

2009 MSHSL Girls Class A - st. Olaf College - Nov. 7 - 4000 meters - Sunny, breezy, 60s

PLACE	TEAM	POINTS	PLACES	OF	FINISHERS	AVG. TIME	SPREAD
1	Waseca	81	7	9	16 18 31 45 49	15:57.1	0:49.0
2	Perham	92	1	11	24 27 29 40 101	15:57.4	1:32.9
3	MtLake-Butterfld-Odin	121	17	21	25 26 32 92 100	16:14.3	0:35.8
4	Adrian	154	6	10	12 43 83 108 109	16:18.2	2:08.4
5	Park Rapids Area	190	14	22	38 52 64 81 102	16:32.9	1:18.8
6	Fairmont	206	3	39	51 55 58 62 91	16:36.4	1:41.3
7	Annandale	218	4	8	60 70 76 89 97	16:36.5	2:03.8
8	Esko	219	15	23	34 59 88 90 105	16:41.7	1:51.2
9	La Crescent	239	35	46	48 53 57 61	16:53.0	0:26.2
10	Holy Family Catholic	252	28	37	56 63 68 69 87	16:53.4	0:48.2
11	Saint Cloud Cathedral	253	5	33	65 71 79 95 96	16:49.7	2:06.6
12	Albany	256	36	42	50 54 74 75 86	16:57.1	0:49.0
13	Blake	258	2	19	67 77 93 103 104	16:46.1	2:35.1
14	Rochester Lourdes	297	13	44	73 82 85 98 99	17:04.9	1:52.5
15	Cook Cty-Two Harbors	299	30	47	66 72 84 106 107	17:07.4	1:11.0
16	New London-Spicer	313	20	41	78 80 94 110 111	17:10.7	1:54.6

1. Waseca (Coach Gary Meurer)

7	Allison Streich, 12	15:40.4
9	Morgan Larson, 10	15:44.0
16	Sally O'Brien, 7	15:54.7
18	Sadie Novak-Klug, 8	15:57.0
31	Hannah McRaith, 11	16:29.4
45	Mackenzie Burke, 9	16:52.2
49	Allie Hadley, 11	16:55.0
Total Time = 1:19:45.3		Total Places = 81

7. Annandale (Coach Scott Massman)

4	Courtney Alama, 8	15:25.7
8	Taylor Alama, 10	15:42.2
60	Shanna Grambart, 8	17:05.1
70	Hannah Mollidrem, 10	17:20.1
76	Heidi Weeres, 11	17:29.4
89	Marina Chapman, 7	17:48.2
97	Colleen Alama, 10	18:05.1
Total Time = 1:23:02.3		Total Places = 218

2. Perham (Coach Jeff Morris)

1	Maddie McClellan, 12	14:55.2
11	Holly Sheets, 12	15:45.0
24	Shayla Fulford, 12	16:13.0
27	Lissie Fudge, 8	16:25.6
29	Racole Karels, 8	16:28.1
40	Abby Anderson, 12	16:44.6
101	Clarrin Covington, 9	18:20.2
Total Time = 1:19:46.7		Total Places = 92

8. Esko (Coaches Jerry Zimny & Tim Lindquist)

15	Marisa Shady, 9	15:54.3
23	Kallyn Knutson, 9	16:11.3
34	Erika Shady, 8	16:33.5
59	Kate Shelerud, 10	17:03.8
88	Amanda Bergstedt, 12	17:45.5
90	Rachael Mills, 11	17:48.3
105	Molly Meysembourg, 9	18:35.7
Total Time = 1:23:28.3		Total Places = 219

3. Mountain Lake/Butterfld-Odin

(Coach Gary Hildebrandt)

17	Petra Nelson, 12	15:56.0
21	Sierra Harder, 12	16:06.5
25	Karina Fast, 11	16:16.4
26	Lydia Hildebrandt, 7	16:20.9
32	Karen Herrig, 12	16:31.8
92	Brianna Southirong, 7	17:51.4
100	Nadya Bucklin, 12	18:13.5
Total Time = 1:21:11.4		Total Places = 121

