



2015
Season End Banquet
Program



2015 East Ridge Boys' Cross Country Team



2015 East Ridge Girls' Cross Country Team



Cross Country

November 22th, 2015

Good evening!

Welcome to the 2015 season banquet for the East Ridge Cross Country Team. It was a fabulous fall to be outside running fast and that is certainly what you did. Another record setting year with the huge improvement the teams had. Also, this was the largest team we've ever had. Thanks for being a part of this. Your hard work and dedication make this program what it is.

To our seniors! Thanks for the great memories and for making this team a part of your high school career. We will miss you all. Coach Ness, Coach Gramer and I are proud of all of you.

Once again, it's great to look at what a team can accomplish and what we can learn through running. We aim for excellence and focus on the factors we have control over. As a result another successful season is in the books. Like I always say, I believe success is coming together and learning from highs and lows and as a result becoming better people in the end. This is a true measurement of success in my mind.

Please look through this banquet program for team results, individual results, records etc. If there are mistakes in this booklet this year, I apologize. Please make me aware of them and I will include those changes. Team awards are voted on. Please refer to that section.

Conference awards—All Conference- awarded to the top 18 finishers (this is a very, very competitive conference!). All Conference Honorable Mention (the next 9 athletes after All Conference).

Meets—In a sport with scores and times, records are often kept, please take note of some record performances.

Academic awards—The activities office presents this award to athletes who are also performing well in the classroom. Remember—you are student- athletes (notice “student” in first). BOTH the boys' and girls' are Section 3AA Gold Academic Award winners!

Red Hot Runner of the meet-- A Particular meet that stood out for you during the season.

State award—For running in the state meet. Of course a huge accomplishment.

Many medals and ribbons were earned during the season.

Athletic letter—for meeting the requirements set out at the start of the year.

Academic All State- awarded to runners in the very top of the section and who have a very high GPA.

Congrats all runners. We value everyone's work regardless of level. Thanks for your dedication, work ethic and commitment to this team. Congrats to the girls' team for earning another trip to state and to Noah for his performance at state too. Congrats to both the boys' and girls' teams for their academic award as well. Please look through this booklet for further accomplishments and individual awards.

Thank you so much for a wonderful season. Thanks to all the parents who were so instrumental in making this team what it is. Thanks for supporting your son and/or daughter's team. Coach Ness, Coach Gramer and I are thankful for all of you.

-Coach Cronin

East Ridge XC Meet sheet

Date:

St. Olaf

name	9/4/15
BOYS'	
1 NoahWondimu	17.45
2 Joe Reinmann	19.01
3 Michael Virgin	19.16
4 Nathan Strom	19.18
5 Charlie Betz	19.27
6 Luke Lemay	19.32
7 Tony Cauthorn	19.45
8 Austin Sam	19.59
9 Michael Merthen	20.04
10 Phillip Harris	20.09
11 Phillip Gramer	20.09
12 Peter Betz	20.10
13 Sam Phipps	20.31
14 Ethan Storm	20.36
15 Ethan Anderson	20.49
16 Michael Kenney	20.52
17 Tim Ollmann	21.20
18 Henry Burns	21.24
19 Brady Kunz	21.28
20 Ryan Hrastich	21.38
21 Jacob Daubenberger	21.39
22 ? Extra time	21.39
23 Brenden	21.55
24 Wescott Bixby	21.59
25 Erik Gramer	22.18
26 Brevin Ndovu	22.18
27 Sean Schiferl	22.27
28 Nate Cauthorn	22.41
29 Kyle Findlay	22.53
30 Warren	23.05
31 Jacob Meyertholen	23.12
32 Jake Humphries	23.22
33 Alex Fournier	23.27
34 Jack Standal	23.35
35 Joseph Moynihan	23.36
36 Frank Rapp	23.43
37 Riley Blank	23.49
38 Ryan Imse	23.57
39 Jacob Neumann	24.04
40 Mitchell Hermann	24.05
41 Mitchell Vangsness	24.06
42 Tristan Poeschel	24.20
43 Matt	24.24
44 Dominic Wood	24.30
45 Braydon	24.34
46 Shane	24.53
47 Mitchell Leijcher	25.16
48 Chris	25.30
49 Aaron Mader	25.32
50 Alejandro Lagman	25.53
51 Joseph Gouilini	26.22
52 Joey G	26.24
53 Joseph Del Toro	26.45
54 Braden *	27.07
55 Brandon Mckenzie	27.38
56 Luke	29.50
57 Nick Kiminski	29.51
58	29.51
59 Davis Swift	30.04
60 Zach Schank	30.09
61	30.14
62 Michael Wahl	30.15
63 Mitchell Jenson	
64	32.00
65 John Faller	30.30
66 Aaron Beissler	30.59
Mitchell	31.09
Ted Tupper	32.16
Ben Hall	
Nick Mathew	

name	GIRLS'
1 Olivia Hummel	20.26
2 Megan Schiferl	21.03
3 Abby Witte	21.25
4 Eleasha Mckenzie	21.41
5 Emily Tupper	22.35
6 Brianna	22.38
7 Maria Wallace	22.42
8 Ellie McMaster	23.05
9 Emily Punch	23.10
10 Anna Betz	24.30
11 Nicole Levine	24.41
12 Lucia Witikko	25.04
13 Shreya Narayan	25.21
14 Anna Sawyer	25.39
15 Karla Brady	26.00
16 Kendra Besser	26.05
17 Liz Boerger	26.59
18 Joanna Gramer	27.03
19 Martina Lagman	27.03
20 Cassidy Ihns	27.04
21 Daniella Del Toro	27.52
22 Christine Severude	28.03
23 Megan Yoshida	28.26
24 Jacqueline Shaw	28.45
25 Leah Restad	28.50
26 Amanda Clements	29.46
27 Taryn Johnson	30.03
28 Sophia Carpentier	30.14
29 Ellie Anderson	30.23
30 Becca Bailey	30.31
31 Faith Hang	30.38
32 Ansley Schug	31.08
33 Lindsey Grunewald	32.21
34 Megan Youngstrom	32.36
35 Bella Carpentier	33.13
36 Keri Mckenzie	
37 Cayleigh Falink	
38 Rebecca Bailey	
39 Paige Yurek	
40	

