

## Boys Top 50 Freshman Personal Records

**Bold = Became All-State**

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	Year	3k	4k	5k
1 Meyer, Ryan	2017	10:37	15:39	16:47
2 Perry, Kyle	2001			17:00
3 Larsen, Leif	2012		15:17	17:03
4 Juntunen, Wade	1995			17:06
5 Arnold, Adam	<b>2017</b>	10:38		17:07
6 Dafoe, Richard	1996			17:08
7 Roehl, Camron	2010			17:09
8 Harlow, Shane	2007	10:22	15:01	17:16
9 Roehl, Quinn	<b>2018</b>			17:28
10 Fisher, Tom	2008	10:50	14:42	17:30
11 Murphy, Keelan	2010			17:30
12 Torrey, Andrew	2009			17:39
13 Parrish, Colin	2004		14:02	17:48
14 Lorenz, Cael	<b>2017</b>			17:49
15 Williamson, Joe	<b>2017</b>	10:52	16:36	17:50
16 Petty, Derek	2010			17:51
17 Torrey, Alex	2008	11:23	16:39	17:57
18 Heinz, Jordan*	1998			17:59
19 Shafer, Paul	2008	10:39	14:15	18:08
20 Zacha, John	2011			18:08
21 Brown, Nathan*	2004	12:39	14:29	18:14
22 Tyrrell, Jake*	2005	13:01	14:14	18:21
23 DeKrey, Lee	1998		15:13	18:23
24 Fiala, Nate	1997	11:33		18:23
25 Sorum, Matt	1996			18:28
26 Swadlo, Keith	1995			18:29
27 Sande, Curtis	<b>2020</b>		15:43	18:31
28 Van de Bogert, Dylan	2017			18:33
29 Halverson, Cade	2018		15:10	18:34
30 Torrey, Mike	2006	13:36	14:39	18:35
31 Barclay, Mark	2002			18:39
32 Mutzenberger, Wyatt	<b>2017</b>	11:35	16:45	18:45
33 Palmgren, Ross	2004			18:48
34 Stevens, Lane	2018		15:19	18:49
35 Fiala, Eric	2002		16:41	18:52
36 Hettich, David	2012	11:39	15:55	18:58
37 Diedrich, Preston	<b>2020</b>		16:13	19:01
38 White, Michael	2011		15:00	19:02
39 Rau, Josh	2004	12:38	15:27	19:03
40 Norton, Sean	2008	10:54	16:03	19:05
41 Ferguson, Dan*	2003		17:20	19:06
42 Kraft, Zach*	2008	11:36	15:53	19:07
43 Helegson, Ted	2009			19:13
44 Osborn, Richie	2013	11:30	16:36	19:13
45 Hoverson, Brandon	2017			19:22
46 Wood, Ben	2010			19:29
47 Theisen, Tony	1996			19:29
48 Foley, Dylan	2011		16:03	19:30
49 Houska, Ben	2008	11:23	15:14	19:32
50 Elde, Carter	<b>2017</b>			19:32
51 Olson, Gabe	2004		16:26	19:38
52 Knittel, Sam	1998	14:15		19:39
53 Oen, Cole	2014	11:28		19:46
54 Frushour, Paul	1998			19:49

