

DRAGONS



2022

2022 Dragon Cross Country Team



Isanti Time Trial
Thursday, August 25, 2022
overcast

PINE CITY GIRLS' RESULTS:

3200 m - runners

	<u>place</u>	<u>total time</u>	<u>1st mile</u>	<u>2nd mile</u>
1. Eva Johnson	3	13:34	6:29	7:05
2. Rachel Brown	4	13:57	6:47	7:10
3. Emma Belsheim	6	14:41	7:05	7:36
4. Peyton Perreault	17	16:26	7:56	8:30
5. Paige Gray	18	16:34	7:58	8:36
6. Kaylie Christenson	19	16:37	8:04	8:33
7. Gracie Larson	22	17:38	8:14	9:24
8. Teresa Root	23	18:00	8:20	9:40
9. Amber Norton	25	19:39	9:15	10:24
10. Alyssa Olson	27	20:43	9:19	11:14

#1 runner: ? - Cambridge-Isanti - 13:21

JUNIOR HIGH GIRLS:

1600 m - runners

	<u>total time</u>
1. Ella Schlichting	7:56
2. Madi Perreault	8:34
3. Kaydence McKellar	8:41
4. Lily Kurth	9:01
5. Grace Severin-H.	9:19
6. Bella Schneider	DNR

#1 runner: ?

PINE CITY BOYS' RESULTS:

3200 m - runners

	<u>place</u>	<u>total time</u>	<u>1st mile</u>	<u>2nd mile</u>
1. Weston Clementson	1	11:26	5:40	5:46
2. Charlie Ausmus	2	11:28	5:44	5:44
3. Ethan Aagaard	5	11:54	5:45	6:09
4. Eli Fromm	10	12:17	6:02	6:15
5. Roman McKinney	11	12:20	6:03	6:17
6. Sawyer McDaniel		12:35	6:09	6:26
7. Bohdan Valvoda		12:40	6:08	6:32
8. Noah McDaniel		12:47	6:13	6:34
9. Sean Skluzacek		13:05	6:22	6:43
10. Milo Rydberg		13:23	6:35	6:48
11. McCall Leger		13:25	6:25	7:00
12. Jace Peterson		13:54	7:00	6:54
13. Anthony Bergeron		14:09	7:08	7:01
14. Josh Brinker		14:50	7:23	7:27
15. Frank Betters		15:10	7:30	7:40
16. Daimien Lord		15:37	7:39	7:58
17. Landon Ganote		16:13	7:45	8:28
18. Isaac Jahnz		DNF	8:21	-

#1 runner: Weston Clementson - Pine City - 11:26

JUNIOR HIGH BOYS:

1600 m - runners

	<u>total time</u>
1. Grant Larson	3 6:38
2. Jenner Kunze	7:32
3. Walker Remme	7:32
4. Ray Ovick	7:33
5. Carson Anderson	7:52
6. Evan Olson	8:04
7. Conor Ableman	8:16
8. Jerald Kurth	8:30
9. Miles Gray	8:31
10. Parker Eckert	8:39
11. Owen Ableman	9:20
12. Anders Olson	11:01
13. Blake Betters	11:43

#1 runner: Cambridge-Isanti - 5:48

Princeton Invitational Cross Country Meet

Thursday, September 1, 2022

very hot and sunny

PINE CITY GIRLS' RESULTS:

5000 m - 57+ varsity runners

Top 5 Ave

25:27.0

GIRLS' TEAM RESULTS:

	place	time	
1. Rachel Brown	16	22:44.4	
2. Emma Belsheim	23	23:38.2	
3. Peyton Perreault	34	26:00.4	
4. Kaylie Christenson	42	26:55.2	PB
5. Gracie Larson	46	27:56.7	
6. Alyssa Olson	57	39:03.0	PB
7. Eva Johnson		DNR	
8. Paige Gray		DNF	
9. Teresa Root		DNF	
10. Amber Norton		DNF	

1. Becker (7th Rank AA)	35
2. Spectrum	60
3. Zimmerman	79
4. Cambridge-Isanti	91
5. Heritage Christian A.	110
6. Pine City	129
7. Princeton	Inc
8. Elk River	Inc

#1 runner: Hannah Boese - Spectrum - 19:46.1

JUNIOR HIGH GIRLS:

2000 m - 38 runners

	place	time	
1. Ella Schlichting	6	9:30.2	PB
2. Kaydence McKellar	15	10:40.9	
3. Lily Kurth	32	12:28.1	PB
4. Madi Perreault		DNR	
5. Grace Severin-H.		DNR	
6. Bella Schneider		DNR	

JH Girls' Results:

1. Zimmerman	35
2. Becker	38
3. Elk River	54
Pine City	Inc

#1 runner: Mary Peterson - Elk River - 8:28.9

PINE CITY BOYS' RESULTS:

5000 m - 99+ varsity runners

Top 5 Ave

19:26.7

BOYS' TEAM RESULTS:

	place	time	
1. Charlie Ausmus	13	18:47.2	
2. Weston Clementson	14	18:50.1	PB
3. Ethan Aagaard	21	19:07.1	
4. Roman McKinney	31	19:55.6	
5. Sawyer McDaniel	46	20:33.4	PB
6. Noah McDaniel	49	20:47.3	PB
7. Eli Fromm	62	21:52.9	
8. Sean Skluzacek	68	22:29.1	
9. Anthony Bergeron	73	22:52.2	PB
10. Jace Peterson	87	23:58.4	
11. Josh Brinker	88	24:12.1	
12. Bohdan Valvoda	91	25:03.2	
13. Daimien Lord	97	26:28.1	
14. Frank Betters	98	29:15	
15. Landon Ganote	99	30:33	PB
16. Milo Rydberg		DNR	
17. McCall Leger		DNR	
18. Isaac Jahnz		DNR	

1. Heritage Christian (5th Rank A)	25
2. Becker (12th Rank AA)	40
3. Pine City	111
4. Cambridge-Isanti	116
5. Spectrum	128
6. Zimmerman	134
7. St. Cloud Christian	175
8. Princeton	Inc
9. Braham	Inc

#1 runner: Tyson Ricker - Becker - 17:05.2

JUNIOR HIGH BOYS:

2000 m - 56 runners

	place	time	
1. Grant Larson	16	8:38.5	PB
2. Walker Remme	22	9:23.2	PB
3. Evan Olson	26	9:39.3	PB
4. Ray Ovick	29	9:49.3	PB
5. Carson Anderson	32	9:56.3	
6. Jenner Kunze	34	10:01.2	PB
7. Owen Ableman	37	10:18.3	PB
8. Conor Ableman	41	10:48.3	PB
9. Miles Gray	43	10:56.9	PB
10. Parker Eckert	47	11:37.7	PB
11. Jerald Kurth	50	12:04.1	PB
12. Anders Olson	53	12:51.3	PB
13. Blake Betters	56	16:45.2	PB

JH Team Results:

1. St. Cloud Christian	35
2. Zimmerman	61
3. Becker	76
4. Cambridge-Isanti	87
5. Pine City	96

#1 runner: Lucashio Larson - Cambridge-Isanti - 7:11.6

Pine City Invitational Cross Country Meet

Thursday, September 8, 2022

hot and slightly breezy

PINE CITY GIRLS' RESULTS:

5000 m - 78 varsity / JV runners

	place	time	
1. Eva Johnson	4	21:23	BTY - #4 PC Invite
2. Rachel Brown	5	21:54	PB
3. Emma Belsheim	8	22:59	BTY
4. Paige Gray	22	24:37	BTY
5. Gracie Larson	23	24:38	BTY
6. Peyton Perreault	24	24:42	BTY
7. Kaylie Christenson	36	26:05	PB
8. Teresa Root	47	27:44	BTY
9. Alyssa Olson	62	31:30	PB
10. Amber Norton		DNF	

#1 runner: Kaia Osmundson - Chisago Lakes - 19:47

JUNIOR HIGH GIRLS:

2000 m - runners

	place	time
1. Ella Schlichting	6	9:04
2. Bella Schneider	8	9:05
3. Madi Perreault	16	9:49
4. Kaydence McKellar	21	9:56
5. Lily Kurth	23	10:28
6. Grace Severin-H.	27	11:35

#1 runner: ? - Mille Lacs - 8:21

PINE CITY BOYS' RESULTS:

5000 m - 108 varsity / JV runners

	place	time	
1. Weston Clementson	3	18:02	PB
2. Charlie Ausmus	4	18:03	BTY
3. Ethan Aagaard	13	18:46	BTY
4. Roman McKinney	14	18:51	PB
5. Eli Fromm	15	18:55	BTY
6. Sawyer McDaniel	24	19:58	PB
7. Bohdan Valvoda	31	20:32	BTY
8. Noah McDaniel	34	20:43	PB
9. Milo Rydberg	36	20:44	BTY
10. Sean Skluzacek	41	21:09	BTY
11. McCall Leger	51	21:31	BTY
12. Anthony Bergeron	54	21:31	PB
13. Josh Brinker	78	23:41	BTY
14. Jace Peterson	81	23:56	BTY
15. Dalmien Lord	87	24:36	BTY
16. Frank Betters	93	25:56	PB
17. Isaac Jahnz	99	27:57	BTY

#1 runner: Henry Johnson - Chisago Lakes - 17:13

JUNIOR HIGH BOYS:

2000 m - 52 runners

	place	time	
1. Walker Remme	8	7:58	PB
2. Grant Larson	9	7:58	PB
3. Ray Ovick	28	8:45	PB
4. Jenner Kunze	29	8:52	PB
5. Carson Anderson	34	9:10	PB
6. Evan Olson	35	9:10	PB
7. Owen Ableman	36	9:14	PB
8. Conor Ableman	39	9:53	PB
9. Miles Gray	41	10:03	PB
10. Parker Eckert	44	11:00	PB
11. Jerald Kurth	45	11:03	PB
12. Anders Olson	47	11:52	PB
13. Blake Betters	52	14:03	PB

#1 runner: Grant Anderson - Foley - 6:55

Top 5 Ave

23:06.2 - #3 PC Invite

GIRLS' TEAM RESULTS:

1. Chisago Lakes	34
2. Pine City	58
3. Hinckley-Finlayson	76
4. Mora	91
5. Foley	116
6. East Central	117
7. Milaca	197
8. Rush City	207
9. North Branch	Inc
10. Mille Lacs	Inc
11. Braham	Inc

JH Girls' Results:

1. Mora	30
2. Pine City	45
3. Hinckley-Finlayson	52

BOYS' TEAM RESULTS:

1. Chisago Lakes	38
2. Pine City	49
3. Foley	62
4. Mora	116
5. North Branch	142
6. Rush City	176
7. Milaca	178
8. Hinckley-Finlayson	226
9. Braham	Inc
10. East Central	Inc

JH Team Results:

1. Foley	41
2. Mora	52
3. Chisago Lakes	70
4. Pine City	72

Mora Invitational Cross Country Meet

Tuesday, September 13, 2022

hot and sunny

PINE CITY GIRLS' RESULTS:

5000 m - 104 varsity & 69 JV runners

	place	time	
1. Eva Johnson	6	20:50.4	BTY - #3 Mora Invite
2. Rachel Brown	15	21:29.7	PB - #5 Mora Invite / #8 Girl All-Time
3. Emma Belsheim	40	23:13.7	
4. Peyton Perreault	61	24:35.8	BTY
5. Gracie Larson	64	24:45.4	
6. Paige Gray	72	24:59.4	
7. Teresa Root	34jv	28:35.0	
8. Alyssa Olson	62jv	35:03.7	
9. Kaylie Christenson		DNF	
10. Amber Norton		DNR	

#1 runner: Mileena Sullivan - Hibbing - 20:02.6

JUNIOR HIGH GIRLS:

3200 m - 81 runners

	place	time	
1. Bella Schneider	20	15:52.4	BTY
2. Ella Schlichting	22	15:59.2	PB
3. Madi Perreault	31	16:38.1	PB
4. Kaydence McKellar	46	18:09.5	BTY
5. Lily Kurth	49	18:22.1	PB
6. Grace Severin-H.	65	20:34.9	BTY

#1 runner: Adeline Presley - East Central - 14:18.1

PINE CITY BOYS' RESULTS:

5000 m - 132 varsity & 116 JV runners

	place	time	
1. Weston Clementson	6	18:02.3	PB tie - #8 Mora Invite
2. Charlie Ausmus	15	18:33.3	
3. Ethan Agaard	22	18:42.3	PB tie
4. Eli Fromm	37	19:24.6	
5. Roman McKinney	40	19:34.7	
6. Sawyer McDaniel	60	20:04.7	
7. Bohdan Valvoda	61	20:07.0	BTY
8. Noah McDaniel	8jv	20:13.5	PB
9. Milo Rydberg	9jv	20:15.0	PB
10. Anthony Bergeron	14jv	20:27.4	PB
11. McCall Leger	28jv	21:22.5	PB
12. Sean Skluzacek	34jv	21:51.5	
13. Jace Peterson	66jv	22:53.4	
14. Josh Brinker	74jv	23:33.3	
15. Frank Betters	78jv	24:07.6	
16. Daimien Lord	83jv	24:43.1	
17. Isaac Jahnz	95jv	26:09.3	

#1 runner: Cameron Stocke - Rock Ridge - 16:39.5

JUNIOR HIGH BOYS:

3200 m - 118 runners

	place	time	
1. Grant Larson	18	13:49.8	PB
2. Walker Remme	36	14:42.1	PB
3. Jenner Kunze	51	15:15.9	PB
4. Ray Ovick	75	16:02.6	PB
5. Owen Ableman	79	16:13.0	PB
6. Carson Anderson	82	16:22.1	BTY
7. Evan Olson	83	16:23.5	PB
8. Miles Gray	88	16:38.7	PB
9. Jerald Kurth	96	17:47.7	PB
10. Conor Ableman	101	18:29.4	PB
11. Parker Eckert	102	18:56.3	PB
12. Anders Olson	110	21:10.9	PB
13. Blake Betters	118	23:59.5	PB

#1 runner: Bayden Brenteson - Princeton - 12:01.1

Top 5 Ave

22:59 BTY

GIRLS' TEAM RESULTS:

1. Hibbing (AA - 9th)	68
2. Northwest Homeschool	69
3. South Ridge (A - 12th)	102
4. Pierz (A - 11th)	107
5. Proctor	128
6. Pine City	168
7. Providence Academy	213
8. Cloquet	227
9. Hinckley-Finlayson	237
10. Hermantown	238
11. Duluth Denfeld	265
12. Mora	266
13. Rock Ridge	280
14. Foley	323
15. Rush City	441
Princeton, NLA, EC	Inc
North Branch, Braham	Inc

JH Girls' Results:

1. Northwest Homeschool	59
2. Mora	66
3. Pierz	92
4. Providence Academy	101
5. Pine City	113
8 complete teams	

BOYS' TEAM RESULTS:

1. Rock Ridge	88
2. Northwest Homeschool	115
3. Pine City	120
4. Foley	128
5. Hibbing	183
6. Pierz	217
7. Cloquet	220
8. Proctor	226
9. South Ridge	246
10. Providence Academy	257
11. Princeton	258
12. Mora	298
13. St. Cloud Christian	301
14. Duluth Denfeld	304
15. Hermantown	324
16. North Branch	334
17. North Lakes Academy	448
18. Rush City	481
19. Hinckley-Finlayson	582
East Central	Inc
Braham	Inc

JV Boys' Results:

1. Rock Ridge	31
2. Hibbing	49
3. Pine City	87
4. Mora	102
5. Princeton	186
6. Proctor	196
11 complete teams	

JH Team Results:

1. St. Cloud Christian	100
2. South Ridge	117
3. Foley	119
4. Mora	125
5. Hibbing	129
10. Pine City	217
12 complete teams	

Pierz Invitational Cross Country Meet
Monday, September 19, 2022
 warm and sunny

PINE CITY GIRLS' RESULTS:

5000 m - 132 varsity & 106 JV runners

Top 5 Ave 22:52.2 BTY

	place	time	
1. Eva Johnson	18	21:08.3	#4 Pierz
2. Rachel Brown	26	21:39.1	#7 Pierz
3. Emma Belsheim	38	22:43.9	BTY
4. Peyton Perreault	69	24:13.8	BTY
5. Paige Gray	74	24:35.9	BTY
6. Gracie Larson	79	24:50.0	
7. Kaylie Christenson	100	25:56.8	PB
8. Teresa Root	48jv	27:40.8	BTY
9. Alyssa Olson	88jv	33:17.7	
10. Amber Norton		DNR	

#1 runner: Hailee Zimpel - Zimmerman - 19:15.5

JUNIOR HIGH GIRLS:

3200 m - 107 runners

	place	time	
1. Bella Schneider	25	15:50.6	BTY
2. Ella Schlichting	29	15:51.6	PB
3. Madi Perreault	39	16:10.4	PB
4. Kadence McKellar	79	18:55.0	
5. Lily Kurth	82	19:06.2	
6. Grace Severin-H.	85	19:53.9	BTY

#1 runner: Kaia Fiskness - Osakis - 13:30.6

PINE CITY BOYS' RESULTS:

5000 m - 151 varsity & 138 JV runners

Top 5 Ave 18:44.5

	place	time	
1. Weston Clementson	14	18:12.8	
2. Charlie Ausmus	18	18:18.8	
3. Ethan Aagaard	28	18:41.3	PB
4. Roman McKinney	40	19:11.5	
5. Eli Fromm	45	19:18.1	
6. Bohdan Valvoda	62	20:05.3	BTY
7. Anthony Bergeron	11jv	20:18.1	PB
8. Noah McDaniel	13jv	20:37.4	
9. Sawyer McDaniel	86	20:40.0	
10. Milo Rydberg	27jv	21:28.7	
11. Josh Brinker	65jv	22:54.1	BTY
12. McCall Leger	71jv	23:08.8	
13. Frank Betters	86jv	25:02.7	
14. Daimien Lord	100jv	25:45.7	
15. Isaac Jahnz	113jv	26:59.3	
16. Sean Skluzacek		DNR	
17. Jace Peterson		DNR	

#1 runner: Mark Swanson - Northwest Homeschool - 16:59.1

JUNIOR HIGH BOYS:

3200 m - 176 runners

	place	time	
1. Grant Larson	22	13:23.4	PB
2. Walker Remme	54	14:39.2	PB
3. Ray Ovick	90	15:33.4	PB
4. Evan Olson	101	15:55.7	PB
5. Owen Ableman	107	16:09.8	PB
6. Carson Anderson	111	16:36.2	
7. Miles Gray	118	16:46.8	
8. Jerald Kurth	134	18:04.9	
9. Conor Ableman	138	18:29.9	
10. Parker Eckert	144	18:51.5	PB
11. Anders Olson	158	20:56.4	PB
12. Blake Betters	174	25:52.0	
13. Jenner Kunze		DNR	

#1 runner: Nolan Jendro - Brainerd - 11:38.4

GIRLS' TEAM RESULTS:

1. St. Cloud Cathedral (A - 4th)	63
2. Brainerd	65
3. Little Falls	114
4. Pierz	122
5. Annandale	144
6. Northwest Homeschool (A - 12th)	148
7. Pine City	202
8. Zimmerman	217
9. Eden Valley-W.K.	244
10. Hinckley-Finlayson	261
11. Crosby-Ironton	273
12. Mora	296
13. Holdingford	299
14. Foley	360
15. Maple Lake	414
16. Watertown-Mayer	445
17. Milaca	464
18. Rush City	510
27 total teams	

JH Team Results:

1. St. Cloud Cathedral	45
2. Northwest Homeschool	76
3. Little Falls	90
9. Pine City	180
10 complete teams	

BOYS' TEAM RESULTS:

1. St. Cloud Cathedral (A - 4th)	70
2. St. John's Prep	111
3. Northwest Homeschool	139
4. Pine City	142
5. Little Falls	172
6. Foley	174
7. Brainerd	196
8. Holdingford	231
9. Zimmerman	251
10. Osakis	293
11. Pierz	294
12. St. Cloud Apollo	314
13. Mora	335
14. St. Cloud Christian	343
15. Royalton	362
16. Eden Vally-W.K.	408
17. Howard Lake W.W.	440
18. Maple Lake	471
19. Milaca	483
20. Rush City	516
21. Hinckley-Finlayson	639
26 total teams	

