

# **John Marshall Rockets Cross Country**



## **Team Summary 2024**



**Back Row (L-R):** Coach Dan Feda, Coach Mike Sonnabend, Coach Peter Maves  
**Row 3 (L-R):** Layton Mathis, Max Nguyen, Andrew Dahlen, Cameron Flottmeyer, Ben Wallace, Landon Ortmeier, Dylan Rudzik, Jaden Anderson  
**Row 2 (L-R):** Lucas Leidig, Noah Chounard, Jackson Tank, Aidan Feda, Jacob Wiest, Evan Lunde, Jack Bergerson, Ivan Mamaril, Mason Nguyen,  
**Front Row (L-R):** Camden Olsen, Carter Skaer, Lucian Howard, Grant Morgan, Evan Melnyczenko, Ethan Steele, Ezra Mogenson, Jacob Perry, Simon Anderson, Adrian Weeks

Kevin Langlie All-City	Big 9 Conference	Section 1AAA
<b>Varsity:</b> 1 <sup>st</sup> Place <b>Champion:</b> Jaden Anderson <b>Medalists:</b> Max Nguyen, Aidan Feda, Layton Mathis	<b>Varsity:</b> 5 <sup>th</sup> Place <b>All-Conference:</b> Jaden Anderson <b>Honorable Mention:</b> Max Nguyen, Aidan Feda, Layton Mathis	<b>Varsity:</b> 4 <sup>th</sup> Place <b>State Qualifiers:</b> Jaden Anderson, Aidan Feda
<b>Junior Varsity:</b> 2 <sup>nd</sup> Place <b>Champion:</b> Oscar Scheid <b>Medalist:</b> Jackson Tank (3)	<b>Junior Varsity:</b> 6 <sup>th</sup> Place	<b>Junior Varsity:</b> 6 <sup>th</sup> Place

**2024 Team Awards**  
Monday, November 4, 2024

<b>Senior Letters</b>	Max Nguyen Nate Nigbur Noah Chounard
<b>Junior Letters</b>	Aidan Feda Ben Wallace, Jack Bergerson Jaden Anderson
<b>Sophomore Letters</b>	Jacob Wiest
<b>Freshman Letters</b>	Jackson Tank Jacob Perry Layton Mathis Oscar Scheid
<b>All-City Champion</b>	Jaden Anderson
<b>All-City Medalists</b>	Max Nguyen Aidan Feda Layton Mathis
<b>All-Conference</b>	Jaden Anderson
<b>All-Conference Honorable Mention</b>	Max Nguyen Aidan Feda
<b>State Meet Qualifiers</b>	Jaden Anderson Aidan Feda
<b>Big 9 Scholars</b>	Max Nguyen Nate Nigbur Noah Chounard
<b>Iron Man</b>	Dylan Rudzik
<b>Hardest Worker</b>	Lucus Liedig
<b>Most Inspiring</b>	Jack Bergerson
<b>Rookie of the Year</b>	Oscar Scheid
<b>Most Improved During Season</b>	Lucian Howard

**Most Improved From Last Season**

Cameron Flottmeyer

**Trust - Class - Pride (TCP)**

Camden Olsen

**Most Course Personal Records**

Ezra Mogenson

**Quote of the Year**

Grant Morgan

*"My athleticism goes in cycles and right now it's low."* ~ Reply to Coach Sonnabend when asked why a workout wasn't going well

**Quote of the Year, Runner Up**

Nate Nigbur

*"History is a very important thing in any modicum of community or culture. Cross country is no different..."* ~ In a Post-Bulletin article about the tent donated in honor of Adam Finseth

**Graduating Seniors**

Max Nguyen

Nate Nigbur

Noah Chounard

**2025 Captains**

Aidan Feda

Jack Bergerson

Jaden Anderson

Ben Wallace

Jacob Wiest



# John Marshall boys cross country running for former captain Adam Finseth

Finseth, a 2001 JM grad and cross country captain, was one of three first responders shot and killed while responding to a domestic violence call in Burnsville on Feb. 18.



By Alex VandenHouten

Rochester Post-Bulletin

September 21, 2024

ROCHESTER — Ask anyone who knew him, few people have better embodied what it meant to be a John Marshall Rocket than Adam Finseth.

Kind. Hard-working. Caring. A passion to help others. Finseth displayed all of this as a captain for the boys cross country team, before embarking on a post-high school life that included serving in the U.S. Army for two tours in Operation Iraqi Freedom and aiding community members in Hastings, Savage and Burnsville as a firefighter and paramedic.

"Everybody has good in them, but for (Adam) there is just volumes and volumes of what a great guy he was," JM boys cross country coach Michael Sonnabend said. "It started in elementary, then all the way through high school and beyond, helping his friends and people in need."

The 2001 JM graduate and former cross country captain, was one of three first responders shot and killed while responding to a domestic violence call in Burnsville on Feb. 18. Finseth was helping one of the injured officers when he was shot, according to investigators with the Bureau of Criminal Apprehension.

Now, the JM boys cross country team is doing its best to carry on his legacy this season.

"He was a captain for our team," senior captain Max Nguyen said. "He was the definition of what it meant to be a Rocket — a great leader, a great person to everyone."

Sonnabend and the Rockets were brainstorming ideas of ways to honor Finseth this season when they were contacted by Dan Lyndgaard, who ran cross country with Finseth's father Brad at New Richland in the early 1970s. Lyndgaard and others who ran with Finseth's father had a proposal: What about a tent?

"I thought that was fantastic," Sonnabend said.

So did his runners, all of whom were not alive when Finseth graduated, but know plenty of who he was and what he meant to their program, to their school and to their community.

"History is a very important thing in any modicum of community or culture," senior captain Nate Nigbur said. "Cross country is no different. ... To have one of our own taken in an unfortunate manner is heartbreaking. And having the tent, I think it symbolizes in a much more literal manner that this team is a legacy in building and in retrospect."

The donated tent sports the various Rockets logos with the words "In honor of Adam Finseth (1996-2001)" directly above them. The Rockets first set it up at this year's Mayo Invitational. They now look at it and give it a tap — a reminder of who they should strive to be and what legacy they want to leave behind.

"(The tent) is the best way because it's a whole thing when we get to cross country meets, the first thing we do is set up the tent," Nguyen said. "You have his name on it and it's a perfect resemblance, of, say, here he is. This is what it means to be a Rocket, and all these things that he represented."

"It's a symbol of what we should be doing ourselves, to be all those things he was."  
"I can't say I knew Adam personally," Nigbur said. "But he held the banner of the JM Rocket at one point, and seeing that in our hands now, I feel emboldened to do justice by him."

The Rockets plan to do that both on and off the cross country course, with lone seniors Nguyen and Nigbur leading the way. So far, it's safe to say they are doing just that. At practice, the group of more than 30 runners can be seen joking and laughing with one another. In the summer, they enjoyed running with one another so much, they decided to run on Saturdays as well — a first according to Sonnabend.

This group understands sports go beyond results. After all, these are the moments their legacy will live on with.

"One of the things I always talk to them about is what is your legacy with the team?" Sonnabend said. "No matter what you do, we record everything and everybody has an impact on the team somehow. And so far, our own captains, part of their legacy is passing on who the next captains are going to be, keeping the leadership of the program going. They feel they have a connection, because (Finseth) was a captain, so in some way, it does lead back to him."

The Rockets are more than proud to have that connection. Finseth gives them the confidence, the belief that they too can have a lasting impact on this world.

"It's just amazing that it was this guy who did everything, sacrificed his life, did all this kind and caring stuff, that he was a Rocket. He was a cross country runner," Nguyen said. "He did all these things to save other people. It's just awesome to see that he was a cross country runner. He was one of us."

# 2024 Post-Bulletin Season Preview

Alex VandenHouten, Rochester Post-Bulletin

August 24, 2024

## John Marshall

**Head coach:** Michael Sonnabend (8th season)

**Top returning runners:** Jr., Aiden Feda (16th at Section 1-3A championships); Jr., Jaden Anderson (20th at sections); Sr., Max Nguyen (27th at sections); Fr., Layton Mathis (28th at sections).

