

# Pine City Dragons



2021

# 2021 Dragon Cross Country Team



Seniors:

Dorothy Miller & Colin Miche'

*Dorothy Miller*     *Colin Miche'*

**Mora Time Trial**  
**Thursday, August 26, 2021**  
**mild and smokey**

**PINE CITY GIRLS' RESULTS:**

3200 m - 27 runners

	<u>place</u>	<u>total time</u>	<u>1st mile</u>	<u>2nd mile</u>
1. Rachel Brown	4	14:06	6:51	7:15
2. Emma Belsheim	5	14:29	7:06	7:23
3. Gracie Larson	13	16:15	7:59	8:16
4. Sophia Olson	15	16:16	8:00	8:16
5. Peyton Perreault	16	16:21	7:59	8:22
6. Dorothy Miller	19	17:14	8:05	9:09
7. Amber Norton	20	17:25	8:11	9:14
8. Eva Johnson	DNR			
9. Claire Verret	DNR			

#1 runner: ? - Cambridge-Isanti - 13:12

**JUNIOR HIGH GIRLS:**

1600 m - 14 runners

1. Paige Gray	5	7:14
2. Teresa Root	6	7:24
3. Ella Schlichting	9	8:10
4. Kaydence McKellar	10	9:07
5. Bella Schneider	DNR	
6. Madi Perreault	DNR	
7. Grace Severin-H.	DNR	

#1 runner: ?

**PINE CITY BOYS' RESULTS:**

3200 m - 70 runners

	<u>place</u>	<u>total time</u>	<u>1st mile</u>	<u>2nd mile</u>
1. Charlie Ausmus	4	11:41	5:54	5:47
2. Eli Fromm	16	12:24	6:09	6:15
3. Sean Skluzacek	20	12:48	6:11	6:37
4. Ethan Aagaard	21	12:50	6:13	6:37
5. Milo Rydberg	22	12:50	6:20	6:30
6. Weston Clementson	29	12:58	6:15	6:44
7. Roman McKinney	34	13:17	6:17	7:00
8. Bohdan Valvoda	35	13:29	6:20	7:09
9. McCall Leger	36	13:35	6:20	7:15
10. Jace Peterson	40	13:43	6:25	7:18
11. Sawyer McDaniel	44	13:52	6:20	7:32
12. Colin Miche'	57	14:53	7:35	7:23
13. Josh Brinker	58	14:53	7:35	7:23
14. Noah McDaniel	59	15:15	7:25	7:50
15. Maxwell Jackson	60	15:19	7:16	8:03
16. Isaac Jahnz	65	18:37	8:09	10:28
17. Frank Betters	68	23:18	8:21	14:57
18. Daimien Lord	DNR			

#1 runner: ? - Cambridge-Isanti - 10:38

**JUNIOR HIGH BOYS:**

1600 m - 18 runners

1. Grant Larson	8	7:06
2. Ezra Overtoom	11	7:30
3. Carson Anderson	14	7:58

#1 runner: ?

# Princeton Invitational Cross Country Meet

Thursday, September 2, 2021

overcast and mild

## PINE CITY GIRLS' RESULTS:

5000 m - 51 varsity runners

Top 5 Ave 25:04.1
----------------------

	place	time	
1. Rachel Brown	18	23:00.2	*PB tie
2. Emma Belsheim	22	23:53.1	
3. Gracie Larson	33	26:16.2	PB
4. Sophia Olson	36	26:28.2	
5. Peyton Perreault	37	26:30.8	
6. Amber Norton	44	28:28.2	PB
7. Dorothy Miller	45	28:54.2	PB
8. Eva Johnson	DNR		

#1 runner: Hailee Zimpel - Zimmerman - 19:14.1

## JV GIRLS 3K:

1. Paige Gray	3	15:04.6
2. Claire Verret	17	16:48.5

## JUNIOR HIGH GIRLS:

2000 m - 21 runners

	place	time	
1. Teresa Root	8	9:57.2	PB
2. Bella Schneider	9	10:00.7	PB
3. Madi Perreault	13	11:05.5	PB
4. Ella Schlichting	14	11:09.2	PB
5. Kaydence McKellar	15	11:20.2	PB
6. Grace Severin-H.	17	12:07.4	PB

#1 runner: Selah Binsfeld - Elk River - 8:02.7

## GIRLS' TEAM RESULTS:

1. Spectrum	41
2. Zimmerman	58
3. Heritage Christian A.	81
4. Parnassus	83
5. Pine City	118
6. Princeton	119
7. Big Lake	Inc.
8. Elk River	Inc.
9. Braham	Inc.
10. Mille Lacs	Inc.
11. St. Cloud Christian	Inc.

## JH Girls' Results:

1. Pine City	15
--------------	----

## PINE CITY BOYS' RESULTS:

5000 m - 80 varsity runners

Top 5 Ave 19:46.0
----------------------

	place	time	
1. Charlie Ausmus	5	17:53.9	#2 Princeton
2. Eli Fromm	28	19:48.2	PB
3. Ethan Aagaard	30	19:58.4	PB
4. Roman McKinney	38	20:25.2	
5. Weston Clementson	50	20:57.2	PB
6. Sawyer McDaniel	55	21:02.3	PB
7. Sean Skluzacek	59	21:22.2	PB
8. Jace Peterson	67	22:01.2	PB
9. McCall Leger	68	22:02.2	PB
10. Milo Rydberg	70	22:36.1	PB
11. Colin Miche'	73	22:46.2	PB
12. Bohdan Valvoda	76	23:16.8	PB
13. Josh Brinker	77	25:24.7	PB
14. Daimien Lord	78	26:01.2	PB
15. Maxwell Jackson	79	26:12.3	PB
16. Isaac Jahnz	DNR		

#1 runner: Kees Van Oosbree - Heritage Christian - 17:16.2

## JV BOYS 3K:

1. Noah McDaniel	33	14:09.6
2. Frank Betters	51	16:39.6

## JUNIOR HIGH BOYS:

2000 m - 34 runners

	place	time
1. Grant Larson	24	8:58.9
2. Ezra Overtoom	26	9:26.2
3. Carson Anderson	29	9:59.2

#1 runner: Bjorn Pederson - Elk River - 7:35.1

## BOYS' TEAM RESULTS:

1. Heritage Christian A.	29
2. Parnassus	51
3. Spectrum	102
4. Zimmerman	116
5. Pine City	130
6. Elk River	131
7. Princeton	139
8. Big Lake	Inc.
9. Braham	Inc.
10. St. Cloud Christian	Inc.

## JH Team Results:

1. Elk River	20
2. Zimmerman	54
3. St. Cloud Christian	74
4. Parnassus	74
Pine City	Inc

# Pine City Invitational Cross Country Meet

Thursday, September 9, 2021  
warm and sunny turned overcast

## PINE CITY GIRLS' RESULTS:

5000 m - 60 varsity & 42 JV runners

Top 5 Ave

24:49.8

## GIRLS' TEAM RESULTS:

	place	time	
1. Rachel Brown	13	23:07	
2. Emma Belsheim	14	23:11	PB
3. Gracie Larson	36	25:23	PB
4. Paige Gray	40	25:50	PB
5. Peyton Perreault	50	26:38	
6. Sophia Olson	53	27:21	
7. Dorothy Miller	19jv	29:01	
8. Amber Norton	22jv	29:09	
9. Claire Varret	30jv	30:53	PB
10. Eva Johnson	DNR		

1. Spectrum	32
2. Hinckley-Finlayson	74
3. Legacy Christian	93
4. Chisago Lakes	105
5. Mora	112
6. Foley	114
7. Pine City	132
North Branch	Inc
Mille Lacs	Inc
Rush City	Inc
Braham	Inc
East Central	Inc
Milaca	Inc

#1 runner: Hannah Boese - Spectrum - 20:16

## JUNIOR HIGH GIRLS:

2000 m - 44 runners

	place	time	
1. Teresa Root	14	9:44	PB
2. Bella Schneider	15	9:51	PB
3. Ella Schlichting	20	10:20	PB
4. Kadence McKellar	21	10:22	PB
5. Madi Perreault	22	10:26	PB
6. Grace Severin-H.	30	11:24	PB

## JH Girls' Results:

1. Milaca	31
2. Mora	35
3. Pine City	59

#1 runner: Avila Burch - East Central - 8:22

## PINE CITY BOYS' RESULTS:

5000 m - 64 varsity & 74 JV runners

Top 5 Ave

19:58.0

## BOYS' TEAM RESULTS:

	place	time	
1. Charlie Ausmus	2	17:50	BTY #10 PC Invite
2. Eli Fromm	24	20:11	
3. Roman McKinney	28	20:16	BTY
4. Ethan Aagaard	29	20:21	
5. Sawyer McDaniel	41	21:12	
6. Sean Skluzacek	44	21:26	
7. Jace Peterson	11jv	21:31	PB
8. Bohdan Valvoda	13jv	21:34	PB
9. Milo Rydberg	15jv	21:38	PB
10. McCall Leger	16jv	21:40	PB
11. Colin Miche'	46jv	24:09	
12. Weston Clementson	62	24:24	
13. Maxwell Jackson	51jv	24:34	PB
14. Josh Brinker	54jv	24:38	PB
15. Noah McDaniel	60jv	25:01	PB
16. Daimien Lord	61jv	26:00	PB
17. Frank Betters	65jv	26:37	PB
18. Isaac Jahnz	69jv	28:45	PB

1. Foley	58
2. Chisago Lakes	60
3. Mora	69
4. Spectrum	77
5. Pine City	123
6. Legacy Christian	165
7. Milaca	175
8. North Branch	190
9. Rush City	199
Hinckley-Finlayson	Inc
Braham	Inc
East Central	Inc

#1 runner: Henry Johnson - Chisago Lakes - 17:40

## JUNIOR HIGH BOYS:

2000 m - 44 runners

	place	time	
1. Grant Larson	19	8:47	PB
2. Carson Anderson	35	9:44	PB
3. Ezra Overtom	40	10:04	

## JV Boys' Results:

1. Mora	36
2. Chisago Lakes	52
3. Foley	86
4. Pine City	89
5. Spectrum	124
6. Hinckley-Finlayson	133

#1 runner: Brayden Ertz - Rush City - 7:13

## JH Team Results:

1. Mora	43
2. Chisago Lakes	43
3. Legacy Christian	56
4. Spectrum	77
Pine City	Inc

# Mora Invitational Cross Country Meet

Tuesday, September 14, 2021

warm and sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 83 varsity & 41 JV runners

Top 5 Ave

24:22.7 BTY

	place	time	
1. Rachel Brown	19	22:33.3	PB
2. Emma Belsheim	24	22:53.3	PB
3. Gracie Larson	53	25:07.2	PB
4. Peyton Perreault	57	25:17.2	PB
5. Paige Gray	64	26:02.5	
6. Amber Norton	23jv	28:09.6	PB
7. Claire Varret	30jv	31:06.8	
8. Eva Johnson	DNR	Injury	
9. Sophia Olson	DNR	Injury	
10. Dorothy Miller	DNR	Injury	

#1 runner: Emma Kelly - Providence Academy - 20:10.7

## JUNIOR HIGH GIRLS:

3200 m - 62 runners

	place	time	
1. Teresa Root	31	16:34.9	PB
2. Bella Schneider	35	17:13.8	PB
3. Kadence McKellar	47	19:18.7	PB
4. Ella Schlichting	49	19:54.7	PB
5. Madi Perreault	55	21:26.8	PB
6. Grace Severin-H.	56	21:27.8	PB

#1 runner: Kendra Swanson - Northwest Nighthawks - 12:39.7

## PINE CITY BOYS' RESULTS:

5000 m - 89 varsity & 101 JV runners

Top 5 Ave

19:47.4 BTY

	place	time	
1. Charlie Ausmus	8	17:52.2	Tie #4 Mora Invite
2. Eli Fromm	25	19:32.9	PB
3. Roman McKinney	41	19:56.7	PB
4. Ethan Aagaard	46	20:14.2	
5. Jace Peterson	63	21:21.2	PB
6. Sawyer McDaniel	64	21:21.9	
7. Sean Skluzacek	65	21:23.4	
8. Bohdan Valvoda	26jv	21:28.2	PB
9. Colin Miche'	31jv	21:49.1	PB
10. Milo Rydberg	36jv	21:59.3	
11. McCall Leger	42jv	22:13.3	
12. Josh Brinker	58jv	23:45.2	PB
13. Daimien Lord	69jv	24:51.8	PB
14. Noah McDaniel	71jv	24:59.1	PB
15. Maxwell Jackson	80jv	25:48.0	
16. Isaac Jahnz	90jv	27:24.4	PB
17. Frank Betters	98jv	31:05.2	
18. Weston Clementson	DNR	Injury	

#1 runner: Luke Swanson - Northwest Nighthawks - 16:59.6

## JUNIOR HIGH BOYS:

3200 m - 67 runners

	place	time	
1. Grant Larson	36	15:09.2	PB
2. Ezra Overtom	47	15:57.1	PB
3. Carson Anderson	56	16:30.8	PB

#1 runner: Preston Holewa - Foley - 12:25.7

## GIRLS' TEAM RESULTS:

1. Hibbing	54
2. Providence Academy	91
3. Pierz	128
4. Hinckley-Finlayson	129
5. Heritage Christian	145
6. Northwest Homeschoo	149
7. Mora	175
8. Foley	186
9. Pine City	206
10. Princeton	221
11. Legacy Christian	249
12. North Lakes Academy	271
13. Rush City	355
14. East Central	Inc
15. Braham	Inc
16. St. Cloud Christian	None
17. Maranatha Christian	None

## JH Girls' Results:

1. Northwest Homeschoo	17
2. Hibbing	79
3. Hinckley-Finlayson	80
4. Pierz	81
5. Mora	106
6. Pine City	149

## BOYS' TEAM RESULTS:

1. Northwest Homeschoo	27
2. Heritage Christian	35
3. Mora	120
4. Foley	125
5. Providence Academy	169
6. Pine City	174
7. Hibbing	189
8. Pierz	194
9. Legacy Christian	222
10. Rush City	263
11. St. Cloud Christian	264
12. North Lakes Academy	341
13. East Central	Inc
14. Princeton	Inc
15. Hinckley-Finlayson	Inc
16. Maranatha Christian	Inc
17. Braham	None

## JV Boys' Results:

1. Heritage Christian	31
2. Hibbing	54
3. Mora	70
4. Princeton	122
5. Foley	154
6. Pine City	157
9 complete teams	

## JH Team Results:

1. Northwest Homeschoo	52
2. Providence Academy	95
3. Mora	104

# Pierz Invitational Cross Country Meet

Tuesday, September 21, 2021

sunny and mild

## PINE CITY GIRLS' RESULTS:

5000 m - 125 varsity & 106 JV runners

Top 5 Ave

22:53.4 BTY / #31 All Time

	place	time		
1. Eva Johnson	29	21:51.9	BTY	#8 Pierz
2. Emma Belsheim	34	22:04.5	PB	#10 Pierz
3. Rachel Brown	52	22:37.0		
4. Gracie Larson	76	23:52.3	PB	
5. Peyton Perreault	79	24:01.2	PB	
6. Paige Gray	84	24:20.3	PB	
7. Amber Norton	59jv	27:08.0	PB	
8. Sophia Olson	115	27:37.4		
9. Dorothy Miller	DNR			
10. Claire Varret	DNR			
11. Kaylie Christenson	DNR			

#1 runner: Hailee Zimpel - Zimmerman - 19:10.7

## JUNIOR HIGH GIRLS:

3200 m - 113 runners

	place	time	
1. Teresa Root	38	16:13.4	PB
2. Bella Schneider	40	16:13.9	PB
3. Ella Schlichting	74	17:48.5	PB
4. Madi Perreault	75	17:49.9	PB
5. Grace Severin-H.	87	18:49.5	PB
6. Kadence McKellar	92	19:35.3	

#1 runner: Kendra Swanson - Northwest Homeschool - 12:27.9

## PINE CITY BOYS' RESULTS:

5000 m - 139 varsity & 158 JV runners

Top 5 Ave

19:35.6 BTY

	place	time		
1. Charlie Ausmus	8	17:24.3	PB	#8 Pierz
2. Roman McKinney	67	19:42.6	PB	
3. Ethan Aagaard	69	19:48.8	PB	
4. Eli Fromm	83	20:17.6		
5. Weston Clementson	20jv	20:34.7	PB	
6. Bohdan Valvoda	23jv	20:42.9	PB	
7. Sean Skluzacek	95	20:44.9	PB	
8. Milo Rydberg	24jv	20:46.3	PB	
9. Sawyer McDaniel	112	21:21.3		
10. Jace Peterson	115	21:26.7		
11. Colin Miche'	50jv	21:45.2	PB	
12. Josh Brinker	87jv	23:24.4	PB	
13. Maxwell Jackson	93jv	23:53.2	PB	
14. Daimien Lord	103jv	24:14.5	PB	
15. Frank Betters	128jv	26:45.2		
16. Noah McDaniel	129jv	26:45.9		
17. Isaac Jahnz	132jv	27:04.2	PB	
18. McCall Leger	DNR			

#1 runner: Luke Swanson - Northwest Homeschool - 16:50.4

## JUNIOR HIGH BOYS:

3200 m - 120 runners

	place	time	
1. Grant Larson	49	14:29.8	PB
2. Carson Anderson	80	16:37.7	
3. Ezra Overtoom	87	16:41.2	

#1 runner: Carson Rolph - St. Cloud Cathedral - 11:55.2

## GIRLS' TEAM RESULTS:

1. St. Cloud Cathedral	37
2. Brainerd	76
3. Howard Lake W.W.	119
4. Northwest Homeschoo	135
5. Annandale	147
6. Pierz	189
7. Zimmerman	209
8. Little Falls	214
9. Hinckley-Finlayson	238
10. Pine City	251
11. Foley	292
12. Maple Lake	300
13. Eden Valley-W.K.	302
14. Holdingford	319
15. Crosby-Ironton	340
16. Mora	364
17. Rush City	513
30 teams total	

## JH Team Results:

1. Northwest Homeschoo	21
2. Brainerd	84
3. St. Cloud Cathedral	86
4. Little Falls	105
9. Pine City	231
12 complete teams	

## BOYS' TEAM RESULTS:

1. Northwest Homeschoo	35
2. Brainerd	65
3. St. Cloud Cathedral	84
4. Annandale	110
5. Little Falls	191
6. St. John's Prep	205
7. Foley	233
8. Holdingford	269
9. Mora	287
10. Pierz	288
11. Pine City	314
12. Zimmerman	316
13. Royalton	345
14. Howard Lake W.W.	373
15. St. Cloud Christian	391
16. Maple Lake	400
17. Milaca	428
18. Osakis	453
19. Rush City	508
29 teams total	

