

DRAGONS

2019

PINE CITY TRACK & FIELD

Year in Review

Dragon Track & Field



2019

GRC INDOOR TRACK MEET @ Foley

Saturday, March 30, 2019, 10:00

Pine City Girls' Results

<p>4 x 800 m Relay 1. NONE 2. 3. 4.</p>	<p>Pole Vault 1. Allyson Chromey 6' 6" Tie 5th 2. Maddy Graham 6' 6" 3.</p>
<p>55 m Hurdles 1. Dorothy Miller 10.3 1st - PB 2. Kloey Lind 10.8 3rd - PB 3.</p>	<p>Long Jump 1. Dorothy Miller 13' 11" 1st 2. Ainsley Vinaja 12' 4.5" Tie 7th 3. Lola Brouwer ?</p>
<p>55 m Dash 1. Dorothy Miller 7.8 3rd - PB 2. Livia Isakson-Rod 8.4 6th -PB 3. Ariel Schneider 8.6 PB 4. Maddy Graham 9.4 PB 5. Willow-Rai Hart 9.8 PB</p>	<p>Triple Jump 1. Dorothy Miller 31' 1" 1st 2. Livia Isakson-Rod 22' 9.5" PB 3. Sophie Lahti ND</p>
<p>4 x 200 m Relay 1. Allyson Chromey 31.0 2. Kensi Tayerle 32.3 3. Ainsley Vinaja 28.3 4. Summer Thieman 28.7 PB <hr style="width: 100%; margin: 0;"/> <p style="text-align: right; margin: 0;">2:00.3 1st</p> </p>	<p>High Jump 1. Kensi Tayerle 4' 6" 1st 2. Sophie Lahti 4' 4" 6th 3. Livia Isakson-Rod 4' 2" 7th - PB</p>
<p>1600 m Run 1. NONE 2. 3.</p>	<p>Shot Put 1. Cara Kuhn 29' 4.5" 2nd 2. Maggie Smetana 22' 7" PB 3. Lola Brouwer 21' 3.5" PB 4. Ashley Peters 19' 10" PB 5.</p>
<p>Sprint Med Relay (100-100-200-400) 1. Ariel Schneider 15.5 PB 2. Maddy Graham 15.2 PB 3. Claire Emmons 33.9 PB 4. Kloey Lind 70.6 PB <hr style="width: 100%; margin: 0;"/> <p style="text-align: right; margin: 0;">2:15.1 2nd</p> </p>	<p style="text-align: center;"><u>Top Point Getters</u></p> <p>1. Dorothy Miller 36 2. Kensi Tayerle 17 3. Summer Thieman 16 4. Ainsley Vinaja 11.5 5. Kloey Lind 10 6. Sophie Lahti 8 6. Cara Kuhn 8 6. Claire Emmons 8 9. Allyson Chromey 7 10. Arissa Rydberg 6 11. Maddy Graham 4 11. Ariel Schneider 4 13. Livia Isakson-Rod 3 Maggie Smetana Lola Brouwer Ashley Peters Willow-Rai Hart 13 total scorers</p>
<p>400 m Dash 1. NONE 2. 3.</p>	<p>800 m Run 1. Arissa Rydberg (78, 90) 2:48.0 6th - PB 2. Sophie Lahti (85, 91) 2:55.8 7th - PB 3.</p>
<p>200 m Dash 1. Summer Thieman 29.2 2nd - PB 2. Ainsley Vinaja 30.1 3rd - PB 3. Kensi Tayerle 31.5 6th</p>	<p style="text-align: center;"><u>TEAM RESULTS:</u></p> <p>1. Pine City 110.5 2. Rush City 98.5 3. Aitkin 76 4. Mille Lacs 75.5 5. Braham 64.5 6. Ogilvie 38 7. East Central 29 8. Hinckley-Finlayson 1</p>
<p>1200 m Dash (Exhibition) 1. NONE</p>	
<p>4x400m Relay 1. Arissa Rydberg 76.4 PB 2. Summer Thieman 74.4 PB 3. Sophie Lahti 77.1 4. Claire Emmons 79.6 PB <hr style="width: 100%; margin: 0;"/> <p style="text-align: right; margin: 0;">5:07.4 2nd</p> </p>	

GRC INDOOR TRACK MEET @ Foley

Saturday, March 30, 2019, 10:00

Pine City Boys' Results

4 x 800 m Relay	1. NONE 2. 3. 4.				Pole Vault	1. Dawson Clifford 2. Steven Hart 3.	9' 0" 8' 6"	1st 2nd - PB
55 m Hurdles	1. Dawson Clifford 2. 3.	9.6	2nd - PB		Long Jump	1. Tucker Dalen 2. Dawson Clifford 3. Ryan Prihoda	17' 2.25" 16' 11" 14' 10.5"	2nd 4th PB
55 m Dash	1. Jason Thieman 2. Kenny Vo 3. Trever DePoppe 4. Brody Tayerle 5.	7.3 7.4 7.9 8.3	PB PB PB PB		Triple Jump	1. Tucker Dalen 2. Jason Thieman 3. Steven Hart	34' 11.75" 31' 10.5" 30' 10.25"	1st 4th 6th - PB
4 x 200 m Relay	1. Ryan Prihoda 2. Kenny Vo 3. JJ Preston 4. Dawson Clifford	27.9 28.5 30.1 <u>27.1</u>	PB 	1:53.5	High Jump	1. Tucker Dalen 2. Steven Hart 3.	5' 4" 4' 6"	2nd 7th
1600 m Run	1. Timmy Johnson (1:09, 1:15, 1:23, 1:20) 2. Charlie Emmons (1:16, 1:23, 1:28, 1:26) 3. Noah Miller (1:15, 1:22, 1:28, 1:28)	5:08.8 5:32.9 5:35.4	3rd 6th - PB 7th		Shot Put	1. JJ Preston 2. Vinny David 3. Kenny Vo 4. Tristen Moore 5. Fredrick Ausmus	40' 3" 35' 8" 33' 1.5" 28' 11" 25' 10.5"	2nd - PB 3rd - PB 4th - PB PB PB
Sprint Med Relay (100-100-200-400)	1. Jason Thieman 2. Brody Tayerle 3. Trever DePoppe 4. Ryan Prihoda	13.2 14.2 28.5 <u>72.1</u>	 PB PB PB	2:07.9	<u>Top Point Getters</u>			
400 m Dash	1. Charlie Emmons 2. Colin Miche' 3.	68.1 77.7	4th - PB 7th - PB		1. Tucker Dalen 26 2. Dawson Clifford 24 3. Timmy Johnson 14 4. Steven Hart 11 5. JJ Preston 10 6. Charlie Emmons 8 7. Vinny David 6 7. Kenny Vo 6 9. Jason Thieman 5 10. Noah Miller 3 10. Ryan Prihoda 3 12. Damion Torgerson 2 13. Trever DePoppe 1 13. Colin Miche' 1 13. Brody Tayerle 1			
800 m Run	1. Timmy Johnson 2. Damion Torgerson 3. Noah Miller	(64, 74) (78, 72) (71, 84)	2:18.0 2:30.2 2:35.1	3rd - PB PB	Tristen Moore Fredrick Ausmus 15 total scorers			
200 m Dash	1. Tucker Dalen 2. Trever DePoppe 3. Brody Tayerle	28.2 29.9 29.9	PB PB PB		<u>TEAM RESULTS:</u>			
1200 m Run (Exhibition)	1. Colin Miche' (1:36, 1:44, 1:46)	5:06.1			1. Hinckley-Finlayson 106 2. Pine City 102 3. Rush City 86 4. East Central 59 5. Aitkin 45 6. Braham 29 7. Ogilvie 18			
4 x 400 m Relay	1. Damion Torgerson 2. Timmy Johnson 3. Noah Miller 4. Charlie Emmons	61.6 60.7 66.5 <u>67.9</u>	PB PB	4:16.7				

"COOL DRAGON" INVITATIONAL TRACK MEET
Friday, April 5, 2019, 3:45
Pine City Girls' Results

4 x 800 m Relay	1. Sophie Lahti 2. Meaghan Macho 3. Grace Grubbs 4. Lydia Adams	(78, 87) (79, 90) (79, 91) <u>(77, 85)</u>	2:46 2:49 2:50 2:42	PB BTY BTY BTY	11:06.20	4th - BTY	Pole Vault	1. Maddy Graham 2. Emma Johnson 3. Allyson Chromey 4. Dorothy Miller	7' 0" 6' 6" NH NH	2nd - PB tie 4th Tie
100 m Hurdles	1. Dorothy Miller 2. Kloey Lind	19.15 20.49	5th - BTY 9th - BTY				Long Jump	1. Ainsley Vinaja 2. Kelsey Erickson 3. Hailee Rydberg 4. Ariel Schneider 5. Emily Carpenter	13' 6" 13' 1.25" 12' 6" 11' 6" 10' 11.75"	3rd - BTY 7th - BTY 11th - BTY 15th - PB 17th - PB
100 m Dash	1. Emily Carpenter 2. Emma Johnson 3. Ariel Schneider 4. Livia Isackson-Rod 5. Chiti Rubio	14.41 14.54 15.37 15.58 15.79	4th - PB 6th - BTY 16th - PB 19th - PB 23rd - PB				Triple Jump	1. Dorothy Miller 2. Kelsey Erickson 3. Livia Isackson-Rod 4. Ariel Schneider	30' 11" 29' 6.5" 28' 1.5" 23' 6"	1st 2nd - BTY 8th - PB 13th - PB
4 x 200 m Relay	1. Ainsley Vinaja 2. Allyson Chromey 3. Kensi Tayerle 4. Summer Thieman	29.2 30.2 29.2 <u>28.6</u>		BTY BTY PB	1:57.28	2nd - BTY	High Jump	1. Sophie Lahti 2. Kensi Tayerle 3. Livia Isackson-Rod 4. Maddy Graham 5. Willow-Rai Hart	4' 4" 4' 4" 4' 2" 4' 0" NH	6th 7th 8th 15th - BTY
1600 m Run	1. Eva Johnson (1:24, 1:36, 1:36, 1:30) 2. Arissa Rydberg (1:26, 1:37, 1:40, 1:34) 3. Allison Cavallin	6:07.08 6:17.86 DNR	7th - PB 9th - PB Injury				Shot Put	1. Cara Kuhn 2. Emma Schmidt 3. Maggie Smetana 4. Jennifer Dupla 5. Ella Schultz	28' 9" 28' 2" 22' 10.5" 20' 10" 17' 11"	6th 8th - PB 18th - PB 23rd - PB 30th - PB
4 x 100 m Relay	1. Ellaina Johnson 2. Emma Johnson 3. Kensi Tayerle 4. Summer Thieman	14.6 13.7 14.0 <u>13.3</u>		BTY PB BTY PB	55.60	1st - BTY	Discus	1. Cara Kuhn 2. Emma Schmidt 3. Maggie Smetana 4. Ella Schultz 5. Jennifer Dupla	81' 6" 79' 0" 57' 7" 53' 9" 48' 9.5"	4th - BTY 5th - BTY 18th - PB 20th - PB 25th - PB
400 m Dash	1. Ella Sell 2. Aaleaha Thieman 3. Kaylee Prihoda 4. Abby Aagaard 5. Alexis Thieman	73.86 74.23 77.06 77.95 DNR	8th - BTY 9th - BTY 12th - BTY 13th - PB Injury				<u>Top Point Getters</u>	1. Alaina Steele 2. Dorothy Miller 3. Emily Carpenter 3. Ainsley Vinaja 3. Emma Johnson 6. Summer Thieman 7. Kelsey Erickson 7. Maddy Graham 9. Sophie Lahti 9. Grace Grubbs 9. Lydia Adams 12. Cara Kuhn 12. Kloey Lind 12. Kensi Tayerle 12. Ellaina Johnson 16. Meaghan Macho 16. Allyson Chromey 18. Eva Johnson 18. Emma Schmidt	15 12 10 10 10 9 8 8 7 7 7 5 5 5 5 4 4 2 2	
300 m Hurdles	1. Sophie Lahti 2. Kloey Lind	55.42 58.44	4th - PB 7th - BTY				19 total scorers			
800 m Run	1. Alaina Steele 2. Arissa Rydberg 3. Meaghan Macho 4. Ava Rydberg	(76, 75) (81, 89) (86, 89) (86, 98)	2:30.87 2:50.00 2:55.00 3:04.00	1st - BTY 9th 14th - BTY 17th - PB						
200 m Dash	1. Emily Carpenter 2. Hailee Rydberg 3. Kaylee Prihoda 4. Aaleaha Thieman 5. Maddie Berglund	29.69 31.67 32.18 33.06 34.07	3rd - PB 13th - PB 17th - BTY 21st - BTY 23rd - PB							
3200 m Run	1. Eva Johnson (1:30, 1:40, 1:41, 1:43, 1:43, 1:44, 1:43, 1:32) 2. Allison Cavallin	13:16.63 DNR	5th - PB Injury				<u>TEAM RESULTS:</u>	1. Pine City 2. North Branch 3. Milaca 4. Barnum 5. Two Harbors 6. Moose Lake-W.R. 7. Aitkin 8. East Central 9. Duluth Marshall	104 94 83 62 51 47 47 34 26	-10 -21 -42 -53 -57 -57 -70 -78
4 x 400 m Relay	1. Kloey Lind 2. Grace Grubbs 3. Lydia Adams 4. Alaina Steele	71.5 70.3 69.6 <u>64.9</u>		BTY BTY BTY	4:36.37	1st - BTY				

"COOL DRAGON" INVITATIONAL TRACK MEET

Friday, April 5, 2016, 3:45

Pine City Boys' Results

4 x 800 m Relay	1. Noah Miller	(69, 82)	2:31	BTY
	2. Drake Willert	(68, 77)	2:25	PB
	3. Caleb Cunnien	(79, 84)	2:43	PB
	4. Mattis Burkert	(76, 79)	2:35	PB
		10:14.37	4th - BTY	

Pole Vault	1. Dawson Clifford	9' 6"	4th - BTY
	2. TJ Rank	9' 0"	5th - BTY
	3. Steven Hart	NH	

110 m Hurdles	1. Dawson Clifford	18.57	3rd - PB
	2. TJ Rank	19.07	5th - PB

Long Jump	1. Tucker Dalen	17' 8.25"	3rd - BTY
	2. Dawson Clifford	16' 9.5"	11th
	3. Steven Hart	15' 5.75"	20th - BTY
	4. Ryan Prihoda	14' 3.25"	25th
	5. Aussion Ruud	11' 0"	31st - PB

100 m Dash	1. Tryston West	12.67	7th - BTY
	2. Caleb Fromm	12.71	9th tie - PB
	3. Jason Thieman	12.95	14th - PB
	4. Trever DePoppe	13.81	30th - PB
	5. Elijah Root	14.70	39th - PB

Triple Jump	1. Tucker Dalen	36' 6.75"	2nd - PB
	2. Jason Thieman	33' 7.5"	10th - PB
	3. Steven Hart	31' 8"	13th - PB

4 x 200 m Relay	1. George Ausmus	28.9	PB
	2. Caleb Fromm	24.8	PB
	3. Hunter Peacock	25.2	PB
	4. Dawson Clifford	25.7	
		1:44.6	DQ

High Jump	1. Tucker Dalen	5' 4"	4th
	2. Mattis Burkert	4' 10"	13th - PB

1600 m Run	1. Tommy Ryan	4:55.92	2nd - BTY
		(1:09, 1:17, 1:18, 1:10)	
	2. Logan Vinaja	5:01.33	5th - BTY
		(1:10, 1:19, 1:21, 1:09)	
	3. Timmy Johnson	5:08.90	7th
		(1:11, 1:20, 1:20, 1:17)	
	4. Caleb Cunnien	6:03.24	21st - PB

Shot Put	1. JJ Preston	42' 8"	3rd - PB - #5
	2. Vinny David	32' 5"	11th tie
	3. Kenny Vo	32' 5"	11th tie
	4. Tristen Moore	32' 3"	13th - PB
	5. Gabe Hollan	31' 8.5"	15th - PB

4 x 100 m Relay	1. Jason Thieman	13.7	
	2. Trever DePoppe	12.4	PB
	3. Steven Hart	12.6	PB
	4. Kenny Vo	12.7	PB tie
		51.51	6th - BTY

Discus	1. JJ Preston	109' 9.5"	3rd - PB
	2. Tristen Moore	84' 1"	7th - PB
	3. Kenny Vo	81' 0"	10th - BTY
	4. Micah Overtoom	69' 9"	16th - PB
	5. Vinny David	65' 1.5"	22nd - BTY

400 m Dash	1. Caleb Fromm	55.65	3rd - PB
	2. George Ausmus	60.78	12th - BTY
	3. Damion Torgerson	61.79	16th - PB
	4. Connor Segarra	70.15	26th - PB
	5. Mattis Burkert	DNR	

300 m Hurdles	1. TJ Rank	44.24	1st - BTY #8
	2. Tucker Dalen	49.41	5th - BTY

800 m Run	1. Tommy Ryan	(67, 65)	2:12.02	1st - BTY
	2. Logan Vinaja	(67, 65)	2:12.96	4th - BTY
	3. Colin Miche'	(80, 96)	2:56.50	21st - PB
	4. Aussion Ruud	(81, 1:57)	3:18.66	26th - PB

200 m Dash	1. Tryston West	25.12	4th - BTY
	2. Hunter Peacock	26.57	13th - PB
	3. Ryan Prihoda	28.25	23rd - PB
	4. Trever DePoppe	28.47	25th - PB
	5. Elijah Root	29.85	33rd - PB

3200 m Run	1. Timmy Johnson	11:17.30	6th - PB
		(1:17, 1:23, 1:26, 1:25, 1:26, 1:30, 1:31, 1:17)	
	2. Drake Willert	12:02.65	9th - PB
		(1:21, 1:28, 1:30, 1:33, 1:33, 1:35, 1:39, 1:28)	

	3. Noah Miller	12:06.18	10th - BTY
		(1:21, 1:28, 1:29, 1:32, 1:33, 1:35, 1:39, 1:37)	

	4. Daimion Torgerson	13:02.09	11th - PB
		(1:30, 1:40, 1:40, 1:39, 1:45, 1:44, 1:40, 1:21)	

4 x 400 m Relay	1. Tryston West	55.4	BTY
	2. TJ Rank	59.6	BTY
	3. Logan Vinaja	55.4	BTY
	4. Tommy Ryan	55.3	BTY
		3:45.71	1st - BTY

Top Point Getters

1. Tommy Ryan	23
2. Tucker Dalen	20
3. TJ Rank	19
4. JJ Preston	12
5. Logan Vinaja	11
6. Dawson Clifford	10
7. Tryston West	9
8. Caleb Fromm	6
9. Mattis Burkert	2
9. Caleb Cunnien	2
9. Noah Miller	2
9. Drake Willert	2
9. Jason Thieman	2
14. Trever DePoppe	1
14. Steven Hart	1
14. Kenny Vo	1
14. Timmy Johnson	1

17 total scorers

TEAM RESULTS:

1. North Branch	138	
2. Pine City	106	-32
3. Barnum	73	-65
4. Moose Lake-W.R.	46	-92
5. Two Harbors	44	-94
6. Milaca	40	-98
7. Duluth Marshall	38	-100
8. Proctor	35	-103
9. East Central	26	-112
10. Aitkin	6	-132