Fine job on your first race of the season and for many of you, your first race ever esp at 5k! This meet is always hot so good strategizing with that. Also, good work encouraging your teammates. Please take note of your time. They only give 35 chips. For most teams, that is plenty but we are a very large team again. It looked like we were one of the biggest teams there. This is a great course to use all the strategies-- hills, pacing etc. Please warm up and cool down with your group.

boys: "Meet" Letter points: girls:
 9 points <18:37 9 points <23.13
 6 points <19:37 6 points < 25.21
 3 points <21.30* 3 points <27.05
 *added time as this meet was a tad slower than average

Boys' Scores:	
Hopkins	54
Hudson	113
Wayzata	143
Centennial	172
Perham	172
Maple Grove	177
Red Wing	187
Waseca	216
Eastview	261
Buffalo	322
East Ridge	352
CDH	354
Burnsville	373
Winona	399
Osseo	410
Albert Lea	452
Owatonna	454
Waconia	488
Makato W.	489
Woodbury	500
Jefferson	559
Park	613
Dover-Eyota	708
Rogers	709
Holy Family	717
Mpls SW	722
Sprink Lk Park	727
Hill Murray	831
Park Center	879

Girls' Scores:	
Red Wing	83
Hopkins	104
Perham	104
East Ridge	138
Roseville	150
Waseca	173
Hudson	179
Jefferson	228
Maple Grove	275
Woodbury	300
Waconia	316
Centennial	320
Holy Family	346
Winona	401
Park Center	438
Dover Eyota	438
Osseo	441
Sprink Lk Park	474
Park	525
Mpls SW	580
Hill Murray	594
Albert Lea	639
CDH	648
Rogers	671

East Ridge XC Meet sheet

9/10/15

BOYS'	
1	Noah Wondimu 16.57
2	Tony Cauthorn 17.25
3	Peter Betz 17.40
4	Joe Reinmann 18.06
5	Luke Lemay 18.12
6	Nathan Strom 18.13
7	Michael Merthen 18.20
8	Charlie Betz 18.30
9	Phillip Harris 18.31
10	Ethan Anderson 18.38
11	Michael Kenney 18.39
12	Ethan Storm 18.43
13	Sam Phipps 18.54
14	Philip Gramer 19.00
15	Michael Virgin 19.02
16	Jack Standal 19.07
17	Jacob Daubenberger 19.23
18	Brady Kunz 19.24
19	Tim Ollmann 19.36
20	Joseph Moynihan 19.36
21	Henry Burns 19.51
22	Austin Sam 19.59
23	Brandon Mckevitt 20.00
24	Wescott Bixby 20.06
25	Adrian Marien 20.28
26	Sean Schiferl 20.35
27	Filip Belik 20.38
28	Frank Rapp 20.46
29	Jacob Meyertholen 20.47
30	Brevin Ndovu 20.52
31	Ryan Hrastich 21.13
32	Jake Humphries 21.15
33	Alex Fournier 21.22
34	Tristan Poeschel 21.27
35	Mitchell Leijcher 21.30
36	Nate Cauthorn 21.32
37	? Extra time 21.39
38	Ryan Imse 21.39
39	Riley Brown 21.42
40	Brenden 21.55
41	Alec Wagner 21.55
42	Mitchell Vangness 21.56
43	Kyle Findlay 21.57
44	Gunner Edlund 22.02
45	Ben Hall 22.04
46	Jacob Neumann 22.05
47	Riley Blank 22.08
48	Erik Gramer 22.18
49	Mithcell Hermann 22.29
50	Dominic Wood 22.29
51	Alejandro Lagman 22.51
52	Warren 23.05
53	Matt Kelly 23.07
54	Cole Wagner 23.18
55	Shane Syvoraphane 23.37
56	Chris Lara-Betancourt 23.50
57	Mitchell Jensen 24.26
58	Joseph Del Toro 25.26
59	Aaron Mader 25.32
60	Davis Swift 25.40
61	Graydon Yoshida 25.48
62	Joseph Gouilini 26.22
63	Joey G 26.24
64	John Faller 26.54
65	Brandon Mckenzie 27.48
66	Aaron Beissler 27.52
67	Zach Schank 28.13

St. Croix Bluffs

GIRLS'	
5K	
1	Olivia Hummel 19.16
2	Megan Schiferl 19.32
3	Abby Witte 20.04
4	Ellie McMaster 20.53
5	Emily Tupper 21.01
6	Eleasha Mckenzie 21.17
7	Brianna Sharp 21.21
8	Maria Wallace 22.02
9	Anna Betz 22.08
10	Lucia Wittiko 22.46
11	Nicole Levine 22.47
12	Kendra Besser 24.21
4K	
13	Paige Stearns 17.30
14	Emily Punch 17.57
15	Karla Brady 18.53
16	Anna Sawyer 19.24
17	Shreya Narayan 19.25
18	Christine Severude 19.45
19	Joanna Gramer 19.47
20	Liz Boerger 19.52
21	Cassidy Ihns 20.17
22	Martina Lagman 20.30
23	Daniella Del Toro 20.31
24	Megan Yoshida 20.35
25	Ellie Anderson 20.58
26	Keri Mckenzie 21.04
27	Leah Restad 21.05
28	Tatem Rios 21.05
29	Bella Carpentier 22.06
30	Faith Hang 22.20
31	Becca Swanson 22.33
32	Ansley Schug 22.33
33	Jacqueline Shaw 22.40
34	Taryn Johnson 22.57
35	Lindsey Grunewald 23.12
36	Amanda Clements 23.20
37	Megan Youngstrom 23.23
38	Rebecca Bailey 24.14
39	Elizabeth * 26.59
40	Sophia Carpentier 30.14
41	Bria Thom 32.16
42	Cayleigh Falink
43	Paige Yurek
Boys' cont	
68	Brian Murphy 28.44
69	Nick Kiminski 29.51
70	Mitchell 32.16
71	Braydon
72	Braden *
73	Luke
74	Michael Wahl
75	Ted Tupper
76	Nick Mathew