9. La Crescent (Coach Mark Abraham)

35	Katie Shepardson, 9	16:36.5
46	Tessa Ladsten, 9	16:53.2
48	Heather Veglahn, 12	16:54.5
53	Taylor Gibson, 9	16:57.8
57	Molly Dunlap, 10	17:02.7
61	Libby Kathan, 11	17:06.9
Total Time = 1:24:24.6		Total Places = 239

4. Adrian (Coach John Olson)

6	Jordin Kopplow, 9	15:30.2
10	Megan Sauer, 9	15:44.7
12	Nicole Slater, 8	15:49.4
43	Morgan Sauer, 7	16:48.1
83	Alissa Sauer, 11	17:38.6
108	Elissa Thier, 9	18:48.2
109	Nicole Knips, 8	19:20.3
Total Time = 1:21:30.8		Total Places = 154

10. Holy Family Catholic (Coach Jim Kappel)

28	Abigail New, 11	16:25.7
37	Kelsey Mullen, 12	16:39.0
56	Lauren Lavelle, 10	17:00.1
63	Sara Hanel, 12	17:08.4
68	Chandler Hegna, 12	17:13.9
69	Brooke Weinzierl, 10	17:15.5
87	Bridget Stone, 12	17:43.2
Total Time = 1:24:27.0		Total Places = 252

5. Park Rapids Area (Coach Kerry Johnson)

14	Lydia Lutz, 10	15:50.4
22	Victoria Lutz, 12	16:09.2
38	Summer Ellefson, 10	16:39.3
52	Kaylee Hilmanowski, 9	16:56.3
64	Morgan Olson, 9	17:09.2
81	Tiffany Deichtler, 11	17:37.1
102	Sophie Shogren, 11	18:20.7
Total Time = 1:22:44.2		Total Places = 190

11. Saint Cloud Cathedral (Coach Kelly Haws)

5	Elena Danielson, 9	15:27.7
33	Morgan Durbin, 8	16:33.2
65	Brigid Brew, 8	17:11.8
71	Paige Danielson, 7	17:21.4
79	Heather Yelle, 9	17:34.3
95	Alyssa Unger, 10	17:57.7
96	Hallee Curtis, 9	18:03.3
Total Time = 1:24:08.2		Total Places = 253

6. Fairmont (Coach Bob Bonk)

3	Lauren Friese, 10	15:21.9
39	Laura Hamp, 11	16:41.7
51	Jami Riley, 12	16:56.0
55	Kylie Dekkers, 12	16:59.3
58	Sarah Vanasse, 12	17:03.2
62	Justine Gerdts, 10	17:07.7
91	Alison Lundgren, 12	17:49.7
Total Time = 1:23:01.9		Total Places = 206

12. Albany (Coach Kathy Conrad)

36	Jillian Caspers, 11	16:37.9
42	Kirsten Bates, 11	16:47.3
50	Kaylee Roelike, 10	16:55.4
54	Izzy Plantenberg, 11	16:58.1
74	Julie Rademacher, 10	17:26.9
75	Krista Sauerer, 12	17:27.7
86	Alyssa Braun, 9	17:43.1
Total Time = 1:24:45.4		Total Places = 256

13. **Blake** (Coach Gary Lee)
 2 Clare Flanagan, 8 15:17.6
 19 Jordan Chancellor, 7 15:57.4
 67 Carolyn Nye, 7 17:13.2
 77 Alex Lovas, 8 17:29.7
 93 Audrey Greene, 11 17:52.7
 103 Aliya Feroe, 9 18:25.9
 104 Shaina Rud, 12 18:29.1
 Total Time = 1:23:50.4 Total Places = 258