**Outlook for 2024:** The Rockets return the bulk of a squad that showed plenty of promise a year ago. Four — juniors Aiden Feda and Jaden Anderson, senior Max Nguyen and freshman Layton Mathis — all finished in the top 28 at the Section 1-3A championships. Feda placed 16th, finishing just fewer than 9 seconds shy of the last individual qualifier at the Section 1-3A meet. This came after he nearly won the All-City Championships, placing second with a personal-best time of 16:54.4 as the Rockets captured the team title. He's one of the many reasons the Rockets feel comfortable heading into the season. JM is also expecting senior Nate Nigbur, junior Landon Ortmeier and sophomores Jacob Weist and Jacob Perry to play a role as well.

**Coach Sonnabend says:** "Summer captains' practices were well attended and our returning runners are focused on improving upon last year's record. A great group of captains are pushing to defend last year's All-City Championship and moving up the conference and section standings. For this to happen, runners competing for open spots will need to step-up and contribute. This is a fun group to work with and we look forward to moving our program forward."

## 2024 Rocket Cross Country Schedule

<b>Date</b>	<b>Day</b>	<b>Event</b>	<b>Time</b>
July 30-August 6	Tue. -Tue.	Registration	Online
August 12	Monday	First practice	3:45
August 16	Friday	2-mile time trial - Cascade Lake	3:45
August 17	Saturday	Long Run & Parent Day - Chester Woods	9:00
August 24	Saturday	Volunteer at Healthy Human Race	6:00
August 26	Monday	First day school, 9th grade	8:00
August 27	Tuesday	First day of school, MS, 10-12	8:00
<b>August 29</b>	<b>Thursday</b>	<b>St. Olaf High School Showcase</b>	<b>10:30</b>
August 29	Thursday	Concession Stand - Girls Swimming	5:30
<b>September 12</b>	<b>Thursday</b>	<b>Mayo Invitational</b>	<b>4:00</b>
<b>September 14</b>	<b>Saturday</b>	<b>Luther College All-American Invite</b>	<b>9:00</b>
September 20	Friday	Homecoming Parade	TBD
<b>September 21</b>	<b>Saturday</b>	<b>St. Mary's University Invite</b>	<b>9:30</b>
<b>September 24</b>	<b>Tuesday</b>	<b>Mankato Invite</b>	<b>3:45</b>
September 27	Friday	Team Picture	5:15
October 1	Tuesday	Concession Stand - Girls Soccer	4:30
<b>October 3</b>	<b>Thursday</b>	<b>Ev Berg Invite - Owatonna</b>	<b>4:00</b>
October 5	Saturday	Long run <del>and team movie</del>	8:00
October 7	Monday	All-City Pasta Feed	5:00
<b>October 8</b>	<b>Tuesday</b>	<b>All-City Meet</b>	<b>4:15</b>
<b>October 15</b>	<b>Tuesday</b>	<b>Big 9 Conference Championships</b>	<b>3:55</b>
<b>October 24</b>	<b>Thursday</b>	<b>Section 1AAA Championships</b>	<b>2:55</b>
<b>November 2</b>	<b>Saturday</b>	<b>1AAA State Championship</b>	<b>TBD</b>
November 4	Monday	Team Awards	5:00

## Cascade Lake Time Trial: 2-miles

**August 16, 2024**

Temperature: 72°, Cloudy    Wind: 13 mph, WNW    Humidity: 84%

Date	Name	Yr.	Time	Mile	VDOT	Level	5K	Team
08-16-24	Jaden Anderson	11	10:21	5:11	61.7	6	16:37	1
08-16-24	Aiden Feda	11	10:42	5:21	59.5	5	17:10	2
08-16-24	Max Nguyen	12	11:09	5:35	56.7	5	17:53	3
08-16-24	Layton Mathis	09	11:12	5:36	56.5	5	17:58	4
08-16-24	Nate Nigbur	12	11:45	5:53	53.5	4	18:49	5
08-16-24	Jacob Wiest	10	11:58	5:59	52.4	4	19:10	6
08-16-24	Jackson Tank	09	12:25	6:13	50.2	4	19:52	7
08-16-24	Landon Ortmeier	11	12:27	6:14	50.0	4	19:55	8
08-16-24	Ben Wallace	11	13:10	6:35	46.9	3	21:03	9
08-16-24	Jacob Perry	09	13:33	6:47	45.4	3	21:39	10
08-16-24	Cameron Flottmeyer	11	13:38	6:49	45.1	3	21:47	11
08-16-24	Jack Bergerson	11	13:41	6:51	44.9	2	21:52	12
08-16-24	Mason Nguyen	09	14:22	7:11	42.5	2	22:56	13
08-16-24	Evan Melnyczenko	08	14:30	7:15	42.0	2	23:08	14
08-16-24	Simon Anderson	09	14:30	7:15	42.0	2	23:08	15
08-16-24	Ezra Mogenson	08	14:57	7:29	40.6	2	23:51	16
08-16-24	Noah Chounard	12	14:58	7:29	40.5	2	23:52	17
08-16-24	Patrick Luckey	10	15:40	7:50	38.4	1	24:58	18
08-16-24	Lucas Leidig	10	15:57	7:59	37.6	1	25:25	19
08-16-24	Evan Lunde	08	16:41	8:21	35.7	1	26:33	20
08-16-24	Andrew Dahlen	11	17:40	8:50	33.4	1	28:06	21
08-16-24	Carter Skaer	07	19:07	9:34	30.4	1	30:21	22
08-16-24	Lucian Howard	07	21:47	10:54	26.0	1	34:30	23
08-16-24	Ethan Steele	07	23:34	11:47	23.6	1	37:16	24
08-16-24	Camden Olsen	07	29:50	14:55	17.5	1	46:51	25
08-16-24	Grant Morgan	07	30:59	14:00	19.0	1	44:03	26
08-16-24	Adrian Weeks	09	DNR	DNR	DNR	DNR	DNR	27
08-16-24	Dylan Rudzik	11	DNR	DNR	DNR	DNR	DNR	28
08-16-24	Ivan Mamaril	10	DNR	DNR	DNR	DNR	DNR	29

The term VDOT was coined by renowned running coach and physiologist Jack Daniels and his associate Jimmy Gilbert. At its core, VDOT is an attempt to objectively quantify the shape of a runner across all the various distances one might race. For training purposes, runners performing at Level 3 or above may be considered for more intensive workouts. Runners at Level 1&2 will work on building their base of fitness. Movement to a higher level can be attained by retesting or from the time performed in a race. To remain in the intensive training group, the runner must be able to complete the workout at the directed intensity.

**Personal Record**

**Course Record**

Letter Qualifying Time

## St. Olaf College - High School Showcase August 29, 2024

Temperature: 76°, Mostly Cloudy    Wind: 12 mph, SSE    Humidity: 76%

Date	Name	Yr.	PR	Course PR	Time	Team	Overall	Overall %
08-29-24	Jaden Anderson	11	17:03.2	18:17.3	<b>17:09.3</b>	1	11	97.1%
08-29-24	Aiden Feda	10	16:54.4	19:00.2	<b>18:12.7</b>	2	48	87.3%
08-29-24	Max Nguyen	12	17:47.0	19:19.7	<b>18:15.3</b>	3	50	86.8%
08-29-24	Layton Mathis	09	17:51.9	19:22.7	<b>18:48.1</b>	4	73	80.7%
08-29-24	Nate Nigbur	12	18:29.6	20:10.7	<b>19:04.0</b>	5	86	77.2%
08-29-24	Jacob Wiest	10	18:42.1	20:08.5	<b>19:32.0</b>	6	103	72.8%
08-29-24	Jackson Tank	09	DNR	DNR	19:34.4	7	106	72.0%
08-29-24	Landon Ortmeier	11	20:07.8	DNR	20:28.4	8	138	63.5%
08-29-24	Jack Bergerson	11	23:25.4	DNR	<b>23:01.4</b>	9	244	35.4%
08-29-24	Cameron Flottmeyer	11	24:56.7	DNR	<b>23:35.6</b>	10	259	31.5%
08-29-24	Adrian Weeks	09	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Andrew Dahlen	11	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Ben Wallace	11	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Camden Olsen	07	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Carter Skaer	07	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Dylan Rudzik	11	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Ethan Steele	07	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Evan Lunde	08	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Evan Melnyczenko	08	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Ezra Mogenson	08	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Grant Morgan	07	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Ivan Mamaril	10	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Jacob Perry	09	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Lucas Leidig	10	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Lucian Howard	07	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Mason Nguyen	09	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Noah Chounard	12	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Patrick Luckey	10	DNR	DNR	DNR	DNR	DNR	DNR
08-29-24	Simon Anderson	09	DNR	DNR	DNR	DNR	DNR	DNR

