

Grand Forks Invite
Grand Forks, ND
October 1, 2016
JUNIOR HIGH BOYS - 3000m

TEAM RESULTS: JUNIOR HIGH BOYS

1. 35 Grand Forks Central (11:30.1 57:30.3)

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1	1	Adam Arnold	10:57.5
2	4	Joe Williamson	11:18.8
3	8	Wyatt Mutzenberger	11:36.0
4	10	Jackson Polries	11:48.3
5	12	Jake Hanson	11:49.7
6	(17)	Drew Raymond	12:01.3
7	(20)	Alejandro Puckett	12:13.0

2. 37 Liberty Middle (11:27.7 57:18.5)

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1	2	Jacob Knodle	10:58.0
2	5	Jacob Quast	11:19.4
3	6	Kole Fitzpatrick	11:20.1
4	11	William Carlsrud	11:49.2
5	13	Mason Carlsrud	11:51.8
6	(18)	Noah Christensen	12:04.9
7	(21)	Caden Johnson	12:22.8

3. 89 Shanley (12:23.2 1:01:55.8)

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1	7	Andrew Hultin	11:25.3
2	9	Noah Geffre	11:42.2
3	19	Jeffrey Porter	12:10.7
4	22	Charlie Hapka	12:31.0
5	32	Collin Durbin	14:06.6
6	(37)	Chase Thorsteinson	14:56.0

4. 92 Cheney Middle (12:17.2 1:01:25.8)

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1	14	Noah Vaagene	11:53.1
2	15	Lincoln Retzlaff	11:54.3
3	16	Lane Dullum	12:00.1
4	23	Nicholas Anderson	12:44.2
5	24	Roman Emerson	12:54.1
6	(27)	Robert Askew	13:41.0
7	(35)	Caleb Knudsen	14:21.8

5. 118 Grand Forks Red River (13:10.9 1:05:54.1)

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1	3	Broden Diederech	11:18.7
2	25	Tristin Kayl	13:03.7
3	26	Angelo McGee	13:10.9
4	30	Samuel Lynas	14:01.3
5	34	Erik Walker	14:19.5
6	(36)	Eliot Schumacher	14:24.0
7	(38)	Owen Reilley	15:24.3

6. 181.5 Northern Cass (17:51.6 1:29:17.7)

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1	28	Dallas Frueh	13:42.1
2	33	Ethan Phillips	14:07.9
3	39.5	Ghost 1	20:28.9
4	39.5	Ghost 2	20:28.9
5	41.5	Ghost 3	20:29.9

7. 188.5 Central Cass (17:55.0 1:29:34.9)

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1	29	Matt Bergh	14:00.8
2	31	Sam Faleide	14:02.4
3	41.5	Ghost 1	20:29.9
4	43.5	Ghost 2	20:30.9
5	43.5	Ghost 3	20:30.9

INDIVIDUAL RESULTS: JUNIOR HIGH BOYS

Place	Tea/Tot	No.	Name	Grade	Team	Time	Pace
1	1/12	266	Adam Arnold	8	Grand Forks Central	10:57.5	5:53
2	1/15	682	Jacob Knodle	8	Liberty Middle	10:58.0	5:53
3	1/7	625	Broden Diederech	8	Grand Forks Red River	11:18.7	6:05
4	2/12	585	Joe Williamson	7	Grand Forks Central	11:18.8	6:05
5	2/15	684	Jacob Quast	7	Liberty Middle	11:19.4	6:05
6	3/15	679	Kole Fitzpatrick	8	Liberty Middle	11:20.1	6:05
7	1/6	910	Andrew Hultin	7	Shanley	11:25.3	6:08
8	3/12	567	Wyatt Mutzenberger	7	Grand Forks Central	11:36.0	6:14
9	2/6	908	Noah Geffre	7	Shanley	11:42.2	6:17
10	4/12	574	Jackson Polries	7	Grand Forks Central	11:48.3	6:20
11	4/15	675	William Carlsrud	8	Liberty Middle	11:49.2	6:21
12	5/12	271	Jake Hanson	8	Grand Forks Central	11:49.7	6:21
13	5/15	674	Mason Carlsrud	7	Liberty Middle	11:51.8	6:22
14	1/12	253	Noah Vaagene	8	Cheney Middle	11:53.1	6:23
15	2/12	247	Lincoln Retzlaff	7	Cheney Middle	11:54.3	6:24
16	3/12	241	Lane Dullum	7	Cheney Middle	12:00.1	6:27
17	6/12	576	Drew Raymond	8	Grand Forks Central	12:01.3	6:27
18	6/15	677	Noah Christensen	7	Liberty Middle	12:04.9	6:29
19	3/6	923	Jeffrey Porter	8	Shanley	12:10.7	6:32
20	7/12	575	Alejandro Puckett	8	Grand Forks Central	12:13.0	6:34
21	7/15	681	Caden Johnson	7	Liberty Middle	12:22.8	6:39
22	8/15	680	Gavin Harris	8	Liberty Middle	12:30.3	6:43
23	4/6	909	Charlie Hapka	8	Shanley	12:31.0	6:43
24	9/15	688	Michael Toy	8	Liberty Middle	12:40.2	6:48
25	4/12	238	Nicholas Anderson	7	Cheney Middle	12:44.2	6:50
26	8/12	582	Emmett Sum	7	Grand Forks Central	12:53.6	6:55
27	5/12	242	Roman Emerson	7	Cheney Middle	12:54.1	6:56
28	9/12	265	Collin Allan	8	Grand Forks Central	12:55.1	6:56
29	2/7	632	Tristin Kayl	7	Grand Forks Red River	13:03.7	7:01
30	3/7	634	Angelo McGee	7	Grand Forks Red River	13:10.9	7:05
31	10/15	671	Nick Benson	8	Liberty Middle	13:33.3	7:17
32	6/12	239	Robert Askew	8	Cheney Middle	13:41.0	7:21
33	1/2	760	Dallas Frueh	8	Northern Cass	13:42.1	7:21
34	11/15	683	Riley Meester	7	Liberty Middle	13:45.2	7:23
35	12/15	673	Zachary Breidenbach	7	Liberty Middle	13:45.9	7:23
36	10/12	584	Torrey Westereng	7	Grand Forks Central	13:51.6	7:27
37	11/12	273	Brendon Hoverson	8	Grand Forks Central	13:56.6	7:29
38	1/2	153	Matt Bergh	8	Central Cass	14:00.8	7:32
39	4/7	633	Samuel Lynas	8	Grand Forks Red River	14:01.3	7:32
40	2/2	156	Sam Faleide	7	Central Cass	14:02.4	7:32
41	5/6	906	Collin Durbin	8	Shanley	14:06.6	7:35
42	2/2	764	Ethan Phillips	7	Northern Cass	14:07.9	7:35
43	5/7	643	Erik Walker	8	Grand Forks Red River	14:19.5	7:42
44	7/12	245	Caleb Knudsen	8	Cheney Middle	14:21.8	7:43
45	6/7	638	Eliot Schumacher	8	Grand Forks Red River	14:24.0	7:44
46	13/15	686	Samuel Swartz	8	Liberty Middle	14:28.8	7:47
47	8/12	248	Colton Rheaume	7	Cheney Middle	14:51.7	7:59
48	9/12	246	Hayden Koehmstedt	7	Cheney Middle	14:51.8	7:59
49	14/15	687	Skogen Thomas	8	Liberty Middle	14:55.5	8:01
50	6/6	927	Chase Thorsteinson	7	Shanley	14:56.0	8:01
51	12/12	264	Tommy Ahles	7	Grand Forks Central	14:57.9	8:02
52	7/7	636	Owen Reilley	7	Grand Forks Red River	15:24.3	8:16
53	10/12	240	Drew Birrenkott	7	Cheney Middle	15:33.7	8:21
54	11/12	250	Jacob Schatz	8	Cheney Middle	15:44.1	8:27
55	15/15	676	Carter Cassola	7	Liberty Middle	18:14.5	9:48
56	12/12	249	Quentin Rheaume	8	Cheney Middle	20:28.5	10:59

