

2014
Season End Banquet
Program



November 16th, 2014

Good afternoon!

Welcome to the 2014 season banquet for the East Ridge Cross Country Team! It was a wonderful fall to be outside running fast and that what you did. Another record setting year with the huge improvement the teams had. For the sixth year in a row, this was the largest team we've ever had. Thanks for being a part of this. Your hard work and dedication make this program what it is. To our seniors: 5 boys- Boys- Andrew, Blake, Caleb, Trung and Connor; 18 Girls- Braeden, Brenley, Ciara, Elizabeth, Emily, Emily, Emily, Gabby, Julia, Katie, Marguerite, Maria, Megan, Megan, Micaela, Molly, Shayda and Waverly. Thanks for the great memories and for making this team a part of your high school career. We will miss you all! Coach Ness, Coach Gramer and I so happy you ran on this team!

We have a primary goal on this team—that is to be excellent, regardless of scores, times, finishes etc. Obviously, we are trying to score/finish as high as possible at the post-season meets but remember our main goal. It's great to look at our team can accomplish and what we can learn through running. When striving for excellence, we focus on the factors we have control over. Thanks for putting forth that effort towards that goal. I believe success is coming together and learning from highs and lows and as a result becoming better people in the end. This is a true measurement of success in my mind.

Please look through this banquet program for team results, individual results, records etc. If there are mistakes in this booklet this year, I apologize. Please make me aware of them and I will include those changes. Team awards are voted on. Please refer to that section.

Conference awards—All Conference- awarded to the top 18 finishers (this is a very competitive conference!). All Conference Honorable Mention (the next 9 athletes after All Conference).

Meets—In a sport with scores and times, records are often kept, please take note of some record performances.

Academic awards—The activities office presents this award to athletes who are also performing well in the classroom. Remember—you are student- athletes (notice “student” in first). BOTH the boys' and girls' are Section 4AA Gold Academic Award winners!

Red Hot Runner of the meet-- A Particular meet that stood out for you during the season.

State award—For running in the state meet. Of course a big accomplishment. All State awards, All State Academic too.

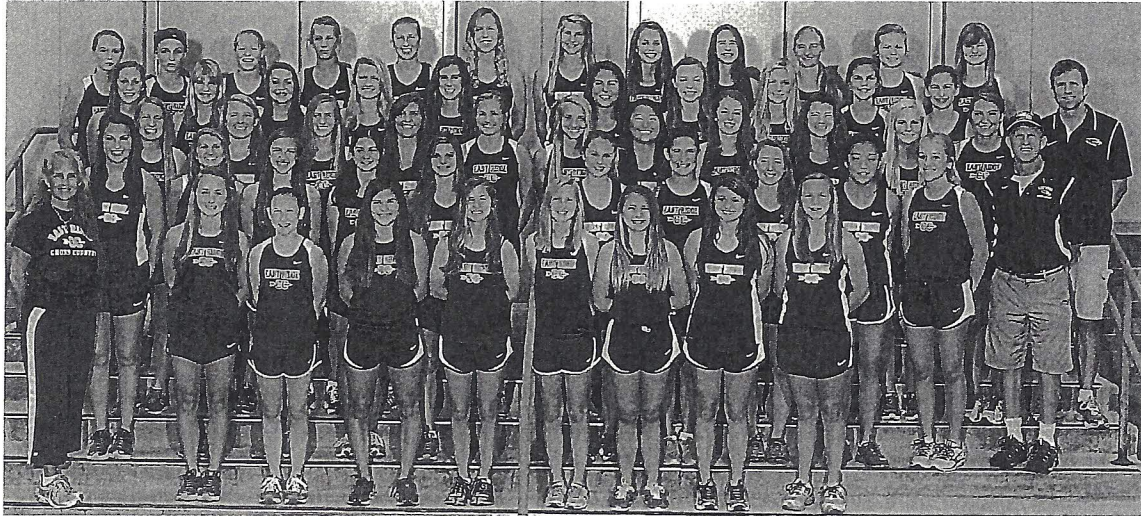
Many medals and ribbons were earned during the season.

Athletic letter—for meeting the requirements set out at the start of the year.

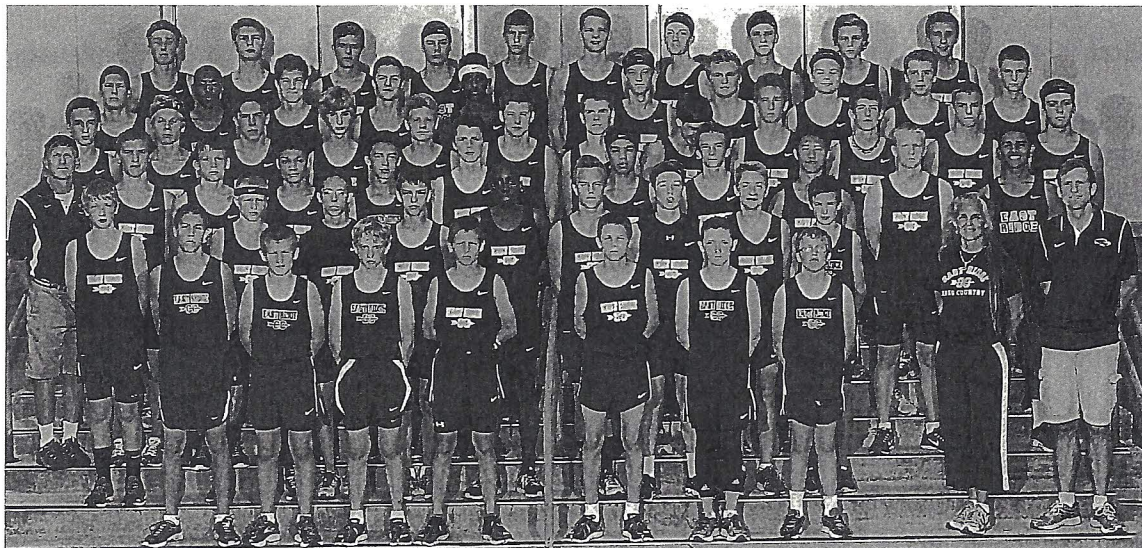
Congrats to the girls' team for running their way to becoming section champs! Hence, qualifying for state at the 4AA meet and placing 4th at state, exceeding their state ranking. Congrats to both the boys' and girls' teams for their academic award as well. Please look through this booklet for further accomplishments and individual awards.

Thank you for a fantastic season. Thanks to all the parents who were so instrumental in making this team what it is. Thanks for supporting your son and/or daughter's team.

