

*Pine City*

**CROSS**   
**LOUNTRY**

**2023**

# 2023 Dragon Cross Country Team



**Isanti Time Trial**  
**Thursday, August 24, 2023**  
**70's and humid**

**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	13:05	PB	6:15	6:50
2. Rachel Brown	4	13:40	PB	6:34	7:06
3. Peyton Perreault		15:58	PB	7:38	8:20
4. Paige Gray		16:52		7:38	9:14
5. Teresa Root		17:16	PB	8:06	9:10
6. Gracie Larson		17:37	PB	8:03	9:34
7. Kaydence McKellar		18:09	PB	8:20	9:49
8. Madi Perreault		DNF		8:04	
9. Kaylie Christenson		DNF		-	
10. Emma Belsheim		DNR			

#1 runner: Cambridge-Isanti - 12:50

**JUNIOR HIGH GIRLS:**

1600 m - runners

		<u>total time</u>	
1. Ellie Patzoldt	4	7:38	PB
2. Amelia Sauter	6	7:46	PB
3. Gretchen Gatzke		7:56	PB
4. Lily Kurth		8:09	PB
5. Jessa Klemz		DNR	

#1 runner: Cambridge-Isanti - 6:49

**PINE CITY BOYS' RESULTS:**

3200 m - runners

	<u>place</u>	<u>total time</u>		<u>1st mile</u>	<u>2nd mile</u>
1. Eli Fromm	4	11:20	PB	5:35	5:45
2. Weston Clementson	6	11:27		5:38	5:49
3. Roman McKinney	8	11:34	PB	5:38	5:56
4. Charlie Ausmus	9	11:38		5:38	6:00
5. Sawyer McDaniel	11	11:45	PB	5:40	6:05
6. Ethan Aagaard		11:55		5:45	6:10
7. Noah McDaniel		12:18	PB	6:05	6:13
8. Anthony Bergeron		12:21	PB	6:02	6:19
9. Bohdan Valvoda		12:59		6:00	6:59
10. Ray Ovick		13:06	PB	6:35	6:31
11. Grant Larson		13:27	PB	6:35	6:52
12. Frank Betters		DNR			
13. Jerald Kurth		DNR			

#1 runner: - Team ? - 10:55

**JUNIOR HIGH BOYS:**

1600 m - runners

		<u>total time</u>	
1. Micah Hogberg	4	6:42	PB
2. Walker Remme	5	6:45	PB
3. Owen Ableman	8	7:07	PB
4. Conor Ableman		7:14	PB
5. Miles Gray		7:37	PB
6. Blake Betters		8:58	PB
7. Jenner Kunze		DNR	
8. Evan Olson		DNR	
9. Anders Olson		DNR	
10. Kady Christenson		DNR	
11. Landon Raudabaugh		DNR	

#1 runner: Saint Francis - 5:40

# Princeton Invitational Cross Country Meet

Thursday, August 31, 2023

warm with a slight breeze

## PINE CITY GIRLS' RESULTS:

5000 m - 66 varsity runners

	place	time	
1. Eva Johnson	8	20:52.2	#1 Princeton
2. Rachel Brown	11	21:19.8	#4 Princeton
3. Peyton Perreault	49	24:52.8	
4. Madi Perreault	56	26:19.1	PB
5. Paige Gray	59	26:26.2	
6. Gracie Larson	60	26:39.1	
7. Teresa Root	61	26:57.2	
8. Kaylie Christenson	64	29:03.2	
9. Kaydence McKellar	DNF		
10. Emma Belsheim	DNR		

#1 runner: Isabel Mahoney - Monticello - 18:11.8

## JUNIOR HIGH GIRLS:

2000 m - 50 runners

	place	time	
1. Ellie Patzoldt	11	9:22.0	PB
2. Amelia Sauter	19	9:36.1	PB
3. Gretchen Gatzke	31	9:57.2	PB
4. Lily Kurth	32	10:07.2	PB
5. Jessa Klemz	DNR		
6. Finley Kunze	DNR		

#1 runner: Hadley Koehler - Princeton - 8:08.1

## PINE CITY BOYS' RESULTS:

5000 m - 103 varsity runners

	place	time	
1. Weston Clementson	14	18:19.2	#5 Princeton
2. Ethan Aagaard	16	18:31.8	#6 Princeton
3. Sawyer McDaniel	17	18:34.6	PB #7 Princeton
4. Anthony Bergeron	18	18:37.2	PB #8 Princeton
5. Roman McKinney	22	18:50.2	#10 tie Princeton
6. Eli Fromm	23	18:52.1	
7. Bohdan Valvoda	34	19:32.2	
8. Noah McDaniel	48	20:12.4	
9. Grant Larson	54	20:34.1	PB
10. Ray Ovick	76	21:38.1	PB
11. Charlie Ausmus	DNR		
12. Frank Betters	DNF		
13. Jerald Kurth	DNR		

#1 runner: Lev Dougherty - Heritage Christian - 16:50.9

## JUNIOR HIGH BOYS:

2000 m - 60 runners

	place	time	
1. Micah Hogberg	18	8:12.2	PB
2. Walker Remme	20	8:18.2	
3. Jenner Kunze	24	8:26.1	PB
4. Owen Ableman	34	8:55.2	PB
5. Conor Ableman	42	9:33.1	PB
6. Evan Olson	43	9:33.9	
7. Miles Gray	45	9:41.2	PB
8. Blake Betters	DNR		
9. Anders Olson	DNR		

#1 runner: Brandt Hemmelgarn - Becker - 7:04.6

## Top 5 Ave

23:58.0

## GIRLS' TEAM RESULTS:

1. Becker (6th - AA)	43
2. Cambridge-Isanti (AAA)	64
3. Heritage Christian	92
4. Zimmerman (AA)	103
5. Monticello (7th - AA)	103
6. Pine City	136
7. Spectrum	163
Braham	Inc
Elk River	Inc
Mille Lacs	Inc
Princeton	Inc
St. Cloud Christian	Inc
St. Francis	Inc

## JH Girls' Results:

1. Cambridge-Isanti	54
2. Elk River	58
3. Becker	70
4. Monticello	72
5. Zimmerman	82
Pine City	Inc

## BOYS' TEAM RESULTS:

1. Heritage Christian (4th - A)	27
2. Cambridge-Isanti (AAA)	61
3. Pine City	87
4. Becker (AA)	91
5. Spectrum	142
6. Princeton (AA)	171
7. St. Cloud Christian	179
8. Zimmerman (AA)	197
9. St. Francis (AA)	215
Braham	Inc
Elk River	Inc

## JH Team Results:

1. Becker	54
2. St. Cloud Christian	76
3. St. Francis	82
4. Princeton	89
5. Elk River	94
6. Pine City	131
7. Cambridge-Isanti	152
8. Braham	173

# Pine City Invitational Cross Country Meet

Thursday, September 7, 2023  
mild, overcast, no wind (perfect)

## PINE CITY GIRLS' RESULTS:

5000 m - 73 varsity / 49 JV runners

	place	time	
1. Eva Johnson	5	20:26	BTY #1 PC Invite
<b>***PC INVITE SCHOOL RECORD***</b>			
2. Rachel Brown	7	20:55	PB #3 PC Invite / #6 Girl A.T.
3. Peyton Perreault	32	23:19	BTY
4. Paige Gray	39	24:02	BTY
5. Madi Perreault	43	24:48	PB
6. Gracie Larson	55	25:16	BTY
7. Emma Belsheim	65	26:20	BTY
8. Teresa Root	15jv	26:53	BTY
9. Kaylie Christenson	18jv	27:41	BTY
10. Kaydence McKellar	19jv	27:43	PB

#1 runner: Kaia Osmundson - Chisago Lakes - 18:45

## JUNIOR HIGH GIRLS:

2000 m - 34 runners

	place	time	
1. Ellie Patzoldt	11	9:04	PB
2. Amelia Sauter	12	9:06	PB
3. Jessa Klemz	18	9:23	PB
4. Gretchen Gatzke	21	9:30	PB
5. Lily Kurth	22	9:37	PB
6. Finley Kunze	23	9:40	PB

#1 runner: Piper Anderson - Braham - 8:07

## PINE CITY BOYS' RESULTS:

5000 m - 74 varsity / 71 JV runners

	place	time	
1. Weston Clementson	6	17:39	PB #9 PC Invite / #25 Boy A.T.
2. Roman McKinney	15	17:51	PB Tie #30 Boy A.T.
3. Eli Fromm	18	18:00	BTY
4. Anthony Bergeron	19	18:01	PB
5. Ethan Aagaard	22	18:03	PB
6. Sawyer McDaniel	26	18:30	PB
7. Bohdan Valvoda	27	18:32	PB
8. Noah McDaniel	3jv	19:28	BTY
9. Ray Owick	6jv	19:51	PB
10. Grant Larson	13jv	20:28	PB
11. Frank Betters	39jv	23:38	BTY
12. Charlie Ausmus	DNR		
13. Jerald Kurth	DNR		

#1 runner: Weston Harris - Foley - 17:06

## JUNIOR HIGH BOYS:

2000 m - 65 runners

	place	time	
1. Walker Remme	12	7:58	PB
2. Jenner Kunze	16	8:03	PB
3. Micah Hogberg	19	8:08	PB
4. Owen Ableman	24	8:29	PB
5. Conor Ableman	32	8:44	PB
6. Evan Olson	34	8:51	PB
7. Miles Gray	45	9:31	PB
8. Blake Betters	49	9:50	PB
9. Anders Olson	DNR		

#1 runner: Ian Lange - Milaca - 7:12

## Top 5 Ave

22:42.0 - #2 PC Invite

## GIRLS' TEAM RESULTS:

1. Zimmerman (AA)	48
2. Chisago Lakes (AA)	50
3. Pierz	68
4. Pine City	105
5. Spectrum	135
6. Foley (AA)	150
7. Mora (AA)	180
8. Milaca	210
9. Hinckley-Finlayson	Inc
East Central	Inc
Rush City	Inc
North Branch (AA)	Inc
Mille Lacs	Inc
Braham	Inc

## JH Girls' Results:

1. Foley	36
2. Pine City	41
3. Zimmerman	48

## BOYS' TEAM RESULTS:

1. Chisago Lakes (AA)	66
2. Pine City	79
3. Mora (AA)	87
4. Pierz	105
5. Foley (AA)	135
6. Spectrum	149
7. North Branch (AA)	166
8. Zimmerman (AA)	181
9. Milaca	234
10. Rush City	242
Hinckley-Finlayson	Inc
Braham	Inc
East Central	Inc
McGregor	Inc

## JH Team Results:

1. Foley	64
2. Pine City	69
3. Mora	73
4. Pierz	86
5. Milaca	87
6. Braham	108

# Mora Invitational Cross Country Meet

Tuesday, September 12, 2022

cool and slightly breezy

## PINE CITY GIRLS' RESULTS:

5000 m - 109 varsity & 72 JV runners

	<u>place</u>	<u>time</u>	
1. Eva Johnson	8	20:15.1	BTY #1 Mora / #13 Race A.T.
2. Rachel Brown	26	21:33.5	#9 Mora
3. Peyton Perreault	63	23:33.5	BTY
4. Gracie Larson	81	24:37.8	BTY
5. Madi Perreault	83	24:48.3	PB Tie
6. Paige Gray	91	25:13.9	
7. Emma Belsheim	99	25:54.8	BTY
8. Teresa Root	28jv	26:37.9	BTY
9. Kaylie Christenson	40jv	28:01.6	
10. Kaydence McKellar	42jv	28:30.4	

#1 runner: Mileena Sullivan - Hibbing - 19:03.9

## JUNIOR HIGH GIRLS:

3200 m - 73 runners

	<u>place</u>	<u>time</u>	
1. Amelia Sauter	26	15:42.2	PB
2. Gretchen Gatzke	34	16:21.9	PB
3. Lily Kurth	36	16:27.5	PB
4. Finley Kunze	37	16:28.2	PB
5. Ellie Patzoldt	38	16:30.0	PB
6. Jessa Klemz		DNR	

#1 runner: Olivia Thelen - Hibbing - 13:30.7

## PINE CITY BOYS' RESULTS:

5000 m - 129 varsity & 115 JV runners

	<u>place</u>	<u>time</u>	
1. Weston Clementson	16	17:56.5	#4 Mora
2. Roman McKinney	24	18:12.2	
3. Anthony Bergeron	26	18:17.2	
4. Ethan Aagaard	40	18:37.0	
5. Sawyer McDaniel	47	18:47.2	
6. Eli Fromm	51	18:51.4	
7. Bohdan Valvoda	53	18:58.8	
8. Noah McDaniel	9jv	20:01.3	
9. Ray Owick	15jv	20:11.9	
10. Grant Larson	23jv	20:26.9	PB
11. Frank Betters	62jv	22:51.0	PB
12. Charlie Ausmus		DNR	
13. Jerald Kurth		Ran JH	

#1 runner: Mark Swanson - Northwest Nighthawks - 16:34.5

## JUNIOR HIGH BOYS:

3200 m - 128 runners

	<u>place</u>	<u>time</u>	
1. Jenner Kunze	33	13:31.2	PB
2. Walker Remme	42	13:46.6	PB
3. Micah Hogberg	57	14:22.7	PB
4. Owen Ableman	76	15:06.1	PB
5. Evan Olson	80	15:18.9	BTY
6. Conor Ableman	81	15:22.7	PB
7. Miles Gray	89	15:47.3	BTY
8. Blake Betters	103	17:23.2	PB
9. Jerald Kurth (9th)	112	18:16.5	BTY
10. Anders Olson		DNR	

#1 runner: Isaac Berges - St. Cloud Christian - 11:56.1

Top 5 Ave

22:57.7

## GIRLS' TEAM RESULTS:

1. Hibbing (AA - 12th)	50
2. Proctor (AA - 10th)	68
3. Rock Ridge (AA)	86
4. Northwest Home (A - 6th)	92
5. South Ridge (A - 12th)	100
6. Pierz	160
7. Pine City	210
8. Cloquet (AA)	213
9. Hermantown (AA)	234
10. Mora (AA)	288
11. Foley (AA)	291
12. East Central	325
Duluth Denfeld (AA)	Inc
Providence Academy	Inc
Hinckley-Finlayson	Inc
Princeton, NLA, RC	Inc
North Branch, Braham	Inc

## JH Girls' Results:

1. Hibbing	20
2. Hermantown	63
3. Foley	86
4. Pine City	90
5. Cloquet	102
6. South Ridge	128

## BOYS' TEAM RESULTS:

1. Northwest Homeschool	138
2. Rock Ridge (AA)	144
3. Hibbing (AA)	145
4. Pierz	149
5. Mora (AA)	150
6. Pine City	153
7. Cloquet (AA)	156
8. South Ridge	181
9. Providence Academy	218
10. Foley (AA)	226
11. Proctor (AA)	226
12. Princeton (AA)	295
13. St. Cloud Christian	338
14. Hermantown (AA)	373
15. Rush City	390
16. North Lakes Academy	393
17. Duluth Denfeld (AA)	446
18. Maranatha	553
North Branch (AA)	Inc
H-F, EC Braham	Inc

## JH Team Results:

1. Hibbing	65
2. Northwest Nighthawks	80
3. St. Cloud Christian	116
4. Princeton	122
5. Proctor	123
6. Hermantown	140
7. South Ridge	193
8. Foley	217
9. Pine City	257
10. Mora	261
15 complete teams	

Boys  
50<sup>th</sup> Annual Pierz Stampede  
Champs



2023

# Pierz Invitational Cross Country Meet (50th Annual)

Monday, September 18, 2023

mild and sunny with a breeze

## PINE CITY GIRLS' RESULTS:

5000 m - 122 varsity & 85 JV runners

	<u>place</u>	<u>time</u>	
1. Eva Johnson	4	20:24.1	#1 Pierz Invite
2. Rachel Brown	22	21:47.2	#9 Pierz Invite
3. Peyton Perreault	65	24:03.1	
4. Emma Belshelm	88	25:13.0	BTY
5. Paige Gray	89	25:17.2	
6. Gracie Larson	96	25:31.1	
7. Madi Perreault	98	25:35.1	
8. Kaylie Christenson	47jv	27:57.2	
9. Kaydence McKellar	64jv	30:16.1	
10. Finley Kunze	65jv	30:16.9	
11. Teresa Root	DNR		

#1 runner: Madison LeSage - Howard Lake-W.W. - 19:07.7

## JUNIOR HIGH GIRLS:

3200 m - 86 runners

	<u>place</u>	<u>time</u>	
1. Amelia Sauter	41	16:22.1	
2. Ellie Patzoldt	45	16:34.3	
3. Gretchen Gatzke	48	16:46.2	
4. Lily Kurth	61	17:48.2	
5. Finley Kunze	DNR	ran JV	

#1 runner: Piper Anderson - Braham - 13:56.2

## PINE CITY BOYS' RESULTS:

5000 m - 127 varsity & 95 JV runners

	<u>place</u>	<u>time</u>	
1. Weston Clementson	18	18:19.2	
2. Charlie Ausmus	22	18:29.6	
3. Anthony Bergeron	23	18:32.2	
4. Ethan Aagaard	27	18:46.2	
5. Eli Fromm	31	18:51.2	
6. Bohdan Valvoda	51	19:42.2	
7. Noah McDaniel	68	20:15.0	
8. Ray Ovick	5jv	20:38.2	
9. Frank Betters	51jv	24:16.3	
10. Roman McKinney	DNR		
11. Sawyer McDaniel	DNR		
12. Grant Larson	DNR		
13. Jerald Kurth	DNR	Ran JH	

#1 runner: Sal Wirth - Northwest Homeschool - 16:30.9

## JUNIOR HIGH BOYS:

3200 m - 138 runners

	<u>place</u>	<u>time</u>	
1. Jenner Kunze	39	14:10.2	
2. Walker Remme	49	14:32.1	
3. Micah Hogberg	50	14:32.4	
4. Miles Gray	74	15:30.1	PB tie
5. Conor Ableman	81	15:42.9	
6. Evan Olson	90	16:05.6	
7. Jerald Kurth (9th)	112	18:29.2	
8. Blake Betters	113	18:32.4	
9. Owen Ableman	DNR		
10. Anders Olson	DNR		

#1 runner: Mullen Bratney - Brainerd - 11:57.5

Top 5 Ave

23:20.9

## GIRLS' TEAM RESULTS:

1. St. Cloud Cathedral (A - 1st)	38
2. Northwest Homeschool (A - 6th)	73
3. Annandale	80
4. Zimmerman (AA)	95
5. Little Falls (AA)	123
6. Pierz	173
7. Pine City	229
8. St. John's Prep	267
9. Eden Valley-W.K.	272
10. Crosby-Ironton	286
11. Maple Lake	309
12. Mora (AA)	314
13. East Central	371
14. Milaca	371
15. Foley (AA)	371
Hinckley-Finlayson	Inc
Rush City	Inc
15 complete teams	

## JH Team Results:

1. St. Cloud Cathedral	17
Pine City	Inc
5 complete teams	

## BOYS' TEAM RESULTS:

1. Pine City	106
2. Annandale	119
3. St. Cloud Cathedral	122
4. Northwest Homeschool	135
5. Mora	137
6. Pierz	160
7. Foley (AA)	184
8. St. John's Prep (A - 7th)	215
9. St. Cloud Christian	253
10. Zimmerman (AA)	259
11. Howard Lake W.W.	276
12. Royalton	307
13. Milaca	318
14. Eden Vally-W.K.	321
15. Maple Lake	378
16. East Central	416
17. Rush City	445
18. Maranatha Christian	557
23 total teams	

**\*\*First Time Winning this Meet\*\***

## JH Team Results:

1. Brainerd	40
2. Northwest Homeschool	50
3. St. Cloud Christian	86
4. Albany	107
5. Eden Vally-W.K.	176
6. Annandale	183
7. Mora	213
8. Pine City	223
13 complete teams	



# Rush City "Autumn" Invitational Cross Country Meet

Thursday, September 21, 2023

warm and sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 23 varsity / JV runners

	<u>place</u>	<u>time</u>	
1. Emma Belshelm	5	27:00	
2. Peyton Perreault	10	28:21	
3. Gracie Larson	11	28:23	
4. Kaydence McKellar	DNF	19:27	2-mile
5. Eva Johnson	DNR		
6. Rachel Brown	DNR		
7. Paige Gray	DNR		
8. Madi Perreault	DNR		
9. Kaylie Christenson	DNR		
10. Teresa Root	DNR		

#1 runner: Isabella Bennett - Hinckley-Finlayson - 23:42

## JUNIOR HIGH GIRLS:

3200 m - 8 runners

	<u>place</u>	<u>time</u>	
1. Gretchen Gatzke	3	16:44	
2. Ellie Patzoldt	5	17:18	
3. Amelia Sauter	6	17:51	
4. Lily Kurth	7	18:48	
5. Finley Kunze	DNR		

#1 runner: Piper Anderson - Braham - 14:32

## PINE CITY BOYS' RESULTS:

5000 m - 27 varsity / JV runners

	<u>place</u>	<u>time</u>	
1. Weston Clementson	1	20:12	
2. Charlie Ausmus	3	20:17	
3. Ethan Aagaard	4	20:18	
4. Anthony Bergeron	5	20:34	
5. Bohdan Valvoda	6	20:44	
6. Eli Fromm	7	21:08	
7. Noah McDaniel	8	21:09	
8. Ray Ovick	11	22:25	
9. Frank Betters	19	25:34	
10. Roman McKinney	DNR		
11. Sawyer McDaniel	DNR		
12. Grant Larson	DNR		
13. Jerald Kurth	DNR		ran JH

#1 runner: Weston Clementson - Pine City - 20:11

## JUNIOR HIGH BOYS:

3200 m - 20 runners

	<u>place</u>	<u>time</u>	
1. Walker Remme	2	14:21	
2. Micah Hogberg	3	14:22	PB
3. Conor Ableman	6	15:35	
4. Owen Ableman	7	15:44	
5. Miles Gray	9	16:30	
6. Jerald Kurth (9th)	13	18:02	BTY
7. Anders Olson	18	20:20	
8. Jenner Kunze	DNR		
9. Evan Olson	DNR		
10. Blake Betters	DNR		

#1 runner: Waylon German - Braham - 14:12

## Top 5 Ave

N-A

## GIRLS' TEAM RESULTS

1. Hinckley-Finlayson	16
2. Rush City	70
Pine City	Inc
Braham	Inc

## JH Team Results:

Pine City	Inc
Hinckley-Finlayson	Inc
Rush City	Inc
Braham	Inc

## BOYS' TEAM RESULTS:

1. Pine City	19
2. Rush City	51
3. Hinckley-Finlayson	76
Braham	Inc

## JH Team Results:

1. Pine City	27
2. Braham	34
Hinckley-Finlayson	Inc
Rush City	Inc

# Foley Invitational Cross Country Meet

Thursday, September 28, 2023  
cool, windy, mostly overcast

## PINE CITY GIRLS' RESULTS:

5000 m - 98 varsity & 51 JV runners

	place	time	
1. Eva Johnson	8	20:12.1	BTY #3tie Foley
2. Rachel Brown	21	21:51.4	
3. Peyton Perreault	41	23:10.2	BTY
4. Emma Belsheim	65	24:28.2	BTY
5. Gracie Larson	67	24:34.2	BTY
6. Madi Perreault	80	25:06.2	
7. Teresa Root	22jv	27:10.2	
8. Kaylie Christenson	24jv	27:20.2	BTY
9. Kaydence McKellar	28jv	28:08.2	
10. Paige Gray	DNF		

#1 runner: Kaia Osmundson - Chisago Lakes - 18:51.2

## JUNIOR HIGH GIRLS:

3200 m - 48 runners

	place	time	
1. Ellie Patzoldt	12	15:18.2	PB
2. Gretchen Gatzke	20	16:11.2	PB
3. Finley Kunze	27	16:41.1	
4. Lily Kurth	32	17:19.3	
5. Amelia Sauter	DNR		

