



# 2017 Dragon Cross Country Team



## Great River Conference Champs





# DRAGON CROSS COUNTRY



M  
A  
R  
I  
N

*Marin  
Jose*



A  
S  
H  
L  
I

*Ashli*

*Kaitlyn  
Cullen*



K  
A  
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T  
L  
Y  
N



G  
R  
A  
C  
E

## Seniors 2017

*Grace  
Langmack*

*Austin*



A  
V  
A



J  
O  
S  
E  
P  
H

*Joseph*



R  
E  
M  
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G  
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N

*Remington  
Czudek*



*Janae  
Jahn*

A  
N  
A  
E

# New School Records



Alaina Steele  
Pine City Invite  
20:56



Alaina Steele  
All-Time 5K (Foley)  
20:08.6



**Isanti Time Trial**  
**Thursday, August 24, 2017**  
 mild and sunny

**PINE CITY GIRLS' RESULTS:**

3200 m

	<u>place</u>	<u>total time</u>		<u>1st mile</u>	<u>2nd mile</u>	
1.	Marin Foss	PC	14:02	6:40	7:22	
2.	Ashli Webster	PC	14:32	6:54	7:38	
3.	Grace Langmade	PC	14:36	6:56	7:40	
4.	Grace Grubbs	8th	14:44	7:01	7:43	
5.	Alexis Thieman	18th	16:00	7:40	8:20	
6.	Allison Cavallin	20th	16:09	7:46	8:23	
7.	Aaleaha Thieman	21st	16:10	7:46	8:24	
8.	Kaylee Prihoda	22nd	16:16	PB	7:46	8:30
9.	Leah Westerman	23rd	16:18	PB	7:58	8:20
10.	Alaina Steele	DNR				
11.	Lily Wilson	DNR				
12.	Jill Tomczyk	DNR				
13.	Kaitlyn Ballou	DNR				
14.	Janae Johnson	DNR				
15.	Summer Rockstroh	DNR				
16.	Ava Tallarico	DNR				

#1 runner: Johanna Schwinghammer - Mora - 13:21

**JUNIOR HIGH GIRLS:**

1600 m

1.	Miriam Fromm	6th	7:45	PB
2.	Ashley Peters	10th	8:22	PB
3.	Hailee Rydberg	DNR		
4.	Kenzie Johnson	DNR		
5.	Marguerite Grubbs	DNR		

#1 runner: ? - Mora - ?

**PINE CITY BOYS' RESULTS:**

3200 m

	<u>place</u>	<u>total time</u>		<u>1st mile</u>	<u>2nd mile</u>	
1.	Tommy Ryan	1st	11:08	PB	5:27	5:41
2.	Nate Webster	5th	11:35	PB	5:38	5:57
3.	Austin Eckert	8th	11:51	PB	5:45	6:06
4.	Noah Miller	14th	12:15	PB	5:51	6:24
5.	TJ Rank	18th	12:25	PB	5:54	6:31
6.	Jake Adams	21st	12:31	PB	6:01	6:30
7.	Remington Steele	27th	12:44	PB	6:04	6:40
8.	Koleman Lind	32nd	13:20	PB	6:32	6:48
9.	Charlie Emmons	34th	13:24	PB	6:17	7:07
10.	Derek Clementson	37th	13:55		6:28	7:27
11.	Josh Rike	?	14:31	PB	6:48	7:43
12.	Parker Sell	?	14:33	PB	7:11	7:22
13.	Peyton Smetana	?	14:49	PB	7:16	7:33
14.	Jacob Merrick	?	15:05	PB	7:14	7:51
15.	Justin Stolp	?	15:23	PB	7:16	8:07
16.	Matthew Long	?	17:24		8:08	9:16
17.	Ethean Wiechman	?	18:38	PB	8:57	9:41
18.	Lukas Struss	DNR				
19.	Kenny Vo	DNR				
20.	Joseph Root	DNR				

#1 runner: Tommy Ryan - Pine City - 11:08

**JUNIOR HIGH BOYS:**

1600 m

1.	Drake Willert	6th	6:37	PB
2.	Hunter Danielson	?	6:46	PB
3.	Casey Knutson	?	6:53	PB
4.	Seth Linnell	?	7:03	PB
5.	Aidan Welch	?	7:08	PB
6.	Bryce Roberts	?	8:21	PB
7.	Jarred Juhl	?	8:27	PB
8.	Robert Eckert	?	9:06	PB
9.	Mason Rydberg	?	9:53	PB
10.	Luke Wilson	DNR		

#1 runner: ? - ? - ?

# Brainerd Invitational Cross Country Meet

Friday, September 1, 2017

Mild and Sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 54 varsity & 42 JV runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	8	22:22.9	#6 Brainerd
2. Marin Foss	17	23:14.4	#8 Brainerd
3. Ashli Webster	18	23:17.7	#9 Brainerd
4. Grace Grubbs	23	23:54.2	
5. Lily Wilson	25	23:57.7	
6. Grace Langmade	30	24:23.4	
7. Alexis Thieman	37	25:06.7	
8. Kaylee Prihoda	11jv	26:21.2	
9. Aaleaha Thieman	13jv	26:47.5	
10. Leah Westerman	14jv	26:47.7	PB
11. Allison Cavallin	DNR		
12. Kaitlyn Ballou	DNR		
13. Ava Tallarico	DNR		
14. Janae Johnson	DNR		

#1 runner: Emily Rugloski - Brainerd - 20:31.9

## JUNIOR HIGH GIRLS:

3200 m - 88 runners

	<u>place</u>	<u>time</u>	
1. Miriam Fromm	44	16:21.1	PB
2. Hailee Rydberg	71	17:48.6	PB
3. Ashley Peters	82	19:14.7	PB
4. Marguerite Grubbs	88	33:47.0	PB
5. Kenzie Johnson	DNR		

#1 runner: Jaelyn Miller - Alexandria - 13:24.4

## PINE CITY BOYS' RESULTS:

5000 m - 59 varsity & 81 JV runners

	<u>place</u>	<u>time</u>	
1. Tommy Ryan	6	18:01.7	#1 Brainerd
2. Nate Webster	8	18:13.6	#2 Brainerd
3. Austin Eckert	26	19:16.8	PB #7 Brainerd
4. TJ Rank	41	20:28.9	
5. Noah Miller	42	20:50.5	
6. Jake Adams	44	20:56.4	
7. Remington Steele	46	21:08.9	
8. Charlie Emmons	16jv	21:16.9	PB
9. Koleman Lind	23jv	21:24.7	PB
10. Lukas Struss	29jv	21:57.8	PB
11. Derek Clementson	31jv	22:13.8	
12. Parker Sell	54jv	23:58.9	PB
13. Jacob Merrick	58jv	24:13.8	
14. Josh Rike	59jv	24:16.7	PB
15. Peyton Smetana	61jv	24:18.6	PB
16. Justin Stolp	65jv	24:58.6	
17. Ethean Wiechman	75jv	28:32.8	PB
18. Matthew Long	77jv	28:51.5	
19. Kenny Vo	79jv	30:18.9	PB
20. Joseph Root	DNR		

#1 runner: Geno Uhrbom - Greenway N-K - 16:54.6

## JUNIOR HIGH BOYS:

3200 m - 102 runners

	<u>place</u>	<u>time</u>	
1. Drake Willert	12	13:08.1	PB
2. Casey Knutson	20	13:37.5	PB
3. Hunter Danielson	43	14:23.6	
4. Aidan Welch	54	15:00.8	
5. Luke Wilson	60	15:16.9	PB
6. Seth Linnell	62	15:18.4	PB
7. Bryce Roberts	93	17:54.3	
8. Jarred Juhl	100	19:39.8	PB
9. Mason Rydberg	101	20:13.3	PB
10. Robert Eckert	102	20:14.3	PB

#1 runner: Caleb Bugnacki - Crosby-Ironton - 12:14.5

Top 5 Ave

23:21.4

## GIRLS' TEAM RESULTS:

1. Brainerd (AA)	33
2. Alexandria (AA)	38
3. <b>Pine City</b>	<b>91</b>
4. Albany	106
5. Greenway N-K	133
6. Little Falls (AA)	140
7. Crosby-Ironton	184
8. Pillager	244

## JV Girls' Results:

1. Brainerd	36
2. Albany	37
3. Alexandria	57
4. Little Falls	96
Pine City	Inc.

## JH Girls' Results:

1. Alexandria	27
2. Pequot Lakes	81
3. Brainerd	82
4. Crosby-Ironton	98
5. Pillager	155
6. Albany	156
7. Greenway N-K	156
8. Little Falls	184
Pine City	Inc.

## BOYS' TEAM RESULTS:

1. Alexandria (AA)	24
2. Greenway N-K	55
3. Little Falls (AA)	82
4. Brainerd (AA)	111
5. <b>Pine City</b>	<b>123</b>
6. Crosby-Ironton	161
7. Albany	165
8. Pequot Lakes	242
9. Pillager	265

## JV Boys' Results:

1. Alexandria	21
2. Brainerd	34
3. Albany	97
4. Pine City	105
5. Greenway N-K	130

## JH Team Results:

1. Brainerd	39
2. Pequot Lakes	50
3. Alexandria	65
4. Little Falls	84
5. Pine City	127
6. Greenway N-K	155

# Pine City Invitational Cross Country Meet

Thursday, September 7, 2017

Mild and overcast

## PINE CITY GIRLS' RESULTS:

5000 m - 55 varsity & 49 JV runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	2	20:56	BTY #1 PC Invite / #13 A-T
*** New PC Invite School Record ***			
2. Ashli Webster	14	22:40	BTY #7 PC Invite
3. Lily Wilson	20	23:04	BTY #8 PC Invite
4. Marin Foss	22	23:23	#10 PC Invite
5. Alexis Thieman	23	23:42	BTY
6. Grace Langmade	25	23:50	BTY
7. Kayiee Prihoda	40	24:52	BTY
8. Aaleaha Thieman	8jv	25:14	BTY
9. Leah Westerman	9jv	25:14	BTY
10. Allison Cavallin	12jv	25:35	PB
11. Kaitlyn Ballou	30jv	28:42	PB
12. Grace Grubbs	DNR		
13. Ava Tallarico	DNR		
14. Janae Johnson	DNR		

Top 5 Ave 22:45.0 - #19 All-Time
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## GIRLS' TEAM RESULTS:

1. Mora	29
2. Zimmerman	77
3. Pine City	81
4. Chisago Lakes	87
5. Milaca	93
6. Hermantown	165
7. North Branch	177
8. Rush City	233
Foley	Inc
Braham	Inc
Mille Lacs	Inc

### JV Girls' Results:

1. Chisago Lakes	20
2. Mora	39
3. North Branch	83
Pine City	Inc.

#1 runner: Cherisa Bouley - Zimmerman - 20:10

## JUNIOR HIGH GIRLS:

2000 m - 59 runners

	<u>place</u>	<u>time</u>	
1. Miriam Fromm	22	9:32	PB
2. Hailee Rydberg	39	10:42	PB
3. Ashley Peters	46	11:11	PB
4. Kenzie Johnson	49	11:29	PB
5. Marguerite Grubbs	59	21:40	PB

#1 runner: Eva Holmgren - Mora - 8:13

### JH Girls' Results:

1. Mille Lacs	32
2. Mora	59
3. Hinckley-Finlayson	68
4. North Branch	83
5. Hermantown	107
6. Pine City	141

## PINE CITY BOYS' RESULTS:

5000 m - 56 varsity & 85 JV runners

	<u>place</u>	<u>time</u>	
1. Tommy Ryan	1	17:46	BTY #8 PC Invite
2. Nate Webster	2	17:51	PB #9 PC Invite
3. Austin Eckert	13	18:50	PB
4. TJ Rank	24	19:24	BTY
5. Noah Miller	30	19:43	BTY
6. Jake Adams	34	19:52	BTY
7. Remington Steele	38	19:58	BTY
8. Derek Clementson	4jv	20:26	BTY
9. Koleman Lind	5jv	20:27	PB
10. Charlie Emmons	7jv	20:44	PB
11. Lukas Struss	9jv	20:58	PB
12. Parker Sell	23jv	21:57	PB
13. Josh Rike	29jv	22:17	PB
14. Peyton Smetana	30jv	22:19	PB
15. Jacob Merrick	48jv	23:25	BTY
16. Justin Stolp	65jv	24:49	BTY
17. Matthew Long	74jv	26:43	BTY
18. Kenny Vo	79jv	27:22	PB
19. Ethean Wiechman	81jv	30:25	
20. Joseph Root	DNR		

Top 5 Ave 18:43.2 - #4 tie PC Invite
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## BOYS' TEAM RESULTS:

1. Pine City	60
2. Foley	66
3. North Branch	79
4. Chisago Lakes	112
5. Hermantown	113
6. Rush City	118
7. Milaca	142
8. Zimmerman	211
Braham	Inc
Hinckley-Finlayson	Inc

### JV Boys' Results:

1. Pine City	40
2. Hinckley-Finlayson	62
3. Chisago Lakes	65
4. Foley	91
5. North Branch	134
6. Hermantown	149
7. Milaca	150

#1 runner: Tommy Ryan - Pine City - 17:46

## JUNIOR HIGH BOYS:

2000 m - 53 runners

	<u>place</u>	<u>time</u>	
1. Drake Willert	7	7:31	PB
2. Casey Knutson	8	7:32	PB
3. Hunter Danielson	17	8:14	PB
4. Aidan Welch	18	8:21	PB
5. Luke Wilson	21	8:29	PB
6. Seth Linnell	22	8:30	PB
7. Bryce Roberts	32	9:20	
8. Jarred Juhl	42	9:52	PB
9. Robert Eckert	51	11:50	PB
10. Mason Rydberg	52	12:38	PB
11. Damion Torgerson	DNR		

#1 runner: Blake Lahn - Zimmerman - 7:07

### JH Boys' Results:

1. Foley	33
2. Pine City	58
3. Zimmerman	78
4. Rush City	81
5. Chisago Lakes	114
6. North Branch	137

# Mora Invitational Cross Country Meet

Tuesday, September 12, 2017

hot, humid and sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 107 varsity & 95 JV runners

	place	time		
1. Alaina Steele	8	21:19.7	#1 Mora Invite / #22 All-Time	
2. Ashli Webster	39	23:30.5		
3. Lily Wilson	43	23:40.2		
4. Marin Foss	55	24:13.3		
5. Alexis Thieman	56	24:20.2		
6. Grace Langmade	73	24:55.7		
7. Kaylee Prihoda	18jv	26:12.2		
8. Leah Westerman	19jv	26:24.5		
9. Allison Cavallin	32jv	27:19.3		
10. Ava Tallarico	61jv	30:14.5		PB
11. Grace Grubbs	DNF	heat		
12. Aaleaha Thieman	DNF	heat		
13. Kaitlyn Ballou	DNR			
14. Janae Johnson	DNR			

#1 runner: Erika Swanson - Northwest Homeschool - 22:29.0

## JUNIOR HIGH GIRLS:

2400 m - 87 runners

	place	time	
1. Miriam Fromm	44	12:13.3	PB
2. Hailee Rydberg	61	12:54.4	PB
3. Ashley Peters	74	14:02.0	PB
4. Kenzie Johnson	83	16:28.0	PB
5. Marguerite Grubbs	87	30:48.7	PB

#1 runner: Ellie Horton - Princeton - 10:01.0

## PINE CITY BOYS' RESULTS:

5000 m - 129 varsity & 152 JV runners

	place	time		
1. Tommy Ryan	5	17:51.5	#2 Mora Invite	
2. Nate Webster	14	18:30.8		
3. Noah Miller	46	19:32.3		BTY
4. Austin Eckert	49	19:38.3		
5. TJ Rank	56	19:51.7		
6. Jake Adams	59	19:59.3		
7. Koleman Lind	10jv	20:15.2		PB
8. Charlie Emmons	20jv	20:41.5		PB
9. Derek Clementson	23jv	20:56.0		
10. Remington Steele	104	22:15.4		
11. Lukas Struss	54jv	22:23.4		
12. Parker Sell	58jv	22:37.3		
13. Josh Rike	64jv	22:52.2		
14. Justin Stolp	65jv	22:54.0		BTY
15. Joseph Root	85jv	23:55.4		BTY
16. Jacob Merrick	107jv	25:04.9		
17. Peyton Smetana	116jv	25:31.7		
18. Ethean Wiechman	138jv	28:48.5		
19. Matthew Long	141jv	29:22.7		
20. Kenny Vo	DNF	25:46*	PB* (Collapsed 20 m from finish)	

#1 runner: Noah Bundrock - Howard Lake W-W. - 17:06.3

## JUNIOR HIGH BOYS:

2400 m - 125 runners

	place	time	
1. Casey Knutson	10	9:22.6	PB
2. Drake Willert	13	9:33.7	PB
3. Hunter Danielson	40	10:27.6	
4. Aidan Welch	47	10:37.5	
5. Seth Linnell	53	10:47.3	PB
6. Luke Wilson	90	11:51.6	PB
7. Bryce Roberts	95	12:05.7	
8. Jarred Juhl	110	12:48.1	PB
9. Robert Eckert	120	14:27.0	PB
10. Mason Rydberg	121	14:28.6	PB
11. Damion Torgerson	DNR		

#1 runner: Colton Thorson - Cambridge-Isanti - ?

## GIRLS' TEAM RESULTS:

1. Providence Academy	79
2. Mora	81
3. Rockford	108
4. Princeton	137
5. Howard Lake-W.W.	163
6. Cambridge-Isanti	165
7. Heritage Christian	169
8. Zimmerman	188
9. Pine City	193
10. Northwest Homeschool	212
11. Maple Lake	234
12. Spectrum	282
13. Moose Lake-Willow R.	327
14. North Branch	383
15. Rush City	435
16. North Lakes Academy	446
Pierz	Inc
Foley	Inc
Braham	Inc
Legacy Christian	Inc
East Central	Inc

## JV Girls' Results:

1. Cambridge-Isanti	30
Pine City	Inc

## JH Girls' Results:

1. Mille Lacs	67
9. Pine City	238

## BOYS' TEAM RESULTS:

1. Mora	70
2. Cambridge-Isanti	87
3. Spectrum	107
4. Heritage Christian	117
5. Pine City	160*
6. Moose Lake-Willow R.	160
7. Foley	201
8. Howard Lake-W.W.	214
9. Rockford	262
10. Providence	272
11. Rush City	273
12. North Branch	282
13. Princeton	293
14. Pierz	295
15. Zimmerman	452
16. North Lakes Academy	472
17. Maple Lake	502
Braham	Inc
East Central	Inc
Hinckley-Finlayson	Inc
Legacy Christian	Inc
Northwest Nighthawks	Inc
Watertown-Mayer	Inc

## JV Boys' Results:

1. Mora	34
2. Cambridge-Isanti	42
3. Pine City	134

## JH Team Results:

1. Cambridge-Isanti	38
6. Pine City	150



# Pierz Stampede Invitational Cross Country Meet

Monday, September 18, 2017

cool and overcast

## PINE CITY GIRLS' RESULTS:

5000 m - 96 varsity & 106 JV runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	7	20:43.9	BTY #1 Pierz / #7tie All-Time
2. Grace Grubbs	47	22:36.8	BTY #8 Pierz
3. Ashli Webster	51	22:42.4	#9 Pierz
4. Lily Wilson	53	22:48.7	BTY
5. Marin Foss	59	23:25.3	
6. Grace Langmade	71	24:12.5	
7. Kaylee Prihoda	75	24:55.5	
8. Aaleaha Thieman	31jv	24:59.5	BTY
9. Leah Westerman	32jv	25:00.3	PB
10. Allison Cavallin	39jv	25:14.7	PB
11. Kaitlyn Ballou	73jv	28:22.5	PB
12. Ava Tallarico	77jv	28:48.8	PB
13. Alexis Thieman	DNR		
14. Janae Johnson	DNR		

#1 runner: Emily Rugloski - Brainerd - 19:49.4

## JUNIOR HIGH GIRLS:

3200 m - 114 runners

	<u>place</u>	<u>time</u>	
1. Miriam Fromm	50	15:58.9	PB
2. Hailee Rydberg	73	16:56.9	PB
3. Ashley Peters	98	18:39.4	PB
4. Marguerite Grubbs	114	38:49.2	
5. Kenzie Johnson	DNR		

#1 runner: Kelly Wheeler - Annandale - 13:13.7

## PINE CITY BOYS' RESULTS:

5000 m - 120 varsity & 208 JV runners

	<u>place</u>	<u>time</u>	
1. Tommy Ryan	5	17:30.4	PB #7 Pierz
2. Nate Webster	10	17:44.7	PB
3. Austin Eckert	36	18:31.3	PB
4. TJ Rank	51	18:49.6	PB
5. Noah Miller	61	19:17.8	BTY
6. Charlie Emmons	24jv	19:36.8	PB
7. Jake Adams	76	19:51.3	BTY
8. Derek Clementson	38jv	20:08.3	BTY
9. Koleman Lind	85	20:25.0	
10. Lukas Struss	53jv	20:38.5	PB
11. Remington Steele	66jv	20:57.8	
12. Josh Rike	75jv	21:14.5	PB
13. Peyton Smetana	84jv	21:24.3	PB
14. Parker Sell	91jv	21:37.3	PB
15. Joseph Root	118jv	22:22.6	BTY
16. Justin Stolp	136jv	22:59.6	
17. Kenny Vo	183jv	25:56.6	PB
18. Matthew Long	185jv	26:12.8	BTY
19. Ethean Wiechman	199jv	27:25.0	PB

#1 runner: Christopher Groth - Annandale - 16:43.5

## JUNIOR HIGH BOYS:

3200 m - 166 runners

	<u>place</u>	<u>time</u>	
1. Drake Willert	9	12:36.4	PB
2. Casey Knutson	37	13:49.1	
3. Hunter Danielson	40	14:03.4	PB
4. Seth Linnell	56	14:25.6	PB
5. Aidan Welch	74	14:44.8	BTY
6. Luke Wilson	89	15:16.4	PB
7. Bryce Roberts	101	15:39.4	PB
8. Jarred Juhl	140	17:47.7	PB
9. Robert Eckert	DNR		
10. Mason Rydberg	DNR		
11. Damion Torgerson	DNR		

#1 runner: Kade Layton - Big Lake - 12:01.6

## Top 5 Ave

22:27.4 - #15 All-Time

## GIRLS' TEAM RESULTS:

1. Brainerd (AA)	46
2. Annandale (3)	78
3. Maple Lake (10)	109
4. Mora	127
5. Albany	135
6. EdenVally-Watksn/K	151
7. Zimmerman	167
8. Pine City	208
9. Crosby-Ironton	229
10. Milaca	230
11. Osakis	240
12. Foley	362
13. Royalton	364
14. Big Lake (AA)	372

