

TO: REGION 5AA Cross Country Coaches  
 FROM: Bob Hoisington (Meet Manager)  
 SUBJECT: 1989 REGION Meet Results-BOYS

10/26/89

Course: Lake Nokomis Conditions: 76 degrees F.; Wind 25 mph SW  
 5000M-Dry Turf, Strong Warm Winds From the SW

TEAM PLACES AND SCORES \* State Meet Qualifiers 11/4/89

| PLACE | SCHOOL             | PLACES |    |    |    |    |      |      | TOTAL |
|-------|--------------------|--------|----|----|----|----|------|------|-------|
| * 1   | OSSEO              | 1      | 6  | 7  | 8  | 9  | (14) | (16) | 31    |
| * 2   | SOUTH              | 2      | 4  | 5  | 10 | 15 | (17) | (21) | 36    |
| 3     | Washburn           | 18     | 19 | 24 | 27 | 34 | (41) | (50) | 122   |
| 4     | AC. OF HOLY ANGELS | 20     | 22 | 25 | 28 | 33 | (37) | (51) | 128   |
| 5     | BENILDE ST. MARG.  | 12     | 23 | 31 | 32 | 54 | (57) | (63) | 152   |
| 6     | FRIDLEY            | 13     | 38 | 39 | 47 | 56 | (58) | (67) | 193   |
| 7     | PARK CENTER        | 30     | 36 | 42 | 46 | 53 | (62) | (66) | 207   |
| 8     | ROOSEVELT          | 3      | 45 | 61 | 64 | 69 | (80) | ( )  | 242   |
| 9     | TOTINO GRACE       | 11     | 43 | 48 | 75 | 83 | (85) | ( )  | 260   |
| 10    | SOUTHWEST          | 35     | 40 | 60 | 65 | 68 | (78) | ( )  | 268   |
| 11    | NORTH              | 44     | 52 | 55 | 59 | 76 | (81) | (84) | 286   |
| 12    | EDISON             | 26     | 49 | 71 | 72 | 79 | (82) | ( )  | 297   |
| 13    | HENRY              | 29     | 70 | 73 | 74 | 77 | (86) | ( )  | 323   |

INDIVIDUAL RESULTS \* State Meet Qualifiers 11/4/89 11:45 A.M.

| PLACE | NAME             | GRADE | SCHOOL  | TIME    |
|-------|------------------|-------|---------|---------|
| * 1   | Jason Rathe      | 12    | Osseo   | 16:23.2 |
| * 2   | Gaio Lakin       | 11    | South   | 16:45.4 |
| * 3   | Lance Shimomura  | 12    | Roos.   | 16:50.3 |
| * 4   | Joe Walsh        | 12    | South   | 17:03.9 |
| * 5   | Rachid Elaydi    | 10    | South   | 17:09.0 |
| 6     | Joe Larsen       | 11    | Osseo   | 17:10.7 |
| 7     | Mike Mason       | 11    | Osseo   | 17:16.7 |
| 8     | Todd Klapperich  | 12    | Osseo   | 17:18.3 |
| 9     | Seth Johnson     | 12    | Osseo   | 17:19.8 |
| 10    | Joel Wagener     | 10    | South   | 17:23.4 |
| 11    | Brian Bechard    | 12    | T-G     | 17:27.5 |
| 12    | Steve Bertossi   | 11    | BSM     | 17:34.1 |
| 13    | Dan Maeckelbergh | 12    | Fridley | 17:35.5 |
| 14    | Fredrik Larsson  | 12    | Osseo   | 17:37.1 |
| 15    | Doug Demarest    | 11    | South   | 17:39.5 |
| 16    | Mike Hajder      | 11    | Osseo   | 17:40.5 |
| 17    | Eli Brown        | 11    | South   | 18:00.2 |
| 18    | Brent Uphoff     | 11    | Wash.   | 18:07.6 |
| 19    | Peter Lagerlof   | 12    | Wash.   | 18:09.7 |
| 20    | Chad Vernon      | 12    | AHA     | 18:14.4 |
| 21    | Naz Merchant     | 11    | South   | 18:19.1 |
| 22    | Jeremy Hubbell   | 12    | AHA     | 18:20.6 |
| 23    | Dave Kpbussen    | 10    | BSM     | 18:23.7 |
| 24    | David Wostrel    | 9     | Wash.   | 18:24.5 |
| 25    | Jason Sheely     | 10    | AHA     | 18:34.1 |
| 26    | Chato Lorentzen  | 11    | Edison  | 18:36.3 |
| 27    | Scott Groff      | 10    | Wash.   | 18:37.5 |
| 28    | Drew Smith       | 11    | AHA     | 18:38.6 |
| 29    | Dave Baehler     | 12    | Henry   | 18:43.0 |
| 30    | Eric Bauer       | 12    | PC      | 18:48.3 |