## JV Team Results:

1. Brainerd	21
2. St. Cloud Cathedral	60
3. Little Falls	91
4. St. John's Prep	114
5. Mora	122
6. Pine City	154
13 complete teams	

# Milaca Mega Cross Country Meet

Saturday, September 25, 2021

mild with clouds then sun

## PINE CITY GIRLS' RESULTS:

5000 m - 156 varsity & 274 JV runners  
192 9th-grade & 191 10th-grade runners

	place	time	
1. Eva Johnson	32	21:24.5	BTY #7 MMM (G.C.)
2. Rachel Brown	41	21:57.5	PB #10 Girl All-Time
3. Emma Belsheim	52	22:21.3	
4. Gracie Larson	82	23:13.7	PB
5. Paige Gray	90	23:31.9	PB
6. Peyton Perreault	101	23:42.3	PB
7. Sophia Olson	123	24:49.6	BTY
8. Amber Norton	142 - 9th	28:02.6	
9. Claire Varret	170 - 9th	30:47.0	PB
10. Dorothy Miller	DNR		
11. Kaylie Christenson	DNR		

#1 Varsity runner: Natasha Sortland - ZMKW - 18:30.7

## JUNIOR HIGH GIRLS:

3200 m - 258 7th-grade & 270 8th grade runners

	place	time	
1. Teresa Root	113 - 8th	15:37.4	PB
2. Bella Schneider	120 - 7th	15:50.4	PB
3. Ella Schlichting	170 - 7th	16:54.9	PB
4. Madi Perreault	203 - 7th	17:52.6	
5. Kadence McKellar	219 - 7th	18:27.5	PB
6. Grace Severin-H.	DNR		

#1 7th grade runner: Cassie Wellman - Fergus Falls - 12:20.3

#1 8th grade runner: Adeline Bjorklund - Nevis - 12:34.6

## PINE CITY BOYS' RESULTS:

5000 m - 169 varsity & 487 JV runners  
316 9th-grade & 10th-grade runners

	place	time	
1. Charlie Ausmus	9	17:25.4	#8 MMM (G.C.)
2. Ethan Aagaard	69	18:59.7	PB
3. Eli Fromm	76	19:09.2	PB
4. Roman McKinney	79	19:12.2	PB
5. Weston Clementson	105	19:55.7	PB
6. Sean Skluzacek	111	20:02.4	PB
7. Bohdan Valvoda	119	20:12.1	PB
8. Sawyer McDaniel	106 - 9th	20:44.2	PB
9. Milo Rydberg	120 - 9th	20:59	
10. Jace Peterson	145 - 9th	21:28.7	
11. Colin Miche'	302jv	22:11.9	
12. Josh Brinker	349jv	22:53.7	PB
13. Daimien Lord	245 - 9th	23:56.7	PB
14. Noah McDaniel	265 - 9th	24:32.2	PB
15. Maxwell Jackson	427jv	25:14.0	
16. Isaac Jahnz	448jv	26:08.9	PB
17. Frank Betters	DNR		
18. McCall Leger	DNR		

#1 Varsity runner: Shef West - Blake - 16:03.6

## JUNIOR HIGH BOYS:

3200 m - 257 7th-grade & 291 8th-grade runners

	place	time	
1. Grant Larson	106 - 7th	14:33.5	
2. Carson Anderson	184 - 7th	15:42.2	PB
3. Ezra Overtoom	282 - 8th	18:31.2	

#1 7th grade runner: Pedro Haycraft - St. James - 11:26.9

#1 8th grade runner: Ian Lage - Waconia - 11:19.7

### Top 5 Ave

22:29.8 BTY / #23 All-Time

## GIRLS' TEAM RESULTS:

1. St. Cloud Cathedral	52
2. Perham	56
3. Proctor	110
4. North Shore	117
5. Blake	138
6. Fairmont	202
7. Rockford	231
8. Pierz	235
<b>9. Pine City</b>	<b>266</b>
10. Greenway-N.K.	278
11. MACA	281
12. St. Croix Central	287
13. Park Rapids	322
14. LQPV-DB	325
15. Benson-KMS	411
16. Esko	414
17. Mora	442
18. Eden Valley W.K.	490
19. Legacy Christian	504
20. Spectrum	569
East Grand Forks	Inc
Cromwell-Write	Inc
Watertown-Mayer	Inc
Paynesville	Inc
Dilworth-Glyndon-Felton	Inc
Otter Tail Central	Inc
Milaca	Inc
Southwest Christian	Inc
28 teams total	

## BOYS' TEAM RESULTS:

1. Perham	96
2. Park Rapids	98
3. Greenway-N.K.	135
4. Esko	142
5. Proctor	160
6. Blake	166
7. Southwest Christian	226
8. Dilworth-Glyndon-F.	254
9. Benson-KMS	264
10. North Shore	266
11. Moose Lake-Willow R.	279
<b>12. Pine City</b>	<b>329</b>
13. LQPV-DB	330
14. Pierz	361
15. Fairmont	384
16. Mora	418
17. St. Croix Central	426
18. Rockford	457
19. Legacy Christian	496
20. St. Croix Lutheran	515
21. ZMKW	538
22. Melrose	549
23. MACA	558
24. Spectrum	633
East Grand Forks	Inc
Milaca	Inc
26 total teams	

## 9th Grade Team Results:

1. Fergus Falls	100
2. Eden Prairie	105
3. Minot	122
? Pine City	?
30 complete teams	



# Foley Invitational Cross Country Meet

Thursday, September 30, 2021

humid and wet from storm

## PINE CITY GIRLS' RESULTS:

5000 m - 110 varsity & 56 JV runners

	place	time	
1. Eva Johnson	16	21:15.4	BTY #5 Foley Invite
2. Rachel Brown	31	22:11.6	#9 Foley Invite
3. Emma Belsheim	32	22:12.2	#10 Foley Invite
4. Gracie Larson	45	23:21.9	
5. Paige Gray	51	23:34.9	
6. Peyton Perreault	53	23:37.4	PB
7. Sophia Olson	85	25:16.1	
8. Teresa Root	12jv	26:24.6	PB
9. Dorothy Miller	26jv	27:52.3	PB
10. Amber Norton	32jv	28:05.0	
11. Claire Varret	44jv	31:27.2	
12. Kaylie Christenson	DNR		

#1 runner: Chaney Calia - Pequot Lakes - 18:28.7

## JUNIOR HIGH GIRLS:

3200 m - 77 runners

	place	time	
1. Bella Schneider	33	16:01.7	
2. Kadence McKellar	57	18:05.4	PB
3. Ella Schlichting	61	18:34.5	
4. Grace Severin-H.	65	19:44.7	
5. Madi Perreault	67	19:46.9	

#1 runner: Malin Youngberg - Little Falls - 12:49.9

## PINE CITY BOYS' RESULTS:

5000 m - 114 varsity & 106 JV runners

	place	time	
1. Charlie Ausmus	7	17:18.0	PB #2 Foley Invite
2. Eli Fromm	37	18:48.3	PB
3. Ethan Aagaard	42	18:59.5	PB
4. Roman McKinney	48	19:09.5	PB
5. Weston Clementson	66	19:48.9	PB
6. Sean Skluzacek	67	19:49.4	PB
7. Bohdan Valvoda	75	20:09.4	PB
8. Sawyer McDaniel	18jv	20:53.7	
9. Milo Rydberg	20jv	20:58.0	
10. McCall Leger	33jv	21:32.3	PB
11. Jace Peterson	41jv	21:48.8	
12. Colin Miche'	46jv	21:56.9	
13. Josh Brinker	62jv	22:55.7	
14. Maxwell Jackson	79jv	24:29.7	
15. Daimien Lord	81jv	24:31.9	
16. Noah McDaniel	87jv	24:56.4	
17. Frank Betters	96jv	26:12.4	PB
18. Isaac Jahnz	99jv	26:58.5	

#1 runner: Owen Layton - Big Lake - 16:31.9

## JUNIOR HIGH BOYS:

3200 m - 100 runners

	place	time	
1. Grant Larson	31	13:55.8	PB
2. Carson Anderson	69	15:36.8	PB
3. Ezra Overtoom	81	16:26.9	

#1 runner: Carson Rolph - St. Cloud Cathedral - 11:46.3

### Top 5 Ave

22:31.2 / #25 All-Time

## GIRLS' TEAM RESULTS:

1. St. Cloud Cathedral	42
2. Little Falls	114
3. Pierz	134
4. Spectrum	141
5. Pine City	175
6. Foley	193
7. Zimmerman	194
8. Chisago Lakes	225
9. Pequot Lakes	227
10. Holdingford	256
11. Lester Prairie	262
12. Mora	267
13. Pillager	291
14. Princeton	331
15. Big Lake	346
16. Milaca	403

## JV Girls' Results:

1. Little Falls	35
Pine City	Inc

## JH Girls' Results:

1. St. Cloud Cathedral	37
7. Pine City	183

## BOYS' TEAM RESULTS:

1. Big Lake	31
2. St. Cloud Cathedral	52
3. Little Falls	139
4. Foley	156
5. Spectrum	171
6. Pierz	197
7. Holdingford	198
8. Pine City	201
9. Mora	219
10. Chisago Lakes	230
11. Zimmerman	266
12. Princeton	284
13. Milaca	332
14. Pequot Lakes	408
15. Pillager	477
16. Lester Prairie	480

## JV Boys' Results:

1. St. Cloud Cathedral	43
2. Little Falls	73
3. Mora	95
4. Spectrum	113
5. Big Lake	120
6. Pine City	153
7. Holdingford	161
8. Foley	163
9. Chisago Lakes	247
10. Zimmerman	254

## JH Boys' Results:

1. Brainerd	47
Pine City	Inc

# Hinckley-Finlayson Invitational Cross Country Meet

Tuesday, October 5, 2021

sunny and warm

## PINE CITY GIRLS' RESULTS:

5000 m - 76 runners

	<u>place</u>	<u>time</u>	
1. Eva Johnson	4	21:54	
2. Emma Belsheim	10	22:45	
3. Rachel Brown	13	22:58	
4. Paige Gray	24	24:35	
5. Peyton Perreault	31	25:03	
6. Sophia Olson	36	25:49	
7. Teresa Root	48	28:01	
8. Dorothy Miller	50	28:40	
9. Claire Varret	70	34:41	
10. Kaylie Christenson	71	34:42	PB
11. Gracie Larson	DNF		
12. Amber Norton	DNR		

Top 5 Ave

23:27.0

\* top girls times ave 40 sec slow

## GIRLS' TEAM RESULTS:

1. Hinckley-Finlayson	51
2. Pine City	74
3. Cambridge-Isanti	102
4. East Central	104
5. Chisago Lakes	106
6. Mora	111
7. North Branch	131
8. Rush City	224
Mille Lacs	Inc
Braham	Inc

#1 runner: Molly Saboo - Mille Lacs - 21:01

## JUNIOR HIGH GIRLS:

3200 m - 34 runners

	<u>place</u>	<u>time</u>	
1. Bella Schneider	6	16:44	
2. Madi Perreault	11	17:12	PB
3. Kadence McKellar	15	19:01	
4. Ella Schlichting	16	19:18	
5. Grace Severin-H.	18	19:32	

## JH Girls' Results:

1. Mora	29
2. Pine City	48
3. Cambridge-Isanti	59
4. Hinckley-Finlayson	77

#1 runner: Liz Schleis - Mille Lacs - 15:38

## PINE CITY BOYS' RESULTS:

5000 m - 114 runners

	<u>place</u>	<u>time</u>	
1. Charlie Ausmus	2	17:41	
2. Eli Fromm	13	19:24	
3. Roman McKinney	19	19:41	
4. Ethan Aagaard	23	19:49	
5. Bohdan Valvoda	27	20:09	PB
6. Weston Clementson	30	20:21	
7. Sean Skluzacek	31	20:22	
8. Sawyer McDaniel	41	21:18	
9. McCall Leger	55	21:50	
10. Milo Rydberg	58	22:00	
11. Colin Miche'	84	23:31	
12. Josh Brinker	86	23:37	
13. Daimien Lord	89	23:45	PB
14. Isaac Jahnz	104	26:57	
15. Frank Betters	105	27:00	
16. Maxwell Jackson	106	27:03	
17. Jace Peterson	DNR		
18. Noah McDaniel	DNF		

Top 5 Ave

19:20.8

\* top boys times ave 25 sec slow

#9 Hinckley/Becker

## BOYS' TEAM RESULTS:

1. Cambridge-Isanti	31
2. Mora	69
3. Pine City	72
4. Chisago Lakes	86
5. North Branch	151
6. Rush City	154
7. Hinckley-Finlayson	197
Braham	Inc
East Central	Inc

#1 runner: Nate Johnson - Mora - 17:37

## JUNIOR HIGH BOYS:

3200 m - 40 runners

	<u>place</u>	<u>time</u>	
1. Grant Larson	8	14:49	
2. Carson Anderson	26	17:08	
3. Ezra Overtoom	32	18:11	

## JH Boys' Results:

1. Mora	27
2. Cambridge-Isanti	41
3. Chisago Lakes	61
4. Hinckley-Finlayson	103
Pine City	Inc

#1 runner: Chase Axtell - Mora - 13:51

# Duluth East Invitational Cross Country Meet

Saturday, October 9, 2021

sunny, mild and humid

## PINE CITY GIRLS' RESULTS:

5000 m - 49 varsity runners

Top 5 Ave

23:31.9

	<u>place</u>	<u>time</u>	
1. Eva Johnson	10	22:12.4	
2. Emma Belsheim	15	22:42.0	
3. Rachel Brown	21	23:11.6	
4. Peyton Perreault	31	24:26.0	
5. Paige Gray	33	25:07.8	
6. Teresa Root	41	26:22.3	PB
7. Gracie Larson	DNF		
8. Dorothy Miller	DNR		
9. Sophia Olson	DNR		

#1 runner: Rowan Bixler - Duluth East - 20:59.3

## GIRLS' TEAM RESULTS:

1. Duluth East	26
2. Hibbing	58
3. Cloquet	85
4. Pine City	101
5. Cambridge-Isanti	124
6. Mora	136
Duluth Denfeld	Inc
Mountain Iron-Buhl	Inc

## PINE CITY BOYS' RESULTS:

5000 m - 64 varsity runners

Top 5 Ave

19:16.8

	<u>place</u>	<u>time</u>	
1. Charlie Ausmus	10	18:10.8	
2. Ethan Aagaard	24	19:15.7	
3. Eli Fromm	29	19:26.2	
4. Roman McKinney	31	19:28.3	
5. Bohdan Valvoda	42	20:03.3	PB
6. Weston Clementson	44	20:12.8	
7. Milo Rydberg	50	20:35.4	PB
8. Sawyer McDaniel	52	20:57.7	
9. Colin Miche'	53	21:03.5	PB
10. Sean Skluzacek	DNF		
11. Jace Peterson	DNR		
12. McCall Leger	DNR		

#1 runner: Jake Mertz - Cloquet - 17:07.4

## BOYS' TEAM RESULTS:

1. Duluth East	37
2. Cloquet	60
3. Cambridge-Isanti	77
4. Mora	122
5. Pine City	123
6. Hibbing	151
7. Duluth Denfeld	151
8. Hermantown	204
Mountain Iron-Buhl	Inc

# Mora Last Chance Invitational Cross Country Meet

Tuesday, October 12, 2021

mild and overcast

## PINE CITY GIRLS' RESULTS:

5000 m - 45 runners

	<u>place</u>	<u>time</u>	
1. Eva Johnson	2	21:22	
2. Emma Belsheim	6	22:25	
3. Rachel Brown	9	22:54	
4. Gracie Larson	11	23:16	
5. Paige Gray	12	23:17	PB
6. Peyton Perreault	13	23:29	PB
7. Teresa Root	30	26:57	
8. Amber Norton	32	28:07	
9. Dorothy Miller	34	28:12	
10. Claire Varret	35	28:20	PB
11. Kaylie Christenson	38	29:40	PB
12. Sophia Olson	DNR		

Top 5 Ave 22:38.8
----------------------

#6 Tie Mora L.C.