15. **Cook County-Two Harbors** (Coach Chris Hegg)
 30 Signe Larson, 9 16:28.5
 47 Ailee Larson, 11 16:54.1
 66 Sonja Peterson, 12 17:12.0
 72 Mercedes Leininger, 12 17:22.9
 84 Anna Schield, 11 17:39.5
 106 Michelle Weitz, 12 18:37.4
 107 Shelby Ahrendt, 9 18:46.2
 Total Time = 1:25:36.8 Total Places = 299

14. **Rochester Lourdes** (Coach Myron Glass)
 13 Camila Bedoya, 9 15:49.9
 44 Cecelia Weir, 12 16:48.8
 73 Kristina O'Meara, 12 17:25.6
 82 Marianne Scheitel, 12 17:37.9
 85 Carly Bjork, 10 17:42.4
 98 Shannon Strickland, 9 18:09.1
 99 Amy Mathiowetz, 12 18:10.9
 Total Time = 1:25:24.4 Total Places = 297

16. **New London-Spicer** (Coach Mark Thompson)
 20 Spencer Erickson, 10 16:02.2
 41 Lydia Kieft, 9 16:46.0
 78 Codie Bennetts, 9 17:32.9
 80 Gracie Waugh, 8 17:35.6
 94 Hillary Brink, 12 17:56.8
 110 Jessica Boonstra, 11 19:33.3
 111 Allison Ruter, 11 19:45.0
 Total Time = 1:25:53.2 Total Places = 313

