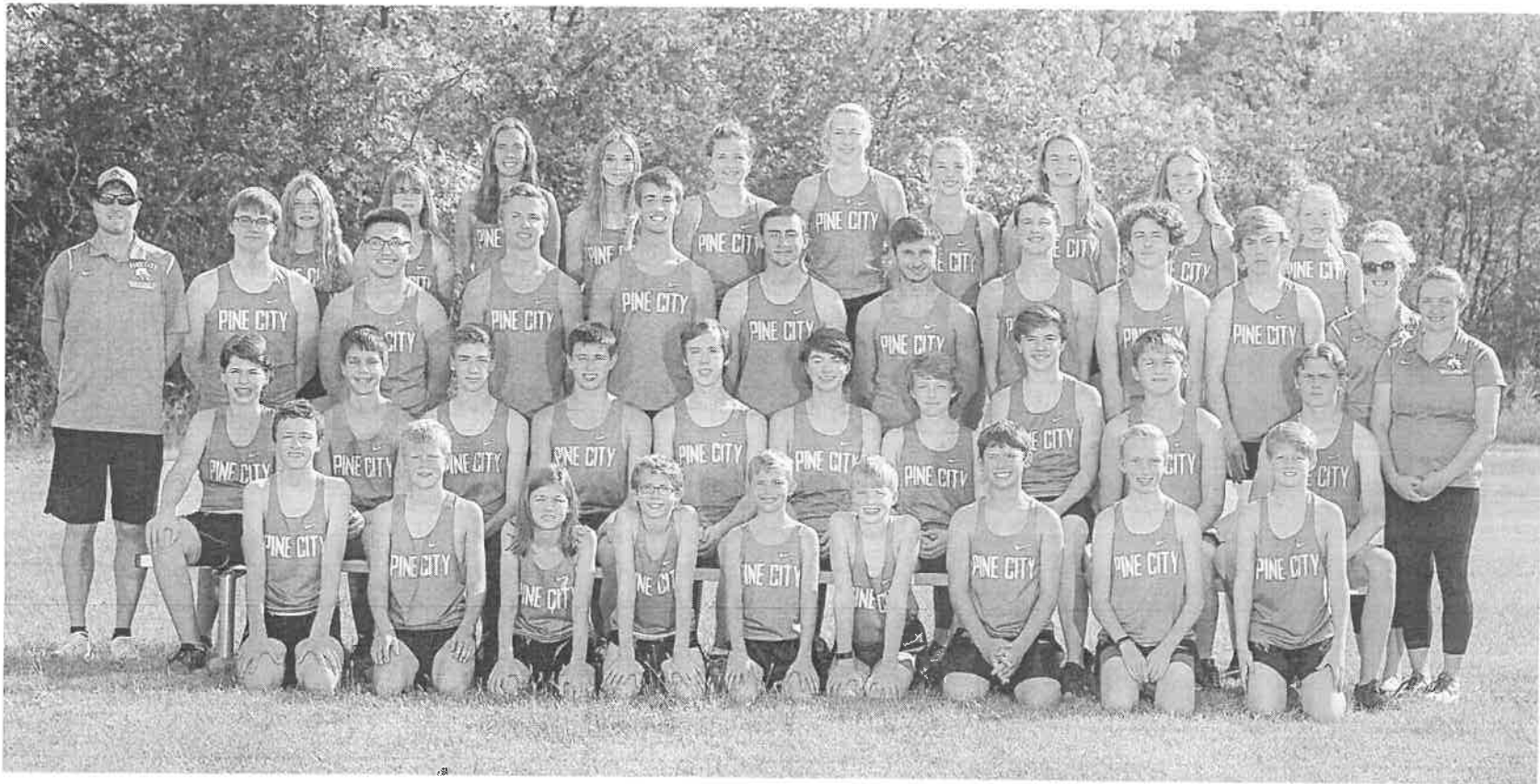


Pine City Cross Country



2019 Dragon Cross Country Team





DRAGON CROSS COUNTRY



A
L
A
I
N
A



N
A
T
E



N
O
A
H



J
O
S
H

Seniors 2019



G
R
A
C
E



K
O
L
E
M
A
N



D
E
R
E
K



K
E
N
N
Y

New PC Invite
5K School Record



Alaina Steele – 20:37

Isanti Time Trial
Thursday, August 22, 2019
Mild and sunny

PINE CITY GIRLS' RESULTS:

3200 m

	<u>place</u>	<u>total time</u>	<u>1st mile</u>	<u>2nd mile</u>
1. Alaina Steele	1	13:16	6:31	6:45
2. Eva Johnson	6	14:01	6:54	7:07
3. Arissa Rydberg	10	14:24	7:07	7:17
4. Grace Grubbs	17	15:33	7:26	8:07
5. Allison Cavallin	DNR	Injury		

#1 runner: Alaina Steele - Pine City - 13:16

JUNIOR HIGH GIRLS:

1600 m

1. Sophia Olson	5	7:39
2. Rachel Brown	7	7:43
3. Abbie Burch	8	7:48
4. Emma Belsheim	9	7:48
5. Samantha Root	10	7:49
6. Peyton Perreault	13	8:27

#1 runner: 7:21

PINE CITY BOYS' RESULTS:

3200 m

	<u>place</u>	<u>total time</u>	<u>1st mile</u>	<u>2nd mile</u>
1. Nate Webster	3	11:33	5:39	5:54
2. Noah Miller	11	12:20	5:53	6:27
3. Charlie Emmons	21	13:03	6:05	6:58
4. Caleb Cunnien	22	13:03	6:26	6:37
5. Koleman Lind	23	13:18	6:24	6:54
6. Damion Torgerson	26	13:30	6:30	7:00
7. Bryce Roberts	35	14:25	6:52	7:33
8. Hunter Danielson	36	14:33	7:06	7:27
9. Aidan Welch	41	14:56	7:06	7:50
10. Casey Knutson	42	14:56	7:06	7:50
11. Derek Clementson	46	15:28	7:08	8:20
12. Kenny Vo	49	15:59	7:22	8:37
13. Lukas Struss	DNF	Knee Injury	6:21	-
14. Drake Willert	DNR			
15. Josh Rike	DNR			

#1 runner: Cooper Lennox - Mora - 10:57

JUNIOR HIGH BOYS:

1600 m

1. Charlie Ausmus	2	6:17
2. Eli Fromm	7	6:35
3. Roman McKinney	8	6:49
4. Levi Wilson	12	6:58
5. Jacob Treu	13	7:04
6. Sawyer McDaniel	14	7:13
7. Noah Brady	15	7:18
8. Deacon Foss	19	7:37
9. Gavin Broz	22	7:38
10. Caden Schlichting	21	7:38
11. Bryer Willert	DNR	

#1 runner: 6:08

Princeton Invitational Cross Country Meet

Thursday, August 29, 2019

mild and sunny

PINE CITY GIRLS' RESULTS:

5000 m - 87 varsity runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	7	21:17.9	#2 Princeton
2. Eva Johnson	13	21:55.7	#3 Princeton
3. Arissa Rydberg	43	23:53.7	PB #4 Princeton
4. Grace Grubbs	60	25:00.3	#6 Princeton
5. Allison Cavallin	DNR		

#1 runner: Lexi Dehmer - Becker - 20:29.8

JUNIOR HIGH GIRLS:

2000 m - 48 runners

	<u>place</u>	<u>time</u>	
1. Emma Belsheim	11	9:27.7	
2. Rachel Brown	15	9:39.8	
3. Sophia Olson	21	9:54.5	PB
4. Samantha Root	32	10:34.1	
5. Abbie Burch	39	11:07.5	
6. Peyton Perreault	41	11:09.1	

#1 runner: Ali Aanenson - St. Francis - 8:46.2

PINE CITY BOYS' RESULTS:

5000 m - 119 varsity runners

	<u>place</u>	<u>time</u>	
1. Nate Webster	11	18:09.5	#3 Princeton
2. Noah Miller	43	19:47.3	
3. Casey Knutson	44	19:48.3	PB
4. Charlie Emmons	50	19:58.3	
5. Caleb Cunnien	62	20:25.4	PB
6. Drake Willert	70	20:49.9	
7. Koleman Lind	74	20:57.7	
8. Damion Torgerson	88	21:36.8	
9. Kenny Vo	109	24:09.7	
10. Hunter Danielson	113	24:29.6	
11. Bryce Roberts	115	24:35.1	
12. Derek Clementson	117	25:03.5	
13. Lukas Struss	DNF	mile: 6:40	
14. Aidan Welch	DNR		
15. Josh Rike	DNR		

#1 runner: Travis Miller - Heritage Christian - 16:56.1

JUNIOR HIGH BOYS:

2000 m - 69 runners

	<u>place</u>	<u>time</u>	
1. Charlie Ausmus	6	7:54.6	
2. Eli Fromm	13	8:07.2	
3. Roman McKinney	17	8:19.2	
4. Levi Wilson	31	8:47.2	
5. Sawyer McDaniel	40	9:07.2	
6. Jacob Treu	44	9:09.2	
7. Noah Brady	47	9:18.6	
8. Deacon Foss	53	9:48.8	PB
9. Caden Schlichting	57	10:19.3	
10. Oscar Gribauval	62	10:38.2	
11. Gavin Broz	DNR		
12. Daimien Lord	DNR		
13. Bryer Willert	DNR		

#1 runner: Vitaliy Stelchuck - Elk River - 7:23.5

Top 5 Ave

N-A

GIRLS' TEAM RESULTS:

1. Becker	37
2. Elk River (AA)	80
3. Zimmerman (AA)	96
4. Cambridge-Isanti (AA)	96
5. Spectrum	104
6. Princeton (AA)	122
7. St. Francis (AA)	179
8. Heritage Christian A.	202
9. Parnassus	222
Pine City	Inc
Legacy-PACT	Inc
Braham, Mille Lacs	Inc

JH Girls' Results:

1. Becker	45
2. Princeton	48
3. Elk River	76
4. Zimmerman	84
5. Pine City	87

BOYS' TEAM RESULTS:

1. Elk River (AA)	47
2. Heritage Christian A.	60
3. Cambridge-Isanti (AA)	117
4. Spectrum	123
5. Princeton (AA)	130
6. Becker (AA)	150
7. Legacy-PACT	155
8. Pine City	200
9. Parnassus	239
10. Zimmerman (AA)	249
11. St. Francis (AA)	290
Braham	Inc

JH Team Results:

1. Becker	33
2. Princeton	61
3. Pine City	93
4. Parnassus	113
5. Elk River	119
6. Zimmerman	142
7. Cambridge-Isanti	147

Pine City Invitational Cross Country Meet

Thursday, September 5, 2019

mild and overcast

PINE CITY GIRLS' RESULTS:

5000 m - 69 varsity & JV runners

Top 5 Ave

N-A

	<u>place</u>	<u>time</u>		
1. Alaina Steele	3	20:37	BTY	#1 PC
*** NEW PC INVITE SCHOOL RECORD ***				
2. Eva Johnson	8	21:38	BTY	#4 PC
3. Arissa Rydberg	22	23:07	PB	
4. Grace Grubbs	DNR	Injury		
5. Allison Cavallin	DNR	Injury		

#1 runner: Molly Novotny - Spectrum - 20:04

JUNIOR HIGH GIRLS:

2000 m - 41 runners

	<u>place</u>	<u>time</u>	
1. Emma Belsheim	6	8:54	PB
2. Rachel Brown	12	9:15	PB
3. Samantha Root	15	9:21	PB
4. Sophia Olson	17	9:22	PB
5. Peyton Perreault	21	9:44	PB
6. Abbie Burch	23	9:46	PB

#1 runner: Arielle Pendegayosh - Mille Lacs - 8:36

PINE CITY BOYS' RESULTS:

5000 m - 71 varsity & 68 JV runners

Top 5 Ave

19:33.8

	<u>place</u>	<u>time</u>	
1. Nate Webster	3	18:10	
2. Noah Miller	20	19:32	BTY
3. Charlie Emmons	27	19:42	BTY
4. Casey Knutson	36	20:11	
5. Koleman Lind	42	20:22	BTY
6. Caleb Cunnien	50	20:52	
7. Damion Torgerson	5 jv	21:19	PB
8. Lukas Struss	9 jv	21:48	BTY
9. Josh Rike	11 jv	21:48	BTY
10. Hunter Danielson	18 jv	22:47	BTY
11. Aidan Welch	30 jv	23:25	PB
12. Kenny Vo	35 jv	24:10	
13. Derek Clementson	41 jv	24:33	BTY
14. Drake Willert	DNF	5:55 mile	
15. Bryce Roberts	DNF	6:30 mile	

#1 runner: Kyle Haben - Spectrum - 17:52

JUNIOR HIGH BOYS:

2000 m - 57 runners

	<u>place</u>	<u>time</u>	
1. Charlie Ausmus	2	7:25	PB
2. Roman McKinney	9	7:57	PB
3. Eli Fromm	10	8:02	PB
4. Levi Wilson	12	8:07	PB
5. Sawyer McDaniel	15	8:21	PB
6. Bryer Willert	22	8:34	PB
7. Noah Brady	30	8:53	PB
8. Gavin Broz	32	8:55	PB
9. Caden Schlichting	35	8:59	PB
10. Jacob Treu	36	9:02	PB
11. Deacon Foss	40	9:07	PB
12. Daimien Lord	46	9:23	PB
13. Oscar Gribauval	55	11:19	

#1 runner: Landon Hasz - Milaca - 7:21

GIRLS' TEAM RESULTS:

1. Spectrum	50
2. Chisago Lakes (AA)	64
3. Mora	79
4. Zimmerman (AA)	87
5. Foley (AA)	126
6. North Branch (AA)	139
7. Mille Lacs	183
8. Rush City	211
9. Braham	212
Pine City	Inc
East Central, Milaca	Inc
Hinckley-Finlayson	Inc
Legacy-PACT	Inc

JH Girls' Results:

1. Foley	30
2. Pine City	41
3. Zimmerman	68
4. Milaca	81

BOYS' TEAM RESULTS:

1. Spectrum	54
2. Foley	74
3. Legacy-PACT	88
4. Rush City	115
5. Pine City	121
6. Chisago Lakes (AA)	137
7. Zimmerman (AA)	150
8. Hinckley-Finlayson	174
9. Milaca	200
10. Braham	303
11. North Branch (AA)	Inc
12. East Central	Inc

JV Boys' Results:

1. Spectrum	33
2. Pine City	67
3. Chisago Lakes	83
4. Foley	114
5. Rush City	138
6. Zimmerman	151
7. East Central	153
8. North Branch	186
9. Hinckley-Finlayson	205

JH Team Results:

1. Foley	46
2. Pine City	48
3. Milaca	63
4. Zimmerman	109
5. Spectrum	125
6. Hinckley-Finlayson	130
7. Chisago Lakes	135

Mora Invitational Cross Country Meet

Tuesday, September 10, 2019

Sunny and warm

PINE CITY GIRLS' RESULTS:

5000 m - 94 varsity runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	6	20:38.5	#1 Mora
2. Eva Johnson	13	21:31.5	BTY #4 tie Mora
3. Arissa Rydberg	31	23:03.1	PB
4. Allison Cavallin	DNF		
5. Grace Grubbs	DNR	Injury	

#1 runner: Maddie Kelly - Providence Academy - 19:42.4 (#7)

JUNIOR HIGH GIRLS:

2400 m - 66 runners

	<u>place</u>	<u>time</u>	
1. Rachel Brown	14	11:04.9	PB
2. Sophia Olson	19	11:12.5	PB
3. Samantha Root	24	11:19.9	PB
4. Emma Belsheim	29	11:37.2	PB
5. Peyton Perreault	39	11:57.1	PB
6. Abbie Burch	DNR	Injury	

#1 runner: Lydia Myskowski - Northwest Homeschool - 9:40.3

PINE CITY BOYS' RESULTS:

5000 m - 104 varsity & 113 JV runners

	<u>place</u>	<u>time</u>	
1. Nate Webster	12	18:29.3	
2. Noah Miller	51	19:56.6	
3. Casey Knutson	57	20:13.2	
4. Caleb Cunnien	66	20:34.7	
5. Koleman Lind	77	21:15.7	
6. Damion Torgerson	78	21:17.2	
7. Josh Rike	10 jv	21:44.9	BTY
8. Aidan Welch	46 jv	23:20.2	PB
9. Hunter Danielson	47 jv	23:23.2	
10. Lukas Struss	53 jv	23:36.6	
11. Derek Clementson	77 jv	24:31.9	BTY
12. Kenny Vo	94 jv	26:53.8	
13. Charlie Emmons	DNF		
14. Drake Willert	DNR	Injury	
15. Bryce Roberts	DNR	Sick	

#1 runner: Lukas Swanson - Northwest Homeschool - 16:50.5

JUNIOR HIGH BOYS:

2400 m - 101 runners

	<u>place</u>	<u>time</u>	
1. Charlie Ausmus	2	8:52.0	PB
2. Roman McKinney	19	9:57.7	PB
3. Eli Fromm	24	10:14.2	PB
4. Sawyer McDaniel	32	10:24.7	PB
5. Levi Wilson	41	10:41.3	PB
6. Bryer Willert	44	10:44.5	PB
7. Noah Brady	49	10:54.9	PB
8. Caden Schlichting	64	11:17.7	PB
9. Gavin Broz	72	11:41.8	
10. Deacon Foss	73	11:43.7	PB
11. Jacob Treu	75	11:52.0	
12. Daimien Lord	77	11:55.0	PB
13. Oscar Gribauval	88	12:43.6	PB

#1 runner: Mark Swanson - Northwest Homeschool - 8:50.8

Top 5 Ave

N-A

GIRLS' TEAM RESULTS:

1. Providence Academy	58
2. Howard Lake-W.W. (7)	67
3. Zimmerman (AA)	108
4. Princeton (AA)	114
5. Spectrum	116
6. Mora	153
7. Northwest Homeschool	172
8. Heritage Christian	179
9. Pierz	199
10. Foley (AA)	249
11. Legacy Christian	251
12. Rush City	338
13. North Branch (AA)	341
Pine City	Inc
M.L., H-F, E.C., Braham	Inc

JH Girls' Results:

1. Northwest Nighthawks	21
2. Princeton	78
3. Pierz	92
4. Foley	92
5. Pine City	99
7 complete teams	

BOYS' TEAM RESULTS:

1. Northwest Homeschool	47
2. Heritage Christian	64
3. Princeton (AA)	117
4. Spectrum	124
5. Mora	131
6. Foley (AA)	140
7. Legacy Christian	144
8. Rush City	225
9. Pine City	255
10. Pierz	271
11. Howard Lake-W.W.	292
12. Hinckley-Finlayson	295
13. Zimmerman (AA)	301
14. North Branch (AA)	368
15. Braham	459
Providence Academy	Inc
East Central	Inc

JV Boys' Results:

1. Mora	66
2. Spectrum	71
3. Heritage Christian	85
4. Princeton	112
5. Northwest Homeschool	124
6. Foley	128
7. Rush City	185
8. Pine City	210
9. Maranatha Christian	216
10. Zimmerman	270
11. East Central	270
12. Hinckley-Finlayson	288

JH Boys' Results:

1. Providence Academy	25
2. Pine City	104
3. Foley	109
4. Mora	142
5. Hinckley-Finlayson	153
11 Complete Teams	

Pierz Stampede Invitational Cross Country Meet

Monday, September 16, 2019

hot and humid

PINE CITY GIRLS' RESULTS:

5000 m - 159 varsity runners

Top 5 Ave

N-A

	<u>place</u>	<u>time</u>	
1. Alaina Steele	6	21:00.2	#3 Pierz
2. Eva Johnson	12	21:38.7	#5 Pierz
3. Arissa Rydberg	65	24:31.1	
4. Allison Cavallin	DNR	Sick	
5. Grace Grubbs	DNR	Injury	

#1 runner: Kristine Kalthoff - Albany - 19:59.4

JUNIOR HIGH GIRLS:

3200 m - 119 runners

	<u>place</u>	<u>time</u>	
1. Emma Belsheim	16	15:01.6	
2. Samantha Root	36	16:22.7	
3. Sophia Olson	39	16:33.7	
4. Rachel Brown	42	16:37.5	
5. Peyton Perreault	56	17:30.8	
6. Abbie Burch	DNR	Injury	

#1 runner: Audrey Brownell - Staples-Motley - 13:12.3

GIRLS' TEAM RESULTS:

1. Staples-Motley (2)	53
2. Albany (4)	98
3. Annandale	142
4. Howard Lake-W.W. (7)	144
5. Maple Lake (11)	152
6. Brainerd (AA)	155
7. Zimmerman (AA)	174
8. West Central	180
9. Mora	227
10. EdenValley-Watkns/K	283
11. Heritage Christian	297
12. Holdingford	320
13. Sauk Centre	322
14. Pierz	336
15. Foley	353
16. Litchfield	405
Pine City	Inc
21 complete teams	

JH Girls' Results:

1. Annandale	23
5. Pine City	133

PINE CITY BOYS' RESULTS:

