

Hopkins Cross Country Parent-Athlete Introduction Meeting

Our Program Mission Statement

The Hopkins cross country program seeks to create a positive culture where every athlete, regardless of natural ability, is committed to achieving her very best, and to selflessly aiding those around her do the same. We want every athlete to achieve the feeling of self-satisfaction that comes as a direct result of achieving her potential. We accomplish this through steadfast support for the fundamental value of each team member within strict adherence to the team concept.

To accomplish this mission, we have six basic rules:

Rule #1: Be Here

- If you must miss practice, the athlete should contact a coach, in advance wherever possible.
- You must know the practice and meet schedule. Each event is mandatory.

Rule #2: Give Effort

- Make sure you have a watch so you can help govern your effort.
- Aim to be the best at getting better.

Rule #3: Control What You Can Control

- Please plan around our schedule to the greatest extent possible.
- This is a partnership – we will adjust to you as long as you do your best to work with us.

Rule #4: You Can Always Do More Than You Think You Can

- You must be brave enough to dream big.
- You have no idea how good you are, and you should be open to the possibility that you can do things you have never, ever done.

Rule #5: Your Best Effort Is Good Enough

- You are good enough, just as you are. So just do your best.
- Mistakes made in pursuit of your very best are awesome, expected, and encouraged.

Rule #6: Live The Life

- You must strive to get enough sleep.
- You must strive to set limits on technology use.
- You must have a daily plan to get your homework done in order to get to bed on time.
- You must be prepared to eat often and enough, every day.
- You must take steps to be hydrated every day.
- You must be responsible to get enough iron in your diet, all the time.
- Your social and emotional health matters tremendously, and it's OK to struggle. But it's also important to seek help when you need it.
- When you struggle with any or all of these things, you should talk to a teammate or coach.
- When you see a teammate struggling with any or all of these things, you should reach out to help.
- If you are a female, once your period begins, you should get it regularly.

NOTE: *Whenever any of you struggle with any of these rules, it is the role of the coaching staff to support your effort to grow and improve throughout the year as you pursue your very best. And we will do whatever we can to help you on your journey.*

***Replicated from Naperville North Girls' Cross Country*

Hopkins High School Cross Country

Plan of Action

9th Grade:

- Join the team and don't look back
- Associate with teammates with positive attitudes and work ethic
- Get involved in team's social functions

10th Grade

- Commit to off season training
- Become a force of encouragement for others
- Train-Up a group when you can

11th Grade

- Increase your workload
- Be the "spirit" of the team
- Never miss a practice, meet or function

12th Grade

- Lead with a kind heart
- Perfect/complete every rep, drill, repeat
- Be the unflappable rock

HopkinsCC 2023

Varsity (top 7 runners)

August 14	1st Day of practice 8am
Sat, Aug 26	Brave Like Gabe (Perham Invite) 9am
Thur. September 7	Hopkins Bauman/Rovn Invitational, Gale Woods Farm Minnetrista. 5:10pm
Sunday, Sept. 10	<i>Finish the Run (Volunteer Day) Boom Island Park NE Minneapolis 8:30 am</i>
Sat. Sep 16, 2023	Metro Invite Flying Cloud Fields (6:45 pm rolling start with JH)
Fri. September 22	Griak Invitational B-1:30pm
Sat. September 30	Willmar Invitational, 1pm rolling schedule (1st race V, JV, JH).
Friday, October 6	Stadium Hopkins CC Hoedown 3200 Time Trial (Hopkins team only) 6:30-8:30pm
Thur. October 12	Lake Conference Championships, Gale Woods, Minnetrista. 3:40
Wed October 25	Section 6 AAA Championships, Gale Woods Farm, Minnetrista.
Sat. November 4	MN State AAA Cross Country Championships, Les Bolstad U of M

Postseason XC

Sat/Sun. Nov. 12	Sioux Falls, SD NXN Heartland Regionals
Sat. Dec 2	NXN Nationals, Portland Oregon.