-Coach Cronin



East Ridge
Girls' Cross Country
2014



East Ridge
Boys' Cross Country
2014

East Ridge XC Meet sheet

Date:

St. Olaf

name	8-29-14
BOYS'	
1 Noah Wondimu	17.50
2 Andrew Berg	18.07
3 Tony Cauthorn	18.15
4 Michael Virgin	18.29
5 Coleman Nix	18.39
6 Conner Leijcher	18.49
7 Nathan Strom	19.13
8 Blake Slette	19.53
9 Jack Standal	19.56
10 Sam Phipps	19.57
11 Michael Kenney	19.57
12 Joe Reinmann	19.57
13 Phillip Harris	20.05
14 Ted Tupper	20.23
15 Charlie Betz	20.32
16 Tim Ollmann	21.02
17 Tyson Somers	21.05
18 Peter Betz	21.09
19 Luke Lemay	21.18
20 Ethan Anderson	21.18
21 Brevin Ndovu	21.35
22 Henry Burns	21.40
23 Wescott Bixby	21.47
24 Jacob Fabro	21.59
25 Aaron Mader	22.05
26 Austin Bunnell	22.16
27 Mitchell Vangsness?	22.34
28 Ethan Storm	23.00
29 Sean Schiferl	23.18
30 Jacob Daubenberger	23.19
31 Riley Blank	23.30
32 Phillip Gramer	23.45
33 Ben Hall	23.51
34 Jacob Meyertholen	24.24
35 Jacob Neumann	24.33
36 Alejandro Lagman	24.54
37 Tristan Poeschel	25.28
38 Frank Rapp	25.59
39 Alex Bloomquist	26.19
40 Alex Fournier	26.20
41 Dominic Wood	26.22
42 Zach Schank	27.26
43 Caleb Nunn	28.25
44 Mithcell Hermann	29.32
45 Manny Knutson	29.46
46 Trung Nguyen	31.05
47 Brandon Mckenzie	32.03
48 Conner Lisowski	
49 Joseph Moynihan	
50 Nick Mathew	
51 Mitchell Leijcher	
52 Noah Webb	
53 Brady Kunz	
54 Kyle Findlay	
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name	GIRLS'
1 Emily Betz	15.28
2 Brenley Goertzen	15.46
3 Emily Bunnel	16.24
4 Olivia Hummel	16.31
5 Ellie McMaster	16.36
6 Megan Schiferl	16.40
7 Abby Witte	16.43
8 Megan Dierberger	17.39
9 Eleasha Mckenzie	18.13
10 Maria Wallace	18.29
11 Joanna Gramer	18.41
12 Anna Betz	18.51
13 Emily Tupper	19.02
14 Megan Yoshida	19.05
15 Katie Marcus	19.33
16 Daniella Del Toro	19.40
17 Kendra Besser	19.48
18 Delaney Goertzen	19.50
19 Karla Brady	19.51
20 Cassidy Ihns	19.54
21 Micaela Besser	20.18
22 Maria Daubenberger	20.28
23 Shreya Narayan	20.57
24 Keri Mckenzie	21.00
25 Leah Restad	21.43
26 Ellie Schmidt	21.47
27 Christine Severude	21.50
28 Julia Lewis	21.53
29 Shayda Gounili	21.55
30 Elizabeth Travis	22.00
31 Nicole Levine	22.12
32 Waverly Moline	22.17
33 Paige Yurek	22.59
34 Cayleigh Falink	23.06
35 Megan Ollrich	23.20
36 Rebecca Swanson	26.28
37 Rebecca Bailey?	23.34
38 Amanda Clements	23.59
39 Faith Hang	24.16
40 Madeleine Barondeau	25.04
41 Meghan Glancey	26.10
42 Kaitlin Hartwig	27.02
43 Emily Chandler	
44 Molly Mcvey	
45 Gabby Crumley	
46 Marguerite Crumley	
47 Sophia Carpentier	
48 Clara Riley	
49 Brook Binder	
50 Jacqueline Shaw	
51 Kaitlyn Radecki	
52	
53	
54	

Fine job on your first race of the season and for many of you, your first race ever! It was nice to see you working with your team and encouraging your teammates. Please take note of your time. They only give 35 chips. For most teams, that is plenty but we are a very large team. It looked like we were one of the biggest three teams there. This is a great course to use all the strategies-- hills, pacing etc. Please warm up and cool down with your group.

boys: "Meet" Letter points:

- 9 points <18:37
- 6 points <19:37
- 3 points <20:47

girls:

- 9 points <17:27
- 6 points <18:33
- 3 points <19:34

St. Olaf:	
Girls-	
1.	80 East Ridge
2.	107 Chaska
3.	156 Red Wing
4.	191 Roseville
5.	243 Hudson
6.	246 Coon rapids
7.	252 Waseca
8.	282 Maple Grove
9.	284 Shakopee
10.	310 Centennial
11.	310 Mounds View
12.	311 Chanhassen
13.	365 Osseo
14.	367 Woodbury
15.	389 Winona
16.	410 Albert Lea
17.	412 Holy Family
18.	412 Dover-Eyota
19.	439 Hopkins
20.	468 Champlin Park
21.	503 Rogers
22.	512 Jefferson
23.	645 Park
24.	654 Mpls Southwest
25.	717 CDH
26.	765 Chatfield

St. Olaf	
Boys-	
1.	64 Hopkins
2.	152 Shakopee
3.	198 Chanhassen
4.	237 Eastview
5.	259 Red Wing
6.	270 Centennial
7.	273 Chaska
8.	294 Burnsville
9.	304 East Ridge
10.	311 Rogers
11.	311 Waseca
12.	320 Winona
13.	321 Woodbury
14.	331 Buffalo
15.	344 Wayzata
16.	404 Maple Grove
17.	425 Albert Lea
18.	439 Owatonna
19.	447 Osseo
20.	481 CDH
21.	496 Holy Family
22.	498 Hudson
23.	556 Mankato West
24.	573 Champlin Park
25.	683 Jefferson
26.	768 Dover-Eyota
27.	784 Chatfield
28.	818 Park
29.	822 Mpls Southwest

East Ridge XC Meet sheet Date:

name	9-5-14
BOYS'	
1 Tony Cauthorn	18.18
2 Andrew Berg	18.21
3 Noah Wondimu	18.26
4 Michael Virgin	18.38
5 Coleman Nix	19.13
6 Nathan Strom	19.27
7 Conner Leijcher	19.43
8 Luke Lemay	19.55
9 Michael Kenney	20.03
10 Charlie Betz	20.05
11 Phillip Harris	20.06
12 Joe Reinmann	20.22
13 Blake Slette	20.24
14 Tyson Somers	20.39
15 Jack Standal	20.42
16 Ethan Anderson	20.51
17 Austin Sam	20.55
18 Ted Tupper	20.57
19 Tim Ollmann	21.07
20 Sam Phipps	21.09
21 Conner Lisowski	21.47
22 Aaron Mader	21.47
23 Joseph Moynihan	21.53
24 Mitchell Vangsness	22.09
25 Ben Hall	22.13
26 Brady Kunz	22.27
27 Peter Betz	22.28
28 Brevin Ndovu	23.08
29 Jacob Neumann	23.20
30 Jacob Meyertholen	23.23
31 Ethan Storm	23.24
32 Riley Blank	23.38
33 Sean Schiferl	23.51
34 Philip Gramer	23.55
35 Caleb Nunn	23.59
36 Wescott Bixby	23.60
37 Kyle Findlay	24.14
38 Jacob Daubenberger	24.23
39 Mithcell Hermann	25.21
40 Austin Bunnell	25.41
41 Zach Schank	25.57
42 Tristan Poeschel	26.00
43 Nick Mathew	26.01
44 Frank Rapp	26.39
45 Dominic Wood	27.52
46 Michael Wahl	27.54
47 Mitchell Leijcher	28.11
48 Brandon Mckenzie	29.28
49 Manny Knutson	30.29
50 Trung Nguyen	30.44
51	