5000 m - 182 varsity & 217 JV runners

Top 5 Ave

20:14.1

	<u>place</u>	<u>time</u>	
1. Nate Webster	19	18:33.3	
2. Charlie Emmons	62	19:51.5	
3. Noah Miller	78	20:18.4	
4. Koleman Lind	116	21:11.6	
5. Caleb Cunnien	119	21:15.6	
6. Casey Knutson	130	21:46.4	
7. Lukas Struss	39 jv	21:58.2	
8. Damion Torgerson	146	22:27.4	
9. Josh Rike	70 jv	23:05.8	
10. Bryce Roberts	78 jv	23:25.3	BTY
11. Hunter Danielson	95 jv	24:02.3	
12. Kenny Vo	111 jv	24:22.5	
13. Aidan Welch	132 jv	25:04.3	
14. Derek Clementson	150 jv	25:49.5	
15. Drake Willert	DNR		

#1 runner: Emmet Anderson (#2) - Staples-Motley - 15:58.0

JUNIOR HIGH BOYS:

3200 m - 189 runners

	<u>place</u>	<u>time</u>	
1. Charlie Ausmus	6	12:51.3	
2. Roman McKinney	18	13:42.4	
3. Eli Fromm	39	14:39.6	
4. Levi Wilson	40	14:39.8	
5. Sawyer McDaniel	52	14:54.2	
6. Bryer Willert	55	14:59.6	
7. Jacob Treu	99	16:12.8	
8. Gavin Broz	104	16:18.1	
9. Daimien Lord	119	16:53.4	
10. Noah Brady	129	17:31.1	
11. Deacon Foss	130	17:33.8	
12. Oscar Gribauval	136	17:43.8	
13. Caden Schlichting	142	17:57.9	

#1 runner: Ryan Wirz - Eden Valley-W.K - 12:21.3

BOYS' TEAM RESULTS:

1. West Central (3)	72
2. Staples-Motley (4)	74
3. Heritage Christian	133
4. Brainerd (AA)	138
5. Annandale	166
6. Foley	228
7. Lichfield	229
8. Albany	249
9. Mora	265
10. Maple Lake	350
11. Royalton	357
12. Crosby-Ironton	368
13. Pine City	394
14. New London-Spicer	403
15. Howard Lake-W.W.	405
16. Osakis	426
17. Zimmerman	435
18. Otter Tail Central	437
19. Breckenridge-Wahpeton	452
20. Pierz	458
21. Hinckley-Finlayson	519
22. Sauk Centre	578
23. St. John's Prep	604
24. EdenVally-Watkns/K	624
25. Milaca	627
26. Holdingford	642
27. Long Prairie-Grey Eagle	747

JV Boys' Results:

1. Brainerd	43
2. Albany	112
10. Pine City	326

JH Boys' Results:

1. Osakis	113
2. Brainerd	121
6. Pine City	145

Milaca Mega Invitational Cross Country Meet

Saturday, September 21, 2019
overcast, humid, and MUDDY

PINE CITY GIRLS' RESULTS:

5000 m - 208 varsity & 491 JV runners
205 9th-grade & 246 10th-grade runners

Top 5 Ave 23:31.9

	place	time	
1. Alaina Steele	15	21:09.4	#3 MMM (G.C.)
2. Eva Johnson	20	21:25.0	BTY #7 MMM (G.C.)
3. Arissa Rydberg	53	22:54.1	PB
4. Sophia Olson	155	25:54.3	PB
5. Emma Belsheim	161	26:16.7	PB
6. Rachel Brown	166	26:29.1	PB
7. Samantha Root	177	27:18.8	PB
8. Allison Cavallin	DNF	Injury	
9. Grace Grubbs	DNR	Injury	

#1 Varsity runner: Natasha Sortland (1) - ZMKW - 18:54.4 LY

JUNIOR HIGH GIRLS:

3200 m - 221 7th-grade & 203 8th-grade runners

	place	time	
Peyton Perreault	DNR	Sick	
Abbie Burch	DNR	Injury	

#1 7th-grade runner: Della Bettendorf - Proctor - 21:35.0

#1 8th-grade runner: Jules Davis - Osseo - 19:58.7

PINE CITY BOYS' RESULTS:

5000 m - 211 varsity & 754 JV runners
430 9th-grade & 418 10th-grade runners

Top 5 Ave 20:15.6

	place	time	
1. Nate Webster	24	18:32.7	
2. Noah Miller	98	20:15.9	
3. Casey Knutson	80 - 10th	20:36.6	
4. Charlie Emmons	121	20:43.4	
5. Charlie Ausmus	142	21:09.6	PB
6. Caleb Cunnien	98 - 9th	21:19.4	
7. Kolem Lind	150	21:28.3	
8. Damion Torgerson	141 - 9th	21:55.9	
9. Josh Rike	179	22:17.1	
10. Bryce Roberts	196 - 10th	22:27.5	BTY
11. Lukas Struss	189	22:42.3	
12. Aidan Welch	238 - 10th	23:10.9	PB
13. Hunter Danielson	269 - 10th	23:38.1	
14. Derek Clementson	523 jv	25:11.7	
15. Kenny Vo	625 jv	27:12.4	
16. Drake Willert	DNR	Injury	

#1 Varsity runner: Emmet Anderson (1) - Staples-Motley - 16:22.7

JUNIOR HIGH BOYS:

3200 m - 297 7th-grade & 305 8th-grade runners

	place	time	
1. Roman McKinney	21 - 7th	21:43.4	PB
2. Bryer Willert	81 - 7th	24:08.7	PB
3. Eli Fromm	94 - 7th	24:36.8	PB
4. Levi Wilson	143 - 7th	26:04.3	PB
5. Sawyer McDaniel	160 - 7th	26:31.2	PB
6. Caden Schlichting	250 - 8th	27:13.8	PB
7. Gavin Broz	251 - 8th	27:14.5	PB
8. Deacon Foss	266 - 8th	27:56.8	PB
9. Daimien Lord	208 - 7th	27:59.1	PB
10. Noah Brady	212 - 7th	28:10.1	PB
11. Oscar Gribauval	281 - 8th	28:54.8	PB
12. Jacob Treu	DNR		

#1 7th-grade runner: Robert Mechura - Roseville - 18:11.1

#1 8th-grade runner: Gus Swenson - Stillwater - 18:05.3

GIRLS' TEAM RESULTS:

1. Staples-Motley (1)	82
2. Perham (2)	89
3. Fairmont	160
4. Lake City	172
5. Pequot Lakes	190
6. WEM-JWP	234
7. North Shore (8)	236
8. Blake	254
9. St. Croix Central	283
10. Martin County West	322
11. LQPV-DB	333
12. Rockford	350
13. Pine City	362
14. Breck	367
15. Mora	382
16. Greenway-N.K.	389
17. Amery	390
18. Moose Lake-Willow R.	404
19. Virginia	449
20. Melrose	468
21. ZMKW	529
22. Esko	575
23. St. Croix Prep	591
24. New London-Spicer	617
25. Benson-KMS	625

BOYS' TEAM RESULTS:

1. LQPV-DB (2)	85
2. Staples-Motley (4)	98
3. St. Croix Central	164
4. Greenway-N.K. (8)	177
5. Lake City	202
6. Pequot Lakes	230
7. Mora	263
8. St. Cloud Cathedral	272
9. North Shore	284
10. Breck	303
11. Moose Lake-Willow R.	346
12. Fairmont	355
13. Dilworth-Glyndon-F.	412
14. Proctor	422
15. Virginia	434
16. Benson-KMS	452
17. Amery	462
18. Martin County West	493
19. St. Croix Prep	505
20. Rockford	512
21. Pine City	519
22. Esko	536
23. Melrose	541
24. ZMKW	553
25. New London-Spicer	648
26. Chisago Lakes	661
27. Bagley-Fosston	668
28. St. Croix Lutheran	715
29. Milaca	807
30. Watertown-Mayer	861

7th Grade Boys' Team Results:

1. Maple Grove	64
2. Hopkins	112
3. Central Middle School	147
4. Blake	168
5. Fergus Falls	197
6. Waconia	216
7. Pine City	247
8. Perham	254
20 complete teams	

Foley Invitational Cross Country Meet

Thursday, September 26, 2019

cool and overcast

PINE CITY GIRLS' RESULTS:

5000 m - 79 varsity & 66 JV runners

Top 5 Ave

22:22.4 BTY / #16 All-Time

	<u>place</u>	<u>time</u>	
1. Alaina Steele	7	20:11.8	BTY #3 Foley / #7 All-Time
2. Eva Johnson	10	20:38.6	BTY #4 Foley / #19 tie A-T
3. Arissa Rydberg	16	21:33.0	PB #5 Foley / #8 Girl A-T
4. Emma Belsheim	62	24:33.1	PB
5. Sophia Olson	66	24:55.7	PB
6. Grace Grubbs	71	25:32.1	
7. Allison Cavallin	DNR	Injury	

#1 runner: Calia Chaney - Pequot Lakes - 19:24.3

JUNIOR HIGH GIRLS:

3000 m - 71 runners

	<u>place</u>	<u>time</u>	<u>3200m Equivalent</u>
1. Rachel Brown	14	14:09.1	15:11* PB
2. Peyton Perreault	19	14:26.2	15:30* PB
3. Samantha Root	20	14:27.4	15:31* PB
4. Abbie Burch	DNR	Injury	

#1 runner: Ayla Anez - Little Falls - 12:50.6

PINE CITY BOYS' RESULTS:

5000 m - 89 varsity & 94 JV runners

Top 5 Ave

19:22.0 BTY

	<u>place</u>	<u>time</u>	
1. Nate Webster	4	17:38.5	BTY #4 Foley
2. Noah Miller	45	19:34.9	
3. Drake Willert	48	19:41.4	PB
4. Koleman Lind	51	19:56.6	BTY
5. Caleb Cunnien	52	19:58.7	PB
6. Casey Knutson	60	20:22.4	
7. Lukas Struss	12 jv	20:36.3	BTY
8. Damion Torgerson	66	20:42.8	PB
9. Josh Rike	21 jv	21:01.5	BTY
10. Aidan Welch	31 jv	21:58.5	PB
11. Bryce Roberts	32 jv	21:58.7	BTY
12. Hunter Danielson	33 jv	22:03.8	PB
13. Kenny Vo	36 jv	22:17.8	PB
14. Derek Clementson	54 jv	23:24.2	BTY
15. Charlie Emmons	DNR	Injury	

#1 runner: Ryan Young - Princeton - 16:57.7

JUNIOR HIGH BOYS:

3000 m - 113 runners

	<u>place</u>	<u>time</u>	<u>3200m Equivalent</u>
1. Charlie Ausmus	3	11:24.9	12:15* PB
2. Roman McKinney	10	11:57.9	12:51* PB
3. Eli Fromm	25	12:42.3	13:38* PB
4. Bryer Willert	31	12:51.4	13:48* PB
5. Levi Wilson	42	13:13.9	14:12* PB
6. Jacob Treu	49	13:26.9	14:26* PB
7. Noah Brady	63	13:56.2	14:58* PB
8. Caden Schlichting	64	13:59.6	15:02* PB
9. Gavin Broz	67	14:01.3	15:03* BTY
10. Daimien Lord	68	14:04.6	15:07* PB
11. Deacon Foss	69	14:06.6	15:09* PB
12. Sawyer McDaniel	73	14:15.1	15:18*
13. Oscar Gribauval	89	14:58.6	16:04* PB

#1 runner: Shane Crowley - Pequot Lakes - 11:13.9

GIRLS' TEAM RESULTS:

1. Pequot Lakes (8)	49
2. Princeton (AA)	77
3. Lester Prairie	90
4. Pine City	141
5. Little Falls (AA)	144
6. Big Lake (AA)	159
7. Mora	162
8. Foley (AA)	187
9. Pierz	201
10. Holdingford	207
11. St. Cloud Cathedral	213
Zimmerman (AA)	Inc
Milaca	Inc

JH Girls' Results:

1. Brainerd	27
Pine City	Inc

BOYS' TEAM RESULTS:

1. Princeton (AA)	66
2. Pequot Lakes	69
3. Foley (AA)	100
4. Mora	100
5. Big Lake (AA)	138
6. St. Cloud Cathedral	176
7. Pierz	196
8. Pine City	200
9. Zimmerman (AA)	245
10. Lester Prairie	266
11. Holdingford	277
12. Milaca	294
13. Albany	326

JV Boys' Results:

1. Mora	31
2. Princeton	54
3. Foley	79
4. Big Lake	108
5. Pine City	118
6. St. Cloud Cathedral	129
7. Zimmerman	217
8. Lester Prairie	243
9. Holdingford	265

JH Boys' Results:

1. Big Lake	73
2. Mora	81
3. Pine City	99
4. Brainerd	102
5. Milaca	121
6. Princeton	125
7. Foley	134
8. St. Cloud Cathedral	159
9. Albany	237
10. Holdingford	253

Hinckley-Finlayson Invitational Cross Country Meet

Tuesday, October 1, 2019

cool and overcast

PINE CITY GIRLS' RESULTS:

5000 m - 32 varsity & 27 JV runners

Top 5 Ave

N-A

	<u>place</u>	<u>time</u>	
1. Rachel Brown	1 jv	23:53.3	PB
2. Alaina Steele	DNR	Swain	
3. Eva Johnson	DNR	Swain	
4. Arissa Rydberg	DNR	Swain	
5. Emma Belsheim	DNR	Swain	
6. Sophia Olson	DNR	Swain	
7. Grace Grubbs	DNR	Swain	
8. Allison Cavallin	DNR	Swain	

#1 runner: Jordan Merwin - Cambridge-Isanti - 20:02.7

#1 JV runner: Rachel Brown - Pine City - 23:53.3

JUNIOR HIGH GIRLS:

2500 m - 30 runners

	<u>place</u>	<u>time</u>	
1. Peyton Perreault	9	12:01.7	
2. Samantha Root	10	12:14.7	
3. Abbie Burch	DNR	Injury	

#1 runner: Violet Cox - Hinckley-Finlayson - 11:18.2

PINE CITY BOYS' RESULTS:

5000 m - 40 varsity & 70 JV runners

Top 5 Ave

20:45.4 JV

	<u>place</u>	<u>time</u>	
1. Casey Knutson	18	19:27.4	PB
2. Charlie Ausmus	3 jv	19:46.3	PB
3. Roman McKinney	12 jv	20:46.1	PB
4. Bryce Roberts	19 jv	21:29.6	BTY
5. Hunter Danielson	29 jv	22:17.4	
6. Bryer Willert	34 jv	22:30.6	PB
7. Aidan Welch	39 jv	22:45.3	
8. Kenny Vo	45 jv	23:16.2	
9. Derek Clementson	52 jv	24:13.5	
10. Deacon Foss	58 jv	24:59.4	PB
11. Nate Webster	DNR	Swain	
12. Noah Miller	DNR	Swain	
13. Charlie Emmons	DNR	Swain	
14. Caleb Cunnien	DNR	Swain	
15. Koleman Lind	DNR	Swain	
16. Damiön Torgerson	DNR	Swain	
17. Josh Rike	DNR	Swain	
18. Lukas Struss	DNR	Swain	
19. Drake Willert	DNR	Swain	

#1 runner: Cooper Lennox - Mora - 17:09.9

JUNIOR HIGH BOYS:

2500 m - 59 runners

	<u>place</u>	<u>time</u>	
1. Eli Fromm	8	10:03.3	
2. Levi Wilson	16	10:28.8	
3. Sawyer McDaniel	23	10:40.5	
4. Caden Schlichting	30	11:06.1	PB
5. Gavin Broz	31	11:06.1	
6. Daimien Lord	34	11:14.4	
7. Noah Brady	35	11:17.2	
8. Oscar Gribauval	50	12:54.3	

#1 runner: Cal Droubie - Cambridge-Isanti - 9:27.2

GIRLS' TEAM RESULTS:

1. Cambridge-Isanti	21
2. Mora	53
3. Hinckley-Finlayson	61
4. Rush City	99
Pine City	Inc
Milaca	Inc
Braham	Inc
East Central	Inc

JV Girls' Results:

1. Mora	24
2. Cambridge-Isanti	32
Pine City	Inc

JH Girls' Results:

1. Milaca	22
2. Cambridge-Isanti	33
Pine City	Inc

BOYS' TEAM RESULTS:

1. Cambridge-Isanti	29
2. Mora	45
3. Rush City	82
4. Hinckley-Finlayson	93
5. Milaca	112
Pine City	Inc
East Central	Inc
Braham	Inc

JV Boys' Results:

1. Cambridge-Isanti	22
2. Mora	51
3. Pine City	77
4. Rush City	110
5. Hinckley-Finlayson	125

JH Boys' Results:

1. Cambridge-Isanti	25
2. Mora	57
3. Milaca	75
4. Pine City	100
5. Hinckley-Finlayson	106

SWAIN Invitational Cross Country Meet

Saturday, October 5, 2019

cool, extremely muddy, rainy (long course)

PINE CITY GIRLS' RESULTS:

5000 m - 208 Class A varsity runners

	<u>place</u>	<u>time</u>
1. Alaina Steele	12	22:01.1
2. Eva Johnson	14	22:13.7
3. Arissa Rydberg	32	22:56.6
4. Emma Belsheim	111	25:29.8
5. Grace Grubbs	141	26:30.8
6. Sophia Olson	DNR	Injury
7. Allison Cavallin	DNR	Injury

#1 runner: Ava Hill - Mesabi East - 20:17.0

Top 5 Ave
23:50.4

GIRLS' TEAM RESULTS:

1. Lake City (6)	118
2. Stewartville (11)	174
3. North Shore	226
4. Blake	228
5. Minnehaha Academy	255
6. St. Paul Academy	256
7. Glencoe Silver Lake	272
8. Rockford	277
9. Pine City	290
10. East Grand Forks	295
11. Wadena-Deer Creek	300
12. Mountain Iron-Buhi	300
13. Mesabi East	312
14. United North Central	315
15. Moose Lake/Willow R.	346
16. Duluth Marshall	348
17. Ely	365
18. Virginia	420
19. Hinckley-Finlayson	428
20. Watertown-Mayer	447
21. Mora	489
22. Carlton/Wrenshall	508
23. Math & Science Academy	535
24. Eveleth-Gilbert	626
25. Trinity of River Ridge	664
26. Esko	693
27. Norwood-Young America	709
28. Rush City	757
29. Mountain Lake	771
30. Pillager	880

PINE CITY BOYS' RESULTS:

5000 m - 233 Class A varsity runners

	<u>place</u>	<u>time</u>
1. Nate Webster	36	19:27.7
2. Noah Miller	110	21:35.6
3. Drake Willert	115	21:42.5
4. Caleb Cunnien	134	22:10.3
5. Lukas Struss	141	22:19.1
6. Koleman Lind	176	23:27.9
7. Charlie Emmons	DNR	Injury
A. Josh Rike	8 jv	21:19.0
A. Damion Torgerson	30 jv	22:27.7

#1 runner: Luke Olson - Ely - 17:38.3

Top 5 Ave
21:27.0 / 21:15.0 (w/JV)

BOYS' TEAM RESULTS:

1. Ely	152
2. Lake City (10)	166
3. Minnehaha Academy (8)	170
4. Wadena-Deer Creek	190
5. East Grand Forks (11)	222
6. Proctor (12)	234
7. Eveleth-Gilbert	275
8. Cromwell-Wright	278
9. Moose Lake/Willow R.	282
10. Mora	325
11. Rockford	325
12. Math & Science Academy	333
13. Virginia	342
14. Plainview-Elgin-Millville	343
15. North Shore	363
16. Rush City	399
17. Glencoe-Silver Lake	441
18. Carlton/Wrenshall	464
19. Mountain Iron-Buhl	479
20. Norwood-Young America	491
21. Pine City	516
22. Mesabi East	539
23. St. Paul Academy	546
24. Blake	557
25. Stewartville	565
26. Duluth Marshall	568
27. Trinity at River Ridge	608
28. Esko	735
29. Watertown-Mayer	826
30. Mountain Lake Area	827
31. Lakeview Christian Academy	928
32. Chisholm	957

Mora Last Chance Invitational Cross Country Meet

Tuesday, October 8, 2019

mild and windy

PINE CITY GIRLS' RESULTS:

5000 m - 93 varsity & JV runners

	<u>place</u>	<u>time</u>	
1. Alaina Steele	2	20:33	
2. Arissa Rydberg	8	21:29	
3. Rachel Brown	43	23:56	
4. Emma Belsheim	59	25:07	
5. Eva Johnson	DNR	Sick	
6. Grace Grubbs	DNR	Injury	
7. Allison Cavallin	DNR	Injury	

Top 5 Ave N-A

#2 Mora L.C.
PB #7 Mora L.C.