Junior Varsity (all runners grades 9-12)

Fri. August 25	NorthWoods Invite (2 mile)--JV and new to CC
Thur. September 7	Bauman/Rovn, Gale Woods Farm Minnetrista. 4pm
Sunday, Sept. 10	<i>Finish the Run (Volunteer Day) Boom Island Park NE Minneapolis 8:30 am</i>
Sat. Sep 16, 2023	Metro Invite Flying Cloud Fields (6:45pm rolling start)
Sat. September 23	Mustang Invite (Chippewa Middle School-10am)
Sat. October 30	Willmar Invitational, 1pm rolling schedule (1st race V, JV, JH).
Friday, October 6	Stadium Hopkins CC Hoedown 3200 Time Trial (Hopkins team only) 6:30-8:30pm
Thur. October 12	Lake Conference Championships, Gale Woods, Minnetrista.
Mon. October 23	Grade Level Championships, Bassett Creek.
Sunday, Nov TBD	HopkinsCC Banquet

Postseason XC

Sun. Nov. 12	Sioux Falls, SD NXN Heartland Regionals
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Middle School (all runners grades 6-8)

Athletes who begin on 8.15 and are ready, are eligible to race these by coach invitation:

Fri. August 25	NorthWoods Invite (2 mile)
Thur. September 7	Bauman/Rovn, Gale Woods Farm Minnetrista. 6:05pm

The races below are 1.5 miles, begin at 4:30 and are for all Jhi athletes

Thur. 9.14	Minnetonka East meet @Minnetonka East Middle School
Sat. 9.16	Metro Invite Flying Cloud Fields (under the lights) rolling start 6:45 elementary races begin
Thur. 9.21	Hopkins home meet @WJH
Thur. 10.5	Edina meet @ Pamela Park
Tues. 10.10	Minnetonka West meet @ Freeman Park
Mon. 10.16	Wayzata meet @Wayzata East Middle School
Tues. 10.24	Eden Prairie @ CMS Middle School Conference Meet
Saturday, 10.28	TENTATIVE Middle School State meet (by qualification)

Other dates to consider...

Practice Schedule during our cross country season.

Monday thru Friday: after the school day (week 1-3 may vary see below). AM practices are optional.

Saturday practices will be at 8am. Location will be determined each week and announced in the athlete Group me app on their phones.

August 14, Cross Country begins, 8am meet at and under the high ropes course near the stadium entrance.

Week #1: practice times **8-10am**; Tue/Thursday- optional practice 3:30 weight room.

Week #2: practice times **3:45-5:45**; optional practice Tue/Thur at 7am weight room.

Week #3: practice times **3:45-5:45**; optional practice Mon/Thur at 7am weight room.

Week #4 - thru Nov. practice times **3:45-5:45 pm**; morning am optional practice 2x per week TBD.

Saturday, August 19: Saturday annual Run and Cakes.

When: 8am.

Who: current athletes 6-12 + Parents/Guardians and siblings are welcome.

Where: Shady Oak Lake Parking Lot.

Athletes will be running their weekly "long run" on the adjoining trail.

Parents/Guardians and siblings are welcome to come run or walk the trail. Get familiar and social with other Hopkins 6-12 families and coaches of our cross country community.

Pancakes will be made by the coaches and served to all following the run (walk by parents). We are fast and really good-plenty of practice over the years.

Tuesday, August 22: 6:30pm Athletes/Parent Required Meeting with our Athletic Department at HHS Theater.

Following this meeting we will have a short 20 min gathering for just cross country families regarding: athlete spirit wear, booster club, practice and school expectations for all 6-12 cross country athletes, information for pasta sign-ups parties

Tuesday, August 29: 7:30-8am -9-12 cross country runners have been asked to welcome our district staff before their workshops.

Wednesday, August 30: at HHS 9th and 10th graders will have a full day of school- "Orientation"

Tuesday, September 5th: Day 1 school begins 9-12 at HHS.

Sunday, September 9th: Finish the run event at Boom Island, Minneapolis. Our athletes will volunteer to help facilitate this annual event. Arrival time - TBD the week of practice.

Tuesday, September 26: Annual Cross Country Fundraiser (for Adults only please) at Unmapped Brew Pub, Glen Lake.

Thursday, October 5: 9-12 Parent Teacher Conferences, no school, practice times likely at the same time.

Friday, October 6: Hopkins Race for the Pumpkins HoeDown Week Celebration 6-12 athletes and families.

Location: HHS Track Stadium, 7pm under the stadium lights.

Who: 6-12 cross country athletes (Families and friends encouraged to attend)

What: 6-8 middle school 1 mile; 9-12 high school 2 mile.

Why: "color shirt" Hopkins teams final competition of the week.

Thursday & Friday October 19/20: MEA break - practice times TBA.