## GIRLS' TEAM RESULTS:

1. Cambridge-Isanti	36
2. Pine City	40
3. Mora	58
4. Milaca	84
Braham	Inc

#1 runner: MaKenna Sjoberg - Cambridge-Isanti - 21:06

## JUNIOR HIGH GIRLS:

3200 m - 28 runners

	<u>place</u>	<u>time</u>	
1. Bella Schneider	9	16:13	
2. Ella Schlichting	11	16:25	PB
3. Madi Perreault	15	17:26	
4. Kadence McKellar	18	18:12	
5. Grace Severin-H.	19	18:14	PB

## JH Girls' Results:

1. Mora	28
2. Cambridge-Isanti	46
3. Milaca	65
4. Pine City	72
Braham	Inc

#1 runner: Ada Halverson - Mora - 14:56

## PINE CITY BOYS' RESULTS:

5000 m - 73 runners

	<u>place</u>	<u>time</u>	
1. Charlie Ausmus	3	17:54	
2. Ethan Aagaard	10	19:00	
3. Roman McKinney	12	19:12	
4. Eli Fromm	19	19:34	
5. Weston Clementson	20	19:35	PB
6. Bohdan Valvoda	23	19:50	PB
7. Sean Skluzacek	25	19:52	
8. Sawyer McDaniel	39	20:37	PB
9. Colin Miche'	41	20:55	PB
10. McCall Leger	45	21:24	PB
11. Josh Brinker	59	23:38	
12. Maxwell Jackson	62	24:34	
13. Daimien Lord	63	24:38	
14. Isaac Jahnz	65	25:18	PB
15. Frank Betters	70	28:35	
16. Jace Peterson	DNR		
17. Milo Rydberg	DNR		

Top 5 Ave 19:03.0
----------------------

## BOYS' TEAM RESULTS:

1. Cambridge-Isanti	26
2. Mora	53
3. Pine City	58
4. Milaca	110
Braham	Inc

#1 runner: Nate Johnson - Mora - 17:30

## JUNIOR HIGH BOYS:

3200 m - 27 runners

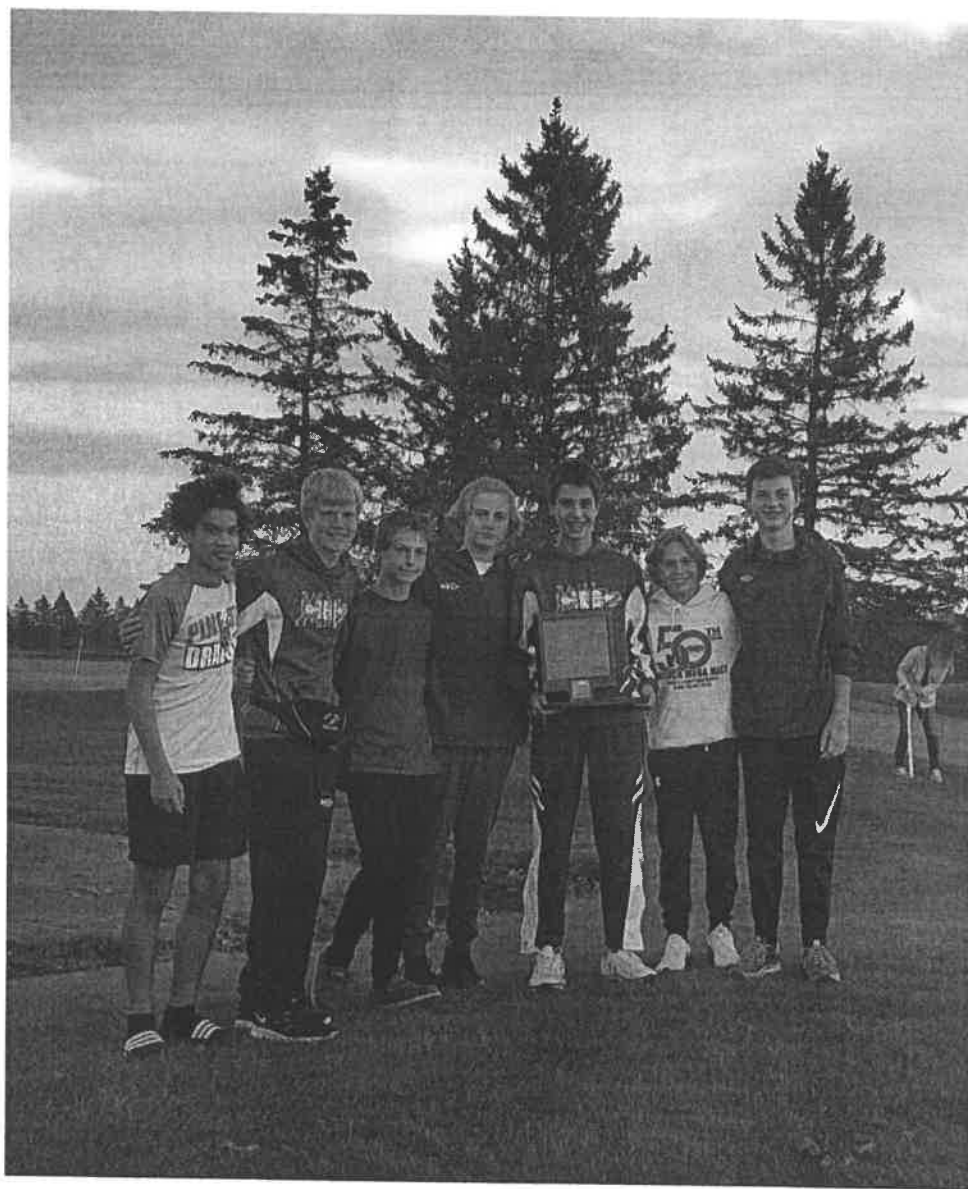
	<u>place</u>	<u>time</u>	
1. Grant Larson	7	14:03	
2. Noah McDaniel	12	14:41	PB
3. Carson Anderson	22	16:15	
4. Ezra Overtom	DNR		

## JH Boys' Results:

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

#1 runner: Chase Axtell - Mora - 12:55

# Boys Great River Conference Champs



2021

# Great River Conference Cross Country Meet

Tuesday, October 19, 2021

mild and partly cloudy

## PINE CITY GIRLS' RESULTS:

5000 m - 29 varsity & 13 JV runners

	place	time
1. Eva Johnson	2	21:15
2. Emma Belsheim	5	22:25
3. Rachel Brown	7	22:43
4. Gracie Larson	16	23:43
5. Paige Gray	17	23:50
6. Peyton Perreault	18	24:17
7. Sophia Olson	22	26:15
8. Amber Norton	4jv	27:47
9. Claire Varret	5jv	28:13
10. Kaylie Christenson	7jv	29:45
11. Dorothy Miller	DNR	
12. Teresa Root	DNR	

Top 5 Ave  
22:47.2 / #6 GRC

BTY **ALL-CONFERENCE** / #9 GRC  
**ALL-CONFERENCE**  
**ALL-CONFERENCE**

PB

#1 runner: Reese Hartl - Hinckley-Finlayson - 20:40

## JUNIOR HIGH GIRLS:

3200 m - 16 runners

	place	time
1. Bella Schneider	3	17:13
2. Ella Schlichting	4	17:37
3. Madi Perreault	6	17:56
4. Kadence McKellar	8	18:33
5. Grace Severin-H.	9	19:22

#1 runner: Abby Skogen - Mille Lacs - 15:25

## PINE CITY BOYS' RESULTS:

5000 m - 22 varsity & 20 JV runners

	place	time
1. Charlie Ausmus	1	18:08
2. Roman McKinney	3	19:09
3. Ethan Aagaard	4	19:21
4. Weston Clementson	6	19:54
5. Bohdan Valvoda	7	20:07
6. Eli Fromm	8	20:16
7. Sawyer McDaniel	1jv	20:27
8. Sean Skluzacek	13	20:46
9. Milo Rydberg	2jv	20:49
10. Colin Miche'	3jv	21:35
11. Josh Brinker	6jv	22:55
12. Daimien Lord	10jv	23:44
13. Maxwell Jackson	13jv	24:53
14. Isaac Jahnz	14jv	25:06
15. Frank Betters	17jv	27:14
16. McCall Leger	DNR	
17. Jace Peterson	DNR	
18. Noah McDaniel	DNR	

Top 5 Ave  
19:19.8

**ALL-CONFERENCE**

PB **ALL-CONFERENCE**

**ALL-CONFERENCE**

**ALL-CONFERENCE**

**ALL-CONFERENCE**

**ALL-CONFERENCE**

PB \*JV Honorable Mention

#1 runner: Charlie Ausmus - Pine City - 18:08

#1 JV runner: Sawyer McDaniel - Pine City - 20:28

## JUNIOR HIGH BOYS:

3200 m - 11 runners

	place	time
1. Grant Larson	2	14:51
2. Carson Anderson	5	16:57
3. Ezra Overtoom	6	17:00

#1 runner: Jakob Ringler - Hinckley-Finlayson - 14:30

## GIRLS' TEAM RESULTS:

1. Hinckley-Finlayson	29
2. Pine City	44
3. East Central	58
4. Rush City	108
Mille Lacs	Inc
Braham	Inc

## JV Girls' Results:

1. Hinckley-Finlayson	15
Pine City	Inc
East Central	Inc
Rush City	Inc
Mille Lacs	Inc
Braham	Inc

## JH Girls' Results (top 3):

1. Pine City	13
2. Mille Lacs	14
3. Rush City	29
4. Hinckley-Finlayson	32
East Central	Inc
Braham	Inc

## BOYS' TEAM RESULTS:

1. Pine City	21
2. Rush City	39
3. Hinckley-Finlayson	73
East Central	Inc
Braham	Inc

## JV Boys' Results:

1. Pine City	16
2. Hinckley-Finlayson	45
East Central	Inc
Rush City	Inc
Braham	Inc

## JH Boys' Results (top 3):

1. Hinckley-Finlayson	8
2. Pine City	13
East Central	Inc
Rush City	Inc
Braham	Inc

# IN THE XC GANG FOR LIFE



# Section 7AA Cross Country Meet in Cloquet

Thursday, October 28, 2021  
cool and overcast (drizzle for the boys)

## PINE CITY GIRLS' RESULTS:

5000 m - 77 varsity runners

Top 5 Ave
22:07.5 #4 Section / #14 A.T.

	place	time		
1. Eva Johnson	15	20:45.7	BTY	#8 Section
2. Emma Belsheim	33	21:56.5	PB	#10 Girl All-Time
3. Rachel Brown	39	22:27.5		
4. Gracie Larson	42	22:40.2	PB	#14 Girl All-Time
5. Peyton Perreault	44	22:47.5	PB	#15 Girl All-Time
6. Paige Gray	47	22:50.3	PB	#16 Girl All-Time
7. Sophia Olson	63	24:51.0		
Alt. Teresa Root				
Alt. Amber Norton				
M. Dorothy Miller				

## GIRLS' TEAM RESULTS:

1. Hibbing	58
2. North Shore	70
3. Proctor	73
4. Rock Ridge	73
5. Cloquet	128
6. <b>Pine City</b>	<b>173</b>
7. Grand Rapids	186
8. Mora	235
9. Duluth Denfeld	250
10. Hermantown	257
11. North Branch	263

## Individual State Meet Qualifiers:

1. Alexis Lamppa (8)	Rock Ridge	19:10.8	Individual 1
2. Grace McCormick (11)	Duluth Denfeld	19:57.4	Individual 2
3. Maija Lamppa (8)	Rock Ridge	20:01.7	Individual 3
4. Olya Wright (10)	North Shore	20:06.2	Team 2
5. Abigail Theien (9)	Hibbing	20:11.3	Team 1
6. Lizzy Harnell (9)	Proctor	20:12.2	Individual 4
7. Della Bettendorf (9)	Proctor	20:14.0	Individual 5
8. Autumn Smith (12)	North Shore	20:21.7	Team 2
9. Elise Cawcutt (10)	Cloquet	20:28.9	Individual 6
10. Lamar Gordon (11)	North Shore	20:31.5	Team 2
11. Milenna Sladek (10)	Hibbing	20:34.9	Team 1
12. Gianna Figueroa (9)	Hibbing	20:36.9	Team 1
13. Jorie Anderson (10)	Hibbing	20:39.1	Team 1

## PINE CITY BOYS' RESULTS:

5000 m - 77 varsity runners

Top 5 Ave
-----------

18:41.2 BTY
-------------

	place	time		
1. Charlie Ausmus	17	18:02.2		
2. Ethan Aagaard	35	18:42.3		
3. Eli Fromm	36	18:43.9		
4. Roman McKinney	39	18:52.9		
5. Weston Clementson	44	19:04.8		
6. Bohdan Valvoda	60	19:56.3		
7. Sean Skluzacek	62	19:56.7		
Alt. Sawyer McDaniel				
Alt. Milo Rydberg				
M. Colin Miche'				

## BOYS' TEAM RESULTS:

1. Rock Ridge	47
2. Cloquet	63
3. Proctor	94
4. North Shore	122
5. Hibbing	134
6. Grand Rapids	146
7. <b>Pine City</b>	<b>171</b>
8. Mora	173
9. Duluth Denfeld	181
10. Hermantown	274
11. North Branch	339

## Individual State Meet Qualifiers:

1. Cameron Stocke (11)	Rock Ridge	16:13.1	Team 1
2. Aaron Nelson (12)	Rock Ridge	16:41.8	Team 1
3. Miles Fischer (11)	Cloquet	16:49.1	Team 2
4. Jake Mertz (12)	Cloquet	17:07.4	Team 2
5. Josh Knight (12)	Proctor	17:10.5	Individual 1
6. Nate Bilben (12)	North Shore	17:11.8	Individual 2
7. Austin Hanson (12)	Grand Rapids	17:12.6	Individual 3
8. Sam Buytaert (12)	Cloquet	17:16.3	Team 2
9. Nate Johnson (11)	Mora	17:17.9	Individual 4
10. Jackson Kendall (9)	Rock Ridge	17:22.8	Team 1
11. Ian Thorpe (11)	North Shore	17:24.4	Individual 5
12. Alex Williams (10)	Mora	17:42.9	Individual 6



## CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2021

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley	Hinckley	Duluth / Swain	Mora	Conference	Section	State	PB	Average
Dorothy Miller	12	2021	28:54 (5k)	29:01 (5k)	DNR	DNR	DNR	27:52 (5k)	28:40 (5k)		28:12 (5k)	DNR			27:52	28:32
	11	2020	35:13 (5k)	31:21 (5k)	C	29:25 (5k)	C	DNR	C	C	C	DNR			29:25	30:23
Emma Belsheim	10	2021	23:53 (5k)	23:11 (5k)	22:53 (5k)	22:05 (5k)	22:21 (5k)	22:12 (5k)	22:45 (5k)	22:42 (5k)	22:25 (5k)	HF-22:25 (5k)	Cloq - 21:56.5		21:57	22:37
	9	2020	27:09 (5k)	24:24 (5k)	C	23:52 (5k)	C	24:19 (5k)	C	C	C	HF-24:08 (5k)	Mora - 23:29.2		23:29	24:02
	8	2019	pr. 9:28 (2k)	8:54 (2k)	11:37 (2.4k)	15:02 (3.2k)	26:17 (5k)	24:33 (5k)	X	25:30 (5k)	25:07 (5k)	25:02 (5k)	Mora - 23:30		23:30	24:58
Kaylie Christenson	10	2021	DNR	DNR	DNR	DNR	DNR	DNR	34:42 (5k)	X	29:40 (5k)	HF-29:45 (5k)			29:40	31:22
Eva Johnson	10	2021	DNR	DNR	DNR	21:52 (5k)	21:25 (5k)	21:15 (5k)	21:54 (5k)	22:12 (5k)	21:22 (5k)	HF-21:15 (5k)	Cloq - 20:46		20:45.7	21:30
	9	2020	23:54 (5k)	21:06 (5k)	C	DNR	C	21:18 (5k)	C	C	C	HF-21:16 (5k)	Mora - 20:59.3		20:59.3	21:10
	8	2019	Pr. 21:56 (5k)	21:38 (5k)	21:32 (5k)	21:39 (5k)	21:25 (5k)	20:39 (5k)	X	22:14 (5k)	DNR	20:29 (5k)	Mora - 20:04.0	20:11.0	20:04.3	21:04
	7	2018	pr. 8:47 (2k)	8:50 (2k)	10:20 (2.4k)	14:02 (3.2k)	DNR	21:57 (5k)	X	21:37 (5k)	21:05 (5k)	PC-20:44 (5k)	Mora - 20:22.7		20:22.7	21:09
Sophia Olson	10	2021	26:28 (5k)	27:21 (5k)	DNR	27:37 (5k)	24:50 (5k)	25:16 (5k)	25:49 (5k)		DNR	HF-26:15 (5k)	Cloq - 24:51		24:50	26:04
	9	2020	27:01 (5k)	24:27 (5k)	C	DNR	C	DNR	C	C	C	DNR			24:27	24:27
	8	2019	pr. 9:55 (2k)	9:22 (2k)	11:13 (2.4k)	16:34 (3.2k)	25:54 (5k)	24:56 (5k)	X	DNR	15:04 (3.2k)	25:08 (5k)	Mora - 24:40		24:40	25:09
	7	2018		11:17 (2k)	13:36 (2.4k)	16:50 (3.2k)	16:40 (3.2k)	16:58 (3.2k)	12:14 (2.5k)	X	15:34 (3.2k)	PC-16:13 (3.2k)	Alt.		15:34 (3.2k)	16:27 (3.2k)
Rachel Brown	9	2021	23:00 (5k)	23:07 (5k)	22:33 (5k)	22:37 (5k)	21:58 (5k)	22:12 (5k)	22:58 (5k)	23:12 (5k)	22:54 (5k)	HF-22:43 (5k)	Cloq - 22:28		21:58	22:42
	8	2020	28:16 (5k)	24:25 (5k)	C	23:57 (5k)	C	23:23 (5k)	C	C	C	HF-23:32 (5k)	Mora - 23:00		23:00	23:39
	7	2019	pr. 9:40 (2k)	9:15 (2k)	11:05 (2.4k)	16:38 (3.2k)	26:29 (5k)	14:09 (3k)	23:53 (5k)	X	23:56 (5k)	24:14 (5k)	Mora - 23:16		23:16	24:22
Amber Norton	9	2021	28:28 (5k)	29:09 (5k)	28:10 (5k)	27:08 (5k)	28:03 (5k)	28:05 (5k)	DNR	X	28:07 (5k)	HF-27:47 (5k)	Cloq - Alt		27:08	28:07
	8	2020	12:28 (2.2k)	9:33 (2k)	C	16:35 (3.2k)	C	15:16 (3k)	C	C	C	12:44 (2.5k)			N-A	N-A
Peyton Perreault	9	2021	26:31 (5k)	26:38 (5k)	25:17 (5k)	24:01 (5k)	23:42 (5k)	23:37 (5k)	25:03 (5k)	24:26 (5k)	23:29 (5k)	HF-24:17 (5k)				24:32
	8	2020	11:00 (2.2k)	8:53 (2k)	C	14:59 (3.2k)	C	26:11 (5k)	C	C	C	HF-25:25 (5k)			25:25	25:48
	7	2019	pr. 11:09 (2k)	9:44 (2k)	11:57 (2.4k)	17:31 (3.2k)	DNR	14:26 (3k)	12:02 (2.5k)	X	15:23 (3.2k)	15:25 (3.2k)	Mora - Alt.		15:23 (3.2k)	14:57 (3.2k)
Paige Gray	8	2021	15:05 (3k)	25:50 (5k)	26:03 (5k)	24:20 (5k)	23:32 (5k)	23:35 (5k)	24:35 (5k)	25:08 (5k)	23:17 (5k)	HF-23:50 (5k)	Cloq - 22:50		22:50	24:18
	7	2020	11:49 (2.2k)	9:21 (2k)	C	16:11 (3.2k)	C	14:59 (3k)	C	C	C	11:51 (2.5k)			N-A	N-A
Gracie Larson	8	2021	26:16 (5k)	25:23 (5k)	25:07 (5k)	23:52 (5k)	23:14 (5k)	23:22 (5k)	DNF	DNF	23:16 (5k)	HF-23:43 (5k)	Cloq - 22:40		22:40	24:06
	7	2020	11:32 (2.2k)	9:25 (2k)	C	15:46 (3.2k)	C	14:50 (3k)	C	C	C	11:53 (2.5k)			N-A	N-A
Teresa Root	8	2021	9:57 (5k)	9:44 (5k)	16:35 (3.2k)	16:13 (3.2k)	15:37 (3.2k)	26:25 (5k)	28:01 (5k)	26:22 (5k)	26:57 (5k)	DNR	Cloq - Alt		26:22	26:56
	7	2020	12:09 (2.2k)	10:08 (2k)	C	17:19 (3.2k)	C	16:18 (3k)	C	C	C	12:27 (2.5k)			N-A	N-A
Kadence McKellar	7	2021	11:20 (2k)	10:22 (2k)	19:19 (3.2k)	19:35 (3.2k)	18:28 (3.2k)	18:05 (3.2k)	19:01 (3.2k)	X	18:12 (3.2k)	18:33 (3.2k)			18:05 (3.2k)	18:45 (3.2k)
Madi Perreault	7	2021	11:06 (2k)	10:26 (2k)	21:27 (3.2k)	17:50 (3.2k)	17:53 (3.2k)	19:47 (3.2k)	17:12 (3.2k)	X	17:26 (3.2k)	17:56 (3.2k)			17:12 (3.2k)	18:30 (3.2k)
Ella Schlichting	7	2021	11:09 (2k)	10:20 (2k)	19:55 (3.2k)	17:49 (3.2k)	16:55 (3.2k)	18:35 (3.2k)	19:18 (3.2k)	X	16:25 (3.2k)	17:37 (3.2k)			16:25 (3.2k)	18:05 (3.2k)
Bella Schneider	7	2021	10:01 (2k)	9:51 (2k)	17:14 (3.2k)	16:14 (3.2k)	15:50 (3.2k)	16:02 (3.2k)	16:44 (3.2k)	X	16:13 (3.2k)	17:13 (3.2k)			15:50 (3.2k)	16:30 (3.2k)
Grace Severin-H.	7	2021	12:07 (2k)	11:24 (2k)	21:28 (3.2k)	18:50 (3.2k)	DNR	19:45 (3.2k)	19:32 (3.2k)	X	18:14 (3.2k)	19:22 (3.2k)			18:14 (3.2k)	19:32 (3.2k)

## CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2021

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley	Hinckley	Duluth / Swain	Mora	Conference	Section	State	PB	Average
Colin Miche'	12	2021	22:46 (5k)	24:09 (5k)	21:49 (5k)	21:45 (5k)	22:12 (5k)	21:57 (5k)	23:31 (5k)	21:04 (5k)	20:55 (5k)	HF-21:35 (5k)			20:55	22:10
Josh Brinker	11	2021	25:45 (5k)	24:38 (5k)	23:45 (5k)	23:24 (5k)	22:54 (5k)	22:56 (5k)	23:37 (5k)	X	23:38 (5k)	HF-22:55 (5k)			22:54	23:41
Maxwell Jackson	11	2021	26:12 (5k)	24:34 (5k)	25:48 (5k)	23:53 (5k)	25:14 (5k)	24:30 (5k)	27:03 (5k)	X	24:34 (5k)	HF-24:53 (5k)			23:53	25:11
Isaac Jahnz	11	2021	DNR	28:45 (5k)	27:24 (5k)	27:04 (5k)	26:09 (5k)	26:59 (5k)	26:57 (5k)	X	25:18 (5k)	HF-25:06 (5k)			25:06	26:27
Charlie Ausmus	9	2021	17:54 (5k)	17:50 (5k)	17:52 (5k)	17:24 (5k)	17:25 (5k)	17:18 (5k)	17:41 (5k)	18:11 (5k)	17:54 (5k)	HF-18:08 (5k)	Cloq - 18:02		17:18	17:47
	8	2020	19:24 (5k)	17:33 (5k)	C	17:38 (5k)	C	17:35 (5k)	C	C	C	HF-17:58 (5k)	Mora - 18:12		17:33	17:47
	7	2019	pr. 7:55 (2k)	7:25 (2k)	8:52 (2.4k)	12:51 (3.2k)	21:09 (5k)	11:25 (3k)	19:46 (5k)	X	19:51 (5k)	PC-19:14 (5k)	Mora - 18:51		18:51	19:46
Frank Betters	9	2021	16:40 (3k)	26:37 (5k)	31:05 (5k)	26:26 (5k)	DNR	26:11 (5k)	27:02 (5k)	X	28:35 (5k)	HF-27:14 (5k)			26:12	27:38
Eli Fromm	9	2021	19:48 (5k)	20:11 (5k)	19:33 (5k)	20:18 (5k)	19:09 (5k)	18:48 (5k)	19:24 (5k)	19:26 (5k)	19:34 (5k)	HF-20:16 (5k)	Cloq - 18:44		18:44	19:34
	8	2020	8:59 (2.2k)	7:27 (2k)	C	22:52 (5k)	C	21:45 (5k)	C	C	C	HF-23:59 (5k)			21:45	22:52
	7	2019	pr. 8:07 (2k)	8:02 (2k)	10:14 (2.4k)	14:40 (3.2k)	24:37 (5k)	12:42 (3k)	10:03 (2.5k)	X	13:17 (3.2k)	13:21 (3.2k)			13:17 (3.2k)	
Daimien Lord	9	2021	26:01 (5k)	26:00 (5k)	24:52 (5k)	24:14 (5k)	23:57 (5k)	24:32 (5k)	23:45 (5k)	X	24:38 (5k)	HF-23:44 (5k)			23:44	24:31
	8	2020	10:33 (2.2k)	8:46 (2k)	C	15:02 (3.2k)	C	14:28 (3k)	C	C	C	11:34 (2.5k)			N-A	N-A
	7	2019	DNR	9:23 (2k)	11:55 (2.4k)	16:53 (3.2k)	27:59 (5k)	14:05 (3k)	11:14 (2.5k)	X	14:52 (3.2k)	14:51 (3.2k)			14:51 (3.2k)	
Sawyer McDaniel	9	2021	21:02 (5k)	21:12 (5k)	21:22 (5k)	21:21 (5k)	20:44 (5k)	20:54 (5k)	21:18 (5k)	20:58 (5k)	20:37 (5k)	HF-20:27 (5k)	Cloq - Alt		20:28	21:00
	8	2020	9:42 (2.2k)	8:02 (2k)	C	13:15 (3.2k)	C	12:20 (3k)	C	C	C	10:43 (2.5k)			N-A	N-A
	7	2019	pr. 9:07 (2k)	8:21 (2k)	10:25 (2.4k)	14:54 (3.2k)	26:31 (5k)	14:15 (3k)	10:41 (2.5k)	X	14:25 (3.2k)	14:10 (3.2k)			14:10 (3.2k)	
Roman McKinney	9	2021	20:25 (5k)	20:16 (5k)	19:57 (5k)	19:43 (5k)	19:12 (5k)	19:10 (5k)	19:41 (5k)	19:28 (5k)	19:12 (5k)	HF-19:09 (5k)	Cloq - 18:53		18:53	19:33
	8	2020	8:49 (2.2k)	7:15 (2k)	C	20:14 (5k)	C	20:18 (5k)	C	C	C	HF-20:16 (5k)	Mora - 20:51		20:14	20:25
	7	2019	pr. 8:19 (2k)	7:57 (2k)	9:58 (2.4k)	13:42 (3.2k)	21:43 (5k)	11:58 (3k)	20:46 (5k)	X	13:02 (3.2k)	12:44 (3.2k)			12:44 (3.2k)	12:52 (3.2k)
Jace Peterson	9	2021	22:01 (5k)	21:31 (5k)	21:21 (5k)	21:27 (5k)	21:29 (5k)	21:49 (5k)	DNR	X	DNR	DNR			21:21	21:36
	8	2020	9:05 (2.2k)	7:31 (2k)	C	13:08 (3.2k)	C	12:23 (3k)	C	C	C	10:07 (2.5k)			N-A	N-A
Sean Skluzacek	9	2021	21:22 (5k)	21:26 (5k)	21:23 (5k)	20:45 (5k)	20:02 (5k)	19:49 (5k)	20:22 (5k)	DNF	19:52 (5k)	HF-20:47 (5k)	Cloq - 19:57		19:49	20:35
	8	2020	9:07 (2.2k)	7:35 (2k)	C	DNF	C	12:35 (3k)	C	C	C	10:32 (2.5k)			N-A	N-A
Ethan Aagaard	8	2021	19:58 (5k)	20:21 (5k)	20:14 (5k)	19:49 (5k)	19:00 (5k)	19:00 (5k)	19:49 (5k)	19:16 (5k)	19:00 (5k)	HF-19:21 (5k)	Cloq - 18:42		18:42	19:30
	7	2020	9:04 (2.2k)	7:47 (2k)	C	21:07 (5k)	C	22:09 (5k)	C	C	C	HF-22:21 (5k)	Alt.		21:07	21:49
Weston Clementson	8	2021	20:57 (5k)	24:24 (5k)	DNR	20:35 (5k)	19:56 (5k)	19:49 (5k)	20:21 (5k)	20:13 (5k)	19:35 (5k)	HF-19:54 (5k)	Cloq - 19:05		19:05	20:29
	7	2020	9:10 (2.2k)	7:55 (2k)	C	13:35 (3.2k)	C	12:40 (3k)	C	C	C	10:26 (2.5k)			N-A	N-A
McCall Leger	8	2021	22:02 (5k)	21:40 (5k)	22:13 (5k)	DNR	DNR	21:32 (5k)	21:50 (5k)	X	21:24 (5k)	DNR			21:24	21:48
	7	2020	DNR	DNR	C	DNR	C	DNR	C	C	C	12:23 (2.5k)			N-A	N-A
Noah McDaniel	8	2021	14:10 (3k)	25:01 (5k)	24:59 (5k)	26:46 (5k)	24:32 (5k)	24:56 (5k)	DNF	X	14:41 (3.2k)	DNR			24:32	25:15
	7	2020	12:46 (2.2k)	10:33 (2k)	C	16:23 (3.2k)	C	15:58 (3k)	C	C	C	12:28 (2.5k)			N-A	N-A
Ezra Overtoom	8	2021	9:26 (2k)	10:04 (2k)	15:57 (3.2k)	16:41 (3.2k)	18:31 (3.2k)	16:27 (3.2k)	18:11 (3.2k)	X	DNR	17:00 (3.2k)			15:57 (3.2k)	(3.2 K)
	7	2020	DNR	DNR	C	20:50 (3.2k)	C	19:06 (3k)	C	C	C	14:53 (2.5k)			N-A	N-A
Milo Rydberg	8	2021	22:36 (5k)	21:38 (5k)	21:59 (5k)	20:46 (5k)	21:00 (5k)	20:58 (5k)	22:00 (5k)	20:35 (5k)	DNF	HF-20:49 (5k)	Cloq - Alt.		20:35	21:27
	7	2020	DNR	DNR	C	17:19 (3.2k)	C	14:36 (3k)	C	C	C	12:33 (2.5k)			N-A	N-A
Bohdan Valvoda	8	2021	23:17 (5k)	21:34 (5k)	21:28 (5k)	20:43 (5k)	20:12 (5k)	20:09 (5k)	20:09 (5k)	20:03 (5k)	19:50 (5k)	HF-20:07 (5k)	Cloq - 19:56		19:50	20:41
	7	2020	9:44 (2.2k)	8:21 (2k)	C	14:09 (3.2k)	C	12:42 (3k)	C	C	C	10:40 (2.5k)			N-A	N-A
Carson Anderson	7	2021	9:59 (2k)	9:44 (2k)	16:31 (3.2k)	16:38 (3.2k)	15:42 (3.2k)	15:37 (3.2k)	17:08 (3.2k)	X	16:15 (3.2k)	16:57 (3.2k)			15:37 (3.2k)	(3.2 K)
Grant Larson	7	2021	8:59 (2k)	8:47 (2k)	15:09 (3.2k)	14:30 (3.2k)	14:34 (3.2k)	13:56 (3.2k)	14:49 (3.2k)	X	14:03 (3.2k)	14:51 (3.2k)			13:36 (3.2k)	(3.2 K)

## AVERAGE MILE TIMES AT MEETS - 2021

Boys Name	PB - 2020	Princeton	Pine City	Mora	Pierz	Milaca	Foley	Hinckley	Duluth East	Mora	Conference	Section 5A	State	Best	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Colin Miche' - 12	-	7:20	7:46	7:02	7:00	7:09	7:04	7:35	6:47	6:44	6:57			6:44	7:08
Josh Brinker - 11	-	8:11	7:56	7:40	7:32	7:22	7:23	7:37	-	7:36	7:23			7:22	7:37
Maxwell Jackson	-	8:26	7:55	8:19	7:41	8:07	7:53	8:44	-	7:54	8:01			7:41	8:06
Isaac Jahnz	-	DNR	9:15	8:50	8:43	8:25	8:41	8:42	-	8:09	8:05			8:05	8:31
Charlie Ausmus - 9	5:39	5:46	5:44	5:46	5:36	5:36	5:34	5:42	5:51	5:46	5:50	5:48		5:34	5:43
Frank Betters	-	3K - 8:56	8:34	10:02	8:37	DNR	8:26	8:43	-	9:12	8:46			8:26	8:54
Eli Fromm	7:00	6:22	6:30	6:18	6:32	6:10	6:03	6:15	6:15	6:18	6:31	6:02		6:02	6:18
Daimien Lord	-	8:23	8:23	8:01	7:48	7:42	7:54	7:40	-	7:56	7:38			7:38	7:53
Sawyer McDaniel	-	6:46	6:50	6:54	6:52	6:40	6:43	6:52	6:45	6:38	6:35			6:35	6:46
Roman McKinney	6:31	6:34	6:31	6:26	6:21	6:11	6:10	6:21	6:16	6:11	6:10	6:05		6:05	6:18
Jace Peterson	-	7:05	6:56	6:53	6:54	6:55	7:01	DNR	DNR	DNR	DNR			6:53	6:57
Sean Skluzacek	-	6:53	6:54	6:54	6:41	6:27	6:23	6:34	DNF	6:24	6:41	6:25		6:23	6:38
Ethan Aagaard - 8	6:48	6:26	6:33	6:32	6:23	6:07	6:07	6:24	6:12	6:07	6:14	6:01		6:01	6:17
Weston Clementson	-	6:45	7:51	DNR	6:37	6:25	6:23	6:34	6:30	6:18	6:24	6:08		6:08	6:36
McCall Leger	-	7:06	6:59	7:10	DNR	DNR	6:56	7:03	DNR	6:53	DNR			6:53	7:01
Noah McDaniel	-	3K - 7:35	8:03	8:04	8:37	7:54	8:02	DNF	-	JH	DNR			7:54	8:08
Milo Rydberg	-	7:16	6:58	7:05	6:41	6:46	6:45	7:06	6:41	DNR	6:42			6:41	6:54
Bodhan Valvoda	-	7:30	6:57	6:55	6:40	6:30	6:29	6:30	6:27	6:23	6:28	6:25		6:23	6:39
	3200 m	2000m	2000m	3200m	3200 m	3200 m	3200 m	3200 m		3200 m	3200 m			3200 m	3200 m
Noah McDaniel - 8	-	JV	JV	JV	JV	JV	JV	JV	-	7:20	DNR			7:20	7:20
Ezra Overtoom	-	7:36	8:06	8:15	8:24	9:19	8:13	9:05	-	DNR	8:30			7:59	
Carson Anderson - 7	-	8:02	7:50	7:59	8:22	7:54	7:48	8:34	-	8:08	8:29			7:48	
Grant Larson	-	7:14	7:04	7:35	7:17	7:19	6:58	7:25	-	7:01	7:26			6:58	
Girls Name	PB - 2020	Princeton	Pine City	Mora	Pierz	Milaca	Foley	Hinckley	Duluth East	Mora	Conference	Section 5A	State	Best	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Dorothy Miller - 12	9:28	9:18	9:21	DNR	DNR	DNR	8:58	9:15	DNR	9:06	DNR			8:58	9:11
Emma Belsheim - 10	7:34	7:41	7:28	7:23	7:06	7:12	7:09	7:20	7:18	7:14	7:13	7:04		7:04	7:17
Kaylie Christenson	-	DNR	DNR	DNR	DNR	DNR	DNR	11:11	-	9:34	9:35			9:34	10:06
Eva Johnson	6:45	DNR	DNR	DNR	7:02	6:53	6:51	7:04	7:09	6:54	6:50	6:41		6:41	6:55
Sophia Olson	7:52	8:31	8:48	DNR	8:53	7:59	8:08	8:20	DNR	DNR	8:27	8:00		7:59	8:23
Rachel Brown - 9	7:24	7:24	7:27	7:16	7:17	7:04	7:09	7:25	7:28	7:23	7:19	7:14		7:04	7:18
Amber Norton	-	9:10	9:23	9:05	8:44	9:02	9:02	DNR	-	9:04	8:57	Alt		8:44	9:03
Peyton Perreault	8:11	8:32	8:34	8:09	7:44	7:38	7:36	8:05	7:52	7:35	7:49	7:20		7:20	7:54
Claire Verret	-	3K - 9:01	9:57	10:02	DNR	9:54	10:07	11:11	-	9:08	9:05			9:05	9:52
Paige Gray - 8	-	3K - 8:05	8:19	8:24	7:50	7:34	7:35	7:56	8:05	7:31	7:40	7:21		7:21	7:49
Gracie Larson	-	8:27	8:10	8:06	7:41	7:29	7:31	DNF	DNF	7:30	7:38	7:18		7:18	7:45
Teresa Root	-	JH	JH	JH	JH	JH	8:30	9:02	8:29	8:42	DNR	Alt		8:29	8:40
	3200 m	2000m	2000m	3200m	3200 m	3200 m	3200 m	3200 m		3200 m	3200 m			3200 m	3200 m
Teresa Root - 8	-	8:01	7:50	8:18	8:10	7:51	JV	JV	V	V	DNR			7:51	8:06
Kadence McKellar - 7	-		8:21	8:37	9:51	9:17	9:03	9:30	-	9:06	9:17			8:37	9:23
Madi Perreault	-	8:56	8:24	10:44	8:58	8:59	9:54	8:36	-	8:43	8:58			8:36	9:15
Ella Schlichting	-	8:58	8:19	9:58	8:57	8:30	9:18	9:39	-	8:12	8:49			8:12	9:03
Bella Schneider	-	8:03	7:56	9:40	8:10	7:58	8:01	8:22	-	8:06	8:37			7:58	8:15
Grace Severin-H.	-	9:45	9:10	10:45	9:28	DNR	9:53	9:46	-	9:07	9:41			9:07	9:46