JV Team Results:

1. St. Cloud Cathedral	16
2. Brainerd	74
3. Holdingford	136
4. Mora	143
5. Pine City	153
12 complete teams	

JH Team Results:

1. Brainerd	40
2. Little Falls	54
3. St. Cloud Christian	133
4. St. Cloud Cathedral	137
10. Pine City	290
20 complete teams	

Foley Invitational Cross Country Meet

Thursday, September 29, 2022

cool, sunny, and breezy

PINE CITY GIRLS' RESULTS:

5000 m - 114 varsity & 69 JV runners

	place	time		
1. Eva Johnson	19	20:32.3	BTY	#4 Foley / #18 All-Time
2. Rachel Brown	26	21:02.2	PB	#6 Foley / #7 Girl All-Time / #48 A-T
3. Emma Belsheim	36	22:06.0	BTY	
4. Gracie Larson	64	23:38.3	BTY	
5. Peyton Perreault	65	23:38.8	BTY	
6. Teresa Root	20jv	25:40.2	PB	
7. Kaylie Christenson	103	25:45.1	PB	
8. Paige Gray		DNF		
9. Amber Norton		DNR		
10. Alyssa Olson		DNR		

#1 runner: Hailee Zimpel - Zimmerman - 18:49.0

JUNIOR HIGH GIRLS:

3200 m - 71 runners

	place	time	
1. Ella Schlichting	13	14:46.9	PB
2. Madi Perreault	35	16:18.8	
3. Lily Kurth	39	16:32.8	PB
4. Kaydence McKellar	44	17:01.4	PB
5. Grace Severin-H.	57	18:45.4	BTY
6. Bella Schneider		DNR	

#1 runner: Arieana Herold - Pierz - 14:00.0

PINE CITY BOYS' RESULTS:

5000 m - 127 varsity & 161 JV runners

	place	time		
1. Charlie Ausmus	8	17:26.7	BTY	#4 Foley
2. Ethan Aagaard	37	18:15.6	PB	#9 Foley
3. Eli Fromm	51	18:40.9	PB	
4. Anthony Bergeron	80	19:27.7	PB	
5. Bohdan Valvoda	85	19:37.1	PB	
6. Sawyer McDaniel	25jv	19:51.2	PB	
7. Noah McDaniel	95	20:00.7	PB	
8. McCall Leger	47jv	20:29.1	PB	
9. Josh Brinker	80jv	21:35.3	PB	
10. Jace Peterson	88jv	21:58.6	BTY	
11. Frank Betters	123jv	23:29.8	PB	
12. Daimien Lord	137jv	24:48.3		
13. Weston Clementson		DNF		
14. Roman McKinney		DNR		
15. Milo Rydberg		DNR		
16. Isaac Jahnz		DNR		
17. Sean Skluzacek		DNR		

#1 runner: Tyson Ricker - Becker - 16:13.9

JUNIOR HIGH BOYS:

3200 m - 138 runners

	place	time	
1. Grant Larson	21	13:23.4	PB tie
2. Walker Remme	36	14:02.3	PB
3. Jenner Kunze	53	14:20.1	PB
4. Ray Ovick	69	14:52.6	PB
5. Evan Olson	81	15:10.1	PB
6. Owen Ableman	83	15:13.0	PB
7. Carson Anderson	90	15:30.3	PB
8. Conor Ableman	102	16:12.6	PB
9. Miles Gray	104	16:17.3	PB
10. Parker Eckert	113	17:01.2	PB
11. Jerald Kurth	117	17:48.5	
12. Anders Olson	124	18:31.1	PB
13. Blake Betters	133	*20:12.5	PB *cut part of course

#1 runner: Lucashio Larson - Cambridge-Isanti - 12:06.3

Top 5 Ave

22:11.5 - #15 All-Time

GIRLS' TEAM RESULTS:

1. Becker	66
2. Little Falls	99
3. Spectrum	111
4. Pierz	117
5. Chisago Lakes	127
6. Zimmerman	161
7. Cambridge-Isanti	169
8. Pine City	190
9. Mora	263
10. Pillager	266
11. Lester Prairie	295
12. Holdingford	301
13. Foley	326
14. Long Prairie-Grey Eagle	384
15. Big Lake	384
16. Milaca	392

JV Girls' Results:

1. Becker	25
Pine City	Inc.

JH Girls' Results:

1. Pierz	34
6. Pine City	146
7 complete teams	

BOYS' TEAM RESULTS:

1. Becker	57
2. St. Cloud Cathedral	84
3. Big Lake	99
4. Cambridge-Isanti	135
5. Foley	173
6. Little Falls	197
7. Holdingford	208
8. Spectrum	237
9. Pine City	255
10. Chisago Lakes	259
11. Zimmerman	278
12. Albany	290
13. Princeton	291
14. Pierz	341
15. Mora	345
16. Milaca	408
17. Lester Prairie	434
18. Pillager	524

JV Boys' Results:

1. Cambridge-Isanti	29
2. St. Cloud Cathedral	69
3. Becker	120
4. Big Lake	135
5. Mora	148
6. Spectrum	160
7. Chisago Lakes	167
8. Holdingford	188
9. Foley	205
10. Zimmerman	231
11. Pine City	289
12. Albany	303

JH Boys' Results:

1. Little Falls	42
11. Pine City	234
15 complete teams	

Hinckley-Finlayson Invitational Cross Country Meet

Tuesday, October 4, 2022

mild and overcast

PINE CITY GIRLS' RESULTS:

5000 m - 97 runners

	<u>place</u>	<u>time</u>	
1. Rachel Brown	7	21:33	
2. Emma Belsheim	9	22:25	
3. Peyton Perreault	30	24:08	
4. Gracie Larson	36	24:28	
5. Teresa Root	49	25:47	
6. Paige Gray	50	25:54	
7. Alyssa Olson	78	30:29	PB
8. Eva Johnson		DNR	
9. Kaylie Christenson		DNR	
10. Amber Norton		DNR	

#1 runner: Annika Hall - Chisago Lakes - 19:28

JUNIOR HIGH GIRLS:

3200 m - 37 runners

	<u>place</u>	<u>time</u>	
1. Ella Schlichting	6	15:52	
2. Bella Schneider	9	16:03	
3. Madi Perreault	14	16:58	
4. Lily Kurth	20	17:56	
5. Kaydence McKellar	23	18:16	
6. Grace Severin-H.	31	19:54	

#1 runner: Abby Skogen - Mille Lacs - 14:51

PINE CITY BOYS' RESULTS:

5000 m - 124 runners

	<u>place</u>	<u>time</u>	
1. Charlie Ausmus	3	17:46	
2. Ethan Aagaard	13	18:39	
3. Roman McKinney	23	19:23	
4. Eli Fromm	36	19:55	
5. Sawyer McDaniel	38	19:59	
6. Anthony Bergeron	39	20:00	
7. Bohdan Valvoda	47	20:14	
8. Noah McDaniel	49	20:19	
9. McCall Leger	56	20:49	
10. Milo Rydberg	64	21:00	
11. Josh Brinker	77	22:11	
12. Jace Peterson	91	23:16	
13. Frank Betters	94	23:21	PB
14. Isaac Jahnz	106	25:06	PB
15. Weston Clementson		DNR	
16. Sean Skluzacek		DNR	
17. Daimien Lord		DNR	

#1 runner: Henry Johnson - Chisago Lakes - 17:33

JUNIOR HIGH BOYS:

3200 m - 47 runners

	<u>place</u>	<u>time</u>	
1. Grant Larson	2	13:21	PB
2. Walker Remme	7	14:44	
3. Ray Ovick	16	15:19	
4. Evan Olson	20	15:52	
5. Owen Ableman	21	16:19	
6. Miles Gray	23	16:36	
7. Jenner Kunze	25	17:07	
8. Conor Ableman	26	17:18	
9. Jerald Kurth	28	17:21	PB
10. Carson Anderson	30	17:37	
11. Parker Eckert	37	18:54	
12. Anders Olson	41	20:22	
13. Blake Betters	46	22:12	

#1 runner: Grady Swenson - East Central - 13:21

Top 5 Ave

23:40.2

GIRLS' TEAM RESULTS:

1. Chisago Lakes	40
2. Cambridge-Isanti	54
3. Hinckley-Finlayson	87
4. East Central	109
5. Mora	114
6. Pine City	124
7. Milaca	175
8. North Branch	208
9. Rush City	247
Mille Lacs	Inc
Braham	Inc

JH Girls' Results:

1. Cambridge-Isanti	23
2. Mora	56
3. Pine City	58
4. Hinckley-Finlayson	75

BOYS' TEAM RESULTS:

1. Chisago Lakes	43
2. Cambridge-Isanti	46
3. Pine City	94
4. Mora	107
5. North Branch	118
6. Milaca	141
7. Rush City	205
8. Hinckley-Finlayson	231
Braham	Inc
East Central	Inc

JH Boys' Results:

1. Mora	33
2. Pine City	50
3. Cambridge-Isanti	67
4. Rush City	103
5. Braham	131

Mora Last Chance Invitational Cross Country Meet

Tuesday, October 11, 2022

warm and windy

PINE CITY GIRLS' RESULTS:

5000 m - 60 runners

	place	time
1. Eva Johnson	3	20:51
2. Rachel Brown	6	22:11
3. Emma Belsheim	7	22:24
4. Gracie Larson	22	24:23
5. Peyton Perreault	28	25:07
6. Paige Gray	29	25:28
7. Teresa Root	34	26:14
8. Kaylie Christenson	37	26:41
9. Amber Norton		DNF
10. Alyssa Olson		DNF

Top 5 Ave 22:59

#3 Mora L.C.

GIRLS' TEAM RESULTS:

1. Cambridge-Isanti	36
2. Greenway/Nashwauk-K	51
3. Pine City	60
4. Mora	86
5. Milaca	123
Braham	Inc

#1 runner: MaKenna Sjoberg - Cambridge-Isanti - 20:25

JUNIOR HIGH GIRLS:

3200 m - 17 runners

	place	time	
1. Ella Schlichting	2	15:16	
2. Bella Schneider	3	15:17	PB
3. Madi Perreault	5	15:48	PB
4. Kaydence McKellar	9	17:44	
5. Lily Kurth	11	18:37	
6. Grace Severin-H.	13	18:48	

JH Girls' Results:

1. Pine City	24
2. Mora	31
3. Cambridge-Isanti	Inc
Milaca	Inc
Braham	Inc
Greenway/Nashwauk-K	Inc

#1 runner: Karly Adams - Greenway/Nashwauk-Keewatin - 15:10

PINE CITY BOYS' RESULTS:

5000 m - 85 runners

	place	time
1. Charlie Ausmus	2	18:07
2. Ethan Aagaard	15	19:16
3. Roman McKinney	20	19:31
4. Anthony Bergeron	22	19:39
5. Noah McDaniel	28	20:04
6. Sawyer McDaniel	49	21:53
7. McCall Leger	53	22:10
8. Jace Peterson	58	22:44
9. Josh Brinker	63	23:07
10. Daimien Lord	76	26:32
11. Frank Betters	80	27:50
12. Weston Clementson		DNR
13. Eli Fromm		DNR
14. Bohdan Valvoda		DNR
15. Milo Rydberg		DNR
16. Isaac Jahnz		DNR
17. Sean Skluzacek		DNR

Top 5 Ave 19:43.6

BOYS' TEAM RESULTS:

1. Greenway/Nashwauk-K	29
2. Cambridge-Isanti	47
3. Pine City	81
4. Mora	107
5. Milaca	119
Braham	Inc

#1 runner: Levi Danielson - Greenway/Nashwauk-Keewatin - 18:04

JUNIOR HIGH BOYS:

3200 m - 35 runners

	place	time	
1. Grant Larson	2	13:19	PB
2. Walker Remme	6	14:35	
3. Jenner Kunze	7	14:45	
4. Ray Ovick	13	15:20	
5. Miles Gray	14	15:30	PB
6. Owen Ableman	15	15:31	
7. Carson Anderson	19	16:02	
8. Evan Olson	20	16:30	
9. Conor Ableman	25	18:01	
10. Parker Eckert	26	18:49	
11. Jerald Kurth	27	19:01	
12. Anders Olson	34	22:08	
13. Blake Betters	35	22:09	

#1 runner: Jakob Ringler - Mora - 13:15

JH Boys' Results:

1. Mora	32
2. Pine City	42
3. Cambridge-Isanti	61
Milaca	Inc
Braham	Inc
Greenway/Nashwauk-K	Inc

Great River Conference Cross Country Meet @ Pine City

Tuesday, October 18, 2022

cold, sunny, slight wind (almost perfect)

PINE CITY GIRLS' RESULTS:

5000 m - 31 varsity & 11 JV runners

	<u>place</u>	<u>time</u>	
1. Eva Johnson	1	19:58	PB
2. Rachel Brown	3	21:12	
3. Emma Belsheim	4	21:42	PB
4. Peyton Perreault	12	23:05	BTY
5. Gracie Larson	14	23:32	BTY
6. Paige Gray	15	23:35	BTY
7. Teresa Root	23	24:32	PB
8. Kaylie Christenson	1jv	25:28	PB
9. Alyssa Olson	3jv	28:37	PB
10. Amber Norton		DNR	

#1 runner: Eva Johnson - Pine City - 19:58

#1 jv runner: Kaylie Christenson - Pine City - 25:28

JUNIOR HIGH GIRLS:

3200 m - 15 runners

	<u>place</u>	<u>time</u>	
1. Bella Schneider	2	15:00	PB
2. Ella Schlichting	3	15:08	
3. Madi Perreault	4	15:22	PB
4. Kaydence McKellar	11	18:08	
5. Lily Kurth	13	19:18	
6. Grace Severin-H.		DNR	

#1 runner: Abby Skogen - Mille Lacs - 14:26

PINE CITY BOYS' RESULTS:

5000 m - 26 varsity & 8 JV runners

	<u>place</u>	<u>time</u>	
1. Charlie Ausmus	1	17:34	
2. Weston Clementson	2	18:18	
3. Ethan Aagaard	3	18:20	
4. Roman McKinney	4	18:45	PB
5. Eli Fromm	6	19:06	
6. Bohdan Valvoda	7	19:10	PB
7. Noah McDaniel	9	19:24	PB
8. Sawyer McDaniel	1jv	19:31	PB
9. Jace Peterson	2jv	22:09	
10. Josh Brinker	3jv	22:13	
11. Frank Betters	4jv	23:35	
12. Daimien Lord	5jv	24:28	BTY
13. Anthony Bergeron		DNR	
14. Milo Rydberg		DNR	
15. McCall Leger		DNR	
16. Isaac Jahnz		DNR	
17. Sean Skluzacek		DNR	

#1 runner: Charlie Ausmus - Pine City - 17:34

#1 JV runner: Sawyer McDaniel - Pine City - 19:31

JUNIOR HIGH BOYS:

3200 m - 24 runners

	<u>place</u>	<u>time</u>	
1. Grant Larson	1	12:46	PB
2. Jenner Kunze	2	13:44	PB
3. Walker Remme	3	13:50	PB
4. Ray Ovick	6	14:11	PB
5. Miles Gray	9	15:46	
6. Carson Anderson	10	16:04	
7. Owen Ableman	12	16:30	
8. Conor Ableman	13	17:02	
9. Jerald Kurth	18	18:26	
10. Parker Eckert	20	19:22	
11. Blake Betters	22	19:57	PB
12. Anders Olson	23	20:03	
13. Evan Olson		DNR	

#1 runner: Grant Larson - Pine City - 12:46

Top 5 Ave

21:53.8 - #2 GRC / #11 All-Time

GIRLS' TEAM RESULTS:

1. Pine City	30
2. Hinckley-Finlayson	37
3. East Central	60
4. Rush City	119
Mille Lacs	Inc
Braham	Inc

JV Girls' Results:

1. Hinckley-Finlayson
2. Pine City
3. East Central
4. Rush City
5. Braham
6. Mille Lacs

JH Girls' Results (top 3):

1. Pine City	6
2. Hinckley-Finlayson	15
Mille Lacs	Inc
Rush City	Inc
East Central	Inc
Braham	Inc

BOYS' TEAM RESULTS:

1. Pine City	15
2. Rush City	53
3. Hinckley-Finlayson	72
East Central	Inc
Braham	Inc

JV Boys' Results:

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

JH Boys' Results (top 3):

1. Pine City	6
2. Rush City	20
3. Braham	28
Hinckley-Finlayson	Inc
East Central	Inc

Section 7AA Cross Country Meet in Hibbing

Thursday, October 27, 2022

cool with a slight breeze

PINE CITY GIRLS' RESULTS:

5000 m - 77 varsity runners

	place	time	
1. Eva Johnson	7	20:22.2	#4 Section
**** Qualifies for STATE ****			
2. Rachel Brown	28	21:48.2	
3. Emma Belsheim	37	22:17.1	
4. Peyton Perreault	54	23:21.2	
5. Gracie Larson	56	23:32.0	
6. Teresa Root	64	24:44.1	
7. Paige Gray	66	24:55.2	
Alt. Kaylie Christenson			
Alt. Ella Schlichting			
Alt. Bella Schneider			

Top 5 Ave

22:04.1 - #4 Section / #15 A.T.

