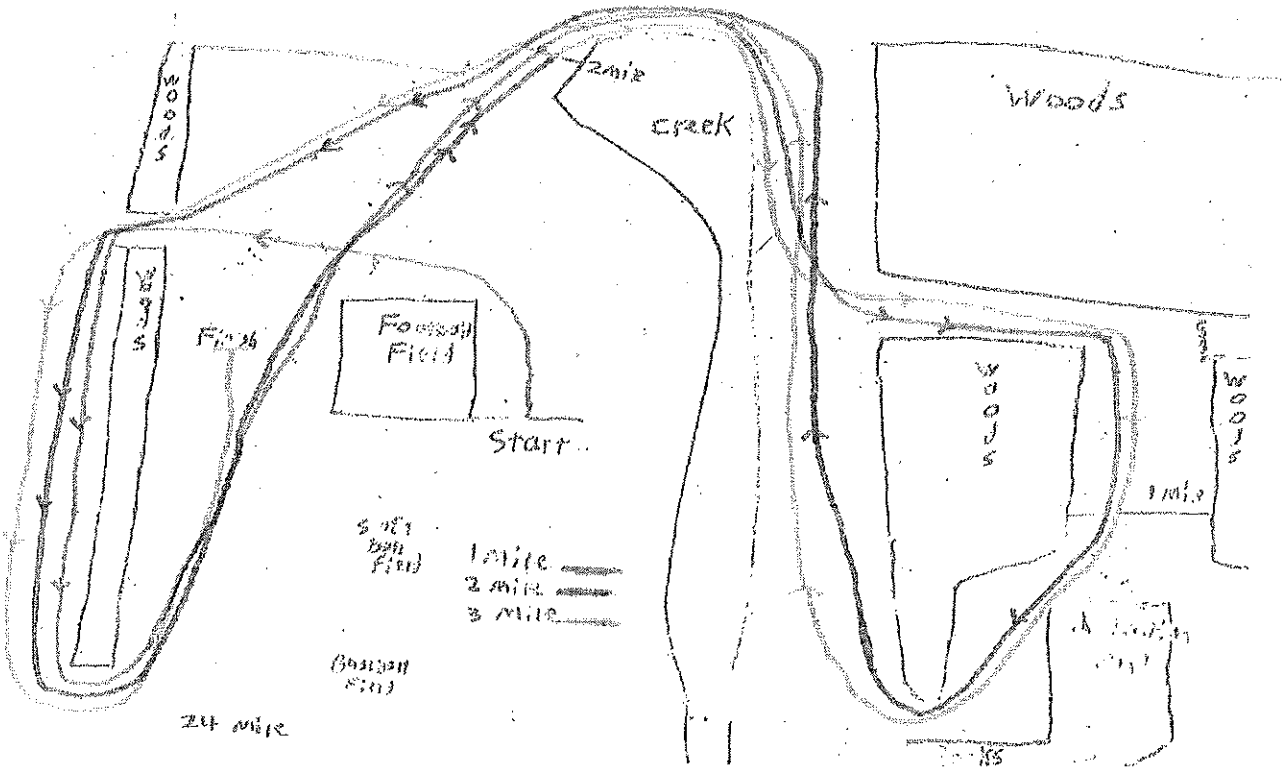
Mustang Early Bird August 28, 2019 Lutheran High North

1:00 pm	Girls Team Pictures at Dakota
2:00 pm	Boys Team Pictures at Dakota
3:25 pm	Girls arrive at Lutheran High North (24 mile & Romeo Plank) **NO BUSSES**
3:45 pm	Boys arrive at LHN
4:30 pm	Girls Race
5:15 pm	Boys Race
7:00 pm	TEAM DINNER @ 47830 Lavender Court (hosted by Milo's, Collar's & Villaire's)

AWARDS: Medals to the Top 21 in each race, given out in the chute.

