

*Coach Clementson*



2022

Year in Review

# Dragon Track & Field



2022

# GRC INDOOR TRACK MEET @ Foley

Saturday, March 26, 2022, 10:00

## Pine City Girls' Results

<p>4 x 800 m Relay 1. NONE 2. 3. 4.</p> <hr style="width: 50%; margin: 10px auto;"/> <p>55 m Hurdles 1. Alyssa Olson 11.4 2nd 2. Addison Blaiser 12.6 3.</p> <p>55 m Dash 1. Katey Thieman 7.9 3rd 2. Alyssa Olson 8.6 3. Kady Hermanson 8.9 4. Madi Perreault 8.9 5. Gabbie Way 9.0</p> <p>4 x 200 m Relay 1. <b>Summer Thieman</b> 30.5 2. <b>Mallory Clepper</b> 29.2 3. <b>Abby Aagaard</b> 30.6 4. <b>Paige Gray</b> 30.9 <b>PB</b> <hr style="width: 50%; margin: 5px auto;"/>2:02.1 1st</p> <p>1600 m Run 1. Rachel Brown 6:13.6 4th - PB (1:25, 1:36, 1:38, 1:34) 2. 3.</p> <p>Sprint Med Relay (100-100-200-400) 1. Katey Thieman 15.7 <b>PB</b> 2. Gabbie Way 14.6 <b>PB</b> 3. Teresa Root 33.7 4. Amber Norton 80.0 <hr style="width: 50%; margin: 5px auto;"/>2:23.9 3rd</p> <p>400 m Dash 1. Summer Thieman 72.1 5th 2. Peyton Perreault 73.2 6th - PB 3. Paige Gray 75.9 <b>PB</b></p> <p>800 m Run 1. <b>Emma Belsheim</b> (85, 85) 2:50 1st 2. Rachel Brown (87, 86) 2:53 4th - PB 3. Emma Hermanson (85, 90) 2:56 6th - PB</p> <p>200 m Dash 1. <b>Mallory Clepper</b> 30.0 1st 2. Peyton Perreault 32.5 5th - PB 3. Amber Norton 36.9</p> <p>1200 m Dash (Exhibition) 1. NONE</p> <p>4x400m Relay 1. Summer Thieman 72.7 2. Emma Hermanson 76.1 <b>PB</b> 3. Abby Aagaard 71.6 4. Emma Belsheim 71.8 <hr style="width: 50%; margin: 5px auto;"/>4:52 3rd</p>	<p>Pole Vault 1. NONE 2. 3.</p> <p>Long Jump 1. Abby Aagaard 12' 10.25" 4th 2. Addison Blaiser 10' 5.5" <b>PB</b> 3. Morgan Broz 9' 7" <b>PB</b></p> <p>Triple Jump 1. Abby Aagaard 27' 10.25" 3rd 2. Mallory Clepper <b>ND</b> 3. Morgan Broz <b>ND</b></p> <p>High Jump 1. Teresa Root 4' 4" 3rd 2. Kady Hermanson 4' 4" 5th - <b>PB</b> 3. Emma Belsheim <b>NH</b></p> <p>Shot Put 1. <b>Maggie Smetana</b> 29' 4.5" 1st 2. Madison Clark 17' 9.75" <b>PB</b> 3. 4. 5.</p> <p style="text-align: center;"><u>Top Point Getters</u></p> <p>1. Abby Aagaard 18 2. Mallory Clepper 15 3. Emma Belsheim 13 4. Summer Thieman 10 4. Maggie Smetana 10 6. Katey Thieman 9 6. Teresa Root 9 8. Rachel Brown 8 8. Alyssa Olson 8 10. Paige Gray 5 11. Emma Hermanson 4 12. Peyton Perreault 3 12. Amber Norton 3 12. Gabbie Way 3 15. Kady Hermanson 2</p> <p style="text-align: center;"><b>15 total scorers</b></p> <p style="text-align: center;"><u>TEAM RESULTS:</u></p> <p>1. Altkin 119 2. Pine City 98 3. Rush City 62 4. East Central 43 5. Ogilvie 38 6. Braham 27 7. Mille Lacs 19 8. Hinckley-Finlayson 15</p>
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# GRC INDOOR TRACK MEET @ Foley

Saturday, March 26, 2022, 10:00

## Pine City Boys' Results

4 x 800 m Relay	1. NONE 2. 3. 4.		Pole Vault	1. Colin Miche' 2. 3.	7' 3"  3rd - PB
55 m Hurdles	1. NONE 2. 3.		Long Jump	1. Jason Thieman 2. Weston Clementson 3. Ray Ovick	18' 4" ND 8' 9" PB
55 m Dash	1. <b>Jason Thieman</b> 2. Anthony Bergeron 3. Micah Overtoom 4. Ethan Horak 5. Ray Ovick	6.8 7.5 7.9 8.4 DNR	1st - PB PB PB PB	Triple Jump	1. Jason Thieman 2. Anthony Bergeron 3.
4 x 200 m Relay	1. Josh Brinker 2. Aussion Ruud 3. Ethan Horak 4. Connor Segarra	26.1 35.6 32.5 34.3	PB  PB	High Jump	1. Ray Ovick 2. 3.
1600 m Run	1. <b>Ethan Aagaard</b> (1:17, 1:26, 1:27, 1:20) 2. Colin Miche' (1:26, 1:31, 1:30, 1:31) 3. Gianni Johnson-M. (1:32, 1:44, 1:45, 1:34)	5:30.7 5:59.8 6:36.0	1st - PB  PB	Shot Put	1. Jace Preston 2. Micah Overtoom 3. Logan Kolecki 4. Aussion Ruud 5. Dakota Clark
Sprint Med Relay (100-100-200-400)	1. Anthony Bergeron 2. Jace Preston 3. Braxton Peetz 4. Josh Brinker	15.0 13.8 26.5 61.4	   1:56.7 3rd	10-8-6-4-2-1 <u>Top Point Getters</u>	2nd - PB #10 5th 6th PB PB
400 m Dash	1. Gianni Johnson-M. 2. Ezra Overtoom 3.	71.5 76.6	6th - PB PB	1. Jason Thieman 2. Ethan Aagaard 3. Braxton Peetz 4. Weston Clementson 5. Jace Preston 6. Colin Miche' 7. Joshua Brinker 8. Anthony Bergeron 9. Micah Overtoom 9. Aussion Ruud 9. Connor Segarra 9. Ethan Horak 13. Logan Kolecki 13. Gianni Johnson-M.	29 15 14 13 11 6 5 3 2 2 2 1 1
800 m Run	1. Weston Clementson 2. Braxton Peetz 3.	(70, 74) (71, 76)	2:24.4 2:27.0	2nd - PB 3rd - PB	
200 m Dash	1. Anthony Bergeron 2. Josh Brinker 3. Connor Segarra	28.3 28.8 35.0	PB	<b>14 total scorers</b>	
1000 m Run (Exhibition)	1. Colin Miche' 2. Ezra Overtoom	(1:27, 1:34, 40) (1:47, 1:53, 45)	3:42 4:25	<u>TEAM RESULTS:</u>	108 97 86 54 33 32 26
4 x 400 m Relay	1. <b>Weston Clementson</b> 2. <b>Ethan Aagaard</b> 3. <b>Braxton Peetz</b> 4. <b>Jason Thieman</b>	60.8 62.9 61.7 55.5	PB PB PB		
		<u>4:00.9</u>	<b>1st</b>		

# "COOL DRAGON" INVITATIONAL TRACK MEET

Friday, April 8, 2022, 3:45

## Pine City Girls' Results

4 x 800 m Relay	1. Allison Unverzagt (76, 87) 2:43 BTY 2. Emma Belsheim (81, 87) 2:48 BTY 3. Arissa Rydberg (79, 87) 2:47 BTY 4. Ella Sell (82, 85) 2:47 BTY <hr/> 11:07.0 2nd	Pole Vault	1. Gracie Larson NH		
		Long Jump	1. Abby Aagaard 14' 9.5" 3rd 2. Dorothy Miller 13' 3.75 3. Summer Thieman 12' 4"		
100 m Hurdles	1. Dorothy Miller 20.22 6th 2. Sophia Olson 22.10 3. Addison Blaiser 22.36 PB	Triple Jump	1. <b>Dorothy Miller</b> 31' 10.75" 1st 2. Abby Aagaard 29' 1" 5th 3. Morgan Macho 27' 4.5"		
100 m Dash	1. Lena Roubinek 13.80 4th BTY 2. Katey Thieman 14.00 PB 3. Morgan Macho 15.35 PB	High Jump	1. Kady Hermanson 4' 6" 2. Teresa Root 4' 4" 3. Vivian Lahti 4' 4"		
4 x 200 m Relay	1. Lena Roubinek 29.5 BTY 2. Abby Aagaard 30.0 BTY 3. Arissa Rydberg 30.5 PB 4. Summer Thieman 29.5 BTY <hr/> 2:00.49 3rd - BTY	Shot Put	1. Lena Roubinek 30' 11.5" 3rd 2. Maggie Smetana 30' 8" 4th 3. Chloe McKellar 27' 3.5"		
1600 m Run	1. Ella Sell 6:11.0 3rd (1:27, 1:40, 1:34, 1:31)  2. Eva Johnson 6:11.1 4th (1:27, 1:40, 1:34, 1:31)  3. Rachel Brown 6:22.0 6th (1:27, 1:41, 1:39, 1:35)	Discus	1. <b>Maggie Smetana</b> 86' 11" 1st 2. Chloe McKellar 68' 10" 5th 3. Julia Hochban 60' 3"		
		4 x 200 m Relay #2	1. Peyton Perreault 32.7 2. Valerie Pickett 33.3 PB 3. Morgan Broz 34.9 PB 4. Paige Gray 32.9 <hr/> 2:13.88 6th		
4 x 100 m Relay	1. Katey Thieman 14.8 2. Morgan Macho 16.5 missed 3. Gracie Larson 13.7 exchange 4. Paige Gray 14.4 PB <hr/> 59.4 DQ *4th	4 x 100 m Relay #2	1. Peyton Perreault 14.0 PB 2. Valerie Pickett 16.1 PB 3. Morgan Broz 16.7 PB 4. Amber Norton 16.5 <hr/> 63.24		
400 m Dash	1. Vivian Lahti 71.41 6th BTY 2. Allison Unverzagt 72.97 BTY 3. Teresa Root 79.78	<u>Top Point Getters</u>			
300 m Hurdles	1. Addison Blaiser 64.80 6th PB 2. Sophia Olson 65.91 3. Kaylie Christenson 69.97 PB	1. Ella Sell 15 2. Summer Thieman 15 3. Lena Roubinek 14 3. Maggie Smetana 14 5. Arissa Rydberg 12 5. Dorothy Miller 12 5. Abby Aagaard 12 8. Eva Johnson 10 9. Emma Belsheim 7 10. Vivian Lahti 6 11. Allison Unverzagt 4 12. Rachel Brown 3 13. Chloe McKellar 2 14. Peyton Perreault 1.5 15. Emma Hermanson 1 15. Addison Blaiser 1 17. Valerie Pickett 0.5 17. Morgan Broz 0.5 17. Paige Gray 0.5			
800 m Run	1. Emma Belsheim (78, 90) 2:48.0 5th - BTY 2. Emma Hermanson (85, 92) 2:57.0 3. Amber Norton (94, 1:49) 3:24.0	<b>19 total scorers</b>			
200 m Dash	1. Summer Thieman 29.81 Tie 2nd BTY 2. Lena Roubinek 30.80 6th 3. Gracie Larson 31.34 BTY	<u>TEAM RESULTS:</u>			
3200 m Run	1. Eva Johnson 13:12.0 3rd (1:29, 1:39, 1:39, 1:42, 1:43, 1:42, 1:43, 1:35)  2. Rachel Brown 14:03.0 5th (1:32, 1:45, 1:47, 1:51, 1:51, 1:51, 1:49, 1:38)	1. North Branch 118.75 2. Pine City 103 -15.75 3. Rock Ridge 93.5 -25.25 4. Proctor 79.5 -39.25 5. Aitkin 71 -47.75			
4 x 400 m Relay	1. <b>Summer Thieman</b> 58.2 BTY 2. <b>Vivian Lahti</b> 72.4 3. <b>Arissa Rydberg</b> 71.5 4. <b>Ella Sell</b> 69.2 BTY <hr/> 4:41.0 1st - BTY				

# "COOL DRAGON" INVITATIONAL TRACK MEET

Friday, April 8, 2022, 3:45

## Pine City Boys' Results

<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">4 x 800 m Relay</td> <td style="width: 15%;">1. Eli Fromm (68, 74) 2:22.0 PB</td> <td style="width: 15%;">2:22.0</td> <td style="width: 15%;">PB</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Weston Clementson (69, 75) 2:24.0 PB</td> <td>2:24.0</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td>3. Ethan Aagaard (69, 76) 2:25.0 PB</td> <td>2:25.0</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td>4. Braxton Peetz (68, 76) 2:24.0 PB</td> <td>2:24.0</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;"><hr/></td> <td>9:37.0</td> <td>3rd</td> <td></td> </tr> </table> </td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">110 m Hurdles</td> <td colspan="4">1. NONE</td> </tr> <tr> <td style="width: 15%;">100 m Dash</td> <td style="width: 15%;">1. Ryan Prihoda 12.30 5th PB</td> <td style="width: 15%;">12.30</td> <td style="width: 15%;">5th</td> <td style="width: 15%;">PB</td> </tr> <tr> <td></td> <td>2. Tucker Johnsen 13.36 PB</td> <td>13.36</td> <td></td> <td>PB</td> </tr> <tr> <td></td> <td>3. Frank Betters 13.54 PB</td> <td>13.54</td> <td></td> <td>PB</td> </tr> <tr> <td style="width: 15%;">4 x 200 m Relay</td> <td style="width: 15%;">1. Nate Burns 28.7 PB</td> <td style="width: 15%;">28.7</td> <td style="width: 15%;">PB</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Daimien Lord 29.9 PB</td> <td>29.9</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td>3. Frank Betters 32.2</td> <td>32.2</td> <td></td> <td></td> </tr> <tr> <td></td> <td>4. Drake Willert 26.1 PB</td> <td>26.1</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;"><hr/></td> <td>1:57.03</td> <td></td> <td></td> </tr> <tr> <td style="width: 15%;">1600 m Run</td> <td style="width: 15%;">1. Charlie Ausmus 5:00.0 2nd</td> <td style="width: 15%;">5:00.0</td> <td style="width: 15%;">2nd</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td colspan="4" style="text-align: center;">(1:07, 1:18, 1:22, 1:13)</td> </tr> <tr> <td></td> <td>2. Eli Fromm 5:21.0 6th</td> <td>5:21.0</td> <td>6th</td> <td></td> </tr> <tr> <td></td> <td colspan="4" style="text-align: center;">(1:14, 1:23, 1:26, 1:17)</td> </tr> <tr> <td></td> <td>3. Ethan Aagaard 5:35.0</td> <td>5:35.0</td> <td></td> <td></td> </tr> <tr> <td></td> <td colspan="4" style="text-align: center;">(1:12, 1:24, 1:30, 1:30)</td> </tr> <tr> <td style="width: 15%;">4 x 100 m Relay</td> <td style="width: 15%;">1. Nate Burns 13.9 PB</td> <td style="width: 15%;">13.9</td> <td style="width: 15%;">PB</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Tucker Johnsen 13.2 PB</td> <td>13.2</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td>3. Josh Brinker 12.6 PB</td> <td>12.6</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td>4. Frank Betters 13.6</td> <td>13.6</td> <td></td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;"><hr/></td> <td>52.98</td> <td></td> <td></td> </tr> <tr> <td style="width: 15%;">400 m Dash</td> <td style="width: 15%;">1. Jason Thieman 55.69 1st PB</td> <td style="width: 15%;">55.69</td> <td style="width: 15%;">1st</td> <td style="width: 15%;">PB</td> </tr> <tr> <td></td> <td>2. Braxton Peetz 61.62 5th PB</td> <td>61.62</td> <td>5th</td> <td>PB</td> </tr> <tr> <td></td> <td>3. Colin Miche' 72.87 BTY</td> <td>72.87</td> <td></td> <td>BTY</td> </tr> <tr> <td style="width: 15%;">300 m Hurdles</td> <td colspan="4">1. Kameron Juscak 49.83 4th PB</td> </tr> <tr> <td style="width: 15%;">800 m Run</td> <td style="width: 15%;">1. Weston Clementson (71, 73) 2:24.0 5th - PB</td> <td style="width: 15%;">(71, 73)</td> <td style="width: 15%;">2:24.0</td> <td style="width: 15%;">5th - PB</td> </tr> <tr> <td></td> <td>2. Drake Willert (70, 76) 2:27.0 6th - PB</td> <td>(70, 76)</td> <td>2:27.0</td> <td>6th - PB</td> </tr> <tr> <td style="width: 15%;">200 m Dash</td> <td style="width: 15%;">1. Josh Brinker 25.70 PB</td> <td style="width: 15%;">25.70</td> <td style="width: 15%;">PB</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Tucker Johnsen 28.14 PB</td> <td>28.14</td> <td>PB</td> <td></td> </tr> <tr> <td style="width: 15%;">3200 m Run</td> <td style="width: 15%;">1. Charlie Ausmus 11:07.39 1st</td> <td style="width: 15%;">11:07.39</td> <td style="width: 15%;">1st</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td colspan="4" style="text-align: center;">(1:17, 1:24, 1:24, 1:23, 1:25, 1:27, 1:24, 1:19)</td> </tr> <tr> <td></td> <td>2. Colin Miche' 13:10.0</td> <td>13:10.0</td> <td></td> <td></td> </tr> <tr> <td></td> <td colspan="4" style="text-align: center;">(1:31, 1:38, 1:39, 1:41, 1:44, 1:43, 1:43, 1:32)</td> </tr> <tr> <td style="width: 15%;">4 x 400 m Relay</td> <td style="width: 15%;">1. Josh Brinker 59.9 BTY</td> <td style="width: 15%;">59.9</td> <td style="width: 15%;">BTY</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Weston Clementson 60.4 PB</td> <td>60.4</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td>3. Eli Fromm 61.8 PB</td> <td>61.8</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td>4. Jason Thieman 57.4</td> <td>57.4</td> <td></td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;"><hr/></td> <td>3:59.0</td> <td>2nd - BTY</td> <td></td> </tr> <tr> <td style="width: 15%;">4 x 400 m Relay #2</td> <td style="width: 15%;">1. Braxton Peetz 61.8</td> <td style="width: 15%;">61.8</td> <td style="width: 15%;">PB</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Ethan Aagaard 62.1 PB</td> <td>62.1</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td>3. Kameron Juscak 59.8 PB</td> <td>59.8</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td>4. Charlie Ausmus 61.7 BTY</td> <td>61.7</td> <td>BTY</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;"><hr/></td> <td>4:05.0</td> <td>3rd</td> <td></td> </tr> </table> </td> <td style="vertical-align: top; width: 50%;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">Pole Vault</td> <td style="width: 15%;">1. Levi Wilson 7' 6" 5th BTY</td> <td style="width: 15%;">7' 6"</td> <td style="width: 15%;">5th</td> <td style="width: 15%;">BTY</td> </tr> <tr> <td></td> <td>2. Colin Miche' 6' 6" 6th</td> <td>6' 6"</td> <td>6th</td> <td></td> </tr> <tr> <td></td> <td>3. Daimien Lord NH</td> <td>NH</td> <td></td> <td></td> </tr> <tr> <td style="width: 15%;">Long Jump</td> <td style="width: 15%;">1. Jason Thieman 19' 8.25" 1st PB</td> <td style="width: 15%;">19' 8.25"</td> <td style="width: 15%;">1st</td> <td style="width: 15%;">PB</td> </tr> <tr> <td></td> <td>2. Ryan Prihoda 18' 9.25" 3rd PB</td> <td>18' 9.25"</td> <td>3rd</td> <td>PB</td> </tr> <tr> <td></td> <td>3. Weston Clementson 15' 1.25"</td> <td>15' 1.25"</td> <td></td> <td></td> </tr> <tr> <td style="width: 15%;">Triple Jump</td> <td style="width: 15%;">1. Jason Thieman 37' 5.5" 4th BTY</td> <td style="width: 15%;">37' 5.5"</td> <td style="width: 15%;">4th</td> <td style="width: 15%;">BTY</td> </tr> <tr> <td></td> <td>2. Ryan Prihoda 37' 1.5" 5th BTY</td> <td>37' 1.5"</td> <td>5th</td> <td>BTY</td> </tr> <tr> <td></td> <td>3. Kameron Juscak 34' 8" PB</td> <td>34' 8"</td> <td></td> <td>PB</td> </tr> <tr> <td style="width: 15%;">High Jump</td> <td colspan="4">1. Kameron Juscak 4' 10" PB</td> </tr> <tr> <td style="width: 15%;">Shot Put</td> <td style="width: 15%;">1. Jace Preston 36' 5" 36' 0"?</td> <td style="width: 15%;">36' 5"</td> <td style="width: 15%;">36' 0"?</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Micah Overtoom 33' 11"</td> <td>33' 11"</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Logan Kolecki 32' 2"</td> <td>32' 2"</td> <td></td> <td></td> </tr> <tr> <td style="width: 15%;">Discus</td> <td style="width: 15%;">1. Micah Overtoom 109' 0" 4th</td> <td style="width: 15%;">109' 0"</td> <td style="width: 15%;">4th</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Logan Kolecki 94' 2.5"</td> <td>94' 2.5"</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Fredrick Ausmus 69' 6.5"</td> <td>69' 6.5"</td> <td></td> <td></td> </tr> <tr> <td style="width: 15%;">4 x 200 m Relay #2</td> <td style="width: 15%;">1. Ray Gatzke 28.5 PB</td> <td style="width: 15%;">28.5</td> <td style="width: 15%;">PB</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. 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Kameron Juscak 4' 10" PB</td> </tr> <tr> <td style="width: 15%;">Shot Put</td> <td style="width: 15%;">1. Jace Preston 36' 5" 36' 0"?</td> <td style="width: 15%;">36' 5"</td> <td style="width: 15%;">36' 0"?</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Micah Overtoom 33' 11"</td> <td>33' 11"</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Logan Kolecki 32' 2"</td> <td>32' 2"</td> <td></td> <td></td> </tr> <tr> <td style="width: 15%;">Discus</td> <td style="width: 15%;">1. Micah Overtoom 109' 0" 4th</td> <td style="width: 15%;">109' 0"</td> <td style="width: 15%;">4th</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Logan Kolecki 94' 2.5"</td> <td>94' 2.5"</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Fredrick Ausmus 69' 6.5"</td> <td>69' 6.5"</td> <td></td> <td></td> </tr> <tr> <td style="width: 15%;">4 x 200 m Relay #2</td> <td style="width: 15%;">1. Ray Gatzke 28.5 PB</td> <td style="width: 15%;">28.5</td> <td style="width: 15%;">PB</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Samuel Johnson 29.1 PB</td> <td>29.1</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td>3. Levi Wilson 34.3 BTY</td> <td>34.3</td> <td>BTY</td> <td></td> </tr> <tr> <td></td> <td>4. Rudy Gatzke 30.0 PB</td> <td>30.0</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;"><hr/></td> <td>2:01.88</td> <td></td> <td></td> </tr> <tr> <td style="width: 15%;">4 x 100 m Relay #2</td> <td style="width: 15%;">1. Ray Gatzke 14.3 PB</td> <td style="width: 15%;">14.3</td> <td style="width: 15%;">PB</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td>2. Samuel Johnson 12.4 PB</td> <td>12.4</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td>3. Daimien Lord 15.2</td> <td>15.2</td> <td></td> <td></td> </tr> <tr> <td></td> <td>4. Rudy Gatzke 14.3 PB</td> <td>14.3</td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;"><hr/></td> <td>56.23</td> <td></td> <td></td> </tr> <tr> <td colspan="5" style="text-align: center;">10-8-6-4-2-1</td> </tr> <tr> <td colspan="5" style="text-align: center;"><u>Top Point Getters</u></td> </tr> <tr> <td></td> <td>1. Jason Thieman 28</td> <td>28</td> <td></td> <td></td> </tr> <tr> <td></td> <td>2. Charlie Ausmus 21</td> <td>21</td> <td></td> <td></td> </tr> <tr> <td></td> <td>3. Ryan Prihoda 10</td> <td>10</td> <td></td> <td></td> </tr> <tr> <td></td> <td>4. Weston Clementson 9</td> <td>9</td> <td></td> <td></td> </tr> <tr> <td></td> <td>5. Eli Fromm 8</td> <td>8</td> <td></td> <td></td> </tr> <tr> <td></td> <td>5. Braxton Peetz 8</td> <td>8</td> <td></td> <td></td> </tr> <tr> <td></td> <td>7. Kameron Juscak 7</td> <td>7</td> <td></td> <td></td> </tr> <tr> <td></td> <td>8. Ethan Aagaard 6</td> <td>6</td> <td></td> <td></td> </tr> <tr> <td></td> <td>9. Josh Brinker 4</td> <td>4</td> <td></td> <td></td> </tr> <tr> <td></td> <td>9. Micah Overtoom 4</td> <td>4</td> <td></td> <td></td> </tr> <tr> <td></td> <td>11. Levi Wilson 2</td> <td>2</td> <td></td> <td></td> </tr> <tr> <td></td> <td>12. Colin Miche' 1</td> <td>1</td> <td></td> <td></td> </tr> <tr> <td></td> <td>12. Drake Willert 1</td> <td>1</td> <td></td> <td></td> </tr> <tr> <td colspan="5" style="text-align: center;"><b>13 total scorers</b></td> </tr> <tr> <td colspan="5" style="text-align: center;"><u>TEAM RESULTS:</u></td> </tr> <tr> <td></td> <td>1. Proctor 139</td> <td>139</td> <td></td> <td></td> </tr> <tr> <td></td> <td>2. Rock Ridge 96 -43</td> <td>96</td> <td>-43</td> <td></td> </tr> <tr> <td></td> <td>3. Pine City 89 -50</td> <td>89</td> <td>-50</td> <td></td> </tr> <tr> <td></td> <td>4. Rush City 68 -71</td> <td>68</td> <td>-71</td> <td></td> </tr> <tr> <td></td> <td>5. North Branch 66 -73</td> <td>66</td> <td>-73</td> <td></td> </tr> <tr> <td></td> <td>6. East Central 57 -82</td> <td>57</td> <td>-82</td> <td></td> </tr> <tr> <td></td> <td>7. Altkin 31 -108</td> <td>31</td> <td>-108</td> <td></td> </tr> <tr> <td></td> <td>8. Braham 10 -129</td> <td>10</td> <td>-129</td> <td></td> </tr> <tr> <td></td> <td>9. Hinckley-Finlayson 2 -137</td> <td>2</td> <td>-137</td> <td></td> </tr> </table>	Pole Vault	1. Levi Wilson 7' 6" 5th BTY	7' 6"	5th	BTY		2. Colin Miche' 6' 6" 6th	6' 6"	6th			3. Daimien Lord NH	NH			Long Jump	1. Jason Thieman 19' 8.25" 1st PB	19' 8.25"	1st	PB		2. Ryan Prihoda 18' 9.25" 3rd PB	18' 9.25"	3rd	PB		3. Weston Clementson 15' 1.25"	15' 1.25"			Triple Jump	1. Jason Thieman 37' 5.5" 4th BTY	37' 5.5"	4th	BTY		2. Ryan Prihoda 37' 1.5" 5th BTY	37' 1.5"	5th	BTY		3. Kameron Juscak 34' 8" PB	34' 8"		PB	High Jump	1. Kameron Juscak 4' 10" PB				Shot Put	1. Jace Preston 36' 5" 36' 0"?	36' 5"	36' 0"?			2. Micah Overtoom 33' 11"	33' 11"				3. Logan Kolecki 32' 2"	32' 2"			Discus	1. Micah Overtoom 109' 0" 4th	109' 0"	4th			2. Logan Kolecki 94' 2.5"	94' 2.5"				3. Fredrick Ausmus 69' 6.5"	69' 6.5"			4 x 200 m Relay #2	1. Ray Gatzke 28.5 PB	28.5	PB			2. Samuel Johnson 29.1 PB	29.1	PB			3. Levi Wilson 34.3 BTY	34.3	BTY			4. Rudy Gatzke 30.0 PB	30.0	PB			<hr/>	2:01.88			4 x 100 m Relay #2	1. Ray Gatzke 14.3 PB	14.3	PB			2. Samuel Johnson 12.4 PB	12.4	PB			3. Daimien Lord 15.2	15.2				4. Rudy Gatzke 14.3 PB	14.3	PB			<hr/>	56.23			10-8-6-4-2-1					<u>Top Point Getters</u>						1. Jason Thieman 28	28				2. Charlie Ausmus 21	21				3. Ryan Prihoda 10	10				4. Weston Clementson 9	9				5. Eli Fromm 8	8				5. Braxton Peetz 8	8				7. Kameron Juscak 7	7				8. Ethan Aagaard 6	6				9. Josh Brinker 4	4				9. Micah Overtoom 4	4				11. Levi Wilson 2	2				12. Colin Miche' 1	1				12. Drake Willert 1	1			<b>13 total scorers</b>					<u>TEAM RESULTS:</u>						1. Proctor 139	139				2. Rock Ridge 96 -43	96	-43			3. Pine City 89 -50	89	-50			4. Rush City 68 -71	68	-71			5. North Branch 66 -73	66	-73			6. East Central 57 -82	57	-82			7. Altkin 31 -108	31	-108			8. Braham 10 -129	10	-129			9. Hinckley-Finlayson 2 -137	2	-137		
4 x 800 m Relay	1. Eli Fromm (68, 74) 2:22.0 PB	2:22.0	PB																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
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	3. Fredrick Ausmus 69' 6.5"	69' 6.5"																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
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	3. Levi Wilson 34.3 BTY	34.3	BTY																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
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	4. Rush City 68 -71	68	-71																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
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	6. East Central 57 -82	57	-82																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
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	8. Braham 10 -129	10	-129																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
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**RUSH CITY INVITATIONAL TRACK MEET**  
**Tuesday, April 12, 2022, 4:00**  
**Pine City Girls' Results**