GIRLS' TEAM RESULTS:

1. Hibbing	47
2. Rock Ridge	51
3. North Shore	87
4. Proctor	93
5. Cloquet	131
6. Pine City	182
7. Hermantown	187
8. Duluth Denfeld	198
9. Mora	237
10. Grand Rapids	246
11. North Branch	330

Individual State Meet Qualifiers:

1. Maija Lamppa (9)	Rock Ridge	19:35.2	Team 2
2. Milenna Sullivan (11)	Hibbing	19:44.1	Team 1
3. Olya Wright (11)	North Shore	19:45.2	Individual 1
4. Nora Stark (9)	Rock Ridge	19:58.6	Team 2
5. Lizzy Harnell (10)	Proctor	20:08.2	Individual 2
6. Alexis Lamppa (9)	Rock Ridge	20:13.3	Team 2
7. Eva Johnson (11)	Pine City	20:22.2	Individual 3
8. Grace McCormick (12)	Duluth Denfeld	20:28.7	Individual 4
9. Abigail Theien (10)	Hibbing	20:45.2	Team 1
10. Lamar Gordon (12)	North Shore	20:43.3	Individual 5
11. Avery Kukowski (8)	Hibbing	20:45.2	Team 1
12. Jocelyn Strukel (11)	Hibbing	20:49.2	Team 1
13. Gianna Figueroa (10)	Hibbing	20:49.4	Team 1
14. Hannah Farnsworth (8)	Hibbing	20:50.9	Team 1
15. Miia Johnson (8)	Rock Ridge	20:58.5	Team 2
16. Carlie Blevins (11)	Proctor	21:00.3	Individual 6

PINE CITY BOYS' RESULTS:

5000 m - 77 varsity runners

	place	time	
1. Eli Fromm	14	17:58.8	PB
2. Ethan Aagaard	21	18:12.1	PB
3. Charlie Ausmus	22	18:16.1	
4. Weston Clementson	30	18:38.1	
5. Roman McKinney	37	18:53.1	
6. Bohdan Valvoda	52	19:21.2	
7. Anthony Bergeron	60	19:36.4	
Alt. Noah McDaniel			
Alt. Sawyer McDaniel			
M. Josh Brinker			

Top 5 Ave

18:23.6

BOYS' TEAM RESULTS:

1. Rock Ridge	25
2. Grand Rapids	104
3. North Shore	105
4. Pine City	123
5. Cloquet	131
6. Hibbing	157
7. Mora	180
8. Hermantown	186
9. North Branch	249
10. Proctor	261
11. Duluth Denfeld	265

Individual State Meet Qualifiers:

1. Cameron Stocke (12)	Rock Ridge	15:55.2	Team 1
2. Miles Fischer (12)	Cloquet	16:50.1	Individual 1
3. Ian Thorpe (12)	North Shore	16:57.8	Individual 2
4. Jake Bradach (12)	Rock Ridge	17:06.5	Team 1
5. Casey Aune (11)	Rock Ridge	17:16.2	Team 1
6. Jared Delich (12)	Rock Ridge	17:21.6	Team 1
7. Alex Williams (11)	Mora	17:23.2	Individual 3
8. Jordan Stum (10)	North Branch	17:27.2	Individual 4
9. Jackson Kendall (10)	Rock Ridge	17:32.1	Team 1
10. Adrian Hanson-Kaasa (12)	Grand Rapids	17:35.2	Team 2
11. Connor Matschiner (12)	Rock Ridge	17:38.2	Team 1
12. Cyrus Myers (12)	North Shore	17:45.2	Individual 5
13. Charlie Juntunen (12)	Denfeld	17:52.2	Individual 6

Eva Johnson at STATE XC



77th Place in AA – 20:27.5

STATE CROSS COUNTRY MEET

at St. Olaf College in Northfield

Saturday, November 5, 2022

cold and misty; 38 degrees

PINE CITY GIRLS' RESULTS:

5000 m - 160 runners

	place	time
Eva Johnson	77	20:27.5
	#4 STATE / #19 All-Time	
1600m Split - 6:12	3200m Split - 12:55 (6:43)	

Top 10 Finishers:

1. Luna Scorzelli (11)	St. Paul Highland Park	17:45.1
2. Isabelle Schmitz (11)	Hutchinson	18:18.2
3. Kendra Krueger (12)	Jordan	18:28.6
4. Macy Hanson (10)	Fairmont	18:36.5
5. Hailee Zimpel (12)	Zimmerman	18:37.0
6. Isabel Mahoney (9)	Monticello	18:37.1
7. Allyson Sample (11)	Marshall	18:37.6
8. Lauren Eilers (10)	Willmar	18:42.4
9. Citori Halbe (9)	Alexandria	18:43.3
10. Calia Chaney (11)	Pequot Lakes	18:44.1

Area/Section runners:

23 Kaia Osmundson (10)	Chisago Lakes	19:25.2
25 Maija Lamppa (9)	Rock Ridge	19:27.8
29 Annika Hall (7)	Chisago Lakes	19:34.4
33 Milenna Sullivan (11)	Hibbing	19:36.6
37 Olya Wright (11)	North Shore	19:41.4
27 <i>Reanna Cruz (12) *Class A</i>	<i>Legacy Christian</i>	<i>19:54.0</i>
50 Lamar Gordon (12)	North Shore	19:59.1
59 Nora Stark (9)	Rock Ridge	20:06.1
63 Alexis Lamppa (9)	Rock Ridge	20:13.1
74 Lizzy Harnell (10)	Proctor	20:21.1
77 Eva Johnson (11)	Pine City	20:27.5
83 Gianna Figueroa (10)	Hibbing	20:35.2
89 Avery Kukowski (8)	Hibbing	20:50.4
95 Jorie Anderson (11)	Hibbing	20:53.9
97 Hannah Farnsworth (8)	Hibbing	20:55.8
101 Jocelyn Strukel (11)	Hibbing	20:59.8
112 Abigail Theien (10)	Hibbing	21:17.2
117 Carlie Blevins (11)	Proctor	21:34.7
118 Miia Johnson (8)	Rock Ridge	21:35.8
- Grace McCormick (12)	Duluth Denfeld	DNR (Covid)

GIRLS' "AA" TEAM RESULTS:

1. St. Paul Highland Park	79
2. Alexandria	105
3. Marshall	125
4. Becker	157
5. Willmar	162
6. Monticello	241
7. Rock Ridge (7AA)	242
8. Benilde-St. Margarets	243
9. Hibbing (7AA)	246
10. Delano	259
11. Two Rivers	268
12. New Prague	275
13. Waseca	293
14. Chisago Lakes	293
15. Faribault	302
16. Mahtomedi	372

BOYS' "AA" TEAM RESULTS:

1. Mankato East	111
2. Rock Ridge (7AA)	113
3. Big Lake	136
4. Delano	154
5. Orono	157
6. St. Paul Highland Park	165
7. Belle Plaine	178
8. Monticello	197
9. Alexandria	199
10. Winona	227
11. Two Rivers	234
12. St. Paul Como Park	235
13. Albert Lea	301
14. Totino-Grace	316
15. Fergus Falls	330
16. Grand Rapids (7AA)	438

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2022

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley
Emma Belsheim	11	2022	23:38 (5k)	22:59 (5k)	23:14 (5k)	22:44 (5k)	C	22:06 (5k)
	10	2021	23:53 (5k)	23:11 (5k)	22:53 (5k)	22:05 (5k)	22:21 (5k)	22:12 (5k)
	9	2020	27:09 (5k)	24:24 (5k)	C	23:52 (5k)	C	24:19 (5k)
	8	2019	pr. 9:28 (2k)	8:54 (2k)	11:37 (2.4k)	15:02 (3.2k)	26:17 (5k)	24:33 (5k)
Eva Johnson	11	2022	DNR	21:23 (5k)	20:50 (5k)	21:08 (5k)	C	20:32 (5k)
	10	2021	DNR	DNR	DNR	21:52 (5k)	21:25 (5k)	21:15 (5k)
	9	2020	23:54 (5k)	21:06 (5k)	C	DNR	C	21:18 (5k)
	8	2019	Pr. 21:56 (5k)	21:38 (5k)	21:32 (5k)	21:39 (5k)	21:25 (5k)	20:39 (5k)
	7	2018	pr. 8:47 (2k)	8:50 (2k)	10:20 (2.4k)	14:02 (3.2k)	DNR	21:57 (5k)
Sophia Olson	11	2022	MANAGER					
	10	2021	26:28 (5k)	27:21 (5k)	DNR	27:37 (5k)	24:50 (5k)	25:16 (5k)
	9	2020	27:01 (5k)	24:27 (5k)	C	DNR	C	DNR
	8	2019	pr. 9:55 (2k)	9:22 (2k)	11:13 (2.4k)	16:34 (3.2k)	25:54 (5k)	24:56 (5k)
	7	2018		11:17 (2k)	13:36 (2.4k)	16:50 (3.2k)	16:40 (3.2k)	16:58 (3.2k)
Rachel Brown	10	2022	22:44 (5k)	21:54 (5k)	21:30 (5k)	21:39 (5k)	C	21:02 (5k)
	9	2021	23:00 (5k)	23:07 (5k)	22:33 (5k)	22:37 (5k)	21:58 (5k)	22:12 (5k)
	8	2020	28:16 (5k)	24:25 (5k)	C	23:57 (5k)	C	23:23 (5k)
	7	2019	pr. 9:40 (2k)	9:15 (2k)	11:05 (2.4k)	16:38 (3.2k)	26:29 (5k)	14:09 (3k)
Kaylie Christenson	10	2022	26:55 (5k)	26:05 (5k)	DNF	25:57 (5k)	C	25:45 (5k)
	9	2021	DNR	DNR	DNR	DNR	DNR	DNR
Amber Norton	10	2022	DNF	DNF	DNR	DNR	C	DNR
	9	2021	28:28 (5k)	29:09 (5k)	28:10 (5k)	27:08 (5k)	28:03 (5k)	28:05 (5k)
	8	2020	12:28 (2.2k)	9:33 (2k)	C	16:35 (3.2k)	C	15:16 (3k)
Alyssa Olson	10	2022	39:03 (5k)	31:30 (5k)	35:04 (5k)	33:18 (5k)	C	DNR
Peyton Perreault	10	2022	26:00 (5k)	24:42 (5k)	24:36 (5k)	24:14 (5k)	C	23:39 (5k)
	9	2021	26:31 (5k)	26:38 (5k)	25:17 (5k)	24:01 (5k)	23:42 (5k)	23:37 (5k)
	8	2020	11:00 (2.2k)	8:53 (2k)	C	14:59 (3.2k)	C	26:11 (5k)
	7	2019	pr. 11:09 (2k)	9:44 (2k)	11:57 (2.4k)	17:31 (3.2k)	DNR	14:26 (3k)
Paige Gray	9	2022	DNF	24:37 (5k)	24:59 (5k)	24:36 (5k)	C	DNF
	8	2021	15:05 (3k)	25:50 (5k)	26:03 (5k)	24:20 (5k)	23:32 (5k)	23:35 (5k)
	7	2020	11:49 (2.2k)	9:21 (2k)	C	16:11 (3.2k)	C	14:59 (3k)
Gracie Larson	9	2022	27:57 (5k)	24:38 (5k)	24:45 (5k)	24:50 (5k)	C	23:39 (5k)
	8	2021	26:16 (5k)	25:23 (5k)	25:07 (5k)	23:52 (5k)	23:14 (5k)	23:22 (5k)
	7	2020	11:32 (2.2k)	9:25 (2k)	C	15:46 (3.2k)	C	14:50 (3k)
Teresa Root	9	2022	DNF	27:44 (5k)	28:35 (5k)	27:41 (5k)	C	25:40 (5k)
	8	2021	9:57 (2k)	9:44 (2k)	16:35 (3.2k)	16:13 (3.2k)	15:37 (3.2k)	26:25 (5k)
	7	2020	12:09 (2.2k)	10:08 (2k)	C	17:19 (3.2k)	C	16:18 (3k)

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2022

Hinckley	Duluth / Swain	Mora	Conference	Section	State	PB	Average
22:25 (5k)	C	22:24 (5k)	PC-21:42 (5k)	Hibb - 22:17		21:42	22:37
22:45 (5k)	22:42 (5k)	22:25 (5k)	HF-22:25 (5k)	Cloq - 21:56.5		21:57	22:37
C	C	C	HF-24:08 (5k)	Mora - 23:29.2		23:29	24:02
X	25:30 (5k)	25:07 (5k)	25:02 (5k)	Mora - 23:30		23:30	24:58
DNR	C	20:51 (5k)	PC-19:58 (5k)	Hibb - 20:22	20:27.5	19:58	20:42
21:54 (5k)	22:12 (5k)	21:22 (5k)	HF-21:15 (5k)	Cloq - 20:46		20:45.7	21:30
C	C	C	HF-21:16 (5k)	Mora - 20:59.3		20:59.3	21:10
X	22:14 (5k)	DNR	20:29 (5k)	Mora - 20:04.0	20:11.0	20:04.3	21:04
X	21:37 (5k)	21:05 (5k)	PC-20:44 (5k)	Mora - 20:22.7		20:22.7	21:09
	C					MANAGER	MANAGER
25:49 (5k)	DNR	DNR	HF-26:15 (5k)	Cloq - 24:51		24:50	26:04
C	C	C	DNR			24:27	24:27
X	DNR	15:04 (3.2k)	25:08 (5k)	Mora - 24:40		24:40	25:09
12:14 (2.5k)	X	15:34 (3.2k)	PC-16:13 (3.2k)	Alt.		15:34 (3.2k)	16:27 (3.2k)
21:33 (5k)	C	22:11 (5k)	PC-21:12 (5k)	Hibb - 21:48		21:02	21:44
22:58 (5k)	23:12 (5k)	22:54 (5k)	HF-22:43 (5k)	Cloq - 22:28		21:58	22:42
C	C	C	HF-23:32 (5k)	Mora - 23:00		23:00	23:39
23:53 (5k)	X	23:56 (5k)	24:14 (5k)	Mora - 23:16		23:16	24:22
DNR	C	26:41 (5k)	PC-25:28 (5k)	Hibb - Alt		25:28	26:09
34:42 (5k)	X	29:40 (5k)	HF-29:45 (5k)			29:40	31:22
DNR	C	DNF	DNR			N-A	N-A
DNR	X	28:07 (5k)	HF-27:47 (5k)	Cloq - Alt		27:08	28:07
C	C	C	12:44 (2.5k)			N-A	N-A
30:29 (5k)	C	DNF	PC-28:37 (5k)			28:37	31:47
24:08 (5k)	C	25:07 (5k)	PC-23:05 (5k)	Hibb - 23:21		23:05	24:19
25:03 (5k)	24:26 (5k)	23:29 (5k)	HF-24:17 (5k)	Cloq - 22:48		22:48	24:32
C	C	C	HF-25:25 (5k)			25:25	25:48
12:02 (2.5k)	X	15:23 (3.2k)	15:25 (3.2k)	Mora - Alt.		15:23 (3.2k)	14:57 (3.2k)
25:54 (5k)	C	25:28 (5k)	PC-23:35 (5k)	Hibb - 24:55		22:35	24:52
24:35 (5k)	25:08 (5k)	23:17 (5k)	HF-23:50 (5k)	Cloq - 22:50		22:50	24:18
C	C	C	11:51 (2.5k)			N-A	N-A
24:28 (5k)	C	24:23 (5k)	PC-23:32 (5k)	Hibb - 23:32		23:31	24:38
DNF	DNF	23:16 (5k)	HF-23:43 (5k)	Cloq - 22:40		22:40	24:06
C	C	C	11:53 (2.5k)			N-A	N-A
25:47 (5k)	C	26:14 (5k)	PC-24:32 (5k)	Hibb - 24:44		24:32	26:22
28:01 (5k)	26:22 (5k)	26:57 (5k)	DNR	Cloq - Alt		26:22	26:56
C	C	C	12:27 (2.5k)			N-A	N-A

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2022

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley
Kadence McKellar	8	2022	10:41 (2k)	9:56 (2k)	18:10 (3.2k)	18:55 (3.2k)	C	17:01 (3.2k)
	7	2021	11:20 (2k)	10:22 (2k)	19:19 (3.2k)	19:35 (3.2k)	18:28 (3.2k)	18:05 (3.2k)
Madi Perreault	8	2022	DNR	9:49 (2k)	16:38 (3.2k)	16:10 (3.2k)	C	16:19 (3.2k)
	7	2021	11:06 (2k)	10:26 (2k)	21:27 (3.2k)	17:50 (3.2k)	17:53 (3.2k)	19:47 (3.2k)
Ella Schlichting	8	2022	9:30 (2k)	9:04 (2k)	15:59 (3.2k)	15:52 (3.2k)	C	14:47 (3.2k)
	7	2021	11:09 (2k)	10:20 (2k)	19:55 (3.2k)	17:49 (3.2k)	16:55 (3.2k)	18:35 (3.2k)
Bella Schneider	8	2022	DNR	9:05 (2k)	15:52 (3.2k)	15:51 (3.2k)	C	DNR
	7	2021	10:01 (2k)	9:51 (2k)	17:14 (3.2k)	16:14 (3.2k)	15:50 (3.2k)	16:02 (3.2k)
Grace Severin-H.	8	2022	DNR	11:35 (2k)	20:35 (3.2k)	19:54 (3.2k)	C	18:45 (3.2k)
	7	2021	12:07 (2k)	11:24 (2k)	21:28 (3.2k)	18:50 (3.2k)	DNR	19:45 (3.2k)
Lily Kurth	7	2022	12:28 (2k)	10:28 (2k)	18:22 (3.2k)	19:06 (3.2k)	C	16:33 (3.2k)

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2022

Hinckley	Duluth / Swain	Mora	Conference	Section	State	PB	Average
18:16 (3.2k)	C	17:44 (3.2k)	18:08 (3.2k)			17:01 (3.2k)	18:01 (3.2k)
19:01 (3.2k)	X	18:12 (3.2k)	18:33 (3.2k)			18:05 (3.2k)	18:45 (3.2k)
16:58 (3.2k)	C	15:48 (3.2k)	15:22 (3.2k)			15:22 (3.2k)	16:07 (3.2k)
17:12 (3.2k)	X	17:26 (3.2k)	17:56 (3.2k)			17:12 (3.2k)	18:30 (3.2k)
15:52 (3.2k)	C	15:16 (3.2k)	15:08 (3.2k)	Hibb - Alt		14:47 (3.2k)	15:23 (3.2k)
19:18 (3.2k)	X	16:25 (3.2k)	17:37 (3.2k)			16:25 (3.2k)	18:05 (3.2k)
16:03 (3.2k)	C	15:17 (3.2k)	15:00 (3.2k)	Hibb - Alt		15:00 (3.2k)	15:33 (3.2k)
16:44 (3.2k)	X	16:13 (3.2k)	17:13 (3.2k)			15:50 (3.2k)	16:30 (3.2k)
19:54 (3.2k)	C	18:48 (3.2k)	DNR			18:45 (3.2k)	19:20 (3.2k)
19:32 (3.2k)	X	18:14 (3.2k)	19:22 (3.2k)			18:14 (3.2k)	19:32 (3.2k)
17:56 (3.2k)	C	18:37 (3.2k)	19:18 (3.2k)			16:33 (3.2k)	18:18 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES

2022

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley
Josh Brinker	12	2022	24:12 (5k)	23:41 (5k)	23:33 (5k)	22:54 (5k)	C	21:35 (5k)
	11	2021	25:45 (5k)	24:38 (5k)	23:45 (5k)	23:24 (5k)	22:54 (5k)	22:56 (5k)
Isaac Jahnz	12	2022	DNR	27:57 (5k)	26:09 (5k)	26:59 (5k)	C	DNR
	11	2021	DNR	28:45 (5k)	27:24 (5k)	27:04 (5k)	26:09 (5k)	26:59 (5k)
Anthony Bergeron	10	2022					C	
Charlie Ausmus	10	2022	18:47 (5K)	18:03 (5K)	18:33 (5K)	18:19 (5K)	C	17:27 (5K)
	9	2021	17:54 (5K)	17:50 (5K)	17:52 (5K)	17:24 (5K)	17:25 (5K)	17:18 (5K)
	8	2020	19:24 (5K)	17:33 (5K)	C	17:38 (5k)	C	17:35 (5k)
	7	2019	pr. 7:55 (2k)	7:25 (2k)	8:52 (2.4k)	12:51 (3.2k)	21:09 (5k)	11:25 (3k)
Frank Betters	10	2022	29:15 (5K)	25:56 (5K)	24:08 (5K)	25:03 (5K)	C	23:30 (5K)
	9	2021	16:40 (3k)	26:37 (5k)	31:05 (5k)	26:26 (5k)	DNR	26:11 (5k)
Eli Fromm	10	2022	21:53 (5K)	18:55 (5K)	19:25 (5K)	19:18 (5K)	C	18:41 (5K)
	9	2021	19:48 (5K)	20:11 (5K)	19:33 (5K)	20:18 (5K)	19:09 (5K)	18:48 (5K)
	8	2020	8:59 (2.2k)	7:27 (2k)	C	22:52 (5k)	C	21:45 (5k)
	7	2019	pr. 8:07 (2k)	8:02 (2k)	10:14 (2.4k)	14:40 (3.2k)	24:37 (5k)	12:42 (3k)
Landon Ganote	10	2022	30:33 (5K)				C	
Daimien Lord	10	2022	26:28 (5K)	24:36 (5K)	24:43 (5K)	25:46 (5K)	C	24:48 (5K)
	9	2021	26:01 (5k)	26:00 (5k)	24:52 (5K)	24:14 (5K)	23:57 (5k)	24:32 (5k)
	8	2020	10:33 (2.2k)	8:46 (2k)	C	15:02 (3.2k)	C	14:28 (3k)
	7	2019	DNR	9:23 (2k)	11:55 (2.4k)	16:53 (3.2k)	27:59 (5k)	14:05 (3k)
Sawyer McDaniel	10	2022	20:33 (5K)	19:58 (5K)	20:05 (5K)	20:40 (5K)	C	19:51 (5K)
	9	2021	21:02 (5k)	21:12 (5k)	21:22 (5k)	21:21 (5k)	20:44 (5k)	20:54 (5k)
	8	2020	9:42 (2.2k)	8:02 (2k)	C	13:15 (3.2k)	C	12:20 (3k)
	7	2019	pr. 9:07 (2k)	8:21 (2k)	10:25 (2.4k)	14:54 (3.2k)	26:31 (5k)	14:15 (3k)
Roman McKinney	10	2022	19:56 (5K)	18:51 (5K)	19:35 (5K)	19:12 (5K)	C	DNR
	9	2021	20:25 (5k)	20:16 (5k)	19:57 (5k)	19:43 (5k)	19:12 (5K)	19:10 (5K)
	8	2020	8:49 (2.2k)	7:15 (2k)	C	20:14 (5k)	C	20:18 (5k)
	7	2019	pr. 8:19 (2k)	7:57 (2k)	9:58 (2.4k)	13:42 (3.2k)	21:43 (5k)	11:58 (3k)
Jace Peterson	10	2022	23:58 (5K)	23:56 (5K)	22:53 (5K)	DNR	C	21:59 (5K)
	9	2021	22:01 (5k)	21:31 (5k)	21:21 (5k)	21:27 (5k)	21:29 (5k)	21:49 (5k)
	8	2020	9:05 (2.2k)	7:31 (2k)	C	13:08 (3.2k)	C	12:23 (3k)
Sean Skluzacek	10	2022	22:29 (5K)	21:09 (5K)	21:52 (5K)	DNR	C	DNR
	9	2021	21:22 (5k)	21:26 (5k)	21:23 (5k)	20:45 (5k)	20:02 (5k)	19:49 (5k)
	8	2020	9:07 (2.2k)	7:35 (2k)	C	DNF	C	12:35 (3k)
Ethan Aagaard	9	2022	19:07 (5K)	18:46 (5K)	18:42 (5K)	18:41 (5K)	C	18:15 (5K)
	8	2021	19:58 (5k)	20:21 (5k)	20:14 (5k)	19:49 (5k)	19:00 (5k)	19:00 (5k)
	7	2020	9:04 (2.2k)	7:47 (2k)	C	21:07 (5k)	C	22:09 (5k)
Weston Clementson	9	2022	18:50 (5K)	18:02 (5K)	18:02 (5K)	18:13 (5K)	C	DNF
	8	2021	20:57 (5k)	24:24 (5k)	DNR	20:35 (5k)	19:56 (5k)	19:49 (5k)
	7	2020	9:10 (2.2k)	7:55 (2k)	C	13:35 (3.2k)	C	12:40 (3k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2022

