub
					32.6sp - PC	2:43.4sp - Cool		
Janae Johnson - 11	2016		15.7 - Og	34.10 - PC	78.9 - Og			
	2017							
Grace Langmade - 11	2014				71.5 - RC	2:37.28 - Sub 2:42sp - TT	6:15.5 - Hinck	13:54.9 - GRC
	2015					2:33.33 - Sub		
	2016				71.1 sp - Cheng 68.13 - PC 65.5sp - Sub	2:31.1sp - Sec 2:30.23 - Sub 2:32.0sp - Sub		14:11 - Og
	2017					70.68 2:40.0 - ??		
					32.5sp - PC	66.0sp - Sub 2:36.8sp - Sub		
Mikayla May - 11	2017							
Alexis Pankonin - 11	2013		14.8					
	2014		13.9 - PC 13.8 - jh pc	29.3 - RC 28.1sp - Sub	64.57 - Sub 65.6sp - GRC			
	2015		13.8 - Hinck	27.8 - GRC 26.9sp - Sub	65.12 - Fol 63.8sp - GRC			
	2016		13.2 - Tig 13.40 - GRC	27.66 - GRC 27.0sp - PC	64.6 - RC 65.0sp - TT			
	2017	8.3 - Fol In	14.31 - GRC	29.73 - Cheng				
			13.4sp	28.3sp				





# GIRLS' "BESTS" - 2017

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run	
Lauren Sommer - 11	2013			32.7	01:14.6				
	2014		15.6 - jh pc	31.6 - jh hf	70.07 - Sub				
					32.0 - Cheng	70.3sp - Sub			
	2015					67.9 - GRC	2:56.0 - Ait		
					30.8sp - Cheng	67.0sp - Tig			
	2016				33.8 - Fo In	67.85 - Sub			
					67.8sp - Sec				
2017				31.9	69.7 -				
				31.9sp	74.6sp				
Ashli Webster - 11	2013					03:13.3	0:06		
	2014					2:51.1 - jh pc	6:07.0 - jh GRC	12:56.34 - Sub	
						2:47sp - Sub	6:16.5 - Hinck		
	2015					2:58.9 - Fol In	6:04.5 - Hinck	12:37.8 - GRC	
						2:48.1sp - Tig			
	2016				77.4 - tt	2:48.0 - TT	6:09.0 - Hinck	12:40.22 - Sub	
					2:39.8sp - Chen				
2017					77.3 - tt	2:52.10 - PC	6:39 - tt	13:04.39 - GRC	
			13.2sp - PC			2:49.3sp - Cool			
Elizabeth Cahill - 10	2014								
	2015	9.2 - Fol In	16.3						
			15.5 - jh						
	2016								
2017		15.3 - jv		84.6 - Fol In					
Kaylee Pihoda - 10	2014			33.3 - In TT	78.7 - In TT	2:51.1 - RC	6:37.7 - jh grc		
						2:55sp - Sub			
	2015				71.7 - jh		7:02.0 - Ait	15:07.4 - Og	
						2:57.0sp			
	2016	8.6 - Fol In	15.4 -	30.03 - Cheng	67.71 - GRC	2:51.8 - Tig	7:17.7 - Fol In		
		13.8sp - Tig	30.1sp - TT	67.8sp - Sec					
2017	8.4 - Fol In	14.2 - Og	29.39 - TT	69.42 - TT					
		14.4sp	27.2sp	66.7sp - Tig					
Emma Schmidt - 10	2014		15.0 - jh hf	33.3 - In TT			7:13 - In		
	2015		15.1 - jh	32.2 - jh					
	2016								
	2017								
Alexis Thieman - 10	2014			32.2 - In TT	67.7 - jh grc		7:09 - In		
					67.7sp - Sub	2:41sp - Sub			
	2015			32.3 - fol tt	69.3 - jh				
			14.1sp - Sub	29.6sp - GRC					
	2016				67.2 - Hinck	2:53.5 - PC			
				65.8sp - Sub					
2017		14.68 - Sub	30.46 - GRC	70.89 - Cheng	2:44.0 - Tig				
		13.3sp	29.7sp	69.3sp					
Allyson Chromey - 9	2016			31.7 - jh					
	2017	8.2 - Fol In	14.43 - Fol	31.4 - RC					
				29.9 - jv					