## JV Girls' Results:

1. Annandale	47
2. Brainerd	58
3. Albany	85
4. EdenVally-Watksn/K	100
5. Mora	134
6. Maple Lake	138
7. Maranatha Christian	193
8. Pine City	199
9. Milaca	227

## JH Girls' Results:

1. Brainerd	39
9 complete teams	
Pine City	Inc

## BOYS' TEAM RESULTS:

1. Mora (7)	98
2. Annandale (9)	104
3. Big Lake (AA)	106
4. Brainerd (AA)	122
5. Pine City	160
6. St. Cloud Cathedral	168
7. Crosby-Ironton	230
8. Foley	238
9. Albany	254
10. Pierz	281
11. Maple Lake	286
12. Osakis	301
13. Royalton	334
14. St. John's Prep	340
15. Milaca	373
16. Maranatha Christian	415
17. Zimmerman	432
18. EdenVally-Watksn/K	447

## JV Boys' Results:

1. Mora	47
2. Big Lake	65
3. Brainerd	67
4. St. Cloud Cathedral	78
5. Albany	163
6. Annandale	178
7. Hinckley-Finlayson	211
8. Holdingford	219
9. Pine City	224
10. Foley	253
11. Braham	329
12. Maple Lake	344

## JH Team Results:

1. Big Lake	74
2. Brainerd	80
3. Foley	83
4. St. Cloud Cathedral	85
5. Annandale	123
6. Mora	125
7. Zimmerman	167
8. Pine City	190

15 complete teams

# Milaca Mega Invitational Cross Country Meet

Saturday, September 23, 2017

hot and humid

## PINE CITY GIRLS' RESULTS:

5000 m - 166 varsity & 464 JV runners  
215 9th-grade & 195 10th-grade runners

	place	time
1. Alaina Steele	7	20:26.8
<b>*** NEW ALL-TIME SCHOOL RECORD ***</b>		
2. Ashli Webster	63	23:09.7
3. Marin Foss	68	23:15.5
4. Grace Grubbs	82	23:37.8
5. Lily Wilson	88	23:53.4
6. Kaylee Pihoda	137	25:55.5
7. Aaleaha Thieman	73 -10th	26:02.4
8. Leah Westerman	75 -10th	26:03.6
9. Allison Cavallin	106 -9th	26:38.5
10. Kaitlyn Ballou	332jv	28:44.9
11. Ava Tallarico	335jv	28:48.2
12. Alexis Thieman	DNR	(heat)
13. Grace Langmade	DNR	
14. Janae Johnson	DNR	

Top 5 Ave 22:52.6
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PB #1 All-Time (\*28th of 1511)

(\*Team 38th out of 121)

#1 Varsity runner: Marissa Whitehead - Martin County West - 19:58.3

## JUNIOR HIGH GIRLS:

3200 m - 212 7th-grade & 257 8th-grade runners

	place	time
1. Miriam Fromm	170 -8th	17:21.1
2. Hailee Rydberg	193 -8th	17:54.3
3. Marguerite Grubbs	212 -7th	33:57.0
4. Ashley Peters	DNR	
5. Kenzie Johnson	DNR	

#1 7th-grade runner: Emily Nelson - Grand Forks Red River - 12:52.2

#1 8th-grade runner: Ava Cusciotta - Rockford - 12:05.8

## PINE CITY BOYS' RESULTS:

5000 m - 167 varsity & 636 JV runners  
446 9th-grade & 381 10th-grade runners

	place	time
1. Tommy Ryan	18	17:48.3
2. Nate Webster	22	17:55.6
3. Austin Eckert	70	18:51.6
4. Noah Miller	97	19:23.5
5. Jake Adams	113	19:48.5
6. TJ Rank	121	19:55.3
7. Charlie Emmons	134	20:16.2
8. Derek Clementson	127 -10th	20:38.4
9. Koleman Lind	133 -10th	20:43.7
10. Remington Steele	261jv	21:38.9
11. Josh Rike	185 -10th	21:44.9
12. Joseph Root	532jv	25:12.3
13. Justin Stolp	540jv	25:20.4
14. Kenny Vo	335 -10th	26:17.7
15. Matthew Long	353 -10th	27:33.8
16. Lukas Struss	DNR	
17. Peyton Smetana	DNR	
18. Parker Sell	DNR	
19. Ethean Wiechman	DNR	

Top 5 Ave 18:45.5
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#7 MMM G.C. (\*120th of 2109)  
(\*140th of 2109)

BTY

(\*Team 45th out of 130)

#1 Varsity runner: Geno Uhrbom - Greenway-N.K. - 16:10.6

## JUNIOR HIGH BOYS:

3200 m - 301 7th-grade & 364 8th-grade runners

	place	time
1. Drake Willert	44 -8th	12:42.3
2. Casey Knutson	121 -8th	13:42.0
3. Aidan Welch	128 -8th	13:46.3
4. Hunter Danielson	176 -8th	14:15.5
5. Seth Linnell	209 -8th	14:46.8
6. Bryce Roberts	255 -8th	15:19.3
7. Damion Torgerson	171 -7th	15:25.2
8. Robert Eckert	351 -8th	18:50.8
9. Mason Rydberg	358 -8th	19:55.4
10. Luke Wilson	DNR	
11. Jarred Juhl	DNR	

BTY

PB

PB

PB

PB

PB

#1 7th-grade runner: Noah Foster - Cromwell-Floodwood - 11:32.2

#1 8th-grade runner: Nies Mitiku - Sartell - 11:12.2

## GIRLS' TEAM RESULTS:

1. Fairmont (1)	90
2. Lake City (9)	130
3. LQPV-DB	138
4. Mora	154
5. North Shore	199
6. Proctor	205
<b>7. Pine City</b>	<b>287</b>
8. Holy Family Catholic	289
9. Jordan	328
10. Byron	339
11. Fargo Shanley	365
12. Greenway-N.K.	369
13. Eden Valley-W.K.	374
14. Virginia	375
15. Thief River Falls	381
16. St. Cloud Cathedral	397
17. Dilworth-Glyndon-F.	400
18. Melrose	415
19. Martin County West	428
20. SMSNUC	447
21. Esko	463
22. Pequot Lakes	472
23. Moose Lake-Willow R.	481
24. New London-Spicer	484
25. Benson-KMS	595

## BOYS' TEAM RESULTS:

1. LQPV-DB (5)	112
2. Esko	122
3. Greenway-N.K. (4)	131
4. Jordan (6)	158
5. Fargo Shanley, ND	187
6. New London-Spicer	251
7. Martin County West	260
8. Fairmont	263
9. Mora (7)	273
10. Perham	275
11. St. Cloud Cathedral	298
<b>12. Pine City</b>	<b>298</b>
13. Blake	316
14. Moose Lake-Willow R.	352
15. Dilworth-Glyndon-F.	363
16. Benson-KMS	368
17. Lake City	394
18. Mounds Park	421
19. Byron	425
20. Melrose	479
21. Holy Family Catholic	491
22. Watertown-Mayer	513
23. Virginia	537

## JH Team Results:

1. Sartell	68
2. Bemidji	80
3. Hopkins	100
4. Maple Grove	111
5. Minot	169
6. Grand Forks Central	176
7. Roseville	232
8. Proctor	247
9. St. Cloud Cathedral	249
10. Pequot Lakes	266
11. Big Lake	288
12. Pine City	343
23 complete teams	

# Foley Invitational Cross Country Meet

Thursday, September 28, 2017

mild and overcast

## PINE CITY GIRLS' RESULTS:

5000 m - 65 varsity & 72 JV runners

	place	time	
1. Alaina Steele	3	20:08.6	PB #1 All-Time
<b>*** NEW ALL-TIME SCHOOL RECORD ***</b>			
2. Ashli Webster	18	21:42.1	BTY #41 All-Time
3. Grace Grubbs	29	22:35.6	BTY
4. Lily Wilson	30	22:36.1	BTY
5. Alexis Thieman	35	22:48.3	BTY
6. Marin Foss	46	23:31.3	
7. Kaylee Pihoda	49	23:45.2	BTY
8. Aaleaha Thieman	9jv	24:35.8	BTY
9. Allison Cavallin	10jv	24:35.9	PB
10. Leah Westerman	13jv	24:43.9	PB
11. Kaitlyn Ballou	40jv	26:56.6	PB
12. Ava Tallarico	41jv	26:57.4	PB
13. Grace Langmade	DNR		
14. Janae Johnson	DNR		

Top 5 Ave
21:58.1 BTY / #10 All-Time

## GIRLS' TEAM RESULTS:

1. Mora	52
2. Zimmerman	76
3. Princeton	83
4. Albany	86
5. Pine City	108
6. Milaca	131
7. St. Cloud Cathedral	158
8. Big Lake	232

### JV Girls' Results:

1. Albany	42
2. Mora	78
3. St. Cloud Cathedral	85
4. Pine City	89
5. Princeton	98
6. Big Lake	107

#1 Varsity runner: Cheresa Bouley - Zimmerman - 19:34.6

## JUNIOR HIGH GIRLS:

3200 m - 66 runners

	place	time	
1. Miriam Fromm	25	16:10.1	
2. Hailee Rydberg	46	17:48.8	
3. Marguerite Grubbs	66	32:52.8	PB
4. Ashley Peters	DNF		
5. Kenzie Johnson	DNR		

### JH Girls' Results:

1. Brainerd	28
2. Pierz	45
3. St. Cloud Cathedral	81
4. Albany	88
5. Big Lake	133
6. Mora	137
Pine City	Inc

#1 runner: Carissa Andres - Pierz - 13:28.6

## PINE CITY BOYS' RESULTS:

5000 m - 72 varsity & 140 JV runners

	place	time	
1. Tommy Ryan	4	17:18.9	PB #15 Ranked Guy / #79 A-T
2. Nate Webster	9	17:32.7	PB #20 Ranked Guy / #125 A-T
3. Jake Adams	35	18:43.0	PB
4. TJ Rank	41	18:54.0	
5. Remington Steele	19jv	19:11.9	BTY
6. Noah Miller	47	19:13.5	BTY
7. Koleman Lind	25jv	19:24.5	PB
8. Charlie Emmons	57	19:35.0	PB
9. Derek Clementson	60	19:54.0	BTY
10. Drake Willert	42jv	20:10.5	PB
11. Josh Rike	50jv	20:24.4	PB
12. Lukas Struss	54jv	20:33.7	PB
13. Parker Sell	60jv	20:51.2	PB
14. Peyton Smetana	66jv	21:06.9	PB
15. Joseph Root	72jv	21:36.1	BTY
16. Kenny Vo	122jv	24:44.2	PB
17. Matthew Long	130jv	26:22.6	
18. Ethean Wiechman	132jv	27:27.1	
19. Austin Eckert	DNR		
20. Justin Stolp	DNR		

Top 5 Ave
18:20.4 BTY / (18:20.1 w/JV)

## BOYS' TEAM RESULTS:

1. Mora	58
2. Big Lake	61
3. St. Cloud Cathedral	80
4. Pine City	136
5. Albany	155
6. Foley	177
7. Holdingford	178
8. Princeton	198
9. Pierz	218
10. Milaca	257
11. Zimmerman	308

### JV Boys' Results:

1. St. Cloud Cathedral	31
2. Big Lake	44
3. Mora	69
4. Foley	126
5. Albany	155
6. Pine City	159
7. Holdingford	188
8. Princeton	228
9. Zimmerman	259
10. Milaca	286

#1 Varsity runner: Cooper Lennox - Mora - 16:52.8

## JUNIOR HIGH BOYS:

3200 m - 116 runners

	place	time	
1. Casey Knutson	11	12:52.6	PB
2. Aidan Welch	31	13:49.3	
3. Hunter Danielson	35	13:56.6	PB
4. Bryce Roberts	77	15:45.7	
5. Damion Torgerson	80	15:50.8	
6. Mason Rydberg	115	20:38.2	
7. Seth Linnell	DNR		
8. Luke Wilson	DNR		
9. Jarred Juhl	DNR		
10. Robert Eckert	DNR		

### JH Team Results:

1. Big Lake	51
2. St. Cloud Cathedral	52
3. Foley	78
4. Brainerd	87
5. Mora	115
6. Princeton	165
7. Pine City	175
8. Holdingford	210
9. Pierz	225

#1 runner: Kade Layton - Big Lake - 11:55.8

# SWAIN Invitational Cross Country Meet

Saturday, October 7, 2017

cool, overcast, and very wet

## PINE CITY GIRLS' RESULTS:

5000 m - 172 Class A varsity runners

	<u>place</u>	<u>time</u>	<u>adjusted</u>
1. <b>Alaina Steele</b>	<b>31</b>	<b>22:44.3</b>	<b>22:07</b>
2. <b>Ashli Webster</b>	<b>73</b>	<b>24:12.7</b>	<b>23:33</b>
3. <b>Grace Grubbs</b>	<b>82</b>	<b>24:30.1</b>	<b>23:50</b>
4. <b>Lily Wilson</b>	<b>83</b>	<b>24:32.3</b>	<b>25:51</b>
5. <b>Marin Foss</b>	<b>88</b>	<b>24:39.9</b>	<b>24:00</b>
6. <b>Alexis Thieman</b>	<b>108</b>	<b>25:26.9</b>	<b>24:46</b>
A. <b>Allison Cavallin (AA JV)</b>	<b>87 jv</b>	<b>27:15.1</b>	<b>26:30</b>
A. <b>Leah Westerman (AA JV)</b>	<b>89 jv</b>	<b>27:15.9</b>	<b>26:31</b>
A. <b>Aaleaha Thieman (AA JV)</b>	<b>90 jv</b>	<b>27:15.9</b>	<b>26:31</b>
<b>Kaylee Pihoda</b>	<b>DNR</b>		
<b>Grace Langmade</b>	<b>DNR</b>		

#1 runner: Tierney Wolfgram - Math & Science Academy - 19:02.5

Top 5 Ave  
24:07.9 (23:28.5)

Approx. 5140m long course

## GIRLS' TEAM RESULTS:

1. Lake City (8)	113
2. St. Paul Academy	118
3. Mora (9)	119
4. United North Central	172
5. Glencoe Silver Lake	188
6. Mesabi East	190
7. Ely	224
8. Math & Science Academy	226
9. Proctor	260
10. Milaca	265
11. Norwood	306
12. Eveleth-Gilbert	329
13. Moose Lake/Willow R.	331
14. <b>Pine City</b>	<b>339</b>
15. Virginia	376
16. Esko	406
17. New London-Spicer	412
18. Marshall	415
19. Trinity of River Ridge	435
20. Carlton	464
21. Wadena-Deer Creek	464
22. Watertown-Mayer	554
23. Chetek-Weyerhaeuser	583
24. Rush City	661
25. Pillager	713

## PINE CITY BOYS' RESULTS:

5000 m - 204 Class A varsity runners

	<u>place</u>	<u>time</u>	<u>adjusted</u>
1. <b>Tommy Ryan</b>	<b>28</b>	<b>19:02.4</b>	<b>18:31</b>
2. <b>Nate Webster</b>	<b>31</b>	<b>19:03.2</b>	<b>18:32</b>
3. <b>Austin Eckert</b>	<b>92</b>	<b>20:03.7</b>	<b>19:31</b>
4. <b>Jake Adams</b>	<b>109</b>	<b>20:19.8</b>	<b>19:47</b>
5. <b>TJ Rank</b>	<b>119</b>	<b>20:34.1</b>	<b>20:00</b>
6. <b>Noah Miller</b>	<b>130</b>	<b>20:49.2</b>	<b>20:15</b>
7. <b>Remington Steele</b>	<b>156</b>	<b>21:33.0</b>	<b>20:58</b>
A. <b>Charlie Emmons (A JV)</b>	<b>9 jv</b>	<b>20:39.6</b>	<b>20:06</b>
A. <b>Koleman Lind (A JV)</b>	<b>29 jv</b>	<b>21:39.6</b>	<b>21:04</b>
A. <b>Derek Clementson (A JV)</b>	<b>78 jv</b>	<b>23:22.8</b>	<b>22:45</b>

#1 runner: Anderson Haris - Math & Science Academy - 17:21.7

Top 5 Ave  
19:48.6 (19:16)

Approx. 5140m long course

## BOYS' TEAM RESULTS:

1. North Shore	115
2. Mora (8)	121
3. Esko (4)	147
4. Math & Science Academy	201
5. Ely	232
6. Glencoe-Silver Lake	243
7. International Falls	250
8. Mountain Lake Area	257
9. Moose Lake/Willow R.	265
10. Trinity at River Ridge	275
11. Lake City	284
12. New London-Spicer	301
13. Plainview-Elgin-Millville	321
14. Wadena-Deer Creek	356
15. <b>Pine City</b>	<b>371</b>
16. Eveleth-Gilbert	431
17. Lakeview Christian A.	442
18. Cromwell-Floodwood	447
19. Norwood	491
20. Holy Family Catholic	493
21. Watertown-Mayer	500
22. Rush City	546
23. Marshall	560
24. Chetek-Weyerhaeuser	566
25. Virginia	593
26. St. Paul Academy	606
27. Proctor	729
28. Mesabi East	733
29. Carlton	894

# Mora Last Chance Invitational Cross Country Meet

Tuesday, October 10, 2017

cool and sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 79 varsity/JV runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	6	20:52	
2. Ashli Webster	21	22:01	
3. Alexis Thieman	28	22:37	BTY
4. Grace Grubbs	34	23:07	
5. Grace Langmade	37	23:18	BTY
6. Marin Foss	40	23:35	
7. Kaylee Prihoda	41	23:36	PB
8. Allison Cavallin	51	25:17	
9. Leah Westerman	52	25:19	
10. Aaleaha Thieman	53	25:21	
11. Ava Tallarico	76	29:19	
12. Lily Wilson	DNR		
13. Kaitlyn Ballou	DNR		
14. Janae Johnson	DNR		

Top 5 Ave

22:23.0

## GIRLS' TEAM RESULTS:

1. Mora (12)	34
2. Annandale (4)	41
3. Cambridge (AA)	81
4. Milaca	111
5. Pine City	112

#1 runner: Emma Fashant - Anandale - 19:51

## JUNIOR HIGH GIRLS:

3200 m - 27 runners

	<u>place</u>	<u>time</u>	
1. Miriam Fromm	15	16:08	
2. Hailee Rydberg	20	16:27	PB
3. Ashley Peters	25	17:52	PB
4. Marguerite Grubbs	27	28:08	PB
5. Kenzie Johnson	DNR		

## JH Girls' Results:

1. Annandale	23
2. Cambridge-Isanti	43
3. Mora	62
Pine City	Inc

#1 runner: Kendal Garrett - Cambridge - 13:59

## PINE CITY BOYS' RESULTS:

5000 m - 116 varsity/JV runners

	<u>place</u>	<u>time</u>	
1. Tommy Ryan	8	17:43	
2. Nate Webster	9	17:51	
3. Austin Eckert	20	18:31	PB
4. TJ Rank	27	18:39	PB
5. Jake Adams	33	19:08	
6. Charlie Emmons	41	19:30	PB
7. Noah Miller	42	19:31	
8. Remington Steele	48	19:49	
9. Koleman Lind	51	19:55	
10. Parker Sell	62	20:35	PB
11. Josh Rike	65	20:50	
12. Lukas Struss	73	21:12	
13. Joseph Root	76	21:29	BTY
14. Peyton Smetana	78	21:33	
15. Kenny Vo	105	24:30	PB
16. Matthew Long	113	27:15	
17. Drake Willert	114	27:38	
18. Derek Clementson	DNR		
19. Justin Stolp	DNR		

Top 5 Ave

18:22.4

## BOYS' TEAM RESULTS:

1. Mora (9)	40
2. Cambridge (AA)	43
3. Annandale (11)	65
4. Pine City	88
5. Milaca	139

#1 runner: Cooper Lennox - Mora - 16:45

## JUNIOR HIGH BOYS:

3200 m - 49 runners

	<u>place</u>	<u>time</u>	
1. Casey Knutson	3	12:33	PB
2. Aidan Welch	19	13:44	BTY
3. Hunter Danielson	22	13:48	PB
4. Seth Linnell	30	14:18	PB
5. Damion Torgerson	33	14:30	PB
6. Bryce Roberts	34	14:35	PB
7. Mason Rydberg	47	20:11	
8. Luke Wilson	DNR		
9. Jarred Juhl	DNR		
10. Robert Eckert	DNR		

## JH Team Results:

1. Cambridge-Isanti	37
2. Mora	49
3. Annandale	50
4. Pine City	93

#1 runner: Will Massmann - Annandale - 12:02

# GREAT RIVER CONFERENCE Cross Country Meet

Tuesday, October 17, 2017

mild and sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 30 varsity & 12 JV runners

	<u>place</u>	<u>time</u>
1. <b>Alaina Steele</b>	<b>1</b>	<b>21:19</b>
2. Ashli Webster	2	22:28
3. Alexis Thieman	3	22:45
4. Grace Grubbs	5	23:03
5. Lily Wilson	8	23:14
6. Marin Foss	13	23:53
7. <b>Kaylee Pihoda</b>	<b>1jv</b>	<b>24:30</b>
8. Grace Langmade	14	24:41
9. Allison Cavallin	2jv	24:54
10. Leah Westerman	3jv	26:00
11. Aaleaha Thieman	4jv	26:00
12. Kaitlyn Ballou	7jv	28:27
13. Ava Tallarico	9jv	29:07
14. Janae Johnson	10jv	30:02

Top 5 Ave 22:33.8
----------------------

ALL-CONFERENCE  
ALL-CONFERENCE  
ALL-CONFERENCE  
ALL-CONFERENCE  
ALL-CONFERENCE  
Honorable Mention

Honorable Mention

BTY

#1 runner: Alaina Steele - Pine City - 21:19

#1 JV runner: Kaylee Pihoda - Pine City - 24:30

## JUNIOR HIGH GIRLS:

3200 m - 14 runners

	<u>place</u>	<u>time</u>
1. Miriam Fromm	3	16:27
2. Hailee Rydberg	6	17:49
3. Ashley Peters	10	19:31
4. Marguerite Grubbs	14	29:22
5. Kenzie Johnson	DNR	

#1 runner: Maddie Jackson - Hinckley-Finlayson - 16:03

## PINE CITY BOYS' RESULTS:

5000 m - 31 varsity & 21 JV runners

	<u>place</u>	<u>time</u>
1. <b>Tommy Ryan</b>	<b>1</b>	<b>17:53</b>
2. Nate Webster	2	18:08
3. TJ Rank	9	18:46
4. Austin Eckert	11	18:49
5. Jake Adams	14	19:43
6. Noah Miller	15	19:44
7. <b>Charlie Emmons</b>	<b>1jv</b>	<b>20:08</b>
8. Remington Steele	19	20:16
9. Koleman Lind	2jv	20:19
10. Joseph Root	3jv	21:00
11. Parker Sell	4jv	21:05
12. Derek Clementson	5jv	21:10
13. Peyton Smetana	6jv	21:18
14. Josh Rike	7jv	21:55
15. Justin Stolp	8jv	22:47
16. Kenny Vo	14jv	25:02
17. Matthew Long	16jv	25:53
18. Lukas Struss	DNR	

Top 5 Ave 18:39.8
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ALL-CONFERENCE  
ALL-CONFERENCE  
ALL-CONFERENCE  
Honorable Mention

PB

BTY

#1 runner: Tommy Ryan - Pine City - 17:53

#1 JV runner: Charlie Emmons - Pine City - 20:08

## JUNIOR HIGH BOYS:

3200 m - 23 runners

	<u>place</u>	<u>time</u>
1. Aidan Welch	3	13:38
2. Casey Knutson	4	13:41
3. Bryce Roberts	9	14:16
4. Hunter Danielson	10	14:37
5. Seth Linnell	11	14:44
6. Damion Torgerson	14	14:47
7. Luke Wilson	16	16:03
8. Robert Eckert	22	20:01
9. Mason Rydberg	23	21:23
10. Jarred Juhl	DNR	

PB

#1 runner: Karl Meissner - Rush City - 12:51

## GIRLS' TEAM RESULTS:

1. Pine City	19
2. Hinckley-Finlayson	65
3. Mille Lacs	91
4. Rush City	92
5. East Central	92
<u>Incomplete Teams</u>	
Braham	

8th Consecutive Year Winning!