RUSH CITY INVITATIONAL TRACK MEET
Tuesday, April 9, 2019, 4:00
Pine City Girls' Results

4 x 800 m Relay	1. Sophie Lahti (80, 85) 2:45 PB 2. Meaghan Macho (83, 90) 2:53 3. Ella Sell (88, 94) 3:02 PB 4. Hailee Rydberg (85, 98) 3:03 PB <hr/> 11:46 3rd		Pole Vault	1. Maddy Graham 6' 6" 2nd 2. Emma Johnson NH 3. Allyson Chromey DNJ
4 x 800 m Relay	1. Arissa Rydberg (76, 88) 2:44 PB 2. Eva Johnson (82, 89) 2:51 PB 3. Ava Rydberg (89, 96) 3:05 4. Abby Aagaard (86, 97) 3:03 PB <hr/> 11:45 2nd		Long Jump	1. Livia Isackson-Rod 13' 9" 1st - PB 2. Kelsey Erickson 13' 2.5" 2nd - PB 3. Hailee Rydberg 12' 11" 3rd - PB 4. Ainsley Vinaja 12' 9.5" 5th 5. Kloey Lind ?
100 m Hurdles	1. Kloey Lind 19.9 2nd - BTY 2. Megan Cunnien 20.9 3rd - BTY		Triple Jump	1. Kelsey Erickson 30' 1" BTY 2. Sophie Lahti 28' 8" BTY 3. Livia Isackson-Rod 27' 8" 4. Megan Cunnien ?
100 m Dash	1. Emily Carpenter 13.7 2nd - PB 2. Ellaina Johnson 13.9 3rd - BTY 3. Emma Johnson 14.2 5th - BTY 4. Kensi Tayerle 14.3 BTY 5. Chiti Rubio 15.4 BTY		High Jump	1. Kensi Tayerle 4' 6" 2nd 2. Sophie Lahti 4' 6" 3rd 3. Maddy Graham 4' 2" 5th - PB tie 4. Livia Isackson-Rod 4' 2" 5. Willow-Rai Hart 3' 6" PB
4 x 200 m Relay	1. Ainsley Vinaja 29.9 2. Allyson Chromey 29.3 PB 3. Kensi Tayerle 30.1 4. Summer Thieman 30.0 <hr/> 1:59.5 1st		Shot Put	1. Cara Kuhn 27' 7" 2nd 2. Emma Schmidt 25' 6" 3rd 3. Maggie Smetana 24' 3.25" 4th 4. Jennifer Dupla 21' 3" 5. Ella Schultz 18' 1.5"
1600 m Run	1. Alaina Steele 6:03 2nd - BTY (1:18, 1:31, 1:37, 1:37) 2. Lydia Adams 6:22 4th - BTY (1:22, 1:42, 1:43, 1:35) 3. Grace Grubbs 6:38 BTY (1:28, 1:42, 1:49, 1:39) 4. Abby Aagaard 6:53 PB (1:29, 1:45, 1:52, 1:47)		Discus	1. Cara Kuhn 88' 0" 2nd 2. Emma Schmidt 81' 1" 3rd 3. Jennifer Dupla 58' 8" 4. Maggie Smetana 55' 10" 5. Ella Schultz 49' 8"
4 x 100 m Relay	1. Ellaina Johnson 15.2 2. Emma Johnson 12.8 PB 3. Emily Carpenter 13.8 PB 4. Summer Thieman 14.7 PB <hr/> 56.5 1st		4 x 200 m Relay	1. Kaylee Prihoda 32.9 BTY 2. Aaleaha Thieman 30.5 BTY 3. Alexis Thieman 31.8 BTY 4. Hailee Rydberg 31.6 PB <hr/> 2:06.7 3rd
400 m Dash	1. Alexis Thieman 73.5 4th - BTY 2. Ella Sell 73.7 3. Kaylee Prihoda 74.9 BTY 4. Meaghan Macho 75.9 BTY 5. Aaleaha Thieman 75.9		4 x 100 m Relay	1. Chiti Rubio 15.9 PB 2. Kelsey Erickson 14.4 BTY 3. Livia Isackson-Rod 13.1 PB 4. Maddy Graham 15.9 <hr/> 59.4 3rd
300 m Hurdles	1. Sophie Lahti 53.1 1st - PB 2. Megan Cunnien 63.2		Top Point Getters	1. Alaina Steele 18 2. Summer Thieman 14 3. Kelsey Erickson 14 4. Emily Carpenter 12 4. Sophie Lahti 12 4. Lydia Adams 12 4. Cara Kuhn 12 4. Ellaina Johnson 12 9. Eva Johnson 11 10. Livia Isackson-Rod 10 11. Maddy Graham 9 11. Arissa Rydberg 9 13. Grace Grubbs 8 13. Kloey Lind 8 13. Emma Schmidt 8 13. Hailee Rydberg 8 17. Alexis Thieman 6 18. Ainsley Vinaja 5 18. Emma Johnson 5 20. Kensi Tayerle 4 20. Meaghan Macho 4 20. Allyson Chromey 4 20. Megan Cunnien 4 20. Ella Sell 4 20. Aaleaha Thieman 4 26. Abby Aagaard 3 26. Ava Rydberg 3 28. Chiti Rubio 2 28. Kaylee Prihoda 2 28. Maggie Smetana 2 30 total scorers
800 m Run	1. Alaina Steele (76, 85) 2:41 1st 2. Lydia Adams (80, 88) 2:48 2nd 3. Grace Grubbs (81, 93) 2:54 3rd 4. Ava Rydberg (87, 1:42) 3:09			
200 m Dash	1. Summer Thieman 29.1 2nd - PB 2. Ellaina Johnson 29.3 3rd - BTY 3. Emily Carpenter 29.3 4th - PB 4. Ainsley Vinaja 29.8 PB 5. Kloey Lind 31.5 BTY			
3200 m Run	1. Eva Johnson 13:05 1st - PB (1:26, 1:36, 1:41, 1:42, 1:43, 1:41, 1:44, 1:33) 2. Arissa Rydberg 13:10 2nd - PB (1:26, 1:37, 1:42, 1:43, 1:43, 1:42, 1:44, 1:34)			
4 x 400 m Relay	1. Kloey Lind 75 2. Grace Grubbs 71 3. Lydia Adams 69 BTY 4. Alaina Steele 67 <hr/> 4:43.5 1st			
4 x 400 m Relay	1. Alexis Thieman 73 BTY 2. Aaleaha Thieman 75 3. Meaghan Macho 73 BTY 4. Ella Sell 75 <hr/> 4:56.2 3rd			
			TEAM RESULTS:	
			1. Pine City 178	
			2. Rush City 98.5 -79.5	
			3. Braham 49.5 -128.5	
			4. East Central 21 -157	

RUSH CITY INVITATIONAL TRACK MEET

Tuesday, April 9, 2019, 4:00

Pine City Boys' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Drake Willert</td><td>(69, 80)</td><td>2:29</td><td></td></tr> <tr><td>2. George Ausmus</td><td>(63, 75)</td><td>2:18</td><td>PB tie</td></tr> <tr><td>3. Noah Miller</td><td>(71, 80)</td><td>2:31</td><td></td></tr> <tr><td>4. Charlie Emmons</td><td><u>(71, 80)</u></td><td><u>2:31</u></td><td>PB</td></tr> <tr><td colspan="2"></td><td>9:49.2</td><td>3rd - BTY</td></tr> </table>	1. Drake Willert	(69, 80)	2:29		2. George Ausmus	(63, 75)	2:18	PB tie	3. Noah Miller	(71, 80)	2:31		4. Charlie Emmons	<u>(71, 80)</u>	<u>2:31</u>	PB			9:49.2	3rd - BTY	<p>Pole Vault</p> <table border="0" style="width: 100%;"> <tr><td>1. TJ Rank</td><td>9' 0"</td><td>2nd</td></tr> <tr><td>2. Dawson Clifford</td><td>9' 0"</td><td>3rd</td></tr> <tr><td>3. Steven Hart</td><td>7' 6"</td><td></td></tr> </table>	1. TJ Rank	9' 0"	2nd	2. Dawson Clifford	9' 0"	3rd	3. Steven Hart	7' 6"																				
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FOLEY INVITATIONAL TRACK MEET
Thursday, April 18, 2019, 4:15
Pine City Girls' Results

4 x 800 m Relay	1. Sophie Lahti	(80, 80)	2:39.8	PB
	2. Lydia Adams	(78, 82)	2:40.0	BTY
	3. Arissa Rydberg	(82, 83)	2:45.3	
	4. Grace Grubbs	(78, 91)	2:49.8	BTY
			10:54	5th - BTY
100 m Hurdles	1. Dorothy Miller	19.65		
	2. Megan Cunnien	20.42		BTY
	3. Kloey Lind	21.33		
100 m Dash	1. Emily Carpenter	13.70		7th - PB
	2. Emma Johnson	14.05		PB
	3. Ainsley Vinaja	14.20		
4 x 200 m Relay	1. Ellaina Johnson	28.7		BTY
	2. Ainsley Vinaja	27.4		PB
	3. Emily Carpenter	29.0		
	4. Summer Thieman	29.7		
			1:55.23	5th - BTY
1600 m Run	1. Eva Johnson	6:00.31		6th - PB
	(1:20, 1:34, 1:36, 1:30)			
	2. Grace Grubbs	6:43.08		
	(1:31, 1:47, 1:48, 1:36)			
	3. Hailee Rydberg	7:07.04		PB
	(1:38, 1:51, 1:53, 1:45)			
4 x 100 m Relay	1. Ellaina Johnson	13.4		BTY
	2. Ainsley Vinaja	14.9		BTY
	3. Kensi Tayerle	13.9		BTY
	4. Summer Thieman	13.3		PB tie
			55.67	4th
400 m Dash	1. Alexis Thieman	73.28		BTY
	2. Aaleaha Thieman	74.02		BTY
	3. Kaylee Prihoda	74.86		BTY
300 m Hurdles	1. Sophie Lahti	53.55		5th
	2. Kloey Lind	60.59		
	3. Megan Cunnien	DNR		
800 m Run	1. Alaina Steele	(70, 75)	2:25.61	2nd - BTY - #4
	2. Lydia Adams	(75, 88)	2:43.21	8th - BTY
	3. Hailee Rydberg	(88, 99)	3:07.30	PB
200 m Dash	1. Emily Carpenter	28.64		PB
	2. Summer Thieman	29.42		
	3. Kensi Tayerle	29.60		PB
3200 m Run	1. Eva Johnson	12:47.47		6th - PB #10
	(1:27, 1:34, 1:37, 1:38, 1:39, 1:40, 1:40, 1:33)			
	2. Arissa Rydberg	13:27.80		
	(1:29, 1:40, 1:41, 1:43, 1:45, 1:48, 1:45, 1:36)			
	3. Allison Cavallin	DNR		
4 x 400 m Relay	1. Alexis Thieman	70		BTY
	2. Grace Grubbs	70		BTY
	3. Lydia Adams	67		BTY
	4. Alaina Steele	64		BTY
			4:30.89	4th - BTY

Pole Vault	1. Maddy Graham	7' 0"		Tie 8th
	2. Emma Johnson	7' 0"		Tie 8th - PB
	3. Allyson Chromey	NH		
Long Jump	1. Kelsey Erickson	15' 0"		Tie 8th - PB
	2. Dorothy Miller	14' 9"		PB
	3. Ainsley Vinaja	13' 11"		PB
Triple Jump	1. Dorothy Miller	32' 9.75"		2nd - PB #3
	2. Kelsey Erickson	31' 3.75"		3rd - BTY
	3. Sophie Lahti	27' 10.25"		
High Jump	1. Sophie Lahti	4' 6"		6th
	2. Kensi Tayerle	4' 4"		7th
	3. Kloey Lind	NH		
Shot Put	1. Cara Kuhn	29' 3"		
	2. Emma Schmidt	26' 1"		
	3. Maggie Smetana	24' 5"		PB
	4. Jennifer Dupla	21' 6"		PB
	5. Ella Schultz	20' 1"		PB
Discus	1. Emma Schmidt	90' 7"		4th
	2. Cara Kuhn	78' 10"		
	3. Maggie Smetana	67' 6"		PB
	4. Jennifer Dupla	64' 5"		PB
	5. Ella Schultz	57' 11"		PB

Top Point Getters

1. Alaina Steele	10.5
2. Sophie Lahti	9
3. Dorothy Miller	8
4. Kelsey Erickson	6.5
5. Eva Johnson	6
6. Lydia Adams	5.5
7. Emma Schmidt	5
8. Summer Thieman	4.5
8. Ellaina Johnson	4.5
8. Grace Grubbs	4.5
8. Ainsley Vinaja	4.5
8. Kensi Tayerle	4.5
13. Emily Carpenter	4
14. Alexis Thieman	2.5
15. Arissa Rydberg	2
16. Maddy Graham	0.5
16. Emma Johnson	0.5

17 total scorers

TEAM RESULTS:

1. Foley	161	
2. Albany	85	-76
3. Glencoe-Silver Lake	84.5	-76.5
4. Eden Valley-W.K.	80.5	-80.5
5. Pine City	65.5	-95.5
6. Litchfield	55.5	-105.5
7. St. Cloud Tech	48	-113
8. Pierz	42.5	-118.5
9. Zimmerman	41.5	-119.5
10. Staples Motley	38	-123