St. Croix Bluffs

name	
GIRLS'	
1 Emily Betz	15.31
2 Brenley Goertzen	15.48
3 Megan Schiferl	16.10
4 Olivia Hummel	16.27
5 Ellie McMaster	17.10
6 Abby Witte	17.10
7 Megan Dierberger	17.52
8 Anna Betz	18.02
9 Maria Wallace	18.21
10 Emily Tupper	19.05
11 Eleasha Mckenzie	19.10
12 Megan Yoshida	19.26
13 Katie Marcus	19.37
14 Karla Brady	19.38
15 Delaney Goertzen	19.51
16 Joanna Gramer	19.54
17 Daniella Del Toro	20.18
18 Maria Daubenberger	20.23
19 Sophia Carpentier	20.34
20 Shreya Narayan	21.07
21 Emily Chandler	21.32
22 Keri Mckenzie	21.34
23 Micaela Besser	21.44
24 Molly Mcvey	21.57
25 Cassidy Ihns	21.58
26 Ellie Schmidt	21.59
27 Nicole Levine	22.20
28 Ciara Riley	22.27
29 Shayda Gounili	22.43
30 Christine Severude	22.57
31 Brook Binder	23.04
32 Leah Restad	23.09
33 Megan Ollrich	23.11
34 Rebecca Swanson	23.13
35 Waverly Moline	23.14
36 Gabby Crumley	23.18
37 Jacqueline Shaw	23.27
38 Cayleigh Falink	23.48
39 Madeleine Barondeau	24.22
40 Elizabeth Travis	24.35
41 Rebecca Bailey	25.02
42 Amanda Clements	25.11
43 Marguerite Crumley	25.25
44 Faith Hang	25.33
45 Kaitlyn Radecki	27.40
46 Meghan Glancey	29.33
47 Kaitlin Hartwig	29.34
48	

St. Croix Bluffs:

JV Boys-

- Eagan 25
- East Ridge 73
- Red Wing 94
- Northfield 111
- CDH 148
- Central 155
- Osseo 164
- Hastings 207
- Woodbury 284
- Burnsville 287
- Park 327
- Johnson 330
- Richfield 379

Boys' V-

- Red Wing 73
- Woodbury 74
- Eagan 79
- East Ridge 107
- Central 111
- Northfield 153
- Osseo 158
- Hastings 238
- CDH 256
- Richfield 257
- B Burnsville 316
- Park 330

St. Croix Bluffs:

JV Girls-

- Eagan 26
- East Ridge 79
- Eastview 94
- Northfield 99
- Osseo 129
- Red Wing 154
- Central 175
- CDH 261
- Park 272
- Hastings 272
- Woodbury 294

Girls' V-

- Eagan 49
- East Ridge 50
- Eastview 72
- Red Wing 84
- Woodbury 144
- Osseo 183
- Park 204
- Northfield 217
- Central 254
- CDH 282
- Hastings 312
- Richfield 353

Good meet in the humid conditions! This is already a tough course with the terrain, hills and turns. Way to be tough out there. It is important that you are able to switch gears on those hills and get those arms moving so you're legs follow. Generally, we were much improved on pacing out that first stretch. Hopefully, you could hear your mile time and be able to use that info for pacing your while race. Nice job on the high places and I heard compliments on our team regarding encouraging others-- even those on opposing teams.

"Meet" Letter points*:

Boys'

- 9 points <18:31
- 6 points <19:45
- 3 points <20:30

Girls'

- 9 points <16:27
- 6 points <17:55
- 3 points <19:40

* adjusted from original average due to conditions.

East Ridge XC Meet shee Date:

name 9-11-14

BOYS'	
1	Tony Cauthorn 17.17
2	Noah Wondimu 17.03
3	Andrew Berg 17.19
4	Michael Virgin 17.25
5	Coleman Nix 17.57
6	Conner Leijcher 18.01
7	Nathan Strom 18.03
8	Charlie Betz 18.46
9	Joe Reinmann 18.46
10	Luke Lemay 18.47
11	Phillip Harris 18.47
12	Sam Phipps 19.16
13	Blake Slette 19.20
14	Ethan Anderson 19.26
15	Ted Tupper 19.30
16	Jacob Fabro 19.32
17	Tyson Somers 19.38
18	Brevin Ndovu 19.41
19	Conner Lisowski 19.51
20	Henry Burns 19.51
21	Brady Kunz 19.52
22	Joseph Moynihan 19.56
23	Austin Sam 20.20
24	Ethan Storm 20.38
25	Phillip Gramer 20.38
26	??? 20.40
27	Sean Schiferl 20.49
28	Mitchell Vangsness 21.02
29	Jordan Heady 21.19
30	Caleb Nunn 21.27
31	Jacob Neumann 21.39
32	Riley Blank 21.41
33	Ben Hall 21.48
34	Grant? 22.12
35	Austin Bunnell 22.22
36	Mithcell Hermann 22.28
37	Davis Swift 22.31
38	Alejandro Lagman 22.39
39	Alec Wagner 22.52
40	Tristan Poeschel 23.00
41	Nick Mathew 23.13
42	Zach Schank 24.04
43	Alex Bloomquist 25.29
44	Michael Wahl 25.42
45	Dominic Wood 26.04
46	Trung Nguyen 27.34
47	Alex Fournier 6.14
48	Frank Rapp 6.33
49	Mitchell Leijcher 6.36
50	Brandon Mckenzie 7.28
51	Dylan Hestwood 8.54
52	Michael Kenney
53	Jack Standal
54	Tim Ollmann
55	Aaron Mader
56	Peter Betz
57	Jacob Meyertholen
58	Wescott Bixby
59	Kyle Findlay
60	Jacob Daubenberger
61	Manny Knutson
62	
63	
64	
65	

Lakeville Applejack

name

GIRLS'	
1	Emily Betz 14.33
2	Brenley Goertzen 14.48
3	Olivia Hummel 15.08
4	Megan Schiferl 15.11
5	Abby Witte 15.39
6	Ellie McMaster 15.45
7	Anna Betz 16.20
8	Megan Dierberger 16.40
9	Maria Wallace 16.44
10	Eleasha Mckenzie 17.29
11	Joanna Gramer 17.43
12	Emily Tupper 17.46
13	Katie Marcus 17.54
14	Karla Brady 17.58
15	Megan Yoshida 17.59
16	Paige Stearns 18.11
17	Delaney Goertzen 18.36
18	Emily Burlog 18.38
19	Emily Chandler 18.45
20	Maria Daubenberger 18.46
21	Daniella Del Toro 18.52
22	Kendra Besser 19.00
23	Sophia Carpentier 19.04
24	Shreya Narayan 19.31
25	Cassidy Ihns 19.43
26	Ellie Schmidt 19.44
27	Nicole Levine 19.45
28	Keri Mckenzie 19.50
29	Micaela Besser 20.02
30	Molly Mcvey 20.08
31	Rebecca Swanson 20.18
32	Waverly Moline 20.34
33	Leah Restad 20.35
34	Christine Severude 20.35
35	Julia Lewis 20.38
36	Elizabeth Travis 20.39
37	Ciara Riley 20.43
38	Gabby Crumley 20.43
39	Shayda Gounilli 20.52
40	Paige Yurek 20.59
41	Cayleigh Falink 21.12
42	Rebecca Bailey 21.15
43	Madeleine Barondeau 21.20
44	Brook Binder 21.28
45	Faith Hang 22.11
46	Marguerite Crumley 22.36
47	Kaitlin Hartwig 23.43
48	Meghan Glancey 23.44
49	Jacqueline Shaw 7.31
50	Kaitlyn Radecki 8.01
51	Megan Ollrich
52	Amanda Clements
53	Braeden Yeo
54	

Nice racing. Thanks for representing our team so well.

Every runner counts in the point section. Try to never give up on that in that last stretch. Because there was a tie on the girls's V side, the tiebreaker went to our team because our 6th runner . beat theirs. Way to go everyone!

A flat fast course with great running conditions. Way to capitalize on that!