**Personal Record**

**Course Record**

**Letter Qualifying Time**

## Mayo Invite - Eastwood Golf Course

September 12, 2024

Temperature: 80°, Fair Wind: 10 mph Humidity: 50%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
09-12-24	Max Nguyen	12	17:46.9	19:11.8	<b>18:03.4</b>	1	42	89.2%
09-12-24	Jacob Perry	09	19:33.9	DNR	21:50.6	2	233	40.1%
09-12-24	Simon Anderson	09	21:57.3	DNR	23:40.6	3	295	24.2%
09-12-24	Mason Nguyen	09	23:11.6	DNR	23:47.8	4	299	23.1%
09-12-24	Noah Chounard	12	23:27.9	25:12:2	<b>24:08.1</b>	5	309	20.6%
09-12-24	Patrick Luckey	10	23:25.4	27:48.8	<b>24:38.6</b>	6	326	16.2%
09-12-24	Andrew Dahlen	11	24:36.6	26:50.3	<b>24:56.0</b>	7	335	13.9%
09-12-24	Dylan Rudzik	11	22:37.1	26:16.5	<b>25:39.0</b>	8	350	10.0%
09-12-24	Lucas Leidig	10	24:00.6	25:42.6	27:15.9	9	369	5.1%
09-12-24	Adrian Weeks	09	DNR	DNR	31:21.9	10	385	1.0%
09-12-24	Aiden Feda	11	16:54.4	17:21.0	DNR	DNR	DNR	DNR
09-12-24	Ben Wallace	11	20:12.6	24:23.1	DNR	DNR	DNR	DNR
09-12-24	Cameron Flottmeyer	11	24:56.7	30:11.2	DNR	DNR	DNR	DNR
09-12-24	Ivan Mamaril	10	20:46.0	22:06.0	DNR	DNR	DNR	DNR
09-12-24	Jack Bergerson	11	23:01.4	27:50.4	DNR	DNR	DNR	DNR
09-12-24	Jackson Tank	09	19:34.4	DNR	DNR	DNR	DNR	DNR
09-12-24	Jacob Wiest	10	18:42.1	19:54.6	DNR	DNR	DNR	DNR
09-12-24	Jaden Anderson	11	17:03.2	17:41.2	DNR	DNR	DNR	DNR
09-12-24	Landon Ortmeier	11	20:07.7	22:16.6	DNR	DNR	DNR	DNR
09-12-24	Layton Mathis	09	17:51.9	DNR	DNR	DNR	DNR	DNR
09-12-24	Nate Nigbur	12	19:04.0	19:42.1	DNR	DNR	DNR	DNR
<b>Middle School 2500</b>								
09-12-24	Evan Melnyczenko	08	10:54.9	10:54.9	<b>10:14.3</b>	1	11	90.2%
09-12-24	Evan Lunde	08	DNR	DNR	11:33.8	2	43	61.6%
09-12-24	Ezra Mogenson	08	24:15.4	DNR	11:38.1	3	47	58.0%
09-12-24	Carter Skaer	07	DNR	DNR	13:17.2	4	81	27.7%
09-12-24	Lucian Howard	07	DNR	DNR	13:22.0	5	84	25.0%
09-12-24	Ethan Steele	07	DNR	DNR	16:16.1	6	101	9.8%
09-12-24	Grant Morgan	07	DNR	DNR	21:49.5	7	110	1.8%
09-12-24	Camden Olsen	07	DNR	DNR	21:50.6	8	111	0.9%

**Personal Record**

**Course Record**

Letter Qualifying Time

## Luther College - All-American Invite September 14, 2024

Temperature: 65°, Mostly cloudy    Wind: 5 mph, E    Humidity: 87%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
09-14-24	Jaden Anderson	11	17:03.2	17:47.2	<b>16:37.1</b>	1	17	97.0%
09-14-24	Aiden Feda	11	16:54.4	17:38.4	<b>16:59.8</b>	2	28	95.1%
09-14-24	Layton Mathis	09	17:51.9	DNR	17:54.5	3	89	84.3%
09-14-24	Nate Nigbur	12	18:29.6	19:19.9	<b>18:37.5</b>	4	145	74.4%
09-14-24	Jacob Wiest	10	18:42.1	24:39.9	<b>18:48.0</b>	5	159	71.9%
09-14-24	Jackson Tank	09	19:34.4	DNR	<b>19:16.3</b>	6	201	64.5%
09-14-24	Ben Wallace	11	20:12.6	22:25.8	<b>19:57.7</b>	7	257	54.6%
09-14-24	Jacob Perry	09	19:33.9	DNR	20:37.4	8	293	48.2%
09-14-24	Jack Bergerson	11	23:01.4	27:00.0	<b>21:06.1</b>	9	338	40.3%
09-14-24	Landon Ortmeier	11	20:07.8	22:53.2	<b>21:10.1</b>	10	345	39.0%
09-14-24	Dylan Rudzik	11	22:37.1	25:40.5	<b>23:03.5</b>	11	450	20.5%
09-14-24	Mason Nguyen	09	22:48.9	DNR	23:16.6	12	465	17.8%
09-14-24	Simon Anderson	09	21:57.4	DNR	23:16.9	13	466	17.7%
09-14-24	Noah Chouard	12	23:27.9	25:21.3	<b>23:43.8</b>	14	476	15.9%
09-14-24	Patrick Luckey	10	23:25.4	26:28.0	<b>23:46.4</b>	15	477	15.7%
09-14-24	Andrew Dahlen	11	24:36.6	26:03.4	<b>25:14.5</b>	16	511	9.7%
09-14-24	Lucas Leidig	10	24:00.6	25:42.6	26:37.6	17	532	6.0%
09-14-24	Adrian Weeks	09	31:21.9	DNR	<b>30:27.6</b>	18	559	1.2%
09-14-24	Cameron Flottmeyer	11	24:56.7	31:32.0	DNR	DNR	DNR	DNR
09-14-24	Ivan Mamaril	10	20:46.1	22:10.8	DNR	DNR	DNR	DNR
09-14-24	Max Nguyen	12	17:46.9	19:06.9	DNR	DNR	DNR	DNR
Middle School 2-miles								
09-14-24	Evan Melnyczenko	08	14:27.9	14:27.9	<b>13:18.7</b>	1	20	84.1%
09-14-24	Evan Lunde	08	16:41	DNR	<b>15:22.7</b>	2	67	46.8%
09-14-24	Ezra Mogenson	08	16:19.9	16:19.9	<b>15:46.7</b>	3	69	45.2%
09-14-24	Carter Skaer	07	19:07	DNR	<b>15:56.8</b>	4	72	42.9%
09-14-24	Lucian Howard	07	21:47	DNR	<b>16:24.3</b>	5	86	31.7%
09-14-24	Camden Olsen	07	29:50	DNR	<b>24:54.4</b>	6	125	0.8%
09-14-24	Grant Morgan	07	30:59	DNR	<b>29:05.9</b>	7	126	0.0%
09-14-24	Ethan Steele	07	23:34	DNR	DNR	DNR	DNR	DNR

