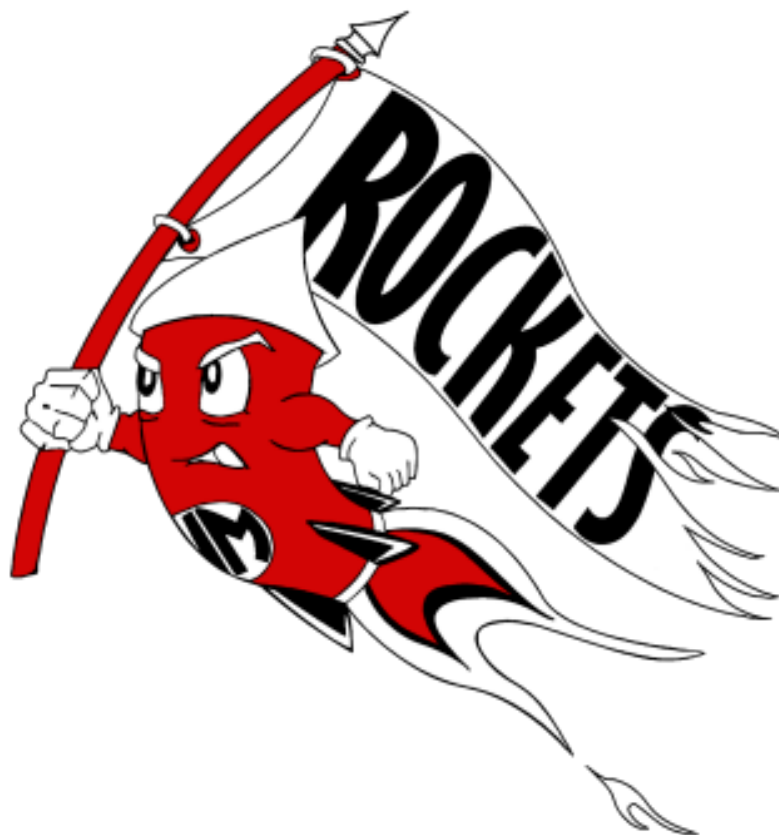


# **John Marshall Rockets Cross Country**



## **Team Summary 2023**

## 2023 Team Awards

Monday, November 6, 2023

<b>Senior Letters</b>	Scott Anderson, Philip Dahlen, Stephen Johnson, Luke Liedl, Noah Stanslaski
<b>Junior Letters</b>	Max Nguyen, Nate Nigbur
<b>Sophomore Letters</b>	Jaden Anderson, Aidan Feda
<b>Freshmen Letters</b>	Jacob Wiest
<b>Middle School Letters</b>	Layton Mathis
<b>All-Conference:</b>	Aidan Feda
<b>Big 9 Scholars:</b>	Scott Anderson, Stephen Johnson, Luke Liedl, Noah Stanslaski
<b>Top Middle School Performance:</b>	Layton Mathis (17:51.9)
<b>Top Freshman Performance:</b>	Jacob Wiest (18:42.1)
<b>Top Sophomore Performance:</b>	Aidan Feda (16:54.4)
<b>Top Junior Performance:</b>	Max Nguyen (17:46.9)
<b>Top Senior Performance:</b>	Phillip Dahlen (17:28.4)
<b>Top Newcomer:</b>	Layton Mathis
<b>Most Improved:</b>	Jacob Perry
<b>Most Personal Records:</b>	Jacob Perry
<b>Taste-Class-Pride:</b>	Stephen Johnson, Max Nguyen
<b>Quote of the Year:</b>	Ezra Mogenson "Where there is war, there are war crimes."
<b>Once A Rocket, Always A Rocket:</b>	Clayton Coons - Will be moving to United Arab Emirates for 3-years.
<b>Graduating Seniors:</b>	Scott Anderson, Philip Dahlen, Stephen Johnson, Luke Liedl, Noah Stanslaski
<b>2024 Captains:</b>	Jack Bergerson, Aidan Feda, Max Nguyen, Nate Nigbur

## Cascade Lake Time Trial: 2-miles

August 18, 2023

Sunny: 76°, Fair Wind: 13-mph, S Humidity 54%

Team	Name	Yr.	Time	Pace	VDOT	Level	5K
1	Aiden Feda	10	11:05	5:33	57.1	5	17:47
2	Jayden Anderson	10	11:22	5:41	55.5	5	18:13
3	Phillip Dahlen	12	11:55	5:58	52.6	4	19:05
4	Layton Mathis	8	12:03	6:02	51.9	4	19:18
5	Max Nguyen	11	12:07	6:04	51.6	4	19:24
6	Noah Stanslaski	12	12:11	6:06	51.3	4	19:30
7	Luke Liedl	12	12:17	6:09	50.8	4	19:40
8	Nate Nigbur	11	12:26	6:13	50.1	4	19:54
9	Scott Anderson	12	12:45	6:23	48.7	3	20:24
10	Jacob Wiest	9	12:57	6:29	47.8	3	20:43
11	Ben Wallace	10	14:15	7:08	42.9	2	22:45
12	Landon Ortmeier	10	14:35	7:18	41.7	2	23:16
13	Jacob Perry	8	15:41	7:51	38.4	1	25:00
14	Simon Anderson	8	15:58	7:59	37.6	1	25:26
15	Lucas Leidig	9	16:10	8:05	37.0	1	25:45
16	Ezra Mogenson	7	16:20	8:10	36.6	1	26:01
17	Mason Nguyen	8	16:22	8:11	36.5	1	26:04
18	Noah Chounard	11	16:33	8:17	36.0	1	26:21
19	Patrick Luckey	9	16:35	8:17	35.9	1	26:24
20	Clayton Coons	8	16:37	8:19	35.9	1	26:27
21	Jack Bergerson	10	17:14	8:37	34.3	DNR	27:25
22	Andrew Dahlen	10	17:15	8:38	34.3	DNR	27:27
23	Dylan Rudzik	10	17:17	8:39	34.2	DNR	27:30
24	Stephen Johnson	12	DNR	DNR	DNR	DNR	DNR
25	Cameron Flottmeyer	10	DNR	DNR	DNR	DNR	DNR
26	Evan Melynchezko	7	DNR	DNR	DNR	DNR	DNR
27	Ivan Mamaril	10	DNR	DNR	DNR	DNR	DNR
28	Samuel Kasper	8	DNR	DNR	DNR	DNR	DNR