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October 1, 2016
JUNIOR HIGH GIRLS - 3000m

TEAM RESULTS: JUNIOR HIGH GIRLS

1.	27	Liberty Middle	(13:13.0	1:06:04.6)
=====					
1	1	Hannah Differding		12:16.3	
2	2	Onnica Stansbury		12:57.2	
3	3	Gillian Frank		12:58.7	
4	8	Paige Harry		13:45.4	
5	13	Grace Syler		14:07.0	
6	(15)	Madisen Bjone		14:23.8	
7	(23)	Rebecca North		15:01.2	
2.	46	Cheney Middle	(13:48.2	1:09:01.0)
=====					
1	4	Alana Schafer		13:11.7	
2	5	Ellie Hoang		13:32.4	
3	6	Paige Erbstoesser		13:35.4	
4	14	Jerzay Bachmeier		14:16.8	
5	17	Emily Klamann		14:24.7	
6	(24)	Cora Carlson		15:15.4	
7	(34)	Alexus Beito		16:23.7	
3.	78	Grand Forks Red River	(14:24.8	1:12:04.0)
=====					
1	9	Claire Lapp		13:48.6	
2	10	Narria Neubert		14:02.7	
3	18	Lauren Betz		14:34.8	
4	20	Kylie Severson		14:47.6	
5	21	Rachel Anderson		14:50.3	
6	(22)	Annie Kleven		14:59.3	
7	(32)	Avery Peterson		16:16.8	
4.	111	Grand Forks Central	(15:09.8	1:15:49.0)
=====					
1	11	Brianna Filson		14:05.5	
2	16	Ceallan Hunter		14:24.4	
3	26	Allison Combs		15:23.3	
4	28	Aspen Morland		15:42.1	
5	30	Tabitha Thorpe		16:13.7	
6	(31)	Mallorie Swenson		16:14.7	
7	(33)	Adara Fish		16:17.7	
5.	136	Shanley	(16:30.6	1:22:32.9)
=====					
1	12	Lexi Wuebker		14:06.5	
2	19	Katrina Gietzen		14:37.3	
3	27	Jude Rabadi		15:38.4	
4	36	Eden Legatt		19:03.0	
5	42	Ghost 1		19:07.7	
6.	161	Central Cass	(18:01.6	1:30:07.9)
=====					
1	7	Taytum Vogel		13:41.1	
2	38.5	Ghost 1		19:06.7	
3	38.5	Ghost 2		19:06.7	
4	38.5	Ghost 3		19:06.7	
5	38.5	Ghost 4		19:06.7	
7.	183	Pembina County North	(17:45.1	1:28:45.3)
=====					
1	25	Lily Crosby		15:18.0	
2	29	Elaine Martinez		16:03.2	
3	42	Ghost 1		19:07.7	
4	42	Ghost 2		19:07.7	
5	45	Ghost 3		19:08.7	
8.	220	Northern Cass	(19:01.2	1:35:05.8)
=====					
1	35	Mia Severson		18:29.0	
2	45	Ghost 1		19:08.7	

