

name			
BOYS' 5K			
1	NATHAN	SCHULTZ	16.46
2	TYLER	MESTERY	17.53
3	CONNOR	MCNIESH	18.36
4	JACK	ALDRICH	18.36
5	RYAN	SOENEN	18.41
6	MATTHEW	CARLSEN	18.44
7	JOHN	GRAMER	18.54
8	EVERETT	CREIGHTON	19.25
9	ELI	GARLIE	20.53
10	HENRY	ALDRICH	21.11
11	CALEB	KUGEL	21.12
12	JACOB	BELLIS	21.18
13	WALTER	BELLIS	21.25
14	SAM	AGA	21.26
15	JARED	ENGH	21.46
16	OWEN	KREUTZFELD	22.18
17	GAVIN	GOETZ	22.18
18	ETHAN	ALVAREZ-BR	22.59
19	COLLIN	DOMINGOS	23.01
20	ABRAHAM	BUNKERS	23.05
21	NOLAN	ANDRESEN	23.06
22	GRANT	ABELSON	24.16
23	BRODY	WHITE	24.19
24	RYAN	GIDDINGS	24.32
25	LLEYTON	HAAS	28.37
26	OLIVER	BULMAN	29.27
27	AARON	DEVINE	
28	GAVIN	MESTERY	
29	LONDON	WAHLQUIST	
30	CHRISTIAN	LANGER	
31	KYLE	TOVAR	
32	LOGAN	HAAS	
33	JUAN	FIGUEROA	
34	JAMESON	AMEL	
35	ISAAC	BJORK	
36	BRADY	HIETPAS	
37	ROWAN	WHELAN	
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name			
GIRLS' 5K			
1	STELLA	ALDRICH	22.08
2	SOLLJ	PARK	23.59
3	AINHOA	CALAHORRO	25.37
4	LILAH	STROHKIRCH	27.03
5	ANNA	NIPPERT	30.16
6	MCKENNA	PARSONS	
7	SOPHIA	SLAVIN	
8	SOLBIE	PARK	
9	SARA	FINDLAY	
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Boys' V		Boys' JV		
1	Blaine	49	Blaine	26
2	Duluth East	75	Duluth East	31
3	Centennial	90	Centennial	95
4	Anoka	136	Anoka	116
5	Nova Classic	139	Forest Lake	163
6	Mounds Park	162	Spring Lake Park	176
7	East Ridge	165	East Ridge	190
8	Parnassus	192	Mounds Park Acade	213
9	Forest Lake	221	St Paul Academy	273
10	Spring Lake f	225		
11	St Paul Acadi	360		
Girls' V		Girls' JV		
1	Forest Lake	46	Duluth East	29
2	Centennial	55	Centennial	45
3	Duluth East	58	Forest Lake	72
4	St Paul Acaden	122	Anoka	105
5	Anoka	126	Spring Lake Park	154
6	Nova Classical	150	Blaine	160
7	Blaine	180	*East Ridge	1 runner
8	Parnassus	230		
	*East Ridge	4 runners		

Super solid work capitalizing on the the flat fields as you ventured between them on the nearly single track paths- challenging. Running the tagents and was evident as you pushed to capture as many place positions as possible. Lots of Season and Personal bests (thanks to Stella and Owen for our PR box!). Also, when looking at mile times, pacing was a stronger at this meet. You are working hard through these meets. We haven't let up on our training. This coming week is a bye week (no meet). We will use the next few meets to hone in on the above strategies and skills, with the ultimate running goal of best potential race results at those champ meets! Coach Ness, Coach Gramer and I are proud of your progress as we hit the 1/2 way point of the season for most of you!

Meet points:

Boys'	Girls' 5K
9 points <18:40	9 points <21.50
6 points <19:28	6 points <22.47
3 points <20:31	3 points <23.56