



# WEDNESDAY OCTOBER 10, 2018

Epiphany Catholic School

11001 Hanson Blvd NW., Coon Rapids, MN 55433

- 3:30 TEAM CHECK IN
- 4:00 COACHES MEETING
- 4:20 PRAYER / STAR SPANGLED BANNER
- 4:30 BOYS V (LIMITED TO 7 ENTRIES FROM EACH SCHOOL)
- 4:45 GIRLS V (LIMITED TO 7 ENTRIES FROM EACH SCHOOL)
- 5:00 CO-ED JV 1 MILE (UNLIMITED ENTRY)
- 5:30 AWARDS AND CELEBRATION

RACE QUESTION PLEASE DIRECT TO PAM BAKER,  
[PAMBAKER@GENERATIONENDURANCE.COM](mailto:PAMBAKER@GENERATIONENDURANCE.COM)

## NSPSL Cross Country Championships 2018

Remember that this event is hosted by the NSPSL league but guided by our collection of participating coaches and schools. PLEASE read through the following information, questions can be directed to [PamBaker@GenerationEndurance.com](mailto:PamBaker@GenerationEndurance.com). Thank you for your help, input and shared passion for this beautiful sport.



### WEDNESDAY OCT 10TH, 2018

#### Schedule of Events (based on SUNSET of 6:37PM):

- 3:30 Team Check in
- 4:00 Coaches Meeting
- 4:20 Prayer / Star Spangled Banner
- 4:30 Boys Varsity (Limited to 7 entries from each school, 4-8th grades)**
- 4:45 Girls Varsity (Limited to 7 entries from each school, 4-8th grades)**
- 5:00 Co-Ed JV 1 mile - unlimited entry, 4-8th grades NOT participating in Varsity**
- 5:30 Awards

#### Registration:

PLEASE be sure your team / athletes rosters are updated on the google doc. (Need access - contact [PamBaker@GenerationEndurance.com](mailto:PamBaker@GenerationEndurance.com))

\*\*\*Please note that your athlete MUST have participated in at least 2 NSPSL events to be eligible for VARSITY entry into the NSPSL Championship meet\*\*\*

#### Eligibility:

**Any athlete**, grade 4-8, who has participated in AT LEAST TWO of our season NSPSL hosted meets is eligible to participate and score in the VARSITY event meet. If a school has athletes who have not participated in ANY meets or has only participated in one meet they are **only** allowed to participate at the JV level (not eligible for team scoring or varsity awards).

#### Awards:

- \* NSPSL Awards Top 12 V Girls, Top 12 V Boys and Trophy to winning teams.
- \* No awards for the co-ed JV event

#### Meet Scoring:

- \* Each participant will receive a BIB NUMBER with a sticker to wear during the race - that will include the following information: **Name, Grade and School**. Upon finishing the race, the BIB tear offs will be collected prior to leaving the chute
- \* Team Scores will be tabulated using top 5 finishers and provided after the race.

#### Results:

- \* Will be provided to coaches and league AD by 3PM the day following meet

**Photos:**

\* Will be posted on the [www.generationendurance.com](http://www.generationendurance.com) website and via facebook @ Generation Endurance

**Volunteers:**

\* ALL TEAMS Are expected to provide volunteers to support this event. A signup genius will be made available a week prior to our NSPSL Championship.

**Other Items:**

- \* No spikes
- \* No waiver
- \* Bathrooms are available
- \* Please be sure to pickup your camps prior to departing the meet, placing bottles, papers and other disposable items in the containers at the picnic area.