Hinckley	Duluth / Swain	Mora	Conference	Section	State	PB	Average
22:11 (5k)	C	23:07 (5k)	PC-22:13 (5k)			21:35	22:56
23:37 (5k)	X	23:38 (5k)	HF-22:55 (5k)			22:54	23:41
25:06 (5k)	C	DNR	DNR			25:06	26:33
26:57 (5k)	X	25:18 (5k)	HF-25:06 (5k)			25:06	26:27
	C		DNR	Hibb - 19:36		19:28	20:29
17:46 (5k)	C	18:07 (5k)	PC-17:34 (5k)	Hibb - 18:16		17:27	18:06
17:41 (5k)	18:11 (5k)	17:54 (5k)	HF-18:08 (5k)	Cloq - 18:02		17:18	17:47
C	C	C	HF-17:58 (5k)	Mora - 18:12		17:33	17:47
19:46 (5k)	X	19:51 (5k)	PC-19:14 (5k)	Mora - 18:51		18:51	19:46
23:21 (5k)	C	27:50 (5k)	PC-23:35 (5k)			23:21	24:46
27:02 (5k)	X	28:35 (5k)	HF-27:14 (5k)			26:12	27:38
19:55 (5k)	C	DNR	PC-19:06 (5k)	Hibb - 17:59		17:59	19:24
19:24 (5k)	19:26 (5k)	19:34 (5k)	HF-20:16 (5k)	Cloq - 18:44		18:44	19:34
C	C	C	HF-23:59 (5k)			21:45	22:52
10:03 (2.5k)	X	13:17 (3.2k)	13:21 (3.2k)			13:17 (3.2k)	
						30:33	30:33
DNR	C	26:32 (5k)	PC-24:28 (5k)			24:28	25:20
23:45 (5k)	X	24:38 (5k)	HF-23:44 (5k)			23:44	24:31
C	C	C	11:34 (2.5k)			N-A	N-A
11:14 (2.5k)	X	14:52 (3.2k)	14:51 (3.2k)			14:51 (3.2k)	
19:59 (5k)	C	21:53 (5k)	PC-19:31 (5k)	Hibb - Alt		19:31	20:19
21:18 (5k)	20:58 (5k)	20:37 (5k)	HF-20:27 (5k)	Cloq - Alt		20:28	21:00
C	C	C	10:43 (2.5k)			N-A	N-A
10:41 (2.5k)	X	14:25 (3.2k)	14:10 (3.2k)			14:10 (3.2k)	
19:23 (5k)	C	19:31 (5k)	PC-18:45 (5k)	Hibb - 18:53		18:45	19:16
19:41 (5k)	19:28 (5k)	19:12 (5k)	HF-19:09 (5k)	Cloq - 18:53		18:53	19:33
C	C	C	HF-20:16 (5k)	Mora - 20:51		20:14	20:25
20:46 (5k)	X	13:02 (3.2k)	12:44 (3.2k)			12:44 (3.2k)	12:52 (3.2k)
23:16 (5k)	C	22:44 (5k)	PC-22:09 (5k)			21:59	22:59
DNR	X	DNR	DNR			21:21	21:36
C	C	C	10:07 (2.5k)			N-A	N-A
DNR	C	DNR	DNR			21:09	21:50
20:22 (5k)	DNF	19:52 (5k)	HF-20:47 (5k)	Cloq - 19:57		19:49	20:35
C	C	C	10:32 (2.5k)			N-A	N-A
18:39 (5k)	C	19:16 (5k)	PC-18:20 (5k)	Hibb - 18:12		18:12	18:40
19:49 (5k)	19:16 (5k)	19:00 (5k)	HF-19:21 (5k)	Cloq - 18:42		18:42	19:30
C	C	C	HF-22:21 (5k)	Alt.		21:07	21:49
DNR	C	DNR	PC-18:18 (5k)	Hibb - 18:38		18:02	18:21
20:21 (5k)	20:13 (5k)	19:35 (5k)	HF-19:54 (5k)	Cloq - 19:05		19:05	20:29
C	C	C	10:26 (2.5k)			N-A	N-A

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2022

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley
McCall Leger	9	2022	DNR	21:31 (5k)	21:23 (5k)	23:09 (5k)	C	20:29 (5k)
	8	2021	22:02 (5k)	21:40 (5k)	22:13 (5k)	DNR	DNR	21:32 (5k)
	7	2020	DNR	DNR	C	DNR	C	DNR
Noah McDaniel	9	2022	20:47 (5k)	20:43 (5k)	20:14 (5k)	20:37 (5k)	C	20:01 (5k)
	8	2021	14:10 (3k)	25:01 (5k)	24:59 (5k)	26:46 (5k)	24:32 (5k)	24:56 (5k)
	7	2020	12:46 (2.2k)	10:33 (2k)	C	16:23 (3.2k)	C	15:58 (3k)
Milo Rydberg	9	2022	DNR	20:44 (5k)	20:15 (5k)	21:29 (5k)	C	DNR
	8	2021	22:36 (5k)	21:38 (5k)	21:59 (5k)	20:46 (5k)	21:00 (5k)	20:58 (5k)
	7	2020	DNR	DNR	C	17:19 (3.2k)	C	14:36 (3k)
Bohdan Valvoda	9	2022	25:03 (5k)	20:32 (5k)	20:07 (5k)	20:05 (5k)	C	19:37 (5k)
	8	2021	23:17 (5k)	21:34 (5k)	21:28 (5k)	20:43 (5k)	20:12 (5k)	20:09 (5k)
	7	2020	9:44 (2.2k)	8:21 (2k)	C	14:09 (3.2k)	C	12:42 (3k)
Carson Anderson	8	2022	9:56 (2k)	9:10 (2k)	16:22 (3.2k)	16:36 (3.2k)	C	15:30 (3.2k)
	7	2021	9:59 (2k)	9:44 (2k)	16:31 (3.2k)	16:38 (3.2k)	15:42 (3.2k)	15:37 (3.2k)
Jerald Kurth	8	2022	12:04 (2k)	11:03 (2k)	17:48 (3.2k)	18:05 (3.2k)	C	17:49 (3.2k)
Grant Larson	8	2022	8:39 (2k)	7:58 (2k)	13:50 (3.2k)	13:23 (3.2k)	C	13:23 (3.2k)
	7	2021	8:59 (2k)	8:47 (2k)	15:09 (3.2k)	14:30 (3.2k)	14:34 (3.2k)	13:56 (3.2k)
Ray Ovick	8	2022	9:49 (2k)	8:45 (2k)	16:03 (3.2k)	15:33 (3.2k)	C	14:53 (3.2k)
Conor Ableman	7	2022	10:48 (2k)	9:53 (2k)	18:28 (3.2k)	18:30 (3.2k)	C	16:13 (3.2k)
Owen Ableman	7	2022	10:18 (2k)	9:14 (2k)	16:13 (3.2k)	16:10 (3.2k)	C	15:13 (3.2k)
Blake Betters	7	2022	16:45 (2k)	14:03 (2k)	24:00 (3.2k)	25:52 (3.2k)	C	*20:13 (3.2k)
Parker Eckert	7	2022	11:38 (2k)	11:00 (2k)	18:56 (3.2k)	18:52 (3.2k)	C	17:01 (3.2k)
Miles Gray	7	2022	10:57 (2k)	10:03 (2k)	16:39 (3.2k)	16:47 (3.2k)	C	16:17 (3.2k)
Jenner Kunze	7	2022	10:01 (2k)	8:52 (2k)	15:16 (3.2k)	DNR	C	14:20 (3.2k)
Anders Olson	7	2022	12:52 (2k)	11:52 (2k)	21:11 (3.2k)	20:56 (3.2k)	C	18:31 (3.2k)
Evan Olson	7	2022	9:39 (2k)	9:10 (2k)	16:24 (3.2k)	15:56 (3.2k)	C	15:10 (3.2k)
Walker Remme	7	2022	9:23 (2k)	7:58 (2k)	14:42 (3.2k)	14:39 (3.2k)	C	14:02 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2022

Hinckley	Duluth / Swain	Mora	Conference	Section	State	PB	Average
20:49 (5k)	C	22:10 (5k)	DNR			20:29	21:35
21:50 (5k)	X	21:24 (5k)	DNR			21:24	21:48
C	C	C	12:23 (2.5k)			N-A	N-A
20:19 (5k)	C	20:04 (5k)	PC-19:24 (5k)	Hibb - Alt		19:24	20:16
DNF	X	14:41 (3.2k)	DNR			24:32	25:15
C	C	C	12:28 (2.5k)			N-A	N-A
21:00 (5k)	C	DNR	DNR			20:15	20:52
22:00 (5k)	20:35 (5k)	DNR	HF-20:49 (5k)	Cloq - Alt.		20:35	21:27
C	C	C	12:33 (2.5k)			N-A	N-A
20:14 (5k)	C	DNR	PC-19:10 (5k)	Hibb - 19:21		19:10	20:31
20:09 (5k)	20:03 (5k)	19:50 (5k)	HF-20:07 (5k)	Cloq - 19:56		19:50	20:41
C	C	C	10:40 (2.5k)			N-A	N-A
17:37 (3.2k)	C	16:02 (3.2k)	16:04 (3.2k)			15:30 (3.2k)	16:22 (3.2k)
17:08 (3.2k)	X	16:15 (3.2k)	16:57 (3.2k)			15:37 (3.2k)	16:23 (3.2k)
17:21 (3.2k)	C	19:01 (3.2k)	18:26 (3.2k)			17:21 (3.2k)	18:09 (3.2k)
13:21 (3.2k)	C	13:19 (3.2k)	12:46 (3.2k)			12:46 (3.2k)	13:15 (3.2k)
14:49 (3.2k)	X	14:03 (3.2k)	14:51 (3.2k)			13:36 (3.2k)	14:24 (3.2k)
15:19 (3.2k)	C	15:20 (3.2k)	14:11 (3.2k)			14:11 (3.2k)	15:03 (3.2k)
17:18 (3.2k)	C	18:01 (3.2k)	17:02 (3.2k)			16:13 (3.2k)	17:25 (3.2k)
16:19 (3.2k)	C	15:31 (3.2k)	16:30 (3.2k)			15:13 (3.2k)	15:57 (3.2k)
22:12 (3.2k)	C	22:09 (3.2k)	19:57 (3.2k)			19:57 (3.2k)	22:05 (3.2k)
18:54 (3.2k)	C	18:49 (3.2k)	19:22 (3.2k)			17:01 (3.2k)	18:36 (3.2k)
16:36 (3.2k)	C	15:30 (3.2k)	15:46 (3.2k)			15:30 (3.2k)	16:11 (3.2k)
17:07 (3.2k)	C	14:45 (3.2k)	13:44 (3.2k)			13:44 (3.2k)	14:59 (3.2k)
20:22 (3.2k)	C	22:08 (3.2k)	20:03 (3.2k)			18:31 (3.2k)	20:24 (3.2k)
15:52 (3.2k)	C	16:30 (3.2k)	DNR			15:10 (3.2k)	15:52 (3.2k)
14:44 (3.2k)	C	14:35 (3.2k)	13:50 (3.2k)			13:50 (3.2k)	14:22 (3.2k)

AVERAGE MILE TIMES AT MEETS - 2022

	PB - 2021	Princeton	Pine City	Mora	Pierz	Foley
Boys Name	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Josh Brinker - 12	7:22	7:48	7:37	7:35	7:22	6:57
Isaac Jahnz	8:05	DNR	9:00	8:25	8:41	DNR
Charlie Ausmus - 10	5:34	6:04	5:48	5:58	5:54	5:37
Frank Betters	8:26	9:26	8:21	7:46	8:04	7:34
Anthony Bergeron	-	7:23	6:56	6:35	6:32	6:16
Eli Fromm	6:02	7:04	6:05	6:15	6:13	6:01
Landon Ganote	-	9:51	X	X	X	X
Daimien Lord	7:38	8:32	7:55	7:57	8:18	7:59
Sawyer McDaniel	6:35	6:38	6:26	6:28	6:39	6:23
Roman McKinney	6:05	6:26	6:04	6:16	6:10	DNR
Jace Peterson	6:53	7:44	7:42	7:22	DNR	7:05
Sean Skluzacek	6:23	7:15	6:49	7:02	DNR	DNR
Ethan Aagaard - 9	6:01	6:10	6:03	6:01	6:01	5:53
Weston Clementson	6:08	6:05	5:48	5:48	5:52	DNR
McCall Leger	6:53	DNR	6:56	6:53	7:27	6:36
Noah McDaniel	7:54	6:42	6:40	6:30	6:38	6:27
Milo Rydberg	6:41	DNR	6:40	6:31	6:55	DNR
Bodhan Valvoda	6:23	8:05	6:37	6:28	6:28	6:19
	3200 m	2000m	2000m	3200m	3200 m	3200 m
Carson Anderson - 8	7:48	8:00	7:23	8:11	8:18	7:45
Jerald Kurth	-	9:43	8:54	8:54	9:03	8:39
Grant Larson	6:58	6:58	6:25	6:55	6:42	6:42
Ray Ovick	-	7:54	7:03	8:01	7:47	7:27
Conor Ableman - 7	-	8:41	7:57	9:15	9:15	8:06
Owen Ableman	-	8:17	7:26	8:06	8:05	7:37
Blake Betters	-	13:29	11:18	12:00	12:56	*10:06
Parker Eckert	-	9:22	8:51	9:28	9:26	8:30
Miles Gray	-	8:49	8:05	8:19	8:23	8:09
Jenner Kunze	-	8:04	7:08	7:38	DNR	7:10
Anders Olson	-	10:20	9:33	10:36	10:28	9:16
Evan Olson	-	7:46	7:23	8:12	7:58	7:35
Walker Remme	-	7:33	6:25	7:21	7:20	7:01
	PB - 2021	Princeton	Pine City	Mora	Pierz	Foley
Girls Name	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Emma Belsheim - 11	7:04	7:37	7:24	7:29	7:19	7:07
Eva Johnson	6:41	DNR	6:53	6:42	6:48	6:37
Rachel Brown - 10	7:04	7:20	7:03	6:55	6:58	6:46
Kaylie Christenson	9:34	8:41	8:24	DNF	8:21	8:17
Amber Norton	8:44	DNF	DNF	DNR	DNR	DNR
Alyssa Olson	-	12:36	10:08	11:17	10:43	DNR
Peyton Perreault	7:20	8:23	7:57	7:55	7:48	7:37
Paige Gray - 9	7:21	DNF	7:55	8:02	7:55	DNF
Gracie Larson	7:18	9:01	7:56	7:58	8:00	7:36
Teresa Root	8:29	DNF	8:56	9:12	8:55	8:16
	3200 m	2000m	2000m	3200m	3200 m	3200 m
Kadence McKellar - 8	8:37	8:35	8:00	9:05	8:28	8:31
Madi Perreault	8:36	DNR	7:54	8:19	8:05	8:10
Ella Schlichting	8:12	7:39	7:18	8:00	7:56	7:23
Bella Schneider	7:58	DNR	7:19	7:56	7:56	DNR
Grace Severin-H.	9:07	DNR	9:19	10:17	9:57	9:22
Lily Kurth - 7	-	10:02	8:25	9:11	9:33	8:16

AVERAGE MILE TIMES AT MEETS - 2022

Hinckley	Mora	Conference	Section 5A	STATE	Best	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
7:08	7:26	7:09			6:57	7:23
8:05	DNR	DNR			8:05	8:33
5:43	5:50	5:39	5:53		5:37	5:49
7:31	8:58	7:36			7:31	7:58
6:26	6:19	DNR	6:19		6:16	6:36
6:25	DNR	6:09	5:47		5:47	6:15
X	X	X			9:51	9:51
DNR	8:32	7:53			7:53	8:09
6:26	7:03	6:17	Alt		6:17	6:32
6:14	6:17	6:02	6:05		6:02	6:12
7:29	7:19	7:08			7:05	7:24
DNR	DNR	DNR			6:23	7:02
6:00	6:12	5:54	5:51		5:51	6:00
DNR	DNR	5:54	6:00		5:48	5:54
6:42	7:08	DNR			6:36	6:57
6:32	6:28	6:15	Alt		6:15	6:31
6:46	DNR	DNR			6:31	6:43
6:31	DNR	6:10	6:14		6:10	6:36
3200 m	3200 m	3200 m			3200 m	3200 m
8:49	8:01	8:02			7:45	8:11
8:40	9:31	9:13			8:39	9:05
6:40	6:40	6:23			6:23	6:38
7:40	7:40	7:06			7:06	7:32
8:39	9:01	8:31			8:06	8:43
8:10	7:46	8:15			7:37	7:59
11:06	11:05	9:59			9:59	11:03
9:27	9:25	9:41			8:30	9:18
8:18	7:45	7:53			7:45	8:06
8:34	7:23	6:52			6:52	7:30
10:11	11:04	10:02			9:16	10:12
7:56	8:15	DNR			7:35	7:56
7:22	7:18	6:55			6:55	7:11
Hinckley	Mora	Conference	Section 5A	State	Best	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
7:13	7:13	6:59	7:10		6:59	7:17
DNR	6:43	6:26	6:33	6:35	6:26	6:40
6:56	7:08	6:49	7:01		6:46	7:00
DNR	8:35	8:12	Alt		8:12	8:25
DNR	DNF	DNR			N-A	N-A
9:49	DNF	9:13			9:13	10:14
7:46	8:05	7:26	7:31		7:26	7:50
8:20	8:12	7:36	8:01		7:36	8:00
7:53	7:51	7:34	7:34		7:34	7:56
8:18	8:27	7:54	7:58		7:54	8:29
3200 m	3200 m	3200 m			3200 m	3200 m
9:08	8:52	9:04			8:31	9:01
8:28	7:54	7:41			7:41	8:04
7:26	7:38	7:34	Alt		7:23	7:42
8:02	7:39	7:30	Alt		7:30	7:47
9:57	9:24	DNR			9:22	9:40
8:58	9:19	9:39			8:16	9:09