3	45	Ghost 2	19:08.7
4	47.5	Ghost 3	19:09.7
5	47.5	Ghost 4	19:09.7

INDIVIDUAL RESULTS: JUNIOR HIGH GIRLS

Place	Tea/Tot	No.	Name	Grade	Team	Time	Pace
1	1/10	796	Hannah Differding	7	Liberty Middle	12:16.3	6:35
2	2/10	803	Onnica Stansbury	8	Liberty Middle	12:57.2	6:57
3	3/10	797	Gillian Frank	8	Liberty Middle	12:58.7	6:58
4	1/7	263	Alana Schafer	7	Cheney Middle	13:11.7	7:05
5	2/7	259	Ellie Hoang	7	Cheney Middle	13:32.4	7:16
6	3/7	258	Paige Erbstoesser	8	Cheney Middle	13:35.4	7:18
7	1/1	237	Taytum Vogel	7	Central Cass	13:41.1	7:21
8	4/10	799	Paige Harry	7	Liberty Middle	13:45.4	7:23
9	1/7	660	Claire Lapp	8	Grand Forks Red River	13:48.6	7:25
10	2/7	663	Narria Neubert	7	Grand Forks Red River	14:02.7	7:33
11	1/7	595	Brianna Filson	8	Grand Forks Central	14:05.5	7:34
12	1/4	899	Lexi Wuebker	7	Shanley	14:06.5	7:35
13	5/10	804	Grace Syler	8	Liberty Middle	14:07.0	7:35
14	4/7	255	Jerzay Bachmeier	7	Cheney Middle	14:16.8	7:40
15	6/10	793	Madisen Bjone	7	Liberty Middle	14:23.8	7:44
16	2/7	602	Ceallan Hunter	7	Grand Forks Central	14:24.4	7:44
17	5/7	261	Emily Klamann	7	Cheney Middle	14:24.7	7:44
18	3/7	646	Lauren Betz	8	Grand Forks Red River	14:34.8	7:50
19	2/4	881	Katrina Gietzen	9	Shanley	14:37.3	7:51
20	4/7	666	Kylie Severson	8	Grand Forks Red River	14:47.6	7:57
21	5/7	645	Rachel Anderson	7	Grand Forks Red River	14:50.3	7:58
22	6/7	658	Annie Kleven	7	Grand Forks Red River	14:59.3	8:03
23	7/10	800	Rebecca North	8	Liberty Middle	15:01.2	8:04
24	8/10	792	Cayden Anderson	8	Liberty Middle	15:12.7	8:10
25	6/7	257	Cora Carlson	7	Cheney Middle	15:15.4	8:12
26	1/2	785	Lily Crosby	7	Pembina County North	15:18.0	8:13
27	3/7	593	Allison Combs	7	Grand Forks Central	15:23.3	8:16
28	9/10	802	Kyona Ramsey	8	Liberty Middle	15:28.0	8:18
29	10/10	798	Brooklyn Gould	8	Liberty Middle	15:34.3	8:22
30	3/4	892	Jude Rabadi	7	Shanley	15:38.4	8:24
31	4/7	608	Aspen Morland	7	Grand Forks Central	15:42.1	8:26
32	2/2	789	Elaine Martinez	8	Pembina County North	16:03.2	8:37
33	5/7	614	Tabitha Thorpe	8	Grand Forks Central	16:13.7	8:43
34	6/7	612	Mallorie Swenson	7	Grand Forks Central	16:14.7	8:43
35	7/7	664	Avery Peterson	7	Grand Forks Red River	16:16.8	8:44
36	7/7	596	Adara Fish	7	Grand Forks Central	16:17.7	8:45
37	7/7	256	Alexus Beito	7	Cheney Middle	16:23.7	8:48
38	1/1	771	Mia Severson	7	Northern Cass	18:29.0	9:55
39	4/4	888	Eden Legatt	7	Shanley	19:03.0	10:14

Grand Forks Invite
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October 1, 2016
JUNIOR VARSITY BOYS - 5K

TEAM RESULTS: JUNIOR VARSITY BOYS

1. 37 West Fargo Sheyenne (19:27.3 1:37:16.2)

=====

1	2	Troy Mullenberg	18:57.9
2	3	Josiah Bjertness	18:59.3
3	8	Seth Benson	19:38.0
4	11	Matt Kalvoda	19:47.8
5	13	John Glessner	19:53.2
6	(14)	Zach Nelson	19:58.5
7	(16)	Matt Peterson	20:11.2

2. 48 Shanley (19:36.5 1:38:02.1)

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1	1	Noah Lantz	18:43.3
2	5	Zach McCormick	19:12.9
3	10	Chance Thorsteinson	19:47.2
4	15	Jeff Donegan	20:02.0
5	17	Mrayden Koenig	20:16.7
6	(22)	Jack Nordby	20:41.3
7	(23)	Cameron Moe	20:44.4

3. 67 Grand Forks Central (19:58.2 1:39:50.7)

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1	6	Cedric Reese	19:20.8
2	9	Ryan Meyer	19:42.7
3	12	Evan Welsh	19:48.0
4	19	Josh McKeever	20:18.7
5	21	Jacob Newton	20:40.5
6	(24)	Chris Demuth	20:46.4
7	(27)	Lance Nelp	21:28.7

4. 78 Grand Forks Red River (20:14.0 1:41:09.7)

=====

1	4	Zach Simon	19:04.6
2	7	Gavin Dorsey	19:23.1
3	18	Sam Betz	20:17.6
4	20	Jeff Corcoran	20:34.8
5	29	Thomas O'Halloran	21:49.6
6	(31)	Aidan Cisneros	22:10.8
7	(36)	Skyler Gilberts	23:29.2

5. 150 West Fargo (21:59.9 1:49:59.4)

=====

1	25	Brandon Boucher	20:48.6
2	28	Jace Vertin	21:45.0
3	30	Chris Friesen	21:57.7
4	33	Ben Zerr	22:24.3
5	34	Keller Lee	23:03.8

6. 168 Lisbon (23:11.3 1:55:56.2)

=====

1	26	Keaten Shelton	21:12.2
2	32	Tyler Desherlia	22:22.3
3	35	Brody Aberle	23:10.2
4	37	Silas Reinke	24:23.9
5	38	Trent Bunn	24:47.6

7. 205 Pembina County North (29:38.0 2:28:09.9)

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1	39	Jon Mostad	29:35.9
2	40	Ghost 1	29:37.0
3	41	Ghost 2	29:38.0
4	42	Ghost 3	29:39.0
5	43	Ghost 4	29:40.0

