

PINE CITY DRAGONS



CROSS COUNTRY

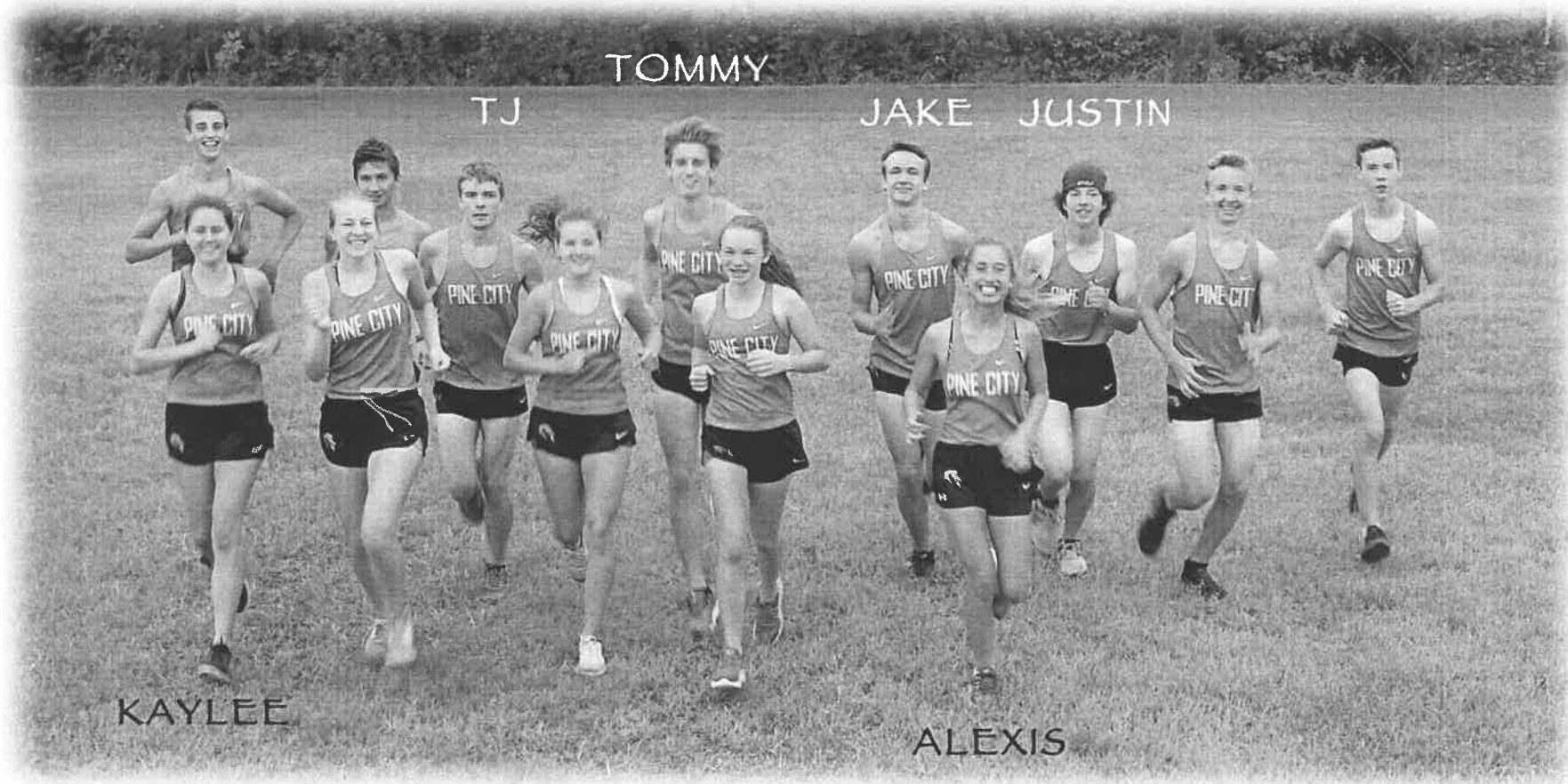
2018

# 2018 Dragon Cross Country Team





# DRAGON CROSS COUNTRY



TOMMY

TJ

JAKE JUSTIN

KAYLEE

ALEXIS

MEGAN

## Seniors 2018

LOGAN

# New School Record



Alaina Steele  
All-Time 5K (Foley Invite)  
19:43.1

**Mora Time Trial**  
**Thursday, August 23, 2018**  
**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. <b>Alaina Steele</b>	<b>1</b>	<b>12:47</b>	6:25	6:22
2. Grace Grubbs	11	14:30	6:57	7:33
3. Alexis Thieman	15	15:17	7:24	7:53
4. Allison Cavallin	19	15:53	7:49	8:04
5. Allyson Chromey	20	15:53	7:49	8:04
6. Kaylee Prihoda	21	15:55	7:49	8:06
7. Hailee Rydberg	39	18:30	8:51	9:39

**#1 runner: Alaina Steele - Pine City - 12:47**

**JUNIOR HIGH GIRLS:**

1600 m

1. Marguerite Grubbs	DNR
2. Eva Johnson	DNR

#1 runner: ?

**PINE CITY BOYS' RESULTS:**

3200 m

	<u>place</u>	<u>total time</u>	<u>1st mile</u>	<u>2nd mile</u>
1. Tommy Ryan	2	10:48	5:11	5:37
2. Nate Webster	5	11:11	5:27	5:44
3. Noah Miller	14	12:01	5:45	6:16
4. Charlie Emmons	19	12:08	5:55	6:13
5. Jake Adams	21	12:09	6:02	6:07
6. TJ Rank	22	12:09	6:02	6:07
7. Koleman Lind	27	12:32	6:16	6:16
8. Parker Sell	35	13:12	6:32	6:42
9. Casey Knutson	36	13:27	6:59	6:28
10. Peyton Smetana	37	13:36	6:33	7:03
11. Josh Rike	40	13:49	6:38	7:11
12. Lukas Struss	42	13:52	6:34	7:18
13. Kenny Vo	53	14:39	7:04	7:35
14. Bryce Roberts	55	14:55	7:00	7:55
15. Derek Clementson	56	15:01	7:00	8:01
16. Justin Stolp	57	15:01	7:02	7:59
17. Hunter Danielson	DNR			
18. Aidan Welch	DNR			
19. Drake Willert	DNR			

#1 runner: Cooper Lennox - Mora - 10:31

**JUNIOR HIGH BOYS:**

1600 m

1. Damion Torgerson	3	6:20
2. Caleb Cunnien	4	6:23
3. Greyson Johnson	DNR	
4. Gavin Broz	DNR	
5. Deacon Foss	DNR	

#1 runner: ? - Mora - 5:52

# Princeton Invitational Cross Country Meet

Thursday, August 30, 2018

Mild and Sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 77 varsity runners

	<u>place</u>	<u>time</u>
1. Alaina Steele	3	20:54
2. Grace Grubbs	35	24:31
3. Alexis Thieman	54	25:53
4. Kaylee Prihoda	60	26:42
5. Allyson Chromey	62	27:23
6. Hailee Rydberg	DNF	
7. Allison Cavallin	DNR	

<u>Top 5 Ave</u> 25:04.9
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#16 All-Time

PB

#1 runner: Cherisa Bouley - Zimmerman - 19:56

## JUNIOR HIGH GIRLS:

2000 m - 73 runners

	<u>place</u>	<u>time</u>	
1. Eva Johnson	7	8:47	PB
2. Marguerite Grubbs	73	21:18	PB
3. Sophia Olson	DNR		

#1 runner: Arianna Comfort - St. Francis - 8:22

## PINE CITY BOYS' RESULTS:

5000 m - 108 varsity runners

	<u>place</u>	<u>time</u>	
1. Tommy Ryan	2	17:42	
2. Nate Webster	6	18:15	
3. Noah Miller	24	19:51	
4. TJ Rank	30	20:10	
5. Koleman Lind	35	20:38	
6. Casey Knutson	45	21:09	PB
7. Parker Sell	48	21:20	
8. Peyton Smetana	50	21:26	
9. Lukas Struss	66	22:27	
10. Bryce Roberts	87	23:52	PB
11. Justin Stolp	88	23:59	
12. Aidan Welch	96	24:33	PB
13. Kenny Vo	99	25:19	
14. Derek Clementson	105	26:43	
15. Josh Rike	106	27:22	
16. Hunter Danielson	108	28:32	PB
17. Charlie Emmons	DNF	13:05 through 3200m	
18. Jake Adams	DNF	6:25 through 1600m	
19. Drake Willert	DNR		
20. Ethean Wiechman	DNR		

<u>Top 5 Ave</u> 19:19.2
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#1 runner: Lucas Gustafson - Elk River - 17:41

## JUNIOR HIGH BOYS:

2000 m - 48 runners

	<u>place</u>	<u>time</u>	
1. Damion Torgerson	4	7:51	PB
2. Caleb Cunnien	7	7:59	PB
3. Greyson Johnson	38	10:26	PB
4. Deacon Foss	40	10:50	PB
5. Gavin Broz	DNR		
6. Jacob Treu	DNR		
7. Spencer Wicktor	DNR		
8. Levi Johnson	DNR		
9. Domanic Hing	DNR		

#1 runner: Aiden Gomes - St. Francis - 7:21

## GIRLS' TEAM RESULTS:

1. Zimmerman (AA)	81
2. Cambridge-Isanti (AA)	93
3. Elk River (AA)	106
4. Heritage Christian A.	120
5. United North Central	125
6. Princeton (AA)	127
7. St. Francis (AA)	128
8. Spectrum	150
9. Pine City	189
10. PACT / Legacy	216
Braham	Inc.
Mille Lacs	Inc.
Parnassus	Inc.
St. Cloud Cathedral	Inc.

## JH Girls' Results:

1. Elk River	37
7 complete teams	
Pine City	Inc.

## BOYS' TEAM RESULTS:

1. Elk River (AA)	57
2. Heritage Christian A.	71
3. Spectrum	74
4. Cambridge-Isanti (AA)	91
5. Pine City	97
6. Princeton (AA)	134
7. St. Francis (AA)	187
8. PACT / Legacy	235
9. Zimmerman (AA)	253
10. Parnassus	258
Braham	Inc

## JH Team Results:

1. Becker	35
2. Elk River	43
3. Cambridge-Isanti	66
4. Princeton	89
Pine City	Inc.

# Pine City Invitational Cross Country Meet

Thursday, September 6, 2018

Warm and Sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 69 varsity & 49 JV runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	6	21:37	#2 PC Invite
2. Alexis Thieman	37	25:00	BTY
3. Kaylee Prihoda	44	25:23	BTY
4. Allyson Chromey	53	26:05	PB
5. Hailee Rydberg	65	28:47	PB
6. Grace Grubbs	DNF		
7. Allison Cavallin	DNF		

#1 runner: Cherisa Bouley - Zimmerman - 19:27

## JUNIOR HIGH GIRLS:

2000 m - 45 runners

	<u>place</u>	<u>time</u>	
1. Eva Johnson	3	8:50	
2. Sophia Olson	31	11:17	PB
3. Marguerite Grubbs	45	17:49	PB

#1 runner: Reese Hartl - Hinckley-Finlayson - 8:14

## PINE CITY BOYS' RESULTS:

5000 m - 70 varsity & 74 JV runners

	<u>place</u>	<u>time</u>	
1. Nate Webster	6	18:07	BTY
2. Noah Miller	25	19:28	BTY
3. Jake Adams	31	19:42	BTY
4. Koleman Lind	34	19:59	BTY
5. TJ Rank	35	20:01	BTY
6. Casey Knutson	39	20:21	BTY
7. Lukas Struss	11jv	21:17	BTY
8. Peyton Smetana	17jv	21:49	
9. Parker Sell	19jv	21:55	
10. Josh Rike	29jv	22:51	BTY
11. Bryce Roberts	35jv	23:19	PB
12. Aidan Welch	44jv	24:21	PB
13. Hunter Danielson	45jv	24:26	PB
14. Justin Stolp	49jv	24:36	
15. Kenny Vo	51jv	24:47	BTY
16. Tommy Ryan	DNF		
17. Derek Clementson	DNF		
18. Drake Willert	DNF		
19. Charlie Emmons	DNR		
20. Chris Trudeau	DNR		
21. Ethean Wiechman	DNR		

#1 runner: Cedric LeFave - Hinckley-Finlayson - 17:14

## JUNIOR HIGH BOYS:

2000 m - 57 runners

	<u>place</u>	<u>time</u>	
1. Damion Torgerson	5	7:34	PB
2. Caleb Cunnien	6	7:35	PB
3. Gavin Broz	37	9:15	PB
4. Greyson Johnson	44	9:55	PB
5. Deacon Foss	50	10:33	PB
6. Spencer Wicktor	51	10:33	PB
7. Jacob Treu	DNR		
8. Levi Johnson	DNR		
9. Domanic Hing	DNR		

#1 runner: Carson Klein - North Branch - 7:15

Top 5 Ave

25:22.4

## GIRLS' TEAM RESULTS:

1. Zimmerman (AA)	32
2. Mora	40
3. Milaca	101
4. Chisago Lakes (AA)	103
5. Spectrum	108
6. Pine City	185
7. Hermantown (AA)	187
8. Hinckley-Finlayson	194
9. North Branch (AA)	215
10. Foley (AA)	240
Braham, East Central Inc	
Mille Lacs, Rush City Inc	

## JH Girls' Results:

1. Mille Lacs	46
2. Foley	15
3. North Branch	75
Pine City	Inc

## BOYS' TEAM RESULTS:

1. Spectrum	64
2. Foley	71
3. North Branch (AA)	100
4. Hinckley-Finlayson	106
5. Rush City	120
6. Pine City	126
7. Hermantown (AA)	159
8. Chisago Lakes (AA)	169
9. Milaca	237
10. Zimmerman (AA)	243
11. Braham	Inc

## JV Boys' Results:

1. Chisago Lakes	35
2. Foley	79
3. Pine City	83
4. Rush City	95
5. Hinckley-Finlayson	99
6. Spectrum	121
7. Braham	190

## JH Team Results:

1. Foley	30
2. Milaca	73
3. North Branch	80
4. Hinckley-Finlayson	96
5. Pine City	105
6. Hermantown	119

# Mora Invitational Cross Country Meet

Tuesday, September 11, 2018

hot and sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 99 varsity runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	5	20:45.1	BTY #1 Mora / #11 All-Time
2. Grace Grubbs	51	24:55.6	
3. Hailee Rydberg	89	28:32.6	PB
4. Allyson Chromey	DNF		
5. Alexis Thieman	DNR		
6. Kaylee Prihoda	DNR		
7. Allison Cavallin	DNR		

#1 runner: Maddie Kelly - Providence Academy - 19:32.2

## JUNIOR HIGH GIRLS:

2400 m - 64 runners

	<u>place</u>	<u>time</u>	
1. Eva Johnson	4	10:19.7	PB
2. Sophia Olson	48	13:35.8	PB
3. Marguerite Grubbs	64	23:28.9	PB

#1 runner: Naomi Chernyavsky - Northwest Nighthawks - 9:49.9

## PINE CITY BOYS' RESULTS:

5000 m - 112 varsity & JV runners

	<u>place</u>	<u>time</u>	
1. Nate Webster	15	18:05.4	BTY #9 Tie Mora
2. Logan Vinaja	2jv	19:44.9	PB
3. TJ Rank	51	19:47.9	BTY
4. Noah Miller	59	20:04.7	
5. Jake Adams	60	20:10.6	
6. Parker Sell	29jv	21:03.4	BTY
7. Casey Knutson	72	21:04.6	
8. Koleman Lind	86	21:41.0	
9. Peyton Smetana	33jv	21:57.7	
10. Josh Rike	38jv	22:15.4	BTY
11. Bryce Roberts	62jv	23:15.3	BTY
12. Justin Stolp	76jv	24:25.9	
13. Derek Clementson	78jv	24:37.6	BTY
14. Aidan Welch	80jv	24:51.6	
15. Hunter Danielson	90jv	25:53.8	
16. Kenny Vo	93jv	26:05.8	
17. Tommy Ryan	DNF		
18. Chris Trudeau	DNF		
19. Lukas Struss	DNR		
20. Drake Willert	DNR		
21. Charlie Emmons	DNR		
22. Ethean Wiechman	DNR		

#1 runner: Cooper Lennox - Mora - 16:47.3

## JUNIOR HIGH BOYS:

2400 m - 101 runners

	<u>place</u>	<u>time</u>	
1. Caleb Cunnien	7	9:23.2	PB
2. Levi Johnson	8	9:27.4	PB
3. Damion Torgerson	9	9:28.3	PB
4. Jacob Treu	49	11:03.1	PB
5. Gavin Broz	68	11:36.4	PB
6. Greyson Johnson	74	11:52.6	PB
7. Deacon Foss	83	12:46.4	PB
8. Spencer Wicktor	DNF		
9. Caden Schichting	DNR		
10. Domanic Hing	DNR		

#1 runner: Nate Johnson - Mora - 8:31.3

Top 5 Ave

N-A

## GIRLS' TEAM RESULTS:

1. Providence Academy (7)	64
2. Howard Lake-W.W. (6)	76
3. Zimmerman (AA)	77
4. Mora (10)	80
5. Princeton (AA)	138
6. Spectrum	175
7. Northwest Homeschool	179
8. Heritage Christian	181
9. Pierz	235
10. Hinckley-Finlayson	282
11. Foley (AA)	299
12. North Branch (AA)	308
13. Mille Lacs	325
14. North Lakes Academy	373
Pine City	Inc
E.C., R.C., PACT	Inc

## JH Girls' Results:

1. Northwest Nighthawks	28
Pine City	Inc

## BOYS' TEAM RESULTS:

1. Mora (10)	68
2. Foley (AA)	126
3. Spectrum	137
4. Heritage Christian	142
5. Northwest Nighthawks	153
6. North Branch (AA)	171
7. Rush City	187
8. Princeton (AA)	205
9. Hinckley-Finlayson	209
10. Pierz	243
11. Pine City	245
12. Providence Academy	254
13. Howard Lake-W.W.	271
14. PACT Charter / Legacy	351
15. Zimmerman (AA)	388
16. North Lakes Academy	435
Braham	Inc
East Central	Inc
Maranatha Christian	Inc

## JV Boys' Results:

1. Mora	
Pine City	

## JH Boys' Results:

1. Foley	47
2. Mora	92
3. Northwest Nighthawks	113
4. Pine City	116



# Pierz Stampede Invitational Cross Country Meet

Monday, September 17, 2018

cool and sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 100 varsity runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	4	20:26.7	BTY #1 Pierz / Tie #2 A.T.
2. Kaylee Prihoda	76	24:39.1	BTY
3. Allyson Chromey	93	27:06.6	
4. Hailee Rydberg	97	27:48.9	PB
5. Grace Grubbs	DNR		
6. Alexis Thieman	DNR		
7. Allison Cavallin	DNR		

#1 runner: Cheresa Bouley (AA) - Zimmerman - 19:30.3

## JUNIOR HIGH GIRLS:

3200 m - 91 runners

	<u>place</u>	<u>time</u>	
1. Eva Johnson	6	14:02.0	PB
2. Sophia Olson	57	16:50.1	PB
3. Marguerite Grubbs	91	30:07.9	BTY

#1 runner: Reese Hartl - Hinckley-Finlayson - 13:01.5

## PINE CITY BOYS' RESULTS:

5000 m - 119 varsity & 167 JV runners

	<u>place</u>	<u>time</u>	
1. Tommy Ryan	4	17:10.9	BTY #3 Pierz / #57 A.T.
2. Nate Webster	19	17:51.7	BTY
3. TJ Rank	44	18:47.3	BTY
4. Jake Adams	46	18:49.1	BTY
5. Logan Vinaja	50	18:57.2	PB
6. Noah Miller	65	19:36.8	
7. Koleman Lind	13jv	19:48.5	BTY
8. Parker Sell	92	21:03.6	BTY
9. Casey Knutson	38jv	21:08.3	
10. Peyton Smetana	44jv	21:17.7	BTY
11. Josh Rike	48jv	21:24.6	BTY
12. Chris Trudeau	52jv	21:30.1	PB
13. Derek Clementson	77jv	22:24.7	BTY
14. Lukas Struss	84jv	22:38.4	
15. Drake Willert	100jv	23:27.4	BTY
16. Hunter Danielson	106jv	23:51.6	PB
17. Kenny Vo	117jv	24:13.7	PB
18. Justin Stolp	136jv	26:18.7	
19. Ethean Wiechman	164jv	32:17.4	BTY
20. Charlie Emmons	DNR		
21. Bryce Roberts	DNR		
22. Aidan Welch	DNR		

#1 runner: Cooper Lennox (5) - Mora - 16:28

## JUNIOR HIGH BOYS:

3200 m - 132 runners

	<u>place</u>	<u>time</u>	
1. Caleb Cunnien	9	12:38.8	PB
2. Damion Torgerson	12	12:44.5	PB
3. Gavin Broz	79	15:38.3	PB
4. Deacon Foss	107	17:13.4	PB
5. Greyson Johnson	108	17:28.4	PB
6. Spencer Wicktor	109	17:33.1	PB
7. Caden Schlichting	113	18:17.3	PB
8. Jacob Treu	121	19:48.9	PB
9. Levi Johnson	DNR		
10. Domanic Hing	DNR		

#1 runner: Steven Selisker - Brainerd - 11:57.8

## GIRLS' TEAM RESULTS:

1. Zimmerman (AA)	56
2. Maple Lake (9)	80
3. Mora (10)	90
4. EdenVally-Watksn/K	102
5. Albany	160
6. Annandale (12)	164
7. Brainerd (AA)	167
8. Milaca	171
9. Heritage Christian	188
10. Pierz	265
11. Osakis	293
12. Mille Lacs	320
13. Hinckley-Finlayson	333
14. Foley	338
Pine City	Inc

## JH Girls' Results:

1. Brainerd	52
Pine City	Inc

## BOYS' TEAM RESULTS:

1. Mora (10)	68
2. Annandale	118
3. Heritage Christian	120
4. Pine City	151
5. Foley	154
6. Brainerd (AA)	164
7. Albany	205
8. Osakis	221
9. St. Cloud Cathedral	232
10. Pierz	243
11. Royalton	255
12. Hinckley-Finlayson	289
13. Maple Lake	291
14. St. John's Prep	387
15. Milaca	421
16. Zimmerman	430
17. Braham	494
18. EdenVally-Watksn/K	498

## JV Boys' Results:

1. Brainerd	30
2. Mora	43
3. Annandale	86
4. Albany	114
5. Foley	127
6. Pine City	152
7. St. Cloud Cathedral	201
8. Hinckley-Finlayson	258
9. Maple Lake	272
10. Heritage Christian	288
11. Holdingford	314
12. Maranantha Christian	370
13. Braham	371
14. St. Johns Prep	378