## 1989 REGION 5AA Cross Country Results Continued-BOYS

| PLACE | NAME              | GRADE | SCHOOL  | TIME    |
|-------|-------------------|-------|---------|---------|
| 31    | Craig Peters      | 11    | BSM     | 18:57.1 |
| 32    | Lucien Forrette   | 11    | BSM     | 19:03.2 |
| 33    | John Peterson     | 11    | AHA     | 19:05.3 |
| 34    | Josh DeWar        | 10    | Wash.   | 19:07.2 |
| 35    | Eric Kolcinski    | 10    | SW      | 19:09.3 |
| 36    | Matt Metzger      | 11    | PC      | 19:19.9 |
| 37    | Mike McGoldrick   | 12    | AHA     | 19:25.4 |
| 38    | Derek Otten       | 12    | Fridley | 19:25.7 |
| 39    | Jon Retzer        | 12    | Fridley | 19:26.9 |
| 40    | Eric Aspenes      | 11    | SW      | 19:38.2 |
| 41    | Nick Sloss        | 11    | Wash.   | 19:42.1 |
| 42    | Scott LaFrenz     | 10    | PC      | 19:43.5 |
| 43    | Mike Connelly     | 12    | T-G     | 19:44.4 |
| 44    | Dan Martin        | 12    | North   | 19:47.4 |
| 45    | Jason Peterson    | 11    | Roos.   | 19:49.7 |
| 46    | Gerald Steile     | 10    | PC      | 19:55.2 |
| 47    | Eric Rohr         | 11    | Fridley | 19:59.7 |
| 48    | Brandon Schaut    | 12    | T-G     | 20:01.4 |
| 49    | Joe Bidwell       | 11    | Edison  | 20:09.8 |
| 50    | Nick Sieger       | 11    | Wash.   | 20:12.2 |
| 51    | Chris Streefland  | 12    | AHA     | 20:13.9 |
| 52    | Sebrom Morris     | 10    | North   | 20:15.2 |
| 53    | Doug Svoboda      | 12    | PC      | 20:23.6 |
| 54    | Brendan Hanley    | 8     | BSM     | 20:25.2 |
| 55    | Gene Mitchell     | 10    | North   | 20:26.7 |
| 56    | Kyle Otten        | 10    | Fridley | 20:29.0 |
| 57    | Rick Gresczyk     | 9     | BSM     | 20:37.5 |
| 58    | Chris Sovada      | 12    | Fridley | 20:38.6 |
| 59    | Tom Frenette      | 10    | North   | 20:39.2 |
| 60    | Jake Sullivan     | 8     | SW      | 20:41.6 |
| 61    | Jonathan Rova     | 11    | Roos.   | 20:46.8 |
| 62    | Brent Rafferty    | 11    | PC      | 20:47.3 |
| 63    | Brian Grace       | 9     | BSM     | 20:53.1 |
| 64    | Todd Vithoven     | 12    | Roos.   | 21:01.5 |
| 65    | Jason Sherburne   | 12    | SW      | 21:05.2 |
| 66    | Eric Nelson       | 9     | PC      | 21:06.2 |
| 67    | Erik Harstad      | 12    | Fridley | 21:16.4 |
| 68    | Jason Garoutte    | 11    | SW      | 21:19.5 |
| 69    | John King         | 12    | Roos.   | 21:32.1 |
| 70    | Doug Bachler      | 9     | Henry   | 21:34.2 |
| 71    | Thad Bembenek     | 9     | Edison  | 21:51.4 |
| 72    | Scott Pearson     | 11    | Edison  | 22:04.2 |
| 73    | Kris Culhane      | 9     | Henry   | 22:22.4 |
| 74    | Yang Neug         | 9     | Henry   | 22:23.7 |
| 75    | Keith Kratochvil  | 10    | T-G     | 22:27.2 |
| 76    | Randy Washington  | 12    | North   | 22:59.7 |
| 77    | Jacob Finks       | 9     | Henry   | 23:02.8 |
| 78    | Dave Winecoff     | 11    | SW      | 23:20.5 |
| 79    | Kevin Helvey      | 12    | Edison  | 23:27.7 |
| 80    | Nick Michaelson   | 10    | Roos.   | 23:36.3 |
| 81    | Clifton Miller    | 11    | Noorth  | 23:37.0 |
| 82    | Brian Hendrickson | 11    | Edison  | 23:37.3 |
| 83    | Jon Herzog        | 10    | T-G     | 23:48.8 |
| 84    | Bryan Rice        | 11    | North   | 24:12.5 |
| 85    | Kit Ward          | 9     | T-G     | 24:21.8 |
| 86    | Rich Best         | 10    | Henry   | 24:52.3 |