

Class B East Region Cross Country 2009

@ Cooperstown N.D.

17-Oct

Boys Team Results

Place	School	Points
1	Rugby	36
2	Valley City	111
3	Grafton	166
4	Cavalier	168
5	Northstar	173
6	Lisbon	177
7	Central Cass	213
8	Griggs County	216
9	Hatton-NW-Thomp	257

Place	School	Points
10	Dunsieth	297
11	Carrington	351
12	Warwick	372
13	Four Winds	376
14	Langdon	426
15	Richland	429
16	Velva	506
17	Central Prairie	544
18	Larimore	568

Place	Individual Name	School	Time
1	Bridger Belzer	N. STAR	17:27
2	Anthony Askew	CAV	17:33
3	Easton Page	CARR	17:36
4	Kyle Volk	RUGBY	17:37
5	Austin Smith	GRAFT	17:39
6	Erik Wangler	RUGBY	17:42
7	Wyatt Thompson	RUGBY	17:47
8	Adam Monson	H-N-T	17:49
9	Garrett Thompson	RUGBY	17:57
10	Dylan Yoder	RUGBY	18:06
11	Dustin Jundt	RUGBY	18:16
12	Casey Flick	CC	18:26
13	Brayden Will	V.C.	18:29
14	Daryl Three Irons	4 Winds	18:33
15	Shanley Fogarty	V.C.	18:33
16	Donovan Williams	LISBON	18:35
17	Garret Thorlakson	CAV	18:36
18	Cole Marion	Dunsieth	18:41
19	Nic Lundquist	GRAFT	18:42
20	Scott Vail	Velva	18:44
21	Wayne Engelhard	V.C.	18:48
22	Connor Stotts	LISBON	18:50
23	Marcus Peltier	4 Winds	18:51
24	Colton Littleghost	Warwick	18:52
25	Derek Burchill	V.C.	18:58
26	Jacob Gallagher	LISBON	19:07
27	Adam Larson	GCC	19:09
28	Alvin Owlboy	Warwick	19:12
29	Dillon Shimek	H-N-T	19:15
30	David Lunde	GCC	19:16
31	Tyler Keplin	Dunsieth	19:17
32	Ben Clifton	GCC	19:19
33	Matt Gapp	LANG	19:20
34	Brent Kemp	CAV	19:24
35	Ethan Kaste	GRAFT	19:25
36	Josh Mangin	CC	19:26