## JV Girls' Results:

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

## JH Girls' Results:

1. Hinckley-Finlayson	7
2. Pine City	16
3. Rush City	22
<u>Incomplete Teams</u>	
East Central	
Mille Lacs	
Braham	

## BOYS' TEAM RESULTS:

1. Pine City	38
2. Rush City	52
3. Braham	84
4. Hinckley-Finlayson	91
5. East Central	101

5th Consecutive Year Winning!

## JV Boys' Results:

1. Pine City	15
2. Rush City	50
<u>Incomplete Teams</u>	
Braham	
East Central	
Hinckley-Finlayson	

## JH Team Results:

1. Rush City	13
2. Pine City	16
3. Hinckley-Finlayson	21
<u>Incomplete Teams</u>	
East Central	
Braham	

# Girls Great River Conference Champs

2010 – 2011 – 2012 – 2013 – 2014 – 2015 – 2016

2017



# Boys Great River Conference Champs

2013 – 2014 – 2015 – 2016

2017



# Section 5A Cross Country Meet

## @ Mora

Thursday, October 26, 2017

cold, overcast, and windy

### PINE CITY GIRLS' RESULTS:

5000 m - 137 varsity runners

	place	time	
1. Alaina Steele	30	21:08.9	#7 Section / #24 All-Time
2. Ashli Webster	42	21:43.8	#46 All-Time
3. Grace Grubbs	63	22:29.0	BTY
4. Alexis Thieman	69	22:55.1	
5. Marin Foss	84	23:33.4	
6. Kaylee Prihoda	90	23:43.6	
7. Grace Langmade	97	24:04.3	
Alt. Allison Cavallin			
Alt. Leah Westerman			
Alt. Aaleaha Thieman			
Lily Wilson	DNR		

Top 5 Ave
22:22.0 (#15 All-Time)

### GIRLS' TEAM RESULTS:

1. Annandale	63
2. Maple Lake	96
3. Howard Lake-Waverly-Winsted	101
4. Mora	104
5. Rockford	119
6. Providence Academy	123
7. Heritage Christian Academy	191
8. Milaca	209
9. Northwest	260
<b>10. PINE CITY</b>	<b>286</b>
11. Spectrum-Legacy	287
12. St. Cloud Cathedral	323
13. Hinckley-Finlayson	396
14. Lester Praire	429
15. Watertown-Mayer	431
16. Mille Lacs	478
17. Rush City	517
18. North Lakes Academy	522
19. Maranatha Christian Academy	537
20. Braham	635
Legacy Christian	Inc
St. Cloud Christian	Inc

### Individual State Meet Qualifiers:

1. Emma Fashant (9)	Annandale	19:32.3
2. Ava Cusciotta (8)	Rockford	19:33.9
3. Erika Swanson (11)	Northwest	19:34.9
4. Gracie Mallak (10)	Howard Lake-W-W.	19:37.1
5. Emma Kelly (8)	Providence	20:01.5
6. Taylor Lundquist (12)	Heritage Christian	20:01.7
7. Sophie Pribyl (8)	Maple Lake	20:01.7
8. Mary Miller (9)	Maple Lake	20:03.6
9. Gwen Helgeson (11)	Howard Lake-W-W.	20:07.6
10. Riley Nechanicky (11)	Providence	20:14.2
11. Jessica Scheer (12)	Annandale	20:14.9
12. Peyton Oslin (9)	Mora	20:17.1

### PINE CITY BOYS' RESULTS:

5000 m - 137 varsity runners

	place	time	
1. Tommy Ryan	9	17:13.8	PB #12 Sections / #61tie All-Time (14)
**** Qualifies for STATE ****			
2. Nate Webster	18	17:36.6	#144tie All-Time
3. Austin Eckert	51	18:32.8	
4. TJ Rank	62	18:56.9	
5. Jake Adams	66	19:06.9	
6. Charlie Emmons	81	19:34.0	
7. Noah Miller	95	20:02.2	
Alt. Remington Steele			
Alt. Koleman Lind			
Alt. Derek Clementson			

Top 5 Ave
18:17.4 BTY

### BOYS' TEAM RESULTS:

1. Mora	72
2. Heritage Christian Academy	107
3. Annandale	111
4. St. Cloud Cathedral	113
5. Spectrum-Legacy	151
<b>6. Pine City</b>	<b>200</b>
7. Watertown-Mayer	226
8. Rockford	236
9. Howard Lake-Wav/Win	237
10. Rush City	254
11. Northwest	291
12. Providence Academy	308
13. Maple Lake	333
14. Lester Praire	347
15. Maranatha Christian Academy	401
16. Milaca	419
17. Hinckley-Finlayson	462
18. North Lakes Academy	488
Legacy Christian Academy	Inc
St. Cloud Christian	Inc
Braham	Inc

### Individual State Meet Qualifiers:

1. Cooper Lennox (10)	Mora	16:30.2
2. Jack Heun (12)	Watertown-Mayer	16:48.2
3. Christopher Groth (12)	Annandale	16:58.5
4. Zackary Anderson (12)	Spectrum	17:06.2
5. Noah Bundrock (12)	Howard Lake-W-W.	17:09.6
6. Travis Miller (10)	Heritage Christian	17:10.3
7. Nels Trandahl (10)	Rockford	17:10.4
8. Jared Nordstrom (10)	Heritage Christian	17:10.9
<b>9. Tommy Ryan (11)</b>	<b>Pine City</b>	<b>17:13.8</b>
10. Justin Hiemkes (12)	Annandale	17:14.4
11. Michael Miller (11)	Maple Lake	17:15.4



# Tommy Ryan at STATE XC



34<sup>th</sup> Place - 16:55.6



# STATE CROSS COUNTRY MEET

at St. Olaf College in Northfield

Saturday, November 4, 2017

mild and overcast; 40 degrees

## PINE CITY BOYS' RESULTS:

5000 m - 176 runners

	<u>place</u>	<u>time</u>	
<b>Tommy Ryan</b>	<b>34</b>	<b>16:55.6</b>	<b>PB</b>
	#8 STATE / #27 All-Time (#10)		

1600m Split - 5:10.1

3200m Split

### Top 10 Finishers:

1 Matt Steiger (12)	La Crescent	15:44.8
2 Declan Dahlberg (12)	Mounds Park Academy	15:44.8
3 Geno Uhrbom (9)	Greenway Nashwauk-K.	15:56.4
4 Nick Meyer (12)	Wabasha-Kellogg	15:59.2
5 Keiser Freetly (12)	Lac Qui Parle Valley/DB	16:04.8
6 Emmet Anderson (9)	Staples-Mot	16:06.9
7 Owen Keiser (12)	Jordan	16:13.2
8 Cooper Lennox (10)	Mora	16:16.4
9 Jacob Bright (10)	West Central	16:18.5
10 Harris Anderson (10)	Math & Science Academy	16:20.2

### Area/Section runners:

9 Cooper Lennox (10)	Mora	16:16.4
11 Ethan Olson (12)	Moose Lake	16:24.4
13 Christopher Groth (12)	Annandale	16:25.7
18 Jack Heun (12)	Watertown-Mayer	16:37.3
30 Noah Bundrock (12)	Howard Lake-W-W.	16:53.8
34 <b>Tommy Ryan (11)</b>	<b>Pine City</b>	16:55.6
37 Justin Hiemkes (12)	Annandale	16:57.4
44 Travis Miller (10)	Heritage Christian	17:05.0
51 Michael Miller (11)	Maple Lake	17:13.4
59 Nels Trandahl (10)	Rockford	17:18.4
67 Jared Nordstrom (10)	Heritage Christian	17:21.3
74 Zackary Anderson (12)	Spectrum	17:24.5
77 Nathan Williams (11)	Mora	17:25.6
105 Zach Garza (12)	Mora	17:45.6
106 Evan Jacobson (10)	Heritage Christian	17:45.7
129 Rolf Preus (11)	Heritage Christian	18:04.0
135 Josh Rawls (9)	Mora	18:09.4
141 Kaden Smart (11)	Mora	18:17.5
144 Jordan Woods (12)	Mora	18:18.1
151 Wil Krueger (11)	Mora	18:28.6
153 Matthew Thomforde (12)	Heritage Christian	18:31.0
161 Carter Kneeland (10)	Heritage Christian	18:42.6
164 Grant Kokkinen (12)	Heritage Christian	18:49.5

## BOYS' "A" TEAM RESULTS:

1 Perham	118
2 St. James	148
3 Mankato Loyola/Cleveland	154
4 Lac Qui Parle Valley/DB	172
5 North Shore	175
6 Jordan	184
7 Greenway Nashwauk-K.	195
8 West Central	220
9 La Crescent	223
10 Staples-Motley	229
11 Mora	247
12 Mounds Park Academy	251
13 Heritage Christian	264
14 Mountain Lake	273
15 RAACHE	323
16 Ada-Borup/Norman Co.	351

## CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2017

Name	Gr	Year	Mil/Mo/Gr/Brain	Pine City	N.B. / Mora	Pierz	Milaca Mega	Foley / St. J.	Swain	Becker	Proc/Camb/Mo	Conference	Section	State	PB	Average
Kaitlyn Bailou	12	2017		28:42 (5k)		28:23 (5k)	28:45 (5k)	26:57 (5k)			X	DNR	PC-28:27 (5k)		26:57	28:15
Marin Foss	12	2017	Br. 23:14 (5k)	23:23 (5k)	24:13 (5k)	23:25 (5k)	23:16 (5k)	23:31 (5k)	24:40 (5k)		X	23:35 (5k)	PC-23:53 (5k)	Mora - 23:33	23:14	23:40
	11	2016	Br. 22:16 (5k)	23:23 (5k)	21:32 (5k)	22:53 (5k)				DNR	DNR	DNR	PC-22:32 (5k)	Milaca - 21:07	21:07	22:17
	10	2015	Br. 22:51 (5k)	21:44 (5k)	22:53 (5k)	22:43 (5k)	21:26 (5k)		21:40 (5k)	21:27 (5k)	21:55 (5k)	PC-20:37 (5k)	Milaca - 20:44	21:20.8	20:37	21:46
	9	2014	Gr. 22:58 (5k)	16:56 (4k)	16:47 (4k)	16:29 (4k)	16:41 (4k)		18:10 (4k)	16:16 (4k)	DNR	PC-16:44 (4k)	Milaca - 16:13	16:49.6	16:13	16:47
Janae Johnson	12	2017									X	PC-30:02 (5k)			30:02	30:02
	11	2016	Br. 29:42 (5k)		28:39 (5k)	28:09 (5k)	28:10 (5k)	26:45 (5k)		27:04 (5k)		26:42 (5k)	PC-26:11 (5k)		26:11	27:40
	10	2015	Br. 29:42 (5k)	28:45 (5k)	29:37 (5k)	28:46 (5k)	27:25 (5k)	26:41* (5k)		28:39 (5k)	28:01 (5k)	PC-26:23 (5k)			26:23	28:24
	9	2014	Gr. 28:43 (5k)	21:14 (4k)	20:46 (4k)	20:22 (4k)	20:03 (4k)	21:23 (4k)		20:13 (4k)	20:28 (4k)	PC-19:45 (4k)			19:45	20:32
	8	2013	Mora 9:19 (2k)	9:46 (2k)	9:35 (2k)	16:07 (3.2k)	16:21 (3.2k)			15:42 (3.2k)	21:02 (4k)	PC-14:32 (3k)		15:42 (3.2k)	16:03 (3.2k)	
Grace Langmade	12	2017	Br. 24:23 (5k)	23:50 (5k)	24:56 (5k)	24:13 (5k)				DNR	X	23:18 (5k)	PC-24:41 (5k)	Mora - 24:04	23:18	24:12
	11	2016	Br. 25:30 (5k)	24:39 (5k)	22:56 (5k)	23:03 (5k)	23:03 (5k)		23:22 (5k)	22:58 (5k)	DNF	PC-22:56 (5k)	Milaca - 23:33		22:56	23:33
	10	2015		22:12 (5k)	22:32 (5k)	22:29 (5k)	23:00 (5k)		21:56 (5k)	22:39 (5k)	21:58 (5k)	PC-21:50 (5k)	Milaca - 21:32	22:15.4	21:32	22:13
	9	2014	Gr. 27:24 (5k)	18:06 (4k)	17:51 (4k)	17:46 (4k)	17:30 (4k)	18:18 (4k)	19:05 (4k)	17:43 (4k)	DNR	PC-17:44 (4k)	Milaca - 17:29		17:29	17:57
Ava Tallarico	12	2017			30:15 (5k)	28:49 (5k)	28:48 (5k)	26:57 (5k)			X	29:19 (5k)	PC-29:07 (5k)		26:57	28:47
Ashli Webster	12	2017	Br. 23:18 (5k)	22:40 (5k)	23:31 (5k)	22:42 (5k)	23:10 (5k)	21:42 (5k)	24:13 (5k)		X	22:01 (5k)	PC-22:28 (5k)	Mora - 21:44	21:42	22:45
	11	2016	Br. 22:27 (5k)	23:09 (5k)	22:11 (5k)	22:33 (5k)	21:42 (5k)		22:39 (5k)	22:34 (5k)	21:22 (5k)	PC-21:48 (5k)	Milaca - 21:29		21:22	22:11
	10	2015	Br. 22:00 (5k)	21:40 (5k)	21:53 (5k)	21:48 (5k)	21:22 (5k)		21:07 (5k)	21:48 (5k)	21:35 (5k)	PC-20:52 (5k)	Milaca - 20:36	20:43.4	20:36	21:24
	9	2014	Gr. 23:46 (5k)	17:55 (4k)	17:15 (4k)	17:35 (4k)	18:26 (4k)		18:43 (4k)	17:52 (4k)	DNR	PC-17:28 (4k)	Milaca - 16:56		16:56	17:46
	8	2013	Mora 18:29 (4k)	18:54 (4k)	18:10 (4k)	18:10 (4k)	13:42 (3.2k)		18:55 (4k)	17:45 (4k)	17:57 (4k)	PC-17:45 (4k)	Milaca - 16:54		16:54	18:07
	7	2012		9:43 (2k)	9:14 (2k)	16:30 (3.2k)	15:49 (3.2k)			16:10 (3.2k)	14:13 (3k)	PC-13:58 (3k)		15:49 (3.2k)	16:09 (3.2k)	
Kaylee Prihoda	11	2017	Br. 26:21 (5k)	24:52 (5k)	26:12 (5k)	24:56 (5k)	25:56 (5k)	23:45 (5k)		DNR	X	23:36 (5k)	PC-24:30 (5k)	Mora - 23:44	23:36	24:52
	10	2016	Br. 26:48 (5k)	26:40 (5k)	24:57 (5k)	25:18 (5k)	24:41 (5k)		25:38 (5k)	25:32 (5k)	24:48 (5k)	PC-23:58 (5k)	Alt.		23:58	25:52
	8	2014	gr. 12:49 (2.5k)			15:07 (3.2k)	15:05 (3.2k)	18:22 (3.2k)	15:12 (3.2k)		PC-18:49 (4k)	19:26 (4k)		15:05 (3.2k)	15:08 (3.2k)	
	7	2013	Mora 8:54 (2k)	9:30 (2k)	9:08 (2k)	19:36 (4k)	14:57 (3.2k)		18:45 (4k)		PC-19:02 (4k)	19:25 (4k)	Alt.		18:45	19:12
Megan Stransky	8-11	2014 - 2017		Manager							X				Manager	
	7	2013	Mora 10:40 (2k)	10:38 (2k)	10:12 (2k)	17:22 (3.2k)	16:29 (3.2k)			17:51 (3.2k)	12:04 (2.4k)	PC-15:18 (3k)		16:29 (3.2k)	17:14 (3.2k)	
Alexis Thieman	11	2017	Br. 25:07 (5k)	23:42 (5k)	24:20 (5k)		DNF	22:48 (5k)	25:27 (5k)		X	22:37 (5k)	PC-22:45 (5k)	Mora - 22:55	22:37	23:43
	10	2016	Br. 24:22 (5k)	24:48 (5k)	23:04 (5k)	23:06 (5k)	22:37 (5k)		22:51 (5k)	23:23 (5k)	23:35 (5k)	PC-22:58 (5k)	Milaca - 22:40		22:35	23:14
	9	2015	Br. 26:15 (5k)	25:21 (5k)	25:50 (5k)	24:06 (5k)	24:28 (5k)	22:26* (5k)	Alt.	23:42 (5k)	23:28 (5k)	PC-23:03 (5k)	Alt.		23:03	24:22
	8	2014	Gr. 11:48 (2.5k)	19:10 (4k)	19:47 (4k)	14:34 (3.2k)	14:37 (3.2k)	17:43 (3.2k)		18:45 (4k)				14:34 (3.2k)	14:36 (3.2k)	
	7	2013	Mora 8:09 (2k)	8:58 (2k)	8:24 (2k)	18:13 (4k)	13:43 (3.2k)		19:25 (4k)	18:15 (4k)	19:04 (4k)	PC-17:50 (4k)	Milaca - 17:28		17:28	18:23
Grace Grubbs	10	2017	Br. 23:54 (5k)		DNF	22:37 (5k)	23:38 (5k)	22:36 (5k)	24:30 (5k)		X	23:07 (5k)	PC-23:03 (5k)	Mora - 22:29	22:29	23:14
	9	2016	Br. 23:50 (5k)		22:28 (5k)	22:43 (5k)	22:27 (5k)		23:13 (5k)		DNR	DNR	PC-22:34 (5k)	Milaca - 21:51	21:51	22:44
	8	2015	Br. 24:32 (5k)		DNF	25:50 (5k)	24:22 (5k)		23:09 (5k)	23:22 (5k)	23:13 (5k)	PC-22:33 (5k)	Milaca - 23:32	22:24.4	22:24	23:36
	7	2014	Gr. 11:55 (2.5k)	8:45 (2k)	8:55 (2k)	14:29 (3.2k)	14:31 (3.2k)	17:38 (3.2k)	Alt.	18:26 (4k)	18:30 (4k)	PC-18:20 (4k)	E. Alt.	14:29 (3.2k)	14:30 (3.2k)	
Alaina Steele	10	2017	Br. 22:23 (5k)	20:56 (5k)	21:20 (5k)	20:44 (5k)	20:27 (5k)	20:09 (5k)	20:52 (5k)	22:44 (5k)	X	20:52 (5k)	PC-21:19 (5k)	Mora - 21:09	20:09	21:12
	9	2016	Br. 23:12 (5k)		DNF	21:57 (5k)	22:42 (5k)		22:07 (5k)	23:00 (5k)	21:47 (5k)	PC-22:06 (5k)	Milaca - 21:14		21:14	22:16
	8	2015	Br. 22:04 (5k)	21:50 (5k)	21:52 (5k)	21:51 (5k)	21:22 (5k)		20:48 (5k)	20:59 (5k)	21:30 (5k)	PC-20:33 (5k)	Milaca - 20:48	20:54.7	20:33	21:19
	7	2014	Gr. 11:11 (2.5k)	7:55 (2k)	18:07 (2k)	13:25 (3.2k)	13:39 (3.2k)			19:26 (4k)	18:10 (4k)	PC-12:57 (3k)	E. Alt.	13:25 (3.2k)	13:32 (3.2k)	
Aaleaha Thieman	10	2017	Br. 26:48 (5k)	25:14 (5k)		DNF	25:00 (5k)	26:02 (5k)	24:36 (5k)	27:16 (5k)	X	25:21 (5k)	PC-26:00 (5k)		24:36	25:47
	9	2016	Br. 25:51 (5k)	26:24 (5k)	24:22 (5k)	24:39 (5k)	25:26 (5k)		23:59 (5k)	24:52 (5k)	DNR		E. Alt.		23:59	25:05
	8	2015	Br. 15:08 (3.2k)	8:35 (2k)	11:51 (2.5k)	14:54 (3.2k)	15:14 (3.2k)	23:44* (3.2k)		24:13 (5k)	24:00 (5k)	14:22 (3.2k)	E. Alt.	14:22 (3.2k)	14:55 (3.2k)	
	7	2014	Gr. 11:50 (2.5k)	8:46 (2k)	8:53 (2k)	14:49 (3.2k)	14:37 (3.2k)	18:31 (3.2k)		19:33 (4k)		PC-13:36 (3k)		14:37 (3.2k)	14:43 (3.2k)	
Leah Westerman	10	2017	Br. 26:48 (5k)	25:14 (5k)	26:25 (5k)	25:00 (5k)	26:03 (5k)	24:44 (5k)	27:16 (5k)		X	25:19 (5k)	PC-26:00 (5k)		24:44	25:52
Lily Wilson	10	2017	Br. 23:58 (5k)	23:04 (5k)	23:40 (5k)	22:49 (5k)	23:53 (5k)	22:36 (5k)	24:32 (5k)		X	DNR	PC-23:14 (5k)		22:36	23:28
	9	2016	Br. 24:00 (5k)	24:10 (5k)	22:34 (5k)	22:53 (5k)	22:30 (5k)		22:42 (5k)	23:16 (5k)	22:36 (5k)	PC-22:35 (5k)	Milaca - 22:00		22:00	22:56
Allison Cavallin	9	2017		25:35 (5k)	27:19 (5k)	25:15 (5k)	26:39 (5k)	24:36 (5k)	27:15 (5k)		X	25:17 (5k)	PC-25:54 (5k)		24:36	25:51
	8	2016	br. 16:52 (3.2k)	9:35 (2k)	11:47 (2.4k)	16:12 (3.2k)	15:40 (3.2k)			16:49 (3.2k)	15:47 (3.2k)	15:52 (3.2k)		15:40 (3.2k)	16:12 (3.2k)	
	7	2015	br. 16:19 (3.2k)	9:40 (2k)	12:27 (2.5k)		15:56 (3.2k)	15:49 (3.2k)		16:22 (3.2k)	15:51 (3.2k)	15:40 (3.2k)		15:40 (3.2k)	16:00 (3.2k)	
Ellaena Johnson	9	2017		Manager											Manager	
	8	2016	br. 16:22 (3.2k)	9:04 (2k)	11:12 (2.4k)	16:05 (3.2k)								16:05 (3.2k)	16:14 (3.2k)	
	7	2015	br. 15:08 (3.2k)	8:55 (2k)	11:51 (2.5k)	15:18 (3.2k)	15:14 (3.2k)	14:35 (3.2k)		15:27 (3.2k)	14:55 (3.2k)	14:31 (3.2k)		14:31 (3.2k)	15:01 (3.2k)	
Ely Tyberg	9	2017		Manager											Manager	
	8	2016		10:05 (2k)		DNF									10:05 (2k)	-
	7	2015		10:08 (2k)	13:14 (2.5k)	18:11 (3.2k)	17:19 (3.2k)	17:09 (3.2k)		17:31 (3.2k)		DNR	17:13 (3.2k)		17:09 (3.2k)	17:29 (3.2k)
Miriam Fromm	8	2017	br. 16:21 (3.2k)		9:32 (2k)	12:13 (2.4k)	15:59 (3.2k)	17:21 (3.2k)	16:10 (3.2k)		X	16:08 (3.2k)	16:27 (3.2k)		15:59 (3.2k)	16:24 (3.2k)
Kenzie Johnson	8	2017		11:29 (2k)	16:28 (2.4k)						X				x	x
Hailee Rydberg	8	2017	br. 17:49 (3.2k)	10:42 (2k)	12:54 (2.4k)	16:57 (3.2k)	17:54 (3.2k)	17:49 (3.2k)			X	16:27 (3.2k)	17:49 (3.2k)		16:27 (3.2k)	17:27 (3.2k)
Marguerite Grubbs	7	2017	br. 33:47 (3.2k)	21:40 (2k)	30:49 (2.4k)	38:50 (3.2k)	33:57 (3.2k)	32:53 (3.2k)			X	28:08 (3.2k)	29:22 (3.2k)		28:08 (3.2k)	32:38 (3.2k)
Ashley Peters	7	2017	br. 19:15 (3.2k)	11:11 (2k)	14:02 (2.4k)	18:39 (3.2k)		DNF			X	17:52 (3.2k)	19:31 (3.2k)		17:52 (3.2k)	18:49 (3.2k)

## CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2017

Name	Gr	Year	Mil/Mo/Gr/Brain	Pine City	N.B. / Mora	Pierz	Milaca Mega	Foley / St. J.	Swain	Becker	Proc/Camb/Mo	Conference	Section	State	PB	Average
Joseph Root	12	2017			23:55 (5k)	22:23 (5k)	25:12 (5k)	21:36 (5k)		X	21:29 (5k)	PC-21:00 (5k)			21:00	22:36
	11	2016	Br. 22:53 (5k)	23:41 (5k)	21:11 (5k)	22:06 (5k)	23:06 (5k)	22:01 (5k)			22:27 (5k)	21:56 (5k)	PC-22:07 (5k)		21:11	22:23
	10	2015	Br. 24:01 (5k)	23:42 (5k)	23:34 (5k)	23:21 (5k)	23:23 (5k)				23:24 (5k)	23:04 (5k)	PC-22:22 (5k)		22:22	23:21
	9	2014	Gr. 27:35 (5k)	27:26 (5k)	25:06 (5k)	27:01 (5k)	25:27 (5k)	29:59 (5k)			26:13 (5k)	23:50 (5k)	PC-25:05 (5k)		23:50	26:16
	8	2013	Mora 9:15 (5k)	10:27 (2k)	10:11 (2k)	16:47 (3.2k)					17:15 (3.2k)	30:02 (5k)	PC-16:11 (3k)		16:47 (3.2 k)	17:01 (3.2k)
7	2012	10:22:7 (2k)	10:38 (2k)	17:33 (3.2k)			DNR			17:29 (3.2k)		PC-15:15 (3k)		17:29 (3.2 k)	17:31 (3.2k)	
Remington Steele	12	2017	Br. 21:09 (5k)	19:58 (5k)	22:15 (5k)	20:58 (5k)	21:39 (5k)	19:12 (5k)	21:33 (5k)		X	19:49 (5k)	PC-20:16 (5k)	Alt.	19:12	20:45
	11	2016	Br. 20:47 (5k)	21:11 (5k)	19:40 (5k)	21:31 (5k)	21:17 (5k)		19:23 (5k)	21:17 (5k)	20:12 (5k)	PC-20:05 (5k)		Alt.	19:23	20:36
	10	2015	Br. 20:06 (5k)	21:04 (5k)	21:56 (5k)	20:07 (5k)	19:29 (5k)		19:43 (5k)	19:59 (5k)	19:58 (5k)	PC-18:39 (5k)	Milaca - 19:24		18:39	19:57
	9	2014	Gr. 22:37 (5k)	21:53 (5k)	21:28 (5k)	21:15 (5k)	22:36 (5k)	21:21 (5k)		20:38 (5k)	21:28 (5k)	PC-21:21 (5k)	E. Alt.		20:38	21:30
Jake Adams	11	2017	Br. 20:56 (5k)	19:52 (5k)	19:59 (5k)	19:51 (5k)		18:43 (5k)	20:20 (5k)		X	19:08 (5k)	PC-19:43 (5k)	Mora - 19:07	18:43	19:45
	10	2016	Br. 22:37 (5k)	22:34 (5k)	20:33 (5k)	21:08 (5k)	20:30 (5k)		20:40 (5k)	20:52 (5k)	20:02 (5k)	PC-20:08 (5k)	Milaca - 19:20		19:20	20:50
	9	2015	Br. 22:36 (5k)		22:51 (5k)	22:22 (5k)	22:10 (5k)	Fo 21:21* (5k)		22:56 (5k)	22:33 (5k)	PC-21:14 (5k)			21:14	22:20
	8	2014	gr. 11:15 (2.5k)	8:19 (2k)	8:34 (2k)	14:18 (3.2k)	15:03 (3.2k)	16:34 (3.2k)		23:34 (5k)		DNR	PC-12:35 (3k)		14:18 (3.2k)	14:40 (3.2k)
	7	2013	Mora 8:38 (2k)	8:42 (2k)	8:25 (2k)	13:39 (3.2k)	13:59 (3.2k)			13:47 (3.2k)	23:20 (5k)	PC-12:42 (3k)			13:39 (3.2k)	13:48 (3.2k)
TJ Rank	11	2017	Br. 20:29 (5k)	19:24 (5k)	19:52 (5k)	18:50 (5k)	19:55 (5k)	18:54 (5k)	20:34 (5k)		X	18:39 (5k)	PC-18:46 (5k)	Mora - 18:57	18:39	19:26
	10	2016	Br. 21:30 (5k)	21:28 (5k)	20:04 (5k)	20:49 (5k)	19:42 (5k)		19:23 (5k)	20:55 (5k)	19:46 (5k)	PC-20:04 (5k)	Milaca - 19:01		19:01	20:16
	9	2015	Br. 21:27 (5k)	21:18 (5k)	23:21 (5k)	21:35 (5k)	21:14 (5k)	Fo 20:44* (5k)		21:01 (5k)	21:15 (5k)	PC-20:02 (5k)			20:02	21:24
	8	2014	gr. 11:16 (2.5k)	8:04 (2k)	8:14 (2k)	15:37 (3.2k)	14:03 (3.2k)	15:48 (3.2k)		21:59 (5k)	22:10 (5k)	PC-12:56 (3k)			14:03 (3.2k)	14:50 (3.2k)
	7	2013	Mora 9:02 (2k)	9:01 (2k)	9:13 (2k)	15:14 (3.2k)	15:47 (3.2k)			14:53 (3.2k)	23:42 (5k)	PC-13:49 (3k)			14:53 (3.2k)	15:18 (3.2k)
Tommy Ryan	11	2017	Br. 18:02 (5k)	17:46 (5k)	17:52 (5k)	17:30 (5k)	17:48 (5k)	17:19 (5k)	19:02 (5k)		X	17:43 (5k)	PC-17:53 (5k)	Mora - 17:14	16:55.6 (5K)	16:55.6
	10	2016	Br. 18:47 (5k)	DNF	18:05 (5k)	18:11 (5k)	18:04 (5k)		18:21 (5k)	18:14 (5k)	17:49 (5k)	PC-18:25 (5k)	Milaca - 17:38		17:38	18:10
	9	2015	DNF			20:12 (5k)	19:30 (5k)		19:15 (5k)	19:24 (5k)	19:06 (5k)	PC-18:50 (5k)	Milaca - 18:37		18:37	19:16
Justin Stolp	11	2017	Br. 24:59 (5k)	24:49 (5k)	22:54 (5k)	23:00 (5k)	25:20 (5k)				X		PC-22:47 (5k)		22:47	23:56
	10	2016	Br. 28:14 (5k)	25:25 (5k)	22:25 (5k)	23:47 (5k)	23:42 (5k)	23:14 (5k)		23:55 (5k)	22:57 (5k)	PC-22:09 (5k)			22:09	23:59
	9	2015	Br. 29:27 (5k)	27:27 (5k)	25:24 (5k)	25:42 (5k)	26:12 (5k)	Fo 24:48* (5k)		24:03 (5k)	25:55 (5k)	PC-23:34 (5k)			23:34	25:55
	8	2014	gr. 13:47 (2.5k)	10:02 (2k)	10:01 (2k)			21:23 (3.2k)		16:52 (3.2k)	12:12 (2.4k)	PC-15:21 (3k)			16:52 (3.2k)	16:52 (3.2k)
	7	2013	Mora 9:58 (2k)	11:27 (2k)	10:17 (2k)	17:22 (3.2k)	18:07 (3.2k)			19:02 (3.2k)	31:28 (5k)	PC-16:40 (3k)			17:22 (3.2k)	17:45 (3.2k)
Kenny Vo	11	2017	Br. 30:19 (5k)	27:22 (5k)	DNF (25:46*)	25:57 (5k)	26:18 (5k)	24:44 (5k)			X	24:30 (5k)	PC-25:02 (5k)		24:30	26:16
Derek Clementson	10	2017	Br. 22:14 (5k)	20:26 (5k)	20:56 (5k)	20:08 (5k)	20:38 (5k)	19:54 (5k)	23:23 (5k)		X	23:23 (5k)	PC-21:10 (5k)		19:54	21:06
	9	2016	Br. 21:45 (5k)	20:42 (5k)	20:28 (5k)	20:17 (5k)	19:49 (5k)		19:33 (5k)	19:38 (5k)	18:53 (5k)	PC-18:44 (5k)	Milaca - 18:21		18:21	19:49
	8	2015	br. 15:43 (3.2k)	8:08 (2k)	10:59 (2.5k)	15:11 (3.2k)		13:51 (3.2k)		13:35 (3.2k)	13:38 (3.2k)	12:50 (3.2k)			12:50 (3.2k)	14:15 (3.2k)
	7	2014		9:35 (2k)	10:00 (2k)	18:38 (3.2k)	18:02 (3.2k)	20:32 (3.2k)		18:22 (3.2k)	11:44 (2.4k)	PC-14:22 (3k)			18:02 (3.2k)	18:21 (3.2k)
Austin Eckert	10	2017	Br. 19:17 (5k)	18:50 (5k)	19:38 (5k)	18:31 (5k)	18:52 (5k)		20:04 (5k)		X	18:31 (5k)	PC-18:49 (5k)	Mora - 18:33	18:31	19:00
	9	2016	Br. 21:43 (5k)	22:09 (5k)	21:14 (5k)	23:02 (5k)	21:15 (5k)		20:55 (5k)	23:01 (5k)	20:19 (5k)	PC-20:14 (5k)	Alt.		20:14	21:26
	8	2015	br. 13:09 (3.2k)	7:10 (2k)	9:31 (2.5k)	12:42 (3.2k)	11:47 (3.2k)	12:02 (3.2k)		20:29 (5k)	12:11 (3.2k)	12:02 (3.2k)			11:47 (3.2k)	12:19 (3.2k)
	7	2014	gr. 12:03 (2.5k)	8:16 (2k)	8:24 (2k)	13:59 (3.2k)	13:59 (3.2k)	16:11 (3.2k)		13:29 (3.2k)	9:36 (2.4k)	PC-12:11 (3k)			13:29 (3.2k)	14:29 (3.2k)
Koleman Lind	10	2017	Br. 21:25 (5k)	20:27 (5k)	20:15 (5k)	20:25 (5k)	20:44 (5k)	19:25 (5k)	21:40 (5k)		X	19:55 (5k)	PC-20:19 (5k)	Alt.	19:25	20:31
	9	2016	Br. 22:40 (5k)	22:48 (5k)	21:27 (5k)	22:36 (5k)	22:50 (5k)	22:22 (5k)		23:17 (5k)	21:45 (5k)	PC-21:44 (5k)			21:27	22:23
	8	2015	br. 14:02 (3.2k)	7:47 (2k)	10:35 (2.5k)	13:50 (3.2k)	14:09 (3.2k)	13:19 (3.2k)		13:22 (3.2k)	23:05 (5k)	13:00 (3.2k)			13:00 (3.2k)	13:37 (3.2k)
Matthew Long	10	2017	Br. 28:52 (5k)	26:43 (5k)	29:23 (5k)	26:13 (5k)	27:34 (5k)	26:23 (5k)			X	27:15 (5k)	PC-25:53 (5k)		25:53	27:14
	9	2016	Br. 28:38 (5k)	25:55 (5k)	24:26 (5k)	25:13 (5k)	25:37 (5k)	25:02 (5k)		25:18 (5k)	25:28 (5k)	PC-25:02 (5k)			24:26	25:38
	8	2015	br. 16:48 (3.2k)	9:10 (2k)	12:43 (2.5k)		16:22 (3.2k)	15:21 (3.2k)		16:01 (3.2k)	15:56 (3.2k)	15:10 (3.2k)			15:10 (3.2k)	15:56 (3.2k)
	7	2014	gr. 13:28 (2.5k)	9:22 (2k)	9:46 (2k)			18:46 (3.2k)		15:57 (3.2k)	11:33 (2.4k)	PC-14:30 (3k)			15:57 (3.2k)	17:22 (3.2k)
Jacob Merrick	10	2017	Br. 24:14 (5k)	23:25 (5k)	25:05 (5k)						X				23:25	24:15
	9	2016	Br. 23:18 (5k)	24:08 (5k)	21:51 (5k)										21:51	23:06
	8	2015	br. 16:24 (3.2k)	8:44 (2k)		16:02 (3.2k)	15:03 (3.2k)	14:51 (3.2k)		14:53 (3.2k)	15:03 (3.2k)	14:45 (3.2k)			14:45 (3.2k)	15:17 (3.2k)
	7	2014	gr. 12:58 (2.5k)	9:32 (2k)	9:57 (2k)	17:55 (3.2k)				17:00 (3.2k)	12:19 (2.4k)	DNF			17:00 (3.2k)	17:28 (3.2k)

## CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2017

Name	Gr	Year	Mil/Mo/Gr/Brain	Pine City	N.B. / Mora	Pierz	Milaca Mega	St. J. / Foley	Swain	Becker	Prin/Proc/Camb	Conference	Section	State	PB	Average
Noah Miller	10	2017	Br. 20:51 (5k)	19:43 (5k)	19:32 (5k)	19:18 (5k)	19:24 (5k)	19:14 (5k)	20:49 (5k)		X	19:31 (5k)	PC-19:44 (5k)	Mora - 20:02	19:14	19:49
	9	2016	Br. 20:09 (5k)	20:16 (5k)	19:30 (5k)	19:33 (5k)	19:29 (5k)		DNF	19:36 (5k)		18:58 (5k)	PC-19:23 (5k)	Milaca - 18:55	18:55	19:32
	8	2015	Br. 21:05 (5k)	20:37 (5k)	20:58 (5k)	20:51 (5k)	12:16 (3.2k)	Fo 19:20* (5k)		20:13 (5k)		20:37 (5k)	PC-19:40 (5k)	Alt.	19:40	20:30
	7	2014	gr. 11:16 (2.5k)	8:30 (2k)	8:41 (2k)	15:15 (3.2k)	14:58 (3.2k)	18:08 (3.2k)		14:48 (3.2k)		9:57 (2.4k)	PC-12:34 (3k)		14:48 (3.2k)	15:00 (3.2k)
Josh Rike	10	2017	Br. 24:17 (5k)	22:17 (5k)	22:52 (5k)	21:15 (5k)	21:45 (5k)	20:24 (5k)				20:50 (5k)	PC-21:55 (5k)		20:24	21:56
	8	2015	br. 15:57 (3.2k)	8:07 (2k)	10:44 (2.5k)	14:27 (3.2k)	14:22 (3.2k)					13:58 (3.2k)	13:55 (3.2k)		13:55 (3.2k)	14:32 (3.2k)
	7	2014	gr. 12:04 (2.5k)	8:31 (2k)	8:23 (2k)	13:50 (3.2k)	14:55 (3.2k)	18:36 (3.2k)		15:17 (3.2k)		10:20 (2.4k)	PC-13:02 (3k)		13:50 (3.2k)	14:41 (3.2k)
Nate Webster	10	2017	Br. 18:14 (5k)	17:51 (5k)	18:31 (5k)	17:45 (5k)	17:56 (5k)	17:33 (5k)	19:03 (5k)		X	17:51 (5k)	PC-18:08 (5k)	Mora - 17:37	17:33	18:03
	9	2016	Br. 18:42 (5k)	19:05 (5k)	18:08 (5k)	19:09 (5k)	18:14 (5k)		18:33 (5k)	19:06 (5k)		18:25 (5k)	PC-18:29 (5k)	Milaca - 17:54	17:54	18:35
	8	2015	br. 13:21 (3.2k)	7:31 (2k)	9:44 (2.5k)	12:45 (3.2k)	12:33 (3.2k)	12:21 (3.2k)		20:27 (5k)		12:55 (3.2k)	12:31 (3.2k)		12:21 (3.2k)	12:44 (3.2k)
	7	2014	gr. 10:59 (2.5k)	8:12 (2k)	8:17 (2k)	13:33 (3.2k)	13:22 (3.2k)	16:00 (3.2k)		22:04 (5k)		DNR	PC-12:20 (3k)		13:22 (3.2k)	13:28 (3.2k)
Charlie Emmons	9	2017	Br. 21:17 (5k)	20:44 (5k)	20:42 (5k)	19:37 (5k)	20:16 (5k)	19:35 (5k)	20:40 (5k)		X	19:30 (5k)	PC-22:08 (5k)	Mora - 19:34	19:30	20:12
	8	2016		8:30 (2k)	10:13 (2.4k)	14:04 (3.2k)	14:41 (3.2k)	14:17 (3.2k)		14:30 (3.2k)		13:11 (3.2k)			13:11 (3.2k)	14:06 (3.2k)
Parker Sell	9	2017	Br. 23:59 (5k)	21:57 (5k)	22:37 (5k)	21:37 (5k)		20:51 (5k)			X	20:35 (5k)	PC-21:05 (5k)		20:35	21:49
	8	2016	br. 14:39 (3.2k)	8:22 (2k)	9:54 (2.4k)	13:38 (3.2k)		13:22 (3.2k)		DNR	13:04 (3.2k)				13:04 (3.2k)	13:41 (3.2k)
Peyton Smetana	9	2017	Br. 24:19 (5k)	22:19 (5k)	25:32 (5k)	21:24 (5k)		21:07 (5k)			X	21:33 (5k)	PC-21:18 (5k)		21:07	22:30
	8	2016	br. 14:09 (3.2k)	8:13 (2k)	9:49 (2.4k)	13:32 (3.2k)	13:48 (3.2k)	13:22 (3.2k)		DNR	13:09 (3.2k)				13:09 (3.2k)	13:36 (3.2k)
Lukas Struss	9	2017	Br. 21:58 (5k)	20:58 (5k)	22:23 (5k)	20:39 (5k)		20:34 (5k)			X	21:12 (5k)	DNF		20:34	21:17
	8	2016	br. 15:03 (3.2k)	8:22 (2k)	10:00 (2.4k)	13:50 (3.2k)	14:17 (3.2k)	14:27 (3.2k)		14:56 (3.2k)		14:10 (3.2k)	13:39 (3.2k)		13:39 (3.2k)	14:20 (3.2k)
	7	2015	br. 16:09 (3.2k)	8:40 (2k)	11:59 (2.5k)	15:53 (3.2k)	14:52 (3.2k)	14:12 (3.2k)		15:19 (3.2k)		14:39 (3.2k)	14:05 (3.2k)		14:05 (3.2k)	15:01 (3.2k)
Ethean Wiechman	9	2017	Br. 28:33 (5k)	30:25 (5k)	28:49 (5k)	27:25 (5k)		27:27 (5k)			X				27:25	28:01
	8	2016		9:29 (2k)	11:17 (2.4k)	17:51 (3.2k)	15:41 (3.2k)	16:41 (3.2k)		18:47 (3.2k)		16:16 (3.2k)	17:01 (3.2k)		15:41 (3.2k)	16:09 (3.2k)
	7	2015			14:04 (2.5k)	18:07 (3.2k)	17:00 (3.2k)	15:37 (3.2k)		16:29 (3.2k)		17:26 (3.2k)	15:30 (3.2k)		15:30 (3.2k)	16:42 (3.2k)
Hunter Danielson	8	2017	br. 14:24 (3.2k)	8:14 (2k)	10:28 (2.4k)	14:03 (3.2k)	14:16 (3.2k)	13:57 (3.2k)			X	13:48 (3.2k)	14:37 (3.2k)		13:48 (3.2k)	14:11 (3.2k)
	7	2016	br. 16:47 (3.2k)	8:28 (2k)	10:25 (2.4k)	14:54 (3.2k)	14:18 (3.2k)	14:20 (3.2k)		DNR	14:17 (3.2k)	14:05 (3.2k)			14:05 (3.2k)	14:47 (3.2k)
Robert Eckert	8	2017	br. 20:14 (3.2k)	11:50 (2k)	14:27 (2.4k)		18:51 (3.2k)				X	20:01 (3.2k)			18:51 (3.2k)	19:26 (3.2k)
Jarred Juhl	8	2017	br. 19:40 (3.2k)	9:52 (2k)	12:48 (2.4k)	17:48 (3.2k)					X				17:48 (3.2k)	18:44 (3.2k)
Casey Knutson	8	2017	br. 13:38 (3.2k)	7:32 (2k)	9:23 (2.4k)	13:49 (3.2k)	13:42 (3.2k)	12:53 (3.2k)			X	12:33 (3.2k)	13:41 (3.2k)		12:33 (3.2k)	13:23 (3.2k)
Seth Linnell	8	2017	br. 15:18 (3.2k)	8:30 (2k)	10:47 (2.4k)	14:26 (3.2k)	14:47 (3.2k)				X	14:18 (3.2k)	14:44 (3.2k)		14:18 (3.2k)	14:43 (3.2k)
Bryce Roberts	8	2017	br. 17:54 (3.2k)	9:20 (2k)	12:06 (2.4k)	15:39 (3.2k)	15:19 (3.2k)	15:46 (3.2k)			X	14:35 (3.2k)	14:16 (3.2k)		14:16 (3.2k)	15:35 (3.2k)
	7	2016		9:06 (2k)	11:52 (2.4k)	17:45 (3.2k)	15:40 (3.2k)	16:04 (3.2k)		16:17 (3.2k)		15:59 (3.2k)	15:43 (3.2k)		15:40 (3.2k)	16:15 (3.2k)
Mason Rydberg	8	2017	br. 20:13 (3.2k)	12:38 (2k)	14:29 (2.4k)		19:55 (3.2k)	20:38 (3.2k)			X	20:11 (3.2k)	21:23 (3.2k)		19:55 (3.2k)	20:28 (3.2k)
Aidan Welch	8	2017	br. 15:01 (3.2k)	8:21 (2k)	10:38 (2.4k)	14:45 (3.2k)	13:42 (3.2k)	13:49 (3.2k)			X	13:44 (3.2k)	13:38 (3.2k)		13:38 (3.2k)	14:07 (3.2k)
	7	2016	br. 15:03 (3.2k)	8:22 (2k)	10:04 (2.4k)	14:28 (3.2k)	13:30 (3.2k)	14:05 (3.2k)		13:55 (3.2k)		13:33 (3.2k)	13:26 (3.2k)		13:26 (3.2k)	14:00 (3.2k)
Drake Willert	8	2017	br. 13:08 (3.2k)	7:31 (2k)	9:34 (2.4k)	12:36 (3.2k)	12:42 (3.2k)	20:11 (5k)			X	27:38 (5k)	DNR		12:36 (3.2k)	12:49 (3.2k)
	7	2016			10:07 (2.4k)	15:52 (3.2k)		15:01 (3.2k)		DNR	14:03 (3.2k)	13:56 (3.2k)			13:56 (3.2k)	14:43 (3.2k)
Damion Torgerson	7	2017					15:25 (3.2k)	15:51 (3.2k)			X	14:30 (3.2k)	14:47 (3.2k)		14:30 (3.2k)	15:08 (3.2k)
Luke Wilson	7	2017	br. 15:17 (3.2k)	8:29 (2k)	11:52 (2.4k)	15:16 (3.2k)					X	16:03 (3.2k)			15:16 (3.2k)	15:32 (3.2k)