#1 runner: Piper Anderson - Braham - 13:55.1

## PINE CITY BOYS' RESULTS:

5000 m - 109 varsity & 118 JV runners

	place	time	
1. Weston Clementson	9	17:39.2	PB tie #7tie Foley
2. Charlie Ausmus	17	17:57.2	BTY #10 Foley
3. Eli Fromm	19	18:01.2	
4. Ethan Aagaard	24	18:11.2	
5. Roman McKinney	36	18:37.2	
6. Bohdan Valvoda	3jv	18:46.2	
7. Anthony Bergeron	39	18:47.1	
8. Sawyer McDaniel	44	19:02.3	
9. Noah McDaniel	13jv	19:34.3	
10. Ray Ovick	27jv	20:28.3	
11. Frank Betters	75jv	23:11.2	
12. Jerald Kurth	112jv	27:14.6	PB
13. Grant Larson	DNR		

#1 runner: Noah McGovern - Cambridge-Isanti - 17:08.5

## JUNIOR HIGH BOYS:

3200 m - 89 runners

	place	time	
1. Jenner Kunze	21	13:49.4	
2. Walker Remme	23	13:51.6	
3. Micah Hogberg	34	14:18.7	PB
4. Owen Ableman	38	14:40.1	PB
5. Conor Ableman	50	15:08.1	PB
6. Miles Gray	59	15:46.2	
7. Evan Olson	61	15:56.1	
8. Blake Betters	74	17:13.2	PB
9. Anders Olson	83	19:10.2	BTY

#1 runner: Colton Carlson - Albany - 12:08.8

Top 5 Ave

22:51.2

## GIRLS' TEAM RESULTS:

1. Zimmerman (AA)	78
2. Chisago Lakes (AA)	81
3. Cambridge-Isanti (AAA)	89
4. Little Falls (AA)	113
5. Albany (AA)	119
6. Pierz	146
7. Pine City	192
8. Spectrum	220
9. Long Prairie-Grey Eagle	233
10. Foley (AA)	274
11. Mora (AA)	282
12. Milaca	300
13. Lester Prairie	329
14. Pillager	336
Mille Lacs	Inc
Braham	Inc

## JV Girls' Results:

1. Cambridge-Isanti	21
Pine City	Inc.

## JH Girls' Results:

1. Little Falls	32
Pine City	Inc
4 complete teams	

## BOYS' TEAM RESULTS:

1. Cambridge-Isanti (AAA)	64
2. St. Cloud Cathedral	75
3. Chisago Lakes (AA)	102
4. Pine City	105
5. Pierz	144
6. Mora (AA)	172
7. Foley (AA)	185
8. Albany (AA)	186
9. Spectrum	237
10. Zimmerman (AA)	274
11. Princeton (AA)	293
12. Little Falls (AA)	302
13. Milaca	329
14. Lester Prairie	335
15. Long Prairie-Grey Eagle	381
16. Pillager	486
Braham	Inc

## JV Boys' Results:

1. Cambridge-Isanti	36
Pine City	Inc

## JH Boys' Results:

1. Long Prairie-Grey Eagle	45
2. Albany	74
3. Foley	110
4. Pine City	133
5. Mora	146
6. Cam	150
7. Little Falls	150
8. Braham	170
9. Spectrum	86
10. Pierz	202

# Hinckley-Finlayson Invitational Cross Country Meet

Tuesday, October 3, 2023

warm, overcast, windy

## PINE CITY GIRLS' RESULTS:

5000 m - 169 runners

Top 5 Ave

23:21.7

	place	time	
1. Eva Johnson	9	20:57.0	#1 Hinckley/Becker
2. Rachel Brown	18	22:09.1	#8 Hinckley/Becker
3. Peyton Perreault	59	24:02.0	
4. Gracie Larson	77	24:47.1	
5. Emma Belsheim	80	24:53.2	
6. Madi Perreault	81	24:56.1	
7. Paige Gray	99	25:30.0	
8. Kaylie Christenson	127	28:07.1	
9. Kaydence McKellar	153	29:57.3	
10. Teresa Root	DNR		

#1 runner: Kaia Osmundson - Chisago Lakes - 19:10.0

## JUNIOR HIGH GIRLS:

3200 m - 38 runners

	place	time	
1. Ellie Patzoldt	12	15:54.2	
2. Gretchen Gatzke	16	16:17.2	
3. Finley Kunze	20	17:25.1	
4. Amelia Sauter	21	17:29.1	
5. Lily Kurth	23	17:55.0	

#1 runner: Kaylee Prom - St. Cloud Cathedral - 14:01.0

## PINE CITY BOYS' RESULTS:

5000 m - 230 runners

Top 5 Ave

18:19.7

	place	time	
1. Weston Clementson	17	18:06.1	
2. Charlie Ausmus	19	18:08.0	
3. Roman McKinney	24	18:23.4	
4. Ethan Aagaard	27	18:28.3	
5. Anthony Bergeron	31	18:32.1	
6. Eli Fromm	39	18:47.9	
7. Bohdan Valvoda	47	19:03.1	
8. Sawyer McDaniel	66	19:36.1	
9. Noah McDaniel	70	19:43.0	
10. Grant Larson	86	19:55.7	PB
11. Ray Ovick	93	20:12.1	
12. Frank Betters	196	25:01.2	
13. Jerald Kurth	223	30:53.1	

#1 runner: Zach Meyer - St. John's Prep - 16:11.1

## JUNIOR HIGH BOYS:

3200 m - 82 runners

	place	time	
1. Jenner Kunze	13	13:54.7	
2. Walker Remme	15	13:56.7	
3. Micah Hogberg	23	14:33.1	
4. Owen Ableman	35	15:33.2	
5. Conor Ableman	36	15:34.6	
6. Evan Olson	40	15:45.1	
7. Blake Betters	64	18:19.8	
8. Anders Olson	65	18:20.1	PB
9. Miles Gray	DNR		

#1 runner: Joel Theis - Holdingford - 12:34.1

## GIRLS' TEAM RESULTS:

1. Cambridge-Isanti (AAA)	77
2. St. Cloud Cathedral (A-1st)	80
3. Northwest Homeschool (A-5th)	93
4. Chisago Lakes (AA)	94
5. Pierz	135
6. Hinckley-Finlayson	159
7. St. John's Prep	176
8. Pine City	212
9. Milaca	275
10. Royalton	299
11. Holdingford	301
12. East Central	326
13. Mora (AA)	348
14. North Branch (AA)	374
15. Maple Lake	383
16. Rush City	472
Howard Lake-W.W.	Inc
Braham, Mille Lacs	Inc

## JH Girls' Results:

1. St. Cloud Cathedral	15
2. Pine City	53
3. Cambridge-Isanti	72
? total teams	

## BOYS' TEAM RESULTS:

1. St. Cloud Cathedral (A-11th)	92
2. Cambridge-Isanti (AAA)	93
3. Holdingford (A-9th)	94
4. Pine City	119
5. Pierz	150
6. St. John's Prep	151
7. Chisago Lakes (AA)	163
8. Northwest Homeschool	168
9. Mora (AA)	196
10. North Branch (AA)	236
11. Milaca	336
12. Royalton	367
13. East Central	380
14. Rush City	384
15. Howard Lake-W.W.	425
16. Hinckley-Finlayson	484
17. Maple Lake	511
Braham	Inc

## JH Boys' Results:

1. Northwest Homeschool	37
2. Holdingford	44
3. Pine City	106
4. Royalton	107
5. Cambridge-Isanti	130
6. Mora	134
7. Braham	143

# Princeton L.C. Invitational Cross Country Meet

Tuesday, October 10, 2023

cool and sunny

## PINE CITY GIRLS' RESULTS:

5000 m - 134 varsity & 119 JV runners

	place	time	
1. Eva Johnson	12	19:46.8	PB #2 Girl / #3 Race All-Time
2. Rachel Brown	63	22:00.8	
3. Peyton Perreault	84	23:02.3	BTY
4. Emma Belsheim	93	23:31.6	BTY
5. Gracie Larson	99	23:42.0	BTY
6. Madi Perreault	104	23:45.7	PB
7. Paige Gray	116	24:22.3	
8. Kaylie Christenson	54jv	26:01.8	BTY
9. Kaydence McKellar	75jv	27:20.3	PB
10. Teresa Root	DNR		

#1 runner: Nora Hushagen - Forest Lake - 17:31.7

## JUNIOR HIGH GIRLS:

3200 m - 96 runners

	place	time	
1. Ellie Patzoldt	21	14:48.9	PB
2. Gretchen Gatzke	43	15:36.6	PB
3. Finley Kunze	44	15:36.6	PB
4. Lily Kurth	60	16:54.9	
5. Amelia Sauter	DNR		

#1 runner: Hadley Koehler - Princeton - 13:15.2

## PINE CITY BOYS' RESULTS:

5000 m - 162 varsity & 230 JV runners

	place	time	
1. Weston Clementson	38	17:41.0	#2 Princeton/Mora L.C.
2. Charlie Ausmus	39	17:41.3	BTY #3 Princeton/Mora L.C.
3. Anthony Bergeron	51	17:53.7	PB #8 Princeton/Mora L.C.
4. Eli Fromm	61	18:04.7	#10 Princeton/Mora L.C.
5. Roman McKinney	76	18:18.2	
6. Ethan Aagaard	78	18:19.9	
7. Sawyer McDaniel	4jv	18:25.5	PB
8. Bohdan Valvoda	88	18:34.6	
9. Grant Larson	27jv	19:19.7	PB
10. Ray Ovick	69jv	20:18.2	
11. Noah McDaniel	71jv	20:21.2	
12. Jenner Kunze	133jv	22:05.4	PB
13. Jerald Kurth	218jv	26:33.5	PB
14. Frank Betters	DNR		

#1 runner: Sal Wirth - Annandale - 15:29.2

## JUNIOR HIGH BOYS:

3200 m - 133 runners

	place	time	
1. Micah Hogberg	36	13:27.9	PB
2. Walker Remme	37	13:30.9	PB
3. Owen Ableman	48	13:48.2	PB
4. Conor Ableman	80	14:42.9	PB
5. Evan Olson	90	14:55.8	PB
6. Miles Gray	103	15:37.7	
7. Anders Olson	118	17:17.4	PB
8. Jenner Kunze	DNR	Ran JV	
9. Blake Betters	DNR		

#1 runner: Eli Henning - Big Lake - 11:35.9

## Top 5 Ave

22:24.7 / #26 All-Time

## GIRLS' TEAM RESULTS:

1. Forest Lake (AAA - 7th)	59
2. Northwest Homeschool (A-4th)	127
3. Annandale	134
4. Zimmerman (AA)	153
5. Chisago Lakes (AA)	163
6. Rock Ridge (AA)	173
7. Cambridge-Isanti (AAA)	185
8. Sartell (AA)	188
9. Delano (AA - 7th)	207
10. Monticello (AA)	210
11. St. Francis (AA)	223
12. Pine City	320
13. Rockford	326
14. Sauk Rapids-Rice (AA)	378
15. Big Lake (AA)	387
16. Milaca	456
17. Foley (AA)	463
18. Mora (AA)	465
North Branch (AA)	Inc
Agape Christian Academy	Inc
Becker (AA)	Inc
Greenway N.K.	Inc
Kaleidoscope	Inc
Princeton (AA)	Inc
St. Cloud Apollo (AA)	Inc
St. Cloud Tech	Inc

## BOYS' TEAM RESULTS:

1. Becker (AA)	103
2. Big Lake (AA)	104
3. Monticello (AA - 11th)	105
4. Greenway N.K. (A - 11th)	169
5. Annandale (AA)	212
6. Sartell (AA)	215
7. Mora (AA)	244
8. Cambridge-Isanti (AAA)	247
9. Rock Ridge (AA)	252
10. Pine City	267
11. Forest Lake (AAA)	302
12. Rockford	304
13. Northwest Homeschool	328
14. St. Cloud Apollo (AA)	344
15. Chisago Lakes (AA)	390
16. Foley (AA)	401
17. St. Cloud Tech (AA)	414
18. North Branch (AA)	419
19. Princeton (AA)	458
20. St. Francis (AA)	465
21. Zimmerman (AA)	504
22. Sauk Rapids-Rice (AA)	536
23. Milaca	635
24. Agape Christian Academy	708

## JV Boys' Results:

1. Sartell (AA)	32
7. Pine City	234
18 complete teams	

## JH Boys' Results:

1. STMA (AAA)	58
7. Pine City	206
10 complete teams	

# Boys Great River Conference Champs



2023

# Great River Conference Cross Country Meet @ Pine City

Tuesday, October 17, 2023  
mild and sunny (soggy course)

## PINE CITY GIRLS' RESULTS:

5000 m - 29 varsity & 13 JV runners

	place	time	
1. Eva Johnson	1	20:15	<b>ALL-CONFERENCE #2 GRC</b>
2. Rachel Brown	3	21:26	<b>ALL-CONFERENCE</b>
3. Peyton Perreault	9	22:37	PB <b>ALL-CONFERENCE</b>
4. Emma Belsheim	12	23:28	BTY <b>Honorable-Mention</b>
5. Gracie Larson	13	23:34	BTY <b>Honorable-Mention</b>
6. Madi Perreault	14	23:45	PB <b>Honorable-Mention</b>
7. Paige Gray	17	24:18	
8. Kaylie Christenson	3jv	25:19	PB
9. Kaydence McKellar	6jv	27:20	PB
10. Teresa Root	DNR		

#1 runner: Eva Johnson - Pine City - 20:15

#1 JV runner: Emma Richter - Hinckley-Finlayson - 25:08

## JUNIOR HIGH GIRLS:

3200 m - 5 runners

	place	time	
1. Ellie Patzoldt	1	14:49	PB tie
2. Finley Kunze	3	15:41	
3. Gretchen Gatzke	4	15:42	
4. Lily Kurth	5	17:21	
5. Amelia Sauter	DNR		

#1 runner: Ellie Patzoldt - Pine City - 14:49

## PINE CITY BOYS' RESULTS:

5000 m - 26 varsity & 13 JV runners

	place	time	
1. Eli Fromm	1	17:50	PB <b>ALL-CONFERENCE</b>
2. Weston Clementson	2	18:02	<b>ALL-CONFERENCE</b>
3. Charlie Ausmus	3	18:04	<b>ALL-CONFERENCE</b>
4. Ethan Aagaard	4	18:11	<b>ALL-CONFERENCE</b>
5. Roman McKinney	5	18:12	<b>ALL-CONFERENCE</b>
6. Anthony Bergeron	6	18:16	<b>ALL-CONFERENCE</b>
7. Bohdan Valvoda	1jv	18:43	
8. Noah McDaniel	2jv	19:17	PB
9. Grant Larson	3jv	19:21	
10. Sawyer McDaniel	12	19:33	<b>Honorable-Mention</b>
11. Ray Owick	4jv	20:08	
12. Jerald Kurth	10jv	24:42	PB
13. Frank Betters	DNR		

#1 runner: Eli Fromm - Pine City - 17:50

#1 JV runner: Bohdan Valvoda - Pine City - 18:43

## JUNIOR HIGH BOYS:

3200 m - 22 runners

	place	time	
1. Jenner Kunze	2	13:42	
2. Walker Remme	5	14:09	
3. Owen Ableman	6	14:17	
4. Conor Ableman	10	14:51	
5. Evan Olson	11	14:53	PB
6. Miles Gray	13	15:13	PB
7. Anders Olson	17	17:22	
8. Micah Hogberg	DNR		
9. Blake Betters	DNR		

#1 runner: Waylon German - Braham - 13:30

## Top 5 Ave

22:16.0 - #4 GRC / #20 All-Time

## GIRLS' TEAM RESULTS:

1. Hinckley-Finlayson	27
2. Pine City	35
3. East Central	66
4. Rush City	115
Mille Lacs	Inc
Braham	Inc

## JV Girls' Results:

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

## JH Girls' Results (top 3):

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

## BOYS' TEAM RESULTS:

1. Pine City	15
2. Rush City	60
3. East Central	70
4. Hinckley-Finlayson	91
Braham	Inc

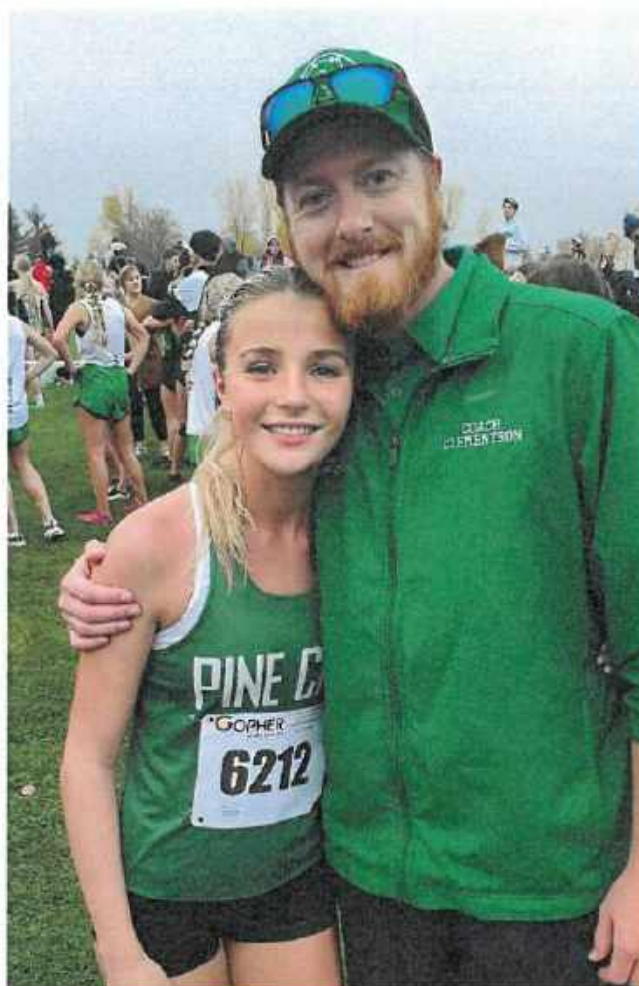
## JV Boys' Results:

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

## JH Boys' Results (top 3):

1. Braham	10
2. Pine City	11
3. Rush City	36
Hinckley-Finlayson	Inc
East Central	Inc

# Section 5A



# Section 5A Cross Country Meet in Hinckley

Thursday, October 26, 2023  
cool and overcast (wet course)

## PINE CITY GIRLS' RESULTS:

5000 m - 113 varsity runners

Top 5 Ave

22:32.0 - #8 Section / #34 A.T.

	place	time	
1. <b>Eva Johnson</b>	<b>8</b>	<b>20:13.9</b>	#4 Section
**** Qualifies for STATE ****			
2. Rachel Brown	21	21:32.1	
3. Peyton Perreault	44	22:53.1	
4. Emma Belsheim	69	23:52.3	
5. Gracie Larson	75	24:08.4	
6. Madi Perreault	87	24:53.2	
7. Paige Gray	92	25:02.2	

Alt. Kaylie Christenson  
Alt. Teresa Root

## GIRLS' TEAM RESULTS:

1. St. Cloud Cathedral (A-1st)	32
2. Northwest Homeschool (A-6th)	75
3. St. John's Prep	112
4. Pierz	137
5. Litchfield	144
6. Hinckley-Finlayson	189
7. Paynesville	196
8. Pine City	197
9. Parnassus	200
10. Maple Lake	275
11. Holdingford	276
12. East Central	305
13. Royalton	313
14. Rush City	432

North Lakes Academy Inc  
Howard Lake-W.W. Inc  
Legacy Christian Inc  
Mille Lacs Inc  
Braham Inc  
Maranantha Christian Inc

## Individual State Meet Qualifiers:

1. Olivia Pauly (12)	St. John's Prep	18:38.3	Individual 1
2. Ella Volt (12)	Cathedral	18:48.1	Team 1
3. Maddie LeSage (12)	Howard L-W.W.	19:16.8	Individual 2
4. Clara Schad (12)	Cathedral	19:36.5	Team 1
5. Kendra Swanson (9)	Northwest	19:45.2	Team 2
6. Louise Ruzanic (9)	St. John's Prep	19:56.2	Individual 3
7. Katelyn Waldoch (9)	Cathedral	20:08.2	Team 1
8. <b>Eva Johnson (12)</b>	<b>Pine City</b>	<b>20:13.9</b>	<b>Individual 4</b>
9. Elsa Helstrom (8)	Litchfield	20:19.1	Individual 5
10. Madison Wendlandt (11)	Paynesville	20:34.5	Individual 6
11. Enya Scanlon (8)	Cathedral	20:46.1	Team 1
12. Addie Mondloch (10)	Cathedral	20:46.2	Team 1
13. Salina Michael (10)	Northwest	20:50.3	Team 2

## PINE CITY BOYS' RESULTS:

5000 m - 133 varsity runners

Top 5 Ave

18:03.3 #10 Section / #27 A.T.

	place	time	
1. Weston Clementson	16	17:53.2	
2. Anthony Bergeron	19	18:00.4	
3. Ethan Aagaard	21	18:01.7	PB
4. Eli Fromm	23	18:06.1	
5. Charlie Ausmus	27	18:15.2	
6. Roman McKinney	28	18:18.9	
7. Bohdan Valvoda	32	18:25.2	PB

Alt. Sawyer McDaniel  
Alt. Noah McDaniel

## BOYS' TEAM RESULTS:

1. St. John's Prep	82
2. St. Cloud Cathedral (A - 8th)	91
3. <b>Pine City</b>	<b>106</b>
4. Holdingford (A - 9th)	108
5. Pierz	129
6. Parnassus	144
7. Northwest Homeschool	165
8. Litchfield	231
9. North Lakes Academy	253
10. Howard Lake-W.W.	294
11. St. Cloud Christian	341
12. Rush City	342
13. Royalton	345
14. Maple Lake	373
15. East Central	390
16. Legacy Christian	465
17. Paynesville	481
18. Hinckley-Finlayson	481

Maranantha Christian Inc  
Braham Inc

## Individual State Meet Qualifiers:

1. Nick Hansen (12)	St. John's Prep	16:09.3	Team 1
2. Zach Meyer (12)	St. John's Prep	16:09.4	Team 1
3. Mark Swanson (11)	Northwest	16:29.0	Individual 1
4. Griffen Ward (12)	Cathedral	17:10.2	Team 2
5. Benjamin Suo (11)	St. John's Prep	17:16.1	Team 1
6. Nick Lind (12)	Maple Lake	17:19.2	Individual 2
7. Dawson Hofer (9)	Holdingford	17:19.2	Individual 3
8. Joseph Guthrie (12)	Holdingford	17:19.3	Individual 4
9. Wyatt Betsinger	Pierz	17:20.1	Individual 5
10. Nathan Tax (10)	Pierz	17:22.2	Individual 6



# Eva Johnson at STATE XC



42<sup>nd</sup> Place – 20:12.7

# STATE CROSS COUNTRY MEET

at UofM Les Bolstad Golf Course

Saturday, November 4, 2023

cool and sunny with light breeze; 40 degrees

## PINE CITY GIRLS' RESULTS:

5000 m - 160 runners

	<u>place</u>	<u>time</u>
<b>Eva Johnson</b>	<b>42</b>	<b>20:12.7</b>
	#3 STATE / #15 All-Time	
1600m Split - 6:12.3	3200m Split - 12:51.1 (6:39)	

## GIRLS' "A" TEAM RESULTS:

1. St. Cloud Cathedral	68
2. Staples-Motley	125
3. Cotter	151
4. Hawley	155
5. Rochester Lourdes	159
6. Nova Classical	201
7. Canby	208
8. Redwood Valley	211
9. Northwest Homeschool	218
10. United North Central	218
11. Carlton/Wrenshall	255
12. Loyola/Cleveland/S.C.	278
13. South Ridge	283
14. Wadena-Deer Creek	300
15. St. Paul Academy	308
16. Menasha	352