**Personal Record**

**Course Record**

Letter Qualifying Time

## Winona Invite - St. Mary's University September 21, 2024

Temp: 70°, Fair Wind: 3 mph, SSE Humidity: 63%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
09-21-24	Jaden Anderson	11	16:37.1	18:13.6	<b>17:28.1</b>	1	8	97.2%
09-21-24	Aiden Feda	11	16:54.4	17:57.3	18:11.1	2	19	93.3%
09-21-24	Max Nguyen	12	17:46.9	19:31.1	<b>18:15.6</b>	3	21	92.6%
09-21-24	Layton Mathis	09	17:51.9	20:18.5	<b>18:53.6</b>	4	30	89.4%
09-21-24	Jacob Wiest	10	18:42.1	21:25.8	<b>19:20.2</b>	5	45	84.2%
09-21-24	Nate Nigbur	12	18:29.6	20:56.1	<b>19:24.3</b>	6	48	83.1%
09-21-24	Jacob Perry	09	19:33.9	22:24.4	<b>20:38.1</b>	7	101	64.4%
09-21-24	Ben Wallace	11	19:57.7	23:34.1	<b>21:07.4</b>	8	119	58.1%
09-21-24	Jack Bergerson	11	21:06.1	27:44.8	<b>21:36.6</b>	9	142	50.0%
09-21-24	Oscar Scheid	09	DNR	DNR	21:52.3	10	154	45.8%
09-21-24	Landon Ortmeier	11	20:07.8	23:39.6	<b>22:28.6</b>	11	168	40.8%
09-21-24	Cameron Flottmeyer	11	24:56.7	28:16.7	<b>22:38.6</b>	12	174	38.7%
09-21-24	Mason Nguyen	09	22:48.9	27:03.7	<b>23:48.2</b>	13	213	25.0%
09-21-24	Simon Anderson	09	21:57.4	24:55.1	<b>24:01.0</b>	14	216	23.9%
09-21-24	Noah Chounard	12	23:27.9	26:29.5	<b>24:07.3</b>	15	218	23.2%
09-21-24	Patrick Luckey	10	23:25.4	DNR	24:08.3	16	220	22.5%
09-21-24	Dylan Rudzik	11	22:37.1	24:54.1	<b>24:10.9</b>	17	224	21.1%
09-21-24	Lucas Leidig	10	24:00.6	26:22.8	<b>25:43.6</b>	18	246	13.4%
09-21-24	Andrew Dahlen	11	24:36.6	28:28.5	<b>25:52.1</b>	19	248	12.7%
09-21-24	Adrian Weeks	09	30:27.6	DNR	32:12.8	20	282	0.7%
09-21-24	Ivan Mamaril	10	20:46.1	23:58.6	DNR	DNR	DNR	DNR
09-21-24	Jackson Tank	09	19:16.3	DNR	DNR	DNR	DNR	DNR
Middle School 3200m								
09-21-24	Evan Melnyczenko	08	13:43.7	DNR	13:55.7	1	9	87.0%
09-21-24	Ezra Mogenson	08	15:44.9	DNR	<b>15:27.8</b>	2	28	59.4%
09-21-24	Evan Lunde	08	DNR	DNR	15:50.2	3	35	49.3%
09-21-24	Lucian Howard	07	DNR	DNR	16:37.9	4	41	40.6%
09-21-24	Carter Skaer	07	DNR	DNR	16:41.8	5	42	39.1%
09-21-24	Ethan Steele	07	DNR	DNR	22:04.8	6	65	5.8%
09-21-24	Camden Olsen	07	DNR	DNR	25:50.1	7	68	1.4%
09-21-24	Grant Morgan	07	DNR	DNR	29:43.3	8	69	0.0%

**Personal Record**

**Course Record**

Letter Qualifying Time

## Mankato Invite - Benson Park

September 24, 2024

Temperature: 72°, Fair    Wind: 5 mph, NNW    Humidity: 46%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
09-24-24	Jacob Perry	09	19:33.9	20:34.0	<b>19:20.8</b>	1	21	90.3%
09-24-24	Jackson Tank	09	19:16.3	DNR	19:34.2	2	33	84.7%
09-24-24	Noah Chounard	12	23:27.9	23:48.2	<b>22:45.9</b>	3	156	27.8%
09-24-24	Simon Anderson	09	21:57.4	22:41.0	22:49.9	4	163	24.5%
09-24-24	Patrick Luckey	10	23:25.4	25:13.8	<b>23:03.5</b>	5	168	22.2%
09-24-24	Dylan Rudzik	11	22:37.1	25:26.7	<b>23:04.7</b>	6	170	21.3%
09-24-24	Mason Nguyen	09	22:48.9	24:18.4	<b>23:06.4</b>	7	173	19.9%
09-24-24	Andrew Dahlen	11	24:36.6	25:33.2	<b>24:42.1</b>	8	189	12.5%
09-24-24	Lucas Leidig	10	24:00.6	24:34.9	25:26.0	9	196	9.3%
09-24-24	Adrian Weeks	09	30:27.6	DNR	<b>29:05.8</b>	10	210	2.8%
09-24-24	Aiden Feda	11	16:54.4	18:13.4	DNR	DNR	DNR	DNR
09-24-24	Ben Wallace	11	19:57.7	22:54.9	DNR	DNR	DNR	DNR
09-24-24	Cameron Flottmeyer	11	22:38.6	26:14.6	DNR	DNR	DNR	DNR
09-24-24	Ivan Mamaril	10	20:46.1	21:21.4	DNR	DNR	DNR	DNR
09-24-24	Jack Bergerson	11	21:06.1	24:47.8	DNR	DNR	DNR	DNR
09-24-24	Jacob Wiest	10	18:42.1	DNR	DNR	DNR	DNR	DNR
09-24-24	Jaden Anderson	11	16:37.1	18:27.4	DNR	DNR	DNR	DNR
09-24-24	Landon Ortmeier	11	20:07.8	21:03.2	DNR	DNR	DNR	DNR
09-24-24	Layton Mathis	09	17:51.9	DNR	DNR	DNR	DNR	DNR
09-24-24	Max Nguyen	12	17:46.9	DNR	DNR	DNR	DNR	DNR
09-24-24	Nate Nigbur	12	18:29.6	19:22.6	DNR	DNR	DNR	DNR
09-24-24	Oscar Scheid	09	21:52.3	DNR	DNR	DNR	DNR	DNR
Middle School 2500m								
09-24-24	Ezra Mogenson	08	11:38.1	DNR	<b>10:49.5</b>	1	31	69.3%
09-24-24	Evan Lunde	08	11:33.8	DNR	11:56.9	2	64	36.6%
09-24-24	Carter Skaer	07	13:17.2	DNR	<b>12:08.4</b>	3	71	29.7%
09-24-24	Lucian Howard	07	DNR	DNR	12:12.8	4	73	27.7%
09-24-24	Ethan Steele	07	16:16.1	DNR	<b>14:36.4</b>	5	95	5.9%
09-24-24	Camden Olsen	07	21:50.6	DNR	<b>19:23.4</b>	6	100	1.0%
09-24-24	Grant Morgan	07	21:49.5	DNR	<b>21:22.8</b>	7	101	0.0%
09-24-24	Evan Melnyczenko	08	10:14.3	DNR	DNR	DNR	DNR	DNR

**Personal Record**

**Course Record**

Letter Qualifying Time

## Ev Berg Invite - Brooketree GC, Owatonna

**October 3, 2024**

Temperature: 67°, Fair    Wind: 13 mph, NE    Humidity: 44%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
10-03-24	Jaden Anderson	11	16:37.1	17:11.5	<b>16:25.5</b>	1	14	96.6%
10-03-24	Aiden Feda	11	16:54.4	17:01.9	<b>16:51.5</b>	2	33	92.0%
10-03-24	Max Nguyen	12	17:46.9	17:52.6	<b>17:05.6</b>	3	43	89.5%
10-03-24	Layton Mathis	09	17:51.9	18:03.4	<b>17:10.7</b>	4	46	88.8%
10-03-24	Nate Nigbur	12	18:29.6	18:29.5	<b>18:05.6</b>	5	94	77.1%
10-03-24	Jacob Wiest	10	18:42.1	18:42.1	<b>18:14.8</b>	6	101	75.4%
10-03-24	Jacob Perry	09	19:20.8	19:33.9	<b>18:40.3</b>	7	120	70.7%
10-03-24	Jackson Tank	09	19:16.3	DNR	<b>19:07.6</b>	8	161	60.7%
10-03-24	Oscar Scheid	09	21:52.3	DNR	<b>19:09.2</b>	9	164	60.0%
10-03-24	Ben Wallace	11	19:57.7	20:55.7	<b>19:35.2</b>	10	196	52.2%
10-03-24	Landon Ortmeier	11	20:07.8	20:42.0	<b>20:04.5</b>	11	224	45.4%
10-03-24	Jack Bergerson	11	21:06.1	23:31.4	<b>20:42.2</b>	12	256	37.6%
10-03-24	Cameron Flottmeyer	11	22:38.6	24:56.7	<b>20:48.2</b>	13	260	36.6%
10-03-24	Noah Chounard	12	22:45.9	23:27.9	<b>21:27.6</b>	14	284	30.7%
10-03-24	Simon Anderson	09	21:57.4	23:07.3	<b>21:34.6</b>	15	289	29.5%
10-03-24	Mason Nguyen	09	22:48.9	22:48.9	<b>21:45.9</b>	16	300	26.8%
10-03-24	Dylan Rudzik	11	22:37.1	22:37.1	<b>21:48.3</b>	17	302	26.3%
10-03-24	Patrick Luckey	10	23:03.5	23:25.4	<b>22:11.4</b>	18	318	22.4%
10-03-24	Andrew Dahlen	11	24:36.6	24:46.7	<b>23:39.4</b>	19	364	11.2%
10-03-24	Lucas Leidig	10	24:00.6	24:08.4	<b>24:02.7</b>	20	372	9.3%
10-03-24	Adrian Weeks	09	29:05.8	DNR	DNR	DNR	DNR	DNR
10-03-24	Ivan Mamaril	10	20:46.1	20:47.5	DNR	DNR	DNR	DNR
Middle School 3200m								
10-03-24	Ezra Mogenson	08	15:27.8	15:27.8	<b>14:37.9</b>	1	42	61.8%
10-03-24	Evan Lunde	08	15:50.2	DNR	<b>15:11.9</b>	2	57	48.2%
10-03-24	Carter Skaer	07	16:41.8	DNR	<b>15:27.5</b>	3	63	42.7%
10-03-24	Lucian Howard	07	16:37.9	DNR	<b>15:33.8</b>	4	67	39.1%
10-03-24	Ethan Steele	07	22:04.8	DNR	<b>20:26.9</b>	5	107	2.7%
10-03-24	Camden Olsen	07	25:50.1	DNR	<b>22:33.2</b>	6	109	0.9%
10-03-24	Grant Morgan	07	29:43.3	DNR	<b>25:12.4</b>	7	110	0.0%
10-03-24	Evan Melnyczenko	08	13:43.7	13:43.7	DNR	DNR	DNR	DNR