# GIRLS' "BESTS" - 2017

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Megan Cunnien - 9	2015		15.7 - jh					
	2016		18.3 - tt					
				15.9sp -				
	2017		15.82 - PC					
Kelsey Erickson - 9	2015	8.7 fol tt	14.1 - GRC	31.3 - Cheng				
			13.2sp - Hinck	30.1 - jh				
	2016	8.1 - Fol In	14.03 - Cheng	31.6 - tt				
			13.3sp - GRC	28.0sp - Cheng				
2017		14.39 - GRC	30.23 - Cool					
		13.1sp	29.0sp					
Grace Grubbs - 9	2015				70.1 - Cheng	2:41.9 - Tig	6:08.30 - Sub	
					71.2 - Cheng	2:42.4sp - Hinck		
	2016					2:38.70 - PC	5:54.65 - GRC	13:15.19 - GRC
						69.0sp - PC	2:37.5sp - Hinck	
2017				29.7sp	68.51	2:33.80 - Sub	5:59.9 - Tig	
					65.0sp	2:31.8sp - Sub		
Belle Sanders - 9	2016							
	2017	9.1 - Fol In	16.05 - PC		1:34.87 - PC			
Alaina Steele - 9	2015				62.6 - Hinck	2:24.56 - TT	5:29.9 - Tig	
					62.6sp - Fol	2:23.2sp - TT		
	2016		14.23 - PC	27.9 - Tig	63.3 - Og	2:17.70 - State	5:27.97 - Cheng	12:13.6 - Hinck
				26.2sp - Sec	60.1sp -Relay	2:24.0 - Sec		
2017		14.06	28.5 - Tig	64.5 - Og	2:29.59 - Cool	5:45.3 - Tig		
			12.5sp	62.0sp	2:28.8sp - Sub			
Aaleaha Thieman - 9	2015	8.2 - Fol In	14.4 - Cheng	29.0 - Cheng	64.71 - Sub			
				28.0sp - Sub	64.8sp			
	2016		13.9 - Tig	29.60 - PC	65.74 - Cheng			
			13.2sp - Sub	28.2sp - Sec				
2017		14.3 - Og	30.5 - Og	65.49- Sub				
		13.8sp	28.3sp	66.9sp				
Leah Westerman - 9	2015		17.2 - Alt	35.4 - jh				
	2016		17.0 - tt	35.7 - tt	73.84 - jh grc	2:53.47 - jh grc		
2017			36.5 - tt	76.2 - GRC	2:52.30 - Sub	6:14.78 - Sub		
					3:01.8sp			



# GIRLS' "BESTS" - 2017

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Lydia Adams - 8	2016				68.88 - Sub	2:40.15 - GRC	5:56.14 - GRC	13:15.0 - RC
					68.2sp - Hinck	2:40.4 sp - Chen		
	2017				65.3 - Tig	2:38.26 - Cheng	5:48.56 - GRC	
				27.7sp - PC	64.8sp	2:30.6sp - Sub		
Ellaina Johnson - 8	2016	8.8 - Fol In	14.51 - jh grc	29.26 - jh grc	74.2 - RC			
	2017	8.2 - Fol In	14.1 - Tig	28.93 - Cheng				
			13.0sp	27.5sp				
Cara Kuhn - 8	2016							
	2017		15.64 - jh	32.66 - jh pc				
Kensi Tayerle - 8	2016		14.85 - jh pc	30.90 - jh grc	73.9 - RC			
			16.4 - tt	33.3 - tt				
	2017		14.31 - Cheng	30.40 - Cool	72.9 - Tig			
Adrianna David - 7	2017		15.3sp	30.34 - jh				
Miriam Fromm - 7	2017			36.5 - tt	77.63 - Sub	3:03.1 - jh grc	6:46.44 - Sub	
Madison Graham - 7	2017		16.98 - jh					
Willow-Rai Hart - 7	2017		18.74 - jh					
Rhaya Merrick - 7	2017							
Dorothy Miller - 7	2017							
Jet Pulley - 7	2017		15.9 - jh					
Hailee Rydberg - 7	2017		15.68 - jh		75.6 - jh			

# GIRLS' "BESTS" - 2017

55 m hurdles	100 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
				10' 11.5" - Og 11' 8.5" - tt				
				11' 0.5" - Relay			23' 4.5" - Subs	
						51' 6" - tt 76' 1.5" - Fol	25' 10.5" - tt 28' 3" - Sub	
			4' 6" - jh 4' 3" - Cheng 4' 7" - Tig					
	30.4 - Og (fell)	77.25 - Cool	3' 8" - tt					
			4' 0" - jh grc	10' 3" - jh				6' 9" - jh grc
				8' 5.75" - jh				
						48' 2" - tt 51' 9.5" - jh grc	17' 0.5" - tt 25' 3" - jh grc	
	20.54 - PC				29' 1.75" - PC			
				11' 9" - jh				
				12' 3" - jh grc		42' 10" - tt		

