

**PINE CITY**



**TRACK & FIELD**

Year in Review

# Dragon Track & Field



2021

# GRC RELAY TRACK MEET

Tuesday, April 20, 2021, 3:45

## Pine City Girls' Results

4 x 800 m Relay	1. Emma Belsheim (78, 86) 2:43.7 PB 2. Allison Unverzagt (80, 90) 2:50.0 PB 3. Abby Aagaard (88, 93) 3:01.0 4. Meaghan Macho (93, 97) 3:10.0 <hr style="width: 100%;"/> 11:45.0 1st	Pole Vault	1. NONE 2. 3. 4.	
100 m Hurdle Relay	1. Summer Thieman 20.1 PB 2. Sophia Olson 21.8 PB 3. Dorothy Miller 23.5 <hr style="width: 100%;"/> 66.0 2nd	Long Jump	1. Emma Johnson 12' 7" PB 2. Abby Aagaard 12' 5.5" 3. Dorothy Miller 12' 5" 4. Sophia Olson 11' 9" <hr style="width: 100%;"/> 37' 5.5" 3rd	
4 x 200 m Relay	1. Summer Thieman 30.1 2. Ainsley Vinaja 27.7 3. Lena Roubinek 32.7 4. Mallory Clepper 28.6 PB <hr style="width: 100%;"/> 1:59.0 1st	High Jump	1. Teresa Root 4' 6" PB 2. Sophie Lahti 4' 2" 3. Summer Thieman 4' 0" 4. Emma Belsheim 4' 0" PB <hr style="width: 100%;"/> 12' 8" 2nd	
Distance Medley (800, 400, 1200, 1600)	1. Arissa Rydberg 2:48.0 2. Mallory Clepper 73.8 3. Ella Sell 4:15.3 PB 4. Eva Johnson 6:06.0 <hr style="width: 100%;"/> 14:24.0 1st #2	Triple Jump	1. Dorothy Miller 30' 3.75" 2. Abby Aagaard 27' 3" 3. Meaghan Macho 26' 8" PB 4. Sophia Olson ND <hr style="width: 100%;"/> 84' 2.75" 1st	
4 x 1600 m Relay	1. Emma Belsheim 6:42.5 2. Rachel Brown 6:52.2 PB 3. 4. <hr style="width: 100%;"/> DNS	Shot Put	1. Maggie Smetana 28' 9" PB 2. Lena Roubinek 27' 8" PB 3. Cara Kuhn 26' 5.5" 4. Chloe McKellar 22' 3" <hr style="width: 100%;"/> 82' 10.5" 1st	
800m Sprind Med. (100-100-200-400)	1. Emma Johnson 13.7 2. Lena Roubinek 14.8 3. Ainsley Vinaja 28.9 4. Allison Unverzagt 74.9 PB <hr style="width: 100%;"/> 2:12.3 2nd	Discus	1. Maggie Smetana 86' 3" PB 2. Cara Kuhn 79' 2" 3. Chloe McKellar 63' 6" 4. Ashley Peters 57' 3" <hr style="width: 100%;"/> 228' 11" 1st	
1600m Sprint Med (200-200-400-800)	1. Teresa Root 31.5 2. Gracie Larson 33.6 3. Vivian Lahti 69.0 PB 4. Eva Johnson 2:49.0 <hr style="width: 100%;"/> 5:03.4 2nd #10			
4 x 100m Relay	1. Emma Johnson 13.7 2. Lena Roubinek 13.2 PB 3. Ainsley Vinaja 13.9 4. Mallory Clepper 14.6 PB <hr style="width: 100%;"/> 56.3 1st			
4x400m Relay	1. Summer Thieman 67.8 2. Arissa Rydberg 69.3 PB 3. Sophie Lahti 69.8 4. Ella Sell 70.2 <hr style="width: 100%;"/> 4:37.1 1st			
Throwers Relay	1. Fredrick Ausmus 17.6 2. Logan Kolecki 13.7 3. Ashley Peters 17.9 4. Maggie Smetana 16.7 <hr style="width: 100%;"/> 66.1 4th			

### TEAM RESULTS:

1. Pine City	115
2. Aitkin	84
3. Mille Lacs	83
4. Braham	59
5. East Central	41
6. Ogilvie	36
7. Hinckley-Finlayson	16
8. Rush City	

# GRC RELAY TRACK MEET

Tuesday, April 20, 2021, 3:45

## Pine City Boys' Results

4 x 800 m Relay	1. Charlie Ausmus (65, 72) 2:17.2 2. Ronnie Martini (67, 87) 2:34.0 3. Eli Fromm (75, 83) 2:37.7 4. Weston Clementson (78, 83) 2:41.0 <hr style="width: 100%;"/> 10:10.8 1st	Pole Vault	1. Steven Hart NH 2. 3. 4. <hr style="width: 100%;"/> DNS
110 m Hurdle Relay	1. Steven Hart 19.7 PB 2. Jason Thieman 20.1 PB 3. Damion Torgerson 23.2 <hr style="width: 100%;"/> 62.6 1st	Long Jump	1. Jeffrey Carlbom 18' 3" 2. Steven Hart 17' 7" PB 3. Jason Thieman 17' 7" PB 4. Ryan Prihoda 17' 1" PB <hr style="width: 100%;"/> 53' 6.5" 1st
4 x 200 m Relay	1. Jason Thieman 25.6 2. Josh Brinker 26.8 3. Jake Rasmussen 28.0 4. Hunter Peacock 24.3 <hr style="width: 100%;"/> 1:44.6 1st	High Jump	1. Steven Hart NH 2. Levi Willson NH 3. Keith Betters DNJ 4. Noah Brady DNJ <hr style="width: 100%;"/> DNS
Distance Med (800, 400, 1200, 1600)	1. George Ausmus 2:15.3 2. Caleb Fromm 58.3 3. Ronnie Martini 4:14.9 4. Charlie Ausmus 5:07.0 PB <hr style="width: 100%;"/> 12:35.4 1st #6	Triple Jump	1. Jeffrey Carlbom 38' 6" PB 2. Ryan Prihoda 36' 3" PB 3. Jason Thieman 35' 9" PB 4. Noah Brady ND <hr style="width: 100%;"/> 110' 1" 1st
4 x 1600 m Relay	1. Damion Torgerson 5:59 2. Eli Fromm 6:22 3. Colin Miche' 6:22 PB 4. Maxwell Jackson 6:42 PB <hr style="width: 100%;"/> 25:22 1st	Shot Put	1. Micah Overtoom 34' 7.5" 2. Logan Kolecki 32' 1.5" PB 3. Fredrick Ausmus 27' 9.25" PB 4. Noah Root 19' 0.25" <hr style="width: 100%;"/> 94' 5.25" 2nd
800m Sprind Med. (100-100-200-400)	1. Hunter Peacock 11.7 PB 2. Jeffrey Carlbom 11.5 PB 3. Caleb Fromm 26.5 4. George Ausmus 57.8 PB <hr style="width: 100%;"/> 1:47.6 1st #8	Discus	1. Logan Kolecki 86' 7" PB 2. Fredrick Ausmus 72' 4" 3. Micah Overtoom 69' 7" 4. Caleb Fromm DNT <hr style="width: 100%;"/> 236' 7" 2nd
1600m Sprint Med. (200-200-400-800)	1. Weston Clementson 27.7 PB 2. Jake Rasmussen 30.3 3. Josh Brinker 67.7 4. Colin Miche 2:41 PB <hr style="width: 100%;"/> 4:41.8 1st		
4 x 100m Relay	1. Hunter Peacock 11.6 PB 2. Jeffrey Carlbom 12.0 3. Jake Rasmussen 12.8 PB 4. Ryan Prihoda 13.2 PB <hr style="width: 100%;"/> 49.6 1st		
4x400m Relay	1. George Ausmus 57.8 PB 2. Caleb Fromm 58.5 3. Damion Torgerson 59.3 PB 4. Charlie Ausmus 63.2 <hr style="width: 100%;"/> 3:58.8 1st		

### TEAM RESULTS:

1. Pine City	130
2. Aitkin	98
3. East Central	48
4. Braham	44
5. Hinckley-Finlayson	36
6. Ogilvie	26
7. Rush City	

# CHENGWATANA INVITATIONAL TRACK MEET

Friday, April 23, 2021, 3:45

## Pine City Girls' Results

4 x 800 m Relay	1. Arissa Rydberg	(81, 85)	2:46.4	
	2. Meaghan Macho	(83, 94)	2:56.5	BTY
	3. Abby Aagaard	(83, 91)	2:53.5	PB
	4. Allison Unverzagt	(83, 90)	2:53.2	
			<u>11:29.70</u>	2nd - BTY

100 m Hurdles	1. Dorothy Miller	20.20	6th - BTY
	2. Sophia Olson	21.51	PB
	3. Alyssa Olson	23.96	

100 m Dash	1. Lena Roubinek	13.91	2nd - PB
	2. Summer Thieman	14.31	5th - BTY
	3. Ainsley Vinaja	14.58	
	4. Emma Johnson	14.87	
	5. Addison Blaiser	17.22	PB

4 x 200 m Relay	1. <b>Gracie Larson</b>	31.8	PB
	2. <b>Teresa Root</b>	32.4	
	3. <b>Vivian Lahti</b>	32.3	PB
	4. <b>Mallory Clepper</b>	29.8	
		<u>2:06.47</u>	1st

1600 m Run	1. <b>Ella Sell</b>	<b>5:53.75</b>	<b>1st - PB</b>
	(1:24, 1:33, 1:33, 1:24)		
	2. Eva Johnson	6:05.39	3rd - BTY *fell
	(1:24, 1:33, 1:36, 1:32)		
	3. Emma Belsheim	6:17.17	PB
	(1:27, 1:39, 1:41, 1:30)		

4 x 100 m Relay	1. <b>Emma Johnson</b>	13.9	
	2. <b>Lena Roubinek</b>	13.4	
	3. <b>Ainsley Vinaja</b>	14.0	
	4. <b>Summer Thieman</b>	13.5	
		<u>54.63</u>	1st - BTY

400 m Dash	1. <b>Abby Aagaard</b>	<b>70.89</b>	<b>1st - PB</b>
	2. Meaghan Macho	72.09	2nd - BTY
	3. Allison Unverzagt	73.49	3rd - PB

300 m Hurdles	1. Sophia Olson	62.46	PB
	2. Stella Helseth	DNR	

800 m Run	1. <b>Emma Belsheim</b>	<b>(82.5, 82.5)</b>	<b>2:45.25</b>	<b>1st</b>
	2. Arissa Rydberg	(82.2, 83.9)	2:46.07	2nd - BTY
	3.			

200 m Dash	1. Lena Roubinek	29.64	2nd - PB
	2. Ainsley Vinaja	29.98	4th
	3. Mallory Clepper	30.75	PB
	4. Emma Johnson	31.43	PB
	5. Amber Norton	DNR	

3200 m Run	1. <b>Ella Sell</b>	<b>12:43.32</b>	<b>1st - PB</b>
	(1:31, 1:36, 1:37, 1:38, 1:40, 1:40, 1:36, 1:25)		
	2. Eva Johnson	12:57.83	3rd - BTY
	(1:31, 1:36, 1:37, 1:38, 1:40, 1:40, 1:40, 1:36)		
	3. Rachel Brown	14:27.46	4th - PB
	(1:34, 1:46, 1:50, 1:52, 1:54, 1:54, 1:56, 1:41)		

4 x 400 m Relay	1. <b>Summer Thieman</b>	68.0	
	2. <b>Arissa Rydberg</b>	70.4	
	3. <b>Mallory Clepper</b>	73.8	
	4. <b>Vivian Lahti</b>	69.6	
		<u>4:41.60</u>	1st

Pole Vault	1. NONE	
	2.	
	3.	

Long Jump	1. Dorothy Miller	13' 2"	5th - BTY
	2. Abby Aagaard	12' 7.75"	
	3. Emma Johnson	12' 6.5"	
	4. Mallory Clepper	12' 1.5"	PB
	5. Sophia Olson	11' 10.25"	BTY

Triple Jump	1. <b>Dorothy Miller</b>	<b>30' 9.5"</b>	<b>1st - BTY</b>
	2. Sophia Olson	25' 7.5"	3rd - PB
	3. Abby Aagaard	25' 5"	4th
	4. Meaghan Macho	22' 11.5"	6th

High Jump	1. Teresa Root	4' 0"	Tie 5th
	2. Vivian Lahti	4' 0"	Tie 5th
	3. Summer Thieman	3' 9"	
	4. Emma Belshiem	3' 9"	

Shot Put	1. <b>Lena Roubinek</b>	<b>30' 9"</b>	<b>1st - PB</b>
	2. Maggie Smetana	29' 6"	2nd - PB
	3. Cara Kuhn	29' 4.5"	3rd - BTY
	4. Chloe McKellar	23' 10"	
	5. Ashley Peters	21' 4"	PB

Discus	1. Cara Kuhn	80' 4"	2nd - BTY
	2. Maggie Smetana	77' 11"	3rd
	3. Jennifer Dupla	66' 7"	6th - PB
	4. Chloe McKellar	60' 10"	
	5. Ashley Peters	60' 0"	PB

### Top Point Getters

1. Lena Roubinek	24
2. Ella Sell	16
3. Abby Aagaard	14
4. Arissa Rydberg	13
5. Dorothy Miller	11
6. Cara Kuhn	10
6. Maggie Smetana	10
6. Meaghan Macho	10
6. Summer Thieman	10
10. Vivian Lahti	9.5
11. Eva Johnson	8
11. Emma Belsheim	8
11. Mallory Clepper	8
14. Allison Unverzagt	7
14. Ainsley Vinaja	7
16. Teresa Root	5.5
17. Sophia Olson	4
17. Gracie Larson	4
17. Emma Johnson	4
20. Rachel Brown	3
21. Jennifer Dupla	1

### 21 total scorers

### TEAM RESULTS:

1. <b>Pine City</b>	<b>157</b>	
2. Mora	108	-49
3. Milaca	80	-77
4. Moose Lake - W.R.	35	-122
5. Rush City	17	-140

# CHENGWATANA INVITATIONAL TRACK MEET

Friday, April 23, 2021, 3:45

Pine City Boys' Results

4 x 800 m Relay	1. Damion Torgerson	(75, 75)	2:29.9	
	2. Weston Clementson	(73, 78)	2:31.0	PB
	3. Ronnie Martini	(76, 72)	2:27.8	PB
	4. Colin Miche	(75, 87)	2:42.0	
		10:10.96	2nd - BTY	

110 m Hurdles	1. <b>Steven Hart</b>	<b>19.76</b>	<b>1st - PB</b>
---------------	-----------------------	--------------	-----------------

100 m Dash	1. Hunter Peacock	12.00	2nd - PB
	2. Jeffrey Carlbom	12.61	
	3. Ryan Prihoda	13.12	PB
	4. Jake Rasmussen	14.07	PB
	5. Daimien Lord	14.65	PB

4 x 200 m Relay	1. Jason Thieman	26.9	
	2. Jeffrey Carlbom	24.6	PB
	3. Caleb Fromm	25.7	BTY
	4. Hunter Peacock	23.0	PB
		1:40.14	2nd - PB

1600 m Run	1. Charlie Ausmus	4:58.51	2nd - PB
		(1:15, 1:19, 1:17, 1:07)	
	2. George Ausmus	5:20.06	4th - BTY
		(1:16, 1:21, 1:23, 1:22)	
	3. Ronnie Martini	5:39.30	PB
	(1:20, 1:26, 1:29, 1:26)		
	4. Eli Fromm	5:44.24	PB
		(1:23, 1:30, 1:33, 1:18)	
	5. Colin Miche	6:24.25	
		(1:31, 1:34, 1:42, 1:37)	

4 x 100 m Relay	1. Landon Ganote	13.8	PB
	2. Jake Rasmussen	14.1	
	3. Anthony Bergeron	14.1	
	4. Noah Brady	13.6	PB
		55.83	4th

400 m Dash	1. Caleb Fromm	55.85	3rd - BTY
	2. Josh Brinker	62.15	PB
	3. Levi Wilson	77.60	PB

300 m Hurdles	1. Damion Torgerson	50.65	5th - PB
	2. Jason Thieman	DNR	

800 m Run	1. George Ausmus	(63.8, 71.5)	2:15.38	2nd - BTY
	2. Maxwell Jackson	(79, 92)	2:51.83	6th - PB

200 m Dash	1. Hunter Peacock	24.24	3rd - PB
	2. Caleb Fromm	25.79	BTY
	3. Josh Brinker	28.29	
	4. Weston Clementson	29.04	
	5. Ryan Prihoda	DNR	

3200 m Run	1. <b>Charlie Ausmus</b>	<b>10:48.98</b>	<b>1st - PB</b>
		(1:21, 1:25, 1:25, 1:23, 1:22, 1:23, 1:19, 1:10)	
	2. Eli Fromm	12:36.98	3rd - PB
		(1:30, 1:36, 1:37, 1:36, 1:39, 1:42, 1:35, 1:21)	

4 x 400 m Relay	1. George Ausmus	58.7	
	2. Damion Torgerson	62.7	
	3. Josh Brinker	65.2	
	4. Ronnie Martini	62.5	PB
		4:08.98	2nd

Pole Vault	1. Steven Hart	8' 0"	3rd
------------	----------------	-------	-----

Long Jump	1. Jeffrey Carlbom	18' 10"	2nd - PB
	2. Steven Hart	18' 4"	3rd - PB
	3. Jason Thieman	17' 9"	6th - PB
	4. Ryan Prihoda	16' 5"	
	5. Noah Brady	14' 5"	PB

Triple Jump	1. Ryan Prihoda	33' 5"	5th
	2. Noah Brady	30' 1"	PB
	3. Anthony Bergeron	24' 10.5"	
	4. Jeffrey Carlbom	DNJ	
	5. Jason Thieman	DNJ	

High Jump	1. Steven Hart	4' 9"	Tie 6th
-----------	----------------	-------	---------

Shot Put	1. Micah Overtoom	38' 2"	2nd - PB
	2. Logan Kolecki	34' 1"	5th - PB
	3. Fredrick Ausmus	29' 4"	PB
	4. Noah Root	20' 3"	
	5. George Ausmus	DNT	

Discus	1. Caleb Fromm	91' 3"	5th - PB
	2. Micah Overtoom	83' 1"	6th
	3. Logan Kolecki	80' 9"	PB
	4. Fredrick Ausmus	69' 1"	BTY
	5. Weston Clementson	55' 6"	

### Top Point Getters

1. Steven Hart	16.5
2. Jeffrey Carlbom	15
3. Charlie Ausmus	14
4. George Ausmus	12
5. Caleb Fromm	9
6. Damion Torgerson	8
7. Micah Overtoom	7
7. Hunter Peacock	7
9. Ronnie Martini	6
10. Eli Fromm	4
10. Jason Thieman	4
12. Josh Brinker	3
12. Weston Clementson	3
12. Colin Miche'	3
15. Ryan Prihoda	2
15. Logan Kolecki	2
17. Maxwell Jackson	1
17. Landon Ganote	1
17. Jake Rasmussen	1
17. Anthony Bergeron	1
17. Noah Brady	1

### **21 total scorers**

### TEAM RESULTS:

1. Mora	143.5	
2. Pine City	100.5	-43
3. Moose Lake - W.R.	69	-74.5
4. Milaca	52	-91.5
5. Rush City	27	-116.5

**RUSH CITY INVITATIONAL TRACK MEET**  
**Tuesday, April 27, 2021, 4:00**  
**Pine City Girls' Results**

4 x 800 m Relay	1. <b>Emma Belsheim</b>	(80, 85)	2:45*	
	2. <b>Allison Unverzagt</b>	(77, 89)	2:46*	PB
	3. <b>Sophie Lahti</b>	(77, 92)	2:49	BTY
	4. <b>Eva Johnson</b>	(80, 87)	2:47*	
	<b>11:13.4</b>	<b>1st - BTY</b>	10:53*	

Pole Vault 1. NONE

4 x 800 m Relay	1. Arissa Rydberg	(80, 89)	2:49	
	2. Abby Aagaard	(82, 91)	2:53	PB
	3. Ella Sell	(73, 82)	2:35*	PB
	4. Rachel Brown	(97, 1:42)	3:09	PB
	<b>11:24.7</b>	<b>2nd</b>		

Long Jump	1. Sophia Olson	12' 1"	5th - BTY
	2. Mallory Clepper	12' 0"	
	3. Emma Johnson	11' ?	
	4. Abby Aagaard	11' ?	

