

name

vs Wood and Park

name

BOYS' 5K*

1	John Faller	16:22.7	
2	Sean McNiesh	16:48.1	
3	Sam Jordan	16:48.3	
4	Evan Johnson	17:02.9	
5	Trenton Hohn	17:05.2	
6	Daniel Koland	17:13.0	
7	Ian Hohn	17:22.1	
8	Lukas Stofer	17:54.6	
9	Morgan Gillard	18:03.6	
10	Jackson Wangebsteen	18:15.6	
11	Tyler Mestery	18:41.5	
12	Jack Aldrich	19:23.4	
13	Ken Johnson	19:38.0	
14	Milan Tomaska	19:47.0	
15	Aiden Engert	19:56.0	
16	Avinash Sivaramen	20:05.0	
17	Ryan Bohn	20:15.0	
18	Ryan Soenen	20:16.0	
19	John Gramer	20:24.9	
20	Conner McNiesh	20:42.0	
21	Mark Collins	20:44.0	
22	Josh Killam	20:53.3	
23	Aaron Devine	22:06.9	
24	Everett Creighton	22:21.9	
25	Jackson Amel	22:32.5	
26	Jake Bellis	22:45.5	
27	Coleman Nelson	22:59.1	
28	Nathan Rongitsch	23:10.8	
29	Aaron Claxton	23:39.6	
30	Brady Heipias	23:44.1	
31	Brody Urbanz	23:46.6	
32	Anthony Klein	23:54.7	
33	Quin O'Connor	23:58.1	
34	Breck Miller	24:25.4	
35	Trent Wagner	24:32.0	
36	Braden McLoughlin	24:43.0	
37	Aiden Carlson	24:45.0	
38	Andy Kuhn	24:51.3	
39	Jared Engh	24:56.0	
40	Isaac Bjork	25:34.5	
41	Walter Bellis	26:18.6	
42	Caleb Kager	26:20.1	
43	Evan Robertson	26:48.2	
44	Collin Domingas	28:32.0	
45	Evan Poeschel	28:35.0	
46	Trent Wagner	29:11.0	
47	Riley Kuhn	29:26.0	
48	Carter Nelson	31:47.0	
49	Daniel Figueroa	32:50.0	

GIRLS' 5K*

1	Hallie Mestery	17:59.0
2	Lily Warmuth	18:14.0
3	Mary Kenney	19:53.0
4	Tatum Geving	20:18.0
5	Sonja Wangensteen	20:42.0
6	Eva Creighton	21:17.0
7	Rudy Anderson	21:40.0
8	Lilly Fuschetto	22:19.0
9	Julia Glatzmaier	24:00.8
10	Jada Scribner	24:18.4
11	Kylie Jones	24:22.8
12	Haylie Hedrington	24:38.5
13	Maddie Thelen	25:50.5
14	Greta Kirsch	25:59.0
15	Sofia Wangensteen	26:52.7
16	Hailey Rude	26:56.6
17	Lauren Kuhn	27:07.2
18	Lilah Thelen	27:17.7
19	Chloe Wangensteen	27:23.7
20	Angela Goodwin	27:39.2
21	Tatum Geving	29:56.5
22	Rylie Beukelman	30:32.9
23	Natalie Segedi	31:33.5

Runners, great work at the Lake meet on Sat!

I've always wanted to have a dist 833 XC meet!

You represented your team well throughout the day. Thanks for racing in such a tenacious and smart way. Thanks for being ready, and on time, for your heat. Thanks for warming up and cooling down with your teammates. Thanks for following all the protocols. You were tough out there. Coach Ness, Coach Gramer, myself and many others

"Meet" Letter points:

Boys'

9 points < 17:37

6 points < 18:32

3 points < 19:47

Girls'

9 points < 20:59

6 points < 21:47

3 points < 23:35

*unfortunately, we measured the course before the city put all those soccer goals/fields in just before our meet.

We had to alter the finish stretch from the corner.

The result was 0.05 short.