# BOYS' "BESTS" - 2017

	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Eli Grubbs - 12	2013					2:30.3so - GRC	5:35.40 - Sub	12:30.7 - GRC
	2014				66.8 - In TT	2:26.8 - Hin	5:09.80 - Sub	
					60.2sp - Rel	2:19sp - Sub		
	2015				60.4 - Og	2:14.18 - Sub	4:51.61 - Sub	
					55.3sp - GRC	2:13.4sp - TT		
	2016		12.1sp - PC		56.7 - tt	2:05.74 - Sec	4:43.53 - Sec	10:30.13 - GRC
2017				25.15 - PC	52.8sp - Sub	2:08sp - Tig		
					53.8 - Tig	2:04.80 - Fol	4:38.74 - GRC	10:37.0 - RC
					52.5sp - TT	2:00.5sp - Sub		
Aaron Pulkrabek - 12	2012		12.9	27.1	60.7	02:40.2	5:45	
	2013		12.9					
	2014		12.1 - jh pc		56.25 - Sub	2:32.6 - In tt		
			11.8sp - RC		58.7sp - RC	2:21sp - Sub		
	2015	7.0 - Fol In		26.3 - fol tt				
			11.8sp - Og	23.3sp - Sub				
	2016			23.60 - Sub				
			11.2sp - Og	23.3sp - Sec	58.3sp - Og			
2017		11.56 - Cheng	24.09 - Fol	58.8 - RC				
		11.7sp	24.0sp					
Adam Seals - 12	2015		11.9 - Cheng	24.6 - GRC				
			10.8sp - Hinck	24.3sp - Sec				
	2016	6.9 - Fol In	12.1 - Og	24.6 - Hinck				
			11.1sp - PC	22.4sp - Fol				
2017			11.8 - RC	25.6 - RC				
			10.9sp	23.6sp				
Blake Shermer - 12	2012		16.6		01:18.8	02:58.8		
	2013				01:16.6			
	2014				75.3 - In TT			
	2015							
			13.2sp					
	2016	8.4 - Fol In						
2017			15.0sp					
Adam Archambault 11	2015		13.0 - Cheng					
			12.0sp - Ait					
	2016		13.9 - tt	28.3 - Fol In				
			11.5sp - RC					
	2017	7.5 - Fol In	12.7 - tt					
		11.2sp	23.8sp					
Brandon Haskovec - 11	2016	7.0 - Fol In	11.74 - Sub	24.47 - Sub				
			10.9sp - Og	22.4sp - Tig				
	2017		11.69 - Fol	24.70 - Sub				
			10.7sp	24.2sp				



# BOYS' "BESTS" - 2017

55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
				14' 6" - In				
						26' 8" - Tig		
				15' 1"				
				15' 5.25"				
				18' 8" - GRC				
				21' 4.5" - Sec	40' 11" - Sub			
				20' 8" - STATE				
				20' 10.25" Sub	39' 7.5" - Fol			
			5' 10" - Fol In	18' 7.5" - Fol In				
			6' 0" - GRC	21' 8" - STATE	39' 0.75" - Sec			
				21' 7" - Sec				
			6' 3" - Cheng	21' 4.75" - GRC	40' 0.5" - Sub			
	23.2					63' 7.5"	26' 10"	
						73' 4"		
						70' 7" - GRC	22' 6.5" - In TT	
11.2 - fol tt		54.0 - GRC				82' 5.5" - Og	24' 4" - Fol In	
		52.1 - RC				103' 0" - Tig	31' 1.5" - GRC	
		54.80 - Cool				106' 0" - Tig	35' 8.75" - Sub	
								10' 8" - Sub
								11' 10" - Sub
						67' 6" - tt		11' 9" - Sec
			5' 10" - PC	15' 8.5" - RC				
				16' 0" - tt				
			6' 0" - GRC	19' 4" - Cool				