## JH Boys' Results:

1. Foley	58
2. Annandale	75
3. Brainerd	95
9. Pine City	229

# Milaca Mega Invitational Cross Country Meet

Saturday, September 22, 2018

cool and sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 168 varsity & 511 JV runners  
251 9th-grade & 259 10th-grade runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	8	19:53.5	PB
**** NEW SCHOOL RECORD ****			
2. Grace Grubbs	113	23:39.7	BTY
3. Kaylee Prihoda	119	23:49.7	BTY
4. Allyson Chromey	148	25:51.2	PB
5. Hailee Rydberg	164 -9th	26:14.9	PB
6. Alexis Thieman	DNR		
7. Allison Cavallin	DNR		

#1 Varsity runner: Natasha Sortland - ZMKW - 18:54.4

## JUNIOR HIGH GIRLS:

3200 m - 252 7th-grade & 249 8th-grade runners

	<u>place</u>	<u>time</u>	
1. Sophia Olson	151 -7th	16:39.8	PB
2. Marguerite Grubbs	249 -8th	28:01.2	PB
3. Eva Johnson	DNR		

#1 7th-grade runner: Isabelle Schmitz - Hutchinson - 12:19.3

#1 8th-grade runner: Hailee Zimpel - Zimmerman - 12:34.4

## PINE CITY BOYS' RESULTS:

5000 m - 181 varsity & 706 JV runners  
452 9th-grade & 444 10th-grade runners

	<u>place</u>	<u>time</u>	
1. Tommy Ryan	7	16:56.4	BTY #1 MMM (G.C.) / #28 All-Time
2. Nate Webster	20	17:17.6	PB #4 MMM (G.C.) / Tie #81 All-Time
3. Logan Vinaja	51	18:03.8	PB
4. Noah Miller	91	18:39.1	PB
5. Jake Adams	108	19:07.2	
6. TJ Rank	121	19:22.4	
7. Koleman Lind	143	20:21.4	
8. Casey Knutson	138 -9th	20:36.4	
9. Lukas Struss	216 -10th	21:17.8	
10. Josh Rike	373 jv	21:34.9	
11. Drake Willert	229 -9th	21:50.5	BTY
12. Bryce Roberts	251 -9th	22:11.1	PB
13. Derek Clementson	434 jv	22:24.2	BTY
14. Hunter Danielson	342 -9th	23:34.4	PB
15. Kenny Vo	608 jv	24:37.1	
16. Justin Stolp	635 jv	25:15.4	
17. Chris Trudeau	DNR		
18. Peyton Smetana	DNR		
19. Parker Sell	DNR		
20. Aidan Welch	DNR		
21. Charlie Emmons	DNR		
22. Ethean Wiechman	DNR		

#1 Varsity runner: Geno Uhrbom - Greenway-N.K. - 15:48.0

## JUNIOR HIGH BOYS:

3200 m - 274 7th-grade & 405 8th-grade runners

	<u>place</u>	<u>time</u>	
1. Caleb Cunnien	83 -8th	12:57.6	
2. Damion Torgerson	91 -8th	13:02.8	
3. Levi Johnson	192 -8th	14:02.8	PB
4. Gavin Broz	166 -7th	15:21.0	PB
5. Jacob Treu	206 -7th	16:07.8	PB
6. Deacon Foss	222 -7th	16:36.0	PB
7. Spencer Wicktor	241 -7th	17:14.5	PB
8. Caden Schlichting	252 -7th	18:25.2	
9. Greyson Johnson	DNR		

#1 7th-grade runner: Ataa-Adjetey Mensah - Roseville - 11:12.3

#1 8th-grade runner: Matthew Rongitsch - Grand Forks Red River - 10:45.8

Top 5 Ave

23:53.8 BTY

## GIRLS' TEAM RESULTS:

1. Perham (T1)	57
2. Lake City (8)	147
3. St. Croix Central	157
4. Mora	170
5. LQPV-DB	187
6. Rockford	196
7. Blake	196
8. Jordan	230
9. Proctor (11)	236
10. North Shore	263
11. Fairmont (10)	273
12. Moose Lake-Willow R.	320
13. Greenway-N.K.	321
14. Martin County West	325
15. Pequot Lakes	340
16. Virginia	363
17. ZMKW	382
18. Dilworth-Glyndon-F.	483
19. Melrose	524
20. Benson-KMS	531
21. New London-Spicer	576
22. Roseau	591
23. Watertown-Mayer	678
Pine City	Inc

## BOYS' TEAM RESULTS:

1. Perham (1)	45
2. LQPV-DB (7)	128
3. North Shore	164
4. Mora (11)	170
5. Martin County West	189
6. Greenway-N.K. (5)	207
7. Lake City	241
8. Jordan	242
9. St. Croix Central	262
10. St. Cloud Cathedral	270
11. Pine City	273
12. Benson-KMS	307
13. Fairmont	358
14. Pequot Lakes	361
15. Dilworth-Glyndon-F.	371
16. Breck	417
17. Paynesville	422
18. Moose Lake-Willow R.	437
19. Blake	443
20. Melrose	481
21. Virginia	558
22. Rockford	564
23. New London-Spicer	646
24. ZMKW	659
25. St. Croix Lutheran	690
26. Milaca	737

## 7th Grade Boys' Team Results:

1. Waconia	69
2. Edina	97
3. Roseville	114
4. St. James	138
5. Pequot Lakes	161
6. Central Middle School	209
7. Jordan	222
8. Providence Academy	249
9. West Central	249
10. Virginia	252
11. Sartell	254
12. Orono	282
13. Big Lake	291
19. Pine City	476

# Foley Invitational Cross Country Meet

Thursday, September 27, 2018

cool, overcast, and windy

## PINE CITY GIRLS' RESULTS:

5000 m - 68 varsity & 66 JV runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	2	19:43.1	PB #1 All-Time
**** NEW SCHOOL RECORD ****			
2. Eva Johnson	25	21:57.0	PB #69 All-Time / #8 Girl
3. Grace Grubbs	45	23:32.7	BTY
4. Kaylee Prihoda	50	23:58.3	
5. Allison Cavallin	64	25:53.7	BTY
6. Allyson Chromey	65	25:56.8	
7. Alexis Thieman	DNR		
8. Hailee Rydberg	DNR		

#1 runner: Cheresa Bouley - Zimmerman - 19:07.5

## JUNIOR HIGH GIRLS:

3200 m - 65 runners

	<u>place</u>	<u>time</u>
1. Sophia Olson	36	16:57.8
2. Marguerite Grubbs	64	30:36.7

#1 runner: Mya Zawacki - Foley - 13:44.1

## PINE CITY BOYS' RESULTS:

5000 m - 81 varsity & 104 JV runners

	<u>place</u>	<u>time</u>	
1. Tommy Ryan	3	17:16.7	#78 All-Time
2. Nate Webster	5	17:27.5	#110 All-Time
3. Jake Adams	28	18:25.8	PB
4. Logan Vinaja	33	18:28.8	
5. Noah Miller	41	18:52.2	
6. TJ Rank	46	19:08.4	
7. Koleman Lind	52	19:21.5	PB
8. Parker Sell	19jv	19:44.4	PB
9. Josh Rike	26jv	20:06.8	PB
10. Lukas Struss	28jv	20:23.9	PB
11. Casey Knutson	40jv	21:02.1	
12. Chris Trudeau	44jv	21:10.2	PB
13. Peyton Smetana	45jv	21:11.1	BTY
14. Derek Clementson	52jv	21:15.9	BTY
15. Bryce Roberts	53jv	21:16.3	PB
16. Hunter Danielson	77jv	22:47.1	PB
17. Kenny Vo	78jv	22:51.9	PB
18. Aidan Welch	87jv	24:13.2	PB
19. Justin Stolp	92jv	25:36.3	
20. Drake Willert	DNR		
21. Charlie Emmons	DNR		
22. Ethean Wiechman	DNR		

#1 runner: Cooper Lennox - Mora - 17:04.7

## JUNIOR HIGH BOYS:

3200 m - 110 runners

	<u>place</u>	<u>time</u>	
1. Caleb Cunnien	8	12:36.3	PB
2. Damion Torgerson	17	13:04.8	
3. Levi Johnson	24	13:33.8	PB
4. Gavin Broz	52	15:02.4	PB
5. Greyson Johnson	66	15:43.7	PB
6. Deacon Foss	91	17:29.1	
7. Spencer Wicktor	DNR		
8. Jacob Treu	DNR		
9. Caden Schlichting	DNR		

#1 runner: Henry Ebel - St. Cloud Cathedral - 11:47.3

## Top 5 Ave

23:01.0 BTY / #26 All-Time

## GIRLS' TEAM RESULTS:

1. Mora	66
2. Pequot Lakes	76
3. Zimmerman (AA)	78
4. Princeton (AA)	99
5. Milaca	127
6. Pierz	142
7. St. Cloud Cathedral	174
8. Pine City	183
9. Lester Prairie	184
10. Big Lake (AA)	219
11. Foley (AA)	258

## JV Girls' Results:

1. Mora	52
Pine City	Inc

## JH Girls' Results:

1. Foley	27
Pine City	Inc

## BOYS' TEAM RESULTS:

1. Mora (11)	42
2. St. Cloud Cathedral	103
3. Pine City	110
4. Foley (AA)	129
5. Holdingford	146
6. Pequot Lakes	165
7. Big Lake (AA)	168
8. Princeton (AA)	195
9. Pierz	209
10. Lester Prairie	238
11. Zimmerman (AA)	298
12. Milaca	304

## JV Boys' Results:

1. St. Cloud Cathedral	22
2. Mora	37
3. Foley	110
4. Pine City	115
5. Big Lake	148
6. Princeton	154
7. Holdingford	182
8. Albany	211

## JH Boys' Results:

1. Pequot Lakes	56
2. Brainerd	75
3. Foley	75
4. St. Cloud Cathedral	89
5. Milaca	146
6. Pine City	149
7. Big Lake	156
8. Mora	167
9. Pierz	184

# Hinckley-Finlayson Invitational Cross Country Meet

Tuesday, October 2, 2018

cool and overcast

## PINE CITY GIRLS' RESULTS:

5000 m - 31 varsity & 36 JV runners

	<u>place</u>	<u>time</u>	
1. Grace Grubbs	17	22:53.7	BTY
2. Kaylee Prihoda	23	24:15.5	
3. Allison Cavallin	27	24:48.1	BTY
4. Alaina Steele	DNR	Swain	
5. Eva Johnson	DNR	Swain	
6. Allyson Chromey	DNR	Swain	
7. Hailee Rydberg	DNR	Swain	
8. Alexis Thieman	DNR	Injury	

#1 runner: Eva Holmgren - Mora - 20:36.2

## JUNIOR HIGH GIRLS:

3200 m - 13 runners

	<u>place</u>	<u>time</u>
1. Sophia Olson	5	12:13.6
2. Marguerite Grubbs	13	22:05.1

#1 runner: Ella Hasser - Cambridge-Isanti - 11:09.4

Top 5 Ave

N-A

## GIRLS' TEAM RESULTS:

1. Mora	29
2. Cambridge-Isanti	35
3. Hinckley-Finlayson	84
4. East Central	93
Pine City	Inc

## JV Girls' Results:

1. Cambridge-Isanti	17
Pine City	Inc

## JH Girls' Results:

1. Cambridge-Isanti	15
Pine City	Inc

## PINE CITY BOYS' RESULTS:

5000 m - 22 varsity & 67 JV runners

	<u>place</u>	<u>time</u>	
1. Casey Knutson	19jv	19:57.3	PB
2. Chris Trudeau	21jv	20:02.4	PB
3. Peyton Smetana	25jv	20:30.9	PB
4. Caleb Cunnien	26jv	20:33.8	PB
5. Levi Johnson	32jv	20:56.1	PB
6. Bryce Roberts	37jv	21:19.7	
7. Derek Clementson	39jv	21:28.2	
8. Damion Torgerson	40jv	21:29.4	PB
9. Drake Willert	46jv	22:14.7	
10. Hunter Danielson	47jv	22:17.9	PB
11. Kenny Vo	58jv	23:12.5	
12. Aidan Welch	61jv	24:14.5	
13. Justin Stolp	63jv	25:39.1	
14. Ethean Wiechman	66jv	32:05.2	BTY
15. Tommy Ryan	DNR	Swain	
16. Nate Webster	DNR	Swain	
17. Logan Vinaja	DNR	Swain	
18. Jake Adams	DNR	Swain	
19. Noah Miller	DNR	Swain	
20. TJ Rank	DNR	Swain	
21. Koleman Lind	DNR	Swain	
22. Parker Sell	DNR	Swain	
23. Josh Rike	DNR	Swain	
24. Lukas Struss	DNR	Swain	
25. Charlie Emmons	DNR	Injury	

#1 runner: Cooper Lennox - Mora - 16:29.2

## JUNIOR HIGH BOYS:

3200 m - 41 runners

	<u>place</u>	<u>time</u>
1. Gavin Broz	15	11:05.1
2. Greyson Johnson	26	11:34.8
3. Deacon Foss	35	12:34.3
4. Spencer Wicktor	36	12:48.3
5. Caden Schlichting	37	12:54.9
6. Jacob Treu	DNR	

#1 runner: Tristen Carpenter - Cambridge-Isanti - 9:44.4

Top 5 Ave

20:24.1 JV

## BOYS' TEAM RESULTS:

1. Mora	27
2. Cambridge-Isanti	41
3. Hinckley-Finlayson	65
Pine City	Inc
East Central	Inc

## JV Boys' Results:

1. Mora	24
2. Cambridge-Isanti	31
3. Pine City	98
4. East Central	106
5. Hinckley-Finlayson	131

## JH Boys' Results:

1. Mora	35
2. Cambridge-Isanti	50
3. Hinckley-Finlayson	50
4. Pine City	99
5. East Central	Inc

# SWAIN Invitational Cross Country Meet

Saturday, October 6, 2018

Cool, overcast, wet course

## PINE CITY GIRLS' RESULTS:

5000 m - 198 Class A varsity runners

Top 5 Ave 23:41.9
----------------------

	<u>place</u>	<u>time</u>	
1. Alaina Steele	9	20:35.5	BTC #1 Swain / #8 All-Time
2. Eva Johnson	30	21:37.0	PB #5 Swain / #47 All-Time
3. Grace Grubbs	99	23:34.6	
4. Allison Cavallin	149	25:27.0	BTC
5. Hailee Rydberg	177	27:15.6	
6. Allyson Chromey	178	27:16.2	
A. Alexis Thieman	DNR		
A. Kaylee Prihoda	DNR		

#1 runner: Katherine Geist - Crookston - 19:09.5

## GIRLS' TEAM RESULTS:

1. Lake City (7)	163
2. Blake	166
3. North Shore	166
4. East Grand Forks	181
5. Mora (10)	183
6. Rockford	213
7. Minnehaha Academy	226
8. Moose Lake/Willow R.	236
9. Glencoe Silver Lake	263
10. Virginia	307
11. United North Central	312
12. St. Paul Academy	321
13. MIB	352
14. Milaca	363
15. Wadena-Deer Creek	412
16. Mesabi East	422
17. Pine City	433
18. Marshall	436
19. Norwood	441
20. Ely	454
21. Eveleth-Gilbert	460
22. Proctor	507
23. Watertown-Mayer	626
24. Trinity of River Ridge	634
25. Esko	650
26. Mountain Lake	690
27. Chetek-Weyerhaeuser	694
28. Rush City	698

## PINE CITY BOYS' RESULTS:

5000 m - 225 Class A varsity runners

Top 5 Ave 18:21.3
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	<u>place</u>	<u>time</u>	
1. Tommy Ryan	11	17:21.7	BTC #2 Swain
2. Nate Webster	27	17:47.6	BTC #5 Swain
3. Logan Vinaja	70	18:42.7	
4. Jake Adams	77	18:49.6	BTC
5. TJ Rank	86	19:05.0	BTC
6. Noah Miller	97	19:16.7	BTC
7. Koleman Lind	162	20:54.7	BTC
A. Josh Rike	15jv	20:03.3	PB
A. Parker Sell	32jv	20:39.7	
A. Lukas Struss	34jv	20:45.4	

#1 runner: Cooper Lennox - Mora - 16:27.7

## BOYS' TEAM RESULTS:

1. Minnehaha Academy (9)	122
2. Mora (10)	135
3. East Grand Forks (11)	150
4. North Shore (7)	168
5. Plainview-Elgin-Millville (12)	177
6. Lake City	206
7. Ely	229
8. Pine City	258
9. Wadena-Deer Creek	329
10. Cromwell-Floodwood	362
11. Math & Science Academy	378
12. MIB	384
13. Moose Lake/Willow R.	390
14. Mountain Lake Area	396
15. Esko (?)	397
16. Glencoe-Silver Lake	416
17. Virginia	465
18. Norwood	467
19. Watertown-Mayer	506
20. Trinity at River Ridge	507
21. Wrenshall	509
22. St. Paul Academy	527
23. Rush City	546
24. Hinckley-Finlayson	568
25. Rockford	575
26. Blake	614
27. Proctor	626
28. St. Croix Prep	639
29. Marshall	644
30. Milaca	792
31. Mesabi East	836
32. Pillager	940

# Mora Last Chance Invitational Cross Country Meet

Thursday, October 11, 2018

Cold and Windy

## PINE CITY GIRLS' RESULTS:

5000 m - 79 varsity & JV runners

	<u>place</u>	<u>time</u>
1. Alaina Steele	2	20:07
2. Eva Johnson	8	21:05
3. Grace Grubbs	32	22:53
4. Kaylee Prihoda	49	24:32
5. Allison Cavallin	60	25:39
6. Hailee Rydberg	61	26:12
7. Allyson Chromey	62	26:12
8. Alexis Thieman	DNR	

<u>Top 5 Ave</u> 22:51 BTY / #25 All-Time
--

#3 All-Time

PB #4 Mora L.C. / #28 A-T / #6 Girl A-T  
BTY

PB

#1 runner: Anna Fashant - Annandale - 19:57

## JUNIOR HIGH GIRLS:

3200 m - 16 runners

	<u>place</u>	<u>time</u>	
1. Sophia Olson	9	15:34	PB
2. Marguerite Grubbs	16	30:47	

#1 runner: Imari Herrmann - Annandale - 14:01

## GIRLS' TEAM RESULTS:

1. Mora	40
2. Annandale	49
3. Rockford	80
4. Milaca	107
5. Pine City	118
6. Maple Lake (8)	133

## JH Girls' Results:

1. Annandale	15
Pine City	Inc

## PINE CITY BOYS' RESULTS:

5000 m - 102 varsity & JV runners

	<u>place</u>	<u>time</u>	
1. Tommy Ryan	2	17:11	#2 Mora L.C.
2. Nate Webster	5	17:45	#8 Mora L.C.
3. Logan Vinaja	13	18:09	
4. Noah Miller	24	18:58	
5. Jake Adams	25	19:00	
6. TJ Rank	26	19:01	
7. Koléman Lind	31	19:36	
8. Chris Trudeau	33	19:44	PB
9. Josh Rike	34	19:46	PB
10. Parker Sell	43	20:16	
11. Lukas Struss	45	20:18	PB
12. Caleb Cunnien	49	20:37	
13. Peyton Smetana	56	21:00	
14. Drake Willert	61	21:19	BTY
15. Derek Clementson	67	21:46	
16. Damion Torgerson	68	21:47	
17. Casey Knutson	74	22:08	
18. Levi Johnson	76	22:18	
19. Hunter Danielson	79	22:22	
20. Kenny Vo	83	22:31	PB
21. Aidan Welch	93	23:30	PB
22. Bryce Roberts	94	23:30	
23. Justin Stolp	102	27:14	
24. Charlie Emmons	DNR		
25. Ethean Wiechman	DNR		

<u>Top 5 Ave</u> 18:13 #33 All-Time
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## BOYS' TEAM RESULTS:

1. Mora (9)	23
2. Pine City	63
3. Annandale	67
4. Rockford	111
5. Milaca	112
6. Maple Lake	190

#1 runner: Cooper Lennox - Mora - 16:53

## JUNIOR HIGH BOYS:

3200 m - 41 runners

	<u>place</u>	<u>time</u>	
1. Gavin Broz	17	14:37	PB
2. Spencer Wicktor	29	15:49	PB
3. Greyson Johnson	30	16:04	
4. Deacon Foss	37	17:11	
5. Jacob Treu	36	17:11	
6. Caden Schlichting	38	17:55	PB

## JH Boys' Results:

1. Annandale	31
2. Mora	38
3. Milaca	54
4. Pine City	105

#1 runner: Owen Fahey - Annandale - 12:36

# Boys Great River Conference Champs

2013 – 2014 – 2015 – 2016 – 2017

**2018**



# GREAT RIVER CONFERENCE Cross Country Meet

Tuesday, October 16, 2018

cool and windy

## PINE CITY GIRLS' RESULTS:

5000 m - 30 varsity & 10 JV runners

	place	time
1. <b>Alaina Steele</b>	<b>1</b>	<b>20:21</b>
2. Eva Johnson	2	20:44
3. Grace Grubbs	8	23:00
4. Kaylee Prihoda	14	23:45
5. Allison Cavallin	21	24:45
6. Allyson Chromey	24	26:22
7. Hailee Rydberg	25	26:22
8. Alexis Thieman	DNR	

#1 runner: Alaina Steele - Pine City - 20:21

## JUNIOR HIGH GIRLS:

3200 m - 17 runners

	place	time
1. Sophia Olson	6	16:13
2. Marguerite Grubbs	17	29:29

#1 runner: Isabella Bennett - Hinckley-Finlayson - 14:59

## PINE CITY BOYS' RESULTS:

5000 m - 31 varsity & 35 JV runners

	place	time
1. <b>Tommy Ryan</b>	<b>1</b>	<b>17:19</b>
2. Nate Webster	4	18:03
3. Logan Vinaja	7	18:20
4. Jake Adams	11	18:59
5. TJ Rank	12	19:05
6. Noah Miller	13	19:27
7. Koléman Lind	15	19:29
8. <b>Josh Rike</b>	<b>1jv</b>	<b>19:49</b>
9. Chris Trudeau	2jv	19:59
10. Lukas Struss	4jv	20:13
11. Parker Sell	6jv	20:21
12. Casey Knutson	8jv	20:54
13. Peyton Smetana	9jv	20:57
14. Drake Willert	10jv	21:17
15. Bryce Roberts	13jv	21:43
16. Derek Clementson	14jv	21:56
17. Hunter Danielson	15jv	22:07
18. Kenny Vo	20jv	23:08
19. Aidan Welch	26jv	24:31
20. Justin Stolp	28jv	24:51
21. Ethean Wiechman	34jv	30:12
22. Charlie Emmons	DNR	

#1 runner: Tommy Ryan - Pine City - 17:19

#1 JV runner: Josh Rike - Pine City - 19:49

## JUNIOR HIGH BOYS:

3200 m - 18 runners

	place	time
1. <b>Caleb Cunnien</b>	<b>1</b>	<b>12:23</b>
2. Levi Johnson	2	13:01
3. Damion Torgerson	3	13:02
4. Gavin Broz	7	14:25
5. Greyson Johnson	12	15:46
6. Spencer Wicktor	14	16:24
7. Jacob Treu	15	16:34
8. Deacon Foss	16	16:35
9. Caden Schlichting	DNR	

#1 runner: Caleb Cunnien - Pine City - 12:23

### Top 5 Ave

22:31.0 BTY / #3 GRC / #20 A.T.