"Meet" Letter points:

Boys'	Girls' 4K
9 points <18:31	9 points <16:27
6 points <19:45	6 points <17:55
3 points <20:30	3 points <19:40

Girls' 5K

9 points <21.34
6 points <23.00
3 points <24.37

Letter times are based on the last few years of average top third, middle third and near the last third of V scoring runners.

Girls':	
JV	
Northfield	58
East Ridge	62
Woodbury	68
Red Wing	82
Hastings	139
Osseo	142
Central	182
Park	230
V	
Red Wing	27
East Ridge	38
Woodbury	82
Northfield	119
Hastings	143
Central	151
Osseo	183
Park	218
CDH	260

Boys':	
JV	
East Ridge	28
Egan	47
Northfield	111
Red Wing	113
Central	121
Woodbury	193
Burnsville	193
Osseo	230
Hastings	240
Park	261
CDH	345
Johnson	400
V	
Egan	53
Red Wing	60
Central	121
East Ridge	145
Northfield	162
Osseo	185
CDH	185
Burnsville	186
Hastings	193
Woodbury	207
Park	296
Richfield	329

We're proud of the hard work and smart work our runners have done thus far in the season. It's already paying off with great results at our last meet at St. Croix Bluffs. Boys' V= 4th of 12; JV= 1st of 12 and Girls' V= 2nd of 9 and JV 2nd of 8! Good racing everyone! Way to go getting up those hills by moving those arms to get your legs to follow, sighting the course and finding another gear for the last few hundred meters around the field to the finish line. Smart running! We are hitting our stride! Also, you represented our team with excellence-- in the race and off the course. Thanks!

East Ridge XC Meet sheet 9/26/15

BOYS'	
1	Tony Cauthorn 17.11
2	Noah Wondimu 17.44
3	Michael Merthen 17.57
4	Joe Reinmann 18.07
5	Michael Virgin 18.15
6	Peter Betz 18.19
7	Luke Lemay 18.20
8	Nathan Strom 18.43
9	Ethan Storm 18.53
10	Charlie Betz 19.03
11	Erik LeMay 19.04
12	Phillip Harris 19.08
13	Austin Sam 19.08
14	Adrian Marien 19.18
15	Tim Ollmann 19.21
16	Brady Kunz 19.25
17	Jack Standal 19.31
18	Ethan Anderson 19.36
19	Jacob Daubenberger 19.37
20	Sam Phipps 19.39
21	Henry Burns 19.41
22	Frank Rapp 20.22
23	Filip Belik 20.27
24	Jake Humphries 20.28
25	Mitchell Leicher 20.31
26	Joseph Moynihan 20.33
27	Sean Schiferl 20.35
28	Phillip Gramer 20.36
29	Brandon Mckevitt 20.36
30	Brenden McKevit 20.36
31	Mithcell Hermann 20.47
32	Gunner Edlund 20.49
33	Brevin Ndovu 20.54
34	Wescott Bixby 21.00
35	Ryan Hrastich 21.01
36	Nate Cauthorn 21.03
37	Ryan Imse 21.06
38	Jacob Meyertholen 21.08
39	Ben Hall 21.12
40	Riley Blank 21.33
41	Riley Brown 21.41
42	Dominic Wood 21.46
43	Cole Wagner 21.46
44	Mitchell Vangsness 22.01
45	Tristan Poeschel 22.02
46	Alec Wagner 22.02
47	Aaron Mader 22.29
48	Shane Syvoraphane 22.32
49	Jacob Neumann 22.37
50	Matt Kelly 22.47
51	Jordan Headly 22.50
52	Chris Lara-Betancourt 23.00
53	Alejandro Lagman 23.08
54	Joseph Del Toro 23.30
55	Graydon Yoshida 24.30
56	Lucas Bremseth 25.07
57	Aaron Beissler 26.02
58	Nick Kiminski 26.14
59	Zach Schank 27.51
60	Mitchell Ford 29.34
61	Brian Murphy 29.48
62	Michael Kenney
63	Alex Fournier
64	Kyle Findlay
65	Warren Schmidt
66	Davis Swift
67	Michael Wahl
68	Ted Tupper
69	Nick Mathew

Milaca Mega Meet

GIRLS'	
5K	
1	Olivia Hummel 19.34
2	Abby Witte 20.07
3	Megan Schiferl 20.11
4	Eleasha Mckenzie 21.03
5	Paige Stearns 21.12
6	Emily Tupper 21.33
7	Ellie McMaster 21.46
8	Nicole Levine 22.11
9	Brianna Sharp 22.13
10	Lucia Wittiko 22.18
11	Emily Punch 22.30
12	Joanna Gramer 22.39
13	Anna Betz 22.47
14	Maria Wallace 22.58
15	Leah Restad 23.29
16	Liz Boerger 23.35
17	Karla Brady 23.36
18	Anna Sawyer 23.41
19	Cassidy Ihs 24.01
20	Martina Lagman 24.47
21	Christine Severude 24.50
22	Kendra Besser 25.03
23	Daniella Del Toro 25.06
24	Megan Yoshida 25.13
25	Jacqueline Shaw 25.33
26	Tatem Rios 25.38
27	Ellie Anderson 25.58
28	Taryn Johnson 26.13
29	Ansley Schug 26.46
30	Keri Mckenzie 27.37
31	Faith Hang 27.49
32	Megan Youngstrom 28.47
33	Lindsey Grunewald 28.56
34	Bria Thom 40.40
35	Amanda Clements
36	Lilly Fisher
37	Shreya Narayan
38	Becca Swanson
39	Rebecca Bailey
40	Cayleigh Falink
41	Paige Yurek