100 m Hurdles	1. Sophia Olson	21.5	
	2.		
	3.		

Triple Jump	1. Abby Aagaard	27' 3.75"	4th - PB
	2. Sophia Olson	25' 5.5"	5th
	3. Meaghan Macho	22' 8"	

100 m Dash	1. Lena Roubinek	14.2	2nd
	2. Ainsley Vinaja	14.6	4th
	3. Gracie Larson	15.4	PB

High Jump	1. Sophie Lahti	4' 6"	2nd - BTY
	2. Summer Thieman	4' 2"	
	3. Emma Belsheim	4' 2"	
	4. Teresa Root	4' 0"	

4 x 200 m Relay	1. Gracie Larson	35.6	
	2. Teresa Root	30.2	
	3. Vivian Lahti	33.1	
	4. Mallory Clepper	30.2	
	<b>2:08.9</b>	<b>DQ</b>	

Shot Put	1. <b>Lena Roubinek</b>	<b>30' 0"</b>	<b>1st</b>
	2. Maggie Smetana	26' 5"	Tie 3rd
	3. Chloe McKellar	24' 3.5"	5th - PB
	4. Jennifer Dupla	20' 8.5"	BTY

1600 m Run	1. Ella Sell	5:46.5	2nd - PB
	(1:22, 1:29, 1:30, 1:25)		
	2. Emma Belsheim	6:29.1	5th
	(1:30, 1:44, 1:46, 1:29)		

Discus	1. <b>Maggie Smetana</b>	<b>74' 9"</b>	<b>1st</b>
	2. Jennifer Dupla	58' 1"	4th
	3. Chloe McKellar	50' 10"	
	4. Ashley Peters	50' 3"	

4 x 100 m Relay	1. <b>Emma Johnson</b>	15.0	
	2. <b>Lena Roubinek</b>	13.8	
	3. <b>Ainsley Vinaja</b>	13.1	BTY
	4. <b>Mallory Clepper</b>	14.3	PB
	<b>56.2</b>	<b>1st</b>	

Top Point Getters

1. Sophie Lahti	22
1. Lena Roubinek	22
3. Ella Sell	13
4. Eva Johnson	12
4. Maggie Smetana	11.5
6. Arissa Rydberg	11
7. Summer Thieman	8
7. Ainsley Vinaja	8
9. Allison Unverzagt	6
10. Abby Aagaard	5
10. Emma Belsheim	5
10. Rachel Brown	5
13. Vivian Lahti	4
13. Mallory Clepper	4
13. Emma Johnson	4
16. Sophia Olson	2
16. Jennifer Dupla	2
18. Chloe McKellar	1

**18 total scorers**

3200 m Run	1. <b>Eva Johnson</b>	<b>12:53</b>	<b>1st - BTY</b>
	(1:27, 1:37, 1:39, 1:38, 1:40, 1:40, 1:40, 1:32)		
	2. Rachel Brown	14:36	4th
	(1:33, 1:47, 1:49, 1:55, 1:57, 1:57, 1:55, 1:43)		

4 x 400 m Relay	1. <b>Summer Thieman</b>	66.9	BTY
	2. <b>Sophie Lahti</b>	71.9	
	3. <b>Arissa Rydberg</b>	72.5	
	4. <b>Ella Sell</b>	69.6	BTY
	<b>4:40.3</b>	<b>1st - BTY</b>	

TEAM RESULTS:

1. <b>Pine City</b>	<b>109</b>	
2. Mille Lacs	100	-9
3. Braham	72	-37
4. East Central	51	-58
5. Rush City	24	-85

# RUSH CITY INVITATIONAL TRACK MEET

Tuesday, April 27, 2021, 4:00

Pine City Boys' Results

4 x 800 m Relay	1. <b>Ronnie Martini</b>	(75, 75)	2:30
	2. <b>Damion Torgerson</b>	(77, 79)	2:36
	3. <b>Charlie Ausmus</b>	(77, 70)	2:27
	4. <b>George Ausmus</b>	(73, 84)	2:37
		<b>10:10.0</b>	<b>1st - BTY</b>

2 x 800 m Relay Exhibition	1. Eli Fromm	(78, 73)	2:31	PB
	2. Colin Miche'	(80, 90)	2:50	

110 m Hurdles	1. <b>Steven Hart</b>	<b>19.6</b>	<b>1st</b>
---------------	-----------------------	-------------	------------

100 m Dash	1. Hunter Peacock	11.9	2nd - PB
	2. Jake Rasmussen	13.9	4th - PB
	3. Ryan Prihoda	DNR	

4 x 200 m Relay	1. <b>Jason Thieman</b>	24.7	PB
	2. <b>Jeffrey Carlbom</b>	25.0	dropped
	3. <b>Caleb Fromm</b>	32.0	baton
	4. <b>Hunter Peacock</b>	24.9	
		<b>1:45.0</b>	<b>1st</b>

1600 m Run	1. Ronnie Martini	5:43.1	2nd
------------	-------------------	--------	-----

4 x 100 m Relay	1. Jake Rasmussen	13.5	
	2. Noah Root	13.6	PB
	3. Joshua Brinker	14.2	
	4. Maxwell Jackson	15.9	PB
		57.2	2nd

400 m Dash	1. <b>Caleb Fromm</b>	<b>56.3</b>	<b>1st</b>
	2. Charlie Ausmus	61.4	4th - PB
	3. Joshua Brinker	65.0	
	4. Colin Miche'	70.7	PB

300 m Hurdles	1. Damion Torgerson	53.9	3rd
---------------	---------------------	------	-----

800 m Run	1. <b>George Ausmus</b>	<b>(68, 72)</b>	<b>2:20.8</b>	<b>1st</b>
	2. Maxwell Jackson	(87, 87)	2:54.7	5th

200 m Dash	1. <b>Hunter Peacock</b>	<b>24.6</b>	<b>1st</b>
	2. Jake Rasmussen	28.4	4th
	3. Joshua Brinker	28.8	5th

3200 m Run	1. <b>Charlie Ausmus</b>	<b>11:02</b>	<b>1st</b>
	2. Eli Fromm	12:45	2nd

Pole Vault	1. Steven Hart	9' 0"	2nd - PB
------------	----------------	-------	----------

Long Jump	1. <b>Jason Thieman</b>	<b>17' 4"</b>	<b>1st</b>
	2. Jeffrey Carlbom	17' 4"	2nd
	3. Steven Hart	16' 4.5"	3rd
	4. Ryan Prihoda	DNJ	

Triple Jump	1. <b>Jeffrey Carlbom</b>	<b>38' 4.5"</b>	<b>1st</b>
	2. Jason Thieman	35' 8.5"	2nd
	3. Ryan Prihoda	DNJ	

High Jump	1. Steven Hart	DNJ	
-----------	----------------	-----	--

Shot Put	1. Micah Overtoom	37' 7"	3rd
	2. Logan Kolecki	31' 4"	5th
	3. Fredrick Ausmus	26' 10.5"	
	4. Noah Root	19' 1.5"	

Discus	1. Caleb Fromm	94' 3"	4th - PB
	2. Micah Overtoom	93' 1"	5th - PB
	3. Logan Kolecki	76' 5"	
	4. Fredrick Ausmus	60' 10"	

## Top Point Getters

1. Caleb Fromm	14
2. Hunter Peacock	13
2. Steven Hart	13
2. Jeffrey Carlbom	13
2. Jason Thieman	13
6. George Ausmus	12
7. Charlie Ausmus	11
8. Ronnie Martini	10
9. Damion Torgerson	9
10. Jake Rasmussen	6
11. Eli Fromm	4
11. Micah Overtoom	4
13. Josh Brinker	3
13. Maxwell Jackson	3
15. Noah Root	2
16. Logan Kolecki	1

**16 total scorers**

## TEAM RESULTS:

4 x 400 m Relay	1. <b>Caleb Fromm</b>	58.0	
	2. <b>Damion Torgerson</b>	61.5	
	3. <b>Ronnie Martini</b>	63.9	
	4. <b>George Ausmus</b>	57.9	
		<b>4:01.3</b>	<b>1st</b>

1. <b>Pine City</b>	<b>109</b>	
2. Rush City	56	-53
3. East Central	40	-69
4. Braham	29	-80



# HINCKLEY-FINLAYSON INVITATIONAL TRACK MEET

Thursday, April 29, 2021, 3:45

## Pine City Girls' Results

4 x 800 m Relay	1. <b>Arissa Rydberg</b> (80, 88) 2:48.7	Pole Vault	1. NONE
	2. <b>Allison Unverzagt</b> (83, 92) 2:54.8		2.
	3. <b>Abby Aagaard</b> (85, 90) 2:55.3		3.
	4. <b>Eva Johnson</b> (78, 87) 2:45.0 PB		
	<b>11:24.6 1st</b>	Long Jump	1. <b>Emma Johnson</b> 13' 7.5" Tie 1st - PB
100 m Hurdles	1. Sophia Olson 21.7 Tie 5th		2. Sophia Olson 13' 2" PB
	2.		3. Abby Aagaard 12' 7" PB
	3.	Triple Jump	1. Abby Aagaard 26' 10" 5th
100 m Dash	1. Lena Roubinek 13.9 2nd		2. Meaghan Macho DNJ
	2. Ainsley Vinaja 14.4 5th		3. Sophia Olson DNJ
	3. Emma Johnson 14.4 BTY	High Jump	1. Sophie Lahti 4' 6" 3rd
4 x 200 m Relay	1. <b>Emma Johnson</b> 31.2 PB		2. Emma Belsheim 4' 2" PB
	2. <b>Lena Roubinek</b> 30.4		3. Summer Thieman 4' 0"
	3. <b>Ainsley Vinaja</b> 29.4	Shot Put	1. <b>Lena Roubinek</b> 31' 1.5" 1st - PB #11
	4. <b>Summer Thieman</b> 28.8 BTY		2. Maggie Smetana 27' 10.5" 2nd
	<b>1:58.7 1st - BTY</b>		3. Chloe McKellar 25' 5.5" PB
1600 m Run	1. Ella Sell 5:35.3 2nd - PB #3	Discus	1. <b>Maggie Smetana</b> 86' 9" 1st - PB
	(1:20, 1:26, 1:31, 1:18)		2. Chloe McKellar 67' 8"
	2. Eva Johnson 6:02.9 3rd - BTY		3. Ashley Peters 58' 10"
	(1:23, 1:33, 1:36, 1:30)		
	3. Arissa Rydberg 6:17.7 5th - BTY		<u>Top Point Getters</u>
	(1:25, 1:38, 1:40, 1:33)		1. Ella Sell 18
4 x 100 m Relay	1. NONE		1. Lena Roubinek 18
400 m Dash	1. NONE		3. Sophie Lahti 16
300 m Hurdles	1. <b>Sophie Lahti</b> 52.2 1st - PB tie		4. Summer Thieman 14
	2. Summer Thieman 53.8 2nd - PB		4. Maggie Smetana 14
	3.		6. Ainsley Vinaja 11
800 m Run	1. <b>Ella Sell</b> (73, 78) 2:30.9 1st - PB #11		6. Emma Johnson 11
	2. Emma Belsheim (78, 84) 2:42.5 2nd - PB		8. Emma Belsheim 10
	3. Meaghan Macho DNR		9. Eva Johnson 8
200 m Dash	1. Ainsley Vinaja 29.2 2nd - BTY		10. Arissa Rydberg 5
	2.		10. Abby Aagaard 5
	3.		12. Allison Unverzagt 4
3200 m Run	1. None		13. Sophia Olson 0.5
			<b>13 total scorers</b>
4 x 400 m Relay	1. <b>Summer Thieman</b> 67.0		
	2. <b>Ella Sell</b> 66.3 PB		<u>TEAM RESULTS:</u>
	3. <b>Emma Belsheim</b> 70.5 PB		1. <b>Pine City</b> 110.5
	4. <b>Sophie Lahti</b> 67.7		2. Mille Lacs 96 -14.5
	<b>4:31.2 1st - BTY</b>		3. Aitkin 90.5 -20
			4. Ogilvie 41 -69.5
			5. Hinckley-Finlayson 32 -78.5

# BRAHAM INVITATIONAL TRACK MEET

Tuesday, May 11, 2021, 3:45

Pine City Boys' Results

4 x 800 m Relay 1. NONE

Pole Vault 1. Noah Root 6' 0" 3rd  
2. Colin Miche' NH  
3. Steven Hart DNV

110 m Hurdles 1. Steven Hart DNR

Long Jump 1. **Jeffrey Carlbom** **20' 5"** **1st - PB #6**  
2. Jason Thieman 18' 9.5" 2nd Tie  
3. Ryan Prihoda 18' 1" 4th - PB  
4. Steven Hart DNJ

100 m Dash 1. **Hunter Peacock** **11.3** **1st - PB #6 Tie**  
2. Ryan Prihoda 12.3 PB  
3. Jake Rasmussen 13.0 PB

Triple Jump 1. **Jeffrey Carlbom** **40' 5"** **1st - PB #5**  
2. Jason Thieman 37' 8.25" 2nd - PB  
3. Ryan Prihoda 37' 3.5" 4th - PB

4 x 200 m Relay 1. **Jason Thieman** 25.3  
2. **Jeffrey Carlbom** 23.5 PB  
3. **Caleb Fromm** 23.5 PB  
4. **Hunter Peacock** 23.6  
**1:35.9 1st - BTY #7**

High Jump 1. Steven Hart DNJ

1600 m Run 1. **Charlie Ausmus** **4:47.2** **1st - PB**  
(1:09, 1:13, 1:13, 1:11)  
2. George Ausmus 5:00.9 2nd - PB  
(1:11, 1:18, 1:17, 1:15)  
3. Eli Fromm 5:32.4 3rd - PB  
(1:20, 1:27, 1:27, 1:18)

Shot Put 1. **Micah Overtoom** **35' 1.5"** **1st**  
2. Logan Kolecki 34' 4" 2nd  
3. Fredrick Ausmus 27' 10" 5th  
4. Noah Root 20' 7"

4 x 100 m Relay 1. Logan Kolecki 13.5 PB  
2. Maxwell Jackson 15.5 PB  
3. Colin Miche' 17.5 PB  
4. Noah Root 14.4  
**60.9 DQ**

Discus 1. **Caleb Fromm** **101' 5"** **1st - PB**  
2. Micah Overtoom 101' 2" 2nd  
3. Logan Kolecki 80' 5" 4th  
4. Fredrick Ausmus 71' 2"

400 m Dash 1. Caleb Fromm 53.9 2nd - PB  
2. Josh Brinker 63.1  
3. Maxwell Jackson 71.5 PB

## Top Point Getters

1. Caleb Fromm 16  
2. Hunter Peacock 15  
2. Jeffrey Carlbom 15  
2. Jason Thieman 15  
5. George Ausmus 10  
5. Micah Overtoom 10  
7. Charlie Ausmus 9  
7. Eli Fromm 9  
9. Damion Torgerson 7  
10. Logan Kolecki 6  
10. Josh Brinker 6  
12. Ryan Prihoda 4  
13. Noah Root 3  
14. Fredrick Ausmus 1

300 m Hurdles 1. Jason Thieman 47.1 2nd

800 m Run 1. **George Ausmus** **(67, 71)** **2:18.5** **1st**  
2. Damion Torgerson (71, 71) 2:22.2 2nd  
3. Colin Miche' (74, 86) 2:39.9 PB

**14 total scorers**

200 m Dash 1. **Hunter Peacock** **23.7** **1st - PB**  
2. Josh Brinker 26.5 3rd - PB

3200 m Run 1. **Eli Fromm** **12:18.7** **1st**  
(1:31, 1:31, 1:36, 1:38, 1:35, 1:39, 1:28, 1:19)

## TEAM RESULTS:

4 x 400 m Relay 1. **Caleb Fromm** 55.4  
2. **Damion Torgerson** 60.3  
3. **Josh Brinker** 62.0  
4. **George Ausmus** 57.2 PB  
**3:54.7 1st**

1. **Pine City** **113.5**  
2. Aitkin 72.5 -41  
3. Braham 39 -74.5  
4. Ogilvie 22 -91.5

# RUSH CITY #2 INVITATIONAL TRACK MEET

Thursday, May 13, 2021, 4:00

Pine City Girls' Results

4 x 800 m Relay	1. Amber Norton	(90, 91)	3:01	PB
	2. Abby Aagaard	(78, 86)	2:44	PB
	3. Eva Johnson	(75, 86)	2:41	PB
	4. Arissa Rydberg	(78, 87)	2:43	
	<b>11:12.6</b>	<b>1st</b>	<b>*10:57.6</b>	

4 x 800 m Relay	1. Rachel Brown	(89, 92)	3:01	PB
	2. Meagan Macho	(83, 92)	2:56	BTY
	3. Allison Unverzagt	(76, 96)	2:52	
	4. Emma Belsheim	(80, 86)	2:46*	
	<b>11:34.8</b>	<b>2nd</b>		