**ALL-CONFERENCE / #1 GRC**  
**PB ALL-CONFERENCE / #4 GRC**  
**ALL-CONFERENCE**  
**BTY Honorable Mention**

## GIRLS' TEAM RESULTS:

1. Hinckley-Finlayson	33
2. Pine City	38
3. East Central	62
4. Rush City	96
<u>Incomplete Teams</u>	
Mille Lacs	
Braham	

## JV Girls' Results:

No complete teams

## JH Girls' Results:

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

## BOYS' TEAM RESULTS:

1. <b>Pine City</b>	<b>35</b>
2. Hinckley-Finlayson	54
3. Rush City	56
4. East Central	90
<u>Incomplete Teams</u>	
Braham	

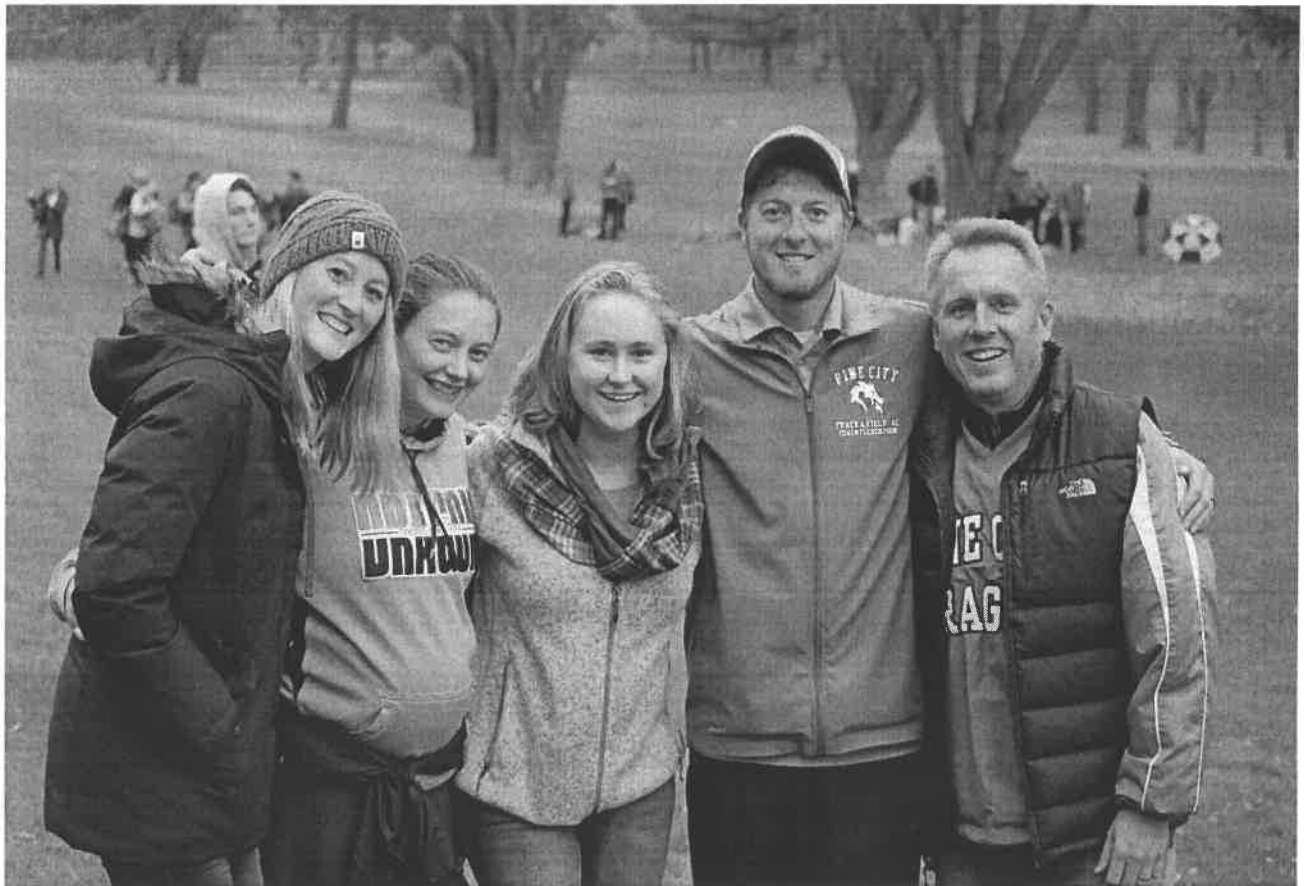
## JV Boys' Results:

1. Pine City	21
2. Hinckley-Finlayson	53
3. Rush City	60
<u>Incomplete Teams</u>	
Braham	
East Central	

## JH Boys' Results:

1. Pine City	6
2. Hinckley-Finlayson	15
3. Rush City	34
<u>Incomplete Teams</u>	
East Central	
Braham	





# Section 5A Cross Country Meet

@ Mora

Thursday, October 25, 2018

Cool and Overcast

## PINE CITY GIRLS' RESULTS:

5000 m - 150 varsity runners

Top 5 Ave

22:14.8 BTY #13 All-Time

	place	time	
1. Alaina Steele	13	20:06.9	#1 Section / #3 A.T.
**** Qualifies for STATE ****			
2. Eva Johnson	16	20:22.7 PB	#2 Section / #7 A.T. (#2)
3. Grace Grubbs	66	22:43.7 BTY	
4. Kaylee Pihoda	94	23:56.7	
5. Allison Cavallin	99	24:14.2 PB	
6. Allyson Chromey	117	25:27.6 PB	
7. Hailee Rydberg	122	25:36.3 PB	

Alt. Alexis Thieman

Alt. Sophia Olson

### Individual State Meet Qualifiers:

1. Maddie Kelly (11)	Providence	19:13.9
2. Gracie Mallak (11)	Howard Lake-W-W.	19:22.1
3. Emma Fashant (10)	Annandale	19:35.2
4. Erika Swanson (12)	Northwest N.H.	19:38.8
5. Sophie Pribyl (9)	Maple Lake	19:53.6
6. Emma Kelly (9)	Providence	19:55.2
7. Reanna Cruz (8)	PACT / Legacy	19:56.9
8. Brooke Baumann (9)	Howard Lake-W-W.	19:57.4
9. Gwen Helgeson (12)	Howard Lake-W-W.	19:58.2
10. Erin Brabec (12)	Howard Lake-W-W.	19:59.2
11. Peyton Oslin (10)	Mora	19:59.4
12. Augusta Demarais (10)	Maple Lake	20:02.8
13. <b>Alaina Steele (11)</b>	<b>Pine City</b>	<b>20:06.9</b>
14. Eva Holmgren (9)	Mora	20:15.7

## GIRLS' TEAM RESULTS:

1. Howard Lake-Waverly-Winsted	49
2. Providence Academy	97
3. Maple Lake	108
4. Mora	147
5. Rockford	164
6. Annandale	166
7. Heritage Christian Academy	191
8. Spectrum	241
9. Northwest Nighthawks	272
10. Milaca	278
11. St. Cloud Cathedral	281
12. <b>PINE CITY</b>	<b>284</b>
13. Hinckley-Finlayson	331
14. PACT / Legacy Christian	376
15. Lester Prairie	392
16. Watertown-Mayer	448
17. Mille Lacs	466
18. Parnassus	472
19. Rush City	525
20. North Lakes Academy	615
21. Braham	631

## PINE CITY BOYS' RESULTS:

5000 m - 154 varsity runners

Top 5 Ave

17:53.2 BTY #12tie All-Time

	place	time	
1. Tommy Ryan	6	16:56.7	#2tie Section
**** Qualifies for STATE ****			
2. Nate Webster	23	17:32.5	
3. Logan Vinaja	32	17:46.5 PB	#25tie Boy All-Time
4. TJ Rank	54	18:30.4 PB	
5. Noah Miller	62	18:39.9	
6. Jake Adams	64	18:46.0	
7. Koleman Lind	81	19:24.9	

Alt. Chris Trudeau

Alt. Josh Rike

Alt. Lukas Struss

### Individual State Meet Qualifiers:

1. Cooper Lennox (11)	Mora	16:04.5
2. Jared Nordstrom (11)	Heritage Christian	16:42.8
3. Luke Swanson (9)	Northwest N.H.	16:46.0
4. Nels Trandahl (11)	Rockford	16:47.7
5. Travis Miller (11)	Heritage Christian	16:55.3
6. <b>Tommy Ryan (12)</b>	<b>Pine City</b>	<b>16:56.7</b>
7. Matthew Helser (11)	Spectrum	16:57.3
8. Cedric LaFave (11)	Hinckley-Finlayson	16:58.8
9. Will Elskamp (12)	Watertown-Mayer	16:59.2
10. Michael Miller (12)	Maple Lake	17:02.3
11. Evan Lee (11)	Lester Prairie	17:04.3

## BOYS' TEAM RESULTS:

1. Mora	59
2. Heritage Christian Academy	79
3. St. Cloud Cathedral	132
4. Spectrum	175
5. <b>PINE CITY</b>	<b>177</b>
6. Annandale	180
7. Northwest	193
8. Hinckley-Finlayson	267
9. Rush City	278
10. Howard Lake-Wav/Win	292
11. Maple Lake	299
12. Rockford	304
13. Watertown-Mayer	350
14. Providence Academy	357
15. PACT / Legacy Christian	363
16. Lester Prairie	441
17. Milaca	467
18. North Lakes Academy	482
19. Maranatha Christian Academy	505
20. Parnassus	517
21. Braham	655
22. Brooklyn Center	665

# Alaina Steele at STATE XC



35<sup>th</sup> Place - 19:47.2



# STATE CROSS COUNTRY MEET

at St. Olaf College in Northfield

Saturday, November 3, 2018

Cool and Overcast; 45 degrees

## PINE CITY GIRLS' RESULTS:

5000 m - 176 runners

	<u>place</u>	<u>time</u>
<b>Alaina Steele</b>	<b>35</b>	<b>19:47.2</b>
	#1 STATE / #2 All-Time	

1600m Split - 5:55

3200m Split - 12:27 (6:32)

### Top 10 Finishers:

1 Grace Ping (10)	Winona Cott	17:19.4
2 Lauren Ping (8)	Winona Cotter	17:41.5
3 Morgan Gehl (10)	Murray County Central	17:53.9
4 Ava Hill (11)	Mesabi East	18:24.4
5 Morgan Arnold (10)	Winona Cotter	18:27.1
6 Grace Drietz (9)	Canby/Minn	18:30.5
7 Tenley Nelson (9)	Luverne	18:34.9
8 Natasha Sortland (8)	Zumbrota-Mazeppa/K-W	18:46.0
9 Katherine Geist (11)	Crookston	18:58.4
10 Maddie Kelly (11)	Providence Academy	19:08.4

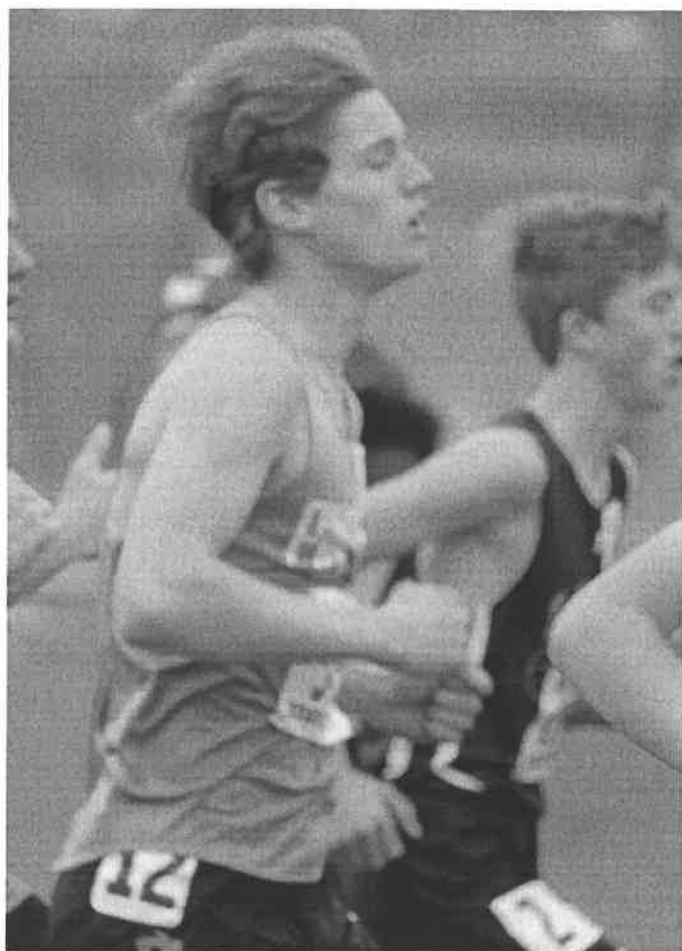
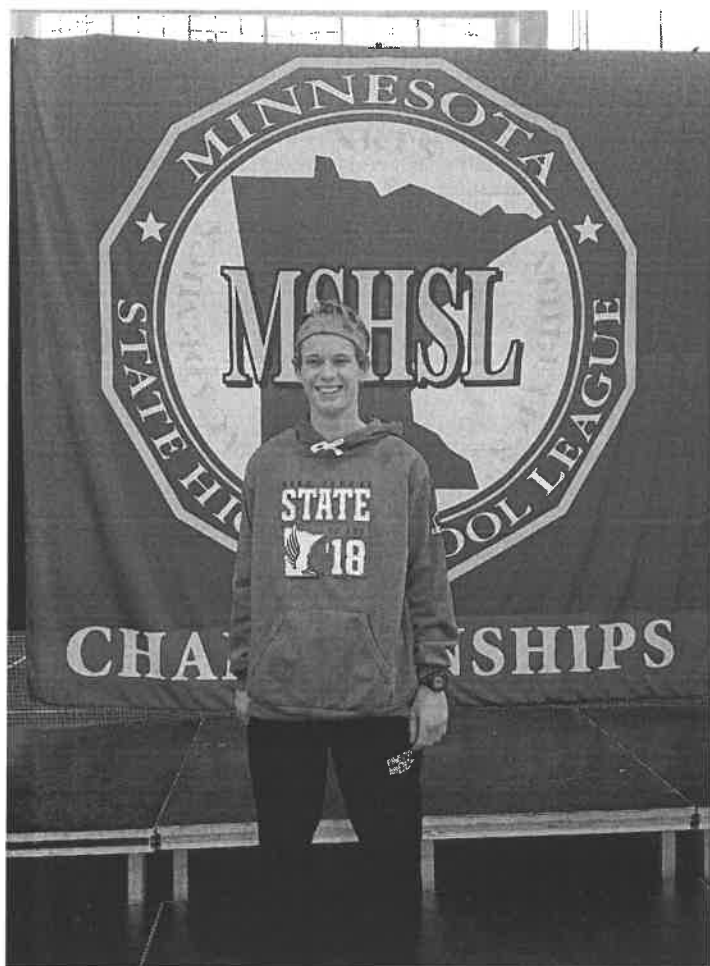
## GIRLS' "A" TEAM RESULTS:

1 Perham	94
2 Howard Lake-W.W.	99
3 Winona Cotter	140
4 Leverage	147
5 Staples-Motley	176
6 Lake City	198
7 Mesabi East	219
8 Lac Qui Parle Valley/DB	221
9 West Central	229
10 Providence Academy	255
11 Jordan	267
12 Belle Plaine	277
13 Glencoe-Silver Lake	281
14 East Grand Forks	290
15 North Shore	291
16 Blake	310

### Area/Section runners:

10 Maddie Kelly (11)	Providence	19:08.4
11 Gracie Mallak (11)	Howard Lake-W.W.	19:08.7
14 Erika Swanson (12)	Northwest N.H.	19:17.6
25 Sophie Pribyl (9)	Maple Lake	19:39.8
31 Emma Fashant (10)	Annandale	19:46.2
<b>35 Alaina Steele (11)</b>	<b>Pine City</b>	<b>19:47.2</b>
42 Brooke Baumann (9)	Howard Lake-W.W.	19:54.9
48 Katelyn Routhier (9)	Howard Lake-W.W.	19:58.4
49 Gwen Helgeson (12)	Howard Lake-W.W.	19:59.5
55 Erin Brabec (12)	Howard Lake-W.W.	20:05.2
62 Reanna Cruz (8)	PACT / Legacy	20:08.9
66 Riley Nechanicky (12)	Providence	20:12.3
81 Ivy Fasching (8)	Howard Lake-W.W.	20:25.0
85 Augusta Demarais (10)	Maple Lake	20:27.9
95 Eva Holmgren (9)	Mora	20:44.0
117 Peyton Oslin (10)	Mora	21:12.9
122 Emma Kelly (9)	Providence	21:15.9
134 Jacklyn Tepley (7)	Howard Lake-W.W.	21:28.7
138 Bridgid Burns (11)	Providence	21:32.6
143 Aly Marshall (8)	Providence	21:50.7
159 Caitlin Heaney (12)	Providence	22:25.2
164 Emma Hendrickson (11)	Providence	22:43.3

# Tommy Ryan at STATE XC



15<sup>th</sup> Place – 16:32.2



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at St. Olaf College in Northfield

Saturday, November 3, 2018

Cool and Overcast; 45 degrees

## PINE CITY BOYS' RESULTS:

5000 m - 176 runners

	<u>place</u>	<u>time</u>	
<b>Tommy Ryan</b>	<b>15</b>	<b>16:32.2</b>	<b>PB</b>
	#2tie STATE / #5 tie All-Time (#3tie)		

1600m Split - 5:08

3200m Split - 10:31 (5:23)

## Top 10 Finishers:

1	Geno Uhrbom (10)	Greenway Nashwauk-K.	15:38.0
2	Cooper Lennox (11)	Mora	15:56.4
3	Emmet Anderson (10)	Staples-Mot	16:07.5
4	Brandon O'Hara (11)	Perham	16:11.9
5	Clayton Anderson (12)	Perham	16:12.9
6	Bailey Evenson (11)	Perham	16:13.0
7	Luke Olson (11)	Ely	16:13.8
8	Jacob Bright (11)	West Central	16:15.3
9	Henry Snider (11)	Mounds Parl	16:15.8
10	Cole Nowacki (11)	East Grand Forks	16:17.1

## BOYS' "A" TEAM RESULTS:

1	Perham	64
2	West Central	140
3	Mora	161
4	Lac Qui Parle Valley/DB	170
5	Nova Classical	183
6	East Grand Forks	201
7	Staples-Motley	209
8	Greenway Nashwauk-K.	212
9	North Shore	215
10	Plainview-Elgin-Millville	217
11	Saint James	225
12	Mankato Loyola/Cleveland	237
13	Minnehaha Academy	268
14	Heritage Christian	280
15	Lake City	300
16	Redwood Valley	329

## Area/Section runners:

2	Cooper Lennox (11)	Mora	15:56.4
<b>15</b>	<b>Tommy Ryan (12)</b>	<b>Pine City</b>	<b>16:32.2</b>
26	Jared Nordstrom (11)	Heritage Christian	16:41.3
27	Nels Trandahl (11)	Rockford	16:41.8
31	Luke Swanson (9)	Northwest N.H.	16:46.5
46	Michael Miller (12)	Maple Lake	16:58.3
47	Nathan Williams (12)	Mora	16:59.3
57	Travis Miller (11)	Heritage Christian	17:02.9
66	Matthew Helser (11)	Spectrum	17:08.4
68	Caleb Weaver (12)	Mora	17:09.8
77	Evan Lee (11)	Lester Prairie	17:16.1
82	Kaden Smart (12)	Mora	17:18.0
84	Josh Rawls (10)	Mora	17:20.8
100	Evan Jacobson (11)	Heritage Christian	17:28.4
141	Carter Kneeland (11)	Heritage Christian	18:00.0
144	Kaden Halverson (12)	Mora	18:00.9
158	Rolf Preus (12)	Heritage Christian	18:32.4
160	Cedric LaFave (11)	Hinckley-Finlayson	18:42.1
163	Wil Krueger (12)	Mora	18:46.1
173	Daniel Farrant (9)	Heritage Christian	20:08.2
175	Matthew Steil (9)	Heritage Christian	20:34.4