FOLEY INVITATIONAL TRACK MEET

Thursday, April 18, 2019, 4:15

Pine City Boys' Results

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BTY</td> </tr> </table> | 1. | Tryston West | 54.5 | BTY | 2. | Caleb Fromm | 55.5 | PB | 3. | Tommy Ryan | 56.5 | | 4. | Logan Vinaja | <u>53.3</u> | <u>PB</u> | | | 3:40.00 | 2nd - BTY | <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;">Pole Vault</td> <td style="width: 45%;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">Dawson Clifford</td> <td style="width: 15%;">10' 0"</td> <td style="width: 45%;">5th - BTY</td> </tr> <tr> <td>2.</td> <td>TJ Rank</td> <td>9' 0"</td> <td>Tie 7th</td> </tr> <tr> <td>3.</td> <td>Steven Hart</td> <td>NH</td> <td></td> </tr> </table> </td> <td style="vertical-align: top;">Long Jump</td> <td style="width: 45%;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">Tucker Dalen</td> <td style="width: 15%;">19' 1"</td> <td style="width: 45%;">5th - PB</td> </tr> <tr> <td>2.</td> <td>Dawson Clifford</td> <td>18' 2"</td> <td>BTY</td> </tr> <tr> <td>3.</td> <td>Steven Hart</td> <td>16' 10"</td> <td>BTY</td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">Triple Jump</td> <td style="width: 45%;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">Tucker Dalen</td> <td style="width: 15%;">40' 3.5"</td> <td style="width: 45%;">3rd - PB #6</td> </tr> <tr> <td>2.</td> <td>Logan Vinaja</td> <td>36' 3.25"</td> <td>BTY</td> </tr> <tr> <td>3.</td> <td>TJ Rank</td> <td>35' 11"</td> <td>BTY</td> </tr> </table> </td> <td style="vertical-align: top;">High Jump</td> <td style="width: 45%;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">Tucker Dalen</td> <td style="width: 15%;">5' 4"</td> <td style="width: 45%;">Tie 5th - PB</td> </tr> <tr> <td>2.</td> <td>Mattis Burkert</td> <td>NH</td> <td></td> </tr> <tr> <td>3.</td> <td>Steven Hart</td> <td>NH</td> <td></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">Shot Put</td> <td style="width: 45%;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">JJ Preston</td> <td style="width: 15%;">42' 3"</td> <td style="width: 45%;">7th</td> </tr> <tr> <td>2.</td> <td>Kenny Vo</td> <td>34' 10"</td> <td>PB</td> </tr> <tr> <td>3.</td> <td>Gabe Hollan</td> <td>34' 4"</td> <td>PB</td> </tr> <tr> <td>4.</td> <td>Vinny David</td> <td>34' 0"</td> <td></td> </tr> <tr> <td>5.</td> <td>Tristen Moore</td> <td>32' 6"</td> <td>PB</td> </tr> </table> </td> <td style="vertical-align: top;">Discus</td> <td style="width: 45%;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">JJ Preston</td> <td style="width: 15%;">102' 5"</td> <td style="width: 45%;"></td> </tr> <tr> <td>2.</td> <td>Gabe Hollan</td> <td>93' 1"</td> <td>PB</td> </tr> <tr> <td>3.</td> <td>Kenny Vo</td> <td>91' 0"</td> <td></td> </tr> <tr> <td>4.</td> <td>Tristen Moore</td> <td>82' 5"</td> <td></td> </tr> <tr> <td>5.</td> <td>Vinny David</td> <td>79' 6"</td> <td>BTY</td> </tr> </table> </td> </tr> </table> | Pole Vault
 | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">Dawson Clifford</td> <td style="width: 15%;">10' 0"</td> <td style="width: 45%;">5th - BTY</td> </tr> <tr> <td>2.</td> <td>TJ Rank</td> <td>9' 0"</td> <td>Tie 7th</td> </tr> <tr> <td>3.</td> <td>Steven Hart</td> <td>NH</td> <td></td> </tr> </table> | 1. | Dawson Clifford | 10' 0" | 5th - BTY | 2. | TJ Rank | 9' 0" | Tie 7th | 3. | Steven Hart | NH | | Long Jump | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">Tucker Dalen</td> <td style="width: 15%;">19' 1"</td> <td style="width: 45%;">5th - PB</td> </tr> <tr> <td>2.</td> <td>Dawson Clifford</td> <td>18' 2"</td> <td>BTY</td> </tr> <tr> <td>3.</td> <td>Steven Hart</td> <td>16' 10"</td> <td>BTY</td> </tr> </table> | 1. | Tucker Dalen | 19' 1" | 5th - PB | 2. | Dawson Clifford | 18' 2" | BTY | 3. | Steven Hart | 16' 10" | BTY | Triple Jump | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">Tucker Dalen</td> <td style="width: 15%;">40' 3.5"</td> <td style="width: 45%;">3rd - PB #6</td> </tr> <tr> <td>2.</td> <td>Logan Vinaja</td> <td>36' 3.25"</td> <td>BTY</td> </tr> <tr> <td>3.</td> <td>TJ Rank</td> <td>35' 11"</td> <td>BTY</td> </tr> </table> | 1. | Tucker Dalen | 40' 3.5" | 3rd - PB #6 | 2. | Logan Vinaja | 36' 3.25" | BTY | 3. | TJ Rank | 35' 11" | BTY | High Jump | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">Tucker Dalen</td> <td style="width: 15%;">5' 4"</td> <td style="width: 45%;">Tie 5th - PB</td> </tr> <tr> <td>2.</td> <td>Mattis Burkert</td> <td>NH</td> <td></td> </tr> <tr> <td>3.</td> <td>Steven Hart</td> <td>NH</td> <td></td> </tr> </table> | 1. | Tucker Dalen | 5' 4" | Tie 5th - PB | 2. | Mattis Burkert | NH | | 3. | Steven Hart | NH | | Shot Put | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">JJ Preston</td> <td style="width: 15%;">42' 3"</td> <td style="width: 45%;">7th</td> </tr> <tr> <td>2.</td> <td>Kenny Vo</td> <td>34' 10"</td> <td>PB</td> </tr> <tr> <td>3.</td> <td>Gabe Hollan</td> <td>34' 4"</td> <td>PB</td> </tr> <tr> <td>4.</td> <td>Vinny David</td> <td>34' 0"</td> <td></td> </tr> <tr> <td>5.</td> <td>Tristen Moore</td> <td>32' 6"</td> <td>PB</td> </tr> </table> | 1. | JJ Preston
 | 42' 3" | 7th | 2. | Kenny Vo | 34' 10" | PB | 3. | Gabe Hollan | 34' 4" | PB | 4. | Vinny David | 34' 0" | | 5. | Tristen Moore | 32' 6" | PB | Discus | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">JJ Preston</td> <td style="width: 15%;">102' 5"</td> <td style="width: 45%;"></td> </tr> <tr> <td>2.</td> <td>Gabe Hollan</td> <td>93' 1"</td> <td>PB</td> </tr> <tr> <td>3.</td> <td>Kenny Vo</td> <td>91' 0"</td> <td></td> </tr> <tr> <td>4.</td> <td>Tristen Moore</td> <td>82' 5"</td> <td></td> </tr> <tr> <td>5.</td> <td>Vinny David</td> <td>79' 6"</td> <td>BTY</td> </tr> </table> | 1. | JJ Preston | 102' 5" | | 2. | Gabe Hollan | 93' 1" | PB | 3. | Kenny Vo | 91' 0" | | 4. | Tristen Moore | 82' 5" | | 5. | Vinny David | 79' 6" | BTY | | |
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 | (66, 72) | 2:18.3
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| 2. | Drake Willert
 | (71, 76) | 2:26.3
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| 3. | Noah Miller
 | (68, 80) | 2:28.4 BTY
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| 4. | Charlie Emmons
 | <u>(72, 87)</u> | <u>2:29.7</u> PB
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| 110 m Hurdles | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">TJ Rank</td> <td style="width: 15%;">17.92</td> <td style="width: 45%;">6th - PB</td> </tr> <tr> <td>2.</td> <td>Dawson Clifford</td> <td>18.33</td> <td>7th - PB</td> </tr> <tr> <td>3.</td> <td></td> <td></td> <td></td> </tr> </table>
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| 100 m Dash | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">Tryston West</td> <td style="width: 15%;">12.31</td> <td style="width: 45%;">PB</td> </tr> <tr> <td>2.</td> <td>Hunter Peacock</td> <td>12.42</td> <td>PB</td> </tr> <tr> <td>3.</td> <td>Jeffrey Carlbom</td> <td>12.54</td> <td>PB</td> </tr> </table>
 | 1. | Tryston West
 | 12.31 | PB | 2. | Hunter Peacock | 12.42 | PB | 3. | Jeffrey Carlbom | 12.54 | PB | | | | | | | | | |
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Vinaja</td> <td><u>53.3</u></td> <td><u>PB</u></td> </tr> <tr> <td colspan="2"></td> <td>3:40.00</td> <td>2nd - BTY</td> </tr> </table> | 1. | Tryston West
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 | 1. | Tucker Dalen | 40' 3.5" | 3rd - PB #6 | 2. | Logan Vinaja | 36' 3.25" | BTY | 3. | TJ Rank | 35' 11" | BTY | High Jump | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">Tucker Dalen</td> <td style="width: 15%;">5' 4"</td> <td style="width: 45%;">Tie 5th - PB</td> </tr> <tr> <td>2.</td> <td>Mattis Burkert</td> <td>NH</td> <td></td> </tr> <tr> <td>3.</td> <td>Steven Hart</td> <td>NH</td> <td></td> </tr> </table> | 1. | Tucker Dalen | 5' 4" | Tie 5th - PB | 2. | Mattis Burkert | NH | | 3. | Steven Hart | NH | | Shot Put | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">JJ Preston</td> <td style="width: 15%;">42' 3"</td> <td style="width: 45%;">7th</td> </tr> <tr> <td>2.</td> <td>Kenny Vo</td> <td>34' 10"</td> <td>PB</td> </tr> <tr> <td>3.</td> <td>Gabe Hollan</td> <td>34' 4"</td> <td>PB</td> </tr> <tr> <td>4.</td> <td>Vinny David</td> <td>34' 0"</td> <td></td> </tr> <tr> <td>5.</td> <td>Tristen Moore</td> <td>32' 6"</td> <td>PB</td> </tr> </table> | 1. | JJ Preston | 42' 3" | 7th | 2. | Kenny Vo | 34' 10" | PB | 3. | Gabe Hollan | 34' 4" | PB | 4. | Vinny David | 34' 0" | | 5. | Tristen Moore | 32' 6" | PB | Discus | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">JJ Preston</td> <td style="width: 15%;">102' 5"</td> <td style="width: 45%;"></td> </tr> <tr> <td>2.</td> <td>Gabe Hollan</td> <td>93' 1"</td> <td>PB</td> </tr> <tr> <td>3.</td> <td>Kenny Vo</td> <td>91' 0"</td> <td></td> </tr> <tr> <td>4.</td> <td>Tristen Moore</td> <td>82' 5"</td> <td></td> </tr> <tr> <td>5.</td> <td>Vinny David</td> <td>79' 6"</td> <td>BTY</td> </tr> </table> | 1. | JJ Preston | 102' 5" | | 2. | Gabe Hollan | 93' 1" | PB | 3. | Kenny Vo | 91' 0" | | 4. | Tristen Moore | 82' 5" | | 5. | Vinny David | 79' 6" | BTY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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 | 40' 3.5" | 3rd - PB #6 | 2. | Logan Vinaja | 36' 3.25" | BTY | 3. | TJ Rank | 35' 11" | BTY | High Jump | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">Tucker Dalen</td> <td style="width: 15%;">5' 4"</td> <td style="width: 45%;">Tie 5th - PB</td> </tr> <tr> <td>2.</td> <td>Mattis Burkert</td> <td>NH</td> <td></td> </tr> <tr> <td>3.</td> <td>Steven Hart</td> <td>NH</td> <td></td> </tr> </table> | 1. | Tucker Dalen | 5' 4" | Tie 5th - PB | 2. | Mattis Burkert | NH |
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| 3. | TJ Rank
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| 3. | Steven Hart
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| Shot Put | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">JJ Preston</td> <td style="width: 15%;">42' 3"</td> <td style="width: 45%;">7th</td> </tr> <tr> <td>2.</td> <td>Kenny Vo</td> <td>34' 10"</td> <td>PB</td> </tr> <tr> <td>3.</td> <td>Gabe Hollan</td> <td>34' 4"</td> <td>PB</td> </tr> <tr> <td>4.</td>
<td>Vinny David</td> <td>34' 0"</td> <td></td> </tr> <tr> <td>5.</td> <td>Tristen Moore</td> <td>32' 6"</td> <td>PB</td> </tr> </table> | 1. | JJ Preston
 | 42' 3" | 7th | 2. | Kenny Vo | 34' 10" | PB | 3. | Gabe Hollan | 34' 4" | PB | 4. | Vinny David | 34' 0" | | 5. | Tristen Moore | 32' 6" | PB | Discus | <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 35%;">JJ Preston</td> <td style="width: 15%;">102' 5"</td> <td style="width:
45%;"></td> </tr> <tr> <td>2.</td> <td>Gabe Hollan</td> <td>93' 1"</td> <td>PB</td> </tr> <tr> <td>3.</td> <td>Kenny Vo</td> <td>91' 0"</td> <td></td> </tr> <tr> <td>4.</td> <td>Tristen Moore</td> <td>82' 5"</td> <td></td> </tr> <tr> <td>5.</td> <td>Vinny David</td> <td>79' 6"</td> <td>BTY</td> </tr> </table> | 1.
 | JJ Preston | 102' 5" | | 2. | Gabe Hollan | 93' 1" | PB | 3. | Kenny Vo | 91' 0" | | 4. | Tristen Moore | 82' 5" | | 5. | Vinny David | 79' 6" | BTY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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 | 34' 10" | PB
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| 3. | Gabe Hollan
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| 5. | Tristen Moore
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| 1. | JJ Preston
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Top Point Getters

1. Tommy Ryan	22
2. Logan Vinaja	14
3. Tucker Dalen	13.5
4. Tryston West	8
5. Dawson Clifford	7.5
5. Caleb Fromm	7.5
7. TJ Rank	7
8. JJ Preston	2.5
9. Jason Thieman	2
10. Hunter Peacock	1.5
10. Noah Miller	1.5
10. George Ausmus	1.5
10. Drake Willert	1.5
10. Charlie Emmons	1.5
15. Kenny Vo	0.5
15. Steven Hart	0.5

16 total scorers

TEAM RESULTS:

1. Pierz	116.5	
2. St. Cloud Tech	92	-24.5
3. Foley	81	-35.5
4. Pine City	78.5	-38
5. Zimmerman	68	-48.5
6. Glencoe-Silver Lake	65	-51.5
7. Albany	64	-52.5
8. Staples Motley	59	-57.5
9. Eden Valley-W.K.	47	-69.5
10. Litchfield	31	-85.5

CHENGWATANA INVITATIONAL TRACK MEET

Friday, April 26, 2019, 4:00

Pine City Girls' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr><td style="width: 10%;">1. Arisa Rydberg</td><td style="width: 20%;">(83, 84)</td><td style="width: 20%;">2:47</td><td style="width: 10%;"></td></tr> <tr><td>2. Grace Grubbs</td><td>(83, 88)</td><td>2:51</td><td></td></tr> <tr><td>3. Sophie Lahti</td><td>(83, 87)</td><td>2:51</td><td></td></tr> <tr><td>4. Lydia Adams</td><td>(85, 96)</td><td>3:01</td><td></td></tr> <tr><td colspan="2"></td><td style="border-top: 1px solid black;">11:29.11</td><td>1st</td></tr> </table>	1. Arisa Rydberg	(83, 84)	2:47		2. Grace Grubbs	(83, 88)	2:51		3. Sophie Lahti	(83, 87)	2:51		4. Lydia Adams	(85, 96)	3:01				11:29.11	1st	<p>Pole Vault</p> <table border="0" style="width: 100%;"> <tr><td style="width: 10%;">1. Allyson Chromey</td><td style="width: 20%;">7' 0"</td><td style="width: 10%;"></td><td style="width: 10%;">4th - PB tie</td></tr> <tr><td>2. Emma Johnson</td><td>6' 0"</td><td></td><td></td></tr> <tr><td>3. Maddy Graham</td><td>DNJ</td><td></td><td></td></tr> </table>	1. Allyson Chromey	7' 0"		4th - PB tie	2. Emma Johnson	6' 0"			3. Maddy Graham	DNJ																																																																		
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CHENGWATANA INVITATIONAL TRACK MEET

Friday, April 26, 2019, 4:00

Pine City Boys' Results

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SECTION 7AA TRUE TEAM TRACK MEET (Esko)

Tuesday, May 7, 2019, 12:30

Pine City Girls' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 10%;">1. Grace Grubbs</td> <td style="width: 15%;">(80, 80)</td> <td style="width: 15%;">2:39.9</td> <td style="width: 10%;">BTY</td> <td style="width: 50%;"></td> </tr> <tr> <td>2. Sophie Lahti</td> <td>(79, 79)</td> <td>2:38.0</td> <td>PB</td> <td></td> </tr> <tr> <td>3. Ella Sell</td> <td>(77, 88)</td> <td>2:45.0</td> <td>PB</td> <td></td> </tr> <tr> <td>4. Alaina Steele</td> <td><u>(69, 76)</u></td> <td><u>2:25.0</u></td> <td>BTY</td> <td></td> </tr> <tr> <td></td> <td>10:30.18</td> <td></td> <td>3rd - BTY</td> <td>#8</td> </tr> </table>	1. Grace Grubbs	(80, 80)	2:39.9	BTY		2. Sophie Lahti	(79, 79)	2:38.0	PB		3. Ella Sell	(77, 88)	2:45.0	PB		4. Alaina Steele	<u>(69, 76)</u>	<u>2:25.0</u>	BTY			10:30.18		3rd - BTY	#8	<p>Pole Vault</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 10%;">1. Allyson Chromey</td> <td style="width: 15%;">7' 0"</td> <td style="width: 25%;">13th tie - PB tie</td> </tr> <tr> <td>2. Emma Johnson</td> <td>7' 0"</td> <td>15th - PB tie</td> </tr> </table> <p>Long Jump</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 10%;">1. Dorothy Miller</td> <td style="width: 15%;">14' 5"</td> <td style="width: 25%;">7th</td> </tr> <tr> <td>2. Kelsey Erickson</td> <td>13' 10"</td> <td>11th</td> </tr> </table>	1. Allyson Chromey	7' 0"	13th tie - PB tie	2. Emma Johnson	7' 0"	15th - PB tie	1. Dorothy Miller	14' 5"	7th	2. Kelsey Erickson	13' 10"	11th																		
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<p>3200 m Run</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 10%;">1. Arissa Rydberg</td> <td style="width: 15%;">12:47.31</td> <td style="width: 10%;">3rd - PB</td> <td style="width: 15%;">#10</td> <td style="width: 50%;"></td> </tr> <tr> <td></td> <td>(1:33, 1:33, 1:35, 1:39, 1:42, 1:37, 1:38, 1:30)</td> <td></td> <td></td> <td></td> </tr> <tr> <td>2. Eva Johnson</td> <td>12:47.34</td> <td>4th - PB</td> <td></td> <td></td> </tr> <tr> <td></td> <td>(1:29, 1:35, 1:36, 1:36, 1:40, 1:40, 1:40, 1:31)</td> <td></td> <td></td> <td></td> </tr> </table>	1. Arissa Rydberg	12:47.31	3rd - PB	#10			(1:33, 1:33, 1:35, 1:39, 1:42, 1:37, 1:38, 1:30)				2. Eva Johnson	12:47.34	4th - PB				(1:29, 1:35, 1:36, 1:36, 1:40, 1:40, 1:40, 1:31)				<p style="text-align: center;"><u>TEAM RESULTS:</u></p> <table border="0" style="width: 100%;"> <tr><td>1. Cloquet</td><td style="text-align: right;">597</td><td></td></tr> <tr><td>2. Hibbing</td><td style="text-align: right;">513.5</td><td style="text-align: right;">-83.5</td></tr> <tr><td>3. Chisago Lakes</td><td style="text-align: right;">457</td><td style="text-align: right;">-140</td></tr> <tr><td>4. Hermantown</td><td style="text-align: right;">440</td><td style="text-align: right;">-157</td></tr> <tr><td>5. Pine City</td><td style="text-align: right;">421</td><td style="text-align: right;">-176</td></tr> <tr><td>6. North Branch</td><td style="text-align: right;">402.5</td><td style="text-align: right;">-194.5</td></tr> <tr><td>7. Grand Rapids</td><td style="text-align: right;">400.5</td><td style="text-align: right;">-196.5</td></tr> <tr><td>8. Mora</td><td style="text-align: right;">384.5</td><td style="text-align: right;">-212.5</td></tr> <tr><td>9. Esko</td><td style="text-align: right;">264.5</td><td style="text-align: right;">-332.5</td></tr> <tr><td>10. Proctor</td><td style="text-align: right;">247.5</td><td style="text-align: right;">-349.5</td></tr> <tr><td>11. Duluth Denfeld</td><td style="text-align: right;">183</td><td style="text-align: right;">-414</td></tr> </table>	1. Cloquet	597		2. Hibbing	513.5	-83.5	3. Chisago Lakes	457	-140	4. Hermantown	440	-157	5. Pine City	421	-176	6. North Branch	402.5	-194.5	7. Grand Rapids	400.5	-196.5	8. Mora	384.5	-212.5	9. Esko	264.5	-332.5	10. Proctor	247.5	-349.5	11. Duluth Denfeld	183	-414		
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SECTION 7AA TRUE TEAM TRACK MEET (Esko)

Tuesday, May 7, 2019, 12:30

Pine City Boys' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr><td style="width: 10%;">1. George Ausmus</td><td style="width: 15%;">(62, 69)</td><td style="width: 15%;">2:11.5</td><td style="width: 10%;">PB</td></tr> <tr><td>2. Timmy Johnson</td><td>(64, 69)</td><td>2:13.5</td><td>PB</td></tr> <tr><td>3. Drake Willert</td><td>(64, 72)</td><td>2:16.0</td><td>PB</td></tr> <tr><td>4. Noah Miller</td><td><u>(67, 79)</u></td><td><u>2:25.5</u></td><td></td></tr> <tr><td></td><td>9:07.65</td><td>10th - BTY</td><td></td></tr> </table>	1. George Ausmus	(62, 69)	2:11.5	PB	2. Timmy Johnson	(64, 69)	2:13.5	PB	3. Drake Willert	(64, 72)	2:16.0	PB	4. Noah Miller	<u>(67, 79)</u>	<u>2:25.5</u>			9:07.65	10th - BTY		<p>Pole Vault</p> <table border="0" style="width: 100%;"> <tr><td style="width: 10%;">1. Dawson Clifford</td><td style="width: 15%;">11' 0"</td><td style="width: 10%;">3rd - PB tie</td></tr> <tr><td>2. TJ Rank</td><td>10' 0"</td><td>8th - PB tie</td></tr> </table>	1. Dawson Clifford	11' 0"	3rd - PB tie	2. TJ Rank	10' 0"	8th - PB tie																			
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GREAT RIVER CONFERENCE TRACK MEET (Braham)
Tuesday, May 14, 2019, 3:30
Pine City Girls' Results

