East Ridge XC Meet Blaine 2023

	name		
	BOYS' 5K		
1	NATHAN	SCHULTZ	16.03
2	AARON	DEVINE	15.52
3	RYAN	SOENEN	17.14
4	BRANDON	PAINE	17.17
5	TYLER	MESTERY	17.30
6	MATTHEW	CARLSEN	18.06
7	JACK	ALDRICH	19.03
8	HENRY	ALDRICH	19.13
9	WILLIAM	NIPPERT	19.18
10	EVERETT	CREIGHTON	19.37
11	JAMES	AMEL	19.39
12	ETHAN	ALVAREZ-BRAEU	19.40
13	JAMES	JUNGBAUER	20.20
14	JARED	ENGH	21.09
15	OLIVER	BULMAN	21.11
16	ABRAHAM	BUNKERS	21.14
17	BRODY	WHITE	21.41
18	WALTER	BELLIS	22.09
19	JACOB	HOVLAND	22.31
20	GAVIN	GOETZ	22.48
21	NOLAN	ANDRESEN	23.15
22	JOHN	JUNGBAUER	23.18
23	ROWAN	WHELAN	23.36
24	NOAH	GROONWALD	23.37
25	TORSTEN	SELLAND	24.13
26	CALEB	BLOOMER	24.56
27	ERIC	MCCARTY	26.50
28	CONNER	MCNIESH	
29	JOHN	GRAMER	
30	KYLE	TOVAR	

	name			
	GIRLS' 5K			Time
1	LYDIA	FRANSON		19.15
2	SOLLI	PARK		22.21
3	SOFIA	OLIART		22.27
4	CARLY	WYTASKE		22.42
5	ERIN	ROYER		23.46
6	BROOKLYN	FONSECA		25.54
7	ANNA	NIPPERT		26.14
8	SOLBIE	PARK		26.19
9	ALIVIA	WERTISH		27.08
10	ALAINA	PETERSON		27.35
11	GRACE	RIPIENSKI		32.00
12	CHLOE	ARIS		32.25
13	DESITNY	ANDERSON		36.05
14	SOPHIA	SLAVIN		
15	GIOIA	DEBERTOLIS		

	Boys' V		Boys' JV	
1	Blaine	25	Blaine	24
2	Duluth East	56	Spring Lake Park	50
3	East Ridge	62	Duluth East	62
4	Anoka	98	East Ridge	87
5	Nova Classical Ac	127	Anoka	157
6	Park Center	179	Nova	189
			Park Center	192

	Girls' V		Girls' JV	
1	Wayzata	22	Wayzata	15
2	Duluth East	49	Duluth East	50
3	Nova Classical Acad	109	Blaine	114
4	East Ridge	117	Nova	125
5	Anoka	127	East Ridge	138
6	Blaine	131	Anoka	151
7	Spring Lake Park	177	Spring Lake Park	154

Not as easy as this course looks at first glance. However, you pushed through and between fields often on single track paths- challenging. Good work running the tangents and espeically the finish stretch to capture as many place positions as possible.

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 stratigies 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 <20:41	3 points <23.56