GIRLS' TEAM RESULTS:

1. Annandale	52
2. Rockford	57
3. Cambridge-Isanti	67
4. Maple Lake	74
5. Mora	133
6. Milaca	171
7. Parnassus	188
8. Pine City	Inc

#1 runner: Jordan Merwin - Cambridge-Isanti - 20:22

JUNIOR HIGH GIRLS:

3200 m - 34 runners

	<u>place</u>	<u>time</u>	
1. Sophia Olson	2	15:04	PB
2. Samantha Root	5	15:19	PB
3. Peyton Perreault	6	15:23	PB
4. Abbie Burch	DNR	Injury	

JH Girls' Results:

1. Annandale	40
2. Mora	46
3. Milaca	63
4. Cambridge-Isanti	69
Pine City	Inc

#1 runner: Izzie Wheeler - Annandale - 14:44

PINE CITY BOYS' RESULTS:

5000 m - 143 varsity & JV runners

	<u>place</u>	<u>time</u>	
1. Nate Webster	14	18:44	
2. Noah Miller	31	19:28	BTY
3. Drake Willert	38	19:50	
4. Charlie Ausmus	39	19:51	
5. Caleb Cunnien	45	20:04	
6. Koleman Lind	47	20:10	
7. Josh Rike	64	20:52	BTY
8. Casey Knutson	71	21:10	
9. Damion Torgerson	79	21:39	
10. Bryce Roberts	91	22:07	
11. Aidan Welch	100	22:29	
12. Hunter Danielson	106	22:49	
13. Derek Clementson	125	24:28	
14. Lukas Struss	DNF	Leg Cramp	
15. Charlie Emmons	DNR	Injury	
16. Kenny Vo	DNR	Injury	

Top 5 Ave 19:35.6

BOYS' TEAM RESULTS:

1. Cambridge-Isanti	31
2. Annandale	69
3. Mora	85
4. Maple Lake	92
5. Rockford	139
6. Pine City	159
7. Parnassus	163
8. Milaca	216

#1 runner: Sal Wirth - Annandale - 17:22

JUNIOR HIGH BOYS:

3200 m - 55 runners

	<u>place</u>	<u>time</u>	
1. Roman McKinney	2	13:02	
2. Eli Fromm	6	13:17	PB
3. Levi Wilson	17	14:11	
4. Bryer Willert	24	14:20	
5. Sawyer McDaniel	26	14:25	PB
6. Daimien Lord	31	14:52	PB
7. Gavin Broz	35	15:20	
8. Jacob Treu	36	15:21	
9. Deacon Foss	38	15:45	
10. Caden Schlichting	39	15:46	
11. Oscar Gribauval	43	16:08	
12. Noah Brady	DNR	Injury	

JH Boys' Results:

1. Mora	47
2. Milaca	59
3. Pine City	75
4. Parnassus	100
5. Cambridge-Isanti	107
6. Annandale	117

#1 runner: Alex Williams - Mora - 12:23

Girls Great River Conference Champs



2019

GREAT RIVER CONFERENCE Cross Country Meet

Tuesday, October 15, 2019
cold, off/on drizzle, wet course

PINE CITY GIRLS' RESULTS:

5000 m - 36 varsity & 9 JV runners

	<u>place</u>	<u>time</u>
1. Alaina Steele	1	20:20
2. Eva Johnson	3	20:29
3. Arissa Rydberg	5	21:21
4. Grace Grubbs	13	23:42
5. Rachel Brown	16	24:14
6. Emma Belsheim	21	25:02
7. Sophia Olson	23	25:08
8. Allison Cavallin	DNR	Injury

Top 5 Ave 22:01.2 BTY #2 GRC / #11 All-Time
--

ALL-CONFERENCE #1 GRC
BTY **ALL-CONFERENCE #3 GRC**
PB **ALL-CONFERENCE #10 GRC**
BTY **Honorable Mention**

GIRLS' TEAM RESULTS:

1. Pine City	36
2. Hinckley-Finlayson	38
3. Rush City	92
4. East Central	97
Mille Lacs	102
<u>Incomplete Teams</u> Braham	

JV Girls' Results:

No complete teams

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

3 Time Defending Champ

JUNIOR HIGH GIRLS:

3200 m - 12 runners

	<u>place</u>	<u>time</u>
1. Peyton Perreault	2	15:25
2. Samantha Root	6	16:05
3. Abbie Burch	DNR	Injury

#1 runner: Ava Johnson - Braham - 15:07

JH Girls' Results:

1. East Central	9
2. Rush City	12
<u>Incomplete Teams</u> Pine City Hinckley-Finlayson Mille Lacs Braham	

PINE CITY BOYS' RESULTS:

5000 m - 32 varsity & 27 JV runners

	<u>place</u>	<u>time</u>
1. Nate Webster	2	18:17
2. Charlie Ausmus	7	19:14
3. Casey Knutson	8	19:26
4. Noah Miller	10	19:30
5. Caleb Cunnien	12	19:49
6. Drake Willert	13	20:00
7. Josh Rike	1 jv	20:00
8. Koleman Lind	16	20:12
9. Lukas Struss	2 jv	20:43
10. Bryce Roberts	3 jv	20:59
11. Hunter Danielson	5 jv	21:42
12. Damion Torgerson	8 jv	22:03
13. Derek Clementson	13 jv	23:04
14. Aidan Welch	16 jv	23:52
15. Kenny Vo	17 jv	23:53
16. Charlie Emmons	DNR	Sick

Top 5 Ave 19:15.2 BTY

ALL-CONFERENCE
PB **ALL-CONFERENCE**
PB **ALL-CONFERENCE**
ALL-CONFERENCE
PB **Honorable Mention**

BOYS' TEAM RESULTS:

1. Rush City	37
2. Pine City	39
3. Hinckley-Finlayson	60
4. East Central	94
<u>Incomplete Teams</u> Braham	

JV Boys' Results:

1. Pine City	19
2. Rush City	53
3. Hinckley-Finlayson	53
<u>Incomplete Teams</u> Braham East Central	

#1 runner: Brodrick Larson - Rush City - 17:53

#1 JV runner: Josh Rike - Pine City - 20:00

JUNIOR HIGH BOYS:

3200 m - 25 runners

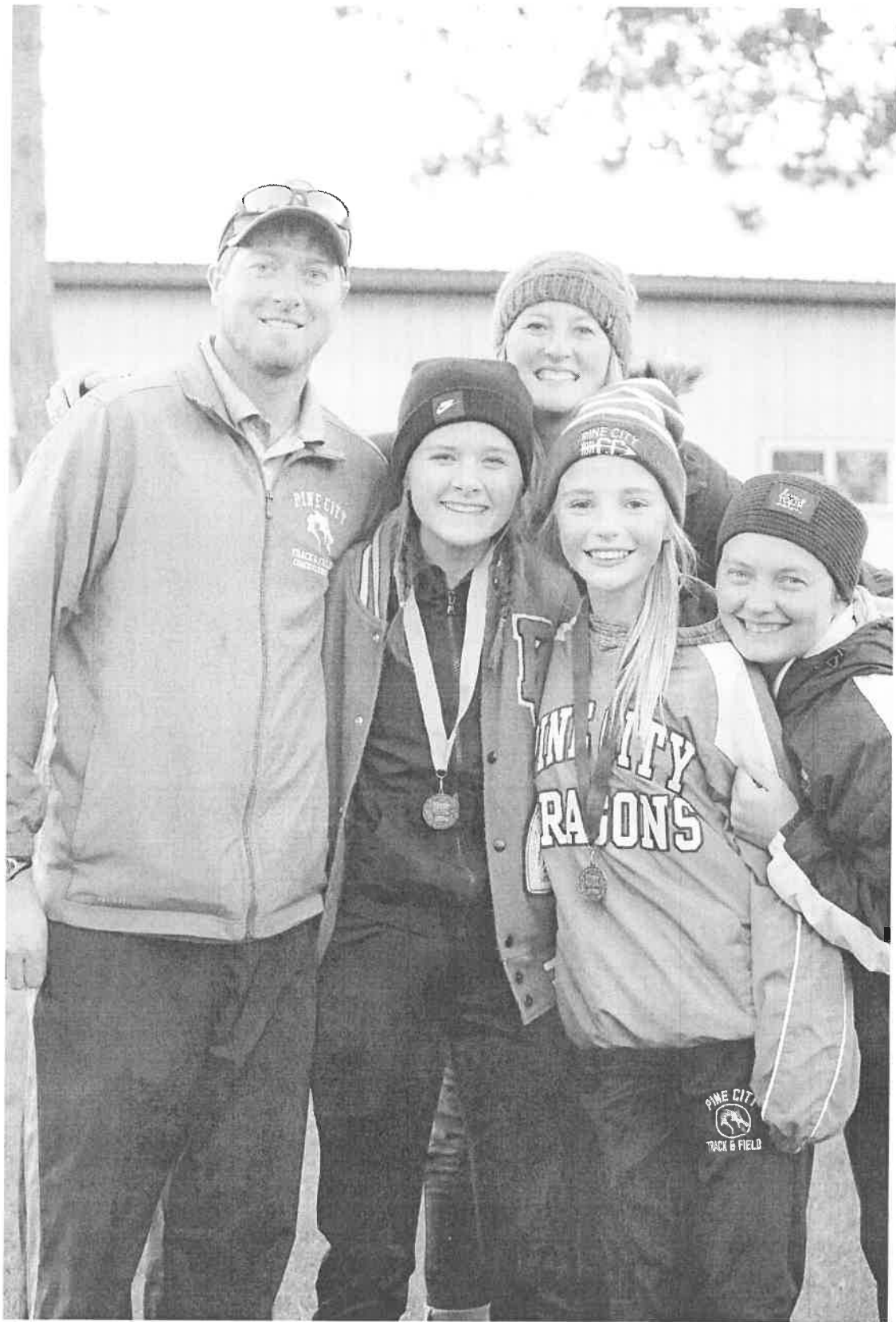
	<u>place</u>	<u>time</u>
1. Roman McKinney	1	12:44
2. Eli Fromm	3	13:21
3. Bryer Willert	4	13:42
4. Levi Wilson	7	14:04
5. Jacob Treu	8	14:10
6. Sawyer McDaniel	9	14:10
7. Deacon Foss	11	14:35
8. Gavin Broz	12	14:39
9. Daimien Lord	13	14:51
10. Caden Schlichting	16	15:05
11. Noah Brady	19	15:30
12. Oscar Gribauvai	21	15:46

JH Boys' Results:

1. Pine City	8
2. Hinckley-Finlayson	13
<u>Incomplete Teams</u> Rush City East Central Braham	

#1 runner: Roman McKinney - Pine City - 12:44

SECTION 5A



Section 5A Cross Country Meet

@ Mora

Thursday, October 24, 2019

cool and partly cloudy

PINE CITY GIRLS' RESULTS:

5000 m - 144 varsity runners

Top 5 Ave 21:33.8 BTY / #6 All-Time
--

	place	time	
1. Alaina Steele	4	19:43.1	PB Ties School Record
**** Qualifies for STATE ****			
2. Eva Johnson	9	20:04.3	PB #2 Sec / #5 Overall Race
**** Qualifies for STATE ****			
3. Arissa Rydberg	31	21:11.9	PB
4. Rachel Brown	84	23:16.3	PB
5. Emma Belsheim	86	23:30.3	PB
6. Grace Grubbs	106	24:23.9	
7. Sophia Olson	109	24:39.6	PB

Alt. Allison Cavallin

Alt. Peyton Perreault

Alt. Samantha Root

Individual State Meet Qualifiers:

1. Addison Hoof (7)	Lester Prairie	19:04.7
2. Maddie Kelly (12)	Providence	19:18.0
3. Gracie Mallak (12)	Howard Lake-W-W.	19:18.9
4. Alaina Steele (12)	Pine City	19:43.1
5. Molly Novotny (9)	Spectrum	19:45.9
6. Emma Kelly (10)	Providence	19:53.1
7. Augusta Demarais (11)	Maple Lake	19:58.1
8. Mary Miller (11)	Maple Lake	20:00.0
9. Eva Johnson (8)	Pine City	20:04.3
10. Margaret Myskowski (12)	Northwest N.H.	20:05.4
11. Reese Hartl (8)	Hinckley-Finlayson	20:06.8
12. Brooke Baumann (10)	Howard Lake-W-W.	20:06.9
13. Jackie Tepley (8)	Howard Lake-W-W.	20:07.2

PINE CITY BOYS' RESULTS:

5000 m - 155 varsity runners

Top 5 Ave 18:46.7 BTY

	place	time	
1. Nate Webster	22	17:44.9	
2. Charlie Ausmus	53	18:50.6	PB
3. Noah Miller	60	18:58.6	BTY
4. Caleb Cunnien	63	19:04.7	PB
5. Josh Rike	74	19:14.9	PB
6. Casey Knutson	87	19:38.1	
7. Koleman Lind	98	19:58.7	

Alt. Drake Willert

Alt. Charlie Emmons

Alt. Lukas Struss

Individual State Meet Qualifiers:

1. Nels Trandahl (12)	Rockford	16:29.4
2. Luke Swanson (10)	Northwest N.H.	16:37.1
3. Cooper Lennox (12)	Mora	16:45.1
4. Travis Miller (12)	Heritage Christian	16:46.3
5. Jeremiah Gavin (10)	Northwest N.H.	17:00.3
6. Sal Wirth (7)	Annandale	17:04.1
7. Turner Schad (10)	St. Cloud Cathedral	17:08.3
8. Evan Lee (12)	Lester Prairie	17:09.1
9. Jared Nordstrom (12)	Heritage Christian	17:09.6
10. Mitch Miller (12)	St. Cloud Cathedral	17:23.0
11. Jeffrey Henrikson (12)	Maple Lake	17:25.6
12. Isaac Herrmann (11)	Annandale	17:26.4

GIRLS' TEAM RESULTS:

1. Howard Lake-Waverly-Winsted	74
2. Providence Academy	80
3. Annandale	103
4. Maple Lake	131
5. Spectrum	173
6. Lester Prairie	178
7. Rockford	199
8. PINE CITY	210
9. Northwest Nighthawks	270
10. Mora	283
11. Heritage Christian Academy	283
12. St. Cloud Cathedral	329
13. Watertown-Mayer	329
14. Hinckley-Finlayson	335
15. Milaca	382
16. Legacy Christian / PACT	444
17. Rush City	482
18. Parnassus	512
19. Mille Lacs	516
20. Braham	553
North Lakes Academy	Inc
Brooklyn Center	Inc
Maranatha Christian Academy	Inc

BOYS' TEAM RESULTS:

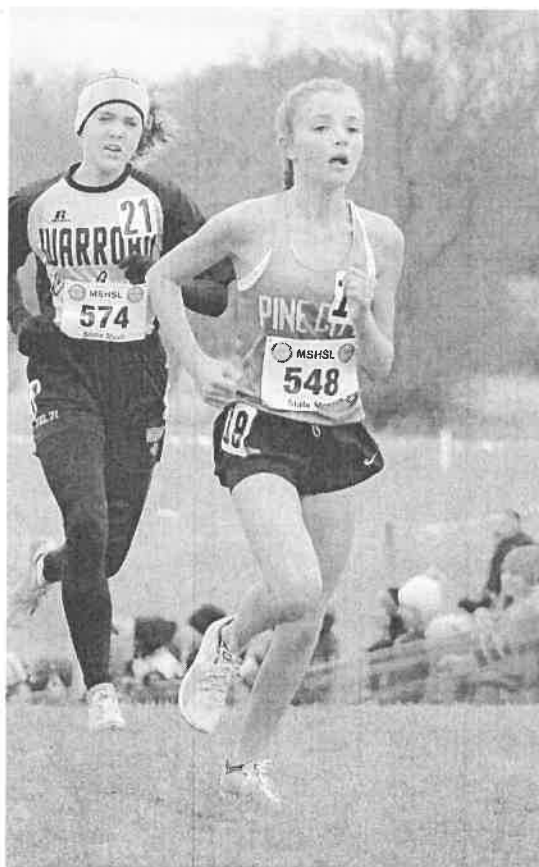
1. St. Cloud Cathedrai	82
2. Heritage Christian Academy	91
3. Mora	112
4. Northwest N.H.	115
5. Annandale	121
6. Legacy Christian / PACT	189
7. Spectrum	203
8. Maple Lake	246
9. Providence Academy	263
10. PINE CITY	272
11. Rockford	277
12. Rush City	322
13. Parnassus	354
14. Hinckley-Finlayson	414
15. Milaca	438
16. Watertown-Mayer	543
17. North Lakes Academy	588
18. Maranatha Christian Academy	635
19. Brooklyn Center	672
20. Braham	698
St. Cloud Christian	Inc

Alaina Steele & Eva Johnson



43rd Place - 19:58.9

S
T
A
T
E
X
C



59th Place - 20:11.0



STATE CROSS COUNTRY MEET

at St. Olaf College in Northfield

Saturday, November 2, 2019

Cool and Overcast; 35 degrees

PINE CITY GIRLS' RESULTS:

5000 m - 176 runners

	place	time
Alaina Steele	43	19:58.9
1600m Split - 5:59	#2 STATE / #5 All-Time	3200m Split - 12:42 (6:43)

Eva Johnson	59	20:11.0
1600m Split - 6:06	#3 STATE / #10 All-Time	3200m Split - 12:51 (6:45)

Top 10 Finishers:

1 Morgan Gehl (11)	Murray County Central	17:53.5
2 Jada Rypkema (9)	Nevis	18:20.2
3 Tenley Nelson (10)	Luverne	18:27.1
4 Ava Hill (12)	Mesabi East	18:38.9
5 Addison Hoof (7)	Lester Prairie	18:46.8
6 Kyanna Burton (8)	Staples-Mot	18:47.2
7 Kira Sweeney (11)	Wadena-Deer	19:02.4
8 Calia Chaney (8)	Pequot Lakes	19:02.6
9 Maddie Kelly (12)	Providence Academy	19:03.8
10 Jacey Majerus (9)	Lake City	19:05.7

Area/Section runners:

5 Addison Hoof (7)	Lester Prairie	18:46.8
9 Maddie Kelly (12)	Providence	19:03.8
11 Gracie Mallak (12)	Howard Lake-W.W.	19:11.1
28 Molly Novotny (9)	Spectrum	19:41.6
38 Augusta Demarais (11)	Maple Lake	19:55.1
43 Alaina Steele (12)	Pine City	19:58.9
46 Jacklyn Tepley (8)	Howard Lake-W.W.	19:59.5
56 Margaret Myskowski (12)	Northwest N.H.	20:06.1
59 Eva Johnson (8)	Pine City	20:11.0
67 Brooke Baumann (10)	Howard Lake-W.W.	20:15.6
72 Mary Miller (11)	Maple Lake	20:18.7
83 Emma Hendrickson (12)	Providence	20:31.5
85 Katelyn Routhier (10)	Howard Lake-W.W.	20:32.0
87 Reese Hartl (8)	Hinckley-Finlayson	20:32.5
94 Ivy Fasching (9)	Howard Lake-W.W.	20:36.2
108 Coral Schwinn (8)	Howard Lake-W.W.	20:52.8
112 Elizabeth Burns (9)	Providence	20:57.8
138 Brigid Burns (12)	Providence	21:42.7
144 Aly Marshall (9)	Providence	21:49.9
146 Emma Kelly (10)	Providence	21:52.6
159 Danielle Wood (11)	Howard Lake-W.W.	22:10.1
175 Sophia Koch (10)	Providence	23:31.7

GIRLS' "A" TEAM RESULTS:

1 Perham	103
2 Luverne	138
3 Howard Lake-W.W.	154
4 Murray County Central	165
5 Staples-Motley	171
6 Lake City	180
7 Albany	190
8 Pequot Lakes	197
9 Stewartville	205
10 Mesabi East	243
11 Fairmont	258
12 Providence Academy	261
13 Hawley	279
14 Belle Plaine	280
15 Blake	312
16 St. Paul Academy	321