## AVERAGE MILE TIMES AT MEETS - 2017

Boys Name	PB - 2016	Brainerd	Pine City	Mora	Pierz	Milaca Mega	Foley	Swain	Mora	Conference	Section 5A	State	Best	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Joseph Root - 12	6:50			7:41	7:12	8:07	6:57		6:55	6:46			6:46	7:16
Remington Steele	6:15	6:47	6:26	7:09	6:45	6:58	6:11	6:55	6:23	6:31			6:11	6:40
Jake Adams - 11	6:14	6:43	6:24	6:24	6:23	6:22	6:01	6:32	6:10	6:21	6:08		6:01	6:21
TJ Rank	6:07	6:34	6:15	6:23	6:04	6:25	6:05	6:35	6:00	6:03	6:05		6:00	6:14
Tommy Ryan	5:41	5:47	5:43	5:44	5:38	5:44	5:34	6:06	5:42	5:45	5:31	5:27	5:27	5:41
Justin Stolp	7:08	8:01	7:59	7:20	7:24	8:09				7:20			7:20	7:41
Kenny Vo		9:44	8:43		8:21	8:28	7:58		7:53	8:04			7:53	8:26
Derek Clementson - 10	5:54	7:08	6:34	6:43	6:29	6:38	6:24	7:30		6:49			6:24	6:47
Austin Eckert	6:31	6:11	6:04	6:18	5:58	6:04	6:15	6:26	5:58	6:03	5:57		5:57	6:06
Koleman Lind	6:55	6:53	6:35	6:31	6:34	6:40	6:15	6:58	6:25	6:32			6:15	6:35
Matthew Long	7:52	9:16	8:29	9:29	8:26	8:52	8:29		8:46	8:20			8:20	8:44
Jacob Merrick	7:03	7:46	7:32	8:04	-	-	-	-	-	-	-	-	7:32	7:48
Noah Miller	6:05	6:42	6:21	6:16	6:13	6:14	6:11	6:40	6:17	6:21	6:26		6:11	6:21
Josh Rike		7:48	7:09	7:20	6:50	7:00	6:34		6:42	7:03			6:34	7:03
Nate Webster	5:46	5:50	5:45	5:57	5:43	5:46	5:39	6:06	5:45	5:50	5:39		5:39	5:47
Charlie Emmons - 9		6:50	6:40	6:39	6:19	6:31	6:18	6:16	6:17	6:29	6:16		6:16	6:29
Parker Sell		7:41	7:05	7:16	6:58		6:43		6:38	6:47			6:38	7:00
Peyton Smetana		7:48	7:10	8:12	6:53		6:48		6:56	6:51			6:48	7:14
Lukas Struss		7:03	6:45	7:11	6:39		6:37		6:50	DNF			6:37	6:50
Ethean Wiechman		9:10	8:58	9:15	8:49		8:50						8:49	9:00
Drake Willert - 8							6:30		8:53				6:30	-
													<b>Best</b>	<b>Average</b>
	<b>3200 m</b>	<b>3200 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>-</b>	<b>3200 m</b>	<b>3200 m</b>			<b>3200 m</b>	<b>3200 m</b>
Hunter Danielson - 8	7:03	7:11	6:38	7:00	7:04	7:08	7:01		6:57	7:21			6:54	7:05
Robert Eckert		10:07	9:31	9:39		9:25				10:04			9:25	9:43
Jarred Juhl		9:50	7:56	8:30	8:57								8:54	9:22
Casey Knutson		6:49	6:04	6:15	6:57	6:51	6:29		6:19	6:53			6:17	6:42
Seth Linnell		7:39	6:50	7:10	7:15	7:23			7:12	7:25			7:09	7:22
Bryce Roberts	7:40	8:57	7:31	8:04	7:52	7:40	7:56		7:20	7:11			7:08	7:48
Mason Rydberg		10:06	10:10	9:39		9:58	10:23		10:09	10:45			9:58	10:14
Aidan Welch	6:43	7:30	6:43	7:07	7:25	6:53	6:57		6:54	6:51			6:49	7:04
Drake Willert	6:58	6:34	6:03	6:22	6:20	6:21	JV		JV				6:19	6:25
Damion Torgerson - 7						7:43	7:58		7:18				7:15	7:34
Luke Wilson		7:38	6:50	7:55	7:41					8:04			7:38	7:46
Girls Name	PB - 2016	Brainerd	Pine City	Mora	Pierz	Milaca Mega	Foley	Swain	Mora	Conference	Section 5A	State	Best	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Kaitlyn Ballou - 12			9:14		9:08	9:15	8:40			9:10			8:40	9:03
Marin Foss	6:48	7:27	7:32	7:46	7:32	7:29	7:34	7:56	7:35	7:41	7:33		7:27	7:37
Janae Johnson	8:26									9:40			9:40	9:40
Grace Langmade	7:24	7:49	7:40	8:01	7:48				7:29	7:57	7:43		7:29	7:46
Ava Tallarico				9:44	9:16	9:16	8:41		9:24	9:22			8:41	9:15
Ashli Webster	6:53	7:29	7:18	7:33	7:19	7:27	6:59	7:46	7:04	7:14	6:58		6:58	7:17
Kaylee Prihoda - 11	7:43	8:28	8:00	8:25	8:01	8:20	7:39		7:35	7:53	7:37		7:35	7:59
Alexis Thieman	7:17	8:04	7:38	7:49		DNF	7:20	8:10	7:16	7:19	7:22		7:16	7:37
Grace Grubbs - 10	7:03	7:40		DNF	7:17	7:36	7:16	7:53	7:25	7:25	7:12		7:12	7:27
Alaina Steele	6:51	7:11	6:44	6:51	6:40	6:35	6:29	7:17	6:42	6:52	6:47		6:29	6:48
Aaleaha Thieman	7:43	8:36	8:07	DNF	8:03	8:23	7:55	8:46	8:09	8:22			7:55	8:17
Leah Westerman		8:36	8:07	8:30	8:03	8:23	7:58	8:46	8:08	8:22			7:58	8:18
Lily Wilson	7:05	7:41	7:26	7:37	7:21	7:41	7:16	7:53		7:29			7:16	7:32
Allison Cavallin - 9			8:14	8:46	8:08	8:34	7:55	8:46	8:07	8:01			7:55	8:18
													<b>Best</b>	<b>Average</b>
	<b>3200 m</b>	<b>3200 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>-</b>	<b>3200 m</b>	<b>3200 m</b>			<b>3200 m</b>	<b>3200 m</b>
Miriam Fromm - 8		8:10	7:40	8:10	8:02	8:43	8:08		8:04	8:16			8:00	8:12
Kenzie Johnson			9:15	11:00									x	x
Hailee Rydberg		8:54	8:37	8:39	8:31	9:00	8:58		8:14	8:58			8:14	8:44
Marguerite Grubbs - 7		16:53	17:26	20:30	19:31	16:58	16:32		14:04	14:46			14:04	16:19
Ashley Peters		9:37	9:00	9:20	9:23		DNF		8:56	9:49			8:56	9:25

**TEAM POSITIONS AT MEETS - 2017**

<b>Boys Name</b>	<b>Brainerd</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Milaca Mega</b>	<b>Foley</b>	<b>Swain</b>	<b>Mora</b>	<b>Conference</b>	<b>Section 5A</b>	<b>State</b>	<b>Average</b>
	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>
Joseph Root - 12			15	15	12	15		13	10			80
Remington Steele	7	7	10	11	10	5	8	8	8			8.2
Jake Adams - 11	6	6	6	7	5	3	4	5	5	5		5.2
TJ Rank	4	4	5	4	6	4	5	4	3	4		4.3
Tommy Ryan	1	1	1	1	1	1	1	1	1	1	1	1.0
Justin Stolp	16	16	14	16	13				15			15.0
Kenny Vo	19	18	DNF	17	14	16			15			16.4
Derek Clementson - 10	11	8	9	8	8	9	10		12			9.4
Austin Eckert	3	3	4	3	3		3	3	4	3		3.2
Koleman Lind	9	9	7	9	9	7	9	9	9			8.6
Matthew Long	18	17	19	18	15	17			16	17		17.1
Jacob Merrick	13	15	16	-	-	-	-	-	-	-		14.7
Noah Miller	5	5	3	5	4	6	7	7	6	7		5.5
Josh Rike	14	13	13	12	11	11			11	14		12.4
Nate Webster	2	2	2	2	2	2	2	2	2	2	2	2.0
Charlie Emmons - 9	8	10	8	6	7	8	6	6	7	6		7.2
Parker Sell	12	12	12	14		13			10	11		12.0
Peyton Smetana	15	14	17	13		14			14	13		14.3
Lukas Struss	10	11	11	10		12			12	DNF		11.0
Ethean Wiechman	17	19	18	19		18						18.2
Drake Willert - 8						10			17			13.5
	<b>3200 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>-</b>	<b>3200 m</b>	<b>3200 m</b>			<b>Average</b>
Hunter Danielson - 8	3	3	3	3	4	3		3	4			3.3
Robert Eckert	10	9	9		8				8			8.8
Jarred Juhl	8	8	8	8								8.0
Casey Knutson	2	2	1	2	2	1		1	2	2		1.6
Seth Linnell	6	6	5	4	5			4	5			5.0
Bryce Roberts	7	7	7	7	6	4		6	3			5.9
Mason Rydberg	9	10	10		9	6		7	9			8.6
Aidan Welch	4	4	4	5	3	2		2	1			3.1
Drake Willert	1	1	2	1	1	JV		JV	DNR			1.2
Damion Torgerson - 7					7	5		5	6			5.8
Luke Wilson	5	5	6	6					7			5.8
<b>Girls Name</b>	<b>Brainerd</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Milaca Mega</b>	<b>Foley</b>	<b>Swain</b>	<b>Mora</b>	<b>Conference</b>	<b>Section 5A</b>	<b>State</b>	<b>Average</b>
	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>Average</b>
Kaitlyn Ballou - 12		11		11	10	11			12			11.0
Marin Foss	2	4	4	5	3	6	5	6	6	5		4.6
Janae Johnson									14			14.0
Grace Langmade	6	6	6	6				5	8	7		6.3
Ava Tallarico			10	12	11	12		11	13			11.5
Ashli Webster	3	2	2	3	2	2	2	2	2	2		2.2
Kaylee Pihoda - 11	8	7	7	7	6	7		7	7	6		6.9
Alexis Thieman	7	5	5		DNF	5	6	3	3	4		4.8
Grace Grubbs - 10	4		DNF	2	4	3	3	4	4	3		3.4
Alaina Steele	1	1	1	1	1	1	1	1	1	1		1.0
Aaleaha Thieman	9	8	DNF	8	7	8	9	10	11			8.8
Leah Westerman	10	9	8	9	8	10	8	9	10			9.0
Lily Wilson	5	3	3	4	5	4	4		5			4.1
Allison Cavallin - 9		10	9	10	9	9	7	8	9			8.9
	<b>3200 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>-</b>	<b>3200 m</b>	<b>3200 m</b>			<b>Average</b>
Miriam Fromm - 8	1	1	1	1	1	1		1	1			1.0
Kenzie Johnson		4	4									4.0
Hailee Rydberg	2	2	2	2	2	2		2	2			2.0
Marquerite Grubbs - 7	4	5	5	4	3	3		4	4			3.6
Ashley Peters	3	3	3	3		DNF		3	3			3.0

## PLACE FINISHES AT MEETS - 2017

Boys Name	Brainerd	Pine City	Mora	Pierz	Milaca Mega	Foley	Swain	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Joseph Root - 12			85jv	118jv	532jv	72jv		76	3jv			
Remington Steele	46	38	104	66jv	261jv	19jv	156	48	19			68.5
Jake Adams - 11	44	34	59	76	113	35	109	33	14	66		58.3
TJ Rank	41	24	56	51	121	41	119	27	9	62		55.1
Tommy Ryan	6	1	5	5	18	4	28	8	1	1	<b>34</b>	7.7 / 10.1
Justin Stolp	65jv	65jv	65jv	136jv	540jv				8jv			146.5jv
Derek Clementson - 10	31jv	4jv	23jv	38jv	127 - 10th	60	78jv		5jv			29.8jv
Austin Eckert	26	13	49	36	70		92	20	11	51		368.0
Koleman Lind	23jv	5jv	10jv	85	133 - 10th	25jv	29jv	51	2jv			15.7jv
Matthew Long	77jv	74jv	141jv	185jv	353 - 10th	130jv		113	16jv			103.8jv
Jacob Merrick	58jv	48jv	107jv	-	-	-	-	-	-			71.0jv
Noah Miller	42	30	46	61	97	47	130	42	15	95		60.5
Josh Rike	59jv	29jv	64jv	75jv	185 - 10th	50jv		65	7jv			47.3jv
Nate Webster	8	2	14	10	22	9	31	9	2	18		12.5
Charlie Emmons - 9	16jv	7jv	20jv	24jv	134	57	9jv	41	1jv	81		12.8jv
Parker Sell	54jv	23jv	58jv	91jv		60jv		62	4jv			48.3jv
Peyton Smetana	61jv	30jv	116jv	84jv		66jv		78	6jv			60.5jv
Lukas Struss	29jv	9jv	54jv	53jv		54jv		73	DNF			39.5jv
Ethan Wiechman	75jv	81jv	138jv	199jv		132jv						125jv
Drake Willert - 8						42jv		114				42jv
	<b>3200 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>-</b>	<b>3200 m</b>	<b>3200 m</b>			
Hunter Danielson - 8	43	17	40	40	176 - 8th	35		22	10			47.9
Robert Eckert	102	51	120		351 - 8th				22			129.2
Jarred Juhl	100	42	110	140								98.0
Casey Knutson	20	8	10	37	121 - 8th	11		3	4			26.8
Seth Linnell	62	22	53	56	209 - 8th			30	11			63.3
Bryce Roberts	93	32	95	101	255 - 8th	77		34	9			87.0
Mason Rydberg	101	52	121		358 - 8th	115		47	23			116.7
Aidan Welch	54	18	47	74	128 - 8th	31		19	3			45.8
Drake Willert	12	7	13	9	44 - 8th	JV		JV	DNR			17.0
Damion Torgerson - 7					171 - 7th	80		33	14			73.5
Luke Wilson	60	21	90	89					16			55.2
Girls Name	Brainerd	Pine City	Mora	Pierz	Milaca Mega	Foley	Swain	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Kaitlyn Ballou - 12		30jv		73jv	332jv	40jv			7jv			96.4jv
Marin Foss	17	22	55	59	68	46	88	40	13	84		49.2
Janae Johnson									10jv			-
Grace Langmade	30	25	73	71				37	14	97		49.6
Ava Tallarico			61jv	77jv	335jv	41jv		76	9jv			104.6jv
Ashli Webster	18	14	39	51	63	18	73	21	2	42		34.1
Kaylee Pihoda - 11	11jv	40	18jv	75	137	49		41	1jv	90		72.0
Alexis Thieman	37	23	56		DNF	35	108	28	3	69		44.9
Grace Grubbs - 10	23		DNF	47	82	29	82	34	5	63		45.6
Alaina Steele	8	2	8	7	7	3	31	6	1	30		10.3
Aaleaha Thieman	13jv	8jv	DNF	31jv	73 - 10th	9jv	90jv	53	4jv			25.8jv
Leah Westerman	14jv	9jv	19jv	32jv	75 - 10th	13jv	89jv	52	3jv			25.6jv
Lily Wilson	25	20	43	53	88	30	83		8			43.8
Allison Cavallin - 9		12jv	32jv	39jv	106 - 9th	10jv	87jv	51	2jv			30.3jv
	<b>3200 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>-</b>	<b>3200 m</b>	<b>3200 m</b>			
Miriam Fromm - 8	44	22	44	50	170 - 8th	25		15	3			47.6
Kenzie Johnson		49	83									66.0
Hailee Rydberg	71	39	61	73	193 - 8th	46		20	6			64.6
Marquerite Grubbs - 7	88	59	87	114	212 - 7th	66		27	14			82.0
Ashley Peters	82	46	74	98		DNF		25	10			55.8





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

<u>PINE CITY</u>				<u>Mora</u>				<u>PIERZ</u>				<u>ALL-TIME BEST 4K</u>			
20:56	Alaina Steele	2017		21:20	Alaina Steele	2017		20:44	Alaina Steele	2017		15:44	Sherry Rike	2011	SECT
21:40	Ashli Webster	2015		21:32	Marin Foss	2016		21:20	Allison Gusk	2015		15:45	Abby Cummins	2011	SECT
21:41	Allison Gusk	2015		21:51	Allison Gusk	2015		21:48	Ashli Webster	2015		15:46	Emily Branzovsky	2003	SECT
21:44	Marin Foss	2015		21:52	Alaina Steele	2015		21:51	Alaina Steele	2015		15:50	Emily Branzovsky	2003	STA
21:50	Alaina Steele	2015		21:53	Ashli Webster	2015		21:57	Alaina Steele	2016		15:52	Abby Cummins	2012	SECT
22:12	Grace Langmade	2015		22:11	Ashli Webster	2016		22:28	Grace Langmade	2015		15:55	Abby Cummins	2012	GRC
22:40	Ashli Webster	2017		22:28	Grace Grubbs	2016		22:33	Ashli Webster	2016		15:56	Emily Branzovsky	2003	BECK
23:04	Lily Wilson	2017		22:32	Grace Langmade	2015		22:37	Grace Grubbs	2017		16:02	Abby Cummins	2010	SECT
23:09	Ashli Webster	2016		22:34	Lily Wilson	2016		22:42	Ashli Webster	2017		16:13	Marin Foss	2014	SECT
23:23	Marin Foss	2016/17		22:53	Marin Foss	2015		22:43	Grace Grubbs	2016		16:13	Abby Cummins	2012	MEGA
												16:14	Allison Gusk	2014	SECT
<u>MILACA MEGA (G.C.)</u>				<u>SWAIN</u>				<u>Becker</u>				<u>Camb./Mora</u>			
20:27	Alaina Steele	2017		20:48	Alaina Steele	2015		20:59	Alaina Steele	2015		20:52	Alaina Steele	2017	
21:22	Alaina Steele	2015		21:06	Allison Gusk	2015		21:27	Marin Foss	2015		21:04	Allison Gusk	2015	
21:22	Ashli Webster	2015		21:07	Ashli Webster	2015		21:27	Allison Gusk	2015		21:22	Ashli Webster	2016	
21:23	Allison Gusk	2015		21:40	Marin Foss	2015		21:48	Ashli Webster	2015		21:30	Alaina Steele	2015	
21:26	Marin Foss	2015		21:56	Grace Langmade	2015		22:34	Ashli Webster	2016		21:35	Ashli Webster	2015	
21:42	Ashli Webster	2016		22:07	Alaina Steele	2016		22:39	Grace Langmade	2015		21:47	Alaina Steele	2016	
22:27	Grace Grubbs	2016		22:36	Makayla Butenhoff	2015		22:58	Grace Langmade	2016		21:55	Marin Foss	2015	
22:30	Lily Wilson	2016		22:39	Ashli Webster	2016		22:59	Jill Tomczyk	2015		21:58	Grace Langmade	2015	
22:37	Alexis Thieman	2016		22:42	Lily Wilson	2016		23:00	Alaina Steele	2016		22:01	Ashli Webster	2017	
22:42	Alaina Steele	2016		22:51	Alexis Thieman	2016		23:16	Lily Wilson	2016		22:35	Alexis Thieman	2016	
<u>CONFERENCE</u>				<u>SECTION</u>				<u>STATE</u>				<u>ALL-TIME BEST 5K</u>			
20:33	Alaina Steele	2015	PC	20:36	Ashli Webster	2015	ML	20:28	Allison Gusk	2015		20:28	Allison Gusk	2015	STATE
20:37	Marin Foss	2015	PC	20:37	Allison Gusk	2015	ML	20:43	Ashli Webster	2015		20:33	Alaina Steele	2015	GRC-PC
20:48	Allison Gusk	2015	PC	20:44	Marin Foss	2015	ML	20:55	Alaina Steele	2015		20:36	Ashli Webster	2015	Section
20:52	Ashli Webster	2015	PC	20:48	Alaina Steele	2015	ML	21:11	Makayla Butenhoff	2015		20:37	Marin Foss	2015	GRC-PC
21:19	Alaina Steele	2017	PC	20:58	Makayla Butenhoff	2015	ML	21:21	Marin Foss	2015		20:37	Allison Gusk	2015	Section
21:48	Ashli Webster	2016	PC	21:07	Marin Foss	2016	ML	22:15	Grace Langmade	2015		20:43	Ashli Webster	2015	STATE
21:50	Grace Langmade	2015	PC	21:09	Alaina Steele	2017	Mo	22:24	Grace Grubbs	2015		20:44	Marin Foss	2015	Section
21:53	Makayla Butenhoff	2015	PC	21:14	Alaina Steele	2016	ML					20:48	Allison Gusk	2015	GRC-PC
22:06	Alaina Steele	2016	PC	21:29	Ashli Webster	2016	ML					20:48	Alaina Steele	2015	Swain
22:28	Ashli Webster	2017	PC	21:32	Grace Langmade	2015	ML	15:50	Emily Branzovsky	2003		20:48	Alaina Steele	2015	Section
								16:50	Marin Foss	2014		20:52	Ashli Webster	2015	GRC-PC