## TEAM POSITION AT MEETS - 2021

	Princeton	Pine City	Mora	Pierz	Milaca	Foley	Hinckley	Duluth East	Mora	Conference	Section 5A	Average
Boys Name	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Colin Miche' - 12	11	11	9	11	11	12	11	9	9	10		9.7
Josh Brinker - 11	13	14	12	12	12	13	12	-	11	11		11.9
Maxwell Jackson	15	13	15	13	15	14	16	-	12	13		15.1
Isaac Jahnz	DNR	18	16	17	16	18	14	-	14	14		DNR
Charlie Ausmus - 9	1	1	1	1	1	1	1	1	1	1	1	1.0
Frank Betters	3K JV	17	17	15	DNR	17	15	-	15	15		3K JV
Eli Fromm	2	2	2	4	3	2	2	3	4	6	3	4.3
Daimien Lord	14	16	13	14	13	15	13	-	13	12		13.3
Sawyer McDaniel	6	5	6	9	8	8	8	8	8	7	Alt	8.5
Roman McKinney	4	3	3	2	4	4	3	4	3	2	4	3.2
Jace Peterson	8	7	5	10	10	11	DNR	-	DNR	DNR		11.4
Sean Skluzacek	7	6	7	7	6	6	7	DNF	7	8	7	6.4
Ethan Aagaard - 8	3	4	4	3	2	3	4	2	2	3	2	2.1
Weston Clementson	5	12	DNR	5	5	5	6	6	5	4	5	19.0
McCall Leger	9	10	11	DNR	DNR	10	9	-	10	DNR		12.0
Noah McDaniel	3K JV	15	14	16	14	16	DNF	-	JH	DNR		3K JV
Milo Rydberg	10	9	10	8	9	9	10	7	DNR	9	Alt	8.0
Bohdan Valvoda	12	8	8	6	7	7	5	5	6	5	6	4.0
	<b>2000m</b>	<b>2000m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>		<b>3200 m</b>	<b>3200 m</b>		<b>2000m</b>
Noah McDaniel - 8	JV	JV	JV	JV	JV	JV	JV	-	2	DNR		JV
Ezra Overtoom	2	3	2	3	3	3	3	-	DNR	3		3.3
Carson Anderson - 7	3	2	3	2	2	2	2	-	3	2		1.7
Grant Larson	1	1	1	1	1	1	1	-	1	1		1.0
Girls Name	Princeton	Pine City	Mora	Pierz	Milaca	Foley	Hinckley	Duluth East	Mora	Conference	Section 5A	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Dorothy Miller - 12	7	7	DNR	DNR	DNR	9	8	DNR	9	DNR		7.0
Emma Belsheim - 10	2	2	2	2	3	3	2	2	2	2	2	2.1
Kaylie Christenson	DNR	DNR	DNR	DNR	DNR	DNR	10	-	11	10		DNR
Eva Johnson	DNR	DNR	DNR	1	1	1	1	1	1	1	1	DNR
Sophia Olson	5	6	DNR	8	7	7	6	DNR	DNR	7	7	7.0
Rachel Brown - 9	1	1	1	3	2	2	3	3	3	3	3	3.6
Amber Norton	6	8	6	7	8	10	DNR	-	8	8	Alt	9.6
Peyton Perreault	4	5	4	5	6	6	5	4	6	6	5	5.7
Claire Verret	3K JV	9	7	DNR	9	11	9	-	10	9		3K JV
Paige Gray - 8	3K JV	4	5	6	5	5	4	5	5	5	6	3K JV
Gracie Larson	3	3	3	4	4	4	DNF	DNF	4	4	4	4.4
Teresa Root	JH	JH	JH	JH	JH	8	7	6	7	DNR	Alt	JH
	<b>2000m</b>	<b>2000m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>		<b>3200 m</b>	<b>3200 m</b>		<b>2000m</b>
Teresa Root - 8	1	1	1	1	1	JV	JV	-	V	DNR		1.0
Kadence McKellar - 7	5	4	3	6	5	2	3	-	4	4		2.9
Madi Perreault	3	5	5	4	4	5	2	-	3	3		3.4
Ella Schlichting	4	3	4	3	3	3	4	-	2	2		3.3
Bella Schneider	2	2	2	2	2	1	1	-	1	1		1.0
Grace Severin-H.	6	6	6	5	DNR	4	5	-	5	5		5.0

## PLACE FINISHES AT MEETS - 2021

Boys Name	Princeton	Pine City	Mora	Pierz	Milaca	Foley	Hinckley	Duluth East	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Colin Miche' - 12	73	46jv	31jv	50jv	302jv	46jv	84	53	41	3jv			62.8
Josh Brinker - 11	77	54jv	58jv	87jv	349jv	62jv	86	-	59	6jv			74.0
Maxwell Jackson	79	51jv	80jv	93jv	427jv	79jv	106	-	62	13jv			82.3
Isaac Jahnz	DNR	69jv	90jv	132jv	448jv	99jv	104	-	65	14jv			84.5
Charlie Ausmus - 9	5	2	8	8	9	7	2	10	3	1	15		6.4
Frank Betters	51jv	65jv	98jv	128jv	DNR	96jv	105	-	70	17jv			87.5
Eli Fromm	28	24	25	83	76	37	13	29	19	8	36		34.4
Daimien Lord	78	61jv	69jv	103jv	245 -9th	81jv	89	-	63	10jv			76.7
Sawyer McDaniel	55	41	64	112	106 -9th	18jv	41	52	39	1jv	Alt		57.7
Roman McKinney	38	28	41	67	79	48	19	31	12	3	39		36.8
Jace Peterson	67	11jv	63	115	145 -9th	41jv	DNR	DNR	DNR	DNR			81.7
Sean Skluzacek	59	44	65	95	111	67	31	DNF	25	13	62		57.2
Ethan Aagaard - 8	30	29	46	69	69	42	23	24	10	4	35		34.6
Weston Clementson	50	62	DNR	20jv	105	66	30	44	20	6	44		47.4
McCall Leger	68	16jv	42jv	DNR	DNR	33jv	55	DNR	45	DNR			56.0
Noah McDaniel	33jv	60jv	71jv	129jv	265 -9th	87jv	DNF	-	JH	DNR			#DIV/0!
Milo Rydberg	70	15jv	36jv	24jv	?	20jv	58	50	DNR	2jv	Alt		59.3
Bohdan Valvoda	76	13jv	26jv	23jv	119	75	27	42	23	7	60		53.6
	2000m	2000m	3200 m	3200 m	3200 m	3200 m	3200 m		3200 m	3200 m			Average
Noah McDaniel - 8	JV	JV	JV	JV	JV	JV	JV	-	12	DNR			12.0
Ezra Overtom	26	40	47	87	259? -8th	81	32	-	DNR	6			45.6
Carson Anderson - 7	29	35	56	80	184 -7th	69	26	-	22	5			40.3
Grant Larson	24	19	36	49	106 -7th	31	8	-	7	2			22.0
Girls Name	Princeton	Pine City	Mora	Pierz	Milaca	Foley	Hinckley	Duluth East	Mora	Conference	Section 5A	State	Average
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Dorothy Miller - 12	45	19jv	DNR	DNR	DNR	26jv	50	DNR	34	DNR			43.0
Emma Belsheim - 10	22	14	24	34	52	32	10	15	6	5	33		22.5
Kaylie Christenson	DNR	DNR	DNR	DNR	DNR	DNR	71	-	38	7jv			54.5
Eva Johnson	DNR	DNR	DNR	29	32	16	4	10	2	2	15		13.8
Sophia Olson	36	53	DNR	115	123	85	36	DNR	DNR	22	63		66.6
Rachel Brown - 9	18	13	19	52	41	31	13	21	9	7	39		23.9
Amber Norton	44	22jv	23jv	59jv	142 -9th	32jv	DNR	-	32	4jv	Alt		38.0
Peyton Perreault	37	50	57	79	101	52	31	31	13	18	44		46.6
Claire Verret	17jv	30jv	30jv	DNR	170 -9th	44jv	70	-	35	5jv			52.5
Paige Gray - 8	3jv	40	64	84	90	51	24	33	12	17	47		46.2
Gracie Larson	33	36	53	76	82	45	DNF	DNF	11	16	42		43.8
Teresa Root	JH	JH	JH	JH	JH	12jv	48	41	30	DNR	Alt		39.7
	2000m	2000m	3200 m	3200 m	3200 m	3200 m	3200 m		3200 m	3200 m			Average
Teresa Root - 8	8	14	31	38	113 - 8th	JV	JV	V	V	DNR			22.8
Kadence McKellar - 7	15	21	47	92	219 -7th	57	15	-	18	8			34.1
Madi Perreault	13	22	55	75	203 -7th	67	11	-	15	6			33.0
Ella Schlichting	14	20	49	74	170 -7th	61	16	-	11	4			31.1
Bella Schneider	9	15	35	40	120 -7th	33	6	-	9	3			18.8
Grace Severin-H.	17	30	56	87	DNR	65	18	-	19	9			37.6

**GIRLS**  
**TOP CROSS COUNTRY TEAMS AT MEETS**  
**By Top-5 Average Times**  
**2021**

<b>PINE CITY INVITE (Top 6)</b>			
21:49	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & G. Langmade	
22:45	2017	A. Steele, A. Webster, L. Wilson, M. Foss & A. Thieman	
23:35	2020	E. Johnson, A. Rydberg, S. Thieman, E. Belsheim & R. Brown	
24:02	2016	A. Webster, M. Foss, L. Wilson, G. Langmade & A. Thieman	
<b>24:50</b>	<b>2021</b>	<b>R. Brown, E. Belsheim, G. Larson, P. Gray &amp; P. Perreault</b>	
25:22	2018	A. Steele, A. Thieman, K. Pihoda, A. Chromey & H. Rydberg	
N-A	2019	No team score	
<b>CONFERENCE (Top 7) Great River Conference</b>			
20:56	2015	A. Steele, M. Foss, A. Gusk, A. Webster & G. Langmade	GRC-PC
22:01	2019	A. Steele, E. Johnson, A. Rydberg, G. Grubbs & R. Brown	GRC-PC
22:19	2016	A. Webster, A. Steele, M. Foss, G. Grubbs & L. Wilson	GRC-PC
22:31	2018	A. Steele, E. Johnson, G. Grubbs, K. Pihoda & A. Cavallin	GRC-PC
22:34	2017	A. Steele, A. Webster, A. Thieman, G. Grubbs & L. Wilson	GRC-PC
<b>22:47</b>	<b>2021</b>	<b>E. Johnson, E. Belsheim, R. Brown, G. Larson &amp; P. Gray</b>	<b>GRC-HF</b>
23:21	2020	E. Johnson, A. Rydberg, R. Brown, E. Belsheim & S. Thieman	GRC-HF
<b>SECTION (Top 7) 7AA 2021-Present / 5A 2015-2020</b>			
20:44	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & M. Butenhoff	Milaca
21:32	2016	M. Foss, A. Steele, A. Webster, G. Grubbs & L. Wilson	Milaca
21:34	2019	A. Steele, E. Johnson, A. Rydberg, R. Brown & E. Belsheim	Mora
<b>22:08</b>	<b>2021</b>	<b>E. Johnson, E. Belsheim, R. Brown, G. Larson &amp; P. Gray</b>	<b>Cloquet</b>
22:15	2018	A. Steele, E. Johnson, G. Grubbs, K. Pihoda & A. Cavallin	Mora
22:22	2017	A. Steele, A. Webster, G. Grubbs, A. Thieman & M. Foss	Mora
23:00	2020	E. Johnson, R. Brown, E. Belsheim, A. Rydberg & A. Aagaard	Mora

<b>STATE at St. Olaf in Northfield</b>			
20:56	2015	A. Gusk, A. Webster, A. Steele, M. Butenhoff & M. Foss	STATE
<b>ALL-TIME BESTS (Top 35)</b>			
20:44	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & M. Butenhoff	Section 5A - Milaca
20:56	2015	A. Gusk, A. Webster, A. Steele, M. Butenhoff & M. Foss	STATE
20:56	2015	A. Steele, M. Foss, A. Gusk, A. Webster & G. Langmade	GRC-PC
21:19	2015	A. Steele, A. Gusk, A. Webster, M. Foss, & G. Langmade	Swain
5 21:32	2016	M. Foss, A. Steele, A. Webster, G. Grubbs & L. Wilson	Section 5A - Milaca
21:34	2019	A. Steele, E. Johnson, A. Rydberg, R. Brown & E. Belsheim	Section 5A - Mora
21:36	2015	A. Gusk, A. Steele, A. Webster, M. Foss & G. Langmade	Cambridge-Isanti
21:40	2015	A. Steele, M. Foss, A. Gusk, A. Webster, & G. Langmade	Becker
21:43	2015	A. Steele, A. Webster, A. Gusk, M. Foss, & G. Langmade	MMM (G.C.)
10 21:49	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & G. Langmade	Pine City
21:58	2017	A. Steele, A. Webster, G. Grubbs, L. Wilson & Al. Thieman	Foley
22:01	2019	A. Steele, E. Johnson, A. Rydberg, G. Grubbs & R. Brown	GRC-PC
22:02	2015	A. Gusk, A. Webster, A. Steele, G. Langmade, & M. Foss	Pierz
<b>22:08</b>	<b>2021</b>	<b>E. Johnson, E. Belsheim, R. Brown, G. Larson &amp; P. Perreault</b>	<b>Section 7AA - Cloquet</b>
15 22:12	2015	A. Gusk, A. Steele, A. Webster, G. Langmade, & M. Foss	Mora
22:15	2018	A. Steele, E. Johnson, G. Grubbs, K. Pihoda & A. Cavallin	Section 5A - Mora
22:18	2016	M. Foss, A. Webster, G. Grubbs, L. Wilson, & G. Langmade	Mora
22:19	2016	A. Webster, A. Steele, M. Foss, G. Grubbs & L. Wilson	GRC-PC
22:22	2019	A. Steele, E. Johnson, A. Rydberg, E. Belsheim & S. Olson	Foley
20 22:22	2017	A. Steele, A. Webster, G. Grubbs, A. Thieman & M. Foss	Section 5A - Mora
22:23	2017	A. Steele, A. Webster, A. Thieman, G. Grubbs & G. Langmade	Mora L.C.
22:24	2016	A. Webster, G. Grubbs, L. Wilson, Al. Thieman & A. Steele	MMM (G.C.)
22:27	2017	A. Steele, G. Grubbs, A. Webster, L. Wilson & M. Foss	Pierz
<b>22:30</b>	<b>2021</b>	<b>E. Johnson, R. Brown, E. Belsheim, G. Larson &amp; P. Gray</b>	<b>MMM (G.C.)</b>
25 22:30	2016	A. Steele, A. Webster, L. Wilson, Al. Thieman & G. Grubbs	Swain
<b>22:31</b>	<b>2021</b>	<b>E. Johnson, R. Brown, E. Belsheim, G. Larson &amp; P. Gray</b>	<b>Foley</b>
22:31	2018	A. Steele, E. Johnson, G. Grubbs, K. Pihoda & A. Cavallin	GRC-PC
22:34	2017	A. Steele, A. Webster, A. Thieman, G. Grubbs & L. Wilson	GRC-PC
22:35	2015	A. Gusk, A. Webster, A. Steele, M. Foss, & M. Butenhoff	Brainerd
30 22:37	2016	A. Webster, A. Steele, Al. Thieman, L. Wilson & K. Pihoda	Mora L.C.
22:37	2016	A. Steele, A. Webster, G. Grubbs, L. Wilson & Marin Foss	Pierz
<b>22:39</b>	<b>2021</b>	<b>E. Johnson, E. Belsheim, R. Brown, G. Larson &amp; P. Gray</b>	<b>Pine City</b>
22:45	2017	A. Webster, G. Langmade, A. Steele, L. Wilson & Al. Thieman	Pine City
<b>22:47</b>	<b>2021</b>	<b>E. Johnson, E. Belsheim, R. Brown, G. Larson &amp; P. Gray</b>	<b>GRC-HF</b>
35 22:51	2018	A. Steele, E. Johnson, G. Grubbs, K. Pihoda & A. Cavallin	Mora L.C.

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

PINE CITY				Mora				PIERZ				ALL-TIME BEST 4K			
20:37	Alaina Steele	2019		20:39	Alaina Steele	2019		20:27	Alaina Steele	2018		15:44	Sherry Rike	2011	SECT
20:56	Alaina Steele	2017		20:45	Alaina Steele	2018		20:44	Alaina Steele	2017		15:45	Abby Cummins	2011	SECT
21:06	Eva Johnson	2020		21:20	Alaina Steele	2017		21:00	Alaina Steele	2019		15:46	Emily Branzovsky	2003	SECT
21:37	Alaina Steele	2018		21:32	Eva Johnson	2019		21:20	Allison Gusk	2015		15:50	Emily Branzovsky	2003	STA
21:38	Eva Johnson	2019		21:32	Marin Foss	2016		21:38	Eva Johnson	2019		15:52	Abby Cummins	2012	SECT
21:40	Ashli Webster	2015		21:51	Allison Gusk	2015		21:48	Ashli Webster	2015		15:55	Abby Cummins	2012	GRC
21:41	Allison Gusk	2015		21:52	Alaina Steele	2015		21:51	Alaina Steele	2015		15:56	Emily Branzovsky	2003	BECK
21:44	Marin Foss	2015		21:53	Ashli Webster	2015		<b>21:52</b>	<b>Eva Johnson</b>	<b>2021</b>		16:02	Abby Cummins	2010	SECT
21:50	Alaina Steele	2015		22:11	Ashli Webster	2016		21:57	Alaina Steele	2016		16:13	Marin Foss	2014	SECT
22:12	Grace Langmade	2015		22:28	Grace Grubbs	2016		<b>22:05</b>	<b>Emma Belshelm</b>	<b>2021</b>		16:13	Abby Cummins	2012	MEGA
												16:14	Allison Gusk	2014	SECT
MILACA MEGA (G.C.)				Foley				SWAIN / Duluth				Camb./Mora			
19:53.5	Alaina Steele	2018		19:43.1	Alaina Steele	2018		20:36	Alaina Steele	2018		20:07	Alaina Steele	2018	
20:27	Alaina Steele	2017		20:08	Alaina Steele	2017		20:48	Alaina Steele	2015		20:33	Alaina Steele	2019	
21:09	Alaina Steele	2019		20:12	Alaina Steele	2019		21:06	Allison Gusk	2015		20:52	Alaina Steele	2017	
21:22	Alaina Steele	2015		20:38	Eva Johnson	2019		21:07	Ashli Webster	2015		21:04	Allison Gusk	2015	
21:22	Ashli Webster	2015		<b>21:14</b>	<b>Eva Johnson</b>	<b>2021</b>		21:37	Eva Johnson	2018		21:05	Eva Johnson	2018	
21:23	Allison Gusk	2015		21:33	Arissa Rydberg	2019		21:40	Marin Foss	2021		<b>21:22</b>	<b>Eva Johnson</b>	<b>2021</b>	
<b>21:25</b>	<b>Eva Johnson</b>	<b>2021</b>		21:42	Ashli Webster	2017		21:56	Grace Langmade	2015		21:22	Ashli Webster	2016	
21:25	Eva Johnson	2019		21:57	Eva Johnson	2018		22:01	Alaina Steele	2015		21:29	Arissa Rydberg	2019	
21:26	Marin Foss	2015		<b>22:10</b>	<b>Rachel Brown</b>	<b>2021</b>		22:07	Alaina Steele	2019	L	21:30	Alaina Steele	2015	
21:42	Ashli Webster	2016		<b>22:11</b>	<b>Emma Belshelm</b>	<b>2021</b>		<b>22:12</b>	<b>Eva Johnson</b>	<b>2021</b>		21:35	Ashli Webster	2015	
CONFERENCE				SECTION				STATE				ALL-TIME BEST 5K			
								19:47	Alaina Steele	2018		19:43.1	Alaina Steele	2019	Section
20:20	Alaina Steele	2019	PC	19:43.1	Alaina Steele	2019	Mo	19:59	Alaina Steele	2019		19:43.1	Alaina Steele	2018	Foley
20:21	Alaina Steele	2018	PC	20:04	Eva Johnson	2019	Mo	20:11	Eva Johnson	2019		19:47.2	Alaina Steele	2018	STATE
20:29	Eva Johnson	2019	PC	20:07	Alaina Steele	2018	Mo	20:28	Allison Gusk	2015		19:53.5	Alaina Steele	2018	MMM
20:33	Alaina Steele	2015	PC	20:23	Eva Johnson	2018	ML	20:43	Ashli Webster	2015		19:58.9	Alaina Steele	2019	STATE
20:37	Marin Foss	2015	PC	20:36	Ashli Webster	2015	ML	20:55	Alaina Steele	2015		20:04.1	Eva Johnson	2019	Section
20:44	Eva Johnson	2018	PC	20:37	Allison Gusk	2015	ML	21:11	Makayla Butenhoff	2015		20:07	Alaina Steele	2018	Section
20:48	Allison Gusk	2015	PC	20:44	Marin Foss	2015	ML	21:21	Marin Foss	2015		20:07	Alaina Steele	2018	Mora LC
20:52	Ashli Webster	2015	PC	<b>20:46</b>	<b>Eva Johnson</b>	<b>2021</b>	CI					20:09	Alaina Steele	2017	Foley
<b>21:15</b>	<b>Eva Johnson</b>	<b>2021</b>	HF	20:48	Alaina Steele	2015	ML	15:50	Emily Branzovsky	2003		20:11	Eva Johnson	2019	STATE
21:16	Eva Johnson	2020	HF	20:58	Makayla Butenhoff	2015	ML	16:50	Marin Foss	2014		20:12	Alaina Steele	2019	Foley