JH 2 mile Boys:

70	Erik Gramer 11.52
71	Mitchell Jenson 14.28
72	Joseph Gouillini 14.49
73	John Faller 14.58
74	Brandon Mckenzie 14.35

JH 2 mile Girls:

42	Bella Carpentier 16.08
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See Team Scores seperatly for all the teams. If we had at least 5 runners in a race, a team score is calculated. Times from individual races still count for you!

"Meet" Letter points:

Boys:
 9 points <17:24
 6 points <18:06
 3 points <19:38

Girls:
 9 points <21:00
 6 points <22:04
 3 points <23:37

Great work at Milaca! Thanks to all parents who helped with our 'camp site' with food etc. It was a long day but our runners represented East Ridge well. It got a bit warm for the afternoon races which was the V and JV races especially. Many of you supported each other in the various races. We talked about representing our school and communities with class. As a whole, I feel we did this. As far as time spent on the race course, you were tough. The routes twist and turn until finally reaching the finish line. You were smart with sighting the course, strategizing pace and surging to the finish. We're proud of what you've accomplished at this huge meet.

Milaca Varsity Girls AAAA

1	Grand Forks	100
2	Perham	101
3	Wayzata	149
4	East Ridge	162
5	Anoka	176
6	Moorhead	188
7	Roseville	193
8	Prior Lake	225
9	Stillwater	245
10	Andover	254
11	Owatonna	273
12	Woodbury	278
13	Maple Grove	288
14	Blaine	310
15	Chaska	324
16	Centennial	381
17	Minot	403
18	Tartan	491
19	Osseo	495
20	Park Cottage	570
21	Duluth East	584

Milaca Varsity Boys AAAA

1	Stillwater	82
2	White Bear L	146
3	Centennial	152
4	Andover	181
5	Maple Grove	206
6	Blaine	220
7	Mora	233
8	Perham	235
9	Grand Forks	246
10	Moorhead	251
11	East Ridge	278
12	Osseo	278
13	Anoka	291
14	Minot	306
15	Chaska	352
16	Woodbury	430
17	Park	444
18	Buffalo	451
19	North St. Pau	511
20	Duluth East	522
21	Tartan	533

9th grade boys:		
1	Stillwater High School	79
2	Sartell-Saint Stephen High School	81
3	Hutchinson High School	86
4	Buffalo High School	96
5	Maple Grove High School	213
6	Moorhead High School	215
7	Saint Cloud Tech High School	217
8	Minot High School	254
9	Anoka High School	307
10	White Bear Lake High School	308
11	Duluth East	313
12	New London-Spicer High School	343
13	East Ridge HS	357
14	Perham High School	462
15	Holdingford High School	471
16	Big Lake High School	545
17	Red River High School	560
18	Marin County West High School	561
19	Moose Lake High School	574
20	Chisago Lakes Area High School	581
21	Osseo High School	626
22	Saint Thomas Academy	637
23	Waconia High School	644
24	Trinity School at River Ridge	660
25	Saint James High School	668
26	Blaine High School	674
27	Spectrum High School	683
28	New Prague High School	690
29	Saint Cloud Cathedral High School	701
30	Montevideo High School	703
31	Mora Area School	707
32	Orono High School	726
33	Austin High School	816
34	Mora High School	869
35	North Branch High School	954

9th grade girls:		
1	Wayzata High School	42
2	Sartell-Saint Stephen High School	73
3	Buffalo High School	114
4	East Ridge HS	137
5	Prior Lake High School	171
6	Owatonna High School	210
7	Marin County West High School	211
8	Saint Francis High School	270
9	Minot High School	276
10	Saint Cloud Cathedral High School	286
11	Maple Grove High School	291
12	Centennial High School	303
13	Monticello High School	382
14	Blue Earth Area High School	366
15	Waconia High School	396
16	Detroit Lakes High School	408
17	Perham High School	414
18	North Branch High School	426
19	Duluth East High School	429
20	Park Center High School	520

10th grade girls:		
1	Wayzata High School	50
2	Chisago Lakes Area High School	80
3	Park Center High School	103
4	Centennial High School	113
5	Hill-Murray School	136
6	Montevideo High School	170
7	East Ridge HS	193
8	Watertown-Mayer High School	244
9	Owatonna High School	244
10	Pine City High School	261
11	Park Cottage Grove High School	266
12	Saint Cloud Cathedral High School	279
13	Maple Lake High School	326
14	Prior Lake High School	345
15	Duluth East High School	360

10th grade boys:		
1	Stillwater High School	22
2	White Bear Lake High School	94
3	Maple Grove High School	119
4	Centennial High School	126
5	Big Lake High School	147
6	East Ridge HS	192
7	Holdingford High School	192
8	Anoka High School	252
9	Park Cottage Grove High School	299
10	Blaine High School	299
11	Saint Cloud Cathedral High School	313
12	Osseo High School	373
13	New Prague High School	403
14	New London-Spicer High School	418
15	Proctor High School	448
16	Saint Cloud Tech High School	459
17	Hill-Murray School	491
18	Pine City High School	540
19	Esko High School	562
20	Mora High School	567
21	Rockford High School	580
22	Waconia High School	581
23	Cook County High School	591
24	Park Center High School	602
25	Virginia High School	633