100 m Hurdles	1. Dorothy Miller	19.5	2nd	
	2. Sophia Olson	20.1	5th - PB	
	3. Alyssa Olson	24.3		
	4. Addison Blaiser	25.0	PB	

100 m Dash	1. Lena Roubinek	13.5	4th	
	2. Ainsley Vinaja	13.9	5th - PB	
	3. Emma Johnson	14.3		
	4. Stella Helseth	14.8	PB	

4 x 200 m Relay	1. Mallory Clepper	29.5		
	2. Lena Roubinek	28.6	PB	
	3. Ainsley Vinaja	28.7		
	4. Summer Thieman	28.4	PB	
	<b>1:54.9</b>	<b>1st</b>		

4 x 200 m Relay	1. Abby Aagaard	28.9	PB	
	2. Ella Sell	28.8	PB	
	3. Allison Unverzagt	31.0	PB	
	4. Sophie Lahti	29.5	BTY	
	<b>1:57.6</b>	<b>2nd</b>		

1600 m Run	1. Eva Johnson	5:59.3	2nd	
	(1:25, 1:31, 1:35, 1:28)			
	2. Emma Belsheim	6:17.1	5th - PB	
	(1:28, 1:38, 1:39, 1:32)			
	3. Arissa Rydberg	6:21.0		
	(1:29, 1:37, 1:40, 1:35)			

4 x 100 m Relay	1. Gracie Larson	14.0	PB	
	2. Teresa Root	16.3		
	3. Vivian Lahti	14.3	PB	
	4. Emma Johnson	14.1		
	<b>58.8</b>	<b>2nd</b>		

400 m Dash	1. Ella Sell	64.9	3rd - PB	
------------	--------------	------	----------	--

300 m Hurdles	1. Sophie Lahti	50.4	1st - PB	#6
	2. Sophia Olson	59.0	5th - PB	
	3. Stella Helseth	63.2	PB	
	4. Addison Blaiser	65.6	PB	

800 m Run	1. NONE			
-----------	---------	--	--	--

200 m Dash	1. Mallory Clepper	30.2	3rd	
	2. Gracie Larson	30.9	4th	
	3. Teresa Root	32.8	5th - PB	
	4. Emma Johnson	33.1		

3200 m Run	1. Ella Sell	12:00.0	1st - PB	#1
	(1:26, 1:27, 1:30, 1:31, (5:55) 1:35, 1:34, 1:31, 1:23)			
	**** NEW SCHOOL RECORD ****			
	2. Rachel Brown	14:25.6	4th - PB	
	(1:35, 1:45, 1:48, 1:51, 1:54, 1:54, 1:54, 1:43)			

4 x 400 m Relay	1. Amber Norton	74.9	PB	
	2. Vivian Lahti	67.2	PB	
	3. Sophie Lahti	64.7	PB	
	4. Meaghan Macho	72.1		
	<b>4:38.8</b>	<b>2nd</b>		

Pole Vault	1. Gracie Larson	?		
------------	------------------	---	--	--

Long Jump	1. Dorothy Miller	14' 6"	1st - BTY	
	2. Emma Johnson	13' 6.5"	4th	
	3. Sophia Olson	13' 5.5"	5th - PB	
	4. Mallory Clepper	13' 1"	PB	

Triple Jump	1. Dorothy Miller	31' 5.75"	1st - BTY	
	2. Abby Aagaard	27' 5.5"	3rd	
	3. Sophia Olson	25' 3"	5th	
	4. Meaghan Macho	22' 11.5"		

High Jump	1. Teresa Root	4' 5"	3rd	
	2. Sophie Lahti	4' 5"		
	3. Vivian Lahti	4' 3"	PB	
	4. Summer Thieman	4' 1"		

Shot Put	1. Cara Kuhn	31' 3"	1st	
	2. Lena Roubinek	31' 0"	2nd	
	3. Maggie Smetana	28' 0"	3rd	
	4. Ashley Peters	?		

Discus	1. Maggie Smetana	70' 6"	1st	
	2. Cara Kuhn	DNT		
	3. Ashley Peters	DNT		

4 x 100 m Relay	1. Stella Helseth	14.2	PB	
	2. Amber Norton	15.3	PB	
	3. Addison Blaiser	16.2	PB	
	4. Alyssa Olson	14.1	PB	
	<b>62.8</b>	<b>4th</b>		

### Top Point Getters

1. Dorothy Miller	22
2. Ella Sell	15
3. Sophie Lahti	14
3. Lena Roubinek	12
3. Maggie Smetana	12
6. Abby Aagaard	11
7. Eva Johnson	10
8. Mallory Clepper	8
8. Amber Norton	8
8. Teresa Root	8
8. Cara Kuhn	8
12. Allison Unverzagt	6
12. Meaghan Macho	6
12. Vivian Lahti	6
15. Emma Johnson	5
15. Ainsley Vinaja	5
15. Rachel Brown	5
15. Gracie Larson	5
19. Summer Thieman	4
19. Arissa Rydberg	4
19. Emma Belsheim	4
19. Sophia Olson	4
23. Stella Helseth	1
23. Addison Blaiser	1
23. Alyssa Olson	1

25 total scorers

### TEAM RESULTS:

1. Pine City	129	
2. Rush City	95	-34
3. Braham	67	-62
4. East Central	44	-85
5. Hinckley-Finlayson	25	-104

# RUSH CITY #2 INVITATIONAL TRACK MEET

Thursday, May 13, 2021, 4:00

Pine City Boys' Results

4 x 800 m Relay	1. <b>George Ausmus</b>	(65, 74)	2:19.0	dropped baton
	<b>Caleb Fromm</b>	(65, 78)	2:23.1	PB
	<b>Charlie Ausmus</b>	(75, 72)	2:27.1	
	<b>Eli Fromm</b>	(83, 73)	2:35.8	
		<b>9:44.8</b>	<b>1st</b>	

110 m Hurdles	1. Steven Hart	DNR	
---------------	----------------	-----	--

100 m Dash	1. Hunter Peacock	11.5	2nd
	2. Jeffery Carlbom	11.7	3rd - PB
	3. Ryan Prihoda	12.1	4th - PB
	4. Anthony Bergeron	13.7	

4 x 200 m Relay	1. <b>Jason Thieman</b>	25.1	
	2. <b>Jeffrey Carlbom</b>	23.9	
	3. <b>Caleb Fromm</b>	24.2	
	4. <b>Hunter Peacock</b>	23.6	
	<b>1:36.7</b>	<b>1st</b>	

1600 m Run	1. <b>George Ausmus</b>	<b>5:19.9</b>	<b>1st</b>
	(1:14, 1:21, 1:22, 1:21)		
	2. Ronnie Martini	5:28.4	2nd - PB
	(1:16, 1:20, 1:30, 1:21)		

4 x 100 m Relay	1. Anthony Bergeron	13.2	PB
	2. Noah Brady	13.6	PB
	3. Daimien Lord	13.7	
	4. Weston Clementson	13.9	PB
		54.5	2nd

400 m Dash	1. Josh Brinker	62.9	3rd
	2. Landon Ganote	63.2	4th

300 m Hurdles	1. Damion Torgerson	50.7	4th
---------------	---------------------	------	-----

800 m Run	1. Weston Clementson	(75, 81)	2:35.8	3rd - PB
	2. Colin Miche'	(79, 81)	2:39.7	4th - PB
	3. Maxwell Jackson	(80, 88)	2:49.7	5th

200 m Dash	1. Josh Brinker	27.2	2nd
	2. Landon Ganote	27.6	3rd
	3. Jake Rasmussen	28.5	5th
	4. Hunter Peacock	DNR	

3200 m Run	1. <b>Eli Fromm</b>	<b>11:56.6</b>	<b>1st - PB</b>
	(1:28, 1:25, 1:30, 1:31, 1:39, 1:36, 1:27, 1:24)		

Pole Vault	1. Steven Hart	DNJ	
	2. Noah Root	?	
	3. Levi Wilson	6' 3" ?	
	4. Colin Miche'	5' 9" ?	PB

Long Jump	1. <b>Jeffrey Carlbom</b>	<b>20' 1"</b>	<b>1st</b>
	2. Jason Thieman	17' 11"	5th
	3. Ryan Prihoda	17' 1.25"	
	4. Noah Brady	15' 7"	PB

Triple Jump	1. Jeffrey Carlbom	39' 0"	2nd
	2. Caleb Fromm	37' 1.5"	4th - PB
	3. Ryan Prihoda	35' 9"	

High Jump	1. Steven Hart	DNJ	
-----------	----------------	-----	--

Shot Put	1. Micah Overtom	35' 9"	3rd
	2. Logan Kolecki	33' 9.5"	5th
	3. Fredrick Ausmus	?	
	4. Noah Root	?	

Discus	1. Jason Thieman	85' 3"	5th - PB
	2. Micah Overtom	DNT	
	3. Fredrick Ausmus	DNT	
	4. Logan Kolecki	?	

## Top Point Getters

1. Jeffrey Carlbom	22
2. Josh Brinker	13
3. George Ausmus	12
3. Eli Fromm	12
5. Caleb Fromm	10
5. Hunter Peacock	10
7. Jason Thieman	9
7. Ronnie Martini	9
9. Weston Clementson	7
10. Landon Ganote	6
11. Damion Torgerson	5
12. Micah Overtom	4
12. Charlie Ausmus	4
14. Noah Brady	3
14. Anthony Bergeron	3
14. Daimien Lord	3
17. Ryan Prihoda	2
17. Colin Miche'	2
19. Logan Kolecki	1
19. Maxwell Jackson	1
19. Jake Rasmussen	1

## 21 total scorers

## TEAM RESULTS:

4 x 400 m Relay	1. Josh Brinker	62.1	
	2. Damion Torgerson	57.4	PB
	3. Ronnie Martini	58.8	
	4. Jason Thieman	55.2	PB
		3:53.4	2nd

1. Rush City	140.5	
2. Pine City	111	-29.5
3. East Central	35	-105.5
4. Braham	28.5	-112
5. Hinckley-Finlayson	27	-113.5

# SECTION 7AA TRUE TEAM TRACK MEET (North Branch)

Tuesday, May 18, 2021, 3:30

## Pine City Girls' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Sophie Lahti</td><td>(77.8, 79.8)</td><td>2:37.6</td><td></td></tr> <tr><td>2. Arissa Rydberg</td><td>(79.1, 86.0)</td><td>2:45.1</td><td></td></tr> <tr><td>3. Emma Belsheim</td><td>(80.3, 84.0)</td><td>2:44.3</td><td></td></tr> <tr><td>4. Allison Unverzagt</td><td>(77.4, 87.5)</td><td>2:44.9</td><td></td></tr> <tr><td></td><td style="border-top: 1px solid black;">10:52.02</td><td>3rd</td><td></td></tr> </table>	1. Sophie Lahti	(77.8, 79.8)	2:37.6		2. Arissa Rydberg	(79.1, 86.0)	2:45.1		3. Emma Belsheim	(80.3, 84.0)	2:44.3		4. Allison Unverzagt	(77.4, 87.5)	2:44.9			10:52.02	3rd		<p>Pole Vault</p> <table border="0" style="width: 100%;"> <tr><td>1. Gracie Larson</td><td>6' 0"</td><td>16th</td></tr> </table>	1. Gracie Larson	6' 0"	16th																						
1. Sophie Lahti	(77.8, 79.8)	2:37.6																																												
2. Arissa Rydberg	(79.1, 86.0)	2:45.1																																												
3. Emma Belsheim	(80.3, 84.0)	2:44.3																																												
4. Allison Unverzagt	(77.4, 87.5)	2:44.9																																												
	10:52.02	3rd																																												
1. Gracie Larson	6' 0"	16th																																												
<p>100 m Hurdles</p> <table border="0" style="width: 100%;"> <tr><td>1. Dorothy Miller</td><td>19.58</td><td>13th - BTY</td></tr> <tr><td>2. Sophia Olson</td><td>20.80</td><td>16th</td></tr> </table>	1. Dorothy Miller	19.58	13th - BTY	2. Sophia Olson	20.80	16th	<p>Long Jump</p> <table border="0" style="width: 100%;"> <tr><td>1. Dorothy Miller</td><td>14' 7"</td><td>7th - BTY</td></tr> <tr><td>2. Abby Aagaard</td><td>13' 1.75"</td><td>18th - PB</td></tr> <tr><td>3. Sophia Olson</td><td>12' 9"</td><td></td></tr> </table>	1. Dorothy Miller	14' 7"	7th - BTY	2. Abby Aagaard	13' 1.75"	18th - PB	3. Sophia Olson	12' 9"																															
1. Dorothy Miller	19.58	13th - BTY																																												
2. Sophia Olson	20.80	16th																																												
1. Dorothy Miller	14' 7"	7th - BTY																																												
2. Abby Aagaard	13' 1.75"	18th - PB																																												
3. Sophia Olson	12' 9"																																													
<p>100 m Dash</p> <table border="0" style="width: 100%;"> <tr><td>1. Lena Roubinek</td><td>13.85</td><td>6th</td></tr> <tr><td>2. Vivian Lahti</td><td>14.83</td><td>16th</td></tr> <tr><td>3. Teresa Root</td><td>15.75</td><td>PB</td></tr> </table>	1. Lena Roubinek	13.85	6th	2. Vivian Lahti	14.83	16th	3. Teresa Root	15.75	PB	<p>Triple Jump</p> <table border="0" style="width: 100%;"> <tr><td>1. Dorothy Miller</td><td>31' 6.25"</td><td>6th - BTY</td></tr> <tr><td>2. Abby Aagaard</td><td>28' 10.5"</td><td>12th - PB</td></tr> <tr><td>3. Sophia Olson</td><td>26' 2.75"</td><td>PB</td></tr> </table>	1. Dorothy Miller	31' 6.25"	6th - BTY	2. Abby Aagaard	28' 10.5"	12th - PB	3. Sophia Olson	26' 2.75"	PB																											
1. Lena Roubinek	13.85	6th																																												
2. Vivian Lahti	14.83	16th																																												
3. Teresa Root	15.75	PB																																												
1. Dorothy Miller	31' 6.25"	6th - BTY																																												
2. Abby Aagaard	28' 10.5"	12th - PB																																												
3. Sophia Olson	26' 2.75"	PB																																												
<p>4 x 200 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Gracie Larson</td><td>29.3</td><td>PB</td></tr> <tr><td>2. Summer Thieman</td><td>29.2</td><td></td></tr> <tr><td>3. Ainsley Vinaja</td><td>28.3</td><td></td></tr> <tr><td>4. Mallory Clepper</td><td>30.5</td><td></td></tr> <tr><td></td><td style="border-top: 1px solid black;">1:57.18</td><td>8th</td></tr> </table>	1. Gracie Larson	29.3	PB	2. Summer Thieman	29.2		3. Ainsley Vinaja	28.3		4. Mallory Clepper	30.5			1:57.18	8th	<p>High Jump</p> <table border="0" style="width: 100%;"> <tr><td>1. Sophie Lahti</td><td>4' 8"</td><td>6th</td></tr> <tr><td>2. Teresa Root</td><td>4' 6"</td><td>9th</td></tr> <tr><td>3. Vivian Lahti</td><td>4' 2"</td><td></td></tr> </table>	1. Sophie Lahti	4' 8"	6th	2. Teresa Root	4' 6"	9th	3. Vivian Lahti	4' 2"																						
1. Gracie Larson	29.3	PB																																												
2. Summer Thieman	29.2																																													
3. Ainsley Vinaja	28.3																																													
4. Mallory Clepper	30.5																																													
	1:57.18	8th																																												
1. Sophie Lahti	4' 8"	6th																																												
2. Teresa Root	4' 6"	9th																																												
3. Vivian Lahti	4' 2"																																													
<p>1600 m Run</p> <table border="0" style="width: 100%;"> <tr><td>1. <b>Ella Sell</b></td><td><b>5:35.51</b></td><td><b>1st</b></td></tr> <tr><td></td><td>(1:21, 1:25, 1:28, 1:21)</td><td></td></tr> <tr><td>2. Eva Johnson</td><td>5:51.29</td><td>8th - BTY</td></tr> <tr><td></td><td>(1:23, 1:30, 1:31, 1:27)</td><td></td></tr> </table>	1. <b>Ella Sell</b>	<b>5:35.51</b>	<b>1st</b>		(1:21, 1:25, 1:28, 1:21)		2. Eva Johnson	5:51.29	8th - BTY		(1:23, 1:30, 1:31, 1:27)		<p>Shot Put</p> <table border="0" style="width: 100%;"> <tr><td>1. Cara Kuhn</td><td>31' 10.5"</td><td>4th</td></tr> <tr><td>2. Lena Roubinek</td><td>30' 9"</td><td>5th</td></tr> <tr><td>3. Maggie Smetana</td><td>27' 7"</td><td></td></tr> </table>	1. Cara Kuhn	31' 10.5"	4th	2. Lena Roubinek	30' 9"	5th	3. Maggie Smetana	27' 7"																									
1. <b>Ella Sell</b>	<b>5:35.51</b>	<b>1st</b>																																												
	(1:21, 1:25, 1:28, 1:21)																																													
2. Eva Johnson	5:51.29	8th - BTY																																												
	(1:23, 1:30, 1:31, 1:27)																																													
1. Cara Kuhn	31' 10.5"	4th																																												
2. Lena Roubinek	30' 9"	5th																																												
3. Maggie Smetana	27' 7"																																													
<p>4 x 100 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Gracie Larson</td><td>14.7</td><td></td></tr> <tr><td>2. Lena Roubinek</td><td>14.0</td><td></td></tr> <tr><td>3. Ainsley Vinaja</td><td>13.9</td><td></td></tr> <tr><td>4. Mallory Clepper</td><td>15.0</td><td></td></tr> <tr><td></td><td style="border-top: 1px solid black;">57.63</td><td>9th</td></tr> </table>	1. Gracie Larson	14.7		2. Lena Roubinek	14.0		3. Ainsley Vinaja	13.9		4. Mallory Clepper	15.0			57.63	9th	<p>Discus</p> <table border="0" style="width: 100%;"> <tr><td>1. Maggie Smetana</td><td>79' 1.75"</td><td>13th</td></tr> <tr><td>2. Cara Kuhn</td><td>75' 9"</td><td>15th</td></tr> <tr><td>3. Chloe McKellar</td><td>74' 7.5"</td><td></td></tr> </table>	1. Maggie Smetana	79' 1.75"	13th	2. Cara Kuhn	75' 9"	15th	3. Chloe McKellar	74' 7.5"																						
1. Gracie Larson	14.7																																													
2. Lena Roubinek	14.0																																													
3. Ainsley Vinaja	13.9																																													
4. Mallory Clepper	15.0																																													
	57.63	9th																																												
1. Maggie Smetana	79' 1.75"	13th																																												
2. Cara Kuhn	75' 9"	15th																																												
3. Chloe McKellar	74' 7.5"																																													
<p>400 m Dash</p> <table border="0" style="width: 100%;"> <tr><td>1. Vivian Lahti</td><td>66.95</td><td>6th - PB</td></tr> <tr><td>2. Abby Aagaard</td><td>67.69</td><td>10th - PB</td></tr> <tr><td>3. Allison Unverzagt</td><td>71.90</td><td></td></tr> </table>	1. Vivian Lahti	66.95	6th - PB	2. Abby Aagaard	67.69	10th - PB	3. Allison Unverzagt	71.90		<p><u>Top Point Getters</u></p> <ol style="list-style-type: none"> <li>1. Dorothy Miller</li> <li>2. Sophie Lahti</li> <li>3. Eva Johnson</li> <li>4. Arissa Rydberg</li> <li>5. Ainsley Vinaja</li> <li>5. Ella Sell</li> <li>7. Cara Kuhn</li> <li>8. Emma Johnson</li> <li>9. Summer Thieman</li> <li>10. Emma Belsheim</li> <li>11. Mallory Clepper</li> <li>12. Gracie Larson</li> <li>13. Teresa Root</li> <li>14. Lena Roubinek</li> <li>15. Maggie Smetana</li> <li>16. Vivian Lahti</li> <li>17. Abby Aagaard</li> <li>18. Allison Unverzagt</li> <li>19. Rachel Brown</li> <li>20.</li> </ol>																																				
1. Vivian Lahti	66.95	6th - PB																																												
2. Abby Aagaard	67.69	10th - PB																																												
3. Allison Unverzagt	71.90																																													
<p>300 m Hurdles</p> <table border="0" style="width: 100%;"> <tr><td>1. Sophie Lahti</td><td>50.21</td><td>2nd - PB</td><td><b>#6</b></td></tr> <tr><td>2. Summer Thieman</td><td>51.88</td><td>6th - PB*</td><td></td></tr> <tr><td>3. Sophia Olson</td><td>61.05</td><td></td><td></td></tr> </table>	1. Sophie Lahti	50.21	2nd - PB	<b>#6</b>	2. Summer Thieman	51.88	6th - PB*		3. Sophia Olson	61.05			<p><b>? total scorers</b></p>																																	
1. Sophie Lahti	50.21	2nd - PB	<b>#6</b>																																											
2. Summer Thieman	51.88	6th - PB*																																												
3. Sophia Olson	61.05																																													
<p>800 m Run</p> <table border="0" style="width: 100%;"> <tr><td>1. Ella Sell</td><td>(74.6, 77.2)</td><td>2:31.85</td><td>3rd</td></tr> <tr><td>2. Emma Belsheim</td><td>(77.9, 84.5)</td><td>2:42.66</td><td>12th</td></tr> <tr><td>3. Meaghan Macho</td><td></td><td></td><td></td></tr> </table>	1. Ella Sell	(74.6, 77.2)	2:31.85	3rd	2. Emma Belsheim	(77.9, 84.5)	2:42.66	12th	3. Meaghan Macho				<p><u>TEAM RESULTS:</u></p> <table border="0" style="width: 100%;"> <tr><td>1. Cloquet</td><td>542</td><td></td></tr> <tr><td>2. Chisago Lakes</td><td>486</td><td>-56</td></tr> <tr><td>3. Esko</td><td>455</td><td>-87</td></tr> <tr><td>4. Grand Rapids</td><td>443.5</td><td>-98.5</td></tr> <tr><td>5. North Branch</td><td>437</td><td>-105</td></tr> <tr><td>6. Pine City</td><td>436</td><td>-106</td></tr> <tr><td>7. Hibbing</td><td>397.5</td><td>-144.5</td></tr> <tr><td>8. Mora</td><td>334</td><td>-208</td></tr> <tr><td>9. Proctor</td><td>318.5</td><td>-223.5</td></tr> <tr><td>10. Rock Ridge</td><td>283</td><td>-259</td></tr> <tr><td>11. Duluth Denfeld</td><td>187.5</td><td>-354.5</td></tr> </table>	1. Cloquet	542		2. Chisago Lakes	486	-56	3. Esko	455	-87	4. Grand Rapids	443.5	-98.5	5. North Branch	437	-105	6. Pine City	436	-106	7. Hibbing	397.5	-144.5	8. Mora	334	-208	9. Proctor	318.5	-223.5	10. Rock Ridge	283	-259	11. Duluth Denfeld	187.5	-354.5
1. Ella Sell	(74.6, 77.2)	2:31.85	3rd																																											
2. Emma Belsheim	(77.9, 84.5)	2:42.66	12th																																											
3. Meaghan Macho																																														
1. Cloquet	542																																													
2. Chisago Lakes	486	-56																																												
3. Esko	455	-87																																												
4. Grand Rapids	443.5	-98.5																																												
5. North Branch	437	-105																																												
6. Pine City	436	-106																																												
7. Hibbing	397.5	-144.5																																												
8. Mora	334	-208																																												
9. Proctor	318.5	-223.5																																												
10. Rock Ridge	283	-259																																												
11. Duluth Denfeld	187.5	-354.5																																												
<p>200 m Dash</p> <table border="0" style="width: 100%;"> <tr><td>1. Lena Roubinek</td><td>29.55</td><td>12th</td></tr> <tr><td>2. Ainsley Vinaja</td><td>29.69</td><td>13th</td></tr> <tr><td>3. Gracie Larson</td><td>31.60</td><td></td></tr> </table>	1. Lena Roubinek	29.55	12th	2. Ainsley Vinaja	29.69	13th	3. Gracie Larson	31.60																																						
1. Lena Roubinek	29.55	12th																																												
2. Ainsley Vinaja	29.69	13th																																												
3. Gracie Larson	31.60																																													
<p>3200 m Run</p> <table border="0" style="width: 100%;"> <tr><td>1. Eva Johnson</td><td>12:47.65</td><td>3rd</td></tr> <tr><td></td><td>(1:27, 1:33, 1:36, 1:37, 1:38, 1:42, 1:40, 1:32)</td><td></td></tr> <tr><td>2. Rachel Brown</td><td>14:13.40</td><td>14th - PB</td></tr> <tr><td></td><td>(1:33, 1:39, 1:44, 1:49, 1:54, 1:55, 1:54, 1:44)</td><td></td></tr> </table>	1. Eva Johnson	12:47.65	3rd		(1:27, 1:33, 1:36, 1:37, 1:38, 1:42, 1:40, 1:32)		2. Rachel Brown	14:13.40	14th - PB		(1:33, 1:39, 1:44, 1:49, 1:54, 1:55, 1:54, 1:44)																																			
1. Eva Johnson	12:47.65	3rd																																												
	(1:27, 1:33, 1:36, 1:37, 1:38, 1:42, 1:40, 1:32)																																													
2. Rachel Brown	14:13.40	14th - PB																																												
	(1:33, 1:39, 1:44, 1:49, 1:54, 1:55, 1:54, 1:44)																																													
<p>4 x 400 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Summer Thieman</td><td>66.0</td><td></td></tr> <tr><td>2. Ella Sell</td><td>67.6</td><td></td></tr> <tr><td>3. Arissa Rydberg</td><td>65.9</td><td>PB</td></tr> <tr><td>4. Sophie Lahti</td><td>62.9</td><td>PB</td></tr> <tr><td></td><td style="border-top: 1px solid black;">4:22.39</td><td>4th - BTY <b>#7</b></td></tr> </table>	1. Summer Thieman	66.0		2. Ella Sell	67.6		3. Arissa Rydberg	65.9	PB	4. Sophie Lahti	62.9	PB		4:22.39	4th - BTY <b>#7</b>																															
1. Summer Thieman	66.0																																													
2. Ella Sell	67.6																																													
3. Arissa Rydberg	65.9	PB																																												
4. Sophie Lahti	62.9	PB																																												
	4:22.39	4th - BTY <b>#7</b>																																												