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2019

Name	Gr	Year	Brain/Princeton	Pine City	N.B. / Mora	Pierz	Milaca Mega	Foley / St. J.	Becker / Hinck	Swain	Proc/Camb/Mo	Conference	Section	State	PB	Average
Grace Grubbs	12	2019	Pr. 25:00 (5k)	DNR	DNR	DNR	DNR	25:32 (5k)	X	26:31 (5k)	DNR	PC-23:42 (5k)	Mora - 24:24		23:42	25:02
	11	2018	Pr. 24:31 (5k)	DNF	24:56 (5k)	DNR	23:40 (5k)	22:33 (5k)	22:54 (5k)	23:35 (5k)	22:53 (5k)	PC-23:00 (5k)	Mora - 22:44		22:44	23:32
	10	2017	Br. 23:54 (5k)		DNF	22:37 (5k)	23:38 (5k)	22:36 (5k)	X	24:30 (5k)	23:07 (5k)	PC-23:03 (5k)	Mora - 22:29		22:29	23:14
	9	2016	Br. 23:50 (5k)		22:28 (5k)	22:43 (5k)	22:27 (5k)		DNR	23:13 (5k)	DNR	PC-22:34 (5k)	Milaca - 21:51		21:51	22:44
Alaina Steele	8	2015	Br. 24:32 (5k)	DNF		25:50 (5k)	24:22 (5k)		23:22 (5k)	23:09 (5k)	23:13 (5k)	PC-22:33 (5k)	Milaca - 23:32	22:24.4	22:24	23:36
	7	2014	Gr. 11:55 (2.5k)	8:45 (2k)	8:55 (2k)	14:29 (3.2k)	14:31 (3.2k)	17:38 (3.2k)	18:26 (4k)	Alt.	18:30 (4k)	PC-18:20 (4k)	E. Alt.		14:29 (3.2k)	14:30 (3.2k)
	12	2019	Pr. 21:18 (5k)	20:37 (5k)	20:39 (5k)	21:00 (5k)	21:09 (5k)	20:12 (5k)	X	22:01 (5k)	20:33 (5k)	PC-20:20 (5k)	Mora - 19:43	19:58.9	19:43.1	20:33
Allison Cavallin	11	2018	Pr. 20:54 (5k)	21:37 (5k)	20:45 (5k)	20:27 (5k)	19:54 (5k)	19:43 (5k)	X	20:36 (5k)	20:07 (5k)	PC-20:21 (5k)	Mora - 20:07	19:47.2	19:43.1	20:23
	10	2017	Br. 22:23 (5k)	20:56 (5k)	21:20 (5k)	20:44 (5k)	20:27 (5k)	20:09 (5k)	X	22:44 (5k)	20:52 (5k)	PC-21:19 (5k)	Mora - 21:09		20:09	21:12
	9	2016	Br. 23:12 (5k)	DNR	DNR	21:57 (5k)	22:42 (5k)		23:00 (5k)	22:07 (5k)	21:47 (5k)	PC-22:06 (5k)	Milaca - 21:14		21:14	22:16
	8	2015	Br. 22:04 (5k)	21:50 (5k)	21:52 (5k)	21:51 (5k)	21:22 (5k)		20:59 (5k)	20:48 (5k)	21:30 (5k)	PC-20:33 (5k)	Milaca - 20:48	20:54.7	20:33	21:19
	7	2014	Gr. 11:11 (2.5k)	7:55 (2k)	8:07 (2k)	13:25 (3.2k)	13:39 (3.2k)		19:26 (4k)	X	18:10 (4k)	PC-12:57 (3k)	E. Alt.		13:25 (3.2k)	13:32 (3.2k)
Emma Belsheim	11	2019	DNR	DNR	DNF	DNR	DNR	DNR	X	DNR	DNR	DNR	Alt		-	-
	10	2018	DNR	DNF	DNR	DNR	DNR	25:54 (5k)	24:48 (5k)	25:27 (5k)	25:39 (5k)	PC-24:45 (5k)	Mora - 24:14		24:14	25:08
	9	2017		25:35 (5k)	27:19 (5k)	25:15 (5k)	26:39 (5k)	24:36 (5k)	X	27:15 (5k)	25:17 (5k)	PC-25:54 (5k)			24:36	25:51
	8	2016	br. 16:52 (3.2k)	9:35 (2k)	11:47 (2.4k)	16:12 (3.2k)	15:40 (3.2k)		16:49 (3.2k)	X	15:47 (3.2k)	PC-15:52 (3.2k)			15:40 (3.2k)	16:12 (3.2k)
Eva Johnson	7	2015	br. 16:19 (3.2k)	9:40 (2k)	12:27 (2.5k)		15:56 (3.2k)	15:49 (3.2k)	16:22 (3.2k)	X	15:51 (3.2k)	PC-15:40 (3.2k)			15:40 (3.2k)	16:00 (3.2k)
	8	2019	pr. 9:28 (2k)	8:54 (2k)	11:37 (2.4k)	15:02 (3.2k)	26:17 (5k)	24:33 (5k)	X	25:30 (5k)	25:07 (5k)	25:02 (5k)	Mora - 23:30		23:30	24:58
	8	2019	Pr. 21:56 (5k)	21:38 (5k)	21:32 (5k)	21:39 (5k)	21:25 (5k)	20:39 (5k)	X	22:14 (5k)	DNR	20:29 (5k)	Mora - 20:04	20:11.0	20:04.3	21:04
Sophia Olson	7	2018	pr. 8:47 (2k)	8:50 (2k)	10:20 (2.4k)	14:02 (3.2k)		DNR	21:57 (5k)	X	21:37 (5k)	21:05 (5k)	PC-20:44 (5k)	Mora - 20:22.7		20:22.7
	8	2019	pr. 9:55 (2k)	9:22 (2k)	11:13 (2.4k)	16:34 (3.2k)	25:54 (5k)	24:56 (5k)	X	DNR	15:04 (3.2k)	25:08 (5k)	Mora - 24:40		24:40	25:09
Arisa Rydberg	7	2018		11:17 (2k)	13:36 (2.4k)	16:50 (3.2k)	16:40 (3.2k)	16:58 (3.2k)	12:14 (2.5k)	X	15:34 (3.2k)	PC-16:13 (3.2k)	Alt.		15:34 (3.2k)	16:27 (3.2k)
	8	2019	Pr. 23:54 (5k)	23:07 (5k)	23:03 (5k)	24:31 (5k)	22:54 (5k)	21:33 (5k)	X	22:57 (5k)	21:29 (5k)	21:21 (5k)	Mora - 21:12		21:12	22:31
Rachel Brown	7	2019	pr. 9:40 (2k)	9:15 (2k)	11:05 (2.4k)	16:38 (3.2k)	26:29 (5k)	14:09 (3k)	23:53 (5k)	X	23:56 (5k)	24:14 (5k)	Mora - 23:16		23:16	24:22
Abbie Burch	7	2019	pr. 11:08 (2k)	9:46 (2k)	DNR	DNR	DNR	DNR	DNR	X	DNR	DNR			9:46 (2k)	10:27 (2k)
Peyton Perreault	7	2019	pr. 11:09 (2k)	9:44 (2k)	11:57 (2.4k)	17:31 (3.2k)		DNR	14:26 (3k)	12:02 (2.5k)	X	15:23 (3.2k)	15:25 (3.2k)	Alt.	15:23 (3.2k)	15:46 (3.2k)
Samantha Root	7	2019	pr. 10:34 (2k)	9:21 (2k)	11:20 (2.4k)	16:23 (3.2k)		27:19 (5k)	14:27 (3k)	12:15 (2.5k)	X	15:19 (3.2k)	16:05 (3.2k)	Alt.	15:19 (3.2k)	15:38 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2019

Name	Gr	Year	Brain/Princeton	Pine City	N.B. / Mora	Pierz	Milaca Mega	Foley / St. J.	Becker / Hinck	Swain	Proc/Camb/Mo	Conference	Section	State	PB	Average
Derek Clementson	12	2019	Pr. 25:06 (5k)	24:33 (5k)	24:32 (5k)	25:50 (5k)	25:12 (5k)	23:24 (5k)	24:14 (5k)	X	24:28 (5k)	PC-23:04 (5k)			23:04	24:29
	11	2018	Pr. 26:43 (5k)	DNF	24:37 (5k)	22:25 (5k)	22:24 (5k)	21:16 (5k)	21:28 (5k)	X	21:46 (5k)	PC-21:56 (5k)			21:16	22:49
	10	2017	Br. 22:14 (5k)	20:26 (5k)	20:56 (5k)	20:08 (5k)	20:38 (5k)	19:54 (5k)		X	23:23 (5k)	23:23 (5k)	PC-21:10 (5k)		19:54	21:06
	9	2016	Br. 21:45 (5k)	20:42 (5k)	20:28 (5k)	20:17 (5k)	19:49 (5k)		19:38 (5k)	19:33 (5k)	18:53 (5k)	PC-18:44 (5k)	Milaca - 18:21		18:21	19:49
	8	2015	br. 15:43 (3.2k)	8:08 (2k)	10:59 (2.5k)	15:11 (3.2k)		13:51 (3.2k)	13:35 (3.2k)	X	13:38 (3.2k)	12:50 (3.2k)			12:50 (3.2k)	14:15 (3.2k)
	7	2014		9:35 (2k)	10:00 (2k)	18:38 (3.2k)	18:02 (3.2k)	20:32 (3.2k)	18:22 (3.2k)	X	11:44 (2.4k)	PC-14:22 (3k)			18:02 (3.2k)	18:21 (3.2k)
Koleman Lind	12	2019	Pr. 20:58 (5k)	20:22 (5k)	21:16 (5k)	21:12 (5k)	21:28 (5k)	19:57 (5k)	X	23:28 (5k)	20:10 (5k)	PC-20:12 (5k)	Mora - 19:59		19:57	20:54
	11	2018	Pr. 20:38 (5k)	19:59 (5k)	21:41 (5k)	19:49 (5k)	20:21 (5k)	19:22 (5k)	X	20:55 (5k)	19:36 (5k)	PC-19:29 (5k)	Mora - 19:25		19:22	20:07
	10	2017	Br. 21:25 (5k)	20:27 (5k)	20:15 (5k)	20:25 (5k)	20:44 (5k)	19:25 (5k)	X	21:40 (5k)	19:55 (5k)	PC-20:19 (5k)	Alt.		19:25	20:31
	9	2016	Br. 22:40 (5k)	22:48 (5k)	21:27 (5k)	22:36 (5k)	22:50 (5k)	22:22 (5k)	23:17 (5k)	X	21:45 (5k)	PC-21:44 (5k)			21:27	22:23
	8	2015	br. 14:02 (3.2k)	7:47 (2k)	10:35 (2.5k)	13:50 (3.2k)	14:09 (3.2k)	13:19 (3.2k)	13:22 (3.2k)	X	23:05 (5k)	13:00 (3.2k)			13:00 (3.2k)	13:37 (3.2k)
Noah Miller	12	2019	Pr. 19:47 (5k)	19:32 (5k)	19:57 (5k)	20:18 (5k)	20:16 (5k)	19:35 (5k)	X	21:36 (5k)	19:28 (5k)	PC-19:30 (5k)	Mora - 18:59		18:59	19:54
	11	2018	Pr. 19:51 (5k)	19:28 (5k)	20:05 (5k)	19:37 (5k)	18:39 (5k)	18:52 (5k)	X	19:17 (5k)	18:58 (5k)	PC-19:27 (5k)	Mora - 18:40		18:39	19:17
	10	2017	Br. 20:51 (5k)	19:43 (5k)	19:32 (5k)	19:18 (5k)	19:24 (5k)	19:14 (5k)	X	20:49 (5k)	19:31 (5k)	PC-19:44 (5k)	Mora - 20:02		19:14	19:49
	9	2016	Br. 20:09 (5k)	20:16 (5k)	19:30 (5k)	19:33 (5k)	19:29 (5k)		19:36 (5k)	DNF	18:58 (5k)	PC-19:23 (5k)	Milaca - 18:55		18:55	19:32
	8	2015	Br. 21:05 (5k)	20:37 (5k)	20:58 (5k)	20:51 (5k)	12:16 (3.2k)	Fo 19:20* (5k)	20:13 (5k)	X	20:37 (5k)	PC-19:40 (5k)	Alt.		19:40	20:30
	7	2014	gr. 11:16 (2.5k)	8:30 (2k)	8:41 (2k)	15:15 (3.2k)	14:58 (3.2k)	18:08 (3.2k)	14:48 (3.2k)	X	9:57 (2.4k)	PC-12:34 (3k)			14:48 (3.2k)	15:00 (3.2k)
Josh Rike	12	2019	DNF	21:48 (5k)	21:45 (5k)	23:06 (5k)	22:17 (5k)	20:02 (5k)	X	21:19 (5k)	20:52 (5k)	PC-20:00 (5k)	Mora - 19:15		19:15	21:16
	11	2018	Pr. 27:22 (5k)	22:51 (5k)	22:15 (5k)	21:25 (5k)	21:35 (5k)	20:07 (5k)	X	20:03 (5k)	19:46 (5k)	PC-19:49 (5k)	Alt.		19:46	21:41
	10	2017	Br. 24:17 (5k)	22:17 (5k)	22:52 (5k)	21:15 (5k)	21:45 (5k)	20:24 (5k)	X		20:50 (5k)	PC-21:55 (5k)			20:24	21:56
	8	2015	br. 15:57 (3.2k)	8:07 (2k)	10:44 (2.5k)	14:27 (3.2k)	14:22 (3.2k)			X	13:58 (3.2k)	13:55 (3.2k)			13:55 (3.2k)	14:32 (3.2k)
	7	2014	gr. 12:04 (2.5k)	8:31 (2k)	8:23 (2k)	13:50 (3.2k)	14:55 (3.2k)	18:36 (3.2k)	15:17 (3.2k)	X	10:20 (2.4k)	PC-13:02 (3k)			13:50 (3.2k)	14:41 (3.2k)
Kenny Vo	12	2019	Pr. 24:10 (5k)	24:10 (5k)		24:23 (5k)	27:12 (5k)	22:18 (5k)	23:16 (5k)	X	DNF	PC-23:53 (5k)			22:18	24:32
	11	2018	Pr. 25:19 (5k)	24:47 (5k)	26:05 (5k)	24:14 (5k)	24:37 (5k)	22:52 (5k)	23:13 (5k)	X	22:31 (5k)	PC-23:08 (5k)			22:31	24:04
	10	2017	Br. 30:19 (5k)	27:22 (5k)	DNF (25:46*)	25:57 (5k)	26:18 (5k)	24:44 (5k)	X		24:30 (5k)	PC-25:02 (5k)			24:30	26:16
Nate Webster	12	2019	Pr. 18:10 (5k)	18:10 (5k)		18:33 (5k)	18:33 (5k)	17:39 (5k)	X	19:27 (5k)	18:44 (5k)	PC-18:17 (5k)	Mora - 17:45		17:39	18:23
	11	2018	Pr. 18:15 (5k)	18:07 (5k)	18:05 (5k)	17:52 (5k)	17:18 (5k)	17:28 (5k)	X	17:48 (5k)	17:45 (5k)	PC-18:03 (5k)	Mora - 17:33		17:18	17:49
	10	2017	Br. 18:14 (5k)	17:51 (5k)	18:31 (5k)	17:45 (5k)	17:56 (5k)	17:33 (5k)	X	19:03 (5k)	17:51 (5k)	PC-18:08 (5k)	Mora - 17:37		17:33	18:03
	9	2016	Br. 18:42 (5k)	19:05 (5k)	18:08 (5k)	19:09 (5k)	18:14 (5k)		19:06 (5k)	18:33 (5k)	18:25 (5k)	PC-18:29 (5k)	Milaca - 17:54		17:54	18:35
	8	2015	br. 13:21 (3.2k)	7:31 (2k)	9:44 (2.5k)	12:45 (3.2k)	12:33 (3.2k)	12:21 (3.2k)	20:27 (5k)	X	12:55 (3.2k)	12:31 (3.2k)			12:21 (3.2k)	12:44 (3.2k)
	7	2014	gr. 10:59 (2.5k)	8:12 (2k)	8:17 (2k)	13:33 (3.2k)	13:22 (3.2k)	16:00 (3.2k)	22:04 (5k)	X		PC-12:20 (3k)			13:22 (3.2k)	13:28 (3.2k)
Charlie Emmons	11	2019	Pr. 19:58 (5k)	19:42 (5k)	DNF	19:52 (5k)	20:43 (5k)	DNF	X	DNF	DNF	DNF	Alt.		19:42	20:04
	10	2018	Pr. DNF	DNF	DNF	DNF	DNF	DNF	DNF	X	DNF	DNF			DNF	DNF
	9	2017	Br. 21:17 (5k)	20:44 (5k)	20:42 (5k)	19:37 (5k)	20:16 (5k)	19:35 (5k)	X	20:40 (5k)	19:30 (5k)	PC-22:08 (5k)	Mora - 19:34		19:30	20:12
	8	2016		8:30 (2k)	10:13 (2.4k)	14:04 (3.2k)	14:41 (3.2k)	14:17 (3.2k)	14:30 (3.2k)	X	13:11 (3.2k)				13:11 (3.2k)	14:06 (3.2k)
Lukas Struss	11	2019	Pr. DNF	21:48 (5k)	23:37 (5k)	21:58 (5k)	22:42 (5k)	20:36 (5k)	X	22:19 (5k)	DNF	PC-20:43 (5k)	Alt.		20:36	21:57
	10	2018	Pr. 22:27 (5k)	21:17 (5k)	DNF	22:38 (5k)	21:18 (5k)	20:24 (5k)	X	20:45 (5k)	20:18 (5k)	PC-20:13 (5k)	Alt.		20:13	21:10
	9	2017	Br. 21:58 (5k)	20:58 (5k)	22:23 (5k)	20:39 (5k)		20:34 (5k)	X		21:12 (5k)	DNF			20:34	21:17
	8	2016	br. 15:03 (3.2k)	8:22 (2k)	10:00 (2.4k)	13:50 (3.2k)	14:17 (3.2k)	14:27 (3.2k)	14:56 (3.2k)	X	14:10 (3.2k)	13:39 (3.2k)			13:39 (3.2k)	14:20 (3.2k)
	7	2015	br. 16:09 (3.2k)	8:40 (2k)	11:59 (2.5k)	15:53 (3.2k)	14:52 (3.2k)	14:12 (3.2k)	15:19 (3.2k)	X	14:39 (3.2k)	14:05 (3.2k)			14:05 (3.2k)	15:01 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2019