The term VDOT was coined by renowned running coach and physiologist Jack Daniels and his associate Jimmy Gilbert. At its core, VDOT is an attempt to objectively quantify the shape of a runner across all the various distances one might race. For training purposes, runners performing at Level 3 or above may receive more intensive workouts. Runners at Level 1&2 will work on building their base of fitness. Movement to a higher level can be attained by retesting or from the time performed in a race. To remain in the intensive training group, the runner must be able to complete the workout at the directed intensity.

## St. Olaf College - High School Showcase

**August 31, 2023**

Temperature: 70°, Fair    Wind: 3-mph, NW    Humidity: 63%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
08-31-23	Jayden Anderson	10	17:32.8	19:28.4	<b>18:17.3</b>	1	74	84.6%
08-31-23	Phillip Dahlen	12	17:16.2	19:35.8	<b>18:42.4</b>	2	96	80.0%
08-31-23	Aiden Feda	10	18:10.2	19:13.7	<b>19:00.2</b>	3	115	76.0%
08-31-23	Max Nguyen	11	18:22.1	19:54.1	<b>19:19.7</b>	4	133	72.3%
08-31-23	Layton Mathis	8	DNR	DNR	19:22.7	5	136	71.7%
08-31-23	Jacob Wiest	9	20:21.6	DNR	<b>20:08.5</b>	6	180	62.5%
08-31-23	Nate Nigbur	11	18:29.5	DNR	20:10.7	7	182	62.1%
08-31-23	Noah Stanslaski	12	18:32.0	20:45.0	<b>20:40.1</b>	8	205	57.3%
08-31-23	Scott Anderson	12	18:41.7	20:34.1	<b>20:24.2</b>	8	196	59.2%
08-31-23	Luke Liedl	12	19:10.1	21:15.7	<b>20:54.3</b>	9	225	53.1%
08-31-23	Andrew Dahlen	10	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Ben Wallace	10	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Cameron Flottmeyer	10	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Clayton Coons	8	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Dylan Rudzik	10	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Evan Melyneczko	7	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Ezra Mogenson	7	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Ivan Mamaril	10	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Jack Bergerson	10	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Jacob Perry	8	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Landon Ortmeier	10	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Lucas Leidig	9	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Mason Nguyen	8	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Noah Chounard	11	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Patrick Luckey	9	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Samuel Kasper	8	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Simon Anderson	8	DNR	DNR	DNR	DNR	DNR	DNR
08-31-23	Stephen Johnson	12	DNR	DNR	DNR	DNR	DNR	DNR

**Personal Record**

**Course Record**

Letter Qualifying Time

## Luther College - All-American Invite

**September 9, 2023**

Temperature: 60°, Fair    Wind: 7-mph, SSE    Humidity: 86%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
08-31-23	Aiden Feda	10	18:10.2	18:45.3	<b>17:38.5</b>	1	58	90.3%
08-31-23	Jayden Anderson	10	17:32.9	18:48.6	<b>17:47.2</b>	2	64	89.2%
08-31-23	Phillip Dahlen	12	17:16.2	18:53.5	<b>18:13.0</b>	3	101	83.0%
08-31-23	Max Nguyen	11	18:22.1	19:39.4	<b>19:06.9</b>	4	183	69.2%
08-31-23	Nate Nigbur	11	18:29.5	21:35.8	<b>19:19.9</b>	5	202	66.1%
08-31-23	Noah Stanslaski	12	18:32.0	22:05.0	<b>19:46.3</b>	6	229	61.5%
08-31-23	Luke Liedl	12	19:10.6	21:35.5	<b>20:01.1</b>	7	244	59.0%
08-31-23	Scott Anderson	12	18:50.7	20:27.3	<b>20:24.1</b>	8	282	52.6%
08-31-23	Jacob Wiest	9	20:21.6	DNR	24:39.9	9	531	10.8%
08-31-23	Ivan Mamaril	10	DNR	DNR	22:10.8	10	419	29.6%
08-31-23	Landon Ortmeier	10	22:30.9	28:04.3	<b>22:53.2</b>	11	458	23.0%
08-31-23	Noah Chounard	11	24:55.6	34:33.0	<b>25:21.5</b>	12	543	8.7%
08-31-23	Dylan Rudzik	10	23:33.2	27:37.2	<b>25:40.5</b>	13	554	6.9%
08-31-23	Lucas Leidig	9	DNR	DNR	25:42.6	14	555	6.7%
08-31-23	Andrew Dahlen	10	25:21.8	DNR	26:03.4	15	557	6.4%
08-31-23	Patrick Luckey	9	DNR	DNR	26:28.0	16	566	4.9%
08-31-23	Jack Bergerson	10	27:52.8	33:59.4	<b>27:00.0</b>	17	569	4.4%
08-31-23	Cameron Flottmeyer	10	DNR	DNR	31:32.0	18	588	1.2%
08-31-23	Stephen Johnson	12	21:07.6	DNR	DNR	DNR	DNR	DNR
08-31-23	Ben Wallace	10	20:55.7	22:25.8	DNR	DNR	DNR	DNR
Middle School 2-miles								
08-31-23	Layton Mathis	8	DNR	DNR	11:37.2	1	3	99.5%
08-31-23	Jacob Perry	8	16:46.3	16:46.3	<b>13:26.5</b>	2	40	93.3%
08-31-23	Samuel Kasper	8	DNR	16:56.6	<b>14:12.5</b>	3	52	91.3%
08-31-23	Evan Melyneczko	7	DNR	DNR	14:27.9	4	57	90.4%
08-31-23	Mason Nguyen	8	18:01.4	18:01.4	<b>14:48.0</b>	5	67	88.7%
08-31-23	Simon Anderson	8	15:35.1	15:35.0	<b>15:08.8</b>	6	75	87.4%
08-31-23	Clayton Coons	8	22:30.2	22:30.2	<b>15:47.0</b>	7	91	84.7%
08-31-23	Ezra Mogenson	7	DNR	DNR	16:19.9	8	105	82.4%
<b>Personal Record</b>								
<b>Course Record</b>								
<b>Letter Qualifying Time</b>								