# SECTION 7AA TRUE TEAM TRACK MEET (North Branch)

Tuesday, May 18, 2021, 3:30

## Pine City Boys' Results

4 x 800 m Relay	1. Damion Torgerson (71.3, 69.6) 2:20.9		
	2. Weston Clementson (68.4, 77.8) 2:26.2 PB		
	3. Ronnie Martini (69.5, 72.0) 2:21.4 PB		
	4. George Ausmus (59.9, 70.9) 2:10.8 PB		
	9:19.59	4th - BTY	
110 m Hurdles	1. Steven Hart 19.45	13th - PB	
100 m Dash	1. Hunter Peacock 11.80	5th	
	2. Jeffrey Carlbom 12.38	17th	
	3. Ryan Prihoda 12.89		
4 x 200 m Relay	1. Jason Thieman 24.8		
	2. Jeffrey Carlbom 23.2	PB	
	3. Caleb Fromm 23.8		
	4. Hunter Peacock 23.6		
	1:35.55	2nd - BTY #7	
1600 m Run	1. Charlie Ausmus 4:55.18	9th	
	(1:11, 1:16, 1:17, 1:11)		
	2. Eli Fromm 5:19.54	13th - PB	
	(1:21, 1:22, 1:22, 1:14)		
	3. Colin Miche' 6:01.33	PB	
	(1:28, 1:34, 1:36, 1:23)		
4 x 100 m Relay	1. Steven Hart 12.2	BTY	
	2. Landon Ganote 13.3	PB	
	3. Jake Rasmussen 12.6	PB	
	4. Ryan Prihoda 12.5	PB	
	50.59	9th	
400 m Dash	1. Caleb Fromm 55.05	8th	
	2. Ronnie Martini 59.82	20th - PB	
	3. Josh Brinker 60.63	PB	
300 m Hurdles	1. NONE		
	2.		
800 m Run	1. George Ausmus (65.0, 66.9) 2:12.17	6th	
	2. Damion Torgerson (70.6, 72.2) 2:23.26	15th	
200 m Dash	1. Hunter Peacock 24.27	5th	
	2. Josh Brinker 27.45	20th	
	3. Jake Rasmussen 28.85		
3200 m Run	1. Eli Fromm 12:07.38	15th	
	2. Colin Miche' 13:20.58	20th - PB	
4 x 400 m Relay	1. Caleb Fromm 55.4		
	2. George Ausmus 57.3		
	3. Ronnie Martini 57.4	PB	
	4. Jason Thieman 55.7		
	3:45.72	6th - BTY	

Pole Vault	1. Steven Hart 9' 0"	5th
	2. Noah Root 6' 6"	16th
	3. Levi Wilson 6' 0"	
Long Jump	1. Jeffrey Carlbom 18' 9"	6th
	2. Jason Thieman 18' 1.75"	11th
	3. Ryan Prihoda 17' 5.5"	
Triple Jump	1. Jeffrey Carlbom 38' 11.75"	3rd
	2. Jason Thieman 37' 5.5"	11th
	3. Ryan Prihoda 36' 7.25"	
High Jump	1. Steven Hart 5' 0"	16th - BTY
Shot Put	1. Micah Overtoom 36' 0.5"	14th
	2. Logan Kolecki 33' 4.5"	17th
Discus	1. Micah Overtoom 107' 8"	10th - PB
	2. Logan Kolecki 91' 11"	15th - PB
	3. Caleb Fromm DNT	

### Top Point Getters

1. Hunter Peacock
2. Charlie Ausmus
3. Jeffrey Carlbom
4. Steven Hart
5. Jason Thieman
6. George Ausmus
7. Caleb Fromm
8. Damion Torgerson
9. Eli Fromm
10. Ronnie Martini
11. Weston Clementson
12. Micah Overtoom
13. Logan Kolecki
14. Ryan Prihoda
15. Landon Ganote
16. Jake Rasmussen
17. Josh Brinker
- 18.

### **total scorers**

### TEAM RESULTS:

1. Cloquet	618	
2. Grand Rapids	541	-77
3. Esko	475	-143
4. Chisago Lakes	469.5	-148.5
5. Mora	429.5	-188.5
6. Rock Ridge	425.5	-192.5
7. Pine City	341.5	-276.5
8. North Branch	333	-285
9. Hibbing	329	-289
10. Duluth Denfeld	245	-373
		-618

# GREAT RIVER CONFERENCE TRACK MEET (Pine City)

Tuesday, May 25, 2021, 3:45

## Pine City Girls' Results

4 x 800 m Relay	1. <b>Sophie Lahti</b>	(75.1, 84.7)	2:39.8
	2. <b>Abby Aagaard</b>	(75.2, 89.7)	2:44.9
	3. <b>Allison Unverzagt</b>	(80.3, 87.8)	2:48.1
	4. <b>Emma Belsheim</b>	(81.8, 84.3)	2:46.1
		<b>10:58.98</b>	<b>1st</b>

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

100 m Hurdles	1. Dorothy Miller	P: 19.34	F: 19.27	6th - BTY
	2. Alyssa Olson	P: 23.07		PB
	3. Addison Blaiser	P: 23.17		PB

100 m Dash	1. Lena Roubinek	P: 13.65	F: 13.40	3rd - PB #7
	2. Emma Johnson	P: 14.35	F: 14.11	7th
	3. Teresa Root	P: 15.32		PB

4 x 200 m Relay	1. <b>Gracie Larson</b>	29.2	PB
	2. <b>Mallory Clepper</b>	29.6	
	3. <b>Vivian Lahti</b>	29.6	
	4. <b>Ainsley Vinaja</b>	28.9	
		<b>1:57.36</b>	<b>1st</b>

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

1600 m Run	1. <b>Ella Sell</b>	<b>5:33.74</b>	<b>1st</b>
		(1:22, 1:27, 1:27, 1:19)	
		****ALL-CONFERENCE****	
	2. Eva Johnson	5:50.26	4th - BTY
		(1:23, 1:29, 1:33, 1:26)	

4 x 100 m Relay	1. <b>Emma Johnson</b>	13.3	PB
	2. <b>Lena Roubinek</b>	13.5	
	3. <b>Ainsley Vinaja</b>	13.5	
	4. <b>Summer Thieman</b>	13.0	PB
		<b>53.07</b>	<b>1st - BTY #4</b>

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

400 m Dash	1. Vivian Lahti	68.83	3rd
	2. Abby Aagaard	69.31	4th
	3. Allison Unverzagt	70.38	7th - PB

300 m Hurdles	1. Sophie Lahti	50.21	3rd - PB tie #6
	2. Summer Thieman	53.06	4th
	3. Stella Helseth	60.00	PB

800 m Run	1. Ella Sell	(73.5, 77.1)	2:30.72	3rd
	2. Emma Belsheim	(74.6, 80.9)	2:35.75	4th - PB
	3. Arissa Rydberg	(74.0, 85.3)	2:39.39	6th - PB

200 m Dash	1. Lena Roubinek	28.80	4th - PB
	2. Ainsley Vinaja	29.13	5th
	3. Mallory Clepper	29.98	6th

3200 m Run	1. Eva Johnson	12:52.94	2nd
		(1:28, 1:33, 1:36, 1:38, 1:39, 1:41, 1:40, 1:36)	
		****HONORABLE MENTION****	
	2. Rachel Brown	14:07.48	4th - PB
		(1:32, 1:42, 1:47, 1:49, 1:51, 1:52, 1:51, 1:43)	

4 x 400 m Relay	1. <b>Summer Thieman</b>	65.6	BTY
	2. <b>Ella Sell</b>	66.7	
	3. <b>Arissa Rydberg</b>	67.3	
	4. <b>Sophie Lahti</b>	65.4	
		<b>4:25.03</b>	<b>1st</b>

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

Pole Vault	1. Gracie Larson	6' 0"	7th
------------	------------------	-------	-----

Long Jump	1. Abby Aagaard	14' 10.5"	2nd - PB
		****HONORABLE MENTION****	
	2. Dorothy Miller	14' 5.25"	4th

Triple Jump	1. Dorothy Miller	31' 1"	3rd
	2. Abby Aagaard	29' 11.5"	7th - PB
	3. Sophia Olson	DNJ	

High Jump	1. Teresa Root	4' 8"	4th - PB
	2. Sophie Lahti	4' 6"	5th Tie
	3. Vivian Lahti	4' 4"	PB

Shot Put	1. Lena Roubinek	30' 7"	1st
		****ALL-CONFERENCE****	
	2. Cara Kuhn	30' 4"	2nd
		****HONORABLE MENTION****	
	3. Maggie Smetana	28' 10"	5th

Discus	1. Cara Kuhn	91' 0"	2nd - PB
		****HONORABLE MENTION****	
	2. Maggie Smetana	88' 10"	3rd - PB
	3. Chloe McKellar	75' 4"	7th

### Top Point Getters

1. Lena Roubinek	26
2. Ella Sell	21
3. Abby Aagaard	20
4. Sophie Lahti	19.5
5. Cara Kuhn	16
6. Summer Thieman	15
7. Dorothy Miller	14
7. Ainsley Vinaja	14
9. Eva Johnson	13
10. Vivian Lahti	11
11. Maggie Smetana	10
11. Emma Belsheim	10
13. Arissa Rydberg	8
13. Mallory Clepper	8
15. Emma Johnson	7
15. Gracie Larson	7
15. Allison Unverzagt	7
18. Teresa Root	5
18. Rachel Brown	5
20. Chloe McKellar	2

**20 total scorers**

\*\*7th Straight GRC Championship\*\*

### TEAM RESULTS:

1. <b>Pine City</b>	198.5	
2. Aitkin	107	-91.5
3. Rush City	104	-94.5
4. Mille Lacs	76.5	-122
5. Braham	71.5	-127
6. East Central	58.5	-140
7. Ogilvie	39.5	-159
8. Hinckley-Finlayson	27.5	-171

# GREAT RIVER CONFERENCE TRACK MEET (Pine City)

Tuesday, May 25, 2021, 3:45

Pine City Boys' Results

4 x 800 m Relay	1. <b>Landon Ganote</b>	(74.3, 80.3)	2:34.6
	2. <b>Weston Clementson</b>	(69.8, 77.4)	2:27.2
	3. <b>Ronnie Martini</b>	(64.7, 79.0)	2:23.7
	4. <b>Damion Torgerson</b>	<u>(66.5, 74.2)</u>	<u>2:20.7</u>
		<b>9:45.81</b>	<b>1st</b>