# CROSS COUNTRY HISTORY - GIRLS' MEET TIMES

## 2018

Name	Gr	Year	Mo/Gr/Brain/Prin	Pine City	N.B. / Mora	Pierz	Milaca Mega	Foley / St. J.
Kaylee Prihoda	12	2018	Pr. 26:42 (5k)	25:23 (5k)	DNR	24:39 (5k)	23:50 (5k)	23:58 (5k)
	11	2017	Br. 26:21 (5k)	24:52 (5k)	26:12 (5k)	24:56 (5k)	25:56 (5k)	23:45 (5k)
	10	2016	Br. 26:48 (5k)	26:40 (5k)	24:57 (5k)	25:18 (5k)	24:41 (5k)	
	8	2014	gr. 12:49 (2.5k)			15:07 (3.2k)	15:05 (3.2k)	18:22 (3.2k)
	7	2013	Mora 8:54 (2k)	9:30 (2k)	9:08 (2k)	19:36 (4k)	14:57 (3.2k)	
Megan Stransky	8-12	2014 - 2018		Manager				
	7	2013	Mora 10:40 (2k)	10:38 (2k)	10:12 (2k)	17:22 (3.2k)	16:29 (3.2k)	
Alexis Thieman	12	2018	Pr. 25:53 (5k)	25:00 (5k)	DNR	DNR	DNR	DNR
	11	2017	Br. 25:07 (5k)	23:42 (5k)	24:20 (5k)		DNF	22:48 (5k)
	10	2016	Br. 24:22 (5k)	24:48 (5k)	23:04 (5k)	23:06 (5k)	22:37 (5k)	
	9	2015	Br. 26:15 (5k)	25:21 (5k)	25:50 (5k)	24:06 (5k)	24:28 (5k)	22:26* (5k)
	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)
	7	2013	Mora 8:09 (2k)	8:58 (2k)	8:24 (2k)	18:13 (4k)	13:43 (3.2k)	
Allyson Chromey	11	2018	Pr. 27:23 (5k)	26:05 (5k)	DNF	27:07 (5k)	25:51 (5k)	25:57 (5k)
Grace Grubbs	11	2018	Pr. 24:31 (5k)	DNF	24:56 (5k)	DNR	23:40 (5k)	22:33 (5k)
	10	2017	Br. 23:54 (5k)		DNF	22:37 (5k)	23:38 (5k)	22:36 (5k)
	9	2016	Br. 23:50 (5k)		22:28 (5k)	22:43 (5k)	22:27 (5k)	
	8	2015	Br. 24:32 (5k)	DNF		25:50 (5k)	24:22 (5k)	
	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)
Alaina Steele	11	2018	Pr. 20:54 (5k)	21:37 (5k)	20:45 (5k)	20:27 (5k)	19:54 (5k)	19:43 (5k)
	10	2017	Br. 22:23 (5k)	20:56 (5k)	21:20 (5k)	20:44 (5k)	20:27 (5k)	20:09 (5k)
	9	2016	Br. 23:12 (5k)	DNR	DNR	21:57 (5k)	22:42 (5k)	
	8	2015	Br. 22:04 (5k)	21:50 (5k)	21:52 (5k)	21:51 (5k)	21:22 (5k)	
	7	2014	Gr. 11:11 (2.5k)	7:55 (2k)	8:07 (2k)	13:25 (3.2k)	13:39 (3.2k)	
Allison Cavallin	10	2018	DNR	DNF	DNR	DNR	DNR	25:54 (5k)
	9	2017		25:35 (5k)	27:19 (5k)	25:15 (5k)	26:39 (5k)	24:36 (5k)
	8	2016	br. 16:52 (3.2k)	9:35 (2k)	11:47 (2.4k)	16:12 (3.2k)	15:40 (3.2k)	
	7	2015	br. 16:19 (3.2k)	9:40 (2k)	12:27 (2.5k)		15:56 (3.2k)	15:49 (3.2k)
Hailee Rydberg	9	2018	Pr. DNF	28:47 (5k)	28:33 (5k)	27:49 (5k)	26:15 (5k)	DNR
	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)
Marguerite Grubbs	8	2018	pr. 21:18 (2k)	17:49 (2k)	23:29 (2.4k)	30:08 (3.2k)	28:01 (3.2k)	30:37 (3.2k)
	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)
Eva Johnson	7	2018	pr. 8:47 (2k)	8:50 (2k)	10:20 (2.4k)	14:02 (3.2k)	DNR	21:57 (5k)
Sophia Olson	7	2018		11:17 (2k)	13:36 (2.4k)	16:50 (3.2k)	16:40 (3.2k)	16:58 (3.2k)

# CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2018

Becker / Hinck	Swain	Proc/Camb/Mo	Conference	Section	State	PB	Average
24:16 (5k)	DNR	24:32 (5k)	PC-23:45 (5k)	Mora - 23:57		23:50	24:34
X	DNR	23:36 (5k)	PC-24:30 (5k)	Mora - 23:44		23:36	24:52
25:32 (5k)	25:38 (5k)	24:48 (5k)	PC-23:58 (5k)	Alt.		23:58	25:22
	15:12 (3.2k)	PC-18:49 (4k)	PC-19:26 (4k)			15:05 (3.2k)	15:08 (3.2k)
	18:45 (4k)	PC-19:02 (4k)	PC-19:25 (4k)	Alt.		18:45	19:12
X						Manager	
17:51 (3.2k)		12:04 (2.4k)	PC-15:18 (3k)			16:29 (3.2k)	17:14 (3.2k)
DNR	DNR	DNR	DNR	Alt.		25:00	25:27
X	25:27 (5k)	22:37 (5k)	PC-22:45 (5k)	Mora - 22:55		22:37	23:43
23:23 (5k)	22:51 (5k)	22:35 (5k)	PC-22:58 (5k)	Milaca - 22:40		22:35	23:14
23:42 (5k)	Alt.	23:28 (5k)	PC-23:03 (5k)	Alt.		23:03	24:22
18:45 (4k)	X					14:34 (3.2k)	14:36 (3.2k)
18:15 (4k)	19:25 (4k)	19:04 (4k)	PC-17:50 (4k)	Milaca - 17:28		17:28	18:23
X	27:16 (5k)	26:12 (5k)	PC-26:22 (5k)			25:28	26:25
22:54 (5k)	23:35 (5k)	22:53 (5k)	PC-23:00 (5k)	Mora - 22:44		22:44	23:32
X	24:30 (5k)	23:07 (5k)	PC-23:03 (5k)	Mora - 22:29		22:29	23:14
DNR	23:13 (5k)	DNR	PC-22:34 (5k)	Milaca - 21:51		21:51	22:44
23:22 (5k)	23:09 (5k)	23:13 (5k)	PC-22:33 (5k)	Milaca - 23:32	22:24.4	22:24	23:36
18:26 (4k)	Alt.	18:30 (4k)	PC-18:20 (4k)	E. Alt.		14:29 (3.2k)	14:30 (3.2k)
X	20:36 (5k)	20:07 (5k)	PC-20:21 (5k)	Mora - 20:07	19:47.2	19:43.1	20:23
X	22:44 (5k)	20:52 (5k)	PC-21:19 (5k)	Mora - 21:09		20:09	21:12
23:00 (5k)	22:07 (5k)	21:47 (5k)	PC-22:06 (5k)	Milaca - 21:14		21:14	22:16
20:59 (5k)	20:48 (5k)	21:30 (5k)	PC-20:33 (5k)	Milaca - 20:48	20:54.7	20:33	21:19
19:26 (4k)	X	18:10 (4k)	PC-12:57 (3k)	E. Alt.		13:25 (3.2k)	13:32 (3.2k)
24:48 (5k)	25:27 (5k)	25:39 (5k)	PC-24:45 (5k)	Mora - 24:14		24:14	25:08
X	27:15 (5k)	25:17 (5k)	PC-25:54 (5k)			24:36	25:51
16:49 (3.2k)	X	15:47 (3.2k)	PC-15:52 (3.2k)			15:40 (3.2k)	16:12 (3.2k)
16:22 (3.2k)	X	15:51 (3.2k)	PC-15:40 (3.2k)			15:40 (3.2k)	16:00 (3.2k)
X	27:16 (5k)	26:12 (5k)	PC-26:22 (5k)	Mora - 25:36		25:36	27:06
X	X	16:27 (3.2k)	PC-17:49 (3.2k)			16:27 (3.2k)	17:27 (3.2k)
22:05 (2.5k)	X	30:47 (3.2k)	PC-29:29 (3.2k)			28:01 (3.2k)	29:48 (3.2k)
X	X	28:08 (3.2k)	PC-29:22 (3.2k)			28:08 (3.2k)	32:38 (3.2k)
X	21:37 (5k)	21:05 (5k)	PC-20:44 (5k)	Mora - 20:22.7		20:22.7	21:09
12:14 (2.5k)	X	15:34 (3.2k)	PC-16:13 (3.2k)	Alt.		15:34 (3.2k)	16:27 (3.2k)



# CROSS COUNTRY HISTORY - BOYS' MEET TIMES

## 2018

Name	Gr	Year	Mo/Gr/Brain/Prin	Pine City	N.B. / Mora	Pierz	Milaca Mega	Foley / St. J.
Jake Adams	12	2018	Pr. DNF	19:42 (5k)	20:11 (5k)	18:49 (5k)	19:07 (5k)	18:26 (5k)
	11	2017	Br. 20:56 (5k)	19:52 (5k)	19:59 (5k)	19:51 (5k)		18:43 (5k)
	10	2016	Br. 22:37 (5k)	22:34 (5k)	20:33 (5k)	21:08 (5k)	20:30 (5k)	
	9	2015	Br. 22:36 (5k)		22:51 (5k)	22:22 (5k)	22:10 (5k)	Fo 21:21* (5k)
	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)
	7	2013	Mora 8:38 (2k)	8:42 (2k)	8:25 (2k)	13:39 (3.2k)	13:59 (3.2k)	
TJ Rank	12	2018	Pr. 20:10 (5k)	20:01 (5k)	19:48 (5k)	18:48 (5k)	19:22 (5k)	19:08 (5k)
	11	2017	Br. 20:29 (5k)	19:24 (5k)	19:52 (5k)	18:50 (5k)	19:55 (5k)	18:54 (5k)
	10	2016	Br. 21:30 (5k)	21:28 (5k)	20:04 (5k)	20:49 (5k)	19:42 (5k)	
	9	2015	Br. 21:27 (5k)	21:18 (5k)	23:21 (5k)	21:35 (5k)	21:14 (5k)	Fo 20:44* (5k)
	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)
	7	2013	Mora 9:02 (2k)	9:01 (2k)	9:13 (2k)	15:14 (3.2k)	15:47 (3.2k)	
Tommy Ryan	12	2018	Pr. 17:42 (5k)	DNF	DNF	17:11 (5k)	16:56 (5k)	17:17 (5k)
	11	2017	Br. 18:02 (5k)	17:46 (5k)	17:52 (5k)	17:30 (5k)	17:48 (5k)	17:19 (5k)
	10	2016	Br. 18:47 (5k)	DNF	18:05 (5k)	18:11 (5k)	18:04 (5k)	
	9	2015	DNF			20:12 (5k)	19:30 (5k)	
Justin Stolp	12	2018	Pr. 23:59 (5k)	24:36 (5k)	24:26 (5k)	26:19 (5k)	25:15 (5k)	25:36 (5k)
	11	2017	Br. 24:59 (5k)	24:49 (5k)	22:54 (5k)	23:00 (5k)	25:20 (5k)	
	10	2016	Br. 28:14 (5k)	25:25 (5k)	22:25 (5k)	23:47 (5k)	23:42 (5k)	23:14 (5k)
	9	2015	Br. 29:27 (5k)	27:27 (5k)	25:24 (5k)	25:42 (5k)	26:12 (5k)	Fo 24:48* (5k)
	8	2014	gr. 13:47 (2.5k)	10:02 (2k)	10:01 (2k)			21:23 (3.2k)
	7	2013	Mora 9:58 (2k)	11:27 (2k)	10:17 (2k)	17:22 (3.2k)	18:07 (3.2k)	
Logan Vinaja	12	2018	DNR	DNR	19:44 (5k)	18:57 (5k)	18:04 (5k)	18:29 (5k)
Derek Clementson	11	2018	Pr. 26:43 (5k)	DNF	24:37 (5k)	22:25 (5k)	22:24 (5k)	21:16 (5k)
	10	2017	Br. 22:14 (5k)	20:26 (5k)	20:56 (5k)	20:08 (5k)	20:38 (5k)	19:54 (5k)
	9	2016	Br. 21:45 (5k)	20:42 (5k)	20:28 (5k)	20:17 (5k)	19:49 (5k)	
	8	2015	br. 15:43 (3.2k)	8:08 (2k)	10:59 (2.5k)	15:11 (3.2k)		13:51 (3.2k)
	7	2014		9:35 (2k)	10:00 (2k)	18:38 (3.2k)	18:02 (3.2k)	20:32 (3.2k)
Koleman Lind	11	2018	Pr. 20:38 (5k)	19:59 (5k)	21:41 (5k)	19:49 (5k)	20:21 (5k)	19:22 (5k)
	10	2017	Br. 21:25 (5k)	20:27 (5k)	20:15 (5k)	20:25 (5k)	20:44 (5k)	19:25 (5k)
	9	2016	Br. 22:40 (5k)	22:48 (5k)	21:27 (5k)	22:36 (5k)	22:50 (5k)	22:22 (5k)
	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)
Noah Miller	11	2018	Pr. 19:51 (5k)	19:28 (5k)	20:05 (5k)	19:37 (5k)	18:39 (5k)	18:52 (5k)
	10	2017	Br. 20:51 (5k)	19:43 (5k)	19:32 (5k)	19:18 (5k)	19:24 (5k)	19:14 (5k)
	9	2016	Br. 20:09 (5k)	20:16 (5k)	19:30 (5k)	19:33 (5k)	19:29 (5k)	
	8	2015	Br. 21:05 (5k)	20:37 (5k)	20:58 (5k)	20:51 (5k)	12:16 (3.2k)	Fo 19:20* (5k)
	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)
Josh Rike	11	2018	Pr. 27:22 (5k)	22:51 (5k)	22:15 (5k)	21:25 (5k)	21:35 (5k)	20:07 (5k)
	10	2017	Br. 24:17 (5k)	22:17 (5k)	22:52 (5k)	21:15 (5k)	21:45 (5k)	20:24 (5k)
	8	2015	br. 15:57 (3.2k)	8:07 (2k)	10:44 (2.5k)	14:27 (3.2k)	14:22 (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)
Chris Trudeau	11	2018	DNR	DNR	DNF	21:30 (5k)	DNR	21:10 (5k)
Kenny Vo	11	2018	Pr. 25:19 (5k)	24:47 (5k)	26:05 (5k)	24:14 (5k)	24:37 (5k)	22:52 (5k)
	10	2017	Br. 30:19 (5k)	27:22 (5k)	DNF (25:46*)	25:57 (5k)	26:18 (5k)	24:44 (5k)
Nate Webster	11	2018	Pr. 18:15 (5k)	18:07 (5k)	18:05 (5k)	17:52 (5k)	17:18 (5k)	17:28 (5k)
	10	2017	Br. 18:14 (5k)	17:51 (5k)	18:31 (5k)	17:45 (5k)	17:56 (5k)	17:33 (5k)
	9	2016	Br. 18:42 (5k)	19:05 (5k)	18:08 (5k)	19:09 (5k)	18:14 (5k)	
	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)
	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)

# CROSS COUNTRY HISTORY - BOYS' MEET TIMES

## 2018

Becker / Hinck	Swain	Proc/Camb/Mo	Conference	Section	State	PB	Average
X	18:50 (5k)	19:00 (5k)	PC-18:59 (5k)	Mora - 18:46		18:26	19:06
X	20:20 (5k)	19:08 (5k)	PC-19:43 (5k)	Mora - 19:07		18:43	19:45
20:52 (5k)	20:40 (5k)	20:02 (5k)	PC-20:08 (5k)	Milaca - 19:20		19:20	20:50
22:56 (5k)	X	22:33 (5k)	PC-21:14 (5k)			21:14	22:20
23:34 (5k)	X	DNR	PC-12:35 (3k)			14:18 (3.2k)	14:40 (3.2k)
13:47 (3.2k)	X	23:20 (5k)	PC-12:42 (3k)			13:39 (3.2k)	13:48 (3.2k)
X	19:05 (5k)	19:01 (5k)	PC-19:05 (5k)	Mora - 18:30		18:30	19:18
X	20:34 (5k)	18:39 (5k)	PC-18:46 (5k)	Mora - 18:57		18:39	19:26
20:55 (5k)	19:23 (5k)	19:46 (5k)	PC-20:04 (5k)	Milaca - 19:01		19:01	20:16
21:01 (5k)		21:15 (5k)	PC-20:02 (5k)			20:02	21:24
21:59 (5k)		22:10 (5k)	PC-12:56 (3k)			14:03 (3.2k)	14:50 (3.2k)
14:53 (3.2k)		23:42 (5k)	PC-13:49 (3k)			14:53 (3.2k)	15:18 (3.2k)
X	17:22 (5k)	17:11 (5k)	PC-17:19 (5k)	Mora - 16:57	16:32.2 (5K)	16:32.2	17:10
X	19:02 (5k)	17:43 (5k)	PC-17:53 (5k)	Mora - 17:14	16:55.6 (5K)	16:55.6	17:44
18:14 (5k)	18:21 (5k)	17:49 (5k)	PC-18:25 (5k)	Milaca - 17:38		17:38	18:10
19:24 (5k)	19:15 (5k)	19:06 (5k)	PC-18:50 (5k)	Milaca - 18:37		18:37	19:16
25:39 (5k)	X	27:14 (5k)	PC-24:51 (5k)			23:59	25:19
X	X		PC-22:47 (5k)			22:47	23:56
23:55 (5k)	X	22:57 (5k)	PC-22:09 (5k)			22:09	23:59
24:03 (5k)	X	25:55 (5k)	PC-23:34 (5k)			23:34	25:55
16:52 (3.2k)	X	12:12 (2.4k)	PC-15:21 (3k)			16:52 (3.2k)	16:52 (3.2k)
19:02 (3.2k)	X	31:28 (5k)	PC-16:40 (3k)			17:22 (3.2k)	17:45 (3.2k)
X	18:43 (5k)	18:09 (5k)	PC-18:20 (5k)	Mora - 17:47		17:47	18:32
21:28 (5k)	X	21:46 (5k)	PC-21:56 (5k)			21:16	22:49
X	23:23 (5k)	23:23 (5k)	PC-21:10 (5k)			19:54	21:06
19:38 (5k)	19:33 (5k)	18:53 (5k)	PC-18:44 (5k)	Milaca - 18:21		18:21	19:49
13:35 (3.2k)	X	13:38 (3.2k)	12:50 (3.2k)			12:50 (3.2k)	14:15 (3.2k)
18:22 (3.2k)	X	11:44 (2.4k)	PC-14:22 (3k)			18:02 (3.2k)	18:21 (3.2k)
X	20:55 (5k)	19:36 (5k)	PC-19:29 (5k)	Mora - 19:25		19:22	20:07
X	21:40 (5k)	19:55 (5k)	PC-20:19 (5k)	Alt.		19:25	20:31
23:17 (5k)	X	21:45 (5k)	PC-21:44 (5k)			21:27	22:23
13:22 (3.2k)	X	23:05 (5k)	13:00 (3.2k)			13:00 (3.2k)	13:37 (3.2k)
X	19:17 (5k)	18:58 (5k)	PC-19:27 (5k)	Mora - 18:40		18:39	19:17
X	20:49 (5k)	19:31 (5k)	PC-19:44 (5k)	Mora - 20:02		19:14	19:49
19:36 (5k)	DNF	18:58 (5k)	PC-19:23 (5k)	Milaca - 18:55		18:55	19:32
20:13 (5k)	X	20:37 (5k)	PC-19:40 (5k)	Alt.		19:40	20:30
14:48 (3.2k)	X	9:57 (2.4k)	PC-12:34 (3k)			14:48 (3.2k)	15:00 (3.2k)
X	20:03 (5k)	19:46 (5k)	PC-19:49 (5k)	Alt.		19:46	21:41
X	X	20:50 (5k)	PC-21:55 (5k)			20:24	21:56
	X	13:58 (3.2k)	13:55 (3.2k)			13:55 (3.2k)	14:32 (3.2k)
15:17 (3.2k)	X	10:20 (2.4k)	PC-13:02 (3k)			13:50 (3.2k)	14:41 (3.2k)
20:02 (5k)	X	19:44 (5k)	PC-19:59 (5k)	Alt.		19:44	20:29
23:13 (5k)	X	22:31 (5k)	PC-23:08 (5k)			22:31	24:04
X	X	24:30 (5k)	PC-25:02 (5k)			24:30	26:16
X	17:48 (5k)	17:45 (5k)	PC-18:03 (5k)	Mora - 17:33		17:18	17:49
X	19:03 (5k)	17:51 (5k)	PC-18:08 (5k)	Mora - 17:37		17:33	18:03
19:06 (5k)	18:33 (5k)	18:25 (5k)	PC-18:29 (5k)	Milaca - 17:54		17:54	18:35
20:27 (5k)	X	12:55 (3.2k)	12:31 (3.2k)			12:21 (3.2k)	12:44 (3.2k)
22:04 (5k)	X	DNR	PC-12:20 (3k)			13:22 (3.2k)	13:28 (3.2k)

# CROSS COUNTRY HISTORY - BOYS' MEET TIMES

## 2018

Name	Gr	Year	Mo/Gr/Brain/Prin	Pine City	N.B. / Mora	Pierz	Milaca Mega	St. J. / Foley
Charlie Emmons	10	2018	Pr. DNF	DNR	DNR	DNR	DNR	DNR
	9	2017	Br. 21:17 (5k)	20:44 (5k)	20:42 (5k)	19:37 (5k)	20:16 (5k)	19:35 (5k)
	8	2016		8:30 (2k)	10:13 (2.4k)	14:04 (3.2k)	14:41 (3.2k)	14:17 (3.2k)
Parker Sell	10	2018	Pr. 21:20 (5K)	21:55 (5k)	21:03 (5k)	21:04 (5k)	DNR	19:44 (5k)
	9	2017	Br. 23:59 (5k)	21:57 (5k)	22:37 (5k)	21:37 (5k)		20:51 (5k)
	8	2016	br. 14:39 (3.2k)	8:22 (2k)	9:54 (2.4k)	13:38 (3.2k)		13:22 (3.2k)
Peyton Smetana	10	2018	Pr. 21:26 (5K)	21:49 (5k)	21:57 (5k)	21:18 (5k)	DNR	21:11 (5k)
	9	2017	Br. 24:19 (5k)	22:19 (5k)	25:32 (5k)	21:24 (5k)		21:07 (5k)
	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)
Lukas Struss	10	2018	Pr. 22:27 (5K)	21:17 (5k)	DNR	22:38 (5k)	21:18 (5k)	20:24 (5k)
	9	2017	Br. 21:58 (5k)	20:58 (5k)	22:23 (5k)	20:39 (5k)		20:34 (5k)
	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)
	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)
Ethean Wiechman	10	2018	DNR	DNR	DNR	32:17 (5k)	DNR	DNR
	9	2017	Br. 28:33 (5k)	30:25 (5k)	28:49 (5k)	27:25 (5k)		27:27 (5k)
	8	2016		9:29 (2k)	11:17 (2.4k)	17:51 (3.2k)	15:41 (3.2k)	16:41 (3.2k)
	7	2015			14:04 (2.5k)	18:07 (3.2k)	17:00 (3.2k)	15:37 (3.2k)
Hunter Danielson	9	2018	Pr. 28:32 (5K)	24:26 (5k)	25:53 (5k)	23:52 (5k)	23:34 (5k)	22:47 (5k)
	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)
	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)
Casey Knutson	9	2018	Pr. 21:09 (5K)	20:21 (5k)	21:05 (5k)	21:08 (5k)	20:36 (5k)	21:02 (5k)
	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)
Bryce Roberts	9	2018	Pr. 23:53 (5K)	23:19 (5k)	23:15 (5k)	DNR	22:11 (5k)	21:16 (5k)
	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)
	7	2016		9:06 (2k)	11:52 (2.4k)	17:45 (3.2k)	15:40 (3.2k)	16:04 (3.2k)
Aidan Welch	9	2018	Pr. 24:33 (5K)	24:24 (5k)	24:51 (5k)	DNR	DNR	24:13 (5k)
	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)
	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)
Drake Willert	9	2018	DNR	DNF	DNR	23:27 (5k)	21:51 (5k)	DNR
	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)
	7	2016			10:07 (2.4k)	15:52 (3.2k)		15:01 (3.2k)
Caleb Cunnien	8	2018	pr. 7:59 (2k)	7:35 (2k)	9:23 (2.4k)	12:39 (3.2k)	12:58 (3.2k)	12:36 (3.2k)
Levi Johnson	8	2018	DNR	DNR	9:27 (2.4k)	DNR	14:03 (3.2k)	13:34 (3.2k)
Damion Torgerson	8	2018	pr. 7:51 (2k)	7:34 (2k)	9:28 (2.4k)	12:45 (3.2k)	13:03 (3.2k)	13:05 (3.2k)
	7	2017					15:25 (3.2k)	15:51 (3.2k)
Gavin Broz	7	2018	DNR	9:15 (2k)	11:36 (2.4k)	15:38 (3.2k)	15:21 (3.2k)	15:02 (3.2k)
Deacon Foss	7	2018	pr. 10:50 (2k)	10:33 (2k)	12:46 (2.4k)	17:13 (3.2k)	16:36 (3.2k)	17:29 (3.2k)
Greyson Johnson	7	2018	pr. 10:26 (2k)	9:55 (2k)	11:53 (2.4k)	17:28 (3.2k)	DNR	15:44 (3.2k)
Caden Schlichting	7	2018	DNR	DNR	DNR	18:17 (3.2k)	18:25 (3.2k)	DNR
Jacob Treu	7	2018	DNR	DNR	11:03 (2.4k)	19:49 (3.2k)	16:08 (3.2k)	DNR
Spencer Wicktor	7	2018	DNR	10:33 (2k)	DNF	17:33 (3.2k)	17:15 (3.2k)	DNF