**Personal Record**

**Course Record**

Letter Qualifying Time

## All-City Invite - Century High School October 8, 2024

Temperature: 71°, Sunny Wind: 6 mph, ESE Humidity: 0%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
10-08-24	Jaden Anderson	11	16:25.5	17:03.2	<b>16:32.4</b>	1	1	100.0%
10-08-24	Max Nguyen	12	17:05.6	17:46.9	<b>17:08.2</b>	2	3	97.8%
10-08-24	Aiden Feda	11	16:51.5	16:54.4	17:17.6	3	4	97.1%
10-08-24	Layton Mathis	09	17:10.7	17:51.9	<b>17:19.2</b>	4	5	96.3%
10-08-24	Nate Nigbur	12	18:05.6	18:41.6	<b>18:15.6</b>	5	10	92.6%
10-08-24	Jacob Wiest	10	18:14.8	18:52.6	<b>18:35.8</b>	6	13	90.4%
10-08-24	Jacob Perry	09	18:40.3	19:54.8	<b>19:11.1</b>	7	15	89.0%
10-08-24	Oscar Scheid	09	19:09.2	DNR	19:35.2	8	31	77.2%
10-08-24	Jackson Tank	09	19:07.6	DNR	19:49.2	9	33	75.7%
10-08-24	Ben Wallace	11	19:35.2	21:56.3	<b>20:17.6</b>	10	39	71.3%
10-08-24	Landon Ortmeier	11	20:04.5	20:07.7	20:21.2	11	40	70.6%
10-08-24	Jack Bergerson	11	20:42.2	23:25.3	<b>20:50.0</b>	12	48	64.7%
10-08-24	Dylan Rudzik	11	21:48.3	23:36.2	<b>21:43.6</b>	13	56	58.8%
10-08-24	Simon Anderson	09	21:34.6	21:57.3	22:11.3	14	61	55.1%
10-08-24	Noah Chounard	12	21:27.6	23:40.3	<b>22:17.7</b>	15	65	52.2%
10-08-24	Cameron Flottmeyer	11	20:48.2	25:08.5	<b>22:17.8</b>	16	66	51.5%
10-08-24	Patrick Luckey	10	22:11.4	23:59.0	<b>22:24.3</b>	17	68	50.0%
10-08-24	Ivan Mamaril	10	20:46.1	20:46.1	22:43.7	18	72	47.1%
10-08-24	Mason Nguyen	09	21:45.9	23:11.6	<b>22:57.9</b>	19	76	44.1%
10-08-24	Ezra Mogenson	08	24:15.4	24:15.4	<b>23:02.4</b>	20	78	42.6%
10-08-24	Evan Melnyczenko	08	20:49.4	21:26.9	23:03.5	21	79	41.9%
10-08-24	Andrew Dahlen	11	23:39.4	24:36.5	<b>23:39.6</b>	22	87	36.0%
10-08-24	Lucas Leidig	10	24:00.6	24:00.6	24:05.1	23	97	28.7%
10-08-24	Carter Skaer	07	DNR	DNR	25:10.0	24	109	19.9%
10-08-24	Evan Lunde	08	DNR	DNR	25:16.8	25	111	18.4%
10-08-24	Lucian Howard	07	DNR	DNR	27:32.1	26	120	11.8%
10-08-24	Adrian Weeks	09	29:05.8	DNR	29:54.3	27	128	5.9%
10-08-24	Ethan Steele	07	DNR	DNR	31:06.2	28	132	2.9%
10-08-24	Camden Olsen	07	DNR	DNR	39:25.9	29	135	0.7%
10-08-24	Grant Morgan	07	DNR	DNR	44:29.5	30	136	0.0%

**Personal Record**

**Course Record**

Letter Qualifying Time

## Big 9 Championships - Brooktree Golf Course, Owatonna

### October 15, 2024

Temperature: 50°, Fair    Wind: 15 mph, N    Humidity: 50%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
10-15-24	Jaden Anderson	11	16:25.5	16:25.5	<b>16:10.4</b>	1	7	97.9%
10-15-24	Max Nguyen	12	17:05.6	17:05.6	<b>16:50.2</b>	2	20	94.1%
10-15-24	Aiden Feda	11	16:51.5	16:51.5	<b>16:50.5</b>	3	21	93.8%
10-15-24	Layton Mathis	09	17:10.7	17:10.7	<b>16:53.0</b>	4	22	93.5%
10-15-24	Nate Nigbur	12	18:05.6	18:05.6	<b>17:56.5</b>	5	52	84.7%
10-15-24	Jacob Wiest	10	18:14.8	18:14.8	18:15.0	6	55	83.8%
10-15-24	Jacob Perry	09	18:40.3	18:40.3	<b>18:33.2</b>	7	95	72.0%
10-15-24	Oscar Scheid	09	19:09.2	19:09.2	<b>18:37.3</b>	8	97	71.4%
10-15-24	Jackson Tank	09	19:07.6	19:07.6	<b>18:44.9</b>	9	103	69.6%
10-15-24	Ben Wallace	11	19:35.2	19:35.2	<b>19:18.4</b>	10	127	62.5%
10-15-24	Landon Ortmeier	11	20:04.5	20:04.5	<b>19:19.8</b>	11	128	62.2%
10-15-24	Jack Bergerson	11	20:42.2	20:42.2	<b>19:35.7</b>	12	144	57.5%
10-15-24	Dylan Rudzik	11	21:48.3	21:48.3	<b>20:21.8</b>	13	180	46.9%
10-15-24	Cameron Flottmeyer	11	20:48.2	20:48.2	<b>20:26.8</b>	14	183	46.0%
10-15-24	Evan Melnyczenko	08	20:49.4	20:49.4	21:17.5	15	211	37.8%
10-15-24	Mason Nguyen	09	21:45.9	21:45.9	<b>21:22.4</b>	16	217	36.0%
10-15-24	Simon Anderson	09	21:34.6	21:34.6	<b>21:25.0</b>	17	220	35.1%
10-15-24	Noah Chounard	12	21:27.6	21:27.6	21:34.4	18	223	34.2%
10-15-24	Patrick Luckey	10	22:11.4	22:11.4	22:19.0	19	249	26.5%
10-15-24	Ezra Mogenson	08	24:15.4	25:31.2	<b>22:26.5</b>	20	253	25.4%
10-15-24	Ivan Mamaril	10	20:46.1	20:47.5	22:31.6	21	255	24.8%
10-15-24	Andrew Dahlen	11	23:39.4	23:39.4	<b>23:04.6</b>	22	272	19.8%
10-15-24	Lucas Leidig	10	24:00.6	24:02.7	<b>23:05.1</b>	23	274	19.2%
10-15-24	Evan Lunde	08	25:16.8	DNR	<b>24:45.3</b>	24	312	8.0%
10-15-24	Carter Skaer	07	25:10.0	DNR	<b>25:08.0</b>	25	315	7.1%
10-15-24	Lucian Howard	07	27:32.1	DNR	<b>25:11.9</b>	26	318	6.2%
10-15-24	Ethan Steele	07	31:06.2	DNR	<b>30:22.2</b>	27	337	0.6%
10-15-24	Adrian Weeks	09	29:05.8	DNR	DNR	DNR	DNR	DNR
10-15-24	Camden Olsen	07	39:25.9	DNR	DNR	DNR	DNR	DNR
10-15-24	Grant Morgan	07	44:29.5	DNR	DNR	DNR	DNR	DNR