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

110 m Hurdles	1. Steven Hart	DNR
---------------	----------------	-----

100 m Dash	1. <b>Hunter Peacock</b>	<b>P: 11.53</b>	<b>F: 11.43</b>	<b>1st - PB #4</b>
	****ALL-CONFERENCE****			
	2. Ryan Prihoda	P: 12.44		
	3. Jake Rasmussen	P: 13.43		

4 x 200 m Relay	1. <b>Jason Thieman</b>	24.6	PB
	2. <b>Jeffrey Carlbom</b>	23.3	
	3. <b>Caleb Fromm</b>	24.0	
	4. <b>Hunter Peacock</b>	<u>22.5</u>	<u>PB</u>
		<b>1:34.41</b>	<b>1st - BTY #4</b>
	****ALL-CONFERENCE****		

1600 m Run	1. <b>Charlie Ausmus</b>	<b>4:57.93</b>	<b>1st</b>
	(1:11, 1:17, 1:17, 1:12)		
	****ALL-CONFERENCE****		
	2. George Ausmus	5:12.65	2nd
	(1:16, 1:21, 1:21, 1:15)		
	***HONORABLE MENTION***		
	3. Eli Fromm	5:17.45	3rd - PB
	(1:18, 1:25, 1:24, 1:10)		

4 x 100 m Relay	1. Ryan Prihoda	12.7
	2. Jake Rasmussen	12.5
	3. Anthony Bergeron	13.5
	4. <b>Landon Ganote</b>	<u>12.7</u>
		<b>51.28</b>
		<b>3rd</b>

400 m Dash	1. <b>Caleb Fromm</b>	<b>52.55</b>	<b>1st - PB #5</b>
	****ALL-CONFERENCE****		
	2. Ronnie Martini	59.41	7th
	3. Josh Brinker	60.26	8th - PB

300 m Hurdles	1. Jason Thieman	46.79	4th
	2. Anthony Bergeron	64.74	8th - PB
	3. Steven Hart	DNR	

800 m Run	1. <b>George Ausmus</b>	<b>(66.9, 66.4)</b>	<b>2:13.46</b>	<b>1st</b>
	****ALL-CONFERENCE****			
	2. Damion Torgerson	(68.3, 68.5)	2:16.94	3rd - PB
	3. Maxwell Jackson	(77, 85)	2:42.33	PB

200 m Dash	1. <b>Hunter Peacock</b>	<b>23.70</b>	<b>1st - PB #10</b>
	****ALL-CONFERENCE****		
	2. Jeffrey Carlbom	23.98	2nd - PB
	***HONORABLE MENTION***		
	3. Josh Brinker	26.58	7th - PB

3200 m Run	1. <b>Charlie Ausmus</b>	<b>11:13.86</b>	<b>1st</b>
	(1:22, 1:22, 1:22, 1:25, 1:27, 1:28, 1:26, 1:19)		
	****ALL-CONFERENCE****		
	2. Eli Fromm	12:26.91	5th
	(1:33, 1:34, 1:36, 1:36, 1:38, 1:34, 1:35, 1:18)		
	3. Colin Miche'	12:46.26	6th - PB
	(1:32, 1:35, 1:36, 1:36, 1:35, 1:40, 1:43, 1:25)		

4 x 400 m Relay	1. Caleb Fromm	55.9
	2. Damion Torgerson	56.8
	3. Ronnie Martini	58.2
	4. <b>George Ausmus</b>	<u>56.9</u>
		<b>3:47.89</b>
		<b>2nd</b>
	***HONORABLE MENTION***	

Pole Vault	1. Noah Root	6' 0"	6th
	2. Colin Miche'	6' 0"	7th
	3. Steven Hart	DNV	

Long Jump	1. <b>Jeffrey Carlbom</b>	<b>20' 5"</b>	<b>1st - PB tie #5</b>
	****ALL-CONFERENCE****		
	2. Jason Thieman	18' 11"	4th
	3. Ryan Prihoda	18' 8"	5th - PB

Triple Jump	1. Jeffrey Carlbom	41' 5"	2nd - PB #2
	***HONORABLE MENTION***		
	2. Jason Thieman	37' 11.25"	5th - PB
	3. Ryan Prihoda	37' 6"	6th - PB

High Jump	1. Steven Hart	DNJ
-----------	----------------	-----

Shot Put	1. Micah Overtoom	35' 11"	3rd
	2. Logan Kolecki	32' 11"	7th
	3. Fredrick Ausmus	30' 3"	

Discus	1. Micah Overtoom	107' 4"	4th
	2. Caleb Fromm	103' 7"	6th - PB
	3. Logan Kolecki	90' 10"	8th

### Top Point Getters

1. Jeffrey Carlbom	31
2. Hunter Peacock	25
3. George Ausmus	22
3. Caleb Fromm	22
5. Charlie Ausmus	20
6. Jason Thieman	19
7. Damion Torgerson	15
8. Micah Overtoom	11
9. Ryan Prihoda	10
9. Ronnie Martini	10
11. Eli Fromm	9
12. Landon Ganote	8
13. Colin Miche'	6
14. Weston Clementson	5
15. Anthony Bergeron	4
16. Logan Kolecki	3
16. Josh Brinker	3
16. Noah Root	3
16. Jake Rasmussen	3

**19 total scorers**

### TEAM RESULTS:

1. Rush City	204	
2. Pine City	196	-8
3. Aitkin	81	-123
4. East Central	55	-149
5. Hinckley-Finlayson	44	-160
6. Braham	39	-165
7. Ogilvie	30	-174



# SUB-SECTION TRACK MEET (Milaca)

Tuesday, June 1, 2021, 3:00

## Pine City Girls' Results

4 x 800 m Relay	1. <b>Sophie Lahti</b>	(72.8, 82.7)	2:35.5	PB
	2. <b>Abby Aagaard</b>	(77.4, 84.4)	2:41.8	PB
	3. <b>Allison Unverzagt</b>	(75.5, 84.3)	2:39.8	PB
	4. <b>Emma Belsheim</b>	(79.7, 78.4)	2:38.1	
		<b>10:36.54</b>	<b>1st - BTY</b>	

\*\*\*ADVANCES TO SECTIONS\*\*\*

100 m Hurdles	1. Dorothy Miller	P: 19.48		
	2. Addison Blaiser	P: 23.43		
	3. Alyssa Olson	DNR		
100 m Dash	1. Lena Roubinek	P: 13.67	F: 13.49	4th
	2. Emma Johnson	P: 14.94	F: 14.63	7th
	3. Stella Helseth	P: 14.87	F: 14.77	8th - PB

\*\*\*ADVANCES TO SECTIONS\*\*\*

4 x 200 m Relay	1. Vivian Lahti	28.9	PB
	2. Lena Roubinek	28.4	PB
	3. Ainsley Vinaja	27.6	BTY
	4. Summer Thieman	28.0	PB
		<b>1:53.12</b>	<b>2nd - BTY #10</b>

\*\*\*ADVANCES TO SECTIONS\*\*\*

1600 m Run	1. <b>Ella Sell</b>	<b>5:33.47</b>	<b>1st</b>
	(1:18, 1:26, 1:28, 1:20)		
		<b>***ADVANCES TO SECTIONS***</b>	
	2. Eva Johnson	5:53.01	4th
	(1:22, 1:30, 1:32, 1:28)		
		<b>***ADVANCES TO SECTIONS***</b>	

4 x 100 m Relay	1. Emma Johnson	13.8	
	2. Lena Roubinek	12.8	PB
	3. Ainsley Vinaja	13.2	
	4. Summer Thieman	13.8	
		<b>53.49</b>	<b>2nd</b>

\*\*\*ADVANCES TO SECTIONS\*\*\*

400 m Dash	1. Vivian Lahti	67.16	4th
	2. Abby Aagaard	67.51	5th - PB
	3. Allison Unverzagt	69.05	6th - PB

\*\*\*ADVANCES TO SECTIONS\*\*\*

300 m Hurdles	1. Sophie Lahti	50.47	3rd
	2. Stella Helseth	59.46	PB

\*\*\*ADVANCES TO SECTIONS\*\*\*

800 m Run	1. Ella Sell	(74, 77)	2:31.74	3rd
	2. Emma Belsheim	(75, 81)	2:36.50	5th
	3. Arissa Rydberg	(76, 83)	2:39.52	6th

\*\*\*ADVANCES TO SECTIONS\*\*\*

200 m Dash	1. Mallory Clepper	28.55	6th - PB
	2. Ainsley Vinaja	29.22	7th
	3. Gracie Larson	30.01	PB

3200 m Run	1. Eva Johnson	13:03.55	3rd
	(1:26, 1:33, 1:36, 1:39, 1:41, 1:43, 1:44, 1:38)		
		<b>***ADVANCES TO SECTIONS***</b>	
	2. Rachel Brown	13:44.53	4th - PB
	(1:27, 1:37, 1:45, 1:48, 1:49, 1:48, 1:44, 1:43)		
		<b>***ADVANCES TO SECTIONS***</b>	

4 x 400 m Relay	1. <b>Summer Thieman</b>	63.9	BTY
	2. <b>Ella Sell</b>	65.1	
	3. <b>Arissa Rydberg</b>	65.4	PB
	4. <b>Sophie Lahti</b>	62.3	PB
		<b>4:16.80</b>	<b>1st - PB #1</b>

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

\*\*\*ADVANCES TO SECTIONS\*\*\*

Pole Vault	1. Gracie Larson	6' 6"	8th - PB
Long Jump	1. Abby Aagaard	13' 7.25"	7th
	2. Dorothy Miller	13' 7"	8th

Triple Jump	1. Dorothy Miller	31' 7.5"	2nd - BTY
	2. Abby Aagaard	30' 6"	5th - PB

\*\*\*ADVANCES TO SECTIONS\*\*\*

High Jump	1. Sophie Lahti	4' 7"	8th tie
	2. Teresa Root	4' 7"	8th tie
	3. Vivian Lahti	4' 3"	

Shot Put	1. <b>Lena Roubinek</b>	<b>32' 4.5"</b>	<b>1st - PB #8</b>
	2. Cara Kuhn	30' 3"	2nd
	3. Maggie Smetana	28' 4.25"	6th

\*\*\*ADVANCES TO SECTIONS\*\*\*

\*\*\*ADVANCES TO SECTIONS\*\*\*

Discus	1. Cara Kuhn	89' 7"	2nd
	2. Chloe McKellar	81' 9"	4th - PB
	3. Maggie Smetana	75' 8"	7th

\*\*\*ADVANCES TO SECTIONS\*\*\*

\*\*\*ADVANCES TO SECTIONS\*\*\*

### Top Point Getters

1. Lena Roubinek	23
2. Ella Sell	21
3. Sophie Lahti	16.5
4. Cara Kuhn	16
5. Abby Aagaard	15
6. Summer Thieman	13
7. Eva Johnson	11
8. Ainsley Vinaja	10
9. Dorothy Miller	9
9. Emma Belsheim	9
9. Vivian Lahti	9
12. Arissa Rydberg	8
12. Allison Unverzagt	8
14. Emma Johnson	6
15. Maggie Smetana	5
15. Rachel Brown	5
15. Chloe McKellar	5
18. Mallory Clepper	3
19. Gracie Larson	1
19. Stella Helseth	1
21. Teresa Root	0.5

**21 total scorers**

**18 Total Girls Qualified for Sections**

### TEAM RESULTS:

1. Pine City	159	
2. Milaca	113	-46
3. Rush City	107	-52
4. Mora	93	-66
5. Braham	68	-91
6. Mille Lacs	66	-93
7. East Central	48	-111
8. Hinckley-Finlayson	29	-130

# SUB-SECTION TRACK MEET (Milaca)

Tuesday, June 1, 2021, 3:00

Pine City Boys' Results

4 x 800 m Relay	1. Eli Fromm	(68.7, 73.5)	2:22.2	PB
	2. Weston Clementson	(72.3, 74.3)	2:26.6	
	3. Ronnie Martini	(65.4, 68.5)	2:13.9	PB
	4. Damion Torgerson	<u>(65.3, 68.2)</u>	<u>2:13.5</u>	PB
		9:16.31	3rd - BTY	

110 m Hurdles 1. NONE

100 m Dash	1. Hunter Peacock	P: 11.74	F: 11.53	4th
	***ADVANCES TO SECTIONS***			
	2. Ryan Pihoda	P: 12.61		
	3. Jake Rasmussen	P: 13.31		PB

4 x 200 m Relay	1. Jason Thieman	24.8		
	2. Jeffrey Carlborn	23.0		PB
	3. Caleb Fromm	23.6		
	4. Hunter Peacock	<u>22.2</u>		PB
		1:33.72	2nd - BTY	#3
***ADVANCES TO SECTIONS***				

1600 m Run	1. <b>Charlie Ausmus</b>	<b>4:50.31</b>	<b>1st</b>
	(1:13, 1:14, 1:13, 1:08)		
	***ADVANCES TO SECTIONS***		
	2. Eli Fromm	5:26.34	2nd
	(1:20, 1:25, 1:25, 1:14)		
	***ADVANCES TO SECTIONS***		
	3. Colin Miche'	5:41.73	7th - PB
	(1:22, 1:27, 1:30, 1:21)		

4 x 100 m Relay	1. Ryan Pihoda	11.9	PB
	2. Jake Rasmussen	12.6	PB
	3. Anthony Bergeron	12.7	PB
	4. Landon Ganote	<u>14.4</u>	
		51.55	3rd

400 m Dash	1. <b>Caleb Fromm</b>	<b>53.30</b>	<b>1st</b>
	***ADVANCES TO SECTIONS***		
	2. Ronnie Martini	59.00	6th - PB
	3. Josh Brinker	59.50	8th - PB

300 m Hurdles 1. NONE

800 m Run	1. George Ausmus	(62, 66)	2:08.68	2nd - PB
	***ADVANCES TO SECTIONS***			
	2. Damion Torgerson	(68, 71)	2:19.62	5th
	3. Maxwell Jackson	(78, 86)	2:44.11	

200 m Dash	1. Hunter Peacock	23.38	2nd - PB	#7
	***ADVANCES TO SECTIONS***			
	2. Jeffrey Carlborn	24.71	6th	
	3. Josh Brinker	26.42	PB	

3200 m Run	1. <b>Charlie Ausmus</b>	<b>11:14.49</b>	<b>1st</b>
	(1:20, 1:21, 1:23, 1:26, 1:28, 1:28, 1:26, 1:19)		
	***ADVANCES TO SECTIONS***		
	2. Colin Miche'	13:38.68	6th
	(1:28, 1:33, 1:39, 1:42, 1:47, 1:49, 1:50, 1:47)		

4 x 400 m Relay	1. Caleb Fromm	54.3		
	2. George Ausmus	56.3		PB
	3. Damion Torgerson	58.2		
	4. Jason Thieman	<u>54.0</u>		PB
		3:42.83	3rd - BTY	

Pole Vault	1. Levi Wilson	8' 0"	7th - PB
	2. Noah Root	NH	
	3. Maxwell Jackson	NH	

Long Jump	1. Jeffrey Carlborn	18' 11.75"	3rd
	***ADVANCES TO SECTIONS***		
	2. Jason Thieman	18' 2.5"	6th
	3. Ryan Pihoda	17' 7"	8th

Triple Jump	1. Jeffrey Carlborn	41' 2"	2nd
	***ADVANCES TO SECTIONS***		
	2. Ryan Pihoda	36' 8.5"	4th
	***ADVANCES TO SECTIONS***		
	3. Jason Thieman	36' 7.5"	5th

High Jump 1. NONE

Shot Put	1. Micah Overtoom	37' 5"	6th
	2. Jace Preston	35' 9.5"	PB
	3. Logan Kolecki	31' 1.25"	

Discus	1. Micah Overtoom	114' 3"	2nd - PB
	***ADVANCES TO SECTIONS***		
	2. Logan Kolecki	80' 1"	
	3. Fredrick Ausmus	78' 5"	PB

### Top Point Getters

1. Jeffrey Carlborn	21
2. Charlie Ausmus	20
3. Hunter Peacock	17
3. Caleb Fromm	17
5. Jason Thieman	14
6. George Ausmus	11
6. Micah Overtoom	11
6. Eli Fromm	11
9. Damion Torgerson	10
10. Ryan Pihoda	9
11. Ronnie Martini	6
12. Colin Miche'	5
13. Weston Clementson	3
13. Landon Ganote	3
13. Jake Rasmussen	3
13. Anthony Bergeron	3
17. Levi Wilson	2
18. Josh Brinker	1

**18 total scorers**

**9 Total Boys Qualified for Sections**

### TEAM RESULTS:

1. Mora	195	
2. <b>Pine City</b>	140	-55
3. Rush City	133	-62
4. Milaca	68	-127
5. Hincley-Finlayson	43	-152
6. East Central	33	-162
7. Braham	31	-164

**SECTION 5A TRACK MEET @ St. John's University**  
**Wednesday, June 9, 2021, 9:00am**  
**Pine City Girls' Results**

4 x 800 m Relay	1. Sophie Lahti	(69.9, 79.9)	2:29.8	PB
11:45 AM	2. Abby Aagaard	(71.4, 84.4)	2:35.8	PB
	3. Allison Unverzagt	(72.5, 85.1)	2:37.6	PB
	4. Emma Belshelm	<u>(71.5, 79.8)</u>	2:31.3	PB
		10:14.67	5th - BTY	#4

100 m Dash	1. Lena Roubinek	P: 13.60	10th
11:25 AM			
1:20 Finals			

4 x 200 m Relay	1. Vivian Lahti	29.0	
1:35 PM	2. Lena Roubinek	27.3	PB
	3. Ainsley Vinaja	29.1	
	4. Summer Thieman	<u>28.2</u>	
		1:54.09	8th

1600 m Run	1. Ella Sell	5:36.44	4th
1:50 PM		(1:17, 1:24, 1:28, 1:27)	
	2. Eva Johnson	5:55.12	11th
		(1:22, 1:31, 1:34, 1:28)	

4 x 100 m Relay	1. Emma Johnson	13.6	
2:10 PM	2. Lena Roubinek	13.6	
	3. Ainsley Vinaja	13.9	
	4. Summer Thieman	<u>12.1</u>	PB
		53.65	8th

400m Dash	1. Vivian Lahti	67.10	15th
-----------	-----------------	-------	------

300m Hurdles	1. Sophie Lahti	50.39	9th
--------------	-----------------	-------	-----

800 m Run	1. Ella Sell	(72.1, 82.0)	2:34.16	10th
3:20 PM				

3200 m Run	1. Eva Johnson	12:49.54	10th
9:00 AM		(1:23, 1:36, 1:34, 1:38, 1:39, 1:42, 1:42, 1:34)	
	2. Rachel Brown	14:05.63	16th

