

## Northwest Suburban Conference

Nordic Ski Conference Championships

January 26, 2004: Elm Creek Park

### Team Scores

Place	Boys Team Scores		Classic Points	Skate Points	Total Points
1	Elk River	ERRZ	538	529	1067
2	Osseo	Osseo	505	538	1043
3	Maple Grove	MplGr	522.5	507	1029.5
4	Andover	Andvr	463	459	922
5	Park Center	PkCtr	459.5	461	920.5
6	Coon Rapids	CnRpd	393	393	786
7	Champlin Park	ChPk	336.5	326	662.5
8	Anoka	Anoka	249	210	459
9	Blaine	Blaine	110	103	213

## Northwest Suburban Conference

Nordic Ski Conference Championships

January 26, 2004: Elm Creek Park

Pursuit Race: 5 km Classic at 11:00, 5 km Skate at 3:00 (2 x 2.5 km loops each)

Conditions: Fresh Snow, 4 inches throughout day, 12 low - 16 degree high

Winning Time:	31:37
Letter Standard: (20% Back)	37:56

Place	Name	School	Grade	Classic	Skate	Total
1	John Kallemeyn	ERRZ	12	0:16:12	0:15:25	0:31:37
2	Jameson Keller	MplGr	11	0:16:52	0:15:25	0:32:17
3	Jesse Bullis	ERRZ	10	0:16:51	0:15:33	0:32:24
4	Dallas Gray	ERRZ	12	0:16:39	0:16:15	0:32:54
5	Jon Reno	MplGr	12	0:17:11	0:15:43	0:32:54
6	Tony Thompson	ERRZ	12	0:17:36	0:15:48	0:33:24
7	Kevin Heglund	Anoka	12	0:17:08	0:16:18	0:33:26
8	Kyle Reins	Osseo	10	0:17:55	0:15:37	0:33:32
9	Craig Hertz	Andvr	12	0:17:48	0:15:49	0:33:37
10	Aric Litchy	MplGr	11	0:17:22	0:16:38	0:34:00
11	Matt McGough	Osseo	12	0:17:42	0:16:26	0:34:08
12	Jack Sullivan	PkCtr	11	0:18:13	0:16:13	0:34:26
13	Brian Anderson	Andvr	11	0:17:54	0:16:33	0:34:27
14	Ben Johnson	Osseo	12	0:18:34	0:15:57	0:34:31
15	John Zbikowski	MplGr	11	0:18:22	0:16:21	0:34:43
16	Dan Grutter	Osseo	11	0:18:41	0:16:09	0:34:50
17	Brad Hammond	PkCtr	11	0:18:55	0:16:12	0:35:07
18	Joe Dubay	CnRpd	7	0:19:04	0:16:03	0:35:07
19	MIke Petroff	CnRpd	10	0:18:42	0:16:27	0:35:09
20	Matt Gifford	Osseo	11	0:19:06	0:16:04	0:35:10
21	Dolph Colomb	Andvr	10	0:18:53	0:16:23	0:35:16
22	Mike McCarty	MplGr	12	0:18:44	0:16:42	0:35:26
23	Tabin Hinck	PkCtr	12	0:18:32	0:16:56	0:35:28
24	Nick Entinger	Osseo	11	0:19:11	0:16:40	0:35:51
25	Paul Gammelgaard	Osseo	11	0:19:45	0:16:18	0:36:03
26	Zach Varty	ERRZ	10	0:19:27	0:16:47	0:36:14
27	Jeremy Bydlon	PkCtr	11	0:19:56	0:16:24	0:36:20
28	John Lyrenmann	ERRZ	11	0:19:43	0:16:37	0:36:20
29	John Morgan	MplGr	11	0:19:56	0:16:28	0:36:24
30	Drew Ditlefsen	CnRpd	12	0:19:27	0:17:05	0:36:32
31	Aaron Sanborn	Blaine	10	0:19:57	0:16:38	0:36:35
32	Dan Kallas	PkCtr	12	0:19:12	0:17:31	0:36:43
33	Jeremy Hecker	Andvr	7	0:19:59	0:16:49	0:36:48
34	Kenny Gilkerson	PkCtr	10	0:20:10	0:16:51	0:37:01
35	Chris Rivers	Andvr	10	0:20:01	0:17:07	0:37:08
36	Chris Goodloe	ChPk	11	0:19:45	0:17:35	0:37:20
37	Kelston Benson	ChPk	11	0:20:14	0:17:11	0:37:25
38	Tom Peterson	Anoka	11	0:20:07	0:17:26	0:37:33
39	Drew Clark	Andvr	11	0:19:28	0:18:17	0:37:45
40	Andy Shuldheisz	Andvr	11	0:20:40	0:17:11	0:37:51
41	Spencer Wigmore	ERRZ	9	0:19:19	0:18:37	0:37:56

