

# 2004 MSHSL Girls' A - St.Olaf College - Nov. 6 - 4000 meters - Sunny, 60, breezy

PLACE	TEAM	POINTS	PLACES	OF	FINISHERS	AVG. TIME	SPREAD
1	Glencoe-Silver Lake	111	10	13	21 28 39	69 87 15:50.2	54.0
2	Staples-Motley	121	11	17	20 31 42	52 97 15:57.4	56.7
3	The Blake School	137	2	3	4 63 65	95 103 15:31.6	2:16.2
4	Perham	150	12	24	25 41 48	61 84 16:05.4	1:01.0
5	Becker	152	5	15	35 40 57	68 15:59.2	1:33.3
6	Luverne	170	6	18	19 55 72	86 109 16:06.8	2:00.7
7	KingslandSpringValley	176	1	29	32 56 58	79 88 15:59.4	2:09.1
8	Hermantown	205	14	23	36 49 83	98 105 16:20.0	1:46.2
9	Rochester Lourdes	218	26	38	47 53 54	73 85 16:23.1	33.7
10	Ely	226	27	44	45 50 60	93 102 16:27.3	42.9
11	Crosby-Ironton/Aitken	256	22	33	43 78 80	81 101 16:36.7	1:19.8
12	Canby/Minneota/LincHi	261	30	37	59 64 71	77 94 16:35.6	1:04.0
13	United South Central	265	16	46	62 67 74	82 89 16:36.9	1:26.5
14	Visitation	283	7	34	75 76 91	100 104 16:40.8	2:22.1
15	St. Cloud Cathedral	312	8	9	90 99 106	107 108 17:00.0	3:28.0
16	Lake Park-Audubon	375	51	66	70 92 96	17:14.6	1:24.2

## 1. Glencoe-Silver Lake (Coach Scott Eckhoff)

10	Maggie Zirbes, 11	15:23.1
13	Katie Zirbes, 11	15:31.0
21	Caty Delwiche, 10	15:55.5
28	Casey Just, 12	16:04.3
39	Kelli Just, 12	16:17.0
69	Brier Begnaud, 11	17:06.4
87	Cari Delwiche, 11	17:29.7

Time = 1:19:10.9 Places = 111

## 2. Staples-Motley (Coach Gene Mattila)

11	Hannah Landecker, 11	15:29.8
17	Courtney Robinson, 11	15:49.1
20	Natasha Wenzel, 8	15:55.3
31	Liza Millessa, 12	16:06.0
42	Brittany Brenny, 12	16:26.5
52	Naomi Landecker, 8	16:34.1
97	Kelsey Griffith, 11	18:00.8

Time = 1:19:46.7 Places = 121

## 3. The Blake School (Coach Gary Lee)

2	Katharine Chute, 10	14:34.3
3	Claire Richardson, 10	14:35.2
4	Margaret Chute, 8	14:49.6
63	Shaina Rud, 7	16:48.7
65	Sophie Fritz, 7	16:50.5
95	Clare Zutz, 11	17:57.9
103	Hilary Hayssen, 8	18:25.0

Time = 1:17:38.1 Places = 137

## 4. Perham (Coach Jeff Morris)

12	Brittany Gigstad, 10	15:31.0
24	Sadie Ellenburg, 10	15:58.7
25	Maddie Covington, 8	15:59.7
41	Jamie Lubitz, 11	16:25.5
48	Jada Ellenberg, 11	16:31.9
61	Holly Sheets, 7	16:45.1
84	Allie Januszewski, 9	17:23.8

Time = 1:20:26.7 Places = 150

## 5. Becker (Coach Todd A. Getts)

5	Ella Smith, 8	15:05.4
15	Kayla Gudmundson, 8	15:39.5
35	Kendra Gaebel, 10	16:10.9
40	Heather Fahsl, 8	16:21.4
57	Jasmine Maki, 8	16:38.7
68	Breanna Tessin, 9	17:06.2

