

Swain Invite - 2016

Mid-60s, partly sunny, soggy footing				Saturday, October 1, 2016							Enger Park Golf Course, Duluth, MN					
Team	Meet	Mounds View Varsity						Same Meet			Last Race		CC Pers Best			
Place	Place	Runner	Grd	1600m	1600m	3200m	1600m	5000m	Avg	Last yr	Improv	Mustng	Improv	5k	2mi	Improv
		Varsity														
1	5	Dave Dahl	11	05:46.0	05:42.0	11:28.0	04:58.6	17:03.9	05:27.6	17:18.5	00:14.6	DNR		16:28.0	10:07.0	
2	6	Zeke Lelinga	12	05:46.0	05:42.0	11:28.0	04:58.7	17:04.0	05:27.7	18:12.2	01:08.2	DNR		16:34.9	10:07.6	
3	9	Austin Streit	10	05:45.0	05:43.0	11:28.0	05:02.8	17:08.7	05:29.2	17:43.3	00:34.6	DNR		17:11.6	10:20.8	
4	15	Mark Ousdigian	12	05:45.0	05:44.0	11:29.0	05:13.2	17:21.4	05:33.2	17:55.4	00:34.0	DNR		16:55.1	10:27.6	
5	16	Will Sacav	9	05:45.0	05:43.0	11:28.0	05:14.3	17:21.6	05:33.3	10:25.0		DNR		16:53.4	10:36.2	
6	17	Lukas Hessini	10	05:45.0	05:44.0	11:29.0	05:14.0	17:22.3	05:33.5	10:04.5		DNR		16:55.5	10:43.1	
7	25	Joey Lawson	11	05:45.0	05:47.0	11:32.0	05:25.4	17:38.1	05:38.6	17:41.1	00:03.0	DNR		16:51.4	10:35.7	
		JV														
1	1	Tim Pease	12	05:58.0	05:52.0	11:50.0	05:25.0	17:55.6	05:44.2	17:22.2		DNR		16:33.4	10:59.0	
2	2	Anders Bandt	11	05:59.0	05:57.0	11:56.0	05:20.1	17:56.1	05:44.4	17:26.8		DNR		17:04.1	10:43.7	
3	4	Harry Lien	12	06:20.0	06:18.0	12:38.0	05:14.1	18:31.4	05:55.6	18:07.4		DNR		17:43.0	11:16.4	
4	7	Nate Moller	10	06:17.0	06:05.0	12:22.0	05:38.0	18:42.3	05:59.1	10:32.3		DNR		18:32.0	10:59.3	
5	8	Jake Hakes	10	06:20.0	06:19.0	12:39.0	05:23.2	18:42.6	05:59.2	10:57.0		18:25.2		18:21.5	11:44.3	
6	9	Aaron Marx	12	06:13.0	06:09.0	12:22.0	05:38.9	18:43.3	05:59.5	19:11.5	00:28.2	18:09.7		18:09.7	11:11.3	
7	10	Adam Coltvet	11	06:18.0	06:21.0	12:39.0	05:24.5	18:44.1	05:59.7	18:38.4		18:35.4		18:05.5	11:38.6	
8	16	Nick Simser	11	06:20.0	06:15.0	12:35.0	05:41.8	18:59.5	06:04.6	18:08.3		18:39.4		17:44.0	11:44.0	
9	18	John Carlson	10	05:56.8	06:14.2	12:11.0	06:03.7	19:00.2	06:04.9	10:14.6		DNR		17:26.3	11:09.9	
10	31	Filippos Gilbert	11	06:29.0	06:07.0	12:36.0	05:57.1	19:17.7	06:10.5	18:34.5		DNR		16:56.0	11:03.3	
11	34	Steve McCoy	10	06:31.0	06:19.0	12:50.0	05:46.9	19:20.3	06:11.3	10:57.5		19:15.4		19:13.0	11:44.9	
12	38	Eric Swenson	10	06:31.0	06:20.0	12:51.0	05:49.4	19:24.1	06:12.5	-		19:13.2		19:02.5	11:38.9	
13	41	Jared Herbert	11	06:28.0	06:29.0	12:57.0	05:50.7	19:31.5	06:14.9	20:00.4	00:28.9	18:54.7		18:19.9	11:57.5	
14	42	JP Braun	11	06:28.0	06:29.0	12:57.0	05:50.7	19:31.5	06:14.9	20:07.3	00:35.8	19:19.1		19:19.1	12:08.2	
15	46	Sam Winters	10	06:36.0	06:28.0	13:04.0	05:46.2	19:33.5	06:15.5	11:04.2		19:30.0		19:15.0	12:08.6	
16	47	Sam Morrisette	10	06:38.0	06:27.0	13:05.0	05:45.5	19:33.7	06:15.6	-		19:35.7	00:02.0	19:35.7	12:09.5	00:02.0
17	67	Collin Wentworth	10	06:37.0	06:37.0	13:14.0	06:03.2	20:02.6	06:24.8	12:33.1		20:25.0	00:22.4	20:25.0	12:33.0	00:22.4
18	77	Spencer Pauly	12	06:48.0	06:40.0	13:28.0	06:03.0	20:16.4	06:29.2	19:36.3		20:13.1		18:49.9	12:34.7	