## Mayo Invite - Eastwood Golf Course

**September 14, 2023**

Temperature: 78°, Partly Cloudy    Wind: 10 mph, SSW    Humidity: 32%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
09-14-23	Aiden Feda	10	18:10.2	DNR	<b>17:21.0</b>	1	33	92.2%
09-14-23	Jayden Anderson	10	17:32.8	DNR	17:41.2	2	43	89.8%
09-14-23	Phillip Dahlen	12	17:16.2	19:54.8	<b>18:45.2</b>	3	93	78.0%
09-14-23	Max Nguyen	11	18:22.1	DNR	19:11.8	4	117	72.3%
09-14-23	Nate Nigbur	11	18:29.8	DNR	19:42.0	5	160	62.1%
09-14-23	Jacob Wiest	9	20:21.6	DNR	<b>19:54.5</b>	6	112	73.5%
09-14-23	Luke Liedl	12	19:10.1	22:36.9	<b>20:01.7</b>	7	115	72.7%
09-14-23	Scott Anderson	12	18:41.7	20:53.4	<b>20:07.5</b>	8	119	71.8%
09-14-23	Noah Stanslaski	12	18:32.0	DNR	20:12.6	9	120	71.6%
09-14-23	Ivan Mamaril	10	DNR	DNR	22:06.0	10	170	59.7%
09-14-23	Landon Ortmeier	10	22:30.9	DNR	<b>22:16.6</b>	11	304	28.0%
09-14-23	Noah Chounard	11	24:55.6	DNR	25:12.2	12	343	18.7%
09-14-23	Dylan Rudzik	10	23:33.2	DNR	26:16.4	13	391	7.3%
09-14-23	Lucas Leidig	9	DNR	DNR	26:31.9	14	396	6.2%
09-14-23	Andrew Dahlen	10	25:21.8	DNR	26:50.3	15	398	5.7%
09-14-23	Patrick Luckey	9	DNR	DNR	27:48.0	16	406	3.8%
09-14-23	Jack Bergerson	10	27:52.8	DNR	29:50.4	17	407	3.6%
09-14-23	Cameron Flottmeyer	10	DNR	DNR	30:11.2	18	418	0.9%
09-14-23	Stephen Johnson	12	21:07.6	DNR	DNR	DNR	DNR	DNR
09-14-23	Ben Wallace	10	20:55.7	DNR	DNR	DNR	DNR	DNR
Middle School 2500m								
09-14-23	Layton Mathis	8	DNR	DNR	9:09.4	1	2	100.0%
09-14-23	Jacob Perry	8	DNR	DNR	9:44.9	2	4	95.6%
09-14-23	Evan Melyncezko	7	DNR	DNR	10:54.9	3	20	78.0%
09-14-23	Samuel Kasper	8	DNR	DNR	10:58.7	4	23	74.7%
09-14-23	Simon Anderson	8	DNR	DNR	11:08.6	5	30	67.0%
09-14-23	Mason Nguyen	8	DNR	DNR	11:10.5	6	32	64.8%
09-14-23	Clayton Coons	8	DNR	DNR	12:08.7	7	50	45.1%
09-14-23	Ezra Mogenson	7	DNR	DNR	DNR	DNR	DNR	DNR
<b>Personal Record</b>								
<b>Course Record</b>								
Letter Qualifying Time								