**BOYS**  
**TOP CROSS COUNTRY TEAMS AT MEETS**  
**By Top-5 Average Times**  
**2017**

<u>PINE CITY INVITE (Top 11)</u>				<u>STATE at St. Olaf in Northfield (Only 4)</u>			
18:28	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer		17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	
18:32	2005	C. Fischer, T. McNally, T. Miche, A. Lutz & Jo. Clementson		17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	
18:38	1997	Pe. Johnson, R. Wasson, Pa. Johnson, J. Larson & J.R. Anderson		17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	
18:43	2017	<b>T. Ryan, N. Webster, A. Eckert, TJ Rank &amp; N. Miller</b>		18:14	2000	Ja. Clementson, J. Lee, Pe. Johnson, R. Arola & J. Oare	
18:43	2002	Ja. Clementson, C. Lutz, S. Peterson, Dv. Hansen, & C. Greden					
18:51	2007	T. McNally, C. Fischer, Z. Swanson, A. Lutz & D. Hambly					
19:01	2000	R. Hammill, Ja. Clementson, J. Lee, J. Oare & R. Arola					
19:02	2014	E. Foss, N. Adams, E. Grubbs, J. Spahr & J. Pixley					
19:07	2010	C. Hanson, J. Dedic, N. Bremer, J. Guttormson & C. Maki					
19:13	2001	Ja. Clementson, Dv. Hansen, C. Lutz, R. Arola & C. Zak					
19:19	1996	J.R. Anderson, R. Wasson, R. Anderson, Q. Patzoldt & B. Runyan					
<u>CONFERENCE (Top 11) Great River, Two-River &amp; Rum River</u>				<u>ALL-TIME BESTS (Top 31)</u>			
17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC	17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	STATE
17:55	2003	Ja. Clementson, C. Fischer, Dv. Hansen, A. Lee & T. Miche	RRC - SM	17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	STATE
17:57	2005	T. McNally, T. Miche, C. Fischer, A. Lutz & D. Hambly	TRC - PC	17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	STATE
17:59	2000	R. Hammill, Ja. Clementson, J. Lee, Pe. Johnson & J. Oare	RRC - FO	17:31	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Section 5A- PZ
18:05	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	TRC - PC	5 17:38	2000	R. Hammill, Ja. Clementson, P. Johnson, J. Lee, & J. Oare	Sub-Section- PZ
18:06	2001	C. Lutz, Dv. Hansen, C. Zak, Ja. Clementson & R. Arola	RRC - NB	17:43	2005	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	Section 7A- CL
18:18	1997	J. Larson, Pa. Johnson, Pe. Johnson, R. Wasson & N. Johnson	RRC - SA	17:46	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	Becker Invite
18:20	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	RRC - PR	17:47	2002	Ja. Clementson, C. Lutz, C. Greden, S. Peterson, S. Laugerman	Section 5A- BK
18:29	2015	N. Adams, E. Grubbs, R. Steele, A. Clementson & T. Ryan	GRC - PC	17:47	1997	Pe. Johnson, R. Wasson, Pa. Johnson, J. Larson & J.R. Anderson	Princeton (Mega)
18:31	2014	E. Foss, N. Adams, E. Grubbs, J. Spahr & J. Pixley	GRC - PC	10 17:48	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	MILACA MEGA
18:36	2002	Ja. Clementson, C. Lutz, T. Laugerman, S. Peterson & C. Greden	RRC - PC	17:50	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & A. Lutz	MILACA MEGA
				17:53	2000	Ja. Clementson, Hammill, P. Johnson, J. Lee & J. Oare	Section 5A- BK
				17:53	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	Section 7A- CL
				17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC
				15 17:55	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	Section 7A- CL
				17:55	2003	Ja. Clementson, C. Fischer, Dv. Hansen, A. Lee & T. Miche	RRC - SM
				17:57	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Princeton Invite
				17:57	2005	T. McNally, T. Miche, C. Fischer, A. Lutz & D. Hambly	TRC - PC
				17:59	2000	R. Hammill, Ja. Clementson, J. Lee, Pe. Johnson & J. Oare	RRC - FO
				20 18:00	2016	E. Grubbs, T. Ryan, N. Webster, D. Clementson & N. Miller	Section 5A- ML
				18:00	2008	Z. Swanson, D. Hansen, J. Emslander, B. Wirth & N. Bremer	Section 5A- PZ
				18:01	2000	R. Hammill, Ja. Clementson, J. Lee, J. Oare & Pe. Johnson	N. Branch Invite
				18:03	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	Pierz Stampede
				18:05	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	TRC- PC
				25 18:06	2001	C. Lutz, Dv. Hansen, C. Zak, Ja. Clementson & R. Arola	RRC- NB
				18:07	2005	T. McNally, T. Miche, D. Hambly, J. Boland & A. Lutz	Cambridge Invite
				18:08	2007	D. Hambly, T. McNally, Z. Swanson, A. Lutz & D. Hansen	Becker Invite
				18:08	2013	E. Foss, N. Adams, J. Spahr, E. Grubbs & B. Hunter	Section 5A- ML
				18:10	2005	T. Miche, McNally, Fischer, A. Lutz & Jo. Clementson	Pierz Stampede
				30 18:11	1997	R. Wasson, J. Larson, Pa. Johnson, J.R. Anderson & Pe. Johnson	Section 7A- CL
				18:14	2000	Ja. Clementson, J. Lee, Pe. Johnson, R. Arola & J. Oare	STATE

## BOYS - TOP 10 CROSS COUNTRY TIMES AT MEETS

<u>Brainerd</u>			<u>PINE CITY</u>			<u>MILACA/MORA</u>			<u>PIERZ</u>		
18:01	<b>Tommy Ryan</b>	2017	17:01	Jim Kingen	1986	17:17	Zach Swanson	2008	16:58	Trevor McNally	2006
18:14	<b>Nate Webster</b>	2017	17:14	Trevor McNally	2006	17:27	Trevor McNally	2006	17:10	Jared Clementson	2003
18:21^	Eli Grubbs	2016	17:16	Zach Swanson	2008	17:29	Eli Grubbs	2016 Mo	17:14	Easton Foss	2014
18:37	Noah Adams	2015	17:21	Jared Clementson	2003	17:52	<b>Tommy Ryan</b>	2017 Mo	17:14	Zach Swanson	2008
18:42^	Nate Webster	2016	17:28	Jared Clementson	2002	17:53	Cody Hanson	2010	17:14	Jared Clementson	2002
18:47^	Tommy Ryan	2016	17:33	Cody Hanson	2010	17:59	Noah Adams	2015 Mo	17:20	Tom Miche'	2005
19:16	<b>Austin Eckert</b>	2017	17:34	John Bloom	1988	18:03	Easton Foss	2013 Mo	17:30	<b>Tommy Ryan</b>	2017
19:52	Andrew Clementson	2015	17:46	<b>Tommy Ryan</b>	2017	18:03	Dan Pangerl	1998	17:30	Jared Clementson	2001
20:05	Sasha Whim	2015	17:51	<b>Nate Webster</b>	2017	18:05	Tommy Ryan	2016 Mo	17:33	Trevor McNally	2005
20:07	Remington Steele	2015	17:53	Easton Foss	2014	18:08	Nate Webster	2016 Mo	17:34	Ryan Hammill	2000
<u>MILACA MEGA (G.C.)</u>			<u>SWAIN</u>			<u>BECKER</u>			<u>PRIN/CAMB/PROC/MORA</u>		
17:06	Zach Swanson	2008	17:25	Trevor McNally	2006	16:31	Jared Clementson	2002	17:07	Cody Hanson	2010 Pri
17:11	Cody Hanson	2010	17:47	Noah Adams	2015	16:49	Trevor McNally	2006	17:19	Zach Swanson	2008
17:20	Trevor McNally	2007	17:54	Easton Foss	2013	16:54	Zach Swanson	2008	17:24	Trevor McNally	2007 Pri
17:22	Easton Foss	2014	17:55	Eli Grubbs	2016	17:18	David Hambly	2006	17:31	Easton Foss	2014 Pro
17:24	Easton Foss	2013	17:55	Trevor McNally	2005	17:30	Cody Hanson	2010	17:39	David Hambly	2007 Pri
17:29	David Hambly	2007	17:57	Tom Miche'	2006	17:33	Tom Miche'	2006	17:43	<b>Tommy Ryan</b>	2017 Mo
17:48	<b>Tommy Ryan</b>	2017	18:03	Noah Adams	2013	17:35	David Hambly	2007	17:49	Tommy Ryan	2016 Mo
17:50	Noah Adams	2015	18:10	Easton Foss	2014	17:38	Easton Foss	2013	17:49	Cody Hanson	2009
17:51	Jordan Rarick	2012	18:21	Tommy Ryan	2016	17:48	Trevor McNally	2007	17:51	<b>Nate Webster</b>	2017 Mo
17:51	Noah Adams	2014	18:23	Tom Miche'	2005	17:49	Jared Clementson	2002	17:51	Zach Swanson	2007
<u>CONFERENCE</u>			<u>SECTION</u>			<u>STATE</u>			<u>ALL-TIME BESTS</u>		
16:39	Jared Clementson	2003 SM	16:20	Jared Clementson	2002 BK	*17:01	Jared Clementson	2002	16:20	Jared Clementson	2002 SECT
17:15	Trevor McNally	2006 PC	16:57	Jared Clementson	2003 CL	16:32	Trevor McNally	2006	*17:01	Jared Clementson	2002 STA
17:20	Cody Hanson	2010 PC	17:03	Trevor McNally	2005 CL	16:49	Jared Clementson	2003	16:27	Per Zillmer	1982 MMM
17:26	Jared Clementson	2002 PC	17:03	Trevor McNally	2007 PZ	16:50	Tom Miche'	2006	16:31	Jared Clementson	2003 BL-BK
17:28	Zach Swanson	2008 PC	17:04	Trevor McNally	2006 CL	16:53	Cody Hanson	2010	16:32	Trevor McNally	2006 STA
17:28	Trevor McNally	2005 PC	17:05	Cody Hanson	2010 PZ	16:55	Trevor McNally	2005	16:32	Chase Duarte	1984 ChL
17:35	Tom Miche'	2005 PC	17:05	Tom Miche'	2004 CL	16:55	Trevor McNally	2007	16:36	John Bloom	1990 MMM
17:35	Trevor McNally	2007 PC	17:09	Easton Foss	2013 ML	16:56	<b>Tommy Ryan</b>	2017	16:37	Jared Clementson	2002 FOL
17:36	Ryan Hammill	1999 ML	17:10	Tom Miche'	2005 CL	17:00	Easton Foss	2014	16:39	Jared Clementson	2003 CONF
17:37	Ryan Hammill	2000 FO	17:12	Eli Grubbs	2016 ML	17:00	Tom Miche'	2005	16:42	Trevor McNally	2006 MMM

\*5200m course (16:22)

\*5200m course (16:22)

## SINGLE BEST GIRLS XC TIMES UNDER 23:00

<u>Single Rank</u>	<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>	<u>Meet</u>
<b>1</b>	<b>1</b>	<b>20:08.6</b>	<b>Alaina Steele</b>	<b>2017</b>	<b>Foley</b>
2	3	20:28.2	Allison Gusk	2015	STATE
3	5	20:36	Ashli Webster	2015	Section 5A (Milaca)
4	6	20:37	Marin Foss	2015	GRC-PC
5	18	20:58	Makayla Butenhoff	2015	Section 5A (Milaca)
6	T38	21:32	Grace Langmade	2015	Section 5A (Milaca)
7	T55	21:51	Grace Grubbs	2016	Section 5A (Milaca)
8	66	22:00	Lily Wilson	2016	Section 5A (Milaca)
9	T93	22:35	Alexis Thieman	2016	Mora Last Chance
10	126	22:59	Jill Tomczyk	2015	Becker

## GIRLS XC TIMES UNDER 23:00 (Top 128)

Rank	Time	Name	Year	Meet
1	<b>20:08.6</b>	<b>Alaina Steele</b>	<b>2017</b>	<b>Foley</b>
2	20:26.7	Alaina Steele	2017	Milaca Mega
3	<b>20:28.2</b>	<b>Allison Gusk</b>	<b>2015</b>	<b>STATE *First Sub-20:30</b>
4	20:33	Alaina Steele	2015	GRC - Pine City
5	<b>20:36</b>	<b>Ashli Webster</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
6	<b>20:37</b>	<b>Marin Foss</b>	<b>2015</b>	<b>GRC - Pine City</b>
7	20:37	Allison Gusk	2015	Section 5A (Milaca)
8	20:43	Ashli Webster	2015	STATE
9	20:44	Alaina Steele	2017	Pierz
10	20:44	Marin Foss	2015	Section 5A (Milaca)
11	20:48	Allison Gusk	2015	GRC - Pine City
12	20:48	Alaina Steele	2015	Swain *First sub-21:00
13	20:48	Alaina Steele	2015	Section 5A (Milaca)
14	20:52	Alaina Steele	2017	Mora L.C.
15	20:52	Ashli Webster	2015	GRC - Pine City
16	20:55	Alaina Steele	2015	STATE
17	20:56	Alaina Steele	2017	Pine City *School Record*
18	<b>20:58</b>	<b>Makayla Butenhoff</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
19	20:59	Alaina Steele	2015	Becker
20	21:04	Allison Gusk	2015	Cambridge-Isanti
21	21:06	Allison Gusk	2015	Swain
22	21:07	Ashli Webster	2015	Swain
23	21:07	Marin Foss	2016	Section 5A (Milaca)
24	21:09	Alaina Steele	2017	Section 5A (Mora)
25	21:11	Makayla Butenhoff	2015	STATE
26	21:14	Alaina Steele	2016	Section 5A (Milaca)
27	21:19	Alaina Steele	2017	GRC - Pine City
28	21:20	Alaina Steele	2017	Mora
29	21:20	Allison Gusk	2015	Pierz
30	21:21	Marin Foss	2015	STATE
31	21:22	Alaina Steele	2015	Milaca Mega
32	21:22	Ashli Webster	2015	Milaca Mega
33	21:22	Ashli Webster	2016	Mora L.C.
34	21:27	Marin Foss	2015	Becker
35	21:27	Allison Gusk	2015	Becker
36	21:29	Ashli Webster	2016	Section 5A (Milaca)
37	21:30	Alaina Steele	2015	Cambridge-Isanti
38	<b>21:32</b>	<b>Grace Langmade</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
39	21:32	Marin Foss	2016	Mora
40	21:35	Ashli Webster	2015	Cambridge-Isanti
41	21:40	Ashli Webster	2015	Pine City *Former S.R.*
42	21:40	Marin Foss	2015	Swain
43	21:41	Allison Gusk	2015	Pine City
44	21:42	Ashli Webster	2017	Foley
45	21:42	Ashli Webster	2016	Milaca Mega
46	21:44	Ashli Webster	2017	Section 5A (Mora)
47	21:44	Marin Foss	2015	Pine City
48	21:47	Allison Gusk	2015	Brainerd *First sub-22:00
49	21:47	Alaina Steele	2016	Mora L.C.
50	21:48	Ashli Webster	2015	Pierz

## GIRLS XC TIMES UNDER 23:00 (Top 128)

51	21:48	Ashli Webster	2015	Becker
52	21:48	Ashli Webster	2016	GRC - Pine City
53	21:50	Alaina Steele	2015	Pine City
54	21:50	Grace Langmade	2015	GRC - Pine City
55	21:51	Alaina Steele	2015	Pierz
56	21:51	Allison Gusk	2015	Mora
57	<b>21:51</b>	<b>Grace Grubbs</b>	<b>2016</b>	<b>Section 5A (Milaca)</b>
58	21:52	Alaina Steele	2015	Mora
59	21:53	Ashli Webster	2015	Mora
60	21:53	Makayla Butenhoff	2015	GRC - Pine City
61	21:55	Marin Foss	2015	Cambridge-Isanti
62	21:56	Grace Langmade	2015	Swain
63	21:57	Grace Langmade	2015	Cambridge-Isanti
64	21:57	Alaina Steele	2016	Pierz
65	21:58	Ashli Webster	2015	Brainerd
66	<b>22:00</b>	<b>Lily Wilson</b>	<b>2016</b>	<b>Section 5A (Milaca)</b>
67	22:01	Ashli Webster	2017	Mora L.C.
68	22:02	Alaina Steele	2015	Brainerd
69	22:06	Alaina Steele	2016	GRC - Pine City
70	22:07	Alaina Steele	2016	Pierz
71	22:11	Ashli Webster	2016	Mora
72	22:12	Grace Langmade	2015	Pine City
73	22:15	Grace Langmade	2015	STATE
74	22:16	Marin Foss	2016	Brainerd
75	22:23	Alaina Steele	2017	Brainerd
76	22:23	Allison Gusk	2015	Milaca Mega
77	22:24	Grace Grubbs	2015	STATE
78	22:26	Marin Foss	2015	Milaca Mega
79	22:26	Ashli Webster	2016	Brainerd
80	22:27	Grace Grubbs	2016	Milaca Mega
81	22:28	Ashli Webster	2017	GRC - Pine City
82	22:28	Grace Langmade	2015	Pierz
83	22:28	Grace Grubbs	2016	Mora
84	22:29	Grace Grubbs	2017	Section 5A (Mora)
85	22:30	Lily Wilson	2016	Milaca Mega
86	22:32	Grace Langmade	2015	Mora
87	22:32	Marin Foss	2016	GRC - Pine City
88	22:33	Grace Grubbs	2015	GRC - Pine City
89	22:33	Ashli Webster	2016	Pierz
90	22:34	Lily Wilson	2016	Mora
91	22:34	Ashli Webster	2016	Becker
92	22:34	Grace Grubbs	2016	GRC - Pine City
93	<b>22:35</b>	<b>Alexis Thieman</b>	<b>2016</b>	<b>Mora L.C.</b>
94	22:35	Lily Wilson	2016	GRC - Pine City
95	22:36	Grace Grubbs	2017	Foley
96	22:36	Lily Wilson	2017	Foley
97	22:36	Makayla Butenhoff	2015	Swain
98	22:36	Lily Wilson	2016	Mora L.C.
99	22:37	Alexis Thieman	2017	Mora L.C.
100	22:37	Grace Grubbs	2017	Pierz
101	22:37	Alexis Thieman	2016	Milaca Mega
102	22:39	Grace Langmade	2015	Becker
103	22:39	Ashli Webster	2016	Swain
104	22:40	Ashli Webster	2017	Pine City

## GIRLS XC TIMES UNDER 23:00 (Top 128)

105	22:40	Alexis Thieman	2016	Section 5A (Milaca)
106	22:42	Ashli Webster	2017	Pierz
107	22:42	Alaina Steele	2016	Milaca Mega
108	22:42	Lily Wilson	2016	Swain
109	22:43	Marin Foss	2015	Pierz
110	22:43	Grace Grubbs	2016	Pierz
111	22:44	Alaina Steele	2017	Swain
112	22:45	Alexis Thieman	2017	GRC - Pine City
113	22:48	Alexis Thieman	2017	Foley
114	22:49	Lily Wilson	2017	Pierz
115	22:50	Marin Foss	2015	Brainerd
116	22:51	Alexis Thieman	2016	Swain
117	22:53	Marin Foss	2015	Mora
118	22:53	Lily Wilson	2016	Pierz
119	22:55	Alexis Thieman	2017	Section 5A (Mora)
120	22:56	Grace Langmade	2016	Mora
121	22:56	Grace Langmade	2016	GRC - Pine City
122	22:58	Marin Foss	2014	Grantsburg
123	22:58	Marin Foss	2016	Pierz
124	22:58	Grace Langmade	2016	Becker
125	22:58	Alexis Thieman	2016	GRC - Pine City
126	<b>22:59</b>	<b>Jill Tomczyk</b>	<b>2015</b>	<b>Becker</b>
127	23:00	Grace Langmade	2015	Milaca Mega
128	23:00	Alaina Steele	2016	Becker
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## SINGLE BEST BOYS XC TIMES UNDER 18:00min