## Top 10 Finishers:

1. Olivia Pauly (12)	St. John's Prep	18:20.5
2. Audrey Brownell (10)	Staples-Motley	18:31.6
3. Ella Voit (12)	Cathedral	18:36.2
4. Jenna DeBates (12)	Luverne	18:40.4
5. Kyanna Burton (12)	Staples-Motley	18:46.4
6. Maddie LeSage (12)	Howard Lake-W.W.	18:56.5
7. Isabel Pass (7)	Nova Classical	18:58.9
8. Anjalie Aho (11)	United North Central	18:59.4
9. Sonja Semling (11)	Cotter	19:10.6
10. Kendra Swanson (9)	Northwest Homeschool	19:19.0

## Area/Section runners:

1 Olivia Pauly (12)	St. John's Prep	18:20.5
3 Ella Voit (12)	Cathedral	18:36.2
6 Maddie LeSage (12)	Howard L-W.W.	18:56.5
10 Kendra Swanson (9)	Northwest	19:19.0
11 Louise Ruzanic (9)	St. John's Prep	19:22.8
16 Clara Schad (12)	Cathedral	19:35.2
25 Katelyn Waldoch (9)	Cathedral	19:55.3
40 Addie Mondloch (10)	Cathedral	20:11.1
<b>42 Eva Johnson (12)</b>	<b>Pine City</b>	<b>20:12.7</b>
44 Elsa Helstrom (8)	Litchfield	20:16.3
58 Enya Scanlon (8)	Cathedral	20:27.5
61 Madison Wendlandt (11)	Paynesville	20:29.3
65 Salina Michael (10)	Northwest	20:44.1
75 Cecilia Jamison (8)	Cathedral	20:57.7
83 Katie Calcamuggio (10)	Northwest	21:07.5
113 Alaina Holmquist (10)	Northwest	21:38.7
117 Lyla Bourgoine (9)	Northwest	21:45.7
128 Taylor Bourgoine (10)	Northwest	22:08.9
129 Emma Jamison (11)	Cathedral	22:10.3
157 Meredith Gundale (9)	Northwest	24:28.0

## BOYS' "A" TEAM RESULTS:

1. Heritage Christian	106
2. Cotter	114
3. Bertha-Hewitt	121
4. Greenway/N-K	146
5. Redwood Valley	168
6. Windom	175
7. St. John's Prep	197
8. Lewiston-Altra/R-P/H	215
9. Mountain Valley	235
10. Park Rapids	237
11. Hawley	251
12. South Ridge	262
13. St. James	266
14. St. Cloud Cathedral	295
15. Staples-Motley	302
16. Nova Classical	309

# NXR Heartland 2023



# NXR Heartland Cross Country Meet in Sioux Falls, SD

Sunday, November 12, 2023  
cool and sunny with light wind

## Teams & Individuals from:

Minnesota, Wisconsin, South Dakota, North Dakota, Iowa, Nebraska & Kansas

### PINE CITY GIRLS' RESULTS:

5000 m - 1298 varsity runners in open races

	<u>place</u>	<u>time</u>	
1. Eva Johnson	155	20:06.0	
2. Rachel Brown	311	20:48.5	PB
3. Peyton Perreault	705	22:39.1	

### BOYS' TEAM RESULTS:

102 out of 227

<u>Top 5 Ave</u> 17:57.4 - #19 Tie All-Time
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### PINE CITY BOYS' RESULTS:

5000 m - 1961 varsity runners in open races

	<u>place</u>	<u>time</u>
1. Weston Clementson	730	17:50.4
2. Roman McKinney	747	17:52.0
3. Anthony Bergeron	779	17:56.8
4. Eli Fromm	799	18:00.1
5. Ethan Aagaard	867	18:08.0
6. Charlie Ausmus	883	18:09.9
7. Bohdan Valvoda	1049	18:32.9
8. Sawyer McDaniel	1112	18:42.5
9. Noah McDaniel	1385	19:40.2
10. Ray Ovick	1466	19:59.1

## CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2023

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Rush City/Mega	Foley	Hinckley	Duluth/Swain	Princeton/Mora	Conference	Section	State	PB	Average	
Emma Belsheim	12	2023	DNR	26:20 (5k)	25:55 (5k)	25:13 (5k)		24:28 (5k)	24:53 (5k)	C	23:32 (5k)	PC-23:37 (5k)	HF - 23:52		23:28	24:04*	
	11	2022	23:38 (5k)	22:59 (5k)	23:14 (5k)	22:44 (5k)	C	22:06 (5k)	22:25 (5k)	C	22:24 (5k)	PC-21:42 (5k)	Hibb - 22:17		21:42	22:37	
	10	2021	23:53 (5k)	23:11 (5k)	22:53 (5k)	22:05 (5k)	22:21 (5k)	22:12 (5k)	22:45 (5k)	22:42 (5k)	C	22:25 (5k)	HF-22:25 (5k)	Cloq - 21:56.5		21:57	22:37
	9	2020	27:09 (5k)	24:24 (5k)	C	23:52 (5k)	C	24:19 (5k)	C	C	C	HF-24:08 (5k)	Mora - 23:29.2		23:29	24:02	
	8	2019	pr. 9:28 (2k)	8:54 (2k)	11:37 (2.4k)	15:02 (3.2k)	26:17 (5k)	24:33 (5k)		X	25:30 (5k)	25:07 (5k)	Mora - 23:30		23:30	24:58	
Eva Johnson	12	2023	20:52 (5k)	20:26 (5k)	20:15 (5k)	20:24 (5k)		20:12 (5k)	20:57 (5k)	C	19:46.8 (5k)	PC-21:15 (5k)	HF - 20:13.9	20:12.7	19:46.8	20:21	
	11	2022	DNR	21:23 (5k)	20:50 (5k)	21:08 (5k)	C	20:32 (5k)	DNR	C	20:51 (5k)	PC-19:58 (5k)	Hibb - 20:22	20:27.5	19:58	20:42	
	10	2021	DNR	DNR	DNR	21:52 (5k)	21:25 (5k)	21:15 (5k)	21:54 (5k)	22:12 (5k)	C	21:22 (5k)	HF-21:15 (5k)	Cloq - 20:46		20:45.7	21:30
	9	2020	23:54 (5k)	21:06 (5k)	C	DNR	C	21:18 (5k)	C	C	C	HF-21:16 (5k)	Mora - 20:59.3		20:59.3	21:10	
	8	2019	Pr. 21:56 (5k)	21:38 (5k)	21:32 (5k)	21:39 (5k)	21:25 (5k)	20:39 (5k)		X	22:14 (5k)	DNR	20:29 (5k)	Mora - 20:04.0	20:11.0	20:04.3	21:04
	7	2018	pr. 8:47 (2k)	8:50 (2k)	10:20 (2.4k)	14:02 (3.2k)	DNR	21:57 (5k)		X	21:37 (5k)	21:05 (5k)	PC-20:44 (5k)	Mora - 20:22.7		20:22.7	21:09
Rachel Brown	11	2023	21:20 (5k)	20:55 (5k)	21:34 (5k)	21:47 (5k)		21:51 (5k)	22:09 (5k)	C	22:01 (5k)	PC-21:26 (5k)	HF - 21:32		20:55	21:37	
	10	2022	22:44 (5k)	21:54 (5k)	21:30 (5k)	21:39 (5k)	C	21:02 (5k)	21:33 (5k)	C	22:11 (5k)	PC-21:12 (5k)	Hibb - 21:48		21:02	21:44	
	9	2021	23:00 (5k)	23:07 (5k)	22:33 (5k)	22:37 (5k)	21:58 (5k)	22:12 (5k)	22:58 (5k)	23:12 (5k)	C	22:54 (5k)	HF-22:43 (5k)	Cloq - 22:28		21:58	22:42
	8	2020	28:16 (5k)	24:25 (5k)	C	23:57 (5k)	C	23:23 (5k)	C	C	C	HF-23:32 (5k)	Mora - 23:00		23:00	23:39	
	7	2019	pr. 9:40 (2k)	9:15 (2k)	11:05 (2.4k)	16:38 (3.2k)	26:29 (5k)	14:09 (3k)	23:53 (5k)		X	23:56 (5k)	24:14 (5k)	Mora - 23:16		23:16	24:22
Kaylie Christenson	11	2023	29:03 (5k)	27:41 (5k)	28:02 (5k)	27:57 (5k)		27:20 (5k)	28:07 (5k)	C	26:02 (5k)	PC-25:19 (5k)	HF - Alt		25:19	27:26	
	10	2022	26:55 (5k)	26:05 (5k)	DNF	25:57 (5k)	C	25:45 (5k)	DNR	C	26:41 (5k)	PC-25:28 (5k)	Hibb - Alt		25:28	26:09	
	9	2021	DNR	DNR	DNR	DNR	DNR	DNR	34:42 (5k)	X	29:40 (5k)	HF-29:45 (5k)			29:40	31:22	
Peyton Perreault	11	2023	24:53 (5k)	23:19 (5k)	23:34 (5k)	24:03 (5k)		23:10 (5k)	24:02 (5k)	C	23:02 (5k)	PC-22:37 (5k)	HF - 22:53		22:37	23:30	
	10	2022	26:00 (5k)	24:42 (5k)	24:36 (5k)	24:14 (5k)	C	23:39 (5k)	24:08 (5k)	C	25:07 (5k)	PC-23:05 (5k)	Hibb - 23:21		23:05	24:19	
	9	2021	26:31 (5k)	26:38 (5k)	25:17 (5k)	24:01 (5k)	23:42 (5k)	23:37 (5k)	25:03 (5k)	24:26 (5k)	C	23:29 (5k)	HF-24:17 (5k)	Cloq - 22:48		22:48	24:32
	8	2020	11:00 (2.2k)	8:53 (2k)	C	14:59 (3.2k)	C	26:11 (5k)	C	C	C	HF-25:25 (5k)			25:25	25:48	
	7	2019	pr. 11:09 (2k)	9:44 (2k)	11:57 (2.4k)	17:31 (3.2k)	DNR	14:26 (3k)	12:02 (2.5k)	X	15:23 (3.2k)	15:25 (3.2k)	Mora - Alt.		15:23 (3.2k)	14:57 (3.2k)	
Paige Gray	10	2023	26:26 (5k)	24:02 (5k)	25:14 (5k)	24:14 (5k)		DNF	25:30 (5k)	C	24:22 (5k)	PC-24:18 (5k)	HF - 25:02		24:02	24:54	
	9	2022	DNF	24:37 (5k)	24:59 (5k)	24:36 (5k)	C	DNF	25:54 (5k)	C	25:28 (5k)	PC-23:35 (5k)	Hibb - 24:55		22:35	24:52	
	8	2021	15:05 (3k)	25:50 (5k)	26:03 (5k)	24:20 (5k)	23:32 (5k)	23:35 (5k)	24:35 (5k)	25:08 (5k)	C	23:17 (5k)	HF-23:50 (5k)	Cloq - 22:50		22:50	24:18
	7	2020	11:49 (2.2k)	9:21 (2k)	C	16:11 (3.2k)	C	14:59 (3k)	C	C	C	11:51 (2.5k)			N-A	N-A	
Gracie Larson	10	2023	26:39 (5k)	25:16 (5k)	24:38 (5k)	25:31 (5k)		24:34 (5k)	24:47 (5k)	C	23:42 (5k)	PC-23:34 (5k)	HF - 24:08		23:34	24:45	
	9	2022	27:57 (5k)	24:38 (5k)	24:45 (5k)	24:50 (5k)	C	23:39 (5k)	24:28 (5k)	C	24:23 (5k)	PC-23:32 (5k)	Hibb - 23:32		23:31	24:38	
	8	2021	26:16 (5k)	25:23 (5k)	25:07 (5k)	23:52 (5k)	23:14 (5k)	23:22 (5k)	DNF	DNF	23:16 (5k)	HF-23:43 (5k)	Cloq - 22:40		22:40	24:06	
	7	2020	11:32 (2.2k)	9:25 (2k)	C	15:46 (3.2k)	C	14:50 (3k)	C	C	C	11:53 (2.5k)			N-A	N-A	
Teresa Root	10	2023	26:57 (5k)	26:53 (5k)	26:38 (5k)	DNF		27:10 (5k)	DNF	C	DNF	DNF	HF - Alt		26:38	26:55	
	9	2022	DNF	27:44 (5k)	28:35 (5k)	27:41 (5k)	C	25:40 (5k)	25:47 (5k)	C	26:14 (5k)	PC-24:32 (5k)	Hibb - 24:44		24:32	26:22	
	8	2021	9:57 (2k)	9:44 (2k)	16:35 (3.2k)	16:13 (3.2k)	15:37 (3.2k)	26:25 (5k)	28:01 (5k)	26:22 (5k)	C	26:57 (5k)	DNF	Cloq - Alt		26:22	26:56
	7	2020	12:09 (2.2k)	10:08 (2k)	C	17:19 (3.2k)	C	16:18 (3k)	C	C	C	12:27 (2.5k)			N-A	N-A	

## CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2023

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley	Hinckley	Duluth / Swain	Mora	Conference	Section	State	PB	Average
Kadence McKellar	9	2023	DNF	27:43 (5k)	28:30 (5k)	30:16 (5k)		28:08 (5k)	29:57 (5k)	C	27:20 (5k)	PC-27:20 (5k)			27:20	28:28
	8	2022	10:41 (2k)	9:56 (2k)	18:10 (3.2k)	18:55 (3.2k)	C	17:01 (3.2k)	18:16 (3.2k)	C	17:44 (3.2k)	18:08 (3.2k)			17:01 (3.2k)	18:01 (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)	19:01 (3.2k)	X	18:12 (3.2k)	18:33 (3.2k)			18:05 (3.2k)	18:45 (3.2k)
Madi Perreault	9	2023	25:19 (5k)	24:48 (5k)	24:48 (5k)	25:35 (5k)		25:06 (5k)	24:56 (5k)	C	23:46 (5k)	PC-23:45 (5k)	HF - 24:53		23:45	24:46
	8	2022	DNR	9:49 (2k)	16:38 (3.2k)	16:10 (3.2k)	C	16:19 (3.2k)	16:58 (3.2k)	C	15:48 (3.2k)	15:22 (3.2k)			15:22 (3.2k)	16:07 (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)	17:12 (3.2k)	X	17:26 (3.2k)	17:56 (3.2k)			17:12 (3.2k)	18:30 (3.2k)
Lily Kurth	8	2023	10:07 (2k)	9:37 (2k)	16:28 (3.2k)	17:48 (3.2k)		17:19 (3.2k)	17:55 (3.2k)	C	16:55 (3.2k)	17:21 (3.2k)			16:28 (3.2k)	17:18 (3.2k)
	7	2022	12:28 (2k)	10:28 (2k)	18:22 (3.2k)	19:06 (3.2k)	C	16:33 (3.2k)	17:56 (3.2k)	C	18:37 (3.2k)	19:18 (3.2k)			16:33 (3.2k)	18:18 (3.2k)
Amelia Sauter	8	2023	9:36 (2k)	9:06 (2k)	15:42 (3.2k)	16:22 (3.2k)		DNR	17:29 (3.2k)	C	DNR	DNR			15:42 (3.2k)	16:31 (3.2k)
Gretchen Gatzke	7	2023	9:57 (2k)	9:30 (2k)	16:22 (3.2k)	16:46 (3.2k)		16:11 (3.2k)	16:17 (3.2k)	C	15:37 (3.2k)	15:42 (3.2k)			15:37 (3.2k)	16:09 (3.2k)
Jessa Klemz	7	2023	DNR	9:23 (2k)	DNR	DNR	DNR	DNR	DNR	C	DNR	DNR			9:23 (2k)	9:23 (2k)
Finley Kunze	7	2023	DNR	9:40 (2k)	16:28 (3.2k)	30:17 (5k)		16:41 (3.2k)	17:25 (3.2k)	C	15:37 (3.2k)	15:41 (3.2k)			15:37 (3.2k)	16:22 (3.2k)
Ellie Patzoldt	7	2023	9:22 (2k)	9:04 (2k)	16:30 (3.2k)	16:34 (3.2k)		15:18 (3.2k)	15:54 (3.2k)	C	14:49 (3.2k)	14:49 (3.2k)			14:49 (3.2k)	15:39 (3.2k)

## CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2023

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Rush City/Mega	Foley	Hinckley	Duluth / Swain	Princeton/Mora	Conference	Section	State	PB	Average
Charlie Ausmus	11	2023	DNR	DNR	DNR	18:30 (5k)		17:57 (5k)	18:08 (5k)	C	17:41 (5k)	PC-18:04 (5k)	HF - 18:15		17:41	18:06
	10	2022	18:47 (5k)	18:03 (5k)	18:33 (5k)	18:19 (5k)	C	17:27 (5k)	17:46 (5k)	C	18:07 (5k)	PC-17:34 (5k)	Hibb - 18:16		17:27	18:06
	9	2021	17:54 (5k)	17:50 (5k)	17:52 (5k)	17:24 (5k)	17:25 (5k)	17:18 (5k)	17:41 (5k)	18:11 (5k)	17:54 (5k)	HF-18:08 (5k)	Cloq - 18:02		17:18	17:47
	8	2020	19:24 (5k)	17:33 (5k)	C	17:38 (5k)	C	17:35 (5k)	C	C	C	HF-17:58 (5k)	Mora - 18:12		17:33	17:47
	7	2019	pr. 7:55 (2k)	7:25 (2k)	8:52 (2.4k)	12:51 (3.2k)	21:09 (5k)	11:25 (3k)	19:46 (5k)	X	19:51 (5k)	PC-19:14 (5k)	Mora - 18:51		18:51	19:46
Anthony Bergeron	11	2023	18:37 (5k)	18:01 (5k)	18:17 (5k)	18:32 (5k)		18:47 (5k)	18:32 (5k)	C	17:54 (5k)	PC-18:16 (5k)	HF - 18:00		17:54	18:20
	10	2022	22:52 (5k)	21:31 (5k)	20:27 (5k)	20:18 (5k)	C	19:28 (5k)	20:00 (5k)	C	19:39 (5k)	DNR	Hibb - 19:36		19:28	20:29
Frank Betters	11	2023	DNF	23:38 (5k)	22:51 (5k)	24:16 (5k)		23:11 (5k)	25:01 (5k)	C	DNR	DNR			22:51	23:47
	10	2022	29:15 (5k)	25:56 (5k)	24:08 (5k)	25:03 (5k)	C	23:30 (5k)	23:21 (5k)	C	27:50 (5k)	PC-23:35 (5k)			23:21	24:46
	9	2021	16:40 (3k)	26:37 (5k)	31:05 (5k)	26:26 (5k)	DNR	26:11 (5k)	27:02 (5k)	X	28:35 (5k)	HF-27:14 (5k)			26:12	27:38
Eli Fromm	11	2023	18:52 (5k)	18:00 (5k)	18:51 (5k)	18:51 (5k)		18:01 (5k)	18:48 (5k)	C	18:05 (5k)	PC-17:50 (5k)	HF - 18:06		17:50	18:23
	10	2022	21:53 (5k)	18:55 (5k)	19:25 (5k)	19:18 (5k)	C	18:41 (5k)	19:55 (5k)	C	DNR	PC-19:06 (5k)	Hibb - 17:59		17:59	19:24
	9	2021	19:48 (5k)	20:11 (5k)	19:33 (5k)	20:18 (5k)	19:09 (5k)	18:48 (5k)	19:24 (5k)	19:26 (5k)	19:34 (5k)	HF-20:16 (5k)	Cloq - 18:44		18:44	19:34
	8	2020	8:59 (2.2k)	7:27 (2k)	C	22:52 (5k)	C	21:45 (5k)	C	C	C	HF-23:59 (5k)			21:45	22:52
	7	2019	pr. 8:07 (2k)	8:02 (2k)	10:14 (2.4k)	14:40 (3.2k)	24:37 (5k)	12:42 (3k)	10:03 (2.5k)	X	13:17 (3.2k)	13:21 (3.2k)			13:17 (3.2k)	
Sawyer McDaniel	11	2023	18:35 (5k)	18:30 (5k)	18:47 (5k)	DNR		19:02 (5k)	19:36 (5k)	C	18:26 (5k)	PC-19:33 (5k)	HF - Alt		18:26	18:55
	10	2022	20:33 (5k)	19:58 (5k)	20:05 (5k)	20:40 (5k)	C	19:51 (5k)	19:59 (5k)	C	21:53 (5k)	PC-19:31 (5k)	Hibb - Alt		19:31	20:19
	9	2021	21:02 (5k)	21:12 (5k)	21:22 (5k)	21:21 (5k)	20:44 (5k)	20:54 (5k)	21:18 (5k)	20:58 (5k)	20:37 (5k)	HF-20:27 (5k)	Cloq - Alt		20:28	21:00
	8	2020	9:42 (2.2k)	8:02 (2k)	C	13:15 (3.2k)	C	12:20 (3k)	C	C	C	10:43 (2.5k)			N-A	N-A
	7	2019	pr. 9:07 (2k)	8:21 (2k)	10:25 (2.4k)	14:54 (3.2k)	26:31 (5k)	14:15 (3k)	10:41 (2.5k)	X	14:25 (3.2k)	14:10 (3.2k)			14:10 (3.2k)	
Roman McKinney	11	2023	18:50 (5k)	17:51 (5k)	18:12 (5k)	DNR		18:37 (5k)	18:23 (5k)	C	18:18 (5k)	PC-18:12 (5k)	HF - 18:19		17:51	18:20
	10	2022	19:56 (5k)	18:51 (5k)	19:35 (5k)	19:12 (5k)	C	DNR	19:23 (5k)	C	19:31 (5k)	PC-18:45 (5k)	Hibb - 18:53		18:45	19:16
	9	2021	20:25 (5k)	20:16 (5k)	19:57 (5k)	19:43 (5k)	19:12 (5k)	19:10 (5k)	19:41 (5k)	19:28 (5k)	19:12 (5k)	HF-19:09 (5k)	Cloq - 18:53		18:53	19:33
	8	2020	8:49 (2.2k)	7:15 (2k)	C	20:14 (5k)	C	20:18 (5k)	C	C	C	HF-20:16 (5k)	Mora - 20:51		20:14	20:25
	7	2019	pr. 8:19 (2k)	7:57 (2k)	9:58 (2.4k)	13:42 (3.2k)	21:43 (5k)	11:58 (3k)	20:46 (5k)	X	13:02 (3.2k)	12:44 (3.2k)			12:44 (3.2k)	12:52 (3.2k)
Ethan Aagaard	10	2023	18:32 (5k)	18:03 (5k)	18:37 (5k)	18:46 (5k)		18:11 (5k)	18:28 (5k)	C	18:20 (5k)	PC-18:11 (5k)	HF - 18:02		18:02	18:21
	9	2022	19:07 (5k)	18:46 (5k)	18:42 (5k)	18:41 (5k)	C	18:15 (5k)	18:39 (5k)	C	19:16 (5k)	PC-18:20 (5k)	Hibb - 18:12		18:12	18:40
	8	2021	19:58 (5k)	20:21 (5k)	20:14 (5k)	19:49 (5k)	19:00 (5k)	19:00 (5k)	19:49 (5k)	19:16 (5k)	19:00 (5k)	HF-19:21 (5k)	Cloq - 18:42		18:42	19:30
	7	2020	9:04 (2.2k)	7:47 (2k)	C	21:07 (5k)	C	22:09 (5k)	C	C	C	HF-22:21 (5k)	Alt.		21:07	21:49
Weston Clementson	10	2023	18:19 (5k)	17:39 (5k)	17:57 (5k)	18:19 (5k)		17:39 (5k)	18:06 (5k)	C	17:41 (5k)	PC-18:02 (5k)	HF - 17:53		17:39	17:56
	9	2022	18:50 (5k)	18:02 (5k)	18:02 (5k)	18:13 (5k)	C	DNF	DNR	C	DNR	PC-18:18 (5k)	Hibb - 18:38		18:02	18:21
	8	2021	20:57 (5k)	24:24 (5k)	DNR	20:35 (5k)	19:56 (5k)	19:49 (5k)	20:21 (5k)	20:13 (5k)	19:35 (5k)	HF-19:54 (5k)	Cloq - 19:05		19:05	20:29
	7	2020	9:10 (2.2k)	7:55 (2k)	C	13:35 (3.2k)	C	12:40 (3k)	C	C	C	10:26 (2.5k)			N-A	N-A
Noah McDaniel	10	2023	20:12 (5k)	19:28 (5k)	20:01 (5k)	20:15 (5k)		19:34 (5k)	19:43 (5k)	C	20:21 (5k)	PC-19:17 (5k)	HF - Alt		19:17	19:48
	9	2022	20:47 (5k)	20:43 (5k)	20:14 (5k)	20:37 (5k)	C	20:01 (5k)	20:19 (5k)	C	20:04 (5k)	PC-19:24 (5k)	Hibb - Alt		19:24	20:16
	8	2021	14:10 (3k)	25:01 (5k)	24:59 (5k)	26:46 (5k)	24:32 (5k)	24:56 (5k)	DNF	X	14:41 (3.2k)	DNR			24:32	25:15
	7	2020	12:46 (2.2k)	10:33 (2k)	C	16:23 (3.2k)	C	15:58 (3k)	C	C	C	12:28 (2.5k)			N-A	N-A
Bohdan Valvoda	10	2023	19:32 (5k)	18:32 (5k)	18:59 (5k)	19:42 (5k)		18:46 (5k)	19:03 (5k)	C	18:35 (5k)	PC-18:43 (5k)	HF - 18:25		18:25	18:55
	9	2022	25:03 (5k)	20:32 (5k)	20:07 (5k)	20:05 (5k)	C	19:37 (5k)	20:14 (5k)	C	DNR	PC-19:10 (5k)	Hibb - 19:21		19:10	20:31
	8	2021	23:17 (5k)	21:34 (5k)	21:28 (5k)	20:43 (5k)	20:12 (5k)	20:09 (5k)	20:09 (5k)	20:03 (5k)	19:50 (5k)	HF-20:07 (5k)	Cloq - 19:56		19:50	20:41
	7	2020	9:44 (2.2k)	8:21 (2k)	C	14:09 (3.2k)	C	12:42 (3k)	C	C	C	10:40 (2.5k)			N-A	N-A

## CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2023

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley	Hinckley	Duluth / Swain	Mora	Conference	Section	State	PB	Average
Jerald Kurth	9	2023	DNR	DNR	18:17 (3.2k)	18:29 (3.2k)		27:15 (5k)	30:53 (5k)	C	26:34 (5k)	PC-24:42 (5k)			24:42	27:21
	8	2022	12:04 (2k)	11:03 (2k)	17:48 (3.2k)	18:05 (3.2k)	C	17:49 (3.2k)	17:21 (3.2k)	C	19:01 (3.2k)	18:26 (3.2k)			17:21 (3.2k)	18:09 (3.2k)
Grant Larson	9	2023	20:34 (5k)	20:28 (5k)	20:27 (5k)	DNR		DNR	19:56 (5k)	C	19:19 (5k)	PC-19:21 (5k)			19:20	20:01
	8	2022	8:39 (2k)	7:58 (2k)	13:50 (3.2k)	13:23 (3.2k)	C	13:23 (3.2k)	13:21 (3.2k)	C	13:19 (3.2k)	12:46 (3.2k)			12:46 (3.2k)	13:15 (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)	14:49 (3.2k)	X	14:03 (3.2k)	14:51 (3.2k)			13:36 (3.2k)	14:24 (3.2k)
Ray Ovick	9	2023	21:38 (5k)	19:51 (5k)	20:12 (5k)	20:38 (5k)		20:28 (5k)	20:12 (5k)	C	20:18 (5k)	PC-20:08 (5k)			19:51	20:18
	8	2022	9:49 (2k)	8:45 (2k)	16:03 (3.2k)	15:33 (3.2k)	C	14:53 (3.2k)	15:19 (3.2k)	C	15:20 (3.2k)	14:11 (3.2k)			14:11 (3.2k)	15:03 (3.2k)
Conor Ableman	8	2023	9:33 (2k)	8:44 (2k)	15:23 (3.2k)	15:43 (3.2k)		15:08 (3.2k)	15:35 (3.2k)	C	14:43 (3.2k)	14:51 (3.2k)			14:43 (3.2k)	15:14 (3.2k)
	7	2022	10:48 (2k)	9:53 (2k)	18:28 (3.2k)	18:30 (3.2k)	C	16:13 (3.2k)	17:18 (3.2k)	C	18:01 (3.2k)	17:02 (3.2k)			16:13 (3.2k)	17:25 (3.2k)
Owen Ableman	8	2023	8:55 (2k)	8:29 (2k)	15:06 (3.2k)	DNR		14:40 (3.2k)	15:33 (3.2k)	C	13:48 (3.2k)	14:17 (3.2k)			13:48 (3.2k)	14:41 (3.2k)
	7	2022	10:18 (2k)	9:14 (2k)	16:13 (3.2k)	16:10 (3.2k)	C	15:13 (3.2k)	16:19 (3.2k)	C	15:31 (3.2k)	16:30 (3.2k)			15:13 (3.2k)	15:57 (3.2k)
Blake Betters	8	2023	DNR	9:50 (2k)	17:23 (3.2k)	18:32 (3.2k)		17:13 (3.2k)	18:20 (3.2k)	C	DNR	DNR			17:13 (3.2k)	17:52 (3.2k)
	7	2022	16:45 (2k)	14:03 (2k)	24:00 (3.2k)	25:52 (3.2k)	C	*20:13 (3.2k)	22:12 (3.2k)	C	22:09 (3.2k)	19:57 (3.2k)			19:57 (3.2k)	22:05 (3.2k)
Miles Gray	8	2023	9:41 (2k)	9:31 (2k)	15:47 (3.2k)	15:30 (3.2k)		15:46 (3.2k)	DNR	C	15:38 (3.2k)	15:13 (3.2k)			15:13 (3.2k)	15:35 (3.2k)
	7	2022	10:57 (2k)	10:03 (2k)	16:39 (3.2k)	16:47 (3.2k)	C	16:17 (3.2k)	16:36 (3.2k)	C	15:30 (3.2k)	15:46 (3.2k)			15:30 (3.2k)	16:11 (3.2k)
Micah Hogberg	8	2023	8:12 (2k)	8:08 (2k)	14:23 (3.2k)	14:32 (3.2k)		14:19 (3.2k)	14:33 (3.2k)	C	13:28 (3.2k)	DNR			13:28 (3.2k)	14:15 (3.2k)
Jenner Kunze	8	2023	8:26 (2k)	8:03 (2k)	13:31 (3.2k)	14:10 (3.2k)		13:49 (3.2k)	13:55 (3.2k)	C	22:05 (5k)	13:42 (3.2k)			13:31 (3.2k)	13:49 (3.2k)
	7	2022	10:01 (2k)	8:52 (2k)	15:16 (3.2k)	DNR	C	14:20 (3.2k)	17:07 (3.2k)	C	14:45 (3.2k)	13:44 (3.2k)			13:44 (3.2k)	14:59 (3.2k)
Anders Olson	8	2023	DNR	DNR	DNR	DNR		19:10 (3.2k)	18:20 (3.2k)	C	17:17 (3.2k)	17:22 (3.2k)			17:17 (3.2k)	18:05 (3.2k)
	7	2022	12:52 (2k)	11:52 (2k)	21:11 (3.2k)	20:56 (3.2k)	C	18:31 (3.2k)	20:22 (3.2k)	C	22:08 (3.2k)	20:03 (3.2k)			18:31 (3.2k)	20:24 (3.2k)
Evan Olson	8	2023	9:34 (2k)	8:51 (2k)	15:19 (3.2k)	16:06 (3.2k)		15:56 (3.2k)	15:45 (3.2k)	C	14:56 (3.2k)	15:53 (3.2k)			14:53 (3.2k)	15:29 (3.2k)
	7	2022	9:39 (2k)	9:10 (2k)	16:24 (3.2k)	15:56 (3.2k)	C	15:10 (3.2k)	15:52 (3.2k)	C	16:30 (3.2k)	DNR			15:10 (3.2k)	15:52 (3.2k)
Walker Remme	8	2023	8:18 (2k)	7:58 (2k)	13:47 (3.2k)	14:32 (3.2k)		13:52 (3.2k)	13:57 (3.2k)	C	13:31 (3.2k)	14:09 (3.2k)			13:31 (3.2k)	13:58 (3.2k)
	7	2022	9:23 (2k)	7:58 (2k)	14:42 (3.2k)	14:39 (3.2k)	C	14:02 (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 - 2023

	PB - 2022	Princeton	Pine City	Mora	Pierz	Rush City	Foley	Hinckley	Princeton	Conference	Section 5A	STATE	Best	Average
Boys Name	5000 m	5000 m	5000 m	5000 m	5000 m	5000m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Charlie Ausmus - 11	5:37	DNR	DNR	DNR	5:57	Practice	5:46	5:49	5:41	5:49	5:51		5:41	5:49
Anthony Bergeron	6:16	5:58	5:48	5:53	5:57	Practice	6:02	5:57	5:44	5:53	5:47		5:44	5:54
Frank Betters	7:31	DNF	7:37	7:21	7:48	Practice	7:27	8:02	DNR	DNR			7:21	7:38
Eli Fromm	5:47	6:03	5:48	6:04	6:03	Practice	5:47	6:02	5:49	5:44	5:49		5:44	5:55
Sawyer McDaniel	6:17	5:58	5:57	6:03	DNR	DNR	6:06	6:18	5:55	6:18			5:55	6:05
Roman McKinney	6:02	6:03	5:45	5:51	DNR	DNR	5:58	5:54	5:52	5:52	5:52		5:45	5:54
Ethan Aagaard - 10	5:51	5:57	5:49	6:00	6:02	Practice	5:50	5:55	5:54	5:51	5:47		5:47	5:54
Weston Clementson	5:48	5:52	5:39	5:47	5:52	Practice	5:39	5:49	5:41	5:48	5:44		5:39	5:46
Noah McDaniel	6:15	6:29	6:16	6:27	6:31	Practice	6:16	6:19	6:32	6:12			6:12	6:21
Bodhan Valvoda	6:10	6:16	5:58	6:07	6:19	Practice	6:02	6:06	5:58	6:02	5:55		5:55	6:05
Jerald Kurth - 9	-	DNR	DNR	JH	DNR	DNR	8:46	9:55	8:31	7:57			7:57	8:47
Grant Larson	-	6:35	6:35	6:35	DNR	DNR	DNR	6:24	6:13	6:14			6:13	6:26
Ray Ovick	-	6:56	6:23	6:30	6:37	Practice	6:34	6:29	6:31	6:29			6:23	6:31
	<b>3200 m</b>	<b>2000m</b>	<b>2000m</b>	<b>3200m</b>	<b>3200 m</b>	<b>3200m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>3200 m</b>	<b>3200 m</b>
Conor Ableman - 8	8:06	7:40	7:02	7:42	7:51	Practice	7:34	7:47	7:21	7:25			7:21	7:37
Owen Ableman	7:37	7:09	6:50	7:33	DNR	Practice	7:20	7:47	6:54	7:09			6:54	7:20
Blake Betters	9:59	DNR	7:55	8:42	9:16	Practice	8:37	9:10	DNR	DNR			8:37	8:56
Miles Gray	7:45	7:46	7:40	7:54	7:45	Practice	7:53	DNR	7:49	7:37			7:37	7:47
Micah Hogberg	-	6:35	6:33	7:11	7:16	Practice	7:09	7:17	6:44	DNR			6:44	7:07
Jenner Kunze	6:52	6:47	6:29	6:46	7:05	Practice	6:55	6:57	7:06 jv	6:51			6:46	6:54
Anders Olson	9:16	DNR	DNR	DNR	DNR	Practice	9:35	9:10	8:39	8:40			8:39	9:02
Evan Olson	7:35	7:41	7:07	7:40	8:03	Practice	7:58	7:53	7:28	7:27			7:27	7:44
Walker Remme	6:55	6:40	6:25	6:54	7:16	Practice	6:56	6:58	6:45	7:05			6:45	6:59
	<b>3200 m</b>	<b>2000m</b>	<b>2000m</b>	<b>3200m</b>	<b>3200 m</b>		<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>3200 m</b>	<b>3200 m</b>
Girls Name	5000 m	5000 m	5000 m	5000 m	5000 m	5000m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Emma Belsheim - 11	6:59	DNR	8:29	8:21	8:06	Practice	7:51	7:59	7:33	7:33	7:40		7:33	7:43
Eva Johnson	6:26	6:42	6:35	6:31	6:32	DNR	6:29	6:43	6:21	6:31	6:29	6:28	6:21	6:32
Rachel Brown - 10	6:46	6:51	6:44	6:56	7:00	DNR	7:01	7:06	7:04	6:54	6:55		6:44	6:56
Kaylie Christenson	8:12	9:20	8:55	9:01	8:59	DNR	8:47	9:02	8:22	8:09			8:09	8:49
Peyton Perreault	7:26	7:59	7:30	7:35	7:43	Practice	7:27	7:43	7:24	7:17	7:20		7:17	7:33
Paige Gray - 9	7:36	8:30	7:44	8:07	8:07	DNR	DNF	8:12	7:49	7:49	8:02		7:44	7:59
Gracie Larson	7:34	8:33	8:08	7:56	8:12	Practice	7:53	7:57	7:37	7:35	7:45		7:35	7:57
Teresa Root	7:54	8:39	8:39	8:34	DNR	DNR	8:44	DNR	DNR	DNR			8:34	8:39
Kadence McKellar - 9	-	DNR	8:55	9:10	9:44	DNR	9:02	9:37	8:47	8:48			8:47	9:08
Madi Perreault	-	8:26	7:59	7:59	8:14	DNR	8:04	8:01	7:38	7:39	7:59		7:38	7:57
	<b>3200 m</b>	<b>2000m</b>	<b>2000m</b>	<b>3200m</b>	<b>3200 m</b>		<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>3200 m</b>	<b>3200 m</b>
Lily Kurth - 8	8:16	8:07	7:44	8:14	8:54	Practice	8:40	8:58	8:27	8:40			8:14	8:39
Amelia Sauter	-	7:43	7:19	7:51	8:11	Practice	DNR	8:45	DNR	DNR			7:51	8:15
Gretchen Gatzke	-	7:59	7:39	8:11	8:23	Practice	8:05	8:09	7:48	7:51			7:48	8:04
Jessa Klemz	-	DNR	7:33	DNR	DNR	DNR	DNR	DNR	DNR	DNR			N-A	N-A
Finley Kunze	-	DNR	7:47	8:14	9:44 JV	Practice	8:20	8:43	7:48	7:51			7:48	8:11
Ellie Patzoldt	-	7:32	7:18	8:15	8:17	Practice	7:39	7:57	7:24	7:24			7:24	7:49

## PLACE FINISHES AT MEETS - 2023

	Princeton	Pine City	Mora	Pierz	Rush City	Foley	Hinckley	Princeton	Conference	Section 5A	STATE	Average
Boys Name	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Charlie Ausmus - 11	DNR	DNR	DNR	22	3	17	19	39	3	27		18.6
Anthony Bergeron	18	19	26	23	5	39	31	51	6	19		23.7
Frank Betters	DNF	39jv	62jv	51jv	19	75jv	196	DNR	DNR			107.5
Eli Fromm	23	18	51	31	7	19	39	61	1	23		27.3
Sawyer McDaniel	17	26	47	DNR	DNR	44	66	4jv	14			35.7
Roman McKinney	22	15	24	DNR	DNR	36	24	76	5	28		28.8
Ethan Aagaard - 10	16	22	40	27	4	24	27	78	4	21		26.3
Weston Clementson	14	6	16	18	1	9	17	38	2	16		13.7
Noah McDaniel	48	3jv	9jv	68	8	13jv	70	71jv	2jv			48.5
Bohdan Valvoda	34	27	53	51	6	3jv	47	88	1jv	32		42.3
Jerald Kurth - 9	DNR	DNR	JH	DNR	DNR	112jv	223	218jv	10jv			223.0
Grant Larson	54	13jv	23jv	DNR	DNR	DNR	86	27jv	3jv			70.0
Ray Ovick	76	6jv	15jv	5jv	11	27jv	93	69jv	4jv			60.0
	<b>2000m</b>	<b>2000m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>Average</b>
Conor Ableman - 8	42	32	81	81	6	50	36	80	10			46.4
Owen Ableman	34	24	76	DNR	7	38	35	48	6			33.5
Blake Betters	DNR	49	103	113	DNR	74	64	DNR	DNR			80.6
Miles Gray	45	45	89	74	9	59	DNR	103	13			54.6
Micah Hogberg	18	19	57	50	3	34	23	36	DNR			30.0
Jenner Kunze	24	16	33	39	DNR	21	13	133jv	2			21.1
Anders Olson	DNR	DNR	DNR	DNR	18	83	65	118	17			60.2
Evan Olson	43	34	80	90	DNR	61	40	90	11			56.1
Walker Remme	20	12	42	49	2	23	15	37	5			22.8
	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Rush City</b>	<b>Foley</b>	<b>Hinckley</b>	<b>Princeton</b>	<b>Conference</b>	<b>Section 5A</b>	<b>State</b>	<b>Average</b>
<b>Girls Name</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>
Emma Belsheim - 11	DNR	65	99	88	5	65	80	93	12	69		64.0
Eva Johnson	8	5	8	4	DNR	8	9	12	1	8	<b>42</b>	10.5
Rachel Brown - 10	11	7	26	22	DNR	21	18	63	3	21		21.3
Kaylie Christenson	64	18jv	40jv	47jv	DNR	24jv	127	54jv	3jv			95.5
Peyton Perreault	49	32	63	65	10	41	81	84	9	44		47.8
Paige Gray - 9	59	39	91	89	DNR	DNF	99	116	17	92		75.3
Gracie Larson	60	55	81	96	11	67	77	99	13	75		63.4
Teresa Root	61	15jv	28jv	DNR	DNR	22jv	DNR	DNR	DNR			61.0
Kadence McKellar - 9	DNF	19jv	42jv	64jv	DNF	28jv	153	75jv	6jv			153.0
Madi Perreault	56	43	83jv	98	DNR	80	81	104	14	87		70.4
	<b>2000m</b>	<b>2000m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>Average</b>
Lily Kurth - 8	32	22	36	61		32	23	60	5			33.9
Amelia Sauter	19	12	26	41		DNR	21	DNR	DNR			23.8
Gretchen Gatzke - 7	31	21	34	48		20	16	43	4			27.1
Jessa Klemz	DNR	18	DNR	DNR	DNR	DNR	DNR	DNR	DNR			18.0
Finley Kunze	DNR	23	37	65jv		27	20	44	3			25.7
Ellie Patzoldt	11	11	38	45		12	12	21	1			18.9

## TEAM POSITION AT MEETS - 2023

	Princeton	Pine City	Mora	Pierz	Rush City	Foley	Hinckley	Princeton	Conference	Section 5A	STATE	Average
Boys Name	5000 m	5000 m	5000 m	5000 m	5000m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Charlie Ausmus - 11	DNR	DNR	DNR	2	2	2	2	2	3	5		2.6
Anthony Bergeron	4	4	3	3	4	7	5	3	6	2		4.1
Frank Betters	DNF	11	11	9	9	11	12	DNR	DNR			10.5
Eli Fromm	6	3	6	5	6	3	6	4	1	4		4.4
Sawyer McDaniel	3	6	5	DNR	DNR	8	8	7	10			6.7
Roman McKinney	5	2	2	DNR	DNR	5	3	5	5	6		4.1
Ethan Aagaard - 10	2	5	4	4	3	4	4	6	4	3		3.9
Weston Clementson	1	1	1	1	1	1	1	1	2	1		<b>1.1</b>
Noah McDaniel	8	8	8	7	7	9	9	11	8			8.3
Bodhan Valvoda	7	7	7	6	5	6	7	8	7	7		6.7
Jerald Kurth - 9	DNR	DNR	DNR	DNR	DNR	12	13	13	12			12.5
Grant Larson	9	10	10	DNR	DNR	DNR	10	9	9			9.5
Ray Ovick	10	9	9	8	8	10	11	10	11			9.6
	<b>2000m</b>	<b>2000m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>3200m</b>
Conor Ableman - 8	5	5	6	5	3	5	5	4	4			4.7
Owen Ableman	4	4	4	DNR	4	4	4	3	3			3.8
Blake Betters	DNR	8	8	8	DNR	8	7	DNR	DNR			7.8
Miles Gray	7	7	7	4	5	6	DNR	6	6			6.0
Micah Hogberg	1	3	3	3	2	3	3	1	DNR			2.4
Jenner Kunze	3	2	1	1	DNR	1	1	12jv	1			1.4
Anders Olson	DNR	DNR	DNR	DNR	7	9	8	7	7			7.6
Evan Olson	6	6	5	6	DNR	7	6	5	5			5.8
Walker Remme	2	1	2	2	1	2	2	2	2			1.8
	<b>2000m</b>	<b>2000m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>3200m</b>
Girls Name	Princeton	Pine City	Mora	Pierz	Rush City	Foley	Hinckley	Princeton	Conference	Section 5A	Section 5A	Average
	5000 m	5000 m	5000 m	5000 m	5000m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Emma Belsheim - 11	DNR	7	7	4	1	4	5	4	4	4		4.4
Eva Johnson	1	1	1	1	DNR	1	1	1	1	1	1	<b>1.0</b>
Rachel Brown - 10	2	2	2	2	DNR	2	2	2	2	2		2.0
Kaylie Christenson	8	9	9	8	DNR	8	8	8	8			8.3
Peyton Perreault	3	3	3	3	2	3	3	3	3	3		2.9
Paige Gray - 9	5	4	6	5	DNR	DNF	7	7	7	7		6.0
Gracie Larson	6	6	4	6	3	5	4	5	5	5		4.9
Teresa Root	7	8	8	DNR	DNR	7	DNR	DNR	DNR			7.5
Kadence McKellar - 9	DNF	10	10	9	DNF	9	9	9	9			9.3
Madi Perreault	4	5	5	7	DNR	6	6	6	6	6		5.7
	<b>2000m</b>	<b>2000m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>3200m</b>
Lily Kurth - 8	4	5	3	4	4	4	5	4	4			4.1
Amelia Sauter	2	2	1	1	3	DNR	4	DNR	DNR			2.2
Gretchen Gatzke - 7	3	4	2	3	1		2	2	3			2.5
Jessa Klemz	DNR	3	DNR	DNR	DNR	DNR	DNR	DNR	DNR			3.0
Finley Kunze	DNR	6	4	10jv	DNR	3	3	3	2			3.5
Ellie Patzoldt	1	1	5	2	2	1		1	1			1.8

**GIRLS**  
**TOP CROSS COUNTRY TEAMS AT MEETS**  
**By Top-5 Average Times**  
**2023**

<b>PINE CITY INVITE (Top 8)</b>				
21:49	2015	A. Webster, A. Gusk, M. Foss, A. Steele & G. Langmade		
<b>22:42</b>	<b>2023</b>	<b>E. Johnson, R. Brown, P. Perreault, P. Gray &amp; M. Perreault</b>		
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. Prihoda, A. Chromey & H. Rydberg		
N-A	2019	No team score		

<b>CONFERENCE (Top 9) Great River Conference</b>				
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	
<b>22:16</b>	<b>2023</b>	<b>E. Johnson, R. Brown, P. Perreault, E. Belsheim &amp; G. Larson</b>	<b>GRC-PC</b>	
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. Prihoda & 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	