TEAM POSITION AT MEETS - 2022

	Princeton	Pine City	Mora	Pierz	Foley
Boys Name	5000 m	5000 m	5000 m	5000 m	5000 m
Josh Brinker - 12	11	13	14	11	9
Isaac Jahnz	DNR	17	17	15	DNR
Charlie Ausmus - 10	1	2	2	2	1
Frank Betters	14	16	15	13	11
Anthony Bergeron	9	12	10	7	4
Eli Fromm	7	5	4	5	3
Daimien Lord	13	15	16	14	12
Sawyer McDaniel	5	6	6	9	6
Roman McKinney	4	4	5	4	DNR
Jace Peterson	10	14	13	DNR	10
Sean Skluzacek	8	10	12	DNR	DNR
Ethan Aagaard - 9	3	3	3	3	2
Weston Clementson	2	1	1	1	DNF
McCall Leger	DNR	11	11	12	8
Noah McDaniel	6	8	8	8	7
Milo Rydberg	DNR	9	9	10	DNR
Bohdan Valvoda	12	7	7	6	5
	2000m	2000m	3200 m	3200 m	3200 m
Carson Anderson - 8	5	5	6	6	7
Jerald Kurth	11	11	9	8	11
Grant Larson	1	2	1	1	1
Ray Ovick	4	3	4	3	4
Conor Ableman - 7	8	8	10	9	8
Owen Ableman	7	7	5	5	6
Blake Betters	13	13	13	12	13
Parker Eckert	10	10	11	10	10
Miles Gray	9	9	8	7	9
Jenner Kunze	6	4	3	DNR	3
Anders Olson	12	12	12	11	12
Evan Olson	3	6	7	4	5
Walker Remme	2	1	2	2	2
	Princeton	Pine City	Mora	Pierz	Foley
Girls Name	5000 m	5000 m	5000 m	5000 m	5000 m
Emma Belsheim - 11	2	3	3	3	3
Eva Johnson	DNR	1	1	1	1
Rachel Brown - 10	1	2	2	2	2
Kaylie Christenson	4	7	DNF	7	7
Amber Norton	DNF	DNF	DNR	DNR	DNR
Alyssa Olson	6	9	8	9	DNR
Peyton Perreault	3	6	4	4	5
Paige Gray - 9	DNF	4	6	5	DNF
Gracie Larson	5	5	5	6	4
Teresa Root	DNF	8	7	8	6
	2000m	2000m	3200 m	3200 m	3200 m
Kadence McKellar - 8	2	4	4	4	4
Madi Perreault	DNR	3	3	3	2
Ella Schlichting	1	1	2	2	1
Bella Schneider	DNR	2	1	1	DNR
Grace Severin-H.	DNR	6	6	6	5
Lily Kurth - 7	3	5	5	5	3

TEAM POSITION AT MEETS - 2022

Hinckley 5000 m	Mora 5000 m	Conference 5000 m	Section 5A 5000 m	STATE 5000 m	Average 5000 m
11	9	10			11.0
14	DNR	DNR			15.8
1	1	1	3		1.6
13	11	11			13.0
6	4	DNR			7.4
4	DNR	5	1		4.3
DNR	10	12			13.1
5	6	8	Alt		6.4
3	3	4	5		4.0
12	8	9			10.9
DNR	DNR	DNR			10.0
2	2	3	2		2.6
DNR	DNR	2	4		1.8
9	7	DNR			9.7
8	5	7	Alt		7.1
10	DNR	DNR			9.5
7	DNR	6	6		7.0
3200 m	3200 m	3200 m			2000m
10	7	6			6.5
9	11	9			9.9
1	1	1			1.1
3	4	4			3.6
8	9	8			8.5
5	6	7			6.0
13	13	11			12.6
11	10	10			10.3
6	5	5			7.3
7	3	2			4.0
12	12	12			11.9
4	8	DNR			5.3
2	2	3			2.0
Hinckley 5000 m	Mora 5000 m	Conference 5000 m	Section 5A 5000 m	Section 5A 5000 m	Average 5000 m
2	3	3	3		2.8
DNR	1	1	1	1	1.0
1	2	2	2		1.8
DNR	8	8	Alt		6.8
DNR	DNF	DNR			N-A
7	DNF	9			8.0
3	5	4	4		4.2
6	6	6	7		5.7
4	4	5	5		4.8
5	7	7	6		6.8
3200 m	3200 m	3200 m			2000m
5	4	4			3.9
3	3	3			2.9
1	1	2	Alt		1.4
2	2	1	Alt		1.5
6	6	DNR			5.8
4	5	5			4.4

PLACE FINISHES AT MEETS - 2022

	Princeton	Pine City	Mora	Pierz	Foley
Boys Name	5000 m	5000 m	5000 m	5000 m	5000 m
Josh Brinker - 12	88	78	74 jv	65 jv	80 jv
Isaac Jahnz	DNR	99	95 jv	113 jv	DNR
Charlie Ausmus - 10	13	4	15	18	8
Frank Betters	98	93	78 jv	86 jv	123 jv
Anthony Bergeron	73	54	14 jv	11 jv	80
Eli Fromm	62	15	37	45	51
Landon Ganote	99	X	X	X	X
Daimien Lord	97	87	83 jv	100 jv	137 jv
Sawyer McDaniel	46	24	60	86	25 jv
Roman McKinney	31	14	40	40	DNR
Jace Peterson	87	81	66 jv	DNR	88 jv
Sean Skluzacek	68	41	34 jv	X	X
Ethan Aagaard - 9	21	13	22	28	37
Weston Clementson	14	3	6	14	DNF
McCall Leger	DNR	51	28 jv	71 jv	47 jv
Noah McDaniel	49	34	8 jv	13 jv	95
Milo Rydberg	DNR	36	9 jv	27 jv	DNR
Bohdan Valvoda	91	31	61	62	85
	2000m	2000m	3200 m	3200 m	3200 m
Carson Anderson - 8	32	34	82	111	90
Jerald Kurth	50	45	96	134	117
Grant Larson	16	9	18	22	21
Ray Ovick	29	28	75	90	69
Conor Ableman - 7	41	39	101	138	102
Owen Ableman	37	36	79	107	83
Blake Betters	56	52	118	174	133
Parker Eckert	47	44	102	144	113
Miles Gray	43	41	88	118	104
Jenner Kunze	34	29	51	DNR	53
Anders Olson	53	47	110	158	124
Evan Olson	26	35	83	101	81
Walker Remme	22	8	36	54	36
	Princeton	Pine City	Mora	Pierz	Foley
Girls Name	5000 m	5000 m	5000 m	5000 m	5000 m
Emma Belsheim - 11	23	8	40	38	36
Eva Johnson	DNR	4	6	18	19
Rachel Brown - 10	16	5	15	26	26
Kaylie Christenson	42	36	DNF	100	103
Amber Norton	DNF	DNF	DNR	DNR	DNR
Alyssa Olson	57	62	62 jv	88 jv	DNR
Peyton Perreault	34	24	61	69	65
Paige Gray - 9	DNF	22	72	74	DNF
Gracie Larson	46	23	64	79	64
Teresa Root	DNF	47	34 jv	48 jv	20 jv
	2000m	2000m	3200 m	3200 m	3200 m
Kadence McKellar - 8	15	21	46	79	44
Madi Perreault	DNR	16	31	39	35
Ella Schlichting	6	6	22	29	13
Bella Schneider	DNR	8	20	25	DNR
Grace Severin-H.	DNR	27	65	85	57
Lily Kurth - 7	32	23	49	82	39

PLACE FINISHES AT MEETS - 2022

Hinckley	Mora	Conference	Section 5A	STATE	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
	63	3 jv			76.3
	DNR	DNR			99.0
3	2	1	22		9.6
	80	4 jv			90.3
	22	DNR	60		57.8
	DNR	6	14		32.9
X	X	X			99.0
DNR	76	5 jv			86.7
	49	1 jv	Alt		53.0
23	20	4	37		26.1
	58	2 jv			75.3
X	X	X			54.5
13	15	3	21		19.2
DNR	DNR	2	30		11.5
	53	DNR			52.0
	28	9	Alt		43.0
	DNR	DNR			36.0
	DNR	7	52		55.6
3200 m	3200 m	3200 m			Average
30	19	10			51.0
28	27	18			64.4
2	2	1			11.4
16	13	6			40.8
8	25	13			58.4
21	15	12			48.8
46	35	22			79.5
37	26	20			66.6
23	14	9			55.0
25	7	2			28.7
41	34	23			73.8
20	20	DNR			52.3
7	6	3			21.5
Hinckley	Mora	Conference	Section 5A	State	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
9	7	4	37		22.4
DNR	3	1	7	77	8.3
7	6	3	28		14.7
DNR	37	1 jv	Alt		63.6
DNR	DNF	DNR			N-A
76	DNF	3 jv			65.0
30	28	12	54		41.9
48	29	15	66		46.6
36	22	14	56		44.9
47	34	23	64		43.0
3200 m	3200 m	3200 m			Average
23	9	11			31.0
14	5	4			20.6
6	2	3	Alt		10.9
9	3	2	Alt		11.2
31	13	DNR			46.3
20	11	13			33.6

GIRLS
TOP CROSS COUNTRY TEAMS AT MEETS
By Top-5 Average Times
2022

<u>PINE CITY INVITE (Top 7)</u>				
21:49	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & G. Langmade		
22:45	2017	A. Steele, A. Webster, L. Wilson, M. Foss & A. Thieman		
23:06	2022	E. Johnson, R. Brown, E. Belsheim, P. Gray & G. Larson		
23:35	2020	E. Johnson, A. Rydberg, S. Thieman, E. Belsheim & R. Brown		
24:02	2016	A. Webster, M. Foss, L. Wilson, G. Langmade & A. Thieman		
24:50	2021	R. Brown, E. Belsheim, G. Larson, P. Gray & P. Perreault		
25:22	2018	A. Steele, A. Thieman, K. Pihoda, A. Chromey & H. Rydberg		
N-A	2019	No team score		

<u>CONFERENCE (Top 8) Great River Conference</u>				
20:56	2015	A. Steele, M. Foss, A. Gusk, A. Webster & G. Langmade	GRC-PC	
21:54	2022	E. Johnson, R. Brown, E. Belsheim, P. Perreault & G. Larson	GRC-PC	
22:01	2019	A. Steele, E. Johnson, A. Rydberg, G. Grubbs & R. Brown	GRC-PC	
22:19	2016	A. Webster, A. Steele, M. Foss, G. Grubbs & L. Wilson	GRC-PC	
22:31	2018	A. Steele, E. Johnson, G. Grubbs, K. Pihoda & A. Cavallin	GRC-PC	
22:34	2017	A. Steele, A. Webster, A. Thieman, G. Grubbs & L. Wilson	GRC-PC	
22:47	2021	E. Johnson, E. Belsheim, R. Brown, G. Larson & P. Gray	GRC-HF	
23:21	2020	E. Johnson, A. Rydberg, R. Brown, E. Belsheim & S. Thieman	GRC-HF	

<u>SECTION (Top 8) 7AA 2021-Present / 5A 2015-2020</u>				
20:44	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & M. Butenhoff	Milaca	
21:32	2016	M. Foss, A. Steele, A. Webster, G. Grubbs & L. Wilson	Milaca	
21:34	2019	A. Steele, E. Johnson, A. Rydberg, R. Brown & E. Belsheim	Mora	
22:04	2022	E. Johnson, R. Brown, E. Belsheim, P. Perreault & G. Larson	Hibbing	
22:08	2021	E. Johnson, E. Belsheim, R. Brown, G. Larson & P. Gray	Cloquet	
22:15	2018	A. Steele, E. Johnson, G. Grubbs, K. Pihoda & A. Cavallin	Mora	
22:22	2017	A. Steele, A. Webster, G. Grubbs, A. Thieman & M. Foss	Mora	
23:00	2020	E. Johnson, R. Brown, E. Belsheim, A. Rydberg & A. Aagaard	Mora	

<u>STATE at St. Olaf in Northfield</u>				
20:56	2015	A. Gusk, A. Webster, A. Steele, M. Butenhoff & M. Foss	STATE	

<u>ALL-TIME BESTS (Top 35)</u>				
20:44	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & M. Butenhoff	Section 5A - Milaca	
20:56	2015	A. Gusk, A. Webster, A. Steele, M. Butenhoff & M. Foss	STATE	
20:56	2015	A. Steele, M. Foss, A. Gusk, A. Webster & G. Langmade	GRC-PC	
21:19	2015	A. Steele, A. Gusk, A. Webster, M. Foss, & G. Langmade	Swain	
5	21:32	2016	M. Foss, A. Steele, A. Webster, G. Grubbs & L. Wilson	Section 5A - Milaca
	21:34	2019	A. Steele, E. Johnson, A. Rydberg, R. Brown & E. Belsheim	Section 5A - Mora
	21:36	2015	A. Gusk, A. Steele, A. Webster, M. Foss & G. Langmade	Cambridge-Isanti
	21:40	2015	A. Steele, M. Foss, A. Gusk, A. Webster, & G. Langmade	Becker
	21:43	2015	A. Steele, A. Webster, A. Gusk, M. Foss, & G. Langmade	MMM (G.C.)
10	21:49	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & G. Langmade	Pine City
	21:54	2022	E. Johnson, R. Brown, E. Belsheim, P. Perreault & G. Larson	GRC-PC
	21:58	2017	A. Steele, A. Webster, G. Grubbs, L. Wilson & Al. Thieman	Foley
	22:01	2019	A. Steele, E. Johnson, A. Rydberg, G. Grubbs & R. Brown	GRC-PC
	22:02	2015	A. Gusk, A. Webster, A. Steele, G. Langmade, & M. Foss	Pierz
15	22:04	2022	E. Johnson, R. Brown, E. Belsheim, P. Perreault & G. Larson	Section 7AA - Hib
	22:08	2021	E. Johnson, E. Belsheim, R. Brown, G. Larson & P. Perreault	Section 7AA - Cloq
	22:12	2022	E. Johnson, R. Brown, E. Belsheim, G. Larson & P. Perreault	Foley
	22:12	2015	A. Gusk, A. Steele, A. Webster, G. Langmade, & M. Foss	Mora
	22:15	2018	A. Steele, E. Johnson, G. Grubbs, K. Pihoda & A. Cavallin	Section 5A - Mora
20	22:18	2016	M. Foss, A. Webster, G. Grubbs, L. Wilson, & G. Langmade	Mora
	22:19	2016	A. Webster, A. Steele, M. Foss, G. Grubbs & L. Wilson	GRC-PC
	22:22	2019	A. Steele, E. Johnson, A. Rydberg, E. Belsheim & S. Olson	Foley
	22:22	2017	A. Steele, A. Webster, G. Grubbs, A. Thieman & M. Foss	Section 5A - Mora
	22:23	2017	A. Steele, A. Webster, A. Thieman, G. Grubbs & G. Langmade	Mora L.C.
25	22:24	2016	A. Webster, G. Grubbs, L. Wilson, Al. Thieman & A. Steele	MMM (G.C.)
	22:27	2017	A. Steele, G. Grubbs, A. Webster, L. Wilson & M. Foss	Pierz
	22:30	2021	E. Johnson, R. Brown, E. Belsheim, G. Larson & P. Gray	MMM (G.C.)
	22:30	2016	A. Steele, A. Webster, L. Wilson, Al. Thieman & G. Grubbs	Swain
	22:31	2021	E. Johnson, R. Brown, E. Belsheim, G. Larson & P. Gray	Foley
30	22:31	2018	A. Steele, E. Johnson, G. Grubbs, K. Pihoda & A. Cavallin	GRC-PC
	22:34	2017	A. Steele, A. Webster, A. Thieman, G. Grubbs & L. Wilson	GRC-PC
	22:35	2015	A. Gusk, A. Webster, A. Steele, M. Foss, & M. Butenhoff	Brainerd
	22:37	2016	A. Webster, A. Steele, Al. Thieman, L. Wilson & K. Pihoda	Mora L.C.
	22:37	2016	A. Steele, A. Webster, G. Grubbs, L. Wilson & Marin Foss	Pierz
35	22:39	2021	E. Johnson, E. Belsheim, R. Brown, G. Larson & P. Gray	Pine City

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

<u>PINE CITY</u>			<u>Mora</u>			<u>PIERZ</u>			<u>ALL-TIME BEST 4K</u>			
20:37	Alaina Steele	2019	20:39	Alaina Steele	2019	20:27	Alaina Steele	2018	15:44	Sherry Rike	2011	SECT
20:56	Alaina Steele	2017	20:45	Alaina Steele	2018	20:44	Alaina Steele	2017	15:45	Abby Cummins	2011	SECT
21:06	Eva Johnson	2020	20:50	Eva Johnson	2022	21:00	Alaina Steele	2019	15:46	Emily Branzovsky	2003	SECT
21:23	Eva Johnson	2022	21:20	Alaina Steele	2017	21:08	Eva Johnson	2022	15:50	Emily Branzovsky	2003	STATE
21:37	Alaina Steele	2018	21:30	Rachel Brown	2022	21:20	Allison Gusk	2015	15:52	Abby Cummins	2012	SECT
21:38	Eva Johnson	2019	21:32	Eva Johnson	2019	21:38	Eva Johnson	2019	15:55	Abby Cummins	2012	GRC
21:40	Ashli Webster	2015	21:32	Marin Foss	2016	21:39	Rachel Brown	2022	15:56	Emily Branzovsky	2003	BECK
21:41	Allison Gusk	2015	21:51	Allison Gusk	2015	21:48	Ashli Webster	2015	16:02	Abby Cummins	2010	SECT
21:44	Marin Foss	2015	21:52	Alaina Steele	2015	21:51	Alaina Steele	2015	<u>State (4K)</u>			
21:50	Alaina Steele	2015	21:53	Ashli Webster	2015	21:52	Eva Johnson	2021	15:50	Emily Branzovsky	2003	
									16:50	Marin Foss	2014	
<u>MILACA MEGA (G.C.)</u>			<u>Foley</u>			<u>SWAIN / Duluth</u>			<u>Camb./Mora</u>			
19:53.5	Alaina Steele	2018	19:43.1	Alaina Steele	2018	20:36	Alaina Steele	2018	20:07	Alaina Steele	2018	
20:27	Alaina Steele	2017	20:08	Alaina Steele	2017	20:48	Alaina Steele	2015	20:33	Alaina Steele	2019	
21:09	Alaina Steele	2019	20:12	Alaina Steele	2019	21:06	Allison Gusk	2015	20:51	Eva Johnson	2022	
21:22	Alaina Steele	2015	20:32	Eva Johnson	2022	21:07	Ashli Webster	2015	20:52	Alaina Steele	2017	
21:22	Ashli Webster	2015	20:38	Eva Johnson	2019	21:37	Eva Johnson	2018	21:04	Allison Gusk	2015	
21:23	Allison Gusk	2015	21:02	Rachel Brown	2022	21:40	Marin Foss	2021	21:05	Eva Johnson	2018	
21:25	Eva Johnson	2021	21:14	Eva Johnson	2021	21:56	Grace Langmade	2015	21:22	Eva Johnson	2021	
21:25	Eva Johnson	2019	21:33	Arisa Rydberg	2019	22:01	Alaina Steele	2015	21:22	Ashli Webster	2016	
21:26	Marin Foss	2015	21:42	Ashli Webster	2017	22:07	Alaina Steele	2019	21:29	Arisa Rydberg	2019	
21:42	Ashli Webster	2016	21:57	Eva Johnson	2018	22:12	Eva Johnson	2021	21:30	Alaina Steele	2015	
<u>CONFERENCE</u>			<u>SECTION</u>			<u>STATE</u>			<u>ALL-TIME BEST 5K</u>			
19:58	Eva Johnson	2022 PC	19:43.1	Alaina Steele	2019 Mo	19:47	Alaina Steele	2018	19:43.1	Alaina Steele	2019	Section
20:20	Alaina Steele	2019 PC	20:04	Eva Johnson	2019 Mo	19:59	Alaina Steele	2019	19:43.1	Alaina Steele	2018	Foley
20:21	Alaina Steele	2018 PC	20:07	Alaina Steele	2018 Mo	20:11	Eva Johnson	2019	19:47.2	Alaina Steele	2018	STATE
20:29	Eva Johnson	2019 PC	20:22	Eva Johnson	2022 Hib	20:28	Eva Johnson	2022	19:53.5	Alaina Steele	2018	MMM
20:33	Alaina Steele	2015 PC	20:23	Eva Johnson	2018 ML	20:28	Allison Gusk	2015	19:58	Eva Johnson	2022	GRC PC
20:37	Marin Foss	2015 PC	20:23	Eva Johnson	2018 ML	20:43	Ashli Webster	2015	19:58.9	Alaina Steele	2019	STATE
20:44	Eva Johnson	2018 PC	20:36	Ashli Webster	2015 ML	20:55	Alaina Steele	2015	20:04.1	Eva Johnson	2019	Section
20:48	Allison Gusk	2015 PC	20:37	Allison Gusk	2015 ML	21:11	Makayla Butenhoff	2015	20:07	Alaina Steele	2018	Section
20:52	Ashli Webster	2015 PC	20:44	Marin Foss	2015 ML	21:21	Marin Foss	2015	20:07	Alaina Steele	2018	Mora LC
21:15	Eva Johnson	2021 HF	20:46	Eva Johnson	2021 CI	22:15	Grace Langmade	2015	20:09	Alaina Steele	2017	Foley
			20:48	Alaina Steele	2015 ML	22:24	Grace Grubbs	2015	20:11	Eva Johnson	2019	STATE