INDIVIDUAL RESULTS: JUNIOR VARSITY BOYS

Place	Tea/Tot	No.	Name	Grade	Team	Time	Pace
1	1/15	914	Noah Lantz	10	Shanley	18:43.3	6:02
2	1/12	845	Troy Mullenberg	10	West Fargo Sheyenne	18:57.9	6:07
3	2/12	838	Josiah Bjertness	11	West Fargo Sheyenne	18:59.3	6:07
4	1/9	639	Zach Simon	10	Grand Forks Red River	19:04.6	6:09
5	2/15	916	Zach McCormick	9	Shanley	19:12.9	6:12
6	1/11	577	Cedric Reese	12	Grand Forks Central	19:20.8	6:14
7	2/9	626	Gavin Dorsey	9	Grand Forks Red River	19:23.1	6:15
8	3/12	837	Seth Benson	10	West Fargo Sheyenne	19:38.0	6:20
9	2/11	377	Ryan Meyer	8	Grand Forks Central	19:42.7	6:21
10	3/15	926	Chance Thorsteinson	9	Shanley	19:47.2	6:23
11	4/12	842	Matt Kalvoda	11	West Fargo Sheyenne	19:47.8	6:23
12	3/11	583	Evan Welsh	11	Grand Forks Central	19:48.0	6:23
13	5/12	840	John Glessner	9	West Fargo Sheyenne	19:53.2	6:25
14	6/12	846	Zach Nelson	11	West Fargo Sheyenne	19:58.5	6:26
15	4/15	905	Jeff Donegan	12	Shanley	20:02.0	6:27
16	7/12	848	Matt Peterson	12	West Fargo Sheyenne	20:11.2	6:30
17	5/15	912	Mrayden Koenig	10	Shanley	20:16.7	6:32
18	3/9	620	Sam Betz	10	Grand Forks Red River	20:17.6	6:32
19	4/11	350	Josh McKeever	10	Grand Forks Central	20:18.7	6:33
20	8/12	841	Kerim Hajric	10	West Fargo Sheyenne	20:24.6	6:35
21	4/9	624	Jeff Corcoran	10	Grand Forks Red River	20:34.8	6:38
22	5/11	570	Jacob Newton	10	Grand Forks Central	20:40.5	6:40
23	6/15	922	Jack Nordby	10	Shanley	20:41.3	6:40
24	7/15	918	Cameron Moe	10	Shanley	20:44.4	6:41
25	6/11	269	Chris Demuth	10	Grand Forks Central	20:46.4	6:42
26	1/5	806	Brandon Boucher	9	West Fargo	20:48.6	6:42
27	8/15	928	Matt Vought	10	Shanley	20:53.6	6:44
28	9/15	929	Zack Wolf	9	Shanley	20:59.6	6:46
29	10/15	904	Taylor Devine	10	Shanley	21:02.6	6:47
30	9/12	847	Noah Nordstrom	10	West Fargo Sheyenne	21:03.2	6:47
31	1/5	751	Keaten Shelton	9	Lisbon	21:12.2	6:50
32	11/15	920	Ryan Nelson	9	Shanley	21:16.7	6:51
33	10/12	853	Tyler Schroeder	10	West Fargo Sheyenne	21:23.5	6:54
34	7/11	568	Lance Nelp	9	Grand Forks Central	21:28.7	6:55
35	2/5	818	Jace Vertin	9	West Fargo	21:45.0	7:01
36	12/15	930	Josh Wuemker	9	Shanley	21:48.9	7:02
37	5/9	635	Thomas O'Halloran	11	Grand Forks Red River	21:49.6	7:02
38	3/5	811	Chris Friesen	10	West Fargo	21:57.7	7:05
39	8/11	274	Ajay Hutton	12	Grand Forks Central	21:57.9	7:05
40	9/11	578	Seb Reese	10	Grand Forks Central	22:01.1	7:06
41	6/9	623	Aidan Cisneros	11	Grand Forks Red River	22:10.8	7:09
42	10/11	272	Daniel Hettich	9	Grand Forks Central	22:18.4	7:11
43	2/5	692	Tyler Desherlia	10	Lisbon	22:22.3	7:13
44	4/5	820	Ben Zerr	9	West Fargo	22:24.3	7:13
45	5/5	814	Keller Lee	9	West Fargo	23:03.8	7:26
46	13/15	902	Kyle Conant	12	Shanley	23:04.3	7:26
47	3/5	689	Brody Aberle	9	Lisbon	23:10.2	7:28
48	14/15	924	Davis Sunderland	11	Shanley	23:16.9	7:30
49	11/12	844	Josh Kramer	9	West Fargo Sheyenne	23:26.1	7:33
50	12/12	855	Devin Stenerson	11	West Fargo Sheyenne	23:26.5	7:33
51	7/9	628	Skyler Gilberts	9	Grand Forks Red River	23:29.2	7:34
52	15/15	917	Ian McKay	9	Shanley	23:41.9	7:38
53	8/9	631	Evan Hutchison	10	Grand Forks Red River	24:21.2	7:51
54	4/5	700	Silas Reinke	7	Lisbon	24:23.9	7:52
55	5/5	690	Trent Bunn	7	Lisbon	24:47.6	7:59
56	11/11	571	Jacob O'Toole	9	Grand Forks Central	25:13.3	8:08
57	9/9	637	Dillon Sax	12	Grand Forks Red River	28:57.0	9:20
58	1/1	779	Jon Mostad	9	Pembina County North	29:35.9	9:32

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TEAM RESULTS: JUNIOR VARSITY GIRLS