## Winona Invite - St. Mary's University

**September 22, 2023**

Temperature: 70° P. Cloudy    Wind: 5-mph, ESE    Humidity: 76%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
09-22-23	Aiden Feda	10	17:20.96	DNR	17:57.3	1	9	93.8%
09-22-23	Jayden Anderson	10	17:32.82	DNR	18:13.6	2	12	91.8%
09-22-23	Phillip Dahlen	12	17:16.15	DNR	18:34.4	3	15	89.7%
09-22-23	Max Nguyen	11	18:22.05	DNR	19:31.1	4	35	76.0%
09-22-23	Layton Mathis	8	19:22.7	DNR	20:18.5	5	47	67.8%
09-22-23	Luke Liedl	12	19:10.06	DNR	20:52.6	6	57	61.0%
09-22-23	Scott Anderson	12	18:41.73	DNR	20:53.3	7	58	60.3%
09-22-23	Nate Nigbur	11	18:29.84	DNR	20:56.1	8	59	59.6%
09-22-23	Jacob Wiest	9	19:54.51	DNR	21:25.8	9	67	54.1%
09-22-23	Noah Stanslaski	12	18:32.00	DNR	21:26.1	10	68	53.4%
09-22-23	Jacob Perry	8	22:24.4	DNR	22:24.4	11	82	43.8%
09-22-23	Ben Wallace	10	20:55.67	DNR	23:34.1	12	98	32.9%
09-22-23	Landon Ortmeier	10	22:16.56	DNR	23:39.6	13	99	32.2%
09-22-23	Ivan Mamaril	10	22:05.97	DNR	23:58.6	14	107	26.7%
09-22-23	Samuel Kasper	8	24:17.5	DNR	24:17.5	15	112	23.3%
09-22-23	Evan Melyncezko	7	DNR	DNR	24:47.1	16	119	18.5%
09-22-23	Dylan Rudzik	10	23:33.24	DNR	24:54.1	17	120	17.8%
09-22-23	Simon Anderson	8	23:23.5	DNR	24:55.1	18	121	17.1%
09-22-23	Lucas Leidig	9	25:42.60	DNR	26:22.8	19	127	13.0%
09-22-23	Noah Chounard	11	24:55.57	DNR	26:29.5	20	128	12.3%
09-22-23	Ezra Mogenson	7	DNR	DNR	26:30.7	21	129	11.6%
09-22-23	Mason Nguyen	8	25:45.1	DNR	27:03.7	22	131	10.3%
09-22-23	Jack Bergerson	10	27:52.8	DNR	27:44.8	23	139	4.8%
09-22-23	Clayton Coons	8	27:20.7	DNR	27:57.5	24	141	3.4%
09-22-23	Cameron Flottmeyer	10	30:11.18	DNR	28:16.7	25	142	2.7%
09-22-23	Andrew Dahlen	10	25:21.77	DNR	28:28.5	26	144	1.4%
09-22-23	Patrick Luckey	9	26:28.00	DNR	DNR	DNR	DNR	DNR
09-22-23	Stephen Johnson	12	21:07.57	DNR	DNR	DNR	DNR	DNR

**Personal Record**

**Course Record**

Letter Qualifying Time

## Mankato Invite - Benson Park

**September 26, 2023**

Temperature: 65°, P. Cloudy    Wind: 12-mph, ESE    Humidity: 84%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
09-26-23	Jacob Perry	8	22:24.4	DNR	<b>20:34.0</b>	1	114	53.7%
09-26-23	Landon Ortmeier	10	22:16.6	25:18.1	<b>21:03.2</b>	2	131	46.7%
09-26-23	Ivan Mamaril	10	22:06.0	DNR	<b>21:21.4</b>	3	137	44.3%
09-26-23	Samuel Kasper	8	24:17.5	DNR	<b>21:37.6</b>	4	152	38.2%
09-26-23	Evan Melynchezko	7	24:47.1	DNR	<b>22:15.5</b>	5	172	30.1%
09-26-23	Simon Anderson	8	23:23.5	DNR	<b>22:41.0</b>	6	183	25.6%
09-26-23	Ben Wallace	10	20:55.67	21:06.4	22:54.88	7	190	22.8%
09-26-23	Noah Chounard	11	24:55.6	30:45.5	<b>23:48.2</b>	8	203	17.5%
09-26-23	Mason Nguyen	8	25:45.1	DNR	<b>24:18.4</b>	9	211	14.2%
09-26-23	Lucas Leidig	9	25:42.6	DNR	<b>24:34.9</b>	10	213	13.4%
09-26-23	Jack Bergerson	10	27:52.8	32:51.4	<b>24:47.8</b>	11	215	12.6%
09-26-23	Patrick Luckey	9	26:28.0	DNR	<b>25:13.8</b>	12	219	11.0%
09-26-23	Andrew Dahlen	10	25:21.8	27:21.2	<b>25:33.2</b>	13	223	9.3%
09-26-23	Clayton Coons	8	27:20.7	DNR	<b>25:47.3</b>	14	226	8.1%
09-26-23	Cameron Flottmeyer	10	30:11.2	DNR	<b>26:14.6</b>	15	228	7.3%
09-26-23	Aiden Feda	10	17:21.0	18:13.4	DNR	DNR	DNR	DNR
09-26-23	Dylan Rudzik	10	23:33.2	25:26.7	DNR	DNR	DNR	DNR
09-26-23	Ezra Mogenson	7	26:30.7	DNR	DNR	DNR	DNR	DNR
09-26-23	Jacob Wiest	9	19:54.5	DNR	DNR	DNR	DNR	DNR
09-26-23	Jayden Anderson	10	17:32.8	18:27.4	DNR	DNR	DNR	DNR
09-26-23	Layton Mathis	8	19:22.7	DNR	DNR	DNR	DNR	DNR
09-26-23	Luke Liedl	12	19:10.1	19:44.9	DNR	DNR	DNR	DNR
09-26-23	Max Nguyen	11	18:22.1	DNR	DNR	DNR	DNR	DNR
09-26-23	Nate Nigbur	11	18:29.8	19:22.6	DNR	DNR	DNR	DNR
09-26-23	Noah Stanslaski	12	18:32.0	19:20.9	DNR	DNR	DNR	DNR
09-26-23	Phillip Dahlen	12	17:16.2	18:20.9	DNR	DNR	DNR	DNR
09-26-23	Scott Anderson	12	18:41.7	19:26.0	DNR	DNR	DNR	DNR
09-26-23	Stephen Johnson	12	21:07.6	DNR	DNR	DNR	DNR	DNR
<b>Personal Record</b>								
<b>Course Record</b>								
Letter Qualifying Time								