BOYS

OUTSTANDING SENIOR NOMINEES

Anthony Askew ~ Cavalier
 Dylan Yoder ~ Rugby
 Dustin Jundt ~ Rugby

BOYS COACH OF THE YEAR

Bill Jansen ~ Rugby

37 Isaac Ingstad	V.C.	19:26	77 Chris Hollerung	RICH	20:59
38 Andrew Kawasaki	V.C.	19:28	78 William Littlefield	H-N-T	21:00
39 Terry Belzer	N. STAR	19:28	79 Alexander Deraas	CAV	21:04
40 Andrew Hershey	RUGBY	19:31	80 Trevor Moorow	H-N-T	21:14
41 Brennan Bergdahl	N.STAR	19:32	81 Kyle Aasand	Carrington	21:15
42 Lincoln Larson	N. STAR	19:33	82 Hunter Parcel	RUGBY	21:15
43 Casey Engelhard	V.C.	19:41	83 Skye Leake	H-N-T	21:16
44 Jacob Dehault	V.C.	19:42	84 Mike Cameron	GCC	21:18
45 Josh Hinkemeyer	LISBON	19:42	85 James Simpson	GCC	21:20
46 Chris Hamilton	RUGBY	19:44	86 Nick Wilcox	CC	21:21
47 Berzain Mendez	GRAFT	19:45	87 Nick Pedersen	H-N-T	21:22
48 Tyler Larson	RUGBY	19:46	88 Johnson Tollefsen	Warwick	21:25
49 Kyle Halvorson	RUGBY	19:47	89 Juan Martinez	GRAFT	21:26
50 Mark Lybeck	N.STAR	19:48	90 Zach Prante	CC	21:27
51 John Glatt	CARR	19:52	91 Sean Hutzol	LARIMO	21:28
52 Ryan Gapp	LANG	19:53	92 Kyle Monson	H-N-T	21:29
53 Danny Volk	CC	19:56	93 Tim Clifton	GCC	21:30
54 Brian Kawasaki	V.C.	19:57	94 Jarrett Hudson	RICHLAND	21:37
55 Reese Strait	CC	19:58	95 Noah Kraft	RUGBY	21:45
56 Levi Brown	CAV	19:59	96 Joe Bakke	Carrington	21:52
57 Atley Johnson	CC	20:01	97 Chris Heinrich	C. Prairie	21:56
58 Tanner Bernhardt	RUGBY	20:02	98 Latrell Black	4 Winds	22:11
59 Kyle Defoe	CAV	20:02	99 Matt Kensok	CC	22:16
60 Thomas Shephard	GRAFT	20:04	100 Michael Hanson	LANG	22:33
61 Tom Keller	GCC	20:05	101 Blaine Steiger	CAV	22:33
62 Isaac Bumgardner	H-N-T	20:06	102 Ceph Dockter	C. Prairie	22:36
63 Trevor Tuttle	Dunsieth	20:22	103 Dane Gillett	GRAFT	22:49
64 Marcus Tomlinson	CAV	20:24	104 Donaven Moser	C. Prairie	22:56
65 Lucas Nadeau	Dunsieth	20:29	105 Richard Brooks	CAV	22:58
66 Josh Briss	GCC	20:36	106 Jestin Lunday	GRAFT	23:04
67 Matt Swansen	CC	20:40	107 Camron Flick	CC	23:11
68 Kieran Hall	LISBON	20:46	108 Nolan Hovland	RUGBY	23:11
69 Jared Nash	RICH	20:48	109 Eric Kuntz	RUGBY	23:14
70 Tanner Thiel	CC	20:50	110 Chris Seaver	RUGBY	23:15
71 Taylor DeMers	RUGBY	20:51	111 Matt Ratchenski	CAV	24;24
72 Thomas Horgeshime	LISBON	20:52	112 Todd Richotte	Warwick	24;25
73 Nathan Ueland	GCC	20:52	113 Kyle Viland	RICHLAND	24;28
74 Mikal Landaburu	N.STAR	20:55	114 Ben Gorman	LARIMO	24;33
75 Shawn Heigler	CC	20:56	115 Corwin Cavett	LISBON	24;41
76 Christian Thompson	RICH	20:58	116 Kenneth Longtine	GRAFT	24;57
			117 Jachob Rosin	GCC	26;11
			118 Brandon Ferguson	GRAFT	26;39
			119 Patrick Gallager	H-N-T	26;48

East Region Cross Country 2009

GirlsVarsity

Place	Team Results	Points	Place	Points
1	GCC	62	10	RICHLAND 395
2	VELVA	77	11	LISBON 398
3	CARRINGTON	111	12	FOUR WINDS 416
4	VALLEY CITY	115	13	CENTRAL CASS 419
5	RUGBY	122	14	LARIMORE 422
6	CAVALIER	134	15	LANGDON 425
7	GRAFTON	157	16	BOTTINEAU 438
8	DUNSEITH	272	17	H-N-T 444
9	WARWICK	377	18	HILLSBORO 468

Individual Results

Place	Name	School	Time
1	Chandra Yankton	DUNSTH	15:45
2	Taylor Palmer	GCC	15:56
3	Kara Kuntz	VELVA	16:02
4	Sydney Kraft	RUGBY	16:13
5	Tasha Heisleer	VELVA	16:24
6	Brittany Liljenquist	GCC	16:36
7	Maggie Moen	GCC	16:45
8	Natalie Ley	V.C.	16:46
9	Shayla Counts	DUNSTH	16:49
10	Amy Letawsky	CARR	16:50
11	Breanne Sherlock	VELVA	16:55
12	Lexi Furstenau	CAV	16:58
13	Haley Longtine	CAV	16:59
14	Amanda Indergaard	CARR	16:59
15	Kalli Koeplin	CARR	17:00
16	Hope Bondnar	LANG	17:01
17	Allyson Suhr	V.C.	17:08
18	Cassidy Peterson	VELVA	17:08
19	Leah Oien	GCC	17:11
20	Lexi Woinarowitz	GRAFT	17:14
21	Carleen Shively	RUGBY	17:25
22	Aliza LaBonte	GRAFT	17:26
23	Natalie Olson	CAV	17:28
24	Nicole Askew	CAV	17:33
25	Chrystal Hoveland	RUGBY	17:37
26	Barbara Zubrod	V.C.	17:45
27	Josey Page	CARR	17:50
28	Katie Hanson	GCC	17:50
29	Jamie Ronning	V.C.	17:55
30	Samantha Everson	GCC	17:56
31	Abby Sletten	H-N-T	17:57
32	Brooke Feltman	GRAFT	17:57
33	Chloe Tweten	GRAFT	18:00
34	Jenna Fossum	RUGBY	18:00
35	Tia Wagar	V.C.	18:04