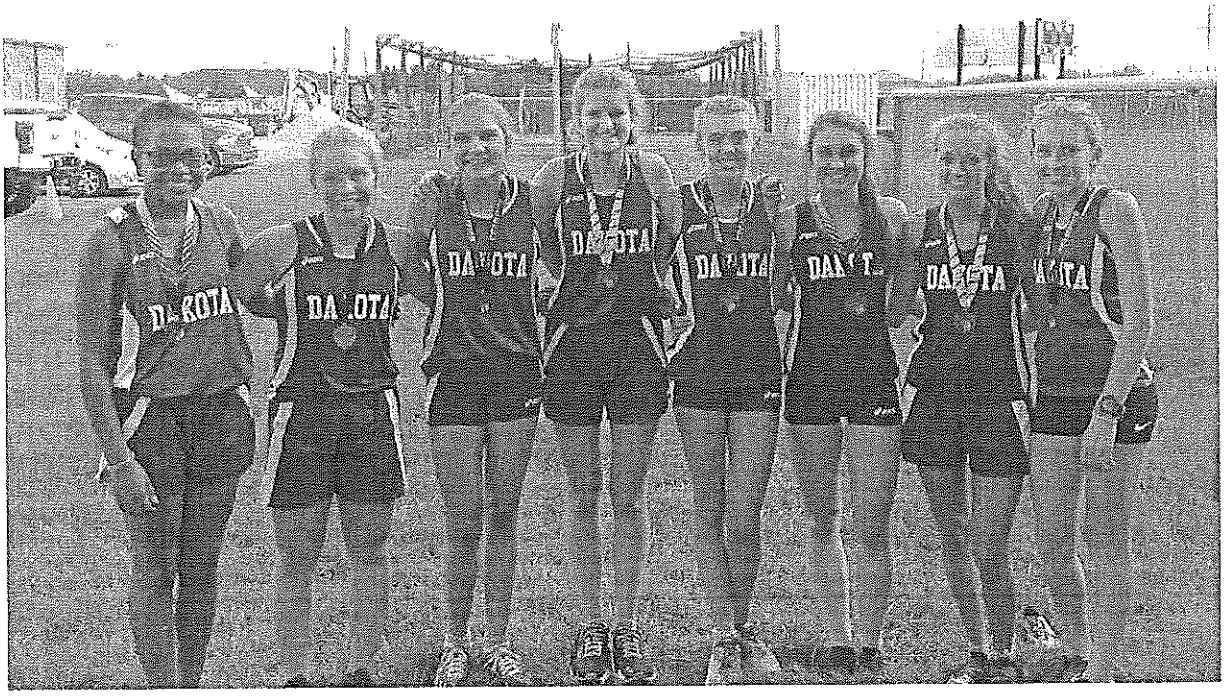
Past Results	BOYS	GIRLS
2018*	2nd of 7	1st of 7
2017	1st of 5	1st of 6
2016	1st of 6	2nd of 6
2015	1st of 6	2nd of 6
2014	1st of 5	2nd of 5
2013	1st of 4	2nd of 4
2011	1st of 4	2nd of 4
2010	4-0	4-1
2009	3-0	2-2
2006	3-0	0-3
2005	2-0	1-1
2004	2-1	1-2

* The Top 10 boys did not run at LHN, instead ran at the Oakland Grizzly Invite on Friday.



Dakota Top Times at Lutheran North

BOYS			GIRLS		
Ian Demrose	16:52	2014	Lauren Burnett	19:31	2012
Mitchell MacDonald	16:55	2016	Hannah Faustyn	19:38	2016
Nicholas Culbertson	17:01	2010	Kayla Dobies	19:40	2015
Josh VanSlambrouck	17:05	2017	Lauren Burnett	19:57	2011
Joseph Jaster	17:06	2017	Hannah Faustyn	20:05	2017
David Carnago	17:06	2017	Christina Micale	20:10	2012
Nicholas Culbertson	17:12	2009	Kayla Dobies	20:14	2014
Chase Fedolak	17:15	2016	Allyson Slone	20:25	2016
Alex Fauer	17:18	2012	Rylie Yager	20:56	2017
David Walker	17:19	2016	Christina Micale	20:59	2011
Joshua Jaster	17:22	2016	Janell Herrick	21:00	2006
Bradley Bates	17:23	2013	Kathryn Ugorowski	21:05	2011
Nicholas Brooks	17:26	2014	Marisa Weller	21:09	2014
James Courtney	17:27	2005	Rachal Pugh	21:18	2012
Joshua VanSlambrouck	17:27	2016	Jessica Lobaido	21:19	2005
Nicholas Fowler	17:30	2006	Janell Herrick	21:19	2005
Zachary Thomas	17:35	2012	**Hannah Faustyn**	**21:23**	**2018**
Brian Paul	17:36	2005	Izabella Gowen	21:27	2016
Jordan Staley	17:38	2010	Emily Gibbings	21:34	2012
Zachary MacDonald	17:38	2016	**Heidi Palmer**	**21:38**	**2018**
Alex Fauer	17:39	2011	Monica Micale	21:42	2014
			Ashley Brown	21:42	2017



Dakota Cross Country

Women's Pre-Race Schedule

Minutes Before Race		What To Do
At Home or On bus		Adjust spikes
Upon arrival		Set up tent/ Find Bathrooms
10 Minutes after arrival		Meet w/ Coach (Put race # on Uniform) Get additional instruction
55	3:35	10 min light jog
45	3:45	Stretch / restroom
30	4:00	5 min Progressive run
25	4:05	Ind. Stretching / restroom
20	4:10	Change shoes/put jersey on
18	4:12	3 minute jog to starting line
15	4:15	Arrive at Starting Line
10	4:20	Run-outs / Strides /Drills
3	4:27	Team Huddle
2	4:28	Strip down to Uniform
0	4:30	Bang!!!!

