

name		
BOYS' 5K		
1	Branon Paine	16.26
2	Matthew Carlsen	16.36
3	Jack Sales	17.09
4	Ethan Alvarez-Braeu	17.35
5	Abe Bunkers	18.21
6	James Jungbauer	18.22
7	Brody White	18.42
8	Henry Aldrich	18.54
9	John Orton	19.05
10	Mason Crumb	19.27
11	John Jungbauer	19.40
12	Charles Stewart	20.37
13	Rowan Whelan	21.04
14	John Tepe	21.46
15	Brady Gensen	22.09
16	Ethan Cook	22.42
17	Noah Groonwald	22.48
18	Caleb Bloomer	23.50
19	Duressa Turi	

name		
GIRLS' 5K		
1	Erin Royer	20.16
2	Sofia Oliart	21.08
3	Addie Verheist	21.25
4	Sammy Tse	22.10
5	Marissa Brutsche	22.27
6	Solli Park	22.46
7	Kate Dowley	24.03
8	Alexis Kovar	24.30
9	Heidi Weibel	24.36
10	Lainey Stradal	24.38
11	Reagan Tracy	24.38
12	Anna Nippert	24.45
13	Brook Fonseca	25.05
14	Madeline Brace	25.53
15	Alivia Wertish	27.52
16	Olive Grantham	29.30

Boys' Scores:

JV

Place	Name	Average Time	Score
1	Eagan	00:18:29	20
2	Osseo	00:19:11	56
3	Burnsville	00:20:19	98
4	East Ridge	00:20:22	98
5	Minnehaha Academy	00:20:37	110
6	Tartan	00:25:10	197
7	Park	00:24:20	198

V

Place	Name	Average Time	Score	Name
1	Eagan	00:17:06	73	Burnsville
2	Minnehaha Academy	00:17:11	77	Tartan
3	East Ridge	00:17:14	78	Cretin-Derham Hall
4	Osseo	00:17:29	93	
5	Hastings	00:17:27	94	
6	Park	00:17:28	95	
7	St. Croix Preparatory Academy	00:19:25	181	

Girls' Scores:

JV

Place	Name	Average Time	Score	Name
1	East Ridge	00:24:29	15	Park
2	Osseo	00:25:34	49	Tartan
3	Minnehaha Academy	00:27:36	76	Cretin-Derham Hall

V

Place	Name	Average Time	Score	Name
1	East Ridge	00:21:29	47	St. Croix Preparatory /
2	Osseo	00:21:32	48	
3	Hastings	00:22:09	75	
4	Park	00:22:54	102	
5	Minnehaha Academy	00:23:01	109	
6	Cretin-Derham Hall	00:23:04	110	
7	Tartan	00:25:47	184	

This site is the only meet East Ridge has run every year since our school opened. You are already entering the pain cave and staying there for longer than in the past. It was very observable by our team and others, that you were there for each other! We've talked about race strategy recently. We generally did that well for the Grey Cloud Meet. This was another level.

You also showed grit for the terrain and rain. You are showing some confidence in your pace and then found that next gear to finish the race. If this race wasn't what you thought it'd be, please don't think of that as failure but as feedback received to learn what to do next time. Again, this is true in running and in life.

“Meet” Letter points:

Boys'	Girls' 5K
9 points <18:31	9 points <21.34
6 points <19:45	6 points <23.00
3 points <20:45	3 points <24.37