## Girls Freshman Personal Records

	Year	3k	4k	5k
1 Ackley, Karly	2013	13:03	14:52	18:35
2 Tyrrell, Emily	2002		15:03	18:48
3 Roehl, Alexis	<b>2015</b>	12:27	14:47	19:10
4 Campbell, Kala	2003		15:21	19:11
5 Torrey, Rachel	<b>2014</b>	12:47	15:24	19:15
6 Tyrrell, M&M	2001		15:25	19:16
7 Hynek, Claire	<b>2020</b>			19:24
8 Harrison, Lauren	<b>2017</b>	12:50		19:24
9 Fee, Rebecca	2007	11:30	15:39	19:33
10 Thompson, Danielle	2003		15:42	19:37
11 Thibert, Alli	1994		15:42	19:37
12 Hunter, Aislinn	2015	12:35	16:08	20:10
13 Kindseth, Silje	<b>2017</b>	12:53	17:07	20:11
14 Lindsay, Jessica	2007	11:41	16:12	20:15
15 Medal, Kaitlin	2006	11:44	16:15	20:18
16 Hutton, Beth	1996		16:20	20:25
17 Roehl, Sophia	<b>2017</b>	12:51		20:28
18 Weiss, Mikayla	2015		16:23	20:28
19 Hynek, Hannah	<b>2018</b>			20:30
20 Gowan, Chelsea	2002		16:25	20:31
21 Perry, Callie	2003	15:35	16:26	20:32
22 McMillan, Lauren	2009		16:27	20:33
23 Roehl, Grace	2012	13:03	16:28	20:35
24 Gregory, Jessica	1993		16:31	20:38
25 Frushour, Katie	2000		16:35	20:43
26 Thomas, Jordyn	2011	14:50	16:37	20:46
27 Solseng, Sarah	1998	14:16	16:45	20:56
28 Elden, Madison	<b>2018</b>		17:28	20:58
29 Juslrud, Sara	2001		16:48	21:00
30 Berry, Nora	<b>2017</b>		19:06	21:03
31 Byram, Jenn	2001		16:51	21:03
32 Rennie, Jill	1998	13:57	16:52	21:05
33 Walker, Esther	2001		16:57	21:11
34 Allan, Meghan	2013	12:34	17:03	21:18
35 Charette, Autumn	2015	12:45	17:06	21:22
36 Bunde, Brittany	2007	12:40	17:07	21:23
37 Lindsay, Ali	2009		17:12	21:30
38 Kindseth, Aria	<b>2020</b>			21:31
39 Leake, Kellie	1999		17:21	21:41
40 DeBell, Shelby	2007	13:08	17:21	21:41
41 Novotny, Kari	2005	12:39	17:31	21:53
42 Cox, Rachel	2011	13:35	17:33	21:56
43 Barth, Heather	2013	13:55	17:37	22:01
44 Berry, Ellen	<b>2020</b>			22:09
45 Lindsay, Rachel	2011	13:13	17:46	22:12
46 Stern, Katelyn	<b>2020</b>		19:50	22:13
47 Benson, Lisa	1996		17:49	22:16
48 Grzadzielewski, Kiersty	2017	13:49	19:13	22:20
49 Brown, Hanna	2008		17:54	22:22
50 Thibert, Jacy	2007	12:32	17:56	22:25
51 Johnson, McKenzie	2013	13:50	18:02	22:32
52 Smith, Alicia	2007	12:55	18:07	22:38
53 Yandura, Tessa	2007	13:32	18:12	22:45
54 Bertsch, Brenna	2014	12:50	18:14	22:47

55	Peterson, Ben	2004		15:56	19:53
56	Vasichcek, Tucker	2017			19:54
57	Byron, Cory	2008			19:58
58	Young, Jake	2010			19:58
59	Blake, Drew	2005	12:41	16:09	19:58
60	Ackley, Nick	2009			19:59
61	Chiasson, Travis	2004	12:56		19:59
62	Pucket, Alejandro	2017			19:59
63	Balek, Aaron	2001		15:24	20:01
64	Laudal, Dan	1997			20:01
65	Gerszewski, Justin	2008	11:57	16:26	20:03
66	Dianat, Alex	2011		16:04	20:04
67	Newton, Jacob	2015		16:35	20:07
68	McLean, Dylan	2017			20:08
69	Bonzer, Matt	1999		17:43	20:17
70	Featherson, Seth*	2005	13:35	16:02	20:24
71	McLaughlin, Mike	2004	14:26		20:26
72	Hanson, Brian	1996			20:30
73	Sum, Emmett	2018			20:31
74	Lappe, Josh	2004	13:35		20:34
75	Allan, Collin	2017			20:34
76	Lappe, Chris	2006		16:17	20:35
77	<b>Sharief, Stephon</b>	2003	12:53		20:38
78	Moe, Jason*	1998		16:26	20:40
79	Ewers, Ryan	2009			20:42
80	McClean, Dylan	2018		17:14	20:46
81	Nelp, Lance	2016		18:28	20:50
82	Gibson, Eryx	2013			20:52
83	Demuth, Chris	2014	11:56		20:52
84	Fonder, Jordan	2007		15:54	20:54
85	Rowley, Cody	2010			20:55
86	Smith, Marcus	2009		18:45	20:57
87	Polries, Jackson	2016	11:48	16:49	20:58
88	Hanson, Jake	2016	11:45	16:40	21:06
89	Mack, Hayden	2018		16:31	21:08
90	Cornell, Matt	2007		16:34	21:10
91	Kobilansky, Josh	2005	13:45	16:14	21:10
92	Byram, John	2000	12:12	16:09	21:11
93	Sumner, Alex	2001		16:19	21:18
94	Smith, RJ	2007		15:41	21:19
95	Melland, Eric	2008			21:19
96	Reese, Cedric	2013			21:19
97	Elbert, Matt	2002		17:41	21:21
98	Schwan, Jaden	2020	12:54		21:21
99	Raymond, Drew	2016	11:48		21:23
100	Kobilansky, Caleb	2006	12:53	17:25	21:24
101	Hettich, Daniel	2016		18:04	21:43
102	<b>Glimsdahl, Nick</b>	1998		16:20	22:01
103	Nelson, Zach	2013			22:03
104	Ingle, Evan	2018			22:04