4 x 800 m Relay Relay E	1. <b>Ella Sell</b>	(76, 83)	2:39.7	BTY
	2. <b>Emma Belsheim</b>	(76, 83)	2:39.7	BTY
	3. <b>Eva Johnson</b>	(82, 85)	2:47.3	BTY
	4. <b>Emma Hermanson</b>	(85, 93)	2:58.7	
		<b>11:05.4</b>	<b>1st - BTY</b>	

4 x 800 m Relay Relay A	1. Allison Unverzagt	(77, 84)	2:40.7	BTY
	2. Arissa Rydberg	(75, 87)	2:42.2	BTY
	3. Abby Aagaard	(80, 93)	2:53.3	BTY
	4. rAchel Brown	(84, 88)	2:51.4	PB
		<b>11:07.6</b>	<b>2nd</b>	

100 m Hurdles	1. Dorothy Miller	19.3	2nd	BTY
	2. Alyssa Olson	21.6	4th	PB
	3. Sophia Olson	21.9	5th	BTY
	4. Addison Blaiser	23.4		

100 m Dash	1. Lena Roubinek	14.0	3rd	
	2. Kately Thiemman	14.5	6th	
	3. Valerie Pickett	15.7		PB
	4. Amber Norton	15.9		PB
	5. Morgan Broz	16.0		PB

4 x 200 m Relay	1. <b>Lena Roubinek</b>	29.6		
	2. <b>Abby Aagaard</b>	31.5		
	3. <b>Mallory Clepper</b>	28.9	BTY	
	4. <b>Summer Thieman</b>	30.2		
		<b>2:00.1</b>	<b>1st - BTY</b>	

4 x 200 m Relay #2	1. Gracie Larson	31.0	BTY	
	2. Peyton Perreault	33.3		
	3. Paige Gray	32.6		
	4. Teresa Root	30.9	PB	
		<b>2:07.8</b>	<b>3rd</b>	

1600 m Run	1. <b>Eva Johnson</b>	6:04.9	2nd	BTY
	(1:36, 1:29, 1:31, 1:27)			
	2. <b>Ella Sell</b>	6:08.8	3rd	BTY
	(1:36, 1:30, 1:32, 1:31)			
	3. <b>Emma Hermanson</b>	6:42.0		PB
(1:38, 1:42, 1:43, 1:39)				

4 x 100 m Relay	1. <b>Kately Thiemman</b>	13.3	PB	
	2. <b>Paige Gray</b>	15.0		
	3. <b>Morgan Macho</b>	15.0	PB	
	4. <b>Mallory Clepper</b>	15.3	BTY	
		<b>58.7</b>	<b>1st - BTY</b>	

400 m Dash	1. Vivian Lahti	69.5	3rd	BTY
	2. Gracie Larson	72.9	6th	BTY
	3. Peyton Perreault	74.1		
	4. Bella Schneider	78.1		PB
	5. Amber Norton	78.4		BTY

300 m Hurdles	1. <b>Arissa Rydberg</b>	56.3	1st	PB
	2. Addison Blaiser	64.4	5th	PB
	3. Sophia Olson	65.8	6th	BTY
	4. Alyssa Olson	67.4		PB
	5. Kaylie Christenson	69.2		PB

800 m Run	1. Allison Unverzagt	(76, 90)	2:46.0	3rd
	2. Emma Belsheim	(78, 94)	2:51.7	5th

200 m Dash	1. <b>Summer Thieman</b>	29.4	1st	PB
	2. Lena Roubinek	31.2	4th	
	3. Kady Hermanson	33.3		PB
	4. Morgan Broz	34.4		PB
	5. Gabbie Way	36.3		PB

3200 m Run	1. <b>Rachel Brown</b>	13:16	1st	PB
	(1:34, 1:37, 1:39, 1:40, 1:44, 1:46, 1:39, 1:36)			

4 x 400 m Relay	1. Summer Thieman	70.3		
	2. Arissa Rydberg	70.3		
	3. Vivian Lahti	70.5	BTY	
	4. Ella Sell	71.6		
		<b>4:42.7</b>	<b>2nd</b>	

4 x 400 m Relay #2	1. Emma Belsheim	71.1	BTY	
	2. Allison Unverzagt	71.0	BTY	
	3. Emma Hermanson	77.1		
	4. Eva Johnson	77.0	PB	
		<b>4:56.2</b>	<b>4th</b>	

Pole Vault	1. Gracie Larson	NH
	2. Kately Thiemman	NH
	3. Addison Blaiser	NH

Long Jump	1. Mallory Clepper	12' 10.75"	2nd	BTY
	2. Abby Aagaard	12' 10.5"	3rd	
	3. Dorothy Miller	12' 3.25"	4th	
	4. Vivian Lahti	11' 8"	5th	BTY
	5. Summer Thieman	11' 0"		

Triple Jump	1. <b>Dorothy Miller</b>	32' 1"	1st	BTY
	2. Abby Aagaard	29' 7.25"	3rd	BTY
	3. Morgan Macho	27' 8"	4th	PB
	4. Morgan Broz	20' 7"		

High Jump	1. Teresa Root	4' 6"	5th	BTY
	2. Kady Hermanson	4' 6"	6th	BTYtie
	3. Vivian Lahti	4' 4"		BTYtie

Shot Put	1. Lena Roubinek	32' 2.75"	2nd	BTY
	2. Maggie Smetana	28' 3"	3rd	
	3. Julia Hochban	28' 0"	4th	PB
	4. Chloe McKellar	26' 3.5"		
	5. Carolyn Mangano	24' 1"		PB

Discus	1. Maggie Smetana	95' 1"	2nd	PB
	2. Julia Hochban	79' 3"	4th	PB
	3. Chloe McKellar	78' 4"	5th	BTY
	4. Morgan Macho	64' 1"		PB
	5. Carolyn Mangano	49' 11"		PB

4 x 100 m Relay #2	1. Madi Perreault	16.5	PB
	2. Ella Schlichting	17.0	PB
	3. Ciahna Martin	17.0	PB
	4. Lily Schneider	16.2	PB
	<b>66.7</b>	<b>5th</b>	

**10-8-6-4-2-1  
Top Point Getters**

1. Lena Roubinek	23
2. Dorothy Miller	22
3. Abby Aagaard	21
4. Summer Thieman	19
5. Arissa Rydberg	18
6. Mallory Clepper	18
7. Ella Sell	15
8. Eva Johnson	15
9. Rachel Brown	14
10. Maggie Smetana	14
11. Allison Unverzagt	12
12. Vivian Lahti	12
13. Emma Belsheim	9
14. Morgan Macho	9
15. Paige Gray	8
16. Julia Hochban	8
17. Emma Hermanson	7
18. Kately Thiemman	6
19. Teresa Root	5
20. Alyssa Olson	4
21. Gracie Larson	4
22. Sophia Olson	3
23. Peyton Perreault	3
24. Addison Blaiser	2
25. Chloe McKellar	2
26. Kady Hermanson	1
27. Madi Perreault	1
28. Ella Schlichting	1
29. Ciahna Martin	1
30. Lily Schneider	1

**30 total scorers**

**TEAM RESULTS:**

1. Pine City	212	
2. Duluth Marshall	71	-141
3. Braham	67	-145
4. Ogilvie	50	-162
5. Rush City	49	-163
6. North Lakes Acad.	41	-171
7. East Central	31	-181

# RUSH CITY INVITATIONAL TRACK MEET

Tuesday, April 12, 2022, 4:00

Pine City Boys' Results

4 x 800 m Relay	1. Colin Miche'	(78, 81)	2:39.3	PB
	2. Gianni Johnson-M.	(76, 85)	2:40.8	PB
	3. Noah McDaniel	(83, 89)	2:51.8	PB
	4. Ezra Overtoom	(89, 89)	2:59.2	PB
			11:10.1	3rd

110 m Hurdles 1. NONE

100 m Dash	1. Ryan Prihoda	12.3	2nd	
	2. Braxton Peetz	13.0		PB
	3. Anthony Bergeron	13.4		8TY
	4. Landon Ganote	13.5		8TY
	5. Jake Rasmussen	DNR		

4 x 200 m Relay	1. <b>Tucker Johnson</b>	26.4	PB
	2. <b>Landon Ganote</b>	28.4	8TY
	3. <b>Frank Betters</b>	27.8	PB
	4. <b>Anthony Bergeron</b>	28.9	PB
		1:51.4	1st - 8TY

4 x 200 m Relay #2	1. Nate Burns	26.2	PB
	2. Daimien Lord	29.7	PB
	3. Levi Willson	33.3	PB
	4. Samuel Johnson	30.5	
		1:59.7	2nd

1600 m Run	1. <b>Charlie Ausmus</b>	4:59.9	1st	8TY
		(1:08, 1:16, 1:19, 1:16)		
	2. Weston Clementson	5:15.7	2nd	PB
		(1:18, 1:22, 1:22, 1:13)		
	3. Eli Fromm	5:16.9	3rd	8TY
	(1:18, 1:23, 1:23, 1:13)			
4. Gianni Johnson-M.	6:41.9			
	(1:38, 1:44, 1:49, 1:31)			

4 x 100 m Relay	1. Ryan Prihoda	11.9	PB tie
	2. Joshua Brinker	12.2	PB
	3. Kameron Juszcak	11.7	PB
	4. Jason Thieman	12.5	
		48.4	2nd - 8TY

400 m Dash	1. Ray Gatzke	67.3	5th	PB
	2. Samuel Johnson	68.0	6th	PB
	3. Rudy Gatzke	70.9		PB
	4. Aussion Ruud	78.0		PB

300 m Hurdles	1. Kameron Juszcak	50.9	2nd
	2. Landon Ganote	59.3	6th

800 m Run	1. <b>Charlie Ausmus</b>	(57, 64)	2:10.4	1st - PB
	2. Weston Clementson	(69, 73)	2:22.2	5th - PB
	3. Drake Willert	(69, 76)	2:24.9	6th - 8TY

200 m Dash	1. Josh Brinker	26.9	6th	
	2. Braxton Peetz	28.1		8TY
	3. Ray Gatzke	30.6		PB
	4. Daimien Lord	30.8		8TY
	5. Nate Burns	31.6		

3200 m Run	1. <b>Eli Fromm</b>	11:47.7	1st	PB
		(1:20, 1:27, 1:31, 1:33, 1:35, 1:32, 1:32, 1:17)		
	2. Colin Miche'	13:12.0	3rd	
	(1:31, 1:36, 1:41, 1:41, 1:41, 1:43, 1:46, 1:33)			
3. Noah McDaniel	13:25.1		PB	
	(1:35, 1:42, 1:41, 1:43, 1:43, 1:43, 1:42, 1:36)			

4 x 400 m Relay	1. <b>Josh Brinker</b>	60.6	
	2. <b>Weston Clementson</b>	60.4	PB tie
	3. <b>Kameron Juszcak</b>	58.5	PB
	4. <b>Jason Thieman</b>	56.0	
		3:55.5	1st - 8TY

4 x 400 m Relay #2	1. Braxton Peetz	61.3	PB
	2. Charlie Ausmus	62.3	
	3. Tucker Johnson	63.3	PB
	4. Nate Burns	70.4	PB
		4:17.3	3rd

Pole Vault	1. Levi Willson	7' 0"	3rd	
	2. Daimien Lord	6' 6"	4th	PB
	3. Colin Miche'	NH		

Long Jump	1. Ryan Prihoda	17' 7"	2nd
	2. Jason Thieman	17' 2.5"	
	3. Weston Clementson	14' 7"	
	4. Ray Gatzke	?	
	5. Rudy Gatzke	?	

Triple Jump	1. Ryan Prihoda	37' 9.25"	2nd	PB
	2. Jason Thieman	35' 2"	4th	
	3. Anthony Bergeron	31' 6"	6th	PB
	4. Ray Gatzke	31' 3.25"		PB
	5. Rudy Gatzke	?		

High Jump	1. Kameron Juszcak	5' 1"	6th	PB
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Shot Put	1. Micah Overtoom	38' 1.75"	2nd	8TY
	2. Jace Preston	37' 11.75"	3rd	
	3. Logan Kolecki	34' 0"		
	4. Tucker Kubesh	34' 0.5"		PB
	5. Fredrick Ausmus	28' 10.25"		8TY

Discus	1. <b>Micah Overtoom</b>	120' 6"	1st	8TY
	2. Logan Kolecki	94' 0"	6th	
	3. Tucker Kubesh	90' 0"		PB
	4. Fredrick Ausmus	78' 1"		8TY
	5. Jace Preston	58' 7"		PB

4 x 100 m Relay #2	1. Nick St. Germain	13.2	PB
	2. Frank Betters	13.0	PB
	3. Connor Segarra	16.2	PB
	4. Aussion Ruud	15.4	PB
		57.8	6th

## 10-8-6-4-2-1 Top Point Getters

1. Ryan Prihoda	28
2. Charlie Ausmus	23
3. Kameron Juszcak	18
3. Micah Overtoom	18
5. Eli Fromm	16
6. Weston Clementson	15
7. Jason Thieman	13
8. Josh Brinker	10
8. Levi Willson	10
10. Colin Miche'	9
11. Tucker Johnson	8
11. Daimien Lord	8
13. Nate Burns	7
14. Landon Ganote	6
14. Anthony Bergeron	6
14. Jace Preston	6
17. Frank Betters	5.5
18. Samuel Johnson	5
19. Braxton Peetz	3
19. Gianni Johnson-M.	3
19. Noah McDaniel	3
19. Ezra Overtoom	3
23. Ray Gatzke	2
24. Drake Willert	1
24. Logan Kolecki	1
26. Nick St. Germain	0.5
26. Aussion Ruud	0.5
26. Connor Segarra	0.5
<b>28 total scorers</b>	

## TEAM RESULTS:

1. Pine City	180
2. Rush City	119 -61
3. East Central	77 -103
4. North Lake Academy	76 -104
5. Duluth Marshall	35 -145
6. Ogilvie	34 -146
7. Braham	15 -165



# GRC RELAY TRACK MEET

Tuesday, April 19, 2022, 3:45

## Pine City Girls' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;"><b>Emma Belshelm</b></td> <td style="width: 15%;">(78.3, 84.1)</td> <td style="width: 15%;">2:42.5</td> <td style="width: 5%;"></td> </tr> <tr> <td>2.</td> <td><b>Eva Johnson</b></td> <td>(81.2, 83.6)</td> <td>2:44.5</td> <td>BTY</td> </tr> <tr> <td>3.</td> <td><b>Arissa Rydberg</b></td> <td>(77.1, 85.2)</td> <td>2:42.1</td> <td>BTY</td> </tr> <tr> <td>4.</td> <td><b>Emma Hermanson</b></td> <td>(88.9, 89.0)</td> <td>2:57.8</td> <td></td> </tr> <tr> <td colspan="3"></td> <td style="border-top: 1px solid black;"><b>11:07.62</b></td> <td style="border-top: 1px solid black;"><b>1st</b></td> </tr> </table>	1.	<b>Emma Belshelm</b>	(78.3, 84.1)	2:42.5		2.	<b>Eva Johnson</b>	(81.2, 83.6)	2:44.5	BTY	3.	<b>Arissa Rydberg</b>	(77.1, 85.2)	2:42.1	BTY	4.	<b>Emma Hermanson</b>	(88.9, 89.0)	2:57.8					<b>11:07.62</b>	<b>1st</b>	<p>Pole Vault</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;"><b>Katey Thieman</b></td> <td style="width: 15%;">6' 6"</td> <td style="width: 15%;">PB</td> <td style="width: 5%;"></td> </tr> <tr> <td>2.</td> <td><b>Gracie Larson</b></td> <td>6' 0"</td> <td></td> <td></td> </tr> <tr> <td>3.</td> <td><b>Addison Blaiser</b></td> <td>5' 6"</td> <td>PB</td> <td></td> </tr> <tr> <td>4.</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="3"></td> <td style="border-top: 1px solid black;"><b>18' 0"</b></td> <td style="border-top: 1px solid black;"><b>1st</b></td> </tr> </table>	1.	<b>Katey Thieman</b>	6' 6"	PB		2.	<b>Gracie Larson</b>	6' 0"			3.	<b>Addison Blaiser</b>	5' 6"	PB		4.								<b>18' 0"</b>	<b>1st</b>										
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<p>1600m Sprint Med. (200-200-400-800)</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;"><b>Mallory Clepper</b></td> <td style="width: 15%;">*short</td> <td style="width: 15%;">26.2</td> <td style="width: 5%;"></td> </tr> <tr> <td>2.</td> <td><b>Morgan Macho</b></td> <td>*long</td> <td>34.7</td> <td></td> </tr> <tr> <td>3.</td> <td><b>Allison Unverzagt</b></td> <td></td> <td>69.8</td> <td>BTY</td> </tr> <tr> <td>4.</td> <td><b>Ella Sell</b></td> <td>(79, 89)</td> <td>2:48.0</td> <td></td> </tr> <tr> <td colspan="3"></td> <td style="border-top: 1px solid black;"><b>5:01.54</b></td> <td style="border-top: 1px solid black;"><b>1st #8</b></td> </tr> </table>	1.	<b>Mallory Clepper</b>	*short	26.2		2.	<b>Morgan Macho</b>	*long	34.7		3.	<b>Allison Unverzagt</b>		69.8	BTY	4.	<b>Ella Sell</b>	(79, 89)	2:48.0					<b>5:01.54</b>	<b>1st #8</b>	<p><b>TEAM RESULTS:</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 5%;">1.</td> <td style="width: 15%;"><b>Pine City</b></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 5%;"><b>140</b></td> </tr> <tr> <td>2.</td> <td>Altkin</td> <td></td> <td></td> <td>104</td> </tr> <tr> <td>3.</td> <td>Braham</td> <td></td> <td></td> <td>58</td> </tr> <tr> <td>4.</td> <td>Rush City</td> <td></td> <td></td> <td>52</td> </tr> <tr> <td>5.</td> <td>Mille Lacs</td> <td></td> <td></td> <td>50</td> </tr> <tr> <td>6.</td> <td>East Central</td> <td></td> <td></td> <td>35</td> </tr> <tr> <td>7.</td> <td>Hinckley-Finlayson</td> <td></td> <td></td> <td>27</td> </tr> </table>	1.	<b>Pine City</b>			<b>140</b>	2.	Altkin			104	3.	Braham			58	4.	Rush City			52	5.	Mille Lacs			50	6.	East Central			35	7.	Hinckley-Finlayson			27
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# GRC RELAY TRACK MEET