Final Season 6-12 team celebration **not finalized** but a request has been made for **Sunday, November 5 2pm-4pm.**

2023 Hopkins Girls/Boys XC Lettering Requirements

Name: _____ Grade: _____

POINT OPTIONS (Minimum of 10 full points are required to earn a VARSITY Letter)

1. Complete season in good standing, **TO QUALIFY!**

- bring positive energy to the program: Positive attitude and support of all runners.
- follow all team expectations
 - Full attendance at all practices Monday-Saturday + ALL meets.
 - Good citizenship and sportsmanship: appropriate and respectful behavior at all practices and meets.
 - Active involvement: Fundraising kids track(spring), Raspberry Run; loading, setting up, taking down, unloading of the tent and other XC equipment.
 - Academic communication: if work needs completion during practice time, coaches will be notified BEFORE practice.
 - View the success of the team as paramount.

2. Optional points:

- **Summer running log** (must present to coaching staff) 2pt. _____
- **Fundraisers/volunteer: 1pt "Finish the Run"; 1pt Raspberry Run help;** _____
- **Summer running camp participant** 2pt. _____
- **3.25-3.74 cumulative GPA= 1pt; 3.75 + cumulative GPA (Q-1)** 2pts _____

3. Time Standards (can only use one of the standards)

- Sub 20:45 5K (Girls) Sub 18:00 5K (Boys) 5pts _____
- Sub 21:30 5K (Girls) Sub 18:30 5K (Boys) 4pts _____
- Sub 22:15 5K 5K (Girls) Sub 19:00 5K (Boys) 3pts _____

4. Competition (can use more than one for points) use Mile Split MN for result information.

- Varsity racer 1pt. for each race _____
List races _____, _____, _____, _____, _____
- TOP (#1 finisher) Hopkins JV runner 1pt. for each race _____
List races _____, _____, _____, _____, _____
- JV runners #1-7 on winning JV team title 1pt. for each race _____
List races _____, _____, _____, _____, _____
- Winning Varsity team race (all varsity runners) 1pt. for each race _____
List races _____, _____, _____, _____, _____
- Varsity individual top 20 place in a race 1pt. for each race _____
List races _____, _____, _____, _____, _____
- JV individual top 10 place in a race 1pt. for each race _____
List races _____, _____, _____, _____, _____

5. Championship Meet Participant 1pt. for each race _____ (Lake Conference, Grade Levels, Section 6AA, State)

6. Minnesota State High School League State Cross Country Championships

- all qualifying State AAA runners 1-7 3pt. _____
- team alternates (JV #1-5 anytime during season) 2pt. _____
- team members that attend and support 1pt. _____

7. Seniors earn 1/2 point for each year on team from grades 7--12 Seniors ONLY _____

POINTS EARNED _____

Hopkins Boys Cross Country Honor Roll

5K Sub 17 minute Club

All time on certified 5K courses (conference, section, state, national meets)