**BOYS**  
**TOP CROSS COUNTRY TEAMS AT MEETS**  
**By Top-5 Average Times**  
**2021**

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

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



## BOYS - TOP 10 CROSS COUNTRY TIMES AT MEETS

<u>BRAINERD / PRINCETON</u>				<u>PINE CITY</u>				<u>MILACA/MORA</u>				<u>PIERZ</u>			
17:42	Tommy Ryan	2018		17:01	Jim Kingen	1986		17:17	Zach Swanson	2008		16:58	Trevor McNally	2006	
<b>17:54</b>	<b>Charlie Ausmus</b>	<b>2021</b>		17:14	Trevor McNally	2006		17:27	Trevor McNally	2006		17:10	Jared Clementson	2003	
18:01	Tommy Ryan	2017		17:16	Zach Swanson	2008		17:29	Eli Grubbs	2016	Mo	17:11	Tommy Ryan	2018	
18:09	Nate Webster	2019		17:21	Jared Clementson	2003		17:52	Tommy Ryan	2017	Mo	17:14	Easton Foss	2014	
18:14	Nate Webster	2017		17:28	Jared Clementson	2002		<b>17:52</b>	<b>Charlie Ausmus</b>	<b>2021</b>	<b>Mo</b>	17:14	Zach Swanson	2008	
18:15	Nate Webster	2018		17:33	Charlie Ausmus	2020		17:53	Cody Hanson	2010		17:14	Jared Clementson	2002	
18:21^	Eli Grubbs	2016		17:33	Cody Hanson	2010		17:59	Noah Adams	2015	Mo	17:20	Tom Miche'	2005	
18:37	Noah Adams	2015		17:34	John Bloom	1988		18:03	Easton Foss	2013	Mo	<b>17:24</b>	<b>Charlie Ausmus</b>	<b>2021</b>	
18:42^	Nate Webster	2016		17:46	Tommy Ryan	2017		18:03	Dan Pangerl	1998		17:30	Tommy Ryan	2017	
18:47^	Tommy Ryan	2016		<b>17:50</b>	<b>Charlie Ausmus</b>	<b>2021</b>		18:05	Tommy Ryan	2016	Mo	17:30	Jared Clementson	2001	
<u>MILACA MEGA (G.C.)</u>				<u>Foley</u>				<u>BECKER / HINCKLEY</u>				<u>PRIN/CAMB/PROC/MORA</u>			
16:56	Tommy Ryan	2018		17:17	Tommy Ryan	2018		16:31	Jared Clementson	2002		17:07	Cody Hanson	2010	Pri
17:06	Zach Swanson	2008		<b>17:18</b>	<b>Charlie Ausmus</b>	<b>2021</b>		16:49	Trevor McNally	2006		17:11	Tommy Ryan	2018	Mo
17:11	Cody Hanson	2010		17:19	Tommy Ryan	2017		16:54	Zach Swanson	2008		17:19	Zach Swanson	2008	
17:18	Nate Webster	2018		17:28	Nate Webster	2018		17:18	David Hambly	2006		17:24	Trevor McNally	2007	Pri
17:20	Trevor McNally	2007		17:33	Nate Webster	2017		17:30	Cody Hanson	2010		17:31	Easton Foss	2014	Pro
17:22	Easton Foss	2014		17:39	Nate Webster	2019		17:33	Tom Miche'	2006		17:39	David Hambly	2007	Pri
17:24	Easton Foss	2013		17:45	Eli Grubbs	2015		17:35	David Hambly	2007		17:43	Tommy Ryan	2017	Mo
<b>17:25</b>	<b>Charlie Ausmus</b>	<b>2021</b>		18:26	Jake Adams	2018		17:38	Easton Foss	2013		17:45	Nate Webster	2018	Mo
17:29	David Hambley	2007		18:29	Logan Vinaja	2018		<b>17:41</b>	<b>Charlie Ausmus</b>	<b>2021</b>		17:49	Tommy Ryan	2016	Mo
17:48	Tommy Ryan	2017		18:43	Jake Adams	2017		17:48	Trevor McNally	2007		17:49	Cody Hanson	2009	
<u>CONFERENCE</u>				<u>SECTION</u>				<u>STATE</u>				<u>ALL-TIME BESTS</u>			
16:39	Jared Clementson	2003	SM	16:20	Jared Clementson	2002	BK	*17:01	Jared Clementson	2002		16:20	Jared Clementson	2002	SECT
17:15	Trevor McNally	2006	PC	16:57	Tommy Ryan	2018	Mo	16:32	Tommy Ryan	2018		*17:01	Jared Clementson	2002	STA
17:19	Tommy Ryan	2018	PC	16:57	Jared Clementson	2003	CL	16:32	Trevor McNally	2006		16:27	Per Zillmer	1982	MMM
17:20	Cody Hanson	2010	PC	17:03	Trevor McNally	2005	CL	16:49	Jared Clementson	2003		16:31	Jared Clementson	2003	BL-BK
17:26	Jared Clementson	2002	PC	17:03	Trevor McNally	2007	PZ	16:50	Tom Miche'	2006		16:32	Tommy Ryan	2018	STA
17:28	Zach Swanson	2008	PC	17:04	Trevor McNally	2006	CL	16:53	Cody Hanson	2010		16:32	Trevor McNally	2006	STA
17:28	Trevor McNally	2005	PC	17:05	Cody Hanson	2010	PZ	16:55	Trevor McNally	2005		16:32	Chase Duarte	1984	ChL
17:35	Tom Miche'	2005	PC	17:05	Tom Miche'	2004	CL	16:55	Trevor McNally	2007		16:36	John Bloom	1990	MMM
17:35	Trevor McNally	2007	PC	17:09	Easton Foss	2013	ML	16:56	Tommy Ryan	2017		16:37	Jared Clementson	2002	FOL
17:36	Ryan Hammill	1999	ML	17:10	Tom Miche'	2005	CL	17:00	Easton Foss	2014		16:39	Jared Clementson	2003	CONF

\*5200m course (16:22)

\*5200m course (16:22)

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

<b>Single Rank</b>	<b>Race Rank</b>	<b>Time</b>	<b>Name</b>	<b>Year</b>	<b>Meet</b>
1	1	<b>19:43.1</b>	<b>Alaina Steele</b>	<b>2018/2019</b>	<b>Foley / Section 5A</b>
2	6	20:04.3	<b>Eva Johnson</b>	2019	Section 5A (Mora)
3	17	20:28.2	Allison Gusk	2015	STATE
4	21	20:35.9	Ashli Webster	2015	Section 5A (Milaca)
5	23	20:37	Marin Foss	2015	GRC-PC
6	42	20:57.5	Makayla Butenhoff	2015	Section 5A (Milaca)
7	55	21:11.9	Arissa Rydberg	2019	Section 5A (Mora)
8	T78	21:31.9	Grace Langmade	2015	Section 5A (Milaca)
9	T101	21:51.1	Grace Grubbs	2016	Section 5A (Milaca)
10	T112	<b>21:56.5</b>	<b>Emma Belsheim</b>	<b>2021</b>	<b>Section 7AA (Cloq)</b>
11	T116	<b>21:57.5</b>	<b>Rachel Brown</b>	<b>2021</b>	<b>Milaca Mega</b>
12	118	21:59.9	Lily Wilson	2016	Section 5A (Milaca)
13	T153	22:35	Alexis Thieinan	2016	Mora Last Chance
14	T165	<b>22:40.2</b>	<b>Gracie Larson</b>	<b>2021</b>	<b>Section 7AA (Cloq)</b>
15	T179	<b>22:47.5</b>	<b>Peyton Perreault</b>	<b>2021</b>	<b>Section 7AA (Cloq)</b>
16	T182	<b>22:50.3</b>	<b>Paige Gray</b>	<b>2021</b>	<b>Section 7AA (Cloq)</b>
17	201	22:59	Jill Tomczyk	2015	Becker

## GIRLS 5K XC TIMES UNDER 23:00 (Top 205)

Rank	Time	Name	Year	Meet
1	<b>19:43.1</b>	<b>Alaina Steele</b>	<b>2019</b>	<b>Section 5A (Mora)</b>
2	<b>19:43.1</b>	<b>Alaina Steele</b>	<b>2018</b>	<b>Foley</b>
3	19:47.2	Alaina Steele	2018	STATE
4	19:53.5	Alaina Steele	2018	Milaca Mega *First Sub 20:00
5	19:58.9	Alaina Steele	2019	STATE
6	<b>20:04.3</b>	<b>Eva Johnson</b>	<b>2019</b>	<b>Section 5A (Mora)</b>
7	20:07	Alaina Steele	2018	Section 5A (Mora)
8	20:07	Alaina Steele	2018	Mora L.C.
9	20:08.6	Alaina Steele	2017	Foley
10	20:11.0	Eva Johnson	<b>2019</b>	STATE
11	20:11.8	Alaina Steele	2019	Foley
12	20:20	Alaina Steele	2019	GRC - Pine City
13	20:21	Alaina Steele	2018	GRC - Pine City
14	20:22.7	Eva Johnson	<b>2018</b>	Section 5A (Mora)
15	20:26.7	Alaina Steele	2018	Pierz
16	20:26.7	Alaina Steele	2017	Milaca Mega
17	<b>20:28.2</b>	<b>Allison Gusk</b>	<b>2015</b>	<b>STATE *First Sub-20:30</b>
18	20:29	Eva Johnson	<b>2019</b>	GRC - Pine City
19	20:33	Alaina Steele	2019	Mora L.C.
20	20:33	Alaina Steele	2015	GRC - Pine City
21	20:36	Alaina Steele	2018	Swain
22	<b>20:36</b>	<b>Ashli Webster</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
23	<b>20:37</b>	<b>Marin Foss</b>	<b>2015</b>	<b>GRC - Pine City</b>
24	20:37	Alaina Steele	2019	<i>Pine City - SCHOOL RECORD</i>
25	20:37	Allison Gusk	2015	Section 5A (Milaca)
26	20:39	Alaina Steele	2019	Mora
27	20:39	Eva Johnson	<b>2019</b>	Foley
28	20:43	Ashli Webster	2015	STATE
29	20:44	Eva Johnson	<b>2018</b>	GRC - Pine City
30	20:44	Alaina Steele	2017	Pierz
31	20:44	Marin Foss	2015	Section 5A (Milaca)
32	20:45	Alaina Steele	2018	Mora
33	20:46	Eva Johnson	2021	Section 7AA (Cloquet)
34	20:48	Allison Gusk	2015	GRC - Pine City
35	20:48	Alaina Steele	2015	Swain *First sub-21:00
36	20:48	Alaina Steele	2015	Section 5A (Milaca)
37	20:52	Alaina Steele	2017	Mora L.C.
38	20:52	Ashli Webster	2015	GRC - Pine City
39	20:54	Alaina Steele	2018	Princeton
40	20:55	Alaina Steele	2015	STATE
41	20:56	Alaina Steele	2017	Pine City *Former S.R.*
42	<b>20:58</b>	<b>Makayla Butenhoff</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
43	20:59	Eva Johnson	<b>2020</b>	Section 5A (Mora)
44	20:59	Alaina Steele	2015	Becker
45	21:01	Alaina Steele	2019	Pierz
46	21:04	Allison Gusk	2015	Cambridge-Isanti
47	21:05	Eva Johnson	<b>2018</b>	Mora L.C.
48	21:06	Eva Johnson	<b>2020</b>	Pine City
49	21:06	Allison Gusk	2015	Swain
50	21:07	Ashli Webster	2015	Swain
51	21:07	Marin Foss	2016	Section 5A (Milaca)
52	21:09	Alaina Steele	2017	Section 5A (Mora)
53	21:09	Alaina Steele	2019	Milaca Mega
54	21:11	Makayla Butenhoff	2015	STATE

55	<b>21:12</b>	<b>Arissa Rvdberg</b>	<b>2019</b>	<b>Section 5A (Mora)</b>
56	21:14	Alaina Steele	2016	Section 5A (Milaca)
57	21:15	Eva Johnson	2021	GRC - Hinckley
58	21:15	Eva Johnson	2021	Foley
59	21:16	Eva Johnson	2020	GRC - Hinckley
60	21:17	Alaina Steele	2019	Princeton
61	21:18	Eva Johnson	2020	Pine City Dual
62	21:19	Alaina Steele	2017	GRC - Pine City
63	21:20	Alaina Steele	2017	Mora
64	21:20	Allison Gusk	2015	Pierz
65	21:21	Arissa Rvdberg	2019	GRC - Pine City
66	21:21	Marin Foss	2015	STATE
67	21:22	Eva Johnson	2021	Mora L.C.
68	21:22	Alaina Steele	2015	Milaca Mega
69	21:22	Ashli Webster	2015	Milaca Mega
70	21:22	Ashli Webster	2016	Mora L.C.
71	21:25	Eva Johnson	2021	Milaca Mega
72	21:25	Eva Johnson	2019	Milaca Mega
73	21:27	Marin Foss	2015	Becker
74	21:27	Allison Gusk	2015	Becker
75	21:29	Arissa Rvdberg	2019	Mora L.C.
76	21:29	Ashli Webster	2016	Section 5A (Milaca)
77	21:30	Alaina Steele	2015	Cambridge-Isanti
78	<b>21:32</b>	<b>Grace Langmade</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
79	21:32	Eva Johnson	2019	Mora
80	21:32	Marin Foss	2016	Mora
81	21:33	Arissa Rvdberg	2019	Foley
82	21:35	Ashli Webster	2015	Cambridge-Isanti
83	21:37	Eva Johnson	2018	Swain
84	21:37	Alaina Steele	2018	Pine City
85	21:38	Eva Johnson	2019	Pine City
86	21:39	Eva Johnson	2019	Pierz
87	21:40	Ashli Webster	2015	Pine City *Former S.R. *
88	21:40	Marin Foss	2015	Swain
89	21:41	Allison Gusk	2015	Pine City
90	21:42	Ashli Webster	2017	Foley
91	21:42	Ashli Webster	2016	Milaca Mega
92	21:44	Ashli Webster	2017	Section 5A (Mora)
93	21:44	Marin Foss	2015	Pine City
94	21:47	Allison Gusk	2015	Brainerd *First sub-22:00
95	21:47	Alaina Steele	2016	Mora L.C.
96	21:48	Ashli Webster	2015	Pierz
97	21:48	Ashli Webster	2015	Becker
98	21:48	Ashli Webster	2016	GRC - Pine City
99	21:50	Alaina Steele	2015	Pine City
100	21:50	Grace Langmade	2015	GRC - Pine City
101	21:51	Alaina Steele	2015	Pierz
102	21:51	Allison Gusk	2015	Mora
103	<b>21:51</b>	<b>Grace Grubbs</b>	<b>2016</b>	<b>Section 5A (Milaca)</b>
104	21:52	Eva Johnson	2021	Pierz
105	21:52	Alaina Steele	2015	Mora
106	21:53	Ashli Webster	2015	Mora
107	21:53	Makayla Butenhoff	2015	GRC - Pine City
108	21:54	Eva Johnson	2021	Hinckley
109	21:55	Marin Foss	2015	Cambridge-Isanti
110	21:56	Eva Johnson	2019	Princeton
111	21:56	Grace Langmade	2015	Swain
112	<b>21:57</b>	<b>Emma Belshheim</b>	<b>2021</b>	<b>Section 7AA (Cloquet)</b>
113	21:57	Eva Johnson	2018	Foley
114	21:57	Grace Langmade	2015	Cambridge-Isanti