Tuesday, April 19, 2022, 3:45

## Pine City Boys' Results

4 x 800 m Relay	<ol style="list-style-type: none"> <li>1. Landon Ganote (73.8, 86.9) 2:40.7 <b>BTY</b></li> <li>2. Roman McKinney (70.6, 77.6) 2:28.2 <b>PB</b></li> <li>3. Gianni Johnson-M. (79.8, 85.7) 2:45.3</li> <li>4. Collin Miche' (76.9, 86.3) 2:43.0</li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;">10:37.0 3rd</p>		Pole Vault	<ol style="list-style-type: none"> <li>1. Colin Miche' 6' 6"</li> <li>2. Dalmien Lord 6' 0"</li> <li>3. Noah Root 6' 0" <b>BTY</b></li> <li>4.</li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;"><b>18' 6"</b> 1st</p>
110 m Hurdle Relay	<ol style="list-style-type: none"> <li>1. NONE</li> </ol> <hr style="width: 100%;"/>		Long Jump	<ol style="list-style-type: none"> <li>1. Jason Thleman 18' 5.5"</li> <li>2. Ryan Prihoda 17' 8"</li> <li>3. Ray Gatzke 15' 5" <b>PB</b></li> <li>4. Weston Clementson 14' 7"</li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;"><b>50' 6.5"</b> 1st</p>
4 x 200 m Relay	<ol style="list-style-type: none"> <li>1. Josh Brinker 25.1 <b>PB</b></li> <li>2. Kameron Juszczak 26.8 <b>PB</b></li> <li>3. Tucker Johnsen 28.4</li> <li>4. Braxton Peetz 25.7 <b>PB</b></li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;">1:46.05 3rd</p>		High Jump	<ol style="list-style-type: none"> <li>1. Kameron Juszczak Ghost 5' 0"</li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;">9' 10" 3rd</p>
Distance Med (800, 400, 1200, 1600)	<ol style="list-style-type: none"> <li>1. <b>Weston Clementson</b> (66.7, 74.3) 2:19.9 <b>PB</b></li> <li>2. <b>Drake Willert</b> 59.0 <b>PB</b></li> <li>3. <b>Eli Fromm</b> (69, 80, 78) 3:47.7 <b>PB</b></li> <li>4. <b>Charlie Ausmus</b> (72, 73, 73, 71) 4:49.2 <b>BTY</b></li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;"><b>11:56.16</b> 1st #2</p>		Triple Jump	<ol style="list-style-type: none"> <li>1. Ryan Prihoda 37' 1"</li> <li>2. Jason Thleman 35' 10"</li> <li>3. Ray Gatzke 32' 5.5" <b>PB</b></li> <li>4. Anthony Bergeron 30' 8"</li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;">105' 4.5" 2nd</p>
4 x 1600 m Relay	<ol style="list-style-type: none"> <li>1. <b>Roman McKinney</b> (87, 91, 92, 85) 5:56.2 <b>PB</b></li> <li>2. <b>Collin Miche'</b> (93, 93, 95, 89) 6:10.0</li> <li>3. <b>Noah McDaniel</b> (93, 95, 95, 91) 6:14.3 <b>PB</b></li> <li>4. <b>Gianni Johnson-M.</b> (93, 95, 95, 91) 6:26.0 <b>PB</b></li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;"><b>24:47.0</b> 1st</p>		Shot Put	<ol style="list-style-type: none"> <li>1. <b>Micah Overtoom</b> 35' 5"</li> <li>2. <b>Logan Kolecki</b> 33' 7.75"</li> <li>3. <b>Tucker Kubesh</b> 31' 8.5"</li> <li>4. <b>Fredrick Ausmus</b> 29' 5.5" <b>BTY</b></li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;"><b>100' 9.25"</b> 1st</p>
800m Sprind Med. (100-100-200-400)	<ol style="list-style-type: none"> <li>1. Frank Betters 12.7 <b>PB</b></li> <li>2. Jake Rasmussen 13.2 <b>BTY</b></li> <li>3. Anthony Bergeron 28.0 <b>PB</b></li> <li>4. Josh Brinker 60.3</li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;">1:54.38 2nd</p>		Discus	<ol style="list-style-type: none"> <li>1. Jace Preston 86' 3" <b>PB</b></li> <li>2. Tucker Kubesh 85' 7"</li> <li>3. Logan Kolecki 82' 9.5"</li> <li>4. Fredrick Ausmus 80' 11" <b>BTY</b></li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;">268' 0" 3rd</p>
1600m Sprint Med. (200-200-400-800)	<ol style="list-style-type: none"> <li>1. <b>Ryan Prihoda</b> 24.5 <b>PB</b></li> <li>2. <b>Jason Thleman</b> 25.2</li> <li>3. <b>Kameron Juaczak</b> 58.5 <b>PB tie</b></li> <li>4. <b>Charlie Ausmus</b> (64.9, 66.3) 2:11.2</li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;"><b>3:59.83</b> 1st #6</p>		Coaches Relay	<ol style="list-style-type: none"> <li>1. <b>Coach Stoltz</b> 8.7</li> <li>2. <b>Coach Kunze</b> 8.2</li> <li>3. <b>Coach Graber</b> 14.0</li> <li>4. <b>Coach Judd</b> 14.0</li> <li>5. <b>Coach Clementson</b> 13.4</li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;"><b>58.3</b> 1st</p>
4 x 100m Relay	<ol style="list-style-type: none"> <li>1. Frank Betters 13.1</li> <li>2. Tucker Johnsen 13.9</li> <li>3. Anthony Bergeron 12.3 <b>PB</b></li> <li>4. Josh Brinker 12.5</li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;">52.06 3rd</p>		<b>TEAM RESULTS:</b>	
4x400m Relay	<ol style="list-style-type: none"> <li>1. <b>Eli Fromm</b> 59.3 <b>PB</b></li> <li>2. <b>Braxton Peetz</b> 59.2 <b>PB</b></li> <li>3. <b>Landon Ganote</b> 67.4</li> <li>4. <b>Weston Clementson</b> 59.3 <b>PB</b></li> </ol> <hr style="width: 100%;"/> <p style="text-align: right;"><b>4:04.0</b> 1st</p>		<ol style="list-style-type: none"> <li>1. <b>Pine City</b> 118</li> <li>2. Rush City 98</li> <li>3. Aitkin 90</li> <li>4. East Central 64</li> <li>5. Hinckley-Finlayson 34</li> <li>6. Braham 24</li> </ol>	

# FOLEY INVITATIONAL TRACK MEET

Thursday, April 21, 2022, 4:00

## Pine City Girls' Results

4 x 800 m Relay	1. Allison Unverzagt (75, 81) 2:36.4 PB 2. Emma Belsheim (77, 83) 2:40.3 3. Arissa Rydberg (74, 85) 2:39.0 PB 4. Ella Sell (75, 84) 2:38.5 BTY <hr style="width: 100%; border: 0.5px solid black;"/> 10:34.48 4th - BTY #11		Pole Vault	1. Gracie Larson 7' 0" 2. Katey Thieman NH 3. Addison Blaiser NH	
100 m Hurdles	1. Dorothy Miller 19.17 7th BTY 2. Addison Blaiser 21.85 PB 3. Alyssa Olson 22.57		Long Jump	1. Abby Aagaard 13' 11" 2. Mallory Clepper 13' 5" 3. Dorothy Miller 13' 1.5"	
100 m Dash	1. Lena Roubinek 13.97 2. Katey Thieman 14.11 3. Gracie Larson 15.09 PB		Triple Jump	1. Dorothy Miller 31' 4" 4th 2. Abby Aagaard 30' 11" 5th 3. Morgan Macho 27' 8"	
4 x 200 m Relay	1. Summer Thieman 28.6 BTY 2. Abby Aagaard 28.4 PB 3. Mallory Clepper 29.0 4. Lena Roubinek 29.2 BTY <hr style="width: 100%; border: 0.5px solid black;"/> 1:55.42 3rd - BTY		Shot Put	1. Lena Roubinek 32' 11" 3rd 2. Maggie Smetana 30' 9" 5th 3. Julia Hochban 29' 9" 8th tie	
1600 m Run	1. Eva Johnson 5:50.17 5th BTY (1:20, 1:30, 1:32, 1:30)  2. Rachel Brown 6:06.94 PB (1:25, 1:36, 1:36, 1:29)  3. Emma Hermanson 6:23.73 PB (1:26, 1:39, 1:43, 1:36)		Discus	1. Maggie Smetana 99' 8" 3rd 2. Chloe McKellar 80' 10" 3. Julia Hochban 63' 5"	
4 x 100 m Relay	1. Katey Thieman 13.8 2. Abby Aagaard 14.9 PB 3. Mallory Clepper 13.1 PB 4. Lena Roubinek 13.3 <hr style="width: 100%; border: 0.5px solid black;"/> 55.50 4th - BTY		<b>10-8-6-5-4-3-2-1</b> <u>Top Point Getters</u>		
400 m Dash	1. Vivian Lahti 67.34 BTY 2. Emma Belsheim 71.07 PB 3. Gracie Larson 75.03		1. Lena Roubinek 11.5 2. Abby Aagaard 10.5 3. Maggie Smetana 10 4. Dorothy Miller 7 4. Eva Johnson 7 4. Summer Thieman 7 7. Arissa Rydberg 5.5 7. Mallory Clepper 5.5 9. Ella Sell 4.5 10. Allison Unverzagt 2.5 10. Emma Belsheim 2.5 10. Katey Thieman 2.5 13. Vivian Lahti 1 14. Julia Hochban 0.5		
300 m Hurdles	1. Arissa Rydberg 55.09 7th PB 2. Alyssa Olson 61.13 PB 3. Addison Blaiser 62.58 PB		<b>14 total scorers</b>		
800 m Run	1. Ella Sell (75.9, 83.5) 2:39.65 8th - BTY 2. Allison Unverzagt (76.2, 83.8) 2:40.42 PB 3. Emma Hermanson (84.5, 92.4) 2:57.34				
200 m Dash	1. Summer Thieman 28.68 6th PB 2. Katey Thieman 30.04 PB 3. Morgan Macho 32.93 PB				
3200 m Run	1. Eva Johnson 12:32.34 6th BTY #6 (1:24, 1:33, 1:34, 1:36, 1:38, 1:38, 1:39, 1:30)  2. Rachel Brown 13:07.78 PB (1:26, 1:36, 1:40, 1:42, 1:43, 1:44, 1:43, 1:32)				
4 x 400 m Relay	1. Summer Thieman 69.0 2. Arissa Rydberg 67.3 BTY 3. Vivian Lahti 67.8 4. Ella Sell 69.0 BTY <hr style="width: 100%; border: 0.5px solid black;"/> 4:34.67 7th - BTY		<b>TEAM RESULTS:</b> 1. Eden Valley-W/K. 126.33 2. Foley 123 -3.33 3. Spectrum 80 -46.33 4. Glencoe-Silver Lake 60.5 -65.83 5. Pine City 58.5 -67.83 6. Litchfield 53.5 -72.83 7. Howard Lake-W-W, 47.33 -79 8. Staples-Motley 47 -79.33 9. Legacy Christian 44 -82.33 10. Zimmerman 33.83 -19.67 11. St. Cloud Tech 28 -98.33		

**FOLEY INVITATIONAL TRACK MEET**  
**Thursday, April 21, 2022, 4:00**  
**Pine City Boys' Results**

4 x 800 m Relay	1. Braxton Peetz	(68.7, 70.2)	2:18.9	PB
	2. Drake Willert	(67.8, 74.6)	2:22.2	BTY
	3. Roman McKinney	(71.4, 76.5)	2:28.0	PB
	4. Colin Miche'	(78.3, 78.8)	2:37.2	PB
			9:46.49	5th

110 m Hurdles	1. NONE			
100 m Dash	1. Ryan Pihoda	12.26		PB
	2. Tucker Johnson	13.05		PB
	3. Frank Betters	13.64		

4 x 200 m Relay	1. Anthony Bergeron	25.4		PB
	2. Landon Ganote	27.8		PB
	3. Braxton Peetz	25.6		PB
	4. Jake Rasmussen	27.5		BTY
			1:46.53	

1600 m Run	1. Charlie Ausmus	4:47.73	2nd	BTY
		(1:09, 1:14, 1:16, 1:06)		
	2. Eli Fromm	4:58.73	6th	PB
		(1:10, 1:17, 1:21, 1:10)		
	3. Weston Clementson	5:03.57		PB
		(1:10, 1:18, 1:20, 1:14)		

4 x 100 m Relay	1. Ryan Pihoda	11.9		PB tie
	2. Josh Brinker	18.0	dropped	
	3. Kameron Jusczak	12.0		
	4. Jason Thiemann	11.5		PB
			53.45	

400 m Dash	1. Braxton Peetz	58.42		PB
	2. Landon Ganote	62.39		BTY
	3. Tucker Johnson	63.14		PB

300 m Hurdles	1. Kameron Jusczak	48.99	8th	PB
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800 m Run	1. Weston Clementson	(66.5, 70.5)	2:17.03	6th - PB
	2. Colin Miche'	(83, 82)	2:45.55	
	3. Drake Willert	DNR		

200 m Dash	1. Josh Brinker	26.04		
	2. Jake Rasmussen	27.64		PB
	3. Frank Betters	28.35		PB

3200 m Run	1. Charlie Ausmus	10:39.35	2nd	PB
		(1:10, 1:22, 1:24, 1:22, 1:23, 1:23, 1:25, 1:11)		
	2. Eli Fromm	11:31.45	6th	PB
		(1:15, 1:25, 1:27, 1:29, 1:30, 1:31, 1:34, 1:16)		
	3. Roman McKinney	12:08.89		PB
		(1:21, 1:34, 1:31, 1:32, 1:36, 1:33, 1:36, 1:25)		

4 x 400 m Relay	1. Josh Brinker	60.0		
	2. Kameron Jusczak	57.6		PB
	3. Weston Clementson	60.0		
	4. Jason Thiemann	53.8		PB
			3:51.78	8th - BTY

Pole Vault	1. NONE		
Long Jump	1. Jason Thiemann	19' 1"	5th tie
	2. Ryan Pihoda	19' 1"	5th tie
	3. Weston Clementson	ND	

Triple Jump	1. Ryan Pihoda	38' 2"	6th tie
	2. Jason Thiemann	37' 8.5"	8th
	3. Anthony Bergeron	30' 7"	

High Jump	1. Kameron Jusczak	5' 0"	
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Shot Put	1. Jace Preston	39' 3"	
	2. Logan Kolecki	33' 4"	
	3. Micah Overtoom	33' 3"	

Discus	1. Micah Overtoom	124' 11"	4th tie
	2. Logan Kolecki	98' 10"	
	3. Tucker Kubesh	86' 9"	

10-8-6-5-4-3-2-1

Top Point Getters

1. Charlie Ausmus	16
2. Ryan Pihoda	6.5
3. Eli Fromm	6
4. Jason Thiemann	5
5. Micah Overtoom	4.5
6. Weston Clementson	3.5
7. Braxton Peetz	2
7. Drake Willert	2
7. Roman McKinney	2
7. Colin Miche'	2
11. Kameron Jusczak	1
12. Josh Brinker	0.5

**12 total scorers**

TEAM RESULTS:

1. Litchfield	111.5	
2. Howard Lake-W-W.	88	-23.5
3. St. Cloud Tech	82.5	-29
4. Staples-Motley	74	-37.5
5. Spectrum	72	-39.5
6. Zimmerman	71	-40.5
7. Foley	64.5	-47
8. Pine City	46	-65.5
9. Glencoe-Silver Lake	43.5	-68
10. Eden Valley-W/K.	25.5	-45.5
11. Legacy Christian	20.5	-91

# CHENGWATANA INVITATIONAL TRACK MEET

Friday, April 29, 2022, 3:45

## Pine City Girls' Results

4 x 800 m Relay	<ol style="list-style-type: none"> <li>1. <b>Allison Unverzagt</b> (75.6, 81.8) 2:37.4</li> <li>2. <b>Arissa Rydberg</b> (79.7, 84.6) 2:44.0</li> <li>3. <b>Ella Sell</b> (75.3, 87.5) 2:43.0</li> <li>4. <b>Emma Hermanson</b> (84.4, 87.8) 2:52.1 PB</li> </ol>	<b>10:56.54</b> <b>1st</b>		Pole Vault	<ol style="list-style-type: none"> <li>1. Gracie Larson 6' 0"</li> <li>2. Addison Blaiser 6' 0"</li> <li>3. Katey Thieman DNV</li> </ol>
100 m Hurdles	<ol style="list-style-type: none"> <li>1. Dorothy Miller 19.52 6th</li> <li>2. Addison Blaiser 21.57 PB</li> <li>3. Alyssa Olson 22.96</li> </ol>			Long Jump	<ol style="list-style-type: none"> <li>1. Abby Aagaard 14' 4.75" 3rd</li> <li>2. Mallory Clepper 14' 2.5" 6th</li> <li>3. Dorothy Miller 13' 0.75" 8th</li> </ol>
100 m Dash	<ol style="list-style-type: none"> <li>1. Lena Roubinek 14.24 6th</li> <li>2. Katey Thieman 14.34</li> <li>3. Morgan Macho 15.36</li> </ol>			Triple Jump	<ol style="list-style-type: none"> <li>1. <b>Dorothy Miller</b> 31' 9" 1st</li> <li>2. Abby Aagaard 31' 0" 2nd</li> <li>3. Morgan Macho 27' 4" 7th</li> </ol>
4 x 200 m Relay	<ol style="list-style-type: none"> <li>1. Summer Thieman 27.8 PB</li> <li>2. Abby Aagaard 29.8</li> <li>3. Mallory Clepper 29.6</li> <li>4. Lena Roubinek 28.6 BTY</li> </ol>	<b>1:56.03</b> <b>2nd</b>		High Jump	<ol style="list-style-type: none"> <li>1. Teresa Root 4' 6" 6th</li> <li>2. Kady Hermanson 4' 4" 8th</li> <li>3. Vivian Lahti 4' 2"</li> </ol>
1600 m Run	<ol style="list-style-type: none"> <li>1. Eva Johnson 5:50.60 4th (1:23, 1:28, 1:31, 1:29)</li> <li>2. Rachel Brown 6:08.00 6th (1:23, 1:33, 1:39, 1:32)</li> <li>3. Emma Hermanson 6:37.70 (1:35, 1:48, 1:47, 1:28)</li> </ol>			Shot Put	<ol style="list-style-type: none"> <li>1. <b>Lena Roubinek</b> 34' 1" 1st</li> <li>2. Maggie Smetana 30' 3" 3rd</li> <li>3. Julia Hochban 29' 1" 7th</li> </ol>
4 x 100 m Relay	<ol style="list-style-type: none"> <li>1. Katey Thieman Didn't get Splits</li> <li>2. Abby Aagaard</li> <li>3. Mallory Clepper</li> <li>4. Lena Roubinek</li> </ol>	<b>55.55</b> <b>2nd</b>		Discus	<ol style="list-style-type: none"> <li>1. <b>Maggie Smetana</b> 111' 11" 1st</li> <li>2. Julia Hochban 82' 5" 4th</li> <li>3. Chloe McKellar 81' 11" 5th</li> </ol>
400 m Dash	<ol style="list-style-type: none"> <li>1. Vivian Lahti 67.78 3rd</li> <li>2. Sophie Lahti 72.67 7th BTY</li> <li>3. Gracie Larson 73.86 8th</li> </ol>			<p style="text-align: center;">10-8-6-5-4-3-2-1 <u>Top Point Getters</u></p> <ol style="list-style-type: none"> <li>1. Abby Aagaard 22</li> <li>2. Lena Roubinek 21</li> <li>3. Maggie Smetana 16</li> <li>4. Arissa Rydberg 15</li> <li>5. Dorothy Miller 14</li> <li>5. Summer Thieman 14</li> <li>7. Eva Johnson 13</li> <li>8. Mallory Clepper 12</li> <li>9. Ella Sell 11</li> <li>10. Vivian Lahti 10</li> <li>11. Allison Unverzagt 8</li> <li>11. Rachel Brown 8</li> <li>13. Julia Hochban 7</li> <li>14. Emma Hermanson 5</li> <li>15. Katey Thieman 4</li> <li>15. Chloe McKellar 4</li> <li>17. Addison Blaiser 3</li> <li>17. Teresa Root 3</li> <li>19. Sophie Lahti 2</li> <li>19. Morgan Macho 2</li> <li>20. Kady Hermanson 1</li> <li>20. Gracie Larson 1</li> </ol> <p style="text-align: center;"><b>21 total scorers</b></p>	
300 m Hurdles	<ol style="list-style-type: none"> <li>1. Arissa Rydberg 54.42 3rd PB</li> <li>2. Addison Blaiser 60.47 6th PB</li> <li>3. Alyssa Olson 63.73</li> </ol>			<p style="text-align: center;"><u>TEAM RESULTS:</u></p> <ol style="list-style-type: none"> <li>1. Chisago Lakes 162.5</li> <li>2. Pine City 161 -1.5</li> <li>3. Mora 86.5 -76</li> <li>4. Milaca 80 -82.5</li> <li>5. Minckley Finlayson 48 -114.5</li> <li>6. Braham 43 -119.5</li> <li>7. McGregor 34 -128.5</li> <li>8. Mille Lacs 33.5 -129</li> <li>9. East Central 30 -132.5</li> <li>10. Rush City 23.5 -19.5</li> </ol>	
800 m Run	<ol style="list-style-type: none"> <li>1. Allison Unverzagt (78.8, 83.7) 2:42.73 6th</li> <li>2. Ella Sell (78.7, 84.7) 2:43.53 7th</li> <li>3.</li> </ol>				
200 m Dash	<ol style="list-style-type: none"> <li>1. Summer Thieman 28.65 3rd PB</li> <li>2. Mallory Clepper 29.10 8th BTY</li> <li>3. Gracie Larson 30.78 BTY</li> </ol>				
3200 m Run	<ol style="list-style-type: none"> <li>1. Eva Johnson 12:47.59 2nd (1:29, 1:34, 1:36, 1:37, 1:39, 1:40, 1:40, 1:32)</li> <li>2. Rachel Brown 13:17.66 5th (1:30, 1:36, 1:41, 1:44, 1:45, 1:46, 1:34)</li> </ol>				
4 x 400 m Relay	<ol style="list-style-type: none"> <li>1. Summer Thieman 66.8 BTY</li> <li>2. Arissa Rydberg 67.1 BTY</li> <li>3. Vivian Lahti 67.8</li> <li>4. Ella Sell 69.5</li> </ol>	<b>4:31.46</b> <b>2nd - BTY</b>			