# CROSS COUNTRY HISTORY - BOYS' MEET TIMES

## 2018

Becker	Swain	Proc/Camb/Mo	Conference	Section	State	PB	Average
DNR	X	DNR	DNR			DNR	DNR
X	20:40 (5k)	19:30 (5k)	PC-22:08 (5k)	Mora - 19:34		19:30	20:12
14:30 (3.2k)	X	13:11 (3.2k)				13:11 (3.2k)	14:06 (3.2k)
X	20:40 (5k)	20:16 (5k)	PC-20:21 (5k)			19:44	20:54
X	X	20:35 (5k)	PC-21:05 (5k)			20:35	21:49
DNR	X	13:04 (3.2k)				13:04 (3.2k)	13:41 (3.2k)
20:31 (5k)	X	21:00 (5k)	PC-20:57 (5k)			20:31	21:16
X	X	21:33 (5k)	PC-21:18 (5k)			21:07	22:30
DNR	X	13:09 (3.2k)				13:09 (3.2k)	13:36 (3.2k)
X	20:45 (5k)	20:18 (5k)	PC-20:13 (5k)	Alt.		20:13	21:10
X	X	21:12 (5k)	DNF			20:34	21:17
14:56 (3.2k)	X	14:10 (3.2k)	13:39 (3.2k)			13:39 (3.2k)	14:20 (3.2k)
15:19 (3.2k)	X	14:39 (3.2k)	14:05 (3.2k)			14:05 (3.2k)	15:01 (3.2k)
32:05 (5k)	X	DNR	PC-30:12 (5k)			30:12	31:32
X	X					27:25	28:01
18:47 (3.2k)	X	16:16 (3.2k)	17:01 (3.2k)			15:41 (3.2k)	16:09 (3.2k)
16:29 (3.2k)	X	17:26 (3.2k)	15:30 (3.2k)			15:30 (3.2k)	16:42 (3.2k)
22:18 (5k)	X	12:22 (5k)	PC-22:07 (5k)			22:07	23:25
X	X	13:48 (3.2k)	14:37 (3.2k)			13:48 (3.2k)	14:11 (3.2k)
DNR	X	14:17 (3.2k)	14:05 (3.2k)			14:05 (3.2k)	14:47 (3.2k)
19:57 (5k)	X	22:08 (5k)	PC-20:54 (5k)			19:57	20:56
X	X	12:33 (3.2k)	13:41 (3.2k)			12:33 (3.2k)	13:23 (3.2k)
21:20 (5k)	X	23:30 (5k)	PC-21:43 (5k)			21:16	22:33
X	X	14:35 (3.2k)	14:16 (3.2k)			14:16 (3.2k)	15:35 (3.2k)
16:17 (3.2k)	X	15:59 (3.2k)	15:43 (3.2k)			15:40 (3.2k)	16:15 (3.2k)
24:15 (5k)	X	23:30 (5k)	PC-24:31 (5k)			23:30	24:19
X	X	13:44 (3.2k)	13:38 (3.2k)			13:38 (3.2k)	14:07 (3.2k)
13:55 (3.2k)	X	13:33 (3.2k)	13:26 (3.2k)			13:26 (3.2k)	14:00 (3.2k)
22:15 (5k)	X	21:19 (5k)	PC-21:17 (5k)			21:17	22:02
X	X	27:38 (5k)	DNR			12:36 (3.2k)	12:49 (3.2k)
DNR	X	14:03 (3.2k)	13:56 (3.2k)			13:56 (3.2k)	14:43 (3.2k)
20:34 (5k)	X	20:37 (5k)	12:23 (3.2k)			12:23 (3.2k)	12:39 (3.2k)
20:56 (5k)	X	22:18 (5k)	13:01 (3.2k)			13:01 (3.2k)	13:33 (3.2k)
21:29 (5k)	X	21:47 (5k)	13:02 (3.2k)			12:45 (3.2k)	12:59 (3.2k)
X	X	14:30 (3.2k)	14:47 (3.2k)			14:30 (3.2k)	15:08 (3.2k)
11:05 (2.5k)	X	14:37 (3.2k)	14:25 (3.2k)			14:25 (3.2k)	15:01 (3.2k)
12:34 (2.5k)	X	17:11 (3.2k)	16:35 (3.2k)			16:35 (3.2k)	17:01 (3.2k)
11:35 (2.5k)	X	16:04 (3.2k)	15:46 (3.2k)			15:44 (3.2k)	16:16 (3.2k)
12:55 (2.5k)	X	17:55 (3.2k)	DNR			17:55 (3.2k)	18:12 (3.2k)
DNR	X	17:11 (3.2k)	16:34 (3.2k)			16:08 (3.2k)	17:26 (3.2k)
12:48 (2.5k)	X	15:49 (3.2k)	16:24 (3.2k)			15:49 (3.2k)	16:45 (3.2k)

## AVERAGE MILE TIMES AT MEETS - 2018

<b>Boys Name</b>	<b>PB - 2017</b>	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Milaca Mega</b>	<b>Foley</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>
Jake Adams - 12	6:01	DNF	6:21	6:29	6:03	6:09	5:55
TJ Rank	6:00	6:29	6:27	6:23	6:03	6:14	6:10
Tommy Ryan	5:27	5:42	DNF	DNF	5:32	5:27	5:34
Justin Stolp	7:20	7:43	7:55	7:52	8:29	8:08	8:15
Logan Vinaja	-	DNR	DNR	6:22	6:06	5:49	5:57
Derek Clementson - 11	6:24	8:37	DNF	7:55	7:13	7:13	6:51
Koleman Lind	6:15	6:39	6:26	7:00	6:23	6:33	6:14
Noah Miller	6:11	6:24	6:16	6:28	6:19	6:00	6:04
Josh Rike	6:34	8:50	7:21	7:15	6:54	6:57	6:28
Chris Trudeau	-	DNR	DNR	DNF	6:56	DNR	6:49
Kenny Vo	7:53	8:09	7:59	8:25	7:48	7:55	7:22
Nate Webster	5:39	5:52	5:50	5:50	5:45	5:34	5:37
Charlie Emmons - 10	6:16	DNF	DNR	DNR	DNR	DNR	DNR
Parker Sell	6:38	6:53	7:03	6:47	6:47	DNR	6:22
Peyton Smetana	6:48	6:55	7:01	7:05	6:52	DNR	6:50
Lukas Struss	6:37	7:14	6:51	DNR	7:18	6:51	6:34
Ethean Wiechman	8:49	DNR	DNR	DNR	10:29	DNR	DNR
Hunter Danielson - 9	-	9:14	7:52	8:21	7:41	7:36	7:21
Casey Knutson	-	6:49	6:33	6:47	6:49	6:38	6:47
Bryce Roberts	-	7:41	7:30	7:29	DNR	7:09	6:51
Aidan Welch	-	7:54	7:50	8:00	DNR	DNR	7:47
Drake Willert	6:30	DNR	DNF	DNR	DNR	7:02	DNR
Caleb Cunnien - 8							
Levi Johnson							
Damion Torgerson							
	<b>3200 m</b>	<b>2000 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>
Caleb Cunnien - 8		6:24	6:06	6:15	6:19	6:29	6:18
Levi Johnson		DNR	DNR	6:18	DNR	7:01	6:47
Damion Torgerson	?	6:18	6:05	6:19	6:22	6:31	6:32
Gavin Broz - 7		DNR	7:27	7:44	7:49	7:40	7:31
Deacon Foss		8:43	8:29	8:31	8:37	8:18	8:45
Greyson Johnson		8:23	7:59	7:55	8:44	DNR	7:52
Caden Schlichting		DNR	DNR	DNR	9:09	9:12	DNR
Jacob Treu		DNR	DNR	7:22	9:55	8:04	DNR
Spencer Wicktor		DNR	7:30	DNF	8:47	8:37	DNF
<b>Girls Name</b>	<b>PB - 2017</b>	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Milaca Mega</b>	<b>Foley</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>
Kaylee Prihoda - 12	7:35	8:37	8:10	DNR	7:56	7:40	7:43
Alexis Thieman	7:16	8:21	8:03	DNR	DNR	DNR	DNR
Allyson Chromey - 11		8:51	8:24	DNF	8:45	8:19	8:22
Grace Grubbs	7:12	7:53	DNF	8:01	DNR	7:37	7:35
Alaina Steele	6:29	6:44	6:58	6:41	6:35	6:24	6:21
Allison Cavallin - 10	7:55	DNR	DNF	DNR	DNR	DNR	8:21
Hailee Rydberg - 9		DNF	9:16	9:14	8:59	8:27	DNR
Eva Johnson - 7							7:05
	<b>3200 m</b>	<b>2000 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>
Marguerite Grubbs - 8	14:04	17:08	14:20	15:39	15:04	14:00	15:18
Eva Johnson - 7		7:03	7:07	6:53	7:01	DNR	V
Sophia Olson		DNR	9:05	9:04	8:25	8:20	8:59

## AVERAGE MILE TIMES AT MEETS - 2018

Hinckley	Swain	Mora	Conference	Section 5A	State	Best	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
DNR	6:03	6:07	6:07	6:02		5:55	6:09
DNR	6:09	6:07	6:09	5:57		5:57	6:13
DNR	5:35	5:32	5:34	5:27	5:20	5:20	5:31
8:16	DNR	8:48	8:00	-		7:43	8:09
DNR	6:01	5:51	5:54	5:43		5:43	5:58
6:55	DNR	7:01	7:04	-		6:51	7:22
DNR	6:44	6:19	6:16	6:15		6:14	6:28
DNR	6:12	6:06	6:16	6:01		6:00	6:13
DNR	6:27	6:22	6:23	-		6:22	7:00
6:27	DNR	6:22	6:26	-		6:22	6:36
7:28	DNR	7:15	7:27	-		7:15	7:45
DNR	5:44	5:43	5:49	5:38		5:34	5:44
DNR	DNR	DNR	DNR	-		DNR	DNR
DNR	6:39	6:31	6:33	-		6:22	6:44
6:36	DNR	6:46	6:45	-		6:36	6:51
DNR	6:41	6:32	6:31	-		6:31	6:49
10:25	DNR	DNR	9:43	-		9:43	10:13
7:11	DNR	7:12	7:07	-		7:07	7:32
6:26	DNR	7:08	6:44	-		6:26	6:45
6:53	DNR	7:34	6:59	-		6:51	7:16
7:48	DNR	7:34	7:54	-		7:34	7:49
7:10	DNR	6:52	6:51	-		6:51	7:06
6:37	DNR	6:38	-	-		6:37	6:38
6:45	DNR	7:11	-	-		6:45	6:58
6:56	DNR	7:02	-	-		6:56	6:58
						<b>Best</b>	<b>Average</b>
<b>2500 m</b>	-	<b>3200 m</b>	<b>3200 m</b>			<b>3200 m</b>	<b>3200 m</b>
JV	DNR	JV	6:14			6:14	6:20
JV	DNR	JV	6:33			6:33	6:46
JV	DNR	JV	6:33			6:22	6:30
7:09	DNR	7:18	7:15			7:15	7:30
8:06	DNR	8:35	8:20			8:06	8:30
7:28	DNR	8:02	7:56			7:52	8:08
8:20	DNR	8:58	DNR			8:58	9:06
DNR	DNR	8:35	8:20			8:04	8:43
8:15	DNR	7:55	8:15			7:55	8:23
Hinckley	Swain	Mora	Conference	Section 5A	State	Best	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
7:48	DNR	7:54	7:39	7:42		7:39	7:54
DNR	DNR	DNR	DNR	DNR		8:03	8:12
DNR	8:48	8:27	8:29	8:11		8:11	8:31
7:23	7:35	7:23	7:24	7:19		7:19	7:35
DNR	6:38	6:28	6:33	6:28	6:23	6:21	6:34
7:59	8:12	8:16	7:58	7:48		7:48	8:06
DNR	8:48	8:27	8:29	8:14		8:14	8:45
DNR	6:58	6:48	6:40	6:33		6:33	6:49
						<b>Best</b>	<b>Average</b>
<b>2500 m</b>	-	<b>3200 m</b>	<b>3200 m</b>			<b>3200 m</b>	<b>3200 m</b>
14:15	DNR	15:24	14:50			14:00	14:54
DNR	DNR	V	V			7:01	7:01
7:54	DNR	7:47	8:09			7:47	8:14

## TEAM POSITIONS AT MEETS - 2018

<b>Boys Name</b>	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Milaca Mega</b>	<b>Foley</b>
	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000m</b>
Jake Adams - 12	DNF	3	5	4	5	3
TJ Rank	4	5	3	3	6	6
Tommy Ryan	1	DNF	DNF	1	1	1
Justin Stolp	11	14	12	18	16	19
Logan Vinaja	DNR	DNR	2	5	3	4
Derek Clementson - 11	14	DNF	13	13	13	14
Koleman Lind	5	4	8	7	7	7
Noah Miller	3	2	4	6	4	5
Josh Rike	15	10	10	11	10	9
Chris Trudeau	DNR	DNR	DNF	12	DNR	12
Kenny Vo	13	15	16	17	15	17
Nate Webster	2	1	1	2	2	2
Charlie Emmons - 10	DNF	DNR	DNR	DNR	DNR	DNR
Parker Sell	7	9	6	8	DNR	8
Peyton Smetana	8	8	9	10	DNR	13
Lukas Struss	9	7	DNR	14	9	10
Ethean Wiechman	DNR	DNR	DNR	19	DNR	DNR
Hunter Danielson - 9	16	13	15	16	14	16
Casey Knutson	6	6	7	9	8	11
Bryce Roberts	10	11	11	DNR	12	15
Aidan Welch	12	12	14	DNR	DNR	18
Drake Willert	DNR	DNF	DNR	15	11	DNR
Caleb Cunnien - 8						
Levi Johnson						
Damion Torgerson						
	<b>2000 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>
Caleb Cunnien - 8	2	2	1	1	1	1
Levi Johnson	DNR	DNR	2	DNR	3	3
Damion Torgerson	1	1	3	2	2	2
Gavin Broz - 7	DNR	3	5	3	4	4
Deacon Foss	4	5	7	4	6	6
Greyson Johnson	3	4	6	5	DNR	5
Caden Schlichting	DNR	DNR	DNR	7	8	DNR
Jacob Treu	DNR	DNR	4	8	5	DNR
Spencer Wicktor	DNR	6	DNF	6	7	DNF
<b>Girls Name</b>	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Milaca Mega</b>	<b>Foley</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>
Kaylee Pihoda - 12	4	3	DNR	2	3	4
Alexis Thieman	3	2	DNR	DNR	DNR	DNR
Allyson Chromey - 11	5	4	DNF	3	4	6
Grace Grubbs	2	DNF	2	DNR	2	3
Alaina Steele	1	1	1	1	1	1
Allison Cavallin - 10	DNR	DNF	DNR	DNR	DNR	5
Hailee Rydberg - 9	DNF	5	3	4	5	DNR
Eva Johnson - 7	JH	JH	JH	JH	JH	2
	<b>2000 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>
Marguerite Grubbs - 8	2	3	3	3	2	2
Eva Johnson - 7	1	1	1	1	DNR	V
Sophia Olson	DNR	2	2	2	1	1

## TEAM POSITIONS AT MEETS - 2018

Hinckley 5000 m	Swain 5000 m	Mora 5000 m	Conference 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
DNR	4	5	4	6		4.3
DNR	5	6	5	4		4.7
DNR	1	1	1	1	1	1.0
13	DNR	23	20			16.2
DNR	3	3	3	3		3.3
7	DNR	15	16			13.1
DNR	10	7	7	7		6.9
DNR	6	4	6	5		4.5
DNR	7	9	8			9.9
2	DNR	8	9			8.6
11	DNR	20	18			15.8
DNR	2	2	2	2		1.8
DNR	DNR	DNR	DNR			DNR
DNR	8	10	11			8.4
3	DNR	13	13			9.6
DNR	9	11	10			9.9
14	DNR	DNR	21			18.0
10	DNR	19	17			15.1
1	DNR	17	12			8.6
6	DNR	22	15			12.8
12	DNR	21	19			15.4
9	DNR	14	14			12.6
4	DNR	12				8.0
5	DNR	18				11.5
8	DNR	16				12.0
<b>2500 m</b>	<b>-</b>	<b>3200 m</b>	<b>3200 m</b>			<b>Average</b>
JV	DNR	JV	1			1.3
JV	DNR	JV	2			2.5
JV	DNR	JV	3			2.0
1	DNR	1	4			3.1
3	DNR	4	8			5.2
2	DNR	3	5			4.1
5	DNR	6	DNR			6.5
DNR	DNR	5	7			5.8
4	DNR	2	6			5.2
<b>Hinckley</b> <b>5000 m</b>	<b>Swain</b> <b>5000 m</b>	<b>Mora</b> <b>5000 m</b>	<b>Conference</b> <b>5000 m</b>	<b>Section 5A</b> <b>5000 m</b>	<b>State</b> <b>5000 m</b>	<b>Average</b> <b>Average</b>
2	DNR	4	4	4		3.3
DNR	DNR	DNR	DNR	DNR		2.5
DNR	6	7	6	6		5.2
1	3	3	3	3		2.4
DNR	1	1	1	1	1	1.0
3	4	5	5	5		4.5
DNR	5	6	7	7		5.3
DNR	2	2	2	2		2.0
<b>2500 m</b>	<b>-</b>	<b>3200 m</b>	<b>3200 m</b>			<b>Average</b>
2	DNR	2	2			2.4
DNR	DNR	V	V			1.0
1	DNR	1	1			1.4



## PLACE FINISHES AT MEETS - 2018

<b>Boys Name</b>	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Milaca Mega</b>	<b>Foley</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>
Jake Adams - 12	DNF	31	60	46	108	28
TJ Rank	30	35	51	44	121	46
Tommy Ryan	2	DNF	DNF	4	7	3
Justin Stolp	88	49jv		136jv	635jv	92jv
Logan Vinaja	DNR	DNR	2jv	50	51	33
Derek Clementson - 11	105	DNF		77jv	434jv	52jv
Koleman Lind	35	34	86	13jv	143	52
Noah Miller	24	25	59	65	91	41
Josh Rike	106	29jv		48jv	373jv	26jv
Chris Trudeau	DNR	DNR	DNF	52jv	DNR	44jv
Kenny Vo	99	51jv		117jv	608jv	78jv
Nate Webster	6	6	15	19	20	5
Charlie Emmons - 10	DNF	DNR	DNR	DNR	DNR	DNR
Parker Sell	48	19jv		92	DNR	19jv
Peyton Smetana	50	17jv		44jv	DNR	45jv
Lukas Struss	66	11jv	DNR	84jv	216 -10th	28jv
Ethean Wiechman	DNR	DNR	DNR	164jv	DNR	DNR
Hunter Danielson - 9	108	45jv		106jv	342 -9th	77jv
Casey Knutson	45	39	72	38jv	138 -9th	40jv
Bryce Roberts	87	35jv		DNR	251 -9th	53jv
Aidan Welch	96	44jv		DNR	DNR	87jv
Drake Willert	DNR	DNF	DNR	100jv	229 -9th	DNR
Caleb Cunnien - 8						
Levi Johnson						
Damion Torgerson						
	<b>2000 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>
Caleb Cunnien - 8	7	6	7	9	83 -8th	8
Levi Johnson	DNR	DNR	8	DNR	192 -8th	24
Damion Torgerson	4	5	9	12	91 -8th	17
Gavin Broz - 7	DNR	37	68	79	166 -7th	52
Deacon Foss	40	50	83	107	222 -7th	91
Greyson Johnson	38	44	74	108	DNR	66
Caden Schlichting	DNR	DNR	DNR	113	252 -7th	DNR
Jacob Treu	DNR	DNR	49	121	206 -7th	DNR
Spencer Wicktor	DNR	51	DNF	109	241 -7th	DNF
<b>Girls Name</b>	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Milaca Mega</b>	<b>Foley</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>
Kaylee Prihoda - 12	60	44	DNR	76	119	50
Alexis Thieman	54	37	DNR	DNR	DNR	DNR
Allyson Chromey - 11	62	53	DNF	93	148	65
Grace Grubbs	35	DNF	51	DNR	113	45
Alaina Steele	3	6	5	4	8	2
Allison Cavallin - 10	DNR	DNF	DNR	DNR	DNR	64
Hailee Rydberg - 9	DNF	65	89	97	164 -9th	DNR
Eva Johnson - 7	JH	JH	JH	JH	DNR	25
	<b>2000 m</b>	<b>2000 m</b>	<b>2400 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>
Marguerite Grubbs - 8	73	45	64	91	249 -8th	64
Eva Johnson - 7	7	3	4	4	DNR	V
Sophia Olson	DNR	31	48	57	151 -7th	36