East Ridge XC Meet she Grey Cloud I

2020

name (vs Mounds View)		
BOYS' 5K		
1	Sean McNiesh	17:26.7
2	Evan Johnson	17:37.6
3	Sam Jordan	17:39.7
4	Trenton Hohn	17:43.8
5	Daniel Koland	18:00.1
6	Ian Hohn	18:03.2
7	Lukas Stofer	18:18.9
8	Jackson Wangebsteen	18:24.9
9	Morgan Gillard	18:55.4
10	Aiden Engert	18:57.2
11	Tyler Mestery	19:00.1
12	Jack Aldrich	19:18.4
13	Milan Tomaska	19:52.3
14	Ryan Bohn	20:18.0
15	Avinash Sivaramen	20:19.0
16	Ryan Soenen	20:19.8
17	Nate Shultz	20:23.5
18	John Gramer	20:29.5
19	Mark Collins	20:36.3
20	Josh Killam	20:39.7
21	Connor McNiesh	21:00.5
22	Aaron Devine	21:17.1
23	Aaron Claxton	21:18.5
24	Everett Creighton	21:41.0
25	Ken Johnson	21:44.0
26	Jameson Amel	21:49.3
27	Casey Ratigan	21:49.8
28	Nathan Rongitsch	22:03.7
29	Finley Wiken	22:21.6
30	Brody Urbanz	22:31.6
31	Brady Heitpas	22:34.7
32	Jared Engh	22:35.6
33	Quin O'Connor	23:19.3
34	Anthony Klein	23:30.6
35	Trent Wagner	23:38.5
36	Braden McLoughlin	23:53.7
37	Walter Bellis	23:57.4
38	Mason Kuchenmeister	23:34.8
39	Isaac Bjork	23:49.3
40	Eli Garlie	25:07.8
41	Caleb Kager	25:11.3
42	Kyle Tovar	25:41.4
43	Evan Robertson	25:43.1
44	Collin Domingas	25:44.4
45	Evan Poeschel	29:40.1
46	Carter Nelson	30:31.2
47	Daniel Figueroa	31:52.0

name		
GIRLS' 5K		
1	Halle Mestery	18:24.1
2	Lily Warmuth	18:29.1
3	Mary Kenney	20:16.6
4	Tatum Geving	20:46.1
5	Ruby Anderson	21:16.5
6	Sonja Wangensteen	21:25.0
7	Eva Creighton	21:56.2
8	Katie Dayha	22:32.5
9	Kylie Jones	24:33.1
#	Jada Scribner	24:44.0
#	Maggie Pape	24:50.4
#	Julia Glatzmaier	25:10.9
#	Maddie Thelen	26:35.9
#	Lilah Strohkirch	27:08.4
#	Sofia Wangensteen	27:19.3
#	Dasha Hohn	28:03.4
#	Sophie Hagemeyer	28:57.0
#	Chloe Wangensteen	29:00.9
#	Rylie Beukelman	32:50.1

Great work out there today runners! You raced with tenacity and represented your team with class off the racecourse too. Thanks for being there for your teammates!

Thanks to all of our parent volunteers for what you do for our runners and making this season happen!

It is truly amazing how you support your son and/or daughter's team! Thank you! The preliminary results from the meet today (East Ridge vs Mounds View) are in a doc on the "Documents and Links" on our website

They are also on Webscorer

Solid work out there!

"Meet" Letter points:

Boys:	Girls:
9 points <	18:30 21:30
6 points <	19:00 22:15
3 points <	20:17 23:10