**NSPSL INDIVIDUAL CHAMPIONS 2017:**

**Girls - Gina Solberg, HERITAGE - 6:12**

**Boys - Josiah Schaap, CALVIN CHRISTIAN - 5:36**

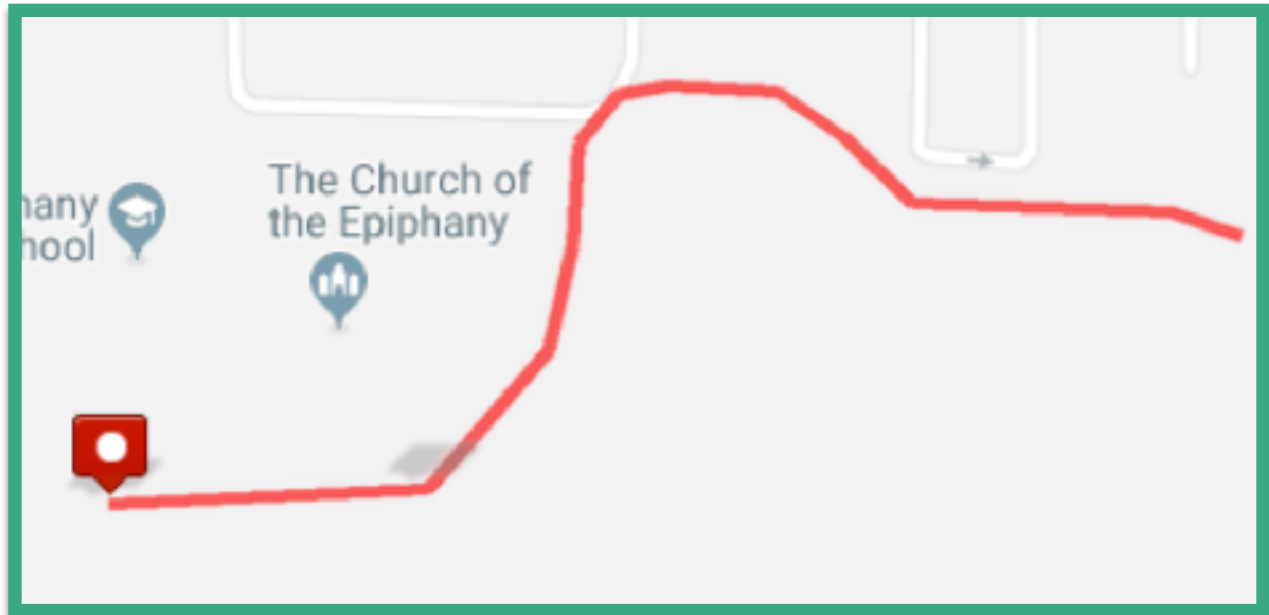
**NSPSL TEAM CHAMPIONS 2017:**

**Girls Team Winner - Calvin Christian  
Coach Jon Kroeze**

**Boys Team Winner - Calvin Christian  
Coach Jon Kroeze**

**Course:**

One mile (wheel, GPS, and MapMyRun used to acquired triple check on distance). Out and back - grassy start. EVERY turn will have a course marshal and the lead will be guided by a biker. See enclosed course map.





# **RACE NEEDS listed below via signup genius**

Each TEAM will need to provide at least FOUR volunteers to support the following roles

## **Race Set Up**

Race Starter 1 \_\_\_\_\_  
Bikers (Lead & Follow) X 2 ind. 1 \_\_\_\_\_  
2 \_\_\_\_\_

Course Set UP (1:30PM) X 4 1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_

FINISH LINE (Timer, Clock, chute, results, team score, recorder) X 9  
1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_  
5 \_\_\_\_\_  
6 \_\_\_\_\_  
7 \_\_\_\_\_  
8 \_\_\_\_\_  
9 \_\_\_\_\_

Registration - 3 1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

Course Marshaling - 4 GIRLS 1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_

Course Marshaling - 4 BOYS & JV 1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_

Photographer - 3 1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

**Post Race**

Course Clean Up  
Results

**ALL SCHOOLS**

1. St Vincent de Paul & Ave Maria - Pam Baker

**Food**

Cookies - 3 (ea bring 48)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Fruit - 3 (ea bring 48)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Granola Bars - 3 (ea bring 48)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Cake X 2