4 x 800 m Relay	1. Ella Sell (76, 87) 2:43.7 PB	Pole Vault	1. Maddy Graham 7' 8" 6th - PB
	2. Grace Grubbs (73, 87) 2:40.8		2. Allyson Chromey 6' 8"
	3. Sophie Lahti (75, 87) 2:42.6		3. Emma Johnson NH
	4. Lydia Adams (76, 92) 2:48.6		
	10:55.57 1st		
	****ALL-CONFERENCE****		
100 m Hurdles	1. Dorothy Miller P: 18.86 F: 18.04 3rd - BTY	Long Jump	1. Kelsey Erickson 15' 5" 1st - PB
	2. Kloey Lind P: 19.41 F: 19.17 5th - PB		****ALL-CONFERENCE****
	3. Megan Cunnien P: 19.99 BTY		2. Dorothy Miller 14' 3" 5th
			3. Livia Isackson-Rod 13' 7.5"
100 m Dash	1. Ellaina Johnson P: 13.54 F: 13.42 2nd - PB #7	Triple Jump	1. Dorothy Miller 33' 11" 1st - PB #3
	****HONORABLE MENTION****		****ALL-CONFERENCE****
	2. Emily Carpenter P: 13.78 F: 13.69 3rd - PB		2. Kelsey Erickson 32' 3" 4th - PB
	3. Emma Johnson P: 13.90 F: 13.93 6th - PB		3. Livia Isackson-Rod 29' 4.75" PB
4 x 200 m Relay	1. Alexis Thieman 29.7 BTY	High Jump	1. Sophie Lahti 4' 10" 1st - PB
	2. Ainsley Vinaja 28.8		****ALL-CONFERENCE****
	3. Emily Carpenter 28.7		2. Livia Isackson-Rod 4' 9" 3rd - PB
	4. Summer Thieman 28.6 PB tie		3. Kensi Tayerle 4' 7" 4th tie
	1:55.81 1st		
	****ALL-CONFERENCE****		
1600 m Run	1. Alaina Steele 5:43.46 2nd - BTY #8	Shot Put	1. Cara Kuhn 30' 0" 2nd - BTY
	(1:19, 1:27, 1:30, 1:25)		****HONORABLE MENTION****
	****HONORABLE MENTION****		2. Emma Schmidt 27' 7" 6th
	2. Arissa Rydberg 5:44.51 3rd - PB		3. Maggie Smetana 23' 7"
	(1:22, 1:27, 1:30, 1:25)	Discus	1. Emma Schmidt 90' 8" 3rd
	3. Eva Johnson 5:46.39 4th - PB		2. Cara Kuhn 87' 8" 4th
	(1:22, 1:26, 1:30, 1:27)		3. Maggie Smetana 77' 8" 8th - PB
4 x 100 m Relay	1. Ellaina Johnson 13.6		
	2. Allyson Chromey 13.4 BTY		
	3. Emma Johnson 13.3		
	4. Kensi Tayerle 13.4 BTY		
	53.72 1st - BTY #9		
	****ALL-CONFERENCE****		
400 m Dash	1. Ella Sell 68.63 PB		
	2. Kaylee Prihoda 68.67 BTY		
	3. Aaleaha Thieman 69.26 BTY		
300 m Hurdles	1. Sophie Lahti 53.69 4th		
	2. Kloey Lind 54.78 5th - PB		
	3. Megan Cunnien 59.49 BTY		
800 m Run	1. Alaina Steele (71, 77) 2:28.37 1st		
	****ALL-CONFERENCE****		
	2. Lydia Adams (77, 80) 2:37.40 3rd - PB		
	3. Grace Grubbs (79, 83) 2:42.55 6th - BTY		
200 m Dash	1. Ellaina Johnson 27.05 2nd - PB #4		
	****HONORABLE MENTION****		
	2. Ainsley Vinaja 28.17 3rd - PB		
	3. Emily Carpenter 28.78 5th		
3200 m Run	1. Arissa Rydberg 12:46.19 3rd - PB		
	(1:32, 1:35, 1:34, 1:34, 1:35, 1:39, 1:42, 1:35)		
	2. Hailee Rydberg 14:57.81 6th - PB		
	(1:35, 1:47, 1:51, 1:53, 1:56, 1:59, 2:01, 1:54)		
	3. Eva Johnson DNR Injury		
4 x 400 m Relay	1. Grace Grubbs 68.8 BTY		
	2. Sophie Lahti 67.4		
	3. Lydia Adams 66.2 BTY		
	4. Alaina Steele 63.7		
	4:26.21 1st - BTY		
	****ALL-CONFERENCE****		
		<u>Top Point Getters</u>	
		1. Sophie Lahti 25	
		2. Alaina Steele 23	
		3. Ellaina Johnson 21	
		4. Dorothy Miller 20	
		5. Lydia Adams 16	
		6. Emily Carpenter 15	
		6. Kelsey Erickson 15	
		8. Grace Grubbs 13	
		8. Cara Kuhn 13	
		10. Arissa Rydberg 12	
		11. Ainsley Vinaja 11	
		12. Kensi Tayerle 10	
		13. Emma Schmidt 9	
		14. Kloey Lind 8	
		14. Emma Johnson 8	
		16. Livia Isackson-Rod 6	
		17. Eva Johnson 5	
		17. Allyson Chromey 5	
		17. Alexis Thieman 5	
		17. Summer Thieman 5	
		17. Ella Sell 5	
		22. Maddy Graham 3	
		22. Hailee Rydberg 3	
		24. Maggie Smetana 1	
		24 total scorers	
		15 All-Conference	
		3 Honorable Mention	
		<u>TEAM RESULTS:</u>	
		1. Pine City 216.5	
		2. Rush City 148	-68.5
		3. Braham 82	-134.5
		4. Mille Lacs 77	-139.5
		5. Aitkin 72	-144.5
		6. Ogilvie 43	-173.5
		7. East Central 38.5	-178
		8. Hinckley-Finlayson 13	-203.5

GREAT RIVER CONFERENCE TRACK MEET (Braham)

Tuesday, May 14, 2019, 3:30

Pine City Boys' Results

4 x 800 m Relay	1. Drake Willert	(64, 69)	2:13.7	PB
	2. Charlie Emmons	(70, 75)	2:25.1	PB
	3. Noah Miller	(68, 79)	2:27.5	
	4. George Ausmus	<u>(79, 92)</u>	<u>2:52.0</u>	
		9:58.10	2nd	

****HONORABLE MENTION****

110 m Hurdles	1. TJ Rank	P: 18.05	F: 17.14	3rd - PB #6
	2. Dawson Clifford	P: 18.29	F: 18.42	5th
	3.			

100 m Dash	1. Hunter Peacock	P: 12.21	F: 12.12	3rd - PB
	2. Tryston West	P: 12.13	F: 12.23	4th - PB
	3. Trever DePeppe	P: 12.94		PB

4 x 200 m Relay	1. Jason Thieman	26.3	PB
	2. Jeffrey Carlbom	25.0	PB
	3. Hunter Peacock	23.5	PB
	4. Michael Gerold	<u>25.7</u>	<u>PB</u>
		1:40.63	2nd - BTY

****HONORABLE MENTION****

1600 m Run	1. Tommy Ryan	4:47.25	2nd
	(1:06, 1:10, 1:14, 1:15)		
	****HONORABLE MENTION****		
2. Logan Vinaja	4:48.56	3rd	
(1:07, 1:12, 1:19, 1:10)			
3. Timmy Johnson	5:05.39	8th - BTY	
(1:09, 1:12, 1:22, 1:23)			

4 x 100 m Relay	1. Jason Thieman	12.6	
	2. Jeffrey Carlbom	11.5	PB
	3. Steven Hart	12.4	
	4. Kenny Vo	<u>13.0</u>	
		49.33	3rd - BTY

400 m Dash	1. Tryston West	54.19	3rd - PB
	2. Caleb Fromm	54.68	5th - PB
	3. Damion Torgerson	59.52	PB

300 m Hurdles	1. TJ Rank	43.44	1st - BTY #5
	****ALL-CONFERENCE****		
	2. Tucker Dalen	47.54	5th
3. Jason Thieman	47.97	7th	

800 m Run	1. Logan Vinaja	(69, 60)	2:09.46	1st
	****ALL-CONFERENCE****			
	2. George Ausmus	(68, 64)	2:12.21	3rd - PB
3. Noah Miller	(72, 71)	2:24.21	7th - PB	

200 m Dash	1. Tryston West	24.28	3rd - PB
	2. Hunter Peacock	24.50	4th - PB
	3. Caleb Fromm	25.21	

3200 m Run	1. Tommy Ryan	10:35.03	3rd - BTY
	(1:12, 1:16, 1:17, 1:21, 1:22, 1:23, 1:24, 1:17)		
	2. Drake Willert	11:31.85	5th - PB
(1:18, 1:23, 1:27, 1:30, 1:31, 1:32, 1:29, 1:20)			
3. Timmy Johnson	11:43.52	7th	
(1:18, 1:22, 1:27, 1:30, 1:32, 1:36, 1:34, 1:21)			

4 x 400 m Relay	1. TJ Rank	55.8	PB
	2. Caleb Fromm	55.8	
	3. Tommy Ryan	54.4	BTY
	4. Logan Vinaja	<u>54.6</u>	
		3:40.68	1st

****ALL-CONFERENCE****

Pole Vault	1. Dawson Clifford	11' 6"	1st - PB #10
	****ALL-CONFERENCE****		
	2. TJ Rank	10' 2"	2nd - PB
****HONORABLE MENTION****			
3. Steven Hart	8' 8"	6th - PB	

Long Jump	1. Tucker Dalen	18' 5.75"	3rd
	2. Jeffrey Carlbom	18' 3.5"	6th - PB
	3. Dawson Clifford	17' 11.5"	8th

Triple Jump	1. Tucker Dalen	39' 6.5"	1st
	****ALL-CONFERENCE****		
	2. Logan Vinaja	36' 0.75"	5th
3. Jeffrey Carlbom	34' 6.75"	7th - PB	

High Jump	1. Tucker Dalen	5' 7"	2nd
	****HONORABLE MENTION****		
	2. Mattis Burkert	5' 5"	3rd - PB
3. Steven Hart	5' 1"	7th - PB	

Shot Put	1. JJ Preston	42' 9"	2nd - PB #5
	****HONORABLE MENTION****		
	2. Vinny David	36' 4"	6th - PB
3. Kenny Vo	33' 6"		

Discus	1. JJ Preston	116' 10"	2nd - PB
	****HONORABLE MENTION****		
	2. Kenny Vo	88' 4"	8th
3. Vinny David	82' 10"	PB	

Top Point Getters

1. TJ Rank	29
2. Tucker Dalen	28
3. Logan Vinaja	25
4. Tommy Ryan	19
4. Tryston West	17
6. JJ Preston	16
7. Dawson Clifford	15
7. Hunter Peacock	15
9. Jeffrey Carlbom	12
10. George Ausmus	10
11. Caleb Fromm	9
11. Jason Thieman	9
13. Drake Willert	8
13. Steven Hart	8
15. Noah Miller	6
15. Mattis Burkert	6
17. Kenny Vo	4
17. Charlie Emmons	4
17. Michael Gerold	4
20. Timmy Johnson	3
20. Vinny David	3

21 total scorers

6 All-Conference
12 Honorable Mention

TEAM RESULTS:

1. Pine City	220	
2. Hinckley-Finlayson	139	-81
3. Rush City	134	-86
4. East Central	69	-151
5. Braham	56	-164
6. Altin	55	-165
7. Ogilvie	9	-211

GRC RELAY TRACK MEET

Thursday, May 16, 2019, 3:45

Pine City Girls' Results

4 x 800 m Relay	1. Arissa Rydberg (1:33, 1:39) 3:12 2. Alaina Steele (1:41, 1:52) 3:33 3. Lydia Adams (1:41, 1:51) 3:32 4. Grace Grubbs (1:48, 2:09) 3:57 <hr style="width: 100%;"/> 14:16.8 3rd	Pole Vault	1. Emma Johnson 6' 0" 2. Ghost 5' 0" 3. 4. <hr style="width: 100%;"/> 11' 0" 4th
100 m Hurdle Relay (shuttle)	1. Kloey Lind 20.4 2. Megan Cunnien 21.4 3. Dorothy Miller 17.0 <hr style="width: 100%;"/> 58.4 2nd	Long Jump	1. Kelsey Erickson 2. Livia Isackson-Rod 3. Hailee Rydberg 4. <hr style="width: 100%;"/> 37' 11" 4th
4 x 200 m Relay	1. Ellaina Johnson 28.8 2. Allyson Chromey 28.9 3. Kensi Tayerle 30.6 4. Ainsley Vinaja 28.5 <hr style="width: 100%;"/> 1:56.7 1st	High Jump	1. Sophie Lahti 4' 8" 2. Livia Isackson-Rod 3. Kensi Tayerle 4. Kloey Lind 4' 4" <hr style="width: 100%;"/> 13' 8" 1st tie
4 x 200 m Relay Exhibition	1. Grace Grubbs 30.2 2. Sophie Lahti 28.0 3. Lydia Adams 29.7 4. Alaina Steele 30.0 <hr style="width: 100%;"/> 1:57.7 *2nd	Triple Jump	1. Dorothy Miller 31' 9" 2. Kelsey Erickson 30' 3" 3. Livia Isackson-Rod 4. Lola Brouwer <hr style="width: 100%;"/> 110' 10.5" 1st
4 x 1600 m Relay	1. None 2. 3. <hr style="width: 100%;"/>	Shot Put	1. Maggie Smetana 24' 10.5" 2. Ella Schultz 22' 2.5" 3. Lola Brouwer 21' 2" 4. Jennifer Dupla 21' 1.5" <hr style="width: 100%;"/> 67' 3" 5th tie
800m Sprind Med. (100-100-200-400)	1. Lena Roubinek 13.7 2. Alexis Thieman 13.4 3. Aaleaha Thieman 30.8 4. Summer Thieman 68.5 <hr style="width: 100%;"/> 2:06.4 2nd	Discus	1. Cara Kuhn 79' 11" 2. Maggie Smetana 69' 0" 3. Jennifer Dupla 64' 11" 4. <hr style="width: 100%;"/> 213' 10" 3rd
1600m Sprint Med (200-200-400-800)	1. Kaylee Prihoda 29.6 2. Kloey Lind 30.0 3. Sophie Lahti 68.0 4. Hailee Rydberg 3:05 <hr style="width: 100%;"/> 5:12.6 4th		
4 x 100m Relay	1. Alexis Thieman 14.2 2. Kaylee Prihoda 13.5 3. Lena Roubinek 14.5 4. Emma Johnson 13.0 <hr style="width: 100%;"/> 55.1 1st	TEAM RESULTS:	
4x400m Relay	1. Ella Sell 68.5 2. Arissa Rydberg 70.8 3. Hailee Rydberg 80.5 4. Kaylee Prihoda 74.8 <hr style="width: 100%;"/> 4:53.4 3rd	1. Rush City 125 2. Mille Lacs 104 3. Pine City 87 4. Braham 67.5 5. Aitkin 38 6. Hinckley-Finlayson 18.5 7. East Central 12	
Throwers Relay	1. Lola Brouwer 16.6 2. Vinny David 15.8 3. Frederick Ausmus 15.1 4. Jennifer Dupla 19.6 <hr style="width: 100%;"/> 67.2		

GRC RELAY TRACK MEET

Thursday, May 16, 2019, 3:45

Pine City Boys' Results

4 x 800 m Relay	1. Timmy Johnson (62, 76) 2:18	Pole Vault	1. TJ Rank	
	2. Logan Vinaja 2:10		2. Steven Hart	
	3. George Ausmus (72, 79) 2:33		3. Jeffrey Carlbom	
	4. Charlie Emmons (1:35, 1:45) 3:20		4.	
	<hr/> 10:20.7 2nd			28' 6" 2nd
110 m Hurdle	1. NONE	Long Jump	1. Tucker Dalen	19' 4"
Relay (shuttle)	2.		2. Dawson Clifford	
	3.		3. Tryston West	
	<hr/>		4. Steven Hart	
				53' 9.25" 1st
4 x 200 m Relay	1. Michael Gerold 25.7	High Jump	1. Tucker Dalen	
	2. Hunter Peacock 26.5		2.	
	3. Timmy Johnson 26.0		3.	
	4. Tryston West 25.4		4.	
	<hr/> 1:43.4 3rd			10' 8" 3rd
4 x 200 m Relay	1. Alexis Thieman 29.2	Triple Jump	1. Dawson Clifford	37' 9.5"
Thieman Relay	2. Aaleaha Thieman 30.2		2. Tucker Dalen	37' 9"
	3. Jason Thieman 26.4		3. Jeffrey Carlbom	
	4. Summer Thieman 27.9		4.	
	<hr/> 1:53.6			91' 3" 3rd
4 x 1600 m Relay	1. Charlie Emmons 5:23	Shot Put	1. JJ Preston	42' 4"
	2. Noah Miller 5:26		2. Vinny David	
	3. Caleb Cunnien 5:45		3. Tristen Moore	
	4. Tommy Ryan DNF		4. Kenny Vo	
	<hr/> 22:24.1 2nd			110' 7.75" 1st
800m Sprind Med.	1. Jason Thieman 12.5	Discus	1. Vinny David	
(100-100-200-400)	2. Trever DePoppe 11.4		2. Fredrick Ausmus	
	3. TJ Rank 28.0		3. Maxwell Jackson	
	4. Michael Gerold 58.5		4. Michael Gerold	76' 1"
	<hr/> 1:50.1 4th			136' 1" 5th
1600m Sprint Med	1. Dawson Clifford 26.0			
(200-200-400-800)	2. Jeffrey Carlbom 24.6			
	3. Caleb Cunnien 61.6			
	4. Drake Willert 2:23.3			
	<hr/> 4:15.4 2nd			
4 x 100m Relay	1. Jason Thieman 13.4			
	2. Hunter Peacock 12.1			
	3. Jeffrey Carlbom 11.8			
	4. Micheal Gerold 12.8			
	<hr/> 50.0 4th			
4x400m Relay	1. Caleb Cunnien 63.9			
	2. Drake Willert 68.8			
	3. Noah Miller 73.0			
	4. TJ Rank 68.5			
	<hr/> 4:33.9 3rd			
Coaches Relay	1. Coach Etta 19.8 130m			
	2. Coach Stoltz 8.9 60m			
	3. Coach Clementson 27.2 210m			
	4.			
	<hr/> 55.9 2nd			

TEAM RESULTS:

1. Rush City	135
2. Pine City	86
3. Aitkin	66
4. Braham	53
5. East Central	45
6. Hinckley-Finlayson	37

SUB-SECTION 18 TRACK MEET @ Pine City

Tuesday, May 21, 2019, 3:30

Pine City Girls' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Ella Sell</td><td>(79, 89)</td><td>2:48.4</td><td></td></tr> <tr><td>2. Grace Grubbs</td><td>(77, 85)</td><td>2:42.4</td><td></td></tr> <tr><td>3. Sophie Lahti</td><td>(75, 81)</td><td>2:36.8</td><td>PB</td></tr> <tr><td>4. Lydia Adams</td><td>(75, 94)</td><td>2:50.3</td><td></td></tr> <tr><td colspan="2"></td><td style="border-top: 1px solid black;">10:57.97</td><td>2nd</td></tr> </table> <p style="text-align: center;">**** QUALIFIES FOR SECTIONS ****</p> <p>100 m Hurdles</p> <table border="0" style="width: 100%;"> <tr><td>1. Kloey Lind</td><td>P: 19.53</td><td>F: 19.65</td><td>7th</td></tr> <tr><td>2. Megan Cunnien</td><td>P: 19.99</td><td></td><td></td></tr> </table> <p>100 m Dash</p> <table border="0" style="width: 100%;"> <tr><td>1. Ellaina Johnson</td><td>P: 13.49</td><td>F: 13.48</td><td>3rd</td></tr> <tr><td colspan="4" style="text-align: center;">**** QUALIFIES FOR SECTIONS ****</td></tr> <tr><td>2. Emily Carpenter</td><td>P: 13.79</td><td>F: 13.70</td><td>5th</td></tr> <tr><td>3. Lena Roubinek</td><td>P: 14.02</td><td></td><td>PB</td></tr> </table> <p>4 x 200 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Summer Thieman</td><td>30.0</td><td></td><td></td></tr> <tr><td>2. Kensi Tayerle</td><td>27.2</td><td>BTY</td><td></td></tr> <tr><td>3. Ainsley Vinaja</td><td>28.3</td><td></td><td></td></tr> <tr><td>4. Alaina Steele</td><td>28.1</td><td></td><td></td></tr> <tr><td colspan="2"></td><td style="border-top: 1px solid black;">1:53.78</td><td>3rd - BTY</td></tr> </table> <p>1600 m Run</p> <table border="0" style="width: 100%;"> <tr><td>1. Arissa Rydberg</td><td>5:46.80</td><td>3rd</td></tr> <tr><td colspan="3">(1:24, 1:28, 1:30, 1:23)</td></tr> <tr><td colspan="3" style="text-align: center;">**** QUALIFIES FOR SECTIONS ****</td></tr> <tr><td>2. Abby Aagaard</td><td>6:39.67</td><td></td></tr> <tr><td colspan="3">(1:34, 1:45, 1:50, 1:30)</td></tr> <tr><td>3. Hailee Rydberg</td><td>6:46.74</td><td></td></tr> <tr><td colspan="3">(1:38, 1:44, 1:48, 1:35)</td></tr> </table> <p>4 x 100 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Ellaina Johnson</td><td>13.6</td><td></td><td></td></tr> <tr><td>2. Allyson Chromey</td><td>14.5</td><td></td><td></td></tr> <tr><td>3. Emma Johnson</td><td>13.3</td><td></td><td></td></tr> <tr><td>4. Emily Carpenter</td><td>12.4</td><td>PB</td><td></td></tr> <tr><td colspan="2"></td><td style="border-top: 1px solid black;">53.98</td><td>3rd</td></tr> </table> <p>400 m Dash</p> <table border="0" style="width: 100%;"> <tr><td>1. Kaylee Prihoda</td><td>69.57</td><td></td><td></td></tr> <tr><td>2. Alexis Thieman</td><td>69.77</td><td>BTY</td><td></td></tr> <tr><td>3. Aaleaha Thieman</td><td>70.84</td><td></td><td></td></tr> </table> <p>300 m Hurdles</p> <table border="0" style="width: 100%;"> <tr><td>1. Sophie Lahti</td><td>52.31</td><td>5th - PB</td></tr> <tr><td>2. Kloey Lind</td><td>54.67</td><td>7th - PB</td></tr> <tr><td>3. Megan Cunnien</td><td>57.93</td><td>BTY</td></tr> </table> <p>800 m Run</p> <table border="0" style="width: 100%;"> <tr><td>1. Alaina Steele</td><td>(74, 73)</td><td>2:27.78</td><td>2nd</td></tr> <tr><td colspan="4" style="text-align: center;">**** QUALIFIES FOR SECTIONS ****</td></tr> <tr><td>2. Lydia Adams</td><td>(79, 80)</td><td>2:39.88</td><td>6th</td></tr> <tr><td>3. Grace Grubbs</td><td>(80, 84)</td><td>2:44.62</td><td>7th</td></tr> </table> <p>200 m Dash</p> <table border="0" style="width: 100%;"> <tr><td>1. Emily Carpenter</td><td>28.26</td><td>3rd - PB</td></tr> <tr><td colspan="3" style="text-align: center;">**** QUALIFIES FOR SECTIONS ****</td></tr> <tr><td>2. Ainsley Vinaja</td><td>28.37</td><td>4th</td></tr> <tr><td colspan="3" style="text-align: center;">**** QUALIFIES FOR SECTIONS ****</td></tr> <tr><td>3. Ellaina Johnson</td><td>28.43</td><td>5th</td></tr> </table> <p>3200 m Run</p> <table border="0" style="width: 100%;"> <tr><td>1. Eva Johnson</td><td>12:37.26</td><td>3rd - PB</td><td>#7</td></tr> <tr><td colspan="4">(1:26, 1:33, 1:34, 1:36, 1:38, 1:39, 1:40, 1:29)</td></tr> <tr><td colspan="4" style="text-align: center;">**** QUALIFIES FOR SECTIONS ****</td></tr> <tr><td>2. Arissa Rydberg</td><td>12:44.81</td><td>4th - PB</td><td></td></tr> <tr><td colspan="4">(1:26, 1:33, 1:35, 1:36, 1:39, 1:40, 1:41, 1:34)</td></tr> <tr><td colspan="4" style="text-align: center;">**** QUALIFIES FOR SECTIONS ****</td></tr> </table> <p>4 x 400 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Summer Thieman</td><td>68.0</td><td>PB</td><td></td></tr> <tr><td>2. Sophie Lahti</td><td>66.0</td><td>PB</td><td></td></tr> <tr><td>3. Lydia Adams</td><td>65.0</td><td>BTY</td><td></td></tr> <tr><td>4. 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Emma Johnson	13.3			4. Emily Carpenter	12.4	PB				53.98	3rd	1. Kaylee Prihoda	69.57			2. Alexis Thieman	69.77	BTY		3. Aaleaha Thieman	70.84			1. Sophie Lahti	52.31	5th - PB	2. Kloey Lind	54.67	7th - PB	3. Megan Cunnien	57.93	BTY	1. Alaina Steele	(74, 73)	2:27.78	2nd	**** QUALIFIES FOR SECTIONS ****				2. Lydia Adams	(79, 80)	2:39.88	6th	3. Grace Grubbs	(80, 84)	2:44.62	7th	1. Emily Carpenter	28.26	3rd - PB	**** QUALIFIES FOR SECTIONS ****			2. Ainsley Vinaja	28.37	4th	**** QUALIFIES FOR SECTIONS ****			3. Ellaina Johnson	28.43	5th	1. Eva Johnson	12:37.26	3rd - PB	#7	(1:26, 1:33, 1:34, 1:36, 1:38, 1:39, 1:40, 1:29)				**** QUALIFIES FOR SECTIONS ****				2. Arissa Rydberg	12:44.81	4th - PB		(1:26, 1:33, 1:35, 1:36, 1:39, 1:40, 1:41, 1:34)				**** QUALIFIES FOR SECTIONS ****				1. Summer Thieman	68.0	PB		2. Sophie Lahti	66.0	PB		3. Lydia Adams	65.0	BTY		4. 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7. East Central	39	-92.67																																																																																																																																																																																																																																																																																																																																																		
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SUB-SECTION 18 TRACK MEET @ Pine City

Tuesday, May 21, 2019, 3:30

Pine City Boys' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;">Drake Willert</td> <td style="width: 10%;">(66, 72)</td> <td style="width: 10%;">2:18.2</td> <td style="width: 10%;"></td> </tr> <tr> <td>2.</td> <td>Charlie Emmons</td> <td>(68, 75)</td> <td>2:23.8</td> <td>PB</td> </tr> <tr> <td>3.</td> <td>Noah Miller</td> <td>(71, 76)</td> <td>2:27.4</td> <td></td> </tr> <tr> <td>4.</td> <td>George Ausmus</td> <td><u>(63, 74)</u></td> <td><u>2:18.0</u></td> <td></td> </tr> <tr> <td></td> <td></td> <td>9:27.33</td> <td>4th</td> <td></td> </tr> </table>	1.	Drake Willert	(66, 72)	2:18.2		2.	Charlie Emmons	(68, 75)	2:23.8	PB	3.	Noah Miller	(71, 76)	2:27.4		4.	George Ausmus	<u>(63, 74)</u>	<u>2:18.0</u>				9:27.33	4th		<p>Pole Vault</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;">Dawson Clifford</td> <td style="width: 10%;">10' 8"</td> <td style="width: 10%;">2nd</td> </tr> <tr> <td></td> <td colspan="3" style="text-align: center;">**** QUALIFIES FOR SECTIONS ****</td> </tr> <tr> <td>2.</td> <td>TJ Rank</td> <td>NH</td> <td></td> </tr> <tr> <td>3.</td> <td>Steven Hart</td> <td>DNV</td> <td>Hurt</td> </tr> </table>	1.	Dawson Clifford	10' 8"	2nd		**** QUALIFIES FOR SECTIONS ****			2.	TJ Rank	NH		3.	Steven Hart	DNV	Hurt																																			
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SECTION 5A TRACK MEET @ St. John's University
Wednesday, May 29, 2019, 10:30
Pine City Girls' Results

4 x 800 m Relay	1. Lydia Adams	(72, 87)	2:39.3		High Jump	1. Sophie Lahti	4' 6"	15th
11:00 AM	2. Sophie Lahti	(78, 83)	2:41.1		10:30 AM			
	3. Grace Grubbs	(75, 86)	2:41.7					
	4. Ella Sell	<u>(81, 91)</u>	<u>2:52.3</u>		Long Jump	1. Kelsey Erickson	15' 2.75"	10th
		10:56.75	8th		10:30 AM			
100 m Dash	1. Ellaina Johnson	DNR	Injury		Triple Jump	1. Kelsey Erickson	30' 1.25"	16th
12:00 PM					1:00 PM			
1:20 Finals								
1600 m Run	1. Arissa Rydberg	5:44.24	8th - PB	#10	Discus	1. Emma Schmidt	77' 9"	16th
1:50 PM		(1:19, 1:26, 1:30, 1:29)			10:30 AM			
800 m Run	1. Alaina Steele	(67, 73)	2:20.78	1st - BTY #3	Shot Put	1. Cara Kuhn	30' 2.5"	12th
3:20 PM		****QUALIFIES FOR STATE****			12:15 PM			

TEAM RESULTS:

200 m Run	1. Emily Carpenter	28.26	11th - PB tie		1. Rockford	121
3:45 PM					2. Albany	70
	2. Ainsley Vinaja	28.47	12th		3. Eden Valley W.K.	59
3200 m Run	1. Eva Johnson	12:31.37	9th - PB	#5	4. Maple Lake	54
4:05 PM		(1:27, 1:29, 1:33, 1:36, 1:37, 1:38, 1:40, 1:30)			5. Watertown-Mayer	41
	2. Arissa Rydberg	12:50.42	11th		6. Litchfield	36
		(1:27, 1:29, 1:33, 1:37, 1:38, 1:43, 1:44, 1:38)			7. Rush City	33
4 x 400 m Relay	1. Summer Thieman	63.8	PB		8. Howard Lake -W.W.	32
4:35 PM	2. Sophie Lahti	67.0			9. St. Cloud Cathedral	31.25
	3. Lydia Adams	66.0			10. Mora	29
	4. Alaina Steele	<u>67.0</u>			11. Spectrum	28
		4:24.77	8th		11. Milaca	25
					13. Northwest Nighthawks	23
					14. Pierz	22.75
					15. Braham	22
					16. Annandale	21
					17. Pine City	13
					17. Paynesville	11.5
					19. New London Spicer	9
					19. Holdingford	7.75
					21. St. John's Prep	6
					22. Legacy Christian A.	3
					22. NLA/LILA	2
					24. East Central	1
					25. Mille Lacs	0.75

Top Point Getters

1. Alaina Steele	10.5
2. Sophie Lahti	1
3. Lydia Adams	1
4. Arissa Rydberg	1
5. Grace Grubbs	0.5
6. Ella Sell	0.5
7. Summer Thieman	0.5
8. Emily Carpenter	0
9. Ainsley Vinaja	0
10. Kelsey Erickson	0
11. Eva Johnson	0
12. Cara Kuhn	0
13. Emma Schmidt	0
14. Allison Unverzagt	A
15. Hailee Rydberg	A
16. Ellaina Johnson	DNR

7 total scorers

14 Comp / 16 ALL

12 Events

SECTION 5A TRACK MEET @ Saint John's University
Wednesday, May 29, 2019, 10:30am
Pine City Boys' Results

110 m Hurdles	1. TJ Rank	17.98	15th		Pole Vault	1. Dawson Clifford	10' 3"	13th tie
11:45 AM					10:30 AM			
4 x 200 m Relay	1. Kenny Vo	26.4			Triple Jump	1. Tucker Dalen	38' 0.75"	13th
1:45 PM	2. Caleb Fromm	24.2			10:30 AM	2. Dawson Clifford	37' 8.75"	14th
	3. Hunter Peacock	24.2						
	4. Michael Gerold	24.6	PB					
		1:39.20	7th - BTY					
1600 m Run	1. Tommy Ryan	4:36.18	3rd - PB	#7	Long Jump	1. Tucker Dalen	18' 7.75"	13th
2:00 PM		(1:07, 1:10, 1:14, 1:04)			1:00 PM	2. Dawson Clifford	18' 5.5"	15th
400 m Dash	1. Tryston West	53.65	10th - PB		High Jump	1. Tucker Dalen	5' 7"	11th
2:35 PM					1:00 PM			
300 m Hurdles	1. TJ Rank	43.22	6th - BTY	#5	Discus	1. JJ Preston	128' 10"	6th
3:05 PM	2. Tucker Dalen	48.20	15th		12:15 PM			

800 m Run	1. Logan Vinaja	(59, 60)	1:59.88	1st - PB #3
3:30 PM		****QUALIFIES FOR STATE****		
	2. Tommy Ryan	(64, 68)	2:13.12	14th

4 x 400 m Relay	1. Tryston West	52.4	PB	
4:40 PM	2. Caleb Fromm	53.3	PB	
	3. Tommy Ryan	52.5	PB	
	4. Logan Vinaja	52.5	PB	
		3:30.79	1st - BTY #2	
		****QUALIFIES FOR STATE****		

Top Point Getters

1. Logan Vinaja	15
2. Tommy Ryan	11
3. Caleb Fromm	6
4. Tryston West	5
5. TJ Rank	3
6. JJ Preston	3
7. Kenny Vo	1
8. Hunter Peacock	1
9. Michael Gerold	1
10. Tucker Dalen	0
11. Dawson Clifford	0
12. George Ausmus	A
13. Jason Thieman	A
14. Jeffrey Carlbom	A

9 total scorers

11 Comp / 14 ALL

TEAM RESULTS:

1. Pierz	98
2. Rockford	66
3. Mora	62
4. Hinckley-Finlayson	53
5. Spectrum	47
6. Howard Lake -W.W.	39
7. New London Spicer	38
8. Annandale	37
9. Pine City	34
10. Albany	30
11. Maple Lake	26
12. Eden Valley W.K.	25.5
12. Milaca	25.5
14. Holdingford	20
14. East Central	20
16. St. Cloud Cathedral	18
17. Paynesville	15
17. Northwest Nighthawks	15
19. Royalton	11
20. Litchfield	10
21. Braham	5
22. Atwater Cosmos-G.	3
23. NLA/LILA	2
24. Watertown-Mayer	1
24. Legacy Christian Acad.	1

12 Events

STATE TRACK MEET @ Hamline University
Friday and Saturday, June 7-8, 2019, 3:30pm
Pine City Girls' Results

800 m Run (Prelim) 1. **Alaina Steele (67.0, 72.2) 2:19.25 8th - BTY #3**

(Friday) 5:45 PM

Heat 1 Preliminaries

1 # 612 Maddie Carrington	11 Morris Area/Chok	2:21.86	2:16.40Q
2 # 155 Katrina Sortland	8 Zumbrota-Mazeppa	2:21.23	2:16.41Q
3 # 301 Grace Drietz	9 Canby/Minneota	2:19.66	2:16.91q
4 # 749 Grace Swanson	8 Two Harbors	2:24.87	2:17.22q
5 # 201 McKenna Herrmann	11 Belle Plaine	2:20.38	2:17.61q
6 # 848 Faith Rustad	9 United Clay-Beck	2:20.78	2:18.21q
7 # 417 Sofia Walker	12 Mounds Park Acad	2:26.43	2:19.38q
8 # 257 Madison Daly	9 St. Clair/Imannu	2:21.52	2:24.50

Heat 2 Preliminaries

1 # 723 Ava Hill	11 Mesabi East	2:16.71	2:17.30Q
2 # 537 Alaina Steele	11 Pine City	2:20.78	2:19.25Q
3 # 529 Bethany TenHaken	12 Milaca	2:21.25	2:20.10q
4 # 622 Jorja Gabrielson	8 Ottertail Centra	2:22.57	2:20.58
5 # 851 Eliana Bleess	10 Warroad	2:20.71	2:20.99
6 # 132 Natalie Hagstrom	12 Rochester Area C	2:21.48	2:22.49
7 # 347 Gracie Bucher	10 Windom Area	2:22.38	2:23.68
8 # 431 Brenna Junker	10 St Croix Luthera	2:27.97	2:24.95

800 m Run (Final) 1. **Alaina Steele (65.4, 74.3) 2:19.69 9th**

(Saturday) 6:25 PM

Event 13 Girls 800 Meter Run Class A

=====
Class A Rec: # 2:08.77 1986 Jeanne Kruckeberg, Blooming Prairie
MN All Time: ! 2:06.50 6/6/2015 Ruby Stauber, Wayzata
Nat'l H.S.: + 2:02.04 2011 Amy Weissenbach, Harvard-Westlake, CA
'18 Champion: 2:13.13 6/9/2018 Ava Hill, Mesabi East

Name	Year	School	Prelims	Finals	Points
1 # 723 Ava Hill	11	Mesabi East	2:17.30	2:13.33	12
2 # 301 Grace Drietz	9	Canby/Minneota	2:16.91	2:17.36	10
3 # 529 Bethany TenHaken	12	Milaca	2:20.10	2:18.00	8
4 # 201 McKenna Herrmann	11	Belle Plaine	2:17.61	2:18.39	6
5 # 417 Sofia Walker	12	Mounds Park Acad	2:19.38	2:18.40	5
6 # 612 Maddie Carrington	11	Morris Area/Chok	2:16.40	2:18.84	4
7 # 749 Grace Swanson	8	Two Harbors	2:17.22	2:18.85	3
8 # 155 Katrina Sortland	8	Zumbrota-Mazeppa	2:16.41	2:18.94	2
9 # 537 Alaina Steele	11	Pine City	2:19.25	2:19.69	1
10 # 848 Faith Rustad	9	United Clay-Beck	2:18.21	2:21.42	

TEAM RESULTS

1. Blake	57
2. Cotter	44
3. Rockford	42.5
T38. Rush City	8
T38. Braham	8
T49. Mora	5
T71. Pine City	1

STATE TRACK MEET @ Hamline University
Friday and Saturday, June 7-8, 2019, 3:30pm
Pine City Boys' Results

800 m Run (Prelim) 1. **Logan Vinaja (57.0, 70.1) 2:07.7 16th**
 (Friday) 5:53 PM

Heat 1 Preliminaries

1 # 616 Jaden Maanum	11 Morris Area/Chok	2:02.44	1:56.39Q
2 # 748 Cameron Stocke	8 Virginia	1:58.07	1:56.83Q
3 # 207 Andrew Moeller	12 Fairmont	1:59.44	1:57.40q
4 # 348 Avery Pater	11 SWMCH-EHS	2:02.57	1:58.77q
5 # 802 Roni Tirkkonen	12 Bagley/Fosston	1:59.62	1:59.63
-- # 437 Tommy Allen	11 St. Paul Academy	1:57.96	DQ

Heat 2 Preliminaries

1 # 218 Symon Keiser	11 Jordan	1:59.74	1:57.01Q
2 # 422 Dare Akinmusire	11 Nova Classical A	1:57.77	1:58.56Q
3 # 144 Korrigan Diercks	11 St Charles	1:59.35	1:58.98
4 # 434 Ray Rasmussen	12 St Agnes	1:58.23	1:59.11
5 # 835 Seth Breitwieser	12 Park Rapids	2:00.65	2:00.98
6 # 341 Mason Clark	10 Redwood Valley	2:03.31	2:07.73

Heat 3 Preliminaries

1 # 710 Luke Olson	11 Ely	1:57.76	1:55.84Q
2 # 412 Maxwell Gifford	12 Minnehaha Academ	1:58.41	1:56.20Q
3 # 159 Cole Peters	12 Zumbrota-Mazeppa	1:59.12	1:58.53q
4 # 642 Jacob McCleary	9 Perham	2:03.44	1:58.65q
5 # 549 Leo Duffy	11 Rockford	1:59.95	1:58.99
6 # 547 Logan Vinaja	12 Pine City	1:59.88	2:07.07

TEAM RESULTS

1. Jordan	87
2. Providence Academ	58
3. Pierz	36
17. Hinckley-Finlayson	18
T28. Mora	10
T66. Pine City	2

STATE TRACK MEET @ Hamline University
Friday and Saturday, June 7-8, 2019, 3:30pm
Pine City Boys' Results