# BOYS' "BESTS" - 2017

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Nathan Kleppe - 11	2014	7.7 - In	13.2 - jh hinck	28.4 - In TT		2:49.9 - RC		
			12.8sp - Hinck					
	2015	7.5 - fol tt	12.4 - Og	27.2 - Ait				
			11.1sp - TT	24.4sp - Cheng				
	2016		12.72 - GRC					
2017	7.3 - Fol In	12.85 - Fol	26.64 - Cheng					
		11.0sp	25.5sp	64.0sp - PC				
Riley Palmer - 11	2016		12.4 - Tig	25.66 - Cheng	55.21 - Sub			
			11.3sp - PC	25.5sp - Og	55.3sp - Sec	2:27.0sp -Relay		
	2017		13.0sp	24.0sp	56.9sp			
Damien Schwab - 11	2016							
	2017							
Remington Steele - 11	2015				62.3 - Hinck	2:18.68 - Sub	6:12.0 - fol tt	12:08.62 - Fol
						2:18.1sp - Sub		
	2016			26.1 - Hinck	59.6 - Og	2:14.05 -Cheng	5:02.56 - GRC	
					57.2sp - Cheng	2:10sp - Sub		
2017				60.1 - Fol In	2:11.81 - Sub	5:04.1 - Tig	11:50.0 - Tig	
			12.2sp		56.0sp - PC	2:10.2 - Sub		
Ryan Tracy - 11	2017				65.75 - PC			
Quentin Miklya - 10	2017		12.65 - ?	25.67 - Sub	60.90 - Cheng			
			12.2sp	24.2sp				
TJ Rank - 10	2014					2:57.4 - jh grc	6:13.6 - GRC	13:34.0 - RC
	2015		13.9 - Ait	30.3 - fol tt	66.03 - Fol	2:37.4 - Hinck	6:05.7 - Cheng	14:24.3 - Og
				13.3 - jh			2:52sp - Fol In	5:57 - jh
	2016				62.8 - Hinck	2:33.0 - tt	5:39.96 - Fol	
							2:24.8sp -Hinck	
2017				65.0 - Fol In		5:36.0 - Fol In	11:29.73 - Sub	
Tommy Ryan - 10	2014		13.1 - jh pc		66.8 - In TT	2:22.79 - Sub	5:15.7 - jh grc	
					63.8 - PC	2:20sp - Sub		
	2015		13.0 - jh		60.5 - Hinck	2:23.7 - On	5:11.5 - Hinck	11:00.68 - Sub
				27.6sp - Ait		2:17.9sp - TT	5:11.0 - jh grc	
	2016			25.00 - PC	54.89 - Fol	2:18.1 - tt		
					54.0sp - Sub	2:15.9sp - Tig		
	2017		12.40 - PC		55.2 - Tig	2:08.7 - Tig	5:46.74 - GRC	10:20.16 - Cheng
				54.3sp - Sub	2:02.9sp - Sub			
Tucker Dalen - 9	2016		13.68 - jv pc					
	2017		14.0sp	28.3sp				
Austin Eckert - 9	2015					2:36.0 - jh	5:32.0 - jh	12:22.8 - Tig
						2:26.0sp - Sub		
	2016				62.0 - tt	2:14.33 - Sub	5:11.6 - Hinck	
					58.9sp - Hinck	2:13.4sp - GRC		
	2017		12.7 - Og		63.0 - tt	2:11.60 - TT	5:11.5 - Tig	11:57.0 - Og
			13.2sp		56.0sp	2:06.9sp - Sec		

# BOYS' "BESTS" - 2017

55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
						70' 6" - Sub	25' 9" - Hinck	
				16' 7" - Sub		84' 6" - Og	26' 9.5" - Og	
				16' 11.5" - PC		90' 4" - Cheng	31' 10" - TT	
				16' 7.5" - Chen		83' 4" - Cheng	29' 4" - Fol In	
			4' 8"	17' 11.5" -Chen				
			5' 2" - PC	16' 10.5" - PC				
						93' 11" - Og	35' 8.25" - GRC	
						98' 7" - ?	38' 0" - Fol	
				13' 0" - Tig				
				12' 8"				6' 0" - jh
				14' 10.5"	27' 5"			
				16' 0.75" - Fol	33' 0" - Tig			19' 0" - GRC
		45.79 - Sub		16' 7" - PC	34' 10.25" GRC			10' 0" - Cheng
	19.9* - jh grc		4' 8" - jh grc		28' 11"			
			4' 6"		28' 10"	82' 11" - jh		
		50.7 - Relay						
						75' 5" - PC		
	21.3 - jh 100		4' 7" - jh grc	12' 4" - tt				
10.7 - Fol In	20.40 - Sub	52.4 - Tig	5' 2" - PC	15' 1.25"-Fol In				
			5' 4" - jv pc					
						43' 3" - Ait		5' 6" -jh grc
						63' 4" - jh		
						49' 6.5" - PC		7' 0" - Og