JV Boys		
1	Stillwater High School	27
2	White Bear Lake High School	55
3	East Ridge HS	145
4	Minot High School	153
5	Anoka High School	237
6	Mora High School	243
7	Detroit Lakes High School	253
8	Centennial High School	254
9	Andover High School	265
10	Saint Thomas Academy	285
11	Moorhead High School	290
12	Waconia High School	308
13	Sartell-Saint Stephen High School	308
14	Minnehaha Academy	418
15	Duluth East High School	454
16	Woodbury High School	465
17	Maple Grove High School	524
18	Chaska High School	525
19	Sheyenne	602
20	Saint Cloud Cathedral High School	603
21	Blaine High School	612
22	Buffalo High School	648
23	Grand Forks Central High School	696
24	Moose Lake High School	712
25	Tolino-Grace High School	778
26	North Branch High School	814
27	Falmont High School	819
28	Park Center High School	849
29	Redwood Valley High School	907
30	North St. Paul High School	914
31	Ottawa Central	927
32	Heritage Christian Academy	941
33	New Prague High School	977
34	Providence Academy	987
35	Austin High School	996
36	Dalano High School	1023
37	Greenway High School	1025
38	Park Cottage Grove High School	1030
39	Orono	1099
40	Mahtomedi High School	1103
41	Minnesota Valley Lutheran	1114
42	Zumbrota-Mazappa High School	1242
43	Trinity School at River Ridge	1245
44	Benson High School	1263
45	Lac qui Parle Valley High School	1268
46	Howard Lake-Waverly-Winsted High School	1347
47	Tartan High School	1364
48	Fridley High School	1370
49	Academy of Holy Angels	1517

JV Girls		
1	Roseville	36
2	East Ridge	138
3	Sheyenne	164
4	Stillwater High School	179
5	Woodbury High School	183
6	Andover High School	214
7	Trinity School at River Ridge	235
8	Wayzata High School	244
9	Waconia High School	273
10	Maple Grove High School	329
11	Minnehaha Academy	344
12	Falmont High School	378
13	Monticello High School	382
14	Moorhead High School	461
15	Blaine High School	470
16	New Prague High School	494
17	Grand Forks Central High School	523
18	Prior Lake High School	529
19	Anoka High School	539
20	Minot High School	561
21	Duluth East High School	575
22	Centennial High School	625
23	Perham High School	653
24	Mahtomedi High School	662
25	Owatonna High School	675
26	Cook County High School	682
27	Detroit Lakes High School	799
28	Howard Lake-Waverly-Winsted High School	804
29	Providence Academy	808
30	Tolino-Grace High School	821
31	Canby High School	856
32	Saint Cloud Tech High School	906
33	Lac qui Parle Valley High School	915
34	Concordia Academy (Roseville)	919
35	Visitation High School	935
36	Chaska High School	954
37	Zumbrota-Mazappa High School	1007
38	Maple Lake High School	1012
39	Orono High School	1066
40	Mora High School	1070
41	Redwood Valley High School	1107

Great work everyone! East Ridge was represented in a lot of races

Great work everyone! East Ridge was represented in a of races. Remember, in order for a team to show up in the results with a score, there needed to be at least 5 runners in the race.

AAAA Boys

East Ridge XC Meet sheet

BLAINE

name	Date:
BOYS'	
10-3-14	
1 Noah Wondimu	17.00
2 Tony Cauthorn	17.27
3 Peter Betz	17.42
4 Michael Merthen	18.07
5 Luke Lemay	18.13
6 Nathan Strom	18.14
7 Michael Virgin	18.20
8 Joe Reinmann	18.23
9 Charlie Betz	18.30
10 Ethan Anderson	18.35
11 Adrian Marien	18.42
12 Brady Kunz	18.42
13 Erik LeMay	18.43
14 Ethan Storm	18.47
15 Matthew Rukunga	18.47
16 Michael Kenney	19.08
17 Jack Standal	19.12
18 Jacob Daubenberger	19.13
19 Phillip Harris	19.20
20 Tim Ollmann	19.24
21 Philip Gramer	19.28
22 Sam Phipps	19.29
23 Erik Gramer	19.31
24 Joseph Moynihan	19.52
25 Mitchell Leijcher	19.53
26 Brevin Ndovu	19.57
27 Jake Humphries	20.02
28 Wescott Bixby	20.11
29 Ryan Imse	20.13
30 Riley Brown	20.22
31 Jacob Meyertholen	20.25
32 Frank Rapp	20.30
33 Mitchell Hermann	20.30
34 Nate Cauthorn	20.37
35 Gunner Edlund	20.37
36 Filip Belik	20.39
37 Sean Schiferl	20.44
38 Tristan Poeschel	20.59
39 Mitchell Vangness	21.04
40 Ben Hall	21.08
41 Dominic Wood	21.22
42 Alec Wagner	21.26
43 Aaron Mader	21.39
44 Jordan Headly	21.49
45 Alejandro Lagman	21.51
46 Jacob Neumann	21.52
47 Kyle Findlay	21.54
48 Braden Sydor	22.00
49 Cole Wagner	22.18
50 Shane Syvoraphane	22.21
51 Alex Fournier	22.47
52 Joseph Del Toro	22.48
53 Chris Lara-Betancourt	22.48
54 Mitchell Jenson	24.08
55 Graydon Yoshida	24.13
56 Nelson Holmes	24.33
57 Nick Sandberg	24.52
58 Lucas Bremseth	24.54
59 Nick Kiminski	25.03
60 Davis Swift	25.04
61 Aaron Beissler	25.12
62 Zach Schank	26.44
63 Paulo Henrique	27.42
64 Brian Murphy	27.53
JH 3,200	
John Faller	14.42
Joseph Gouilini	14.42