115	21:57	Alaina Steele	2016	Pierz
116	<b>21:58</b>	<b>Rachel Brown</b>	<b>2021</b>	<b>Milaca Mega</b>
117	21:58	Ashli Webster	2015	Brainerd
118	<b>22:00</b>	<b>Lily Wilson</b>	<b>2016</b>	<b>Section 5A (Milaca)</b>
119	22:01	Ashli Webster	2017	Mora L.C.
120	22:02	Alaina Steele	2015	Brainerd
121	22:05	Emma Belsheim	2021	Pierz
122	22:06	Alaina Steele	2016	GRC - Pine City
123	22:07	Alaina Steele	2016	Pierz
124	22:11	Ashli Webster	2016	Mora
125	22:12	Eva Johnson	2021	Duluth East
126	22:12	Rachel Brown	2021	Foley
127	22:12	Emma Belsheim	2021	Foley
128	22:12	Grace Langmade	2015	Pine City
129	22:15	Grace Langmade	2015	STATE
130	22:16	Marin Foss	2016	Brainerd
131	22:21	Emma Belsheim	2021	Milaca Mega
132	22:23	Alaina Steele	2017	Brainerd
133	22:23	Allison Gusk	2015	Milaca Mega
134	22:24	Grace Grubbs	2015	STATE
135	22:25	Emma Belsheim	2021	GRC - Hinckley
136	22:25	Emma Belsheim	2021	Mora L.C.
137	22:26	Marin Foss	2015	Milaca Mega
138	22:26	Ashli Webster	2016	Brainerd
139	22:27	Grace Grubbs	2016	Milaca Mega
140	22:28	Ashli Webster	2017	GRC - Pine City
141	22:28	Grace Langmade	2015	Pierz
142	22:28	Grace Grubbs	2016	Mora
143	22:29	Grace Grubbs	2017	Section 5A (Mora)
144	22:30	Lily Wilson	2016	Milaca Mega
145	22:32	Grace Langmade	2015	Mora
146	22:32	Marin Foss	2016	GRC - Pine City
147	22:33	Rachel Brown	2021	Mora
148	22:33	Grace Grubbs	2015	GRC - Pine City
149	22:33	Ashli Webster	2016	Pierz
150	22:34	Lily Wilson	2016	Mora
151	22:34	Ashli Webster	2016	Becker
152	22:34	Grace Grubbs	2016	GRC - Pine City
153	<b>22:35</b>	<b>Alexis Thieman</b>	<b>2016</b>	<b>Mora L.C.</b>
154	22:35	Lily Wilson	2016	GRC - Pine City
155	22:36	Grace Grubbs	2017	Foley
156	22:36	Lily Wilson	2017	Foley
157	22:36	Makavla Butenhoff	2015	Swain
158	22:36	Lily Wilson	2016	Mora L.C.
159	22:37	Rachel Brown	2021	Pierz
160	22:37	Alexis Thieman	2017	Mora L.C.
161	22:37	Grace Grubbs	2017	Pierz
162	22:37	Alexis Thieman	2016	Milaca Mega
163	22:39	Grace Langmade	2015	Becker
164	22:39	Ashli Webster	2016	Swain
165	<b>22:40</b>	<b>Gracie Larson</b>	<b>2021</b>	<b>Section 7AA (Cloquet)</b>
166	22:40	Ashli Webster	2017	Pine City
167	22:40	Alexis Thieman	2016	Section 5A (Milaca)
168	22:42	Emma Belsheim	2021	Duluth East
169	22:42	Ashli Webster	2017	Pierz
170	22:42	Alaina Steele	2016	Milaca Mega
171	22:42	Lily Wilson	2016	Swain
172	22:43	Rachel Brown	2021	GRC - Hinckley
173	22:43	Marin Foss	2015	Pierz
174	22:43	Grace Grubbs	2016	Pierz

175	22:44	Grace Grubbs	2018	Section 5A (Mora)
176	22:44	Alaina Steele	2017	Swain
177	22:45	Emma Belsheim	2021	Hinckley
178	22:45	Alexis Thieman	2017	GRC - Pine City
179	22:48	<b>Peyton Perreault</b>	<b>2021</b>	<b>Section 7AA (Cloquet)</b>
180	22:48	Alexis Thieman	2017	Foley
181	22:49	Lily Wilson	2017	Pierz
182	22:50	<b>Paige Gray</b>	<b>2021</b>	<b>Section 7AA (Cloquet)</b>
183	22:50	Marin Foss	2015	Brainerd
184	22:51	Arissa Rydberg	2020	Pine City
185	22:51	Alexis Thieman	2016	Swain
186	22:53	Emma Belsheim	2021	Mora
187	22:53	Grace Grubbs	2018	Mora L.C.
188	22:53	Marin Foss	2015	Mora
189	22:53	Lily Wilson	2016	Pierz
190	22:54	Rachel Brown	2021	Mora L.C.
191	22:54	Arissa Rydberg	2019	Milaca Mega
192	22:54	Grace Grubbs	2018	Hinckley
193	22:55	Alexis Thieman	2017	Section 5A (Mora)
194	22:56	Grace Langmade	2016	Mora
195	22:56	Grace Langmade	2016	GRC - Pine City
196	22:58	Rachel Brown	2021	Hinckley
197	22:58	Marin Foss	2014	Grantsburg
198	22:58	Marin Foss	2016	Pierz
199	22:58	Grace Langmade	2016	Becker
200	22:58	Alexis Thieman	2016	GRC - Pine City
201	<b>22:59</b>	<b>Jill Tomczyk</b>	<b>2015</b>	<b>Becker</b>
202	23:00	Rachel Brown	2020	Section 5A (Mora)
203	23:00	Grace Grubbs	2018	GRC - Pine City
204	23:00	Grace Langmade	2015	Milaca Mega
205	23:00	Alaina Steele	2016	Becker

Total	Interval	Time Category
5	5	Times Under 20:00 min
18	13	Times Under 20:30 min
44	26	Times Under 21:00 min
77	33	Times Under 21:30 min
118	41	Times Under 22:00 min
144	26	Times Under 22:30 min
205	59	Times Under 23:00 min

KEY	
<b>BOLD</b>	That person's fastest time
Green	Happened this year

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

<b>Single Rank</b>	<b>Race Rank</b>	<b>Time</b>	<b>Name</b>	<b>Year</b>	<b>Meet</b>
<b>1</b>	<b>1</b>	<b>16:20</b>	<b>Jared Clementson</b>	<b>2002</b>	<b>SECTION-Becker</b>
2	3	16:27	Per Zillmer	1982	Princeton (Mega)
T3	T5	16:32.2	Tommy Ryan	2018	STATE
T3	T5	16:32.2	Trevor McNally	2006	STATE
T3	T5	16:32	Chase Duarte	1985	Chisago Lakes
6	8	16:36	John Bloom	1990	Princeton (Mega)
7	12	16:45	Jim Kingen	1986	District 25
8	19	16:50	Tom Miche'	2006	STATE
T9	T22	16:54	Cody Hanson	2010	STATE
T9	T22	16:54	Zach Swanson	2008	Becker
11	T35	17:00	Easton Foss	2014	STATE
12	T46	17:05	David Hambly	2006	STATE
13	T56	17:10	Ryan Hammill	2000	SubSection-Pierz
14	T63	17:12	Eli Grubbs	2016	Section-Milaca
15	T76	17:16	Chris Lutz	2001	SubSection-Pierz
16	85	17:17.6	Nate Webster	2018	MMM (G.C.)
17	T86	<b>17:18.0</b>	<b>Charlie Ausmus</b>	<b>2021</b>	<b>Foley</b>
18	T117	17:27	Jason Rarick	1987	RRC - Pine City
T19	T127	17:29	Peter Johnson	2000	SubSection-Pierz
T19	T136	17:32	Noah Adams	2013	Section-Milaca
21	T136	17:32	Marcus Duarte	1987	RRC
22	T148	17:34	David Hansen	2001	Pierz
23	T152	17:35	Ricky Wasson	1997	Princeton (Mega)
T24	T160	17:37	Clay Fischer	2003	RRC-STMA
T24	T200	17:45	Jeremy Lee	2000	SubSection-Pierz
T26	T213	17:47	Logan Vinaja	2018	Section 5A - Mora
T26	T213	17:47	Jason Larson	1997	Princeton (Mega)
T26	T213	17:47	Paul Johnson	1997	Princeton (Mega)
29	T239	17:51	Jordan Rarick	2012	MMM (G.C.)
T30	T261	17:53	Karl Greden	2002	Section-Becker
T30	T261	17:53	Danny Olson	1989	Region 7 - Cambridge
32	T280	17:55	Charlie Zak	2001	SubSection-Pierz
33	T290	17:57	J.R. Anderson	1996	Rush City

## BOYS 5K XC TIMES UNDER 18:00 (Top 310+)

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



51	17:07	Cody Hanson	2010	Princeton
52	17:08	John Bloom	1990	Cambridge
53	17:08	Jim Kingen	1986	Swain
54	17:09	Easton Foss	2013	Section-Milaca
55	17:09	Chase Duarte	1984	Cambridge
56	17:10	Tom Miche'	2005	Section-Cloquet
57	17:10	Jared Clementson	2003	Pierz
58	<b>17:10</b>	<b>Ryan Hammill</b>	<b>2000</b>	<b>SubSection-Pierz</b>
59	17:10	John Bloom	1990	Region 7 - Virginia
60	17:11	Tommy Ryan	2018	Mora L.C.
61	17:11	Tommy Ryan	2018	Pierz
62	17:11	Cody Hanson	2010	MMM (G.C.)
63	17:12	Jim Kingen	1986	Mora
64	<b>17:12</b>	<b>Eli Grubbs</b>	<b>2016</b>	<b>Section-Milaca</b>
65	17:13	Easton Foss	2014	Section-Milaca
66	17:13	Zach Swanson	2007	STATE
67	17:14	Tommy Ryan	2017	Section-Mora
68	17:14	Easton Foss	2014	Pierz
69	17:14	Zach Swanson	2008	Pierz
70	17:14	Jared Clementson	2002	Pierz
71	17:14	Trevor McNally	2006	Pine City
72	17:14	David Hambly	2007	Section-Pierz
73	17:15	Trevor McNally	2006	TRC-Pine City
74	17:15	John Bloom	1989	Cambridge
75	17:15	John Bloom	1988	Crosier Invite
76	17:16	Zach Swanson	2008	Pine City
77	<b>17:16</b>	<b>Chris Lutz</b>	<b>2001</b>	<b>SubSection-Pierz</b>
78	17:16	Chase Duarte	1983	Princeton (Mega)
79	17:16	John Bloom	1988	Mora
80	17:16	Per Zillmer	1982	Chisago Lakes
81	17:17	Tommy Ryan	2018	Foley
82	17:17	Zach Swanson	2008	Milaca Earlybird
83	17:17	Zach Swanson	2007	Section-Pierz
84	17:17	Zach Swanson	2007	Section-Pierz
85	<b>17:18</b>	<b>Nate Webster</b>	<b>2018</b>	<b>MMM (G.C.)</b>
86	<b>17:18</b>	<b>Charlie Ausmus</b>	<b>2021</b>	<b>Foley</b>
87	17:18	David Hambly	2006	Becker
88	17:18	Jared Clementson	2001	North Branch
89	17:19	Tommy Ryan	2018	GRC-PC
90	17:19	Tommy Ryan	2017	Foley
91	17:19	Zach Swanson	2008	Princeton
92	17:19	David Hambly	2006	MMM (Foley)
93	17:19	John Bloom	1987	District 25
94	17:20	Cody Hanson	2010	GRC-PC
95	17:20	Tom Miche'	2005	Pierz
96	17:20	Trevor McNally	2007	MMM (G.C.)
97	17:21	Tommy Ryan	2018	Swain
98	17:21	Jared Clementson	2003	Pine City
99	17:21	John Bloom	1987	RRC - Pine City
100	17:22	Easton Foss	2014	STATE
101	17:22	Easton Foss	2014	MMM (G.C.)
102	17:22	Trevor McNally	2006	North Branch
103	17:22	Jared Clementson	2000	SubSection-Pierz
104	17:22	John Bloom	1990	STATE

105	17:23	John Bloom	1988	RRC
106	17:23	Per Zillmer	1982	RRC-Chisago L.
107	17:24	Easton Foss	2013	MMM (G.C.)
108	17:24	Charlie Ausmus	2021	MMM (G.C.)
109	17:24	Trevor McNally	2007	Princeton
110	17:25	Trevor McNally	2006	Swain
111	17:25	Jared Clementson	2000	Section-Becker
112	17:25	Trevor McNally	2004	Section-Cloquet
113	17:26	Jared Clementson	2002	RRC-Pine City
114	17:26	Jared Clementson	2003	Chisago Lakes
115	17:26	Trevor McNally	2005	Cambridge
116	17:26	Per Zillmer	1982	Cambridge
117	17:27	Nate Webster	2018	Foley
118	17:27	Trevor McNally	2006	Milaca Earlybird
119	<b>17:27</b>	<b>Jason Rarick</b>	<b>1987</b>	<b>RRC - Pine City</b>
120	17:27	Jim Kingen	1985	District 25
121	17:27	Per Zillmer	1982	Milaca
122	17:28	Zach Swanson	2008	GRC-Pine City
123	17:28	Trevor McNally	2005	TRC-Pine City
124	17:28	Jared Clementson	2002	Pine City
125	17:28	Jared Clementson	2003	Proctor
126	17:28	Jim Kingen	1985	Milaca
127	<b>17:29</b>	<b>Peter Johnson</b>	<b>2000</b>	<b>SubSection-Pierz</b>
128	17:29	David Hambly	2007	MMM (G.C.)
129	17:29	Eli Grubbs	2016	Mora
130	17:30	Tommy Ryan	2017	Pierz
131	17:30	Cody Hanson	2010	Becker
132	17:30	Jared Clementson	2001	Pierz
133	17:30	Cody Hanson	2010	North Branch
134	17:30	Zach Swanson	2008	Section-Pierz
135	17:31	Easton Foss	2014	Proctor
136	<b>17:32</b>	<b>Noah Adams</b>	<b>2013</b>	<b>Section-Milaca</b>
137	17:32	Tom Miche'	2006	Becker
138	<b>17:32</b>	<b>Marcus Duarte</b>	<b>1987</b>	<b>RRC - Pine City</b>
139	17:33	Charlie Ausmus	2020	Pine City
140	17:33	Nate Webster	2018	Section 5A - Mora
141	17:33	Nate Webster	2017	Foley
142	17:33	Tom Miche'	2006	Becker
143	17:33	Trevor McNally	2005	Pierz
144	17:33	Zach Swanson	2008	North Branch
145	17:33	Cody Hanson	2010	Pine City
146	17:33	Peter Johnson	1997	Princeton (Mega)
147	17:33	Marcus Duarte	1986	Region 7 - Cambridge
148	17:34	Ryan Hammill	2000	Pierz
149	<b>17:34</b>	<b>David Hansen</b>	<b>2001</b>	<b>Pierz</b>
150	17:34	Ryan Hammill	2000	Pierz
151	17:34	John Bloom	1988	PC Invite
152	17:35	Charlie Ausmus	2020	Pine City Intrasquad
153	17:35	Tom Miche'	2005	TRC-Pine City
154	17:35	Trevor McNally	2007	TRC-Pine City
155	17:35	David Hambly	2007	Becker
156	<b>17:35</b>	<b>Ricky Wasson</b>	<b>1997</b>	<b>Princeton (Mega)</b>
157	17:36	Ryan Hammill	1999	RRC-Milaca

158	17:36	Ryan Hammill	2000	North Branch
159	17:36	Tom Miche'	2006	Pierz
160	17:37	Nate Webster	2017	Section-Mora
161	17:37	Ryan Hammill	2000	RRC-Foley
162	17:37	Cody Hanson	2010	Becker
163	17:37	Chris Lutz	2002	Section-Becker
164	<b>17:37</b>	<b>Clay Fischer</b>	<b>2003</b>	<b>RRC-STMA</b>
165	17:37	Tom Miche'	2005	Cambridge
166	17:37	Cody Hanson	2010	Pierz
167	17:37	John Bloom	1990	Milaca
168	17:37	Per Zillmer	1982	Swain
169	17:38	Charlie Ausmus	2020	Pine City Dual
170	17:38	David Hambly	2006	Pierz
171	17:38	Tom Miche'	2006	Section-Cloquet
172	17:38	Easton Foss	2013	Becker
173	17:38	Tommy Ryan	2016	Section-Milaca
174	17:39	Nate Webster	2019	Foley
175	17:39	Ryan Hammill	1999	Princeton (Mega)
176	17:39	Chris Lutz	2001	RRC-North Branch
177	17:39	Tom Miche'	2006	MMM (Foley)
178	17:39	David Hambly	2007	Princeton
179	17:39	John Bloom	1988	Swain
180	17:40	John Bloom	1990	Pine City
181	17:40	John Bloom	1988	Rush City
182	17:40	John Bloom	1987	Pine City
183	17:41	Charlie Ausmus	2021	Hinckley
184	17:41	Jared Clementson	2000	North Branch
185	17:41	Ryan Hammill	2000	Princeton (Mega)
186	17:41	Chris Lutz	2001	Pierz
187	17:41	Tom Miche'	2006	TRC-Pine City
188	17:41	David Hambly	2007	TRC-Pine City
189	17:42	Tommy Ryan	2018	Princeton
190	17:42	Marcus Duarte	1987	District 25
191	17:43	Tommy Ryan	2017	Mora L.C.
192	17:43	Ryan Hammill	1999	Section-Becker
193	17:43	David Hansen	2001	SubSection-Pierz
194	17:43	David Hambly	2006	TRC-Pine City
195	17:43	John Bloom	1987	Cambridge
196	17:44	Chris Lutz	2002	North Branch
197	17:44	David Hambly	2007	North Branch
198	17:44	John Bloom	1988	District 25
199	17:44	John Bloom	1986	Region 7 - Cambridge
200	17:45	Nate Webster	2019	Section 5A - Mora
201	17:45	Nate Webster	2018	Mora L.C.
202	17:45	Nate Webster	2017	Pierz
203	17:45	Noah Adams	2015	Pierz
204	<b>17:45</b>	<b>Jeremy Lee</b>	<b>2000</b>	<b>SubSection-Pierz</b>
205	17:45	David Hambly	2006	Section-Cloquet
206	17:45	John Bloom	1989	RRC-Sauk Rapids
207	17:45	John Bloom	1989	Rush City
208	17:46	Ryan Hammill	2000	Section-Becker
209	17:46	Tommy Ryan	2017	Pine City
210	17:46	Tom Miche'	2004	Foley