PLACE	TEAM SCORE	FINISHER	Mile TIME	FINAL TIME	TEAM
1		Maddie McClellan, 12	5:49.04	14:55.2	Perham
2		Kayla Woltz, 9	5:57.24	15:02.3	Chatfield
3	2	Clare Flanagan, 8	5:51.09	15:17.6	Blake
4	3	Lauren Friese, 10	5:55.64	15:21.9	Fairmont
5	4	Courtney Alama, 8	5:55.44	15:25.7	Annandale
6		Kaia Bierman, 8	6:03.14	15:26.1	Cannon Falls
7	5	Elena Danielson, 9	5:55.99	15:27.7	Saint Cloud Cathedral
8	6	Jordin Koppfow, 9	5:57.34	15:30.2	Adrian
9		Anne Hart, 12	5:51.24	15:30.7	St Paul Acad & Summit
10		Victoria Alexander, 9	5:51.74	15:32.7	Lake ofWoods/RainyRiv
11		Sarah Chasson, 12	5:51.79	15:40.1	Cromwell-Floodwood
12	7	Allison Streich, 12	5:57.19	15:40.4	Waseca
13	8	Taylor Alama, 10	5:57.49	15:42.2	Annandale
14	9	Morgan Larson, 10	5:57.84	15:44.0	Waseca
15	10	Megan Sauer, 9	6:03.39	15:44.7	Adrian
16	11	Holly Sheets, 12	5:59.79	15:45.0	Perham
17		Leah Jessen, 8	5:58.24	15:47.9	Canby-Minneota-LinChi
18	12	Nicole Slater, 8	6:10.54	15:49.4	Adrian
19	13	Camila Bedoya, 9	6:08.44	15:49.9	Rochester Lourdes
20	14	Lydia Lutz, 10	6:00.79	15:50.4	Park Rapids Area
21		Makena Hofer, 10	6:00.19	15:51.5	Montevideo
22		Gabi Swoboda, 11	5:57.29	15:52.5	Redwood Valley
23	15	Marisa Shady, 9	6:02.79	15:54.3	Esko
24	16	Sally O'Brien, 7	5:55.84	15:54.7	Waseca
25		Emi Trost, 8	6:09.19	15:55.8	Cannon Falls
26	17	Petra Nelson, 12	6:05.29	15:56.0	MtLake-Butterfld-Odin
27	18	Sadie Novak-Klug, 8	6:01.09	15:57.0	Waseca
28		Lexi Fritz, 8	6:07.64	15:57.3	Meadow CreekChristian
29	19	Jordan Chancellor, 7	6:05.74	15:57.4	Blake
30		Cheyenne Bowers, 10	6:02.49	15:59.5	Saint James
31		Janessa Meuleners, 7	6:09.99	16:00.7	Belle Plaine
32		Marrissia Hagedorn, 10	6:02.64	16:01.1	Blue Earth Area
33	20	Spencer Erickson, 10	6:01.34	16:02.2	New London-Spicer
34		McKenzie Holt, 8	6:05.44	16:04.5	St. Cloud Christian
35		Tera Walker, 10	6:05.84	16:05.2	Lac quiParleVal/DawB
36		Adriana Flores, 12	6:00.09	16:05.9	Medford
37		Emily Norton, 9	5:58.89	16:06.2	Plainview-Elgin-Millv
38	21	Sierra Harder, 12	6:23.14	16:06.5	MtLake-Butterfld-Odin
39		Hannah Johnson, 9	6:06.64	16:07.1	Watertown-Mayer
40	22	Victoria Lutz, 12	6:04.94	16:09.2	Park Rapids Area
41		Emma Johnson, 10	6:04.04	16:10.0	Mora
42		Maren Greenwaldt, 11	6:10.94	16:10.9	Sauk Centre
43	23	Kallyn Knutson, 9	6:04.54	16:11.3	Esko
44	24	Shayla Fulford, 12	6:02.79	16:13.0	Perham
45		Lynn Astrup, 8	6:04.84	16:13.8	Warroad
46		Emma Pogrebas, 11	6:04.24	16:15.2	Staples-Motley
47	25	Karina Fast, 11	6:13.04	16:16.4	MtLake-Butterfld-Odin
48		Savannah Ramierz, 8	6:07.19	16:16.9	Litchfield
49		Katherine Lubar, 9	6:11.39	16:17.0	Minnehaha Academy
50	26	Lydia Hildebrandt, 7	6:12.99	16:20.9	MtLake-Butterfld-Odin
51		Korinna Mickelson, 8	6:08.04	16:21.3	McGregor
52		Casey Haffield, 9	6:11.24	16:21.6	Minnehaha Academy
53		Erika Schlangen, 9	6:09.49	16:23.6	Paynesville
54		Anna Tofteland, 8	6:09.54	16:23.9	Luverne
55		Gretta Brunelle, 8	6:11.84	16:24.1	Warroad
56	27	Lissie Fudge, 8	6:12.44	16:25.6	Perham
57	28	Abigail New, 11	6:10.74	16:25.7	Holy Family Catholic
58	29	Racole Karels, 8	6:10.49	16:28.1	Perham
59	30	Signe Larson, 9	6:14.99	16:28.5	Cook Cty-Two Harbors