1.	17	Grand Forks Central	(22:04.7 1:50:23.2)
=====			
1	1	Silje Kindseth	21:20.6
2	2	Rachel Hatcher	21:53.9
3	3	Nora Berry	22:01.1
4	5	Valerie Doze	22:12.6
5	6	Megan Peck	22:55.0
6	(15)	Maia Jackson	23:36.3
7	(22)	Maria Kroeber	25:11.1
2.	54	Shanley	(23:16.9 1:56:24.3)
=====			
1	8	Taylor Schneider	23:02.6
2	9	Juliet Geffre	23:12.1
3	11	Tessa Hultin	23:15.1
4	12	Kate Gallagher	23:20.8
5	14	Maddie Schneider	23:33.7
6	(17)	Amy Jacobson	23:42.3
7	(19)	Chloe Drummond	24:16.7
3.	57	West Fargo Sheyenne	(23:25.3 1:57:06.2)
=====			
1	4	Elisabeth Kolb	22:08.0
2	7	Mya Bruhschwein	22:59.8
3	10	Emma Sailer	23:13.8
4	13	Avery Manson	23:24.2
5	23	Karalyn Pieper	25:20.4
6	(26)	Amber Brekhus	25:44.4
4.	100	Grand Forks Red River	(24:32.4 2:02:42.0)
=====			
1	16	Grace Emineth	23:39.1
2	18	Megan Shroyer	23:49.2
3	20	Jess Speicher	24:36.7
4	21	Kiera Bohan	25:10.4
5	25	Leecia Flaten	25:26.6
6	(29)	Maddie Kleven	27:29.9
7	(30)	Reganne Brewster	27:32.1
5.	142	West Fargo	(28:52.0 2:24:19.8)
=====			
1	24	Kayla Buckely	25:24.2
2	27	Ashely Johnson	26:27.8
3	28	Anna Lamberz	27:20.2
4	31	Ghost 1	32:33.3
5	32	Ghost 2	32:34.3

INDIVIDUAL RESULTS: JUNIOR VARSITY GIRLS

Place	Tea/Tot	No.	Name	Grade	Team	Time	Pace
=====							
1	1/13	604	Silje Kindseth	8	Grand Forks Central	21:20.6	6:53
2	2/13	599	Rachel Hatcher	12	Grand Forks Central	21:53.9	7:03
3	3/13	588	Nora Berry	8	Grand Forks Central	22:01.1	7:06
4	1/6	864	Elisabeth Kolb	11	West Fargo Sheyenne	22:08.0	7:08
5	4/13	594	Valerie Doze	12	Grand Forks Central	22:12.6	7:09
6	5/13	609	Megan Peck	9	Grand Forks Central	22:55.0	7:23
7	2/6	861	Mya Bruhschwein	10	West Fargo Sheyenne	22:59.8	7:25
8	1/10	896	Taylor Schneider	7	Shanley	23:02.6	7:25
9	2/10	880	Juliet Geffre	10	Shanley	23:12.1	7:29
10	3/6	868	Emma Sailer	11	West Fargo Sheyenne	23:13.8	7:29
11	3/10	883	Tessa Hultin	9	Shanley	23:15.1	7:30
12	4/10	879	Kate Gallagher	9	Shanley	23:20.8	7:31
13	4/6	865	Avery Manson	9	West Fargo Sheyenne	23:24.2	7:32

14	5/10	895 Maddie Schneider	10 Shanley	23:33.7	7:36
15	6/13	603 Maia Jackson	11 Grand Forks Central	23:36.3	7:36
16	1/10	653 Grace Emineth	9 Grand Forks Red River	23:39.1	7:37
17	6/10	884 Amy Jacobson	10 Shanley	23:42.3	7:38
18	2/10	669 Megan Shroyer	12 Grand Forks Red River	23:49.2	7:40
19	7/10	877 Chloe Drummond	11 Shanley	24:16.7	7:49
20	3/10	670 Jess Speicher	10 Grand Forks Red River	24:36.7	7:56
21	8/10	891 Mia Nystrom	9 Shanley	24:48.9	8:00
22	4/10	647 Kiera Bohan	10 Grand Forks Red River	25:10.4	8:07
23	7/13	606 Maria Kroeber	9 Grand Forks Central	25:11.1	8:07
24	5/6	867 Karalyn Pieper	11 West Fargo Sheyenne	25:20.4	8:10
25	1/3	822 Kayla Buckely	9 West Fargo	25:24.2	8:11
26	5/10	654 Leecia Flaten	9 Grand Forks Red River	25:26.6	8:12
27	8/13	607 Stephanie Moore	9 Grand Forks Central	25:27.1	8:12
28	9/13	587 Meghan Allan	12 Grand Forks Central	25:27.8	8:12
29	10/13	605 Dorothee Kneeer	11 Grand Forks Central	25:43.1	8:17
30	6/6	860 Amber Brekhus	10 West Fargo Sheyenne	25:44.4	8:18
31	9/10	890 Kate Lodewyk	12 Shanley	26:09.8	8:26
32	2/3	826 Ashely Johnson	12 West Fargo	26:27.8	8:32
33	11/13	597 Annika Green	9 Grand Forks Central	26:36.5	8:34
34	12/13	591 Lilly Brunelle	9 Grand Forks Central	26:37.7	8:35
35	3/3	829 Anna Lamberz	10 West Fargo	27:20.2	8:48
36	6/10	659 Maddie Kleven	10 Grand Forks Red River	27:29.9	8:52
37	7/10	649 Reganne Brewster	11 Grand Forks Red River	27:32.1	8:52
38	8/10	656 Brianna Hendrickson	7 Grand Forks Red River	27:52.1	8:59
39	10/10	897 Anna Skarphol	11 Shanley	28:10.7	9:05
40	13/13	613 Hannah Thorpe	10 Grand Forks Central	30:35.9	9:51
41	9/10	648 Sydnee Boucher	9 Grand Forks Red River	32:01.9	10:19
42	10/10	655 Bailley Gallagher	10 Grand Forks Red River	32:25.6	10:27