"Meet" Letter points:

9 points <17:27	9 points <15:54
6 points <18:03	6 points <16:45
3 points <19:34	3 points <18:26

Applejack:

V Girls-

- Edina 64
- East Ridge 78
- Eagan 78
- Minnetonka 96
- Lakeville South 136
- Lakeville North 174
- Andover 252
- Shakopee 260
- Centennial 266
- Waconia 269
- Rosemount 280
- Prior Lake 299
- Farmington 353
- Woodbury 378
- Math & Science 429
- Rogers 446
- Central 467
- Richfield 610

JV Girls-

- Edina 39
- Minnetonka 47
- Lakeville North 67
- Lakeville South 140
- Shakopee 202
- Rosemount 228
- Andover 238
- East Ridge 241
- Centennial 286
- Prior Lake 316
- Woodbury 412
- Rogers 414
- Farmington 434
- Central 463
- Math & Science 499
- Richfield 542

*We had middle school runners but not enough for a team score.

AppleJack:

V Boys-

- White Bear Lake 97
- Minnetonka 156
- Rosemount 161
- Lakeville North 176
- Centennial 182
- Prior Lake 189
- Shakopee 203
- Andover 207
- Woodbury 209
- Rogers 239
- East Ridge 245
- Eagan 247
- Farmington 263
- Central 324
- Lakeville South 387
- Kennedy 459
- Waconia 466
- Richfield 509
- Math & Science 530
- Heritage 611

JV Boys-

- White Bear Lake 73
- Eagan 95
- Centennial 101
- Lakeville North 133
- Rosemount 161
- Prior Lake 171
- Minnetonka 181
- Andover 202
- Central 205
- Lakeville South 225
- Shakopee 293
- East Ridge 308
- Farmington 351
- Rogers 421
- Woodbury 474
- Kennedy 480
- Math & Science 550
- Richfield 557

Middle School-

- Lakeville South 47
- Rogers 58
- Andover 74
- Lakeville North 106
- East View 113
- East Ridge 123
- Richfield 205

JV boys'

1	White Bear Lake	22
2	East Ridge	172
3	Prior Lake	189
4	Elk River	223
5	Andover	230
6	Mounds View	259
7	Osseo	272
8	Buffalo	321
9	Bemidji	359
10	Moorhead	366
11	Rogers	378
12	Totino-Grace	385
13*	Chaska	391
14*	St Cloud Cathedral	391
15	Duluth East	430
16	Sartell-St Stephen	453
17	Anoka	516
18	Minot (Nd)	528
19	Blaine	543
20	St Anthony Village	550
21	Perham	556
22	Pierz	576
23	Trinity River Ridge	618
24	Mound Westonka	683
25	Woodbury	705
26	Henry Sibley	729
27	Champlin Park	740
28	Centennial	754
29	Delano	772
30	Maple Lake	809
31	Austin	821
32	Detroit Lakes	842
33	Minnehaha Academy	851
34	Holy Family Catholic	892
35	Jordan	937
36	Benilde-St Margaret's	942
37	Rockford	1041
38	Sheyenne	1069
39	Orono	1132
40	North St Paul	1134
41	Zumbrota-Mazepa/K-W	1155
42	Pine City	1181
43	Spring Lake Park	1258
44	Fairmont	1272
45	Redwood Valley	1301
46	Coon Rapids	1347
47	Marshall School Duluth	1406
48	Cook Cty/Two Harbors	1455
49	Heritage Christian	1499
50	Tartan	1530
51	Minn Valley Lutheran	1563

9th grade girls-

1	Wayzata	21
2	Chisago Lakes Area	130
3	Park Center	137
4	East Ridge	150
5	Maple Grove	154
6*	Hill-Murray	174
7*	Monticello	174
8	Duluth East	177
9	Watertown - Mayer	182
10	Benilde-St Margaret's	210
11	Buffalo	239
12	Robbinsdale Armstrong	283

1	Wayzata	83
2	Maple Grove	102
3	Moorhead	116
4	Andover	125
5	Roseville	155
6	Stillwater	172
7	Fairmont	202
8	Chaska	206
9	Trinity River Ridge	290
10	Sheyenne	326
11	East Ridge	333
12	Duluth East	380
13	Owatonna	440
14	Centennial	447
15	Robbinsdale Armstrong	502
16	Prior Lake	517
17	Woodbury	518
18	Elk River	529
19	Monticello	530
20	Minnehaha Academy	561
21	Rogers	577
22	Minot (Nd)	607
23	Visitation	610
24	Blaine	658
25	Totino-Grace	704
26	Grand Forks Central	722
27	New Prague	730
28	North St Paul	774
29	St Anthony Village	799
30	St Cloud Tech	910
31	Park Center	938
32	St Cloud Cathedral	975
33	Delano	992
34	Providence Academy	1000
35	Benilde-St Margaret's	1028
36	Austin	1031
37	Detroit Lakes	1043
38	Mora	1063
39	Orono	1112
40	Martin County West	1157
41	Redwood Valley	1234
42	Spring Lake Park	1261
43	MooseLk/WillowRiv/Bar	1293

8th grade girls-

1	Wayzata	31
2	Maple Grove	76
3	Grand Forks Central	121
4	Elk River	129
5	Minot (Nd)	153
6	East Ridge	174
7	Duluth East	175
8	Lcwm/N	201
9	Blue Earth Area	242
10	LongPrairie-GreyEagle	282
11	Rogers	310
12	Owatonna	315
13	St Cloud Cathedral	327
14	Cook Cty/Two Harbors	338
15	Redwood Valley	350
16	Champlin Park	368

8th grade boys'

1 Sartell-St Stephen	54
2 White Bear Lake	162
3 St Cloud Tech	166
4 Minot (Nd)	183
5 Duluth East	213
6 Robbinsdale Armstrong	214
7 Perham	225
8 East Ridge	315
9 Moorhead	340
10 Maple Grove	345
11 Jordan	354
12 Hutchinson	377
13 Big Lake	386
14 Holdingford	413
15 Montevideo	437
16 United North Central	455
17 Maple Lake	460
18 Grand Forks Red River	461
19 Pierz	483
20 St Cloud Cathedral	485
21 Chisago Lakes Area	500
22 Fergus Falls	540
23 Mora	601
24 Benilde-St Margaret's	613
25 Lakeview Christian	614
26 Redwood Valley	615
27 Champlin Park	653
28 Providence Academy	671
29 Mound Westonka	707
30 Anoka	710
31 Osseo	712
32 Benson/K-M-S	735
33 Adrian	738

9th boys'→

1 Sartell-St Stephen	41
2 White Bear Lake	169
3 Moorhead	190
4 Hibbing	213
5 East Ridge	217
6 Minot (Nd)	230
7 Centennial	234
8 New London-Spicer	257
9 Big Lake	269
10 Mounds View	303
11 St James	331
12 Chisago Lakes Area	344
13 Bemidji	356
14 Robbinsdale Armstrong	403
15 Holdingford	460
16* Prior Lake	468
17* Anoka	468
18 Maple Grove	483
19 Spectrum	516
20 Martin County West	527
21 Blaine	539
22 St Cloud Cathedral	553
23 Osseo	559
24 Benilde-St Margaret's	562
25 Mora	584
26 Detroit Lakes	599
27 Milaca	645
28 Rockford	698
29 Esko	714
30 Sauk Centre	815
31 Lakeview Christian	822
32 St Cloud Tech	825
33 Duluth East	887

1 Centennial	26
2 Maple Grove	85
3 Duluth East	105
4 Buffalo	184
5 Robbinsdale Armstrong	186
6 Anoka	207
7* Mounds View	245
8* Blaine	245
9 Milaca	293
10 Perham	298
11 Champlin Park	313
12 East Ridge	358
13 St Francis	370
14 Detroit Lakes	375
15 Shanley-Oak Grove	393
16 Foley	401
17 Coon Rapids	439
18 St Cloud Cathedral	469
19 St Cloud Tech	487
20 Benilde-St Margaret's	511
21 St Cloud Apollo	515
22 Austin	574
23 Park Center	577
24 Park Cottage Grove	588
25 Grand Forks Central	646

10th boys'→

Milaca Mega Meet scores—
 This was the largest meet in the country with well over 100 teams present in all the races. There were 4 classes for V (We competed in the largest -AAAA). If we had at least 5 runners in a division, we earned a team score. Here are the races we scored in.