BOYS
TOP CROSS COUNTRY TEAMS AT MEETS
By Top-5 Average Times
2022

<u>PINE CITY INVITE (Top 11)</u>			
18:28	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	
18:31	2022	W. Clementson, C. Ausmus, E. Aagaard, R. McKinney & E. Fromm	
18:32	2005	C. Fischer, T. McNally, T. Miche, A. Lutz & Jo. Clementson	
18:38	1997	Pe. Johnson, R. Wasson, Pa. Johnson, J. Larson & J.R. Anderson	
18:43	2017	T. Ryan, N. Webster, A. Eckert, TJ Rank & N. Miller	
18:43	2002	Ja. Clementson, C. Lutz, S. Peterson, Dv. Hansen, & C. Greden	
18:51	2007	T. McNally, C. Fischer, Z. Swanson, A. Lutz & D. Hambly	
19:01	2000	R. Hammill, Ja. Clementson, J. Lee, J. Oare & R. Arola	
19:02	2014	E. Foss, N. Adams, E. Grubbs, J. Spahr & J. Pixley	
19:07	2010	C. Hanson, J. Dedic, N. Bremer, J. Guttormson & C. Maki	
19:13	2001	Ja. Clementson, Dv. Hansen, C. Lutz, R. Arola & C. Zak	
<u>CONFERENCE (Top 12) Great River, Two-River & Rum River</u>			
17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC
17:55	2003	Ja. Clementson, C. Fischer, Dv. Hansen, A. Lee & T. Miche	RRC - SM
17:57	2005	T. McNally, T. Miche, C. Fischer, A. Lutz & D. Hambly	TRC - PC
17:59	2000	R. Hammill, Ja. Clementson, J. Lee, Pe. Johnson & J. Oare	RRC - FO
18:05	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	TRC - PC
18:06	2001	C. Lutz, Dv. Hansen, C. Zak, Ja. Clementson & R. Arola	RRC - NB
18:18	1997	J. Larson, Pa. Johnson, Pe. Johnson, R. Wasson & N. Johnson	RRC - SA
18:20	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	RRC - PR
18:21	2018	T. Ryan, N. Webster, L. Vinaja, J. Adams & TJ Rank	GRC - PC
18:24	2022	C. Ausmus, W. Clementson, E. Aagaard, R. McKinney & E. Fromm	GRC - PC
18:29	2015	N. Adams, E. Grubbs, R. Steele, A. Clementson & T. Ryan	GRC - PC
18:31	2014	E. Foss, N. Adams, E. Grubbs, J. Spahr & J. Pixley	GRC - PC
<u>SECTION (Top 11) Mora, Milaca, Pierz, Cloquet & Becker</u>			
17:31	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Pierz
17:43	2005	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	Cloquet
17:47	2002	Ja. Clementson, C. Lutz, C. Greden, S. Peterson, S. Laugerman	Becker
17:53	2018	T. Ryan, N. Webster, L. Vinaja, TJ Rank & N. Miller	Mora
17:53	2000	Ja. Clementson, Hammill, P. Johnson, J. Lee & J. Oare	Becker
17:53	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	Cloquet
17:55	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	Cloquet
18:00	2016	E. Grubbs, T. Ryan, N. Webster, D. Clementson & N. Miller	Milaca
18:00	2008	Z. Swanson, D. Hansen, J. Emslander, B. Wirth & N. Bremer	Pierz
18:08	2013	E. Foss, N. Adams, J. Spahr, E. Grubbs & B. Hunter	Milaca
18:11	1997	R. Wasson, J. Larson, Pa. Johnson, J.R. Anderson & Pe. Johnson	Cloquet

<u>STATE at St. Olaf in Northfield (Only 4)</u>			
17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	
17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	
17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	
18:14	2000	Ja. Clementson, J. Lee, Pe. Johnson, R. Arola & J. Oare	
<u>ALL-TIME BESTS (Top 34)</u>			
17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	STATE
17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	STATE
17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	STATE
17:31	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Section 5A- PZ
5 17:38	2000	R. Hammill, Ja. Clementson, P. Johnson, J. Lee, & J. Oare	Sub-Section- PZ
17:43	2005	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	Section 7A- CL
17:46	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	Becker Invite
17:47	2002	Ja. Clementson, C. Lutz, C. Greden, S. Peterson, S. Laugerman	Section 5A- BK
17:47	1997	Pe. Johnson, R. Wasson, Pa. Johnson, J. Larson & J.R. Anderson	Princeton (Mega)
10 17:48	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	MILACA MEGA
17:50	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & A. Lutz	MILACA MEGA
17:53	2018	T. Ryan, N. Webster, L. Vinaja, TJ Rank & N. Miller	Section 5A- Mo
17:53	2000	Ja. Clementson, Hammill, P. Johnson, J. Lee & J. Oare	Section 5A- BK
17:53	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	Section 7A- CL
15 17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC
17:55	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	Section 7A- CL
17:55	2003	Ja. Clementson, C. Fischer, Dv. Hansen, A. Lee & T. Miche	RRC - SM
17:57	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Princeton Invite
17:57	2005	T. McNally, T. Miche, C. Fischer, A. Lutz & D. Hambly	TRC - PC
20 17:59	2000	R. Hammill, Ja. Clementson, J. Lee, Pe. Johnson & J. Oare	RRC - FO
18:00	2016	E. Grubbs, T. Ryan, N. Webster, D. Clementson & N. Miller	Section 5A- ML
18:00	2008	Z. Swanson, D. Hansen, J. Emslander, B. Wirth & N. Bremer	Section 5A- PZ
18:01	2018	T. Ryan, N. Webster, L. Vinaja, N. Miller & J. Adams	MILACA MEGA
18:01	2000	R. Hammill, Ja. Clementson, J. Lee, J. Oare & Pe. Johnson	N. Branch Invite
25 18:03	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	Pierz Stampede
18:05	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	TRC- PC
18:06	2018	T. Ryan, N. Webster, J. Adams, L. Vinaja & N. Miller	Foley
18:06	2001	C. Lutz, Dv. Hansen, C. Zak, Ja. Clementson & R. Arola	RRC- NB
18:07	2005	T. McNally, T. Miche, D. Hambly, J. Boland & A. Lutz	Cambridge Invite
30 18:08	2007	D. Hambly, T. McNally, Z. Swanson, A. Lutz & D. Hansen	Becker Invite
18:08	2013	E. Foss, N. Adams, J. Spahr, E. Grubbs & B. Hunter	Section 5A- ML
18:10	2005	T. Miche, McNally, Fischer, A. Lutz & Jo. Clementson	Pierz Stampede
18:11	1997	R. Wasson, J. Larson, Pa. Johnson, J.R. Anderson & Pe. Johnson	Section 7A- CL
18:14	2000	Ja. Clementson, J. Lee, Pe. Johnson, R. Arola & J. Oare	STATE

BOYS - TOP 10 CROSS COUNTRY TIMES AT MEETS

<u>BRAINERD / PRINCETON</u>			<u>PINE CITY</u>			<u>MILACA/MORA</u>			<u>PIERZ</u>						
17:42	Tommy Ryan	2018	17:01	Jim Kingen	1986	17:17	Zach Swanson	2008	16:58	Trevor McNally	2006				
17:54	Charlie Ausmus	2021	17:14	Trevor McNally	2006	17:27	Trevor McNally	2006	17:10	Jared Clementson	2003				
18:01	Tommy Ryan	2017	17:16	Zach Swanson	2008	17:29	Eli Grubbs	2016 Mo	17:11	Tommy Ryan	2018				
18:09	Nate Webster	2019	17:21	Jared Clementson	2003	17:52	Tommy Ryan	2017 Mo	17:14	Easton Foss	2014				
18:14	Nate Webster	2017	17:28	Jared Clementson	2002	17:52	Charlie Ausmus	2021 Mo	17:14	Zach Swanson	2008				
18:15	Nate Webster	2018	17:33	Charlie Ausmus	2020	17:53	Cody Hanson	2010	17:14	Jared Clementson	2002				
18:21^	Eli Grubbs	2016	17:33	Cody Hanson	2010	17:59	Noah Adams	2015 Mo	17:20	Tom Miche'	2005				
18:37	Noah Adams	2015	17:34	John Bloom	1988	18:02	Weston Clementson	2022 Mo	17:24	Charlie Ausmus	2021				
18:42^	Nate Webster	2016	17:46	Tommy Ryan	2017	18:03	Easton Foss	2013 Mo	17:30	Tommy Ryan	2017				
18:47^	Tommy Ryan	2016	17:50	Charlie Ausmus	2021	18:03	Dan Pangerl	1998	17:30	Jared Clementson	2001				
<u>MILACA MEGA (G.C.)</u>			<u>Foley</u>			<u>BECKER / HINCKLEY</u>			<u>PRIN/CAMB/PROC/MORA</u>						
16:56	Tommy Ryan	2018	17:17	Tommy Ryan	2018	16:31	Jared Clementson	2002	17:07	Cody Hanson	2010 Pri				
17:06	Zach Swanson	2008	17:18	Charlie Ausmus	2021	16:49	Trevor McNally	2006	17:11	Tommy Ryan	2018 Mo				
17:11	Cody Hanson	2010	17:19	Tommy Ryan	2017	16:54	Zach Swanson	2008	17:19	Zach Swanson	2008				
17:18	Nate Webster	2018	17:27	Charlie Ausmus	2022	17:18	David Hambly	2006	17:24	Trevor McNally	2007 Pri				
17:20	Trevor McNally	2007	17:28	Nate Webster	2018	17:30	Cody Hanson	2010	17:31	Easton Foss	2014 Pro				
17:22	Easton Foss	2014	17:33	Nate Webster	2017	17:33	Tom Miche'	2006	17:39	David Hambly	2007 Pri				
17:24	Easton Foss	2013	17:39	Nate Webster	2019	17:35	David Hambly	2007	17:43	Tommy Ryan	2017 Mo				
17:25	Charlie Ausmus	2021	17:45	Eli Grubbs	2015	17:38	Easton Foss	2013	17:45	Nate Webster	2018 Mo				
17:29	David Hambly	2007	18:16	Ethan Aagaard	2022	17:41	Charlie Ausmus	2021	17:49	Tommy Ryan	2016 Mo				
17:48	Tommy Ryan	2017	18:26	Jake Adams	2018	17:46	Charlie Ausmus	2022	17:49	Cody Hanson	2009				
<u>CONFERENCE</u>				<u>SECTION</u>				<u>STATE</u>				<u>ALL-TIME BESTS</u>			
16:39	Jared Clementson	2003	SM	16:20	Jared Clementson	2002	BK	*17:01	Jared Clementson	2002	16:20	Jared Clementson	2002	SECT	
17:15	Trevor McNally	2006	PC	16:57	Tommy Ryan	2018	Mo	16:32	Tommy Ryan	2018	*17:01	Jared Clementson	2002	STA	
17:19	Tommy Ryan	2018	PC	16:57	Jared Clementson	2003	CL	16:32	Trevor McNally	2006	16:27	Per Zillmer	1982	MMM	
17:20	Cody Hanson	2010	PC	17:03	Trevor McNally	2005	CL	16:49	Jared Clementson	2003	16:31	Jared Clementson	2003	BL-BK	
17:26	Jared Clementson	2002	PC	17:03	Trevor McNally	2007	PZ	16:50	Tom Miche'	2006	16:32	Tommy Ryan	2018	STA	
17:28	Zach Swanson	2008	PC	17:04	Trevor McNally	2006	CL	16:53	Cody Hanson	2010	16:32	Trevor McNally	2006	STA	
17:28	Trevor McNally	2005	PC	17:05	Cody Hanson	2010	PZ	16:55	Trevor McNally	2005	16:32	Chase Duarte	1984	ChL	
17:34	Charlie Ausmus	2022	PC	17:05	Tom Miche'	2004	CL	16:55	Trevor McNally	2007	16:36	John Bloom	1990	MMM	
17:35	Tom Miche'	2005	PC	17:09	Easton Foss	2013	ML	16:56	Tommy Ryan	2017	16:37	Jared Clementson	2002	FOL	
17:35	Trevor McNally	2007	PC	17:10	Tom Miche'	2005	CL	17:00	Easton Foss	2014	16:39	Jared Clementson	2003	CONF	

*5200m course (16:22)

*5200m course (16:22)

TOP GIRLS BEST 5K XC TIMES UNDER 23:00

<u>Single Rank</u>	<u>Race Rank</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>	<u>Meet</u>
1	1	19:43.1	<i>Alaina Steele</i>	2018/2019	<i>Foley / Section 5A</i>
2	5	19:58	Eva Johnson	2022	GRC-PC
3	20	20:28.2	Allison Gusk	2015	STATE
4	T25	20:35.9	Ashli Webster	2015	Section 5A (Milaca)
5	T27	20:37	Marin Foss	2015	GRC-PC
6	48	20:57.5	Makayla Butenhoff	2015	Section 5A (Milaca)
7	52	21:02.2	Rachel Brown	2022	Foley
8	T63	21:11.9	Arissa Rydberg	2019	Section 5A (Mora)
9	T89	21:31.9	Grace Langmade	2015	Section 5A (Milaca)
10	T103	21:42	Emma Belsheim	2022	GRC-PC
11	T116	21:51.1	Grace Grubbs	2016	Section 5A (Milaca)
12	134	21:59.9	Lily Wilson	2016	Section 5A (Milaca)
13	T174	22:35	Alexis Thieman	2016	Mora Last Chance
14	T186	22:40.2	Gracie Larson	2021	Section 7AA (Cloq)
15	T201	22:47.5	Peyton Perreault	2021	Section 7AA (Cloq)
16	T204	22:50.3	Paige Gray	2021	Section 7AA (Cloq)
17	223	22:59	Jill Tomczyk	2015	Becker

GIRLS 5K XC TIMES UNDER 23:00 (Top 227)

Rank	Time	Name	Year	Meet
1	19:43.1	Alaina Steele	2019	Section 5A (Mora)
2	19:43.1	Alaina Steele	2018	Foley
3	19:47.2	Alaina Steele	2018	STATE
4	19:53.5	Alaina Steele	2018	Milaca Mega *First Sub 20:00
5	19:58	Eva Johnson	2022	GRC-PC
6	19:58.9	Alaina Steele	2019	STATE
7	20:04.3	Eva Johnson	2019	Section 5A (Mora)
8	20:07	Alaina Steele	2018	Section 5A (Mora)
9	20:07	Alaina Steele	2018	Mora L.C.
10	20:08.6	Alaina Steele	2017	Foley
11	20:11.0	Eva Johnson	2019	STATE
12	20:11.8	Alaina Steele	2019	Foley
13	20:20	Alaina Steele	2019	GRC - Pine City
14	20:21	Alaina Steele	2018	GRC - Pine City
15	20:22.2	Eva Johnson	2022	Section 7AA (Hibbing)
16	20:22.7	Eva Johnson	2018	Section 5A (Mora)
17	20:26.7	Alaina Steele	2018	Pierz
18	20:26.7	Alaina Steele	2017	Milaca Mega
19	20:27.5	Eva Johnson	2022	STATE
20	20:28.2	Allison Gusk	2015	STATE *First Sub-20:30
21	20:32	Eva Johnson	2022	Foley
22	20:29	Eva Johnson	2019	GRC - Pine City
23	20:33	Alaina Steele	2019	Mora L.C.
24	20:33	Alaina Steele	2015	GRC - Pine City
25	20:36	Alaina Steele	2018	Swain
26	20:36	Ashli Webster	2015	Section 5A (Milaca)
27	20:37	Marin Foss	2015	GRC - Pine City
28	20:37	Alaina Steele	2019	<i>Pine City - SCHOOL RECORD</i>
29	20:37	Allison Gusk	2015	Section 5A (Milaca)
30	20:39	Alaina Steele	2019	Mora
31	20:39	Eva Johnson	2019	Foley
32	20:43	Ashli Webster	2015	STATE
33	20:44	Eva Johnson	2018	GRC - Pine City
34	20:44	Alaina Steele	2017	Pierz
35	20:44	Marin Foss	2015	Section 5A (Milaca)
36	20:45	Alaina Steele	2018	Mora
37	20:46	Eva Johnson	2021	Section 7AA (Cloquet)
38	20:48	Allison Gusk	2015	GRC - Pine City
39	20:48	Alaina Steele	2015	Swain *First sub-21:00
40	20:48	Alaina Steele	2015	Section 5A (Milaca)
41	20:50	Eva Johnson	2022	Mora
42	20:51	Eva Johnson	2022	Mora L.C.
43	20:52	Alaina Steele	2017	Mora L.C.
44	20:52	Ashli Webster	2015	GRC - Pine City
45	20:54	Alaina Steele	2018	Princeton
46	20:55	Alaina Steele	2015	STATE
47	20:56	Alaina Steele	2017	Pine City *Former S.R.*
48	20:58	Makayla Butenhoff	2015	Section 5A (Milaca)
49	20:59	Eva Johnson	2020	Section 5A (Mora)
50	20:59	Alaina Steele	2015	Becker
51	21:01	Alaina Steele	2019	Pierz
52	21:02	Rachel Brown	2022	Foley
53	21:04	Allison Gusk	2015	Cambridge-Isanti
54	21:05	Eva Johnson	2018	Mora L.C.
55	21:06	Eva Johnson	2020	Pine City
56	21:06	Allison Gusk	2015	Swain
57	21:07	Ashli Webster	2015	Swain