**Personal Record**

**Course Record**

Letter Qualifying Time

## Section 1AAA Championships - Brooktree Golf Course, Owatonna October 24, 2024

Temperature: 62°, Fair    Wind: 15 mph, S    Humidity: 55%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
10-24-24	Jaden Anderson	11	16:10.4	16:10.4	16:16.0	1	5	97.9%
10-24-24	Aiden Feda	11	16:50.5	16:50.5	16:44.5	2	12	95.0%
10-24-24	Max Nguyen	12	16:50.2	16:50.2	16:53.7	3	17	92.9%
10-24-24	Layton Mathis	09	16:53.0	16:53.0	16:57.2	4	18	92.5%
10-24-24	Nate Nigbur	12	17:56.5	17:56.5	18:06.0	5	39	83.7%
10-24-24	Jacob Wiest	10	18:14.8	18:14.8	18:11.1	6	41	82.8%
10-24-24	Jacob Perry	09	18:33.2	18:33.2	18:38.6	7	73	69.5%
10-24-24	Oscar Scheid	09	18:37.3	18:37.3	18:38.7	8	74	69.0%
10-24-24	Jackson Tank	09	18:44.9	18:44.9	19:01.8	9	82	65.7%
10-24-24	Ben Wallace	11	19:18.4	19:18.4	19:33.6	10	100	58.2%
10-24-24	Jack Bergerson	11	19:35.7	19:35.7	19:36.3	11	105	56.1%
10-24-24	Landon Ortmeier	11	19:19.8	19:19.8	19:58.2	12	115	51.9%
10-24-24	Dylan Rudzik	11	20:21.8	20:21.8	20:18.3	13	123	48.5%
10-24-24	Cameron Flottmeyer	11	20:26.8	20:26.8	20:46.8	14	137	42.7%
10-24-24	Evan Melnyczenko	08	20:49.4	20:49.4	21:27.5	15	156	34.7%
10-24-24	Simon Anderson	09	21:25.0	21:25.0	21:35.7	16	162	32.2%
10-24-24	Mason Nguyen	09	21:22.4	21:22.4	21:43.8	17	165	31.0%
10-24-24	Noah Chounard	12	21:27.6	21:27.6	21:57.1	18	172	28.0%
10-24-24	Ivan Mamaril	10	20:46.1	20:47.5	22:03.1	19	174	27.2%
10-24-24	Patrick Luckey	10	22:11.4	22:11.4	22:08.2	20	176	26.4%
10-24-24	Ezra Mogenson	08	22:26.5	22:26.5	22:20.0	21	180	24.7%
10-24-24	Andrew Dahlen	11	23:04.6	23:04.6	22:49.1	22	192	19.7%
10-24-24	Lucas Leidig	10	23:05.1	23:05.1	22:53.3	23	194	18.8%
10-24-24	Evan Lunde	08	24:45.3	24:45.3	24:06.5	24	222	7.1%
10-24-24	Carter Skaer	07	25:08.0	25:08.0	24:24.8	25	226	5.4%
10-24-24	Lucian Howard	07	25:11.9	25:11.9	24:25.7	26	227	5.0%
10-24-24	Ethan Steele	07	30:22.2	30:22.2	27:31.2	27	235	1.7%
10-24-24	Adrian Weeks	09	29:05.8	DNR	DNR	DNR	DNR	DNR
10-24-24	Camden Olsen	07	39:25.9	DNR	DNR	DNR	DNR	DNR
10-24-24	Grant Morgan	07	44:29.5	DNR	DNR	DNR	DNR	DNR

**Personal Record**

**Course Record**

Letter Qualifying Time

## MSHSL State Championships Class AAA - U of M Golf Course November 2, 2024

Temperature: 55°, Mostly Cloudy    Wind: 6 mph, SSE    Humidity: 31%°

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
11-02-24	Jaden Anderson	11	16:10.4	16:10.4	16:44.8	1	80	50.0%
11-02-24	Aiden Feda	11	16:50.5	16:50.5	17:46.2	2	146	8.8%