# CHENGWATANA INVITATIONAL TRACK MEET

Friday, April 29, 2022, 3:45

## Pine City Boys' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. <b>Braxton Peetz</b></td> <td style="width: 15%;">(65.8, 69.8)</td> <td style="width: 15%;">2:15.6</td> <td style="width: 15%;">PB</td> <td style="width: 40%;"></td> </tr> <tr> <td>2. <b>Drake Willert</b></td> <td>(67.8, 73.5)</td> <td>2:21.1</td> <td>BTY</td> <td></td> </tr> <tr> <td>3. <b>Roman McKinney</b></td> <td>(72.0, 78.1)</td> <td>2:31.0</td> <td></td> <td></td> </tr> <tr> <td>4. <b>Colin Miche'</b></td> <td><u>(76.3, 77.0)</u></td> <td><u>2:32.5</u></td> <td>PB</td> <td></td> </tr> <tr> <td></td> <td><b>9:40.26</b></td> <td><b>1st</b></td> <td></td> <td></td> </tr> </table> <p>110 m Hurdles</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. NONE</td> <td colspan="4"></td> </tr> </table> <p>100 m Dash</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Jason Thieman</td> <td style="width: 15%;">12.20</td> <td style="width: 15%;">3rd</td> <td style="width: 15%;">PB</td> <td style="width: 40%;"></td> </tr> <tr> <td>2. Ryan Prihoda</td> <td>12.26</td> <td>5th</td> <td>PB tie</td> <td></td> </tr> <tr> <td>3. Frank Betters</td> <td>13.73</td> <td></td> <td></td> <td></td> </tr> </table> <p>4 x 200 m Relay</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Josh Brinker</td> <td style="width: 15%;">24.5</td> <td style="width: 15%;">PB</td> <td style="width: 15%;"></td> <td style="width: 40%;"></td> </tr> <tr> <td>2. Tucker Johnsen</td> <td>27.1</td> <td></td> <td></td> <td></td> </tr> <tr> <td>3. Braxton Peetz</td> <td>27.5</td> <td></td> <td></td> <td></td> </tr> <tr> <td>4. 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Jason Thieman</td> <td><u>54.4</u></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td><b>3:48.22</b></td> <td><b>2nd - BTY</b></td> <td></td> <td></td> </tr> </table>	1. <b>Braxton Peetz</b>	(65.8, 69.8)	2:15.6	PB		2. <b>Drake Willert</b>	(67.8, 73.5)	2:21.1	BTY		3. <b>Roman McKinney</b>	(72.0, 78.1)	2:31.0			4. <b>Colin Miche'</b>	<u>(76.3, 77.0)</u>	<u>2:32.5</u>	PB			<b>9:40.26</b>	<b>1st</b>			1. NONE					1. Jason Thieman	12.20	3rd	PB		2. Ryan Prihoda	12.26	5th	PB tie		3. Frank Betters	13.73				1. Josh Brinker	24.5	PB			2. Tucker Johnsen	27.1				3. Braxton Peetz	27.5				4. Anthony Bergeron	<u>25.5</u>					<b>1:45.17</b>	<b>5th - BTY</b>			1. <b>Charlie Ausmus</b>	4:46.92	2nd	PB		<small>(1:06, 1:14, 1:17, 1:10)</small>					2. Eli Fromm	5:01.91	5th			<small>(1:08, 1:18, 1:23, 1:13)</small>					3. Weston Clementson	5:02.55	6th	PB		<small>(1:08, 1:18, 1:23, 1:13)</small>					1. Frank Betters	Didn't				2. Kameron Juszcak	Get				3. Anthony Bergeron	Spills				4. 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Charlie Ausmus</td><td>16</td></tr> <tr><td>4. Micah Overtoom</td><td>13</td></tr> <tr><td>5. Braxton Peetz</td><td>11</td></tr> <tr><td>6. Eli Fromm</td><td>7</td></tr> <tr><td>6. Weston Clementson</td><td>7</td></tr> <tr><td>6. Drake Willert</td><td>7</td></tr> <tr><td>9. Kameron Juszcak</td><td>6</td></tr> <tr><td>10. Roman McKinney</td><td>5</td></tr> <tr><td>10. Colin Miche'</td><td>5</td></tr> <tr><td>10. Josh Brinker</td><td>5</td></tr> <tr><td>13. Ray Gatzke</td><td>4</td></tr> <tr><td>14. Tucker Johnsen</td><td>3</td></tr> <tr><td>14. Anthony Bergeron</td><td>3</td></tr> <tr><td>14. Jace Preston</td><td>3</td></tr> <tr><td>17. Levi Wilson</td><td>1.5</td></tr> <tr><td>17. Daimien Lord</td><td>1.5</td></tr> <tr><td>19. Frank Betters</td><td>1</td></tr> </table> <p style="text-align: center;"><b>19 total scorers</b></p> <p style="text-align: center;"><u>TEAM RESULTS:</u></p> <table border="0" style="width: 100%;"> <tr><td>1. Chisago Lakes</td><td>149.5</td><td></td></tr> <tr><td>2. Pine City</td><td>120</td><td>-29.5</td></tr> <tr><td>3. Proctor</td><td>115</td><td>-34.5</td></tr> <tr><td>4. Mora</td><td>93.5</td><td>-56</td></tr> <tr><td>5. Rush City</td><td>77.5</td><td>-72</td></tr> <tr><td>6. Milaca</td><td>67</td><td>-82.5</td></tr> <tr><td>7. East Central</td><td>26.5</td><td>-123</td></tr> <tr><td>8. McGregor</td><td>21</td><td>-128.5</td></tr> <tr><td>9. Braham</td><td>17</td><td>-132.5</td></tr> <tr><td>10. Hinckley Finlayson</td><td>9</td><td>-58</td></tr> </table>	1. Levi Wilson	7' 0"	7th tie			2. Daimien Lord	7' 0"	7th tie	PB		3. Colin Miche'	6' 0"				1. <b>Jason Thieman</b>	19' 8"	1st			2. Ryan Prihoda	18' 8.5"	3rd			3. Ray Gatzke	16' 2.25"				1. <b>Ryan Prihoda</b>	37' 9"	1st			2. Ray Gatzke	33' 9"	5th	PB		3. Anthony Bergeron	31' 0"				1. Kameron Juszcak	4' 10"				2.					3.					1. Micah Overtoom	40' 3"	4th	PB		2. Jace Preston	38' 5"	6th			3. Logan Kolecki	33' 6"				1. Micah Overtoom	126' 10"	2nd	PB #11		2. Tucker Kubesh	89' 2"				3. Logan Kolecki	87' 7.5"				1. Ryan Prihoda	24	2. Jason Thieman	20	3. Charlie Ausmus	16	4. Micah Overtoom	13	5. Braxton Peetz	11	6. Eli Fromm	7	6. Weston Clementson	7	6. Drake Willert	7	9. Kameron Juszcak	6	10. Roman McKinney	5	10. Colin Miche'	5	10. Josh Brinker	5	13. Ray Gatzke	4	14. Tucker Johnsen	3	14. Anthony Bergeron	3	14. Jace Preston	3	17. Levi Wilson	1.5	17. Daimien Lord	1.5	19. Frank Betters	1	1. Chisago Lakes	149.5		2. Pine City	120	-29.5	3. Proctor	115	-34.5	4. Mora	93.5	-56	5. Rush City	77.5	-72	6. Milaca	67	-82.5	7. East Central	26.5	-123	8. McGregor	21	-128.5	9. Braham	17	-132.5	10. Hinckley Finlayson	9	-58
1. <b>Braxton Peetz</b>	(65.8, 69.8)	2:15.6	PB																																																																																																																																																																																																																																																																																																																																																																																																												
2. <b>Drake Willert</b>	(67.8, 73.5)	2:21.1	BTY																																																																																																																																																																																																																																																																																																																																																																																																												
3. <b>Roman McKinney</b>	(72.0, 78.1)	2:31.0																																																																																																																																																																																																																																																																																																																																																																																																													
4. <b>Colin Miche'</b>	<u>(76.3, 77.0)</u>	<u>2:32.5</u>	PB																																																																																																																																																																																																																																																																																																																																																																																																												
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4. Anthony Bergeron	<u>25.5</u>																																																																																																																																																																																																																																																																																																																																																																																																														
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1. <b>Charlie Ausmus</b>	4:46.92	2nd	PB																																																																																																																																																																																																																																																																																																																																																																																																												
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1. Josh Brinker	58.89	6th	PB																																																																																																																																																																																																																																																																																																																																																																																																												
2. Drake Willert	59.42	7th	PB																																																																																																																																																																																																																																																																																																																																																																																																												
3. Landon Ganote	62.39		PB																																																																																																																																																																																																																																																																																																																																																																																																												
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1. <b>Charlie Ausmus</b>	(64.5, 65.7)	2:09.95	2nd - PB																																																																																																																																																																																																																																																																																																																																																																																																												
2. Weston Clementson	(67.9, 73.6)	2:21.43	8th																																																																																																																																																																																																																																																																																																																																																																																																												
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1. Ryan Prihoda	25.06	5th	PB																																																																																																																																																																																																																																																																																																																																																																																																												
2. Josh Brinker	25.79																																																																																																																																																																																																																																																																																																																																																																																																														
3. Landon Ganote	27.68																																																																																																																																																																																																																																																																																																																																																																																																														
1. Eli Fromm	11:32.65	6th																																																																																																																																																																																																																																																																																																																																																																																																													
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2. Ethan Aagaard	11:57.03		PB																																																																																																																																																																																																																																																																																																																																																																																																												
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3. Roman McKinney	12:48.01																																																																																																																																																																																																																																																																																																																																																																																																														
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1. Braxton Peetz	56.1	PB																																																																																																																																																																																																																																																																																																																																																																																																													
2. Kameron Juszcak	59.0																																																																																																																																																																																																																																																																																																																																																																																																														
3. Weston Clementson	58.2		PB																																																																																																																																																																																																																																																																																																																																																																																																												
4. Jason Thieman	<u>54.4</u>																																																																																																																																																																																																																																																																																																																																																																																																														
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2. Daimien Lord	7' 0"	7th tie	PB																																																																																																																																																																																																																																																																																																																																																																																																												
3. Colin Miche'	6' 0"																																																																																																																																																																																																																																																																																																																																																																																																														
1. <b>Jason Thieman</b>	19' 8"	1st																																																																																																																																																																																																																																																																																																																																																																																																													
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1. <b>Ryan Prihoda</b>	37' 9"	1st																																																																																																																																																																																																																																																																																																																																																																																																													
2. Ray Gatzke	33' 9"	5th	PB																																																																																																																																																																																																																																																																																																																																																																																																												
3. Anthony Bergeron	31' 0"																																																																																																																																																																																																																																																																																																																																																																																																														
1. Kameron Juszcak	4' 10"																																																																																																																																																																																																																																																																																																																																																																																																														
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1. Micah Overtoom	40' 3"	4th	PB																																																																																																																																																																																																																																																																																																																																																																																																												
2. Jace Preston	38' 5"	6th																																																																																																																																																																																																																																																																																																																																																																																																													
3. Logan Kolecki	33' 6"																																																																																																																																																																																																																																																																																																																																																																																																														
1. Micah Overtoom	126' 10"	2nd	PB #11																																																																																																																																																																																																																																																																																																																																																																																																												
2. Tucker Kubesh	89' 2"																																																																																																																																																																																																																																																																																																																																																																																																														
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8. McGregor	21	-128.5																																																																																																																																																																																																																																																																																																																																																																																																													
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# TIGERAMA INVITATIONAL TRACK MEET

Tuesday, May 3, 2022, 3:45

## Pine City Girls' Results

<p>4 x 800 m Relay</p> <table border="0" style="width: 100%;"> <tr><td>1. Abby Aagaard</td><td>(78, 85)</td><td>2:43</td><td>BTY</td></tr> <tr><td>2. Eva Johnson</td><td>(77, 85)</td><td>2:41</td><td>PB tie</td></tr> <tr><td>3. Sophie Lahti</td><td>(81, 92)</td><td>2:53</td><td>BTY</td></tr> <tr><td>4. Emma Hermanson</td><td>(84, 86)</td><td>2:50</td><td>PB</td></tr> <tr><td colspan="2" style="border-top: 1px solid black;"></td><td>11:09.7</td><td>2nd</td></tr> </table>	1. Abby Aagaard	(78, 85)	2:43	BTY	2. Eva Johnson	(77, 85)	2:41	PB tie	3. Sophie Lahti	(81, 92)	2:53	BTY	4. Emma Hermanson	(84, 86)	2:50	PB			11:09.7	2nd	<p>Pole Vault</p> <table border="0" style="width: 100%;"> <tr><td>1. Gracie Larson</td><td>7' 0"</td><td>4th</td></tr> <tr><td>2. Katey Thieman</td><td>6' 6"</td><td>6th Tie</td></tr> <tr><td>3. Addison Blaiser</td><td>?</td><td></td></tr> </table>	1. Gracie Larson	7' 0"	4th	2. Katey Thieman	6' 6"	6th Tie	3. Addison Blaiser	?																										
1. Abby Aagaard	(78, 85)	2:43	BTY																																																				
2. Eva Johnson	(77, 85)	2:41	PB tie																																																				
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# TIGERAMA INVITATIONAL TRACK MEET

Tuesday, May 3, 2022, 3:45

## Pine City Boys' Results

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Anthony Bergeron	12.8	5th	PB		2. Frank Betters	13.3		PB		3. Tucker Kubesh	14.5		PB		1. <b>Josh Brinker</b>	24.7				2. <b>Tucker Johnsen</b>	27.9				3. <b>Weston Clementson</b>	26.3		PB		4. <b>Braxton Peetz</b>	25.7						<b>1:44.6</b>	<b>1st - BTY</b>		1. Roman McKinney	5:35.5	4th	PB		(1:20, 1:26, 1:27, 1:21)					2. Colin Miche'	6:02.3	6th			(1:24, 1:33, 1:38, 1:28)					3. Noah McDaniel	6:03.9		PB		(1:29, 1:33, 1:34, 1:27)					1. Ryan Prihoda	12.7				2. Josh Brinker	11.9		PB		3. Kameron Juscak	12.0				4. Jason Thleman	12.0						<b>48.6</b>	<b>2nd</b>		1. <b>Drake Willert</b>	57.0	1st	PB		2. Charlie Ausmus	57.4	3rd	PB		3. Eli Fromm	59.1	5th	PB		1. Ray Gatzke	50.5	3rd	PB		2. Braxton Peetz	53.6	5th	PB		3.					1. Charlie Ausmus	(65.5, 67.0)	2:12.4	2nd		2. Weston Clementson	(66.1, 71.0)	2:17.2	4th		3. Eli Fromm	(69.7, 70.6)	2:20.2	5th - PB		1. Kameron Juscak	26.5	4th	PB		2. Anthony Bergeron	26.8		PB		3. 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2. Weston Clementson	(66.1, 71.0)	2:17.2	4th																																																																																																																																																																																																																																																																																																																																																																																																														
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1. <b>Roman McKinney</b>	<b>11:59.0</b>	1st	PB																																																																																																																																																																																																																																																																																																																																																																																																														
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3. <b>Tucker Johnsen</b>	65.3																																																																																																																																																																																																																																																																																																																																																																																																																
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## SECTION 7AA TRUE TEAM TRACK MEET (Cloquet)

Tuesday, May 10, 2022, 1:30

### Pine City Girls' Results

<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;">4 x 800 m Relay</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Allison Unverzagt</td> <td style="width: 15%;">(74.3, 80.0)</td> <td style="width: 15%;">2:34.3</td> <td style="width: 15%;">PB</td> </tr> <tr> <td>2. Arissa Rydberg</td> <td>(72.6, 84.4)</td> <td>2:36.4</td> <td>PB</td> </tr> <tr> <td>3. Emma Belsheim</td> <td>(76.0, 81.9)</td> <td>2:38.2</td> <td>BTY</td> </tr> <tr> <td>4. Ella Sell</td> <td>(75.5, 85.4)</td> <td>2:40.7</td> <td></td> </tr> <tr> <td></td> <td style="border-top: 1px solid black;">10:30.28</td> <td>4th - BTY</td> <td>#10</td> </tr> </table> </td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;">Pole Vault</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Gracie Larson</td> <td style="width: 15%;">7' 6"</td> <td style="width: 15%;">9th</td> <td style="width: 15%;">PB</td> </tr> <tr> <td>2. Katey Thieman</td> <td>NH</td> <td></td> <td></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">Long Jump</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Mallory Clepper</td> <td style="width: 15%;">13' 11"</td> <td style="width: 15%;">14th</td> <td></td> </tr> <tr> <td>2. Abby Aagaard</td> <td>13' 10"</td> <td>16th</td> <td></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">Triple Jump</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Dorothy Miller</td> <td style="width: 15%;">31' 11"</td> <td style="width: 15%;">5th</td> <td></td> </tr> <tr> <td>2. Abby Aagaard</td> <td>29' 9.75"</td> <td>13th</td> <td></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">High Jump</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Teresa Root</td> <td style="width: 15%;">4' 8"</td> <td style="width: 15%;">6th</td> <td style="width: 15%;">PB tie</td> </tr> <tr> <td>2. Kady Hermanson</td> <td>4' 6"</td> <td>14th</td> <td>PB tie</td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">Shot Put</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. <b>Lena Roubinek</b></td> <td style="width: 15%;"><b>34' 11"</b></td> <td style="width: 15%;"><b>1st</b></td> <td style="width: 15%;"><b>PB #5</b></td> </tr> <tr> <td>2. Maggie Smetana</td> <td>27' 11"</td> <td>12th</td> <td></td> </tr> </table> </td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;">100 m Hurdles</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Dorothy Miller</td> <td style="width: 15%;">19.08</td> <td style="width: 15%;">12th</td> <td style="width: 15%;">BTY</td> </tr> <tr> <td>2. Teresa Root</td> <td>19.87</td> <td>15th</td> <td>PB</td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">100 m Dash</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Lena Roubinek</td> <td style="width: 15%;">13.72</td> <td style="width: 15%;">14th</td> <td></td> </tr> <tr> <td>2. Katey Thieman</td> <td>14.20</td> <td>20th</td> <td></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">4 x 200 m Relay</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Summer Thieman</td> <td style="width: 15%;">28.6</td> <td></td> <td></td> </tr> <tr> <td>2. Abby Aagaard</td> <td>28.9</td> <td></td> <td></td> </tr> <tr> <td>3. Mallory Clepper</td> <td>28.6</td> <td>PB</td> <td></td> </tr> <tr> <td>4. Lena Roubinek</td> <td>29.0</td> <td></td> <td></td> </tr> <tr> <td></td> <td style="border-top: 1px solid black;">1:55.39</td> <td>6th - BTY</td> <td></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">1600 m Run</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Eva Johnson</td> <td style="width: 15%;">5:49.41</td> <td style="width: 15%;">8th</td> <td style="width: 15%;">BTY</td> </tr> <tr> <td colspan="4" style="font-size: small;">(1:25, 1:27, 1:29, 1:28)</td> </tr> <tr> <td>2. Rachel Brown</td> <td>5:54.36</td> <td>10th</td> <td>PB</td> </tr> <tr> <td colspan="4" style="font-size: small;">(1:26, 1:27, 1:31, 1:30)</td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">4 x 100 m Relay</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Katey Thieman</td> <td style="width: 15%;">13.8</td> <td></td> <td></td> </tr> <tr> <td>2. Abby Aagaard</td> <td>13.1</td> <td>PB</td> <td></td> </tr> <tr> <td>3. Mallory Clepper</td> <td>14.0</td> <td></td> <td></td> </tr> <tr> <td>4. Lena Roubinek</td> <td>12.8</td> <td>PB tie</td> <td></td> </tr> <tr> <td></td> <td style="border-top: 1px solid black;">54.07</td> <td>5th - BTY</td> <td></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">400 m Dash</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Vivian Lahti</td> <td style="width: 15%;">68.74</td> <td style="width: 15%;">12th</td> <td></td> </tr> <tr> <td>2. Emma Belsheim</td> <td>71.79</td> <td>22nd</td> <td></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">300 m Hurdles</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Arissa Rydberg</td> <td style="width: 15%;">53.79</td> <td style="width: 15%;">11th</td> <td style="width: 15%;">PB</td> </tr> <tr> <td>2. Addison Blaiser</td> <td>60.84</td> <td>21st</td> <td></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">800 m Run</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Ella Sell</td> <td style="width: 15%;">(80.5, 82.2)</td> <td style="width: 15%;">2:43.05</td> <td style="width: 15%;">13th</td> </tr> <tr> <td>2. Allison Unverzagt</td> <td>(80.7, 83.4)</td> <td>2:45.66</td> <td>15th</td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;">200 m Dash</td> <td style="vertical-align: top;"> <table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">1. Summer Thieman</td> <td style="width: 15%;">28.66</td> <td style="width: 15%;">15th</td> <td></td> </tr> <tr> <td>2. 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#### Top Point Getters

1. Lena Roubinek	57.5
2. Abby Aagaard	43.5
3. Mallory Clepper	42.5
4. Arissa Rydberg	41
5. Eva Johnson	39
6. Allison Unverzagt	37
6. Maggie Smetana	37
8. Summer Thieman	34
9. Dorothy Miller	33
9. Rachel Brown	33
11. Teresa Root	29
12. Vivian Lahti	26.5
13. Ella Sell	25.5
14. Katey Thieman	17
15. Emma Belsheim	16.5
16. Gracie Larson	16
17. Kady Hermanson	11
18. Julia Hochban	8
19. Addison Blaiser	4

**19 total scorers**

#### TEAM RESULTS:

1. North Branch	582	
2. Cloquet	575	-7
3. Chisago Lakes	529	-53
4. Hibbing	522.5	-59.5
5. Esko	460	-122
6. Pine City	451.5	-130.5
7. Grand Rapids	411	-171
8. Mora	390.5	-191.5
9. Proctor	358	-224
10. Rock Ridge	323.5	-128
11. Hermantown	269.5	-312.5

# SECTION 7AA TRUE TEAM TRACK MEET (Cloquet)

Tuesday, May 10, 2022, 1:30

## Pine City Boys' Results

4 x 800 m Relay	1. Weston Clementson	(64.7, 67.4)	2:12.1	
	2. Braxton Peetz	(67.5, 70.0)	2:17.7	
	3. Drake Willert	(68.3, 70.8)	2:19.0	BTY
	4. Roman McKinney	(68.3, 75.3)	2:23.6	PB
			9:12.29	5th

Pole Vault	1. Dairmien Lord	8' 0"	13th	PB
	2. Levi Wilson	7' 0"	14th	

110 m Hurdles	1. Ray Gatzke	22.96	15th	PB
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Long Jump	1. Jason Thieman	18' 5"	6th
	2. Ryan Prihoda	18' 1.5"	8th

100 m Dash	1. Ryan Prihoda	12.35	16th
	2. Josh Brinker	12.79	21st

Triple Jump	1. Ryan Prihoda	38' 1"	4th
	2. Ray Gatzke	32' 10"	20th

4 x 200 m Relay	1. Anthony Bergeron	28.1	
	2. Josh Brinker	23.0	PB
	3. Braxton Peetz	27.0	
	4. Kameron Juszcak	26.4	PB
		1:44.34	10th - BTY

High Jump	1. Kameron Juszcak	5' 0"	16th
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1600 m Run	1. Charlie Ausmus	4:47.70	4th	
	(1:08, 1:13, 1:14, 1:13)			
	2. Eli Fromm	4:55.86	9th	PB
	(1:12, 1:17, 1:15, 1:11)			

Shot Put	1. Micah Overtoom	43' 7.5"	8th	PB #5
	2. Jace Preston	39' 0"	15th	

Discus	1. Micah Overtoom	106' 7"	16th
	2. Logan Kolecki	99' 6"	19th

### Top Point Getters

4 x 100 m Relay	1. Frank Betters	12.4	PB
	2. Anthony Bergeron	12.2	PB
	3. Josh Brinker	12.8	
	4. Kameron Juszcak	12.1	
		49.61	9th

1. Ryan Prihoda	49
2. Charlie Ausmus	44
3. Jason Thieman	35
4. Eli Fromm	30
5. Weston Clementson	29.5
6. Kameron Juszcak	22.5
7. Micah Overtoom	22
8. Braxton Peetz	19.5
8. Drake Willert	19.5
10. Ray Gatzke	16
11. Roman McKinney	14.5
12. Dalmien Lord	10
13. Levi Wilson	9
14. Anthony Bergeron	8.5
15. Jace Preston	8
16. Josh Brinker	6.5
17. Frank Betters	4.5
18. Logan Kolecki	4
19. Josh Brinker	3

**19 total scorers**

400 m Dash	1. Jason Thieman	53.70	5th	PB
	2. Drake Willert	58.33	20th	

300 m Hurdles	1. Kameron Juszcak	48.99	15th	PB
	2. Ray Gatzke	51.84	18th	

800 m Run	1. Weston Clementson	(65.8, 69.3)	2:15.35	10th - PB
	2. Roman McKinney	(74.4, 76.1)	2:30.67	19th - PB

200 m Dash	1. Ryan Prihoda	24.86	15th	PB
	2. Anthony Bergeron	27.22	22nd	

3200 m Run	1. Charlie Ausmus	11:00.37	4th	
	(1:17, 1:20, 1:19, 1:22, 1:24, 1:27, 1:26, 1:24)			
	2. Eli Fromm	11:15.11	7th	PB
	(1:19, 1:25, 1:24, 1:26, 1:26, 1:27, 1:31, 1:16)			

4 x 400 m Relay	1. Braxton Peetz	55.0	PB
	2. Drake Willert	59.4	
	3. Weston Clementson	57.4	PB
	4. Charlie Ausmus	58.7	PB
		3:50.70	8th

### TEAM RESULTS:

1. Esko	569	
2. Cloquet	471.5	-97.5
3. North Branch	441.5	-127.5
4. Hibbing	428	-141
5. Rock Ridge	415.5	-153.5
6. Grand Rapids	401.5	-167.5
7. Chisago Lakes	386	-183
8. Duluth Denfield	352	-217
9. Pine City	300.5	-268.5
10. Hermantown	253.5	-148
11. Mora	245	-324