**Converted 5K time from 3 mile time

	<u>Name(grade)</u>	<u>year</u>	<u>time</u>	<u>location/finish/extra</u>
1.	Seth Eliason (12)	2016	14:54.1	NXR+State 4th, NXN (37th place) <u>1600 Champ</u>
2.	Joe Klecker (12)	2014	15:12.5	2020 USA Olympian - 10K, 2023 World Team 10K
3.	Suhayb Ali (12)	2022	15:20.5	NXR, State 12th place
4.	Owen Hoeft (12)	2015	15:22.68	State 10th, '15 Team State Champs, NXN team 7th
5.	Joe Klecker (10)	2012	15:25.8	MN State St. Olaf 3rd place
6.	Bob Kempainen(12)	1983	15:28.2	U of M State Meet; 1992 Olympian -marathon
7.	Mike Krisch	2003	15:30.6	St. Olaf, State 3 rd , Georgetown 10k All-American
8.	Tim Heisel	1970	15:32**	(14:58.4), Lake Nokomis, Hopkins Eisenhower
9.	Brian Whitley(12)	1990	15:34	7th place at MN State
10.	Eli Hoeft (12)	2018	15:35.5	St. Olaf MN State Meet 6th place.
11.	Jack Henschel (12)	2015	15:36	'15 Team State Champs, NXN team 7th, MN 4x800 ATR
12.	Don Lee(12)	1973	15:39**	(15:05) U of M Hopkins Eisenhower HS
13.	Tony Provenzano (10)	2021	15:40.5	NXR Sioux Falls, All State (11th)
14.	Landon Hering (11)	2022	15:41.6	NXR, 21st at state
15.	David Van Orsdel(12)	2002	15:42.6	CA Foot Locker, '99, '01, '02 State Team Champs
16.	Seth Eliason (11)	2015	15:42.8	'15 Team State Champ, NXN team 7th, MN 4x800 ATR
17.	Steve Kempainen(12)	1982	15:44	U of M State, 2nd MN state. 3200m state champ
18.	Peter Tollefson(12)	1998	15:45	St. Olaf MN State Meet 3 rd place.State Team Champs
19.	Owen Hoeft (11)	2014	15:46.7	St. Olaf MN State Meet 11 th State 2nd place team
20.	Ryan Malmin(12)	1999	15:48	State 3 rd . State Champs '98, '99 UofM All-American CC
21.	David Larson(12)	1971	15:48**	(15:15) Hopkins Lindbergh High School
22.	Niko Schamanski (12)	2019	15:48.8	Litchfield Invite
23.	Besufakad S-Tamrat(11)	2009	15:51.27	Gale Woods Bauman/Rovn, State 11 place
24.	John Klecker (12)	2011	15:51.4	Gale Woods 6AA 3 rd place, 9 th at State
25.	Hunter Staack (12)	2015	15:51.8	'15 Team State Champ, NXN team 7th, MN 4x800 ATR
26.	Eli Hoeft (11)	2017	15:52.5	NXR, Sioux Falls (4:22.23, 3200= 9:35.87)
27.	Dan Thimsen(12)	1973	15:52**	(15:19)
28.	Micah Danielson (12)	2003	15:53.6	St. Olaf State 12th. '01, '02 Team State Champs
29.	Henry Hughes (12)	2017	15:54.8	NXR. Track-800=1:58.43, 1600=4:26.77
30.	Sam Branson (12)	2015	15:55.4	'15 Team State Champ, NXN team 7th, MN 4x800 AT
31.	Jim Sylvestre(12)	1975	15:57**	(15:24) Lake Nokomis, Hopkins Eisenhower HS
32.	Todd Kempainen(12)	1975	15:59**	(15:26) Lake Nokomis, Hopkins Eisenhower HS
33.	Laverne Dunsmore	1970	15:59**	(15:24) Lake Nokomis, Hopkins Eisenhower HS
34.	Ben Haberman (11)	2019	15:59.6	Litchfield Invite
35.	Mark Lindgren	1972	16:00**	(15:27) Hopkins Eisenhower HS
36.	Kent Nelson(12)	1979	16:01	Hopkins Lindbergh (<i>ran 4:38 as 8th grader</i>)
37.	Steve Kempainen(11)	1981	16:02	Hopkins Eisenhower HS
38.	Wright Laufenberg	1983	16:02	(ran (9:23.4 3200m)
39.	Mark Lindgren	1972	16:02**	(15:27), Lake Nokomis, Hopkins Eisenhower HS
40.	Penn Sagedahl (12)	2018	16:03.9	Gale Woods 6AA, 9th place, State 42nd (16:19)
41.	Garrott Kuzzy(12)	2001	16:05	St. Olaf MN State, 2010 Olympian Nordic
42.	Jim Sylvestre (11)	1974	16:05**	(15:30), Hopkins Eisenhower HS
43.	Jim Herold	1971	16:05**	(15:30), Lake Nokomis, Hopkins Eisenhower HS
44.	Dave Piehl	1978	16:06**	(15:32), Hopkins Lindbergh HS
45.	Matt Shadow(12)	1996,	16:07	St. Olaf MN State (State 5th 4:22., 4th 9:33.8)
46.	Seth Eliason (10)	2014	16:07.8	Lake Gale Woods 8 th place(State 2nd place team)
47.	Sam Branson (12)	2015	16:09.03	Conference 11th place; 25 mn state meet
48.	Sam Gausmann (12)	2021	16:09.6	Section 6AAA, 9th place, State Qualifier
49.	Craig Rasmussen(12)	1976	16:09	(15:34), Brookview Golf Course
50.	Jack Henschel (11)	2014	16:10.0	lake Gale Woods 12 th place(State 2nd place team)
51.	Leo Goodman (11)	2019	16:10.1	Litchfield Invite
52.	Alex Wormuth (12)	2018	16:10.9	Gale Woods 6AA 15th place, State 68th (16:29)
53.	Dave Vanek (10)	1970	16:10	Lake Nokomis, Hopkins Eisenhower