## All-City Invite - Century High School

**October 10, 2023**

Temperature: 57°, Fair    Wind: 9-mph, WNW    Humidity: 32%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
10-10-23	Aiden Feda	10	17:07.5	18:44.9	<b>16:54.4</b>	1	2	98.7%
10-10-23	Jayden Anderson	10	17:11.5	19:10.4	<b>17:03.2</b>	2	4	97.4%
10-10-23	Phillip Dahlen	12	17:16.2	18:42.5	<b>17:34.2</b>	3	6	96.1%
10-10-23	Max Nguyen	11	17:52.6	18:42.4	<b>17:46.9</b>	4	8	94.8%
10-10-23	Layton Mathis	8	19:22.7	DNR	<b>17:51.9</b>	5	9	94.1%
10-10-23	Nate Nigbur	11	18:29.8	19:32.6	<b>18:41.6</b>	6	20	86.9%
10-10-23	Luke Liedl	12	18:59.7	19:49.2	<b>18:51.8</b>	7	25	83.7%
10-10-23	Jacob Wiest	9	19:04.9	21:52.6	<b>18:52.6</b>	8	26	83.0%
10-10-23	Scott Anderson	12	18:41.7	<b>19:32.6</b>	<b>18:57.7</b>	9	29	81.0%
10-10-23	Noah Stanslaski	12	18:32.0	19:31.5	<b>19:08.2</b>	10	32	79.1%
10-10-23	Jacob Perry	8	20:34.0	27:32.8	<b>19:54.8</b>	11	43	71.9%
10-10-23	Landon Ortmeier	10	21:03.2	24:07.0	<b>20:07.7</b>	12	49	68.0%
10-10-23	Ivan Mamaril	10	21:08.4	DNR	<b>20:46.0</b>	13	61	60.1%
10-10-23	Stephen Johnson	12	21:07.6	DNR	<b>21:06.0</b>	14	71	53.6%
10-10-23	Evan Melyncezko	7	22:15.5	DNR	<b>21:26.9</b>	15	77	49.7%
10-10-23	Ben Wallace	10	20:55.7	22:14.9	<b>21:56.3</b>	16	90	41.2%
10-10-23	Simon Anderson	8	22:41.0	24:30.3	<b>21:57.3</b>	17	91	40.5%
10-10-23	Samuel Kasper	8	21:37.6	30:48.3	<b>21:23.3</b>	18	74	51.6%
10-10-23	Mason Nguyen	8	24:18.4	28:08.0	<b>23:11.6</b>	19	109	28.8%
10-10-23	Jack Bergerson	10	23:38.0	30:47.3	<b>23:25.3</b>	20	111	27.5%
10-10-23	Dylan Rudzik	10	23:33.2	25:26.0	<b>23:36.2</b>	21	115	24.8%
10-10-23	Noah Chounard	11	23:36.6	27:33.2	<b>23:40.3</b>	22	119	22.2%
10-10-23	Patrick Luckey	9	24:08.4	DNR	<b>23:59.0</b>	23	121	20.9%
10-10-23	Lucas Leidig	9	24:08.4	DNR	<b>24:00.6</b>	24	123	19.6%
10-10-23	Ezra Mogenson	7	26:30.7	DNR	<b>24:15.4</b>	25	129	15.7%
10-10-23	Clayton Coons	8	25:47.3	28:28.2	<b>24:21.3</b>	26	131	14.4%
10-10-23	Andrew Dahlen	10	25:18.2	27:23.6	<b>24:36.5</b>	27	132	13.7%
10-10-23	Cameron Flottmeyer	10	25:31.4	DNR	<b>25:08.5</b>	28	138	9.8%

**Personal Record**

**Course Record**

**Letter Qualifying Time**

## Big 9 Championships - Brooktree Golf Course, Owatonna

**October 17, 2023**

Temperature: 64°, Fair    Wind: 10-mph, SW    Humidity: 40%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
10-17-23	Aiden Feda	10	16:54.4	17:07.5	<b>17:01.9</b>	1	17	95.3%
10-17-23	Jayden Anderson	10	17:03.2	17:11.5	17:28.5	2	34	90.7%
10-17-23	Phillip Dahlen	12	17:16.2	17:28.4	17:34.5	3	35	90.4%
10-17-23	Max Nguyen	11	17:46.2	17:52.6	18:00.9	4	47	87.1%
10-17-23	Layton Mathis	8	17:51.9	DNR	18:06.4	5	52	85.7%
10-17-23	Jacob Wiest	9	18:52.6	19:04.9	<b>18:42.1</b>	6	73	79.9%
10-17-23	Noah Stanslaski	12	18:32.0	18:35.5	18:50.2	7	86	76.4%
10-17-23	Nate Nigbur	11	18:29.8	18:29.5	19:01.5	8	102	72.0%
10-17-23	Luke Liedl	12	18:51.8	18:59.7	19:07.9	9	110	69.8%
10-17-23	Scott Anderson	12	18:41.7	18:41.7	19:10.2	10	113	69.0%
10-17-23	Jacob Perry	8	19:54.7	24:18.7	<b>19:33.9</b>	11	130	64.3%
10-17-23	Landon Ortmeier	10	20:07.7	21:03.4	<b>20:42.0</b>	12	182	50.0%
10-17-23	Ivan Mamaril	10	20:46.0	21:08.4	<b>20:47.5</b>	13	185	49.2%
10-17-23	Samuel Kasper	8	21:23.3	24:36.2	<b>20:48.3</b>	14	186	48.9%
10-17-23	Evan Melyncezko	7	21:26.9	DNR	<b>20:49.4</b>	15	187	48.6%
10-17-23	Stephen Johnson	12	21:06.0	21:13.9	<b>20:52.6</b>	16	188	48.4%
10-17-23	Ben Wallace	10	20:55.7	20:55.7	21:46.2	17	237	34.9%
10-17-23	Mason Nguyen	8	23:11.6	14:44.1	<b>22:48.9</b>	18	287	21.2%
10-17-23	Dylan Rudzik	10	23:33.2	23:33.2	<b>22:59.0</b>	19	294	19.2%
10-17-23	Simon Anderson	8	21:57.3	23:23.5	<b>23:07.3</b>	20	296	18.7%
10-17-23	Patrick Luckey	9	23:59.0	24:08.0	<b>23:25.4</b>	21	306	15.9%
10-17-23	Noah Chounard	11	23:36.6	23:36.6	<b>23:27.9</b>	22	308	15.4%
10-17-23	Jack Bergerson	10	23:25.3	23:38.0	<b>23:31.4</b>	23	310	14.8%
10-17-23	Lucas Leidig	9	24:00.6	24:08.4	24:17.6	24	323	11.3%
10-17-23	Andrew Dahlen	10	24:36.5	25:18.2	<b>24:46.7</b>	25	333	8.5%
10-17-23	Cameron Flottmeyer	10	25:08.5	25:31.4	<b>24:56.7</b>	26	336	7.7%
10-17-23	Clayton Coons	8	24:21.3	27:20.7	DNR	DNR	DNR	DNR
10-17-23	Ezra Mogenson	7	24:15.4	DNR	DNR	DNR	DNR	DNR