Grand Forks Invite
Grand Forks, ND
October 1, 2016
VARSITY BOYS - 5K

TEAM RESULTS: VARSITY BOYS

1.	33	Grand Forks Red River	(17:07.9	1:25:39.5)
=====					
1	1	Ben Hutchison		16:14.5	
2	5	Dalton Byrne		17:08.6	
3	7	Cole Stenseth		17:18.6	
4	9	Thomas Hugo		17:24.0	
5	11	Tim Dunham		17:33.8	
6	(18)	Jake Arason		17:45.8	
7	(34)	Parker Carroll		19:04.0	
2.	59	West Fargo Sheyenne	(17:32.9	1:27:44.2)
=====					
1	6	Leo Smith		17:10.0	
2	8	Logan Schauer		17:19.4	
3	10	Luke Wasem		17:26.2	
4	14	Jakob Sailer		17:40.1	
5	21	Nathan Rohrer		18:08.5	
6	(27)	Ben Kensok		18:30.1	
7	(28)	Adam Roy		18:32.0	
3.	87	Grand Forks Central	(17:45.0	1:28:45.0)
=====					
1	2	Osborn Richie		16:27.4	
2	16	Kohlton Peterson		17:43.5	
3	17	Aaron Springer		17:45.4	
4	20	Zach Nelson		17:56.8	
5	32	Swanson Brenden		18:51.9	
6	(37)	Eric Olsen		19:13.0	
7	(38)	Joseph Green		19:15.9	
4.	94	Shanley	(17:59.2	1:29:55.8)
=====					
1	12	Gavin Sunderland		17:33.8	
2	13	Mason Lantz		17:36.5	
3	22	Tommy Conmy		18:12.5	
4	23	Emmet Kenney		18:14.4	
5	24	Ben Asheim		18:18.6	
6	(30)	Conner Asche		18:37.5	
7	(31)	Cole Mathison		18:42.0	
5.	96	West Fargo	(17:53.9	1:29:29.5)
=====					
1	3	Drew Mears		16:31.9	
2	4	Jace Dullum		16:42.3	
3	15	Braxton Bruer		17:42.7	
4	33	Aiden Biwer		18:56.0	
5	41	Mat Yut		19:36.6	
6	(42)	Jordan Milbrath		20:00.0	
7	(47)	Ryan Orth		20:27.8	
6.	174	Lisbon	(19:07.3	1:35:36.1)
=====					
1	19	Gavin Jorgenson		17:52.3	
2	35	Peyton McNea		19:04.8	
3	36	Connor Fitzgerald		19:09.7	
4	40	Wyatt Runck		19:23.8	
5	44	Maverick Coleman		20:05.5	
6	(45)	Kyle Odegard		20:06.7	
7	(53)	Caleb Nielsen		20:59.9	
7.	215	Pembina County North	(20:05.2	1:40:25.9)
=====					
1	25	Hunter Denault		18:19.0	
2	29	Jayden Wheeling		18:33.0	
3	51	Rhun Lindell		20:40.7	
4	54	Jaden Friedt		21:01.9	
5	56	Noah Helgoe		21:51.3	
6	(57)	Alex Jackson		22:28.2	

7 (59) Seth Sondeland 23:03.0

8. 230 Central Cass (20:13.3 1:41:06.4)

1	39	Zach Koetz	19:17.9
2	43	Andrew Volk	20:00.9
3	46	Cameron Gilley	20:17.5
4	50	Garrett Prant	20:39.4
5	52	Wes Koetz	20:50.7
6	(58)	Evan Gross	22:41.5
7	(60)	Jade Allen	25:00.0

9. 239 Northern Cass (22:09.2 1:50:45.6)

1	26	Joe Hoff	18:29.3
2	48	Tristin Johnson	20:30.2
3	49	Jack Steffes	20:30.3
4	55	Zach Howatt	21:38.8
5	61	Ghost 1	29:37.0