19	80	Eddie Brody	11	06:38.0	06:43.0	13:21.0	06:11.2	20:18.6	06:30.0	20:19.3	00:00.7	20:30.1	00:11.5	19:20.6	12:41.7	
20	169	Felix Zhang	11	07:02.0	07:14.0	14:16.0	05:22.3	20:18.6	06:30.0	DNR		20:56.0	00:37.4	20:56.0	12:42.4	00:37.4
21	103	Henri Derosier	10	07:00.0	06:58.0	13:58.0	06:02.2	20:45.5	06:38.6	12:17.3		20:29.9		20:29.9	13:02.8	
22	116	Nathan Hohenshell	10	07:01.0	06:48.0	13:49.0	06:18.3	20:54.6	06:41.5	12:22.2		21:15.4	00:20.8	21:15.4	13:09.0	00:20.8
23	215	Kevin Nelson	10	07:08.0	07:27.0	14:35.0	06:52.4	22:18.9	07:08.4	12:17.1		22:07.6		20:58.7	12:58.8	
24	242	Attila Szabo	11	07:29.0	07:29.0	14:58.0	07:01.0	22:51.6	07:18.9	-		23:49.1	00:57.5	23:49.1		00:57.5
25	253	Mason Huberty	10	07:14.2	07:43.8	14:58.0	07:16.2	23:08.7	07:24.4	13:27.1		22:55.7		22:55.7	13:47.2	
26	266	Ben Ebert	12	07:12.0	07:46.0	14:58.0	07:37.6	23:32.8	07:32.1	21:56.7		DNR		20:35.7	13:10.2	
27	311	Henry Seymour	11	07:55.0				25:38.7	08:12.4	-		23:59.0				
28	338	Caleb Walbon	10	08:49.0				27:25.2	08:46.5	-		26:42.0			22:15.3	
		Noah Xiong	11					DNR		19:43.0		DNR			12:11.3	
		Jackson Denny	12					DNR		17:58.3		DNR		17:25.0	11:01.9	
		Cameron Tomczyk	12					DNR		20:51.3		DNR		19:40.1	19:39.0	11:57.1
		Brian Paulsen	12					DNR		20:40.6		DNR		21:57.5	20:28.2	13:34.0
		Travis Walbon	12					DNR		21:39.0		DNR		21:58.2	20:59.4	13:47.0
		Jordan Bergstrom	11					DNR		DNR		DNR		22:13.8		
		Nick Gourley	10					DNR		DNR		DNR		21:22.3	13:41.2	
		Naranjan Sankar	12					DNR		-		DNR			18:00.4	
		Freshmen														
1	3	Alec Nelson	9	06:07.9				10:33.0	05:37.6	-		11:03.4	00:30.4	19:10.5	11:48.4	
2	4	Finn Sokolowski	9	06:08.3				10:37.6	05:40.1	-		11:04.4	00:26.8	19:14.7	11:52.9	
3	9	Nate Apostol	9	06:13.8				10:50.1	05:46.7	-		11:28.8	00:38.7	19:35.4	12:32.7	
4	20	Brenner Kline	9	06:23.3				11:03.9	05:54.1	-		11:41.7	00:37.8	08:56.7	13:22.2	
5	38	Zach Allie	9	06:27.7				11:30.4	06:08.2	-		12:37.6	01:07.2	09:39.2	13:26.0	
6	58	Alex Breen	9	07:33.8				11:47.7	06:17.4	-		12:11.3	00:23.6	09:39.9	13:22.7	
7	80	Matthew Nelson	9	06:51.5				12:03.8	06:26.0	-		12:50.2	00:46.4	09:55.7	14:38.4	
8	192	John Pfenning-Wendt	9	09:03.8				13:25.3	07:09.5	-		13:06.3		09:59.8	14:18.3	
		Sam Safi	9					DNR		-				10:01.2	13:52.1	
		Ben Loperfido	9					DNR		-					16:16.4	
		Mikey Gennaro	9					DNR		-					12:41.0	

Most Improved Same Meet Last Year	
Zeke Lelinga	01:08.2
JP Braun	00:35.8
Austin Streit	00:34.6

Most Improved Last Race	
Zach Allie	01:07.2
Attila Szabo	00:57.5
Matthew Nelson	00:46.4

Most Improved Career 5000m	
Attila Szabo	00:57.5
Felix Zhang	00:37.4
Collin Wentworth	00:22.4

Varsity AA Team Scores	
1) Mounds View	51
2) Cloquet	113
3) Armstrong	137
4) St. Michael-Albertvil.	151
5) Duluth East	162
6) Rocori	179

JV AA Team Scores	
1) Mounds View	22
2) Duluth East	74
3) Armstrong	123
4) Champlin Park	129
5) Jefferson	134
6) St. Michael-Albertvil.	184

Freshmen Team Scores	
1) Mounds View	64
2) Cloquet	101
3) Champlin Park	116
4) North Shore	179
5) St. Croix Prep	183
6) Rush City	197