**Personal Record**

**Course Record**

Letter Qualifying Time

## Section 1AAA Championships - Brooktree Golf Course, Owatonna

**October 26, 2023**

Temperature: 58°, Mist    Wind: 9-mph, SSE    Humidity: 100%

Date	Name	Yr.	PR	Course	Time	Team	Overall	Overall %
10-26-23	Aiden Feda	10	16:54.4	17:01.9	17:22.2	1	16	94.0%
10-26-23	Jayden Anderson	10	17:03.2	17:11.5	17:28.5	2	20	94.1%
10-26-23	Phillip Dahlen	12	17:16.2	17:28.4	17:47.4	3	23	93.2%
10-26-23	Max Nguyen	11	17:46.2	17:52.6	17:57.7	4	28	91.7%
10-26-23	Layton Mathis	8	17:51.9	18:06.4	<b>18:03.4</b>	5	29	91.4%
10-26-23	Jacob Wiest	9	18:42.1	18:42.1	19:12.8	6	69	79.6%
10-26-23	Nate Nigbur	11	18:29.8	18:29.5	19:22.4	7	74	78.1%
10-26-23	Noah Stanslaski	12	18:32.0	18:35.5	19:47.9	8	92	72.8%
10-26-23	Scott Anderson	12	18:41.7	18:41.7	19:57.4	9	101	70.1%
10-26-23	Luke Liedl	12	18:51.8	18:59.7	20:15.0	10	110	67.5%
10-26-23	Landon Ortmeier	10	20:07.7	20:42.0	20:42.0	11	164	51.5%
10-26-23	Ivan Mamaril	10	20:46.0	20:47.5	21:17.3	12	143	57.7%
10-26-23	Samuel Kasper	8	20:48.3	20:48.3	21:22.8	13	147	56.5%
10-26-23	Evan Melyneczeko	7	20:49.4	20:49.4	21:23.0	14	148	56.2%
10-26-23	Jacob Perry	8	19:33.9	19:33.9	21:15.1	15	140	58.6%
10-26-23	Stephen Johnson	12	20:52.6	20:52.6	22:07.0	16	170	49.7%
10-26-23	Ben Wallace	10	20:55.7	20:55.7	22:33.3	17	182	46.2%
10-26-23	Dylan Rudzik	10	22:59.0	22:59.0	<b>22:37.1</b>	18	184	45.6%
10-26-23	Mason Nguyen	8	23:11.6	22:48.9	24:00.9	19	216	36.1%
10-26-23	Patrick Luckey	9	23:25.4	23:25.4	24:10.5	20	218	35.5%
10-26-23	Simon Anderson	8	21:57.3	23:07.3	24:28.8	21	222	34.3%
10-26-23	Noah Chouard	11	23:27.9	23:27.9	24:40.2	22	223	34.0%
10-26-23	Jack Bergerson	10	23:25.34	23:31.4	24:55.1	23	225	33.4%
10-26-23	Cameron Flottmeyer	10	24:56.7	24:56.7	25:14.3	24	229	32.2%
10-26-23	Clayton Coons	8	24:21.3	27:20.7	25:15.6	25	230	32.0%
10-26-23	Lucas Leidig	9	24:00.6	24:08.35	25:18.0	26	232	31.4%
10-26-23	Ezra Mogenson	7	24:15.4	DNR	25:31.2	27	234	30.8%
10-26-23	Andrew Dahlen	10	24:36.5	24:46.7	27:08.2	28	254	24.9%