<u>Single Rank</u>	<u>Overall Rank</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>	<u>Meet</u>
1	1	16:20	Jared Clementson	2002	SECTION-Becker
2	3	16:27	Per Zillmer	1982	Princeton (Mega)
T3	T5	16:32	Trevor McNally	2006	STATE
T3	T5	16:32	Chase Duarte	1985	Chisago Lakes
5	7	16:36	John Bloom	1990	Princeton (Mega)
6	11	16:45	Jim Kingen	1986	District 25
7	18	16:50	Tom Miche'	2006	STATE
T8	T21	16:54	Cody Hanson	2010	STATE
T8	T21	16:54	Zach Swanson	2008	Becker
10	27	<b>16:56</b>	<b>Tommy Ryan</b>	<b>2017</b>	<b>STATE</b>
11	T32	17:00	Easton Foss	2014	STATE
12	T43	17:05	David Hambly	2006	STATE
13	T53	17:10	Ryan Hammill	2000	SubSection-Pierz
14	T58	17:12	Eli Grubbs	2016	Section-Milaca
15	T71	17:16	Chris Lutz	2001	SubSection-Pierz
16	T106	17:27	Jason Rarick	1987	RRC - Pine City
17	T115	17:29	Peter Johnson	2000	SubSection-Pierz
T18	T124	17:32	Noah Adams	2013	Section-Milaca
T18	T124	17:32	Marcus Duarte	1987	RRC
20	T127	<b>17:33</b>	<b>Nate Webster</b>	<b>2017</b>	<b>Foley</b>
21	T134	17:34	David Hansen	2001	Pierz
22	T138	17:35	Ricky Wasson	1997	Princeton (Mega)
T23	T145	17:37	Clay Fischer	2003	RRC-STMA
T23	T181	17:45	Jeremy Lee	2000	SubSection-Pierz
T25	T192	17:47	Jason Larson	1997	Princeton (Mega)
T25	T192	17:47	Paul Johnson	1997	Princeton (Mega)
27	T216	17:51	Jordan Rarick	2012	MMM (G.C.)
T28	T236	17:53	Karl Greden	2002	Section-Becker
T28	T236	17:53	Danny Olson	1989	Region 7 - Cambridge
30	T253	17:55	Charlie Zak	2001	SubSection-Pierz
31	T263	17:57	J.R. Anderson	1996	Rush City

## BOYS XC TIMES UNDER 18:00min (Top 283+)

Rank	Time	Name	Year	Meet
1	<b>16:20</b>	<b>Jared Clementson</b>	<b>2002</b>	<b>Section-Becker</b>
2	16:22*	Jared Clementson	2002	STATE (*17:01 - 5200m)
3	<b>16:27</b>	<b>Per Zillmer</b>	<b>1982</b>	<b>Princeton (Mega)</b>
4	16:31	Jared Clementson	2003	Becker
5	<b>16:32</b>	<b>Trevor McNally</b>	<b>2006</b>	<b>STATE</b>
6	<b>16:32</b>	<b>Chase Duarte</b>	<b>1984</b>	<b>Chisago Lakes</b>
7	<b>16:36</b>	<b>John Bloom</b>	<b>1990</b>	<b>Princeton (Mega)</b>
8	16:37	Jared Clementson	2002	Foley
9	16:39	Jared Clementson	2003	RRC-STMA
10	16:42	Trevor McNally	2006	MMM (Foley)
11	<b>16:45</b>	<b>Jim Kingen</b>	<b>1986</b>	<b>District 25</b>
12	16:45*	Jim Kingen	1986	Princeton (*16:08 - 3mile)
13	16:47	John Bloom	1990	Chisago Lakes
14	16:49*	John Bloom	1990	Rush City (*16:12 - 3mile)
15	16:49	Jared Clementson	2003	STATE
16	16:49	Trevor McNally	2006	Becker
17	16:49	Jim Kingen	1986	Cambridge
18	<b>16:50</b>	<b>Tom Miche'</b>	<b>2006</b>	<b>STATE</b>
19	16:52	John Bloom	1989	Princeton (Mega)
20	16:53	Jim Kingen	1986	RRC
21	<b>16:54</b>	<b>Cody Hanson</b>	<b>2010</b>	<b>STATE</b>
22	<b>16:54</b>	<b>Zach Swanson</b>	<b>2008</b>	<b>Becker</b>
23	16:55	Trevor McNally	2005	STATE
24	16:55	Trevor McNally	2007	STATE
25	16:55	John Bloom	1990	RRC-Sartell
26	16:55	Per Zillmer	1982	Pine City
27	<b>16:56</b>	<b>Tommy Ryan</b>	<b>2017</b>	<b>STATE</b>
28	16:57	Jim Kingen	1986	St. Cloud - Wapicada
29	16:58	Jared Clementson	2003	Section-Cloquet
30	16:59	Jared Clementson	2002	Princeton (Mega)
31	16:59	Jared Clementson	2002	SubSection-Pierz
32	<b>17:00</b>	<b>Easton Foss</b>	<b>2014</b>	<b>STATE</b>
33	17:00	Tom Miche'	2005	STATE
34	17:00	John Bloom	1989	Chisago Lakes
35	<i>17:01</i>	<i>Jim Kingen</i>	<b>1986</b>	<i>Pine City (PC Invite Record)</i>
36	17:02	John Bloom	1989	District 25
37	17:02	Jim Kingen	1985	RRC-Sauk Rapids
38	17:03	Trevor McNally	2005	Section-Cloquet
39	17:03	Trevor McNally	2007	Section-Pierz
40	17:03	Jared Clementson	2003	North Branch
41	17:04	Trevor McNally	2006	Section-Cloquet
42	17:04	Per Zillmer	1982	District 25
43	<b>17:05</b>	<b>David Hambly</b>	<b>2006</b>	<b>STATE</b>
44	17:05	David Hambly	2007	STATE
45	17:05	Tom Miche'	2004	Section-Cloquet
46	17:06	Cody Hanson	2010	Section-Pierz
47	17:06	Zach Swanson	2008	MMM (G.C.)
48	17:07	Cody Hanson	2010	Princeton
49	17:08	John Bloom	1990	Cambridge
50	17:08	Jim Kingen	1986	Swain

## BOYS XC TIMES UNDER 18:00min (Top 283+)

51	17:09	Easton Foss	2013	Section-Milaca
52	17:09	Chase Duarte	1984	Cambridge
53	17:10	Tom Miche'	2005	Section-Cloquet
54	17:10	Jared Clementson	2003	Pierz
55	<b>17:10</b>	<b>Ryan Hammill</b>	<b>2000</b>	<b>SubSection-Pierz</b>
56	17:10	John Bloom	1990	Region 7 - Virginia
57	17:11	Cody Hanson	2010	MMM (G.C.)
58	17:12	Jim Kingen	1986	Mora
59	<b>17:12</b>	<b>Eli Grubbs</b>	<b>2016</b>	<b>Section-Milaca</b>
60	17:13	Easton Foss	2014	Section-Milaca
61	17:13	Zach Swanson	2007	STATE
62	17:14	Tommy Ryan	2017	Section-Mora
63	17:14	Easton Foss	2014	Pierz
64	17:14	Zach Swanson	2008	Pierz
65	17:14	Jared Clementson	2002	Pierz
66	17:14	Trevor McNally	2006	Pine City
67	17:14	David Hambly	2007	Section-Pierz
68	17:15	Trevor McNally	2006	TRC-Pine City
69	17:15	John Bloom	1989	Cambridge
70	17:15	John Bloom	1988	Crosier Invite
71	17:16	Zach Swanson	2008	Pine City
72	<b>17:16</b>	<b>Chris Lutz</b>	<b>2001</b>	<b>SubSection-Pierz</b>
73	17:16	Chase Duarte	1983	Princeton (Mega)
74	17:16	John Bloom	1988	Mora
75	17:16	Per Zillmer	1982	Chisago Lakes
76	17:17	Zach Swanson	2008	Milaca Earlybird
77	17:17	Zach Swanson	2007	Section-Pierz
78	17:17	Zach Swanson	2007	Section-Pierz
79	17:18	David Hambly	2006	Becker
80	17:18	Jared Clementson	2001	North Branch
81	17:19	Tommy Ryan	2017	Foley
82	17:19	Zach Swanson	2008	Princeton
83	17:19	David Hambly	2006	MMM (Foley)
84	17:19	John Bloom	1987	District 25
85	17:20	Cody Hanson	2010	GRC-PC
86	17:20	Tom Miche'	2005	Pierz
87	17:20	Trevor McNally	2007	MMM (G.C.)
88	17:21	Jared Clementson	2003	Pine City
89	17:21	John Bloom	1987	RRC - Pine City
90	17:22	Easton Foss	2014	STATE
91	17:22	Easton Foss	2014	MMM (G.C.)
92	17:22	Trevor McNally	2006	North Branch
93	17:22	Jared Clementson	2000	SubSection-Pierz
94	17:22	John Bloom	1990	STATE
95	17:23	John Bloom	1988	RRC
96	17:23	Per Zillmer	1982	RRC-Chisago L.
97	17:24	Easton Foss	2013	MMM (G.C.)
98	17:24	Trevor McNally	2007	Princeton
99	17:25	Trevor McNally	2006	Swain
100	17:25	Jared Clementson	2000	Section-Becker
101	17:25	Trevor McNally	2004	Section-Cloquet
102	17:26	Jared Clementson	2002	RRC-Pine City
103	17:26	Jared Clementson	2003	Chisago Lakes
104	17:26	Trevor McNally	2005	Cambridge

## BOYS XC TIMES UNDER 18:00min (Top 283+)

105	17:26	Per Zillmer	1982	Cambridge
106	17:27	Trevor McNally	2006	Milaca Earlybird
107	<b>17:27</b>	<b>Jason Rarick</b>	<b>1987</b>	<b>RRC - Pine City</b>
108	17:27	Jim Kingen	1985	District 25
109	17:27	Per Zillmer	1982	Milaca
110	17:28	Zach Swanson	2008	GRC-Pine City
111	17:28	Trevor McNally	2005	TRC-Pine City
112	17:28	Jared Clementson	2002	Pine City
113	17:28	Jared Clementson	2003	Proctor
114	17:28	Jim Kingen	1985	Milaca
115	<b>17:29</b>	<b>Peter Johnson</b>	<b>2000</b>	<b>SubSection-Pierz</b>
116	17:29	David Hambly	2007	MMM (G.C.)
117	17:29	Eli Grubbs	2016	Mora
118	17:30	Tommy Ryan	2017	Pierz
119	17:30	Cody Hanson	2010	Becker
120	17:30	Jared Clementson	2001	Pierz
121	17:30	Cody Hanson	2010	North Branch
122	17:30	Zach Swanson	2008	Section-Pierz
123	17:31	Easton Foss	2014	Proctor
124	<b>17:32</b>	<b>Noah Adams</b>	<b>2013</b>	<b>Section-Milaca</b>
125	17:32	Tom Miche'	2006	Becker
126	<b>17:32</b>	<b>Marcus Duarte</b>	<b>1987</b>	<b>RRC - Pine City</b>
127	<b>17:33</b>	<b>Nate Webster</b>	<b>2017</b>	<b>Foley</b>
128	17:33	Tom Miche'	2006	Becker
129	17:33	Trevor McNally	2005	Pierz
130	17:33	Zach Swanson	2008	North Branch
131	17:33	Cody Hanson	2010	Pine City
132	17:33	Peter Johnson	1997	Princeton (Mega)
133	17:33	Marcus Duarte	1986	Region 7 - Cambridge
134	17:34	Ryan Hammill	2000	Pierz
135	<b>17:34</b>	<b>David Hansen</b>	<b>2001</b>	<b>Pierz</b>
136	17:34	Ryan Hammill	2000	Pierz
137	17:34	John Bloom	1988	PC Invite
138	17:35	Tom Miche'	2005	TRC-Pine City
139	17:35	Trevor McNally	2007	TRC-Pine City
140	17:35	David Hambly	2007	Becker
141	<b>17:35</b>	<b>Ricky Wasson</b>	<b>1997</b>	<b>Princeton (Mega)</b>
142	17:36	Ryan Hammill	1999	RRC-Milaca
143	17:36	Ryan Hammill	2000	North Branch
144	17:36	Tom Miche'	2006	Pierz
145	17:37	Nate Webster	2017	Section-Mora
146	17:37	Ryan Hammill	2000	RRC-Foley
147	17:37	Cody Hanson	2010	Becker
148	17:37	Chris Lutz	2002	Section-Becker
149	<b>17:37</b>	<b>Clay Fischer</b>	<b>2003</b>	<b>RRC-STMA</b>
150	17:37	Tom Miche'	2005	Cambridge
151	17:37	Cody Hanson	2010	Pierz
152	17:37	John Bloom	1990	Milaca
153	17:37	Per Zillmer	1982	Swain
154	17:38	David Hambly	2006	Pierz
155	17:38	Tom Miche'	2006	Section-Cloquet
156	17:38	Easton Foss	2013	Becker
157	17:38	Tommy Ryan	2016	Section-Milaca
158	17:39	Ryan Hammill	1999	Princeton (Mega)

## BOYS XC TIMES UNDER 18:00min (Top 283+)

159	17:39	Chris Lutz	2001	RRC-North Branch
160	17:39	Tom Miche'	2006	MMM (Foley)
161	17:39	David Hambly	2007	Princeton
162	17:39	John Bloom	1988	Swain
163	17:40	John Bloom	1990	Pine City
164	17:40	John Bloom	1988	Rush City
165	17:40	John Bloom	1987	Pine City
166	17:41	Jared Clementson	2000	North Branch
167	17:41	Ryan Hammill	2000	Princeton (Mega)
168	17:41	Chris Lutz	2001	Pierz
169	17:41	Tom Miche'	2006	TRC-Pine City
170	17:41	David Hambly	2007	TRC-Pine City
171	17:42	Marcus Duarte	1987	District 25
172	17:43	Tommy Ryan	2017	Mora L.C.
173	17:43	Ryan Hammill	1999	Section-Becker
174	17:43	David Hansen	2001	SubSection-Pierz
175	17:43	David Hambly	2006	TRC-Pine City
176	17:43	John Bloom	1987	Cambridge
177	17:44	Chris Lutz	2002	North Branch
178	17:44	David Hambly	2007	North Branch
179	17:44	John Bloom	1988	District 25
180	17:44	John Bloom	1986	Region 7 - Cambridge
181	17:45	Nate Webster	2017	Pierz
182	17:45	Noah Adams	2015	Pierz
183	<b>17:45</b>	<b>Jeremy Lee</b>	<b>2000</b>	<b>SubSection-Pierz</b>
184	17:45	David Hambly	2006	Section-Cloquet
185	17:45	John Bloom	1989	RRC-Sauk Rapids
186	17:45	John Bloom	1989	Rush City
187	17:46	Ryan Hammill	2000	Section-Becker
188	17:46	Tommy Ryan	2017	Pine City
189	17:46	Tom Miche'	2004	Foley
190	17:46	Tom Miche'	2004	RRC-Princeton
191	17:46	Zach Swanson	2007	TRC-Pine City
192	17:47	Noah Adams	2015	Swain
193	17:47	Cody Hanson	2009	Section-Pierz
194	<b>17:47</b>	<b>Paul Johnson</b>	<b>1997</b>	<b>Princeton (Mega)</b>
195	<b>17:47</b>	<b>Jason Larson</b>	<b>1997</b>	<b>Princeton (Mega)</b>
196	17:47	John Bloom	1988	Region 7A - Duluth
197	17:48	Tommy Ryan	2017	MMM (G.C.)
198	17:48	Trevor McNally	2007	Becker
199	17:48	David Hansen	2001	North Branch
200	17:48	Ryan Hammill	2000	Rush City
201	17:49	Cody Hanson	2009	Princeton
202	17:49	Jared Clementson	2002	Becker
203	17:49	Peter Johnson	2000	Section-Becker
204	17:49	Trevor McNally	2004	RRC-Princeton
205	17:49	Tommy Ryan	2016	Mora L.C.
206	17:50	Noah Adams	2015	MMM (G.C.)
207	17:50	Peter Johnson	1998	RRC-Chisago L.
208	17:50	Ryan Hammill	1999	North Branch
209	17:50	Jeremy Lee	2000	Princeton (Mega)
210	17:50	Jeremy Lee	2000	North Branch
211	17:50	Jared Clementson	2000	RRC-Foley
212	17:50	Clay Fischer	2005	Pierz

## BOYS XC TIMES UNDER 18:00min (Top 283+)

213	17:50	Tom Miche'	2005	Chisago Lakes
214	17:50	Easton Foss	2014	North Branch
215	17:50	Marcus Duarte	1986	Mora
216	17:51	Nate Webster	2017	Mora L.C.
217	17:51	Nate Webster	2017	Pine City
218	17:51	Noah Adams	2015	GRC-Pine City
219	17:51	Zach Swanson	2007	Princeton
220	<b>17:51</b>	<b>Jordan Rarick</b>	<b>2012</b>	<b>MMM (G.C.)</b>
221	17:51	Noah Adams	2014	MMM (G.C.)
222	17:51	Ricky Wasson	1997	Section-Cloquet
223	17:51	Jared Clementson	2002	North Branch
224	17:51	Tom Miche'	2005	Cambridge
225	17:51	David Hambly	2006	North Branch
226	17:51	Easton Foss	2013	North Branch
227	17:51	Easton Foss	2014	Becker
228	17:51	John Bloom	1988	Cambridge
229	17:52	Tommy Ryan	2017	Mora
230	17:52	Noah Adams	2013	MMM (G.C.)
231	17:52	Zach Swanson	2007	Becker
232	17:52	Trevor McNally	2004	Foley
233	17:52	John Bloom	1990	Swain
234	17:52	Jason Rarick	1987	District 25
235	17:52	Eli Grubbs	2016	STATE
236	17:53	Tommy Ryan	2017	GRC-Pine City
237	17:53	Noah Adams	2015	Section-Milaca
238	17:53	Easton Foss	2014	Pine City
239	17:53	Clay Fischer	2005	Pine City
240	17:53	Cody Hanson	2010	Milaca Earlybird
241	<b>17:53</b>	<b>Karl Greden</b>	<b>2002</b>	<b>Section-Becker</b>
242	17:53	Clay Fischer	2005	Cambridge
243	17:53	Trevor McNally	2007	North Branch
244	17:53	Easton Foss	2014	GRC-Pine City
245	17:53	Eli Grubbs	2016	Pierz
246	<b>17:53</b>	<b>Danny Olson</b>	<b>1989</b>	<b>Region 7 - Cambridge</b>
247	17:54	Easton Foss	2013	Swain
248	17:54	Jeremy Lee	2000	Section-Becker
249	17:54	David Hansen	2001	RRC-North Branch
250	17:54	Trevor McNally	2005	North Branch
251	17:54	John Bloom	1987	Region 7 - Grand Rapids
252	17:54	Nate Webster	2016	Section-Milaca
253	17:55	Trevor McNally	2005	Swain
254	17:55	Ryan Hammill	1999	Cambridge
255	<b>17:55</b>	<b>Charlie Zak</b>	<b>2001</b>	<b>SubSection-Pierz</b>
256	17:55	John Bloom	1987	Mora
257	17:55	Eli Grubbs	2016	Swain
258	17:56	Nate Webster	2017	MMM (G.C.)
259	17:56	Tom Miche'	2006	Pine City
260	17:56	Trevor McNally	2005	Cambridge
261	17:56	Clay Fischer	2007	Section-Pierz
262	17:56	John Bloom	1990	Mora
263	<b>17:57</b>	<b>J.R. Anderson</b>	<b>1996</b>	<b>Rush City</b>
264	17:57	Tom Miche'	2006	Swain
265	17:57	Jeremy Lee	2000	Pierz
266	17:57	Jared Clementson	2000	STATE

## BOYS XC TIMES UNDER 18:00min (Top 283+)

267	17:57	Jared Clementson	2003	Princeton (Mega)
268	17:58	Jeremy Lee	2000	RRC-Foley
269	17:58	Chris Lutz	2001	Princeton (Mega)
270	17:58	Clay Fischer	2005	TRC-Pine City
271	17:58	Jared Clementson	2001	Pine City
272	17:58	Marcus Duarte	1985	RRC-Sauk Rapids
273	17:59	Eli Grubbs	2016	Becker
274	17:59	Noah Adams	2015	Mora
275	17:59	Zach Swanson	2007	MMM (G.C.)
276	17:59	Jason Larson	1997	RRC-Sartell
277	17:59	Peter Johnson	2000	RRC-Foley
278	17:59	Jared Clementson	2001	Cambridge
279	17:59	Tom Miche'	2006	North Branch
280	17:59	Easton Foss	2013	GRC-Pine City
281	17:59	John Bloom	1989	Mora
282	18:00	Noah Adams	2012	Section-Pierz
283	18:00	Noah Adams	2013	MMM (G.C.)
284				
285				
286				
287				
288				
289				
290				

Total	Interval	Time Category
3	3	Times Under 16:30 min
31	28	Times Under 17:00 min
117	86	Times Under 17:30 min
283	166	Times Under 18:00 min

## Team Records by Season (1996-2017)

<b>GIRLS</b>			<b>Year</b>	<b>BOYS</b>		
<u>Wins</u>	<u>Losses</u>	<u>Percent</u>		<u>Wins</u>	<u>Losses</u>	<u>Percent</u>
69	56	<b>0.552</b>	2017	85	48	<b>0.639</b>
70	48	<b>0.593</b>	2016	77	48	<b>0.616</b>
104	19	<b>0.846 State</b>	2015	64	56	<b>0.533</b>
65	40	<b>0.619</b>	2014	66	47	<b>0.584</b>
34	54	0.386	2013	63	45	<b>0.583</b>
39	44	0.470	2012	38	57	0.400
42	51	0.452	2011	25	53	0.321
39	48	0.448	2010	47	48	0.495
24	62	0.279	2009	35	56	0.385
9	30	0.231	2008	40	52	0.435
26	103	0.202	2007	129	25	<b>0.838 State</b>
29	85	0.254	2006	116	22	<b>0.841 State</b>
16	68	0.254	2005	102	21	<b>0.829 State</b>
31	27	<b>0.534</b>	2004	38	33	<b>0.535</b>
39	27	<b>0.591</b>	2003	59	66	0.472
37	24	<b>0.607</b>	2002	77	36	<b>0.681</b>
43	50	0.462	2001	62	46	<b>0.574</b>
30	49	0.380	2000	88	31	<b>0.739 State</b>
30	46	0.395	1999	42	72	0.368
28	35	0.444	1998	41	33	<b>0.554</b>
10	55	0.154	1997	78	26	<b>0.750</b>
2	32	0.059	1996	29	32	<b>0.475</b>
<b><u>Total W's</u></b>	<b><u>Total L's</u></b>	<b><u>Total W %</u></b>	<b>Total</b>	<b><u>Total W's</u></b>	<b><u>Total L's</u></b>	<b><u>Total W %</u></b>
<b>816</b>	<b>1053</b>	<b>0.437</b>		<b>1401</b>	<b>953</b>	<b>0.595</b>
Overall Ave			22 Seasons	Overall Ave		
7 Winning Seasons				15 Winning Seasons		
<b><u>Total Since 2013</u></b>			5 Seasons	<b><u>Total Since 2013</u></b>		
<u>Wins</u>	<u>Losses</u>	<u>Percent</u>		<u>Wins</u>	<u>Losses</u>	<u>Percent</u>
203	217	0.483		355	244	0.593
4 Winning Seasons				5 Winning Seasons		