Name	Gr	Year	Mo/Gr/Brain/Prin	Pine City	N.B. / Mora	Pierz	Milaca Mega	St. J. / Foley	Becker	Swain	Proc/Camb/Mo	Conference	Section	State	PB	Average
Hunter Danielson	10	2019	Pr. 24:30 (5K)	22:47 (5k)	23:23 (5k)	24:02 (5k)	23:38 (5k)	22:04 (5k)	22:17 (5k)	X	22:49 (5k)	PC-21:42 (5k)			21:42	23:01
	9	2018	Pr. 28:32 (5K)	24:26 (5k)	25:53 (5k)	23:52 (5k)	23:34 (5k)	22:47 (5k)	22:18 (5k)	X	12:22 (5k)	PC-22:07 (5k)			22:07	23:25
	8	2017	br. 14:24 (3.2k)	8:14 (2k)	10:28 (2.4k)	14:03 (3.2k)	14:16 (3.2k)	13:57 (3.2k)	X	X	13:48 (3.2k)	14:37 (3.2k)			13:48 (3.2k)	14:11 (3.2k)
	7	2016	br. 16:47 (3.2k)	8:28 (2k)	10:25 (2.4k)	14:54 (3.2k)	14:18 (3.2k)	14:20 (3.2k)	DNR	X	14:17 (3.2k)	14:05 (3.2k)			14:05 (3.2k)	14:47 (3.2k)
Casey Knutson	10	2019	Pr. 19:48 (5K)	20:11 (5k)	20:13 (5k)	21:46 (5k)	20:37 (5k)	20:22 (5k)	19:27 (5k)	X	21:10 (5k)	PC-19:26 (5k)	Mora - 19:38		19:26	20:15
	9	2018	Pr. 21:09 (5K)	20:21 (5k)	21:05 (5k)	21:08 (5k)	20:36 (5k)	21:02 (5k)	19:57 (5k)	X	22:08 (5k)	PC-20:54 (5k)			19:57	20:56
	8	2017	br. 13:38 (3.2k)	7:32 (2k)	9:23 (2.4k)	13:49 (3.2k)	13:42 (3.2k)	12:53 (3.2k)	X	X	12:33 (3.2k)	13:41 (3.2k)			12:33 (3.2k)	13:23 (3.2k)
Bryce Roberts	10	2019	Pr. 24:35 (5K)	DNF	DNR	23:25 (5k)	22:28 (5k)	21:59 (5k)	21:30 (5k)	X	22:07 (5k)	PC-20:59 (5k)			20:59	22:26
	9	2018	Pr. 23:53 (5K)	23:19 (5k)	23:15 (5k)	DNF	22:11 (5k)	21:16 (5k)	21:20 (5k)	X	23:30 (5k)	PC-21:43 (5k)			21:16	22:33
	8	2017	br. 17:54 (3.2k)	9:20 (2k)	12:06 (2.4k)	15:39 (3.2k)	15:19 (3.2k)	15:46 (3.2k)	X	X	14:35 (3.2k)	14:16 (3.2k)			14:16 (3.2k)	15:35 (3.2k)
	7	2016		9:06 (2k)	11:52 (2.4k)	17:45 (3.2k)	15:40 (3.2k)	16:04 (3.2k)	16:17 (3.2k)	X	15:59 (3.2k)	15:43 (3.2k)			15:40 (3.2k)	16:15 (3.2k)
Aidan Welch	10	2019	DNR	23:25 (5k)	23:20 (5k)	25:04 (5k)	23:11 (5k)	21:59 (5k)	22:45 (5k)	X	22:29 (5k)	PC-23:52 (5k)			21:59	23:16
	9	2018	Pr. 24:33 (5K)	24:24 (5k)	24:51 (5k)	DNF	DNF	24:13 (5k)	24:15 (5k)	X	23:30 (5k)	PC-24:31 (5k)			23:30	24:19
	8	2017	br. 15:01 (3.2k)	8:21 (2k)	10:38 (2.4k)	14:45 (3.2k)	13:42 (3.2k)	13:49 (3.2k)	X	X	13:44 (3.2k)	13:38 (3.2k)			13:38 (3.2k)	14:07 (3.2k)
	7	2016	br. 15:03 (3.2k)	8:22 (2k)	10:04 (2.4k)	14:28 (3.2k)	13:30 (3.2k)	14:05 (3.2k)	13:55 (3.2k)	X	13:33 (3.2k)	13:26 (3.2k)			13:26 (3.2k)	14:00 (3.2k)
Drake Willert	10	2019	Pr. 20:50 (5K)	DNF	DNR	DNF	DNF	19:41 (5k)	19:41 (5k)	X	21:43 (5k)	19:50 (5k)	Alt.		19:41	20:24
	9	2018	DNF	DNF	DNR	23:27 (5k)	21:51 (5k)	DNF	22:15 (5k)	X	21:19 (5k)	PC-21:17 (5k)			21:17	22:02
	8	2017	br. 13:08 (3.2k)	7:31 (2k)	9:34 (2.4k)	12:36 (3.2k)	12:42 (3.2k)	20:11 (5k)	X	X	27:38 (5k)	DNF			12:36 (3.2k)	12:49 (3.2k)
	7	2016			10:07 (2.4k)	15:52 (3.2k)		15:01 (3.2k)	DNF	X	14:03 (3.2k)	13:56 (3.2k)			13:56 (3.2k)	14:43 (3.2k)
Caleb Cunnien	9	2019	Pr. 20:25 (5K)	20:52 (5k)	20:35 (5k)	21:16 (5k)	21:19 (5k)	19:59 (5k)	X	22:10 (5k)	20:04 (5k)	PC-19:49 (5k)	Mora - 19:05		19:05	20:33
	8	2018	pr. 7:59 (2k)	7:35 (2k)	9:23 (2.4k)	12:39 (3.2k)	12:58 (3.2k)	12:36 (3.2k)	20:34 (5k)	X	20:37 (5k)	12:23 (3.2k)			12:23 (3.2k)	12:39 (3.2k)
Damion Torgerson	9	2019	Pr. 21:37 (5K)	21:19 (5k)	21:17 (5k)	22:27 (5k)	21:56 (5k)	20:43 (5k)	X	22:27 (5k)	21:39 (5k)	PC-22:03 (5k)			20:43	21:43
	8	2018	pr. 7:51 (2k)	7:34 (2k)	9:28 (2.4k)	12:45 (3.2k)	13:03 (3.2k)	13:05 (3.2k)	21:29 (5k)	X	21:47 (5k)	13:02 (3.2k)			12:45 (3.2k)	12:59 (3.2k)
	7	2017					15:25 (3.2k)	15:51 (3.2k)	X	X	14:30 (3.2k)	14:47 (3.2k)			14:30 (3.2k)	15:08 (3.2k)
Gavin Broz	8	2019	DNR	8:55 (2k)	11:42 (2.4k)	16:18 (3.2k)	27:15 (5k)	14:01 (3k)	11:06 (2.5k)	X	15:20 (3.2k)	14:39 (3.2k)			14:39 (3.2k)	15:08 (3.2k)
	7	2018	DNR	9:15 (2k)	11:36 (2.4k)	15:38 (3.2k)	15:21 (3.2k)	15:02 (3.2k)	11:05 (2.5k)	X	14:37 (3.2k)	14:25 (3.2k)			14:25 (3.2k)	15:01 (3.2k)
Deacon Foss	8	2019	pr. 9:49 (2k)	9:07 (2k)	11:44 (2.4k)	17:34 (3.2k)	27:57 (5k)	14:07 (3k)	24:59 (5k)	X	15:45 (3.2k)	14:35 (3.2k)			14:35 (3.2k)	15:30 (3.2k)
	7	2018	pr. 10:50 (2k)	10:33 (2k)	12:46 (2.4k)	17:13 (3.2k)	16:36 (3.2k)	17:29 (3.2k)	12:34 (2.5k)	X	17:11 (3.2k)	16:35 (3.2k)			16:35 (3.2k)	17:01 (3.2k)
Oscar Gribauval	8	2019	pr. 10:38 (2k)	11:19 (2k)	12:44 (2.4k)	17:44 (3.2k)	28:55 (5k)	14:59 (3k)	12:54 (2.5k)	X	16:08 (3.2k)	15:46 (3.2k)			15:46 (3.2k)	16:14 (3.2k)
Caden Schlichting	8	2019	pr. 10:19 (2k)	8:59 (2k)	11:18 (2.4k)	17:58 (3.2k)	27:14 (5k)	14:00 (3k)	11:06 (2.5k)	X	15:46 (3.2k)	15:05 (3.2k)			15:02* (3.2k)	15:46 (3.2k)
	7	2018	DNR	DNF	DNR	18:17 (3.2k)	18:25 (3.2k)	DNF	12:55 (2.5k)	X	17:55 (3.2k)	DNF			17:55 (3.2k)	18:12 (3.2k)
Jacob Treu	8	2019	pr. 9:09 (2k)	9:02 (2k)		16:13 (3.2k)	DNF	13:27 (3k)	DNF	X	15:21 (3.2k)	14:10 (3.2k)			14:10 (3.2k)	14:52 (3.2k)
	7	2018	DNF	DNF	11:03 (2.4k)	19:49 (3.2k)	16:08 (3.2k)	DNF	DNF	X	17:11 (3.2k)	16:34 (3.2k)			16:08 (3.2k)	17:26 (3.2k)
Charlie Ausmus	7	2019	pr. 7:55 (2k)	7:25 (2k)	8:52 (2.4k)	12:51 (3.2k)	21:09 (5k)	11:25 (3k)	19:46 (5k)	X	19:51 (5k)	PC-19:14 (5k)	Mora - 18:51		18:51	19:46
Noah Brady	7	2019	pr. 9:09 (2k)	8:53 (2k)	10:55 (2.4k)	17:31 (3.2k)	28:10 (5k)	13:56 (3k)	11:17 (2.5k)	X	DNF	15:30 (3.2k)			14:58* (3.2k)	15:46 (3.2k)
Eli Fromm	7	2019	pr. 8:07 (2k)	8:02 (2k)	10:14 (2.4k)	14:40 (3.2k)	24:37 (5k)	12:42 (3k)	10:03 (2.5k)	X	13:17 (3.2k)	13:21 (3.2k)			13:17 (3.2k)	13:47 (3.2k)
Daimien Lord	7	2019	DNF	9:23 (2k)	11:55 (2.4k)	16:53 (3.2k)	27:59 (5k)	14:05 (3k)	11:14 (2.5k)	X	14:52 (3.2k)	14:51 (3.2k)			14:51 (3.2k)	15:44 (3.2k)
Sawyer McDaniel	7	2019	pr. 9:07 (2k)	8:21 (2k)	10:25 (2.4k)	14:54 (3.2k)	26:31 (5k)	14:15 (3k)	10:41 (2.5k)	X	14:25 (3.2k)	14:10 (3.2k)			14:10 (3.2k)	14:30 (3.2k)
Roman McKinney	7	2019	pr. 8:19 (2k)	7:57 (2k)	9:58 (2.4k)	13:42 (3.2k)	21:43 (5k)	11:58 (3k)	20:46 (5k)	X	13:02 (3.2k)	12:44 (3.2k)			12:44 (3.2k)	12:52 (3.2k)
Bryer Willert	7	2019	DNF	8:34 (2k)	10:45 (2.4k)	15:00 (3.2k)	24:09 (5k)	12:51 (3k)	22:31 (5k)	X	14:20 (3.2k)	13:42 (3.2k)			13:42 (3.2k)	13:58 (3.2k)
Levi Wilson	7	2019	pr. 8:47 (2k)	8:07 (2k)	10:41 (2.4k)	14:40 (3.2k)	26:04 (5k)	13:14 (3k)	10:29 (2.5k)	X	14:11 (3.2k)	14:04 (3.2k)			14:04 (3.2k)	14:10 (3.2k)

AVERAGE MILE TIMES AT MEETS - 2019

Boys Name	PB - 2018	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley	Hinckley	Swain	Mora	Conference	Section 5A	State	Best	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Derek Clementson - 12	6:51	8:04	7:54	7:53	8:19	8:07	7:32	7:46	X	7:51	7:26			7:24	7:51
Koleman Lind	6:14	6:45	6:33	6:50	6:49	6:55	6:25	X	7:33	6:29	6:30	6:24		6:24	6:42
Noah Miller	6:00	6:22	6:17	6:24	6:32	6:31	6:18	X	6:57	6:14	6:17	6:05		6:05	6:23
Josh Rike	6:22	DNR	7:01	7:00	7:26	7:10	6:46	X	6:51	6:42	6:26	6:11		6:11	6:50
Kenny Vo	7:15	7:47	7:47	8:38	7:51	8:45	7:11	7:29	X	DNR	7:41			7:09	7:53
Nate Webster	5:34	5:51	5:51	5:55	5:58	5:58	5:41	X	6:16	6:00	5:53	5:42		5:39	5:54
Charlie Emmons - 11	DNR	6:26	6:21	DNF	6:24	6:40	DNR	X	DNR	DNR	DNR	Alt		6:19	6:26
Lukas Struss	6:31	DNF	6:59	7:35	7:04	7:18	6:38	X	7:11	DNF	6:40	Alt		6:37	7:03
Hunter Danielson - 10	7:07	7:53	7:20	7:31	7:44	7:36	7:06	7:09	X	7:19	6:59			6:58	7:24
Casey Knutson	6:26	6:22	6:28	6:29	7:00	6:38	6:33	6:14	X	6:48	6:15	6:18		6:14	6:31
Bryce Roberts	6:51	7:55	DNF	DNR	7:32	7:14	7:04	6:55	X	7:06	6:45			6:43	7:12
Aidan Welch	7:34	DNR	7:32	7:30	8:04	7:28	7:04	7:19	X	7:12	7:41			7:03	7:29
Drake Willert	6:51	6:42	DNF	DNR	DNR	DNR	6:20	X	6:59	6:23	6:26	Alt		6:19	6:32
Caleb Cunnien - 9	6:37	6:34	6:43	6:37	6:51	6:52	6:26	X	7:08	6:26	6:23	6:08		6:06	6:35
Damion Torgerson	6:56	6:57	6:52	6:50	7:14	7:04	6:40	X	7:13	6:56	7:06			6:39	6:58
Charlie Ausmus - 7	-	JH	JH	JH	JH	6:49	JH	6:21	X	6:23	6:12	6:03		6:03	6:21
Roman McKinney	-	JH	JH	JH	JH	JH	JH	6:40	X	JH	JH				
	3200 m	2000 m	2000 m	2400 m	3200 m	5000 m	3000 m	2500 m	-	3200 m	3200 m			3200 m	3200 m
Gavin Broz - 8	7:15	DNR	7:11	7:50	8:12	8:46	7:03	7:06		7:40	7:22			7:22	7:34
Deacon Foss	8:06	7:54	7:20	7:51	8:50	9:00	7:06	8:01 - 5k		7:52	7:20			7:20	7:47
Oscar Gribauval	-	8:34	DNR	8:32	8:55	9:18	7:32	8:15		8:04	7:56			7:56	8:07
Caden Schlichting	8:58	8:18	7:15	7:34	9:02	8:46	7:02	7:06		7:52	7:35			7:02	7:53
Jacob Treu	8:04	9:10	7:15	7:57	8:09	DNR	6:46	DNR		7:40	7:08			7:08	7:26
Charlie Ausmus - 7	-	6:22	5:58	5:56	6:28	V	5:44	JV		V	V			5:44	6:06
Noah Brady	-	7:29	7:09	7:19	8:49	9:04	7:01	7:13		DNR	7:48			7:01	7:53
Eli Fromm	-	6:32	6:28	6:51	7:22	7:55	6:23	6:25		6:38	6:43			6:38	6:47
Daimien Lord	-	DNR	7:33	7:59	8:30	9:00	7:05	7:11		7:26	7:28			7:28	7:52
Sawyer McDaniel	-	7:20	6:43	6:59	7:30	8:32	7:10	6:50		7:12	7:08			7:08	7:15
Roman McKinney	-	6:42	6:24	6:40	6:54	7:00	6:01	JV		6:31	6:24			6:24	6:28
Bryer Willert	-		6:54	7:11	7:32	7:46	6:28	7:14 - 5k		7:10	6:53			6:53	7:01
Levi Wilson	-	7:04	6:32	7:09	7:22	8:23	6:39	6:42		7:05	7:05			7:05	7:10
Girls Name	PB - 2018	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley	Hinckley	Swain	Mora	Conference	Section 5A	State	Best	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Grace Grubbs - 12	7:19	8:03	DNR	DNR	DNR	DNR	8:13	X	8:32	DNR	7:38	7:49		7:38	8:02
Alaina Steele	6:21	6:51	6:38	6:37	6:46	6:49	6:30	X	7:05	6:35	6:33	6:19	6:24	6:19	6:35
Allison Cavallin - 11	7:48	DNR	DNR	DNF	DNR	DNF	DNR	X	DNR	DNR	DNR	Alt		-	-
Emma Belsheim - 8	-	JH	JH	JH	JH	8:27	7:54	X	8:12	8:02	8:04	7:33		7:33	8:01
Eva Johnson	6:33	7:03	6:58	6:55	6:58	6:54	6:39	X	7:09	DNR	6:36	6:26	6:29	6:26	6:45
Sophia Olson	-	JH	JH	JH	JH	8:20	8:01	X	DNR	JH	8:05	7:54		7:54	8:04
Arissa Rydberg	-	7:41	7:27	7:24	7:54	7:22	6:56	X	7:23	6:53	6:52	6:48		6:48	7:16
Rachel Brown - 7	-	JH	JH	JH	JH	8:31	JH	7:40	X	7:41	7:48	7:29		7:29	7:49
	3200 m	2000 m	2000 m	2400 m	3200 m	5000 m	3000 m	2500 m	-	3200 m	3200 m			3200 m	3200 m
Emma Belsheim - 8	-	7:37	7:10	7:47	7:33	V	V	X		V	V			7:33	7:33
Sophia Olson	7:47	7:58	7:32	7:30	8:20	V	V	X		7:32	V			7:32	7:56
Rachel Brown - 7	-	7:47	7:27	7:26	8:22	V	7:07	V		V	V			7:07	7:45
Abbie Burch	-	8:57	7:52	DNR	DNR	DNR	DNR	DNR		DNR	DNR			7:52 - 2k	8:25 - 2k
Peyton Perreault	-	8:58	7:50	8:00	8:48	DNR	7:16	7:42		7:41	7:45			7:41	7:53
Samantha Root	-	8:30	7:32	7:35	8:14	8:47	7:16	7:50		7:39	8:05			7:39	7:49

TEAM POSITIONS AT MEETS - 2019

Boys Name	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley	Hinckley	Swain	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Derek Clementson - 12	12	13	11	14	14	14	9	X	13	13			12.6
Koleman Lind	7	5	5	4	7	4	X	8	6	8	7		6.1
Noah Miller	2	2	2	3	2	2	X	3	2	4	3		2.5
Josh Rike	DNR	9	7	9	9	9	X	2	7	6	5		7.0
Kenny Vo	9	12	12	12	15	13	8	X	DNR	15			12.0
Nate Webster	1	1	1	1	1	1	X	1	1	1	1		1.0
Charlie Emmons - 11	4	3	DNF	2	4	DNR	X	DNR	DNR	DNR			3.3
Lukas Struss	DNF	8	10	7	11	7	X	6	DNF	9			8.3
Hunter Danielson - 10	10	10	9	11	13	12	5	X	12	11			10.3
Casey Knutson	3	4	3	6	3	6	1	X	8	3	6		4.3
Bryce Roberts	11	DNF	DNR	10	10	11	4	X	10	10			9.4
Aidan Welch	DNR	11	8	13	12	10	7	X	11	14			10.8
Drake Willert	6	DNF	DNR	15	DNR	3	X	4	3	6			6.2
Caleb Cunnien - 9	5	6	4	5	6	5	X	5	5	5	4		5.0
Damion Torgerson	8	7	6	8	8	8	X	7	9	12			8.1
Charlie Ausmus - 7	JH	JH	JH	JH	5	JH	2	X	4	2	2		3.0
Roman McKinney		JH	JH	JH	JH	JH	3	X	JH	JH			
	2000 m	2000 m	2400 m	3200 m	5000 m	3000 m	2500 m	-	3200 m	3200 m			Average
Gavin Broz - 8	DNR	8	9	8	7	9	5		7	8			7.6
Deacon Foss	8	11	10	11	8	11	10 JV		9	7			9.4
Oscar Gribauval	DNR	DNR				13	8		11	12			11.0
Caden Schlichting	9	9	8	13	6	8	4		10	10			8.6
Jacob Treu	6	10	11	7	DNR	6	DNR		8	5			7.6
Charlie Ausmus - 7	1	1	1	1	V	1	JV		V	V			1.0
Noah Brady	7	7	7	10	10	7	7		DNR	11			8.3
Eli Fromm	2	3	3	3	3	3	1		2	2			2.4
Daimien Lord	DNR	12	12	9	9	10	6		6	9			9.1
Sawyer McDaniel	5	5	4	5	5	12	3		5	6			5.6
Roman McKinney	3	2	2	2	1	2	JV		1	1			1.8
Bryer Willert	DNR	6	6	6	2	4	6 JV		4	3			4.4
Levi Wilson	4	4	5	4	4	5	2		3	4			3.9
Girls Name	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley	Hinckley	Swain	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	Average
Grace Grubbs - 12	4	DNR	DNR	DNR	DNR	6	X	5	DNR	4	6		5.0
Alaina Steele	1	1	1	1	1	1	X	1	1	1	1	1	1.0
Allison Cavallin - 11	DNR	DNR	DNF	DNR	DNF	DNR	DNR	DNR	DNR	DNR			N-A
Emma Belsheim - 8	JH	JH	JH	JH	5	4	X	4	6	6	5		4.7
Eva Johnson	2	2	2	2	2	2	X	2	DNR	2	2	2	2.0
Sophia Olson	JH	JH	JH	JH	4	5	X	DNR	JH	7	7		5.8
Arissa Rydberg	3	3	3	3	3	3	X	3	2	3	3		2.9
Rachel Brown - 7	JH		JH	JH	6	JH	1	X	3	5	4		3.8
Samantha Root	JH		JH	JH	7	JH	JH	X	JH	JH			7.0
	2000 m	2000 m	2400 m	3200 m	3200 m	3000 m	2500 m	-	3200 m	3200 m			Average
Emma Belsheim - 8	1	1	4	1	V	V	X		V	V			1.8
Sophia Olson	3	4	2	3	V	V	X		1	V			2.6
Rachel Brown - 7	2	2	1	4	V	1	JV		V	V			2.0
Abbie Burch	5	6	DNR	DNR	DNR	DNR	DNR		DNR	DNR			5.5
Peyton Perreault	6	5	5	5	DNR	2	1		3	1			3.5
Samantha Root	4	3	3	2	V	3	2		2	2			2.6