name	
GIRLS'	
1 Olivia Hummel	19.25
2 Megan Schiferl	19.50
3 Abby Witte	20.10
4 Paige Stearns	20.43
5 Eleasha Mckenzie	20.55
6 Joanna Gramer	21.38
7 Brianna Sharp	21.44
8 Maria Wallace	21.59
9 Lucia Wittiko	22.09
10 Nicole Levine	22.20
11 Karla Brady	22.55
12 Christine Severude	23.00
13 Anna Sawyer	23.19
14 Liz Boerger	23.31
15 Shreya Narayan	23.42
16 Leah Restad	24.01
17 Martina Lagman	24.03
18 Cassidy Ihns	24.24
19 Daniella Del Toro	24.29
20 Megan Yoshida	24.34
21 Ansley Schug	25.01
22 Keri Mckenzie	25.25
23 Jacqueline Shaw	25.26
24 Kendra Besser	25.31
25 Ellie Anderson	25.53
26 Taryn Johnson	26.01
27 Bella Carpentier	26.24
28 Faith Hang	26.44
29 Lindsey Grunewald	28.30
30 Megan Youngstrom	28.33
31 Rebecca Bailey	29.19
32 Lilly Fisher	30.36
33 Anna Betz	
34 Emily Punch	?
35 Tatem Rios	
36 Emily Tupper	
37 Ellie McMaster	
38 Bria Thom	
39 Amanda Clements	
40 Becca Swanson	
41 Cayleigh Falink	
42	
43	

Nice job out racing out there on the soft ground. Way to go keeping your head up, arms in, hands relaxed and focusing on the route. Please take a look at your 1 and 2 mile splits. How do they compare with your overall pace? Coach Ness, Coach Gramer and I are proud of how you represent the team. We are looking forward to the conference meet!

"Meet" Letter points:

9 points <17:52	9 points <20.43
6 points <18:30	6 points <22.05
3 points <19:48	3 points <23.27

Henry Burns	
Ryan Hrastich	
Brenden McKevit	
Riley Blank	
Brandon Mckenzie	
Austin Sam	
Brandon Mckevitt	
Matt Kelly	
Mitchell Ford	
Warren Schmidt	
Michael Wahl	
Ted Tupper	
Nick Mathew	

Blaine Varsity Boys "blue" upper div

1 Minneapolis	50
2 Centennial	102
3 Henry Sibley	154
4 St Paul Highl	157
5 St Paul Centr	160
6 East Ridge	176
7 Blaine	177
8 Andover	180
9 Coon Rapids	208
10 Irondale	229
11 Woodbury	246
12 St Paul Comc	287
13 Forest Lake	288

Blaine JV Boys

1 East Ridge	32
2 Minneapolis	50
3 Centennial	60
4 Andover	126
5 St Paul Centr	202
6 Mahtomedi	239
7 Woodbury	241
8 Blaine	245
9 Forest Lake	246
10 St Paul Highl	249
11 Coon Rapids	252
12 Irondale	346
13 Minneapolis	361
14 St Francis	379
15 Minneapolis	493
16 St Anthony V	497
17 St Paul Comc	504
18 Hill-Murray	607
19 Spring Lake F	607
20 Mounds Park	607
21 Tartan	614
22 Henry Sibley	624
23 St Paul Hardi	740
24 Breck	749

Blaine Varsity Girls "blue" upper div

1 Forest Lake	61
2 Minneapolis	83
3 East Ridge	100
4 Mahtomedi	119
5 Henry Sibley	154
6 Centennial	157
7 Andover	166
8 Irondale	168
9 Woodbury	197
10 Blaine	250
11 Breck	265
12 Minneapolis	295
13 St Paul Centr	296

Blaine JV Girls

1 Forest Lake	55
2 Andover	57
3 Centennial	71
4 Woodbury	109
5 East Ridge	116
6 Mahtomedi	165
7 St Paul Centr	206
8 Coon Rapids	250
9 Henry Sibley	287
10 Irondale	303
11 Blaine	359
12 Minneapolis	366
13 St Paul Highl	393
14 Hill-Murray	398
15 Minneapolis	420
16 St Anthony V	457
17 St Francis	486
18 Breck	497

East Ridge XC Meet sheet SEC Conference Championship Meet

name Date: BOYS' 10-3-14

1	Noah Wondimu	16.40
2	Tony Cauthorn	17.14
3	Peter Betz	17.32
4	Joe Reinmann	17.40
5	Michael Virgin	17.40
6	Luke Lemay	17.55
7	Nathan Strom	17.59
8	Michael Merthen	18.02
9	Charlie Betz	18.09
10	Michael Kenney	18.13
11	Erik LeMay	18.16
12	Ethan Anderson	18.21
13	Brady Kunz	18.22
14	Ethan Storm	18.24
15	Phillip Harris	18.44
16	Jack Standal	18.48
17	Matthew Rukunga	18.49
18	Erik Gramer	18.49
19	Joseph Moynihan	19.10
20	Brevin Ndovu	19.16
21	Jacob Daubenberger	19.24
22	Philp Gramer	19.27
23	Filip Belik	19.36
24	Mitchell Leijcher	19.39
25	Jake Humphries	19.40
26	Gunner Edlund	19.44
27	Ryan Hrstich	19.57
28	Jacob Meyertholen	20.10
29	Ryan Imse	20.11
30	Mitchell Hermann	20.18
31	Mitchell Vangness	20.22
32	Ben Hall	20.22
33	Sean Schiferl	20.30
34	Riley Brown	20.31
35	Tristan Poeschel	20.34
36	Frank Rapp	20.43
37	Ted Tupper	20.54
38	Riley Blank	20.58
39	Wescott Bixby	21.02
40	Aaron Mader	21.02
41	Nate Cauthorn	21.08
42	Alec Wagner	21.15
43	Alejandro Lagman	21.23
44	Kyle Findlay	21.26
45	Cole Wagner	21.27
46	Jacob Neumann	21.31
47	Joseph Del Toro	21.38
48	Chris Lara-Betancourt	21.39
49	Alex Fournier	21.39
50	Shane Syvoraphane	21.42
51	Dominic Wood	21.43
52	Braden Sydor	21.47
53	Mitchell Jensen	22.30
54	John Faller	22.35
55	Lucas Bremseth	23.37
56	Graydon Yoshida	24.05
57	Aaron Beissler	24.21
58	Brandon McKenzie	24.25
59	Zach Schank	24.31
60	Nick Kiminski	24.48
61	Paulo Henrique	25.55
62	Nelson Holmes	26.00
63	Brian Murphy	28.18
	Adrian Marien	
	Tim Ollmann	
	Sam Phipps	
	Jordan Headly	
	Davis Swift	
	Joseph Gouillini	