4x400 m Relay (Prelim) (Friday) 7:10 PM	1. Tryston West	51.9	PB
	2. Caleb Fromm	52.1	PB
	3. Tommy Ryan	50.9	PB
	4. Logan Vinaja	50.7	PB
		3:25.96	3rd - PB #1

****** NEW SCHOOL RECORD******

Heat 2 Preliminaries

1 Fairmont	3:28.66	3:24.150
1) #210 Jordan Wolter 12	2) #203 Hudson Artz 9	
3) #207 Andrew Moeller 12	4) #206 Dylan Kennedy 12	3:25.950
2 Lanesboro/Fillmore Central/Mab	3:26.60	
1) #116 Drew Wyffels 12	2) #112 Joshua Peters 12	
3) #115 Ben Snyder 10	4) #111 Carson Kiehne 10	3:25.96q
3 Pine City	3:30.79	
1) #548 Tryston West 11	2) #544 Caleb Fromm 10	
3) #546 Tommy Ryan 12	4) #547 Logan Vinaja 12	3:28.38q
4 Luverne	3:30.75	
1) #325 Jordy Thone 12	2) #375 Ashton Sandbulte	
3) #323 Jonah Friedrichsen 11	4) #322 Jedidiah Dooyema 12	3:28.66q
5 Mesabi East	3:32.66	
1) #733 Carson Becicka 12	2) #735 Cole Meyer 11	
3) #732 Tyler Baribeau 12	4) #736 Gavin Skelton 10	3:28.67
6 Montevideo	3:31.19	
1) #328 Trent Dreyer 12	2) #329 Connor Osbon 11	
3) #331 Christian Riley 12	4) #330 Jose Pacheco Murillo 12	3:31.76
7 Nova Classical Academy	3:32.35	
1) #426 Tavin Zeise 11	2) #425 Tobias Liu 10	
3) #424 Noah Johnson 11	4) #422 Dare Akinmusire 11	3:32.30
8 United Clay-Becker	3:35.20	
1) #850 Hunter Magnusson 12	2) #849 Bailey Johnson 12	
3) #848 Nick Donovan 12	4) #851 Jacob Vetter 12	

Heat 1 Preliminaries

1 Morris Area/Chokio-Alberta	3:31.31
1) #610 Camden Arndt 12	2) #614 Zach Hughes 12
3) #621 Mace Yellow 12	4) #616 Jaden Maanum 11
2 Jordan	3:30.78
1) #215 Max Ceplecha 11	2) #214 Caden Bruzek 11
3) #224 Mason Vogel 12	4) #218 Symon Keiser 11
3 Wadena Deer Creek	3:28.23
1) #651 Isaac Hale 12	2) #653 Lucas Hinojos 1
3) #652 Hunter Hawkins 11	4) #655 Bereket Loer 11
4 Dilworth-Glyndon-Felton	3:30.77
1) #810 Alec Gulseth 11	2) #817 Dylan Taves 12
3) #809 Joshua Finseth 9	4) #820 Justin Wang 10
5 Lewiston-Altura	3:26.99
1) #119 William Funk 12	2) #121 Charlie Kaczoro
3) #117 Evan Daley 12	4) #118 Aidan Ellinghu
6 Milaca	3:31.45
1) #515 Asa Erickson 12	2) #519 Andrew Tweet 12
3) #517 Harrison Shepard 11	4) #518 Henry Truebenba
7 St. Paul Academy & Summit Scho	3:32.82
1) #440 Koji Gutzmann 12	2) #442 Jonah Spencer 1
3) #439 Jasper Green 12	4) #437 Tommy Allen 11
8 Ely	3:30.24
1) #709 Nate Nettifee 11	2) #711 Raif Olson 11
3) #705 Emmett Faltesek 10	4) #712 Eric Omerza 11

4x400 m Relay (Final) (Saturday) 7:11 PM	1. Tryston West	51.7	PB
	2. Caleb Fromm	52.0	PB
	3. Tommy Ryan	51.1	
	4. Logan Vinaja	53.6	*tripped up at exchange
		3:29.25	8th

Event 43 Boys 4x400 Meter Relay Class A

Class A Rec:	# 3:20.64	1999	St. Michael-Albertville
			Beaudry, Glaeser, Robeck, Potter
MN All Time:	1 3:16.69	2011	Stillwater Area
			M Day, N Ricci, M Davis, N Goff
Nat'l H.S.:	+ 3:07.40	1985	Hawthorne, CA
			M Marsh, M Graham, S Kelly, H Thomas
'18 Champion:	3:24.26	6/9/2018	Wadena Deer Creek, Wadena Deer Cree
			J Pantages, H Hawkins, C Domier, B Loer

School	Prelims	Finals	Points
1 Fairmont	3:24.15	3:23.96	12
1) #210 Jordan Wolter 12	2) #203 Hudson Artz 9		
3) #207 Andrew Moeller 12	4) #206 Dylan Kennedy 12		
2 Wadena Deer Creek	3:26.25	3:24.09	10
1) #651 Isaac Hale 12	2) #653 Lucas Hinojos 11		
3) #652 Hunter Hawkins 11	4) #655 Bereket Loer 11		
3 Lanesboro/Fillmore Central/Mab	3:25.95	3:25.49	8
1) #116 Drew Wyffels 12	2) #112 Joshua Peters 12		
3) #115 Ben Snyder 10	4) #111 Carson Kiehne 10		
4 Morris Area/Chokio-Alberta	3:25.99	3:26.50	6
1) #610 Camden Arndt 12	2) #614 Zach Hughes 12		
3) #616 Jaden Maanum 11	4) #618 Kenny Soderberg 10		
5 Luverne	3:28.38	3:28.01	5
1) #325 Jordy Thone 12	2) #375 Ashton Sandbulte		
3) #322 Jedidiah Dooyema 12	4) #324 Nicholas Kiers 12		
6 Jordan	3:26.22	3:28.63	4
1) #218 Symon Keiser 11	2) #214 Caden Bruzek 11		
3) #224 Mason Vogel 12	4) #215 Max Ceplecha 11		
7 Mesabi East	3:28.66	3:28.64	3
1) #733 Carson Becicka 12	2) #735 Cole Meyer 11		
3) #732 Tyler Baribeau 12	4) #736 Gavin Skelton 10		
8 Pine City	3:25.96	3:29.25	2
1) #548 Tryston West 11	2) #544 Caleb Fromm 10		
3) #546 Tommy Ryan 12	4) #547 Logan Vinaja 12		
9 Dilworth-Glyndon-Felton	3:27.60	3:30.58	1
1) #810 Alec Gulseth 11	2) #817 Dylan Taves 12		
3) #809 Joshua Finseth 9	4) #820 Justin Wang 10		

STATE TRACK MEET 2019



4x400m Relay – 8th Place – 3:29.25

Prelims (3:25.96)

Tryston West, Caleb Fromm, Tommy Ryan, & Logan Vinaja

Alternates: TJ Rank & George Ausmus

Alaina Steele - 800m – 9th Place – 2:19.69

Prelims (2:19.25)

Logan Vinaja - 800m – 16th Place – 2:07.07 p

GIRLS' "BESTS" - 2019

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run	55 m hurdles	100 m hurdles	300 m hurdles	high jump	long jump	triple jump	discus	shot put	pole vault	
Emily Carpenter - 12	2019		13.69 - ?	28.26 - Sub														
			12.4sp - Sub	28.0sp														
Kaylee Pihoda - 12	2014			33.3 - In TT	78.7 - In TT	2:51.1 - RC	6:37.7 - jh grc											
						2:55sp - Sub												
	2015				71.7 - jh		7:02.0 - Ait	15:07.4 - Og										
						2:57.0sp												
	2016	8.6 - Fol In	15.4 -	30.03 - Cheng	67.71 - GRC	2:51.8 - Tig	7:17.7 - Fol In											
			13.8sp - Tig	30.1sp - TT	67.8sp - Sec													
	2017	8.4 - Fol In	14.2 - Og	29.39 - TT	69.42 - TT													
2018			14.4sp	27.2sp	66.7sp - Tig													
	8.7 - GRC In		29.1 - Tig	67.46 - GRC						58.6 - Tig								
			29.3sp - Brah	66.1sp - Sub														
2019		14.69 - pc jv	31.11 - pc jv	68.67 - GRC														
		13.5sp	29.6sp															
Emma Schmidt - 12	2014		15.0 - jh hf	33.3 - In TT			7:13 - In											
	2015		15.1 - jh	32.2 - jh														
	2016														82' 0" - Sub	24' 4.75" - Tig		
																25' 4.5" - tt		
	2017														88' 4.5" - Og	25' 9" - PC		
	2018														82' 8" - GRC	27' 4" - Mo In		
2019														94' 6" - Sub	28' 2" - ?			
Alexis Thieman - 12	2014			32.2 - In tt	67.7 - jh grc		7:09 - In											
					67.7sp - Sub	2:41sp - Sub												
	2015			32.3 - fol tt	69.3 - jh													
			14.1sp - Sub	29.6sp - GRC														
	2016				67.2 - Hinck	2:53.5 - PC												
					65.8sp - Sub													
	2017	14.68 - Sub	30.46 - GRC	70.89 - Cheng	2:44.0 - Tig								11' 6.75" - PC					
2018		13.3sp	29.7sp	69.3sp														
			29.1 - Tig	65.36 - GRC									12' 9" - Brah					
		13.6sp - Relay	29.1sp - Sec	64.0sp - Sec	2:41.4sp - TT													
2019	14.69 - pc jv	30.83 - pc jv	71.57 - ?															
		13.4sp	29.7sp	70.0sp														
Allyson Chromey - 11	2016			31.7 - jh									13' 7.5" - PC				6' 0" - jh	
																	5' 6" - GRC	
	2017	8.2 - Fol In	14.43 - Fol	31.4 - RC									12' 8" - Tig	25' 5" - PC			5' 9" - Sub	
				29.9 - jv													6' 6" - jv	
	2018		14.21 - Sub	30.9 - GRC In										27' 6" - GRC			7' 0" - GRC	
2019			13.4sp - Tig	30.3sp - Mo In														
		14.55 - ?	30.79 - pc jv														7' 1" - Sub	
		13.4sp	28.9sp															
Megan Cunnien - 11	2015		15.7 - jh							20.44 - jh grc								
	2016		18.3 - tt							21.65 - GRC	64.4 - Hinck							
			15.9sp -															
	2017		15.82 - PC															
	2018	9.09 - Mo In	14.2sp - Relay						11.2 - Fol In	19.69 - PC	60.04 - Sub							
								10.90 - Mo In	19.2 - Tig	57.16 - GRC								
2019									19.60 - Cheng									

GIRLS' "BESTS" - 2019

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run	55 m hurdles	100 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
Dorothy Miller - 9	2017									20.54 - PC				29' 1.75" - PC			
	2018		15.5sp - Relay	31.04 - TT					11.56 - Fo In	17.92 - TT			14' 5.5" - GRC	31' 10.5" - GRC			
	2019									18.04 - GRC			14' 9" - Foley	33' 11" - GRC			
Hailee Rydberg - 9	2017		15.68 - jh		75.6 - jh								12' 3" - jh grc		42' 10" - tt		
	2018					3:21.82 - Mo In							13' 4.25" - Sub	26' 6" - Relay			
	2019			31.67 - Cool 31.6sp	71.3 - jv	2:59.66 - TT 3:03sp	6:39.62 - Fol	14:57.81 - GRC									
Ariel Schneider - 9	2019		15.37 - Cool 15.5sp	32.78 - pc jv													
	2018			31.9 - jh													
Madyson Bombard - 8	2018																
	2019																
Lola Brouwer - 8	2018		16.6sp - Relay	37.27 - pc jv									9' 10.75" -Mo In			19' 6" - Mo In	
	2019															21' 3.5" - ?	
Ellie Clark - 8	2019		14.5 - jh														
Claire Emmons - 8	2018																
	2019		14.6 - jh	32.0 - jh	79.6sp - In Fol												
Marguerite Grubbs - 8	2018																
	2019																
Emma Johnson - 8	2018	8.1 - GRC In	14.06 - Sub	32.50 - Mo In													
	2019		13.90 - GRC 12.8 sp														
	2018				70.5 - jh	3:05.28 - Mo In 2:51.0sp - Tig				54.56 - ?	4' 6" - GRC	12' 2.25" - jh	29' 0" - Brah				
Kloey Lind - 8	2018																
	2019				65.13 - pc jv 28.0sp - Relay	2:55.8 - ? 2:36.8sp - Sub				52.31 - Sub							
	2018								19.4 - Tig 19.99 - Cheng	55.32 - GRC							
Chloe McKellar - 8	2019															73- 8"	21' 4"
	2018																15' 4" - Mo In
Ashley Peters - 8	2018															55' 4"	19' 10"
	2019																
Mariah Rivard - 8	2018																
	2019		16.4 - jh	35.23 - pc jh		3:02.1 - jh										53' 7"	
Addie Sell - 8	2018																
	2019		15.4 - jh														
Ella Sell - 8	2018				72.4 - GRC In												
	2019		14.7 - jh	31.1 - jh	68.63 - GRC 68.5sp	2:43.7sp - GRC											
	2018																
Carly Sheppard - 8	2018																
	2019			34.68 - pc jh													
Maggie Smetana - 8	2018											4' 2" - Mo In				22' 2" - Fo In	5' 6" - jh
	2019														85' 11" - Sub	25' 5" - Sub	
Carly Tyberg - 8	2018																
	2019														67' 9"	21' 0"	

GIRLS' RELAY HISTORY - 2019

	RRC INDOOR	COOL DRAGON	RUSH CITY	FOLEY	CHENGWATANA	TIGERAMA	TRUE TEAM	GRC	SUB-SECTION	SECTION	STATE
4 X 100 M	Ariel Schneider	Ellaina Johnson	Ellaina Johnson	Ellaina Johnson	Ellaina Johnson		Ellaina Johnson	Ellaina Johnson	Ellaina Johnson		
RELAY	Maddy Graham	Emma Johnson	Emma Johnson	Ainsley Vinaja	Ainsley Vinaja		Ainsley Vinaja	Allyson Chromey	Allyson Chromey		
(52.79)	Claire Emmons	Kensi Tayerle	Emily Carpenter	Kensi Tayerle	Kensi Tayerle		Emma Johnson	Emma Johnson	Emma Johnson		
	Kloey Lind	Summer Thieman	Summer Thieman	Summer Thieman	Emma Johnson		Summer Thieman	Kensi Tayerle	Emily Carpenter		
	800 SMR 2:15.1	55.60	56.5	55.67	54.86		55.26	53.72	53.98		
4 X 200 M	Allyson Chromey	Ainsley Vinaja	Ainsley Vinaja	Ellaina Johnson	Ellaina Johnson		Ellaina Johnson	Alexis Thieman	Summer Thieman		
RELAY	Kensi Tayerle	Allyson Chromey	Allyson Chromey	Ainsley Vinaja	Alaina Steele		Ainsley Vinaja	Ainsley Vinaja	Kensi Tayerle		
(1:49.10)	Ainsley Vinaja	Kensi Tayerle	Kensi Tayerle	Emily Carpenter	Emily Carpenter		Emily Carpenter	Emily Carpenter	Ainsley Vinaja		
	Summer Thieman	Summer Thieman	Summer Thieman	Summer Thieman	Summer Thieman		Kensi Tayerle	Summer Thieman	Alaina Steele		
	2:00.3	1:57.28	1:59.5	1:55.23	1:55.25		1:55.67	1:55.81	1:53.78		
4 X 400 M	Arisa Rydberg	Kloey Lind	Alexis Thieman	Alexis Thieman	Grace Grubbs		Ella Sell	Grace Grubbs	Summer Thieman	Summer Thieman	
RELAY	Summer Thieman	Grace Grubbs	Aaleaha Thieman	Grace Grubbs	Lydia Adams		Grace Grubbs	Sophie Lahti	Sophie Lahti	Sophie Lahti	
(4:16.81)	Sophie Lahti	Lydia Adams	Meaghan Macho	Lydia Adams	Sophie Lahti		Lydia Adams	Lydia Adams	Lydia Adams	Lydia Adams	
	Claire Emmons	Alaina Steele	Ella Sell	Alaina Steele	Alaina Steele		Alaina Steele	Alaina Steele	Alaina Steele	Alaina Steele	
	5:07.4	4:36.37	4:56.2	4:30.89	4:27.69		4:35.52	4:26.21	4:22.08	4:24.77	
4 X 800 M	NONE	Sophie Lahti	Sophie Lahti	Sophie Lahti	Arisa Rydberg		Grace Grubbs	Ella Sell	Ella Sell	Lydia Adams	
RELAY		Meaghan Macho	Meaghan Macho	Lydia Adams	Grace Grubbs		Sophie Lahti	Grace Grubbs	Grace Grubbs	Sophie Lahti	
(9:59.69)		Grace Grubbs	Ella Sell	Arisa Rydberg	Sophie Lahti		Ella Sell	Sophie Lahti	Sophie Lahti	Grace Grubbs	
		Lydia Adams	Halee Rydberg	Grace Grubbs	Lydia Adams		Alaina Steele	Lydia Adams	Lydia Adams	Ella Sell	
		11:06.20	11:46.0	10:54.0	11:29.11		10:30.18	10:55.57	10:57.97	10:56.75	

BOYS' RELAY HISTORY - 2019

	RRC INDOOR	COOL DRAGON	RUSH CITY	FOLEY	CHENGWATANA	TIGERAMA	TRUE TEAM	GRC	SUB-SECTION	SECTION	STATE
4 X 100 M	Jason Thieman	Jason Thieman	JJ Preston	Jason Thieman	Jason Thieman		Jason Thieman	Jason Thieman	Trever DePoppe		
RELAY	Brody Tayerle	Trever DePoppe	Trever DePoppe	JJ Preston	Jeffrey Carlbom		Hunter Peacock	Jeffrey Carlbom	Jeffrey Carlbom		
(44.20)	Trever DePoppe	Steven Hart	Steven Hart	Steven Hart	Steven Hart		Steven Hart	Steven Hart	Michael Gerold		
	Ryan Prihoda	Kenny Vo	Kenny Vo	Kenny Vo	Kenny Vo		Kenny Vo	Kenny Vo	Kenny Vo		
	800m SMR 2:07.9	51.51	51.3	50.92	50.34		50.22	49.33	48.72		
4 X 200 M	Ryan Prihoda	George Ausmus	TJ Rank	Jason Thieman	Jason Thieman		Kenny Vo	Jason Thieman	Kenny Vo	Kenny Vo	
RELAY	Kenny Vo	Caleb Fromm	Caleb Fromm	Hunter Peacock	Caleb Fromm		Caleb Fromm	Jeffrey Carlbom	Caleb Fromm	Caleb Fromm	
(1:31.68)	JJ Preston	Hunter Peacock	Hunter Peacock	Caleb Fromm	Hunter Peacock		Hunter Peacock	Hunter Peacock	Hunter Peacock	Hunter Peacock	
	Dawson Clifford	Dawson Clifford	Dawson Clifford	Dawson Clifford	Dawson Clifford		Dawson Clifford	Michael Gerold	Michael Gerold	Michael Gerold	
	1:53.5	1:44.6 - DQ	1:42.9	1:41.99	1:41.29		1:42.51	1:40.63	1:41.36	1:39.20	
4 X 400 M	Damion Torgerson	Tryston West	Timmy Johnson	Tryston West	Tryston West		George Ausmus	TJ Rank	Tryston West	Tryston West	Tryston West
RELAY	Timmy Johnson	TJ Rank	TJ Rank	Caleb Fromm	Caleb Fromm		Caleb Fromm	Caleb Fromm	Caleb Fromm	Caleb Fromm	Caleb Fromm
(3:25.96)	Noah Miller	Logan Vinaja	Caleb Fromm	Tommy Ryan	Tommy Ryan		Tommy Ryan	Tommy Ryan	Tommy Ryan	Tommy Ryan	Tommy Ryan
previously	Charlie Emmons	Tommy Ryan	Logan Vinaja	Logan Vinaja	Logan Vinaja		Logan Vinaja	Logan Vinaja	Logan Vinaja	Logan Vinaja	Logan Vinaja
(3:28.31)	4:16.7	3:45.71	3:48.8	3:40.00	3:42.72		3:44.15	3:40.68	3:37.26	3:30.79	3:25.96 (prelim)
4 X 800 M	NONE	Noah Miller	Drake Willert	Geroge Ausmus	Geroge Ausmus		Geroge Ausmus	Drake Willert	Drake Willert	4x400m Final	Tryston West
RELAY		Drake Willert	George Ausmus	Drake Willert	Timmy Johnson		Timmy Johnson	Charlie Emmons	Charlie Emmons		Caleb Fromm
(8:18.61)		Caleb Cunnien	Noah Miller	Noah Miller	Mattis Burkert		Drake Willert	Noah Miller	Noah Miller		Tommy Ryan
		Mattis Burkert	Charlie Emmons	Charlie Emmons	Noah Miller		Noah Miller	Geroge Ausmus	Geroge Ausmus		Logan Vinaja
		10:14.37	9:49.2	9:43.84	9:34.88		9:07.65	9:58.10	9:27.33		3:29.25 (final)