PLACE FINISHES AT MEETS - 2019

Boys Name	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley	Hinckley	Swain	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Derek Clementson - 12	117	41 jv	77 jv	150 jv	523 jv	54 jv	52 jv	X	125	13 jv			121.0
Koleman Lind	74	42	77	116	150	51	X	176	47	16	98		84.7
Noah Miller	43	20	51	78	98	45	X	110	31	10	60		54.6
Josh Rike	DNR	11 jv	10 jv	70 jv	179	21 jv	X	8 jv	64	1 jv	74		105.7
Kenny Vo	109	35 jv	94 jv	111 jv	625 jv	36 jv	45 jv	X	DNR	17 jv			109.0
Nate Webster	11	3	12	19	21	4	X	36	14	2	22		14.4
Charlie Emmons - 11	50	27	DNF	62	121	DNR	X	DNR	DNR	DNR			65.0
Lukas Struss	DNF	9 jv	53 jv	39 jv	189	12 jv	X	141	DNF	2 jv			165.0
Hunter Danielson - 10	113	18 jv	47 jv	95 jv	269 - 10th	33 jv	29 jv	X	106	5 jv			109.5
Casey Knutson	44	36 jv	57 jv	130	80 - 10th	60	18	X	71	8	87		66.7
Bryce Roberts	115	DNF	DNR	78 jv	196 - 10th	32 jv	19 jv	X	91	3 jv			103.0
Aidan Welch	DNR	30 jv	46 jv	132 jv	238 - 10th	31 jv	39 jv	X	100	16 jv			100.0
Drake Willert	70	DNF	DNR	DNR	DNR	48	X	115	38	13			56.8
Caleb Cunnien - 9	62	50	66	119	98 - 9th	52	X	134	45	12	63		67.0
Damion Torgerson	88	5 jv	78	146	141 - 9th	66	X	30 jv	79	8 jv			91.4
Charlie Ausmus - 7	JH	JH	JH	JH	142	JH	3 jv	X	39	7	53		60.3
Roman McKinney	JH	JH	JH	JH	JH	JH	12 jv	X	JH	JH			
	2000 m	2000 m	2400 m	3200 m	5000 m	3000 m	2500 m	-	3200 m	3200 m			Average
Gavin Broz - 8	DNR	32	72	104	251 - 8th	67	31		35	12			50.4
Deacon Foss	53	40	73	130	266 - 8th	69	JV		38	11			59.1
Oscar Gribauval	DNR	DNR				89	50		43	21			50.8
Caden Schlichting	57	35	64	142	250 - 8th	64	30		39	10			55.1
Jacob Treu	44	36	75	99	DNR	49	DNR		36	8			49.6
Charlie Ausmus - 7	6	2	2	6	(12 - 7th) V	3	JV		V	V			3.8
Noah Brady	47	30	49	129	212 - 7th	63	35		DNR	19			53.1
Eli Fromm	13	10	24	39	94 - 7th	25	8		6	3			16.0
Daimien Lord	DNR	46	77	119	208 - 7th	68	34		31	13			55.4
Sawyer McDaniel	40	15	32	52	160 - 7th	73	23		26	9			33.8
Roman McKinney	17	9	19	18	21 - 7th	10	JV		2	1			10.9
Bryer Willert	DNR	22	44	55	81 - 7th	31	JV		24	4			30.0
Levi Wilson	31	12	41	40	143 - 7th	42	16		17	7			25.8
Girls Name	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley	Hinckley	Swain	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Grace Grubbs - 12	60	DNR	DNR	DNR	DNR	71	X	141	DNR	13	106		78.2
Alaina Steele	7	3	6	6	15	7	X	12	2	1	4	43	9.6
Allison Cavallin - 11	DNR	DNR	DNF	DNR	DNF	DNR	DNR	DNR	DNR	DNR			#DIV/0!
Emma Belsheim - 8	JH	JH	JH	JH	161	62	X	111	59	21	86		83.3
Eva Johnson	13	8	13	12	20	10	X	14	DNR	3	9	59	16.1
Arisa Rydberg	43	22	31	65	53	16	X	32	8	5	31		30.6
Sophia Olson	JH	JH	JH	JH	155	66	X	DNR	JH	23	109		88.3
Rachel Brown - 7	JH		JH	JH	166	JH	1 jv	X	43	16	84		77.3
Samantha Root	JH		JH	JH	177	JH	JH	X	JH	JH			177.0
	2000 m	2000 m	2400 m	3200 m	5000 m	3000 m	2500 m	-	3200 m	3200 m			Average
Emma Belsheim - 8	11	6	29	16	V	V	X		V	V			15.5
Sophia Olson	21	17	19	39	V	V	X		2	V			19.6
Rachel Brown - 7	15	12	14	42	V	14	JV		V	V			19.4
Abbie Burch	39	23	DNR	DNR	DNR	DNR	DNR		DNR	DNR			31.0
Peyton Perreault	41	21	39	56	DNR	19	9		6	2			24.1
Samantha Root	32	15	24	36	V	20	10		5	6			18.5

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

PINE CITY			Mora			PIERZ			ALL-TIME BEST 4K		
20:37	Alaina Steele	2019	20:39	Alaina Steele	2019	20:27	Alaina Steele	2018	15:44	Sherry Rike	2011 SECT
20:56	Alaina Steele	2017	20:45	Alaina Steele	2018	20:44	Alaina Steele	2017	15:45	Abby Cummins	2011 SECT
21:37	Alaina Steele	2018	21:20	Alaina Steele	2017	21:00	Alaina Steele	2019	15:46	Emily Branzovsky	2003 SECT
21:38	Eva Johnson	2019	21:32	Eva Johnson	2019	21:20	Allison Gusk	2015	15:50	Emily Branzovsky	2003 STA
21:40	Ashli Webster	2015	21:32	Marin Foss	2016	21:38	Eva Johnson	2019	15:52	Abby Cummins	2012 SECT
21:41	Allison Gusk	2015	21:51	Allison Gusk	2015	21:48	Ashli Webster	2015	15:55	Abby Cummins	2012 GRC
21:44	Marin Foss	2015	21:52	Alaina Steele	2015	21:51	Alaina Steele	2015	15:56	Emily Branzovsky	2003 BECK
21:50	Alaina Steele	2015	21:53	Ashli Webster	2015	21:57	Alaina Steele	2016	16:02	Abby Cummins	2010 SECT
22:12	Grace Langmade	2015	22:11	Ashli Webster	2016	22:28	Grace Langmade	2015	16:13	Marin Foss	2014 SECT
22:40	Ashli Webster	2017	22:28	Grace Grubbs	2016	22:33	Ashli Webster	2016	16:13	Abby Cummins	2012 MEGA
									16:14	Allison Gusk	2014 SECT
MILACA MEGA (G.C.)			Foley			SWAIN			Camb./Mora		
19:53.5	Alaina Steele	2018	19:43	Alaina Steele	2018	20:36	Alaina Steele	2018	20:07	Alaina Steele	2018
20:27	Alaina Steele	2017	20:08	Alaina Steele	2017	20:48	Alaina Steele	2015	20:33	Alaina Steele	2019
21:09	Alaina Steele	2019	20:12	Alaina Steele	2019	21:06	Allison Gusk	2015	20:52	Alaina Steele	2017
21:22	Alaina Steele	2015	20:38	Eva Johnson	2019	21:07	Ashli Webster	2015	21:04	Allison Gusk	2015
21:22	Ashli Webster	2015	21:33	Arissa Rydberg	2019	21:37	Eva Johnson	2018	21:05	Eva Johnson	2018
21:23	Allison Gusk	2015	21:42	Ashli Webster	2017	21:40	Marin Foss	2015	21:22	Ashli Webster	2016
21:25	Eva Johnson	2019	21:57	Eva Johnson	2018	21:56	Grace Langmade	2015	21:29	Arissa Rydberg	2019
21:26	Marin Foss	2015	22:36	Grace Grubbs	2017	22:01	Alaina Steele	2019 L	21:30	Alaina Steele	2015
21:42	Ashli Webster	2016	22:36	Lily Wilson	2017	22:07	Alaina Steele	2016	21:35	Ashli Webster	2015
22:27	Grace Grubbs	2016	22:48	Alexis Thieman	2017	22:14	Eva Johnson	2019 L	21:47	Alaina Steele	2016
CONFERENCE			SECTION			STATE			ALL-TIME BEST 5K		
						19:47	Alaina Steele	2018	19:43.1	Alaina Steele	2019 Section
20:20	Alaina Steele	2019 PC	19:43.1	Alaina Steele	2019 Mo	19:59	Alaina Steele	2019	19:43.1	Alaina Steele	2018 Foley
20:21	Alaina Steele	2018 PC	20:04	Eva Johnson	2019 Mo	20:11	Eva Johnson	2019	19:47.2	Alaina Steele	2018 STATE
20:29	Eva Johnson	2019 PC	20:07	Alaina Steele	2018 Mo	20:28	Allison Gusk	2015	19:53.5	Alaina Steele	2018 MMM
20:33	Alaina Steele	2015 PC	20:23	Eva Johnson	2018 ML	20:43	Ashli Webster	2015	19:58.9	Alaina Steele	2019 STATE
20:37	Marin Foss	2015 PC	20:36	Ashli Webster	2015 ML	20:55	Alaina Steele	2015	20:04.1	Eva Johnson	2019 Section
20:44	Eva Johnson	2018 PC	20:37	Allison Gusk	2015 ML	21:11	Makayla Butenhoff	2015	20:07	Alaina Steele	2018 Section
20:48	Allison Gusk	2015 PC	20:44	Marin Foss	2015 ML	21:21	Marin Foss	2015	20:07	Alaina Steele	2018 Mora LC
20:52	Ashli Webster	2015 PC	20:48	Alaina Steele	2015 ML				20:09	Alaina Steele	2017 Foley
21:19	Alaina Steele	2017 PC	20:58	Makayla Butenhoff	2015 ML				20:11	Eva Johnson	2019 STATE
21:21	Arissa Rydberg	2019 PC	21:07	Marin Foss	2016 Mo	15:50	Emily Branzovsky	2003	20:12	Alaina Steele	2019 Foley
						16:50	Marin Foss	2014			

BOYS
TOP CROSS COUNTRY TEAMS AT MEETS
By Top-5 Average Times
2019

PINE CITY INVITE (Top 11)			
18:28	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	
18:32	2005	C. Fischer, T. McNally, T. Miche, A. Lutz & Jo. Clementson	
18:38	1997	Pe. Johnson, R. Wasson, Pa. Johnson, J. Larson & J.R. Anderson	
18:43	2017	T. Ryan, N. Webster, A. Eckert, TJ Rank & N. Miller	
18:43	2002	Ja. Clementson, C. Lutz, S. Peterson, Dv. Hansen, & C. Greden	
18:51	2007	T. McNally, C. Fischer, Z. Swanson, A. Lutz & D. Hambly	
19:01	2000	R. Hammill, Ja. Clementson, J. Lee, J. Oare & R. Arola	
19:02	2014	E. Foss, N. Adams, E. Grubbs, J. Spahr & J. Pixley	
19:07	2010	C. Hanson, J. Dedic, N. Bremer, J. Guttormson & C. Maki	
19:13	2001	Ja. Clementson, Dv. Hansen, C. Lutz, R. Arola & C. Zak	
19:19	1996	J.R. Anderson, R. Wasson, R. Anderson, Q. Patzoldt & B. Runyan	
CONFERENCE (Top 11) Great River, Two-River & Rum River			
17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC
17:55	2003	Ja. Clementson, C. Fischer, Dv. Hansen, A. Lee & T. Miche	RRC - SM
17:57	2005	T. McNally, T. Miche, C. Fischer, A. Lutz & D. Hambly	TRC - PC
17:59	2000	R. Hammill, Ja. Clementson, J. Lee, Pe. Johnson & J. Oare	RRC - FO
18:05	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	TRC - PC
18:06	2001	C. Lutz, Dv. Hansen, C. Zak, Ja. Clementson & R. Arola	RRC - NB
18:18	1997	J. Larson, Pa. Johnson, Pe. Johnson, R. Wasson & N. Johnson	RRC - SA
18:20	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	RRC - PR
18:21	2018	T. Ryan, N. Webster, L. Vinaja, J. Adams & TJ Rank	GRC - PC
18:29	2015	N. Adams, E. Grubbs, R. Steele, A. Clementson & T. Ryan	GRC - PC
18:31	2014	E. Foss, N. Adams, E. Grubbs, J. Spahr & J. Pixley	GRC - PC
SECTION (Top 11) Mora, Milaca, Pierz, Cloquet & Becker			
17:31	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Pierz
17:43	2005	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	Cloquet
17:47	2002	Ja. Clementson, C. Lutz, C. Greden, S. Peterson, S. Laugerman	Becker
17:53	2018	T. Ryan, N. Webster, L. Vinaja, TJ Rank & N. Miller	Mora
17:53	2000	Ja. Clementson, Hammill, P. Johnson, J. Lee & J. Oare	Becker
17:53	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	Cloquet
17:55	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	Cloquet
18:00	2016	E. Grubbs, T. Ryan, N. Webster, D. Clementson & N. Miller	Milaca
18:00	2008	Z. Swanson, D. Hansen, J. Emslander, B. Wirth & N. Bremer	Pierz
18:08	2013	E. Foss, N. Adams, J. Spahr, E. Grubbs & B. Hunter	Milaca
18:11	1997	R. Wasson, J. Larson, Pa. Johnson, J.R. Anderson & Pe. Johnson	Cloquet

STATE at St. Olaf in Northfield (Only 4)			
17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	
17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	
17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	
18:14	2000	Ja. Clementson, J. Lee, Pe. Johnson, R. Arola & J. Oare	
ALL-TIME BESTS (Top 32)			
17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	STATE
17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	STATE
17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	STATE
17:31	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Section 5A- PZ
5 17:38	2000	R. Hammill, Ja. Clementson, P. Johnson, J. Lee, & J. Oare	Sub-Section- PZ
17:43	2005	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	Section 7A- CL
17:46	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	Becker Invite
17:47	2002	Ja. Clementson, C. Lutz, C. Greden, S. Peterson, S. Laugerman	Section 5A- BK
17:47	1997	Pe. Johnson, R. Wasson, Pa. Johnson, J. Larson & J.R. Anderson	Princeton (Mega)
10 17:48	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	MILACA MEGA
17:50	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & A. Lutz	MILACA MEGA
17:53	2018	T. Ryan, N. Webster, L. Vinaja, TJ Rank & N. Miller	Section 5A- Mo
17:53	2000	Ja. Clementson, Hammill, P. Johnson, J. Lee & J. Oare	Section 5A- BK
17:53	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	Section 7A- CL
15 17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC
17:55	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	Section 7A- CL
17:55	2003	Ja. Clementson, C. Fischer, Dv. Hansen, A. Lee & T. Miche	RRC - SM
17:57	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Princeton Invite
17:57	2005	T. McNally, T. Miche, C. Fischer, A. Lutz & D. Hambly	TRC - PC
20 17:59	2000	R. Hammill, Ja. Clementson, J. Lee, Pe. Johnson & J. Oare	RRC - FO
18:00	2016	E. Grubbs, T. Ryan, N. Webster, D. Clementson & N. Miller	Section 5A- ML
18:00	2008	Z. Swanson, D. Hansen, J. Emslander, B. Wirth & N. Bremer	Section 5A- PZ
18:01	2018	T. Ryan, N. Webster, L. Vinaja, N. Miller & J. Adams	MILACA MEGA
18:01	2000	R. Hammill, Ja. Clementson, J. Lee, J. Oare & Pe. Johnson	N. Branch Invite
25 18:03	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	Pierz Stampede
18:05	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	TRC- PC
18:06	2018	T. Ryan, N. Webster, J. Adams, L. Vinaja & N. Miller	Foley
18:06	2001	C. Lutz, Dv. Hansen, C. Zak, Ja. Clementson & R. Arola	RRC- NB
18:07	2005	T. McNally, T. Miche, D. Hambly, J. Boland & A. Lutz	Cambridge Invite
30 18:08	2007	D. Hambly, T. McNally, Z. Swanson, A. Lutz & D. Hansen	Becker Invite
18:08	2013	E. Foss, N. Adams, J. Spahr, E. Grubbs & B. Hunter	Section 5A- ML
18:10	2005	T. Miche, McNally, Fischer, A. Lutz & Jo. Clementson	Pierz Stampede

BOYS - TOP 10 CROSS COUNTRY TIMES AT MEETS

BRAINERD / PRINCETON				PINE CITY				MILACA/MORA				PIERZ			
17:42	Tommy Ryan	2018		17:01	Jim Kingen	1986		17:17	Zach Swanson	2008		16:58	Trevor McNally	2006	
18:01	Tommy Ryan	2017		17:14	Trevor McNally	2006		17:27	Trevor McNally	2006		17:10	Jared Clementson	2003	
18:09	Nate Webster	2019		17:16	Zach Swanson	2008		17:29	Eli Grubbs	2016	Mo	17:11	Tommy Ryan	2018	
18:14	Nate Webster	2017		17:21	Jared Clementson	2003		17:52	Tommy Ryan	2017	Mo	17:14	Easton Foss	2014	
18:15	Nate Webster	2018		17:28	Jared Clementson	2002		17:53	Cody Hanson	2010		17:14	Zach Swanson	2008	
18:21^	Eli Grubbs	2016		17:33	Cody Hanson	2010		17:59	Noah Adams	2015	Mo	17:14	Jared Clementson	2002	
18:37	Noah Adams	2015		17:34	John Bloom	1988		18:03	Easton Foss	2013	Mo	17:20	Tom Miche'	2005	
18:42^	Nate Webster	2016		17:46	Tommy Ryan	2017		18:03	Dan Pangerl	1998		17:30	Tommy Ryan	2017	
18:47^	Tommy Ryan	2016		17:51	Nate Webster	2017		18:05	Tommy Ryan	2016	Mo	17:30	Jared Clementson	2001	
19:16	Austin Eckert	2017		17:53	Easton Foss	2014		18:05	Nate Webster	2018	Mo	17:33	Trevor McNally	2005	
MILACA MEGA (G.C.)				SWAIN				BECKER / HINCKLEY				PRIN/CAMB/PROC/MORA			
16:56	Tommy Ryan	2018		17:08	Jim Kingen	1986		16:31	Jared Clementson	2002		17:07	Cody Hanson	2010	Pri
17:06	Zach Swanson	2008		17:22	Tommy Ryan	2018		16:49	Trevor McNally	2006		17:11	Tommy Ryan	2018	Mo
17:11	Cody Hanson	2010		17:25	Trevor McNally	2006		16:54	Zach Swanson	2008		17:19	Zach Swanson	2008	
17:18	Nate Webster	2018		17:39	Nate Webster	2019		17:18	David Hambly	2006		17:24	Trevor McNally	2007	Pri
17:20	Trevor McNally	2007		17:47	Noah Adams	2015		17:30	Cody Hanson	2010		17:31	Easton Foss	2014	Pro
17:22	Easton Foss	2014		17:48	Nate Webster	2018		17:33	Tom Miche'	2006		17:39	David Hambly	2007	Pri
17:24	Easton Foss	2013		17:54	Easton Foss	2013		17:35	David Hambly	2007		17:43	Tommy Ryan	2017	Mo
17:29	David Hambley	2007		17:55	Eli Grubbs	2016		17:38	Easton Foss	2013		17:45	Nate Webster	2018	Mo
17:48	Tommy Ryan	2017		17:55	Trevor McNally	2005		17:48	Trevor McNally	2007		17:49	Tommy Ryan	2016	Mo
17:50	Noah Adams	2015		17:57	Tom Miche'	2006		17:49	Jared Clementson	2002		17:49	Cody Hanson	2009	
CONFERENCE				SECTION				STATE				ALL-TIME BESTS			
16:39	Jared Clementson	2003	SM	16:20	Jared Clementson	2002	BK	*17:01	Jared Clementson	2002		16:20	Jared Clementson	2002	SECT
17:15	Trevor McNally	2006	PC	16:57	Tommy Ryan	2018	Mo	16:32	Tommy Ryan	2018		*17:01	Jared Clementson	2002	STA
17:19	Tommy Ryan	2018	PC	16:57	Jared Clementson	2003	CL	16:32	Trevor McNally	2006		16:27	Per Zillmer	1982	MMM
17:20	Cody Hanson	2010	PC	17:03	Trevor McNally	2005	CL	16:49	Jared Clementson	2003		16:31	Jared Clementson	2003	BL-BK
17:26	Jared Clementson	2002	PC	17:03	Trevor McNally	2007	PZ	16:50	Tom Miche'	2006		16:32	Tommy Ryan	2018	STA
17:28	Zach Swanson	2008	PC	17:04	Trevor McNally	2006	CL	16:53	Cody Hanson	2010		16:32	Trevor McNally	2006	STA
17:28	Trevor McNally	2005	PC	17:05	Cody Hanson	2010	PZ	16:55	Trevor McNally	2005		16:32	Chase Duarte	1984	ChL
17:35	Tom Miche'	2005	PC	17:05	Tom Miche'	2004	CL	16:55	Trevor McNally	2007		16:36	John Bloom	1990	MMM
17:35	Trevor McNally	2007	PC	17:09	Easton Foss	2013	ML	16:56	Tommy Ryan	2017		16:37	Jared Clementson	2002	FOL
17:36	Ryan Hammill	1999	ML	17:10	Tom Miche'	2005	CL	17:00	Easton Foss	2014		16:39	Jared Clementson	2003	CONF

*5200m course (16:22)

*5200m course (16:22)

TOP GIRLS BEST 5K XC TIMES UNDER 23:00

<u>Single Rank</u>	<u>Race Rank</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>	<u>Meet</u>
1	1	19:43.1	Alaina Steele	2018/2019	Foley / Section 5A
2	6	20:04.3	Eva Johnson	2019	Section 5A (Mora)
3	17	20:28.2	Allison Gusk	2015	STATE
4	21	20:35.9	Ashli Webster	2015	Section 5A (Milaca)
5	23	20:37	Marin Foss	2015	GRC-PC
6	41	20:57.5	Makayla Butenhoff	2015	Section 5A (Milaca)
7	52	21:11.9	Arissa Rydberg	2019	Section 5A (Mora)
8	69	21:31.9	Grace Langmade	2015	Section 5A (Milaca)
9	94	21:51.1	Grace Grubbs	2016	Section 5A (Milaca)
10	105	21:59.9	Lily Wilson	2016	Section 5A (Milaca)
11	132	22:35	Alexis Thieman	2016	Mora Last Chance
12	169	22:59	Jill Tomczyk	2015	Becker

GIRLS 5K XC TIMES UNDER 23:00 (Top 172)