**GREAT RIVER CONFERENCE TRACK MEET @ East Central**  
**Tuesday, May 17, 2022, 3:45**  
**Pine City Girls' Results**

4 x 800 m Relay	1. <b>Allison Unverzagt</b> (77.0, 81.5) 2:38.2
	2. <b>Arissa Rydberg</b> (74.9, 82.5) 2:37.5
	3. <b>Emma Belsheim</b> (78.3, 88.1) 2:46.5
	4. <b>Ella Sell</b> (76.1, 87.3) 2:43.4
	<b>10:45.95 1st</b>

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

100 m Hurdles	1. Teresa Root P: 19.83 F: 19.53 5th - PB
	2. Dorothy Miller P: 19.19 F: 19.54 6th
	3. Addison Blaiser P: 21.45 PB

100 m Dash	1. Lena Roubinek P: 13.72 F: 13.67 2nd - BTY
	2. Katey Thieman P: 14.21 F: 14.38 7th
	3. Morgan Macho P: 15.06 PB

\*\*\*HONORABLE MENTION\*\*\*

4 x 200 m Relay	1. <b>Summer Thieman</b> 28.9
	2. <b>Abby Aagaard</b> 28.9
	3. <b>Mallory Clepper</b> 28.2 PB
	4. <b>Lena Roubinek</b> 29.0
	<b>1:55.21 1st - BTY</b>

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

1600 m Run	1. Eva Johnson 5:45.90 4th PB
	(1:19, 1:30, 1:30, 1:25)
	2. Rachel Brown 5:56.79 6th
	(1:20, 1:31, 1:35, 1:30)
	3. Emma Hermanson 6:09.16 8th PB
	(1:23, 1:37, 1:39, 1:30)

4 x 100 m Relay	1. Gracie Larson 13.7 PB
	2. Abby Aagaard 13.2
	3. Mallory Clepper 13.8
	4. Lena Roubinek 13.7
	<b>54.65 2nd</b>

\*\*\*HONORABLE MENTION\*\*\*

400 m Dash	1. Vivian Lahti 70.07 6th
	2. Sophie Lahti 70.39 7th BTY
	3. Emma Belsheim 70.65 8th PB

300 m Hurdles	1. <b>Arissa Rydberg</b> 51.41 1st PB #7
	2. Summer Thieman 54.23 4th
	3. Addison Blaiser 57.97 5th PB

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

800 m Run	1. Allison Unverzagt (75.7, 82.8) 2:38.78 4th
	2. Ella Sell (77.7, 88.8) 2:46.19 6th
	3. Emma Hermanson (83.9, 92.6) 2:56.65

200 m Dash	1. Mallory Clepper 28.58 2nd PB
	2. Gracie Larson 31.00 5th
	3. Paige Gray DQ

\*\*\*HONORABLE MENTION\*\*\*

3200 m Run	1. Eva Johnson 12:27.43 2nd PB #3
	(1:25, 1:30, 1:34, 1:35, 1:36, 1:38, 1:37, 1:31)
	2. Rachel Brown 13:09.27 4th
	(1:26, 1:34, 1:38, 1:41, 1:43, 1:47, 1:45, 1:34)

\*\*\*HONORABLE MENTION\*\*\*

4 x 400 m Relay	1. Summer Thieman 67.4
	2. Arissa Rydberg 62.9 PB
	3. Vivian Lahti 66.7 PB
	4. Allison Unverzagt 68.8
	<b>4:26.53 2nd - BTY</b>

\*\*\*HONORABLE MENTION\*\*\*

Pole Vault	1. Gracie Larson 6' 6" 6th
	2. Katey Thieman 6' 6" 7th PB tie
	3. Kady Hermanson 5' 6"

Long Jump	1. Katey Thieman 14' 6" 6th PB
	2. Abby Aagaard 14' 4" 7th
	3. Mallory Clepper 14' 0" 9th

Triple Jump	1. <b>Dorothy Miller</b> 31' 7" 1st
	2. Abby Aagaard 29' 11" 3rd
	3. Morgan Macho 28' 9" 5th PB

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

High Jump	1. Kady Hermanson 4' 6" 8th PB tie
	2. Teresa Root 4' 4"
	3. Vivian Lahti 4' 4" PB tie

Shot Put	1. <b>Lena Roubinek</b> 34' 9.5" 1st
	2. Julia Hochban 31' 1.5" 3rd PB
	3. Maggie Smetana 29' 1.25" 5th

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

Discus	1. <b>Maggie Smetana</b> 102' 9" 1st
	2. Chloe McKellar 91' 8" 4th
	3. Julia Hochban 68' 11"

10-8-6-5-4-3-2-1

Top Point Getters

1. Lena Roubinek	27
2. Arissa Rydberg	19
3. Abby Aagaard	17
3. Mallory Clepper	17
5. Maggie Smetana	14
5. Summer Thieman	14
5. Allison Unverzagt	14
8. Dorothy Miller	13
8. Eva Johnson	13
10. Gracie Larson	11
11. Rachel Brown	8
11. Ella Sell	8
13. Katey Thieman	7
13. Vivian Lahti	7
15. Julia Hochban	6
15. Emma Belsheim	6
17. Chloe McKellar	5
18. Addison Blaiser	4
18. Morgan Macho	4
18. Teresa Root	4
21. Sophie Lahti	2
22. Emma Hermanson	1
22. Kady Hermanson	1

23 total scorers

10 ALL-CONFERENCE

9 Honorable Mention

\*\*8th Straight GRC Championship\*\*

TEAM RESULTS:

1. Pine City	186
2. Aitkin	128 -58
3. Rush City	68.5 -117.5
4. Mille Lacs	64.5 -121.5
5. East Central	63 -123
6. Braham	62 -124
7. Hinckley Finlayson	56 -130
8. Ogilvie	54 -132

**GREAT RIVER CONFERENCE TRACK MEET @ East Central**  
**Tuesday, May 17, 2022, 3:45**  
**Pine City Boys' Results**

4 x 800 m Relay	1. <b>Braxton Peetz</b>	(67.1, 71.5)	2:18.6	
	2. <b>Drake Willert</b>	(68.2, 71.3)	2:19.6	
	3. <b>Roman McKinney</b>	(70.2, 77.5)	2:27.8	
	4. <b>Colin Miche'</b>	(78.5, 76.8)	2:35.2	
		<b>9:41.34</b>	<b>1st</b>	

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

110 m Hurdles	1. Ray Gatzke	21.37	6th	PB
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100 m Dash	1. Ryan Prihoda	P:12.30	F: 12.29	3rd
	2. Josh Brinker	P:12.72	F: 12.65	6th - PB
	3. Tucker Johnsen	P: 13.18		

4 x 200 m Relay	1. Frank Betters	27.8	PB
	2. Anthony Bergeron	25.4	PB
	3. Josh Brinker	25.4	
	4. Kameron Juszczak	26.3	PB
		<b>1:44.96</b>	<b>2nd</b>

\*\*\*HONORABLE MENTION\*\*\*

1600 m Run	1. <b>Charlie Ausmus</b>	<b>4:45.19</b>	<b>1st</b>	PB
	(1:07, 1:15, 1:13, 1:11)			
	****ALL-CONFERENCE****			
	2. Weston Clementson	4:59.26	2nd	PB
	(1:08, 1:15, 1:21, 1:15)			
	***HONORABLE MENTION***			
	3. Eli Fromm	5:13.33	3rd	
	(1:11, 1:21, 1:23, 1:18)			

4 x 100 m Relay	1. Frank Betters	12.7	
	2. Anthony Bergeron	13.1	
	3. Tucker Johnsen	12.0	PB
	4. Landon Ganote	12.5	PB
		<b>50.42</b>	<b>4th</b>

400 m Dash	1. <b>Jason Thieman</b>	<b>54.01</b>	<b>1st</b>	
	****ALL-CONFERENCE****			
	2. Braxton Peetz	57.57	3rd	PB
	3. Drake Willert	58.43	4th	

300 m Hurdles	1. Kameron Juszczak	48.62	4th	PB
	2. Ray Gatzke	50.25	5th	PB

800 m Run	1. Weston Clementson	(65.4, 67.1)	2:12.74	2nd - PB
	***HONORABLE MENTION***			
	2. Colin Miche'	(76.0, 79.7)	2:36.32	7th
	3. Noah McDaniel	(75.7, 87.6)	2:43.55	8th - PB

200 m Dash	1. Jason Thieman	24.66	2nd	PB
	***HONORABLE MENTION***			
	2. Josh Brinker	25.64	7th	PB
	3. Ryan Prihoda	26.39	8th	

3200 m Run	1. <b>Charlie Ausmus</b>	<b>10:45.68</b>	<b>1st</b>	
	(1:16, 1:20, 1:20, 1:22, 1:22, 1:24, 1:22, 1:18)			
	****ALL-CONFERENCE****			
	2. Eli Fromm	11:24.21	2nd	
	(1:22, 1:27, 1:25, 1:29, 1:30, 1:31, 1:26, 1:14)			
	***HONORABLE MENTION***			
	3. Roman McKinney	11:41.51	4th	
	(1:21, 1:27, 1:29, 1:29, 1:28, 1:30, 1:30, 1:25)			

4 x 400 m Relay	1. <b>Braxton Peetz</b>	58.5	
	2. <b>Drake Willert</b>	56.9	PB
	3. <b>Weston Clementson</b>	55.8	PB
	4. <b>Kameron Juszczak</b>	58.8	
		<b>3:50.28</b>	<b>1st</b>

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

Pole Vault	1. Levi Wilson	8' 0"	3rd	PB tie
	2. Noah Root	7' 6"	4th Tie	PB
	3. Daimien Lord	7' 6"	6th	

Long Jump	1. Jason Thieman	19' 10"	3rd	PB
	2. Ryan Prihoda	18' 9"	6th	
	3. Ray Gatzke	16' 10"		

Triple Jump	1. Ryan Prihoda	37' 9"	4th	
	2. Jason Thieman	35' 0.5"	5th	
	3. Ray Gatzke	34' 3.5"	8th	PB

High Jump	1. Kameron Juszczak	5' 2"	6th	PB
	2. Tucker Johnsen	NH		

Shot Put	1. Micah Overtoom	44' 2.5"	2nd	PB #4
	***HONORABLE MENTION***			
	2. Jace Preston	41' 6"	3rd	PB #9
	3. Logan Kolecki	35' 11.5"	8th	BTY

Discus	1. Micah Overtoom	115' 8"	2nd	
	***HONORABLE MENTION***			
	2. Logan Kolecki	105' 4"	5th	PB
	3. Tucker Kubesh	94' 11"	8th	PB

10-8-6-5-4-3-2-1

Top Point Getters

1. Jason Thieman	28
2. Weston Clementson	21
3. Charlie Ausmus	20
4. Kameron Juszczak	17
4. Braxton Peetz	17
6. Micah Overtoom	16
7. Ryan Prihoda	15
7. Drake Willert	15
9. Eli Fromm	14
10. Roman McKinney	10
11. Josh Brinker	9
12. Ray Gatzke	8
13. Colin Miche'	7
14. Frank Betters	6.5
14. Anthony Bergeron	6.5
16. Levi Wilson	6
16. Jace Preston	6
18. Logan Kolecki	5
19. Noah Root	4.5
20. Daimien Lord	3
21. Tucker Johnsen	2.5
21. Landon Ganote	2.5
23. Tucker Kubesh	1
23. Noah McDaniel	1

**24 total scorers**

**8 ALL-CONFERENCE**

**8 Honorable Mention**

TEAM RESULTS:

1. <b>Pine City</b>	<b>207.5</b>	
2. Rush City	132.5	-75
3. Aitkin	115	115
4. East Central	100	-107.5
5. Ogilvie	40	-167.5
6. Hinckley Finlayson	33	33
7. Braham	26	-181.5

**SECTION 7AA TRACK MEET @ North Branch**  
**Wednesday, June 1, 2022, 11:00**  
**Pine City Girls' and Boys' Results**

3200 m Run	1. Eva Johnson	12:17.51	3rd	PB #3		3200 m Run	1. Eli Fromm	11:47.43	18th
	(1:24, 1:30, 1:31, 1:32, 1:34, 1:36, 1:37, 1:30)						(1:13, 1:18, 1:24, 1:27, 1:33, 1:40, 1:38, 1:32)		
	2. Rachel Brown	13:01.53	7th	PB			2. Roman McKinney	11:48.83	20th
	(1:25, 1:34, 1:36, 1:40, 1:44, 1:46, 1:46, 1:29)						(1:17, 1:23, 1:27, 1:32, 1:36, 1:1:36, 1:35, 1:22)		
							3. Colin Miche'	13:12.40	28th
							(1:28, 1:34, 1:37, 1:42, 1:45, 1:45, 1:44, 1:37)		
100 m Hurdles	1. Dorothy Miller	19.54	19th			110 m Hurdles	1. Ray Gatzke	21.53	26th
	2. Teresa Root	19.62	20th						
	3. Addison Blaiser	21.82	24th						
100 m Dash	1. Lena Roubinek	13.53	P: 8th	BTY		100 m Dash	1. Tucker Johnsen	13.17	27th
	***qualifies for finals***						2. Landon Ganote	13.19	28th
	2. Katey Thieman	14.22	23th						
	3. Morgan Macho	15.05	28th	PB					
400 m Dash	1. Vivian Lahti	66.29	12th	PB		400 m Dash	1. Jason Thieman	54.72	P: 3rd
	2. Emma Belsheim	69.19	21st	PB			***qualifies for finals***		
	3. Paige Gray	71.62	28th	PB			2. Drake Willert	56.50	13th PB
							3. Eli Fromm	60.53	24th
300 m Hurdles	1. Summer Thieman	52.38	P: 7th	BTY		300 m Hurdles	1. Ray Gatzke	46.65	10th PB
	***qualifies for finals***								
	2. Arissa Rydberg	52.53	P: 8th						
	***qualifies for finals***								
	3. Addison Blaiser	60.16	21st						
800 m Run	1. Allison Unverzagt	(72.2, 74.4)	2:35.75	P: 9th - PB		800 m Run	1. Weston Clementson	(63.6, 65.4)	2:09.06 P: 6th - PB
	***qualifies for finals***						***qualifies for finals***		
	2. Ella Sell	(75.9, 74.3)	2:40.33	16th			2. Braxton Peetz	(63.8, 66.0)	2:09.85 P: 7th - PB
	3. Emma Hermanson	(71.1, 77.1)	2:48.38	26th - PB			***qualifies for finals***		
							3. Noah McDaniel	(77.3, 86.1)	2:43.71 32nd
200 m Dash	1. Mallory Clepper	28.39	10th			200 m Dash	1. Josh Brinker	25.64	26th PB tie
	2. Gracie Larson	30.42	25th	BTY			2. Landon Ganote	27.04	31st PB
	3. Paige Gray	31.03	28th				3. Frank Betters	28.16	32nd
Long Jump	1. Katey Thieman	14' 10"	8th	PB		Pole Vault	1. Dairmlen Lord	8' 6"	13th PB
	2. Abby Aagaard	14' 8.25"	11th				2. Levi Wilson	NH	
	3. Mallory Clepper	13' 1"	21st				3. Noah Root	NH	
High Jump	1. Teresa Root	4' 8"	5th Tie	PB tie		Triple Jump	1. Ryan Pihoda	36' 1.5"	12th
	2. Kady Hermanson	4' 8"	5th Tie	PB			2. Ray Gatzke	35' 4"	14th PB
	3. Vivian Lahti	NH					3. Tucker Johnsen	31' 8.25"	23rd PB
Discus	1. Maggie Smetana	107' 10"	4th			Shot Put	1. Micah Overtom	43' 7.5"	7th
	2. Chloe McKellar	103' 5"	5th	PB #9			2. Jace Preston	39' 5"	19th
	3. Carolyn Mangani	88' 2"	12th	PB			3. Tucker Kubesh	36' 1.5"	29th PB

**SECTION 7AA TRACK MEET @ North Branch**  
**Saturday, June 4, 2022, 11:00**  
**Pine City Boys' and Girls' Results**

4 x 800 m Relay	1. Allison Unverzagt (70.0, 81.6) 2:31.6 PB	4 x 800 m Relay	1. Braxton Peetz (60.4, 66.6) 2:07.0 PB
	2. Arissa Rydberg (72.0, 82.3) 2:34.3 PB		2. Weston Clementson (61.1, 65.9) 2:07.0 PB
	3. Emma Belsheim (73.0, 82.8) 2:35.8 BTY		3. Eli Fromm (60.0, 73.5) 2:13.5 PB
	4. Ella Sell (77.0, 84.5) 2:41.5		4. Charlie Ausmus (60.2, 66.4) 2:06.6 PB
	<u>10:23.51</u> <b>4th - BTY #8</b>		<u>8:34.34</u> <b>4th - BTY #5</b>
100 m Dash	1. Lena Roubinek 16.67 <b>8th</b>		
4 x 200 m Relay	1. Summer Thieman 29.1	4 x 200 m Relay	1. Tucker Johnsen 27.9
	2. Abby Aagaard 28.5		2. Anthony Bergeron 25.6
	3. Mallory Clepper 27.6 PB		3. Josh Brinker 24.7
	4. Lena Roubinek 28.7		4. Landon Ganote 26.6 PB
	<u>1:54.12</u> <b>7th - BTY</b>		<u>1:44.52</u> <b>9th</b>
1600 m Run	1. Eva Johnson 5:46.09 <b>4th</b> (1:24, 1:26, 1:31, 1:25)	1600 m Run	1. Charlie Ausmus 5:06.42 10th (1:09, 1:17, 1:20, 1:20)
	2. Rachel Brown 6:02.94 10th (1:24, 1:31, 1:36, 1:35)		2. Roman McKinney 5:29.69 21st PB (1:17, 1:24, 1:27, 1:22)
	3. Emma Hermanson 6:03.70 11th PB (1:27, 1:34, 1:33, 1:28)		3. Colin Miche' 5:53.03 28th BTY (1:21, 1:31, 1:35, 1:25)
4 x 100 m Relay	1. Grace Larson 14.0	4 x 100 m Relay	1. Tucker Johnsen 12.3
	2. Abby Aagaard 12.3 PB		2. Anthony Bergeron 11.6 PB
	3. Mallory Clepper 13.2		3. Josh Brinker 12.1
	4. Lena Roubinek 14.0		4. Daimien Lord 14.8
	<u>53.65</u> <b>7th - BTY #8 Tie</b>		<u>50.85</u> 11th
300 m Hurdles	1. Arissa Rydberg 52.66 <b>7th</b>	400 m Dash	1. Jason Thieman 54.74 <b>6th</b>
	2. Summer Thieman 54.97 <b>8th</b>		
800 m Run	1. Allison Unverzagt (76, 80) 2:36.13 10th	800 m Run	1. Weston Clementson (62.0, 65.2) 2:07.27 <b>5th - PB</b>
			2. Braxton Peetz (61.5, 68.5) 2:10.35 <b>8th</b>
4 x 400 m Relay	1. Summer Thieman 69.6	4 x 400 m Relay	1. Braxton Peetz 59.9
	2. Arissa Rydberg 63.2		2. Drake Willert 57.5
	3. Vivian Lahti 66.7		3. Weston Clementson 59.6
	4. Allison Unverzagt 66.4 PB		4. Charlie Ausmus 58.1 PB
	<u>4:26.00</u> <b>5th - BTY</b>		<u>3:55.12</u> 10th
Pole Vault	1. Grace Larson 8' 6" <b>8th Tie</b> PB <b>#6 Tie</b>	Long Jump	1. <b>Jason Thieman 19' 4.75" 2nd</b> <b>****QUALIFIES FOR STATE****</b>
	2. Katy Thieman 6' 6" 14th		2. Ryan Prihoda 18' 4.25" <b>6th</b>
	3. Kady Hermanson 6' 6" 17th PB		3. Ray Gatzke 17' 1" 16th
Triple Jump	1. Dorothy Miller 33' 3.75" <b>5th</b> BTY <b>#4</b>		
	2. Abby Aagaard 30' 1.5" 14th PB		
	3. Morgan Macho 28' 7.25" 21st		
Shot Put	1. Lena Roubinek 33' 2.5" <b>6th</b>	Discus	1. Micah Overtom 134' 2" <b>7th</b> PB <b>#8</b>
	2. Julia Hochban 30' 3.75" 10th		2. Logan Kolecki 103' 0" 23rd
	3. Maggie Smetana 29' 11.25" 12th		3. Tucker Kubesh 98' 1" 26th

**GIRLS TEAM RESULTS:**

1. Cloquet	176	
2. North Branch	151	-25
3. Hibbing	94	-82
4. Chisago Lakes	91	-85
5. Hermantown	77	-99
6. <b>Pine City</b>	<b>71.5</b>	<b>-104.5</b>
7. Rock Ridge	60	-116
8. Mora	58	-118
9. Proctor	58	-118
10. Grand Rapids	52	-19.5
11. Duluth Denfield	23.5	-152.5

**BOYS TEAM RESULTS:**

1. Grand Rapids	150	
2. Cloquet	116	-34
3. Proctor	110	-40
4. North Branch	98	-52
5. Hibbing	90	-60
6. Rock Ridge	90	-60
7. Duluth Denfield	70	-80
8. Chisago Lakes	65	-85
9. Hermantown	45	-105
10. Mora	44	106
11. Pine City	38	-112

# JH ELITE TRACK MEET @ Kasson

Friday, May 20, 2022, 5:00pm

## Pine City Results


High Jump	1. Teresa Root	4' 8"	2nd	PB tie
5:00 PM	2. Kady Hermanson	4' 2"	9th	
100 m Dash	1. Mallory Clepper	P: 13.61 PB	F: 13.75	6th
Prelims 5:05 PM	2. Katey Thieman	P: 14.13		14th
Finals 5:50 PM				
1600 m Run	1. Weston Clementson	5:01.89	3rd	
6:15 PM		(1:12, 1:16, 1:19, 1:14)		
Pole Vault	1. Gracie Larson	8' 0"	5th	PB
6:30 PM	2. Katey Thieman	7' 0"	7th	PB
4 x 100 m Relay	1. Katey Thieman	14.6		
6:39 PM	2. Gracie Larson	13.5	PB	
	3. Mallory Clepper	13.2		
	4. Vivian Lahti	13.9		
		<hr/>		
		56.05	3rd	
400 m Dash	1. Vivian Lahti	69.79	7th	
6:50 PM				
800 m Run	1. <b>Weston Clementson</b>	<b>(63.9, 66.9)</b>	<b>2:11.10</b>	<b>2nd (*1st) PB</b>
7:15 PM				
200 m Dash	1. Mallory Clepper	28.05	4th	PB
7:31 PM				
	Girls Team Points	31	8th	*2.5 points from 5th
	Boys Team Points	16	14th	

**STATE TRACK MEET @ STMA**  
**Saturday, June 11, 2022, 9:00am**  
**Pine City Boys' Results**

**Long Jump**                      **1. Jason Thieman**    **19' 1.75"**                      **16th**  
(Saturday) 9:00 AM

**Boys Long Jump Class AA**

MSHSL State Track & Field Championships | Jun 9-11, 2022

1		Grant Nelson Providence Academy	☺ 0.4 + 12	22-07.50 PR
2		Ben Olson Columbia Heights	☺ -0.1 + 10	22-02.50
3		Max Reis Spectrum	☺ 0.8 + 8	22-00.50 PR
4		Tykelian Moore Fridley	☺ -0.1 + 6	21-05.75
5		Bennett Vavrichek Blake Scho...	☺ 0.2 + 5	21-05.25
6		Luke Emmerich Monticello	☺ -0.6 + 4	21-05.00
7		Joseph Walker Austin	☺ 0.9 + 3	21-03.50
8		Josh Gillard Academy Of Holy A...	☺ 0.8 + 2	21-00.50
9		Michael Price Willmar	☺ 0.6 + 1	20-08.00
10		Amari Manning Hibbing	☹ 1 ☺ 0.4	20-04.25
11		Edward Diminnie Holy Family ...	☹ 1 ☺ 0.4	19-08.50
12		Austin Smith Jordan	☹ 2 ☺ 0.1	19-08.00
13		Abagotte Opiew Worthington	☹ 2 ☺ 0.3	19-07.00
14		Brandton Marsh Detroit Lakes	☹ 1 ☺ 1.0	19-04.50
15		Kyle Ahlschlager Waseca	☹ 1 ☺ +0.0	19-03.75
16		Jason Thieman Pine City	☹ 1 ☺ 0.5	19-01.75