V Girls' AAAA

1 East Ridge	69
2 Bemidji	88
3 Moorhead	142
4 Duluth East	184
5 Andover	228
6 Totino-Grace	229
7 Wayzata	232
8 Roseville	248
9 Maple Grove	289
10 Henry Sibley	292
11 Robbinsdale Armstrong	302
12 Stillwater	311
13 River Falls	335
14 Owatonna	374
15 North St Paul	384
16 Minot (Nd)	435
17 Champlin Park	451
18 Prior Lake	473
19 Elk River	492
20 Blaine	511
21 Woodbury	520
22 Centennial	555
23 Park Cottage Grove	562
24 Rogers	597
25 Osseo	601
26 Tartan	742
27 Buffalo	772

V Boys' AAAA

1 White Bear Lake	154
2 Robbinsdale Armstrong	178
3 Bemidji	181
4 Elk River	183
5 Duluth East	191
6 Andover	217
7 East Ridge	254
8 Henry Sibley	261
9* Mounds View	305
10* Buffalo	305
11* Blaine	309
12* Rogers	309
13 Minot (Nd)	322
14 Prior Lake	344
15 Totino-Grace	355
16 Maple Grove	361
17 Osseo	365
18 Centennial	415
19 Coon Rapids	435
20 Woodbury	437
21 Champlin Park	475
22 Anoka	509
23 North St Paul	543
24 Tartan	582
25 Park Cottage Grove	735

East Ridge XC Meet sheet

Date: **Red Wing**

name

9-26-14

name

BOYS'

GIRLS'

1	Michael Kenney	18.31
2	Charlie Betz	18.32
3	Luke Lemay	18.38
4	Jack Standal	18.50
5	Phillip Harris	18.51
6	Philip Gramer	19.01
7	Sam Phipps	19.07
8	Jacob Fabro	19.15
9	Joe Reinmann	19.17
10	Tim Ollmann	19.24
11	Joseph Moynihan	19.37
12	Conner Lisowski	19.38
13	Henry Burns	19.41
14	Blake Slette	19.46
15	Ethan Anderson	19.59
16	Aaron Mader	20.05
17	Tyson Somers	20.15
18	Brevin Ndovu	20.19
19	Jacob Meyertholen	20.31
20	Wescott Bixby	20.41
21	Ethan Storm	20.43
22	Mitchell Vangness	20.46
23	Jacob Neumann	21.27
24	Riley Blank	21.34
25	Alex Fournier	21.40
26	Jacob Daubenberger	21.41
27	Sean Schiferl	21.42
28	Tristan Poeschel	22.09
29	Austin Bunnell	22.33
30	Mitchell Hermann	22.35
31	Alec Wagner	22.47
32	Caleb Nunn	22.48
33	Mitchell Leijcher	22.49
34	Zach Schank	23.16
35	Austin Sager	26.12
36	Brandon Mckenzie	26.43
37	Trung Nguyen	28.20
38	??	34.06
39	Davis Swift	
40	Tony Cauthorn	
41	Noah Wondimu	
42	Conner Leijcher	
43	Andrew Berg	
44	Michael Virgin	
45	Nathan Strom	
46	Coleman Nix	
47	Peter Betz	
48	Ben Hall	
49	Kyle Findlay	
50	Alejandro Lagman	
51	Dominic Wood	
52	Nick Mathew	
53	Alex Bloomquist	
54	Frank Rapp	
55	Ted Tupper	
56	Austin Sam	
57	Michael Wahl	
58	Dylan Hestwood	
59	Manny Knutson	
60	Brady Kunz	
61	Jordan Headly	

1	Maria Wallace	16.44
2	Emily Tupper	16.52
3	Katie Marcus	17.15
4	Karla Brady	17.19
5	Paige Stearns	17.22
6	Joanna Gramer	17.52
7	Emily Chandler	17.52
8	Eleasha Mckenzie	18.12
9	Emily Burlog	18.20
10	Maria Daubenberger	18.26
11	Nicole Levine	18.27
12	Cassidy Ihns	18.28
13	Sophia Carpentier	18.57
14	Daniella Del Toro	19.07
15	Kendra Besser	19.19
16	Keri Mckenzie	19.20
17	Shreya Narayan	19.57
18	Micaela Besser	19.58
19	Ellie McMaster	20.00
20	Molly Mcvey	20.00
21	Christine Severude	20.01
22	Madeleine Barondeau	20.14
23	Leah Restad	20.15
24	Jacqueline Shaw	20.15
25	Elizabeth Travis	20.31
26	Gabby Crumley	20.40
27	Ciara Riley	20.41
28	Cayleigh Falink	21.27
29	Amanda Clements	21.49
30	Waverly Moline	21.51
31	Paige Yurek	21.52
32	Faith Hang	21.59
33	Brook Binder	22.01
34	Rebecca Bailey	22.11
35	Marguerite Crumley	22.49
36	Kaitlyn Radecki	23.19
37	Meghan Glancey	23.57
38	Kaitlin Hartwig	24.19
39	Emily Betz	
40	Brenley Goertzen	
41	Olivia Hummel	
42	Megan Schiferl	
43	Abby Witte	
44	Megan Dierberger	
45	Shayda Gounili	
46	Emily Bunnell	
47	Anna Betz	
48	Megan Yoshida	
49	Rebecca Swanson	
50	Julia Lewis	
51	Braeden Yeo	
52	Delaney Goertzen	
53	Ellie Schmidt	
54	Megan Ollrich	

JV Girls

1. Roseville 59
2. Rochester Mayo 81
3. Owatonna 105
4. East Ridge 106
5. Northfield 118
6. Woodbury 134
7. Red Wing 154
8. Winona 169
9. Park 227

JV Boys

1. Red Wing 33
2. Rochester Mayo 51
3. East Ridge 73
4. Northfield 105
5. Owatonna 135
6. Woodbury 145
7. Hastings 207
8. Winona 210
9. St. Croix Lutheran 289
10. Park 323

V Girls

1. Roseville 41
2. Red Wing 60
3. Owatonna 107
4. Northfield 108
5. Woodbury 131
6. Park 151
7. Winona 179
8. East Ridge 184
9. Hastings 205

V Boys

1. Red Wing 34
2. Rochester Mayo 44
3. Northfield 91
4. Woodbury 93
5. Hastings 95
6. East Ridge 177
7. Winona 196
8. Park 223

Nice work for all those who ran in either race. Way to go V. For many of you that was the first time running up. For others, it was another good experience leading the group. We are a deep team and that is largely due to your hard work and maturity with your racing strategy. There is one more regular season meet. We may be switching things around a bit and then we'll be ready for the post season! Nice work!