## PLACE FINISHES AT MEETS - 2018

Hinckley	Swain	Mora	Conference	Section 5A	State	Average
5000m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
DNR	77	25	11	64		50.0
DNR	86	26	12	54		50.5
DNR	11	2	1	6	<b>15</b>	<b>5.7</b>
63jv	DNR	102	28jv			167.2jv
DNR	70	13	7	32		36.6
39jv	DNR	67	14jv			123.2jv
DNR	162	31	15	81		71.0
DNR	97	24	13	62		50.1
DNR	15jv	34	1jv			82.0jv
21jv	DNR	33	2jv			29.8jv
58jv	DNR	83	20jv			115.3jv
DNR	27	5	4	23		13.0
DNR	DNR	DNR	DNR			-
DNR	32jv	43	6jv			19.0jv
25jv	DNR	56	9jv			28.0jv
DNR	34jv	45	4jv			32.2jv
66jv	DNR	DNR	34jv			88.0jv
47jv	DNR	79	15jv			58.0jv
19jv	DNR	74	8jv			32.0jv
37jv	DNR	94	13jv			34.5jv
61jv	DNR	93	26jv			54.5jv
46jv	DNR	61	10jv			52.0jv
26jv	DNR	49				26.0jv
32jv	DNR	76				32.0jv
40jv	DNR	68				40.0jv
<b>2500 m</b>	-	<b>3200 m</b>	<b>3200 m</b>			<b>Average</b>
JV	DNR	JV	1			6.3
JV	DNR	JV	2			11.3
JV	DNR	JV	3			8.3
15	DNR	17	7			39.3
35	DNR	37	16			57.4
26	DNR	30	12			49.8
37	DNR	38	DNR			62.7
DNR	DNR	36	15			55.3
36	DNR	29	14			47.8
<b>Hinckley</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>
23	DNR	49	14	94		58.8
DNR	DNR	DNR	DNR	DNR		45.5
DNR	177	62	24	117		89.0
17	99	32	8	66		51.8
DNR	9	2	1	13	<b>35</b>	<b>8.0</b>
27	149	60	21	99		70.0
DNR	178	61	25	122		91.0
DNR	30	8	2	16		16.2
<b>2500 m</b>	-	<b>3200 m</b>	<b>3200 m</b>			<b>Average</b>
13	DNR	16	6			46.5
DNR	DNR	V	V			4.5
5	DNR	9	17			29.0

**GIRLS**  
**TOP CROSS COUNTRY TEAMS AT MEETS**  
**By Top-5 Average Times**  
**2018**

<b>PINE CITY INVITE (Top 4)</b>			
21:49	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & G. Langmade	
22:45	2017	A. Steele, A. Webster, L. Wilson, M. Foss & A. Thieman	
24:02	2016	A. Webster, M. Foss, L. Wilson, G. Langmade & A. Thieman	
25:22	2018	A. Steele, A. Thieman, K. Prihoda, A. Chromey & H. Rydberg	
<b>CONFERENCE (Top 4) Great River in Pine City</b>			
20:56	2015	A. Steele, M. Foss, A. Gusk, A. Webster & G. Langmade	GRC-PC
22:19	2016	A. Webster, A. Steele, M. Foss, G. Grubbs & L. Wilson	GRC-PC
22:31	2018	A. Steele, E. Johnson, G. Grubbs, K. Prihoda & A. Cavallin	GRC-PC
22:34	2017	A. Steele, A. Webster, A. Thieman, G. Grubbs & L. Wilson	GRC-PC
<b>SECTION (Top 4) Mora &amp; Milaca</b>			
20:44	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & M. Butenhoff	Milaca
21:32	2016	M. Foss, A. Steele, A. Webster, G. Grubbs & L. Wilson	Milaca
22:15	2018	A. Steele, E. Johnson, G. Grubbs, K. Prihoda & A. Cavallin	Mora
22:22	2017	A. Steele, A. Webster, G. Grubbs, A. Thieman & M. Foss	Mora

<b>STATE at St. Olaf in Northfield</b>				
20:56	2015	A. Gusk, A. Webster, A. Steele, M. Butenhoff & M. Foss	STATE	
<b>ALL-TIME BESTS (Top 34)</b>				
20:44	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & M. Butenhoff	Section 5A - Milaca	
20:56	2015	A. Gusk, A. Webster, A. Steele, M. Butenhoff & M. Foss	STATE	
20:56	2015	A. Steele, M. Foss, A. Gusk, A. Webster & G. Langmade	GRC-PC	
21:19	2015	A. Steele, A. Gusk, A. Webster, M. Foss, & G. Langmade	Swain	
5	21:32	2016	M. Foss, A. Steele, A. Webster, G. Grubbs & L. Wilson	Section 5A - Milaca
	21:36	2015	A. Gusk, A. Steele, A. Webster, M. Foss & G. Langmade	Cambridge-Isanti
	21:40	2015	A. Steele, M. Foss, A. Gusk, A. Webster, & G. Langmade	Becker
	21:43	2015	A. Steele, A. Webster, A. Gusk, M. Foss, & G. Langmade	MMM (G.C.)
	21:49	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & G. Langmade	Pine City
10	21:58	2017	A. Steele, A. Webster, G. Grubbs, L. Wilson & Al. Thieman	Foley
	22:02	2015	A. Gusk, A. Webster, A. Steele, G. Langmade, & M. Foss	Pierz
	22:12	2015	A. Gusk, A. Steele, A. Webster, G. Langmade, & M. Foss	Mora
	22:15	2018	A. Steele, E. Johnson, G. Grubbs, K. Prihoda & A. Cavallin	Section 5A - Mora
	22:18	2016	M. Foss, A. Webster, G. Grubbs, L. Wilson, & G. Langmade	Mora
15	22:19	2016	A. Webster, A. Steele, M. Foss, G. Grubbs & L. Wilson	GRC-PC
	22:22	2017	A. Steele, A. Webster, G. Grubbs, A. Thieman & M. Foss	Section 5A - Mora
	22:23	2017	A. Steele, A. Webster, A. Thieman, G. Grubbs & G. Langmade	Mora L.C.
	22:24	2016	A. Webster, G. Grubbs, L. Wilson, Al. Thieman & A. Steele	MMM (G.C.)
	22:27	2017	A. Steele, G. Grubbs, A. Webster, L. Wilson & M. Foss	Pierz
20	22:30	2016	A. Steele, A. Webster, L. Wilson, Al. Thieman & G. Grubbs	Swain
	22:31	2018	A. Steele, E. Johnson, G. Grubbs, K. Prihoda & A. Cavallin	GRC-PC
	22:34	2017	A. Steele, A. Webster, A. Thieman, G. Grubbs & L. Wilson	GRC-PC
	22:35	2015	A. Gusk, A. Webster, A. Steele, M. Foss, & M. Butenhoff	Brainerd
	22:37	2016	A. Webster, A. Steele, Al. Thieman, L. Wilson & K. Prihoda	Mora L.C.
25	22:37	2016	A. Steele, A. Webster, G. Grubbs, L. Wilson & Marin Foss	Pierz
	22:45	2017	A. Webster, G. Langmade, A. Steele, L. Wilson & Al. Thieman	Pine City
	22:51	2018	A. Steele, E. Johnson, G. Grubbs, K. Prihoda & A. Cavallin	Mora L.C.
	22:53	2017	A. Steele, A. Webster, M. Foss, G. Grubbs, & Lily Wilson	MMM (G.C.)
	23:01	2018	A. Steele, E. Johnson, G. Grubbs, K. Prihoda & A. Cavallin	Foley
30	23:09	2016	M. Foss, A. Webster, A. Steele, G. Grubbs, & Lily Wilson	Brainerd
	23:21	2017	A. Steele, A. Webster, L. Wilson, M. Foss & Al. Thieman	Brainerd
	23:25	2017	A. Steele, A. Webster, L. Wilson, M. Foss & Al. Thieman	Mora
	23:29	2016	A. Webster, G. Langmade, A. Steele, L. Wilson & Al. Thieman	Becker
	23:42	2014	A. Steele, E. Johnson, G. Grubbs, A. Cavallin & H. Rydberg	Swain

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

PINE CITY				Mora				PIERZ				ALL-TIME BEST 4K			
20:56	Alaina Steele	2017		20:45	Alaina Steele	2018		20:27	Alaina Steele	2018		15:44	Sherry Rike	2011	SECT
21:37	Alaina Steele	2018		21:20	Alaina Steele	2017		20:44	Alaina Steele	2017		15:45	Abby Cummins	2011	SECT
21:40	Ashli Webster	2015		21:32	Marin Foss	2016		21:20	Allison Gusk	2015		15:46	Emily Branzovsky	2003	SECT
21:41	Allison Gusk	2015		21:51	Allison Gusk	2015		21:48	Ashli Webster	2015		15:50	Emily Branzovsky	2003	STA
21:44	Marin Foss	2015		21:52	Alaina Steele	2015		21:51	Alaina Steele	2015		15:52	Abby Cummins	2012	SECT
21:50	Alaina Steele	2015		21:53	Ashli Webster	2015		21:57	Alaina Steele	2016		15:55	Abby Cummins	2012	GRC
22:12	Grace Langmade	2015		22:11	Ashli Webster	2016		22:28	Grace Langmade	2015		15:56	Emily Branzovsky	2003	BECK
22:40	Ashli Webster	2017		22:28	Grace Grubbs	2016		22:33	Ashli Webster	2016		16:02	Abby Cummins	2010	SECT
23:04	Lily Wilson	2017		22:32	Grace Langmade	2015		22:37	Grace Grubbs	2017		16:13	Marin Foss	2014	SECT
23:09	Ashli Webster	2016		22:34	Lily Wilson	2016		22:42	Ashli Webster	2017		16:13	Abby Cummins	2012	MEGA
												16:14	Allison Gusk	2014	SECT
MILACA MEGA (G.C.)				Foley				SWAIN				Camb./Mora			
19:53.5	Alaina Steele	2018		19:43	Alaina Steele	2018		20:36	Alaina Steele	2018		20:07	Alaina Steele	2018	
20:27	Alaina Steele	2017		20:08	Alaina Steele	2017		20:48	Alaina Steele	2015		20:52	Alaina Steele	2017	
21:22	Alaina Steele	2015		21:42	Ashli Webster	2017		21:06	Allison Gusk	2015		21:04	Allison Gusk	2015	
21:22	Ashli Webster	2015		21:57	Eva Johnson	2018		21:07	Ashli Webster	2015		21:05	Eva Johnson	2018	
21:23	Allison Gusk	2015		22:36	Grace Grubbs	2017		21:37	Eva Johnson	2018		21:22	Ashli Webster	2016	
21:26	Marin Foss	2015		22:36	Lily Wilson	2017		21:40	Marin Foss	2015		21:30	Alaina Steele	2015	
21:42	Ashli Webster	2016		22:48	Alexis Thieman	2017		21:56	Grace Langmade	2015		21:35	Ashli Webster	2015	
22:27	Grace Grubbs	2016		23:31	Marin Foss	2017		22:07	Alaina Steele	2016		21:47	Alaina Steele	2016	
22:30	Lily Wilson	2016		23:33	Grace Grubbs	2018		22:36	Makayla Butenhoff	2015		21:55	Marin Foss	2015	
22:37	Alexis Thieman	2016		23:45	Kaylee Prihoda	2017		22:39	Ashli Webster	2016		21:58	Grace Langmade	2015	
CONFERENCE				SECTION				STATE				ALL-TIME BEST 5K			
20:21	Alaina Steele	2018	PC	20:07	Alaina Steele	2018	Mo	19:47	Alaina Steele	2018		19:43.1	Alaina Steele	2018	Foley
20:33	Alaina Steele	2015	PC	20:23	Eva Johnson	2018	Mo	20:28	Allison Gusk	2015		19:47.2	Alaina Steele	2018	STATE
20:37	Marin Foss	2015	PC	20:36	Ashli Webster	2015	ML	20:43	Ashli Webster	2015		19:53.5	Alaina Steele	2018	MMM
20:44	Eva Johnson	2018	PC	20:37	Allison Gusk	2015	ML	20:55	Alaina Steele	2015		20:07	Alaina Steele	2018	Section
20:48	Allison Gusk	2015	PC	20:44	Marin Foss	2015	ML	21:11	Makayla Butenhoff	2015		20:07	Alaina Steele	2018	Mora LC
20:52	Ashli Webster	2015	PC	20:48	Alaina Steele	2015	ML	21:21	Marin Foss	2015		20:09	Alaina Steele	2017	Foley
21:19	Alaina Steele	2017	PC	20:58	Makayla Butenhoff	2015	ML	22:15	Grace Langmade	2015		20:21	Alaina Steele	2018	GRC-PC
21:48	Ashli Webster	2016	PC	21:07	Marin Foss	2016	ML	22:24	Grace Grubbs	2015		20:23	Eva Johnson	2018	Section
21:50	Grace Langmade	2015	PC	21:09	Alaina Steele	2017	Mo		STATE (4K)			20:27	Alaina Steele	2018	Pierz
21:53	Makayla Butenhoff	2015	PC	21:14	Alaina Steele	2016	ML	15:50	Emily Branzovsky	2003		20:27	Alaina Steele	2017	MMM
								16:50	Marin Foss	2014		20:28	Allison Gusk	2015	STATE

**BOYS**  
**TOP CROSS COUNTRY TEAMS AT MEETS**  
**By Top-5 Average Times**  
**2018**

<b>PINE CITY INVITE (Top 11)</b>			
18:28	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	
18:32	2005	C. Fischer, T. McNally, T. Miche, A. Lutz & Jo. Clementson	
18:38	1997	Pe. Johnson, R. Wasson, Pa. Johnson, J. Larson & J.R. Anderson	
18:43	2017	T. Ryan, N. Webster, A. Eckert, TJ Rank & N. Miller	
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	
<b>CONFERENCE (Top 11) Great River, Two-River &amp; Rum River</b>			
17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC
17:55	2003	Ja. Clementson, C. Fischer, Dv. Hansen, A. Lee & T. Miche	RRC - SM
17:57	2005	T. McNally, T. Miche, C. Fischer, A. Lutz & D. Hambly	TRC - PC
17:59	2000	R. Hammill, Ja. Clementson, J. Lee, Pe. Johnson & J. Oare	RRC - FO
18:05	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	TRC - PC
18:06	2001	C. Lutz, Dv. Hansen, C. Zak, Ja. Clementson & R. Arola	RRC - NB
18:18	1997	J. Larson, Pa. Johnson, Pe. Johnson, R. Wasson & N. Johnson	RRC - SA
18:20	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	RRC - PR
18:21	2018	<b>T. Ryan, N. Webster, L. Vinaja, J. Adams &amp; TJ Rank</b>	GRC - PC
18:29	2015	N. Adams, E. Grubbs, R. Steele, A. Clementson & T. Ryan	GRC - PC
18:31	2014	E. Foss, N. Adams, E. Grubbs, J. Spahr & J. Pixley	GRC - PC
<b>SECTION (Top 11) Mora, Milaca, Pierz, Cloquet &amp; Becker</b>			
17:31	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Pierz
17:43	2005	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	Cloquet
17:47	2002	Ja. Clementson, C. Lutz, C. Greden, S. Peterson, S. Laugerman	Becker
17:53	2018	<b>T. Ryan, N. Webster, L. Vinaja, TJ Rank &amp; N. Miller</b>	Mora
17:53	2000	Ja. Clementson, Hammill, P. Johnson, J. Lee & J. Oare	Becker
17:53	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	Cloquet
17:55	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	Cloquet
18:00	2016	E. Grubbs, T. Ryan, N. Webster, D. Clementson & N. Miller	Milaca
18:00	2008	Z. Swanson, D. Hansen, J. Emslander, B. Wirth & N. Bremer	Pierz
18:08	2013	E. Foss, N. Adams, J. Spahr, E. Grubbs & B. Hunter	Milaca
18:11	1997	R. Wasson, J. Larson, Pa. Johnson, J.R. Anderson & Pe. Johnson	Cloquet

<b>STATE at St. Olaf in Northfield (Only 4)</b>			
17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	
17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	
17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	
18:14	2000	Ja. Clementson, J. Lee, Pe. Johnson, R. Arola & J. Oare	
<b>ALL-TIME BESTS (Top 32)</b>			
17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	STATE
17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	STATE
17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	STATE
17:31	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Section 5A- PZ
5 17:38	2000	R. Hammill, Ja. Clementson, P. Johnson, J. Lee, & J. Oare	Sub-Section- PZ
17:43	2005	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	Section 7A- CL
17:46	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	Becker Invite
17:47	2002	Ja. Clementson, C. Lutz, C. Greden, S. Peterson, S. Laugerman	Section 5A- BK
17:47	1997	Pe. Johnson, R. Wasson, Pa. Johnson, J. Larson & J.R. Anderson	Princeton (Mega)
10 17:48	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	MILACA MEGA
17:50	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & A. Lutz	MILACA MEGA
17:53	2018	<b>T. Ryan, N. Webster, L. Vinaja, TJ Rank &amp; N. Miller</b>	<b>Section 5A- Mo</b>
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
15 17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC
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
20 17:59	2000	R. Hammill, Ja. Clementson, J. Lee, Pe. Johnson & J. Oare	RRC - FO
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	2018	<b>T. Ryan, N. Webster, L. Vinaja, N. Miller &amp; J. Adams</b>	<b>MILACA MEGA</b>
18:01	2000	R. Hammill, Ja. Clementson, J. Lee, J. Oare & Pe. Johnson	N. Branch Invite
25 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
18:06	2018	<b>T. Ryan, N. Webster, J. Adams, L. Vinaja &amp; N. Miller</b>	<b>Foley</b>
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
30 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

## BOYS - TOP 10 CROSS COUNTRY TIMES AT MEETS

BRAINERD / PRINCETON				PINE CITY				MILACA/MORA				PIERZ			
18:01	Tommy Ryan	2017		17:01	Jim Kingen	1986		17:17	Zach Swanson	2008		16:58	Trevor McNally	2006	
18:14	Nate Webster	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	17:11	<b>Tommy Ryan</b>	<b>2018</b>	
18:37	Noah Adams	2015		17:21	Jared Clementson	2003		17:52	Tommy Ryan	2017	Mo	17:14	Easton Foss	2014	
18:42^	Nate Webster	2016		17:28	Jared Clementson	2002		17:53	Cody Hanson	2010		17:14	Zach Swanson	2008	
18:47^	Tommy Ryan	2016		17:33	Cody Hanson	2010		17:59	Noah Adams	2015	Mo	17:14	Jared Clementson	2002	
19:16	Austin Eckert	2017		17:34	John Bloom	1988		18:03	Easton Foss	2013	Mo	17:20	Tom Mische'	2005	
19:52	Andrew Clementson	2015		17:46	Tommy Ryan	2017		18:03	Dan Pangerl	1998		17:30	Tommy Ryan	2017	
20:05	Sasha Whim	2015		17:51	Nate Webster	2017		18:05	Tommy Ryan	2016	Mo	17:30	Jared Clementson	2001	
20:07	Remington Steele	2015		17:53	Easton Foss	2014		<b>18:05</b>	<b>Nate Webster</b>	<b>2018</b>	Mo	17:33	Trevor McNally	2005	
MILACA MEGA (G.C.)				SWAIN				BECKER / HINCKLEY				PRIN/CAMB/PROC/MORA			
16:56	Tommy Ryan	2018		17:08	Jim Kingen	1986		16:31	Jared Clementson	2002		17:07	Cody Hanson	2010	Pri
17:06	Zach Swanson	2008		17:22	<b>Tommy Ryan</b>	<b>2018</b>		16:49	Trevor McNally	2006		17:11	<b>Tommy Ryan</b>	<b>2018</b>	Mo
17:11	Cody Hanson	2010		17:25	Trevor McNally	2006		16:54	Zach Swanson	2008		17:19	Zach Swanson	2008	
17:18	<b>Nate Webster</b>	<b>2018</b>		17:47	Noah Adams	2015		17:18	David Hambly	2006		17:24	Trevor McNally	2007	Pri
17:20	Trevor McNally	2007		17:48	<b>Nate Webster</b>	<b>2018</b>		17:30	Cody Hanson	2010		17:31	Easton Foss	2014	Pro
17:22	Easton Foss	2014		17:54	Easton Foss	2013		17:33	Tom Mische'	2006		17:39	David Hambly	2007	Pri
17:24	Easton Foss	2013		17:55	Eli Grubbs	2016		17:35	David Hambly	2007		17:43	Tommy Ryan	2017	Mo
17:29	David Hambly	2007		17:55	Trevor McNally	2005		17:38	Easton Foss	2013		17:45	<b>Nate Webster</b>	<b>2018</b>	Mo
17:48	Tommy Ryan	2017		17:57	Tom Mische'	2006		17:48	Trevor McNally	2007		17:49	Tommy Ryan	2016	Mo
17:50	Noah Adams	2015		18:03	Noah Adams	2013		17:49	Jared Clementson	2002		17:49	Cody Hanson	2009	
CONFERENCE				SECTION				STATE				ALL-TIME BESTS			
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	<b>Tommy Ryan</b>	<b>2018</b>	Mo	16:32	<b>Tommy Ryan</b>	<b>2018</b>		*17:01	Jared Clementson	2002	STA
17:19	<b>Tommy Ryan</b>	<b>2018</b>	PC	16:57	Jared Clementson	2003	CL	16:32	Trevor McNally	2006		16:27	Per Zillmer	1982	MMM
17:20	Cody Hanson	2010	PC	17:03	Trevor McNally	2005	CL	16:49	Jared Clementson	2003		16:31	Jared Clementson	2003	BL-BK
17:26	Jared Clementson	2002	PC	17:03	Trevor McNally	2007	PZ	16:50	Tom Mische'	2006		16:32	<b>Tommy Ryan</b>	<b>2018</b>	STA
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 Mische'	2005	PC	17:05	Tom Mische'	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	Tommy Ryan	2017		16:37	Jared Clementson	2002	FOL
17:36	Ryan Hammill	1999	ML	17:10	Tom Mische'	2005	CL	17:00	Easton Foss	2014		16:39	Jared Clementson	2003	CONF

\*5200m course (16:22)

\*5200m course (16:22)