St Vincent de Paul & Ave Maria will bring cake & paper products



GIRLS ALL TIME NSPSL RECORD: Simone Lundquist (8) Heritage Christian Academy in 2016, at Bassett Creek - 5:53  
 BOYS ALL TIME NSPSL RECORD: John Nordstrom (8) Heritage Christian Academy in 2012, at Brookdale Park - 5:22  
 Coach Jon Kroeze of Calvin Christian had FIRST EVER PERFECT SCORE (15) in 2017!  
 While locations VARY - these are the FASTEST time recorded with data that has been made available

Epiphany Catholic School Grounds  
 Oct 10th 2018  
 Weather -

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1					1			
2					2			
3					3			
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1					1			
2					2			
3					3			

Bassett Creek Park, New Hope  
 Oct 30th 2017  
 Weather - 42 degrees and windy!

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	Calvin Christian	15	J. Kroeze		1	Calvin Christian	51	J. Kroeze
2	St Vincent de Paul	92	P. Baker		2	St Vincent de Paul	59	P. Baker
3	Epiphany	94	D. DeRaad		3	St Raphael's	120	C. Gerlach
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Josiah Schaap (8)	5:36	J. Kroeze		1	Gina Solberg (8) HER	6:12	
2	John Hagen (7)	5:42	J. Kroeze		2	Becky Cerezo (8) CC	6:34	J. Kroeze
3	Isaac Moin (8)	5:59			3	Mary Carter (6) STA	6:35	T. Misko

Bassett Creek Park, New Hope  
November 1st, 2016  
Weather - 64 degrees wind from the SE

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	Calvin Christian	30	J. Kroeze		1	Heritage	23	N Wentz
2	St Vincent de Paul	85	P. Baker		2	Calvin Christian	67	J. Kroeze
3	Epiphany	93	M. Zar...		3	Epiphany	88	M. Zar...
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Joshua Kroeze (8) CC	5:31	J. Kroeze		1	Simone Lundquist (8) HER	5:53	N Wentz
2	Lucas Peterson, SH	5:39			2	Teagan Carrington (8) HER	5:57	N Wentz
3	Josiah Schaap CC	5:45	J. Kroeze		3	Gina Solberg (7) HER	6:13	N Wentz

Bassett Creek Park, New Hope  
October 29th, 2015  
Weather - 48 degrees, cloudy and wind from the S @ 18 MPH

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	Calvin Christian	43	J. Kroeze		1	Heritage	25	N Wentz
2	Ave Maria	68	M. Scho..		2	Providence	68	R. Fogle
3	Providence	83	R. Fogle		3	Calvin Christian	82	J. Kroeze
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Brian Brown (8) EPIPH	5:30	M. Zar...		1	Simone Lundquist (7) HER	6:03	N Wentz
2	Liam Carney (6) PROV	5:39	R. Fogle		2	Grace Solberg (7) HER	6:22	N Wentz
3	Carter Kneeland (8) HER	5:43	N Wentz		3	Emma Kelly (6) PROV	6:22	R. Fogle

Brookdale Park, Brooklyn Park  
October 28th, 2014  
Weather - 44 degrees, cloudy, strong NW wind @ 14 MPH

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	Calvin Christian	59	J. Kroeze		1	St Alphonsus	36	
2	Providence	84	R. Fogle		2	St Vincent de Paul	46	P. Baker
3	Ave Maria	90	S. Slaven		3	Calvin Christian	63	J. Kroeze
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Brian Brown (7) EPIPH	5:35	M. Zar...		1	Kaitlyn Mattox (8) SVDP	6:20	P. Baker
2	Liam Carney (5) PROV	5:50	R. Fogle		2	Simone Lundquist (6) HER	6:30	N Wentz
3	Caleb Peterson HER	5:51	N Wentz		3	Anna Hanson (8) SVDP	6:50	P. Baker