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X100 M RELAY	K. Meyer	A. Bernard	C. Koppen	K. Meyer	Sam Isackson		Ellaina Johnson	R. Overson	Ellaina Johnson	C. Koppen
	A. Peil	A. Nelson	S. Weichman	A. Mettling	Erica Delak		Kensi Tayerle	J. Wirth	Allyson Chromey	S. Weichman
	M. Sloan	K. Johnson	M Odegard	L. Ballis	Heidi Delak		Ainsley Vinaja	K. Johnson	Emma Johnson	M. Odegard
	T. Kazek	J. Wirth	S. Misel	K. Ovik	Nina Sear		Alexis Pankonin	A. Mettling	Kensi Tayerle	S. Misel
	52.79 98	53.03 03	53.05 93	53.23 99	53.3 90	53.41 91	53.65 18	53.71 01	53.72 19	53.86 94
4 x 200 M RELAY	Aa. Thieman	M. Bellinger	K. Nelsen	Ellaina Johnson	H. Staples	Ellaina Johnson	H. Staples		Aa. Thieman	M. Bellinger
	Elsie Lundquist	K. Perell	K. Lindstrom	Kensi Tayerle	B. Clementson	Kensi Tayerle	B. Clementson		B. Pangerl	K. Perell
	Alexis Pankonin	E. Branzovsky	L. Lindstrom	Alaina Steele	E. Larson	Alexis Thieman	K. Hughes		Elsie Lundquist	E. Branzovsky
	Alaina Steele	B. Osterdyk	L. Haugen	Alexis Pankonin	E. Branzovsky	Alexis Pankonin	E. Branzovsky		Alexis Pankonin	B. Osterdyk
	1:49.10 16	1:50.17 -06	1:50.8 83	1:51.97 18	1:51.9 08	1:52.05 18	1:52.28 08	1:52.5 90	1:52.99 15	1:53.55 -05
4 x400 M RELAY	M. Johnson	G. Langmade	Kaylee Prihoda	Lauren Sommer	A. Gusk	Summer Thieman	M. Johnson	J. Fore	Alexis Thieman	Al. Thieman
	J. Fore	Grace Grubbs	Grace Grubbs	Aa. Thieman	C. Jahnz	Sophie Lahti	J. Fore	E. Branzovsky	Grace Grubbs	Aa. Thieman
	C. Filler	Lydia Adams	Lydia Adams	Alexis Pankonin	J. Kotek	Lydia Adams	C. Filler	C. Filler	Lydia Adams	G. Langmade
	B. Osterdyk	Alaina Steele	Alaina Steele	Alaina Steele	S. Rike	Alaina Steele	B. Osterdyk	B. Osterdyk	Alaina Steele	Alaina Steele
	4:16.81 -03	4:19.39 17	4:19.99 18	4:20.7 15	4:21.59 13	4:22.08 19	4:22.2 04	4:22.7 03	4:23.45 18	4:24.26 16
4 x800 M RELAY	Alaina Steele	M. Butenhoff	G. Langmade	Marin Foss	A. Cummins	Marin Foss	J. Fore	Grace Grubbs	Marin Foss	Alexis Thieman
	G. Langmade	G. Langmade	Grace Grubbs	Grace Grubbs	A. Gusk	G. Langmade	D. Dickey	Sophie Lahti	G. Langmade	Alaina Steele
	M. Butenhoff	Allison Gusk	Lydia Adams	Lydia Adams	J. Kotek	Grace Grubbs	E. Branzovsky	Ella Sell	Allison Gusk	Grace Grubbs
	Allison Gusk	Alaina Steele	Alaina Steele	Alaina Steele	S. Rike	Lydia Adams	M. Johnson	Alaina Steele	Alaina Steele	G. Langmade
	9:59.69 16	10:00.96 15	10:08.16 17	10:21.28 18	10:22.29 13	10:23.21 18	10:27.01 03	10:30.18 19	10:34 16	10:34.62 18
800 MEDLEY 100, 100, 200, 400	Aa. Thieman	K. Meyer	T. Kazek	M. Bellinger	Lena Roubinek	K. Meyer	H. Staples	A. Bernard	A. Gardner	B. Johnson
	Elsie Lundquist	R. Overson	A. Miller	K. Splett	Alexis Thieman	A. Miller	J. Hussong	K. Johnson	H. Sahatoo	K. Smetana
	Alexis Pankonin	K. Ovik	K. Odegard	B. Osterdyk	Aaleaha Thieman	T. Kazek	E. Larson	J. Wirth	E. Pangerl	T. Kazek
	Alaina Steele	S. Johnson	S. Johnson	J. Wirth	Summer Thieman	M. Sloan	K. Harper	T. Korf	K. Harper	R. Auers
	1:55.8 16	2:02.21 00	2:05.7 98	2:05.8 04	2:06.4 19	2:07 5 98	2:07.6 08	2:08.9 02	2:09.0 09	2:09.6 96
1600 MEDLEY 200, 200, 400, 800	H. Staples	A. Nelson	L. Sommer	K. Perell	A. Nelson	K. Meyer	A. Peil	J. Kotek	T. Kazek	C. Milligan
	C. Jahnz	A. Mettling	C. Stream	K. Hughes	L. Haugrud	A. Miller	M. Soderbeck	T. Darlow	S. Johnson	J. Kozisek
	E. Pangerl	T. Korf	G. Langmade	C. Filler	S. Gregoire	S. Johnson	L. Ballis	M. Foss	M. Sloan	N. Plasek
	M. Miesner	K. Connaker	Grace Grubbs	M. Johnson	M. Anderson	K. Connaker	K. Connaker	G. Langmade	A. Wiedemann	K. Splett
	4:40.6 10	4:42.8 01	4:48.7 16	4:51.1 04	4:54.8 02	4:55.1 99	5:00.1 98	5:02.2 14	5:03.2 97	5:09.7 99
DISTANCE MEDLEY 800, 400, 1200, 1600	M. Butenhoff	G. Langmade	K. Harper	A. Wiedemann	Marin Foss	J. Johnson	A. Olson	H. Larsen	L. Mettling	C. Mosher
	L. Sommer	J. Western	E. Pangerl	B. Fischer	G. Langmade	K. Odegard	K. Perell	S. Gregoire	C. Mosher	R. Craighead
	Alaina Steele	A. Gusk	K. Motyl	B. Haavisto	Allison Cavallin	B. Haavisto	S. Gregoire	N. Plasek	B. Haavisto	Katie Splett
	Lydia Adams	A. Webster	M. Miesner	A. Johnson	Ashli Webster	N. Carlson	J. Gregoire	R. Craighead	B. Fischer	J. Johnson
	14:18.3 16	14:29.2 14	14:33.1 09	15:06.3 96	15:10.9 18	15:26.6 98	15:31.5 -04	15:48.9 -01	15:54.0 97	16:01.6 01

GIRLS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Erin Pangerl 12.73 11	HollyStaples 12.78 10	H. Staples 12.84 09	Katie Meyer 13.24 98	H. Staples 13.32 08	T. Kazek 13.39 96	Ellaina Johnso 13.42 19	A. Pankonin 13.2 16	Suzie Misel 13.51 92	J. Wirth 13.52 04
200 M DASH	HollyStaples 26.42 10	Erin Pangerl 26.46 11	H. Staples 27.04 09	Ellaina Johnso 27.05 19	E. Pangerl 27.14 10	E. Pangerl 27.32 09	Nina Sear 27.4 90	A. Pankonin 27.66 16	E. Branzovsky 27.86 06	A. Pankonin 27.8 15
400 M DASH	E. Pangerl 60.07 10	S. Rike 60.15 13	E. Pangerl 61.38 09	M. Odegard 61.4 94	Alaina Steele 61.99 18	E. Branzovsky 61.8 05	M. Odegard 62.0 95	Alaina Steele 62.6 15	E. Branzovsky 63.09 06	A. Dufresne 63.54 00
800 M RUN	Alaina Steele 2:17.70 16	Alaina Steele 2:19.05 18	Alaina Steele 2:19.25 19	Alaina Steele 2:24.56 15	Sherry Rike 2:26.84 12	Kim Connaker 2:28.35 01	Meleia Johnson 2:28.2 02	Alaina Steele 2:29.59 17	G. Langmade 2:30.23 16	Meleia Johnson 2:30.7 04
1600 M RUN	Alaina Steele 5:27.97 16	Alaina Steele 5:29.9 15	Alaina Steele 5:37.68 18	Jenna Fore 5:37.70-03	Allison Gusk 5:38.71 15	Sherry Rike 5:40.8 10	M. Miesner 5:42.05 -11	Alaina Steele 5:43.46 19	Allison Gusk 5:43.79 16	Arissa Rydberg 5:44.24 19
3200 M RUN	Alaina Steele 12:13.6 16	A. Cummins 12:27.58 13	Marin Foss 12:30.08 15	Sherry Rike 12:31.31 09	Eva Johnson 12:31.37 19	A. Cummins 12:33.27 12	Amy Johnson 12:34.04 96	Ashli Webster 12:37.8 15	Ashli Webster 12:40.22 16	Marin Foss 12:40.81 16
100 M HURDLES	Elsie Lundquist 16.32 17	Elsie Lundquist 16.45 16	C. Hersbergen 16.54 94	E. Lundquist 17.1(.28) 15	Cassie Filler 17.1 03	C. Jahnz 17.3 12	Cassie Filler 17.44 04	B. Clementson 17.4 08	J. Kosisek 17.4 02	M. Buschmann 17.56 09
300 M HURDLES	C. Jahnz 49.14 13	Cassie Filler 49.23 03	C. Jahnz 49.5 12	C. Filler 49.83 04	C. Jahnz 49.96 11	C. Mosher 51.64 01	M. Buschmann 51.65 09	L. Filler 51.70 00	Natalie Cahill 51.86 16	C. Jahnz 51.94 10
HIGH JUMP	E. Lundquist 5' 4.25" 16	HollyStaples 5' 4" 10	E. Lundquist 5' 2" 17	Kari Splett 5' 2" 04	E. Lundquist 5' 1" 15	Kari Splett 5' 1" 03	L. Drexler 5' 1" 05	Kari Splett 5' 0.5" 02	Allie Brant 5' 0" 10 & 09	H. Staples 5' 0" 09
LONG JUMP	E. Lundquist 16' 8.5" 16	Erica Delak 16' 7" 91	Erica Delak 16' 4" 90	B. Osterdyk 16'3.5" -06	Erica Delak 16' 1.75" 93	Heidi Delak 16' 0.5" 90	E. Lundquist 16' 0" 17	H. Staples 15' 10.5" 08	E. Pangerl 15' 10" 10	H. Staples 15' 9.5" 10
TRIPLE JUMP	E. Lundquist 34' 6.25" 16	E. Lundquist 34' 2.75" 17	Dorothy Miller 33' 11" 19	Lisa Drexler 32' 8" 05	Cassie Filler 32' 7.25" 04	K. Erickson 32' 3" 19	E. Delak 32' 3" 93	K. Erickson 32' 2" 17	K. Meyer 32' .5" 00	Dorothy Miller 31' 10.5" 18
DISCUS	K. Nordrum 117' 9" 11	K. Nordrum 114' 5" 10	M. Bellinger 110' 4" 06	M. Bellinger 109'10" -05	K. Nordrum 104' .5" 08	M. Bellinger 104' 0" 07	K. Nordrum 103' 7" 09	Jenna Fore 101' 1.5" 03	Jenna Fore 101' 1" 05	Jenna Fore 100' 8" 04
SHOT PUT	K. Nordrum 38' 2" 11	K. Nordrum 36' 9.75" 10	Tera Kazek 35' 10" 98	T. Kazek 35' 4.5" 97	T. Kazek 33' 1" 96	M. Bellinger 32'7.5" 07	K. Nordrum 32'4.75" 09	A. Pankonin 32' 2" 17	K. Nordrum 31' 9.25" 08	M. Bellinger 31' 2.5" 05
POLE VAULT	M. Bellinger 10'0" 07	M. Bellinger 9' 3" 06	M. Bellinger 9' 0" 05	J. Wirth 9' 0" 04	S. Johnson 9' 0" 00	J. Ammann 8' 6" 99	J.Ammann 8' 6" 00	M. Bellinger 8' 0" 04	J. Wirth 8' 0" 03	S. Johnson 8' 0" 99

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X 100 M RELAY	M. Hansmann	Aaron Pulkrabek	B. Olson	M. Hansmann	H. Hansen	Dennis Skalicky	J. Arnold	N. Thieman	J. McSherry	Dk Braatz
	J. Pangerl	Adam Seals	S. Auers	J. Pangerl	D. Hambly	Adam Seals	Jeff Johnson	L. Williams	J. Johnson	A. Olson
	N. Cummings	Tryston West	Z. Mettling	N. Cummings	M. Bencic	Aaron Pulkrabek	B. Olson	Pt Johnson	B. Olson	Dn Hambly
	A. Olson	B. Haskovec	M. Johnson	J. Dedic	A. Olson	B. Haskovec	J. Jahnz	T. Schwarz	S. Auers	H. Hansen
	43.70 11	45.49 17	45.3 98	45.4 11	45.64 09	45.69 16	45.87 96	46.0 00	46.08 97	46.16 08
4 x 200 M RELAY	Mike Hansmann	Mike Hansmann	Dennis Skalicky	Dennis Skalicky	D. Braatz	D. Braatz	J. Hansen	J. Hansen	D. Skalicky	Dk Braatz
	Jordan Pangerl	Jordan Pangerl	Adam Seals	Aaron Pulkrabek	J. Carlson	J. Carlson	R. Root	A. Wirth	Dakotah Neid-H	J. Carlson
	Nick Cummings	Mike Schmidt	Aaron Pulkrabek	Adam Seals	H. Hansen	H. Hansen	A. Wirth	Pt Johnson	Adam Seals	H. Hansen
	Adam Olson	Adam Olson	B. Haskovec	T. Zybtofsky	A. Olson	A. Olson	M. Johnson	J. Oare	T. Zybtofsky	J. Carter
	1:31.39 11	1:33.14 10	1:33.76 16	1:34.69 15	1:34.76 08	1:34.76 08	1:36.6 99	1:36.8 00	1:37.8 15	1:37.8 09
4 x 400 M RELAY	Tryston West	John Hansen	J. Pangerl	J. Hansen	M. Hansmann	D. Braatz	Tryston West	Riley Palmer	Riley Palmer	J. Hansen
	Caleb Fromm	Andy Wirth	P. Skalicky	N. Johnson	T. Clark	J. Pangerl	Logan Vinaja	Tommy Ryan	Tryston West	A. Wirth
	Tommy Ryan	Mike Johnson	Z. Hunter	JR Anderson	N. Cummings	M. Schmidt	B. Haskovec	Eli Grubbs	Tommy Ryan	T. Schwarz
	Logan Vinaja	Paul Johnson	N. Cummings	M. Johnson	J. Pangerl	E. Osterdyk	Austin Eckert	Dennis Skalicky	Eli Grubbs	J. Oare
	3:25.96 19	3:28.39 -99	3:31.57 12	3:34.55 -98	3:34.87 11	3:35.03 -10	3:35.74 18	3:35.82 16	3:36.15 17	3:36.39 -00
4 x 800 M RELAY	Rem Steele	Rem. Steele	Jeremy Lee	C. Lutz	J. Lee	Pete Johnson	Pete Johnson	J. Rarick	J. Fitzgerald	Logan Vinaja
	Tommy Ryan	Austin Eckert	Peter Johnson	A. Lee	Pt Johnson	J. Oare	R. Hammill	C. Hanson	M. Chouanard	Nate Webster
	Logan Vinaja	Tommy Ryan	Ryan Hammill	D. Hansen	J. Oare	A. Wirth	A. Wirth	J.Guttormson	N. Cummings	Austin Eckert
	Austin Eckert	Eli Grubbs	Jason Oare	Ja. Clementson	R. Hammill	JR Anderson	JR Anderson	Tyler Clark	E. Osterdyk	Tommy Ryan
	8:18.61 18	8:21.08 17	8:27.89 -01	8:34.13 03	8:41.97 00	8:44.9 98	8:48.7 98	8:49.65 11	8:50.1 09	8:55.78 18
800 M Medley	M. Hansmann	Adam Seals	D. Hambly	J. Hansen	B. Olson	B. Olson	M. Rydberg	Jason Thieman	N. Thieman	J. Nowling
100, 100, 200, 400	D. Prokott	B. Haskovec	M. Bencic	A. Wirth	S. Auers	P.D. Johnson	J. Jahnz	B. Haskovec	M. Wirth	N. Kleppe
	M. Schmidt	A. Pulkrabek	A. Olson	M. Johnson	Z. Mettling	J. McSherry	D. Gregoire	A. Archambault	J. Hansen	T. Ryan
	J. Pangerl	R. Palmer	J. Carlson	Paul Johnson	M. Johnson	JR Anderson	J. BoorBoor	Timmy Johnson	A. Wirth	A. Pulkrabek
	1:41.1 10	1:42.3 16	1:42.5 09	1:43.7 99	1:45.0 98	1:45.8 97	1:46.2 02	1:48.2 18	1:48.43 00	1:48.9 14
1600 M Medley		D. Braatz	M. Johnson		J. McSherry	PeteJohnson	B. Olson	Dk Braatz	J. McSherry	A. Bodle
200, 200, 400, 800		T. Berg	J. Hansen		P.D. Johnson	L. Williams	S. Auers	D. Prokott	S. Auers	BJ Patzoldt
		T. Clark	A. Wirth		M. Johnson	S. Peterson	J. Arnold	J. Reiser	J. Arnold	J. Arnold
		E. Osterdyk	JR Anderson		JR Anderson	J. Lee	JR Anderson	M. Schmidt	JR Anderson	R. Bell
	3:45.28 90	3:55.4 10	3:57.4 98	3:57.6 91	3:57.85 97	4:01.4 01	4:01.6 96	4:02.0 09	4:04.9 96	4:05 93
Distance Medley	Austin Eckert	PeteJohnson	L. Williams	J. Dedic	C. Teeman	George Ausmus	J. Lee	J. Spahr	S. Peterson	E. Osterdyk
800, 400,1200,1600	Dennis Skalicky	M. Stahlke	S. France	J. Reiser	S. Peterson	Nathan Kleppe	B. Mettling	A. Pulkrabek	J. Arnold	J. Fitzgerald
	Eli Grubbs	J. Lee	J. Lee	C. Hanson	C. Lutz	Austin Eckert	S. France	T. Ryan	B. Runyan	M. Chouanard
	Tommy Ryan	R. Hammill	R. Hammill	N. Bremer	J. Clementson	Rem Steele	D. Pangerl	E. Grubbs	JR Anderson	N. Bremer
	11:54.0 16	11:57.39 00	11:58.3 -99	12:19.3 -09	12:19.7 -01	12:41.2 18	12:42.2 98	12:58.8 -14	13:02.7 -96	13:04.5 08