Time = 1:19:55.8 Places = 152

## 6. Luverne (Coach Bruce Gluf)

6	Lexi Jo Heitkamp, 9	15:09.0
18	Kayla Raddle, 8	15:49.2
19	Amanda Saum, 12	15:51.2
55	Kelsey Dooyema, 11	16:35.1
72	Amanda Kannas, 9	17:09.7
86	Kristi Heikes, 12	17:27.3
109	Christy Van dyke, 9	20:17.4

Time = 1:20:34.0 Places = 170

## 7. Kingsland (Coach Brian Hoff)

1	Nicole Calabrese, 12	14:29.6
29	Amanda Holmen, 9	16:04.4
32	Emily Eberle, 8	16:06.5
56	Brianna Kvanli, 9	16:37.9
58	Audrey Allmann, 10	16:38.7
79	Kelsey Capelle, 9	17:14.6
88	Connie McKee, 11	17:31.3

Time = 1:19:57.1 Places = 176

## 8. Hermantown (Coach Kevin Leonard)

14	Margaret Tierney, 7	15:36.2
23	Melissa Engelmeier, 12	15:57.9
36	Chesea Cossin, 7	16:11.6
49	Mary Tierney, 7	16:32.0
83	Destanie Melin, 10	17:22.4
98	Tanya Templer, 8	18:02.5
105	Tessa Carlson, 8	18:39.8

Time = 1:21:40.1 Places = 205

## 9. Rochester Lourdes (Coach Myron Glass)

26	Claire Rieder, 8	16:01.0
38	Ashley Altrichter, 10	16:15.1
47	Kelsey Torchia, 8	16:30.2
53	Emily Altrichter, 8	16:34.6
54	Molly Rea, 8	16:34.6
73	Caroline Carr, 12	17:10.0
85	Katy Torchia, 10	17:24.1

Time = 1:21:55.4 Places = 218

## 10. Ely (Coach Jayne Dusich)

27	Casey Sovil, 10	16:01.3
44	Jenna Klein, 12	16:28.4
45	Carolyn Freeman, 10	16:28.7
50	Jennifer Zupancich, 10	16:33.8
60	Taryn Cunningham, 12	16:44.1
93	Amelia Donars, 10	17:43.1
102	Mary Anderson, 11	18:23.6

Time = 1:22:16.2 Places = 226

## 11. Crosby-Ironton/Aitken (Coach Roger Twigg)

22	Kim Beaman, 12	15:57.3
33	Andrea Borden, 11	16:08.2
43	Stacey Gustafson, 8	16:27.1
78	Molly Nixon, 10	17:13.5
80	Danielle Thiebault, 10	17:17.1
81	Reese Harris, 11	17:17.3
101	Angel Adams, 12	18:22.0

Time = 1:23:03.2 Places = 256

## 12. Canby/Minneota/Lincoln HI (Coach Bill Bredeson)

30	Katie Stoks, 12	16:04.4
37	Amanda Deslauriers, 11	16:14.7
59	Thea Merritt, 8	16:41.2
64	Lindsay Full, 8	16:49.1
71	Kristine Merrill, 10	17:08.4
77	Lauren Beukelman, 8	17:13.0
94	Jana Merritt, 11	17:49.0

Time = 1:22:57.8 Places = 261

13. **United South Central/A-C** (Coach Kent Viesselman)

16	Jamie Klein, 11	15:44.8
46	Becca Bryson, 11	16:28.8
62	Katie Schultz, 11	16:47.4
67	Lindsey Rauenhorst, 12	16:51.9
74	Marrah Robinson, 9	17:11.3
82	Megan Jensen, 12	17:19.6
89	Joelle Elmer, 10	17:34.6

Time = 1:23:04.2      Places = 265

14. **Visitation** (Coach Rene Gavic)

7	Katie Bono, 11	15:14.0
34	Gwynne Evans, 8	16:10.2
75	Kara Solberg, 12	17:11.9
76	Grace Lally, 7	17:11.9
91	Megan Schleck, 10	17:36.1
100	Annie Gehrz, 11	18:15.6
104	Erica Friede, 10	18:28.0

Time = 1:23:24.0      Places = 283

15. **St. Cloud Cathedral** (Coach Kelly Haws)