<b>SECTION (Top 9) 5A 2015-2020, 2023 / 7AA 2021-22</b>				
20:44	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & M. Butenhoff	Milaca	
21:32	2016	M. Foss, A. Steele, A. Webster, G. Grubbs & L. Wilson	Milaca	
21:34	2019	A. Steele, E. Johnson, A. Rydberg, R. Brown & E. Belsheim	Mora	
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. Prihoda & A. Cavallin	Mora	
22:22	2017	A. Steele, A. Webster, G. Grubbs, A. Thieman & M. Foss	Mora	
<b>22:32</b>	<b>2023</b>	<b>E. Johnson, R. Brown, P. Perreault, E. Belsheim &amp; G. Larson</b>	<b>Hinckley</b>	
23:00	2020	E. Johnson, R. Brown, E. Belsheim, A. Rydberg & A. Aagaard	Mora	

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

<b>ALL-TIME BESTS (Top 35)</b>				
20:44	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & M. Butenhoff	Section 5A - Milaca	
20:56	2015	A. Gusk, A. Webster, A. Steele, M. Butenhoff & M. Foss	STATE	
20:56	2015	A. Steele, M. Foss, A. Gusk, A. Webster & G. Langmade	GRC-PC	
21:19	2015	A. Steele, A. Gusk, A. Webster, M. Foss, & G. Langmade	Swain	
5	21:32	2016	M. Foss, A. Steele, A. Webster, G. Grubbs & L. Wilson	Section 5A - Milaca
	21:34	2019	A. Steele, E. Johnson, A. Rydberg, R. Brown & E. Belsheim	Section 5A - Mora
	21:36	2015	A. Gusk, A. Steele, A. Webster, M. Foss & G. Langmade	Cambridge-Isanti
	21:40	2015	A. Steele, M. Foss, A. Gusk, A. Webster, & G. Langmade	Becker
	21:43	2015	A. Steele, A. Webster, A. Gusk, M. Foss, & G. Langmade	MMM (G.C.)
10	21:49	2015	A. Webster, A. Gusk, M. Foss, A. Steele, & G. Langmade	Pine City
	21:54	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. Prihoda & A. Cavallin	Section 5A - Mora
20	<b>22:16</b>	<b>2023</b>	<b>E. Johnson, R. Brown, P. Perreault, E. Belsheim &amp; G. Larson</b>	<b>GRC-PC</b>
	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
25	22:23	2017	A. Steele, A. Webster, A. Thieman, G. Grubbs & G. Langmade	Mora L.C.
	22:24	2016	A. Webster, G. Grubbs, L. Wilson, Al. Thieman & A. Steele	MMM (G.C.)
	<b>22:25</b>	<b>2023</b>	<b>E. Johnson, R. Brown, P. Perreault, E. Belsheim &amp; G. Larson</b>	<b>Princeton L.C.</b>
	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.)
30	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
	22:31	2018	A. Steele, E. Johnson, G. Grubbs, K. Prihoda & A. Cavallin	GRC-PC
	22:34	2017	A. Steele, A. Webster, A. Thieman, G. Grubbs & L. Wilson	GRC-PC
	<b>22:32</b>	<b>2023</b>	<b>E. Johnson, R. Brown, P. Perreault, E. Belsheim &amp; G. Larson</b>	<b>Section 5A - Hinck</b>
35	22:35	2015	A. Gusk, A. Webster, A. Steele, M. Foss, & M. Butenhoff	Brainerd



**BOYS**  
**TOP CROSS COUNTRY TEAMS AT MEETS**  
**By Top-5 Average Times**  
**2023**

<b>PINE CITY INVITE (Top 12)</b>			
17:55	2023	W. Clementson, R. McKinney, E. Fromm, A. Bergeron & E. Aagaard	
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	
<b>CONFERENCE (Top 12) Great River, Two-River &amp; Rum River</b>			
17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC
17:55	2003	Ja. Clementson, C. Fischer, Dv. Hansen, A. Lee & T. Miche	RRC - SM
17:57	2005	T. McNally, T. Miche, C. Fischer, A. Lutz & D. Hambly	TRC - PC
17:59	2000	R. Hammill, Ja. Clementson, J. Lee, Pe. Johnson & J. Oare	RRC - FO
18:04	2023	E. Fromm, W. Clementson, C. Ausmus, E. Aagaard & R. McKinney	GRC - PC
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
<b>SECTION (Top 12) Hinckley, Hibbing, Mora, Milaca, Pierz, Cloquet &amp; Becker</b>			
17:31	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Pierz
17:43	2005	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	Cloquet
17:47	2002	Ja. Clementson, C. Lutz, C. Greden, S. Peterson, S. Laugerman	Becker
17:53	2018	T. Ryan, N. Webster, L. Vinaja, TJ Rank & N. Miller	Mora
17:53	2000	Ja. Clementson, Hammill, P. Johnson, J. Lee & J. Oare	Becker
17:53	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	Cloquet
17:55	2006	T. McNally, T. Miche, D. Hambly, A. Lutz & Jo. Clementson	Cloquet
18:00	2016	E. Grubbs, T. Ryan, N. Webster, D. Clementson & N. Miller	Milaca
18:00	2008	Z. Swanson, D. Hansen, J. Emslander, B. Wirth & N. Bremer	Pierz
18:03	2023	W. Clementson, A. Bergeron, E. Aagaard, E. Fromm & C. Ausmus	Hinckley
18:08	2013	E. Foss, N. Adams, J. Spahr, E. Grubbs & B. Hunter	Milaca
18:11	1997	R. Wasson, J. Larson, Pa. Johnson, J.R. Anderson & Pe. Johnson	Cloquet

<b>STATE at St. Olaf in Northfield (Only 4)</b>			
17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	
17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	
17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	
18:14	2000	Ja. Clementson, J. Lee, Pe. Johnson, R. Arola & J. Oare	
<b>ALL-TIME BESTS (Top 35)</b>			
17:23	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	STATE
17:29	2005	T. McNally, T. Miche, C. Fischer, D. Hambly & A. Lutz	STATE
17:30	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	STATE
17:31	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	Section 5A- PZ
5 17:38	2000	R. Hammill, Ja. Clementson, P. Johnson, J. Lee, & J. Oare	Sub-Section- PZ
17:43	2005	T. McNally, T. Miche, D. Hambly, A. Lutz & C. Fischer	Section 7A- CL
17:46	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	Becker Invite
17:47	2002	Ja. Clementson, C. Lutz, C. Greden, S. Peterson, S. Laugerman	Section 5A- BK
17:47	1997	Pe. Johnson, R. Wasson, Pa. Johnson, J. Larson & J.R. Anderson	Princeton (Mega)
10 17:48	2006	T. McNally, D. Hambly, T. Miche, A. Lutz & Jo. Clementson	MILACA MEGA
17:50	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & A. Lutz	MILACA MEGA
17:53	2018	T. Ryan, N. Webster, L. Vinaja, TJ Rank & N. Miller	Section 5A- Mo
17:53	2000	Ja. Clementson, Hammill, P. Johnson, J. Lee & J. Oare	Section 5A- BK
17:53	2004	T. Miche, T. McNally, C. Fischer, D. Hambly & J. Boland	Section 7A- CL
15 17:54	2007	T. McNally, D. Hambly, Z. Swanson, C. Fischer & D. Hansen	TRC - PC
17:55	2023	W. Clementson, R. McKinney, E. Fromm, A. Bergeron & E. Aagaard	Pine City Invite
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	2023	W. Clementson, C. Ausmus, A. Bergeron, E. Fromm & R. McKinney	Princeton L.C.
20 17:57	2023	W. Clementson, R. McKinney, A. Bergeron, E. Fromm & E. Aagaard	NXR Hearland
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
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
25 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
18:03	2023	W. Clementson, A. Bergeron, E. Aagaard, E. Fromm & C. Ausmus	Section 5A - HF
18:03	2006	T. McNally, T. Miche, D. Hambly, Jo. Clementson & A. Lutz	Pierz Stampede
30 18:04	2023	E. Fromm, W. Clementson, C. Ausmus, E. Aagaard & R. McKinney	GRC - PC
18:05	2023	W. Clementson, C. Ausmus, E. Fromm, E. Aagaard & R. McKinney	Foley
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
35 18:07	2005	T. McNally, T. Miche, D. Hambly, J. Boland & A. Lutz	Cambridge Invite

## BOYS - TOP 10 CROSS COUNTRY TIMES AT MEETS

<u>PRINCETON (since 2018)</u>			<u>PINE CITY (since 1979)</u>			<u>MORA (since 2015)</u>			<u>PIERZ (since 2000)</u>		
17:42	Tommy Ryan	2018	17:01	Jim Kingen	1986	17:29	Eli Grubbs	2016	16:58	Trevor McNally	2006
17:54	Charlie Ausmus	2021	17:14	Trevor McNally	2006	17:52	Tommy Ryan	2017	17:10	Jared Clementson	2003
18:09	Nate Webster	2019	17:16	Zach Swanson	2008	17:52	Charlie Ausmus	2021	17:11	Tommy Ryan	2018
18:15	Nate Webster	2018	17:21	Jared Clementson	2003	<b>17:57</b>	<b>Weston Clementson</b>	<b>2023</b>	17:14	Easton Foss	2014
<b>18:19</b>	<b>Weston Clementson</b>	<b>2023</b>	17:28	Jared Clementson	2002	17:59	Noah Adams	2015	17:14	Zach Swanson	2008
<b>18:32</b>	<b>Ethan Aagaard</b>	<b>2023</b>	17:33	Charlie Ausmus	2020	18:02	Weston Clementson	2022	17:14	Jared Clementson	2002
<b>18:35</b>	<b>Sawyer McDaniel</b>	<b>2023</b>	17:33	Cody Hanson	2010	18:03	Easton Foss	2013	17:20	Tom Miche'	2005
<b>18:37</b>	<b>Anthony Bergeron</b>	<b>2023</b>	17:34	John Bloom	1988	18:05	Tommy Ryan	2016	17:24	Charlie Ausmus	2021
18:47	Charlie Ausmus	2022	<b>17:39</b>	<b>Weston Clementson</b>	<b>2023</b>	18:05	Nate Webster	2018	17:30	Tommy Ryan	2017
18:50	Weston Clementson	2022	17:46	Tommy Ryan	2017	18:08	Nate Webster	2016	17:30	Jared Clementson	2001
<b>18:50</b>	<b>Roman McKinney</b>	<b>2023</b>									
				<u>HINCKLEY (since 2021) /</u>			<u>PRINCETON (since 2023) /</u>			<u>ALL-TIME BESTS</u>	
	<u>Foley (since 2015)</u>			<u>BECKER (from 2002-2016)</u>			<u>MORA (from 2016-2022)</u>		16:20	Jared Clementson	2002 SECT
17:17	Tommy Ryan	2018	16:31	Jared Clementson	2002 Bk	17:11	Tommy Ryan	2018 Mo	*17:01	Jared Clementson	2002 STATE
17:18	Charlie Ausmus	2021	16:49	Trevor McNally	2006 Bk	<b>17:41</b>	<b>Weston Clementson</b>	<b>2023 Pr</b>	16:27	Per Zillmer	1982 MMM
17:19	Tommy Ryan	2017	16:54	Zach Swanson	2008 Bk	<b>17:41</b>	<b>Charlie Ausmus</b>	<b>2023 Pr</b>	16:31	Jared Clementson	2003 Becker
17:27	Charlie Ausmus	2022	17:18	David Hambly	2006 Bk	17:43	Tommy Ryan	2017 Mo	16:32	Tommy Ryan	2018 STATE
17:28	Nate Webster	2018	17:30	Cody Hanson	2010 Bk	17:45	Nate Webster	2018 Mo	16:32	Trevor McNally	2006 STATE
17:33	Nate Webster	2017	17:33	Tom Miche'	2006 Bk	17:49	Tommy Ryan	2016 Mo	16:32	Chase Duarte	1984 ChL
<b>17:39</b>	<b>Weston Clementson</b>	<b>2023</b>	17:35	David Hambly	2007 Bk	17:51	Nate Webster	2017 Mo	16:36	John Bloom	1990 MMM
17:39	Nate Webster	2019	17:38	Easton Foss	2013 Bk	<b>17:54</b>	<b>Anthony Bergeron</b>	<b>2023 Pr</b>	16:37	Jared Clementson	2002 Foley
17:45	Eli Grubbs	2015	17:41	Charlie Ausmus	2021 HF	17:54	Charlie Ausmus	2021 Mo	16:39	Jared Clementson	2003 CONF
<b>17:57</b>	<b>Charlie Ausmus</b>	<b>2023</b>	17:46	Charlie Ausmus	2022 HF	<b>18:05</b>	<b>Eli Fromm</b>	<b>2023 Pr</b>	16:42	Trevor McNally	2006 MMM
									16:45	Jim Kingen	1986 D25
									16:45	Jim Kingen	1986 MMM
	<u>CONFERENCE</u>			<u>SECTION</u>			<u>STATE</u>		16:47	John Bloom	1990 ChL
16:39	Jared Clementson	2003 SM	16:20	Jared Clementson	2002 Bk	*17:01	Jared Clementson	2002	16:49	John Bloom	1990 RC
17:15	Trevor McNally	2006 PC	16:57	Tommy Ryan	2018 Mo	16:32	Tommy Ryan	2018	16:49	Jared Clementson	2003 STATE
17:19	Tommy Ryan	2018 PC	16:57	Jared Clementson	2003 CL	16:32	Trevor McNally	2006	16:49	Trevor McNally	2006 Becker
17:20	Cody Hanson	2010 PC	17:03	Trevor McNally	2005 CL	16:49	Jared Clementson	2003	16:49	Jim Kingen	1986 Camb
17:26	Jared Clementson	2002 PC	17:03	Trevor McNally	2007 PZ	16:50	Tom Miche'	2006	16:50	Tom Miche'	2006 STATE
17:28	Zach Swanson	2008 PC	17:04	Trevor McNally	2006 CL	16:53	Cody Hanson	2010	16:52	John Bloom	1989 MMM
17:28	Trevor McNally	2005 PC	17:05	Cody Hanson	2010 PZ	16:55	Trevor McNally	2005	16:53	Jim Kingen	1986 RRC
17:34	Charlie Ausmus	2022 PC	17:05	Tom Miche'	2004 CL	16:55	Trevor McNally	2007	16:54	Cody Hanson	2010 STATE
17:35	Tom Miche'	2005 PC	17:09	Easton Foss	2013 ML	16:56	Tommy Ryan	2017	16:54	Zach Swanson	2008 Becker
17:35	Trevor McNally	2007 PC	17:10	Tom Miche'	2005 CL	17:00	Easton Foss	2014			

\*5200m course (16:22)

\*5200m course (16:22)

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

<b>Single Rank</b>	<b>Race Rank</b>	<b>Time</b>	<b>Name</b>	<b>Year</b>	<b>Meet</b>
<b>1</b>	<b>1</b>	<b>19:43.1</b>	<b>Alaina Steele</b>	<b>2018/2019</b>	<b>Foley / Section 5A</b>
<b>2</b>	<b>3</b>	<b>19:46.8</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>Princeton L.C.</b>
3	29	20:28.2	Allison Gusk	2015	STATE
4	T34	20:35.9	Ashli Webster	2015	Section 5A (Milaca)
5	T36	20:37	Marin Foss	2015	GRC-PC
<b>6</b>	<b>T50</b>	<b>20:48.5</b>	<b>Rachel Brown</b>	<b>2023</b>	<b>NXR Heartland</b>
7	61	20:57.5	Makayla Butenhoff	2015	Section 5A (Milaca)
8	T76	21:11.9	Arisa Rydberg	2019	Section 5A (Mora)
9	T105	21:31.9	Grace Langmade	2015	Section 5A (Milaca)
10	T120	21:42	<b>Emma Belsheim</b>	2022	GRC-PC
11	T134	21:51.1	Grace Grubbs	2016	Section 5A (Milaca)
12	153	21:59.9	Lily Wilson	2016	Section 5A (Milaca)
13	T195	22:35	Alexis Thieman	2016	Mora Last Chance
<b>14</b>	<b>T201</b>	<b>22:37</b>	<b>Peyton Perreault</b>	<b>2023</b>	<b>Section 7AA (Cloq)</b>
15	T209	22:40.2	<b>Gracie Larson</b>	2021	Section 7AA (Cloq)
16	T227	22:50.3	<b>Paige Gray</b>	2021	Section 7AA (Cloq)
17	247	22:59	Jill Tomczyk	2015	Becker



## GIRLS 5K XC TIMES UNDER 23:00 (Top 251)

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>	<u>Meet</u>
1	<b>19:43.1</b>	<b>Alaina Steele</b>	<b>2019</b>	<b>Section 5A (Mora)</b>
2	<b>19:43.1</b>	<b>Alaina Steele</b>	<b>2018</b>	<b>Foley</b>
3	<b>19:46.8</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>Princeton L.C.</b>
4	19:47.2	Alaina Steele	2018	STATE
5	19:53.5	Alaina Steele	2018	Milaca Mega *First Sub 20:00
6	19:58	Eva Johnson	2022	GRC-PC
7	19:58.9	Alaina Steele	2019	STATE
8	20:04.3	Eva Johnson	2019	Section 5A (Mora)
9	<b>20:06.0</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>NXR Heartland*</b>
10	20:07	Alaina Steele	2018	Section 5A (Mora)
11	20:07	Alaina Steele	2018	Mora L.C.
12	20:08.6	Alaina Steele	2017	Foley
13	20:11.0	Eva Johnson	2019	STATE
14	20:11.8	Alaina Steele	2019	Foley
15	<b>20:12.1</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>Foley</b>
16	<b>20:12.7</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>STATE - UofM</b>
17	<b>20:13.9</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>Section 5A (Hinckley)</b>
18	<b>20:15</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>GRC - Pine City</b>
19	<b>20:15.1</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>Mora</b>
20	20:20	Alaina Steele	2019	GRC - Pine City
21	20:21	Alaina Steele	2018	GRC - Pine City
22	20:22.2	Eva Johnson	2022	Section 7AA (Hibbing)
23	20:22.7	Eva Johnson	2018	Section 5A (Mora)
24	<b>20:24</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>Pierz</b>
25	<b>20:26</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>Pine City - SCHOOL RECORD</b>
26	20:26.7	Alaina Steele	2018	Pierz
27	20:26.7	Alaina Steele	2017	Milaca Mega
28	20:27.5	Eva Johnson	2022	STATE
29	<b>20:28.2</b>	<b>Allison Gusk</b>	<b>2015</b>	<b>STATE *First Sub-20:30</b>
30	20:32	Eva Johnson	2022	Foley
31	20:29	Eva Johnson	2019	GRC - Pine City
32	20:33	Alaina Steele	2019	Mora L.C.
33	20:33	Alaina Steele	2015	GRC - Pine City
34	20:36	Alaina Steele	2018	Swain
35	<b>20:36</b>	<b>Ashli Webster</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
36	<b>20:37</b>	<b>Marin Foss</b>	<b>2015</b>	<b>GRC - Pine City</b>
37	20:37	Alaina Steele	2019	Pine City *Former S.R.*
38	20:37	Allison Gusk	2015	Section 5A (Milaca)
39	20:39	Alaina Steele	2019	Mora
40	20:39	Eva Johnson	2019	Foley
41	20:43	Ashli Webster	2015	STATE
42	20:44	Eva Johnson	2018	GRC - Pine City
43	20:44	Alaina Steele	2017	Pierz
44	20:44	Marin Foss	2015	Section 5A (Milaca)
45	20:45	Alaina Steele	2018	Mora
46	20:46	Eva Johnson	2021	Section 7AA (Cloquet)
47	20:48	Allison Gusk	2015	GRC - Pine City
48	20:48	Alaina Steele	2015	Swain *First sub-21:00
49	20:48	Alaina Steele	2015	Section 5A (Milaca)
50	<b>20:49</b>	<b>Rachel Brown</b>	<b>2023</b>	<b>NXR Heartland*</b>
51	20:50	Eva Johnson	2022	Mora
52	20:51	Eva Johnson	2022	Mora L.C.
53	<b>20:52</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>Princeton</b>
54	20:52	Alaina Steele	2017	Mora L.C.

55	20:52	Ashli Webster	2015	GRC - Pine City
56	20:54	Alaina Steele	2018	Princeton
57	<b>20:55</b>	<b>Rachel Brown</b>	<b>2023</b>	<b>Pine City</b>
58	20:55	Alaina Steele	2015	STATE
59	20:56	Alaina Steele	2017	Pine City *Former S.R.*
60	<b>20:57</b>	<b>Eva Johnson</b>	<b>2023</b>	<b>Hinckley</b>
61	<b>20:58</b>	<b>Makayla Butenhoff</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
62	20:59	Eva Johnson	2020	Section 5A (Mora)
63	20:59	Alaina Steele	2015	Becker
64	21:01	Alaina Steele	2019	Pierz
65	21:02	Rachel Brown	2022	Foley
66	21:04	Allison Gusk	2015	Cambridge-Isanti
67	21:05	Eva Johnson	2018	Mora L.C.
68	21:06	Eva Johnson	2020	Pine City
69	21:06	Allison Gusk	2015	Swain
70	21:07	Ashli Webster	2015	Swain
71	21:07	Marin Foss	2016	Section 5A (Milaca)
72	21:08	Eva Johnson	2022	Pierz
73	21:09	Alaina Steele	2017	Section 5A (Mora)
74	21:09	Alaina Steele	2019	Milaca Mega
75	21:11	Makayla Butenhoff	2015	STATE
76	21:12	Rachel Brown	2022	GRC-PC
77	<b>21:12</b>	<b>Arissa Rydberg</b>	<b>2019</b>	<b>Section 5A (Mora)</b>
78	21:14	Alaina Steele	2016	Section 5A (Milaca)
79	21:15	Eva Johnson	2021	GRC - Hinckley
80	21:15	Eva Johnson	2021	Foley
81	21:16	Eva Johnson	2020	GRC - Hinckley
82	21:17	Alaina Steele	2019	Princeton
83	21:18	Eva Johnson	2020	Pine City Dual
84	21:19	Alaina Steele	2017	GRC - Pine City
85	<b>21:20</b>	<b>Rachel Brown</b>	<b>2023</b>	<b>Princeton</b>
86	21:20	Alaina Steele	2017	Mora
87	21:20	Allison Gusk	2015	Pierz
88	21:21	Arissa Rydberg	2019	GRC - Pine City
89	21:21	Marin Foss	2015	STATE
90	21:22	Eva Johnson	2021	Mora L.C.
91	21:22	Alaina Steele	2015	Milaca Mega
92	21:22	Ashli Webster	2015	Milaca Mega
93	21:22	Ashli Webster	2016	Mora L.C.
94	<b>21:23</b>	<b>Rachel Brown</b>	<b>2023</b>	<b>Section 5A (Hinckley)</b>
95	21:23	Eva Johnson	2022	Pine City
96	21:25	Eva Johnson	2021	Milaca Mega
97	21:25	Eva Johnson	2019	Milaca Mega
98	<b>21:26</b>	<b>Rachel Brown</b>	<b>2023</b>	<b>GRC - Pine City</b>
99	21:27	Marin Foss	2015	Becker
100	21:27	Allison Gusk	2015	Becker
101	21:29	Arissa Rydberg	2019	Mora L.C.
102	21:29	Ashli Webster	2016	Section 5A (Milaca)
103	21:30	Rachel Brown	2022	Mora
104	21:30	Alaina Steele	2015	Cambridge-Isanti
105	<b>21:32</b>	<b>Grace Langmade</b>	<b>2015</b>	<b>Section 5A (Milaca)</b>
106	21:32	Eva Johnson	2019	Mora
107	21:32	Marin Foss	2016	Mora
108	21:33	Rachel Brown	2022	Hinckley
109	21:33	Arissa Rydberg	2019	Foley
110	<b>21:34</b>	<b>Rachel Brown</b>	<b>2023</b>	<b>Mora</b>
111	21:35	Ashli Webster	2015	Cambridge-Isanti
112	21:37	Eva Johnson	2018	Swain
113	21:37	Alaina Steele	2018	Pine City
114	21:38	Eva Johnson	2019	Pine City