# BOYS' "BESTS" - 2022

55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
				9' 8" - tt				
		64.74 - GRC		12' 6.5" - jh	25' 9" - jv			
					31' 6" - RC			
				12' 5" - jh				
			4' 6" - ?	11' 8" - tt	28' 4" - tt			
					28' 8.25" - jv			
				11' 10" - jh				
		59.3 - RC	4' 6" - jv	13' 1" - jv				
				14' 7" - tt	28' 10" - jv			
				8' 1" - jh				
				10' 4.5" - jh				
				10' 1" - tt	22' 8.25" - jv			
				11' 0" - tt				
						91' 11" - HF	36' 3.5" - HF	
						105' 4" - GRC	35' 11.5" - GRC	
				13' 5" - jh				
				13' 11" - tt	25' 11" - tt			8' 6" - Sec
		53.6 - Tiger		14' 8" - pc jv				
			4' 2" - jh	10' 5.5" - jh				8' 0" - Sub
								8' 0" - GRC
				14' 4" - tt				
				15' 1.5" - jh		56' 3.5" - jhj		
				16' 0.5" - pc jv				
			4' 0" - jh		31' 8.25" - Sec			
				9' 4" - tt				
			4' 0" - jh	10' 3" - tt				

# GIRLS' "BESTS" - 2022

Name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m Run	55 m hurdles	100 m hurdles	300 m hurdles	high jump	long jump	triple jump	discus	shot put	pole vault	
Meaghan Macho - 12	2018				70.9 - jh 71.2sp - Relay	2:53.51 - Cheng 2:39.3sp - GRC	6:16.72 - Sub							22' 10" - Relay				
	2019				75.9 - ? 73.0sp	2:55.0 - ? 2:49sp												
	2021				72.09 - Cheng									26' 8" - Relay				
	Manager 2022					2:56sp - RC										47' 10" - pc jv	20' 10" - pc jv	
Dorothy Miller - 12	2017									20.54 - PC				29' 1.75" - PC				
	2018		15.5sp - Relay	31.04 - TT					11.56 - Fo In	17.92 - TT			14' 5.5" - GRC	31' 10.5" - GRC				
	2019									18.04 - GRC			14' 9" - Foley	33' 11" - GRC				
	2021		15.3 - tt							19.27 - GRC			14' 7" - TT	32' 10.5" - Sec				
	2022			30.9 - Tiger						19.08 - TT			13' 3.75" -Cool	33' 3.75" - Sec				
Sophie Lahti - 11	2018				70.5 - jh	3:05.28 - Mo In 2:51.0sp - Tig					54.56 - ?	4' 6" - GRC	12' 2.25" - jh	29' 0" - Brah				
	2019				65.13 - pc jv	2:55.8 - ?				52.31 - Sub		4' 10" - GRC						
	2021				28.0sp - Relay	66.0sp - Sub	2:36.8sp - Sub											
	2022				29.5sp - RC	62.3sp - Sub	2:29.8 sp - Sec			50.21 - GRC		4' 8" - Br & TT						
	2022				70.39 - GRC													
Chloe McKellar - 11	2019															73- 8"	21' 4"	
	2021															89' 11" - Sec	27' 11" - Mi	
	2022		17.1 sp - Relay													103' 5" - Sec	27' 3.5" - ?	
Ella Sell - 11	2018				72.4 - GRC In													
	2019		14.7 - jh	31.1 - jh	68.63 - GRC													
	2021				68.5sp	2:43.7sp - GRC												
	2021				64.9 - RC	2:30.3 - Br	<b>5:24.7 - Br</b>	<b>12:00.0 - RC</b>										
	2022				28.8sp - RC	65.1sp - Sub												
Maggie Smetana - 11	2018											4' 2" - Mo In					22' 2" - Fo In	5' 6" - jh
	2019																85' 11" - Sub	25' 5" - Sub
	2021																86' 9" - HF	29' 8" - Br
	2022		16.0 sp - Relay														111' 11" -Chen	30' 9" - Foley
Abby Aagaard - 10	2019				76.46 - pc jh	3:14 - jh 3:03sp	6:27.7 - jh											
	2021				67.51 - Sub								14' 10.5" - GRC	30' 6" - Sub				
	2022				28.9sp - RC													
	2022		15.2 - tt	29.9 - Tiger									14' 9.5" - Cool	31' 1.5" - Sec				
Emma Belsheim - 10	2021					2:35.75 - GRC	6:17.1 - RC					4' 2" - HF						
	2022				31.8sp - Br	70.5sp - HF	2:31.3sp - Sec											
	2022				34.1 - tt	69.19 - Sec				6:35.5 - Tiger								
Morgan Broz - 10	2022		16.0 - RC	34.4 - RC									9' 7" - In Fo	22' 5" - tt				
	2022		15.2 - jv	34.9 sp - Cool									10' 1" - tt					
Emma Hermanson - 10	2022			34.2 - tt	75.2 - Tiger	2:48.38 - Sec	6:03.70 - Sec						10' 10" - tt					
	2022				76.1 sp - Fo In	2:50 sp - Tiger												
Julia Hochban - 10	2022														82' 5" - Chen	31' 1.5" - GRC		

# GIRLS' "BESTS" - 2022

Name	year	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run	55 m hurdles	100 m hurdles	300 m hurdles	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
Eva Johnson - 10	2019					2:45.93 - pc jh 2:51sp	5:46.39 - GRC	12:31.37 - Sec									
	2021						5:50.26 - GRC	12:45.8 - Br									
	2022					2:41sp - RC	4:45.90 - GRC	12:17.51 - Sec									
Sophia Olson - 10	2019		15.3 - jh														
	2021																
	2022			36.6 - tt	89.0 - tt				20.1 - RC	59.0 - RC			13' 5.5" - RC	26' 2.75" - TT			
Lena Roubinek - 10	2019		14.02 - Sub 13.7sp	30.57 - pc jh													
	2021		13.40 - GRC	28.80 - GRC													32' 4.5" - Sub
	2022		12.8sp - Sub 13.53 - Sec 12.8 sp - TT	27.3sp - Sec 30.80 - Cool 28.6 sp - Cheng													
Arissa Rydberg - 10	2019				70.33 - pc jh 70.8sp	2:44.3 jh	5:44.24 - Sec	12:44.81 - Sub									
	2021					2:39.39 - GRC	6:17.7 - HF										
	2022			30.6sp - Br 30.5 - tt 29.0 sp - Tiger	65.4sp - Sub 66.3 - Tiger 62.9 sp - GRC	2:50.0 - tt 2:34.3 sp - Sec				51.41 - GRC							
Lilly Schneider - 10	2022	17.63 - jv 16.2 sp - RC	35.4 - jv										6' 7.5" - tt				
Summer Thieman - 10	2019	14.12 - pc jh 14.2sp	29.1 - ? 28.6sp	67.57 - pc jh 63.8sp - Sec													
	2021	14.31 - Cheng	28.9 - tt						20.1 - Relay	51.88* - TT		4' 2"					
	2022	12.1sp - Sec 13.2 sp - Relay	28.0sp - Sub 28.65 - Cheng 27.8 sp - Cheng	63.9sp - Sub 66.8 sp - Cheng						52.38 - Sec			13' 1" - Relay	24' 9" - tt			
Allison Unverzagt - 10	2019					2:55.6 - jh	6:45.9 - jh										
	2021				69.05 - Sub												10' 4" - tt
	2022			31.0sp - RC 32.7 - tt 30.5 sp - ?	74.9sp - Relay 72.97 - Cool 66.4 sp - Sec	2:37.6sp - Sec 2:35.75 - Sec 2:31.6 sp - Sec											
Rachel Brown - 9	2021					2:59.25 - pc jh 3:01sp - RC	6:45.0 - jh 6:52.2 - Relay	13:44.53 - Sub					7' 4" - jh				
	2022			36.1 - tt	73.4 - Tiger	2:53.0 - Fo In 2:51.4 sp - RC	5:54.36 - TT	13:01.53 - Sec									
Kaylie Christenson - 9	2022			37.2 - tt						69.2 - RC			8' 9" - jv				
Kacee Hiler - 9	2022			37.1 - tt													
Morgan Macho - 9	2021		14.8 sp - Tiger														
	2022		15.05 - Sec 14.7 - jv	32.93 - Foley 32.2 - tt	88.0 - tt							3' 10" - jv	10' 10" - tt	28' 9" - GRC	67' 7" - Relay	20' 9" - pc jv	
Carolyn Mangan - 9	2022															88' 2" - Sec	24' 4" - jv
Ciahna Martin - 9	2022		17.0 sp - RC	40.6 - tt													
Amber Norton - 9	2021		16.12 - jh 15.3sp - RC	38.20 - pc jh 33.8 - tt	73.94 - pc jh 74.9sp - RC	3:15.2 - jh 3:01sp - RC							8' 3.5" - tt				
	2022		15.9 - RC 15.6 - jv	34.2 - jv 33.7 - tt	78.4 - RC 75.28 - jh	3:24.0 - jv							9' 5" - tt				





## BOYS' "BESTS" - 2022

name	yr	55 m dash	100 m dash	200 m dash	400 m dash	800 m run	1600 m run	3200 m run	55 m hurd	110 m hurd	300 m hurd	High jump	Long jump	Triple jump	Discus	Shot put	Pole Vault
Charlie Ausmus - 9	2021				61.4 - RC	2:17.0 - tt	4:47.2 - Br	10:42.5 - Mi									
					63.2sp - Relay	2:15.9sp - HF											
	2022			28.3 - tt	57.4 - Tiger	2:09.95 - Cheng	4:45.19 - GRC	10:39.35 - Foley					9' 8" - tt				
Anthony Bergeron - 9	2021		13.1 - jh								64.74 - GRC		12' 6.5" - jh	25' 9" - jv			
			12.7sp - Sub														
	2022	7.5 - Fol In	12.8 - Tiger	26.8 - Tiger										31' 6" - RC			
Frank Betters - 9	2021		15.45 - pc jh										12' 5" - jh				
	2022		13.3 - Tiger	27.2 - Tiger								4' 6" - ?	11' 8" - tt	28' 4" - tt			
			12.4sp - TT	27.8sp - GRC													
Nate Burns - 9	2022		13.3 - jv	31.6 - ?	70.4 sp												
Eli Fromm - 9	2021				63.5 - jh		5:16.74 - Sec	11:56.5 - RC						28' 8.25" - jv			
						2:22.2sp - Sub	5:33.0 - jh										
	2022			28.2 - tt	59.1 - Tiger	2:20.2 - Tiger	4:55.86 - TT	11:15.11 - TT									
Landon Ganote - 9	2021		13.4 - jh	27.4 - jh	62.3 - jh	2:34.53 - pc jh							11' 10" - jh				
			13.3sp - TT	27.6 - ?		2:34.6sp - GRC											
	2022		12.8 - jv	27.04 - Sec	62.39 - Foley						59.3 - RC	4' 6" - jv	13' 1" - jv				
Rudy Gatzke - 9	2021		12.5sp - GRC	26.6sp - Sec		2:40.7sp - Relay											
	2022		14.4 - jv	29.3 - jv	64.3 - jv								14' 7" - tt	28' 10" - jv			
	Ethan Horak - 9	2021		17.94 - pc jh									8' 1" - jh				
Gianni Johnson-M. - 9	2022	8.4 - Fol In	15.67 - jv	32.7 - tt									10' 4.5" - jh				
	2021												10' 1" - tt	22' 8.25" - jv			
	2022				71.5 - ?	2:40.8 sp	6:26 - ?						11' 0" - tt				
Logan Kolecki - 9	2021		13.5sp - Br												91' 11" - HF	36' 3.5" - HF	
	2022		15.1 - tt	31.7 - tt											105' 4" - GRC	35' 11.5" - GRC	
Daimien Lord - 9	2021		13.3 - jh	30.34 - pc jh									13' 5" - jh				
			14.65 - Cheng														
	2022												13' 11" - tt	25' 11" - tt			8' 6" - Sec
Roman McKinney - 9	2022					2:30.67 - TT	5:29.69 - Sec	11:41.51 - GRC									
Braxton Peetz - 9	2021					2:23.6sp - TT											
	2022			27.9 - tt	57.57 - GRC	2:09.85 - Sec					53.6 - Tiger		14' 8" - pc jv				
				25.6sp - Foley	55.0sp - TT	2:07.0sp Sec											
Nick St. Germain - 9	2022		13.6 - jv	27.8 - jv													
Levi Wilson - 9	2021			32.4 - tt	71.4 - jh							4' 2" - jh	10' 5.5" - jh				8' 0" - Sub
	2022			32.5 - jv													8' 0" - GRC
Ethan Aagaard - 8	2022				62.1sp	2:25.0 sp	5:30.7 - Fol In	11:57.03 - Cheng					14' 4" - tt				
Weston Clementson - 8	2021			28.01 - pc jh	63.8 - jh	2:35.8 - RC							15' 1.5" - jh		56' 3.5" - jhj		
			13.9sp - RC	27.7sp - RC		2:26.2sp - TT											
	2022			26.1 - practice		2:07.27 - Sec F	4:59.26 - GRC						16' 0.5" - pc jv				
Tucker Johnsen - 8	2021			26.3sp - Tiger	55.8sp - GRC	2:07.0sp - Sec	5:01.89 - JH Elite										
	2022			13.05 - Foley	63.14 - Foley							4' 0" - jh		31' 8.25" - Sec			
				12.0sp - GRC	63.3 sp												
Samuel Johnson - 8	2022		14.53 - jh	29.5 - jh	64.4 - jh												
Noah McDaniel - 8	2021			36.9 - tt	6:03.9 - Tiger	2:43.55 - GRC											
	2022				5:56 - jh	2:54.3 - jh											
Ezra Overtoom - 8	2021			38.6 - jh	87.0 - jh	3:26.0 - tt											
	2022			33.9 - tt	76.6 - Fol In	2:59.2 sp							9' 4" - tt				
Ray Ovick - 7	2022		15.7 - jh	37.9 - tt								4' 0" - jh	10' 3" - tt				

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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X100 M RELAY	K. Meyer	A. Bernard	C. Koppen	Emma Johnson	K. Meyer	Sam Isackson		<b>Gracie Larson</b>	Ellaina Johnson	R. Overson
	A. Peil	A. Nelson	S. Weichman	Lena Roubinek	A. Mettling	Erica Delak		<b>Abby Aagaard</b>	Kensi Tayerle	J. Wirth
	M. Sloan	K. Johnson	M Odegard	Ainsley Vinaja	L. Ballis	Heidi Delak		<b>Mallory Clepper</b>	Ainsley Vinaja	K. Johnson
	T. Kazek	J. Wirth	S. Misel	Summer Thieman	K. Ovik	Nina Sear		<b>Lena Roubinek</b>	Alexis Pankonin	A. Mettling
	52.79 98	53.03 03	53.05 93	53.07 21	53.23 99	53.3 90	53.41 91	<b>53.65 22</b>	53.65 18	53.71 01
4 x 200 M RELAY	Aa. Thieman	M. Bellinger	K. Nelsen	Ellaina Johnson	H. Staples	Ellaina Johnson	H. Staples		Aa. Thieman	Vivian Lahti
	Elsie Lundquist	K. Perell	K. Lindstrom	Kensi Tayerle	B. Clementson	Kensi Tayerle	B. Clementson		B. Pangerl	Lena Roubinek
	Alexis Pankonin	E. Branzovsky	L. Lindstrom	Alaina Steele	E. Larson	Alexis Thieman	K. Hughes		Elsie Lundquist	Ainsley Vinaja
	Alaina Steele	B. Osterdyk	L. Haugen	Alexis Pankonin	E. Branzovsky	Alexis Pankonin	E. Branzovsky		Alexis Pankonin	Summer Thieman
	1:49.10 16	1:50.17 -06	1:50.8 83	1:51.97 18	1:51.9 08	1:52.05 18	1:52.28 08	1:52.5 90	1:52.99 15	1:53.12 21
4 x400 M RELAY	Summer Thieman	M. Johnson	G. Langmade	Kaylee Pihoda	Lauren Sommer	Allison Gusk	Summer Thieman	M. Johnson	Jenna Fore	Alexis Thieman
	Ella Sell	Jenna Fore	Grace Grubbs	Grace Grubbs	Aa. Thieman	Carissa Jahnz	Sophie Lahti	Jenna Fore	Em Branzovsky	Grace Grubbs
	Arisa Rydberg	Cassi Filler	Lydia Adams	Lydia Adams	Alexis Pankonin	Jordan Kotek	Lydia Adams	Cassi Filler	Cassi Filler	Lydia Adams
	Sophie Lahti	B. Osterdyk	Alaina Steele	Alaina Steele	Alaina Steele	Sherry Rike	Alaina Steele	B. Osterdyk	B. Osterdyk	Alaina Steele
	4:16.80 21	4:16.81 -03	4:19.39 17	4:19.99 18	4:20.7 15	4:21.59 13	4:22.08 19	4:22.2 04	4:22.7 03	4:23.45 18
4 x800 M RELAY	Alaina Steele	M. Butenhoff	G. Langmade	Sophie Lahti	Marin Foss	Abby Cummins	Marin Foss	<b>Alli Unverzagt</b>	J. Fore	Grace Grubbs
	G. Langmade	G. Langmade	Grace Grubbs	Abby Aagaard	Grace Grubbs	Allison Gusk	G. Langmade	<b>Arisa Rydberg</b>	D. Dickey	Sophie Lahti
	M. Butenhoff	Allison Gusk	Lydia Adams	Alli Unverzagt	Lydia Adams	Jordan Kotek	Grace Grubbs	<b>Emma Belsheim</b>	E. Branzovsky	Ella Sell
	Allison Gusk	Alaina Steele	Alaina Steele	Emma Belsheim	Alaina Steele	Sherry Rike	Lydia Adams	<b>Ella Sell</b>	M. Johnson	Alaina Steele
	9:59.69 16	10:00.96 15	10:08.16 17	10:14.67 18	10:21.28 18	10:22.29 13	10:23.21 18	<b>10:23.5 22</b>	10:27.01 03	10:30.18 19
800 MEDLEY 100, 100, 200, 400	Aa. Thieman	K. Meyer	<b>Lena Roubinek</b>	T. Kazek	M. Bellinger	Lena Roubinek	K. Meyer	H. Staples	A. Bernard	A. Gardner
	Elsie Lundquist	R. Overson	<b>Katey Thieman</b>	A. Miller	K. Splett	Alexis Thieman	A. Miller	J. Hussong	K. Johnson	H. Sahatoo
	Alexis Pankonin	K. Ovik	<b>Summer Thieman</b>	K. Odegard	B. Osterdyk	Aaleaha Thieman	T. Kazek	E. Larson	J. Wirth	E. Pangerl
	Alaina Steele	S. Johnson	<b>Arisa Rydberg</b>	S. Johnson	J. Wirth	Summer Thieman	M. Sloan	K. Harper	T. Korf	K. Harper
	1:55.8 16	2:02.21 00	<b>2:03.89 22</b>	2:05.7 98	2:05.8 04	2:06.4 19	2:07 5 98	2:07.6 08	2:08.9 02	2:09.0 09
1600 MEDLEY 200, 200, 400, 800	H. Staples	A. Nelson	L. Sommer	K. Perell	A. Nelson	K. Meyer	A. Peil	<b>Mallory Clepper</b>	J. Kotek	T. Kazek
	C. Jahnz	A. Mettling	C. Stream	K. Hughes	L. Haugrud	A. Miller	M. Soderbeck	<b>Morgan Macho</b>	T. Darlow	S. Johnson
	E. Pangerl	T. Korf	G. Langmade	C. Filler	S. Gregoire	S. Johnson	L. Ballis	<b>Alli Unverzagt</b>	M. Foss	M. Sloan
	M. Miesner	K. Connaker	Grace Grubbs	M. Johnson	M. Anderson	K. Connaker	K. Connaker	<b>Ella Sell</b>	G. Langmade	A. Wiedemann
	4:40.6 10	4:42.8 01	4:48.7 16	4:51.1 04	4:54.8 02	4:55.1 99	5:00.1 98	<b>5:01.54 22</b>	5:02.2 14	5:03.2 97
DISTANCE MEDLEY 800, 400, 1200, 1600	M. Butenhoff	Arisa Rydberg	<b>Alli Unverzagt</b>	G. Langmade	K. Harper	A. Wiedemann	Marin Foss	J. Johnson	A. Olson	H. Larsen
	L. Sommer	Mallory Clepper	<b>Abby Aagaard</b>	J. Western	E Pangerl	B. Fischer	G. Langmade	K. Odegard	K. Perell	S. Gregoire
	Alaina Steele	Ella Sell	<b>Emma Belsheim</b>	A. Gusk	K. Motyl	B. Haavisto	Allison Cavallin	B. Haavisto	S. Gregoire	N. Plasek
	Lydia Adams	Eva Johnson	<b>Eva Johnson</b>	A. Webster	M. Miesner	A. Johnson	Ashli Webster	N. Carlson	J. Gregoire	R. Craighead
	14:18.3 16	14:24.0 21	<b>14:26.05 22</b>	14:29.2 14	14:33.1 09	15:06.3 96	15:10.9 18	15:26.6 98	15:31.5 -04	15:48.9 -01

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

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Erin Pangerl 12.73 11	Holly Staples 12.78 10	Holly Staples 12.84 09	Katie Meyer 13.24 98	Holly Staples 13.32 08	T. Kazek 13.39 96	Lena Roubink 13.40 21	Ellaina Johnson 13.42 19	A. Pankonin 13.2 16	Suzie Misel 13.51 92
200 M DASH	Holly Staples 26.42 10	Erin Pangerl 26.46 11	Holly Staples 27.04 09	Ellaina Johnson 27.05 19	Erin Pangerl 27.14 10	Erin Pangerl 27.32 09	Nina Sear 27.4 90	A. Pankonin 27.66 16	E. Branzovsky 27.86 06	A. Pankonin 27.8 15
400 M DASH	Erin Pangerl 60.07 10	Sherry Rike 60.15 13	Erin Pangerl 61.38 09	M. Odegard 61.4 94	Alaina Steele 61.99 18	E. Branzovsky 61.8 05	M. Odegard 62.0 95	Alaina Steele 62.6 15	E. Branzovsky 63.09 06	A. Dufresne 63.54 00
800 M RUN	Alaina Steele 2:17.70 16	Alaina Steele 2:19.05 18	Alaina Steele 2:19.25 19	Alaina Steele 2:24.56 15	Sherry Rike 2:26.84 12	Kim Connaker 2:28.35 01	Meleia Johnson 2:28.2 02	Alaina Steele 2:29.59 17	G. Langmade 2:30.23 16	Ella Sell 2:30.55 21
1600 M RUN	Ella Sell 5:24.7 21	Alaina Steele 5:27.97 16	Alaina Steele 5:29.9 15	Alaina Steele 5:37.68 18	Jenna Fore 5:37.70 03	Allison Gusk 5:38.71 15	Sherry Rike 5:40.8 10	M. Miesner 5:42.05 11	Alaina Steele 5:43.46 19	Allison Gusk 5:43.79 16
3200 M RUN	Ella Sell 12:00.0 21	Alaina Steele 12:13.6 16	<b>Eva Johnson</b> 12:17.51 22	A. Cummins 12:27.58 13	Marin Foss 12:30.08 15	Sherry Rike 12:31.31 09	Eva Johnson 12:31.37 19	A. Cummins 12:33.27 12	Amy Johnson 12:34.04 96	Ashli Webster 12:37.8 15
100 M HURDLES	Elsie Lundquist 16.32 17	Elsie Lundquist 16.45 16	C. Hersbergen 16.54 94	Elsie Lundquist 17.1(.28) 15	Cassie Filler 17.1 03	Carissa Jahnz 17.3 12	Cassie Filler 17.44 04	B. Clementson 17.4 08	J. Kosisek 17.4 02	M. Buschmann 17.56 09
300 M HURDLES	Carissa Jahnz 49.14 13	Cassie Filler 49.23 03	Carissa Jahnz 49.5 12	Cassie Filler 49.83 04	Carissa Jahnz 49.96 11	Sophie Lahti 50.21 21	<b>Arissa Rydberg</b> 51.41 22	C. Mosher 51.64 01	M. Buschmann 51.65 09	L. Filler 51.70 00
HIGH JUMP	E. Lundquist 5' 4.25" 16	Holly Staples 5' 4" 10	E. Lundquist 5' 2" 17	Kari Splett 5' 2" 04	E. Lundquist 5' 1" 15	Kari Splett 5' 1" 03	L. Drexler 5' 1" 05	Kari Splett 5' 0.5" 02	Allie Brant 5' 0" 10 & 09	H. Staples 5' 0" 09
LONG JUMP	E. Lundquist 16' 8.5" 16	Erica Delak 16' 7" 91	Erica Delak 16' 4" 90	B. Osterdyk 16'3.5" -06	Erica Delak 16' 1.75" 93	Heidi Delak 16' 0.5" 90	E. Lundquist 16' 0" 17	H. Staples 15' 10.5" 08	E. Pangerl 15' 10" 10	H. Staples 15' 9.5" 10
TRIPLE JUMP	E. Lundquist 34' 6.25" 16	E. Lundquist 34' 2.75" 17	Dorothy Miller 33' 11" 19	<b>Dorothy Miller</b> 33' 3.75" 22	Lisa Drexler 32' 8" 05	Cassie Filler 32' 7.25" 04	K. Erickson 32' 3" 19	E. Delak 32' 3" 93	K. Erickson 32' 2" 17	K. Meyer 32' .5" 00
DISCUS	K. Nordrum 117' 9" 11	K. Nordrum 114' 5" 10	<b>Maggie Smetana</b> 111' 11" 22	M. Bellinger 110' 4" 06	M. Bellinger 109'10" -05	K. Nordrum 104' .5" 08	M. Bellinger 104' 0" 07	K. Nordrum 103' 7" 09	<b>Chloe McKellar</b> 103' 5" 22	Jenna Fore 101' 1.5" 03
SHOT PUT	K. Nordrum 38' 2" 11	K. Nordrum 36' 9.75" 10	Tera Kazek 35' 10" 98	T. Kazek 35' 4.5" 97	<b>Lena Roubinek</b> 34' 11" 22	T. Kazek 33' 1" 96	M. Bellinger 32' 7.5" 07	K. Nordrum 32' 4.75" 09	Lena Roubinek 32' 4.5" 21	Cara Kuhn 32' 3.5" 21
POLE VAULT	M. Bellinger 10'0" 07	M. Bellinger 9' 3" 06	M. Bellinger 9' 0" 05	J. Wirth 9' 0" 04	S. Johnson 9' 0' 00	<b>Gracie Larson</b> 8' 6" 22	J. Ammann 8' 6" 99	J. Ammann 8' 6" 00	M. Bellinger 8' 0" 04	J. Wirth 8' 0" 03