BOYS' TOP TEN - The 90's and Beyond

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Jordan Pangerl 11.24 12	Chris Olson 11.1 91	Paul Johnson 11.38 99	Adam Olson 11.2 09	T. Zbytovsky 11.3 15	Jeff Arnold 11.49 96	A. Pulkrabek 11.56 17	A. Olson 11.58 10	K.Skadsheim 11.58 04	Adam Olson 11.4 11
200 M DASH	Paul Johnson 22.80 99	Jordan Pangerl 22.7 12	Adam Olson 22.8 10	Adam Olson 23.07 11	Adam Olson 23.11 09	Chris Olson 23.1 91	M. Hansmann 23.3 10	A. Pulkrabek 23.60 16	Chris Olson 23.65 90	B. Haskovec 23.5 18
400 M DASH	N. Cummings 51.09 12	Mike Johnson 51.73 99	J. Carlson 52.09 09	Mike Johnson 52.33 98	J. Clementson 52.4 04	N. Cummings 52.80 11	B. Haskovec 53.12 18	D. Skalicky 53.25 16	M. Johnson 53.30 97	David Hansen 53.1 04
800 M RUN	J. Clementson 1:57.49 03	J. Clementson 1:58.13 04	Logan Vinaja 1:59.88 19	E. Osterdyk 2:04.78 10	Eli Grubbs 2:04.80 17	Chris Lutz 2:05.0 03	Tom Miche' 2:05.51 07	Eli Grubbs 2:05.74 16	Zain Hunter 2:05.89 13	Tommy Ryan 2:06.19 19
1600 M RUN	J. Clementson 4:22.97 04	J. Clementson 4:24.08 03	J. Clementson 4:30.10 02	John Bloom 4:30.5 91	Tom Miche' 4:32.55 07	Easton Foss 4:34.58 15	Tommy Ryan 4:36.18 19	Chris Lutz 4:36.97 03	Eli Grubbs 4:38.74 17	J.Clementson 4:41.63 -01
3200 M RUN	John Bloom 9:52 91	Chris Lutz 9:53.80 03	John Bloom 10:02.8 90	T. McNally 10:13.20 -06	J. Clementson 10:19.62 -02	Tommy Ryan 10:20.16 17	J. Clementson 10:20.4 -03	T. McNally 10:23.30 -07	Easton Foss 10:26.07 15	R. Hammill 10:26.1 -00
110 M HURDLES	Jordan Kruse 16.01 06	Jordan Kruse 16.44 04	Steve Kunze 16.44 91	N. Anderson 16.6 98	Jordan Kruse 16.85 05	TJ Rank 17.14 19	N. Anderson 17.2 97	H. Hansen 17.4 09	N. Anderson 17.4 96	T. Gerving 17.55 04
300 M HURDLES	Jordan Kruse 42.17 06	Jordan Kruse 42.33 04	Jordan Kruse 42.78 05	TJ Rank 42.92 18	TJ Rank 43.22 19	N. Anderson 43.67 98	H. Hansen 43.75 08	H. Hansen 44.06 09	H. Hansen 44.46 07	S. Kunze 44.4 91
HIGH JUMP	Adam Seals 6' 3" 17	B. Haskovec 6' 2" 18	E. Osterdyk 6' 2" 10	T. Schwarz 6' 2" 00	M.Hansmann 6' 1" 10	B. Haskovec 6' 0" 17	Adam Seals 6' 0" 16	T. Schwarz 6' 0" 99	Darrin Freetly 6' 0" 90	B. Haskovec 5' 10" 16
LONG JUMP	N. Cummings 22'4.5" 11	Adam Seals 21' 8" 16	Adam Seals 21' 4.75" 17	A. Pulkrabek 21' 4.5" 16	A. Pulkrabek 20' 10.25" 17	N. Cummings 20' 4.5" 12	B. Haskovec 20' 4" 18	L. Williams 20' 1.75" -01	Chris Olson 20' 1.75" -90	A. Pulkrabek 20' 0.5" 15
TRIPLE JUMP	N. Cummings 43' 5.5" 12	A. Pulkrabek 40' 11" 16	Joey Carter 40' 6.25" 09	J. Carter 40' 6" 08	Matt Wirth 40' 4" 02	Tucker Dalen 40' 3.5" 19	Adam Seals 40' 0.5" 17	Darrin Freetly 39' 11.5" 90	Paul Johnson 39' 9" 99	A. Pulkrabek 39' 8.5" 15
DISCUS	M. Rydberg 157' 5.5" 02	M. Rydberg 149' 2.5" 01	M. Rydberg 147' 10.5" 00	B. Mettling 144' 0" 00	H. Hansen 140' 7" 09	Dan Hambly 136' 7" 09	S. Isaacson 136' 7" 90	D. Hambly 133' 3" 08	JJ Preston 132' 11" 19	Josh Barnes 127' 0" 03
SHOT PUT	M. Rydberg 52' 11.25" -02	M. Rydberg 51' 9.5" 01	M. Rydberg 47' 6" 00	Brian Olson 44' 0" 98	JJ Preston 42' 9" 19	Brian Olson 42' 0" 97	S. Isaacson 42' 0" 90	M. Rydberg 41' 2.75" 99	Dan Hambly 40' 11.5" 08	D. Hambly 40' 8" 09
POLE VAULT	Nate Thieman 13' 0" 00	P. Stephan 12' 6" 98	A. Archambault 12' 0" 18	D. Prokott 12' 0" 11	N. Thieman 12' 0" 99	A. Archambault 11' 10" 16	A. Archambault 11' 9" 17	E. Osterdyk 11' 9" 10	J. Skalicky 11' 8" 09	D. Clifford 11' 6" 19

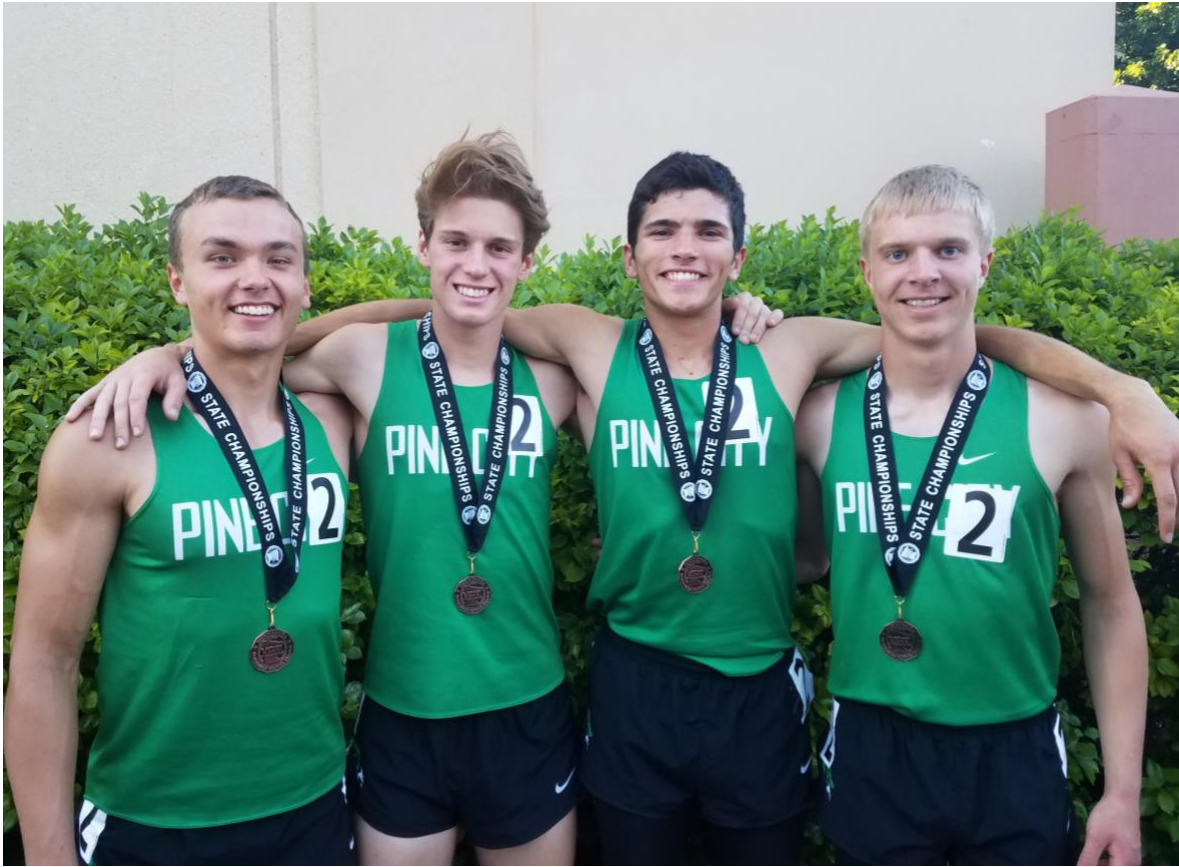
PINE CITY GIRLS' TRACK AND FIELD SCHOOL RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	12.73	Erin Pangerl	2011
200 m Dash	26.42	Holly Staples	2010
400 m Dash	60.07	Erin Pangerl	2010
800 m Run	2:17.70	Alaina Steele	2016
1600 m Run	5:27.97	Alaina Steele	2016
3200 m Run	12:13.6	Alaina Steele	2016
100 m Hurdles	16.32	Elsie Lundquist	2017
300 m Hurdles	49.14	Carissa Jahnz	2013
4 x 100 m Relay	52.79	Katie Meyer, Amanda Peil, Molly Sloan, Tera Kazek	1998
4 x 200 m Relay	1:49.10	Aaleaha Thieman, Elsie Lundquist Alexis Pankonin, Alaina Steele	2016
4 x 400 m Relay	4:16.81	Meleia Johnson, Jenna Fore, Cassie Filler, Becky Osterdyk	2003
4 x 800 m Relay	9:59.69	Alaina Steele, Grace Langmade, Makayla Butenhoff, Allison Gusk	2016
High Jump	5' 4.25"	Elsie Lundquist	2016
Long Jump	16' 8.5"	Elsie Lundquist	2016
Triple Jump	34' 6.25"	Elsie Lundquist	2016
Pole Vault	10' 0"	Maria Bellinger	2007
Shot Put	38' 2"	Karina Nordrum	2011
Discus	117' 9"	Karina Nordrum	2011

PINE CITY BOYS' TRACK AND FIELD SCHOOL RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 m Dash	11.24 11.1 (HH)	Jordan Pangerl Chris Olson	2012 1991
200 m Dash	22.80 22.6 (HH)	Paul C. Johnson Chris Harrison	1999 1979
400 m Dash	51.09	Nick Cummings	2012
800 m Run	1:56.7	Tom Nelson	1980
1600 m Run	4:22.97	Jared Clementson	2004
3200 m Run	9:52.0	Jon Bloom	1991
110 m Hurdles	16.01 15.8 (HH)	Jordan Kruse Tom Nelson	2006 1980
300 m Hurdles	42.17	Jordan Kruse	2006
4 x 100 m Relay	43.70	Mike Hansmann, Jordan Pangerl, Nick Cummings, Adam Olson	2011
4 x 200 m Relay	1:31.39	Mike Hansmann, Jordan Pangerl, Nick Cummings, Adam Olson	2011
4 x 400 m Relay	3:25.96	Tryston West, Caleb Fromm, Tommy Ryan, Logan Vinaja	2019
4 x 800 m Relay	8:18.61	Remington Steele, Tommy Ryan, Logan Vinaja, Austin Eckert	2018
High Jump	6' 8.25"	Tom Nelson	1980
Long Jump	22' 4.5"	Nick Cummings	2011
Triple Jump	43' 5.5"	Nick Cummings	2012
Pole Vault	13' 8.5"	Chuck Novak	1972
Shot Put	52' 11.25"	Mike Rydberg	2002
Discus	157' 5.5"	Mike Rydberg	2002

New School Records



**Tryston West (51.9), Caleb Fromm (52.1),
Tommy Ryan (50.9) & Logan Vinaja (50.7)**

4x400m Relay – 3:25.96

2019 Dragon Track and Field Awards

Track and Field - MVP	Alaina Steele	Logan Vinaja
Dragon “3-D” Award (Dedication, Determination, Drive)	Kelsey Erickson	Tryston West
Most Improved Award	Ellaina Johnson	Tucker Dalen
Workhorse Award	Sophie Lahti	TJ Rank
Rookie of the Year	Arissa Rydberg	Hunter Peacock
Newcomer of the Year	Emily Carpenter	Caleb Fromm
Perseverance Award	Kaylee Pihoda Emma Schmidt Alexis Thieman	TJ Rank Tommy Ryan
Coach Award		Logan Vinaja
Sportsmanship Award	Allyson Chromey	Tommy Ryan

TEAM CAPTAINS

Alexis Thieman	Logan Vinaja
Alaina Steele	Tommy Ryan

ALTERNATE CAPTAINS

Kensi Tayerle	Tryston West
Lydia Adams	TJ Rank
Grace Grubbs	

GREAT RIVER CONFERENCE TEAM CHAMPIONS

Girls' Team: 216.5 points

Boys' Team: 220 points

ALL-CONFERENCE AWARDS:

Girls

Ella Sell	4 x 800 m Relay
Grace Grubbs	4 x 800 m Relay
Sophie Lahti	4 x 800 m Relay
Lydia Adams	4 x 800 m Relay
Alexis Thieman	4 x 200 m Relay
Ainsley Vinaja	4 x 200 m Relay
Emily Carpenter	4 x 200 m Relay
Summer Thieman	4 x 200 m Relay
Ellaina Johnson	4 x 100 m Relay
Allyson Chromey	4 x 100 m Relay
Emma Johnson	4 x 100 m Relay
Kensi Tayerle	4 x 100 m Relay
Alaina Steele	800m Run
Grace Grubbs	4 x 400 m Relay
Sophie Lahti	4 x 400 m Relay
Lydia Adams	4 x 400 m Relay
Alaina Steele	4 x 400 m Relay
Kelsey Erickson	Long Jump
Dorothy Miller	Triple Jump
Sophie Lahti	High Jump

HONORABLE MENTION AWARDS:

Ellaina Johnson	100m Dash
Ellaina Johnson	200m Dash
Alaina Steele	1600m Run
Cara Kuhn	Shot Put

Boys

TJ Rank	300m Hurdles
Logan Vinaja	800m Run
TJ Rank	4 x 400 m Relay
Caleb Fromm	4 x 400 m Relay
Tommy Ryan	4 x 400 m Relay
Logan Vinaja	4 x 400 m Relay
Dawson Clifford	Pole Vault
Tucker Dalen	Triple Jump

HONORABLE MENTION AWARDS:

Drake Willert	4 x 800 m Relay
Charlie Emmons	4 x 800 m Relay
Noah Miller	4 x 800 m Relay
George Ausmus	4 x 800 m Relay
Jason Thieman	4 x 200 m Relay
Jeffrey Carlbom	4 x 200 m Relay
Hunter Peacock	4 x 200 m Relay
Michael Gerold	4 x 200 m Relay
Tommy Ryan	1600m Run
TJ Rank	Pole Vault
Tucker Dalen	High Jump
JJ Preston	Shot Put
JJ Preston	Discus

2019 Letter Winners:

Tommy Ryan

TJ Rank

Alexis Thieman

Tryston West

Alaina Steele

Grace Grubbs

Lydia Adams

George Ausmus

Ellaina Johnson

Kensi Tayerle

Logan Vinaja

Allyson Chromey

Cara Kuhn

JJ Preston

Kenny Vo

Dawson Clifford

Ainsley Vinaja

Dorothy Miller

Timmy Johnson

Sophie Lahti

Tucker Dalen

Emily Carpenter

Kelsey Erickson

Caleb Fromm

Arissa Rydberg

Summer Thieman

Hunter Peacock

Eva Johnson

Emma Schmidt

Emma Johnson

Ella Sell

Kloey Lind

Jason Thieman

Vinny David

Maggie Smetana

ACADEMIC ALL-STATE TEAM

Girls: Gold Level (3.88 Cum GPA)

Boys: Gold Level (3.85 Cum GPA)

ACADEMIC ALL-STATE INDIVIDUAL

Lydia Adams

George Ausmus

Ainsley Vinaja

Caleb Fromm

Dorothy Miller

Tryston West

Kelsey Erickson

Kensi Tayerle

Ellaina Johnson

Alexis Thieman

STATE PARTICIPANTS

Tryston West, Caleb Fromm, Tommy Ryan, & Logan Vinaja

– 4x400m Relay – 8th – 3:29.25

(3:25.96 Prelim)

Alaina Steele – 800m – 9th – 2:19.69

(2:19.25 Prelim)

Logan Vinaja – 800m – 16th – 2:07.07 (prelim)

STATE HONOR ROLL RANKINGS

Tryston West, Caleb Fromm, Tommy Ryan, Logan Vinaja – 4x400m Relay – 4th – 3:25.96

Alaina Steele – 800m – 10th – 2:19.25

Logan Vinaja – 800m – 16th – 1:59.88

Tommy Ryan – 1600m – 21st – 4:36.18

Ellaina Johnson – 200m Dash – 23rd – 27.05

Dorothy Miller – Triple Jump – 24th – 33' 11"

Tucker Dalen – Triple Jump – 27th – 40' 3.5"

TJ Rank – 300m Hurdles – 30th – 43.22

Tommy Ryan – 800m – 37th – 2:06.19

Logan Vinaja – 1600m – 38th – 4:45.19

***10 Total Honor Roll Performances**



Coach Clementson
Coach Thieman Coach Stoltz Coach Etta
Coach Sherry Coach Kunze Coach Polzine Coach Sell

*Thanks for a
FANTASTIC season!*

- Coaches



Coach Clementson

Coach Thieman Coach Stoltz Coach Etta

Coach Sherry Coach Kunze Coach Polzine

Coach Sell

Thanks for a
FANTASTIC season!

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GREAT RIVER CONFERENCE CHAMPS 2019



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GREAT RIVER CONFERENCE CHAMPS 2019



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