8	Libby Zupanc, 11	15:16.6
9	Beth Tacl, 11	15:19.2
90	Molly McPherson, 12	17:35.2
99	Sarah Mahowald, 10	18:04.1
106	Kelsey Kudak, 12	18:44.6
107	Ann Pederson, 11	18:56.6
108	Sarah Marrinan, 12	19:26.6

Time = 1:24:59.6      Places = 312

16. **Lake Park-Audubon** (Coach Tom Anderson)

51	Nicole Warling, 7	16:33.8
66	Nora Ulmer, 7	16:50.8
70	Elizabeth Warling, 12	17:08.4
92	Alysha Warling, 9	17:41.8
96	Paige Jensen, 9	17:58.0

Time = 1:26:12.7      Places = 375

PLACE	TEAM	FINISHER	TIME	TEAM
1	1	Nicole Calabrese, 12	14:29.6	KingslandSpringValley
2		Nikki Swenson, 10	14:33.7	LacQuiParleVally/D-B
3	2	Katharine Chute, 10	14:34.3	The Blake School
4	3	Claire Richardson, 10	14:35.2	The Blake School
5		Maureen Keane, 11	14:43.6	Winona Cotter
6		Jill Tholen, 11	14:44.1	Tracy-Milroy-Balaton
7	4	Margaret Chute, 8	14:49.6	The Blake School
8		Bria Wetsch, 11	14:54.8	Holy Family Catholic
9		Morgan Lynn, 8	15:04.3	Adrian
10	5	Ella Smith, 8	15:05.4	Becker
11	6	Lexi Jo Heitkamp, 9	15:09.0	Luverne
12	7	Katie Bono, 11	15:14.0	Visitation
13		Samantha Smith, 12	15:16.2	Cromwell
14	8	Libby Zupanc, 11	15:16.6	St. Cloud Cathedral
15	9	Beth Tacl, 11	15:19.2	St. Cloud Cathedral
16		Laura Christensen, 8	15:22.5	Murray County Central
17	10	Maggie Zirbes, 11	15:23.1	Glencoe-Silver Lake
18		Briana Meyer, 9	15:23.4	Sauk Centre
19		Mo Campbell, 12	15:24.6	Holy Family Catholic
20		Jessica Lundgren, 12	15:26.1	Fairmont
21		McKenzie Burgess, 12	15:28.3	Martin County West
22	11	Hannah Landecker, 11	15:29.8	Staples-Motley
23	12	Brittany Gigstad, 10	15:31.0	Perham
24		Kate Meyer, 12	15:31.0	StPaulAcademy&Summit
25	13	Katie Zirbes, 11	15:31.0	Glencoe-Silver Lake
26		Kelsey Dieterman, 9	15:33.5	Lake City
27	14	Margaret Tierney, 7	15:36.2	Hermantown
28	15	Kayla Gudmundson, 8	15:39.5	Becker
29		Jenny Hoese, 11	15:41.2	Watertown-Mayer
30	16	Jamie Klein, 11	15:44.8	United South Central
31		Kristen Westby, 9	15:46.6	Pelican Rapids
32		Jennifer Becker, 12	15:48.5	EdenValley-Watkins/Km
33	17	Courtney Robinson, 11	15:49.1	Staples-Motley
34	18	Kayla Raddle, 8	15:49.2	Luverne
35	19	Amanda Saum, 12	15:51.2	Luverne
36		Kacy Nehowig, 10	15:54.8	Paynesville Area
37	20	Natasha Wenzel, 8	15:55.3	Staples-Motley
38	21	Caty Delwiche, 10	15:55.5	Glencoe-Silver Lake
39		Kendra Bengtson, 12	15:56.8	Albany
40	22	Kim Beaman, 12	15:57.3	Crosby-Ironton/Aitken
41	23	Melissa Engelmeier, 12	15:57.9	Hermantown
42	24	Sadie Ellenburg, 10	15:58.7	Perham
43		Jenna Sorsen, 10	15:59.0	Windom Area
44		Mollie Juntunun, 10	15:59.3	Esko
45	25	Maddie Covington, 8	15:59.7	Perham
46	26	Claire Rieder, 8	16:01.0	Rochester Lourdes
47	27	Casey Sovil, 10	16:01.3	Ely
48		Pam Dickman, 12	16:01.8	Rockford
49		Jayna Tangen, 12	16:02.4	Chatfield
50		Christine Frandsen, 12	16:03.0	Rush City
51	28	Casey Just, 12	16:04.3	Glencoe-Silver Lake
52	29	Amanda Holmen, 9	16:04.4	KingslandSpringValley
53	30	Katie Stoks, 12	16:04.4	Canby/Minneota/LincHi
54		Leslie Stover, 8	16:05.5	Adrian
55	31	Liza Millessa, 12	16:06.0	Staples-Motley
56	32	Emily Eberle, 8	16:06.5	KingslandSpringValley
57		Ashley Prosocki, 10	16:07.0	Pine River-Backus
58		Amanda Remmele, 11	16:07.9	Minn Valley Lutheran
59	33	Andrea Borden, 11	16:08.2	Crosby-Ironton/Aitken