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

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
4 X 100 M RELAY	M. Hansmann	Aaron Pulkrabek	B. Olson	M. Hansmann	H. Hansen	Dennis Skalicky	J. Arnold	N. Thieman	J. McShery	Dk Braatz
	J. Pangerl	Adam Seals	S. Auers	J. Pangerl	D. Hambly	Adam Seals	Jeff Johnson	L. Williams	J. Johnson	A. Olson
	N. Cummings	Tryston West	Z. Mettling	N. Cummings	M. Bencic	Aaron Pulkrabek	B. Olson	Pt Johnson	B. Olson	Dn Hambly
	A. Olson	B. Haskovec	M. Johnson	J. Dedic	A. Olson	B. Haskovec	J. Jahnz	T. Schwarz	S. Auers	H. Hansen
	43.70 11	45.49 17	45.3 98	45.4 11	45.64 09	45.69 16	45.87 96	46.0 00	46.08 97	46.16 08
4 x 200 M RELAY	Mike Hansmann	Mike Hansmann	Jason Thieman	Dennis Skalicky	Dennis Skalicky	D. Braatz	D. Braatz	J. Hansen	J. Hansen	D. Skalicky
	Jordan Pangerl	Jordan Pangerl	Jeffrey Carlbom	Adam Seals	Aaron Pulkrabek	J. Carlson	J. Carlson	R. Root	A. Wirth	Dakotah Neid-H
	Nick Cummings	Mike Schmidt	Caleb Fromm	Aaron Pulkrabek	Adam Seals	H. Hansen	H. Hansen	A. Wirth	Pt Johnson	Adam Seals
	Adam Olson	Adam Olson	Hunter Peacock	B. Haskovec	T. Zybtofsky	A. Olson	A. Olson	M. Johnson	J. Oare	T. Zybtofsky
	1:31.39 11	1:33.14 10	1:33.54 21	1:33.76 16	1:34.69 15	1:34.76 08	1:34.76 08	1:36.6 99	1:36.8 00	1:37.8 15
4 x 400 M RELAY	Tryston West	John Hansen	J. Pangerl	J. Hansen	M. Hansmann	D. Braatz	Tryston West	Riley Palmer	Riley Palmer	J. Hansen
	Caleb Fromm	Andy Wirth	P. Skalicky	N. Johnson	T. Clark	J. Pangerl	Logan Vinaja	Tommy Ryan	Tryston West	A. Wirth
	Tommy Ryan	Mike Johnson	Z. Hunter	JR Anderson	N. Cummings	M. Schmidt	B. Haskovec	Eli Grubbs	Tommy Ryan	T. Schwarz
	Logan Vinaja	Paul Johnson	N. Cummings	M. Johnson	J. Pangerl	E. Osterdyk	Austin Eckert	Dennis Skalicky	Eli Grubbs	J. Oare
	3:25.96 19	3:28.39 -99	3:31.57 12	3:34.55 -98	3:34.87 11	3:35.03 -10	3:35.74 18	3:35.82 16	3:36.15 17	3:36.39 -00
4 x 800 M RELAY	Rem Steele	Rem Steele	Jeremy Lee	C. Lutz	<b>Weston Clementson</b>	J. Lee	Pete Johnson	Pete Johnson	J. Rarick	J. Fitzgerald
	Tommy Ryan	Austin Eckert	Peter Johnson	A. Lee	<b>Braxton Peetz</b>	Pt Johnson	J. Oare	R. Hammill	C. Hanson	M. Chouanard
	Logan Vinaja	Tommy Ryan	Ryan Hammill	D. Hansen	<b>Charlie Ausmus</b>	J. Oare	A. Wirth	A. Wirth	J. Guttormson	N. Cummings
	Austin Eckert	Eli Grubbs	Jason Oare	Ja. Clementson	<b>Eli Fromm</b>	R. Hammill	JR Anderson	JR Anderson	Tyler Clark	E. Osterdyk
	8:18.61 18	8:21.08 17	8:27.89 -01	8:34.13 03	<b>8:34.34 22</b>	8:41.97 00	8:44.9 98	8:48.7 98	8:49.65 11	8:50.1 09
800 M Medley 100, 100, 200, 400	M. Hansmann	Adam Seals	D. Hambly	J. Hansen	B. Olson	B. Olson	M. Rydberg	Hunter Peacock	Jason Thieman	N. Thieman
	D. Prokott	B. Haskovec	M. Bencic	A. Wirth	S. Auers	P.D. Johnson	J. Jahnz	Jeffrey Carlbom	B. Haskovec	M. Wirth
	M. Schmidt	A. Pulkrabek	A. Olson	M. Johnson	Z. Mettling	J. McShery	D. Gregoire	Caleb Fromm	A. Archambault	J. Hansen
	J. Pangerl	R. Palmer	J. Carlson	Paul Johnson	M. Johnson	JR Anderson	J. BoorBoor	George Ausmus	Timmy Johnson	A. Wirth
	1:41.1 10	1:42.3 16	1:42.5 09	1:43.7 99	1:45.0 98	1:45.8 97	1:46.2 02	1:47.6 21	1:48.2 18	1:48.43 00
1600 M Medley 200, 200, 400, 800		D. Braatz	M. Johnson		J. McShery	<b>Ryan Prihoda</b>	PeteJohnson	B. Olson	Dk Braatz	J. McShery
		T. Berg	J. Hansen		P.D. Johnson	<b>Jason Thieman</b>	L. Williams	S. Auers	D. Prokott	S. Auers
		T. Clark	A. Wirth		M. Johnson	<b>Kameron Juszczak</b>	S. Peterson	J. Arnold	J. Reiser	J. Arnold
		E. Osterdyk	JR Anderson		JR Anderson	<b>Charlie Ausmus</b>	J. Lee	JR Anderson	M. Schmidt	JR Anderson
	3:45.28 90	3:55.4 10	3:57.4 98	3:57.6 91	3:57.85 97	<b>3:59.63 22</b>	4:01.4 01	4:01.6 96	4:02.0 09	4:04.9 96
Distance Medley 800, 400, 1200, 1600	Austin Eckert	<b>Weston Clementson</b>	PeteJohnson	L. Williams	J. Dedic	C. Teeman	George Ausmus	George Ausmus	J. Lee	J. Spahr
	Dennis Skalicky	<b>Drake Willert</b>	M. Stahlke	S. France	J. Reiser	S. Peterson	Caleb Fromm	Nathan Kleppe	B. Mettling	A. Pulkrabek
	Eli Grubbs	<b>Eli Fromm</b>	J. Lee	J. Lee	C. Hanson	C. Lutz	Ronnie Martini	Austin Eckert	S. France	T. Ryan
	Tommy Ryan	<b>Charlie Ausmus</b>	R. Hammill	R. Hammill	N. Bremer	J. Clementson	Charlie Ausmus	Rem Steele	D. Pangerl	E. Grubbs
	11:54.0 16	<b>11:56.16 22</b>	11:57.39 00	11:58.3 -99	12:19.3 -09	12:19.7 -01	12:35.4 21	12:41.2 18	12:42.2 98	12:58.8 -14

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

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Jordan Pangerl 11.24 12	Chris Olson 11.1 91	Paul Johnson 11.38 99	Hunter Peacock 11.43 21	Adam Olson 11.2 09	Jeff Arnold 11.49 96	T. Zbytovsky 11.3 15	A. Pulkrabek 11.56 17	A. Olson 11.58 10	K.Skadsheim 11.58 04
200 M DASH	Paul Johnson 22.80 99	Jordan Pangerl 22.7 12	Adam Olson 22.8 10	Adam Olson 23.07 11	Adam Olson 23.11 09	Chris Olson 23.1 91	Hunter Peacock 23.70 21	M. Hansmann 23.3 10	A. Pulkrabek 23.60 16	Chris Olson 23.65 90
400 M DASH	Nick Cummings 51.09 12	Mike Johnson 51.73 99	J. Carlson 52.09 09	Mike Johnson 52.33 98	Caleb Fromm 52.55 21	J. Clementson 52.4 04	Nick Cummings 52.80 11	B. Haskovec 53.12 18	D. Skalicky 53.25 16	M. Johnson 53.30 97
800 M RUN	J. Clementson 1:57.49 03	J. Clementson 1:58.13 04	Logan Vinaja 1:59.88 19	E. Osterdyk 2:04.78 10	Eli Grubbs 2:04.80 17	Chris Lutz 2:05.0 03	Tom Miche' 2:05.51 07	Eli Grubbs 2:05.74 16	Zain Hunter 2:05.89 13	Tommy Ryan 2:06.19 19
1600 M RUN	J. Clementson 4:22.97 04	J. Clementson 4:24.08 03	J. Clementson 4:30.10 02	John Bloom 4:30.5 91	Tom Miche' 4:32.55 07	Easton Foss 4:34.58 15	Tommy Ryan 4:36.18 19	Chris Lutz 4:36.97 03	Eli Grubbs 4:38.74 17	J.Clementson 4:41.63 -01
3200 M RUN	John Bloom 9:52 91	Chris Lutz 9:53.80 03	John Bloom 10:02.8 90	T. McNally 10:13.20 -06	J. Clementson 10:19.62 -02	Tommy Ryan 10:20.16 17	J. Clementson 10:20.4 -03	T. McNally 10:23.30 -07	Easton Foss 10:26.07 15	R. Hammill 10:26.1 -00
110 M HURDLES	Jordan Kruse 16.01 06	Jordan Kruse 16.44 04	Steve Kunze 16.44 91	N. Anderson 16.6 98	Jordan Kruse 16.85 05	TJ Rank 17.14 19	N. Anderson 17.2 97	H. Hansen 17.4 09	N. Anderson 17.4 96	T. Gerving 17.55 04
300 M HURDLES	Jordan Kruse 42.17 06	Jordan Kruse 42.33 04	Jordan Kruse 42.78 05	TJ Rank 42.92 18	TJ Rank 43.22 19	N. Anderson 43.67 98	H. Hansen 43.75 08	H. Hansen 44.06 09	H. Hansen 44.46 07	S. Kunze 44.4 91
HIGH JUMP	Adam Seals 6' 3" 17	B. Haskovec 6' 2" 18	E. Osterdyk 6' 2" 10	T. Schwarz 6' 2" 00	M.Hansmann 6' 1" 10	B. Haskovec 6' 0" 17	Adam Seals 6' 0" 16	T. Schwarz 6' 0" 99	Darrin Freetly 6' 0" 90	B. Haskovec 5' 10" 16
LONG JUMP	N. Cummings 22'4.5" 11	Adam Seals 21' 8" 16	Adam Seals 21' 4.75" 17	A. Pulkrabek 21' 4.5" 16	A. Pulkrabek 20' 10.25" 17	Jeff Carlbom 20' 5" 21	N. Cummings 20' 4.5" 12	B. Haskovec 20' 4" 18	L. Williams 20' 1.75" -01	Chris Olson 20' 1.75" -90
TRIPLE JUMP	N. Cummings 43' 5.5" 12	Jeff Carlbom 41' 5" 21	A. Pulkrabek 40' 11" 16	Joey Carter 40' 6.25" 09	J. Carter 40' 6" 08	Matt Wirth 40' 4" 02	Tucker Dalen 40' 3.5" 19	Adam Seals 40' 0.5" 17	Darrin Freetly 39' 11.5" 90	Paul Johnson 39' 9" 99
DISCUS	M. Rydberg 157' 5.5" 02	M. Rydberg 149' 2.5" 01	M. Rydberg 147' 10.5" 00	B. Mettling 144' 0" 00	H. Hansen 140' 7" 09	Dan Hambly 136' 7" 09	S. Isaacson 136' 7" 90	<b>Micah Overtoom</b> <b>134' 2" 22</b>	D. Hambly 133' 3" 08	JJ Preston 132' 11" 19
SHOT PUT	M. Rydberg 52' 11.25" -02	M. Rydberg 51' 9.5" 01	M. Rydberg 47' 6" 00	<b>Micah Overtoom</b> <b>44' 2.5" 22</b>	Brian Olson 44' 0" 98	JJ Preston 42' 9" 19	Brian Olson 42' 0" 97	S. Isaacson 42' 0" 90	<b>Jace Preston</b> <b>41' 6" 22</b>	M. Rydberg 41' 2.75" 99
POLE VAULT	Nate Thieman 13' 0" 00	P. Stephan 12' 6" 98	A. Archambault 12' 0" 18	D. Prokott 12' 0" 11	N. Thieman 12' 0" 99	A. Archambault 11' 10" 16	A. Archambault 11' 9" 17	E. Osterdyk 11' 9" 10	J. Skalicky 11' 8" 09	D. Clifford 11' 6" 19

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

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
100 M DASH	Holly Staples (8) 13.3 (JH) 07	<b>Mallory Clepper (8)</b> 13.61 (JH Elite) 22	Laura Pixley (7) 13.7 (JH) 99	Elsie Lundquist (8) 13.7 (JH) 13	Jordin Shaw (8) 13.7 (JH) 08	Amy Nelson (8) 13.7 (JV) 00	Emma Johnson (8) 13.90 (V) 19	<b>Katey Thieman (7)</b> 14.00 (V) 22	Lena Roubinek (7) 14.02 (V) 19	Kelsey Erickson (8) 14.03 (V) 18
200 M DASH	<b>Mallory Clepper (8)</b> 28.05 (JH Elite) 22	Alaina Steele (8) 27.9 (V) 16	Becky Osterdyk (8) 27.9 (JH) 02	Mallory Clepper (7) 28.55 (V) 21	Jordin Shaw (8) 28.5 (JH) 08	Amy Nelson (8) 28.6 (V) 00	Aaleaha Thieman (7) 29.0 (V) 15	Ellaina Johnson (7) 29.26 (JH) 16	Ellaina Johnson (7) 29.26 (JH) 16	Amanda Peil (8) 29.0 (V) 97
400 M DASH	Alaina Steele (7) 62.6 (V) 15	Alaina Steele (8) 63.3 (V) 16	Alexis Pankonin (8) 64.57 (V) 14	Aaleaha Thieman (7) 64.71 (V) 15	Sophie Lahti (8) 65.13 (JH) 19	Lydia Adams (8) 65.3 (V) 17	Aaleaha Thieman (8) 65.74 (V) 16	Tessa Korf (8) 66.0 (JH) 00	<b>Vivian Lahti (8)</b> 66.29 (V) 22	Vivian Lahti (7) 67.16 (V) 21
400 M Splits	Alaina Steele (8) 60.1sp (V) 16	Alaina Steele (7) 62.6sp (V) 15	Summer Thieman (7) 63.8sp (V) 19	Aaleaha Thieman (7) 64.8sp (V) 15	Alexis Pankonin (8) 65.6sp (V) 14	<b>Vivian Lahti (8)</b> 66.7sp (V) 22	Susan Johnson (8) 66.9sp (V) 97	Vivian Lahti (7) 67.2sp (V) 21	Emily Branzovsky (7) 67.2sp (V) 03	Lena Filler (8) 67.6sp (V) 96
800 M RUN	Alaina Steele (8) 2:17.70 (V) *SR 16	Alaina Steele (7) 2:24.56 (V) 15	Makala Butenhoff (8) 2:34.48 (V) 15	Grace Langmade (8) 2:37.28 (V) 14	Lydia Adams (8) 2:38.26 (V) 17	Grace Grubbs (8) 2:38.70 (V) 16	Lydia Adams (7) 2:40.15 (V) 16	Heidi Larson (8) 2:40.0 (JH) 99	Megan Miesner (8) 2:41.90 (V) 08	Grace Grubbs (7) 2:41.9 (V) 15
800 M Splits	Alaina Steele (7) 2:23.2sp (V) 15	Lydia Adams (8) 2:30.6sp (V) 17	Makala Butenhoff (8) 2:30.6sp (V) 15	Sophie Lahti (8) 2:36.8sp 19	Grace Grubbs (8) 2:37.5sp (V) 16	Meaghan Macho (8) 2:39.3sp (V) 18	Emily Branzovsky (7) 2:39.7sp (V) 03	Lydia Adams (7) 2:40.4sp (V) 16	Alexis Thieman (7) 2:41.0sp (V) 14	Grace Langmade (8) 2:42.0sp (V) 14
1600 M RUN	Alaina Steele (8) 5:27.97 (V) 16	Alaina Steele (7) 5:29.9 (V) 15	Makala Butenhoff (8) 5:43.9 (V) 15	Arisa Rydberg (7) 5:44.24 (V) 19	Sherry Rike (8) 5:46.00 (V) 09	Eva Johnson (7) 5:46.39 (V) 19	Lydia Adams (8) 5:48.56 (V) 17	Lydia Adams (7) 5:56.14 (V) 16	Heidi Larson (8) 5:56.4 (V) 99	Allison Gusk (8) 5:58.05 (V) 12
3200 M RUN	Alaina Steele (8) *Varsity only 12:13.6 (V) 16	Sherry Rike (8) 12:31.31 (V) 09	Eva Johnson (7) 12:31.37 (V) 19	Arisa Rydberg (7) 12:44.81 (V) 19	Jacki Gregoire (7) 12:53.98 (V) 01	Ashli Webster (8) 12:56.34 (V) 14	Jacki Gregoire (8) 13:10.12 (V) 02	Lydia Adams (7) 13:15.0 (V) 21	Alison Brown (8) 13:41.35 (V) 14	Rachel Brown (8) 13:44.53 (V) 21
100 M HURDLES	Elsie Lundquist (8) Low (JH) 17.8 (JH) 13	Kemie Hughes (8) 18.0 (JH) 06	Elsie Lundquist (7) 18.4 (JH) 12	Cassie Filler (7) 18.5 (JH) 02	Jamie Kozisek (8) 18.7 (JH) 98	Brittney Jewell (8) 18.8 (JH) 00	<b>Addison Blaiser (8)</b> 18.9 (JH) 22	Heidi Larson (7) 19.1 (JH) 98	Etta Clementson (8) 19.2 (JH) 05	Melissa Farrand (8) 19.4 (JH) 10
100 M HURDLES	Dorothy Miller (8) *Varsity 33" height 17.92 (V) 18	Cassie Filler (8) 18.4 (JH) 03	Kloey Lind (8) 19.17 (V) 19	Kloey Lind (7) 19.4 (V) 18	Dorothy Miller (7) 20.54 (V) 18	Christina Mosher (8) 20.4 (V) 97	Makayla Butenhoff (8) 20.6 (V) 15	Lena Filler (8) 20.7 (V) 96	Charisma Christenson (8) 21.4 (V) 14	Megan Cunnien (8) 21.65 (V) 16
300 M HURDLES	Sophie Lahti (8) *Varsity 30" height 52.31 (V) 19	Cassie Filler (8) 52.3 (V) 03	Lena Filler (8) 53.9 (V) 96	Kemie Hughes (8) 54.0 (V) 06	Sophie Lahti (7) 54.56 (V) 18	Kloey Lind (8) 54.67 (V) 19	Angie Filler (8) 54.7 (V) 97	Kloey Lind (7) 55.32 (V) 18	Makayla Butenhoff (8) 56.06 (V) 15	Lena Filler (7) 56.1 (V) 95
HIGH JUMP	Alli Brant (7) 5' 0" (V) 05	Heidi Larson (8) 5' 0" (V) 99	Holly Staples (8) 5' 0" (V) 07	Heidi Larson (7) 4' 10" (JH) 98	Sophie Lahti (8) 4' 10" (V) 19	<b>Kady Hermanson (7)</b> 4' 8" (V) 22	Teresa Root (7) 4' 8" (V) 21	Holly Staples (7) 4' 8" (JH) 06	<b>Teresa Root (8)</b> 4' 8" (V) 22	Elsie Lundquist (8) 4' 8" (JH) 13
LONG JUMP	Kemie Hughes (8) 15' 4.5" (V) 06	Holly Staples (8) 15' 3" (V) 07	<b>Katey Thieman (7)</b> 14' 10" (V) 22	Glenna Carlson (8) 14' 9.5" (JH) 03	Kelsey Erickson (8) 14' 8" (V) 16	Becky Osterdyk (8) 14' 8" (V) 02	Becky Osterdyk (7) 14' 7" (JH) 01	Allison Gusk (8) 14' 6" (V) 12	Dorothy Miller (8) 14' 5.5" (V) 18	Emily Branzovsky (7) 14' 3" (JH) 03
TRIPLE JUMP	Dorothy Miller (8) 31' 10.5" (V) 18	Dorothy Miller (7) 29' 1.75" (V) 17	Sophie Lahti (8) 29' 0" (V) 18	Jessica Ammann (8) 27' 8" (V) 96	Lena Filler (8) 27' 0.5" (V) 96	Elsie Lundquist (8) 26' 11" (JV) 13	Hailee Rydberg (8) 26' 6" (V) 18	Elizabeth Cahill (8) 25' 7.5" (JV) 15	<b>Mallory Clepper (8)</b> 25' 5" (tt) 22	Teresa Welch (8) 24' 8.25" (JV) 16
DISCUS	Karina Nordrum (8) *V/JV/JH All 1k 98' 8" (V) 07	Maggie Smetana (8) 85' 11" (V) 19	Karina Nordrum (7) 84' 0" (JH) 06	Tessa Korf (8) 76' 2" (JH) 00	Cara Kuhn (8) 76' 1.5" (V tt) 17	Chloe McKellar (8) 73' 8" (JH) 19	Maria Bellinger (8) 70' 2" (JH) 03	Abby Klinkhammer (7) 68' 8" (JH) 97	Alyssa Bursott (8) 68' 5" (JH) 13	Ashley Mettling (8) 67' 9.5" (JH) 98
SHOT PUT	Karina Nordrum (8) *JH GLB 32' 3" (JH) 07	Glenna Carlson (8) 31' 11" (JH) 03	Karina Nordrum (7) 29' 10" (JH) 06	Emma Reiser (7) 29' 6" (JH) 10	Maria Bellinger (8) 29' 3" (JH) 03	Miki Anderson (8) 29' 0" (JH) 98	Emily Camp (8) 28' 11.5" (JH) 07	Alyssa Bursott (7) 28' 7" (JH) 12	Glenna Carlson (7) 28' 7" (JH) 02	<b>Maddie Larson (7)</b> 28' 2.5" (JH) 22
SHOT PUT	Cara Kuhn (8) *Varsity/JV 4K 28' 3" (V) 17	<b>Averee Kubesh (8)</b> 27' 9" (JV) 22	Cara Kuhn (7) 25' 10.5" (V tt) 16	Maisie Berg (8) 25' 8.5" (V) 14	Maggie Smetana (8) 25' 5" (V) 19	Caytlyn Kuhn (8) 22' 9.5" (V tt) 16	Maggie Smetana (7) 22' 2" (V) 18	Karissa Soderbeck (8) 21' 0" (V) 14	XXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXX
POLE VAULT	<b>Gracie Larson (8)</b> 8' 6" (V) 22	<b>Katey Thieman (7)</b> 7' 0" (JH Elite) 22	Maddie Graham (8) 7' 0" (V) 18	Maddie Graham (7) 6' 9" (JV) 17	<b>Kady Hermanson (7)</b> 6' 6" (V) 22	Gracie Larson (7) 6' 6" (V) 21	<b>Addison Blaiser (8)</b> 6' 0" (V) 22	Allyson Chromey (8) 6' 0" (JV) 16	Maggie Smetana (7) 5' 6" (JV) 18	XXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXX
4 x 100M RELAY	<b>Katey Thieman (7)</b> <b>Gracie Larson (8)</b> <b>Mallory Clepper (8)</b> <b>Vivian Lahti (8)</b> 56.05 (JH Elite) 22	8th Grade Claire Emmons (8) Mady Bombard (8) Addie Sell (8) Ellie Clark (8)	Addie Sell (8) Ellie Clark (8) Mady Bombard (8) Lena Roubinek (7)	Savannah Larson (8) Allison Gusk (8) Brecken Pangerl (7) Elsie Lundquist (7)	Mallory Clepper (7) Amber Norton (8) Gracie Larson (7) Vivian Lahti (7)	8th Grade 8th Grade 8th Grade 8th Grade	8th Grade 8th Grade 8th Grade 8th Grade	8th Grade 8th Grade 8th Grade 8th Grade	Elsie Lundquist (8) Natalie Cahill (8) Brecken Pangerl (8) Rydberg (8)	Ellie Larson (7) Holly Staples (7) Kelsey Harper (7) Cassie Ostler (7)
4 x 200M RELAY	Gracie Larson (7) Teresa Root (7) Vivian Lahti (7) Mallory Clepper (7) 2:04.11 (V) 21	Claire Emmons (8) Mady Bombard (8) Addie Sell (8) Ellie Clark (8) 2:04.3 (JH) 19	8th Grade 8th Grade 8th Grade 8th Grade 2:04.5 (JH) 00	8th Grade 8th Grade 8th Grade 8th Grade 2:07.4 (JH) 15	Kaylee Pihoda (7) Emma Schmidt (7) Makayla Butenhoff (7) Alexis Thieman (7) 2:07.6 (JH) 14	<b>Gracie Larson (8)</b> <b>Madi Perreault (7)</b> <b>Kady Hermanson (7)</b> <b>Paige Gray (8)</b> 2:08.0 (JH) 22	7th/8th Grade Mix 7th Grade 7th Grade 7th Grade 2:08.0 (JH) 15	7th Grade 7th Grade 7th Grade 7th Grade 2:08.2 (JH) 01	7th Grade 7th Grade 7th Grade 7th Grade 2:08.6 (JH) 99	Grace Langmade (8) Marin Foss (8) Kaley Perlick (8) Alexis Thieman (7) 2:10.0 (JH) 14