**Personal Record**

**Course Record**

Letter Qualifying Time



## 2023 Personal Course Records

Name	Yr.	TimeTrial	St. Olaf	Luther	Mayo	Winona	Mankato	Century	Owatonna
Aiden Feda	10	11:05	19:00.2	17:38.5	17:21.0	17:57.3	18:13.4	16:54.4	17:01.9
Andrew Dahlen	10	17:15	DNR	26:03.4	26:50.3	28:28.5	25:33.2	24:36.5	24:46.7
Ben Wallace	10	14:15	DNR	22:25.8	24:23.1	23:34.1	22:54.9	21:56.3	20:55.7
Cameron Flottmeyer	10	DNR	DNR	31:32.0	19:11.8	28:16.7	26:14.6	25:08.5	24:56.7
Clayton Coons	8	16:37	DNR	15:47.0	19:42.0	27:57.5	25:47.3	24:21.3	27:20.7
Dylan Rudzik	10	17:17	DNR	25:40.5	19:54.5	24:54.1	25:26.7	23:36.2	22:37.1
Evan Melnyczenko	7	DNR	DNR	14:27.9	20:01.7	24:47.1	22:15.5	21:26.9	20:49.4
Ezra Mogenson	7	16:20	DNR	16:19.9	20:07.5	26:30.7	DNR	24:15.4	25:31.2
Ivan Mamaril	10	DNR	DNR	22:10.8	20:12.6	23:58.6	21:21.4	20:46.0	20:47.5
Jack Bergerson	10	17:14	DNR	27:00.0	22:06.0	27:44.8	24:47.8	23:25.3	23:31.4
Jacob Perry	8	15:41	DNR	13:26.5	22:16.6	22:24.4	20:34.0	19:54.8	19:33.9
Jacob Wiest	9	12:57	20:08.5	24:39.9	25:12.2	21:25.8	DNR	18:52.6	18:42.1
Jaden Anderson	10	11:22	18:17.3	17:47.2	26:16.4	18:13.6	18:27.4	17:03.2	17:11.5
Landon Ortmeier	10	14:35	DNR	22:53.2	26:31.9	23:39.6	21:03.2	20:07.7	20:42.0
Layton Mathis	8	12:03	19:22.7	11:37.2	26:50.3	20:18.5	DNR	17:51.9	18:03.4
Lucas Leidig	9	16:10	DNR	25:42.6	27:48.0	26:22.8	24:34.9	24:00.6	24:08.4
Luke Leidl	12	12:17	20:54.3	20:01.1	29:50.4	20:52.6	19:44.9	18:51.9	18:59.7
Mason Nguyen	8	16:22	DNR	14:48.0	30:11.2	27:03.7	24:18.4	23:11.6	22:48.9
Max Nguyen	11	12:07	19:19.7	19:06.9	DNR	19:31.1	DNR	17:46.9	17:52.6
Nate Nigbur	11	12:26	20:10.7	19:19.9	DNR	20:56.1	19:22.6	18:41.6	18:29.5
Noah Chounard	11	16:33	DNR	25:21.5	9:09.4	26:29.5	23:48.2	23:40.3	23:27.9
Noah Stanslaski	12	12:11	20:40.1	19:46.3	9:44.9	21:26.1	19:20.9	19:08.2	18:35.5
Patrick Luckey	9	16:35	DNR	26:28.0	10:54.9	DNR	25:13.8	23:59.0	23:25.4
Phillip Dahlen	12	11:55	18:42.4	18:13.0	10:58.7	18:34.4	18:20.9	17:34.2	17:28.4
Samuel Kasper	8	DNR	DNR	14:12.5	11:08.6	24:17.5	21:37.6	21:23.3	20:48.3
Scott Anderson	12	12:45	20:24.2	20:24.1	11:10.5	20:53.3	19:26.0	18:57.7	18:41.7
Simon Anderson	8	15:58	DNR	15:08.8	12:08.4	24:55.1	22:41.0	21:57.3	23:07.3
Stephen Johnson	12	DNR	DNR	DNR	DNR	DNR	DNR	21:06.0	21:13.9

### 2023 Varsity Meet Summaries

Date	Meet	Division	Place	Points	Top 5	Top 5 Avg.	5 Spread	Top 7	Top 7 Avg.	7 Spread	Varsity Top 5
08-31-2023	St. Olaf	V	19/25	508	1:34.42	18:56	1:05	2:15.01	19:17	1:53	J. Anderson, P. Dahlen, A. Feda, M. Nguyen, L. Mathis, J. Weist, N. Nigbur
09-09-2023	Luther	V	18/32	487	1:32.05	18:25	1:41	1:52.29	18:44	2:45	A. Feda, J. Anderson, P. Dahlen, M. Nguyen, N. Nigbur, S. Anderson
09-14-2023	Mayo	V	11/22	328	1:32.41	18:32	2:21	2:12.55	18:59	2:51	A. Feda, J. Anderson, P. Dahlen, M. Nguyen, N. Nigbur, L. Leidl, N. Stanslaski
09-23-2023	Winona	V	4/9	106	1:35.09	19:01	2:55	2:17.30	19:38	3:28	A. Feda, J. Anderson, P. Dahlen, M. Nguyen, L. Leidl, N. Nigbur, J. Wiest
09-26-2023	Mankato	V	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR (Varsity did not run)
10-05-2023	Owatonna	V	10/154	265	1:28.30	17:42	1:43	2:06.41	18:05	2:03	A. Feda, J. Anderson, P. Dahlen, M. Nguyen, S. Anderson, L. Leidl, N. Nigbur
10-10-2023	All-City	V	1/4	29	1:27.10	17:26	0:57	2:04.33	17:49	1:57	A. Feda, J. Anderson, P. Dahlen, M. Nguyen, L. Mathis, N. Nigbur, L. Leidl
10-17-2023	Big 9	V	7/12	170	1:28.12	17:38	1:04	2:06.21	18:03	2:06	A. Feda, J. Anderson, P. Dahlen, M. Nguyen, L. Mathis, N. Nigbur, L. Leidl
10-26-2023	1AAA	V	6/8	114	1:28:39	17:43	0:41	2:08.16	18:19	2:52	A. Feda, J. Anderson, P. Dahlen, M. Nguyen, L. Mathis, N. Nigbur, L. Leidl