name GIRLS'

1	Olivia Hummel	19.01
2	Megan Schiferl	19.20
3	Paige Stearns	19.59
4	Abby Witte	20.16
5	Eleasha Mckenzie	20.43
6	Lucia Wittiko	21.05
7	Ellie McMaster	21.05
8	Anna Betz	21.10
9	Nicole Levine	21.25
10	Joanna Gramer	21.29
11	Emily Tupper	21.30
12	Emily Punch	21.59
13	Brianna Sharp	22.17
14	Karla Brady	22.26
15	Maria Wallace	22.36
16	Liz Boerger	22.40
17	Martina Lagman	22.42
18	Shreya Narayan	22.45
19	Christine Severude	23.07
20	Leah Restad	23.14
21	Cassidy Ihns	23.59
22	Megan Yoshida	24.13
23	Tatem Rios	24.28
24	Anasley Schug	24.34
25	Bella Carpentier	24.38
26	Jacqueline Shaw	24.44
27	Kendra Besser	24.47
28	Daniella Del Toro	24.54
29	Ellie Anderson	24.57
30	Keri Mckenzie	25.08
31	Taryn Johnson	25.09
32	Rebecca Swanson	26.06
33	Faith Hang	26.30
34	Megan Youngstrom	27.15
35	Lindsey Grunewald	27.26
36	Rebecca Bailey	28.39
37	Lilly Fisher	28.39
38	Yasmine Abdelal	35.56
39	Anna Sawyer	
40	Bria Thom	
41	Amanda Clements	

Nice work at the conference championship meet! We had some amazing results with many, many PRs. Way to go with your smart racing, supporting your teammates and representing ERHS so well on and off the racecourse! Congrats to all runners for a fine season. We are very impressed with the diligence many of you show to this sport, your teammates and to yourself!

All runners are welcome to continue training with us esp if you're planning to run the Nike XC meet.

"Meet" Letter points:

- 9 points < 17:17
 - 6 points < 18.02
 - 3 points < 19:17
 - 9 points < 20:20
 - 6 points < 21:29
 - 3 points < 23:01
- *added some time to the last scoring runner in both races. V was fast!

Suburban East Conf Varsity Girls

1	Forest Lake	39
2	White Bear L	66
3	East Ridge	81
4	Roseville Are	82
5	Stillwater	130
6	Woodbury	149
7	Mounds View	181
8	Park Cottage	244
9	Cretin-Derha	282

Suburban East Conf JV Girls

1	White Bear L	31
2	Roseville Are	43
3	East Ridge	84
4	Forest Lake	116
5	Stillwater	136
6	Woodbury	154
7	Mounds View	173
8	Park Cottage	250

Suburban East Conf Varsity Boys

1	Stillwater	33
2	Mounds View	64
3	White Bear L	78
4	Roseville Are	118
5	East Ridge	135
6	Woodbury	186
7	Forest Lake	189
8	Cretin-Derha	199
9	Park Cottage	225

Suburban East Conf JV Boys

1	Stillwater	15
2	Mounds View	47
3	White Bear L	82
4	East Ridge	110
5	Roseville	154
6	Forest Lake	172
7	Woodbury	224
8	Park Cottage	232
9	Cretin-Derha	293

Section 3AA Meet:

1.	Olivia Hummel	19.20
2.	Megan Schiferl	19.23
3.	Paige Stearns	20.00
4.	Abby Witte	20.18
5.	Eleasha McKenzie	20.31
6.	Ellie McMaster	21.39
7.	Lucia Wittiko	21.55
8.	Anna Betz	
9.	Joanna Gramer	

1.	Noah Wondimu	16.41
2.	Peter Betz	17.18
3.	Anthony Cauthorn	17.36
4.	Michael Merthan	17.54
5.	Joe Reimann	18.04
6.	Nathan Strom	18:12.3
7.	Luke LeMay	18:12.9
8.	Michael Kenney	
9.	Ethan Storm	

Nice work on this very tough course (the toughest of the season). Way to go with all those hills and working hard on the very soft, wet surface. You hung on and were wise with your strategy! Congrats to everyone and thanks to all who made it out to support teammates. Congratulations to our medalist: Noah, Olivia and Megan. Congrats to Noah and the girls' team for earning a trip to state!