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

EVENT	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH	
100 M DASH	Adam Olson (8) 12.0 (JH) 07	Connor Clark (8) 12.3 (JH) 11	Tryston West (8) 12.63 (V) 16	Rowan Maxey (8) 12.5 (JH) 19	Sam Roberto (8) 12.5 (JH) 11	Logan Strusz (8) 12.5 (JH) 06	Isaac Johnson (8) 12.6 (JH) 06	Jordan Pangerl (8) 12.7 (JH) 08	Geoff Gregoire (8) 12.7 (JH) 04	James Jahnz (8) 12.7 (JH) 98	
200 M DASH	Zach Nelson (7) 24.4 (JH) 03	Adam Olson (8) 24.8 (JH) 07	Tryston West (8) 25.75 (V) 16	Logan Strusz (8) 25.7 (JH) 06	Jordan Pangerl (8) 25.9 (JH) 08	Nick Cummings (8) 26.1 (JH) 08	<b>Weston Clementson (8)</b> <b>26.1 (p) 22</b>	Timmy Johnson (8) 26.2 (V) 18	John Hansen (8) 26.3 (JH) 96	James Jahnz (8) 26.4 (JH) 98	
400 M DASH	Nick Cummings (8) 57.2 (JH) 08	Adam Olson (8) 59.0 (JH) 07	Damion Torgerson (8) 59.52 (V) 19	Timmy Johnson (8) 59.61 (V) 18	Josh Skalicky (8) 59.6 (JH) 05	Tommy Ryan (8) 60.5 (V) 15	Aaron Pulkrabek (7) 60.7 (JH) 12	Steven Guttormson (8) 61.1 (JH) 04	Charlie Ausmus (8) 61.4 (V) 21	Clay Fischer (8) 61.5 (JH) 04	
400 M Splits	<b>Weston Clementson (8)</b> <b>55.8sp (V) 22</b>	Timmy Johnson (8) 58.5sp (V) 18	Caleb Cunnien (8) 61.6sp (V) 19	George Ausmus (8) 62.0sp (V) 17	Charlie Ausmus (8) 63.2sp (V) 21	John Hansen (8) 63.5sp (V) 96	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	
800 M RUN	<b>Weston Clementson (8)</b> <b>2:07.27 (V) 22</b>	Austin Eckert (8) 2:14.33 (V) 16	Jared Clementson (8) 2:15.0 (V) 00	Nick Cummings (8) 2:15.0 (JH) 08	Charlie Ausmus (8) 2:17.0 (V) 21	Timmy Johnson (8) 2:18.0 (JH) 18	George Ausmus (8) 2:22.74 (V) 17	Tommy Ryan (7) 2:22.79 (V) 15	Eric Osterdyk (8) 2:23.20 (V) 05	Will Fix (8) 2:23.91 (V) 16	
800 M Splits	<b>Weston Clementson (8)</b> <b>2:07.0sp (V) 22</b>	Austin Eckert (8) 2:13.4sp (V) 16	Charlie Ausmus (8) 2:15.9sp (V) 21	Jared Clementson (8) 2:16.0sp (V) 00	Clay Fischer (8) 2:16.7sp (V) 04	Timmy Johnson (8) 2:17.0sp (V) 18	Tommy Ryan (8) 2:17.9sp (V) 15	Tommy Ryan (7) 2:20.0sp (V) 14	Eli Fromm (8) 2:22.2sp (V) 21	Josh Skalicky (8) 2:22.3sp (V) 05	
1600 M RUN	Charlie Ausmus (8) 4:47.2 (V) 21	Timmy Johnson (8) 4:56.50 (V) 18	<b>Weston Clementson (8)</b> <b>4:59.26 (V) 22</b>	Jared Clementson (8) 4:59.0 (V) 00	Jared Clementson (8) 5:04.3 (JH) 00	George Ausmus (8) 5:11.13 (V) 17	Tommy Ryan (8) 5:11.0 (JH) 15	Austin Eckert (8) 5:11.6 (V) 16	Clay Fischer (8) 5:14.9 (V) 04	Eli Fromm (8) 5:16.74 (V) 21	
3200 M RUN	Jared Clementson (8) *Varsity only 10:27.05 (V) 00	Charlie Ausmus (8) 10:42.5 (V) 21	Tommy Ryan (8) 11:00.68 (B) 15	Noah Miller (8) 11:25.69 (V) 16	David Hamby (8) 11:34.8 (V) 04	Timmy Johnson (8) 11:35.49 (V) 18	Eli Fromm (8) 11:56.6 (V) 21	Clay Fischer (8) 12:00.7 (V) 04	Jordan Clementson (8) 12:10.7 (V) 03	Austin Eckert (7) 12:22.8 (V) 15	
100 M HURDLES	Jordan Kruse (8) Low (JH) 16.5 (JH) 02	Travis Gerving (8) 17.2 (JH) 00	Wille Seals (8) 17.3 (JH) 07	Anthony Bergeron (8) 18.35 (JH) 21	Jordan Kruse (7) 18.2 (JH) 01	Bradon Wittaker (7) 18.2 (JH) 02	Jason Thieman (7) 18.4 (JH) 17	Paul Skalicky (8) 18.4 (JH) 10	Dennis Skalicky (7) 18.6 (JH) 11	Tryston West (8) 18.6 (JH) 16	
300 M HURDLES	Jacob Merrick (8) *Varsity 36" height 57.13 (V) 16	Anthony Bergeron (8) 64.74 (V) 21	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	
HIGH JUMP	Haakon Hansen (8) 5' 5" (JH) 05	Josh Skalicky (8) 5' 5" (JH) 05	Trent Heimdal (8) 5' 5" (JH) 06	Matt Wirth (8) 5' 2" (JH) 99	David White (8) 5' 2" (JH) 05	James Jahnz (8) 5' 2" (JH) 98	<b>Haakon Hansen (7)</b> 5' 0" (JH) 04	Dakotah Neid-Hinrichs (7) 5' 0" (JH) 12	Eric Osterdyk (8) 5' 0" (JH) 06	Derek Brattz (8) 5' 0" (JH) 06	
HIGH JUMP	XXXXXXXXXXXXXXXXXXXX *continued XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	All 5' 0" are --> Tied for 7th -->	Jordan Kruse (8) 5' 0" (JH) 02	Kevin Skadsheim (8) 5' 0" (JH) 00	Patrick Stephan (8) 5' 0" (V) 96	John Hansen (8) 5' 0" (V) 96	
LONG JUMP	Nick Cummings (8) 17' 5.5" (JH) 08	Jordan Kruse (8) 17' 0" (JH) 02	Jordan Pangerl (8) 16' 10" (JH) 08	Haakon Hansen (8) 16' 5" (JH) 05	Logan Strusz (8) 16' 2.5" (JH) 06	Rowan Maxey (8) 16' 2" (JH) 19	Ryan Pihoda (8) 16' 1" (JH) 19	<b>Weston Clementson (8)</b> <b>16' 0.5" (JV) 22</b>	Matt Wirth (8) 16' 0" (JH) 99	Ryan Linnell (8) 16' 0" (JH) 12	
TRIPLE JUMP	Ryan Pihoda (8) 35' 0.25" (JV) 21	Dakotah Neid-Hinrichs (7) 34' 7" (JV) 12	Jason Thieman (7) 33' 3.75" (JV) 21	Jordan Clementson (8) 31' 6" (JV) 03	<b>Tucker Johnsen (8)</b> <b>31' 3" (JV) 22</b>	Haakon Hansen (8) 31' 0" (V) 05	Noah Brady (8) 30' 5" (JV) 21	Devin Braatz (8) 30' 1" (V) 06	Tommy Ryan (7) 28' 11" (JV) 14	Tommy Ryan (8) 28' 10" (JV) 15	
DISCUS	Danny Hamby (8) *JH 1K 115' 10" (JH) 05	Oliver Rauschnot (8) 114' 10" (JH) 01	Zach Motyl (8) 106' 6" (JH) 03	Danny Hamby (7) 104' 2.5" (JH) 04	Ben Splett (8) 104' 0" (JH) 05	Robert Noyes (8) 101' 8" (JH) 00	Alex Steele (8) 100' 0.5" (JH) 07	Oliver Rauschnot (7) 97' 3" (JH) 00	Marvin Siedow (8) 97' 0" (JH) 01	Dan Adams (8) 92' 1" (JH) 00	
DISCUS	Logan Kolecki (8) *Varsity 1.6K Disc 91' 11" (V) 21	Nathan Kleppe (8) 84' 6" (V) 15	Fredrick Ausmus (8) 75' 10" (V) 19	Nathan Kleppe (7) 70' 6" (V) 14	Christian Fromm (8) 65' 3" (V) 16	Micah Overtoom (8) 64' 5" (V) 18	Justin Gerner (7) 54' 1" (V) 16	Kameron Juscak (7) 57' 0" (V tt) 17	Fredrick Ausmus (7) 56' 5" (V) 18	Micah Overtoom (7) 33' 7" (V tt) 17	
SHOT PUT	Timmy Johnson (7) *JH 4K - 2015-Pres. 33' 7.5" (JH) 17	Jaryd Beach (8) 31' 11" (JH) 15	Micah Overtoom (7) 31' 6.5" (JH) 17	Kameron Juscak (7) 31' 6.5" (JH) 17	<b>Tucker Johnsen (8)</b> <b>29' 8.5" (JH) 22</b>	D'Angelo Tice (8) 21' 9" (JH) 21	Edger Becerra (8) 18' 2" (JH) 15	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	
SHOT PUT	Logan Kolecki (8) *Varsity 12lb 36' 3.5" (V) 21	Justin Gerner (7) 27' 7.5" (V) 16	Nathan Kleppe (8) 26' 9.5" (V) 15	Fredrick Ausmus (8) 25' 10.5" (V) 19	Nathan Kleppe (7) 25' 9" (V) 14	Christian Fromm (8) 24' 4.5" (V) 16	Micah Overtoom (8) 23' 9.5" (V) 18	Kameron Juscak (7) 22' 1" (V tt) 17	Fredrick Ausmus (7) 20' 6" (V) 18	Micah Overtoom (7) 18' 3" (V tt) 17	
POLE VAULT	Dan Gregoire (8) 8' 6" (V) 00	Patrick Stephan (8) 8' 6" (JV) 96	Levi Wilson (8) 8' 0" (V) 21	Will Fix (8) 7' 6" (V) 16	Noah Root (8) 7' 0" (V) 21	Steven Hart (8) 7' 0" (JV) 17	Jason Thieman (8) 7' 0" (JV) 18	Will Fix (7) 6' 6" (JV) 15	Nate Thieman (8) 6' 0" (JV) 96	XXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXX	
4 x 100M RELAY	Logan Strusz (8) Dylan Kringstad (8) Isaac Johnson (8) Erik Osterdyk (8)	8th Grade 52.0 (JH) 06	Aaron Pulkrabek (7) Ryan Linnell (8) Dennis Skalicky (8) Beau Hunter (8)	8th Grade 52.6 (JH) 12	8th Grade 53.0 (JH) 01	8th Grade 53.3 (JH) 04	7th Grade 54.5 (JH) 98	8th Grade 55.3 (JH) 00	8th Grade 55.4 (JH) 16	7th Grade 55.6 (JH) Br 22	7th Grade 55.6 (JH) 05
4 x 200M RELAY	8th Grade 1:50.8 (JH) 01	Aaron Pulkrabek (7) Ryan Linnell (8) Dennis Skalicky (8) Beau Hunter (8)	8th Grade 1:51.0 (JH) 12	8th Grade 1:52.4 (JH) 04	8th Grade 1:55.0 (JH) 19	8th Grade 1:55.6 (JH) 21	8th Grade 1:59.1 (JH) 16	8th Grade 2:00.3 (JH) 06	7th Grade 2:00.5 (JH) 07	7th Grade 2:01.3 (JH) 00	8th Grade 2:02.0 (JH) 00
Top 7th Grade	Aaron Pulkrabek (7)		Top 7th Grade	Jared Clementson (7)		Top 7th Grade	Haakon Hansen (7)	Weston Clementson (7)			
100 M DASH	12.9 (JH) 12		1600 M RUN	5:22.6 (JH) 99		LONG JUMP	15' 5" (JH) 04	15' 1.5" (JH) 21			

# 2022 Dragon Track and Field Awards

## **Track and Field - MVP**

Lena Roubinek

Jason Thieman

## **Dragon “3-D” Award**

(Dedication, Determination, Drive)

Arissa Rydberg

Charlie Ausmus

## **Most Improved Award**

Rachel Brown

Ray Gatzke

Maggie Smetana

## **Workhorse Award**

Mallory Clepper

Braxton Peetz

Anthony Bergeron

## **Rookie of the Year**

Katey Thieman

Weston Clementson

## **Perseverance Award**

Meaghan Macho

Micah Overtoom

Dorothy Miller

Jason Thieman

## **Coach Award**

Allison Unverzagt

Ryan Prihoda

## **Sportsmanship Award**

Gracie Larson

Tucker Kubesh

## **TEAM CAPTAINS**

Meaghan Macho    Lena Roubinek

Jason Thieman    Micah Overtoom

Summer Thieman

Fredrick Ausmus

# GREAT RIVER CONFERENCE TEAM CHAMPIONS

Girls' Team: 186 points

Boys' Team: 207.5 points

## ALL-CONFERENCE AWARDS:

### Girls

Allison Unverzagt	4 x 800 m Relay
Arissa Rydberg	4 x 800 m Relay
Emma Belsheim	4 x 800 m Relay
Ella Sell	4 x 800 m Relay
Summer Thieman	4 x 200 m Relay
Abby Aagaard	4 x 200 m Relay
Mallory Clepper	4 x 200 m Relay
Lena Roubinek	4 x 200 m Relay
Arissa Rydberg	300 m Hurdles
Dorothy Miller	Triple Jump
Lena Roubinek	Shot Put
Maggie Smetana	Discus

### Boys

Braxton Peetz	4 x 800 m Relay
Drake Willert	4 x 800 m Relay
Roman McKinney	4 x 800 m Relay
Colin Miche'	4 x 800 m Relay
Charlie Ausmus	1600 m Run
Jason Thieman	400 m Dash
Charlie Ausmus	3200 m Run
Braxton Peetz	4 x 400 m Relay
Drake Willert	4 x 400 m Relay
Weston Clementson	4 x 400 m Relay
Kameron Juszczak	4 x 400 m Relay

### HONORABLE MENTION AWARDS:

Lena Roubinek	100 m Dash
Gracie Larson	4 x 100 m Relay
Abby Aagaard	4 x 100 m Relay
Mallory Clepper	4 x 100 m Relay
Lena Roubinek	4 x 100 m Relay
Mallory Clepper	200 m Dash
Eva Johnson	3200 m Run
Summer Thieman	4 x 400 m Relay
Arissa Rydberg	4 x 400 m Relay
Vivian Lahti	4 x 400 m Relay
Allison Unverzagt	4 x 400 m Relay

### HONORABLE MENTION AWARDS:

Frank Betters	4 x 200 m Relay
Anthony Bergeron	4 x 200 m Relay
Josh Brinker	4 x 200 m Relay
Kameron Juszczak	4 x 200 m Relay
Weston Clementson	1600 m Run
Weston Clementson	800 m Run
Jason Thieman	200 m Dash
Eli Fromm	3200 m Run
Micah Overtoom	Shot Put
Micah Overtoom	Discus

## 2022 Letter Winners:

Jason Thieman

Micah Overtoom

Kameron Juszczak

Drake Willert

Colin Miche'

Dorothy Miller

Meaghan Macho

Ryan Prihoda

Josh Brinker

Fredrick Ausmus

Maggie Smetana

Ella Sell

Chloe McKellar

Sophie Lahti

Ray Gatzke

Jace Preston

Tucker Kubesh

Lena Roubinek

Arissa Rydberg

Summer Thieman

Abby Aagaard

Eva Johnson

Allison Unverzagt

Emma Belsheim

Julia Hochban

Emma Hermanson

Charlie Ausmus

Eli Fromm

Braxton Peetz

Roman McKinney

Anthony Bergeron

Daimien Lord

Levi Wilson

Logan Kolecki

Landon Ganote

Rachel Brown

Morgan Macho

Weston Clementson

Tucker Johnsen

Mallory Clepper

Vivian Lahti

Gracie Larson

Teresa Root

Addison Blaiser

Paige Gray

Katey Thieman

Kady Hermanson

# ACADEMIC ALL-STATE TEAM

Girls: Gold Level (4.02 Cum GPA)

Boys: Gold Level (3.82 Cum GPA)

## ACADEMIC ALL-STATE INDIVIDUAL

Dorothy Miller

Abby Aagaard

Emma Belsheim

Arissa Rydberg

Lena Roubinek

Roman McKinney

Mallory Clepper

Kameron Juszczak

Allison Unverzagt

Eli Fromm

Ella Sell

## STANDARDS FOR 2022 MINNESOTA HIGH SCHOOL TRACK & FIELD HONOR ROLL

Event	Girls Class A	Boys Class A	Girls Class AA	Boys Class AA	Girls Class AAA	Boys Class AAA
100m dash	13.1	11.5	13.0	11.3	12.8	11.1
200m dash	27.3	23.5	26.9	23.2	26.5	22.9
400m dash	62.5	53.0	62.0	52.4	61.5	51.7
800m run	2:30	2:06	2:27	2:04	2:24	2:01
1600m run	5:35	4:45	5:29	4:39	5:22	4:33
3200m run	12:20	10:30	12:07	10:14	11:54	9:58
High hurdles	17.0	16.5	16.8	16.1	16.6	15.6
300m hurdles	50.2	43.2	49.6	42.4	49.0	41.6
4X1 relay	53.2	47.0	52.9	46.1	52.5	45.2
4X2 relay	1:52.4	1:38.0	1:51.5	1:36.0	1:50.5	1:34.0
4X4 relay	4:20	3:40	4:18	3:37	4:15	3:34
4X8 relay	10:25	8:50	10:18	8:41	10:10	8:31
Long jump	15-7	19-8	15.8	20-0	16-0	20-5
Triple jump	32-9	40-2	33-0	40-9	33-4	41-4
Shot put	34-0	46-0	34-3	47-6	34-6	49-0
Discus	107-0	135-0	107-3	138-9	107-6	142-6
High jump	5-0	5-11	5-0	5-11	5-0	6-0
Pole vault	8-11	12-0	8-11	12-1	9-0	12-3

**Time standards are for hand times. FAT times up to 0.24 seconds over the hand-time standard will be posted.**



# STATE PARTICIPANT

Jason Thieman – Long Jump – 16th – 19' 1.75"

## STATE HONOR ROLL & TOP RANKINGS

### STATE HONOR ROLL FOR CLASS AA

Lena Roubinek – Shot Put – 23rd – 34' 11"

Maggie Smetana – Discus – 23rd – 111' 11"

Braxton Peetz, Weston Clementson, Eli Fromm, Charlie Ausmus – 4x800m Relay – 27th – 8:34.34

Dorothy Miller – Triple Jump – 63rd – 33' 3.75"

**\*4 Total Honor Roll Performances using new Class AA standards**

### Top 100 Individuals / Top 50 Relays in Class AA

Allison Unverzagt, Arissa Rydberg, Emma Belsheim, Ella Sell – 4x800m Relay – 30th – 10:23.51

Chloe McKellar – Discus – 45th – 103' 5"

Micah Overtoom – Discus – 46th – 134' 2"

Gracie Larson – Pole Vault – 54th Tie – 8' 6"

Eva Johnson – 3200m – 62nd – 12:17.51

Micah Overtoom – Shot Put – 64th – 44' 2.5"

Charlie Ausmus – 1600m – 68th – 4:45.19

Jason Thieman – Long Jump – 73rd – 19' 10"

Arissa Rydberg – 300m Hurdles – 80th – 51.41

Weston Clementson – 800m – 86th – 2:07.27 **\*Top 8th grade time in the State.**

Charlie Ausmus – 3200m – 87th – 10:39.35

Jason Thieman – 400m – 96th – 53.70

Coach Clementson

Coach Stoltz

Coach Kunze

Coach Sherry

Coach Judd

Coach Kringstad

Coach Danny

Coach Thieman

Coach/Trainer Becky

Coach Etta



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

# 2022 Dragon Track

## Girls GRC Champs

(8<sup>th</sup> Consecutive Championship)



## Boys GRC Champs

(6<sup>th</sup> Championship in last 7 seasons)