INDIVIDUAL RESULTS: VARSITY BOYS

Place	Tea/Tot	No.	Name	Grade	Team	Time	Pace
1	1/7	630	Ben Hutchison	12	Grand Forks Red River	16:14.5	5:14
2	1/7	579	Osborn Richie	12	Grand Forks Central	16:27.4	5:18
3	1/7	815	Drew Mears	12	West Fargo	16:31.9	5:20
4	2/7	809	Jace Dillum	10	West Fargo	16:42.3	5:23
5	2/7	621	Dalton Byrne	11	Grand Forks Red River	17:08.6	5:32
6	1/7	854	Leo Smith	11	West Fargo Sheyenne	17:10.0	5:32
7	3/7	640	Cole Stenseth	11	Grand Forks Red River	17:18.6	5:35
8	2/7	852	Logan Schauer	11	West Fargo Sheyenne	17:19.4	5:35
9	4/7	629	Thomas Hugo	10	Grand Forks Red River	17:24.0	5:36
10	3/7	857	Luke Wasem	11	West Fargo Sheyenne	17:26.2	5:37
11	5/7	627	Tim Dunham	11	Grand Forks Red River	17:33.8	5:40
12	1/7	925	Gavin Sunderland	9	Shanley	17:33.8	5:40
13	2/7	913	Mason Lantz	12	Shanley	17:36.5	5:41
14	4/7	851	Jakob Sailer	11	West Fargo Sheyenne	17:40.1	5:42
15	3/7	807	Braxton Bruer	10	West Fargo	17:42.7	5:43
16	2/7	573	Kohlton Peterson	12	Grand Forks Central	17:43.5	5:43
17	3/7	581	Aaron Springer	12	Grand Forks Central	17:45.4	5:43
18	6/7	618	Jake Arason	10	Grand Forks Red River	17:45.8	5:44
19	1/7	696	Gavin Jorgenson	9	Lisbon	17:52.3	5:46
20	4/7	569	Zach Nelson	12	Grand Forks Central	17:56.8	5:47
21	5/7	849	Nathan Rohrer	11	West Fargo Sheyenne	18:08.5	5:51
22	3/7	903	Tommy Conmy	10	Shanley	18:12.5	5:52
23	4/7	911	Emmet Kenney	8	Shanley	18:14.4	5:53
24	5/7	901	Ben Asheim	9	Shanley	18:18.6	5:54
25	1/7	774	Hunter Denault	9	Pembina County North	18:19.0	5:54
26	1/4	761	Joe Hoff	12	Northern Cass	18:29.3	5:58
27	6/7	843	Ben Kensok	10	West Fargo Sheyenne	18:30.1	5:58
28	7/7	850	Adam Roy	10	West Fargo Sheyenne	18:32.0	5:58
29	2/7	783	Jayden Wheeling	11	Pembina County North	18:33.0	5:59
30	6/7	900	Conner Asche	8	Shanley	18:37.5	6:00
31	7/7	915	Cole Mathison	11	Shanley	18:42.0	6:02
32	5/7	267	Swanson Brenden	10	Grand Forks Central	18:51.9	6:05
33	4/7	805	Aiden Biwer	9	West Fargo	18:56.0	6:06
34	7/7	622	Parker Carroll	12	Grand Forks Red River	19:04.0	6:09
35	2/7	697	Peyton McNea	9	Lisbon	19:04.8	6:09
36	3/7	694	Connor Fitzgerald	11	Lisbon	19:09.7	6:11
37	6/7	572	Eric Olsen	10	Grand Forks Central	19:13.0	6:12
38	7/7	270	Joseph Green	11	Grand Forks Central	19:15.9	6:13
39	1/7	164	Zach Koetz	9	Central Cass	19:17.9	6:13
40	4/7	749	Wyatt Runck	10	Lisbon	19:23.8	6:15
41	5/7	819	Mat Yut	10	West Fargo	19:36.6	6:19
42	6/7	816	Jordan Milbrath	10	West Fargo	20:00.0	6:27
43	2/7	170	Andrew Volk	10	Central Cass	20:00.9	6:27
44	5/7	691	Maverick Coleman	12	Lisbon	20:05.5	6:28
45	6/7	699	Kyle Odegard	12	Lisbon	20:06.7	6:29
46	3/7	158	Cameron Gilley	11	Central Cass	20:17.5	6:32
47	7/7	817	Ryan Orth	9	West Fargo	20:27.8	6:36
48	2/4	763	Tristin Johnson	8	Northern Cass	20:30.2	6:36
49	3/4	766	Jack Steffes	11	Northern Cass	20:30.3	6:36
50	4/7	169	Garrett Prant	12	Central Cass	20:39.4	6:39
51	3/7	778	Rhun Lindell	8	Pembina County North	20:40.7	6:40

52	5/7	161 Wes Koetz	9 Central Cass	20:50.7	6:43
53	7/7	698 Caleb Nielsen	9 Lisbon	20:59.9	6:46
54	4/7	775 Jaden Friedt	11 Pembina County North	21:01.9	6:47
55	4/4	762 Zach Howatt	12 Northern Cass	21:38.8	6:59
56	5/7	776 Noah Helgoe	8 Pembina County North	21:51.3	7:03
57	6/7	777 Alex Jackson	9 Pembina County North	22:28.2	7:14
58	6/7	159 Evan Gross	8 Central Cass	22:41.5	7:19
59	7/7	781 Seth Sondeland	8 Pembina County North	23:03.0	7:26
60	7/7	152 Jade Allen	11 Central Cass	25:00.0	8:03

Grand Forks Invite
Grand Forks, ND
October 1, 2016
VARSITY GIRLS - 5K

TEAM RESULTS: VARSITY GIRLS

1. 20 Grand Forks Central (19:36.6 1:38:02.7)

=====

1	1	Karly Ackley	18:15.0
2	3	Rachel Torrey	19:20.5
3	4	Alexis Roehl	19:45.5
4	5	Mikayla Weiss	20:10.0
5	7	Lauren Harrison	20:31.7
6	(10)	Aislinn Hunter	20:53.8
7	(15)	Sophia Roehl	21:15.2

2. 56 West Fargo Sheyenne (20:54.6 1:44:32.6)

=====

1	6	Lucy Glessner	20:29.5
2	11	Kalley Miller	20:56.0
3	12	Brenna Heitmann	20:56.2
4	13	Caleigh Anderson	21:00.2
5	14	Mattyson Barta	21:10.7
6	(20)	Shelby Weber	21:39.1
7	(24)	Eden Smith	21:54.1

3. 95 Shanley (21:32.4 1:47:42.0)

=====

1	9	Anna Bernhardt	20:42.3
2	18	Maria Sornsin	21:29.0
3	19	Lili Lindemoen	21:30.5
4	21	Emily Hultin	21:40.1
5	28	Olivia Johnson	22:20.1
6	(33)	Lilly Rivard	22:52.9
7	(34)	Kiley Craft	22:58.9

4. 96 West Fargo (21:18.6 1:46:32.9)

=====

1	2	Jen Dufner	18:47.1
2	8	Hope Pringle	20:38.8
3	27	Abby Smith	22:16.8
4	29	Madysen Nelson	22:24.1
5	30	Emily Hansen	22:26.1
6	(32)	Kaelyn Berg	22:47.7
7	(44)	Alexis Wohl	24:39.3

5. 136 Grand Forks Red River (22:15.0 1:51:14.6)

=====

1	16	Campbell Dorsey	21:16.1
2	22	Peytun Campbell	21:43.1
3	26	Chloe Rowekamp	21:56.5
4	35	Mackenzie Severson	23:07.8
5	37	Erin Shroyer	23:11.1
6	(39)	Chloe Heydt	23:26.2
7	(40)	Gracia Larsen-Schmidt	23:30.6

6. 205.5 Northern Cass (25:20.7 2:06:43.4)