PLACE	TEAM SCORE	FINISHER	Mile TIME	FINAL TIME	TEAM
60	31	Hannah McRaith, 11	6:04.99	16:29.4	Waseca
61		Lindsey Dahl-Holm, 10	6:04.69	16:30.7	Carlton
62	32	Karen Herrig, 12	6:15.04	16:31.8	MtLake-Butterfld-Odin
63		Melissa Marsh, 8	6:09.04	16:32.0	St. Anthony Village
64		Elizabeth Hemsworth, 10	6:15.79	16:32.1	Sauk Centre
65		Bailey Beckman, 8	6:24.79	16:32.3	East Central
66	33	Morgan Durbin, 8	6:17.64	16:33.2	Saint Cloud Cathedral
67	34	Erika Shady, 8	6:19.79	16:33.5	Esko
68		Kaytlin Roth, 12	6:03.14	16:35.5	Staples-Motley
69		Caitlan Keskey, 11	6:24.24	16:35.8	Dassel-Cokato
70	35	Katie Shepardson, 9	6:21.69	16:36.5	La Crescent
71		Karen Sass, 10	6:17.64	16:37.2	Chatfield
72		Megan West, 9	6:05.44	16:37.3	Mesabi East
73	36	Jillian Caspers, 11	6:23.04	16:37.9	Albany
74	37	Kelsey Mullen, 12	6:11.34	16:39.0	Holy Family Catholic
75	38	Summer Ellefson, 10	6:16.34	16:39.3	Park Rapids Area
76		Tori Burr, 8	6:10.24	16:40.3	Glencoe-Silver Lake
77	39	Laura Hamp, 11	6:15.89	16:41.7	Fairmont
78		Alaysia Freetly, 7	6:16.54	16:42.0	Lac quiParleVal/DawB
79	40	Abby Anderson, 12	6:08.04	16:44.6	Perham
80	41	Lydia Kieft, 9	6:13.34	16:46.0	New London-Spicer
81	42	Kirsten Bates, 11	6:24.44	16:47.3	Albany
82		Hannah Ehling, 11	6:16.64	16:47.8	Montevideo
83	43	Morgan Sauer, 7	6:26.94	16:48.1	Adrian
84	44	Cecelia Weir, 12	6:24.64	16:48.8	Rochester Lourdes
85		Dana Kuelbs, 12	6:14.24	16:49.0	LongPrairie-GreyEagle
86		Kennedy Jurek, 9	6:25.89	16:50.9	Foley
87	45	Mackenzie Burke, 9	6:23.94	16:52.2	Waseca
88	46	Tessa Ladsten, 9	6:25.09	16:53.2	La Crescent
89	47	Ailee Larson, 11	6:28.69	16:54.1	Cook Cty-Two Harbors
90		Ahna Buntrock, 9	6:03.44	16:54.4	Dover-Eyota/StCharles
91	48	Heather Veglahn, 12	6:25.34	16:54.5	La Crescent
92		Johannah Wyrick, 8	6:24.74	16:54.8	Eveleth-Gilbert
93	49	Allie Hadley, 11	6:24.24	16:55.0	Waseca
94	50	Kaylee Roelike, 10	6:23.84	16:55.4	Albany
95	51	Jami Riley, 12	6:24.84	16:56.0	Fairmont
96	52	Kaylee Hilmanowski, 9	6:27.44	16:56.3	Park Rapids Area
97	53	Taylor Gibson, 9	6:22.04	16:57.8	La Crescent
98	54	Izzy Plantenberg, 11	6:26.49	16:58.1	Albany
99	55	Kylie Dekkers, 12	6:35.09	16:59.3	Fairmont
100		Tara Roelofs, 10	6:06.04	17:00.1	Lcwm/N
101	56	Lauren Lavelle, 10	6:35.24	17:00.1	Holy Family Catholic
102	57	Molly Dunlap, 10	6:29.39	17:02.7	La Crescent
103	58	Sarah Vanasse, 12	6:27.24	17:03.2	Fairmont
104	59	Kate Shelerud, 10	6:24.19	17:03.8	Esko
105	60	Shanna Grambart, 8	6:20.84	17:05.1	Annandale
106	61	Libby Kathan, 11	6:29.04	17:06.9	La Crescent
107	62	Justine Gerdts, 10	6:28.59	17:07.7	Fairmont
108	63	Sara Hanel, 12	6:31.04	17:08.4	Holy Family Catholic
109	64	Morgan Olson, 9	6:26.34	17:09.2	Park Rapids Area
110	65	Brigid Brew, 8	6:25.54	17:11.8	Saint Cloud Cathedral
111	66	Sonja Peterson, 12	6:28.64	17:12.0	Cook Cty-Two Harbors
112	67	Carolyn Nye, 7	6:30.64	17:13.2	Blake
113	68	Chandler Hegna, 12	6:35.49	17:13.9	Holy Family Catholic
114		Hannah Goemann, 9	6:27.24	17:14.5	UnitedSouthCentral/Ac
115	69	Brooke Weinzierl, 10	6:33.84	17:15.5	Holy Family Catholic
116		Rosie Simonse, 9	6:18.79	17:17.4	Providence Academy
117	70	Hannah Mollidrem, 10	6:27.44	17:20.1	Annandale
118		Madison Sachs, 10	6:25.09	17:21.1	Minnewaska Area
119	71	Paige Danielson, 7	6:37.89	17:21.4	Saint Cloud Cathedral
120	72	Mercedes Leininger, 12	6:43.44	17:22.9	Cook Cty-Two Harbors
121	73	Kristina O'Meara, 12	6:36.84	17:25.6	Rochester Lourdes
122	74	Julie Rademacher, 10	6:40.34	17:26.9	Albany
123	75	Krista Sauerer, 12	6:37.44	17:27.7	Albany
124	76	Heidi Weeres, 11	6:30.59	17:29.4	Annandale
125	77	Alex Lovas, 8	6:36.54	17:29.7	Blake
126	78	Codie Bennetts, 9	6:37.09	17:32.9	New London-Spicer
127	79	Heather Yelle, 9	6:36.54	17:34.3	Saint Cloud Cathedral
128	80	Gracie Waugh, 8	6:37.44	17:35.6	New London-Spicer
129	81	Tiffany Deichtler, 11	6:38.44	17:37.1	Park Rapids Area
130	82	Marianne Scheitel, 12	6:37.14	17:37.9	Rochester Lourdes
131	83	Alissa Sauer, 11	6:38.29	17:38.6	Adrian
132	84	Anna Schield, 11	6:54.39	17:39.5	Cook Cty-Two Harbors
133	85	Carly Bjork, 10	6:37.29	17:42.4	Rochester Lourdes
134	86	Alyssa Braun, 9	6:29.74	17:43.1	Albany
135	87	Bridget Stone, 12	6:35.44	17:43.2	Holy Family Catholic
136	88	Amanda Bergstedt, 12	6:35.44	17:45.5	Esko
137	89	Marina Chapman, 7	6:39.44	17:48.2	Annandale
138	90	Rachael Mills, 11	6:42.24	17:48.3	Esko