Rank	Time	Name	Year	Meet
1	19:43.1	Alaina Steele	2019	Section 5A (Mora)
2	19:43.1	Alaina Steele	2018	Foley
3	19:47.2	Alaina Steele	2018	STATE
4	19:53.5	Alaina Steele	2018	Milaca Mega *First Sub 20:00
5	19:58.9	Alaina Steele	2019	STATE
6	20:04.3	Eva Johnson	2019	Section 5A (Mora)
7	20:07	Alaina Steele	2018	Section 5A (Mora)
8	20:07	Alaina Steele	2018	Mora L.C.
9	20:08.6	Alaina Steele	2017	Foley
10	20:11.0	Eva Johnson	2019	STATE
11	20:11.8	Alaina Steele	2019	Foley
12	20:20	Alaina Steele	2019	GRC - Pine City
13	20:21	Alaina Steele	2018	GRC - Pine City
14	20:22.7	Eva Johnson	2018	Section 5A (Mora)
15	20:26.7	Alaina Steele	2018	Pierz
16	20:26.7	Alaina Steele	2017	Milaca Mega
17	20:28.2	Allison Gusk	2015	STATE *First Sub-20:30
18	20:29	Eva Johnson	2019	GRC - Pine City
19	20:33	Alaina Steele	2019	Mora L.C.
20	20:33	Alaina Steele	2015	GRC - Pine City
21	20:36	Alaina Steele	2018	Swain
22	20:36	Ashli Webster	2015	Section 5A (Milaca)
23	20:37	Marin Foss	2015	GRC - Pine City
24	20:37	Alaina Steele	2019	<i>Pine City - SCHOOL RECORD</i>
25	20:37	Allison Gusk	2015	Section 5A (Milaca)
26	20:39	Alaina Steele	2019	Mora
27	20:39	Eva Johnson	2019	Foley
28	20:43	Ashli Webster	2015	STATE
29	20:44	Eva Johnson	2018	GRC - Pine City
30	20:44	Alaina Steele	2017	Pierz
31	20:44	Marin Foss	2015	Section 5A (Milaca)
32	20:45	Alaina Steele	2018	Mora
33	20:48	Allison Gusk	2015	GRC - Pine City
34	20:48	Alaina Steele	2015	Swain *First sub-21:00
35	20:48	Alaina Steele	2015	Section 5A (Milaca)
36	20:52	Alaina Steele	2017	Mora L.C.
37	20:52	Ashli Webster	2015	GRC - Pine City
38	20:54	Alaina Steele	2018	Princeton
39	20:55	Alaina Steele	2015	STATE
40	20:56	Alaina Steele	2017	Pine City *Former S.R.*
41	20:58	Makavla Butenhoff	2015	Section 5A (Milaca)
42	20:59	Alaina Steele	2015	Becker
43	21:01	Alaina Steele	2019	Pierz
44	21:04	Allison Gusk	2015	Cambridge-Isanti
45	21:05	Eva Johnson	2018	Mora L.C.
46	21:06	Allison Gusk	2015	Swain
47	21:07	Ashli Webster	2015	Swain
48	21:07	Marin Foss	2016	Section 5A (Milaca)
49	21:09	Alaina Steele	2017	Section 5A (Mora)
50	21:09	Alaina Steele	2019	Milaca Mega
51	21:11	Makavla Butenhoff	2015	STATE
52	21:12	Arissa Rvdberg	2019	Section 5A (Mora)
53	21:14	Alaina Steele	2016	Section 5A (Milaca)
54	21:17	Alaina Steele	2019	Princeton
55	21:19	Alaina Steele	2017	GRC - Pine City

56	21:20	Alaina Steele	2017	Mora
57	21:20	Allison Gusk	2015	Pierz
58	21:21	Arissa Rvdberg	2019	GRC - Pine City
59	21:21	Marin Foss	2015	STATE
60	21:22	Alaina Steele	2015	Milaca Mega
61	21:22	Ashli Webster	2015	Milaca Mega
62	21:22	Ashli Webster	2016	Mora L.C.
63	21:25	Eva Johnson	2019	Milaca Mega
64	21:27	Marin Foss	2015	Becker
65	21:27	Allison Gusk	2015	Becker
66	21:29	Arissa Rvdberg	2019	Mora L.C.
67	21:29	Ashli Webster	2016	Section 5A (Milaca)
68	21:30	Alaina Steele	2015	Cambridge-Isanti
69	21:32	Grace Langmade	2015	Section 5A (Milaca)
70	21:32	Eva Johnson	2019	Mora
71	21:32	Marin Foss	2016	Mora
72	21:33	Arissa Rvdberg	2019	Foley
73	21:35	Ashli Webster	2015	Cambridge-Isanti
74	21:37	Eva Johnson	2018	Swain
75	21:37	Alaina Steele	2018	Pine City
76	21:38	Eva Johnson	2019	Pine City
77	21:39	Eva Johnson	2019	Pierz
78	21:40	Ashli Webster	2015	Pine City *Former S.R.*
79	21:40	Marin Foss	2015	Swain
80	21:41	Allison Gusk	2015	Pine City
81	21:42	Ashli Webster	2017	Foley
82	21:42	Ashli Webster	2016	Milaca Mega
83	21:44	Ashli Webster	2017	Section 5A (Mora)
84	21:44	Marin Foss	2015	Pine City
85	21:47	Allison Gusk	2015	Brainerd *First sub-22:00
86	21:47	Alaina Steele	2016	Mora L.C.
87	21:48	Ashli Webster	2015	Pierz
88	21:48	Ashli Webster	2015	Becker
89	21:48	Ashli Webster	2016	GRC - Pine City
90	21:50	Alaina Steele	2015	Pine City
91	21:50	Grace Langmade	2015	GRC - Pine City
92	21:51	Alaina Steele	2015	Pierz
93	21:51	Allison Gusk	2015	Mora
94	21:51	Grace Grubbs	2016	Section 5A (Milaca)
95	21:52	Alaina Steele	2015	Mora
96	21:53	Ashli Webster	2015	Mora
97	21:53	Makayla Butenhoff	2015	GRC - Pine City
98	21:55	Marin Foss	2015	Cambridge-Isanti
99	21:56	Eva Johnson	2019	Princeton
100	21:56	Grace Langmade	2015	Swain
101	21:57	Eva Johnson	2018	Foley
102	21:57	Grace Langmade	2015	Cambridge-Isanti
103	21:57	Alaina Steele	2016	Pierz
104	21:58	Ashli Webster	2015	Brainerd
105	22:00	Lily Wilson	2016	Section 5A (Milaca)
106	22:01	Ashli Webster	2017	Mora L.C.
107	22:02	Alaina Steele	2015	Brainerd
108	22:06	Alaina Steele	2016	GRC - Pine City
109	22:07	Alaina Steele	2016	Pierz
110	22:11	Ashli Webster	2016	Mora
111	22:12	Grace Langmade	2015	Pine City
112	22:15	Grace Langmade	2015	STATE
113	22:16	Marin Foss	2016	Brainerd
114	22:23	Alaina Steele	2017	Brainerd
115	22:23	Allison Gusk	2015	Milaca Mega

116	22:24	Grace Grubbs	2015	STATE
117	22:26	Marin Foss	2015	Milaca Mega
118	22:26	Ashli Webster	2016	Brainerd
119	22:27	Grace Grubbs	2016	Milaca Mega
120	22:28	Ashli Webster	2017	GRC - Pine City
121	22:28	Grace Lanqmade	2015	Pierz
122	22:28	Grace Grubbs	2016	Mora
123	22:29	Grace Grubbs	2017	Section 5A (Mora)
124	22:30	Lily Wilson	2016	Milaca Mega
125	22:32	Grace Lanqmade	2015	Mora
126	22:32	Marin Foss	2016	GRC - Pine City
127	22:33	Grace Grubbs	2015	GRC - Pine City
128	22:33	Ashli Webster	2016	Pierz
129	22:34	Lily Wilson	2016	Mora
130	22:34	Ashli Webster	2016	Becker
131	22:34	Grace Grubbs	2016	GRC - Pine City
132	22:35	Alexis Thieman	2016	Mora L.C.
133	22:35	Lily Wilson	2016	GRC - Pine City
134	22:36	Grace Grubbs	2017	Foley
135	22:36	Lily Wilson	2017	Foley
136	22:36	Makayla Butenhoff	2015	Swain
137	22:36	Lily Wilson	2016	Mora L.C.
138	22:37	Alexis Thieman	2017	Mora L.C.
139	22:37	Grace Grubbs	2017	Pierz
140	22:37	Alexis Thieman	2016	Milaca Mega
141	22:39	Grace Lanqmade	2015	Becker
142	22:39	Ashli Webster	2016	Swain
143	22:40	Ashli Webster	2017	Pine City
144	22:40	Alexis Thieman	2016	Section 5A (Milaca)
145	22:42	Ashli Webster	2017	Pierz
146	22:42	Alaina Steele	2016	Milaca Mega
147	22:42	Lily Wilson	2016	Swain
148	22:43	Marin Foss	2015	Pierz
149	22:43	Grace Grubbs	2016	Pierz
150	22:44	Grace Grubbs	2018	Section 5A (Mora)
151	22:44	Alaina Steele	2017	Swain
152	22:45	Alexis Thieman	2017	GRC - Pine City
153	22:48	Alexis Thieman	2017	Foley
154	22:49	Lily Wilson	2017	Pierz
155	22:50	Marin Foss	2015	Brainerd
156	22:51	Alexis Thieman	2016	Swain
157	22:53	Grace Grubbs	2018	Mora L.C.
158	22:53	Marin Foss	2015	Mora
159	22:53	Lily Wilson	2016	Pierz
160	22:54	Ariisa Rydberg	2019	Milaca Mega
161	22:54	Grace Grubbs	2018	Hinckley
162	22:55	Alexis Thieman	2017	Section 5A (Mora)
163	22:56	Grace Lanqmade	2016	Mora
164	22:56	Grace Lanqmade	2016	GRC - Pine City
165	22:58	Marin Foss	2014	Grantsburg
166	22:58	Marin Foss	2016	Pierz
167	22:58	Grace Lanqmade	2016	Becker
168	22:58	Alexis Thieman	2016	GRC - Pine City
169	22:59	Jill Tomczyk	2015	Becker
170	23:00	Grace Grubbs	2018	GRC - Pine City
171	23:00	Grace Lanqmade	2015	Milaca Mega
172	23:00	Alaina Steele	2016	Becker

TOP BOYS BEST 5K XC TIMES UNDER 18:00

<u>Single Rank</u>	<u>Race Rank</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>	<u>Meet</u>
1	1	16:20	Jared Clementson	2002	SECTION-Becker
2	3	16:27	Per Zillmer	1982	Princeton (Mega)
T3	T5	16:32.2	Tommy Ryan	2018	STATE
T3	T5	16:32.2	Trevor McNally	2006	STATE
T3	T5	16:32	Chase Duarte	1985	Chisago Lakes
5	8	16:36	John Bloom	1990	Princeton (Mega)
6	12	16:45	Jim Kingen	1986	District 25
7	19	16:50	Tom Miche'	2006	STATE
T8	T22	16:54	Cody Hanson	2010	STATE
T8	T22	16:54	Zach Swanson	2008	Becker
11	T35	17:00	Easton Foss	2014	STATE
12	T46	17:05	David Hambly	2006	STATE
13	T56	17:10	Ryan Hammill	2000	SubSection-Pierz
14	T63	17:12	Eli Grubbs	2016	Section-Milaca
15	T76	17:16	Chris Lutz	2001	SubSection-Pierz
16	T85	17:18	Nate Webster	2018	MMM (G.C.)
17	T115	17:27	Jason Rarick	1987	RRC - Pine City
T18	T120	17:29	Peter Johnson	2000	SubSection-Pierz
T18	T134	17:32	Noah Adams	2013	Section-Milaca
20	T134	17:32	Marcus Duarte	1987	RRC
21	T134	17:34	David Hansen	2001	Pierz
22	T149	17:35	Ricky Wasson	1997	Princeton (Mega)
T23	T156	17:37	Clay Fischer	2003	RRC-STMA
T23	T193	17:45	Jeremy Lee	2000	SubSection-Pierz
T25	T205	17:47	Logan Vinaja	2018	Section 5A - Mora
T25	T205	17:47	Jason Larson	1997	Princeton (Mega)
T25	T205	17:47	Paul Johnson	1997	Princeton (Mega)
27	T230	17:51	Jordan Rarick	2012	MMM (G.C.)
T28	T251	17:53	Karl Greden	2002	Section-Becker
T28	T251	17:53	Danny Olson	1989	Region 7 - Cambridge
30	T268	17:55	Charlie Zak	2001	SubSection-Pierz
31	T278	17:57	J.R. Anderson	1996	Rush City

BOYS 5K XC TIMES UNDER 18:00 (Top 300+)

Rank	Time	Name	Year	Meet
1	16:20	Jared Clementson	2002	Section-Becker
2	16:22*	Jared Clementson	2002	STATE (*17:01 - 5200m)
3	16:27	Per Zillmer	1982	Princeton (Mega)
4	16:31	Jared Clementson	2003	Becker
5	16:32	Tommy Ryan	2018	STATE
6	16:32	Trevor McNally	2006	STATE
7	16:32	Chase Duarte	1984	Chisago Lakes
8	16:36	John Bloom	1990	Princeton (Mega)
9	16:37	Jared Clementson	2002	Foley
10	16:39	Jared Clementson	2003	RRC-STMA
11	16:42	Trevor McNally	2006	MMM (Foley)
12	16:45	Jim Kingen	1986	District 25
13	16:45*	Jim Kingen	1986	Princeton (*16:08 - 3mile)
14	16:47	John Bloom	1990	Chisago Lakes
15	16:49*	John Bloom	1990	Rush City (*16:12 - 3mile)
16	16:49	Jared Clementson	2003	STATE
17	16:49	Trevor McNally	2006	Becker
18	16:49	Jim Kingen	1986	Cambridge
19	16:50	Tom Miche'	2006	STATE
20	16:52	John Bloom	1989	Princeton (Mega)
21	16:53	Jim Kingen	1986	RRC
22	16:54	Cody Hanson	2010	STATE
23	16:54	Zach Swanson	2008	Becker
24	16:55	Trevor McNally	2005	STATE
25	16:55	Trevor McNally	2007	STATE
26	16:55	John Bloom	1990	RRC-Sartell
27	16:55	Per Zillmer	1982	Pine City
28	16:56	Tommy Ryan	2017	STATE
29	16:56	Tommy Ryan	2018	MMM (G.C.)
30	16:57	Tommy Ryan	2018	Section 5A - Mora
31	16:57	Jim Kingen	1986	St. Cloud - Wapicada
32	16:58	Jared Clementson	2003	Section-Cloquet
33	16:59	Jared Clementson	2002	Princeton (Mega)
34	16:59	Jared Clementson	2002	SubSection-Pierz
35	17:00	Easton Foss	2014	STATE
36	17:00	Tom Miche'	2005	STATE
37	17:00	John Bloom	1989	Chisago Lakes
38	<i>17:01</i>	<i>Jim Kingen</i>	<i>1986</i>	<i>Pine City (PC Invite Record)</i>
39	17:02	John Bloom	1989	District 25
40	17:02	Jim Kingen	1985	RRC-Sauk Rapids
41	17:03	Trevor McNally	2005	Section-Cloquet
42	17:03	Trevor McNally	2007	Section-Pierz
43	17:03	Jared Clementson	2003	North Branch
44	17:04	Trevor McNally	2006	Section-Cloquet
45	17:04	Per Zillmer	1982	District 25
46	17:05	David Hambly	2006	STATE
47	17:05	David Hambly	2007	STATE
48	17:05	Tom Miche'	2004	Section-Cloquet
49	17:06	Cody Hanson	2010	Section-Pierz

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

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

156	17:37	Nate Webster	2017	Section-Mora
157	17:37	Ryan Hammill	2000	RRC-Foley
158	17:37	Cody Hanson	2010	Becker
159	17:37	Chris Lutz	2002	Section-Becker
160	17:37	Clay Fischer	2003	RRC-STMA
161	17:37	Tom Miche'	2005	Cambridge
162	17:37	Cody Hanson	2010	Pierz
163	17:37	John Bloom	1990	Milaca
164	17:37	Per Zillmer	1982	Swain
165	17:38	David Hambly	2006	Pierz
166	17:38	Tom Miche'	2006	Section-Cloquet
167	17:38	Easton Foss	2013	Becker
168	17:38	Tommy Ryan	2016	Section-Milaca
169	17:39	Nate Webster	2019	Foley
170	17:39	Ryan Hammill	1999	Princeton (Mega)
171	17:39	Chris Lutz	2001	RRC-North Branch
172	17:39	Tom Miche'	2006	MMM (Foley)
173	17:39	David Hambly	2007	Princeton
174	17:39	John Bloom	1988	Swain
175	17:40	John Bloom	1990	Pine City
176	17:40	John Bloom	1988	Rush City
177	17:40	John Bloom	1987	Pine City
178	17:41	Jared Clementson	2000	North Branch
179	17:41	Ryan Hammill	2000	Princeton (Mega)
180	17:41	Chris Lutz	2001	Pierz
181	17:41	Tom Miche'	2006	TRC-Pine City
182	17:41	David Hambly	2007	TRC-Pine City
183	17:42	Tommy Ryan	2018	Princeton
184	17:42	Marcus Duarte	1987	District 25
185	17:43	Tommy Ryan	2017	Mora L.C.
186	17:43	Ryan Hammill	1999	Section-Becker
187	17:43	David Hansen	2001	SubSection-Pierz
188	17:43	David Hambly	2006	TRC-Pine City
189	17:43	John Bloom	1987	Cambridge
190	17:44	Chris Lutz	2002	North Branch
191	17:44	David Hambly	2007	North Branch
192	17:44	John Bloom	1988	District 25
193	17:44	John Bloom	1986	Region 7 - Cambridge
194	17:45	Nate Webster	2019	Section 5A - Mora
195	17:45	Nate Webster	2018	Mora L.C.
196	17:45	Nate Webster	2017	Pierz
197	17:45	Noah Adams	2015	Pierz
198	17:45	Jeremy Lee	2000	SubSection-Pierz
199	17:45	David Hambly	2006	Section-Cloquet
200	17:45	John Bloom	1989	RRC-Sauk Rapids
201	17:45	John Bloom	1989	Rush City
202	17:46	Ryan Hammill	2000	Section-Becker
203	17:46	Tommy Ryan	2017	Pine City
204	17:46	Tom Miche'	2004	Foley
205	17:46	Tom Miche'	2004	RRC-Princeton
206	17:46	Zach Swanson	2007	TRC-Pine City
207	17:47	Logan Vinaja	2018	Section 5A - Mora
208	17:47	Noah Adams	2015	Swain

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

262	17:53	Eli Grubbs	2016	Pierz
263	17:53	Danny Olson	1989	Region 7 - Cambridge
264	17:54	Easton Foss	2013	Swain
265	17:54	Jeremy Lee	2000	Section-Becker
266	17:54	David Hansen	2001	RRC-North Branch
267	17:54	Trevor McNally	2005	North Branch
268	17:54	John Bloom	1987	Region 7 - Grand Rapids
269	17:54	Nate Webster	2016	Section-Milaca
270	17:55	Trevor McNally	2005	Swain
271	17:55	Ryan Hammill	1999	Cambridge
272	17:55	Charlie Zak	2001	SubSection-Pierz
273	17:55	John Bloom	1987	Mora
274	17:55	Eli Grubbs	2016	Swain
275	17:56	Nate Webster	2017	MMM (G.C.)
276	17:56	Tom Miche'	2006	Pine City
277	17:56	Trevor McNally	2005	Cambridge
278	17:56	Clay Fischer	2007	Section-Pierz
279	17:56	John Bloom	1990	Mora
280	17:57	J.R. Anderson	1996	Rush City
281	17:57	Tom Miche'	2006	Swain
282	17:57	Jeremy Lee	2000	Pierz
283	17:57	Jared Clementson	2000	STATE
284	17:57	Jared Clementson	2003	Princeton (Mega)
285	17:58	Jeremy Lee	2000	RRC-Foley
286	17:58	Chris Lutz	2001	Princeton (Mega)
287	17:58	Clay Fischer	2005	TRC-Pine City
288	17:58	Jared Clementson	2001	Pine City
289	17:58	Marcus Duarte	1985	RRC-Sauk Rapids
290	17:59	Eli Grubbs	2016	Becker
291	17:59	Noah Adams	2015	Mora
292	17:59	Zach Swanson	2007	MMM (G.C.)
293	17:59	Jason Larson	1997	RRC-Sartell
294	17:59	Peter Johnson	2000	RRC-Foley
295	17:59	Jared Clementson	2001	Cambridge
296	17:59	Tom Miche'	2006	North Branch
297	17:59	Easton Foss	2013	GRC-Pine City
298	17:59	John Bloom	1989	Mora
299	18:00	Noah Adams	2012	Section-Pierz
300	18:00	Noah Adams	2013	MMM (G.C.)

