

name			
BOYS' 5K			
1	NATHAN	SCHULTZ	16.45
2	TYLER	MESTERY	17.25
3	AARON	DEVINE	17.25
4	JACK	ALDRICH	18.05
5	RYAN	SOENEN	18.11
6	GAVIN	MESTERY	18.19
7	MATTHEW	CARLSEN	18.31
8	EVERETT	CREIGHTON	18.33
9	CONNOR	MCNIESH	18.43
10	JOHN	GRAMER	19.07
11	JACOB	BELLIS	19.53
12	JARED	ENGH	19.58
13	COLLIN	DOMINGOS	20.03
14	WALTER	BELLIS	20.12
15	CALEB	KUGEL	20.28
16	HENRY	ALDRICH	20.34
17	SAM	AGA	20.48
18	ELI	GARLIE	21.06
19	ETHAN	ALVAREZ-B	21.16
20	LONDON	WAHLQUIST	21.39
21	GAVIN	GOETZ	21.58
22	BRODY	WHITE	21.59
23	OWEN	KREUTZFEL	22.00
24	NOLAN	ANDRESEN	22.03
25	CHRISTIAN	LANGER	22.22
26	RYAN	GIDDINGS	23.43
27	ABRAHAM	BUNKERS	23.43
28	OLIVER	BULMAN	22.48
29	NOAH	Groomwald	23.52
30	LLEYTON	HAAS	23.57
31	GRANT	ABELSON	24.41
32	ROWAN	WHELAN	25.03
33	JUAN	FIGUEROA	32.20
34	NOAH	WATSON	
35	KYLE	TOVAR	
36	LOGAN	HAAS	
37	ISAAC	BJORK	
38	BRADY	HIETPAS	

name			
GIRLS' 5K			
1	STELLA	ALDRICH	21.31
2	SOLLI	PARK	22.58
3	SOPHIA	SLAVIN	24.43
4	AINHOA	CALAHORRO	25.09
5	SARA	FINDLAY	26.38
6	ANNA	NIPPERT	27.31
7	SOLBIE	PARK	27.36
8	MCKENNA	PARSONS	31.44

Girls' V	
1	Woodbury 43
2	Mahtomedi 79
3	Hastings 84
4	Math & Scier 91
5	Simley 138
6	Trinity Scho 152
7	East Ridge 154
8	South St. Pa 215
9	Richfield 221
10	Simley 292
11	St. Paul Hum 337
12	Math & Scier 351
13	South St. Pa 356
14	Hiawatha Co 445

Boys' V		Boys' JV	
1	Woodbury 27	Woodbury	28
2	East Ridge 47	East Ridge	34
3	Mahtomedi ##	Park	87
4	Minneapolis ##	Hastings	122
5	Park ##	Mahtomedi	152
6	Bumsville ##	Richfield	185
7	Richfield ##	Minneapolis South	197
8	Hastings ##	Trinity School at Ri	209
9	Math & Scie ##	Bumsville	247
10	Trinity Scho ##	Simley	292
11	Simley ##	St. Paul Humboldt/	337
12	St. Paul Hum ##	Math & Science Ac	351
13	South St. Pa ##	South St. Paul	356
14	Hiawatha Co ##	Hiawatha Collegiat	445

Girls' JV	
1	Woodbury 15
2	Hastings 55
3	Mahtomedi 74

*complete teams

Way to blast at the Simley Meet! Not an easy course but you showed what it takes to have grit, you were smart and you attacked that course- battled to the finish! You stayed in the pain cave and persevered, especially up 'Goliath Hill'.

That was the last regular season meet. The next is the last meet for JV runners. Everyone will run in the Suburban East Championship Meet on Tues 10/18.

The Section 3AAA Champ meet, the following week, has 9 runners that advance (7 run with 2 alternates). These runners must be at 2 of the 3 MEA practices. All JV is welcome to continue with the team. I really encourage everyone who is running NXR in SD to do so.

You are strong! This is not easy; it's difficult. Way to persevere. Stay focused.

"Meet" Letter points:	
Boys:	Girls:
9 points <18:35	9 points <21:40
6 points <19:50	6 points <22:33
3 points <21:06	3 points <23.59