Brookdale Park, Brooklyn Park  
October 29th, 2013  
Weather - 45 degrees, overcast & drizzle



PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	St Vincent de Paul		P. Baker	1	St Vincent de Paul		P. Baker
2				2			
3				3			
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1				1			
2	Stefan Ferrera (8) SVDP	5:31	P. Baker	2	Katelyn Gasperlin (8) SVDP	6:00	P. Baker
3	Dylan Sable (8) SVDP	5:38	P. Baker	3			

Brookdale Park, Brooklyn Park  
October 30th, 2012

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	St Alphonsus	62		1	St Vincent de Paul	???	P. Baker
2	St Vincent de Paul	69	P. Baker	2	St Alphonsus	???	
3	Calvin Christian	133	J. Kroeze	3	Epiphany	???	M. Zar...
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	John Nordstron (8) HER	5:22	N Wentz	1	Taylor Lundquist (7) HER	6:04	N Wentz
2	Paul Breitbach (7) EPIPH	5:35	M. Zar...	2	Kelly Opat (7) STA	6:24	
3	Ryan Hall (8) STA	5:47		3	Grace Tutland (8) SVDP	6:28	P. Baker

Brookdale Park, Brooklyn Park  
October 25, 2011

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	St Vincent de Paul		P. Baker	1	St Vincent de Paul		P. Baker
2	Epiphany		M. Zar...	2	St Alphonsus		
3	St Alphonsus			3	Epiphany		M. Zar...
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	Michael Volk (8) SVDP	5:32	P. Baker	1	Michaela Brands (8) SVDP	5:57	P. Baker
2	Paul Breitbach (6) EPIPH	5:36	M. Zar...	2	Kelly Opat (8) STA	6:21	
3	Josh Nordstrom HER	5:40	N Wentz	3	Hailey Hanson STEPH	6:25	

Brookdale Park, Brooklyn Park  
Oct 28th, 2010  
Weather - 41 degrees, 12-18 MPH winds, sunny

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	St Alphonsus			1	St Vincent de Paul		P. Baker
2	Calvin Christian		J. Kroeze	2	St Alphonsus		

3	Sacred Heart			3	Sacred Heart		
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	Jayden Walsh (6) SVDP	5:34	P. Baker	1	Amy Gasperlin (8) SVDP	6:03	P. Baker
2	Seth Hanson (8) CC	5:38	J. Kroeze	2	Michaela Brands (7) SVDP	6:16	P. Baker
3	Luc Robichaud (8) STA	5:39		3	Emily Rose (8) STA	6:27	

Brookdale Park, Brooklyn Park  
October 27th, 2009

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	Calvin Christian	63		1	St Alphonsus	41	
2	St Vincent de Paul	66	P. Baker	2	St Vincent de Paul	79	P. Baker
3	St Alphonsus	74		3	Calvin Christian	107	
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	Kellen Schmitz (8) STA	5:31		1	Amy Gasperlin (7) SVDP	6:08	P. Baker
2	Christian Smith (7) SVDP	5:55	P. Baker	2	Abby Jerich (7) STEPH	6:14	
3	Seth Hanson (7) CC	6:06		3	Marissa Kuik (6) MCC	6:31	

St Raphael's School  
October 3rd, 2008

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	St Elizabeth Seton	98		1	St Alphonsus	67	
2	St Vincent de Paul	146	P. Baker	2	St Vincent de Paul	129	P. Baker
3	St Alphonsus	159		3	Calvin Christian	136	
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	Shawn Fitzgibbons (8) SES	5:59		1	Alexis Fritz (8) MCC	6:35	
2	Jackson Richards (8) STA	6:06		2	Amy Gasperlin (6) SVDP	6:37	P. Baker
3	Kellen Schmitz (7) STA	6:12		3	Mikaala Smith (8) CC	6:59	