Boys:	"Meet" Letter points:	Girls:
9 points <18:01		9 points <16:41
6 points <18:50		6 points <17:39
3 points <20:00		3 points <18:49

East Ridge XC Meet sheet

BLAINE

name		Date:	name		
BOYS'		10-3-14	GIRLS'		
1	Coleman Nix	18.00	1	Ellie McMaster	16.04
2	Conner Leijcher	18.02	2	Abby Witte	16.05
3	Andrew Berg	18.02	3	Emily Betz	16.06
4	Tony Cauthorn	18.03	4	Brenley Goertzen	16.06
5	Michael Virgin	18.03	5	Olivia Hummel	16.06 JV
6	Noah Wondimu	18.09	6	Megan Schiferl	16.06 Girls
7	Nathan Strom	18.13	7	Anna Betz	16.11
8	Peter Betz	18.17	8	Maria Wallace	16.41
9	Michael Kenney	18.25	9	Emily Tupper	16.57
10	Charlie Betz	18.36	10	Paige Stearns	17.08
11	Luke Lemay	18.44	11	Karla Brady	17.13
12	Phillip Harris	18.47	12	Joanna Gramer	17.40
13	Phillip Gramer	18.48	13	Katie Marcus	17.53
14	Jack Standal	18.54	14	Emily Burlog	18.18
15	Joe Reinmann	18.56	15	Maria Daubenberger	18.36
16	Sam Phipps	19.08	16	Daniella Del Toro	18.40
17	Joseph Moynihan	19.12	17	Keri Mckenzie	18.45
18	Blake Slette	19.30	18	Kendra Besser	19.05
19	Tim Ollmann	19.43	19	Cassidy Ihns	19.06
20	Connor Lisowski	19.52	20	Nicole Levine	19.25
21	Henry Burns	19.54	21	Molly Mcvey	19.28
22	Tyson Somers	20.03	22	Leah Restad	19.57
23	Brady Kunz	20.21	23	Christine Severude	19.58
24	Jacob Fabro	20.25	24	Rebecca Swanson	19.58
25	Mitchell Vangsness	20.31	25	Shreya Narayan	20.03
26	Ethan Storm	20.41	26	Jacqueline Shaw	20.04
27	Brevin Ndovu	20.44	27	Gabby Crumley	20.23
28	Jacob Meyertholen	20.51	28	Ciara Riley	20.23
29	Wescott Bixby	21.05	29	Madeleine Barondeau	20.33 JV
30	Jacob Neumann	21.20	30	Julia Lewis	20.45 Boys
31	Sean Schiferl	21.23	31	Ellie Schmidt	20.46
32	Jordan Headly	21.52	32	Elizabeth Travis	20.48
33	Jacob Daubenberger	22.04	33	Waverly Moline	20.54
34	Ben Hall	22.05	34	Faith Hang	20.54
35	Kyle Findlay	22.11	35	Paige Yurek	20.55
36	Caleb Nunn	22.16	36	Sophia Carpentier	21.11
37	Riley Blank	22.27	37	Amanda Clements	21.16
38	Alec Wagner	22.35	38	Kaitlyn Radecki	21.20
39	Davis Swift	22.42	39	Shayda Gounill	21.24
40	Austin Bunnell	23.19	40	Brook Binder	21.35
41	Mithcell Hermann	23.20	41	Cayleigh Falink	21.48
42	Dominic Wood	23.49	42	Rebecca Bailey	21.50
43	Zach Schank	24.58	43	Marguerite Crumley	21.53
44	Alex Bloomquist	25.03	44	Meghan Glancey	23.44
45	Trung Nguyen	MS 28.5	45	Kaitlin Hartwig	23.57
46	Tristan Poeschel	MS 6.48	46	Megan Dierberger	
47	Mitchell Leijcher	MS 6.49	47	Eleasha Mckenzie	
48	Alex Fournier	MS 6.51	48	Megan Yoshida	
49	Brandon Mckenzie	MS 7.34	49	Delaney Goertzen	
50	Nick Mathew		50	Emily Chandler	
51	Frank Rapp		51	Micaela Besser	
52	Ethan Anderson		52	Megan Ollrich	
53	Ted Tupper		53	Braeden Yeo	
54	Austin Sam		54		
55	Alejandro Lagman				
56	Michael Wahl				
57	Dylan Hestwood				
58	Aaron Mader				
59	Manny Knutson				
60	MS= middle school race 1,800 meters				

"Meet" Letter points:

9 points <17:52	9 points <16:18
6 points <18:30	6 points <17:03
3 points <19:48	3 points <18:27

Wow, way to be tough in the rain. That may be our wettest meet ever. Nice job staying focused on your running and avoiding distractions. I saw some very tenacious finishes. Nice work team! Now we are officially in the post season. For our section, EVERYONE runs. So, everyone has at least two more meets. These are the meets we've been talking about. We want all runners to really hit their mark in these meets. You've worked hard and we're looking forward to seeing the result of that in these post season meets!

1	East Ridge	44
2	Pagan	83
3	Mahtomedi	119
4	Centennial	134
5	Minneapolis Washburn	137
6	Hopkins	146
7	Rochester Century	173
8	Andover	204
9*	Irondale	296
10*	Woodbury	296
11	Coon Rapids	320
12	Simley	331
13	St Paul Highland Park	356
14	Blaine	388
15	Spring Lake Park	437
16	North St Paul	457
17	Minneapolis South	510
18	Tartan	534
19	St Paul Como Park	563

1	East Ridge	44
2	Rochester Century	75
3	Centennial	93
4	Andover	131
5	Hopkins	180
6	Minneapolis Washburn	210
7	Blaine	212
8	Forest Lake	247
9	Coon Rapids	275
10	Woodbury	287
11	Simley	309
12	St Paul Como Park	364
13	Irondale	395
14	St Paul Highland Park	412
15	Mahtomedi	432
16	Minneapolis Southwest	480
17	Spring Lake Park	482
18	Minneapolis South	510
19	North St Paul	521
20	Henry Sibley	595
21	St Paul Johnson	610
22	Great River/T C Acade	646

V Blue (upper div) Boys

1	Minneapolis Washburn	37
2	Rochester Century	96
3	Centennial	105
4	Henry Sibley	155
5	Andover	156
6	Woodbury	186
7	Blaine	195
8	St Paul Highland Park	206
9	East Ridge	218
10	Forest Lake	228
11	Mounds Park Academy	252
12	Irondale	254
13	Hopkins	304

V Blue (upper div) Girls

1	Minneapolis Washburn	104
2	Mahtomedi	106
3	Andover	130
4	Henry Sibley	137
5	Hopkins	155
6	Centennial	156
7	Irondale	159
8	East Ridge	174
9	Coon Rapids	238
10	North St Paul	251
11	Rochester Century	284
12	St Paul Highland Park	292
13	Blaine	304
14	Woodbury	317

East Ridge XC Meet sheet

Date: **Conference**

name

10-14-14

name

BOYS'

GIRLS'

1	Andrew Berg	16.36
2	Tony Cauthorn	16.46
3	Noah Wondimu	17.11
4	Michael Virgin	17.21
5	Nathan Strom	17.34
6	Conner Leijcher	17.41
7	Luke Lemay	17.47
8	Michael Kenney	17.48
9	Charlie Betz	17.55
10	Phillip Harris	18.07
11	Joe Reinmann	18.07
12	Ethan Anderson	18.16
13	Blake Slette	18.25
14	Henry Burns	18.25
15	Phillip Gramer	18.29
16	Peter Betz	18.33
17	Sam Phipps	18.42
18	Joseph Moynihan	18.50
19	Brady Kunz	18.52
20	Tim Ollmann	19.05
21	Connor Lisowski	19.06
22	Tyson Somers	19.17
23	Wescott Bixby	19.33
24	Jacob Fabro	19.40
25	Mitchell Vangsness	19.53
26	Jacob Meyertholen	19.53
27	Riley Blank	20.00
28	Jacob Neumann	20.21
29	Jordan Headly	20.31
30	Ben Hall	20.40
31	Jacob Daubenberger	20.56
32	Ted Tupper	20.59
33	Kyle Findlay	21.00
34	Sean Schiferl	21.07
35	Caleb Nunn	21.08
36	Mithcell Hermann	21.11
37	Austin Bunnell	21.15
38	Alec Wagner	21.45
39	Davis Swift	22.52
40	Brandon Mckenzie	22.55
41	Zach Schank	22.58
42	Nick Mathew	23.54
43	Dominic Wood	23.56
44	Trung Nguyen	25.51
45	Jack Standal	
46	Coleman Nix	
47	Ethan Storm	
48	Brevin Ndovu	
49	Alex Bloomquist	
50	Tristan Poeschel	
51	Mitchell Leijcher	
52	Alex Fournier	
53	Frank Rapp	
54	Austin Sam	
55	Alejandro Lagman	
56	Michael Wahl	
57	Dylan Hestwood	
58	Aaron Mader	
59	Manny Knutson	
60		
61		
62		
63		
64		
65		