**Personal Record**

**Course Record**

### 2024 Individual Meet Results

Name	Yr.	Time/Trial	St. Olaf	Mayo	Luther	St. Mary's	Mankato	Owatonna	All-City	Big 9	1AAA	State
Adrian Weeks	09	DNR	DNR	31:21.9	<b>30:27.6</b>	32:12.8	<b>29:05.8</b>	DNR	29:54.3	DNR	DNR	17:46
Aiden Feda	11	10:42	<b>18:12.7</b>	DNR	<b>16:59.8</b>	18:11.1	DNR	<b>16:51.5</b>	17:17.6	<b>16:50.5</b>	<b>16:44.5</b>	
Andrew Dahlen	11	17:40	DNR	<b>24:56.0</b>	<b>25:14.5</b>	<b>25:52.1</b>	<b>24:42.1</b>	<b>23:39.4</b>	<b>23:39.6</b>	<b>23:04.6</b>	<b>22:49.1</b>	
Ben Wallace	11	13:10	DNR	DNR	<b>19:57.7</b>	<b>21:07.4</b>	DNR	<b>19:35.2</b>	<b>20:17.6</b>	<b>19:18.4</b>	19:33.6	
Camden Olsen	07	29:50	DNR	21:50.6	<b>24:54.4</b>	<b>24:01.0</b>	<b>19:23.4</b>	<b>22:33.2</b>	39:25.9	DNR	DNR	
Cameron Flottmeyer	11	14:00	<b>23:35.6</b>	DNR	DNR	25:50.1	DNR	<b>20:48.2</b>	<b>22:17.8</b>	<b>20:26.8</b>	20:46.8	
Carter Skaer	07	19:07	DNR	13:17.2	<b>15:56.8</b>	16:41.8	<b>12:08.4</b>	<b>15:27.5</b>	25:10.0	<b>25:08.0</b>	<b>24:24.8</b>	
Dylan Rudzik	11	DNR	DNR	<b>25:39.0</b>	<b>23:03.3</b>	<b>24:10.9</b>	<b>23:04.7</b>	<b>21:48.3</b>	<b>21:43.6</b>	<b>20:21.8</b>	<b>20:18.3</b>	
Ethan Steele	07	23:34	DNR	16:16.1	DNR	<b>24:10.9</b>	<b>14:36.4</b>	<b>20:26.9</b>	31:06.2	<b>30:22.2</b>	<b>27:31.2</b>	
Evan Lunde	08	16:41	DNR	11:33.8	<b>15:22.7</b>	22:04.8	11:56.9	<b>15:11.9</b>	25:16.8	<b>24:45.3</b>	<b>24:06.5</b>	
Evan Melnyczenko	08	14:30	DNR	<b>10:14.3</b>	<b>13:18.7</b>	15:50.2	DNR	DNR	23:03.5	21:17.5	21:27.5	
Ezra Mogenson	08	14:57	DNR	11:38.1	<b>15:46.7</b>	13:55.7	<b>10:49.5</b>	<b>14:37.9</b>	<b>23:02.4</b>	<b>22:26.5</b>	<b>22:20.0</b>	
Grant Morgan	07	27:59	DNR	21:49.5	<b>29:05.9</b>	<b>15:27.8</b>	<b>21:22.8</b>	<b>25:12.4</b>	44:29.5	DNR	DNR	
Ivan Mamaril	10	DNR	DNR	DNR	DNR	29:43.3	DNR	DNR	22:43.7	22:31.6	22:03.1	
Jack Bergerson	11	13:41	<b>23:01.4</b>	DNR	<b>21:06.1</b>	21:36.6	DNR	<b>20:42.2</b>	<b>20:50.0</b>	<b>19:35.7</b>	19:36.3	
Jackson Tank	09	12:25	19:34.4	DNR	<b>19:16.3</b>	<b>21:36.6</b>	19:34.2	<b>19:07.6</b>	19:49.2	<b>18:44.9</b>	19:01.8	
Jacob Perry	09	13:33	DNR	21:50.6	20:37.4	DNR	<b>19:20.8</b>	<b>18:40.3</b>	<b>19:11.1</b>	<b>18:33.2</b>	18:38.6	
Jacob Wiest	10	11:58	<b>19:32.0</b>	DNR	<b>18:48.0</b>	<b>20:38.1</b>	<b>DNR</b>	<b>18:14.8</b>	<b>18:35.8</b>	18:15.0	<b>18:11.1</b>	
Jaden Anderson	11	10:21	<b>17:09.3</b>	DNR	<b>16:37.1</b>	<b>17:28.1</b>	DNR	<b>16:25.5</b>	<b>16:32.4</b>	<b>16:10.4</b>	16:16.0	16:44.8
Landon Ortmeier	11	12:27	20:28.4	DNR	<b>21:10.1</b>	<b>17:28.1</b>	DNR	<b>20:04.5</b>	20:21.2	<b>19:19.8</b>	19:58.2	
Layton Mathis	09	11:12	<b>18:48.1</b>	DNR	17:54.5	<b>22:28.6</b>	DNR	<b>17:10.7</b>	<b>17:19.2</b>	<b>16:53.0</b>	16:57.2	
Lucas Leidig	10	15:57	DNR	27:15.9	26:37.6	<b>18:53.6</b>	24:35.0	<b>24:02.7</b>	24:05.1	<b>23:05.1</b>	<b>22:53.3</b>	
Lucian Howard	07	21:47	DNR	13:22.0	16:24.3	16:37.9	<b>12:12.8</b>	<b>15:33.8</b>	27:32.1	<b>25:11.9</b>	<b>24:25.7</b>	
Mason Nguyen	09	14:22	DNR	23:47.8	23:16.6	16:37.9	<b>23:06.4</b>	<b>21:45.9</b>	<b>22:57.9</b>	<b>21:22.4</b>	21:43.8	
Max Nguyen	12	11:09	<b>18:15.3</b>	<b>18:03.4</b>	DNR	<b>23:48.2</b>	DNR	<b>17:05.6</b>	<b>17:08.2</b>	<b>16:50.2</b>	16:53.7	
Nate Nigbur	12	11:45	<b>19:04.0</b>	DNR	<b>18:37.5</b>	<b>18:15.6</b>	DNR	<b>18:05.6</b>	<b>18:15.6</b>	<b>17:56.5</b>	18:06.0	
Noah Chounard	12	14:58	DNR	<b>24:08.1</b>	<b>23:43.8</b>	<b>19:24.3</b>	<b>22:45.9</b>	<b>21:27.6</b>	<b>22:17.7</b>	21:34.4	21:57.1	
Oscar Scheid	09	DNR	DNR	DNR	DNR	21:52.3	DNR	<b>19:09.5</b>	19:35.2	<b>18:37.3</b>	18:38.7	
Patrick Luckey	10	15:40	DNR	<b>24:38.6</b>	<b>23:46.4</b>	21:52.3	<b>23:03.5</b>	<b>22:11.4</b>	<b>22:24.3</b>	22:19.0	<b>22:08.2</b>	
Simon Anderson	09	14:30	DNR	23:40.6	23:16.9	24:01.0	22:49.9	<b>21:34.6</b>	22:11.3	<b>21:25.0</b>	21:35.7	

Personal Record

Course Record

Letter Qualifying Time

### 2024 Personal Course Records

Name	Yr.	TimeTrial	St. Olaf	Mayo	Luther	Winona	Mankato	Century	Owatonna
Adrian Weeks	09	DNR	DNR	31:21.9	30:27.6	DNR	29:05.8	29:54.3	DNR
Aiden Feda	10	11:05	18:12.7	17:21.0	16:59.8	17:57.3	18:13.4	16:54.4	16:44.5
Andrew Dahlen	10	17:15	DNR	24:56.0	25:14.5	25:52.1	24:42.1	24:36.5	22:49.1
Ben Wallace	10	14:15	DNR	24:23.1	19:57.7	21:07.4	22:54.9	21:56.3	19:18.4
Camden Olsen	07	29:50	DNR	21:50.6	24:54.4	DNR	19:23.4	39:25.9	DNR
Cameron Flottmeyer	10	DNR	23:35.6	19:11.8	31:32.0	22:38.6	26:14.6	22:17.8	20:26.8
Carter Skaer	07	19:07	DNR	13:17.2	15:56.8	DNR	12:08.4	25:10.0	24:24.8
Dylan Rudzik	10	17:17	DNR	25:39.0	23:03.5	24:10.9	23:04.7	21:43.6	20:18.3
Ethan Steele	07	23:34	DNR	16:16.1	DNR	DNR	14:36.4	31:06.2	27:31.2
Evan Lunde	08	16:41	DNR	11:33.8	15:22.7	DNR	11:56.9	25:16.8	24:06.5
Evan Melnyczenko	07	14:30	DNR	10:14.3	13:18.7	15:27.8	22:15.5	21:26.9	21:27.5
Ezra Mogenson	08	14:57	DNR	11:38.1	15:46.7	DNR	10:49.5	23:02.4	22:20.0
Grant Morgan	07	30:59	DNR	21:49.5	29:05.9	DNR	21:22.8	44:29.5	DNR
Ivan Mamaril	10	DNR	DNR	20:12.6	22:10.8	23:58.6	21:21.4	20:46.1	20:47.5
Jack Bergerson	10	17:14	23:01.4	22:06.0	21:06.1	21:36.6	24:47.8	20:50.0	19:35.7
Jackson Tank	09	DNR	DNR	DNR	19:16.3	DNR	19:34.2	19:49.2	18:44.9
Jacob Perry	08	15:41	DNR	22:16.6	20:37.4	20:38.1	19:20.8	19:11.1	18:33.2
Jacob Wiest	09	12:57	19:32.0	25:12.2	18:48.0	19:20.2	DNR	18:35.8	18:11.1
Jaden Anderson	10	11:22	17:09.3	26:16.4	16:37.1	17:28.1	18:27.4	16:32.4	16:10.4
Landon Ortmeier	10	14:35	20:28.4	26:31.9	21:10.1	22:28.6	21:03.2	20:07.7	19:19.8
Layton Mathis	08	12:03	18:48.1	26:50.3	17:54.5	18:53.6	DNR	17:19.2	16:53.0
Lucas Leidig	09	16:10	DNR	27:48.0	25:42.6	25:43.6	24:34.9	24:00.6	22:53.3
Lucian Howard	07	21:47	DNR	13:22.0	16:24.3	DNR	12:12.8	27:32.1	24:25.7
Mason Nguyen	09	16:22	DNR	30:11.2	23:16.6	23:48.2	23:06.4	22:57.9	21:22.4
Max Nguyen	11	12:07	18:15.3	18:03.4	19:06.9	18:15.6	19:30.8	17:08.2	16:50.2
Nate Nigbur	11	12:26	19:04.0	DNR	18:37.5	19:24.3	19:22.6	18:15.6	17:56.5
Noah Chounard	11	16:33	DNR	24:08.1	23:43.8	24:07.3	22:45.9	22:17.7	21:27.6
Oscar Scheid	09	DNR	DNR	DNR	DNR	21:52.3	DNR	19:35.2	18:37.3
Patrick Luckey	09	16:35	DNR	24:38.6	23:46.4	DNR	23:03.5	22:24.3	22:08.2
Simon Anderson	08	15:58	DNR	12:08.4	23:16.9	24:01.0	22:41.0	21:57.3	21:25.0