St Raphael's School  
September 28, 2007

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	St Elizabeth Seton	96		1	St Vincent de Paul	84	B. Smith
2	St Vincent de Paul	105	B. Smith	2	Meadow Creek Christian	91	
3	St Alphonsus	128		3	St Alphonsus	161	
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	Eric Miller (8) STA	6:22		1	Katelyn Fritz (8) MCC	6:27	
2	Nicholas Manciu (8) PROV	6:24		2	Kiersten Peterson (8) RAPH	6:41	D. Johnson

3	Jackson Richards (7) STA	6:39		3	Libby Wanner (8) SVDP	6:46	B. Smith
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St Raphael's School  
September 29, 2006

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	Calvin Christian	65		1	St Vincent de Paul	77	B. Smith
2	St Elizabeth Seton	121		2	Meadow Creek Christian	142	
3	St Vincent de Paul	123	B. Smith	3	St Raphael's	143	D. Johnson
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	David Kennedy (8) EPIPH	6:21		1	Abbi Aspengren (8) MCC	6:45	
2	Caleb Corman (8) CC	6:24		2	Sarah Greteman-Leo (8) MCC	6:55	
3	Taylor Montero (7) SVDP	6:33	B. Smith	3	Katelyn Fritz (7) MCC	7:03	

St Raphael's School  
September 30, 2005

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	St Vincent de Paul	78	B. Smith	1	St Vincent de Paul	89	B. Smith
2	Calvin Christian	88		2	St Alphonsus	121	
3	St Elizabeth Seton	89		3	Epiphany	124	M. Zar...
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	Nick Wanner (8) SVDP	6:21	B. Smith	1	Sarah Greteman-Leo (7) MCC	7:12	
2	Caleb Corman (7) CC	6:24		2	Allie Nelson (8) CC	7:18	
3	Taylor Montero (6) SVDP	6:33	B. Smith	3	Libby Wanner (6) SVDP	7:25	B. Smith

St Raphael's School  
September 18, 2004

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	St Elizabeth Seton	86		1	St Raphael's	54	D. Johnson
2	St Raphael's	91	D. Johnson	2	St Vincent de Paul	68	B. Smith
3	St Vincent de Paul	95	B. Smith	3	Providence	83	
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	Evan Algiers (8) SES	6:47		1	Theresa Cassidy (7) RAPH	7:35	D. Johnson
2	Travis Anderson (8) SVDP	6:50	B. Smith	2	Madeline Brown (8) PROV	7:36	
3	Brian Gosz (8) SES	6:50		3	Stephanie Petretti RAPH	7:37	D. Johnson

No Meet in 2003

St Raphael's School  
October 26, 2002

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	Maranatha	74			1	Providence	80	
2	St Raphael's	82	D. Johnson		2	St Raphael's	82	D. Johnson
3	St Odilia	88			3	St Vincent de Paul	86	B. Smith
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Mitchell Haviland (8) MARA	6:01			1	Kayla Holovnia (8) RAPH	7:11	D. Johnson
2	Greg LeGarde (8) STO	6:27			2	Abby Letak (8) PROV	7:15	
3	Stephen Schmidt (8) STO	6:30			3	Kelsey Nistler (8) SVDP	7:25	B. Smith

St Raphael's School  
October 29, 2001

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	St Odilia	18			1	St Odilia	31	
2	St Vincent de Paul	64	B. Smith		2	Medicine Lake Lutheran	34	
3	St Raphael's	104	D. Johnson		3	St Raphael's	59	D. Johnson
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Matt Nicol (8) STO	6:08			1	Sarah Teigen (8) STO	7:42	
2	Sean Steinhauser (8) RAPH	6:09	D. Johnson		2	Megan Murphy (8) MLL	7:43	
3	Matthew Acker (6) SVDP	6:21	B. Smith		3	Emma Parenteau (8) STO	8:14	