54. Reed Fischer (12)	2012	16:11.3 Gale Woods,NCAA 10k All-American(Drake);2:10 marathon
55. Joe Klecker (9)	2011	16:11.4 6AA 8 th ; state qualifier (<i>track 3200 9:33.44</i>)
56. William Hawthorn(12)	2002	16:11 St. Olaf MN State Meet ('01,'02 Team State Champs)
57. Steve Giese	1975	16:11 ^{**} (15:37) Hopkins Lindbergh
58. Joe Klecker (11)	2013	16:11.7 Gale Woods 6AA section meet (8 th place)
59. Doug DeBold(12)	2006	16:13.1 Gale Woods 6AA. (track 1600=4:16.70)
60. Jack Henschel (10)	2013	16:13.5 MN State Meet St. Olaf. (29 th place)
61. Hunter Staack (11)	2014	16:13.9 Lake Gale Woods 14 th place (State team 2nd place)
62. Jim Herold	1972	16:14 ^{**} (15:40) Hopkins Eisenhower HS
63. Buddy Lee	1981	16:16 (ran 4:38 as an 8 th grader), Hopkins Lindbergh
64. Dan Heinze	1987	16:16 Hopkins High School
65. Zach McGill(12)	2005	16:17.0 Gale Woods 6AA Section meet, State Qualifier
66. Craig Rasmussen(11)	1975	16:17 ^{**} (15:43) Hopkins Eisenhower HS
67. Kia Richter(12)	1989	16:17 Hopkins High School
68. Sam Branson (11)	2014	16:20 St. Olaf MN State Meet 53 rd (State team 2nd place)
69. Sam Jacobwith(12)	2011	16:20.0 Gale Woods Lake. track800= 1:54.95
70. Leo Goodman (12)	2020	16:20.7 Gale Woods Lake Conference (Pandemic)
71. Ben Haberman (10)	2018	16:20.8 Gale Woods 6AA, 23rd place
72. Don Wille (12)	1975	16:20 ^{**} (15:46) Lake Nokomis, Hopkins Eisenhower
73. Mike Miller (12)	1977	16:20 ^{**} (15:45) Lake Nokomis, Hopkins Eisenhower
74. Don Wille(11)	1974	16:21 ^{**} (15:46) Hopkins Eisenhower HS
75. Bill Johnson	1976	16:21 ^{**} (15:47) Hopkins Lindbergh HS
76. Andy Erickson	1993	16:22 1998 USA Olympian Biathlon Team
77. Jesper Hoffman(12)	2017	16:23 NXR, Sioux Falls
78. Mike Bialick(12)	1999	16:23 St. Olaf State; State Team Champs '98, '99.
79. Chris Ringsven(12)	1990	16:23 HHS Nordic Coach 1997-1999
80. Logan Drevlow (8)	2022	16:23.9 Bauman/Rovn
81. Eli Hoeft (10)	2016	16:24.1 NXR, Sioux Falls, State Qualifier
82. Dave Soules	1977	16:24 ^{**} (15:50) Hopkins Lindbergh HS
83. Ben Haberman (12)	2020	16:24.5 Gale Woods, Lake Conference "Pandemic Race"
84. Brian Whitley	1990	16:27 Section 6AA
85. Doug Hess	1975	16:27 ^{**} (15:53) Lake Nokomis, Hopkins Eisenhower HS
86. Phil Evenstad	1976	16:27 ^{**} (15:53) Hopkins Lindbergh HS
87. Owen Hoeft (9)	2012	16:27.8 Gale Woods Conference Meet
88. Leo Goodman (10)	2018	16:28.1 Gale Woods 6AA, 25th place
89. Mike Miller(12)	1976	16:28 ^{**} (15:54) Hopkins Eisenhower HS
90. Thomas Heegaard (11)	2011	16:30.0 Gale Woods 6AA 14th
91. Don Chelberg	1973	16:30 ^{**} (15:54) Lake Nokomis, Hopkins Eisenhower HS
92. Todd Kempainen(11)	1974	16:31 ^{**} (15:55) Hopkins Eisenhower HS
93. John Coequyt	1987	16:32
94. Gary Lee	1971	16:32 ^{**} (15:56) Lake Nokomis, Hopkins Eisenhower HS
95. Mike Mueller(10)	2004	16:34.0 Gale Woods 6AA
96. Burgess Johnson	1972	16:34 ^{**} (15:59) , Hopkins Lindbergh
97. Tony Smith	1974	16:34 ^{**} (15:59) , Hopkins Lindbergh
98. Mark Olson	1985	16:34
99. Craig Rasmussen	1975	16:34 ^{**} (15:58) Lake Nokomis, Hopkins Eisenhower HS
100. Jim Waldo	1977	16:34 ^{**} (15:59) Lake Nokomis, Hopkins Eisenhower HS
101. Colby Branch (12)	2019	16:34.7 Litchfield Invite
102. Suhayb Ali (9)	2019	16:35.1 NXR Souix Falls, SD
103. Kent Thometz	1974	16:37 (16:02) '80 + '84 Olympian Team Speed Skater
104. Steve Clock	1977	16:37 ^{**} (16:02) , Hopkins Eisenhower
105. Michael Mueller(9)	2003	16:37.5 St. Olaf State (Team 5th)
106. Scott Gibbs	1970	16:38 ^{**} (16:02) Hopkins Eisenhower
107. Jim Cullen	1984	16:39
108. Craig Ringsven	1995	16:39
109. Landon Hering (10)	2021	16:39.9 NXR Sioux Falls, All Conference
110. Will Jones (12)	2012	16:40.8 Gale Woods 6AA section meet (20 th place)
111. Bruce Holland	1970	16:40 ^{**} (16:04) Hopkins Eisenhower
112. Phil Bremer	1987	16:41
113. Kyle Rossow(12)	2010	16:42 Gale Woods Lake 13th, Hopkins CC coach
114. Steve Reike (12)	2003	16:42.3 State St. Olaf
115. Colby Branch (11)	2018	16:43.0 Gale Woods 6AA, 37th place