1	Emily Betz	14.00
2	Brenley Goertzen	14.25
3	Olivia Hummel	14.45
4	Megan Schiferl	15.15
5	Anna Betz	15.18
6	Abby Witte	15.35
7	Emily Bunnel	15.56
8	Paige Stearns	16.06
9	Emily Tupper	16.21
10	Ellie McMaster	16.33
11	Megan Dierberger	16.42
12	Eleasha Mckenzie	16.47
13	Maria Wallace	17.08
14	Katie Marcus	17.10
15	Karla Brady	17.13
16	Emily Chandler	17.30
17	Maria Daubenberger	17.30
18	Emily Burlog	17.44
19	Joanna Gramer	17.52
20	Cassidy Ihns	17.58
21	Megan Yoshida	17.59
22	Keri Mckenzie	18.01
23	Daniella Del Toro	18.22
24	Molly Mcvey	18.39
25	Kendra Besser	18.45
26	Micaela Besser	18.53
27	Madeleine Barondeau	19.10
28	Shreya Narayan	19.10
29	Christine Severude	19.27
30	Rebecca Swanson	19.29
31	Ciara Riley	19.33
32	Ellie Schmidt	19.45
33	Faith Hang	19.50
34	Paige Yurek	19.51
35	Julia Lewis	19.53
36	Shayda Gounilli	19.56
37	Elizabeth Travis	19.59
38	Gabby Crumley	20.02
39	Waverly Moline	20.22
40	Amanda Clements	20.40
41	Cayleigh Falink	20.43
42	Marguerite Crumley	20.46
43	Rebecca Bailey	21.32
44	Kaitlin Hartwig	23.22
45	Meghan Glancey	23.24
46	Nicole Levine	
47	Leah Restad	
48	Jacqueline Shaw	
49	Sophia Carpentier	
50	Kaitlyn Radecki	
51	Brook Binder	
52	Delaney Goertzen	
53	Megan Ollrich	
54	Braeden Yeo	

Conference:

Boys' V

1. Stillwater 32
2. White Bear Lake 86
3. Woodbury 88
4. Mounds View 112
5. East Ridge 142
6. Roseville 162
7. CDH 164
8. Forest Lake 175
9. Park 277

Girls' V

1. Forest Lake 38
2. East Ridge 39
3. Roseville 89
4. White Bear Lake 129
5. Stillwater 133
6. Mounds View 142
7. Woodbury 187
8. Park 204
9. CDH 293

Boys' JV

1. Stillwater 24
2. White Bear Lake 44
3. Mounds View 87
4. East Ridge 95
5. Roseville 163
6. Forest Lake 178
7. Woodbury 205
8. CDH 253
9. Park 271

Girls' JV

1. White Bear Lake 43
2. East Ridge 67
3. Forest Lake 67
4. Stillwater 81
5. Roseville 128
6. Mounds View 136
7. Park 236
8. Woodbury 239

Fantastic! That was some very smart and tenacious racing. Way to be focused on this meet. For many, that work ethic paid off. Stay focused-- regardless of how the meet went, keep your sights on our next one. The section meet at the U of M. All the training and stragizing with pace is coming together for these meets. (for the section meet there are 9 V runners on the roster. Number 8 and 9 run with JV. Teams only have the option to change within that for this and state.) We are proud of your work this year. One more to go for most CC runners.

"Meet" Letter points:

boys:

- 9 points <17:22
- 6 points <18:13
- 3 points <19:27

girls:

- 9 points <15:59
- 6 points <17:03
- 3 points <18:31

East Ridge XC Meet sheet Date:

Section

name 10-22-14

name

BOYS'			GIRLS'		
1	Andrew Berg	17.04	1	Emily Betz	14.45
2	Noah Wondimu	17.29	2	Brenley Goertzen	14.56
3	Michael Virgin	17.35	3	Olivia Hummel	15.30
4	Tony Cauthorn	17.52	4	Megan Schiferl	15.36
5	Conner Leijcher	17.54	5	Anna Betz	15.57
6	Peter Betz	18.07	6	Emily Bunnel	15.58
7	Coleman Nlx	18.09	7	Abby Witte	16.09
8	Luke Lemay	18.24	8	Ellie McMaster	16.44
9	Charlie Betz	18.28	9	Paige Stearns	16.53
10	Nathan Strom	18.30	10	Emily Tupper	16.53
11	Michael Kenney	18.34	11	Karla Brady	17.07
12	Ethan Anderson	18.46	12	Maria Wallace	17.11
13	Joseph Moynihan	18.51	13	Eleasha Mckenzie	17.34
14	Phillip Harris	18.51	14	Joanna Gramer	17.50
15	Joe Reinmann	18.56	15	Katie Marcus	18.00
16	Blake Slette	18.58	16	Megan Dierberger	18.17
17	Philip Gramer	18.58	17	Maria Daubenberger	18.25
18	Brady Kunz	19.04	18	Keri Mckenzie	18.29
19	Sam Phipps	19.07	19	Cassidy Ihns	18.41
20	Ethan Storm	19.50	20	Nicole Levine	18.48
21	Tim Ollmann	19.53	21	Sophia Carpentier	18.52
22	Tyson Somers	19.55	22	Emily Burlog	18.57
23	Wescott Bixby	20.08	23	Madeleine Barondeau	18.59
24	Mitchell Vangness	20.35	24	Daniella Del Toro	19.08
25	Jacob Meyertholen	20.42	25	Kendra Besser	19.10
26	Jacob Neumann	21.01	26	Megan Yoshida	19.10
27	Jacob Daubenberger	21.05	27	Micaela Besser	19.24
28	Jordan Headly	21.17	28	Leah Restad	19.41
29	Riley Blank	21.35	29	Molly Mcvey	19.47
30	Ben Hall	21.37	30	Christine Severude	19.48
31	Sean Schiferl	21.39	31	Ellie Schmidt	19.57
32	Alec Wagner	21.47	32	Rebecca Swanson	20.06
33	Ted Tupper	21.48	33	Julia Lewis	20.28
34	Kyle Findlay	21.49	34	Ciara Riley	20.29
35	Austin Bunnell	21.55	35	Jacqueline Shaw	20.36
36	Mithcell Hermann	22.01	36	Shayda Gounili	20.39
37	Alex Fournier	22.03	37	Faith Hang	20.47
38	Frank Rapp	22.06	38	Gabby Crumley	21.02
39	Mitchell Leijcher	22.08	39	Brook Binder	21.27
40	Tristan Poeschel	22.15	40	Amanda Clements	21.38
41	Davis Swift	22.32	41	Kaitlyn Radecki	21.50
42	Zach Schank	23.41	42	Marguerite Crumley	21.58
43	Austin Sager	24.24	43	Waverly Moline	22.06
44	Brandon Mckenzie	24.33	44	Cayleigh Falink	22.30
45	Dominic Wood	24.37	45	Emily Chandler	
46	Trung Nguyen	26.50	46	Shreya Narayan	
47	Aaron Mader		47	Paige Yurek	
48	Caleb Nunn		48	Elizabeth Travis	
49	Henry Burns		49	Rebecca Bailey	
50	Connor Lisowski		50	Kaitlin Hartwig	
51	Jacob Fabro		51	Meghan Glancey	
52	Nick Mathew		52	Delaney Goertzen	
53	Jack Standal		53	Megan Ollrich	
54	Brevin Ndovu		54	Braeden Yeo	
55	Alex Bloomquist				
56	Austin Sam				
57	Alejandro Lagman				
58	Michael Wahl				
59	Dylan Hestwood				
60					
61					
62					
63					
64					
65					

Nice work to each and every runner! Again, thanks for making cross country a part of your high school career-- a special congrats to all seniors. We will miss you! We had some smart running out there today. Congrats to the high team places in all races-- congrats to the girls' V for earning a trip to state. If you'd like to ride the bus and watch, please refer to the schedule and sign up. There's only one bus going. Way to go bringing all the strategy of a good race together for some wonderful running.