55	Cox, Emily	2013	14:29	18:15	22:48
56	Erickson, Jen	2007	12:13	18:18	22:52
57	Schofield, Samantha	2020			23:04
58	Thomson, Britteny	2006	13:41	18:29	23:06
59	Peterson, Brenna	2009		18:29	23:06
60	Wolfe, Juliet	2011	14:15	18:32	23:10
61	Fredstrom, Kady	2001	13:20	18:34	23:12
62	Comminghay, Ari	2009		18:41	23:21
63	Scott, Alexia	2014	14:10	18:46	23:27
64	Medrud, Tyanna	2014	13:34	18:47	23:28
65	Jackson, Maia	2014	14:34	18:59	23:43
66	Sharief, Samantha	2008		19:02	23:47
67	Brunelle, Lilly	2017		18:26	24:14
68	Arnold, Emily	2020		20:38	25:39
69	Thorpe, Tabitha	2017	17:51	23:50	28:17
70	Spoor, Maggie	2017	20:03	26:52	31:47
71	Oen, Sophie	2013	15:46	19:21	
72	O'Connell, De	2006	14:24	19:25	
73	Leach, Jessica	2003	18:27	19:33	
74	Kohlmeier, Gabby	2011	15:01	19:33	
75	Medrano, Jelly	2011	14:22	19:36	
76	Randle, Heidi	1999		19:53	
77	Uhrich, Haley	2005	14:23	20:20	
78	Demuth, Courtney	2013	16:56	20:28	
79	Peck, Erin	2014	15:43	20:28	
80	Buri, Kerstin	2005	17:04	20:33	
81	Houska, Sam	2005	15:10	21:20	
82	Barr, Anduwyn	1997		21:35	
83	Anderson, Elisabeth	2014	15:47	22:34	
84	Lunski, Alexis	2012	17:33	22:54	
85	Batstone, Leah	1996		23:26	
86	Maiah, Minkler	2008		25:51	
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**Bold = Became all-state**      *Italized=Conversion from 4k*

<b>105</b>	Westreng, Torrey	<b>2018</b>	12:35	17:52	22:06
<b>106</b>	Jensen, Shane	2009			22:14
<b>107</b>	Keener, Tyler	2011	15:09		22:36
<b>108</b>	Keogh, Ryan	2012	13:02	18:32	22:40
<b>109</b>	Swanson, Brenden	2014	13:03	17:58	22:40
<b>110</b>	Enno, Jordan	2009			23:11
<b>111</b>	Qualley, Jeremy	2004		20:07	23:13
<b>112</b>	Wood, Tony	2008			23:16
<b>113</b>	Iiams, Jacob (7th)	2009			23:18
<b>114</b>	Kalka, Joe (8th)	2007	11:55	16:53	23:23
<b>115</b>	Paulson, Clayton	2014	13:27	17:57	23:30
<b>116</b>	Nordel, David	2006	14:33	18:45	23:32
<b>117</b>	O'Toole, Jacob	2016	16:15	19:51	23:48
<b>118</b>	Waterman, Aaron	2014	13:32	19:18	23:49
<b>119</b>	Ziemer, Evan	2018	13:33	21:19	23:59
<b>120</b>	Devine, Thomas	2011		19:32	24:13
<b>121</b>	Dallum, Levi	<b>2018</b>	15:09	22:12	24:51
<b>122</b>	Phelps, Parker	2012	14:16		26:04
<b>123</b>	Colgrove, Darian	2012	15:03	21:07	26:39
<b>124</b>	Rath, Alex	2007	17:27	20:46	27:30
<b>125</b>	Foster, Cameron	2008			27:52
<b>126</b>	Boese, David	2003			31:27

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