St Raphael's School  
October 30th, 2000

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	Sacred Heart	125			1	St Odilia	97	
2	St Raphael's	131	D. Johnson		2	Meadow Creek Christian	102	
3	Meadow Creek Christia	142			3	Sacred Heart	108	
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Brandon Miller (8) STO	6:16			1	Sarah Hupperts (8) STO	6:19	
2	Jared Mulvihill (8) MCC	6:22			2	Jonelle Echert (8) SVDP	7:17	B. Smith
3	Paul Osborne (8) MLL	6:25			3	Katy Dale (7) SVDP	7:21	B. Smith

St Raphael's School  
November 2, 1999

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	St Raphael's	75	D. Johnson		1	Meadow Creek Christian	51	

2	Meadow Creek Christian	79		2	St Vincent de Paul	90	B. Smith
3	St Vincent de Paul	125	B. Smith	3	St Raphael's	112	D. Johnson
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	Brandon Miller (7) STO	6:18		1	Jenni Marchal (8) MCC	6:19	
2	Nathan Budish (7) MCC	6:24		2	Rebecca Bahnmilller MCC	7:16	
3	Derrick Johnson (8) RAPH	6:34	D. Johnson	3	Laura Skog MCC	7:18	

St Raphael's School  
October 24, 1998

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	Meadow Creek Christian	31		1	Meadow Creek Christian	21	
2	St Raphael's	36	D. Johnson	2	St Vincent de Paul	39	
3	Sacred Heart	60		3	St Raphael's	97	
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	Jeremy Nutzman (8) MCC	6:15		1	Jennie Marchal (7) MCC	6:51	
2	Tim Schnee (8) RAPH	6:15	D. Johnson	2	Katie Patnode (8) SVDP	7:10	B. Smith
3	Mark Pomerleau (8) SVDP	6:29	B. Smith	3	Alyssa Vetsch (8) SVDP	7:12	B. Smith

St Raphael's School  
October 27, 1997

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	Meadow Creek Christian	31		1	Meadow Creek Christian	21	
2	St Raphael's	36	D. Johnson	2	St Vincent de Paul	39	B. Smith
3	Sacred Heart	60		3	St Raphael's	97	D. Johnson
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	Jeff Snegosky (8) RAPH	6:14	D. Johnson	1	Amy Budish (8) MCC	6:23	
2	Jeremy Nutzman (7) MCC	6:41		2	Jenni Marchal (6) MCC	6:39	
3	Nathan Hildebrandt (8) RAPH	6:43	D. Johnson	3	Catherine Blick (7) SVDP	7:05	B. Smith

St Raphael's School  
October 24, 1996

PI	Boys Team	Score	Coach	PI	Girls Team	Score	Coach
1	Meadow Creek Christian	34		1	Meadow Creek Christian	22	
2	St Vincent de Paul	42	B. Smith	2	St Vincent de Paul	35	B. Smith
3	St Raphael's	46	D. Johnson	3	St Raphael's	78	D. Johnson
PI	Boys Individual	Time	Coach	PI	Girls Individual	Time	Coach
1	Brent Anderson (8) RAPH	6:25	D. Johnson	1	Amy Budish (7) MCC	6:47	

2	Andrew Higgins (7) SVDP	6:41	B. Smith		2	Jenni Marchal (5) MCC	7:18	
3	Travis Johnson (8) MCC	6:57			3	Deb Helm (8) MCC	7:22	

St Raphael's School  
October 22nd, 1995

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	St Vincent de Paul	29	B. Smith		1	St Vincent de Paul	34	B. Smith
2	St Raphael's	54	D. Johnson		2	St Raphael's	47	D. Johnson
3	Meadow Creek Christian	78			3	St Alphonsus	52	
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Ryan Schommer (8) SVDP	6:12	B. Smith		1	Jackie Blick (8) SVDP	6:35	B. Smith
2	Andrew Globa (8) SVDP	6:18	B. Smith		2	Andrea Vetsch (8) SVDP	6:53	B. Smith
3	Roger Linn (8) SVDP	6:27	B. Smith		3	Jenny Bell (7) SVDP	6:57	B. Smith