PLACE	TEAM SCORE	FINISHER	Mile TIME	FINAL TIME	TEAM
139	91	Alison Lundgren, 12	6:39.29	17:49.7	Fairmont
140	92	Brianna Southirong, 7	6:31.19	17:51.4	MtLake-Butterfld-Odin
141	93	Audrey Greene, 11	6:37.04	17:52.7	Blake
142	94	Hillary Brink, 12	6:37.04	17:56.8	New London-Spicer
143	95	Alyssa Unger, 10	6:28.99	17:57.7	Saint Cloud Cathedral
144	96	Hallee Curtis, 9	6:34.64	18:03.3	Saint Cloud Cathedral
145	97	Colleen Alama, 10	6:25.54	18:05.1	Annandale
146	98	Shannon Strickland, 9	6:37.14	18:09.1	Rochester Lourdes
147	99	Amy Mathiowetz, 12	6:40.64	18:10.9	Rochester Lourdes
148	100	Nadya Bucklin, 12	6:41.94	18:13.5	MtLake-Butterfld-Odin
149	101	Clarrin Covington, 9	6:35.09	18:20.2	Perham
150	102	Sophie Shogren, 11	6:47.44	18:20.7	Park Rapids Area
151	103	Aliya Feroe, 9	6:45.09	18:25.9	Blake
152	104	Shaina Rud, 12	6:44.14	18:29.1	Blake
153	105	Molly Meysembourg, 9	6:53.74	18:35.7	Esko
154	106	Michelle Weitz, 12	6:58.94	18:37.4	Cook Cty-Two Harbors
155	107	Shelby Ahrendt, 9	6:59.04	18:46.2	Cook Cty-Two Harbors
156	108	Elissa Thier, 9	6:35.84	18:48.2	Adrian
157	109	Nicole Knips, 8	6:53.84	19:20.3	Adrian
158	110	Jessica Boonstra, 11	7:07.29	19:33.3	New London-Spicer
159	111	Allison Ruter, 11	7:06.39	19:45.0	New London-Spicer