=====

1	31	Airial Johnson	22:39.8
2	38	Samantha Bosch	23:19.0
3	41	Alicia Westrick	23:37.1
4	43	Annie Brayton	24:34.2
5	52.5	Ghost 1	32:33.3

7. 211.5 Central Cass (27:04.4 2:15:21.7)

=====

1	17	Abby Faleide	21:27.3
2	45	Halie Holzer	25:35.8
3	48	Katy Lemar	27:50.3
4	49	Rachelle Amundson	27:55.0
5	52.5	Ghost 1	32:33.3

8. 214.5 Pembina County North (26:46.0 2:13:49.7)

=====

1	23	Jordan Jenson	21:46.3
2	42	Alexis Heidler	23:41.8
3	47	Maya Sumra	27:19.7
4	50	Jade Nelson	28:28.6
5	52.5	Ghost 1	32:33.3

9. 214.5 Lisbon (27:23.4 2:16:56.7)

1	25	Kendra Odegard	21:55.4
2	36	Avalon Kelly	23:08.0
3	46	McKenzie Metzen	26:45.7
4	52.5	Ghost 1	32:33.3
5	55	Ghost 2	32:34.3

INDIVIDUAL RESULTS: VARSITY GIRLS

Place	Tea/Tot	No.	Name	Grade	Team	Time	Pace
1	1/7	586	Karly Ackley	12	Grand Forks Central	18:15.0	5:53
2	1/7	824	Jen Dufner	12	West Fargo	18:47.1	6:03
3	2/7	615	Rachel Torrey	11	Grand Forks Central	19:20.5	6:14
4	3/7	610	Alexis Roehl	10	Grand Forks Central	19:45.5	6:22
5	4/7	616	Mikayla Weiss	9	Grand Forks Central	20:10.0	6:30
6	1/7	862	Lucy Glessner	11	West Fargo Sheyenne	20:29.5	6:36
7	5/7	598	Lauren Harrison	8	Grand Forks Central	20:31.7	6:37
8	2/7	832	Hope Pringle	9	West Fargo	20:38.8	6:39
9	1/7	873	Anna Bernhardt	7	Shanley	20:42.3	6:40
10	6/7	601	Aislinn Hunter	10	Grand Forks Central	20:53.8	6:44
11	2/7	866	Kalley Miller	12	West Fargo Sheyenne	20:56.0	6:45
12	3/7	863	Brenna Heitmann	11	West Fargo Sheyenne	20:56.2	6:45
13	4/7	858	Caleigh Anderson	11	West Fargo Sheyenne	21:00.2	6:46
14	5/7	859	Mattyson Barta	11	West Fargo Sheyenne	21:10.7	6:49
15	7/7	611	Sophia Roehl	8	Grand Forks Central	21:15.2	6:51
16	1/7	652	Campbell Dorsey	7	Grand Forks Red River	21:16.1	6:51
17	1/4	182	Abby Faleide	9	Central Cass	21:27.3	6:55
18	2/7	898	Maria Sornsin	10	Shanley	21:29.0	6:55
19	3/7	889	Lili Lindemoen	7	Shanley	21:30.5	6:56
20	6/7	870	Shelby Weber	10	West Fargo Sheyenne	21:39.1	6:59
21	4/7	882	Emily Hultin	12	Shanley	21:40.1	6:59
22	2/7	650	Peytun Campbell	11	Grand Forks Red River	21:43.1	7:00
23	1/4	787	Jordan Jenson	9	Pembina County North	21:46.3	7:01
24	7/7	869	Eden Smith	8	West Fargo Sheyenne	21:54.1	7:03
25	1/3	758	Kendra Odegard	8	Lisbon	21:55.4	7:04
26	3/7	665	Chloe Rowekamp	10	Grand Forks Red River	21:56.5	7:04
27	3/7	834	Abby Smith	7	West Fargo	22:16.8	7:11
28	5/7	885	Olivia Johnson	9	Shanley	22:20.1	7:12
29	4/7	830	Madysen Nelson	11	West Fargo	22:24.1	7:13
30	5/7	825	Emily Hansen	9	West Fargo	22:26.1	7:14
31	1/4	770	Airial Johnson	8	Northern Cass	22:39.8	7:18
32	6/7	821	Kaelyn Berg	7	West Fargo	22:47.7	7:21
33	6/7	894	Lilly Rivard	11	Shanley	22:52.9	7:22
34	7/7	875	Kiley Craft	7	Shanley	22:58.9	7:24
35	4/7	667	Mackenzie Severson	10	Grand Forks Red River	23:07.8	7:27
36	2/3	754	Avalon Kelly	7	Lisbon	23:08.0	7:27
37	5/7	668	Erin Shroyer	12	Grand Forks Red River	23:11.1	7:28
38	2/4	768	Samantha Bosch	7	Northern Cass	23:19.0	7:31
39	6/7	657	Chloe Heydt	9	Grand Forks Red River	23:26.2	7:33
40	7/7	661	Gracia Larsen-Schmidt	8	Grand Forks Red River	23:30.6	7:35
41	3/4	772	Alicia Westrick	12	Northern Cass	23:37.1	7:37
42	2/4	786	Alexis Heidler	11	Pembina County North	23:41.8	7:38
43	4/4	769	Annie Brayton	7	Northern Cass	24:34.2	7:55
44	7/7	836	Alexis Wohl	10	West Fargo	24:39.3	7:57
45	2/4	184	Halie Holzer	11	Central Cass	25:35.8	8:15
46	3/3	756	McKenzie Metzen	12	Lisbon	26:45.7	8:37
47	3/4	791	Maya Sumra	8	Pembina County North	27:19.7	8:48
48	3/4	236	Katy Lemar	12	Central Cass	27:50.3	8:58
49	4/4	171	Rachelle Amundson	11	Central Cass	27:55.0	9:00
50	4/4	790	Jade Nelson	10	Pembina County North	28:28.6	9:10