St Raphael's School  
October 15, 1994

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	St Vincent de Paul	21	B. Smith		1	St Vincent de Paul	21	B. Smith
2	St Alphonsus	39			2	Meadow Creek Christian	49	
3	St Raphael's	123	D. Johnson		3	St Alphonsus	105	
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Scott Schugg (8) SVDP	6:19	B. Smith		1	Jackie Blick (7) SVDP	6:51	B. Smith
2	Ryan Schommer (7) SVDP	6:23	B. Smith		2	Jenna Herzog (5) SVDP	6:57	B. Smith
3	Ryan Georges (8) SVDP	6:26	B. Smith		3	Andrea Vetsch (7) SVDP	7:02	B. Smith

St Raphael's School  
October 16, 1993

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	St Vincent de Paul	35	B. Smith		1	St Vincent de Paul	28	B. Smith
2	Sacred Heart	36			2	St Stephen's	79	
3	St Alphonsus	66			3	St Raphael's	84	D. Johnson
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Kevin Taubman (8) SAC	5:52			1	Lisa Schommer (8) SVDP	6:41	B. Smith
2	Chris Tempel (8) SAC	6:00			2	Megan Ackerman (7) SVDP	6:46	B. Smith
3	Zachary Kmetz (8) SVDP	6:00	B. Smith		3	Sarah Knox (8) SVDP	6:48	B. Smith



Bassett Creek Park, New Hope  
October 24, 1992

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	St Vincent de Paul	18	B. Smith		1	St Vincent de Paul	28	B. Smith
2	St Alphonsus	48			2	St Raphael's	57	D. Johnson
3	Epiphany	54			3	St Alphonsus	66	
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Jordan Herzog (8) SVDP	5:59	B. Smith		1	Macie Linn (8) SVDP	6:39	B. Smith
2	Andy Phenow (7) SVDP	6:09	B. Smith		2	Rachel Whamuff (8) SVDP	6:48	B. Smith
3	David Parks (8) SVDP	6:12	B. Smith		3	Sarah Knox (7) RAPH	6:55	B. Smith

Bassett Creek Park, New Hope  
October 12, 1991

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	St Alphonsus	25			1	St Al	30	
2	St Vincent de Paul	48	B. Smith		2	St Vincent de Paul	67	B. Smith
3	St Elizabeth Seton	66			3	Meadow Creek Christian	68	
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Trent Jude (8) STA	5:53			1	Macie Linn (7) SVDP	6:41	B. Smith
2	Jordan Herzog (7) SVDP	6:01	B. Smith		2	Sarah Mayer (8) MCC	6:46	
3	David Parks (7) SVDP	6:23	B. Smith		3	Alicia Sutton (8) RAPH	6:48	D. Johnson

No Meet in 1990

Bassett Creek Park, New Hope  
October 28, 1989

PI	Boys Team	Score	Coach		PI	Girls Team	Score	Coach
1	St Vincent de Paul	27	B. Smith		1	St Vincent de Paul	43	B. Smith
2	St Alphonsus	64			2	St Alphonsus	54	
3	St Bridget's	79			3	Immaculate Conception	60	
PI	Boys Individual	Time	Coach		PI	Girls Individual	Time	Coach
1	Bryan Siegrist (8) SVDP	5:36	B. Smith		1	Jill McDonell (8) STA	6:53	
2	Dan Prokott (8) IMC	5:45			2	Christine Sawicky (6) STA	6:57	
3	Patrick Smith (8) SVDP	5:50	B. Smith		3	Jodi Gee (8) SVDP	6:59	B. Smith



## 2018 SCHEDULE OF EVENTS

3:30	Team Check in
4:00	Coaches Meeting & Volunteer Check-In
4:20	Prayer / Star Spangled Banner
4:30	Boys Varsity
4:45	Girls Varsity
5:00	Co-Ed JV 1 mile (unlimited entry)
5:30	Awards