GIRLS
 OUTSTANDING SENIOR NOMINEES
 Chelsea Halvorson ~ Rugby
 Hailey Longtine ~ Cavalier
 Maggie Moen ~ GCC

GIRLS COACH OF THE YEAR
 Rick Anderson ~ GCC

36	Virginia Fassett	Warwick	18:05	82	Erin Endres	CARR	20:45
37	Amanda Dufner	RICH	18:06	83	Mara Pedersen	H-N-T	20:46
38	Hannah Christenson	RUGBY	18:07	84	Whitney Toyne	LISB	20:48
39	Chelsea Halvorson	RUGBY	18:15	85	Kami Roesler	CC	20:51
40	Katie Odland	VELVA	18:16	86	Marissa Schrader	RICH	21:00
41	Elena Lee	LISB	18:18	87	Samene Motley	Warwick	21:17
42	Tia Farnsworth	BOTT	18:25	88	Jessa Renfrow	LARI	21:17
43	Taylor Everett	DUNSTH	18:27	89	Rebecca O'Toole	GRAFT	21:29
44	Christine Berge	GCC	18:27	90	Traci Owlboy	Warwick	21:36
45	Page Anderson	CARR	18:27	91	Cassidy Anel	GCC	21:38
46	Brooklyn Zink	HILLS	18:28	92	Katlyn Buethner	HILLS	21:43
47	Steph Johnston	LARI	18:29	93	Miki Tasato	GCC	21:44
48	Abby Brown	V.C.	18:41	94	Dani Owlboy	Warwick	21:47
49	Whitney Boehn	VELVA	18:45	95	Megan Baumler	CC	21:51
50	Brooke Gaustad	GRAFT	18:49	96	Sam Zhang	GCC	21:56
51	Kari Lindgren	V.C.	18:50	97	McKenzie Roob	RICH	22:15
52	Mariya Bernhardt	RUGBY	18:52	98	Leslie Jackson	Warwick	22:31
53	Madison Gourde	GRAFT	18:54	99	Amanda Starr	V.C.	22:47
54	TyAnn Henderson	LISB	18:56	100	Jessica Bartholomay	CC	23:06
55	Paxton Klein	RUGBY	18:56	101	Rachel Schauer	V.C.	23:12
56	Ellie Lou Johnston	VELVA	19:00	102	Elise Eberhardt	CC	23:20
57	Megan Jiskra	GRAFT	19:05	103	Ellie Watkins	GRAFT	23:31
58	Alicia Carmona	4 Winds	19:06	104	Liz Abel	CC	23:34
59	Aislinn Fogerty	V.C.	19:07	105	Sarah Schauer	V.C.	23:35
60	Stephanie Friestad	RUGBY	19:08	106	Katie Myhre	RICH	24;16
61	Kirsten Morlan	4 Winds	19:15	107	Jacey Baumler	CC	24;24
62	Carissa Quanbeck	CAV	19:21	108	Kayla Schrader	RICH	27;19
63	Dannielle Surerus	GCC	19:23				
64	Jessica Lende	GCC	19:26				
65	Hannah Suda	GRAFT	19:33				
66	Kayla Graber	BOTT	19:38				
67	Julie Grommesh	CC	19:40				
68	Brittany Georgeson	LARI	19:41				
69	Brooke Hawerland	RICH	19:43				
70	Lichelle Richotte	Warwick	19:44				
71	Caitlyn Gaurde	GRAFT	19:51				
72	Kaylyn Lindstrom	CC	19:56				
73	Dariann Loybl	V.C.	20:00				
74	Amanda Creviston	V.C.	20:01				
75	Vanessa Helgo	CAV	20:03				
76	Aubrey Hoveland	RUGBY	20:09				
77	Morgan Effertz	VELVA	20:12				
78	Brook Joshua	4 Winds	20:31				
79	Carlye Fischer	LANG	20:34				
80	Carley Augustin	GRAFT	20:39				
81	Rachel Bail	VELVA	20:40				