PLACE	TEAM SCORE	FINISHER	TIME	TEAM
60		Heide Sande, 9	16:08.3	Cook Cty/Silver Bay
61		Emily White, 9	16:08.8	Proctor
62	34	Gwynne Evans, 8	16:10.2	Visitation
63		Kari Dekkers, 9	16:10.3	Fairmont
64	35	Kendra Gaebel, 10	16:10.9	Becker
65		Jessica McDougall, 12	16:11.2	Minnehaha Academy
66	36	Chesea Cossin, 7	16:11.6	Hermantown
67		Kaitlyn Frenchick, 9	16:12.0	Paynesville Area
68	37	Amanda Deslauriers, 11	16:14.7	Canby/Minneota/LincHi
69	38	Ashley Altrichter, 10	16:15.1	Rochester Lourdes
70		Cassie Roper, 10	16:15.7	Proctor
71		Amanda Wickersham, 11	16:16.2	East Grand Forks
72	39	Kelli Just, 12	16:17.0	Glencoe-Silver Lake
73		Bethany Wolvington, 12	16:20.8	Winona Cotter
74	40	Heather Fahsl, 8	16:21.4	Becker
75		Miranda Murray, 8	16:25.1	Blue Earth Area
76	41	Jamie Lubitz, 11	16:25.5	Perham
77	42	Brittany Brenny, 12	16:26.5	Staples-Motley
78	43	Stacey Gustafson, 8	16:27.1	Crosby-Ironton/Aitken
79	44	Jenna Klein, 12	16:28.4	Ely
80	45	Carolyn Freeman, 10	16:28.7	Ely
81	46	Becca Bryson, 11	16:28.8	United South Central
82		Kathleen Freiheit, 9	16:30.1	Hayfield
83	47	Kelsey Torchia, 8	16:30.2	Rochester Lourdes
84		Ali Dostal, 12	16:30.6	Roseau
85	48	Jada Ellenberg, 11	16:31.9	Perham
86	49	Mary Tierney, 7	16:32.0	Hermantown
87		Alexa Grones, 12	16:32.8	Cromwell
88	50	Jennifer Zupancich, 10	16:33.8	Ely
89	51	Nicole Warling, 7	16:33.8	Lake Park-Audubon
90	52	Naomi Landecker, 8	16:34.1	Staples-Motley
91		Anna Hagen, 11	16:34.1	East Grand Forks
92	53	Emily Altrichter, 8	16:34.6	Rochester Lourdes
93	54	Molly Rea, 8	16:34.6	Rochester Lourdes
94	55	Kelsey Dooyema, 11	16:35.1	Luverne
95		Abby Nelson, 10	16:37.1	Esko
96	56	Brianna Kvanli, 9	16:37.9	KingslandSpringValley
97	57	Jasmine Maki, 8	16:38.7	Becker
98	58	Audrey Allmann, 10	16:38.7	KingslandSpringValley
99	59	Thea Merritt, 8	16:41.2	Canby/Minneota/LincHi
100	60	Taryn Cunningham, 12	16:44.1	Ely
101	61	Holly Sheets, 7	16:45.1	Perham
102	62	Katie Schultz, 11	16:47.4	United South Central
103	63	Shaina Rud, 7	16:48.7	The Blake School
104	64	Lindsay Full, 8	16:49.1	Canby/Minneota/LincHi
105		Kelsey Stensland, 10	16:50.1	Madelia / Truman
106		Molly Nustad, 9	16:50.4	Hawley/Ulen-Hitterdal
107	65	Sophie Fritz, 7	16:50.5	The Blake School
108	66	Nora Ulmer, 7	16:50.8	Lake Park-Audubon
109	67	Lindsey Rauenhorst, 12	16:51.9	United South Central
110		Danielle Anshus, 8	17:02.4	Chatfield
111		Samantha Laznicka, 9	17:05.7	Warroad
112	68	Breanna Tessin, 9	17:06.2	Becker
113	69	Brier Begnaud, 11	17:06.4	Glencoe-Silver Lake
114	70	Elizabeth Warling, 12	17:08.4	Lake Park-Audubon
115	71	Kristine Merrill, 10	17:08.4	Canby/Minneota/LincHi
116	72	Amanda Kannas, 9	17:09.7	Luverne
117	73	Caroline Carr, 12	17:10.0	Rochester Lourdes
118	74	Marrah Robinson, 9	17:11.3	United South Central
119		Courtney Sterling, 9	17:11.9	Frazee
120	75	Kara Solberg, 12	17:11.9	Visitation
121	76	Grace Lally, 7	17:11.9	Visitation
122	77	Lauren Beukelman, 8	17:13.0	Canby/Minneota/LincHi
123	78	Molly Nixon, 10	17:13.5	Crosby-Ironton/Aitken
124	79	Kelsey Capelle, 9	17:14.6	KingslandSpringValley
125	80	Danielle Thiebault, 10	17:17.1	Crosby-Ironton/Aitken
126	81	Reese Harris, 11	17:17.3	Crosby-Ironton/Aitken
127	82	Megan Jensen, 12	17:19.6	United South Central
128	83	Destanie Melin, 10	17:22.4	Hermantown
129	84	Allie Januszewski, 9	17:23.8	Perham
130	85	Katy Torchia, 10	17:24.1	Rochester Lourdes
131	86	Kristi Heikes, 12	17:27.3	Luverne
132	87	Cari Delwiche, 11	17:29.7	Glencoe-Silver Lake
133	88	Connie McKee, 11	17:31.3	KingslandSpringValley
134	89	Joelle Elmer, 10	17:34.6	United South Central
135	90	Molly McPherson, 12	17:35.2	St. Cloud Cathedral
136	91	Megan Schleck, 10	17:36.1	Visitation
137	92	Alysha Warling, 9	17:41.8	Lake Park-Audubon
138	93	Amelia Donars, 10	17:43.1	Ely