<u>Total</u>	<u>Interval</u>	<u>Time Category</u>
3	3	Times Under 16:30 min
34	31	Times Under 17:00 min
127	93	Times Under 17:30 min
300	173	Times Under 18:00 min

TOP 10 FIRST PLACE FINISHERS at Pine City Meets

GIRLS

PINE CITY INVITATIONAL (New 5K)

Charisa Bouley	Zimmerman	2018	19:27
Elena Herberg	Rush City	2015	19:45
Molly Novotny	Spectrum	2019	20:04
Charisa Bouley	Zimmerman	2017	20:10
Rhianna Rinke	North Branch	2016	20:34

Pine City Bests:

Alaina Steele **Pine City** **2019** **20:37**

CONFERENCE MEET @ PINE CITY

Elena Herberg	Rush City	2015	19:45
Alaina Steele	Pine City	2019	20:20
Alaina Steele	Pine City	2018	20:21
Alaina Steele	Pine City	2017	21:19
Ashli Webster	Pine City	2016	21:48
<i>Reese Hartl</i>	<i>Hinckley-Finlayson</i>	2019	20:25 2nd
<i>Eva Johnson</i>	<i>Pine City</i>	2019	20:29 3rd
<i>Alaina Steele</i>	<i>Pine City</i>	2015	20:33 2nd
<i>Marin Foss</i>	<i>Pine City</i>	2015	20:37 3rd
<i>Eva Johnson</i>	<i>Pine City</i>	2018	20:44 2nd

Pine City Best:

Alaina Steele **Pine City** **2019** **20:20**

BOYS

PINE CITY INVITATIONAL

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

Pine City Best:

Jim Kingen Pine City 1986 17:01

CONFERENCE MEET @ PINE CITY

Chris Anderson	Chisago Lakes	1995	16:37
Brett Ausmus	Hinckley	2005	16:55
Josh Wurdemann	Rush City	2009	17:14
Brett Ausmus	Hinckley	2006	17:14
Trevor McNally	Pine City	2006	17:15
Neil Larsen	Milaca	2007	17:17
Tommy Ryan	Pine City	2018	17:19
Cody Hanson	Pine City	2010	17:20
Jared Clementson	Pine City	2002	17:26
Zach Swanson	Pine City	2008	17:28

Pine City Best:

Trevor McNally Pine City 2006 17:15

1000/500 Top Practice Times - 2019

<u>Boys Names</u>	<u>1000 times</u>	<u>year</u>
1 Eli Grubbs	2:50 (t)	2016
2 Tommy Ryan	2:52 (t)	2018
3 Tommy Ryan	2:55 (t)	2017
4 Easton Foss	2:57	2013
5 Easton Foss	2:57 (t)	2014
6 Nate Webster	2:59 (t)	2019
7 Trevor McNally	3:00	2007
8 Nate Webster	3:00 (t)	2018
9 Cody Hanson	3:02	2010
10 John Dedic	3:03	2010
11 Jared Clementson	3:03	2002
12 Tom Miche'	3:03	2006
13 Nate Webster	3:03 (t)	2017
14 Noah Adams	3:03 (t)	2013
15 Zach Swanson	3:04	2008
16 Austin Eckert	3:04 (t)	2017
17 Noah Adams	3:04 (t)	2015
18 Eli Grubbs	3:05 (t)	2015
19 Eli Grubbs	3:05 (t)	2014
20 Cody Hanson	3:05 (t)	2009
21 Trevor McNally	3:06	2006
22 Tommy Ryan	3:06 (t)	2016
23 Noah Adams	3:06 (t)	2014
24 David Hambly	3:07	2004
25 Tom Miche'	3:07	2005
26 Trevor McNally	3:08	2005
27 Andrew Lutz	3:08	2007
28 James Pixley	3:09 (t)	2014
29 Noah Miller	3:09 (t)	2019
30 Remington Steele	3:10 (t)	2017

<u>Boys Names</u>	<u>500 times</u>	<u>year</u>
1 Tommy Ryan	1:14 (t)	2018
2 Eli Grubbs	1:14 (t)	2016
3 Noah Adams	1:16 (t)	2014
4 Easton Foss	1:16 (t)	2014
5 Nate Webster	1:17 (t)	2018
6 Jake Adams	1:17 (t)	2018
7 Tommy Ryan	1:17 (t)	2017
8 Easton Foss	1:17 (t)	2013
9 Noah Adams	1:17 (t)	2013
10 Eli Grubbs	1:18 (t)	2014
11 Cody Hanson	1:19	2010
12 John Dedic	1:19	2010
13 Chris Trudeau	1:19 (t)	2018
14 James Pixley	1:19 (t)	2014
15 Tom Miche'	1:20	2005
16 Zain Hunter	1:20	2012
17 Remington Steele	1:20 (t)	2017
18 Tommy Ryan	1:20 (t)	2016
19 Noah Adams	1:20 (t)	2015
20 Eli Grubbs	1:20 (t)	2015
21 Eli Grubbs	1:21	2013
22 Tom Miche'	1:21	2004
23 Clay Fischer	1:21	2005
24 Jordan Rarick	1:21	2012
25 Drake Willert	1:21 (t)	2019
26 Austin Eckert	1:21 (t)	2017
27 James Pixley	1:21 (t)	2013
28 Jared Clementson	1:22	2012
29 Remington Steele	1:22 (t)	2016
30 Logan Vinaja	1:22 (t)	2018

<u>Girls Names</u>	<u>1000 times</u>	<u>year</u>
1 Alaina Steele	3:26 (t)	2019
2 Alaina Steele	3:27 (t)	2017
3 Alaina Steele	3:28 (t)	2015
4 Marin Foss	3:28 (t)	2015
5 Marin Foss	3:29 (t)	2014
6 Sherry Rike	3:30	2011
7 Alaina Steele	3:31 (t)	2018
8 Eva Johnson	3:34 (t)	2019
9 Arissa Rydberg	3:39 (t)	2019
10 Megan Miesner	3:40	2010
11 Abby Cummins	3:40	2012
12 Abby Cummins	3:41	2011
13 Grace Langmade	3:41 (t)	2015
14 Ashli Webster	3:42 (t)	2015
15 Allison Gusk	3:42 (t)	2015
16 Grace Grubbs	3:43 (t)	2018
17 Sherry Rike	3:44	2012
18 Marin Foss	3:44 (t)	2016
19 Morgan Richardson	3:45	2012
20 Brenna Richardson	3:45	2012
21 Eva Johnson	3:45 (t)	2018
22 Grace Grubbs	3:45 (t)	2017
23 Alexis Thieman	3:45 (t)	2016
24 Sherry Rike	3:46	2010
25 Allison Gusk	3:46 (t)	2014
26 Grace Grubbs	3:46 (t)	2014
27 Ashli Webster	3:47 (t)	2017
28 Jordan Kotek	3:49	2013
29 Brenna Richardson	3:49	2013
30 Sherry Rike	3:49	2009

<u>Girls Names</u>	<u>500 times</u>	<u>year</u>
1 Alaina Steele	1:31 (t)	2019
2 Alaina Steele	1:31 (t)	2017
3 Alaina Steele	1:31 (t)	2016
4 Marin Foss	1:31 (t)	2014
5 Sherry Rike	1:32	2011
6 Morgan Richardson	1:32	2012
7 Jordan Kotek	1:32 (t)	2013
8 Sherry Rike	1:33	2012
9 Marin Foss	1:33 (t)	2016
10 Alaina Steele	1:33 (t)	2015
11 Megan Miesner	1:34	2010
12 Grace Grubbs	1:34 (t)	2016
13 Marin Foss	1:34 (t)	2015
14 Allison Gusk	1:34 (t)	2014
15 Grace Langmade	1:35 (t)	2015
16 Aaleaha Thieman	1:35 (t)	2015
17 Grace Grubbs	1:35 (t)	2014
18 Jackie Westeren	1:35 (t)	2013
19 Sherry Rike	1:36	2008
20 Alexis Thieman	1:36 (t)	2016
21 Alexis Thieman	1:36 (t)	2015
22 Grace Langmade	1:36 (t)	2014
23 Ashli Webster	1:37 (t)	2017
24 Alexis Thieman	1:37 (t)	2017
25 Allison Gusk	1:37 (t)	2015
26 Jackie Westeren	1:37 (t)	2014
27 Ashli Webster	1:37 (t)	2014
28 Alaina Steele	1:37 (t)	2014
29 Sherry Rike	1:38	2010
30 Sherry Rike	1:38	2009

(t) track

GIRLS' PRACTICE WORKOUT RECORDS

Course	Time	Date	Runner
1. 1 x H.S. Mile loop	6:02	October 10, 2019	Alaina Steele
2. 2 x H.S. Mile Loop – 3200 m	13:54 (6:57 ave)	October 15, 2012	Sherry Rike
3. 3 x H.S. Mile Loop – 4800 m	23:19	September 21, 2000	Miki Anderson
4. 1 x H.S. Mile Loop, 3 x 500	13:00	October 15, 2007	Kendra Motyl
5. 1 x H.S. Mile Loop, 1 x 1000	10:35	October 25, 2004	Em Branzovsky
6. 1 x H.S. Mile Loop, 2 x 1000	13:05	October 19, 2015	Alaina Steele
7. 1 x H.S. Mile Loop, 1000, 500	11:15	October 22, 2012	Abby Cummins
8. 2 mile on mile loop, 2 x 500	17:25	October 18, 2010	Megan Miesner
9. Par Circle loop – 1.1	6:28	September 24, 2019	Alaina Steele
10. 4 x 400	5:30 (1:23 ave)	October 5, 1995	Amy Johnson
11. 6 x 400	7:57 (1:19 ave)	August 14, 2003	Jenna Fore
12. 8 x 400	10:16 (1:17 ave)	September 26, 2017	Alaina Steele
13. 3 x 500	5:09 (1:43 ave)	October 22, 2013	Jordan Kotek
14. 4 x 500	6:22 (1:36 ave)	November 3, 2015	Marin Foss
15. 5 x 500	9:11 (1:50 ave)	October 22, 2001	Jacki Gregoire
16. 6 x 500	10:59 (1:50 ave)	September 12, 2000	Kim Connaker
17. 8 x 500	14:28 (1:49 ave)	September 23, 2005	Jacki Gregoire
18. 1 x 800, 1 x 600, 1 x 400	7:19	September 12, 1997	Becky Haavisto
19. 2 x 1000	7:52 (3:56 ave)	August 15, 2013	Jordan Kotek
20. 3 x 1000	11:43 (3:54 ave)	August 21, 2012	Abby Cummins
21. 4 x 1000	14:59 (3:45 ave)	September 2, 2010	Megan Miesner
22. 5 x 1000	18:45 (3:45 ave)	September 19, 2018	Alaina Steele
23. 6 x 1000	22:41 (3:47 ave)	September 19, 2018	Alaina Steele
24. 7 x 1000	26:42 (3:49 ave)	October 1, 2018	Alaina Steele
25. 8 x 1000	32:23 (4:03 ave)	September 18, 2002	Jacki Gregoire
26. 3 x 1000, 1 x 500	11:31 / 13:16 (3:50 ave + 1:45)	August 17, 2018	Alaina Steele
27. 4 x 1000, 1 x 500	16:08 / 17:58 (4:02 ave + 1:50)	August 30, 2016	Alaina Steele
28. 5 x 1000, 1 x 500	none yet		
29. 5 x 1000, 1 x 500 (track)	18:05 / 19:43 (3:37 ave + 1:38)	October 4, 2017	Alaina Steele
30. 6 x 1000, 1 x 500	23:03 / 24:48 (3:51 ave + 1:45)	September 20, 2017	Alaina Steele
31. 7 x 1000, 1 x 500	none yet		
32. 2 x 1000, 2 x 500	10:32	October 11, 2011	Sherry Rike
33. 2 x 1000, 2 x 500, 2 x 1000	29:15	September 27, 2001	Jacki Gregoire
34. 2 x 1000, 6 x 500	18:49	September 27, 2010	Megan Miesner
35. 3 x 1000, 2 x 500	16:23	August 26, 2003	Emily Branzovsky
36. 1 x 1600, 2 x 500	9:50	October 13, 2016	Alaina Steele
37. 1600, 1000, 500 (track)	10:58 (5:52, 3:32, 1:34)	October 21, 2019	Alaina Steele
38. 1 x 2000	7:25	October 17, 2019	Alaina Steele
39. 1 x 2000, 1 x 1000, 1 x 500 (track)	12:23 (7:25, 3:26, 1:32)	October 17, 2019	Alaina Steele
40. 5 x 1000 (track)	18:04 (3:37 ave)	October 28, 2019	Alaina Steele
41. 7 x 1000 (track)	26:11 (3:44 ave)	October 2, 2019	Alaina Steele

BOYS' PRACTICE WORKOUT RECORDS

Course	Time	Date	Runner
1. 1 x H.S. Mile loop	5:23	October 4, 2010	Cody Hanson
2. 2 x H.S. Mile Loop – 3200 m	11:37 (5:39 ave)	August 22, 1997	J. R. Anderson
3. 3 x H.S. Mile Loop – 4800 m	17:00 (5:40 ave)	August 24, 2006	Trevor McNally
4. 1 x H.S. Mile Loop, 3 x 500	10:13	October 15, 2007	David Hambly
5. 1 x H.S. Mile Loop, 1 x 1000	8:06	October 21, 2013	Easton Foss
6. 1 x H.S. Mile Loop, 2 x 1000	11:28	October 19, 2015	Eli Grubbs
7. 1 x H.S. Mile Loop, 1000, 500	9:33	October 12, 2017	Tommy Ryan
8. 2 mile on mile loop, 2 x 500	13:52	October 18, 2010	Cody Hanson
9. Par Circle loop - 1.1	5:21	August 18, 2014	Easton Foss
10. 4 x 400	4:14 (1:03.5 Ave)	October 16, 1997	J.R. Anderson
11. 6 x 400	6:31 (1:05 ave)	August 14, 2003	Jared Clementson
12. 8 x 400 (track)	8:44 (1:05.5 ave)	September 26, 2017	Tommy Ryan
13. 3 x 500	4:07 (1:22 ave)	October 21, 2003	Jared Clementson
14. 4 x 500	5:24 (1:21ave)	November 2, 2010	Cody Hanson
15. 5 x 500	7:28 (1:29 ave)	October 22, 2001	David Hansen
16. 6 x 500	8:59 (1:29 ave)	September 11, 2001	Jared Clementson
17. 8 x 500	12:27 (1:31 ave)	October 5, 2000	Ryan Hammill
18. 1 x 800, 1 x 600, 1 x 400	5:11	September 12, 1997	J. R. Anderson
19. 2 x 1000	6:06 (3:03 ave)	August 17, 2006	Tom Miche'
20. 3 x 1000	9:25 (3:08 ave)	August 22, 2006	Tom Miche'
21. 4 x 1000	12:26 (3:06 ave)	September 2, 2010	Cody Hanson
22. 5 x 1000	15:51 (3:10 ave)	August 17, 2018	Tommy Ryan
23. 6 x 1000	19:08 (3:11 ave)	September 19, 2018	Tommy Ryan
24. 7 x 1000	22:15 (3:11 ave)	September 19, 2018	Tommy Ryan
25. 8 x 1000	25:28 (3:11 ave)	September 23, 2003	Jared Clementson
26. 3 x 1000, 1 x 500	10:10 / 11:27 (3:23 ave + 1:17)	August 19, 2016	Eli Grubbs
27. 4 x 1000, 1 x 500	12:53 / 14:16 (3:13 ave + 1:23)	September 10, 2013	Easton Foss
28. 5 x 1000, 1 x 500	16:18 / 17:45 (3:16 ave + 1:27)	August 29, 2017	Tommy Ryan
29. 5 x 1000, 1 x 500 (track)	15:26 / 16:44 (3:05 ave + 1:18)	October 4, 2017	Tommy Ryan
30. 6 x 1000, 1 x 500	19:41 / 21:12 (3:17 ave + 1:31)	September 5, 2017	Tommy Ryan
31. 7 x 1000, 1 x 500	23:01 / 24:30 (3:17 ave + 1:29)	September 20, 2017	Tommy Ryan
32. 2 x 1000, 2 x 500	9:16	October 22, 2009	Cody Hanson
33. 2 x 1000, 2 x 500, 2 x 1000	16:43	September 27, 2001	Jared Clementson
34. 2 x 1000, 6 x 500	15:01	September 27, 2010	Cody Hanson
35. 3 x 1000, 2 x 500	12:56	August 26, 2003	Jared Clementson
36. 1 x 1600, 2 x 500	8:14	October 13, 2016	Tommy Ryan
37. 1 x 1600, 1 x 1000, 1 x 500 (track)	9:08	October 24, 2016	Eli Grubbs
38. 1 x 2000	6:31	October 17, 2019	Nate Webster
39. 1 x 2000, 1 x 1000, 1 x 500 (track)	10:29	October 18, 2018	Tommy Ryan
40. 5 x 1000 (track)	15:10 (3:02 ave)	October 29, 2018	Tommy Ryan
41. 7 x 1000 (track)	22:10 (3:10 ave)	October 2, 2019	Nate Webster

Team Records by Season (1996-2019)

GIRLS			Year	BOYS		
Wins	Losses	Percent		Wins	Losses	Percent
56	30	0.651	2019	67	93	0.419
31	52	0.373	2018	99	46	0.683
69	56	0.552	2017	85	48	0.639
70	48	0.593	2016	77	48	0.616
104	19	0.846 State	2015	64	56	0.533
65	40	0.619	2014	66	47	0.584
34	54	0.386	2013	63	45	0.583
39	44	0.470	2012	38	57	0.400
42	51	0.452	2011	25	53	0.321
39	48	0.448	2010	47	48	0.495
24	62	0.279	2009	35	56	0.385
9	30	0.231	2008	40	52	0.435
26	103	0.202	2007	129	25	0.838 State
29	85	0.254	2006	116	22	0.841 State
16	68	0.254	2005	102	21	0.829 State
31	27	0.534	2004	38	33	0.535
39	27	0.591	2003	59	66	0.472
37	24	0.607	2002	77	36	0.681
43	50	0.462	2001	62	46	0.574
30	49	0.380	2000	88	31	0.739 State
30	46	0.395	1999	42	72	0.368
28	35	0.444	1998	41	33	0.554
10	55	0.154	1997	78	26	0.750
2	32	0.059	1996	29	32	0.475
Total W's	Total L's	Total W %	Total	Total W's	Total L's	Total W %
903	1135	0.443		1567	1092	0.589
Overall Ave				Overall Ave		
8 Winning Seasons			24 Seasons	16 Winning Seasons		
Total Since 2013			7 Seasons	Total Since 2013		
<u>Wins</u>	<u>Losses</u>	<u>Percent</u>		<u>Wins</u>	<u>Losses</u>	<u>Percent</u>
429	299	0.589	6 Winning Seasons	521	383	0.576
5 Winning Seasons						

Pine City High School Cross Country

2019 Awards:

MOST VALUABLE RUNNER	Alaina Steele 19:43.1	Nate Webster 17:38.5
ROOKIE OF THE YEAR	Arissa Rydberg 21:11.9	Charlie Ausmus 18:50.6
MOST IMPROVED RUNNER	Emma Belsheim 23:30.3	Drake Willert 19:41.4
WORKHORSE AWARD	Eva Johnson 20:04.3	Kenny Vo 22:17.8
SPORTSMANSHIP AWARD	Sophia Olson 24:39.6	Josh Rike 19:14.9
TEAM AWARD (<u>T</u> ogether <u>E</u> veryone <u>A</u> chieves <u>M</u> ore)	Grace Grubbs 23:42	Caleb Cunnien 19:04.7
PERSEVERANCE AWARD	Alaina Steele 19:43.1	Nate Webster 17:38.5
	Grace Grubbs 23:42	Noah Miller 18:58.6
		Koleman Lind 19:56.6
		Josh Rike 19:14.9
		Derek Clementson 23:04

ALL-TIME 5K SCHOOL RECORD Alaina Steele – 19:43.1 (tied)

PC INVITE 5K SCHOOL RECORD Alaina Steele – 20:37

CAPTAINS: Nate Webster Noah Miller Kenny Vo Alaina Steele Grace Grubbs

CONFERENCE TEAM CHAMPIONS

Girls' Varsity (36 pts)

Boys' JV (19 pts)

Boys' JH (8 pts) *only 3 score

ALL-CONFERENCE

Nate Webster (2)

Alaina Steele (1)

Charlie Ausmus (7)

Eva Johnson (3)

Casey Knutson (8)

Arissa Rydberg (5)

Noah Miller (10)

HONORABLE MENTION

Caleb Cunnien (12)

Grace Grubbs (13)

CONFERENCE INDIVIDUAL CHAMPIONS

Girls Varsity: Alaina Steele

Boys JV: Josh Rike

Boys JH: Roman McKinney

ACADEMIC EXCELLENCE

Boys: Silver Level (3.74 Cum GPA)

Girls: Gold Level (3.94 Cum GPA)

STATE MEET QUALIFIERS

Alaina Steele (4th) 43rd at State

Eva Johnson (9th) 59th at State

LETTER WINNERS

BOYS

Nate Webster
Noah Miller
Charlie Ausmus
Caleb Cunnien
Casey Knutson
Koleman Lind
Drake Willert
Josh Rike
Charlie Emmons

GIRLS

Alaina Steele
Eva Johnson
Arisa Rydberg
Grace Grubbs
Emma Belsheim
Rachel Brown
Sophia Olson



Coach
Sherry

Coach
Clementson

Coach
Etta

THANKS for a
TERIFFIC
season!

- Coaches

2019



Girls

Great River Conference Champs

Section 5A – 8th Place

Boys

Great River Conference Runner-Up

Section 5A - 10th Place