Post-Race schedule

Minutes After Race		What To Do
0 min		Catch breath, cheer on team, get water
5 min		Meet with Coach at predetermined point on course
15 min		Return to tent, change shoes/clothes
15 min		Check in with family/friends at the tent
20 min		Cool Down w/ team (5-20 min) cheering other runners
40 min		Report to start of (next) Race
45 min		Stretch
50 min		Cheer on other runners in groups at various locations
		8 min Abs / core strength /lower leg exercises
		Clean up Tent /Garbage

Note: Your race is not finished until you exit the chute.

DAKOTA COUGARS
CROSS COUNTRY

MUSTANG EARLY BIRD INVITATIONAL
LUTHERAN HIGH NORTH
AUGUST 29, 2018

WEATHER:
80°
Sunny / Humid

		Time	Mile	2 mile	(split)	3 mile	(split)	pace	Place
Hannah	Faustyn	21:32	6:33	13:37	7:04	20:48	7:09	6:56	2
Heidi	Palmer	21:38	6:51	13:55	7:04	20:53	6:58	6:58	4
Emma	Myziuk	22:25	6:51	14:07	7:16	21:39	7:30	7:13	6
Katelyn	Slone	22:41	6:51	14:18	7:27	21:54	7:34	7:18	7
Rachel	Patterson	22:51	7:07	14:32	7:25	22:04	7:31	7:21	9
Rylie	Yager	23:20	6:52	14:33	7:41	22:32	7:56	7:31	14
Izabella	Gowen	23:25	6:56	15:01	8:05	22:37	7:35	7:32	15
Allison	Ferguson	23:27	7:27	15:08	7:41	22:39	7:31	7:33	16
Shannon	Blaszkowski	24:26	7:26	15:28	8:02	23:36	8:06	7:52	24
Payton	Garbarino	24:28	7:27	15:28	8:01	23:38	8:08	7:53	25
Ella	Garbarino	24:28	7:40	15:41	8:01	23:38	7:56	7:53	26
Jemma	Kelly	24:33	7:26	15:31	8:05	23:42	8:10	7:54	27
Jamie	Wilson	25:53	7:52	16:23	8:31	25:00	8:35	8:20	35
Hannah	Ruff	26:05	7:50	16:14	8:24	25:11	8:54	8:24	40
Emma	Mathers	26:10	7:47	16:38	8:51	25:16	8:37	8:25	45
Kayla	Hawkins	26:52	7:52	16:43	8:51	25:57	9:10	8:39	50
Jenna	Fain	26:58	7:37	16:30	8:53	26:02	9:27	8:41	51
Jenna	O'Bryan	27:22	7:52	16:55	9:03	26:26	9:26	8:49	54
Lola	Larrison	**28:19**	8:12	17:42	9:30	27:21	9:36	9:07	59
Kaitlyn	Strukel	29:26	8:30	17:56	9:26	28:25	10:23	9:28	71
Sage	Parrish	29:53	8:55	18:24	9:29	28:51	10:22	9:37	73
Hannah	Toutant	30:03	8:30	18:26	9:56	29:01	10:30	9:40	74
Abigail	VanSlambrouck	30:07	9:08	19:08	10:00	29:05	9:55	9:42	75
Samantha	Tremonti	30:28	8:55	19:28	10:33	29:25	9:56	9:48	77
Syndey	Tremonti	**30:37**	9:05	19:35	10:30	29:34	9:58	9:51	79
Krystal	Ramos	**31:01**	8:39	19:28	10:49	29:57	10:26	9:59	80
Abigail	Simms	**31:11**	8:38	19:18	10:40	30:07	10:44	10:02	82
Mikailah	Gerjekian	31:14	9:05	19:36	10:31	30:10	10:31	10:03	83
Kelly	Parker	33:28	10:03	21:30	11:27	32:19	10:49	10:46	86
Bronwyn	Lyons	40:27	11:34	24:52	13:18	39:04	14:05	13:01	93
Stefanie	St. Pierre	40:51	11:43	25:46	14:03	39:27	13:38	13:09	94
Britney	Ung	DNF	7:39						
Hailey	Yarbrough	DNF	10:03						

Dakota Cross Country

Men's Pre-Race Schedule

Minutes Before Race		What To Do
At Home or On bus		Adjust spikes
Upon arrival		Set up tent/ Find Bathrooms
10 Minutes after arrival		Meet w/ Coach (Put race # on Uniform) Get additional instruction
55	4:20	10 min light jog
45	4:30	Stretch / restroom
30	4:45	5 min Progressive run
25	4:50	Ind. Stretching / restroom
20	4:55	Change shoes/put jersey on
18	4:58	3 minute jog to starting line
15	5:00	Arrive at Starting Line
10	5:05	Run-outs / Strides /Drills
3	5:12	Team Huddle
2	5:13	Strip down to Uniform
0	5:15	Bang!!!!