## TOP GIRLS BEST 5K XC TIMES UNDER 23:00

<b>Single Rank</b>	<b>Race Rank</b>	<b>Time</b>	<b>Name</b>	<b>Year</b>	<b>Meet</b>
1	1	19:43.1	Alaina Steele	2018	Foley
2	7	20:22.7	<b>Eva Johnson</b>	2018	Section 5A (Mora)
3	10	20:28.2	Allison Gusk	2015	STATE
4	13	20:36	Ashli Webster	2015	Section 5A (Milaca)
5	14	20:37	Marin Foss	2015	GRC-PC
6	25	20:57.5	Makayla Butenhoff	2015	Section 5A (Milaca)
7	46	21:31.9	Grace Langmade	2015	Section 5A (Milaca)
8	67	21:51.1	Grace Grubbs	2016	Section 5A (Milaca)
9	77	21:59.9	Lily Wilson	2016	Section 5A (Milaca)
10	104	22:35	Alexis Thieman	2016	Mora Last Chance
11	139	22:58.7	Jill Tomczyk	2015	Becker

## GIRLS 5K XC TIMES UNDER 23:00 (Top 148)

Rank	Time	Name	Year	Meet
1	<b>19:43.1</b>	<b>Alaina Steele</b>	<b>2018</b>	<b>Foley</b>
2	19:47.2	Alaina Steele	2018	STATE
3	19:53.5	Alaina Steele	2018	Milaca Mega *First Sub 20:00
4	20:07	Alaina Steele	2018	Section 5A (Mora)
5	20:07	Alaina Steele	2018	Mora L.C.
6	20:08.6	Alaina Steele	2017	Foley
7	20:21	Alaina Steele	2018	GRC - Pine City
8	<b>20:22.7</b>	<b>Eva Johnson</b>	<b>2018</b>	<b>Section 5A (Mora)</b>
9	20:26.7	Alaina Steele	2018	Pierz
10	20:26.7	Alaina Steele	2017	Milaca Mega
11	<b>20:28.2</b>	<b>Allison Gusk</b>	<b>2015</b>	<b>STATE *First Sub-20:30</b>
12	20:33	Alaina Steele	2015	GRC - Pine City
13	20:36	Alaina Steele	2018	Swain
14	<b>20:36</b>	<b>Ashli Webster</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
15	<b>20:37</b>	<b>Marin Foss</b>	<b>2015</b>	<b>GRC - Pine City</b>
16	20:37	Allison Gusk	2015	Section 5A (Milaca)
17	20:43	Ashli Webster	2015	STATE
18	20:44	Eva Johnson	2018	GRC - Pine City
19	20:44	Alaina Steele	2017	Pierz
20	20:44	Marin Foss	2015	Section 5A (Milaca)
21	20:45	Alaina Steele	2018	Mora
22	20:48	Allison Gusk	2015	GRC - Pine City
23	20:48	Alaina Steele	2015	Swain *First sub-21:00
24	20:48	Alaina Steele	2015	Section 5A (Milaca)
25	20:52	Alaina Steele	2017	Mora L.C.
26	20:52	Ashli Webster	2015	GRC - Pine City
27	20:54	Alaina Steele	2017	Princeton
28	20:55	Alaina Steele	2015	STATE
29	20:56	Alaina Steele	2017	Pine City *School Record*
30	<b>20:58</b>	<b>Makayla Butenhoff</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
31	20:59	Alaina Steele	2015	Becker
32	21:04	Allison Gusk	2015	Cambridge-Isanti
33	21:05	Eva Johnson	2018	Mora L.C.
34	21:06	Allison Gusk	2015	Swain
35	21:07	Ashli Webster	2015	Swain
36	21:07	Marin Foss	2016	Section 5A (Milaca)
37	21:09	Alaina Steele	2017	Section 5A (Mora)
38	21:11	Makayla Butenhoff	2015	STATE
39	21:14	Alaina Steele	2016	Section 5A (Milaca)
40	21:19	Alaina Steele	2017	GRC - Pine City
41	21:20	Alaina Steele	2017	Mora
42	21:20	Allison Gusk	2015	Pierz
43	21:21	Marin Foss	2015	STATE
44	21:22	Alaina Steele	2015	Milaca Mega
45	21:22	Ashli Webster	2015	Milaca Mega
46	21:22	Ashli Webster	2016	Mora L.C.
47	21:27	Marin Foss	2015	Becker
48	21:27	Allison Gusk	2015	Becker
49	21:29	Ashli Webster	2016	Section 5A (Milaca)



50	21:30	Alaina Steele	2015	Cambridge-Isanti
51	<b>21:32</b>	<b>Grace Langmade</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
52	21:32	Marin Foss	2016	Mora
53	21:35	Ashli Webster	2015	Cambridge-Isanti
54	21:37	Eva Johnson	2018	Swain
55	21:37	Alaina Steele	2018	Pine City
56	21:40	Ashli Webster	2015	Pine City *Former S.R.*
57	21:40	Marin Foss	2015	Swain
58	21:41	Allison Gusk	2015	Pine City
59	21:42	Ashli Webster	2017	Foley
60	21:42	Ashli Webster	2016	Milaca Mega
61	21:44	Ashli Webster	2017	Section 5A (Mora)
62	21:44	Marin Foss	2015	Pine City
63	21:47	Allison Gusk	2015	Brainerd *First sub-22:00
64	21:47	Alaina Steele	2016	Mora L.C.
65	21:48	Ashli Webster	2015	Pierz
66	21:48	Ashli Webster	2015	Becker
67	21:48	Ashli Webster	2016	GRC - Pine City
68	21:50	Alaina Steele	2015	Pine City
69	21:50	Grace Langmade	2015	GRC - Pine City
70	21:51	Alaina Steele	2015	Pierz
71	21:51	Allison Gusk	2015	Mora
72	<b>21:51</b>	<b>Grace Grubbs</b>	<b>2016</b>	<b>Section 5A (Milaca)</b>
73	21:52	Alaina Steele	2015	Mora
74	21:53	Ashli Webster	2015	Mora
75	21:53	Makayla Butenhoff	2015	GRC - Pine City
76	21:55	Marin Foss	2015	Cambridge-Isanti
77	21:56	Grace Langmade	2015	Swain
78	21:57	Eva Johnson	2018	Foley
79	21:57	Grace Langmade	2015	Cambridge-Isanti
80	21:57	Alaina Steele	2016	Pierz
81	21:58	Ashli Webster	2015	Brainerd
82	<b>22:00</b>	<b>Lily Wilson</b>	<b>2016</b>	<b>Section 5A (Milaca)</b>
83	22:01	Ashli Webster	2017	Mora L.C.
84	22:02	Alaina Steele	2015	Brainerd
85	22:06	Alaina Steele	2016	GRC - Pine City
86	22:07	Alaina Steele	2016	Pierz
87	22:11	Ashli Webster	2016	Mora
88	22:12	Grace Langmade	2015	Pine City
89	22:15	Grace Langmade	2015	STATE
90	22:16	Marin Foss	2016	Brainerd
91	22:23	Alaina Steele	2017	Brainerd
92	22:23	Allison Gusk	2015	Milaca Mega
93	22:24	Grace Grubbs	2015	STATE
94	22:26	Marin Foss	2015	Milaca Mega
95	22:26	Ashli Webster	2016	Brainerd
96	22:27	Grace Grubbs	2016	Milaca Mega
97	22:28	Ashli Webster	2017	GRC - Pine City
98	22:28	Grace Langmade	2015	Pierz
99	22:28	Grace Grubbs	2016	Mora
100	22:29	Grace Grubbs	2017	Section 5A (Mora)
101	22:30	Lily Wilson	2016	Milaca Mega
102	22:32	Grace Langmade	2015	Mora

103	22:32	Marin Foss	2016	GRC - Pine City
104	22:33	Grace Grubbs	2015	GRC - Pine City
105	22:33	Ashli Webster	2016	Pierz
106	22:34	Lily Wilson	2016	Mora
107	22:34	Ashli Webster	2016	Becker
108	22:34	Grace Grubbs	2016	GRC - Pine City
109	<b>22:35</b>	<b>Alexis Thieman</b>	<b>2016</b>	<b>Mora L.C.</b>
110	22:35	Lily Wilson	2016	GRC - Pine City
111	22:36	Grace Grubbs	2017	Foley
112	22:36	Lily Wilson	2017	Foley
113	22:36	Makayla Butenhoff	2015	Swain
114	22:36	Lily Wilson	2016	Mora L.C.
115	22:37	Alexis Thieman	2017	Mora L.C.
116	22:37	Grace Grubbs	2017	Pierz
117	22:37	Alexis Thieman	2016	Milaca Mega
118	22:39	Grace Langmade	2015	Becker
119	22:39	Ashli Webster	2016	Swain
120	22:40	Ashli Webster	2017	Pine City
121	22:40	Alexis Thieman	2016	Section 5A (Milaca)
122	22:42	Ashli Webster	2017	Pierz
123	22:42	Alaina Steele	2016	Milaca Mega
124	22:42	Lily Wilson	2016	Swain
125	22:43	Marin Foss	2015	Pierz
126	22:43	Grace Grubbs	2016	Pierz
127	22:44	Grace Grubbs	2018	Section 5A (Mora)
128	22:44	Alaina Steele	2017	Swain
129	22:45	Alexis Thieman	2017	GRC - Pine City
130	22:48	Alexis Thieman	2017	Foley
131	22:49	Lily Wilson	2017	Pierz
132	22:50	Marin Foss	2015	Brainerd
133	22:51	Alexis Thieman	2016	Swain
134	22:53	Grace Grubbs	2018	Mora L.C.
135	22:53	Marin Foss	2015	Mora
136	22:53	Lily Wilson	2016	Pierz
137	22:54	Grace Grubbs	2018	Hinckley
138	22:55	Alexis Thieman	2017	Section 5A (Mora)
139	22:56	Grace Langmade	2016	Mora
140	22:56	Grace Langmade	2016	GRC - Pine City
141	22:58	Marin Foss	2014	Grantsburg
142	22:58	Marin Foss	2016	Pierz
143	22:58	Grace Langmade	2016	Becker
144	22:58	Alexis Thieman	2016	GRC - Pine City
145	<b>22:59</b>	<b>Jill Tomczyk</b>	<b>2015</b>	<b>Becker</b>
146	23:00	Grace Grubbs	2018	GRC - Pine City
147	23:00	Grace Langmade	2015	Milaca Mega
148	23:00	Alaina Steele	2016	Becker
149				
150				

Total	Interval	Time Category
3	3	Times Under 20:00 min
11	8	Times Under 20:30 min
31	20	Times Under 21:00 min

## TOP BOYS BEST 5K XC TIMES UNDER 18:00

<b>Single Rank</b>	<b>Race Rank</b>	<b>Time</b>	<b>Name</b>	<b>Year</b>	<b>Meet</b>
1	1	16:20	<b>Jared Clementson</b>	2002	<b>SECTION-Becker</b>
2	3	16:27	Per Zillmer	1982	Princeton (Mega)
T3	T5	16:32	<b>Tommy Ryan</b>	2018	STATE
T3	T5	16:32	Trevor McNally	2006	STATE
T3	T5	16:32	Chase Duarte	1985	Chisago Lakes
5	8	16:36	John Bloom	1990	Princeton (Mega)
6	12	16:45	Jim Kingen	1986	District 25
7	19	16:50	Tom Miche'	2006	STATE
T8	T22	16:54	Cody Hanson	2010	STATE
T8	T22	16:54	Zach Swanson	2008	Becker
11	T35	17:00	Easton Foss	2014	STATE
12	T46	17:05	David Hambly	2006	STATE
13	T56	17:10	Ryan Hammill	2000	SubSection-Pierz
14	T63	17:12	Eli Grubbs	2016	Section-Milaca
15	T76	17:16	Chris Lutz	2001	SubSection-Pierz
16	T85	17:18	<b>Nate Webster</b>	2018	MMM (G.C.)
17	T115	17:27	Jason Rarick	1987	RRC - Pine City
T18	T120	17:29	Peter Johnson	2000	SubSection-Pierz
T18	T134	17:32	Noah Adams	2013	Section-Milaca
20	T134	17:32	Marcus Duarte	1987	RRC
21	T134	17:34	David Hansen	2001	Pierz
22	T149	17:35	Ricky Wasson	1997	Princeton (Mega)
T23	T156	17:37	Clay Fischer	2003	RRC-STMA
T23	T193	17:45	Jeremy Lee	2000	SubSection-Pierz
T25	T205	17:47	<b>Logan Vinaja</b>	2018	Section 5A - Mora
T25	T205	17:47	Jason Larson	1997	Princeton (Mega)
T25	T205	17:47	Paul Johnson	1997	Princeton (Mega)
27	T230	17:51	Jordan Rarick	2012	MMM (G.C.)
T28	T251	17:53	Karl Greden	2002	Section-Becker
T28	T251	17:53	Danny Olson	1989	Region 7 - Cambridge
30	T268	17:55	Charlie Zak	2001	SubSection-Pierz
31	T278	17:57	J.R. Anderson	1996	Rush City

## BOYS 5K XC TIMES UNDER 18:00 (Top 298+)

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>Year</b>	<b>Meet</b>
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>Tommy Ryan</b>	<b>2018</b>	<b>STATE</b>
6	<b>16:32</b>	<b>Trevor McNally</b>	<b>2006</b>	<b>STATE</b>
7	<b>16:32</b>	<b>Chase Duarte</b>	<b>1984</b>	<b>Chisago Lakes</b>
8	<b>16:36</b>	<b>John Bloom</b>	<b>1990</b>	<b>Princeton (Mega)</b>
9	16:37	Jared Clementson	2002	Foley
10	16:39	Jared Clementson	2003	RRC-STMA
11	16:42	Trevor McNally	2006	MMM (Foley)
12	<b>16:45</b>	<b>Jim Kingen</b>	<b>1986</b>	<b>District 25</b>
13	16:45*	Jim Kingen	1986	Princeton (*16:08 - 3mile)
14	16:47	John Bloom	1990	Chisago Lakes
15	16:49*	John Bloom	1990	Rush City (*16:12 - 3mile)
16	16:49	Jared Clementson	2003	STATE
17	16:49	Trevor McNally	2006	Becker
18	16:49	Jim Kingen	1986	Cambridge
19	<b>16:50</b>	<b>Tom Miche'</b>	<b>2006</b>	<b>STATE</b>
20	16:52	John Bloom	1989	Princeton (Mega)
21	16:53	Jim Kingen	1986	RRC
22	<b>16:54</b>	<b>Cody Hanson</b>	<b>2010</b>	<b>STATE</b>
23	<b>16:54</b>	<b>Zach Swanson</b>	<b>2008</b>	<b>Becker</b>
24	16:55	Trevor McNally	2005	STATE
25	16:55	Trevor McNally	2007	STATE
26	16:55	John Bloom	1990	RRC-Sartell
27	16:55	Per Zillmer	1982	Pine City
28	16:56	Tommy Ryan	2017	STATE
29	16:56	Tommy Ryan	2018	MMM (G.C.)
30	16:57	Tommy Ryan	2018	Section 5A - Mora
31	16:57	Jim Kingen	1986	St. Cloud - Wapicada
32	16:58	Jared Clementson	2003	Section-Cloquet
33	16:59	Jared Clementson	2002	Princeton (Mega)
34	16:59	Jared Clementson	2002	SubSection-Pierz
35	<b>17:00</b>	<b>Easton Foss</b>	<b>2014</b>	<b>STATE</b>
36	17:00	Tom Miche'	2005	STATE
37	17:00	John Bloom	1989	Chisago Lakes
38	<b>17:01</b>	<b>Jim Kingen</b>	<b>1986</b>	<b>Pine City (PC Invite Record)</b>
39	17:02	John Bloom	1989	District 25
40	17:02	Jim Kingen	1985	RRC-Sauk Rapids
41	17:03	Trevor McNally	2005	Section-Cloquet
42	17:03	Trevor McNally	2007	Section-Pierz
43	17:03	Jared Clementson	2003	North Branch
44	17:04	Trevor McNally	2006	Section-Cloquet
45	17:04	Per Zillmer	1982	District 25
46	<b>17:05</b>	<b>David Hambly</b>	<b>2006</b>	<b>STATE</b>
47	17:05	David Hambly	2007	STATE
48	17:05	Tom Miche'	2004	Section-Cloquet
49	17:06	Cody Hanson	2010	Section-Pierz

50	17:06	Zach Swanson	2008	MMM (G.C.)
51	17:07	Cody Hanson	2010	Princeton
52	17:08	John Bloom	1990	Cambridge
53	17:08	Jim Kingen	1986	Swain
54	17:09	Easton Foss	2013	Section-Milaca
55	17:09	Chase Duarte	1984	Cambridge
56	17:10	Tom Miche'	2005	Section-Cloquet
57	17:10	Jared Clementson	2003	Pierz
58	<b>17:10</b>	<b>Ryan Hammill</b>	<b>2000</b>	<b>SubSection-Pierz</b>
59	17:10	John Bloom	1990	Region 7 - Virginia
60	17:11	Tommy Ryan	2018	Mora L.C.
61	17:11	Tommy Ryan	2018	Pierz
62	17:11	Cody Hanson	2010	MMM (G.C.)
63	17:12	Jim Kingen	1986	Mora
64	<b>17:12</b>	<b>Eli Grubbs</b>	<b>2016</b>	<b>Section-Milaca</b>
65	17:13	Easton Foss	2014	Section-Milaca
66	17:13	Zach Swanson	2007	STATE
67	17:14	Tommy Ryan	2017	Section-Mora
68	17:14	Easton Foss	2014	Pierz
69	17:14	Zach Swanson	2008	Pierz
70	17:14	Jared Clementson	2002	Pierz
71	17:14	Trevor McNally	2006	Pine City
72	17:14	David Hambly	2007	Section-Pierz
73	17:15	Trevor McNally	2006	TRC-Pine City
74	17:15	John Bloom	1989	Cambridge
75	17:15	John Bloom	1988	Crosier Invite
76	17:16	Zach Swanson	2008	Pine City
77	<b>17:16</b>	<b>Chris Lutz</b>	<b>2001</b>	<b>SubSection-Pierz</b>
78	17:16	Chase Duarte	1983	Princeton (Mega)
79	17:16	John Bloom	1988	Mora
80	17:16	Per Zillmer	1982	Chisago Lakes
81	17:17	Tommy Ryan	2018	Foley
82	17:17	Zach Swanson	2008	Milaca Earlybird
83	17:17	Zach Swanson	2007	Section-Pierz
84	17:17	Zach Swanson	2007	Section-Pierz
85	<b>17:18</b>	<b>Nate Webster</b>	<b>2018</b>	<b>MMM (G.C.)</b>
86	17:18	David Hambly	2006	Becker
87	17:18	Jared Clementson	2001	North Branch
88	17:19	Tommy Ryan	2018	GRC-PC
89	17:19	Tommy Ryan	2017	Foley
90	17:19	Zach Swanson	2008	Princeton
91	17:19	David Hambly	2006	MMM (Foley)
92	17:19	John Bloom	1987	District 25
93	17:20	Cody Hanson	2010	GRC-PC
94	17:20	Tom Miche'	2005	Pierz
95	17:20	Trevor McNally	2007	MMM (G.C.)
96	17:21	Tommy Ryan	2018	Swain
97	17:21	Jared Clementson	2003	Pine City
98	17:21	John Bloom	1987	RRC - Pine City
99	17:22	Easton Foss	2014	STATE
100	17:22	Easton Foss	2014	MMM (G.C.)
101	17:22	Trevor McNally	2006	North Branch
102	17:22	Jared Clementson	2000	SubSection-Pierz

103	17:22	John Bloom	1990	STATE
104	17:23	John Bloom	1988	RRC
105	17:23	Per Zillmer	1982	RRC-Chisago L.
106	17:24	Easton Foss	2013	MMM (G.C.)
107	17:24	Trevor McNally	2007	Princeton
108	17:25	Trevor McNally	2006	Swain
109	17:25	Jared Clementson	2000	Section-Becker
110	17:25	Trevor McNally	2004	Section-Cloquet
111	17:26	Jared Clementson	2002	RRC-Pine City
112	17:26	Jared Clementson	2003	Chisago Lakes
113	17:26	Trevor McNally	2005	Cambridge
114	17:26	Per Zillmer	1982	Cambridge
115	17:27	Nate Webster	2018	Foley
116	17:27	Trevor McNally	2006	Milaca Earlybird
117	<b>17:27</b>	<b>Jason Rarick</b>	<b>1987</b>	<b>RRC - Pine City</b>
118	17:27	Jim Kingen	1985	District 25
119	17:27	Per Zillmer	1982	Milaca
120	17:28	Zach Swanson	2008	GRC-Pine City
121	17:28	Trevor McNally	2005	TRC-Pine City
122	17:28	Jared Clementson	2002	Pine City
123	17:28	Jared Clementson	2003	Proctor
124	17:28	Jim Kingen	1985	Milaca
125	<b>17:29</b>	<b>Peter Johnson</b>	<b>2000</b>	<b>SubSection-Pierz</b>
126	17:29	David Hambly	2007	MMM (G.C.)
127	17:29	Eli Grubbs	2016	Mora
128	17:30	Tommy Ryan	2017	Pierz
129	17:30	Cody Hanson	2010	Becker
130	17:30	Jared Clementson	2001	Pierz
131	17:30	Cody Hanson	2010	North Branch
132	17:30	Zach Swanson	2008	Section-Pierz
133	17:31	Easton Foss	2014	Proctor
134	<b>17:32</b>	<b>Noah Adams</b>	<b>2013</b>	<b>Section-Milaca</b>
135	17:32	Tom Miche'	2006	Becker
136	<b>17:32</b>	<b>Marcus Duarte</b>	<b>1987</b>	<b>RRC - Pine City</b>
137	17:33	Nate Webster	2018	Section 5A - Mora
138	17:33	Nate Webster	2017	Foley
139	17:33	Tom Miche'	2006	Becker
140	17:33	Trevor McNally	2005	Pierz
141	17:33	Zach Swanson	2008	North Branch
142	17:33	Cody Hanson	2010	Pine City
143	17:33	Peter Johnson	1997	Princeton (Mega)
144	17:33	Marcus Duarte	1986	Region 7 - Cambridge
145	17:34	Ryan Hammill	2000	Pierz
146	<b>17:34</b>	<b>David Hansen</b>	<b>2001</b>	<b>Pierz</b>
147	17:34	Ryan Hammill	2000	Pierz
148	17:34	John Bloom	1988	PC Invite
149	17:35	Tom Miche'	2005	TRC-Pine City
150	17:35	Trevor McNally	2007	TRC-Pine City
151	17:35	David Hambly	2007	Becker
152	<b>17:35</b>	<b>Ricky Wasson</b>	<b>1997</b>	<b>Princeton (Mega)</b>
153	17:36	Ryan Hammill	1999	RRC-Milaca
154	17:36	Ryan Hammill	2000	North Branch
155	17:36	Tom Miche'	2006	Pierz