Section 3AA Varsity Boys

1	Prior Lake	75
2	Rosemount	98
3	Eagan	106
4	Apple Valley	122
5	Burnsville	146
6	Henry Sibley	153
7	East Ridge	173
8	Eastview	182
9	Bloomington Kennedy	197
10	St Thomas Academy	267
11	South St Paul	295
12	Bloomington Jefferson	322
13	Park Cottage Grove	323
14	Richfield	414
15	Academy of HolyAngels	442
16	Simley	480

Section 3AA Varsity Girls

1	Eastview	81
2	East Ridge	91
3	Henry Sibley	93
4	Bloomington Jefferson	98
5	Prior Lake	118
6	Rosemount	146
7	Burnsville	173
8	South St Paul	191
9	Eagan	214
10	Visitation	245
11	Apple Valley	256
12	Park Cottage Grove	325
13	Academy of HolyAngels	394
14	Bloomington Kennedy	415
15	Richfield	438
16	Simley	500

East Ridge CROSS COUNTRY

Meet Sheet State AA meet DATE November 7^h, 2015

Girls

	Name	Time
1	Olivia Hummel	19.04
2	Megan Schiferl	19.22
3	Paige Stearns	19.58
4	Abby Witte	20.30
5	Eleasha McKenzie	20.39
6	Lucia Wittiko	21.00
7	Ellie McMaster	21.19
8	Anna Betz	
9	Joanna Gramer	

	Noah Wondimu	17.10
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MSHSL State Meet Varsity Girls

1	Edina	68
2	Marshall	76
3	Willmar	119
4	Wayzata	152
5	Forest Lake	201
6	Red Wing	207
7	Shakopee	220
8	Farmington	238
9	Alexandria	247
10	Roseville	252
11	Eastview	266
12	Duluth East	273
13	East Ridge	277
14	White Bear Lake	292
15	St. Michael Albertville	303
16	Anoka	336

Great job to the state team earning a trip to state! You were smart and tough and, exceeded expectations as an unranked team. Thank you to all who continued to train with the state team. Thanks to all who made the trip down to St. Olaf to support the team.

A Varsity Athletic Letter is earned at 17 pts this year. We don't overemphasize lettering as we value everyone's work. It is a Varsity letter though. The meet points are listed in the results.

The following awards were voted on by the team.

Most Team Spirit: Who do you think was the most inspirational? Who cheered a lot and really had an invested interest in everyone's success?

Most Improved: Who do you think improved their skills the most over the season?

Hardest Worker: Who do you think worked the hardest? Who put in all the mileage etc?

MVP: Who do you think our MVP should be? This is difficult since the whole team was needed for our successes however, who do you think contributed the most on and off the race course? Who could step it up when needed?



Captains: Who do you think can lead the team next year? Please consider leadership ability, reliability--someone you can count on, organization, leader by example and not just simply a good athlete. Open to any 11th or 12th grader who wants to run for captain.

Rookie of the year: Who, of the brand new runners, do you think made a big contribution? (An athlete who has never been on a CC team before)

Many Athletes received votes for the above categories. This is a great indicator on the level this team has achieved. These are voted on by the whole team present at the meeting. Team members running for captain are required to write a captain statement and make a speech in front of the team. The number of captains varies from year to year.

Girls' Team

#	Athlete	Year	Time	Meet
1	Emily Betz	2014	18.02	NXN
2	Bailey Ness	2013	18.12	NXN
3	Brenley Goert	2014	18.24	NXN
4	Olivia Hummel	2014	18.53	NXN
6	Megan Schiferl	2015	19.20	SEC
5	Sandra Gramer	2013	19.24	NXN
7	Anna Betz	2014	19.45	NXN
8	Abby Witte	2014	19.46	NXN
9	Taylor Jackson	2012	19.58	NXN
10	Paige Stearns	2015	19.58	AA state
11	Liz Maatta	2012	20.09	NXN
13	Eleasha McKel	2015	20.31	3AA sect
12	Elissa McMast	2014	20.33	NXN
16	Brianna Sharp	2015	20.38	Red Wing
14	Lucia Wittiko	2015	21.00	AA state
15	Nicole Levine	2015	21.25	SEC
21	Emily Tupper	2015	21.30	SEC
17	Maria Wallace	2015	21.35	Red Wing
19	Joanna Gramer	2015	21.38	Red Wing
18	Emily Punch	2015	21.41	Red Wing
20	Karla Brady	2015	22.10	Red Wing
22	Liz Boerger	2015	22.40	SEC
23	Martina Lag	2015	22.42	SEC
24	Shreya Naraya	2015	22.45	SEC
25	Christine Seve	2015	23.00	Blaine

**Top 25 ERHS
Cross Country
Performances
5K**

Boys' Team

#	Athlete	Year	Time	Meet
1	Nate Roese	2012	15.53	SEC FR
2	Ryan Schiferl	2011	16.30	SEC FR
3	Andrew Berg	2014	16.36	SEC FR
7	Noah Wondim	2015	16.39	NXN
4	Tony Cauthorn	2014	16.46	SEC FR
5	Marcus Haskin	2013	16.56	SEC FR
6	Aaron Gordon	2013	16.59	SEC FR
8	Nathan Tigges	2011	17.17	SEC FR
9	Pete Betz	2015	17.18	SEC FR
9	Michael Virg	2014	17.21	SEC FR
11	Roman Faller	2013	17.26	SEC FR
12	Taylor Huffma	2013	17.32	Sections
12	Tom Dierberg	2011	17.32	SEC FR
12	Sam Scholz	2011	17.32	SEC FR
15	Nathan Strom	2014	17.34	SEC FR
16	Joe Reinmann	2015	17.40	SEC TB
17	Connor Leijd	2014	17.41	SEC FR
18	Michael Me	2015	17.42	Red Wing
19	Eric Schmidt	2011	17.45	SEC FR
20	Luke Lemay	2014	17.47	SEC FR
21	Michael Ken	2014	17.48	SEC FR
22	David Huffma	2013	17.54	SEC FR
23	Charlie Betz	2014	17.55	SEC FR
24	Jack Walter	2012	17.57	SEC FR
25	Sam Boardma	2012	17.57	Red Wing

Fanners Brook
Falcon Ridge