East Ridge XC Meet sheet 2020 St Croix Bluffs (vs CDH/Forest Lake) 5K

1	Sean McNiesh	16:57.66	1	Halle Mestery	18:06.38
2	Sam Jordan	16:58.52	2	Lily Warmuth	18:19.81
3	Evan Johnson	17:16.53	3	Mary Kenney	20:12.15
4	Trenton Hohn	17:21.89	4	Tatum Geving	20:14.61
5	Daniel Koland	17:22.93	5	Sonja Wangensteen	21:03.03
6	Ian Hohn	17:41.98	6	Eva Creighton	21:09.6
7	Lukas Stofer	18:08.41	7	Ruby Anderson	21:22.48
8	Morgan Gillard	18:15.55	8	Katie Dahiya	22:36.58
9	Jackson Wangensteen	18:41.79	9	Maggie Pape	23:28.96
10	Tyler Mestery	19:09.98	10	Kylie Jones	24:25.5
11	Jack Aldrich	19:19.02	11	Julia Glatzmaier	25:11.12
12	Nate Schultz	19:29.69	12	Hailey Rude	26:07.26
13	Milan Tomaska	19:32.37	13	Maddie Thelen	27:21.27
14	Josh Killam	19:39.43	14	Lilah Strohkirch	26:59.47
15	Ryan Soenen	20:09.38	15	Angela Goodwin	27:08.35
16	Avi Sivaraman	20:11.99	16	Chloe Wangensteen	27:30.81
17	Ryan Bohn		17	Sofia Wangensteen	27:54.66
18	Ken Johnson	20:13.80	18	Grace Stamm	30:07.46
19	Mark Collins	20:15.19	19	Rylie Beukelman	30:08.77
20	John Gramer	20:42.88	20	Sophia Hagemeyer	30:46.8
21	Connor McNiesh	20:56.18			
22	Aaron Claxton	21:06.83			
23	Aaron Devine	21:27.56			
24	Jared Engh	21:49.72			
25	Anthony Klein	21:51.12			
26	Brady Heitpas	21:53.64			
27	Finley Wiken	21:55.31			
28	Nathan Rongitsch	22:00.91			
29	Casey Ratigan	22:08.25			
30	Everett Creighton	22:16.77			
31	Aidan Carlson	22:18.77			
32	Breck Miller	22:22.73			
33	Jameson Amel	22:27.68			
34	Eli Garlie	22:35.90			
35	??	22:44.20			
36	Quin O'Connor	23:07.42			
37	Isaac Bjork	23:08.52			
38	Walter Bellis	23:49.48			
39	Kyle Tovar	25:00.79			
40	Caleb Kugel	25:08.54			
41	Collin Domingas	25:28.53			
42	Evan Poeschel	26:56.06			
43	Riley Kuhn	27:10.87			
44	Daniel Figueroa	29:03.61			

Great work out there today runners! You raced with tenacity and represented your team with class off the racecourse too.

Thanks for being there for your teammates!

The full results are in a doc on the Documents and Links on our website
Solid work out there!

Varsity Letter Points:

Boys:	Girls:
9 p, 18:05	21:10
6 p, 18:52	22:11
3 p, 20:22	23:12

East Ridge XC Meet sheet

Grey Cloud II

2020

name (vs Stillwater)

name

BOYS' 5K

GIRLS' 5K

1	Lukas Stofer	18:43.8	
2	Aiden Engert	18:48.0	
3	Tyler Mestery	18:51.7	
4	Milan Toska	19:11.7	
5	Jack Aldrich	19:13.0	
6	Nate Shultz	19:21.4	
7	Ryan Soenen	19:51.1	
8	Mark Collins	20:09.3	
9	Josh Killam	20:12.1	
10	Ken Johnson	20:27.0	
11	Connor McNish	20:29.6	
12	Ryan Bohn	20:30.9	
13	John Gramer	20:33.9	
14	Avi Sivaraman	20:35.0	
15	Aaron Devine	20:53.2	
16	Nathan Rongisch	21:11.6	
17	Aaron Claxton	21:13.2	
18	Finley Wiken	21:34.8	
19	Everett Creighton	21:34.6	
20	Casey Raigan	22:51.2	
21	Andy Kuhn	23:04.2	
22	Anthony Klein	23:11.9	
23	Brody Urbanz	23:13.6	
24	Quin O'Connor	23:20.0	
25	Jameson Amel	23:23.1	
26	Brady Heipas	23:29.2	
27	Isaac Bjork	24:02.6	
28	Aiden Carlson	24:03.7	
29	Walter Bellis	24:28.8	
30	Evan Robertson	24:37.1	
31	Kyle Tovar	24:41.8	
32	Collin Domingas	24:46.0	
33	Eli Garlie	24:46.5	
34	Trent Wagner	24:52.9	
35	Caleb Kuegal	25:00.9	
36	Evan Poeschel	27:43.8	
37	Riley Kuhn	28:57.6	
38	Daniel Figueroa	30:08.2	
39			
40			