156	17:37	Nate Webster	2017	Section-Mora
157	17:37	Ryan Hammill	2000	RRC-Foley
158	17:37	Cody Hanson	2010	Becker
159	17:37	Chris Lutz	2002	Section-Becker
160	<b>17:37</b>	<b>Clay Fischer</b>	<b>2003</b>	<b>RRC-STMA</b>
161	17:37	Tom Miche'	2005	Cambridge
162	17:37	Cody Hanson	2010	Pierz
163	17:37	John Bloom	1990	Milaca
164	17:37	Per Zillmer	1982	Swain
165	17:38	David Hambly	2006	Pierz
166	17:38	Tom Miche'	2006	Section-Cloquet
167	17:38	Easton Foss	2013	Becker
168	17:38	Tommy Ryan	2016	Section-Milaca
169	17:39	Ryan Hammill	1999	Princeton (Mega)
170	17:39	Chris Lutz	2001	RRC-North Branch
171	17:39	Tom Miche'	2006	MMM (Foley)
172	17:39	David Hambly	2007	Princeton
173	17:39	John Bloom	1988	Swain
174	17:40	John Bloom	1990	Pine City
175	17:40	John Bloom	1988	Rush City
176	17:40	John Bloom	1987	Pine City
177	17:41	Jared Clementson	2000	North Branch
178	17:41	Ryan Hammill	2000	Princeton (Mega)
179	17:41	Chris Lutz	2001	Pierz
180	17:41	Tom Miche'	2006	TRC-Pine City
181	17:41	David Hambly	2007	TRC-Pine City
182	17:42	Tommy Ryan	<b>2018</b>	<b>Princeton</b>
183	17:42	Marcus Duarte	1987	District 25
184	17:43	Tommy Ryan	2017	Mora L.C.
185	17:43	Ryan Hammill	1999	Section-Becker
186	17:43	David Hansen	2001	SubSection-Pierz
187	17:43	David Hambly	2006	TRC-Pine City
188	17:43	John Bloom	1987	Cambridge
189	17:44	Chris Lutz	2002	North Branch
190	17:44	David Hambly	2007	North Branch
191	17:44	John Bloom	1988	District 25
192	17:44	John Bloom	1986	Region 7 - Cambridge
193	17:45	Nate Webster	2018	Mora L.C.
194	17:45	Nate Webster	2017	Pierz
195	17:45	Noah Adams	2015	Pierz
196	<b>17:45</b>	<b>Jeremy Lee</b>	<b>2000</b>	<b>SubSection-Pierz</b>
197	17:45	David Hambly	2006	Section-Cloquet
198	17:45	John Bloom	1989	RRC-Sauk Rapids
199	17:45	John Bloom	1989	Rush City
200	17:46	Ryan Hammill	2000	Section-Becker
201	17:46	Tommy Ryan	2017	Pine City
202	17:46	Tom Miche'	2004	Foley
203	17:46	Tom Miche'	2004	RRC-Princeton
204	17:46	Zach Swanson	2007	TRC-Pine City
205	<b>17:47</b>	<b>Logan Vinaia</b>	<b>2018</b>	<b>Section 5A - Mora</b>
206	17:47	Noah Adams	2015	Swain
207	17:47	Cody Hanson	2009	Section-Pierz
208	<b>17:47</b>	<b>Paul Johnson</b>	<b>1997</b>	<b>Princeton (Mega)</b>

209	<b>17:47</b>	<b>Jason Larson</b>	<b>1997</b>	<b>Princeton (Mega)</b>
210	17:47	John Bloom	1988	Region 7A - Duluth
211	17:48	Tommy Ryan	2017	MMM (G.C.)
212	17:48	Trevor McNally	2007	Becker
213	17:48	David Hansen	2001	North Branch
214	17:48	Ryan Hammill	2000	Rush City
215	17:49	Cody Hanson	2009	Princeton
216	17:49	Jared Clementson	2002	Becker
217	17:49	Peter Johnson	2000	Section-Becker
218	17:49	Trevor McNally	2004	RRC-Princeton
219	17:49	Tommy Ryan	2016	Mora L.C.
220	17:50	Noah Adams	2015	MMM (G.C.)
221	17:50	Peter Johnson	1998	RRC-Chisago L.
222	17:50	Ryan Hammill	1999	North Branch
223	17:50	Jeremy Lee	2000	Princeton (Mega)
224	17:50	Jeremy Lee	2000	North Branch
225	17:50	Jared Clementson	2000	RRC-Foley
226	17:50	Clay Fischer	2005	Pierz
227	17:50	Tom Miche'	2005	Chisago Lakes
228	17:50	Easton Foss	2014	North Branch
229	17:50	Marcus Duarte	1986	Mora
230	17:51	Nate Webster	2017	Mora L.C.
231	17:51	Nate Webster	2017	Pine City
232	17:51	Noah Adams	2015	GRC-Pine City
233	17:51	Zach Swanson	2007	Princeton
234	<b>17:51</b>	<b>Jordan Rarick</b>	<b>2012</b>	<b>MMM (G.C.)</b>
235	17:51	Noah Adams	2014	MMM (G.C.)
236	17:51	Ricky Wasson	1997	Section-Cloquet
237	17:51	Jared Clementson	2002	North Branch
238	17:51	Tom Miche'	2005	Cambridge
239	17:51	David Hambly	2006	North Branch
240	17:51	Easton Foss	2013	North Branch
241	17:51	Easton Foss	2014	Becker
242	17:51	John Bloom	1988	Cambridge
243	17:52	Nate Webster	2018	Pierz
244	17:52	Tommy Ryan	2017	Mora
245	17:52	Noah Adams	2013	MMM (G.C.)
246	17:52	Zach Swanson	2007	Becker
247	17:52	Trevor McNally	2004	Foley
248	17:52	John Bloom	1990	Swain
249	17:52	Jason Rarick	1987	District 25
250	17:52	Eli Grubbs	2016	STATE
251	17:53	Tommy Ryan	2017	GRC-Pine City
252	17:53	Noah Adams	2015	Section-Milaca
253	17:53	Easton Foss	2014	Pine City
254	17:53	Clay Fischer	2005	Pine City
255	17:53	Cody Hanson	2010	Milaca Earlybird
256	<b>17:53</b>	<b>Karl Greden</b>	<b>2002</b>	<b>Section-Becker</b>
257	17:53	Clay Fischer	2005	Cambridge
258	17:53	Trevor McNally	2007	North Branch
259	17:53	Easton Foss	2014	GRC-Pine City
260	17:53	Eli Grubbs	2016	Pierz
261	<b>17:53</b>	<b>Danny Olson</b>	<b>1989</b>	<b>Region 7 - Cambridge</b>



262	17:54	Easton Foss	2013	Swain
263	17:54	Jeremy Lee	2000	Section-Becker
264	17:54	David Hansen	2001	RRC-North Branch
265	17:54	Trevor McNally	2005	North Branch
266	17:54	John Bloom	1987	Region 7 - Grand Rapids
267	17:54	Nate Webster	2016	Section-Milaca
268	17:55	Trevor McNally	2005	Swain
269	17:55	Ryan Hammill	1999	Cambridge
270	<b>17:55</b>	<b>Charlie Zak</b>	<b>2001</b>	<b>SubSection-Pierz</b>
271	17:55	John Bloom	1987	Mora
272	17:55	Eli Grubbs	2016	Swain
273	17:56	Nate Webster	2017	MMM (G.C.)
274	17:56	Tom Miche'	2006	Pine City
275	17:56	Trevor McNally	2005	Cambridge
276	17:56	Clay Fischer	2007	Section-Pierz
277	17:56	John Bloom	1990	Mora
278	<b>17:57</b>	<b>J.R. Anderson</b>	<b>1996</b>	<b>Rush City</b>
279	17:57	Tom Miche'	2006	Swain
280	17:57	Jeremy Lee	2000	Pierz
281	17:57	Jared Clementson	2000	STATE
282	17:57	Jared Clementson	2003	Princeton (Mega)
283	17:58	Jeremy Lee	2000	RRC-Foley
284	17:58	Chris Lutz	2001	Princeton (Mega)
285	17:58	Clay Fischer	2005	TRC-Pine City
286	17:58	Jared Clementson	2001	Pine City
287	17:58	Marcus Duarte	1985	RRC-Sauk Rapids
288	17:59	Eli Grubbs	2016	Becker
289	17:59	Noah Adams	2015	Mora
290	17:59	Zach Swanson	2007	MMM (G.C.)
291	17:59	Jason Larson	1997	RRC-Sartell
292	17:59	Peter Johnson	2000	RRC-Foley
293	17:59	Jared Clementson	2001	Cambridge
294	17:59	Tom Miche'	2006	North Branch
295	17:59	Easton Foss	2013	GRC-Pine City
296	17:59	John Bloom	1989	Mora
297	18:00	Noah Adams	2012	Section-Pierz
298	18:00	Noah Adams	2013	MMM (G.C.)
299				
300				
301				
302				
303				
304				

Total	Interval	Time Category
3	3	Times Under 16:30 min
34	31	Times Under 17:00 min
127	93	Times Under 17:30 min
298	171	Times Under 18:00 min

## Team Records by Season (1996-2018)

<b>GIRLS</b>			<b>Year</b>	<b>BOYS</b>		
<i>Wins</i>	<i>Losses</i>	<i>Percent</i>		<i>Wins</i>	<i>Losses</i>	<i>Percent</i>
31	52	0.373	2018	99	46	<b>0.683</b>
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				Overall Ave		
7 Winning Seasons			23 Seasons	16 Winning Seasons		
<b><u>Total Since 2013</u></b>				<b><u>Total Since 2013</u></b>		
<b><u>Wins</u></b>	<b><u>Losses</u></b>	<b><u>Percent</u></b>		<b><u>Wins</u></b>	<b><u>Losses</u></b>	<b><u>Percent</u></b>
373	269	0.581	6 Seasons	454	290	0.610
4 Winning Seasons				6 Winning Seasons		



# 1000/500 Top Practice Times ~ 2018

<u>Boys Names</u>	<u>1000 times</u>	<u>year</u>
1 Eli Grubbs	2:50 (t)	2016
2 <b>Tommy Ryan</b>	<b>2:52 (t)</b>	<b>2018</b>
3 Tommy Ryan	2:55 (t)	2017
4 Easton Foss	2:57	2013
5 Easton Foss	2:57 (t)	2014
6 Trevor McNally	3:00	2007
7 <b>Nate Webster</b>	<b>3:00 (t)</b>	<b>2018</b>
8 Cody Hanson	3:02	2010
9 John Dedic	3:03	2010
10 Jared Clementson	3:03	2002
11 Tom Miche'	3:03	2006
12 Nate Webster	3:03 (t)	2017
13 Noah Adams	3:03 (t)	2013
14 Zach Swanson	3:04	2008
15 Austin Eckert	3:04 (t)	2017
16 Noah Adams	3:04 (t)	2015
17 Eli Grubbs	3:05 (t)	2015
18 Eli Grubbs	3:05 (t)	2014
19 Cody Hanson	3:05 (t)	2009
20 Trevor McNally	3:06	2006
21 Tommy Ryan	3:06 (t)	2016
22 Noah Adams	3:06 (t)	2014
23 David Hambly	3:07	2004
24 Tom Miche'	3:07	2005
25 Trevor McNally	3:08	2005
26 Andrew Lutz	3:08	2007
27 James Pixley	3:09 (t)	2014
28 <b>Noah Miller</b>	<b>3:10 (t)</b>	<b>2018</b>
29 Remington Steele	3:10 (t)	2017
30 Sasha Whim	3:10 (t)	2015

<u>Boys Names</u>	<u>500 times</u>	<u>year</u>
1 <b>Tommy Ryan</b>	<b>1:14 (t)</b>	<b>2018</b>
2 Eli Grubbs	1:14 (t)	2016
3 Noah Adams	1:16 (t)	2014
4 Easton Foss	1:16 (t)	2014
5 <b>Nate Webster</b>	<b>1:17 (t)</b>	<b>2018</b>
6 <b>Jake Adams</b>	<b>1:17 (t)</b>	<b>2018</b>
7 Tommy Ryan	1:17 (t)	2017
8 Easton Foss	1:17 (t)	2013
9 Noah Adams	1:17 (t)	2013
10 Eli Grubbs	1:18 (t)	2014
11 Cody Hanson	1:19	2010
12 John Dedic	1:19	2010
13 <b>Chris Trudeau</b>	<b>1:19 (t)</b>	<b>2018</b>
14 James Pixley	1:19 (t)	2014
15 Tom Miche'	1:20	2005
16 Zain Hunter	1:20	2012
17 Remington Steele	1:20 (t)	2017
18 Tommy Ryan	1:20 (t)	2016
19 Noah Adams	1:20 (t)	2015
20 Eli Grubbs	1:20 (t)	2015
21 Eli Grubbs	1:21	2013
22 Tom Miche'	1:21	2004
23 Clay Fischer	1:21	2005
24 Jordan Rarick	1:21	2012
25 Austin Eckert	1:21 (t)	2017
26 James Pixley	1:21 (t)	2013
27 Jared Clementson	1:22	2012
28 Remington Steele	1:22 (t)	2016
29 <b>Logan Vinaja</b>	<b>1:22 (t)</b>	<b>2018</b>
30 Noah Adams	1:23	2012

<u>Girls Names</u>	<u>1000 times</u>	<u>year</u>
1 Alaina Steele	3:27 (t)	2017
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 <b>Alaina Steele</b>	<b>3:31 (t)</b>	<b>2018</b>
7 Megan Miesner	3:40	2010
8 Abby Cummins	3:40	2012
9 Abby Cummins	3:41	2011
10 Grace Langmade	3:41 (t)	2015
11 Ashli Webster	3:42 (t)	2015
12 Allison Gusk	3:42 (t)	2015
13 <b>Grace Grubbs</b>	<b>3:43 (t)</b>	<b>2018</b>
14 Sherry Rike	3:44	2012
15 Marin Foss	3:44 (t)	2016
16 Morgan Richardson	3:45	2012
17 Brenna Richardson	3:45	2012
18 <b>Eva Johnson</b>	<b>3:45 (t)</b>	<b>2018</b>
19 Grace Grubbs	3:45 (t)	2017
20 Alexis Thieman	3:45 (t)	2016
21 Sherry Rike	3:46	2010
22 Allison Gusk	3:46 (t)	2014
23 Grace Grubbs	3:46 (t)	2014
24 Ashli Webster	3:47 (t)	2017
25 Jordan Kotek	3:49	2013
26 Brenna Richardson	3:49	2013
27 Sherry Rike	3:49	2009
28 Alaina Steele	3:49 (t)	2016
29 Allison Gusk	3:50	2013
30 Jordan Kotek	3:50	2012

<u>Girls Names</u>	<u>500 times</u>	<u>year</u>
1 Alaina Steele	1:31 (t)	2017
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 Ashli Webster	1:37 (t)	2017
23 Alexis Thieman	1:37 (t)	2017
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 <b>Alaina Steele</b>	<b>1:38 (t)</b>	<b>2018</b>
31 Grace Grubbs	1:38 (t)	2015
32 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
14. 8 x 400	10:16 (1:17 ave)	September 26, 2017	Alaina Steele
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
<b>26. 5 x 1000</b>	<b>18:45 (3:45 ave)</b>	<b>September 19, 2018</b>	<b>Alaina Steele</b>
<b>27. 6 x 1000</b>	<b>22:41 (3:47 ave)</b>	<b>September 19, 2018</b>	<b>Alaina Steele</b>
<b>28. 7 x 1000</b>	<b>26:42 (3:49 ave)</b>	<b>October 1, 2018</b>	<b>Alaina Steele</b>
29. 8 x 1000	32:23 (4:03 ave)	September 18, 2002	Jacki Gregoire
<b>30. 3 x 1000, 1 x 500</b>	<b>11:31 / 13:16 (3:50 ave + 1:45)</b>	<b>August 17, 2018</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>		
33. 5 x 1000, 1 x 500 (track)	18:05 / 19:43 (3:37 ave + 1:38)	October 4, 2017	Alaina Steele
34. 6 x 1000, 1 x 500	23:03 / 24:48 (3:51 ave + 1:45)	September 20, 2017	Alaina Steele
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
<b>41. 1600, 1000, 500 (track)</b>	<b>11:03</b>	<b>October 8, 2018</b>	<b>Alaina Steele</b>
42. 1 x 2000	7:35	October 19, 2017	Alaina Steele
43. 1 x 2000, 1 x 1000, 1 x 500 (track)	12:44	October 19, 2017	Alaina Steele
<b>44. 5 x 1000 (track)</b>	<b>19:01 (3:48 ave)</b>	<b>October 29, 2018</b>	<b>Alaina Steele</b>

## 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
8. 1 x H.S. Mile Loop, 1000, 500	9:33	October 12, 2017	Tommy Ryan
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
14. 8 x 400 (track)	8:44 (1:05.5 ave)	September 26, 2017	Tommy Ryan
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 Connelly
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>15:51 (3:10 ave)</b>	<b>August 17, 2018</b>	<b>Tommy Ryan</b>
<b>27. 6 x 1000</b>	<b>19:08 (3:11 ave)</b>	<b>September 19, 2018</b>	<b>Tommy Ryan</b>
<b>28. 7 x 1000</b>	<b>22:15 (3:11 ave)</b>	<b>September 19, 2018</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
32. 5 x 1000, 1 x 500	16:18 / 17:45 (3:16 ave + 1:27)	August 29, 2017	Tommy Ryan
33. 5 x 1000, 1 x 500 (track)	15:26 / 16:44 (3:05 ave + 1:18)	October 4, 2017	Tommy Ryan
34. 6 x 1000, 1 x 500	19:41 / 21:12 (3:17 ave + 1:31)	September 5, 2017	Tommy Ryan
35. 7 x 1000, 1 x 500	23:01 / 24:30 (3:17 ave + 1:29)	September 20, 2017	Tommy Ryan
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
42. 1 x 2000	6:32	October 19, 2017	Tommy Ryan
<b>43. 1 x 2000, 1 x 1000, 1 x 500 (track)</b>	<b>10:29</b>	<b>October 18, 2018</b>	<b>Tommy Ryan</b>
<b>44. 5 x 1000 (track)</b>	<b>15:10 (3:02 ave)</b>	<b>October 29, 2018</b>	<b>Tommy Ryan</b>

## TOP 10 FIRST PLACE FINISHERS at Pine City Meets

### GIRLS

### BOYS

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

Charisa Bouley	Zimmerman	2018	19:27
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
<b>Alaina Steele</b>	<b>Pine City</b>	<b>2018</b>	<b>20:21</b>
<b>Eva Johnson</b>	<b>Pine City</b>	<b>2018</b>	<b>20:44 2nd</b>
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>

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

Alaina Steele	Pine City	2018	20:21
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#### PINE CITY INVITATIONAL

Chris Anderson	Chisago Lakes	1995	15:50
Charlie Lawrence	Foley	2012	16:03
Austin Bauer	Milaca	2009	16:40
Charlie Lawrence	Foley	2011	16:42
Charlie Lawrence	Foley	2010	16:49
Austin Bauer	Milaca	2008	16:54
Brett Ausmus	Hinckley	2006	17:02
Brian Granholm	CW	1995	17:05
Eric Dahlstrom	Milaca	1997	17:05
Evan Eliason	Concordia 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
<b>Tommy Ryan</b>	<b>Pine City</b>	<b>2018</b>	<b>17:19</b>
Cody Hanson	Pine City	2010	17:20
Jared Clementson	Pine City	2002	17:26
Zach Swanson	Pine City	2008	17:28

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

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

## 2018 Awards:

<b>MOST VALUABLE RUNNER</b>	Alaina Steele 19:43.1	Tommy Ryan 16:32.2
<b>ROOKIE OF THE YEAR</b>	Eva Johnson 20:20.7	Logan Vinaja 17:46.5
<b>MOST IMPROVED RUNNER</b>	Hailee Rydberg 25:36.3	Kenny Vo 22:31
<b>WORKHORSE AWARD</b>		Josh Rike 19:46
<b>SPORTSMANSHIP AWARD</b>	Allyson Chromey 25:27.6	Nate Webster 17:17.6
<b>“PC” AWARD</b> ( <u>P</u> ersistent and <u>C</u> ourageous)	Grace Grubbs 22:43.7	Koleman Lind 19:21.5
<b>TEAM AWARD</b> ( <u>T</u> ogether <u>E</u> veryone <u>A</u> chieves <u>M</u> ore)	Allison Cavallin 24:14.2	Jake Adams 18:25.8
		TJ Rank 18:30.4
		Noah Miller 18:39.1
<b>PERSEVERANCE AWARD</b>	Alexis Thieman 25:00	Jake Adams 18:25.8
	Kaylee Pihoda 23:49.7	TJ Rank 18:30.4
	Megan Stransky Manager	Justin Stolp 23:59
<b>ALL-TIME 5K SCHOOL RECORD</b>	Alaina Steele 19:43.1	

**CAPTAINS:** Tommy Ryan    Jake Adams    Alexis Thieman    Alaina Steele



## **CONFERENCE TEAM CHAMPIONS**

Boys' Varsity (35 pts)

Boys' JV (21 pts)

Boys' JH (6 pts) \*only 3 score

## **ALL-CONFERENCE**

Tommy Ryan (1)

Alaina Steele (1)

Nate Webster (4)

Eva Johnson (2)

Logan Vinaja (7)

Grace Grubbs (8)

## **HONORABLE MENTION**

Jake Adams (11)

Kaylee Pihoda (14)

TJ Rank (12)

## **CONFERENCE INDIVIDUAL CHAMPIONS**

Boys Varsity: Tommy Ryan

Girls Varsity: Alaina Steele

Boys JV: Josh Rike

Boys JH: Caleb Cunnien

## **ACADEMIC EXCELLENCE**

Boys: Silver Level (3.65 Cum GPA)

Girls: Silver Level (3.62 Cum GPA)

## **STATE MEET QUALIFIERS**

Tommy Ryan (6th) 15<sup>th</sup> at State

Alaina Steele (13th) 35th at State

## LETTER WINNERS

### BOYS

Tommy Ryan

Nate Webster

Logan Vinaja

Jake Adams

TJ Rank

Noah Miller

Koleman Lind

Josh Rike

### GIRLS

Alaina Steele

Eva Johnson

Grace Grubbs

Kaylee Prihoda

Allison Cavallin

Allyson Chromey

Hailee Rydberg

Alexis Thieman

Megan Stransky (M)



Coach Coach Coach Coach  
Etta Sherry Clementson Adams

THANKS for a  
SUPER  
season!

- Coaches



## Boys

Great River Conference Champs

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

## Girls

Great River Conference Runners-Up

Section 5A - 12<sup>th</sup> Place