## BOYS' "BESTS" - 2017

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run
Jacob Merrick - 9	2015	9.1 - fol tt	14.7 - jh	16.1 - tt				
	2016							
	2017							
Noah Miller - 9	2015				68.3 - jh	2:38.0 - jh	5:38.0 - jh	12:26.4 - Cheng
						2:36.3sp - GRC		
	2016				64.95 - Fol	2:30.4 - tt	5:28.2 - Tig	11:25.69 - GRC
						2:24.0sp - Sub		
	2017					2:24.0 - Fol In	5:21.60 - Chen	11:15.20 - GRC
			14.4sp - PC			2:23.2sp		
Brody Perlick - 9	2015	9.0 - fol tt	15.1 - Ait	32.2 - jh				
			14.6 - jh	29.9sp - Ait				
	2016		14.23 - jh grc	29.5 - jh				
			15.3 - tt	30.3 - tt				
	2017		13.32 - PC					
JJ Preston - 9	2017			29.0 - jv				
			13.6sp					
Ali Pulley - 9	2016		13.6 - jh	30.3 - jh	76.5 - tt			
			15.6 - tt	30.9 - tt				
	2017			26.7 - jv				
			13.1sp	29.1sp				
Logan Schaaf - 9	2016		15.2 - tt					
	2017		12.8sp				5:41 - jv	
Kenny Vo - 9	2016		15.72 - jh grc	37.3 - tt	89.9 - tt			
			18.4 - tt					
	2017	8.2 - Fol In	14.81 - Cool	30.4 - Og				
			14.5sp	29.1sp				
Tryston West - 9	2016	7.5 - Fol In	12.63 - PC	25.75 - Sub				
			11.3sp - Sub	25.6sp - Og				
	2017		12.35 - PC	24.62 - Sub	57.6 - tt			
			11.1sp	23.7sp	53.6sp - Sub			
George Ausmus - 8	2017				65.35 - Fol	2:22.74 - Sub	5:11.13 - Sub	
			13.0sp		62.0sp		5:23 - jh	
Steven Hart - 8	2017							
Ethean Wiechman - 8	2016		20.2 - tt			3:20.6 - tt		
	2017					3:22 - jh	7:21.8 - jh grc	
Timmy Johnson - 7	2017			28.44 - jh pc	62.00 - Sub	2:31.19 - jh pc	5:18.83 - Sub	12.19.56 - Cool
						2:31.8 - Og	5:21 - jh	
Kameron Juszczak - 7	2017					3:00.22 - jh pc		
Micah Overtoom - 7	2017							
Connor Segarra - 7	2017		15.0 - jh grc	30.6 - jh grc				
Jason Thieman - 7	2017	7.7 - Fol In	13.44 - ?	27.6 - Og	65.87 - Sub		5:57 - jh	
				27.9sp	64 - jh grc			

# BOYS' "BESTS" - 2017

55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
				11' 7.75" - jh				
11.4 - Fol In	23.6 - Fol	57.13 - Fol						
	21.97 - Sub	55.38 - Cheng	4' 10" - jv grc					
				9' 5" - fol tt				
				10' 9" - tt				
				11' 5.75" - tt				
				11' 10" - jh				
				13' 8.75" - jh				
	21.3 - Tig					77' 6" - Og	26' 8" - PC	
	21.90 - Fol							
						81' 0" - PC	31' 8.5" - Sub	
				14' 9" - jh grc				
				14' 11" - PC	33' 1.75" - PC			
				15' 1 - jv				
	19.3 - jh 100		4' 7" - jh grc					7' 6" - jh grc
	19.80 - GRC	52.71 - Fol	5' 2" - Og					10' 11" - Sub
						52' 4" - Og	25' 10.25" - Og	
	18.6 - jh 100							
				14' 0.75" - jh				
			4' 6" - jh grc	14' 7.75" - jh	27' 5" - jv			7' 0" - jh
						32' 3" - jh	18' 9" - jh	
							33' 7.5" - jh grc	
			4' 8" - jh grc			57' 0" - tt	22' 1" - tt	
						75' 0" - jh grc	31' 6.5" - jh grc	
			4' 0" - jh			33' 7" - tt	18' 3" - tt	
							31' 6.5" - jh grc	
	18.4 - jh 100h		4' 6" - jh	15' 1.5" - PC	33' 3.75" - jh g			