58	21:07	Marin Foss	2016	Section 5A (Milaca)
59	21:08	Eva Johnson	2022	Pierz
60	21:09	Alaina Steele	2017	Section 5A (Mora)
61	21:09	Alaina Steele	2019	Milaca Mega
62	21:11	Makayla Butenhoff	2015	STATE
63	21:12	Rachel Brown	2022	GRC-PC
64	21:12	Arissa Rydberg	2019	Section 5A (Mora)
65	21:14	Alaina Steele	2016	Section 5A (Milaca)
66	21:15	Eva Johnson	2021	GRC - Hinckley
67	21:15	Eva Johnson	2021	Foley
68	21:16	Eva Johnson	2020	GRC - Hinckley
69	21:17	Alaina Steele	2019	Princeton
70	21:18	Eva Johnson	2020	Pine City Dual
71	21:19	Alaina Steele	2017	GRC - Pine City
72	21:20	Alaina Steele	2017	Mora
73	21:20	Allison Gusk	2015	Pierz
74	21:21	Arissa Rydberg	2019	GRC - Pine City
75	21:21	Marin Foss	2015	STATE
76	21:22	Eva Johnson	2021	Mora L.C.
77	21:22	Alaina Steele	2015	Milaca Mega
78	21:22	Ashli Webster	2015	Milaca Mega
79	21:22	Ashli Webster	2016	Mora L.C.
80	21:23	Eva Johnson	2022	Pine City
81	21:25	Eva Johnson	2021	Milaca Mega
82	21:25	Eva Johnson	2019	Milaca Mega
83	21:27	Marin Foss	2015	Becker
84	21:27	Allison Gusk	2015	Becker
85	21:29	Arissa Rydberg	2019	Mora L.C.
86	21:29	Ashli Webster	2016	Section 5A (Milaca)
87	21:30	Rachel Brown	2022	Mora
88	21:30	Alaina Steele	2015	Cambridge-Isanti
89	21:32	Grace Langmade	2015	Section 5A (Milaca)
90	21:32	Eva Johnson	2019	Mora
91	21:32	Marin Foss	2016	Mora
92	21:33	Rachel Brown	2022	Hinckley
93	21:33	Arissa Rydberg	2019	Foley
94	21:35	Ashli Webster	2015	Cambridge-Isanti
95	21:37	Eva Johnson	2018	Swain
96	21:37	Alaina Steele	2018	Pine City
97	21:38	Eva Johnson	2019	Pine City
98	21:39	Rachel Brown	2022	Pierz
99	21:39	Eva Johnson	2019	Pierz
100	21:40	Ashli Webster	2015	Pine City *Former S.R.*
101	21:40	Marin Foss	2015	Swain
102	21:41	Allison Gusk	2015	Pine City
103	21:42	Emma Belsheim	2022	GRC-PC
104	21:42	Ashli Webster	2017	Foley
105	21:42	Ashli Webster	2016	Milaca Mega
106	21:44	Ashli Webster	2017	Section 5A (Mora)
107	21:44	Marin Foss	2015	Pine City
108	21:47	Allison Gusk	2015	Brainerd *First sub-22:00
109	21:47	Alaina Steele	2016	Mora L.C.
110	21:48	Rachel Brown	2022	Section 7AA (Hibbing)
111	21:48	Ashli Webster	2015	Pierz
112	21:48	Ashli Webster	2015	Becker
113	21:48	Ashli Webster	2016	GRC - Pine City
114	21:50	Alaina Steele	2015	Pine City
115	21:50	Grace Langmade	2015	GRC - Pine City
116	21:51	Alaina Steele	2015	Pierz
117	21:51	Allison Gusk	2015	Mora
118	21:51	Grace Grubbs	2016	Section 5A (Milaca)
119	21:52	Eva Johnson	2021	Pierz
120	21:52	Alaina Steele	2015	Mora

121	21:53	Ashli Webster	2015	Mora
122	21:53	Makayla Butenhoff	2015	GRC - Pine City
123	21:54	Rachel Brown	2022	Pine City
124	21:54	Eva Johnson	2021	Hinckley
125	21:55	Marin Foss	2015	Cambridge-Isanti
126	21:56	Eva Johnson	2019	Princeton
127	21:56	Grace Langmade	2015	Swain
128	21:57	Emma Belsheim	2021	Section 7AA (Cloquet)
129	21:57	Eva Johnson	2018	Foley
130	21:57	Grace Langmade	2015	Cambridge-Isanti
131	21:57	Alaina Steele	2016	Pierz
132	21:58	Rachel Brown	2021	Milaca Mega
133	21:58	Ashli Webster	2015	Brainerd
134	22:00	Lily Wilson	2016	Section 5A (Milaca)
135	22:01	Ashli Webster	2017	Mora L.C.
136	22:02	Alaina Steele	2015	Brainerd
137	22:05	Emma Belsheim	2021	Pierz
138	22:06	Emma Belsheim	2022	Foley
139	22:06	Alaina Steele	2016	GRC - Pine City
140	22:07	Alaina Steele	2016	Pierz
141	22:11	Rachel Brown	2022	Mora L.C.
142	22:11	Ashli Webster	2016	Mora
143	22:12	Eva Johnson	2021	Duluth East
144	22:12	Rachel Brown	2021	Foley
145	22:12	Emma Belsheim	2021	Foley
146	22:12	Grace Langmade	2015	Pine City
147	22:15	Grace Langmade	2015	STATE
148	22:16	Marin Foss	2016	Brainerd
149	22:17	Emma Belsheim	2022	Section 7AA (Hibbing)
150	22:21	Emma Belsheim	2021	Milaca Mega
151	22:23	Alaina Steele	2017	Brainerd
152	22:23	Allison Gusk	2015	Milaca Mega
153	22:24	Grace Grubbs	2015	STATE
154	22:24	Emma Belsheim	2022	Mora L.C.
155	22:25	Emma Belsheim	2022	Hinckley
156	22:25	Emma Belsheim	2021	GRC - Hinckley
157	22:25	Emma Belsheim	2021	Mora L.C.
158	22:26	Marin Foss	2015	Milaca Mega
159	22:26	Ashli Webster	2016	Brainerd
160	22:27	Grace Grubbs	2016	Milaca Mega
161	22:28	Ashli Webster	2017	GRC - Pine City
162	22:28	Grace Langmade	2015	Pierz
163	22:28	Grace Grubbs	2016	Mora
164	22:29	Grace Grubbs	2017	Section 5A (Mora)
165	22:30	Lily Wilson	2016	Milaca Mega
166	22:32	Grace Langmade	2015	Mora
167	22:32	Marin Foss	2016	GRC - Pine City
168	22:33	Rachel Brown	2021	Mora
169	22:33	Grace Grubbs	2015	GRC - Pine City
170	22:33	Ashli Webster	2016	Pierz
171	22:34	Lily Wilson	2016	Mora
172	22:34	Ashli Webster	2016	Becker
173	22:34	Grace Grubbs	2016	GRC - Pine City
174	22:35	Alexis Thieman	2016	Mora L.C.
175	22:35	Lily Wilson	2016	GRC - Pine City
176	22:36	Grace Grubbs	2017	Foley
177	22:36	Lily Wilson	2017	Foley
178	22:36	Makayla Butenhoff	2015	Swain
179	22:36	Lily Wilson	2016	Mora L.C.
180	22:37	Rachel Brown	2021	Pierz
181	22:37	Alexis Thieman	2017	Mora L.C.
182	22:37	Grace Grubbs	2017	Pierz
183	22:37	Alexis Thieman	2016	Milaca Mega

184	22:39	Grace Langmade	2015	Becker
185	22:39	Ashli Webster	2016	Swain
186	22:40	Gracie Larson	2021	Section 7AA (Cloquet)
187	22:40	Ashli Webster	2017	Pine City
188	22:40	Alexis Thieman	2016	Section 5A (Milaca)
189	22:42	Emma Belsheim	2021	Duluth East
190	22:42	Ashli Webster	2017	Pierz
191	22:42	Alaina Steele	2016	Milaca Mega
192	22:42	Lily Wilson	2016	Swain
193	22:43	Rachel Brown	2021	GRC - Hinckley
194	22:43	Marin Foss	2015	Pierz
195	22:43	Grace Grubbs	2016	Pierz
196	22:44	Emma Belsheim	2022	Pierz
197	22:44	Grace Grubbs	2018	Section 5A (Mora)
198	22:44	Alaina Steele	2017	Swain
199	22:45	Emma Belsheim	2021	Hinckley
200	22:45	Alexis Thieman	2017	GRC - Pine City
201	22:48	Peyton Perreault	2021	Section 7AA (Cloquet)
202	22:48	Alexis Thieman	2017	Foley
203	22:49	Lily Wilson	2017	Pierz
204	22:50	Paige Gray	2021	Section 7AA (Cloquet)
205	22:50	Marin Foss	2015	Brainerd
206	22:51	Arissa Rydberg	2020	Pine City
207	22:51	Alexis Thieman	2016	Swain
208	22:53	Emma Belsheim	2021	Mora
209	22:53	Grace Grubbs	2018	Mora L.C.
210	22:53	Marin Foss	2015	Mora
211	22:53	Lily Wilson	2016	Pierz
212	22:54	Rachel Brown	2021	Mora L.C.
213	22:54	Arissa Rydberg	2019	Milaca Mega
214	22:54	Grace Grubbs	2018	Hinckley
215	22:55	Alexis Thieman	2017	Section 5A (Mora)
216	22:56	Grace Langmade	2016	Mora
217	22:56	Grace Langmade	2016	GRC - Pine City
218	22:58	Rachel Brown	2021	Hinckley
219	22:58	Marin Foss	2014	Grantsburg
220	22:58	Marin Foss	2016	Pierz
221	22:58	Grace Langmade	2016	Becker
222	22:58	Alexis Thieman	2016	GRC - Pine City
223	22:59	Jill Tomczyk	2015	Becker
224	23:00	Rachel Brown	2020	Section 5A (Mora)
225	23:00	Grace Grubbs	2018	GRC - Pine City
226	23:00	Grace Langmade	2015	Milaca Mega
227	23:00	Alaina Steele	2016	Becker

Total	Interval	Time Category
6	6	Times Under 20:00 min
22	16	Times Under 20:30 min
50	28	Times Under 21:00 min
88	38	Times Under 21:30 min
134	46	Times Under 22:00 min
165	31	Times Under 22:30 min
227	62	Times Under 23:00 min

KEY	
BOLD	That person's fastest time
Green	Happened this year

TOP BOYS BEST 5K XC TIMES UNDER 18:00

<u>Single Rank</u>	<u>Race Rank</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>	<u>Meet</u>
1	1	16:20	Jared Clementson	2002	SECTION-Becker
2	3	16:27	Per Zillmer	1982	Princeton (Mega)
T3	T5	16:32.2	Tommy Ryan	2018	STATE
T3	T5	16:32.2	Trevor McNally	2006	STATE
T3	T5	16:32	Chase Duarte	1985	Chisago Lakes
6	8	16:36	John Bloom	1990	Princeton (Mega)
7	12	16:45	Jim Kingen	1986	District 25
8	19	16:50	Tom Miche'	2006	STATE
T9	T22	16:54	Cody Hanson	2010	STATE
T9	T22	16:54	Zach Swanson	2008	Becker
11	T35	17:00	Easton Foss	2014	STATE
12	T46	17:05	David Hambly	2006	STATE
13	T56	17:10	Ryan Hammill	2000	SubSection-Pierz
14	T63	17:12	Eli Grubbs	2016	Section-Milaca
15	T76	17:16	Chris Lutz	2001	SubSection-Pierz
16	85	17:17.6	Nate Webster	2018	MMM (G.C.)
17	T86	17:18.0	Charlie Ausmus	2021	Foley
18	T117	17:27	Jason Rarick	1987	RRC - Pine City
19	T128	17:29	Peter Johnson	2000	SubSection-Pierz
T20	T137	17:32	Noah Adams	2013	Section-Milaca
T20	T137	17:32	Marcus Duarte	1987	RRC
22	T149	17:34	David Hansen	2001	Pierz
23	T154	17:35	Ricky Wasson	1997	Princeton (Mega)
24	T162	17:37	Clay Fischer	2003	RRC-STMA
25	T202	17:45	Jeremy Lee	2000	SubSection-Pierz
T26	T216	17:47	Logan Vinaja	2018	Section 5A - Mora
T26	T216	17:47	Jason Larson	1997	Princeton (Mega)
T26	T216	17:47	Paul Johnson	1997	Princeton (Mega)
29	T242	17:51	Jordan Rarick	2012	MMM (G.C.)
T30	T264	17:53	Karl Greden	2002	Section-Becker
T30	T264	17:53	Danny Olson	1989	Region 7 - Cambridge
32	T283	17:55	Charlie Zak	2001	SubSection-Pierz
33	T293	17:57	J.R. Anderson	1996	Rush City
34	T304	17:59	Eli Fromm	2022	Section 7AA - Hibbing

BOYS 5K XC TIMES UNDER 18:00 (Top 315+)

Rank	Time	Name	Year	Meet
1	16:20	Jared Clementson	2002	Section-Becker
2	16:22*	Jared Clementson	2002	STATE (*17:01 - 5200m)
3	16:27	Per Zillmer	1982	Princeton (Mega)
4	16:31	Jared Clementson	2003	Becker
5	16:32	Tommy Ryan	2018	STATE
6	16:32	Trevor McNally	2006	STATE
7	16:32	Chase Duarte	1984	Chisago Lakes
8	16:36	John Bloom	1990	Princeton (Mega)
9	16:37	Jared Clementson	2002	Foley
10	16:39	Jared Clementson	2003	RRC-STMA
11	16:42	Trevor McNally	2006	MMM (Foley)
12	16:45	Jim Kingen	1986	District 25
13	16:45*	Jim Kingen	1986	Princeton (*16:08 - 3mile)
14	16:47	John Bloom	1990	Chisago Lakes
15	16:49*	John Bloom	1990	Rush City (*16:12 - 3mile)
16	16:49	Jared Clementson	2003	STATE
17	16:49	Trevor McNally	2006	Becker
18	16:49	Jim Kingen	1986	Cambridge
19	16:50	Tom Miche'	2006	STATE
20	16:52	John Bloom	1989	Princeton (Mega)
21	16:53	Jim Kingen	1986	RRC
22	16:54	Cody Hanson	2010	STATE
23	16:54	Zach Swanson	2008	Becker
24	16:55	Trevor McNally	2005	STATE
25	16:55	Trevor McNally	2007	STATE
26	16:55	John Bloom	1990	RRC-Sartell
27	16:55	Per Zillmer	1982	Pine City
28	16:56	Tommy Ryan	2017	STATE
29	16:56	Tommy Ryan	2018	MMM (G.C.)
30	16:57	Tommy Ryan	2018	Section 5A - Mora
31	16:57	Jim Kingen	1986	St. Cloud - Wapicada
32	16:58	Jared Clementson	2003	Section-Cloquet
33	16:59	Jared Clementson	2002	Princeton (Mega)
34	16:59	Jared Clementson	2002	SubSection-Pierz
35	17:00	Easton Foss	2014	STATE
36	17:00	Tom Miche'	2005	STATE
37	17:00	John Bloom	1989	Chisago Lakes
38	17:01	Jim Kingen	1986	Pine City (PC Invite Record)
39	17:02	John Bloom	1989	District 25
40	17:02	Jim Kingen	1985	RRC-Sauk Rapids
41	17:03	Trevor McNally	2005	Section-Cloquet
42	17:03	Trevor McNally	2007	Section-Pierz
43	17:03	Jared Clementson	2003	North Branch
44	17:04	Trevor McNally	2006	Section-Cloquet
45	17:04	Per Zillmer	1982	District 25
46	17:05	David Hambly	2006	STATE
47	17:05	David Hambly	2007	STATE
48	17:05	Tom Miche'	2004	Section-Cloquet
49	17:06	Cody Hanson	2010	Section-Pierz
50	17:06	Zach Swanson	2008	MMM (G.C.)
51	17:07	Cody Hanson	2010	Princeton
52	17:08	John Bloom	1990	Cambridge

53	17:08	Jim Kingen	1986	Swain
54	17:09	Easton Foss	2013	Section-Milaca
55	17:09	Chase Duarte	1984	Cambridge
56	17:10	Tom Miche'	2005	Section-Cloquet
57	17:10	Jared Clementson	2003	Pierz
58	17:10	Ryan Hammill	2000	SubSection-Pierz
59	17:10	John Bloom	1990	Region 7 - Virginia
60	17:11	Tommy Ryan	2018	Mora L.C.
61	17:11	Tommy Ryan	2018	Pierz
62	17:11	Cody Hanson	2010	MMM (G.C.)
63	17:12	Jim Kingen	1986	Mora
64	17:12	Eli Grubbs	2016	Section-Milaca
65	17:13	Easton Foss	2014	Section-Milaca
66	17:13	Zach Swanson	2007	STATE
67	17:14	Tommy Ryan	2017	Section-Mora
68	17:14	Easton Foss	2014	Pierz
69	17:14	Zach Swanson	2008	Pierz
70	17:14	Jared Clementson	2002	Pierz
71	17:14	Trevor McNally	2006	Pine City
72	17:14	David Hambly	2007	Section-Pierz
73	17:15	Trevor McNally	2006	TRC-Pine City
74	17:15	John Bloom	1989	Cambridge
75	17:15	John Bloom	1988	Crosier Invite
76	17:16	Zach Swanson	2008	Pine City
77	17:16	Chris Lutz	2001	SubSection-Pierz
78	17:16	Chase Duarte	1983	Princeton (Mega)
79	17:16	John Bloom	1988	Mora
80	17:16	Per Zillmer	1982	Chisago Lakes
81	17:17	Tommy Ryan	2018	Foley
82	17:17	Zach Swanson	2008	Milaca Earlybird
83	17:17	Zach Swanson	2007	Section-Pierz
84	17:17	Zach Swanson	2007	Section-Pierz
85	17:18	Nate Webster	2018	MMM (G.C.)
86	17:18	Charlie Ausmus	2021	Foley
87	17:18	David Hambly	2006	Becker
88	17:18	Jared Clementson	2001	North Branch
89	17:19	Tommy Ryan	2018	GRC-PC
90	17:19	Tommy Ryan	2017	Foley
91	17:19	Zach Swanson	2008	Princeton
92	17:19	David Hambly	2006	MMM (Foley)
93	17:19	John Bloom	1987	District 25
94	17:20	Cody Hanson	2010	GRC-PC
95	17:20	Tom Miche'	2005	Pierz
96	17:20	Trevor McNally	2007	MMM (G.C.)
97	17:21	Tommy Ryan	2018	Swain
98	17:21	Jared Clementson	2003	Pine City
99	17:21	John Bloom	1987	RRC - Pine City
100	17:22	Easton Foss	2014	STATE
101	17:22	Easton Foss	2014	MMM (G.C.)
102	17:22	Trevor McNally	2006	North Branch
103	17:22	Jared Clementson	2000	SubSection-Pierz
104	17:22	John Bloom	1990	STATE
105	17:23	John Bloom	1988	RRC
106	17:23	Per Zillmer	1982	RRC-Chisago L.
107	17:24	Easton Foss	2013	MMM (G.C.)
108	17:24	Charlie Ausmus	2021	MMM (G.C.)

