

Swain Invite - 2015

Low 50s, sunny, wind 10 mph				Saturday, October 3, 2015								Enger Park Golf Course, Duluth, MN						
Team	Meet	Varsity		1st	2nd	3rd	3rd	5000m	1600 Avg	mi2:mi1	mi3:mi1	Same Meet		Last Race		CC Pers Best		
Place	Place	Runner	Grd	1600m	1600m	3200m	1600m	5000m	1600 Avg	mi2:mi1	mi3:mi1	Last yr	Change	Mustang	Change	5k	2mi	Change
1	3	Alex Plasencia	12	05:30.0	05:15.0	10:45.0	05:07.2	16:30.6	05:17.0	-00:15.0	-00:22.8			DNR		16:15.3	10:17.4	+00:15.3
2	14	Harrison Hirsch	12	05:37.0	05:38.0	11:15.0	05:09.6	17:03.3	05:27.5	00:01.0	-00:27.4			DNR		17:06.8	10:51.1	-00:03.5
3	22	David Dahl	10	05:49.0	05:35.0	11:24.0	05:15.1	17:18.5	05:32.3	-00:14.0	-00:33.9			DNR		17:14.4	10:56.2	+00:04.1
4	26	Tim Pease	11	05:37.0	05:39.0	11:16.0	05:25.5	17:22.2	05:33.5	00:02.0	-00:11.5			DNR		16:45.0	10:59.0	+00:37.2
5	27	Hans Adamsson	12	05:37.0	05:39.0	11:16.0	05:26.4	17:23.2	05:33.8	00:02.0	-00:10.6			DNR		17:04.3	10:42.0	+00:18.9
6	38	Austin Streit	9	05:50.0	05:42.0	11:32.0	05:30.0	17:43.3	05:40.3	-00:08.0	-00:20.0			DNR		17:33.9	11:05.1	+00:09.4
7	43	Grant Delaune	12	05:50.0	05:50.0	11:40.0	05:36.7	17:58.8	05:45.2	00:00.0	-00:13.3			DNR		17:17.0	11:07.8	+00:31.1
Junior Varsity																		
1	1	Anders Bandt	10	05:47.0	05:47.0	11:34.0	05:13.6	17:26.8	05:35.0	00:00.0	-00:33.4			DNR		18:19.0	11:03.5	-00:52.2
2	4	Joey Lawson	10	05:47.0	05:50.0	11:37.0	05:23.6	17:41.1	05:39.6	00:03.0	-00:23.4			17:52.6	-00:11.5	17:32.0	10:56.3	+00:09.1
3	6	Mark Ousdigian	11	05:46.0	06:11.0	11:57.0	05:18.6	17:55.4	05:44.1	00:25.0	-00:27.4			DNR		-	11:12.5	-
4	7	Jackson Denny	11	06:03.0	05:59.0	12:02.0	05:16.7	17:58.3	05:45.1	-00:04.0	-00:46.3			18:25.0	-00:26.7	18:25.0	11:50.1	-00:26.7
5	8	Harry Lien	11	06:03.0	05:59.0	12:02.0	05:24.8	18:07.4	05:48.0	-00:04.0	-00:38.2			18:20.2	-00:12.8	18:20.2	11:16.4	-00:12.8
6	9	Nick Simser	10	06:04.0	05:58.0	12:02.0	05:25.6	18:08.3	05:48.3	-00:06.0	-00:38.4			18:50.7	-00:42.4	18:31.0	11:42.8	-00:22.7
7	10	Ezekial Lelinga	11	05:59.0	06:01.0	12:00.0	05:30.8	18:12.2	05:49.5	00:02.0	-00:28.2							
8	16	Filippos Gilbert	10	06:04.0	06:10.0	12:14.0	05:38.2	18:34.5	05:56.6	00:06.0	-00:25.8			18:56.2	-00:21.7	16:56.0	12:03.0	+01:38.5
9	17	Adam Coltvet	10	06:12.0	06:10.0	12:22.0	05:34.6	18:38.4	05:57.9	-00:02.0	-00:37.4			19:45.3	-01:06.9	18:37.5	12:04.4	+00:00.9
10	36	Aaron Marx	11	06:17.0	06:27.0	12:44.0	05:44.4	19:11.5	06:08.5	00:10.0	-00:32.6			19:50.0	-00:38.5	18:58.6	13:00.0	+00:12.9
11	48	Levi Johnson	12	06:16.0	06:27.0	12:43.0	05:58.0	19:25.7	06:13.0	00:11.0	-00:18.0			19:29.1	-00:03.4	18:48.5	11:50.6	+00:37.2
12	59	Spencer Pauly	11	06:36.0	06:26.0	13:02.0	05:50.5	19:36.3	06:16.4	-00:10.0	-00:45.5			20:49.9	-01:13.6	19:46.0	12:53.9	-00:09.7
13	62	Noah Xiong	10	06:18.0	06:30.0	12:48.0	06:08.9	19:43.0	06:18.6	00:12.0	-00:09.1			19:57.6	-00:14.6	19:57.6	12:11.3	-00:14.6
14	67	Jeffrey Hu	10	06:26.0	06:39.0	13:05.0	05:59.7	19:49.7	06:20.7	00:13.0	-00:26.3			21:33.9	-01:44.2	21:33.9	12:21.4	-01:44.2
15	83	Jared Herbert	10	06:26.0	06:54.0	13:20.0	05:55.9	20:00.4	06:24.1	00:28.0	-00:30.1			DNR		19:57.0	11:57.5	00:03.4