4 x 400 m Relay	1. Summer Thieman	65.1	
4:35 PM	2. Ella Sell	65.6	
	3. Arissa Rydberg	66.5	
	4. Sophie Lahti	<u>65.1</u>	
		4:22.41	6th

Triple Jump	1. Dorothy Miller	32' 10.5"	9th - BTY
1:00 PM			

Discus	1. Chloe McKellar	89' 11"	10th - PB
10:30 AM			
	2. Cara Kuhn	85' 2"	14th

Shot Put	1. Cara Kuhn	31' 10"	8th
12:15 PM			

Top Point Getters

1. Ella Sell	7.5
2. Sophie Lahti	4.5
3. Summer Thieman	2.5
4. Abby Aagaard	2
5. Emma Belshelm	2
6. Allison Unverzagt	2
7. Arissa Rydberg	1.5
8. Lena Roubinek	1
9. Cara Kuhn	1
10. Ainsley Vinaja	1
11. Vivian Lahti	0.5
12. Emma Johnson	0.5
13. Eva Johnson	0
14. Dorothy Miller	0
15. Rachel Brown	0
16. Chloe McKellar	0
17. Mallory Clepper	A
18. Gracie Larson	A

**12 total scorers**

16 Comp / 18 ALL 13 Events

TEAM RESULTS:

1. Rockford	108
2. Eden Valley W.K.	62
3. Spectrum	59
4. Maple Lake	54
5. Howard Lake -W.W.	53
6. Albany	46
7. Braham	40
7. Annandale	40
9. Litchfield	39
10. St. Cloud Cathedral	35
11. Milaca	18
11. Pierz	18
11. Paynesville	18
14. Legacy Christian A.	17
15. <b>Pine City</b>	15
16. New London Spicer	14
17. Mora	11
17. Royalton	11
19. NLA/LILA	10
20. Rush City	9
20. Mille Lacs	9
20. East Central	9
23. Holdingford	6
24. Ogilvie	1

**SECTION 5A TRACK MEET @ Saint John's University**  
**Wednesday, June 9, 2021, 9:00am**  
**Pine City Boys' Results**

100 m Dash 1. Hunter Peacock P: 11:74 F: 11:57 5th  
 11:35 AM  
 1:25 Finals

Triple Jump 1. Jeffrey Carlbom 41' 4" 7th  
 10:30 AM  
 2. Ryan Prihoda 35' 9.5" 13th

4 x 200 m Relay 1. Jason Thieman 23.8 PB  
 1:45 PM 2. Jeffrey Carlbom 23.3  
 3. Caleb Fromm 24.2  
 4. Hunter Peacock 22.0 PB  
 1:33.54 4th - BTY #3

Long Jump 1. Jeffrey Carlbom 19' 9" 4th  
 1:00 PM

1600 m Run 1. Eli Fromm 5:16.74 11th - PB  
 2:00 PM (1:13, 1:21, 1:27, 1:15)  
 2. Charlie Ausmus DNF  
 (1:12, 1:18, dropped out due to injury)

Discus 1. Micah Overtoom 121' 3" 6th - PB  
 12:15 PM

TEAM RESULTS:

400 m Dash 1. Caleb Fromm 54.75 15th  
 2:35 PM  
 800 m Run 1. George Ausmus (61.7, 70.8) 2:12.90 11th  
 3:30 PM  
 200 m Dash Hunter Peacock 23.76 6th  
 3:55 PM  
 3200 m Run 1. Charlie Ausmus 11:03.99 13th  
 9:15 AM (1:16, 1:17, 1:20, 1:24, 1:29, 1:28, 1:20)

1. Annandale 85  
 2. Mora 75  
 3. Spectrum 64  
 4. Howard Lake -W.W. 55  
 5. Rockford 45  
 6. Legacy Christian Acad. 41  
 7. Northwest Nighthawks 35  
 8. Maple Lake 32  
 9. Litchfield 31  
 10. Rush City 29  
 11. St. Cloud Cathedral 27  
 12. Albany 26  
 13. **Pine City** 22  
 14. East Central 21  
 15. Eden Valley W.K. 19  
 16. Holdingford 17  
 17. Milaca 15  
 17. New London Spicer 13  
 19. Pierz 11  
 19. Royalton 11  
 19. Braham 11  
 22. Hinckley-Finlayson 10  
 23. Parnassus Prep 4  
 24. St. John's Prep 2

Top Point Getters

1. Jeffrey Carlbom 9.5  
 2. Hunter Peacock 9.5  
 3. Micah Overtoom 3  
 4. Caleb Fromm 2.5  
 5. Jason Theiman 2.5  
 6. George Ausmus 0  
 7. Charlie Ausmus 0  
 8. Ryan Prihoda 0  
 9. Eli Fromm 0  
**5 total scorers** 10 Events

9 Competing

# GIRLS' "BESTS" - 2021

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run	55 m hurdles	100 m hurdles	300 m hurdles	high jump	long jump	triple jump	discus	shot put	pole vault
Cara Kuhn - 12	2016												11' 0.5" - Relay			23' 4.5" - Subs	
	2017		15.64 - jh	32.66 - jh pc											51' 6" - tt	25' 10.5" - tt	
	2018														76' 1.5" - Fol	28' 3" - Sub	
	2019														84' 1" - GRC	30' 2.5" - GRC	
	2021														88' 0" - ?	30' 5.5" - Sub	
Ainsley Vinaja - 12	2018		13.93 - Sub	30.89 - Mo In								13' 7.75" - ?					
			11.9sp - Sub	27.6sp - Cheng													
	2019		14.20 - ?	28.17 - GRC													
			12.8sp	27.4sp													
	2021		13.9 - RC	28.6 - Br													
Meaghan Macho - 11	2018				70.9 - jh	2:53.51 - Cheng	6:16.72 - Sub							22' 10" - Relay			
					71.2sp - Relay	2:39.3sp - GRC											
	2019				75.9 - ?	2:55.0 - ?											
					73.0sp	2:49sp											
	2021				72.09 - Cheng										26' 8" - Relay		
Dorothy Miller - 11	2017									20.54 - PC						29' 1.75" - PC	
	2018		15.5sp - Relay	31.04 - TT					11.56 - Fo In	17.92 - TT			14' 5.5" - GRC	31' 10.5" - GRC			
	2019									18.04 - GRC			14' 9" - Foley	33' 11" - GRC			
	2021		15.3 - tt							19.27 - GRC			14' 7" - TT	32' 10.5" - Sec			
	Emma Johnson - 10	2018	8.1 - GRC In	14.06 - Sub	32.50 - Mo In												
2019			13.90 - GRC														
			12.8 sp														
2021			13.5 - Br	31.43 - Cheng										13' 11" - Br			6' 6" - tt
			13.3sp - GRC	31.2sp													
Sophie Lahti - 10	2018				70.5 - jh	3:05.28 - Mo In					54.56 - ?	4' 6" - GRC	12' 2.25" - jh	29' 0" - Brah			
						2:51.0sp - Tig											
	2019				65.13 - pc jv	2:55.8 - ?					52.31 - Sub	4' 10" - GRC					
				28.0sp - Relay	66.0sp - Sub	2:36.8sp - Sub											
	2021			29.5sp - RC	62.3sp - Sub	2:29.8 sp - Sec					50.21 - GRC	4' 8" - Br & TT					
Chloe McKellar - 10	2019														73- 8"	21' 4"	
	2021														89' 11" - Sec	27' 11" - Mi	
Ashley Peters - 10	2018															15' 4" - Mo In	
	2019														55' 4"	19' 10"	
	2021														61' 7" - Mi	21' 4" - Cheng	
Ella Sell - 10	2018				72.4 - GRC In												
	2019		14.7 - jh	31.1 - jh	68.63 - GRC												
					68.5sp	2:43.7sp - GRC											
	2021				64.9 - RC	2:30.3 - Br	<b>5:24.7 - Br</b>	<b>12:00.0 - RC</b>									
Maggie Smetana - 10	2018				28.8sp - RC	65.1sp - Sub											
	2019											4' 2" - Mo In				22' 2" - Fo In	5' 6" - jh
	2021														85' 11" - Sub	25' 5" - Sub	
														86' 9" - HF	29' 8" - Br		



## BOYS' "BESTS" - 2021

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run	55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault	
George Ausmus - 12	2017				65.35 - Fol	2:22.74 - Sub	5:11.13 - Sub						14' 0.75" - jh					
	2018		13.0sp		62.0sp		5:23 - jh											
						59.24 - TT	2:25.09 - Fo In	5:12.39 - Sub		Relay								
	2019			27.7	58.80 - ?	2:18.0sp - Tig												
2021			28.9 sp			2:12.21 - GRC												
						2:11.5sp - TT	5:00.9 - Br											
Jeffrey Carlbom - 12	2019		12.54	26.55 - jv pc	60.36 - ?								18' 3.5" - GRC	34' 6.75" - GRC				
			11.5 sp	25.0 sp														
			11.7 - RC	23.98 - GRC										20' 5" - GRC	41' 5" - GRC			
Caleb Fromm - 12	2019		12.71	25.01	54.60 - Sub													
				24.0 sp	52.0 sp -STATE													
				25.79 - ?	52.55 - GRC													
2021		11.2sp - HF	23.5 sp - Br	54.0 - Mi	2:23.1 - RC									37' 1.5" - RC	103' 7" - GRC			
Steven Hart - 12	2017											4' 6" - jh grc	14' 7.75" - jh	27' 5" - jv			7' 0" - jh	
	2018		13.26 - Sub	28.21 - Fo In					11.00 Fo In	20.56 - Sub	51.59 - Sub	4' 10" - Mo In	17' 3" - Brah					
				12.8sp - Brah														
	2019		13.07 - jv pc									5' 1" - GRC	16' 10" - ?	32' 5" - ?			8' 8" - GRC	
2021		11.7 sp																
			12.2sp - TT						19.45 - TT			5' 0" - TT	18' 4" - ?				10' 0" - Mi	
Hunter Peacock - 12	2019		12.07 - Sub	24.50 - GRC														
			12.4 sp	23.5 sp														
	2021		11.43 - GRC	23.38 - Sub														
			11.3sp - HF	22.0sp - Sec														
Colin Miche - 11	2019			34.8 sp	71.4 - jv	2:44.5 - jv	6:03.5 - jv											
	2021			17.5sp - Br	70.7 - RC	2:39.7 - RC	5:41.73 - Sub	12:46.26 - GRC									6' 0" - jv	
Micah Overtoom - 11	2017											4' 0" - jh			33' 7" - tt	18' 3" - tt		
																31' 6.5" - jh grc		
	2018														64' 5" - Relay	23' 9.5" - Mo In		
	2019		14.7sp - Relay															
2021															89' 6" - ?	30' 3" - ?		
															121' 3" - Sec	38' 2" - ?		
Jason Thieman - 11	2017	7.7 - Fol In	13.44 - ?	27.6 - Og	65.87 - Sub		5:57 - jh			18.4 - jh 100h		4' 6" -jh	15' 1.5" - PC	33' 3.75" - jh g				
				27.9sp	64 - jh grc													
	2018	8.07 - Mo In	13.42 - GRC	26.7 - Brah														7' 0" - jh
			12.0sp - Tig	26.5sp - Tig														
	2019		12.95								47.47 - ?		17' 2" - ?	33' 7.5" - ?				
2021		12.3sp	26.3sp															
		12.5 - tt							20.1 - Relay	46.52 - Mi				37' 11.25" -GRC	85' 3" - RC			
Fredrick Ausmus - 10	2018		15.8sp - Relay												56' 5" - Relay	20' 6" - In Fol		
	2019		15.1sp - Relay											21' 9" - jh	75' 10" - ?	25' 10.5" - ?		
	2021														78' 5" - Sub	27' 9.25" -Relay		
Keith Betters - 10	2021											4' 2" - tt	9' 7.5" - tt					





## GIRLS' RELAY HISTORY - 2021

	GRC RELAY	CHENGWATANA	RUSH CITY	HINCKLEY	MILACA	BRAHAM	RUSH CITY	TRUE TEAM	GRC	SUB-SECTION	SECTION	STATE
<b>4 X 100 M</b>	Emma Johnson	Emma Johnson	Emma Johnson	NONE	Emma Johnson	Emma Johnson	Gracie Larson	Gracie Larson	Emma Johnson	Emma Johnson	Emma Johnson	
<b>RELAY</b>	Lena Roubinek	Lena Roubinek	Lena Roubinek		Lena Roubinek	Lena Roubinek	Teresa Root	Lena Roubinek	Lena Roubinek	Lena Roubinek	Lena Roubinek	
<b>(52.79)</b>	Ainsley Vinaja	Ainsley Vinaja	Ainsley Vinaja		Ainsley Vinaja	Ainsley Vinaja	Vivian Lahti	Ainsley Vinaja	Ainsley Vinaja	Ainsley Vinaja	Ainsley Vinaja	
	Mallory Clepper	Summer Thieman	Mallory Clepper		Summer Thieman	Summer Thieman	Emma Johnson	Mallory Clepper	Summer Thieman	Summer Thieman	Summer Thieman	
	56.3	54.63	56.2		55.24	54.3	58.8	57.63	<b>53.07</b>	53.49	53.65	
<b>4 X 200 M</b>	Summer Thieman	Gracie Larson	Gracie Larson	Emma Johnson	Gracie Larson	Emma Johnson	Mallory Clepper	Gracie Larson	Gracie Larson	Vivian Lahti	Vivian Lahti	
<b>RELAY</b>	Ainsley Vinaja	Teresa Root	Teresa Root	Lena Roubinek	Teresa Root	Emma Belsheim	Lena Roubinek	Summer Thieman	Mallory Clepper	Lena Roubinek	Lena Roubinek	
<b>(1:49.10)</b>	Lena Roubinek	Vivian Lahti	Vivian Lahti	Ainsley Vinaja	Vivian Lahti	Arissa Rydberg	Ainsley Vinaja	Ainsley Vinaja	Vivian Lahti	Ainsley Vinaja	Ainsley Vinaja	
	Mallory Clepper	Mallory Clepper	Mallory Clepper	Summer Thieman	Mallory Clepper	Mallory Clepper	Summer Thieman	Mallory Clepper	Ainsley Vinaja	Summer Thieman	Summer Thieman	
	1:59.0	2:06.47	2:08.9	1:58.9	2:04.11	2:02.4	1:54.9	1:57.18	1:57.36	<b>1:53.12</b>	1:54.09	
<b>4 X 400 M</b>	Summer Thieman	Summer Thieman	Summer Thieman	Summer Thieman	Summer Thieman	Summer Thieman	Amber Norton	Summer Thieman	Summer Thieman	Summer Thieman	Summer Thieman	
<b>RELAY</b>	Arissa Rydberg	Arissa Rydberg	Sophie Lahti	Ella Sell	Ella Sell	Ella Sell	Vivian Lahti	Ella Sell	Ella Sell	Ella Sell	Ella Sell	
<b>(4:16.81)</b>	Sophie Lahti	Mallory Clepper	Arissa Rydberg	Emma Belsheim	Arissa Rydberg	Arissa Rydberg	Sophie Lahti	Arissa Rydberg	Arissa Rydberg	Arissa Rydberg	Arissa Rydberg	
	Ella Sell	Vivian Lahti	Ella Sell	Sophie Lahti	Sophie Lahti	Sophie Lahti	Meaghan Macho	Sophie Lahti	Sophie Lahti	Sophie Lahti	Sophie Lahti	
	4:37.1	4:41.60	4:40.3	3:31.6	3:25.8	4:26.2	4:38.8	4:22.39	4:25.03	<b>4:16.80</b>	4:22.41	
<b>4 X 800 M</b>	Emma Belsheim	Arissa Rydberg	Emma Belsheim	Arissa Rydberg	Sophie Lahti	Sophie Lahti	Emma Belsheim*	Sophie Lahti	Sophie Lahti	Sophie Lahti	Sophie Lahti	
<b>RELAY</b>	Allison Unverzagt	Meaghan Macho	Allison Unverzagt	Allison Unverzagt	Abby Aagaard	Abby Aagaard	Abby Aagaard	Arissa Rydberg	Abby Aagaard	Abby Aagaard	Abby Aagaard	
<b>(9:59.69)</b>	Abby Aagaard	Abby Aagaard	*Ella Sell	Abby Aagaard	Allison Unverzagt	Allison Unverzagt	Eva Johnson	Emma Belsheim	Allison Unverzagt	Allison Unverzagt	Allison Unverzagt	
	Meaghan Macho	Allison Unverzagt	Eva Johnson	Eva Johnson	Emma Belsheim	Meaghan Macho	Arissa Rydberg	Allison Unverzagt	Emma Belsheim	Emma Belsheim	Emma Belsheim	
	11:45.0	11:29.70	10:53*	11:24.8	10:45.32	11:11.0	10:52.6	10:52.02	10:58.98	10:36.54	<b>10:14.67</b>	