### 2023 Junior Varsity Meet Summaries

Date	Meet	Division	Place	Points	Top 5	Top 5 Avg.	5 Spread	Top 7	Top 7 Avg.	7 Spread	Varsity Top 5
08-31-2023	St. Olaf	JV	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR (JV did not run)
09-09-2023	Luther	JV	14/23	408	1:49.31	21:54	4:53	2:40.33	22:56	5:54	N. Stanslaski, L. Leidl, I. Mamaril, L. Ortmeier, J. Wiest, N. Chounard, D. Rudzik
09-14-2023	Mayo	JV	9/12	268	1:49.36	21:55	5:17	2:42.25	23:12	6:37	J. Wiest, S. Anderson, I. Mamaril, L. Ortmeier, N. Chounard, D. Rudzik, L. Leidl
09-23-2023	Winona	JV	5/8	92	1:48.36	21:43	3:15	2:36.14	22:19	3:40	L. Mathis, S. Anderson, N. Stanslaski, J. Perry, B. Wallace, L. Ortmeier, I. Mamaril
09-26-2023	Mankato	JV	8/10	257	1:46.51	21:22	1:41	2:32.27	21:46	2:20	J. Perry, L. Ortmeier, I. Mamaril, S. Kasper, E. Melnyzenko, S. Anderson, B. Wallace
10-05-2023	Owatonna	JV	12/14	346	1:41.06	20:13	2:38	2:26.28	20:55	5:01	N. Stanslaski, J. Weist, L. Ortmeier, I. Mamaril, S. Johnson, B. Wallace, N. Chounard
10-10-2023	All-City	JV	2/4	46	1:37.01	19:24	1:15	2:18.53	19:50	2:13	J. Weist, S. Anderson, N. Stanslaski, J. Perry, L. Ortmeier, I. Mamaril, S. Johnson
10-17-2023	Big 9	JV	8/11	183	1:36.58	19:23	1:59	2:18.34	19:47	2:05	J. Wiest, N. Stanslaski, S. Anderson, J. Perry, L. Ortmeier, I. Mamaril, S. Kasper
10-26-2023	1AAA	JV	7/8	186	1:41.30	20:18	2:04	2:24.16	20:36	2:10	J. Wiest, N. Stanslaski, S. Anderson, J. Perry, I. Mamaril, S. Kasper, E. Melnyzenko

### 2023 Middle School Meet Summaries

Date	Meet	Division	Place	Points	Top 5	Top 5 Avg.	5 Spread	Top 7	Top 7 Avg.	7 Spread	Varsity Top 5
08-31-2023	St. Olaf	MS 5000m	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR (No middle school division)
09-09-2023	Luther	MS 2-miles	8/10	182	1:08.32	13:42	3:10	1:39.27	14:12	4:09	L. Mathis, J. Perry, S. Kasper, E. Melnyzenko, M. Nguyen, S. Anderson, C. Coons
09-14-2023	Mayo	MS 2500m	3/7	67	3:56:00	10:23	1:59	1:15.15	10:45	2:58	L. Mathis, J. Perry, E. Melnyzenko, S. Kasper, S. Anderson, M. Nguyen, C. Coons
09-23-2023	Winona	MS 3200m	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR (Ran 5K)
09-26-2023	Mankato	MS 2500m	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR	DNR (Ran 5K)
10-05-2023	Owatonna	MS 3200m	3/5	65	1:05.24	13:16	2:36	1:36.22	13:47	3:39	L. Mathis, J. Perry, E. Melnyzenko, S. Kasper, S. Anderson, M. Nguyen, C. Coons

## 2023 Letter Qualifying Finishes

Name	Yr.	St. Olaf	Luther	Mayo	St. Mary's	Mankato	Owatonna	All-City	Big 9	1AAA	T	#	Rank
Aiden Feda	10	3	1	1	1		1	1	1	1	10	8	1.3
Jaden Anderson	10	1	2	2	2		2	2	2	2	15	8	1.9
Phillip Dahlen	12	2	3	3	3		3	3	3	3	23	8	2.9
Max Nguyen	11	4	4	4	4		4	4	4	4	32	8	4.0
Nate Nigbur	11	7	5	5	8		9	6	8	7	55	8	6.9
Jacob Wiest	9	6	9	6	9		8	8	6	6	58	8	7.3
Luke Leidl	12	9	7	7	6		7	7	9	10	62	8	7.8
Noah Stanslaski	12	8	6	9	10		5	10	7	8	63	8	7.9
Scott Anderson	12	8	8	8	7		6	9	10	9	65	8	8.1
Landon Ortmeier	10		11	11	13		10	12	12	11	80	7	11.4
Ivan Mamaril	10		10	10	14		11	13	13	12	83	7	11.9
Stephen Johnson	12						12	14	16	16	58	4	14.5
Ben Wallace	10				12		13	16	17	17	75	5	15.0
Dylan Rudzik	10		13	13	17			21	19	18	101	6	16.8
Noah Chounard	11		12	12	20		14	22	22	22	124	7	17.7
Patrick Luckey	9		16	16			16	23	21	20	112	6	18.7
Jack Bergerson	10		17	17	23		15	20	23	23	138	7	19.7
Lucas Leidig	9		14	14	19		17	24	24	26	138	7	19.7
Andrew Dahlen	10		15	15	26		18	27	25	28	154	7	22.0
Cameron Flottmeyer	10		18	18	25		19	28	26	24	158	7	22.6
Clayton Coons	8				24			26		25	75	3	*
Evan Melnyczenko	7				16			15	15	14	60	4	*
Ezra Mogenson	7				21			25		27	73	3	*
Jacob Perry	8				11			11	11	15	48	4	*
Layton Mathis	8				5			5	5	5	20	4	*
Mason Nguyen	8				22			19	18	19	78	4	*
Samuel Kasper	8				15			18	14	13	60	4	*
Simon Anderson	8				18			17	20	21	76	4	*

\* To qualify for a letter based on team finish, an athlete must compete in at half of all schedule 5K competitions (5)