16	93	JP Braun	10	06:33.0	06:42.0	13:15.0	06:06.5	20:07.3	06:26.3	00:09.0	-00:26.5			20:33.6	-00:26.3	19:59.7	13:07.8	00:07.6
17	113	Eddie Brody	10	06:30.0	06:46.0	13:16.0	06:16.3	20:19.3	06:30.2	00:16.0	-00:13.7			20:51.4	-00:32.1	20:11.4	12:41.7	00:07.9
18	130	Brian Paulsen	11	06:59.0	06:47.0	13:46.0	06:08.5	20:40.6	06:37.0	-00:12.0	-00:50.5			22:06.2	-01:25.6	20:59.0	13:34.0	-00:18.4
19	146	Cameron Tomczyk	11	06:41.0	07:03.0	13:44.0	06:19.8	20:51.3	06:40.4	00:22.0	-00:21.2			21:01.3	-00:10.0	20:27.3	12:48.3	00:24.0
20	191	Travis Walbon	11	07:06.0	07:15.0	14:21.0	06:29.3	21:39.0	06:55.7	00:09.0	-00:36.7			22:18.7	-00:39.7	21:11.9	13:47.0	00:27.1
21	203	Grant Benson	10	07:13.0	07:20.0	14:33.0	06:33.2	21:55.4	07:00.9	00:07.0	-00:39.8			21:54.5	+00:00.9	21:54.5	13:18.2	00:00.9
22	205	Ben Ebert	11	07:28.0	07:23.0	14:51.0	06:18.4	21:56.7	07:01.3	-00:05.0	-01:09.6			23:03.4	-01:06.7	20:48.4	13:10.2	01:08.3
23	206	Lynden Hills	12	07:10.0	07:31.0	14:41.0	06:31.1	22:01.0	07:02.7	00:21.0	-00:38.9			22:31.2	-00:30.2	21:38.0	13:16.7	00:23.0
		Andrew Fortmeyer	10					DNR						DNR		-	13:39.0	
		Shihab Ahmed	12					DNR						DNR	-	21:31.0	15:30.0	
		Tanner Day	12					DNR						20:43.7		20:43.7	12:53.0	
		Jordan Bergstrom	10					DNR						23:50.7		-	15:11.4	
		Ethan Stromquist	10					DNR						26:53.3				
		Felix Zhang	10			DNR		DNR						DNR	-	-	14:36.0	
		Sam Bobick	11					DNR						DNR	-	-	13:22.9	
Freshmen						3000m												
1	1	Lukas Hessini	9	05:45.0		10:04.5			05:22.4							18:16.0	11:07.2	
2	4	John Carlson	9	05:50.0		10:14.6			05:27.8							18:50.6	11:31.8	
3	6	Will Sacay	8	05:52.0		10:25.0			05:33.3							08:45.3	11:35.8	
4	8	Nate Moller	9	05:51.0		10:32.3			05:37.2							18:53.4	11:13.0	
5	18	Jake Hakes	9	06:17.0		10:57.0			05:50.4							20:01.4	12:37.4	
6	20	Steve McCoy	9	06:18.0		10:57.5			05:50.7							20:17.9	12:33.8	
7	26	Sam Winters	9	06:19.0		11:04.2			05:54.2							20:40.6	12:42.4	
8	67	Connor McCallum	9	06:40.0		11:44.2			06:15.6							10:41.8	13:39.1	
9	105	Kevin Nelson	9	07:05.0		12:17.1			06:33.1							09:53.5	14:26.2	
10	106	Henri Derosier	9	07:03.0		12:17.3			06:33.2							10:40.8	13:35.3	
11	115	Nathan Hohenshell	9			12:22.2			06:35.8							10:43.5	14:16.7	
12	131	Collin Wentworth	9	07:07.0		12:33.1			06:41.7							10:43.0	14:01.2	
13	194	Mason Huberty	9	07:39.0		13:27.1			07:10.5							11:49.5	15:09.4	
14	257	Chris Jin	9	08:35.0		15:02.9			08:01.5							12:13.2	14:56.7	
		Nick Gourley	9			DNR										11:23.1	15:08.8	
		Eli Abbott	9			DNR										11:34.3	14:53.4	

Most Improved Same Meet Last Yr	
N/A	

Most Improved Last Race	
Jeff Hu	-01:44.2
Brian Paulson	-01:25.6
Adam Coltvet	-01:06.9
Ben Ebert	-01:06.7

Most Improved Career 5000m	
Jeff Hu	-01:44.2
Anders Bandt	-00:52.2
Jackson Denny	-00:26.7
Nick Simser	-00:22.7

Varsity Team Scores	
1. Mounds View	85
2. Rocori	90
3. Cloquet	110
4. Armstrong	115
5. STMA	136

JV Team Scores	
1. Mounds View	26
2. Jefferson	81
3. Duluth East	99
4. STMA	128
5. Thief River Falls	168

Freshmen Team Scores	
1. Mounds View	32
2. Minneapolis Southw	122
3. Cloquet	130
4. Int'l Falls	145
5. Cook County-Two F	146