## BOYS' RELAY HISTORY - 2021

	GRC RELAY	CHENGWATANA	RUSH CITY	HINCKLEY	MILACA	BRAHAM	RUSH CITY	TRUE TEAM	GRC	SUB-SECTION	SECTION	STATE
<b>4 X 100 M</b>	Hunter Peacock	Landon Ganote	Josh Brinker	Jason Thieman	NONE	Logan Kolecki	Anthony Bergeron	Steven Hart	Ryan Prihoda	Ryan Prihoda		
<b>RELAY</b>	Jeffery Carlbon	Jake Rasmussen	Jake Rasmussen	Jeffery Carlbon		Maxwell Jackson	Noah Brady	Landon Ganote	Jake Rasmussen	Jake Rasmussen		
<b>(44.20)</b>	Jake Rasmussen	Anthony Bergeron	Noah Root	Caleb Fromm		Colln Miche'	Daimlen Lord	Jake Rasmussen	Anthony Bergeron	Anthony Bergeron		
	Ryan Prihoda	Noah Brady	Maxwell Jackson	Hunter Peacock		Noah Root	Weston Clementson	Ryan Prihoda	Landon Ganote	Landon Ganote		
	49.6	55.83	57.2	46.6		60.9	54.5	50.59	51.28	51.55		
<b>4 X 200 M</b>	Jason Thieman	Jason Thieman	Jason Thieman	Josh Brinker	Jason Thieman	Jason Thieman	Jason Thieman	Jason Thieman	Jason Thieman	Jason Thieman	Jason Thieman	Jason Thieman
<b>RELAY</b>	Josh Brinker	Jeffery Carlbon	Jeffery Carlbon	Jake Rasmussen	Jeffery Carlbon	Jeffery Carlbon	Jeffery Carlbon	Jeffery Carlbon	Jeffery Carlbon	Jeffery Carlbon	Jeffery Carlbon	Jeffery Carlbon
<b>(1:31.68)</b>	Jake Rasmussen	Caleb Fromm	Caleb Fromm	Noah Root	Caleb Fromm	Caleb Fromm	Caleb Fromm	Caleb Fromm	Caleb Fromm	Caleb Fromm	Caleb Fromm	Caleb Fromm
	Hunter Peacock	Hunter Peacock	Hunter Peacock	Maxwell Jackson	Hunter Peacock	Hunter Peacock	Hunter Peacock	Hunter Peacock	Hunter Peacock	Hunter Peacock	Hunter Peacock	Hunter Peacock
	1:44.6	1:40.14	1:45.0	1:57.9	1:36.40	1:35.9	1:36.7	1:35.55	1:34.41	1:33.72	1:33.54	
<b>4 X 400 M</b>	George Ausmus	George Ausmus	Caleb Fromm	Caleb Fromm	Caleb Fromm	Caleb Fromm	Josh Brinker	Caleb Fromm	Caleb Fromm	Caleb Fromm		
<b>RELAY</b>	Caleb Fromm	Damion Toergerson	Damion Toergerson	Damion Toergerson	Damion Toergerson	Damion Toergerson	Damion Toergerson	George Ausmus	Damion Toergerson	George Ausmus		
<b>(3:25.96)</b>	Damion Toergerson	Josh Brinker	Ronnie Martini	Ronnie Martini	Ronnie Martini	Josh Brinker	Ronnie Martini	Ronnie Martini	Ronnie Martini	Damion Toergerson		
	Charlie Ausmus	Ronnie Martini	George Ausmus	George Ausmus	George Ausmus	George Ausmus	Jason Thieman	Jason Thieman	George Ausmus	Jason Thieman		
	3:58.8	4:08.98	4:01.3	3:58.2	3:50.6	3:54.7	3:53.4	3:45.72	3:47.89	3:42.83		
<b>4 X 800 M</b>	Charlie Ausmus	Damion Toergerson	Ronni Martini	Ronnie Martini	Damion Toergerson	NONE	George Ausmus	Damion Toergerson	Landon Ganote	Eli Fromm		
<b>RELAY</b>	Ronni Martini	Weston Clementson	Damion Toergerson	Damion Toergerson	Weston Clementson		Caleb Fromm	Weston Clementson	Weston Clementson	Weston Clementson		
<b>(8:18.61)</b>	Eli Fromm	Ronnie Martini	Charlie Ausmus	Charlie Ausmus	Ronnie Martini		Charlie Ausmus	Ronnie Martini	Ronnie Martini	Ronnie Martini		
	Weston Clementson	Colin Miche'	George Ausmus	George Ausmus	Eli Fromm		Eli Fromm	George Ausmus	Damion Toergerson	Damion Toergerson		
	10:10.8	10:10.96	10:10.0	9:26.2	9:32.75		9:44.8	9:19.59	9:45.81	9:16.31		

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X100 M RELAY	K. Meyer	A. Bernard	C. Koppen	<b>Emma Johnson</b>	K. Meyer	Sam Isackson		Ellaina Johnson	R. Overson	Ellaina Johnson
	A. Peil	A. Nelson	S. Weichman	<b>Lena Roubinek</b>	A. Mettling	Erica Delak		Kensi Tayerle	J. Wirth	Allyson Chromey
	M. Sloan	K. Johnson	M Odegard	<b>Ainsley Vinaja</b>	L. Ballis	Heidi Delak		Ainsley Vinaja	K. Johnson	Emma Johnson
	T. Kazek	J. Wirth	S. Misel	<b>Summer Thieman</b>	K. Ovik	Nina Sear		Alexis Pankonin	A. Mettling	Kensi Tayerle
	52.79 98	53.03 03	53.05 93	<b>53.07 21</b>	53.23 99	53.3 90	53.41 91	53.65 18	53.71 01	53.72 19
4 x 200 M RELAY	Aa. Thieman	M. Bellinger	K. Nelsen	Ellaina Johnson	H. Staples	Ellaina Johnson	H. Staples		Aa. Thieman	<b>Vivian Lahti</b>
	Elsie Lundquist	K. Perell	K. Lindstrom	Kensi Tayerle	B. Clementson	Kensi Tayerle	B. Clementson		B. Pangerl	<b>Lena Roubinek</b>
	Alexis Pankonin	E. Branzovsky	L. Lindstrom	Alaina Steele	E. Larson	Alexis Thieman	K. Hughes		Elsie Lundquist	<b>Ainsley Vinaja</b>
	Alaina Steele	B. Osterdyk	L. Haugen	Alexis Pankonin	E. Branzovsky	Alexis Pankonin	E. Branzovsky		Alexis Pankonin	<b>Summer Thieman</b>
	1:49.10 16	1:50.17 -06	1:50.8 83	1:51.97 18	1:51.9 08	1:52.05 18	1:52.28 08	1:52.5 90	1:52.99 15	<b>1:53.12 21</b>
4 x400 M RELAY	<b>Summer Thieman</b>	M. Johnson	G. Langmade	Kaylee Pihoda	Lauren Sommer	A. Gusk	Summer Thieman	M. Johnson	J. Fore	Alexis Thieman
	<b>Ella Sell</b>	J. Fore	Grace Grubbs	Grace Grubbs	Aa. Thieman	C. Jahnz	Sophie Lahti	J. Fore	E. Branzovsky	Grace Grubbs
	<b>Arissa Rydberg</b>	C. Filler	Lydia Adams	Lydia Adams	Alexis Pankonin	J. Kotek	Lydia Adams	C. Filler	C. Filler	Lydia Adams
	<b>Sophie Lahti</b>	B. Osterdyk	Alaina Steele	Alaina Steele	Alaina Steele	S. Rike	Alaina Steele	B. Osterdyk	B. Osterdyk	Alaina Steele
	<b>4:16.80 21</b>	4:16.81 -03	4:19.39 17	4:19.99 18	4:20.7 15	4:21.59 13	4:22.08 19	4:22.2 04	4:22.7 03	4:23.45 18
4 x800 M RELAY	Alaina Steele	M. Butenhoff	G. Langmade	<b>Sophie Lahti</b>	Marin Foss	A. Cummins	Marin Foss	J. Fore	Grace Grubbs	Marin Foss
	G. Langmade	G. Langmade	Grace Grubbs	<b>Abby Aagaard</b>	Grace Grubbs	A. Gusk	G. Langmade	D. Dickey	Sophie Lahti	G. Langmade
	M. Butenhoff	Allison Gusk	Lydia Adams	<b>Alli Unverzagt</b>	Lydia Adams	J. Kotek	Grace Grubbs	E. Branzovsky	Ella Sell	Allison Gusk
	Allison Gusk	Alaina Steele	Alaina Steele	<b>Emma Belsheim</b>	Alaina Steele	S. Rike	Lydia Adams	M. Johnson	Alaina Steele	Alaina Steele
	9:59.69 16	10:00.96 15	10:08.16 17	<b>10:14.67 18</b>	10:21.28 18	10:22.29 13	10:23.21 18	10:27.01 03	10:30.18 19	10:34 16
800 MEDLEY 100, 100, 200, 400	Aa. Thieman	K. Meyer	T. Kazek	M. Bellinger	Lena Roubinek	K. Meyer	H. Staples	A. Bernard	A. Gardner	B. Johnson
	Elsie Lundquist	R. Overson	A. Miller	K. Splett	Alexis Thieman	A. Miller	J. Hussong	K. Johnson	H. Sahatoo	K. Smetana
	Alexis Pankonin	K. Ovik	K. Odegard	B. Osterdyk	Aaleaha Thieman	T. Kazek	E. Larson	J. Wirth	E. Pangerl	T. Kazek
	Alaina Steele	S. Johnson	S. Johnson	J. Wirth	Summer Thieman	M. Sloan	K. Harper	T. Korf	K. Harper	R. Auers
	1:55.8 16	2:02.21 00	2:05.7 98	2:05.8 04	2:06.4 19	2:07 5 98	2:07.6 08	2:08.9 02	2:09.0 09	2:09.6 96
1600 MEDLEY 200, 200, 400, 800	H. Staples	A. Nelson	L. Sommer	K. Perell	A. Nelson	K. Meyer	A. Peil	J. Kotek	T. Kazek	<b>Teresa Root</b>
	C. Jahnz	A. Mettling	C. Stream	K. Hughes	L. Haugrud	A. Miller	M. Soderbeck	T. Darlow	S. Johnson	<b>Gracie Larson</b>
	E. Pangerl	T. Korf	G. Langmade	C. Filler	S. Gregoire	S. Johnson	L. Ballis	M. Foss	M. Sloan	<b>Vivian Lahti</b>
	M. Miesner	K. Connaker	Grace Grubbs	M. Johnson	M. Anderson	K. Connaker	K. Connaker	G. Langmade	A. Wiedemann	<b>Alli Unverzagt</b>
	4:40.6 10	4:42.8 01	4:48.7 16	4:51.1 04	4:54.8 02	4:55.1 99	5:00.1 98	5:02.2 14	5:03.2 97	<b>5:03.4 21</b>
DISTANCE MEDLEY 800, 400, 1200, 1600	M. Butenhoff	<b>Arissa Rydberg</b>	G. Langmade	K. Harper	A. Wiedemann	Marin Foss	J. Johnson	A. Olson	H. Larsen	L. Mettling
	L. Sommer	<b>Mallory Clepper</b>	J. Westernen	E Pangerl	B. Fischer	G. Langmade	K. Odegard	K. Perell	S. Gregoire	C. Mosher
	Alaina Steele	<b>Ella Sell</b>	A. Gusk	K. Motyl	B. Haavisto	Allison Cavallin	B. Haavisto	S. Gregoire	N. Plasek	B. Haavisto
	Lydia Adams	<b>Eva Johnson</b>	A. Webster	M. Miesner	A. Johnson	Ashli Webster	N. Carlson	J. Gregoire	R. Craighead	B. Fischer
	14:18.3 16	<b>14:24.0 21</b>	14:29.2 14	14:33.1 09	15:06.3 96	15:10.9 18	15:26.6 98	15:31.5 -04	15:48.9 -01	15:54.0 97

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

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Erin Pangerl 12.73 11	Holly Staples 12.78 10	Holly Staples 12.84 09	Katie Meyer 13.24 98	Holly Staples 13.32 08	T. Kazek 13.39 96	<b>Lena Roubink</b> <b>13.40 21</b>	Ellaina Johnson 13.42 19	A. Pankonin 13.2 16	Suzie Misel 13.51 92
200 M DASH	Holly Staples 26.42 10	Erin Pangerl 26.46 11	Holly Staples 27.04 09	Ellaina Johnson 27.05 19	Erin Pangerl 27.14 10	Erin Pangerl 27.32 09	Nina Sear 27.4 90	A. Pankonin 27.66 16	E. Branzovsky 27.86 06	A. Pankonin 27.8 15
400 M DASH	Erin Pangerl 60.07 10	Sherry Rike 60.15 13	Erin Pangerl 61.38 09	M. Odegard 61.4 94	Alaina Steele 61.99 18	E. Branzovsky 61.8 05	M. Odegard 62.0 95	Alaina Steele 62.6 15	E. Branzovsky 63.09 06	A. Dufresne 63.54 00
800 M RUN	Alaina Steele 2:17.70 16	Alaina Steele 2:19.05 18	Alaina Steele 2:19.25 19	Alaina Steele 2:24.56 15	Sherry Rike 2:26.84 12	Kim Connaker 2:28.35 01	Meleia Johnson 2:28.2 02	Alaina Steele 2:29.59 17	G. Langmade 2:30.23 16	<b>Ella Sell</b> <b>2:30.55 21</b>
1600 M RUN	<b>Ella Sell</b> <b>5:24.7 21</b>	Alaina Steele 5:27.97 16	Alaina Steele 5:29.9 15	Alaina Steele 5:37.68 18	Jenna Fore 5:37.70 03	Allison Gusk 5:38.71 15	Sherry Rike 5:40.8 10	M. Miesner 5:42.05 11	Alaina Steele 5:43.46 19	Allison Gusk 5:43.79 16
3200 M RUN	<b>Ella Sell</b> <b>12:00.0 21</b>	Alaina Steele 12:13.6 16	A. Cummins 12:27.58 13	Marin Foss 12:30.08 15	Sherry Rike 12:31.31 09	Eva Johnson 12:31.37 19	A. Cummins 12:33.27 12	Amy Johnson 12:34.04 96	Ashli Webster 12:37.8 15	Ashli Webster 12:40.22 16
100 M HURDLES	Elsie Lundquist 16.32 17	Elsie Lundquist 16.45 16	C. Hersbergen 16.54 94	Elsie Lundquist 17.1(.28) 15	Cassie Filler 17.1 03	Carissa Jahnz 17.3 12	Cassie Filler 17.44 04	B. Clementson 17.4 08	J. Kosisek 17.4 02	M. Buschmann 17.56 09
300 M HURDLES	Carissa Jahnz 49.14 13	Cassie Filler 49.23 03	Carissa Jahnz 49.5 12	Cassie Filler 49.83 04	Carissa Jahnz 49.96 11	<b>Sophie Lahti</b> <b>50.21 21</b>	C. Mosher 51.64 01	M. Buschmann 51.65 09	L. Filler 51.70 00	Natalie Cahill 51.86 16
HIGH JUMP	E. Lundquist 5' 4.25" 16	Holly Staples 5' 4" 10	E. Lundquist 5' 2" 17	Kari Splett 5' 2" 04	E. Lundquist 5' 1" 15	Kari Splett 5' 1" 03	L. Drexler 5' 1" 05	Kari Splett 5' 0.5" 02	Allie Brant 5' 0" 10 & 09	H. Staples 5' 0" 09
LONG JUMP	E. Lundquist 16' 8.5" 16	Erica Delak 16' 7" 91	Erica Delak 16' 4" 90	B. Osterdyk 16'3.5" -06	Erica Delak 16' 1.75" 93	Heidi Delak 16' 0.5" 90	E. Lundquist 16' 0" 17	H. Staples 15' 10.5" 08	E. Pangerl 15' 10" 10	H. Staples 15' 9.5" 10
TRIPLE JUMP	E. Lundquist 34' 6.25" 16	E. Lundquist 34' 2.75" 17	Dorothy Miller 33' 11" 19	Lisa Drexler 32' 8" 05	Cassie Filler 32' 7.25" 04	K. Erickson 32' 3" 19	E. Delak 32' 3" 93	K. Erickson 32' 2" 17	K. Meyer 32' .5" 00	Dorothy Miller 31' 10.5" 18
DISCUS	K. Nordrum 117' 9" 11	K. Nordrum 114' 5" 10	M. Bellinger 110' 4" 06	M. Bellinger 109'10" -05	K. Nordrum 104' .5" 08	M. Bellinger 104' 0" 07	K. Nordrum 103' 7" 09	Jenna Fore 101' 1.5" 03	Jenna Fore 101' 1" 05	Jenna Fore 100' 8" 04
SHOT PUT	K. Nordrum 38' 2" 11	K. Nordrum 36' 9.75" 10	Tera Kazek 35' 10" 98	T. Kazek 35' 4.5" 97	T. Kazek 33' 1" 96	M. Bellinger 32'7.5" 07	K. Nordrum 32'4.75" 09	<b>Lena Roubinek</b> <b>32' 4.5" 21</b>	<b>Cara Kuhn</b> <b>32' 3.5" 21</b>	A. Pankonin 32' 2" 17
POLE VAULT	M. Bellinger 10'0" 07	M. Bellinger 9' 3" 06	M. Bellinger 9' 0" 05	J. Wirth 9' 0" 04	S. Johnson 9' 0' 00	J. Ammann 8' 6" 99	J. Ammann 8' 6" 00	M. Bellinger 8' 0" 04	J. Wirth 8' 0" 03	S. Johnson 8' 0" 99