<b>PLACE</b>	<b>SCORE</b>	<b>FINISHER</b>	<b>TIME</b>	<b>TEAM</b>
139	94	Jana Merritt, 11	17:49.0	Canby/Minneota/LincHi
140	95	Clare Zutz, 11	17:57.9	The Blake School
141	96	Paige Jenson, 9	17:58.0	Lake Park-Audubon
142	97	Kelsey Griffith, 11	18:00.8	Staples-Motley
143	98	Tanya Templer, 8	18:02.5	Hermantown
144	99	Sarah Mahowald, 10	18:04.1	St. Cloud Cathedral
145	100	Annie Gehrz, 11	18:15.6	Visitation
146	101	Angel Adams, 12	18:22.0	Crosby-Ironton/Aitken
147	102	Mary Anderson, 11	18:23.6	Ely
148	103	Hilary Hayssen, 8	18:25.0	The Blake School
149	104	Erica Friede, 10	18:28.0	Visitation
150	105	Tessa Carlson, 8	18:39.8	Hermantown
151	106	Kelsey Kudak, 12	18:44.6	St. Cloud Cathedral
152	107	Ann Pederson, 11	18:56.6	St. Cloud Cathedral
153	108	Sarah Marrinan, 12	19:26.6	St. Cloud Cathedral
154	109	Christy Van dyke, 9	20:17.4	Luverne