"Meet" Letter points:

boys:
9 points <17:22
6 points <18:13
3 points <19:27

girls:
9 points <15:59
6 points <17:03
3 points <18:31

Section 4AA (U of M):

- Girls' V-
1. East Ridge 30*
 2. White Bear Lake 80*
 3. Roseville 86
 4. Mahtomedi 89
 5. Stillwater 177
 6. Tartan 200
 7. Highland Park 202
 8. Woodbury 214
 9. North St. Paul 215
 10. Central 278
 11. Hill Murray 304
 12. Como Park 310
 13. CDH 382
 14. Washington 448
- Boys' V-
1. Stillwater 54*
 2. White Bear Lake 113*
 3. Woodbury 115
 4. East Ridge 154
 5. Highland Park 158
 6. Central 168
 7. CDH 171
 8. Roseville 176
 9. Como Park 241
 10. North St. Paul 280
 11. Mahtomedi 292
 12. Tartan 314
 13. Washington 334
 14. Hill Murray 389
- * State Qualifying teams

Section 4AA (U of M):

- Girls' JV-
1. White Bear Lake 45
 2. East Ridge 45
 3. Stillwater 66
 4. Mahtomedi 79
 5. Roseville 125
 6. Rosemount 184
 7. Woodbury 217
 8. Highland Park 220
 9. North St. Paul 276
 10. Central 305
 11. Como Park 372
 12. Tartan 373
- Boys' JV-
1. Stillwater 21
 2. White Bear Lake 43
 3. Central 100
 4. East Ridge 102
 5. Rosemount 133
 6. Roseville 160
 7. Woodbury 220
 8. Highland Park 248
 9. Mahtomedi 286
 10. CDH 288
 11. Como Park 346
 12. Johnson 362
 13. North St. Paul 381
 14. Hill Murray 452
 15. Washington 473

East Ridge CROSS COUNTRY

Meet Sheet State AA meet DATE November 16th, 2014

Girls' State Team

	Name	4k Time
3	Betz, Emily	14.19
2	Goertzen, Brenley	14.41
1	Hummel, Olivia	14.55
4	Schiferl, Megan	15.12
5	Witte, Abby	15.36
6	Betz, Anna	15.50
7	Bunnell, Emily	16.03
8	McMaster, Ellie	
9	Stearns, Paige	

State AA team results:

1.	Wayzata	65
2.	Edina	94
3.	Willmar	96
4.	East Ridge	119
5.	Marshall	168
6.	St. Michael-Albertville	177
7.	Forest Lake	178
8.	Eagan	201
9.	Lakeville South	220
10.	Duluth East	288
11.	Austin	307
12.	Bemidji	312
13.	Eastview	326
14.	Chaska	329
15.	White Bear Lake	330
16.	Centennial	396

Great job to the state team for placing 4th !

You had great determination and solid racing. You exceeded the your state ranking. Thanks to all who made the trip down to St. Olaf to support the team.

The following awards were voted on by the team.

Most Team Spirit: Who do you think was the most inspirational? Who cheered a lot and really had an invested interest in everyone's success?

Most Improved: Who do you think improved their skills the most over the season?

Hardest Worker: Who do you think worked the hardest? Who put in all the mileage etc?

MVP: Who do you think our MVP should be? This is difficult since the whole team was needed for our successes however, who do you think contributed the most on and off the race course? Who could step it up when needed?

Captains: Who do you think can lead the team next year? Who represents our team well. Please consider leadership ability, reliability--someone you can count on, organization, leader by example and not just simply a good athlete. Open to any 11th grader (next year's 12th grader) who wants to run for captain.

Rookie of the year: Who, of the brand new runners, do you think made a big contribution? (An athlete who has never been on a CC team before)



Many, many runners received votes for the above categories. We are happy to see so many of you exemplifying these characteristics. The whole team present at the post-season meeting votes for these awards—nearly everyone was present so thank you! Team members running for captain are required to write a captain statement and make a speech in front of the team. That takes some brave individuals. Even though not everyone who runs for captain gets voted in, I am proud of all who run for the spots.

—Coach Cronin

Top 25 ERHS Cross Country Girls Performances

#	Athlete	Year	Time	Meet
1	Bailey Ness	2013	13:58	SEC
2	Emily Betz	2014	14:00	SEC
3	Brenley Goer	2014	14:25	SEC
4	Olivia Humm	2013	14:45	SEC
5	Sandra Gram	2013	14:45	SEC
6	Megan Schife	2013	14:54	SEC
7	Taylor Jackso	2011	14:55	SEC
8	Abbey Beissl	2010	14:56	SEC
9	Anna Betz	2013	15:09	SEC
10	Liz Maatta	2011	15:12	SEC
11	Abby Witte	2014	15:35	SEC
12	Ellie McMast	2013	15:40	Lakeville
13	Taylor Rumca	2010	15:43	SEC
14	Therese Bess	2011	15:46	SEC
15	Sarah Neshe	2010	15:49	SEC
16	Emily Bunn	2014	15:56	SEC
17	Erin Kenney	2009	15:58	SEC
18	Paige Stearn	2013	16:00	SEC
19	Karla Brady	2013	16:10	SEC
20	Jessie Lepel	2011	16:21	SEC
20	Emily Tupp	2014	16:21	SEC
22	Megan Dierb	2013	16:31	SEC
23	Ellie Tupper	2013	16:32	SEC
24	Sarah Moech	2009	16:40	SEC
25	Maria Wallad	2014	16:41	Blaine

#	Athelete	Year	Time	Meet
1	Nate Roese	2012	15:53	SEC
2	Ryan Schiferl	2011	16:30	SEC
3	Andrew Berg	2014	16:36	SEC
4	Tony Cautho	2014	16:46	SEC
5	Marcus Hask	2013	16:56	SEC
6	Aaron Gordo	2013	16:59	SEC
7	Noah Wondi	2014	17:03	Lakeville
8	Nathan Tigge	2011	17:17	SEC
9	Pete Betz	2013	17:21	SEC
9	Michael Vir	2014	17:21	SEC
11	Roman Faller	2013	17:26	SEC
12	Taylor Huffm	2013	17:32	Sections
12	Tom Dierber	2011	17:32	SEC
12	Sam Scholz	2011	17:32	SEC
15	Nathan Stror	2014	17:34	SEC
16	Connor Leij	2014	17:41	SEC
17	Eric Schmidt	2011	17:45	SEC
18	Luke Lema	2014	17:47	SEC
19	Michael Ke	2014	17:48	SEC
20	David Huffm	2013	17:54	SEC
21	Charlie Bet	2014	17:55	SEC
22	Jack Walter	2012	17:57	SEC
22	Sam Boardm	2012	17:57	Red Wing
22	Coleman N	2014	17:57	Lakeville
25	David Scholz	2011	18:00	SEC