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH	
4 X 100 M RELAY	M. Hansmann	Aaron Pulkrabek	B. Olson	M. Hansmann	H. Hansen	Dennis Skalicky	J. Arnold	N. Thieman	J. McShery	Dk Braatz	
	J. Pangerl	Adam Seals	S. Auers	J. Pangerl	D. Hambly	Adam Seals	Jeff Johnson	L. Williams	J. Johnson	A. Olson	
	N. Cummings	Tryston West	Z. Mettling	N. Cummings	M. Bencic	Aaron Pulkrabek	B. Olson	Pt Johnson	B. Olson	Dn Hambly	
	A. Olson	B. Haskovec	M. Johnson	J. Dedic	A. Olson	B. Haskovec	J. Jahnz	T. Schwarz	S. Auers	H. Hansen	
	43.70 11	45.49 17	45.3 98	45.4 11	45.64 09	45.69 16	45.87 96	46.0 00	46.08 97	46.16 08	
4 x 200 M RELAY	Mike Hansmann	Mike Hansmann	<b>Jason Thieman</b>	Dennis Skalicky	Dennis Skalicky	D. Braatz	D. Braatz	J. Hansen	J. Hansen	D. Skalicky	
	Jordan Pangerl	Jordan Pangerl	<b>Jeffrey Carlbom</b>	Adam Seals	Aaron Pulkrabek	J. Carlson	J. Carlson	R. Root	A. Wirth	Dakotah Neid-H	
	Nick Cummings	Mike Schmidt	<b>Caleb Fromm</b>	Aaron Pulkrabek	Adam Seals	H. Hansen	H. Hansen	A. Wirth	Pt Johnson	Adam Seals	
	Adam Olson	Adam Olson	<b>Hunter Peacock</b>	B. Haskovec	T. Zybtofsky	A. Olson	A. Olson	M. Johnson	J. Oare	T. Zybtofsky	
	1:31.39 11	1:33.14 10	<b>1:33.54 21</b>	1:33.76 16	1:34.69 15	1:34.76 08	1:34.76 08	1:36.6 99	1:36.8 00	1:37.8 15	
4 x 400 M RELAY	Tryston West	John Hansen	J. Pangerl	J. Hansen	M. Hansmann	D. Braatz	Tryston West	Riley Palmer	Riley Palmer	J. Hansen	
	Caleb Fromm	Andy Wirth	P. Skalicky	N. Johnson	T. Clark	J. Pangerl	Logan Vinaja	Tommy Ryan	Tryston West	A. Wirth	
	Tommy Ryan	Mike Johnson	Z. Hunter	JR Anderson	N. Cummings	M. Schmidt	B. Haskovec	Eli Grubbs	Tommy Ryan	T. Schwarz	
	Logan Vinaja	Paul Johnson	N. Cummings	M. Johnson	J. Pangerl	E. Osterdyk	Austin Eckert	Dennis Skalicky	Eli Grubbs	J. Oare	
	3:25.96 19	3:28.39 -99	3:31.57 12	3:34.55 -98	3:34.87 11	3:35.03 -10	3:35.74 18	3:35.82 16	3:36.15 17	3:36.39 -00	
4 x 800 M RELAY	Rem Steele	Rem. Steele	Jeremy Lee	C. Lutz	J. Lee	Pete Johnson	Pete Johnson	J. Rarick	J. Fitzgerald	Logan Vinaja	
	Tommy Ryan	Austin Eckert	Peter Johnson	A. Lee	Pt Johnson	J. Oare	R. Hammill	C. Hanson	M. Chouanard	Nate Webster	
	Logan Vinaja	Tommy Ryan	Ryan Hammill	D. Hansen	J. Oare	A. Wirth	A. Wirth	J.Guttomson	N. Cummings	Austin Eckert	
	Austin Eckert	Eli Grubbs	Jason Oare	Ja. Clementson	R. Hammill	JR Anderson	JR Anderson	Tyler Clark	E. Osterdyk	Tommy Ryan	
	8:18.61 18	8:21.08 17	8:27.89 -01	8:34.13 03	8:41.97 00	8:44.9 98	8:48.7 98	8:49.65 11	8:50.1 09	8:55.78 18	
800 M Medley	M. Hansmann	Adam Seals	D. Hambly	J. Hansen	B. Olson	B. Olson	M. Rydberg	<b>Hunter Peacock</b>	Jason Thieman	N. Thieman	
100, 100, 200, 400	D. Prokott	B. Haskovec	M. Bencic	A. Wirth	S. Auers	P.D. Johnson	J. Jahnz	<b>Jeffrey Carlbom</b>	B. Haskovec	M. Wirth	
	M. Schmidt	A. Pulkrabek	A. Olson	M. Johnson	Z. Mettling	J. McShery	D. Gregoire	<b>Caleb Fromm</b>	A. Archambault	J. Hansen	
	J. Pangerl	R. Palmer	J. Carlson	Paul Johnson	M. Johnson	JR Anderson	J. BoorBoor	<b>George Ausmus</b>	Timmy Johnson	A. Wirth	
	1:41.1 10	1:42.3 16	1:42.5 09	1:43.7 99	1:45.0 98	1:45.8 97	1:46.2 02	<b>1:47.6 21</b>	1:48.2 18	1:48.43 00	
1600 M Medley		D. Braatz	M. Johnson		J. McShery	PeteJohnson	B. Olson	Dk Braatz	J. McShery	A. Bodle	
	200, 200, 400, 800	T. Berg	J. Hansen		P.D. Johnson	L. Williams	S. Auers	D. Prokott	S. Auers	BJ Patzoldt	
		T. Clark	A. Wirth		M. Johnson	S. Peterson	J. Arnold	J. Reiser	J. Arnold	J. Arnold	
		E. Osterdyk	JR Anderson		JR Anderson	J. Lee	JR Anderson	M. Schmidt	JR Anderson	R. Bell	
	3:45.28 90	3:55.4 10	3:57.4 98	3:57.6 91	3:57.85 97	4:01.4 01	4:01.6 96	4:02.0 09	4:04.9 96	4:05 93	
Distance Medley	Austin Eckert	PeteJohnson	L. Williams	J. Dedic	C. Teeman	<b>George Ausmus</b>	George Ausmus	J. Lee	J. Spahr	S. Peterson	
	800, 400, 1200, 1600	Dennis Skalicky	M. Stahlke	S. France	J. Reiser	S. Peterson	<b>Caleb Fromm</b>	Nathan Kleppe	B. Mettling	A. Pulkrabek	J. Arnold
		Eli Grubbs	J. Lee	J. Lee	C. Hanson	C. Lutz	<b>Ronnie Martini</b>	Austin Eckert	S. France	T. Ryan	B. Runyan
		Tommy Ryan	R. Hammill	R. Hammill	N. Bremer	J. Clementson	<b>Charlie Ausmus</b>	Rem Steele	D. Pangerl	E. Grubbs	JR Anderson
		11:54.0 16	11:57.39 00	11:58.3 -99	12:19.3 -09	12:19.7 -01	<b>12:35.4 21</b>	12:41.2 18	12:42.2 98	12:58.8 -14	13:02.7 -96

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

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Jordan Pangerl 11.24 12	Chris Olson 11.1 91	Paul Johnson 11.38 99	<b>Hunter Peacock</b> <b>11.43 21</b>	Adam Olson 11.2 09	Jeff Arnold 11.49 96	T. Zbytovsky 11.3 15	A. Pulkrabek 11.56 17	A. Olson 11.58 10	K. Skadsheim 11.58 04
200 M DASH	Paul Johnson 22.80 99	Jordan Pangerl 22.7 12	Adam Olson 22.8 10	Adam Olson 23.07 11	Adam Olson 23.11 09	Chris Olson 23.1 91	<b>Hunter Peacock</b> <b>23.70 21</b>	M. Hansmann 23.3 10	A. Pulkrabek 23.60 16	Chris Olson 23.65 90
400 M DASH	N. Cummings 51.09 12	Mike Johnson 51.73 99	J. Carlson 52.09 09	Mike Johnson 52.33 98	<b>Caleb Fromm</b> <b>52.55 21</b>	J. Clementson 52.4 04	N. Cummings 52.80 11	B. Haskovec 53.12 18	D. Skalicky 53.25 16	M. Johnson 53.30 97
800 M RUN	J. Clementson 1:57.49 03	J. Clementson 1:58.13 04	Logan Vinaja 1:59.88 19	E. Osterdyk 2:04.78 10	Eli Grubbs 2:04.80 17	Chris Lutz 2:05.0 03	Tom Miche' 2:05.51 07	Eli Grubbs 2:05.74 16	Zain Hunter 2:05.89 13	Tommy Ryan 2:06.19 19
1600 M RUN	J. Clementson 4:22.97 04	J. Clementson 4:24.08 03	J. Clementson 4:30.10 02	John Bloom 4:30.5 91	Tom Miche' 4:32.55 07	Easton Foss 4:34.58 15	Tommy Ryan 4:36.18 19	Chris Lutz 4:36.97 03	Eli Grubbs 4:38.74 17	J. Clementson 4:41.63 -01
3200 M RUN	John Bloom 9:52 91	Chris Lutz 9:53.80 03	John Bloom 10:02.8 90	T. McNally 10:13.20 -06	J. Clementson 10:19.62 -02	Tommy Ryan 10:20.16 17	J. Clementson 10:20.4 -03	T. McNally 10:23.30 -07	Easton Foss 10:26.07 15	R. Hammill 10:26.1 -00
110 M HURDLES	Jordan Kruse 16.01 06	Jordan Kruse 16.44 04	Steve Kunze 16.44 91	N. Anderson 16.6 98	Jordan Kruse 16.85 05	TJ Rank 17.14 19	N. Anderson 17.2 97	H. Hansen 17.4 09	N. Anderson 17.4 96	T. Gerving 17.55 04
300 M HURDLES	Jordan Kruse 42.17 06	Jordan Kruse 42.33 04	Jordan Kruse 42.78 05	TJ Rank 42.92 18	TJ Rank 43.22 19	N. Anderson 43.67 98	H. Hansen 43.75 08	H. Hansen 44.06 09	H. Hansen 44.46 07	S. Kunze 44.4 91
HIGH JUMP	Adam Seals 6' 3" 17	B. Haskovec 6' 2" 18	E. Osterdyk 6' 2" 10	T. Schwarz 6' 2" 00	M. Hansmann 6' 1" 10	B. Haskovec 6' 0" 17	Adam Seals 6' 0" 16	T. Schwarz 6' 0" 99	Darrin Freetly 6' 0" 90	B. Haskovec 5' 10" 16
LONG JUMP	N. Cummings 22'4.5" 11	Adam Seals 21' 8" 16	Adam Seals 21' 4.75" 17	A. Pulkrabek 21' 4.5" 16	A. Pulkrabek 20' 10.25" 17	<b>Jeff Carlbom</b> <b>20' 5" 21</b>	N. Cummings 20' 4.5" 12	B. Haskovec 20' 4" 18	L. Williams 20' 1.75" -01	Chris Olson 20' 1.75" -90
TRIPLE JUMP	N. Cummings 43' 5.5" 12	<b>Jeff Carlbom</b> <b>41' 5" 21</b>	A. Pulkrabek 40' 11" 16	Joey Carter 40' 6.25" 09	J. Carter 40' 6" 08	Matt Wirth 40' 4" 02	Tucker Dalen 40' 3.5" 19	Adam Seals 40' 0.5" 17	Darrin Freetly 39' 11.5" 90	Paul Johnson 39' 9" 99
DISCUS	M. Rydberg 157' 5.5" 02	M. Rydberg 149' 2.5" 01	M. Rydberg 147' 10.5" 00	B. Mettling 144' 0" 00	H. Hansen 140' 7" 09	Dan Hambly 136' 7" 09	S. Isaacson 136' 7" 90	D. Hambly 133' 3" 08	JJ Preston 132' 11" 19	Josh Barnes 127' 0" 03
SHOT PUT	M. Rydberg 52' 11.25" -02	M. Rydberg 51' 9.5" 01	M. Rydberg 47' 6" 00	Brian Olson 44' 0" 98	JJ Preston 42' 9" 19	Brian Olson 42' 0" 97	S. Isaacson 42' 0" 90	M. Rydberg 41' 2.75" 99	Dan Hambly 40' 11.5" 08	D. Hambly 40' 8" 09
POLE VAULT	Nate Thieman 13' 0" 00	P. Stephan 12' 6" 98	A. Archambault 12' 0" 18	D. Prokott 12' 0" 11	N. Thieman 12' 0" 99	A. Archambault 11' 10" 16	A. Archambault 11' 9" 17	E. Osterdyk 11' 9" 10	J. Skalicky 11' 8" 09	D. Clifford 11' 6" 19

# PINE CITY GIRLS' TRACK AND FIELD SCHOOL RECORDS

<b>Event</b>	<b>Record</b>	<b>Name</b>	<b>Year</b>
100 m Dash	12.73	Erin Pangerl	2011
200 m Dash	26.42	Holly Staples	2010
400 m Dash	60.07	Erin Pangerl	2010
800 m Run	2:17.70	Alaina Steele	2016
<b>1600 m Run</b>	<b>5:24.7</b>	<b>Ella Sell</b>	<b>2021</b>
<b>3200 m Run</b>	<b>12:00.0</b>	<b>Ella Sell</b>	<b>2021</b>
100 m Hurdles	16.32	Elsie Lundquist	2017
300 m Hurdles	49.14	Carissa Jahnz	2013
4 x 100 m Relay	52.79	Katie Meyer, Amanda Peil, Molly Sloan, Tera Kazek	1998
4 x 200 m Relay	1:49.10	Aaleaha Thieman, Elsie Lundquist Alexis Pankonin, Alaina Steele	2016
<b>4 x 400 m Relay</b>	<b>4:16.80</b>	<b>Summer Thieman, Ella Sell, Arisa Rydberg, Sophie Lahti</b>	<b>2021</b>
4 x 800 m Relay	9:59.69	Alaina Steele, Grace Langmade, Makayla Butenhoff, Allison Gusk	2016
High Jump	5' 4.25"	Elsie Lundquist	2016
Long Jump	16' 8.5"	Elsie Lundquist	2016
Triple Jump	34' 6.25"	Elsie Lundquist	2016
Pole Vault	10' 0"	Maria Bellinger	2007
Shot Put	38' 2"	Karina Nordrum	2011
Discus	117' 9"	Karina Nordrum	2011

# PINE CITY BOYS' TRACK AND FIELD SCHOOL RECORDS

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



# New School Records



**Summer Thieman (63.9), Ella Sell (65.1),  
Arisa Rydberg (65.4) & Sophie Lahti (62.3)**

**4x400m Relay – 4:16.80**

# New School Records



**Ella Sell - 1600m – 5:24.7**



**Ella Sell - 3200m – 12:00.0**

# 2021 Dragon Track and Field Awards

## **Track and Field - MVP**

Lena Roubinek

Jeffrey Carlbom

## **Dragon "3-D" Award** (Dedication, Determination, Drive)

Ainsley Vinaja

Caleb Fromm

Sophie Lahti

Hunter Peacock

## **Most Improved Award**

Abby Aagaard

Micah Overtoom

## **Workhorse Award**

Ella Sell

Jason Thieman

## **Rookie of the Year**

Vivian Lahti

Charlie Ausmus

## **Perseverance Award**

George Ausmus

## **Coach Award**

Summer Thieman

Fredrick Ausmus?

## **Sportsmanship Award**

Allison Unverzagt

Josh Brinker

## **TEAM CAPTAINS**

Ainsley Vinaja

George Ausmus

Caleb Fromm

# GREAT RIVER CONFERENCE TEAM CHAMPIONS

Girls' Team: 198.5 points

# GREAT RIVER CONFERENCE TEAM RUNNERS-UP

Boys' Team: 196 points

## ALL-CONFERENCE AWARDS:

<u>Girls</u>		<u>Boys</u>	
Sophie Lahti	4 x 800 m Relay	Landon Ganote	4 x 800 m Relay
Abby Aagaard	4 x 800 m Relay	Weston Clementson	4 x 800 m Relay
Allison Unverzagt	4 x 800 m Relay	Ronnie Martini	4 x 800 m Relay
Emma Belsheim	4 x 800 m Relay	Damion Torgerson	4 x 800 m Relay
Gracie Larson	4 x 200 m Relay	Jason Thieman	4 x 200 m Relay
Mallory Clepper	4 x 200 m Relay	Jeffrey Carlbom	4 x 200 m Relay
Vivian Lahti	4 x 200 m Relay	Caleb Fromm	4 x 200 m Relay
Ainsley Vinaja	4 x 200 m Relay	Hunter Peacock	4 x 200 m Relay
Emma Johnson	4 x 100 m Relay	Hunter Peacock	100 m Dash
Lena Roubinek	4 x 100 m Relay	Hunter Peacock	200 m Dash
Ainsley Vinaja	4 x 100 m Relay	Caleb Fromm	400 m Dash
Summer Thieman	4 x 100 m Relay	George Ausmus	800 m Run
Summer Thieman	4 x 400 m Relay	Charlie Ausmus	1600 m Run
Ella Sell	4 x 400 m Relay	Charlie Ausmus	3200 m Run
Arisa Rydberg	4 x 400 m Relay	Jeffrey Carlbom	Long Jump
Sophie Lahti	4 x 400 m Relay		
Ella Sell	1600 m Run		
Lena Roubinek	Shot Put		

### HONORABLE MENTION AWARDS:

Eva Johnson	3200 m Run
Abby Aagaard	Long Jump
Cara Kuhn	Shot Put
Cara Kuhn	Discus

### HONORABLE MENTION AWARDS:

Caleb Fromm	4 x 400 m Relay
Damion Torgerson	4 x 400 m Relay
Ronnie Martini	4 x 400 m Relay
George Ausmus	4 x 400 m Relay
George Ausmus	1600 m Run
Jeffrey Carlbom	200 m Dash
Jeffrey Carlbom	Triple Jump

## **2021 Letter Winners:**

Jeffrey Carlbom	Hunter Peacock	Caleb Fromm
George Ausmus	Cara Kuhn	Ainsley Vinaja
Jason Thieman	Micah Overtoom	Dorothy Miller
Damion Torgerson	Ronnie Martini	Ryan Prihoda
Josh Brinker	Fredrick Ausmus	Sophie Lahti
Ella Sell	Maggie Smetana	Emma Johnson
Chloe McKellar	Jace Preston	Lena Roubinek
Summer Thieman	Abby Aagaard	Eva Johnson
Arissa Rydberg	Emma Belsheim	Allison Unverzagt
Charlie Ausmus	Eli Fromm	Logan Kolecki
Gracie Larson	Rachel Brown	Weston Clementson
Vivian Lahti	Mallory Clepper	

## **ACADEMIC ALL-STATE TEAM**

Girls: Gold Level (3.99 Cum GPA)      Boys: Silver Level (3.59 Cum GPA)

## **ACADEMIC ALL-STATE INDIVIDUAL**

George Ausmus	Emma Belsheim
Caleb Fromm	Lena Roubinek
Ainsley Vinaja	Ella Sell
Dorothy Miller	Abby Aagaard
Sophie Lahti	Allison Unverzagt

# STATE HONOR ROLL RANKINGS

Jeffrey Carlbom – Triple Jump – 12th – 41' 5.5"

Jason Thieman, Jeffrey Carlbom, Caleb Fromm, Hunter Peacock – 4x200m Relay - 13th – 1:33.54

Ella Sell – 3200m – 15th – 12:00.0

Jeffrey Carlbom – Long Jump – 16th – 20' 5"

Sophie Lahti, Abby Aagaard, Allison Unverzagt, Emma Belsheim – 4x800m Relay - 17th – 10:14.67

Ella Sell – 1600m – 17th – 5:24.7

Hunter Peacock – 100m Dash – 18th – 11.43

Summer Thieman, Ella Sell, Arissa Rydberg, Sophie Lahti – 4x400m Relay – 21st – 4:16.80

Emma Johnson, Lena Roubinek, Ainsley Vinaja, Summer Thieman – 4x100m Relay – 21st – 53.07

Hunter Peacock – 200m Dash – 23rd – 23.38

Caleb Fromm – 400m Dash - 25th – 52.55

Sophie Lahti – 300m Hurdles – 28th – 50.21

Ella Sell – 800m – 31st – 2:30.3

Jason Thieman, Jeffrey Carlbom, Caleb Fromm, Hunter Peacock – 4x100m Relay – 32nd – 46.6

## \*14 Total Honor Roll Performances

Event	Girls Class A	Boys Class A
100m dash	13.1	11.5
200m dash	27.3	23.5
400m dash	62.5	53.0
800m run	2:30	2:06
1600m run	5:35	4:45
3200m run	12:20	10:30
High hurdles	17.0	16.5
300m hurdles	50.2	43.2
4X1 relay	53.2	47.0
4X2 relay	1:52.4	1:38.0
4X4 relay	4:20	3:40
4X8 relay	10:25	8:50
Long jump	15-7	19-8
Triple jump	32-9	40-2
Shot put	34-0	46-0
Discus	107-0	135-0
High jump	5-0	5-11
Pole vault	8-11	12-0

Coach Clementson

Coach Stoltz    Coach Etta    Coach Kunze

Coach Sherry    Coach Judd



Thanks for a  
**MEMORABLE** season!  
- Coaches

# Girls GRC Champs



# Girls Sub-Section Champs



# Boys Sub-Section Runner-Up