116.	Craig Handel	1974	16:43**(16:08) Hopkins Eisenhower HS
117.	Gary Lee	1972	16:43**(16:08) Hopkins Eisenhower HS
118.	Bridger Pavelka(12)	2015	16:44 NXR Sioux Falls, '15 State Champs, NXN team 7th
119.	John Klecker(11)	2010	16:44 Lucky Lindy Invite
120.	Suhayb Ali (11)	2021	16:44.2 Lake Conference
121.	Logan Drevlow (7)	2021	16:44.7 Section 6AAA
122.	Niko Schmanski (10)	2017	16:45.2 NXR, Sioux Falls
123.	Tim Lewandowski(12)	1998	16:45.6 St. Olaf MN State Meet '98 Team State Champs
124.	Colin Bredeson (12)	1998	16:45.9 St. Olaf MN State Meet '98 Team State Champ)
125.	Eli Hoeft (9th)	2015	16:46.4 NXR, '15 State Champs, NXN team 7th
126.	Owen Hoeft (10)	2013	16:46.4 Gale Woods 6AA section meet (28 th place)
127.	Jim Waldo	1977	16:47**(16:12) Hopkins Eisenhower
128.	Greg Thaumert	1979	16:47**(16:12) Hopkins Eisenhower
129.	Sam Gausmann	2019	16:47.1 Litchfield Invite
130.	Tom Waldo	1976	16:48**(16:13) Hopkins Eisenhower
131.	Ron Cameron	1978	16:48**(16:13) Hopkins Lindbergh
132.	Russ Radzej	1982	16:48
133.	Paul Weiler (12)	2016	16:49 Gale Woods (Bauman Rovn)
134.	Dave Smith	1974	16:49**(16:14)
135.	Jack Henschel (9)	2012	16:49.2 Gale Woods 6AA section meet (24 th)
136.	Geoff Lee	1979	16:49**(16:14)
137.	Dan VanOrsdel(12)	2004	16:50.0 Gale Woods 6AA Section meet
138.	Jacob Parker (12)	2013	16:50.2 Gale Woods 6 AA section meet (30) (track 800=1:56.51)
139.	Hunter Staack (10)	2013	16:50.7 Gale Woods 6 AA section meet (31 st)
140.	Sam Newcomer	2004	16:51.0 Gale Woods 6AA Section meet
141.	Dave Bull	1972	16:51**(16:16) , Hopkins Eisenhower
142.	Eric Carlson	1978	16:51**(16:16) Hopkins Lindbergh
143.	Sam Newcommer(9)	2003	16:51.5 St. Olaf State (Team 5th)
144.	Alec Wormuth (11)	2017	16:52, @ NXR, Sioux Falls
145.	Niko Schmanski (9)	2016	16:52,, NXR Sioux Falls SD
146.	Carl Schuessler	1998	16:52.7 St. Olaf MN State Meet('98 Team State Champs)
147.	Wayne Murphy	1986	16:52
148.	Dan VanOrsdel(10)	2003	16:53.0 St. Olaf State (Team 5th place)
149.	Carlos Rybeck(12)	2003	16:52.2 St. Olaf State (Team 5th place)
150.	Paul Sandholm	1971	16:53**(16:18) , Hopkins Lindbergh
151.	Jey Carlson(12)	1982	16:53 <i>Coached Nordic at HHS</i>
152.	Brett Nelson (12)	2014	16:55.3 St. Olaf MN State.(State team 2nd place)
153.	Neil Stokes	1976	16:54**(16:19) , Hopkins Lindbergh
154.	Eric Holm	1977	16:55**(16:20) , Hopkins Lindbergh
155.	Steve Kobs	1973	16:55**(16:20) , Hopkins Lindbergh; former HHS coach
156.	Chris Younger	1978	16:55**(16:20) , Hopkins Lindbergh
157.	Dale Hansen	1979	16:55**(16:20) , Hopkins Lindbergh
158.	David Forster(12)	2006	16:57.4 Gale Woods 6AA Section meet
159.	Pat Gallagher (12)	2011	16:58.2 Gale Woods 6AA 27 th place
160.	Kurt Jewell	1985	16:58
161.	Jack Deichert (12)	2006	16:59.3 Gale Woods 6AA; HamlineD3 All-American 150