109	17:24	Trevor McNally	2007	Princeton
110	17:25	Trevor McNally	2006	Swain
111	17:25	Jared Clementson	2000	Section-Becker
112	17:25	Trevor McNally	2004	Section-Cloquet
113	17:26	Jared Clementson	2002	RRC-Pine City
114	17:26	Jared Clementson	2003	Chisago Lakes
115	17:26	Trevor McNally	2005	Cambridge
116	17:26	Per Zillmer	1982	Cambridge
117	17:27	Charlie Ausmus	2022	Foley
118	17:27	Nate Webster	2018	Foley
119	17:27	Trevor McNally	2006	Milaca Earlybird
120	17:27	Jason Rarick	1987	RRC - Pine City
121	17:27	Jim Kingen	1985	District 25
122	17:27	Per Zillmer	1982	Milaca
123	17:28	Zach Swanson	2008	GRC-Pine City
124	17:28	Trevor McNally	2005	TRC-Pine City
125	17:28	Jared Clementson	2002	Pine City
126	17:28	Jared Clementson	2003	Proctor
127	17:28	Jim Kingen	1985	Milaca
128	17:29	Peter Johnson	2000	SubSection-Pierz
129	17:29	David Hambly	2007	MMM (G.C.)
130	17:29	Eli Grubbs	2016	Mora
131	17:30	Tommy Ryan	2017	Pierz
132	17:30	Cody Hanson	2010	Becker
133	17:30	Jared Clementson	2001	Pierz
134	17:30	Cody Hanson	2010	North Branch
135	17:30	Zach Swanson	2008	Section-Pierz
136	17:31	Easton Foss	2014	Proctor
137	17:32	Noah Adams	2013	Section-Milaca
138	17:32	Tom Miche'	2006	Becker
139	17:32	Marcus Duarte	1987	RRC - Pine City
140	17:33	Charlie Ausmus	2020	Pine City
141	17:33	Nate Webster	2018	Section 5A - Mora
142	17:33	Nate Webster	2017	Foley
143	17:33	Tom Miche'	2006	Becker
144	17:33	Trevor McNally	2005	Pierz
145	17:33	Zach Swanson	2008	North Branch
146	17:33	Cody Hanson	2010	Pine City
147	17:33	Peter Johnson	1997	Princeton (Mega)
148	17:33	Marcus Duarte	1986	Region 7 - Cambridge
149	17:34	Charlie Ausmus	2022	GRC-PC
150	17:34	Ryan Hammill	2000	Pierz
151	17:34	David Hansen	2001	Pierz
152	17:34	Ryan Hammill	2000	Pierz
153	17:34	John Bloom	1988	PC Invite
154	17:35	Charlie Ausmus	2020	Pine City Intrasquad
155	17:35	Tom Miche'	2005	TRC-Pine City
156	17:35	Trevor McNally	2007	TRC-Pine City
157	17:35	David Hambly	2007	Becker
158	17:35	Ricky Wasson	1997	Princeton (Mega)
159	17:36	Ryan Hammill	1999	RRC-Milaca
160	17:36	Ryan Hammill	2000	North Branch
161	17:36	Tom Miche'	2006	Pierz
162	17:37	Nate Webster	2017	Section-Mora
163	17:37	Ryan Hammill	2000	RRC-Foley
164	17:37	Cody Hanson	2010	Becker

165	17:37	Chris Lutz	2002	Section-Becker
166	17:37	Clay Fischer	2003	RRC-STMA
167	17:37	Tom Miche'	2005	Cambridge
168	17:37	Cody Hanson	2010	Pierz
169	17:37	John Bloom	1990	Milaca
170	17:37	Per Zillmer	1982	Swain
171	17:38	Charlie Ausmus	2020	Pine City Dual
172	17:38	David Hambly	2006	Pierz
173	17:38	Tom Miche'	2006	Section-Cloquet
174	17:38	Easton Foss	2013	Becker
175	17:38	Tommy Ryan	2016	Section-Milaca
176	17:39	Nate Webster	2019	Foley
177	17:39	Ryan Hammill	1999	Princeton (Mega)
178	17:39	Chris Lutz	2001	RRC-North Branch
179	17:39	Tom Miche'	2006	MMM (Foley)
180	17:39	David Hambly	2007	Princeton
181	17:39	John Bloom	1988	Swain
182	17:40	John Bloom	1990	Pine City
183	17:40	John Bloom	1988	Rush City
184	17:40	John Bloom	1987	Pine City
185	17:41	Charlie Ausmus	2021	Hinckley
186	17:41	Jared Clementson	2000	North Branch
187	17:41	Ryan Hammill	2000	Princeton (Mega)
188	17:41	Chris Lutz	2001	Pierz
189	17:41	Tom Miche'	2006	TRC-Pine City
190	17:41	David Hambly	2007	TRC-Pine City
191	17:42	Tommy Ryan	2018	Princeton
192	17:42	Marcus Duarte	1987	District 25
193	17:43	Tommy Ryan	2017	Mora L.C.
194	17:43	Ryan Hammill	1999	Section-Becker
195	17:43	David Hansen	2001	SubSection-Pierz
196	17:43	David Hambly	2006	TRC-Pine City
197	17:43	John Bloom	1987	Cambridge
198	17:44	Chris Lutz	2002	North Branch
199	17:44	David Hambly	2007	North Branch
200	17:44	John Bloom	1988	District 25
201	17:44	John Bloom	1986	Region 7 - Cambridge
202	17:45	Nate Webster	2019	Section 5A - Mora
203	17:45	Nate Webster	2018	Mora L.C.
204	17:45	Nate Webster	2017	Pierz
205	17:45	Noah Adams	2015	Pierz
206	17:45	Jeremy Lee	2000	SubSection-Pierz
207	17:45	David Hambly	2006	Section-Cloquet
208	17:45	John Bloom	1989	RRC-Sauk Rapids
209	17:45	John Bloom	1989	Rush City
210	17:46	Charlie Ausmus	2022	Hinckley
211	17:46	Ryan Hammill	2000	Section-Becker
212	17:46	Tommy Ryan	2017	Pine City
213	17:46	Tom Miche'	2004	Foley
214	17:46	Tom Miche'	2004	RRC-Princeton
215	17:46	Zach Swanson	2007	TRC-Pine City
216	17:47	Logan Vinaja	2018	Section 5A - Mora
217	17:47	Noah Adams	2015	Swain
218	17:47	Cody Hanson	2009	Section-Pierz
219	17:47	Paul Johnson	1997	Princeton (Mega)
220	17:47	Jason Larson	1997	Princeton (Mega)

221	17:47	John Bloom	1988	Region 7A - Duluth
222	17:48	Tommy Ryan	2017	MMM (G.C.)
223	17:48	Trevor McNally	2007	Becker
224	17:48	David Hansen	2001	North Branch
225	17:48	Ryan Hammill	2000	Rush City
226	17:49	Cody Hanson	2009	Princeton
227	17:49	Jared Clementson	2002	Becker
228	17:49	Peter Johnson	2000	Section-Becker
229	17:49	Trevor McNally	2004	RRC-Princeton
230	17:49	Tommy Ryan	2016	Mora L.C.
231	17:50	Charlie Ausmus	2021	Pine City
232	17:50	Noah Adams	2015	MMM (G.C.)
233	17:50	Peter Johnson	1998	RRC-Chisago L.
234	17:50	Ryan Hammill	1999	North Branch
235	17:50	Jeremy Lee	2000	Princeton (Mega)
236	17:50	Jeremy Lee	2000	North Branch
237	17:50	Jared Clementson	2000	RRC-Foley
238	17:50	Clay Fischer	2005	Pierz
239	17:50	Tom Miche'	2005	Chisago Lakes
240	17:50	Easton Foss	2014	North Branch
241	17:50	Marcus Duarte	1986	Mora
242	17:51	Nate Webster	2017	Mora L.C.
243	17:51	Nate Webster	2017	Pine City
244	17:51	Noah Adams	2015	GRC-Pine City
245	17:51	Zach Swanson	2007	Princeton
246	17:51	Jordan Rarick	2012	MMM (G.C.)
247	17:51	Noah Adams	2014	MMM (G.C.)
248	17:51	Ricky Wasson	1997	Section-Cloquet
249	17:51	Jared Clementson	2002	North Branch
250	17:51	Tom Miche'	2005	Cambridge
251	17:51	David Hambly	2006	North Branch
252	17:51	Easton Foss	2013	North Branch
253	17:51	Easton Foss	2014	Becker
254	17:51	John Bloom	1988	Cambridge
255	17:52	Charlie Ausmus	2021	Mora
256	17:52	Nate Webster	2018	Pierz
257	17:52	Tommy Ryan	2017	Mora
258	17:52	Noah Adams	2013	MMM (G.C.)
259	17:52	Zach Swanson	2007	Becker
260	17:52	Trevor McNally	2004	Foley
261	17:52	John Bloom	1990	Swain
262	17:52	Jason Rarick	1987	District 25
263	17:52	Eli Grubbs	2016	STATE
264	17:53	Charlie Ausmus	2021	Princeton
265	17:53	Tommy Ryan	2017	GRC-Pine City
266	17:53	Noah Adams	2015	Section-Milaca
267	17:53	Easton Foss	2014	Pine City
268	17:53	Clay Fischer	2005	Pine City
269	17:53	Cody Hanson	2010	Milaca Earlybird
270	17:53	Karl Greden	2002	Section-Becker
271	17:53	Clay Fischer	2005	Cambridge
272	17:53	Trevor McNally	2007	North Branch
273	17:53	Easton Foss	2014	GRC-Pine City
274	17:53	Eli Grubbs	2016	Pierz
275	17:53	Danny Olson	1989	Region 7 - Cambridge
276	17:54	Charlie Ausmus	2021	Mora L.C.

277	17:54	Easton Foss	2013	Swain
278	17:54	Jeremy Lee	2000	Section-Becker
279	17:54	David Hansen	2001	RRC-North Branch
280	17:54	Trevor McNally	2005	North Branch
281	17:54	John Bloom	1987	Region 7 - Grand Rapids
282	17:54	Nate Webster	2016	Section-Milaca
283	17:55	Trevor McNally	2005	Swain
284	17:55	Ryan Hammill	1999	Cambridge
285	17:55	Charlie Zak	2001	SubSection-Pierz
286	17:55	John Bloom	1987	Mora
287	17:55	Eli Grubbs	2016	Swain
288	17:56	Nate Webster	2017	MMM (G.C.)
289	17:56	Tom Miche'	2006	Pine City
290	17:56	Trevor McNally	2005	Cambridge
291	17:56	Clay Fischer	2007	Section-Pierz
292	17:56	John Bloom	1990	Mora
293	17:57	J.R. Anderson	1996	Rush City
294	17:57	Tom Miche'	2006	Swain
295	17:57	Jeremy Lee	2000	Pierz
296	17:57	Jared Clementson	2000	STATE
297	17:57	Jared Clementson	2003	Princeton (Mega)
298	17:58	Charlie Ausmus	2020	GRC-Hinckley
299	17:58	Jeremy Lee	2000	RRC-Foley
300	17:58	Chris Lutz	2001	Princeton (Mega)
301	17:58	Clay Fischer	2005	TRC-Pine City
302	17:58	Jared Clementson	2001	Pine City
303	17:58	Marcus Duarte	1985	RRC-Sauk Rapids
304	17:59	Eli Fromm	2022	Section 7AA (Hibbing)
305	17:59	Eli Grubbs	2016	Becker
306	17:59	Noah Adams	2015	Mora
307	17:59	Zach Swanson	2007	MMM (G.C.)
308	17:59	Jason Larson	1997	RRC-Sartell
309	17:59	Peter Johnson	2000	RRC-Foley
310	17:59	Jared Clementson	2001	Cambridge
311	17:59	Tom Miche'	2006	North Branch
312	17:59	Easton Foss	2013	GRC-Pine City
313	17:59	John Bloom	1989	Mora
314	18:00	Noah Adams	2012	Section-Pierz
315	18:00	Noah Adams	2013	MMM (G.C.)

<u>Total</u>	<u>Interval</u>	<u>Time Category</u>
3	3	Times Under 16:30 min
34	31	Times Under 17:00 min
135	101	Times Under 17:30 min
315	180	Times Under 18:00 min

KEY	
BOLD	That person's fastest time
Green	Happened this year

1000/500 Top Practice Times - 2022

Boys Names	1000 times	year
1 Eli Grubbs	2:50 (t)	2016
2 Tommy Ryan	2:52 (t)	2018
3 Tommy Ryan	2:55 (t)	2017
4 Easton Foss	2:57	2013
5 Easton Foss	2:57 (t)	2014
6 Charlie Ausmus	2:58 (t)	2021
7 Charlie Ausmus	2:59 (t)	2022
8 Nate Webster	2:59 (t)	2019
9 Trevor McNally	3:00	2007
10 Nate Webster	3:00 (t)	2018
11 Cody Hanson	3:02	2010
12 John Dedic	3:03	2010
13 Jared Clementson	3:03	2002
14 Tom Miche'	3:03	2006
15 Charlie Ausmus	3:03 (t)	2020
16 Nate Webster	3:03 (t)	2017
17 Noah Adams	3:03 (t)	2013
18 Zach Swanson	3:04	2008
19 Austin Eckert	3:04 (t)	2017
20 Noah Adams	3:04 (t)	2015
21 Eli Grubbs	3:05 (t)	2015
22 Eli Grubbs	3:05 (t)	2014
23 Cody Hanson	3:05 (t)	2009
24 Trevor McNally	3:06	2006
25 Tommy Ryan	3:06 (t)	2016
26 Noah Adams	3:06 (t)	2014
27 David Hambly	3:07	2004
28 Tom Miche'	3:07	2005
29 Trevor McNally	3:08	2005
30 Andrew Lutz	3:08	2007

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

Girls Names	1000 times	year
1 Alaina Steele	3:26 (t)	2019
2 Alaina Steele	3:27 (t)	2017
3 Alaina Steele	3:28 (t)	2015
4 Marin Foss	3:28 (t)	2015
5 Marin Foss	3:29 (t)	2014
6 Sherry Rike	3:30	2011
7 Eva Johnson	3:30 (t)	2020
8 Alaina Steele	3:31 (t)	2018
9 Eva Johnson	3:34 (t)	2019
10 Eva Johnson	3:36 (t)	2021
11 Arissa Rydberg	3:39 (t)	2019
12 Megan Miesner	3:40	2010
13 Abby Cummins	3:40	2012
14 Abby Cummins	3:41	2011
15 Grace Langmade	3:41 (t)	2015
16 Rachel Brown	3:42 (t)	2022
17 Ashli Webster	3:42 (t)	2015
18 Allison Gusk	3:42 (t)	2015
19 Emma Belsheim	3:43 (t)	2022
20 Grace Grubbs	3:43 (t)	2018
21 Sherry Rike	3:44	2012
22 Marin Foss	3:44 (t)	2016
23 Morgan Richardson	3:45	2012
24 Brenna Richardson	3:45	2012
25 Eva Johnson	3:45 (t)	2018
26 Grace Grubbs	3:45 (t)	2017
27 Alexis Thieman	3:45 (t)	2016
28 Eva Johnson	3:46	2022
29 Sherry Rike	3:46	2010
30 Allison Gusk	3:46 (t)	2014

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

(t) track

GIRLS' PRACTICE WORKOUT RECORDS

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

BOYS' PRACTICE WORKOUT RECORDS

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

TOP 10 FIRST PLACE FINISHERS at Pine City Meets

GIRLS

PINE CITY INVITATIONAL (New 5K)

Charisa Bouley	Zimmerman	2018	19:27
Elena Herberg	Rush City	2015	19:45
Kaia Osmundson	Chisago Lakes	2022	19:47
Molly Novotny	Spectrum	2019	20:04
Charisa Bouley	Zimmerman	2017	20:10
Hannah Boese	Spectrum	2021	20:16
Reese Hartl	Hinckley-Finlayson	2020	20:24
Rhianna Rinke	North Branch	2016	20:34

Pine City Bests:

Alaina Steele	Pine City	2019	20:37
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CONFERENCE MEET @ PINE CITY

Elena Herberg	Rush City	2015	19:45
Eva Johnson	Pine City	2022	19:58
Alaina Steele	Pine City	2019	20:20
Alaina Steele	Pine City	2018	20:21
Reese Hartl	Hinckley-Finlayson	2020	20:23 HF
Reese Hartl	Hinckley-Finlayson	2021	20:40 HF
Alaina Steele	Pine City	2017	21:19
Ashli Webster	Pine City	2016	21:48
Reese Hartl	Hinckley-Finlayson	2019	20:25 2nd
Eva Johnson	Pine City	2019	20:29 3rd
Alaina Steele	Pine City	2015	20:33 2nd
Marin Foss	Pine City	2015	20:37 3rd
Eva Johnson	Pine City	2018	20:44 2nd
Pine City Best:			
Eva Johnson	Pine City	2022	19:58

BOYS

PINE CITY INVITATIONAL

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

Pine City Best:

Jim Kingen	Pine City	1986	17:01
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CONFERENCE MEET @ PINE CITY

Chris Anderson	Chisago Lakes	1995	16:37
Brett Ausmus	Hinckley	2005	16:55
Josh Wurdemann	Rush City	2009	17:14
Brett Ausmus	Hinckley	2006	17:14
Trevor McNally	Pine City	2006	17:15
Neil Larsen	Milaca	2007	17:17
Tommy Ryan	Pine City	2018	17:19
Cody Hanson	Pine City	2010	17:20
Jared Clementson	Pine City	2002	17:26
Zach Swanson	Pine City	2008	17:28
Charlie Ausmus	Pine City	2022	17:34
Pine City Best:			
Trevor McNally	Pine City	2006	17:15

Team Records by Season (1996-2022)

GIRLS			Year	BOYS		
<u>Wins</u>	<u>Losses</u>	<u>Percent</u>		<u>Wins</u>	<u>Losses</u>	<u>Percent</u>
49	36	0.576	2022	70	23	0.753
51	50	0.505	2021	55	55	0.500
15	15	0.500	2020	20	10	0.667
56	30	0.651	2019	67	93	0.419
31	52	0.373	2018	99	46	0.683
69	56	0.552	2017	85	48	0.639
70	48	0.593	2016	77	48	0.616
104	19	0.846 State	2015	64	56	0.533
65	40	0.619	2014	66	47	0.584
34	54	0.386	2013	63	45	0.583
39	44	0.470	2012	38	57	0.400
42	51	0.452	2011	25	53	0.321
39	48	0.448	2010	47	48	0.495
24	62	0.279	2009	35	56	0.385
9	30	0.231	2008	40	52	0.435
26	103	0.202	2007	129	25	0.838 State
29	85	0.254	2006	116	22	0.841 State
16	68	0.254	2005	102	21	0.829 State
31	27	0.534	2004	38	33	0.535
39	27	0.591	2003	59	66	0.472
37	24	0.607	2002	77	36	0.681
43	50	0.462	2001	62	46	0.574
30	49	0.380	2000	88	31	0.739 State
30	46	0.395	1999	42	72	0.368
28	35	0.444	1998	41	33	0.554
10	55	0.154	1997	78	26	0.750
2	32	0.059	1996	29	32	0.475
<u>Total W's</u>	<u>Total L's</u>	<u>Total W %</u>	Total	<u>Total W's</u>	<u>Total L's</u>	<u>Total W %</u>
1018	1236	0.452		1712	1180	0.592
Overall Ave				Overall Ave		
11 Winning Seasons			27 Seasons	19 Winning Seasons		
<u>Total Since 2013</u>				<u>Total Since 2013</u>		
<u>Wins</u>	<u>Losses</u>	<u>Percent</u>	10 Seasons	<u>Wins</u>	<u>Losses</u>	<u>Percent</u>
544	400	0.576		666	471	0.586
8 Winning Seasons				9 Winning Seasons		

Pine City High School Cross Country

2022 Awards:

MOST VALUABLE RUNNER

Eva Johnson
19:58

Charlie Ausmus
17:26.7

ROOKIE OF THE YEAR

Teresa Root
24:31

Anthony Bergeron
19:27.7

MOST IMPROVED RUNNER

Rachel Brown
21:02.2

Weston Clementson
18:02.3

WORKHORSE AWARD

Emma Belsheim
21:42

Ethan Aagaard
18:12.1

SPORTSMANSHIP AWARD

Gracie Larson
23:31

Josh Brinker
21:35.3

“PC” AWARD

Persistent and Courageous

Alyssa Olson
28:37

Noah McDaniel
19:24

TEAM AWARD

(Together Everyone Achieves More)

Peyton Perreault
23:05

Eli Fromm
17:58.8

CAPTAINS:

Eva Johnson
Emma Belsheim
Sophia Olson (M)

Josh Brinker
Charlie Ausmus
Roman McKinney

CONFERENCE TEAM CHAMPIONS

Boys' Varsity (15 pts)

Boys' JV (15 pts)

Boys' JH (6 pts)

Girls' Varsity (30 pts)

Girls' JH (6 pts)

ALL-CONFERENCE

Charlie Ausmus (1)
Weston Clementson (2)
Ethan Aagaard (3)
Roman McKinney (4)
Eli Fromm (6)
Bohdan Valvoda (7)
Noah McDaniel (9)

Eva Johnson (1)
Rachel Brown (3)
Emma Belsheim (4)

HONORABLE MENTION

Sawyer McDaniel *JV (11)

Peyton Perreault (12)

Gracie Larson (14)

CONFERENCE INDIVIDUAL CHAMPIONS

Boys Varsity: Charlie Ausmus
Boys JV: Sawyer McDaniel
Boys JH: Grant Larson

Girls Varsity: Eva Johnson
Girls JV: Kaylie Christenson

ACADEMIC EXCELLENCE

Boys: Gold Level (3.79 GPA)

Girls: Gold Level (3.95 GPA)

ALL-STATE ACADEMIC INDIVIDUAL

(Top 15 at Sections and 3.75 GPA or higher)

Eva Johnson

STATE MEET QUALIFIER

Eva Johnson (7th at Sections) 77th at State

LETTER WINNERS

BOYS

Charlie Ausmus
Weston Clementson
Ethan Aagaard
Eli Fromm
Roman McKinney
Anthony Bergeron
Bohdan Valvoda
Noah McDaniel
Sawyer McDaniel
Josh Brinker

GIRLS

Eva Johnson
Rachel Brown
Emma Belsheim
Gracie Larson
Peyton Perreault
Paige Gray
Teresa Root
Kaylie Christenson

Boys & Girls Great River Conference Champs



2022



Coach Coach Coach Coach
Judd Rob Clementson Sherry

THANKS for a
ENTERTAINING
season!

- Coaches

2022



Boys

Great River Conference Champs

Section 7AA – 4th Place

Girls

Great River Conference Champs

Section 7AA – 6th Place