115	21:39	Rachel Brown	2022	Pierz
116	21:39	Eva Johnson	2019	Pierz
117	21:40	Ashli Webster	2015	Pine City *Former S.R.*
118	21:40	Marin Foss	2015	Swain
119	21:41	Allison Gusk	2015	Pine City
120	<b>21:42</b>	<b>Emma Belsheim</b>	<b>2022</b>	<b>GRC-PC</b>
121	21:42	Ashli Webster	2017	Foley
122	21:42	Ashli Webster	2016	Milaca Mega
123	21:44	Ashli Webster	2017	Section 5A (Mora)
124	21:44	Marin Foss	2015	Pine City
125	21:47	Rachel Brown	2023	Pierz
126	21:47	Allison Gusk	2015	Brainerd *First sub-22:00
127	21:47	Alaina Steele	2016	Mora L.C.
128	21:48	Rachel Brown	2022	Section 7AA (Hibbing)
129	21:48	Ashli Webster	2015	Pierz
130	21:48	Ashli Webster	2015	Becker
131	21:48	Ashli Webster	2016	GRC - Pine City
132	21:50	Alaina Steele	2015	Pine City
133	21:50	Grace Langmade	2015	GRC - Pine City
134	21:51	Rachel Brown	2023	Foley
135	21:51	Alaina Steele	2015	Pierz
136	21:51	Allison Gusk	2015	Mora
137	<b>21:51</b>	<b>Grace Grubbs</b>	<b>2016</b>	<b>Section 5A (Milaca)</b>
138	21:52	Eva Johnson	2021	Pierz
139	21:52	Alaina Steele	2015	Mora
140	21:53	Ashli Webster	2015	Mora
141	21:53	Makayla Butenhoff	2015	GRC - Pine City
142	21:54	Rachel Brown	2022	Pine City
143	21:54	Eva Johnson	2021	Hinckley
144	21:55	Marin Foss	2015	Cambridge-Isanti
145	21:56	Eva Johnson	2019	Princeton
146	21:56	Grace Langmade	2015	Swain
147	21:57	Emma Belsheim	2021	Section 7AA (Cloquet)
148	21:57	Eva Johnson	2018	Foley
149	21:57	Grace Langmade	2015	Cambridge-Isanti
150	21:57	Alaina Steele	2016	Pierz
151	21:58	Rachel Brown	2021	Milaca Mega
152	21:58	Ashli Webster	2015	Brainerd
153	<b>22:00</b>	<b>Lily Wilson</b>	<b>2016</b>	<b>Section 5A (Milaca)</b>
154	22:01	Rachel Brown	2023	Princeton L.C.
155	22:01	Ashli Webster	2017	Mora L.C.
156	22:02	Alaina Steele	2015	Brainerd
157	22:05	Emma Belsheim	2021	Pierz
158	22:06	Emma Belsheim	2022	Foley
159	22:06	Alaina Steele	2016	GRC - Pine City
160	22:07	Alaina Steele	2016	Pierz
161	22:09	Rachel Brown	2023	Hinckley
162	22:11	Rachel Brown	2022	Mora L.C.
163	22:11	Ashli Webster	2016	Mora
164	22:12	Eva Johnson	2021	Duluth East
165	22:12	Rachel Brown	2021	Foley
166	22:12	Emma Belsheim	2021	Foley
167	22:12	Grace Langmade	2015	Pine City
168	22:15	Grace Langmade	2015	STATE
169	22:16	Marin Foss	2016	Brainerd
170	22:17	Emma Belsheim	2022	Section 7AA (Hibbing)
171	22:21	Emma Belsheim	2021	Milaca Mega
172	22:23	Alaina Steele	2017	Brainerd
173	22:23	Allison Gusk	2015	Milaca Mega
174	22:24	Grace Grubbs	2015	STATE

175	22:24	Emma Belsheim	2022	Mora L.C.
176	22:25	Emma Belsheim	2022	Hinckley
177	22:25	Emma Belsheim	2021	GRC - Hinckley
178	22:25	Emma Belsheim	2021	Mora L.C.
179	22:26	Marin Foss	2015	Milaca Mega
180	22:26	Ashli Webster	2016	Brainerd
181	22:27	Grace Grubbs	2016	Milaca Mega
182	22:28	Ashli Webster	2017	GRC - Pine City
183	22:28	Grace Langmade	2015	Pierz
184	22:28	Grace Grubbs	2016	Mora
185	22:29	Grace Grubbs	2017	Section 5A (Mora)
186	22:30	Lily Wilson	2016	Milaca Mega
187	22:32	Grace Langmade	2015	Mora
188	22:32	Marin Foss	2016	GRC - Pine City
189	22:33	Rachel Brown	2021	Mora
190	22:33	Grace Grubbs	2015	GRC - Pine City
191	22:33	Ashli Webster	2016	Pierz
192	22:34	Lily Wilson	2016	Mora
193	22:34	Ashli Webster	2016	Becker
194	22:34	Grace Grubbs	2016	GRC - Pine City
195	<b>22:35</b>	<b>Alexis Thieman</b>	<b>2016</b>	<b>Mora L.C.</b>
196	22:35	Lily Wilson	2016	GRC - Pine City
197	22:36	Grace Grubbs	2017	Foley
198	22:36	Lily Wilson	2017	Foley
199	22:36	Makayla Butenhoff	2015	Swain
200	22:36	Lily Wilson	2016	Mora L.C.
201	<b>22:37</b>	<b>Peyton Perreault</b>	<b>2023</b>	<b>GRC - Pine City</b>
202	22:37	Rachel Brown	2021	Pierz
203	22:37	Alexis Thieman	2017	Mora L.C.
204	22:37	Grace Grubbs	2017	Pierz
205	22:37	Alexis Thieman	2016	Milaca Mega
206	<b>22:39</b>	<b>Peyton Perreault</b>	<b>2023</b>	<b>NXR Heartland*</b>
207	22:39	Grace Langmade	2015	Becker
208	22:39	Ashli Webster	2016	Swain
209	<b>22:40</b>	<b>Gracie Larson</b>	<b>2021</b>	<b>Section 7AA (Cloquet)</b>
210	22:40	Ashli Webster	2017	Pine City
211	22:40	Alexis Thieman	2016	Section 5A (Milaca)
212	22:42	Emma Belsheim	2021	Duluth East
213	22:42	Ashli Webster	2017	Pierz
214	22:42	Alaina Steele	2016	Milaca Mega
215	22:42	Lily Wilson	2016	Swain
216	22:43	Rachel Brown	2021	GRC - Hinckley
217	22:43	Marin Foss	2015	Pierz
218	22:43	Grace Grubbs	2016	Pierz
219	22:44	Emma Belsheim	2022	Pierz
220	22:44	Grace Grubbs	2018	Section 5A (Mora)
221	22:44	Alaina Steele	2017	Swain
222	22:45	Emma Belsheim	2021	Hinckley
223	22:45	Alexis Thieman	2017	GRC - Pine City
224	22:48	Peyton Perreault	2021	Section 7AA (Cloquet)
225	22:48	Alexis Thieman	2017	Foley
226	22:49	Lily Wilson	2017	Pierz
227	<b>22:50</b>	<b>Paige Gray</b>	<b>2021</b>	<b>Section 7AA (Cloquet)</b>
228	22:50	Marin Foss	2015	Brainerd
229	22:51	Arissa Rydberg	2020	Pine City
230	22:51	Alexis Thieman	2016	Swain

231	22:53	Peyton Perreault	2023	Section 5A (Hinckley)
232	22:53	Emma Belsheim	2021	Mora
233	22:53	Grace Grubbs	2018	Mora L.C.
234	22:53	Marin Foss	2015	Mora
235	22:53	Lily Wilson	2016	Pierz
236	22:54	Rachel Brown	2021	Mora L.C.
237	22:54	Arissa Rydberg	2019	Milaca Mega
238	22:54	Grace Grubbs	2018	Hinckley
239	22:55	Alexis Thieman	2017	Section 5A (Mora)
240	22:56	Grace Langmade	2016	Mora
241	22:56	Grace Langmade	2016	GRC - Pine City
242	22:58	Rachel Brown	2021	Hinckley
243	22:58	Marin Foss	2014	Grantsburg
244	22:58	Marin Foss	2016	Pierz
245	22:58	Grace Langmade	2016	Becker
246	22:58	Alexis Thieman	2016	GRC - Pine City
247	<b>22:59</b>	<b>Jill Tomczyk</b>	<b>2015</b>	<b>Becker</b>
248	23:00	Rachel Brown	2020	Section 5A (Mora)
249	23:00	Grace Grubbs	2018	GRC - Pine City
250	23:00	Grace Langmade	2015	Milaca Mega
251	23:00	Alaina Steele	2016	Becker

Total	Interval	Time Category
7	7	Times Under 20:00 min
29	22	Times Under 20:30 min
63	35	Times Under 21:00 min
102	39	Times Under 21:30 min
152	50	Times Under 22:00 min
185	33	Times Under 22:30 min
251	66	Times Under 23:00 min

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

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

<u>Single Rank</u>	<u>Race Rank</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>	<u>Meet</u>
<b>1</b>	<b>1</b>	<b>16:20</b>	<b>Jared Clementson</b>	<b>2002</b>	<b>SECTION-Becker</b>
2	3	16:27	Per Zillmer	1982	Princeton (Mega)
T3	T5	16:32.2	Tommy Ryan	2018	STATE
T3	T5	16:32.2	Trevor McNally	2006	STATE
T3	T5	16:32	Chase Duarte	1985	Chisago Lakes
6	8	16:36	John Bloom	1990	Princeton (Mega)
7	12	16:45	Jim Kingen	1986	District 25
8	19	16:50	Tom Miche'	2006	STATE
T9	T22	16:54	Cody Hanson	2010	STATE
T9	T22	16:54	Zach Swanson	2008	Becker
11	T35	17:00	Easton Foss	2014	STATE
12	T46	17:05	David Hambly	2006	STATE
13	T56	17:10	Ryan Hammill	2000	SubSection-Pierz
14	T63	17:12	Eli Grubbs	2016	Section-Milaca
15	T77	17:16	Chris Lutz	2001	SubSection-Pierz
16	86	17:17.6	Nate Webster	2018	MMM (G.C.)
17	T87	17:18.0	<b>Charlie Ausmus</b>	2021	Foley
18	T118	17:27	Jason Rarick	1987	RRC - Pine City
19	T129	17:29	Peter Johnson	2000	SubSection-Pierz
T20	T138	17:32	Noah Adams	2013	Section-Milaca
T20	T138	17:32	Marcus Duarte	1987	RRC
22	T150	17:34	David Hansen	2001	Pierz
23	T155	17:35	Ricky Wasson	1997	Princeton (Mega)
24	T163	17:37	Clay Fischer	2003	RRC-STMA
<b>25</b>	<b>T177</b>	<b>17:39</b>	<b>Weston Clementson</b>	<b>2023</b>	<b>Pine City Invite</b>
26	T207	17:45	Jeremy Lee	2000	SubSection-Pierz
T27	T221	17:47	Logan Vinaja	2018	Section 5A - Mora
T27	T221	17:47	Jason Larson	1997	Princeton (Mega)
T27	T221	17:47	Paul Johnson	1997	Princeton (Mega)
<b>30</b>	<b>T236</b>	<b>17:50</b>	<b>Eli Fromm</b>	<b>2023</b>	<b>GRC-Pine City</b>
<b>T31</b>	<b>T249</b>	<b>17:51</b>	<b>Roman McKinney</b>	<b>2023</b>	<b>Pine City Invite</b>
T31	T249	17:51	Jordan Rarick	2012	MMM (G.C.)
T33	T273	17:53	Karl Greden	2002	Section-Becker
T33	T273	17:53	Danny Olson	1989	Region 7 - Cambridge
35	T286	17:54	<b>Anthony Bergeron</b>	<b>2023</b>	<b>Princeton L.C.</b>
36	T294	17:55	Charlie Zak	2001	SubSection-Pierz
37	T304	17:57	J.R. Anderson	1996	Rush City

## BOYS 5K XC TIMES UNDER 18:00 (Top 331+)

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

50	17:06	Zach Swanson	2008	MMM (G.C.)
51	17:07	Cody Hanson	2010	Princeton
52	17:08	John Bloom	1990	Cambridge
53	17:08	Jim Kingen	1986	Swain
54	17:09	Easton Foss	2013	Section-Milaca
55	17:09	Chase Duarte	1984	Cambridge
56	17:10	Tom Miche'	2005	Section-Cloquet
57	17:10	Jared Clementson	2003	Pierz
58	<b>17:10</b>	<b>Ryan Hammill</b>	<b>2000</b>	<b>SubSection-Pierz</b>
59	17:10	John Bloom	1990	Region 7 - Virginia
60	17:11	Tommy Ryan	2018	Mora L.C.
61	17:11	Tommy Ryan	2018	Pierz
62	17:11	Cody Hanson	2010	MMM (G.C.)
63	17:12	Jim Kingen	1986	Mora
64	<b>17:12</b>	<b>Eli Grubbs</b>	<b>2016</b>	<b>Section-Milaca</b>
65	17:13	Easton Foss	2014	Section-Milaca
66	17:13	Zach Swanson	2007	STATE
67	17:14	Tommy Ryan	2017	Section-Mora
68	17:14	Easton Foss	2014	Pierz
69	17:14	Zach Swanson	2008	Pierz
70	17:14	Jared Clementson	2002	Pierz
71	17:14	Trevor McNally	2006	Pine City
72	17:14	David Hambly	2007	Section-Pierz
73	17:15	Tommy Ryan	2018	NXR Heartland*
74	17:15	Trevor McNally	2006	TRC-Pine City
75	17:15	John Bloom	1989	Cambridge
76	17:15	John Bloom	1988	Crosier Invite
77	17:16	Zach Swanson	2008	Pine City
78	<b>17:16</b>	<b>Chris Lutz</b>	<b>2001</b>	<b>SubSection-Pierz</b>
79	17:16	Chase Duarte	1983	Princeton (Mega)
80	17:16	John Bloom	1988	Mora
81	17:16	Per Zillmer	1982	Chisago Lakes
82	17:17	Tommy Ryan	2018	Foley
83	17:17	Zach Swanson	2008	Milaca Earlybird
84	17:17	Zach Swanson	2007	Section-Pierz
85	17:17	Zach Swanson	2007	Section-Pierz
86	<b>17:18</b>	<b>Nate Webster</b>	<b>2018</b>	<b>MMM (G.C.)</b>
87	<b>17:18</b>	<b>Charlie Ausmus</b>	<b>2021</b>	<b>Foley</b>
88	17:18	David Hambly	2006	Becker
89	17:18	Jared Clementson	2001	North Branch
90	17:19	Tommy Ryan	2018	GRC-PC
91	17:19	Tommy Ryan	2017	Foley
92	17:19	Zach Swanson	2008	Princeton
93	17:19	David Hambly	2006	MMM (Foley)
94	17:19	John Bloom	1987	District 25
95	17:20	Cody Hanson	2010	GRC-PC
96	17:20	Tom Miche'	2005	Pierz
97	17:20	Trevor McNally	2007	MMM (G.C.)
98	17:21	Tommy Ryan	2018	Swain
99	17:21	Jared Clementson	2003	Pine City
100	17:21	John Bloom	1987	RRC - Pine City
101	17:22	Easton Foss	2014	STATE
102	17:22	Easton Foss	2014	MMM (G.C.)



103	17:22	Trevor McNally	2006	North Branch
104	17:22	Jared Clementson	2000	SubSection-Pierz
105	17:22	John Bloom	1990	STATE
106	17:23	John Bloom	1988	RRC
107	17:23	Per Zillmer	1982	RRC-Chisago L.
108	17:24	Easton Foss	2013	MMM (G.C.)
109	17:24	Charlie Ausmus	2021	MMM (G.C.)
110	17:24	Trevor McNally	2007	Princeton
111	17:25	Trevor McNally	2006	Swain
112	17:25	Jared Clementson	2000	Section-Becker
113	17:25	Trevor McNally	2004	Section-Cloquet
114	17:26	Jared Clementson	2002	RRC-Pine City
115	17:26	Jared Clementson	2003	Chisago Lakes
116	17:26	Trevor McNally	2005	Cambridge
117	17:26	Per Zillmer	1982	Cambridge
118	17:27	Charlie Ausmus	2022	Foley
119	17:27	Nate Webster	2018	Foley
120	17:27	Trevor McNally	2006	Milaca Earlybird
121	<b>17:27</b>	<b>Jason Rarick</b>	<b>1987</b>	<b>RRC - Pine City</b>
122	17:27	Jim Kingen	1985	District 25
123	17:27	Per Zillmer	1982	Milaca
124	17:28	Zach Swanson	2008	GRC-Pine City
125	17:28	Trevor McNally	2005	TRC-Pine City
126	17:28	Jared Clementson	2002	Pine City
127	17:28	Jared Clementson	2003	Proctor
128	17:28	Jim Kingen	1985	Milaca
129	<b>17:29</b>	<b>Peter Johnson</b>	<b>2000</b>	<b>SubSection-Pierz</b>
130	17:29	David Hambly	2007	MMM (G.C.)
131	17:29	Eli Grubbs	2016	Mora
132	17:30	Tommy Ryan	2017	Pierz
133	17:30	Cody Hanson	2010	Becker
134	17:30	Jared Clementson	2001	Pierz
135	17:30	Cody Hanson	2010	North Branch
136	17:30	Zach Swanson	2008	Section-Pierz
137	17:31	Easton Foss	2014	Proctor
138	<b>17:32</b>	<b>Noah Adams</b>	<b>2013</b>	<b>Section-Milaca</b>
139	17:32	Tom Miche'	2006	Becker
140	<b>17:32</b>	<b>Marcus Duarte</b>	<b>1987</b>	<b>RRC - Pine City</b>
141	17:33	Charlie Ausmus	2020	Pine City
142	17:33	Nate Webster	2018	Section 5A - Mora
143	17:33	Nate Webster	2017	Foley
144	17:33	Tom Miche'	2006	Becker
145	17:33	Trevor McNally	2005	Pierz
146	17:33	Zach Swanson	2008	North Branch
147	17:33	Cody Hanson	2010	Pine City
148	17:33	Peter Johnson	1997	Princeton (Mega)
149	17:33	Marcus Duarte	1986	Region 7 - Cambridge
150	17:34	Charlie Ausmus	2022	GRC-PC
151	17:34	Ryan Hammill	2000	Pierz
152	<b>17:34</b>	<b>David Hansen</b>	<b>2001</b>	<b>Pierz</b>
153	17:34	Ryan Hammill	2000	Pierz
154	17:34	John Bloom	1988	PC Invite
155	17:35	Charlie Ausmus	2020	Pine City Intrasquad

156	17:35	Tom Miche'	2005	TRC-Pine City
157	17:35	Trevor McNally	2007	TRC-Pine City
158	17:35	David Hambly	2007	Becker
159	<b>17:35</b>	<b>Ricky Wasson</b>	<b>1997</b>	<b>Princeton (Mega)</b>
160	17:36	Ryan Hammill	1999	RRC-Milaca
161	17:36	Ryan Hammill	2000	North Branch
162	17:36	Tom Miche'	2006	Pierz
163	17:37	Nate Webster	2017	Section-Mora
164	17:37	Ryan Hammill	2000	RRC-Foley
165	17:37	Cody Hanson	2010	Becker
166	17:37	Chris Lutz	2002	Section-Becker
167	<b>17:37</b>	<b>Clay Fischer</b>	<b>2003</b>	<b>RRC-STMA</b>
168	17:37	Tom Miche'	2005	Cambridge
169	17:37	Cody Hanson	2010	Pierz
170	17:37	John Bloom	1990	Milaca
171	17:37	Per Zillmer	1982	Swain
172	17:38	Charlie Ausmus	2020	Pine City Dual
173	17:38	David Hambly	2006	Pierz
174	17:38	Tom Miche'	2006	Section-Cloquet
175	17:38	Easton Foss	2013	Becker
176	17:38	Tommy Ryan	2016	Section-Milaca
177	<b>17:39</b>	<b>Weston Clementson</b>	<b>2023</b>	<b>Foley</b>
178	17:39	Weston Clementson	2023	Pine City
179	17:39	Nate Webster	2019	Foley
180	17:39	Ryan Hammill	1999	Princeton (Mega)
181	17:39	Chris Lutz	2001	RRC-North Branch
182	17:39	Tom Miche'	2006	MMM (Foley)
183	17:39	David Hambly	2007	Princeton
184	17:39	John Bloom	1988	Swain
185	17:40	John Bloom	1990	Pine City
186	17:40	John Bloom	1988	Rush City
187	17:40	John Bloom	1987	Pine City
188	17:41	Weston Clementson	2023	Princeton L.C.
189	17:41	Charlie Ausmus	2023	Princeton L.C.
190	17:41	Charlie Ausmus	2021	Hinckley
191	17:41	Jared Clementson	2000	North Branch
192	17:41	Ryan Hammill	2000	Princeton (Mega)
193	17:41	Chris Lutz	2001	Pierz
194	17:41	Tom Miche'	2006	TRC-Pine City
195	17:41	David Hambly	2007	TRC-Pine City
196	17:42	Tommy Ryan	2018	Princeton
197	17:42	Marcus Duarte	1987	District 25
198	17:43	Tommy Ryan	2017	Mora L.C.
199	17:43	Ryan Hammill	1999	Section-Becker
200	17:43	David Hansen	2001	SubSection-Pierz
201	17:43	David Hambly	2006	TRC-Pine City
202	17:43	John Bloom	1987	Cambridge
203	17:44	Chris Lutz	2002	North Branch
204	17:44	David Hambly	2007	North Branch
205	17:44	John Bloom	1988	District 25
206	17:44	John Bloom	1986	Region 7 - Cambridge
207	17:45	Nate Webster	2019	Section 5A - Mora
208	17:45	Nate Webster	2018	Mora L.C.