Post-Race schedule

Minutes After Race		What To Do
0 min	5:50-5:55	Catch breath, cheer on team, get water
5 min	5:55-6:05	Meet with Coach at predetermined point on course
15 min	6:10-6:20	Return to tent, change shoes/clothes
15 min	6:10-6:20	Check in with family/friends at the tent
20 min	6:25	Cool Down w/ team (5-20 min) cheering other runners
40 min	n/a	Report to start of (next) Race
45 min	6:50	Stretch
50 min	n/a	Cheer on other runners in groups at various locations
		8 min Abs / core strength /lower leg exercises
		Clean up Tent /Garbage

Note: Your race is not finished until you exit the chute.

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CROSS COUNTRY

MUSTANG EARLY BIRD INVITATIONAL
LUTHERAN HIGH NORTH
AUGUST 29, 2018

WEATHER:
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		Time	Mile	2 mile	(split)	3 mile	(split)	pace	Place
Antonio	Loukas	**19:25**	5:37	12:15	6:38	18:45	6:28	6:15	9
Cameron	Stermer	19:29	5:48	12:17	6:29	18:49	6:30	6:16	10
Caden	Ott	19:51	6:11	12:30	6:19	19:10	6:38	6:23	14
Brandon	Ung	19:52	6:06	12:38	6:32	19:11	6:32	6:24	15
Michael	Jesue	19:57	6:03	12:34	6:31	19:16	6:40	6:25	17
Alfonso	Moceri	20:00	6:12	12:49	6:37	19:19	6:29	6:26	18
Shane	Wilemski	20:42	6:18	13:14	6:56	19:59	6:45	6:40	25
Reid	Gwyn	20:53	6:10	13:04	6:54	20:10	7:04	6:43	28
Cole	Tracy	21:09	6:14	13:12	6:58	20:25	7:11	6:48	35
Evan	Misajlovski	21:10	6:26	13:25	6:59	20:26	7:00	6:49	36
Tyler	Webb	21:13	6:26	13:27	7:01	20:29	7:01	6:50	37
Ethan	Tracy	**21:27**	6:20	13:20	7:00	20:43	7:20	6:54	44
Logan	Gilbertson	21:38	6:12	13:28	7:16	20:53	7:23	6:58	47
Kyle	Zito	**21:44**	6:31	13:32	7:01	20:59	7:25	7:00	48
Nolan	Cooper	**21:47**	6:29	13:33	7:04	21:02	7:26	7:01	49
Austin	Mabrey	22:10	6:54	14:10	7:16	21:24	7:14	7:08	53
Matthew	Thomas	22:14	6:02	13:21	7:19	21:28	8:02	7:09	54
Justin	Tamplin	**22:18**	6:27	13:29	7:02	21:32	7:58	7:11	56
Sean	Whitaker	22:38	7:08	14:38	7:30	21:51	7:14	7:17	58
Jacob	Vohs	22:44	6:38	14:04	7:26	21:57	7:50	7:19	62
David	Collar	22:46	6:48	14:14	7:26	21:59	7:43	7:20	63
Adam	Randazzo	22:48	6:19	13:57	7:38	22:01	8:00	7:20	65
Jacob	Sulewski	23:07	7:08	14:39	7:31	22:19	7:39	7:26	68
Nathan	Parker	23:17	7:06	15:04	7:58	22:29	7:25	7:30	70
Jake	Anargyros	23:20	6:37	14:26	7:49	22:32	8:02	7:31	72
Connor	Whitaker	23:24	6:48	14:26	7:38	22:36	8:06	7:32	73
Andrew	Kaul	23:29	7:24	15:09	7:45	22:41	7:32	7:34	74
Ryan	Nagel	23:33	7:38	15:46	8:08	22:44	7:02	7:35	76
Elijah	Strickland	**24:34**	6:56	14:55	7:59	23:43	8:43	7:54	88
John	Lyons	24:58	7:18	15:40	8:22	24:06	8:24	8:02	91
Jeryl	Juarez	**24:59**	7:18	15:35	8:17	24:07	8:30	8:02	92
Kyle	Kresnak	26:02	7:15	16:10	8:55	25:08	8:55	8:23	99
Caleb	Smith	**26:24**	7:39	16:16	8:37	25:30	9:09	8:30	102
Christian	Kijek	28:24	8:15	17:46	9:31	27:25	9:36	9:08	104