Hopkins Girls Cross Country Honor Roll

5K Sub 20 minute Club

All time on certified 5K courses (conference, section, state, national meets) *indicates a 4K time converted

<u>Name(grade)</u>	<u>Year</u>	<u>Time</u>	<u>location/finish/extra</u>
1. Sydney Drevlow (9)	2021	17:10.7	NXR Sioux Falls, 3rd,2nd at MN State, Conference champ
1. Sydney Drevlow (10)	2022	17:16.8	NXR 4th place (nationals qualifier), 2nd at MN State
2. Sydney Drevlow(7)	2019	17:46.8	NXR Sioux Falls, SD 9th overall. 6th at MN State
3. Daphne Grobstein (9)	2021	17:57.0	NXR Sioux Falls, 12th, 3rd at MN State, All Conference
4. Shannon Bergstedt (11)	2002	18:00*	(Set MN All Time records in 3200m) 7X state champ
5. Sydney Drevlow (8)	2020	18:06.0	6AA Gale Woods "Pandemic Race"; 7th at "Club State"
6. Laci Provenzano (11)	2019	18:07.6	Litchfield Invite.
7. Emily Schwitzer (11)	2005	18:10*	2008 IAAF- 28th at the World Junior XC Championship
8. Colleen Flaherty (12)	1997	18:20*	state 800m & 3200m champ, Metro Scholar-ATY.
9. Shannon Bergstedt (10)	2001	18:23	Griak, U of M
10. Renae Anderson (11)	2015	18:25.8,	NXR, Sioux Falls, (MN Nordic Champ)
11. Bit Klecker (12)	2016	18:31	NXR, Sioux Falls (Ran Sub 5 min 2x for 1600m)
12. Elsa Bergman (10)	2019	18:31.6	Litchfield Invite
13. Angie Henry (8)	2004	18:38*	
14. Courtney Dauwalter (12)	2002	18:39*	(2018 USA 24 hour record holder 159 miles)
15. Renae Anderson (12)	2016	18:44	Chaska Lions (NCAA Qualifier Nordic)
16. Shannon Bergstedt (12)	2003	18:46.4	Griak, U of M
17. Elsa Bergman (12)	2021	18:44.27	MN State, St. Olaf 11th placeSection 6AAA, 4th place
18. Isabel Hall (10)	2012	18:52*	NXR, Sioux Falls
19. Emily Schwitzer (10)	2004	18:55.4	Griak, U of M
20. Sarah Klecker (12)	2012	18:56*	NXR, Sioux Falls, (Bowerman TC athlete)
21. Daphne Grobstein (10)	2022	19:06.3	Bauman/Rovn, MN state 26th
22. Courtney Dauwalter (11)	2001	19:09.3	Griak, U of M
23. Marla Bailey (7)	2012	19:10*	
24. Hannah Jocelyn (12)	2009	19:14*	
25. Becca Tollefson (10)	2003	19:14*	
26. Elisabeth Klecker (11)	2015	19:15.2	
27. Stephanie Block (12)	2002	19:17*	
28. Angie Henry (9)	2005	19:18.9	Griak, U of M
29. Mary Klecker (12)	2011	19:20*	
30. Elisabeth Klecker (8)	2012	19:21*	
31. Grace Burgess (9)	2017	19:21.9	Sioux Falls
32. Kay Njaka (11)	1999	19:24*	
33. Kalie Danielson (9)	2002	19:24*	
34. Laci Provenzano(9)	2017	19:25.0	NXR Sioux Falls
35. Julia Espel (11)	1999	19:26*	
36. Lucy Avenson (9)	2015	19:29.4	NXR, Sioux Falls
37. Laci Provenzano (10)	2018	19:29.8	6AA Gale Woods
38. Elle Yesnes (11)	2007	19:29*	
39. Julia Espel (12)	2000	19:30*	@Bassett Creek (MIT Academic All-American)
40. Tovah Ackerman (9)	2001	19:31*	
41. Kayla Goeman (11)	2009	19:33*	
42. Kayla Goeman (12)	2010	19:34.0	NXR, Sioux Falls, (St. Thomas All American 2:09.72 800)
43. Mary Klecker (12)	2011	19:34.7	
44. Grace Burgess (10)	2018	19:36.1	Conference, Gale Woods
45. Selam Shannon-Tamrat (11)	2009	19:38*	
46. Kayla Goeman (11)	2009	19:39.0	NXR, Sioux Falls
47. Daphne Grobstein (8)	2020	19:39.5	Club State Pandemic Race-Atwater MN
48. Lucy Avenson(10)	2016	19:40	NXR, Sioux Falls
49. Hannah Jocelyn(12)	2009	19:42.0	NXR, Sioux Falls
50. Marguerite Geise (12)	2022	19:40.39	Lake Conference