209	17:45	Nate Webster	2017	Pierz
210	17:45	Noah Adams	2015	Pierz
211	<b>17:45</b>	<b>Jeremy Lee</b>	<b>2000</b>	<b>SubSection-Pierz</b>
212	17:45	David Hambly	2006	Section-Cloquet
213	17:45	John Bloom	1989	RRC-Sauk Rapids
214	17:45	John Bloom	1989	Rush City
215	17:46	Charlie Ausmus	2022	Hinckley
216	17:46	Ryan Hammill	2000	Section-Becker
217	17:46	Tommy Ryan	2017	Pine City
218	17:46	Tom Miche'	2004	Foley
219	17:46	Tom Miche'	2004	RRC-Princeton
220	17:46	Zach Swanson	2007	TRC-Pine City
221	<b>17:47</b>	<b>Logan Vinaja</b>	<b>2018</b>	<b>Section 5A - Mora</b>
222	17:47	Noah Adams	2015	Swain
223	17:47	Cody Hanson	2009	Section-Pierz
224	<b>17:47</b>	<b>Paul Johnson</b>	<b>1997</b>	<b>Princeton (Mega)</b>
225	<b>17:47</b>	<b>Jason Larson</b>	<b>1997</b>	<b>Princeton (Mega)</b>
226	17:47	John Bloom	1988	Region 7A - Duluth
227	17:48	Tommy Ryan	2017	MMM (G.C.)
228	17:48	Trevor McNally	2007	Becker
229	17:48	David Hansen	2001	North Branch
230	17:48	Ryan Hammill	2000	Rush City
231	17:49	Cody Hanson	2009	Princeton
232	17:49	Jared Clementson	2002	Becker
233	17:49	Peter Johnson	2000	Section-Becker
234	17:49	Trevor McNally	2004	RRC-Princeton
235	17:49	Tommy Ryan	2016	Mora L.C.
236	17:50	Weston Clementson	2023	NXR Heartland*
237	17:50	<b>Eli Fromm</b>	<b>2023</b>	<b>GRC-Pine City</b>
238	17:50	Charlie Ausmus	2021	Pine City
239	17:50	Noah Adams	2015	MMM (G.C.)
240	17:50	Peter Johnson	1998	RRC-Chisago L.
241	17:50	Ryan Hammill	1999	North Branch
242	17:50	Jeremy Lee	2000	Princeton (Mega)
243	17:50	Jeremy Lee	2000	North Branch
244	17:50	Jared Clementson	2000	RRC-Foley
245	17:50	Clay Fischer	2005	Pierz
246	17:50	Tom Miche'	2005	Chisago Lakes
247	17:50	Easton Foss	2014	North Branch
248	17:50	Marcus Duarte	1986	Mora
249	17:51	<b>Roman McKinney</b>	<b>2023</b>	<b>Pine City</b>
250	17:51	Nate Webster	2017	Mora L.C.
251	17:51	Nate Webster	2017	Pine City
252	17:51	Noah Adams	2015	GRC-Pine City
253	17:51	Zach Swanson	2007	Princeton
254	<b>17:51</b>	<b>Jordan Rarick</b>	<b>2012</b>	<b>MMM (G.C.)</b>
255	17:51	Noah Adams	2014	MMM (G.C.)
256	17:51	Ricky Wasson	1997	Section-Cloquet
257	17:51	Jared Clementson	2002	North Branch
258	17:51	Tom Miche'	2005	Cambridge
259	17:51	David Hambly	2006	North Branch
260	17:51	Easton Foss	2013	North Branch
261	17:51	Easton Foss	2014	Becker

262	17:51	John Bloom	1988	Cambridge
263	17:52	Roman McKinney	2023	NXR Heartland*
264	17:52	Charlie Ausmus	2021	Mora
265	17:52	Nate Webster	2018	Pierz
266	17:52	Tommy Ryan	2017	Mora
267	17:52	Noah Adams	2013	MMM (G.C.)
268	17:52	Zach Swanson	2007	Becker
269	17:52	Trevor McNally	2004	Foley
270	17:52	John Bloom	1990	Swain
271	17:52	Jason Rarick	1987	District 25
272	17:52	Eli Grubbs	2016	STATE
273	17:53	Weston Clementson	2023	Section 5A - Hinckley
274	17:53	Charlie Ausmus	2021	Princeton
275	17:53	Tommy Ryan	2017	GRC-Pine City
276	17:53	Noah Adams	2015	Section-Milaca
277	17:53	Easton Foss	2014	Pine City
278	17:53	Clay Fischer	2005	Pine City
279	17:53	Cody Hanson	2010	Milaca Earlybird
280	17:53	<b>Karl Greden</b>	<b>2002</b>	<b>Section-Becker</b>
281	17:53	Clay Fischer	2005	Cambridge
282	17:53	Trevor McNally	2007	North Branch
283	17:53	Easton Foss	2014	GRC-Pine City
284	17:53	Eli Grubbs	2016	Pierz
285	17:53	<b>Danny Olson</b>	<b>1989</b>	<b>Region 7 - Cambridge</b>
286	17:54	<b>Anthony Bergeron</b>	<b>2023</b>	<b>Princeton L.C.</b>
287	17:54	Charlie Ausmus	2021	Mora L.C.
288	17:54	Easton Foss	2013	Swain
289	17:54	Jeremy Lee	2000	Section-Becker
290	17:54	David Hansen	2001	RRC-North Branch
291	17:54	Trevor McNally	2005	North Branch
292	17:54	John Bloom	1987	Region 7 - Grand Rapids
293	17:54	Nate Webster	2016	Section-Milaca
294	17:55	Trevor McNally	2005	Swain
295	17:55	Ryan Hammill	1999	Cambridge
296	17:55	<b>Charlie Zak</b>	<b>2001</b>	<b>SubSection-Pierz</b>
297	17:55	John Bloom	1987	Mora
298	17:55	Eli Grubbs	2016	Swain
299	17:56	Nate Webster	2017	MMM (G.C.)
300	17:56	Tom Miche'	2006	Pine City
301	17:56	Trevor McNally	2005	Cambridge
302	17:56	Clay Fischer	2007	Section-Pierz
303	17:56	John Bloom	1990	Mora
304	17:57	<b>J.R. Anderson</b>	<b>1996</b>	<b>Rush City</b>
305	17:57	Anthony Bergeron	2023	NXR Heartland*
306	17:57	Weston Clementson	2023	Mora
307	17:57	Charlie Ausmus	2023	Foley
308	17:57	Tom Miche'	2006	Swain
309	17:57	Jeremy Lee	2000	Pierz
310	17:57	Jared Clementson	2000	STATE
311	17:57	Jared Clementson	2003	Princeton (Mega)
312	17:58	Charlie Ausmus	2020	GRC-Hinckley
313	17:58	Jeremy Lee	2000	RRC-Foley
314	17:58	Chris Lutz	2001	Princeton (Mega)

315	17:58	Clay Fischer	2005	TRC-Pine City
316	17:58	Jared Clementson	2001	Pine City
317	17:58	Marcus Duarte	1985	RRC-Sauk Rapids
318	17:59	Eli Fromm	2022	Section 7AA (Hibbing)
319	17:59	Eli Grubbs	2016	Becker
320	17:59	Noah Adams	2015	Mora
321	17:59	Zach Swanson	2007	MMM (G.C.)
322	17:59	Jason Larson	1997	RRC-Sartell
323	17:59	Peter Johnson	2000	RRC-Foley
324	17:59	Jared Clementson	2001	Cambridge
325	17:59	Tom Miche'	2006	North Branch
326	17:59	Easton Foss	2013	GRC-Pine City
327	17:59	John Bloom	1989	Mora
328	18:00	Anthony Bergeron	2023	Section 5A - Hinckley
329	18:00	Eli Fromm	2023	NXR Heartland*
330	18:00	Eli Fromm	2023	Pine City
331	18:00	Noah Adams	2012	Section-Pierz
332	18:00	Noah Adams	2013	MMM (G.C.)

Total	Interval	Time Category
3	3	Times Under 16:30 min
34	31	Times Under 17:00 min
136	102	Times Under 17:30 min
332	196	Times Under 18:00 min

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



# 1000/500 Top Practice Times - 2023

<u>Boys Names</u>	<u>1000 times</u>	<u>year</u>
1 Eli Grubbs	2:50 (t)	2016
2 Tommy Ryan	2:52 (t)	2018
3 Tommy Ryan	2:55 (t)	2017
4 Easton Foss	2:57	2013
5 Easton Foss	2:57 (t)	2014
6 <b>Eli Fromm</b>	<b>2:58 (t)</b>	<b>2023</b>
7 Charlie Ausmus	2:58 (t)	2021
8 Charlie Ausmus	2:59 (t)	2022
9 Nate Webster	2:59 (t)	2019
10 Trevor McNally	3:00	2007
11 Nate Webster	3:00 (t)	2018
12 Cody Hanson	3:02	2010
13 John Dedic	3:03	2010
14 Jared Clementson	3:03	2002
15 Tom Miche'	3:03	2006
16 Charlie Ausmus	3:03 (t)	2020
17 Nate Webster	3:03 (t)	2017
18 Noah Adams	3:03 (t)	2013
19 Zach Swanson	3:04	2008
20 Austin Eckert	3:04 (t)	2017
21 Noah Adams	3:04 (t)	2015
22 Eli Grubbs	3:05 (t)	2015
23 Eli Grubbs	3:05 (t)	2014
24 Cody Hanson	3:05 (t)	2009
25 Trevor McNally	3:06	2006
26 <b>Charlie Ausmus</b>	<b>3:06 (t)</b>	<b>2023</b>
27 Tommy Ryan	3:06 (t)	2016
28 Noah Adams	3:06 (t)	2014
29 David Hambly	3:07	2004
30 Tom Miche'	3:07	2005

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

<u>Girls Names</u>	<u>1000 times</u>	<u>year</u>
1 Alaina Steele	3:26 (t)	2019
2 Alaina Steele	3:27 (t)	2017
3 Alaina Steele	3:28 (t)	2015
4 Marin Foss	3:28 (t)	2015
5 <b>Eva Johnson</b>	<b>3:29 (t)</b>	<b>2023</b>
6 Marin Foss	3:29 (t)	2014
7 Sherry Rike	3:30	2011
8 Eva Johnson	3:30 (t)	2020
9 Alaina Steele	3:31 (t)	2018
10 Eva Johnson	3:34 (t)	2019
11 Eva Johnson	3:36 (t)	2021
12 Arissa Rydberg	3:39 (t)	2019
13 Megan Miesner	3:40	2010
14 Abby Cummins	3:40	2012
15 Abby Cummins	3:41	2011
16 Grace Langmade	3:41 (t)	2015
17 Rachel Brown	3:42 (t)	2022
18 Ashli Webster	3:42 (t)	2015
19 Allison Gusk	3:42 (t)	2015
20 Emma Belsheim	3:43 (t)	2022
21 Grace Grubbs	3:43 (t)	2018
22 Sherry Rike	3:44	2012
23 Marin Foss	3:44 (t)	2016
24 Morgan Richardson	3:45	2012
25 Brenna Richardson	3:45	2012
26 Eva Johnson	3:45 (t)	2018
27 Grace Grubbs	3:45 (t)	2017
28 Alexis Thieman	3:45 (t)	2016
29 Eva Johnson	3:45	2022
30 Sherry Rike	3:45	2010

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

(t) track

## GIRLS' PRACTICE WORKOUT RECORDS

Course	Time	Date	Runner
1. 1 x H.S. Mile loop	6:02	October 10, 2019	Alaina Steele
2. 2 x H.S. Mile Loop – 3200 m	13:54 (6:57 ave)	October 15, 2012	Sherry Rike
3. 3 x H.S. Mile Loop – 4800 m	23:19	September 21, 2000	Miki Anderson
4. 1 x H.S. Mile Loop, 3 x 500	13:00	October 15, 2007	Kendra Motyl
5. 1 x H.S. Mile Loop, 1 x 1000	10:35	October 25, 2004	Em Branzovsky
6. 1 x H.S. Mile Loop, 2 x 1000	13:05	October 19, 2015	Alaina Steele
7. 1 x H.S. Mile Loop, 1000, 500	11:15	October 22, 2012	Abby Cummins
8. 2 mile on mile loop, 2 x 500	17:25	October 18, 2010	Megan Miesner
9. Par Circle loop – 1.1	6:28	September 24, 2019	Alaina Steele
10. 4 x 400	5:30 (1:23 ave)	October 5, 1995	Amy Johnson
11. 6 x 400	7:57 (1:19 ave)	August 14, 2003	Jenna Fore
12. 8 x 400	10:16 (1:17 ave)	September 26, 2017	Alaina Steele
13. 3 x 500	5:09 (1:43 ave)	October 22, 2013	Jordan Kotek
14. 4 x 500	6:22 (1:36 ave)	November 3, 2015	Marin Foss
15. 5 x 500	9:11 (1:50 ave)	October 22, 2001	Jacki Gregoire
16. 6 x 500	10:59 (1:50 ave)	September 12, 2000	Kim Connaker
17. 8 x 500	14:28 (1:49 ave)	September 23, 2005	Jacki Gregoire
18. 1 x 800, 1 x 600, 1 x 400	7:19	September 12, 1997	Becky Haavisto
19. 2 x 1000	7:52 (3:56 ave)	August 15, 2013	Jordan Kotek
20. 3 x 1000	11:43 (3:54 ave)	August 21, 2012	Abby Cummins
21. 4 x 1000	14:59 (3:45 ave)	September 2, 2010	Megan Miesner
22. 5 x 1000	18:45 (3:45 ave)	September 19, 2018	Alaina Steele
23. 6 x 1000	22:41 (3:47 ave)	September 19, 2018	Alaina Steele
24. 7 x 1000	26:42 (3:49 ave)	October 1, 2018	Alaina Steele
25. 8 x 1000	32:23 (4:03 ave)	September 18, 2002	Jacki Gregoire
26. 3 x 1000, 1 x 500	11:31 / 13:16 (3:50 ave + 1:45)	August 17, 2018	Alaina Steele
27. 4 x 1000, 1 x 500	16:08 / 17:58 (4:02 ave + 1:50)	August 30, 2016	Alaina Steele
28. 5 x 1000, 1 x 500	<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. 3 x 2000	24:18 (8:06 ave)	September 14, 2023	Eva Johnson
40. 1 x 2000, 1 x 1000, 1 x 500 (track)	12:23 (7:25, 3:26, 1:32)	October 17, 2019	Alaina Steele
41. 5 x 1000 (track)	17:44 (3:33 ave)	September 26, 2023	Eva Johnson
42. 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 Mische'
20. 3 x 1000	9:25 (3:08 ave)	August 22, 2006	Tom Mische'
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. 3 x 2000	21:45 (7:15 ave)	September 14, 2023	Ethan Aagaard
40. 1 x 2000, 1 x 1000, 1 x 500 (track)	10:29	October 18, 2018	Tommy Ryan
41. 5 x 1000 (track)	15:10 (3:02 ave)	October 29, 2018	Tommy Ryan
42. 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)

<b>Kaia Osmundson</b>	<b>Chisago Lakes</b>	<b>2023</b>	<b>18:45</b>
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:**

<b>Eva Johnson</b>	<b>Pine City</b>	<b>2023</b>	<b>20:26</b>
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#### CONFERENCE MEET @ PINE CITY

Elena Herberg	Rush City	2015	19:45
Eva Johnson	Pine City	2022	19:58
<b>Eva Johnson</b>	<b>Pine City</b>	<b>2023</b>	<b>20:15</b>
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
<i>Reese Hartl</i>	<i>Hinckley-Finlayson</i>	<i>2019</i>	<i>20:25 2nd</i>
<i>Eva Johnson</i>	<i>Pine City</i>	<i>2019</i>	<i>20:29 3rd</i>
<i>Alaina Steele</i>	<i>Pine City</i>	<i>2015</i>	<i>20:33 2nd</i>
<i>Marin Foss</i>	<i>Pine City</i>	<i>2015</i>	<i>20:37 3rd</i>
<b>Pine City Best:</b>			
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
<b>Weston Harris</b>	<b>Foley</b>	<b>2023</b>	<b>17:06</b>

#### **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
<b>Pine City Best:</b>			
Trevor McNally	Pine City	2006	17:15

# Pine City Invitational 5K School Record



20:26

## Team Records by Season (1996-2023)

<b>GIRLS</b>			<b>Year</b>	<b>BOYS</b>		
<i>Wins</i>	<i>Losses</i>	<i>Percent</i>		<i>Wins</i>	<i>Losses</i>	<i>Percent</i>
52	52	<b>0.500</b>	2023	102	25	<b>0.803</b>
49	36	<b>0.576</b>	2022	70	23	<b>0.753</b>
51	50	<b>0.505</b>	2021	55	55	<b>0.500</b>
15	15	<b>0.500</b>	2020	20	10	<b>0.667</b>
56	30	<b>0.651</b>	2019	67	93	0.419
31	52	0.373	2018	99	46	<b>0.683</b>
69	56	<b>0.552</b>	2017	85	48	<b>0.639</b>
70	48	<b>0.593</b>	2016	77	48	<b>0.616</b>
104	19	<b>0.846 State</b>	2015	64	56	<b>0.533</b>
<b>65 (4 Wins)</b>	40	<b>0.619</b>	2014	66	47	<b>0.584</b>
34	54	0.386	2013	63	45	<b>0.583</b>
39	44	0.470	2012	38	57	0.400
42	51	0.452	2011	25	53	0.321
39	48	0.448	2010	47	48	0.495
24	62	0.279	2009	35	56	0.385
9	30	0.231	2008	40	52	0.435
26	103	0.202	2007	129	25	<b>0.838 State</b>
29	85	0.254	2006	116	22	<b>0.841 State</b>
16	68	0.254	2005	102	21	<b>0.829 State</b>
31	27	<b>0.534</b>	2004	38	33	<b>0.535</b>
39	27	<b>0.591</b>	2003	59	66	0.472
37	24	<b>0.607</b>	2002	77	36	<b>0.681</b>
43	50	0.462	2001	62	46	<b>0.574</b>
30	49	0.380	2000	<b>88 (6 Win)</b>	31	<b>0.739 State</b>
30	46	0.395	1999	42	72	0.368
28	35	0.444	1998	41	33	<b>0.554</b>
10	55	0.154	1997	78	26	<b>0.750</b>
2	32	0.059	1996	29	32	<b>0.475</b>
1018	1236	0.452	<b>Total</b>	1712	1180	<b>0.592</b>
Overall Ave			28	Overall Ave		
*12 Winning Seasons			Seasons	*20 Winning Seasons		
Total Since 2013			11	Total Since 2013		
596	452	<b>0.569</b>	Seasons	768	496	<b>0.608</b>
*9 Winning Seasons				*10 Winning Seasons		

# Pine City High School Cross Country

## 2023 Awards:

<b>MOST VALUABLE RUNNER</b>	Eva Johnson 19:46.8	Weston Clementson 17:39
<b>ROOKIE OF THE YEAR</b>	Madi Perreault 23:45	Grant Larson 19:19.7
<b>MOST IMPROVED RUNNER</b>	Peyton Perreault 22:37	Sawyer McDaniel 18:25.5
<b>WORKHORSE AWARD</b>	Rachel Brown 20:55	Bohdan Valvoda 18:25.2
<b>SPORTSMANSHIP AWARD</b>	Gracie Larson 23:34	Eli Fromm 17:50
<b>“PC” AWARD</b> Persistent and Courageous	Teresa Root 26:38	Charlie Ausmus 17:41.3
<b>TEAM AWARD</b> ( <u>T</u> ogether <u>E</u> veryone <u>A</u> chieves <u>M</u> ore)	Emma Belsheim 23:28	Anthony Bergeron 17:53.7
<b>PERSERVERANCE</b>	Eva Johnson 19:46.8  Emma Belsheim 23:28	
<b>CAPTAINS:</b>	Eva Johnson Emma Belsheim Rachel Brown	Charlie Ausmus Roman McKinney Weston Clementson Noah McDaniel

## **CONFERENCE TEAM CHAMPIONS**

Boys' Varsity (15 pts)

Boys' JV (15 pts)

Girls' JH (6 pts)

### **ALL-CONFERENCE**

Eli Fromm (1)  
Weston Clementson (2)  
Charlie Ausmus (3)  
Ethan Aagaard (4)  
Roman McKinney (5)  
Anthony Bergeron (6)

Eva Johnson (1)  
Rachel Brown (3)  
Peyton Perreault (9)

### **HONORABLE MENTION**

Sawyer McDaniel (12)  
Bohdan Valvoda \*JV 1st (10<sup>th</sup> overall)  
Noah McDaniel \*JV 2nd (12<sup>th</sup> overall)

Emma Belsheim (12)  
Gracie Larson (13)  
Madi Perreault (14)

## **CONFERENCE INDIVIDUAL CHAMPIONS**

Boys Varsity: Eli Fromm  
Boys JV: Bohdan Valvoda

Girls Varsity: Eva Johnson

Girls JH: Ellie Patzoldt

## **ACADEMIC EXCELLENCE**

Boys: Gold Level (3.83 GPA)

Girls: Gold Level (3.93 GPA)

## **ALL-STATE ACADEMIC INDIVIDUAL**

(Top 15 at Sections and 3.75 GPA or higher)

Eva Johnson

## **STATE MEET QUALIFIER**

Eva Johnson (8th at Sections) 42nd at State

## LETTER WINNERS

### BOYS

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

### GIRLS

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

Coach  
Clementson



Coach  
Judd

Coach  
Rob

Coach  
Sherry

THANKS for a  
WONDERFUL season!

- Coaches



**2023**



**Boys**

**Great River Conference Champs**

**Section 5A – 3<sup>rd</sup> Place**

**Girls**

**Great River Conference Runner-Up**

**Section 5A – 8<sup>th</sup> Place**

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## CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2023

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Rush City/Mega	Foley
Emma Belsheim	12	2023	DNR	26:20 (5k)	25:55 (5k)	25:13 (5k)		24:28 (5k)
	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	12	2023	20:52 (5k)	20:26 (5k)	20:15 (5k)	20:24 (5k)		20:12 (5k)
	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)
Rachel Brown	11	2023	21:20 (5k)	20:55 (5k)	21:34 (5k)	21:47 (5k)		21:51 (5k)
	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	11	2023	29:03 (5k)	27:41 (5k)	28:02 (5k)	27:57 (5k)		27:20 (5k)
	10	2022	26:55 (5k)	26:05 (5k)	DNF	25:57 (5k)	C	25:45 (5k)
	9	2021	DNR	DNR	DNR	DNR	DNR	DNR
Peyton Perreault	11	2023	24:53 (5k)	23:19 (5k)	23:34 (5k)	24:03 (5k)		23:10 (5k)
	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	10	2023	26:26 (5k)	24:02 (5k)	25:14 (5k)	24:14 (5k)		DNF
	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	10	2023	26:39 (5k)	25:16 (5k)	24:38 (5k)	25:31 (5k)		24:34 (5k)
	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	10	2023	26:57 (5k)	26:53 (5k)	26:38 (5k)	DNR		27:10 (5k)
	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 2023

Hincley	Duluth/Swain	Princeton/Mora	Conference	Section	State	PB	Average
24:53 (5k)		C 23:32 (5k)	PC-23:37 (5k)	HF - 23:52		23:28	24:04*
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
20:57 (5k)		C 19:46.8 (5k)	PC-21:15 (5k)	HF - 20:13.9	20:12.7	19:46.8	20:21
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
22:09 (5k)		C 22:01 (5k)	PC-21:26 (5k)	HF - 21:32		20:55	21:37
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
28:07 (5k)		C 26:02 (5k)	PC-25:19 (5k)	HF - Alt		25:19	27:26
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
24:02 (5k)		C 23:02 (5k)	PC-22:37 (5k)	HF - 22:53		22:37	23:30
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)
25:30 (5k)		C 24:22 (5k)	PC-24:18 (5k)	HF - 25:02		24:02	24:54
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
24:47 (5k)		C 23:42 (5k)	PC-23:34 (5k)	HF - 24:08		23:34	24:45
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
DNR		C DNR	DNR	HF - Alt		26:38	26:55
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 2023

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley
Kacence McKellar	9	2023	DNF	27:43 (5k)	28:30 (5k)	30:16 (5k)		28:08 (5k)
	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	9	2023	25:19 (5k)	24:48 (5k)	24:48 (5k)	25:35 (5k)		25:06 (5k)
	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)
Lily Kurth	8	2023	10:07 (2k)	9:37 (2k)	16:28 (3.2k)	17:48 (3.2k)		17:19 (3.2k)
	7	2022	12:28 (2k)	10:28 (2k)	18:22 (3.2k)	19:06 (3.2k)	C	16:33 (3.2k)
Amelia Sauter	8	2023	9:36 (2k)	9:06 (2k)	15:42 (3.2k)	16:22 (3.2k)		DNR

## CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2023

Hinckley	Duluth / Swain	Mora	Conference	Section	State	PB	Average
29:57 (5k)	C	27:20 (5k)	PC-27:20 (5k)			27:20	28:28
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)
24:56 (5k)	C	23:46 (5k)	PC-23:45 (5k)	HF - 24:53		23:45	24:46
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)
17:55 (3.2k)	C	16:55 (3.2k)	17:21 (3.2k)			16:28 (3.2k)	17:18 (3.2k)
17:56 (3.2k)	C	18:37 (3.2k)	19:18 (3.2k)			16:33 (3.2k)	18:18 (3.2k)
17:29 (3.2k)	C	DNR	DNR			15:42 (3.2k)	16:31 (3.2k)

## CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2023

Name	Gr	Year	Princeton	Pine City	Mora	Fierz	Rush Cty/Mega	Foley
Charlie Ausmus	11	2023	DNR	DNR	DNR	18:30 (5K)		17:57 (5K)
	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)
Anthony Bergeron	11	2023	18:37 (5K)	18:01 (5K)	18:17 (5K)	18:32 (5K)		18:47 (5K)
	10	2022	22:52 (5K)	21:31 (5K)	20:27 (5K)	20:18 (5K)	C	19:28 (5K)
Frank Betters	11	2023	DNF	23:38 (5K)	22:51 (5K)	24:16 (5K)		23:11 (5K)
	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	11	2023	18:52 (5K)	18:00 (5K)	18:51 (5K)	18:51 (5K)		18:01 (5K)
	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)
Sawyer McDaniel	11	2023	18:35 (5K)	18:30 (5K)	18:47 (5K)	DNR		19:02 (5K)
	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	11	2023	18:50 (5K)	17:51 (5K)	18:12 (5K)	DNR		18:37 (5K)
	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)
Ethan Aagaard	10	2023	18:32 (5K)	18:03 (5K)	18:37 (5K)	18:46 (5K)		18:11 (5K)
	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	10	2023	18:19 (5K)	17:39 (5K)	17:57 (5K)	18:19 (5K)		17:39 (5K)
	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)
Noah McDaniel	10	2023	20:12 (5K)	19:28 (5K)	20:01 (5K)	20:15 (5k)		19:34 (5K)
	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)
Bohdan Valvoda	10	2023	19:32 (5K)	18:32 (5K)	18:59 (5K)	19:42 (5K)		18:46 (5K)
	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)

## CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2023

Name	Gr	Year	Princeton	Pine City	Mora	Pierz	Milaca Mega	Foley
Jerald Kurth	9	2023	DNR	DNR	18:17 (3.2k)	18:29 (3.2k)		27:15 (5K)
	8	2022	12:04 (2k)	11:03 (2k)	17:48 (3.2k)	18:05 (3.2k)	C	17:49 (3.2k)
Grant Larson	9	2023	20:34 (5K)	20:28 (5K)	20:27 (5K)	DNR		DNR
	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	9	2023	21:38 (5K)	19:51 (5K)	20:12 (5K)	20:38 (5k)		20:28 (5K)
	8	2022	9:49 (2k)	8:45 (2k)	16:03 (3.2k)	15:33 (3.2k)	C	14:53 (3.2k)
Conor Ableman	8	2023	9:33 (2k)	8:44 (2k)	15:23 (3.2k)	15:43 (3.2k)		15:08 (3.2k)
	7	2022	10:48 (2k)	9:53 (2k)	18:28 (3.2k)	18:30 (3.2k)	C	16:13 (3.2k)
Owen Ableman	8	2023	8:55 (2k)	8:29 (2k)	15:06 (3.2k)	DNR		14:40 (3.2k)
	7	2022	10:18 (2k)	9:14 (2k)	16:13 (3.2k)	16:10 (3.2k)	C	15:13 (3.2k)
Blake Betters	8	2023	DNR	9:50 (2k)	17:23 (3.2k)	18:32 (3.2k)		17:13 (3.2k)
	7	2022	16:45 (2k)	14:03 (2k)	24:00 (3.2k)	25:52 (3.2k)	C	*20:13 (3.2k)
Miles Gray	8	2023	9:41 (2k)	9:31 (2k)	15:47 (3.2k)	15:30 (3.2k)		15:46 (3.2k)
	7	2022	10:57 (2k)	10:03 (2k)	16:39 (3.2k)	16:47 (3.2k)	C	16:17 (3.2k)
Micah Hogberg	8	2023	8:12 (2k)	8:08 (2k)	14:23 (3.2k)	14:32 (3.2k)		14:19 (3.2k)
Jenner Kunze	8	2023	8:26 (2k)	8:03 (2k)	13:31 (3.2k)	14:10 (3.2k)		13:49 (3.2k)
	7	2022	10:01 (2k)	8:52 (2k)	15:16 (3.2k)	DNR	C	14:20 (3.2k)
Anders Olson	8	2023	DNR	DNR	DNR	DNR		19:10 (3.2k)
	7	2022	12:52 (2k)	11:52 (2k)	21:11 (3.2k)	20:56 (3.2k)	C	18:31 (3.2k)
Evan Olson	8	2023	9:34 (2k)	8:51 (2k)	15:19 (3.2k)	16:06 (3.2k)		15:56 (3.2k)
	7	2022	9:39 (2k)	9:10 (2k)	16:24 (3.2k)	15:56 (3.2k)	C	15:10 (3.2k)
Walker Remme	8	2023	8:18 (2k)	7:58 (2k)	13:47 (3.2k)	14:32 (3.2k)		13:52 (3.2k)
	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 2023

Hinckley	Duluth / Swain	Princeton/Mora	Conference	Section	State	PB	Average
18:08 (5K)	C	17:41 (5k)	PC-18:04 (5k)	HF - 18:15		17:41	18:06
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
18:32 (5K)	C	17:54 (5k)	PC-18:16 (5k)	HF - 18:00		17:54	18:20
20:00 (5K)	C	19:39 (5k)	DNR	Hibb - 19:36		19:28	20:29
25:01 (5K)	C	DNR	DNR			22:51	23:47
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
18:48 (5K)	C	18:05 (5k)	PC-17:50 (5k)	HF - 18:06		17:50	18:23
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)	
19:36 (5K)	C	18:26 (5k)	PC-19:33 (5k)	HF - Alt		18:26	18:55
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)	
18:23 (5K)	C	18:18 (5k)	PC-18:12 (5k)	HF - 18:19		17:51	18:20
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)
18:28 (5K)	C	18:20 (5k)	PC-18:11 (5k)	HF - 18:02		18:02	18:21
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
18:06 (5K)	C	17:41 (5k)	PC-18:02 (5k)	HF - 17:53		17:39	17:56
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
19:43 (5K)	C	20:21 (5k)	PC-19:17 (5k)	HF - Alt		19:17	19:48
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
19:03 (5K)	C	18:35 (5k)	PC-18:43 (5k)	HF - 18:25		18:25	18:55
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



## CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2023

Hinckley	Duluth / Swain	Mora	Conference	Section	State	PB	Average
30:53 (5k)	C	26:34 (5k)	PC-24:42 (5k)			24:42	27:21
17:21 (3.2k)	C	19:01 (3.2k)	18:26 (3.2k)			17:21 (3.2k)	18:09 (3.2k)
19:56 (5k)	C	19:19 (5k)	PC-19:21 (5k)			19:20	20:01
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)
20:12 (5k)	C	20:18 (5k)	PC-20:08 (5k)			19:51	20:18
15:19 (3.2k)	C	15:20 (3.2k)	14:11 (3.2k)			14:11 (3.2k)	15:03 (3.2k)
15:35 (3.2k)	C	14:43 (3.2k)	14:51 (3.2k)			14:43 (3.2k)	15:14 (3.2k)
17:18 (3.2k)	C	18:01 (3.2k)	17:02 (3.2k)			16:13 (3.2k)	17:25 (3.2k)
15:33 (3.2k)	C	13:48 (3.2k)	14:17 (3.2k)			13:48 (3.2k)	14:41 (3.2k)
16:19 (3.2k)	C	15:31 (3.2k)	16:30 (3.2k)			15:13 (3.2k)	15:57 (3.2k)
18:20 (3.2k)	C	DNR	DNR			17:13 (3.2k)	17:52 (3.2k)
22:12 (3.2k)	C	22:09 (3.2k)	19:57 (3.2k)			19:57 (3.2k)	22:05 (3.2k)
DNR	C	15:38 (3.2k)	15:13 (3.2k)			15:13 (3.2k)	15:35 (3.2k)
16:36 (3.2k)	C	15:30 (3.2k)	15:46 (3.2k)			15:30 (3.2k)	16:11 (3.2k)
14:33 (3.2k)	C	13:28 (3.2k)	DNR			13:28 (3.2k)	14:15 (3.2k)
13:55 (3.2k)	C	22:05 (5k)	13:42 (3.2k)			13:31 (3.2k)	13:49 (3.2k)
17:07 (3.2k)	C	14:45 (3.2k)	13:44 (3.2k)			13:44 (3.2k)	14:59 (3.2k)
18:20 (3.2k)	C	17:17 (3.2k)	17:22 (3.2k)			17:17 (3.2k)	18:05 (3.2k)
20:22 (3.2k)	C	22:08 (3.2k)	20:03 (3.2k)			18:31 (3.2k)	20:24 (3.2k)
15:45 (3.2k)	C	14:56 (3.2k)	15:53 (3.2k)			14:53 (3.2k)	15:29 (3.2k)
15:52 (3.2k)	C	16:30 (3.2k)	DNR			15:10 (3.2k)	15:52 (3.2k)
13:57 (3.2k)	C	13:31 (3.2k)	14:09 (3.2k)			13:31 (3.2k)	13:58 (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 - 2023

	<b>PB - 2022</b>	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Rush City</b>	<b>Foley</b>
<b>Boys Name</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000m</b>	<b>5000 m</b>
Charlie Ausmus - 11	5:37	DNR	DNR	DNR	5:57	Practice	5:46
Anthony Bergeron	6:16	5:58	5:48	5:53	5:57	Practice	6:02
Frank Betters	7:31	DNF	7:37	7:21	7:48	Practice	7:27
Eli Fromm	5:47	6:03	5:48	6:04	6:03	Practice	5:47
Sawyer McDaniel	6:17	5:58	5:57	6:03	DNR	DNR	6:06
Roman McKinney	6:02	6:03	5:45	5:51	DNR	DNR	5:58
Ethan Aagaard - 10	5:51	5:57	5:49	6:00	6:02	Practice	5:50
Weston Clementson	5:48	5:52	5:39	5:47	5:52	Practice	5:39
Noah McDaniel	6:15	6:29	6:16	6:27	6:31	Practice	6:16
Bodhan Valvoda	6:10	6:16	5:58	6:07	6:19	Practice	6:02
Jerald Kurth - 9	-	DNR	DNR	JH	DNR	DNR	8:46
Grant Larson	-	6:35	6:35	6:35	DNR	DNR	DNR
Ray Ovick	-	6:56	6:23	6:30	6:37	Practice	6:34
	<b>3200 m</b>	<b>2000m</b>	<b>2000m</b>	<b>3200m</b>	<b>3200 m</b>	<b>3200m</b>	<b>3200 m</b>
Conor Ableman - 8	8:06	7:40	7:02	7:42	7:51	Practice	7:34
Owen Ableman	7:37	7:09	6:50	7:33	DNR	Practice	7:20
Blake Betters	9:59	DNR	7:55	8:42	9:16	Practice	8:37
Miles Gray	7:45	7:46	7:40	7:54	7:45	Practice	7:53
Micah Hogberg	-	6:35	6:33	7:11	7:16	Practice	7:09
Jenner Kunze	6:52	6:47	6:29	6:46	7:05	Practice	6:55
Anders Olson	9:16	DNR	DNR	DNR	DNR	Practice	9:35
Evan Olson	7:35	7:41	7:07	7:40	8:03	Practice	7:58
Walker Remme	6:55	6:40	6:25	6:54	7:16	Practice	6:56
	<b>PB - 2022</b>	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Rush City</b>	<b>Foley</b>
<b>Girls Name</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000m</b>	<b>5000 m</b>
Emma Belsheim - 11	6:59	DNR	8:29	8:21	8:06	Practice	7:51
Eva Johnson	6:26	6:42	6:35	6:31	6:32	DNR	6:29
Rachel Brown - 10	6:46	6:51	6:44	6:56	7:00	DNR	7:01
Kaylie Christenson	8:12	9:20	8:55	9:01	8:59	DNR	8:47
Peyton Perreault	7:26	7:59	7:30	7:35	7:43	Practice	7:27
Paige Gray - 9	7:36	8:30	7:44	8:07	8:07	DNR	DNF
Gracie Larson	7:34	8:33	8:08	7:56	8:12	Practice	7:53
Teresa Root	7:54	8:39	8:39	8:34	DNR	DNR	8:44
Kadence McKellar - 9	-	DNR	8:55	9:10	9:44	DNR	9:02
Madi Perreault	-	8:26	7:59	7:59	8:14	DNR	8:04
	<b>3200 m</b>	<b>2000m</b>	<b>2000m</b>	<b>3200m</b>	<b>3200 m</b>		<b>3200 m</b>
Lily Kurth - 8	8:16	8:07	7:44	8:14	8:54	Practice	8:40
Amelia Sauter	-	7:43	7:19	7:51	8:11	Practice	DNR
Gretchen Gatzke	-	7:59	7:39	8:11	8:23	Practice	8:05
Jessa Klemz	-	DNR	7:33	DNR	DNR	DNR	DNR
Finley Kunze	-	DNR	7:47	8:14	9:44 JV	Practice	8:20
Ellie Patzoldt	-	7:32	7:18	8:15	8:17	Practice	7:39

## AVERAGE MILE TIMES AT MEETS - 2023

Hinckley	Princeton	Conference	Section 5A	STATE	Best	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
5:49	5:41	5:49	5:51		5:41	5:49
5:57	5:44	5:53	5:47		5:44	5:54
8:02	DNR	DNR			7:21	7:38
6:02	5:49	5:44	5:49		5:44	5:55
6:18	5:55	6:18			5:55	6:05
5:54	5:52	5:52	5:52		5:45	5:54
5:55	5:54	5:51	5:47		5:47	5:54
5:49	5:41	5:48	5:44		5:39	5:46
6:19	6:32	6:12			6:12	6:21
6:06	5:58	6:02	5:55		5:55	6:05
9:55	8:31	7:57			7:57	8:47
6:24	6:13	6:14			6:13	6:26
6:29	6:31	6:29			6:23	6:31
3200 m	3200 m	3200 m			3200 m	3200 m
7:47	7:21	7:25			7:21	7:37
7:47	6:54	7:09			6:54	7:20
9:10	DNR	DNR			8:37	8:56
DNR	7:49	7:37			7:37	7:47
7:17	6:44	DNR			6:44	7:07
6:57	7:06 jv	6:51			6:46	6:54
9:10	8:39	8:40			8:39	9:02
7:53	7:28	7:27			7:27	7:44
6:58	6:45	7:05			6:45	6:59
Hinckley	Princeton	Conference	Section 5A	State	Best	Average
5000 m	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
7:59	7:33	7:33	7:40		7:33	7:43
6:43	6:21	6:31	6:29	6:28	6:21	6:32
7:06	7:04	6:54	6:55		6:44	6:56
9:02	8:22	8:09			8:09	8:49
7:43	7:24	7:17	7:20		7:17	7:33
8:12	7:49	7:49	8:02		7:44	7:59
7:57	7:37	7:35	7:45		7:35	7:57
DNR	DNR	DNR			8:34	8:39
9:37	8:47	8:48			8:47	9:08
8:01	7:38	7:39	7:59		7:38	7:57
3200 m	3200 m	3200 m			3200 m	3200 m
8:58	8:27	8:40			8:14	8:39
8:45	DNR	DNR			7:51	8:15
8:09	7:48	7:51			7:48	8:04
DNR	DNR	DNR			N-A	N-A
8:43	7:48	7:51			7:48	8:11
7:57	7:24	7:24			7:24	7:49

## PLACE FINISHES AT MEETS - 2023

	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Rush City</b>
<b>Boys Name</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>
Charlie Ausmus - 11	DNR	DNR	DNR	22	3
Anthony Bergeron	18	19	26	23	5
Frank Betters	DNF	39jv	62jv	51jv	19
Eli Fromm	23	18	51	31	7
Sawyer McDaniel	17	26	47	DNR	DNR
Roman McKinney	22	15	24	DNR	DNR
Ethan Aagaard - 10	16	22	40	27	4
Weston Clementson	14	6	16	18	1
Noah McDaniel	48	3jv	9jv	68	8
Bohdan Valvoda	34	27	53	51	6
Jerald Kurth - 9	DNR	DNR	JH	DNR	DNR
Grant Larson	54	13jv	23jv	DNR	DNR
Ray Ovick	76	6jv	15jv	5jv	11
	<b>2000m</b>	<b>2000m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>
Conor Ableman - 8	42	32	81	81	6
Owen Ableman	34	24	76	DNR	7
Blake Betters	DNR	49	103	113	DNR
Miles Gray	45	45	89	74	9
Micah Hogberg	18	19	57	50	3
Jenner Kunze	24	16	33	39	DNR
Anders Olson	DNR	DNR	DNR	DNR	18
Evan Olson	43	34	80	90	DNR
Walker Remme	20	12	42	49	2
	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Rush City</b>
<b>Girls Name</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>
Emma Belsheim - 11	DNR	65	99	88	5
Eva Johnson	8	5	8	4	DNR
Rachel Brown - 10	11	7	26	22	DNR
Kaylie Christenson	64	18jv	40jv	47jv	DNR
Peyton Perreault	49	32	63	65	10
Paige Gray - 9	59	39	91	89	DNR
Gracie Larson	60	55	81	96	11
Teresa Root	61	15jv	28jv	DNR	DNR
Kadence McKellar - 9	DNF	19jv	42jv	64jv	DNF
Madi Perreault	56	43	83jv	98	DNR
	<b>2000m</b>	<b>2000m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>
Lily Kurth - 8	32	22	36	61	
Amelia Sauter	19	12	26	41	
Gretchen Gatzke - 7	31	21	34	48	
Jessa Klemz	DNR	18	DNR	DNR	DNR
Finley Kunze	DNR	23	37	65jv	
Ellie Patzoldt	11	11	38	45	

## PLACE FINISHES AT MEETS - 2023

<b>Foley</b>	<b>Hinckley</b>	<b>Princeton</b>	<b>Conference</b>	<b>Section 5A</b>	<b>STATE</b>	<b>Average</b>
<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>
17	19	39	3	27		18.6
39	31	51	6	19		23.7
75jv	196	DNR	DNR			107.5
19	39	61	1	23		27.3
44	66	4jv	14			35.7
36	24	76	5	28		28.8
24	27	78	4	21		26.3
9	17	38	2	16		13.7
13jv	70	71jv	2jv			48.5
3jv	47	88	1jv	32		42.3
112jv	223	218jv	10jv			223.0
DNR	86	27jv	3jv			70.0
27jv	93	69jv	4jv			60.0
<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>Average</b>
50	36	80	10			46.4
38	35	48	6			33.5
74	64	DNR	DNR			80.6
59	DNR	103	13			54.6
34	23	36	DNR			30.0
21	13	133jv	2			21.1
83	65	118	17			60.2
61	40	90	11			56.1
23	15	37	5			22.8
<b>Foley</b>	<b>Hinckley</b>	<b>Princeton</b>	<b>Conference</b>	<b>Section 5A</b>	<b>State</b>	<b>Average</b>
<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>
65	80	93	12	69		64.0
8	9	12	1	8	<b>42</b>	10.5
21	18	63	3	21		21.3
24jv	127	54jv	3jv			95.5
41	81	84	9	44		47.8
DNF	99	116	17	92		75.3
67	77	99	13	75		63.4
22jv	DNR	DNR	DNR			61.0
28jv	153	75jv	6jv			153.0
80	81	104	14	87		70.4
<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>Average</b>
32	23	60	5			33.9
DNR	21	DNR	DNR			23.8
20	16	43	4			27.1
DNR	DNR	DNR	DNR			18.0
27	20	44	3			25.7
12	12	21	1			18.9

# TEAM POSITION AT MEETS - 2023

	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Rush City</b>
<b>Boys Name</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000m</b>
Charlie Ausmus - 11	DNR	DNR	DNR	2	2
Anthony Bergeron	4	4	3	3	4
Frank Betters	DNF	11	11	9	9
Eli Fromm	6	3	6	5	6
Sawyer McDaniel	3	6	5	DNR	DNR
Roman McKinney	5	2	2	DNR	DNR
Ethan Aagaard - 10	2	5	4	4	3
Weston Clementson	1	1	1	1	1
Noah McDaniel	8	8	8	7	7
Bodhan Valvoda	7	7	7	6	5
Jerald Kurth - 9	DNR	DNR	DNR	DNR	DNR
Grant Larson	9	10	10	DNR	DNR
Ray Ovick	10	9	9	8	8
	<b>2000m</b>	<b>2000m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>
Conor Ableman - 8	5	5	6	5	3
Owen Ableman	4	4	4	DNR	4
Blake Betters	DNR	8	8	8	DNR
Miles Gray	7	7	7	4	5
Micah Hogberg	1	3	3	3	2
Jenner Kunze	3	2	1	1	DNR
Anders Olson	DNR	DNR	DNR	DNR	7
Evan Olson	6	6	5	6	DNR
Walker Remme	2	1	2	2	1
	<b>Princeton</b>	<b>Pine City</b>	<b>Mora</b>	<b>Pierz</b>	<b>Rush City</b>
<b>Girls Name</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000 m</b>	<b>5000m</b>
Emma Belsheim - 11	DNR	7	7	4	1
Eva Johnson	1	1	1	1	DNR
Rachel Brown - 10	2	2	2	2	DNR
Kaylie Christenson	8	9	9	8	DNR
Peyton Perreault	3	3	3	3	2
Paige Gray - 9	5	4	6	5	DNR
Gracie Larson	6	6	4	6	3
Teresa Root	7	8	8	DNR	DNR
Kadence McKellar - 9	DNF	10	10	9	DNF
Madi Perreault	4	5	5	7	DNR
	<b>2000m</b>	<b>2000m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>
Lily Kurth - 8	4	5	3	4	4
Amelia Sauter	2	2	1	1	3
Gretchen Gatzke - 7	3	4	2	3	1
Jessa Klemz	DNR	3	DNR	DNR	DNR
Finley Kunze	DNR	6	4	10jv	DNR
Ellie Patzoldt	1	1	5	2	2

# TEAM POSITION AT MEETS - 2023

<b>Foley 5000 m</b>	<b>Hinckley 5000 m</b>	<b>Princeton 5000 m</b>	<b>Conference 5000 m</b>	<b>Section 5A 5000 m</b>	<b>STATE 5000 m</b>	<b>Average 5000 m</b>
2	2	2	3	5		2.6
7	5	3	6	2		4.1
11	12	DNR	DNR			10.5
3	6	4	1	4		4.4
8	8	7	10			6.7
5	3	5	5	6		4.1
4	4	6	4	3		3.9
1	1	1	2	1		<b>1.1</b>
9	9	11	8			8.3
6	7	8	7	7		6.7
12	13	13	12			12.5
DNR	10	9	9			9.5
10	11	10	11			9.6
<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>3200m</b>
5	5	4	4			4.7
4	4	3	3			3.8
8	7	DNR	DNR			7.8
6	DNR	6	6			6.0
3	3	1	DNR			2.4
1	1	12jv	1			1.4
9	8	7	7			7.6
7	6	5	5			5.8
2	2	2	2			1.8
<b>Foley 5000 m</b>	<b>Hinckley 5000 m</b>	<b>Princeton 5000 m</b>	<b>Conference 5000 m</b>	<b>Section 5A 5000 m</b>	<b>Section 5A 5000 m</b>	<b>Average 5000 m</b>
4	5	4	4	4		4.4
1	1	1	1	1	1	<b>1.0</b>
2	2	2	2	2		2.0
8	8	8	8			8.3
3	3	3	3	3		2.9
DNF	7	7	7	7		6.0
5	4	5	5	5		4.9
7	DNR	DNR	DNR			7.5
9	9	9	9			9.3
6	6	6	6	6		5.7
<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>	<b>3200 m</b>			<b>3200m</b>
4	5	4	4			4.1
DNR	4	DNR	DNR			2.2
	2	2	3			2.5
DNR	DNR	DNR	DNR			3.0
3	3	3	2			3.5
1		1	1			1.8