1	Katie Dayha	22:29.3	
2	Lilah Strohkirch	26:48.9	
3	Sofia Wagensteen	27:13.7	
4	Chloe Wagensteen	27:28.2	
5	Angela Goodwin	28:14.8	
6	Rylie Beukelman	31:19.9	
7	Jada Scribner	24:59.9	
8	Kylie Jones	25:02.9	
9	Julia Glatzmaier	26:17.7	
#	Maddie Thelen	27:19.9	
#			
#			
#			
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#			
#			

Thanks for your work and dedication to this team.

I know we always have committed runners on this team.

However, thanks for you for your flexibility this year too!

I cannot thank you enough, parent volunteers. We are done hosting meets for the season!

Last month, when I started thinking of sites to host meets,

I thought we'd need a lot of help to pull them off. Now, I know! Thank you, thank you!

Runners, great work on the course last night.

You were tough and once again used smart racing strategy.

It was very evident. You showed confidence in your pace and then found that next gear to finish the race. Fantastic!

"Meet" Letter points:

Boys: Girls:

9 points < 18:30 21:30

6 points < 19:00 22:15

3 points < 20:17 23:10

East Ridge XC Meet sheet 5K

1	Jackson Wangenstein	17:55.43
2	Morgan Gillard	18:14.02
3	Milan Tomaska	18:33.16
4	Nate Schultz	18:47.59
5	Jack Aldrich	19:05.95
6	Ken Johnson	19:11.61
7	Ryan Soenen	19:12.37
8	Josh Killam	19:25.78
9	Avinash Sivaramen	19:34.69
10	Mark Collins	19:37.26
11	Ryan Bohn	19:38.7
12	Aaron Devine	19:57.22
13	John Gramer	19:58.14
14	Nathan Rongitsch	20:08.34
15	Finley Wiken	20:10.64
16	Connor McNiesh	20:15.61
17	Everett Creighton	
18	Casey Ratigan	20:43.76
19	Jameson Amel	20:52.9
20	Brody Urbanz	21:18.57
21	Aaron Claxton	21:23.8
22	Coleman Nelson	21:26.11
23	Andy Kuhn	22:10.47
24	Anthony Klein	22:16.75
25	Aidan Carlson	22:18.43
26	Brady Heitpas	22:24.1
27	Quin O'Connor	22:28.53
28	Trent Wagner	22:51.79
29	Caleb Kugel	23:31.3
30	Kyle Tovar	23:43.13
31	Evan Robertson	23:47.93
32	Braden McLoughlin	23:53.74
33	Collin Domingas	24:44.4
34	Evan Poeschel	26:30.57
35	Carter Nelson	27:35.82

Brightv (vs Irondale/CDH) 5K

1	Katie Dahiya	21:42.95
2	Kylie Jones	23:15.06
3	Jada Scribner	23:16.84
4	Julia Glatzmaier	24:08.5
5	Lilah Strohkirch	25:22.65
6	Sofia Wangenstein	25:25.93
7	Chloe Wangenstein	25:27.78
8	Maddie Thelen	25:37.79
9	Angela Goodwin	25:57.62
10	Dasha Hohn	26:04.52
11	Hailey Rude	27:02.27
12	Rylie Beukelman	30:22.0

“Meet” Letter points:

Boys'	Girls'
9 points < 17:58	9 points < 20:42
6 points < 18:36	6 points < 21:52
3 points < 19:59	3 points < 23:41

Wow, great work on an actual Golf Course meet.

It was a fast, mostly flat (a few small, rolling hills) that you took advantage of. Way to go running smart in this last regular season meet. Your work really paid off.

It was announced that JV is now competing at the Suburban East Conference Championship meet.

It was also recently announced that the mee is moved from Tues to Wed, from Tanners Brook to St. Croix Bluffs. You are poised for a strong finish to the season!

