

**Apple Jack (Lakeville) Invitational @ Aronson Park  
Thursday, September 17**

**Bus 1: 2:00 PM (Both C races, school release 1:45) Bus 2: 2:35 PM**

**3:30 Boys C (2 miles)**

Chad Marx 11  
Skylar Milne 12  
Carter Williams 11  
Cole Aronson 10  
Tyler Blumke 10  
Dylan Brenner 10  
David Bumgarner 10  
Nick Couillard 10  
Jonathan Duff 10  
Will Holcomb 10  
Steven Levine 10  
Jake Reimer 10  
Andrew Sundlie 10  
Austin Anderson 9  
Jakob Johnson 9  
Tommy Linder 9  
Sam Moeller 9  
Kevin Sutton 9

**4:00 Girls C (2 miles)**

Andrea Anderson 12  
Steph Lavictoire 12  
Hannah Mothershed 12  
Maggie O' Malley 12  
Markie Rosenow 12  
Ashley Roup 12  
Alyssa Temte 12  
Hannah Walbruch 11  
Arionna Gunderman 10  
Megan Lane 10  
Haley Longman 10  
Kristin Westermeier 10  
Haven Anderson 9  
Taybri Irving 9  
Erica Johnson 9  
Angela Kariuki 9  
Grace Longman 9  
Lizzie Thooft 9  
Artellia Walker 9  
Grace Wheeler 9  
Katie Zender 9

**4:40 Girls JV (4000 meters)**

Abbie Bauernfeind 12  
Britta Ekholm 11  
Kaitlyn Kleiber 11  
Taylor Sommers 11  
Lydia Karlson 10  
Chloe Schurb 10  
Abbey Knoop 9  
Taylor Rambo 9

**5:05 Boys Varsity (5000 meters)**

Kyle Mills 12  
Jonathan Sampers 12  
Shane McCallum 11  
Chris Mergens 11  
Chandler Dye 10  
Calvin Lehn 10  
Nathan Rock 10

**5:35 Girls Varsity (4000 meters)**

Ellen Fischer 12  
Ashley Comstock 11  
Emily Davis 10  
Laura Dennis 10  
Tori Grund 10  
Thana Hussein 10  
Hannah Grim 8

**6:00 Boys JV**

Elliot Bell 12  
Aren Bjerke 12  
Eric Frahm 12  
Jeremy Hoffmann 12  
Daniel Mall 12  
Ben Dolan 11  
John Evenocheck 11  
Randy Brumm 11  
Martin Griffith 11  
Cameron Knotz,11  
Calvin Kurten 11  
Sam Reber 11  
Matt Schul 11  
Ryan Gould 10  
Timothy Sampers 10  
Trevor Capra 9

Austin Rudoll 9

**Awards**

**Top 20 varsity (1-5 trophy, 6-20 medals)**

**Top 10 JV (medals)**

**Top 10 C (medals)**

**Top 3 Varsity Team (t-shirts)**

**Notes:**

**Warm-up w/your teammates**

**Follow regular practice warm-up**

**Cool down w/teammates after race (as soon as possible)**

**Practice Friday 2:45**

**If you do not ride the bus back from Lakeville, make sure to tell Coach Hatleli. (Don't need a note, just tell her.)**