211	17:46	Tom Miche'	2004	RRC-Princeton
212	17:46	Zach Swanson	2007	TRC-Pine City
213	<b>17:47</b>	<b>Logan Vinaja</b>	<b>2018</b>	<b>Section 5A - Mora</b>
214	17:47	Noah Adams	2015	Swain
215	17:47	Cody Hanson	2009	Section-Pierz
216	<b>17:47</b>	<b>Paul Johnson</b>	<b>1997</b>	<b>Princeton (Mega)</b>
217	<b>17:47</b>	<b>Jason Larson</b>	<b>1997</b>	<b>Princeton (Mega)</b>
218	17:47	John Bloom	1988	Region 7A - Duluth
219	17:48	Tommy Ryan	2017	MMM (G.C.)
220	17:48	Trevor McNally	2007	Becker
221	17:48	David Hansen	2001	North Branch
222	17:48	Ryan Hammill	2000	Rush City
223	17:49	Cody Hanson	2009	Princeton
224	17:49	Jared Clementson	2002	Becker
225	17:49	Peter Johnson	2000	Section-Becker
226	17:49	Trevor McNally	2004	RRC-Princeton
227	17:49	Tommy Ryan	2016	Mora L.C.
228	17:50	Charlie Ausmus	2021	Pine City
229	17:50	Noah Adams	2015	MMM (G.C.)
230	17:50	Peter Johnson	1998	RRC-Chisago L.
231	17:50	Ryan Hammill	1999	North Branch
232	17:50	Jeremy Lee	2000	Princeton (Mega)
233	17:50	Jeremy Lee	2000	North Branch
234	17:50	Jared Clementson	2000	RRC-Foley
235	17:50	Clay Fischer	2005	Pierz
236	17:50	Tom Miche'	2005	Chisago Lakes
237	17:50	Easton Foss	2014	North Branch
238	17:50	Marcus Duarte	1986	Mora
239	17:51	Nate Webster	2017	Mora L.C.
240	17:51	Nate Webster	2017	Pine City
241	17:51	Noah Adams	2015	GRC-Pine City
242	17:51	Zach Swanson	2007	Princeton
243	<b>17:51</b>	<b>Jordan Rarick</b>	<b>2012</b>	<b>MMM (G.C.)</b>
244	17:51	Noah Adams	2014	MMM (G.C.)
245	17:51	Ricky Wasson	1997	Section-Cloquet
246	17:51	Jared Clementson	2002	North Branch
247	17:51	Tom Miche'	2005	Cambridge
248	17:51	David Hambly	2006	North Branch
249	17:51	Easton Foss	2013	North Branch
250	17:51	Easton Foss	2014	Becker
251	17:51	John Bloom	1988	Cambridge
252	17:52	Charlie Ausmus	2021	Mora
253	17:52	Nate Webster	2018	Pierz
254	17:52	Tommy Ryan	2017	Mora
255	17:52	Noah Adams	2013	MMM (G.C.)
256	17:52	Zach Swanson	2007	Becker
257	17:52	Trevor McNally	2004	Foley
258	17:52	John Bloom	1990	Swain
259	17:52	Jason Rarick	1987	District 25
260	17:52	Eli Grubbs	2016	STATE
261	17:53	Charlie Ausmus	2021	Princeton
262	17:53	Tommy Ryan	2017	GRC-Pine City
263	17:53	Noah Adams	2015	Section-Milaca

264	17:53	Easton Foss	2014	Pine City
265	17:53	Clay Fischer	2005	Pine City
266	17:53	Cody Hanson	2010	Milaca Earlybird
267	<b>17:53</b>	<b>Karl Greden</b>	<b>2002</b>	<b>Section-Becker</b>
268	17:53	Clay Fischer	2005	Cambridge
269	17:53	Trevor McNally	2007	North Branch
270	17:53	Easton Foss	2014	GRC-Pine City
271	17:53	Eli Grubbs	2016	Pierz
272	<b>17:53</b>	<b>Danny Olson</b>	<b>1989</b>	<b>Region 7 - Cambridge</b>
273	17:54	Charlie Ausmus	2021	Mora L.C.
274	17:54	Easton Foss	2013	Swain
275	17:54	Jeremy Lee	2000	Section-Becker
276	17:54	David Hansen	2001	RRC-North Branch
277	17:54	Trevor McNally	2005	North Branch
278	17:54	John Bloom	1987	Region 7 - Grand Rapids
279	17:54	Nate Webster	2016	Section-Milaca
280	17:55	Trevor McNally	2005	Swain
281	17:55	Ryan Hammill	1999	Cambridge
282	<b>17:55</b>	<b>Charlie Zak</b>	<b>2001</b>	<b>SubSection-Pierz</b>
283	17:55	John Bloom	1987	Mora
284	17:55	Eli Grubbs	2016	Swain
285	17:56	Nate Webster	2017	MMM (G.C.)
286	17:56	Tom Miche'	2006	Pine City
287	17:56	Trevor McNally	2005	Cambridge
288	17:56	Clay Fischer	2007	Section-Pierz
289	17:56	John Bloom	1990	Mora
290	<b>17:57</b>	<b>J.R. Anderson</b>	<b>1996</b>	<b>Rush City</b>
291	17:57	Tom Miche'	2006	Swain
292	17:57	Jeremy Lee	2000	Pierz
293	17:57	Jared Clementson	2000	STATE
294	17:57	Jared Clementson	2003	Princeton (Mega)
295	17:58	Charlie Ausmus	2020	GRC-Hinckley
296	17:58	Jeremy Lee	2000	RRC-Foley
297	17:58	Chris Lutz	2001	Princeton (Mega)
298	17:58	Clay Fischer	2005	TRC-Pine City
299	17:58	Jared Clementson	2001	Pine City
300	17:58	Marcus Duarte	1985	RRC-Sauk Rapids
301	17:59	Eli Grubbs	2016	Becker
302	17:59	Noah Adams	2015	Mora
303	17:59	Zach Swanson	2007	MMM (G.C.)
304	17:59	Jason Larson	1997	RRC-Sartell
305	17:59	Peter Johnson	2000	RRC-Foley
306	17:59	Jared Clementson	2001	Cambridge
307	17:59	Tom Miche'	2006	North Branch
308	17:59	Easton Foss	2013	GRC-Pine City
309	17:59	John Bloom	1989	Mora
310	18:00	Noah Adams	2012	Section-Pierz
311	18:00	Noah Adams	2013	MMM (G.C.)

Total	Interval	Time Category
3	3	Times Under 16:30 min
34	31	Times Under 17:00 min
134	100	Times Under 17:30 min
311	177	Times Under 18:00 min



# 1000/500 Top Practice Times ~ 2021

<b>Boys Names</b>	<b>1000 times</b>	<b>year</b>
1 Eli Grubbs	2:50 (t)	2016
2 Tommy Ryan	2:52 (t)	2018
3 Tommy Ryan	2:55 (t)	2017
4 Easton Foss	2:57	2013
5 Easton Foss	2:57 (t)	2014
6 <b>Charlie Ausmus</b>	<b>2:58 (t)</b>	<b>2021</b>
7 Nate Webster	2:59 (t)	2019
8 Trevor McNally	3:00	2007
9 Nate Webster	3:00 (t)	2018
10 Cody Hanson	3:02	2010
11 John Dedic	3:03	2010
12 Jared Clementson	3:03	2002
13 Tom Miche'	3:03	2006
14 Charlie Ausmus	3:03 (t)	2020
15 Nate Webster	3:03 (t)	2017
16 Noah Adams	3:03 (t)	2013
17 Zach Swanson	3:04	2008
18 Austin Eckert	3:04 (t)	2017
19 Noah Adams	3:04 (t)	2015
20 Eli Grubbs	3:05 (t)	2015
21 Eli Grubbs	3:05 (t)	2014
22 Cody Hanson	3:05 (t)	2009
23 Trevor McNally	3:06	2006
24 Tommy Ryan	3:06 (t)	2016
25 Noah Adams	3:06 (t)	2014
26 David Hambly	3:07	2004
27 Tom Miche'	3:07	2005
28 Trevor McNally	3:08	2005
29 Andrew Lutz	3:08	2007
30 James Pixley	3:09 (t)	2014
31 Noah Miller	3:09 (t)	2019

<b>Boys Names</b>	<b>500 times</b>	<b>year</b>
1 Tommy Ryan	1:14 (t)	2018
2 Eli Grubbs	1:14 (t)	2016
3 Noah Adams	1:16 (t)	2014
4 Easton Foss	1:16 (t)	2014
5 Nate Webster	1:17 (t)	2018
6 Jake Adams	1:17 (t)	2018
7 Tommy Ryan	1:17 (t)	2017
8 Easton Foss	1:17 (t)	2013
9 Noah Adams	1:17 (t)	2013
10 Eli Grubbs	1:18 (t)	2014
11 Cody Hanson	1:19	2010
12 John Dedic	1:19	2010
13 Chris Trudeau	1:19 (t)	2018
14 James Pixley	1:19 (t)	2014
15 Tom Miche'	1:20	2005
16 Zain Hunter	1:20	2012
17 Remington Steele	1:20 (t)	2017
18 Tommy Ryan	1:20 (t)	2016
19 Noah Adams	1:20 (t)	2015
20 Eli Grubbs	1:20 (t)	2015
21 Eli Grubbs	1:21	2013
22 Tom Miche'	1:21	2004
23 Clay Fischer	1:21	2005
24 Jordan Rarick	1:21	2012
25 <b>Charlie Ausmus</b>	<b>1:21 (t)</b>	<b>2021</b>
26 Drake Willert	1:21 (t)	2019
27 Austin Eckert	1:21 (t)	2017
28 James Pixley	1:21 (t)	2013
29 Jared Clementson	1:22	2012
30 Remington Steele	1:22 (t)	2016
31 Logan Vinaja	1:22 (t)	2018

<b>Girls Names</b>	<b>1000 times</b>	<b>year</b>
1 Alaina Steele	3:26 (t)	2019
2 Alaina Steele	3:27 (t)	2017
3 Alaina Steele	3:28 (t)	2015
4 Marin Foss	3:28 (t)	2015
5 Marin Foss	3:29 (t)	2014
6 Sherry Rike	3:30	2011
7 Eva Johnson	3:30 (t)	2020
8 Alaina Steele	3:31 (t)	2018
9 Eva Johnson	3:34 (t)	2019
10 <b>Eva Johnson</b>	<b>3:36 (t)</b>	<b>2021</b>
11 Arissa Rydberg	3:39 (t)	2019
12 Megan Miesner	3:40	2010
13 Abby Cummins	3:40	2012
14 Abby Cummins	3:41	2011
15 Grace Langmade	3:41 (t)	2015
16 Ashli Webster	3:42 (t)	2015
17 Allison Gusk	3:42 (t)	2015
18 Grace Grubbs	3:43 (t)	2018
19 Sherry Rike	3:44	2012
20 Marin Foss	3:44 (t)	2016
21 Morgan Richardson	3:45	2012
22 Brenna Richardson	3:45	2012
23 Eva Johnson	3:45 (t)	2018
24 Grace Grubbs	3:45 (t)	2017
25 Alexis Thieman	3:45 (t)	2016
26 Sherry Rike	3:46	2010
27 Allison Gusk	3:46 (t)	2014
28 Grace Grubbs	3:46 (t)	2014
29 <b>Emma Belshelm</b>	<b>3:47 (t)</b>	<b>2021</b>
30 Ashli Webster	3:47 (t)	2017

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

(t) track

## GIRLS' PRACTICE WORKOUT RECORDS

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



## BOYS' PRACTICE WORKOUT RECORDS

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

# Team Records by Season (1996-2021)

<b>GIRLS</b>			<b>Year</b>	<b>BOYS</b>		
<b><i>Wins</i></b>	<b><i>Losses</i></b>	<b><i>Percent</i></b>		<b><i>Wins</i></b>	<b><i>Losses</i></b>	<b><i>Percent</i></b>
51	50	<b>0.505</b>	2021	55	55	<b>0.500</b>
15	15	<b>0.500</b>	2020	20	10	<b>0.667</b>
56	30	<b>0.651</b>	2019	67	93	0.419
31	52	0.373	2018	99	46	<b>0.683</b>
69	56	<b>0.552</b>	2017	85	48	<b>0.639</b>
70	48	<b>0.593</b>	2016	77	48	<b>0.616</b>
104	19	<b>0.846 State</b>	2015	64	56	<b>0.533</b>
65	40	<b>0.619</b>	2014	66	47	<b>0.584</b>
34	54	0.386	2013	63	45	<b>0.583</b>
39	44	0.470	2012	38	57	0.400
42	51	0.452	2011	25	53	0.321
39	48	0.448	2010	47	48	0.495
24	62	0.279	2009	35	56	0.385
9	30	0.231	2008	40	52	0.435
26	103	0.202	2007	129	25	<b>0.838 State</b>
29	85	0.254	2006	116	22	<b>0.841 State</b>
16	68	0.254	2005	102	21	<b>0.829 State</b>
31	27	<b>0.534</b>	2004	38	33	<b>0.535</b>
39	27	<b>0.591</b>	2003	59	66	0.472
37	24	<b>0.607</b>	2002	77	36	<b>0.681</b>
43	50	0.462	2001	62	46	<b>0.574</b>
30	49	0.380	2000	88	31	<b>0.739 State</b>
30	46	0.395	1999	42	72	0.368
28	35	0.444	1998	41	33	<b>0.554</b>
10	55	0.154	1997	78	26	<b>0.750</b>
2	32	0.059	1996	29	32	<b>0.475</b>
<b><i>Total W's</i></b>	<b><i>Total L's</i></b>	<b><i>Total W %</i></b>	<b>Total</b>	<b><i>Total W's</i></b>	<b><i>Total L's</i></b>	<b><i>Total W %</i></b>
<b>969</b>	<b>1200</b>	<b>0.447</b>		<b>1642</b>	<b>1157</b>	<b>0.587</b>
Overall Ave			25 Seasons	Overall Ave		
10 Winning Seasons				18 Winning Seasons		
<b><u>Total Since 2013</u></b>			8 Seasons	<b><u>Total Since 2013</u></b>		
<b><i>Wins</i></b>	<b><i>Losses</i></b>	<b><i>Percent</i></b>		<b><i>Wins</i></b>	<b><i>Losses</i></b>	<b><i>Percent</i></b>
495	364	0.576		596	448	0.571
7 Winning Seasons				8 Winning Seasons		

# Pine City High School Cross Country 2021 Awards:

## **MOST VALUABLE RUNNER**

Eva Johnson  
20:45.7

Charlie Ausmus  
17:18.0

## **ROOKIE OF THE YEAR**

Gracie Larson  
22:40.2

Ethan Aagaard  
18:42.3

## **MOST IMPROVED RUNNER**

Peyton Perreault  
22:47.5

Eli Fromm  
18:43.9

## **WORKHORSE AWARD**

Paige Gray  
22:50.3

Roman McKinney  
18:52.9

## **SPORTSMANSHIP AWARD**

Sophia Olson  
24:49.6

Colin Miche'  
20:55

Josh Brinker  
22:53.7

## **“PC” AWARD**

Persistent and Courageous

Dorothy Miller  
27:52.3

Isaac Jahnz  
25:18

## **TEAM AWARD**

(Together Everyone Achieves More)

Emma Belsheim  
21:56.5

Weston Clementson  
19:04.8

**CAPTAINS:** Eva Johnson    Emma Belsheim

## **CONFERENCE TEAM CHAMPIONS**

Boys' Varsity (21 pts)

Boys' JV (16 pts)

Girls' JH (13 pts)

## **ALL-CONFERENCE**

Charlie Ausmus (1)

Eva Johnson (2)

Roman McKinney (3)

Emma Belsheim (5)

Ethan Aagaard (4)

Rachel Brown (7)

Weston Clementson (6)

Bohdan Valvoda (7)

Eli Fromm (8)

## **HONORABLE MENTION**

Sawyer McDaniel \*JV (11)

## **CONFERENCE INDIVIDUAL CHAMPIONS**

Boys Varsity: Charlie Ausmus

Boys JV: Sawyer McDaniel

## **ACADEMIC EXCELLENCE**

Boys: Silver Level (3.67 GPA)

Girls: Gold Level (4.00 GPA)

## **ALL-STATE ACADEMIC INDIVIDUAL**

(Top 15 at Sections and 3.75 GPA or higher)

Eva Johnson

## LETTER WINNERS

### BOYS

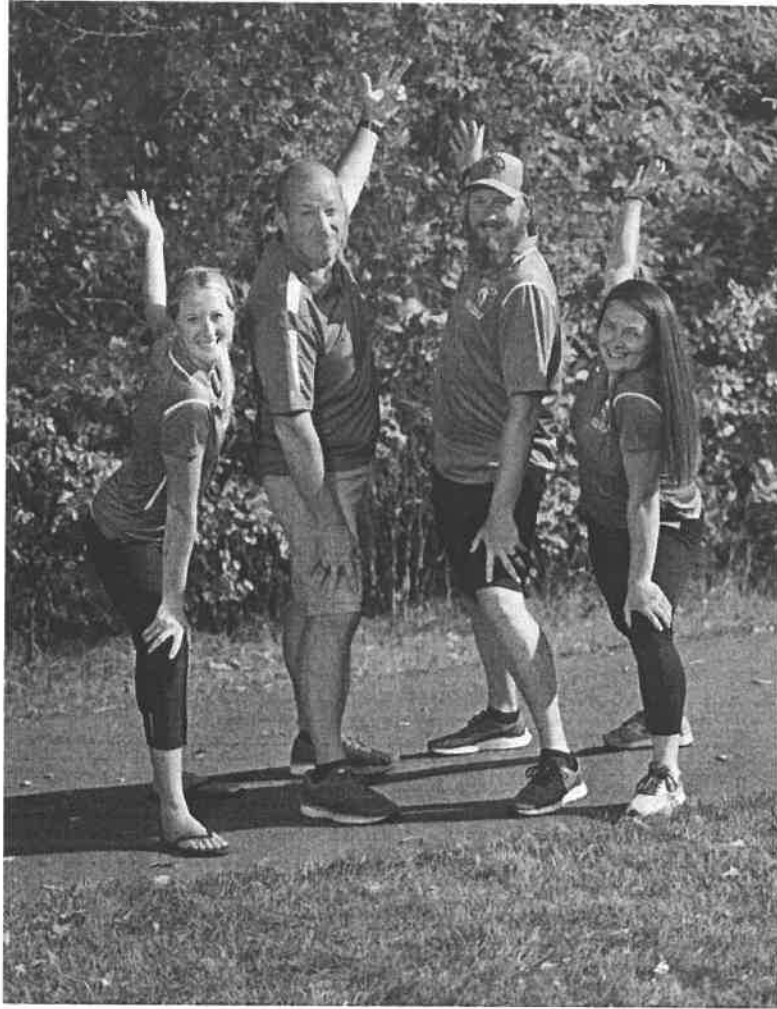
Charlie Ausmus  
Eli Fromm  
Roman McKinney  
Ethan Aagaard  
Weston Clementson  
Bohdan Valvoda  
Sean Skluzacek  
Sawyer McDaniel  
Milo Rydberg  
Colin Miche'

### GIRLS

Eva Johnson  
Emma Belsheim  
Rachel Brown  
Gracie Larson  
Peyton Perreault  
Paige Gray  
Sophia Olson  
Teresa Root  
Dorothy Miller

Coach  
Etta

Coach  
Rob



Coach  
Clementson

Coach  
Sherry

THANKS for a  
FUN  
season!

- Coaches

**2021**



**Boys**

**Great River Conference Champs**

**Section 7AA – 7<sup>th</sup> Place**

**Girls**

**Great River Conference Runner-Up**

**Section 7AA – 6<sup>th</sup> Place**