# 1000/500 Top Practice Times - 2017

<u>Boys Names</u>	<u>1000 times</u>	<u>year</u>
1 Eli Grubbs	2:50 (t)	2016
2 <b>Tommy Ryan</b>	<b>2:55 (t)</b>	<b>2017</b>
3 Easton Foss	2:57	2013
4 Easton Foss	2:57 (t)	2014
5 Trevor McNally	3:00	2007
6 Cody Hanson	3:02	2010
7 John Dedic	3:03	2010
8 Jared Clementson	3:03	2002
9 Tom Miche'	3:03	2006
10 <b>Nate Webster</b>	<b>3:03 (t)</b>	<b>2017</b>
11 Noah Adams	3:03 (t)	2013
12 Zach Swanson	3:04	2008
13 <b>Austin Eckert</b>	<b>3:04 (t)</b>	<b>2017</b>
14 Noah Adams	3:04 (t)	2015
15 Eli Grubbs	3:05 (t)	2015
16 Eli Grubbs	3:05 (t)	2014
17 Cody Hanson	3:05 (t)	2009
18 Trevor McNally	3:06	2006
19 Tommy Ryan	3:06 (t)	2016
20 Noah Adams	3:06 (t)	2014
21 David Hambly	3:07	2004
22 Tom Miche'	3:07	2005
23 Trevor McNally	3:08	2005
24 Andrew Lutz	3:08	2007
25 James Pixley	3:09 (t)	2014
26 <b>Remington Steele</b>	<b>3:10 (t)</b>	<b>2017</b>
27 Sasha Whim	3:10 (t)	2015
28 David Hambly	3:11	2006
29 Andrew Lutz	3:11	2006
30 Cody Hanson	3:11	2009
31 Chris Lutz	3:11	2002

<u>Boys Names</u>	<u>500 times</u>	<u>year</u>
1 Eli Grubbs	1:14 (t)	2016
2 Noah Adams	1:16 (t)	2014
3 Easton Foss	1:16 (t)	2014
4 <b>Tommy Ryan</b>	<b>1:17 (t)</b>	<b>2017</b>
5 Easton Foss	1:17 (t)	2013
6 Noah Adams	1:17 (t)	2013
7 Eli Grubbs	1:18 (t)	2014
8 Cody Hanson	1:19	2010
9 John Dedic	1:19	2010
10 James Pixley	1:19 (t)	2014
11 Tom Miche'	1:20	2005
12 Zain Hunter	1:20	2012
13 <b>Remington Steele</b>	<b>1:20 (t)</b>	<b>2017</b>
14 Tommy Ryan	1:20 (t)	2016
15 Noah Adams	1:20 (t)	2015
16 Eli Grubbs	1:20 (t)	2015
17 Eli Grubbs	1:21	2013
18 Tom Miche'	1:21	2004
19 Clay Fischer	1:21	2005
20 Jordan Rarick	1:21	2012
21 <b>Austin Eckert</b>	<b>1:21 (t)</b>	<b>2017</b>
22 James Pixley	1:21 (t)	2013
23 Jared Clementson	1:22	2012
24 Remington Steele	1:22 (t)	2016
25 David Hambly	1:23	2006
26 Noah Adams	1:23	2012
27 Sasha Whim	1:23 (t)	2014
28 Tommy Ryan	1:23 (t)	2015
29 Trevor McNally	1:24	2006
30 Clay Fischer	1:24	2007

<u>Girls Names</u>	<u>1000 times</u>	<u>year</u>
1 <b>Alaina Steele</b>	<b>3:27 (t)</b>	<b>2017</b>
2 Alaina Steele	3:28 (t)	2015
3 Marin Foss	3:28 (t)	2015
4 Marin Foss	3:29 (t)	2014
5 Sherry Rike	3:30	2011
6 Megan Miesner	3:40	2010
7 Abby Cummins	3:40	2012
8 Abby Cummins	3:41	2011
9 Grace Langmade	3:41 (t)	2015
10 Ashli Webster	3:42 (t)	2015
11 Allison Gusk	3:42 (t)	2015
12 Sherry Rike	3:44	2012
13 Marin Foss	3:44 (t)	2016
14 Morgan Richardson	3:45	2012
15 Brenna Richardson	3:45	2012
16 <b>Grace Grubbs</b>	<b>3:45 (t)</b>	<b>2017</b>
17 Alexis Thieman	3:45 (t)	2016
18 Sherry Rike	3:46	2010
19 Allison Gusk	3:46 (t)	2014
20 Grace Grubbs	3:46 (t)	2014
21 <b>Ashli Webster</b>	<b>3:47 (t)</b>	<b>2017</b>
22 Jordan Kotek	3:49	2013
23 Brenna Richardson	3:49	2013
24 Sherry Rike	3:49	2009
25 Alaina Steele	3:49 (t)	2016
26 Allison Gusk	3:50	2013
27 Jordan Kotek	3:50	2012
28 <b>Marin Foss</b>	<b>3:51</b>	<b>2017</b>
29 Jackie Gregoire	3:51	2005
30 Emily Branzovsky	3:51	2007
31 Grace Langmade	3:51 (t)	2014

<u>Girls Names</u>	<u>500 times</u>	<u>year</u>
1 <b>Alaina Steele</b>	<b>1:31 (t)</b>	<b>2017</b>
2 Alaina Steele	1:31 (t)	2016
3 Marin Foss	1:31 (t)	2014
4 Sherry Rike	1:32	2011
5 Morgan Richardson	1:32	2012
6 Jordan Kotek	1:32 (t)	2013
7 Sherry Rike	1:33	2012
8 Marin Foss	1:33 (t)	2016
9 Alaina Steele	1:33 (t)	2015
10 Megan Miesner	1:34	2010
11 Grace Grubbs	1:34 (t)	2016
12 Marin Foss	1:34 (t)	2015
13 Allison Gusk	1:34 (t)	2014
14 Grace Langmade	1:35 (t)	2015
15 Aaleaha Thieman	1:35 (t)	2015
16 Grace Grubbs	1:35 (t)	2014
17 Jackie Westeren	1:35 (t)	2013
18 Sherry Rike	1:36	2008
19 Alexis Thieman	1:36 (t)	2016
20 Alexis Thieman	1:36 (t)	2015
21 Grace Langmade	1:36 (t)	2014
22 <b>Ashli Webster</b>	<b>1:37 (t)</b>	<b>2017</b>
23 <b>Alexis Thieman</b>	<b>1:37 (t)</b>	<b>2017</b>
24 Allison Gusk	1:37 (t)	2015
25 Jackie Westeren	1:37 (t)	2014
26 Ashli Webster	1:37 (t)	2014
27 Alaina Steele	1:37 (t)	2014
28 Sherry Rike	1:38	2010
29 Sherry Rike	1:38	2009
30 Grace Grubbs	1:38 (t)	2015
31 Makayla Butenhoff	1:38 (t)	2015

(t) track

## GIRLS' PRACTICE WORKOUT RECORDS

Course	Time	Date	Runner
1. 1 x H.S. Mile loop	6:36	October 3, 2010	Sherry Rike
2. 2 x H.S. Mile Loop – 3200 m	13:54 (6:57 ave)	October 15, 2012	Sherry Rike
3. 3 x H.S. Mile Loop – 4800 m	23:19	September 21, 2000	Miki Anderson
4. 1 x H.S. Mile Loop, 3 x 500	13:00	October 15, 2007	Kendra Motyl
5. 1 x H.S. Mile Loop, 2 x 800	12:49	October 10, 2005	Jacki Gregoire
6. 1 x H.S. Mile Loop, 1 x 1000	10:35	October 25, 2004	Em Branzovsky
7. 1 x H.S. Mile Loop, 2 x 1000	13:05	October 19, 2015	Alaina Steele
8. 1 x H.S. Mile Loop, 1000, 500	11:15	October 22, 2012	Abby Cummins
9. 2 mile on mile loop, 2 x 400	17:59	October 17, 2005	Jacki Gregoire
10. 2 mile on mile loop, 2 x 500	17:25	October 18, 2010	Megan Miesner
11. Par Circle loop – 1.1	6:36	September 29, 2011	Sherry Rike
12. 4 x 400	5:30 (1:23 ave)	October 5, 1995	Amy Johnson
13. 6 x 400	7:57 (1:19 ave)	August 14, 2003	Jenna Fore
<b>14. 8 x 400</b>	<b>10:16 (1:17 ave)</b>	<b>September 26, 2017</b>	<b>Alaina Steele</b>
15. 3 x 500	5:09 (1:43 ave)	October 22, 2013	Jordan Kotek
16. 4 x 500	6:22 (1:36 ave)	November 3, 2015	Marin Foss
17. 5 x 500	9:11(1:50 ave)	October 22, 2001	Jacki Gregoire
18. 6 x 500	10:59 (1:50 ave)	September 12, 2000	Kim Connaker
19. 8 x 500	14:28 (1:49 ave)	September 23, 2005	Jacki Gregoire
20. 3 x 800	8:46 (2:55 ave)	September 23, 2011	Sherry Rike
21. 4 x 800	14:54 (3:44 ave)	September 21, 2005	Jacki Gregoire
22. 1 x 800, 1 x 600, 1 x 400	7:19	September 12, 1997	Becky Haavisto
23. 2 x 1000	7:52 (3:56 ave)	August 15, 2013	Jordan Kotek
24. 3 x 1000	11:43 (3:54 ave)	August 21, 2012	Abby Cummins
25. 4 x 1000	14:59 (3:45 ave)	September 2, 2010	Megan Miesner
26. 5 x 1000	18:58 (3:48 ave)	September 13, 2009	Sherry Rike
27. 6 x 1000	22:54 (3:49 ave)	September 26, 20010	Abby Cummins
28. 7 x 1000	26:58 (3:51 ave)	October 9, 2015	Marin Foss
29. 8 x 1000	32:23 (4:03 ave)	September 18, 2002	Jacki Gregoire
<b>30. 3 x 1000, 1 x 500</b>	<b>11:41 / 13:21 (3:54 ave + 1:40)</b>	<b>August 18, 2017</b>	<b>Alaina Steele</b>
31. 4 x 1000, 1 x 500	16:08 / 17:58 (4:02 ave + 1:50)	August 30, 2016	Alaina Steele
32. 5 x 1000, 1 x 500	<i>none yet</i>		
<b>33. 5 x 1000, 1 x 500 (track)</b>	<b>18:05 / 19:43 (3:37 ave + 1:38)</b>	<b>October 4, 2017</b>	<b>Alaina Steele</b>
<b>34. 6 x 1000, 1 x 500</b>	<b>23:03 / 24:48 (3:51 ave + 1:45)</b>	<b>September 20, 2017</b>	<b>Alaina Steele</b>
35. 7 x 1000, 1 x 500	<i>none yet</i>		
36. 2 x 1000, 2 x 500	10:32	October 11, 2011	Sherry Rike
37. 2 x 1000, 2 x 500, 2 x 1000	29:15	September 27, 2001	Jacki Gregoire
38. 2 x 1000, 6 x 500	18:49	September 27, 2010	Megan Miesner
39. 3 x 1000, 2 x 500	16:23	August 26, 2003	Emily Branzovsky
40. 1 x 1600, 2 x 500	9:50	October 13, 2016	Alaina Steele
41. 1600, 1000, 500 (track)	11:18	October 26, 2015	Alaina Steele
<b>42. 1 x 2000</b>	<b>7:35</b>	<b>October 19, 2017</b>	<b>Alaina Steele</b>
<b>43. 1 x 2000, 1 x 1000, 1 x 500 (track)</b>	<b>12:44</b>	<b>October 19, 2017</b>	<b>Alaina Steele</b>
44. 1 x 2000, 1 x 1000, 1 x 600 (track)	14:37	October 16, 2008	Sherry Rike

## BOYS' PRACTICE WORKOUT RECORDS

Course	Time	Date	Runner
1. 1 x H.S. Mile loop	5:23	October 4, 2010	Cody Hanson
2. 2 x H.S. Mile Loop – 3200 m	11:37 (5:39 ave)	August 22, 1997	J. R. Anderson
3. 3 x H.S. Mile Loop – 4800 m	17:00 (5:40 ave)	August 24, 2006	Trevor McNally
4. 1 x H.S. Mile Loop, 3 x 500	10:13	October 15, 2007	David Hambly
5. 1 x H.S. Mile Loop, 2 x 800	10:04	October 10, 2005	Tom Miche'
6. 1 x H.S. Mile Loop, 1 x 1000	8:06	October 21, 2013	Easton Foss
7. 1 x H.S. Mile Loop, 2 x 1000	11:28	October 19, 2015	Eli Grubbs
<b>8. 1 x H.S. Mile Loop, 1000, 500</b>	<b>9:33</b>	<b>October 12, 2017</b>	<b>Tommy Ryan</b>
9. 2 mile on mile loop, 2 x 400	13:41	October 17, 2005	Tom Miche'
10. 2 mile on mile loop, 2 x 500	13:52	October 18, 2010	Cody Hanson
11. Par Circle loop - 1.1	5:21	August 18, 2014	Easton Foss
12. 4 x 400	4:14 (1:03.5 Ave)	October 16, 1997	J.R. Anderson
13. 6 x 400	6:31 (1:05 ave)	August 14, 2003	Jared Clementson
<b>14. 8 x 400 (track)</b>	<b>8:44 (1:05.5 ave)</b>	<b>September 26, 2017</b>	<b>Tommy Ryan</b>
15. 3 x 500	4:07 (1:22 ave)	October 21, 2003	Jared Clementson
16. 4 x 500	5:24 (1:21ave)	November 2, 2010	Cody Hanson
17. 5 x 500	7:28 (1:29 ave)	October 22, 2001	David Hansen
18. 6 x 500	8:59 (1:29 ave)	September 11, 2001	Jared Clementson
19. 8 x 500	12:27 (1:31 ave)	October 5, 2000	Ryan Hammill
20. 3 x 800	8:14 (2:45 ave)	September 23, 2011	Mike Connolly
21. 4 x 800	11:28 (2:52 ave)	September 21, 2005	Tom Miche'
22. 1 x 800, 1 x 600, 1 x 400	5:11	September 12, 1997	J. R. Anderson
23. 2 x 1000	6:06 (3:03 ave)	August 17, 2006	Tom Miche'
24. 3 x 1000	9:25 (3:08 ave)	August 22, 2006	Tom Miche'
25. 4 x 1000	12:26 (3:06 ave)	September 2, 2010	Cody Hanson
<b>26. 5 x 1000</b>	<b>16:05 (3:13 ave)</b>	<b>August 22, 2017</b>	<b>Tommy Ryan</b>
27. 6 x 1000	19:26 (3:14 ave)	September 26, 2013	Easton Foss
<b>28. 7 x 1000</b>	<b>22:39 (3:14 ave)</b>	<b>September 15, 2003</b>	<b>Tommy Ryan</b>
29. 8 x 1000	25:28 (3:11 ave)	September 23, 2003	Jared Clementson
30. 3 x 1000, 1 x 500	10:10 / 11:27 (3:23 ave + 1:17)	August 19, 2016	Eli Grubbs
31. 4 x 1000, 1 x 500	12:53 / 14:16 (3:13 ave + 1:23)	September 10, 2013	Easton Foss
<b>32. 5 x 1000, 1 x 500</b>	<b>16:18 / 17:45 (3:16 ave + 1:27)</b>	<b>August 29, 2017</b>	<b>Tommy Ryan</b>
<b>33. 5 x 1000, 1 x 500 (track)</b>	<b>15:26 / 16:44 (3:05 ave + 1:18)</b>	<b>October 4, 2017</b>	<b>Tommy Ryan</b>
<b>34. 6 x 1000, 1 x 500</b>	<b>19:41 / 21:12 (3:17 ave + 1:31)</b>	<b>September 5, 2017</b>	<b>Tommy Ryan</b>
<b>35. 7 x 1000, 1 x 500</b>	<b>23:01 / 24:30 (3:17 ave + 1:29)</b>	<b>September 20, 2017</b>	<b>Tommy Ryan</b>
36. 2 x 1000, 2 x 500	9:16	October 22, 2009	Cody Hanson
37. 2 x 1000, 2 x 500, 2 x 1000	16:43	September 27, 2001	Jared Clementson
38. 2 x 1000, 6 x 500	15:01	September 27, 2010	Cody Hanson
39. 3 x 1000, 2 x 500	12:56	August 26, 2003	Jared Clementson
40. 1 x 1600, 2 x 500	8:14	October 13, 2016	Tommy Ryan
41. 1 x 1600, 1 x 1000, 1 x 500 (track)	9:08	October 24, 2016	Eli Grubbs
<b>42. 1 x 2000</b>	<b>6:32</b>	<b>October 19, 2017</b>	<b>Tommy Ryan</b>
<b>43. 1 x 2000, 1 x 1000, 1 x 500 (track)</b>	<b>10:44</b>	<b>October 19, 2017</b>	<b>Tommy Ryan</b>
44. 1 x 2000, 1 x 1000, 1 x 600 (track)	11:29	September 29, 1998	J. R. Anderson

## TOP 10 FIRST PLACE FINISHERS at Pine City Meets

### GIRLS

#### PINE CITY INVITATIONAL (New 5K)

Elena Herberg	Rush City	2015	19:45
Charisa Bouley	Zimmerman	2017	20:10
Rhianna Rinke	North Branch	2016	20:34

#### **Pine City Bests:**

Alaina Steele	Pine City	2017	20:56
Ashli Webster	Pine City	2015	21:40

#### CONFERENCE MEET @ PINE CITY

Elena Herberg	Rush City	2015	19:45
Alaina Steele	Pine City	2017	21:19
Ashli Webster	Pine City	2016	21:48
<i>Alaina Steele</i>	<i>Pine City</i>	<i>2015</i>	<i>20:33 2nd</i>
<i>Marin Foss</i>	<i>Pine City</i>	<i>2015</i>	<i>20:37 3rd</i>
<i>Allison Gusk</i>	<i>Pine City</i>	<i>2015</i>	<i>20:48 4th</i>
<i>Ashli Webster</i>	<i>Pine City</i>	<i>2015</i>	<i>20:52 5th</i>
<i>Brooke Nekowitsch</i>	<i>Rush City</i>	<i>2015</i>	<i>21:35 6th</i>
<i>Grace Langmade</i>	<i>Pine City</i>	<i>2015</i>	<i>21:50 7th</i>
<i>Makayla Butenhoff</i>	<i>Pine City</i>	<i>2015</i>	<i>21:53 8th</i>

#### **Pine City Best:**

Alaina Steele	Pine City	2015	20:33 2nd
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### BOYS

#### PINE CITY INVITATIONAL

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

#### **Pine City Best:**

Jim Kingen	Pine City	1986	17:01
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#### CONFERENCE MEET @ PINE CITY

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

#### **Pine City Best:**

Trevor McNally	Pine City	2006	17:15 2nd
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# Pine City High School Cross Country

## 2017 Awards:

<b>MOST VALUABLE RUNNER</b>	Alaina Steele 20:08.6	Tommy Ryan 16:55.6
<b>ROOKIE OF THE YEAR</b>	Allison Cavallin 24:35.9	Charlie Emmons 19:30
<b>MOST IMPROVED RUNNER</b>	Kaylee Prihoda 23:36	Austin Eckert 18:31
<b>WORKHORSE AWARD</b>	Grace Grubbs 22:29.0	Nate Webster 17:32.7
<b>SPORTSMANSHIP AWARD</b>	Leah Westerman 24:43.9	Jake Adams 18:43.0
<b>“PC” AWARD</b> ( <u>P</u> ersistent and <u>C</u> ourageous)	Marin Foss 23:14.4	Noah Miller 19:13.5
<b>TEAM AWARD</b> ( <u>T</u> ogether <u>E</u> veryone <u>A</u> chieves <u>M</u> ore)	Alexis Thieman 22:37	TJ Rank 18:39
<b>PERSEVERANCE AWARD</b>	Ashli Webster 21:42.1	Joseph Root 21:00
	Janae Johnson 30:02	
<b>COACHES AWARD</b>	Grace Langmade 23:18	Remington Steele 19:11.9
<b>PC INVITE SCHOOL RECORD</b>	Alaina Steele 20:56	
<b>ALL-TIME SCHOOL RECORD</b>	Alaina Steele 20:08.6	

**CAPTAINS:** Remington Steele Tommy Ryan Ashli Webster Marin Foss

## **CONFERENCE TEAM CHAMPIONS**

Boys' Varsity (38 pts)

Boys' JV (15 pts)

Girls' Varsity (19 pts)

Girls' JV (15 pts)

## **ALL-CONFERENCE**

Tommy Ryan (1)

Nate Webster (3)

TJ Rank (9)

Alaina Steele (1)

Ashli Webster (2)

Alexis Thieman (3)

Grace Grubbs (5)

Lily Wilson (8)

## **HONORABLE MENTION**

Austin Eckert (11)

Marin Foss (13)

Grace Langmade (14)

Kaylee Prihoda (Unofficial)

## **CONFERENCE INDIVIDUAL CHAMPIONS**

Boys Varsity: Tommy Ryan

Boys JV: Charlie Emmons

Girls Varsity: Alaina Steele

Girls JV: Kaylee Prihoda

## **ACADEMIC EXCELLENCE**

Boys: Gold Level (3.76 Cum GPA)

Girls: Gold Level (3.83 Cum GPA)

## **STATE MEET QUALIFIER**

Tommy Ryan (9) 34<sup>th</sup> at State

## LETTER WINNERS

### BOYS

Tommy Ryan  
Nate Webster  
Austin Eckert  
TJ Rank  
Jake Adams  
Noah Miller  
Charlie Emmons  
Remington Steele  
Koleman Lind

### GIRLS

Alaina Steele  
Ashli Webster  
Marin Foss  
Grace Grubbs  
Lily Wilson  
Alexis Thieman  
Kaylee Pihoda  
Grace Langmade  
Allison Cavallin  
Leah Westerman  
Megan Stransky (M)





Coach Clementson

Coach Etta

Coach Adams

Coach Sherry

THANKS for a  
GREAT  
season!

- Coaches

**NEVER  
GIVE  
UP**

**Boys**

**Great River Conference Champs**

**Section 5A - 6<sup>th</sup> Place**

**Girls**

**Great River Conference Champs**

**Section 5A – 10<sup>th</sup> Place**