51. Laci Provenzano (12)	2020	19:42.1	Club State Pandemic Race-Atwater MN
52. Becca Tollefson (10)	2003	19:43.0	Griak, U of M
53. Theresa Versen (11)	2015	19:44.53	6AA, Gale Woods
54. Maddie Hinck (12)	2012	19:47*	
55. Theresa Versen(12)	2016	19:51	Sioux Falls, SD
56. Emily Schwitzer (12)	2006	19:52.0	Griak, U of M
57. Collen Flaherty (8)	1993	19:52.6	Griak, U of M
58. Hallie Espel (9)	2002	19:53*	
59. Sarah Klecker (11)	2011	19:53.2,	NXR, Sioux Falls
60. Lily Provenzano(11)	2017	19:54.4	NXR, Sioux Falls
61. Becca Tollefson (11)	2004	19:54.7	Griak, U of M
62. Lucy Avenson(11)	2017	19:55.0	NXR, Sioux Falls
63. Kalie Danielson (8)	2001	19:58.5	Griak, U of M
64. Becca Tollefson (8)	2001	19:59.3	Griak, U of M

Girls Hopkins All Time XC 2mile (pre-4K and pre 5K)

1. Toni St. Pierre	1973	11:59	U of M , Eisenhower (1973 US National Record 880y 2:18.3)
2. Mary Luke	1975	12:04.6	Lake Nokomis, Hopkins Eisenhower
3. Kathy Olson	1976	12:07	Lake Nokomis, Hopkins Eisenhower
4. Sue Clark,	1977	12:12	Lake Nokomis, Hopkins Lindbergh
5. Sheila Schoenfelder	1976	12:22	Lake Nokomis, Hopkins Lindbergh
6. Linda Grimm	1977	12:25	Lake Nokomis, Hopkins Lindbergh
7. Vida McQueen	1972	12:34	U of M Golf Course, Hopkins Eisenhower
8. Gridget Gleason	1976	13:09	Lake Nokomis, Hopkins Lindbergh
9. Carolyn Lanin	1976	13:15	Lake Nokomis, Hopkins Eisenhower
**work in progress			