### 2024 Varsity Meet Summaries

Date	Meet	Divison	Place	Points	Top 5	Top 5 Avg.	5 Spread	Top 7	Top 7 Avg.	7 Spread
08-29-24	St. Olaf	V	10/19	270	1:31:29	18:17	1:54	21:10:35	18:39	2:25
09-12-24	Mayo	V	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR
09-14-24	Luther	V	11/30	345	1:28:56	17:47	2:10	1:48:13	15:27	2:39
09-21-24	Winona	V	4/14	107	1:18:33	15:43	1:52	DNR	DNR	DNR
09-24-24	Mankato	V	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR
10-03-24	Owatonna	V	8/14	199	1:25:39	17:07	1:41	2:03.02	17:35	2:42
10-08-24	All-City	V	1/5	23	1:26:33	17:18	1:43	2:04.19	17:46	2:38
10-15-24	Big 9	V	5/12	122	1:24.:40	16:56	1:46	1:42.55	17:09	2:04
10-24-24	1AAA	V	4/8	91	1:24:57	16:59	1:50	1:43:08	17:11	1:55

### 2024 Junior Varsity Meet Summaries

Date	Meet	Division	Place	Points	Top 5	Top 5 Avg.	5 Spread	Top 7	Top 7 Avg.	7 Spread
08-29-24	St. Olaf	JV	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR
09-12-24	Mayo	JV	10/13	301	1:51:30	22:18	6:04	2:41:05	23:00	6:52
09-14-24	Luther	JV	14/19	386	1:45:54	21:10	2:32	2:32:28	21:46	5:09
09-21-24	Winona	JV	8/16	200	1:47:43	21:32	58.05	2:34:07	22:01	3:00
09-24-24	Mankato	JV	7/9	200	1:47:34	21:30	3:42	2:33:45	21:58	3:34
10-03-24	Owatonna	JV	12/15	330	1:38:11	19:38	2:01	2:20:27	20:04	2:47
10-08-24	All-City	JV	2/3	39	1:40:53	20:10	1:14	2:24:48	20:41	2:36
10-15-24	Big 9	JV	6/11	139	1:34:33	18:54	:46	2:14:31	19:13	1:48
10-24-24	1AAA	JV	5/8	144	1:35:29	19:05	:57	2:15:45	19:24	1:39

### 2024 Middle School Meet Summaries

Date	Meet	Division	Place	Points	Top 5	Top 5 Avg.	5 Spread	Top 7	Top 7 Avg.	7 Spread
08-29-24	St. Olaf	MS 5000m	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR
09-12-24	Mayo	MS 2-miles	9/10	188	1:00:05	12:01	3:07	1:38:11	14:01	11:35
09-14-24	Luther	MS 2500m	10/13	236	1:16:49	15:21	3:05	2:10:49	18:41	15:47
09-21-24	Winona	MS 3200m	4/7	107	1:18:33	15:33	9:08	2:06:24	18:03	11:54
09-24-24	Mankato	MS 2500m	8/8	236	1:01:43	12:20	3:46	1:42:29	14:38	10:33
10-03-24	Owatonna	MS 3200m	7/7	192	1:21.18	16:15	5:49	2:09.:03	18:26	10:34

Date	Meet	Varsity Top 7
08-29-24	St. Olaf	J. Anderson, A. Fedá. M. Nguyen, L. Mathis, N. Nigbur,
09-12-24	Mayo	DNR
09-14-24	Luther	J. Anderson, A. Fedá, L. Mathis, N. Nigbur, J. Wiest, J. Tank
09-21-24	Winona	J. Anderson, A. Fedá, M. Nguyen, L. Mathis, N. J. Wiest, N. Nigbur
09-24-24	Mankato	DNR
10-03-24	Owatonna	J. Anderson, A. Fedá, M. Nguyen, L. Mathis, N. Nigbur, J.Wiest, J. Tank
10-08-24	All-City	J. Anderson, M. Nguyen, A. Fedá, L.Mathis, N. Nigbur, J. Wiest, J. Perry
10-15-24	Big 9	J. Anderson, M. Nguyen, A. Fedá, L.Mathis, N. Nigbur, J. Wiest
10-24-24	1AAA	J. Anderson, A. Fedá, M. Nguyen, L. Mathis, N. Nigbur, J.Wiest

Date	Meet	Junior Varsity Top 7
08-29-24	St. Olaf	DNR
09-12-24	Mayo	M. Nguyen, J. Perry, S. Anderson, M. Nguyen, N. Chouard, P. Luckey, A. Dahlen
09-14-24	Luther	B. Wallace, J. Perry, J. Bergerson, L. Ortmeier, D. Rydzik, M. Nguyen, S. Anderson
09-21-24	Winona	J. Perry, B. Wallace, J. Bergerson, O. Scheid, L. Ormeier, C. Flottmeyer, M. Nguyen
09-24-24	Mankato	J. Perry, J. Tank, N. Chouard, S. Anderson, P. Luckey, D. Rudzik, M. Nguyen
10-03-24	Owatonna	J. Perry, O. Scheid, B. Wallace, L. Ortmeier, J. Bergerson, C. Flottmeyer, N. Chouard
10-08-24	All-City	O. Scheid, J. Tank, B. Wallace, L. Ortmeier, J. Bergerson, D. Rudzik, S. Anderson
10-15-24	Big 9	J. Perry, O. Scheid, J. Tank, B. Wallace, L. Ortmeier, J. Bergerson, D. Rudzik
10-24-24	1AAA	J. Perry, O. Scheid, J. Tank, B. Wallace, J. Bergerson, L. Ortmeier, D. Rudzik

Date	Meet	Middle School Top 7
08-29-24	St. Olaf	DNR
09-12-24	Mayo	E. Melnyczenko, E. Lunde, E. Mogenson, C. Skaer, L. Howard, E. Steele, G. Morgan
09-14-24	Luther	E. Melnyczenko, E. Lunde, E. Mogenson, C. Skaer, L. Howard, C. Olsen, G. Morgan
09-21-24	Winona	E. Melnyczenko, E. Mogenson, E. Lunde, L. Howard, C. Skaer, E. Steele, C. Olsen
09-24-24	Mankato	E. Mogenson, E. Lunde, C. Skaer, L. Howard, E. Steele, C. Olsen, G. Morgan
10-03-24	Owatonna	E. Mogenson, E. Lunde, C. Skaer, L. Howard, E. Steele, C. Olsen, G. Morgan

### 2024 Letter Qualifying Finishes

Name	Yr.	St. Olaf	Mayo	Luther	St. Mary's	Mankato	Owatonna	All-City	Big 9	1AAA	T	#	Rank
Jaden Anderson	11	1		1	1		1	1	1	1	7	7	1.0
Aiden Feda	11	2		2	2		2	3	3	2	16	7	2.3
Max Nguyen	12	3			3		3	2	2	3	16	6	2.7
Layton Mathis	09	4		3	4		4	4	4	4	27	7	3.9
Nate Nigbur	12	5		4	6		5	5	5	5	35	7	5.0
Jacob Wiest	10	6		5	5		6	6	6	6	40	7	5.7
Jacob Perry	09			8	7		7	7	7	7	43	6	7.2
Jackson Tank	09	7		6			8	9	9	9	48	6	8.0
Ben Wallace	11			7	8		10	10	10	10	55	6	9.2
Oscar Scheid	09				16		9	8	8	8	49	5	9.8
Jack Bergerson	11	9		9	9		12	12	12	11	74	7	10.6
Landon Ortmeier	11	8		10	11		11	11	11	12	74	7	10.6
Cameron Flottmeyer	11	10			12		13	16	14	14	79	6	13.2
Dylan Rudzik	11			11	17		17	13	13	13	84	6	14.0
Simon Anderson	09			13	14		15	14	17	16	89	6	14.8
Mason Nguyen	09			12	13		16	19	16	17	93	6	15.5
Noah Chounard	12			14	15		14	15	18	18	94	6	15.7
Patrick Luckey	10			15	10		18	17	19	20	99	6	16.5
Evan Melnyczenko	08							21	15	15	51	3	17.0
Ivan Mamaril	10							18	21	19	58	3	19.3
Andrew Dahlen	11			16	19		19	22	22	22	120	6	20.0
Ezra Mogenson	08							20	20	21	61	3	20.3
Lucas Leidig	10			17	18		20	23	23	23	124	6	20.7
Adrian Weeks	09			18	20			27			65	3	21.7
Evan Lunde	08							25	24	24	73	3	24.3
Carter Skaer	07							24	25	25	74	3	24.7
Lucian Howard	07							26	26	26	78	3	26.0
Ethan Steele	07							28	27	27	82	3	27.3
Camden Olsen	07							29			29	1	29.0
Grant Morgan	07							30			30	1	30.0