Place	Name	School	Grade	Classic	Skate	Total
42	Bob Jones	ChPk	11	0:20:26	0:17:32	0:37:58
43	Scott Nei	MplGr	11	0:20:12	0:18:05	0:38:17
44	Mike Kroulik	ChPk	11	0:20:27	0:17:56	0:38:23
45	Matt Smithers	CnRpd	10	0:20:38	0:18:05	0:38:43
46	Nick Fenner	Osseo	11	0:20:50	0:17:53	0:38:43
47	Casey Kauphusman	ChPk	11	0:20:13	0:18:40	0:38:53
48	Andrew Theis	Osseo	11	0:21:41	0:17:52	0:39:33
49	Bobby Slagerman	PkCtr	10	0:21:06	0:18:29	0:39:35
50	Michael Lyrenmann	ERRZ	9	0:21:16	0:18:20	0:39:36
51	Gregory Crane	ERRZ	11	0:20:59	0:18:48	0:39:47
52	David Sellers	Osseo	12	0:21:27	0:18:32	0:39:59
53	Matt McLaughlin	PkCtr	11	0:22:35	0:17:35	0:40:10
tie	Eric Baumgartner	CnRpd	12	0:20:36	0:19:34	0:40:10
55	Alex Risse	PkCtr	10	0:21:36	0:18:36	0:40:12
56	Tom Ramey	MplGr	11	0:22:12	0:18:05	0:40:17
57	Andrew Sundin	MplGr	12	0:22:01	0:18:17	0:40:18
58	Phil Johnson	CnRpd	10	0:21:20	0:19:02	0:40:22
59	Jake Nelson	CnRpd	9	0:21:42	0:18:49	0:40:31
60	Kevin Clark	Andvr	8	0:20:35	0:20:07	0:40:42
61	Robbie Bennett	CnRpd	11	0:23:06	0:18:04	0:41:10
62	Maxwell Moreland	Osseo	11	0:22:34	0:18:37	0:41:11
63	Jason Beck	Andvr	11	0:21:45	0:19:44	0:41:29
64	Mark Vonderharr	PkCtr	10	0:21:34	0:20:01	0:41:35
65	Brandon Hersch	Andvr	11	0:22:36	0:19:32	0:42:08
66	Mark Kelley	CnRpd	11	0:23:23	0:18:57	0:42:20
67	Kevin Kallas	PkCtr	10	0:23:22	0:19:02	0:42:24
68	Bryce Novak	CnRpd	10	0:22:21	0:20:04	0:42:25
69	Alex Koppi-Kohn	ChPk	11	0:23:08	0:19:21	0:42:29
70	Nate Graen	PkCtr	12	0:21:56	0:21:21	0:43:17
71	Adam Johnson	ChPk	9	0:23:00	0:20:34	0:43:34
72	Matt Bolt	ChPk	9	0:23:03	0:20:45	0:43:48
73	Mike Schneppenheim	CnRpd	10	0:23:33	0:20:18	0:43:51
74	Bryce Offord	CnRpd	9	0:24:26	0:19:34	0:44:00
75	Jerod Freeberg	Osseo	10	0:23:22	0:20:45	0:44:07
76	David Koskiniemi	Blaine	10	0:24:03	0:20:19	0:44:22
77	Will Grom	Anoka	10	0:22:00	0:22:55	0:44:55
78	Tim Jackels	MplGr	8	0:23:46	0:21:24	0:45:10
79	Scott Dierks	ERRZ	11	0:23:27	0:22:06	0:45:33
80	Christian Swanson	Anoka	9	0:23:36	0:22:19	0:45:55
81	Julius Webster	MplGr	11	0:25:56	0:20:06	0:46:02
82	Alec Geiser	MplGr	12	0:25:07	0:20:59	0:46:06
83	Peter Saeger	ERRZ	10	0:24:31	0:22:08	0:46:39
84	Andy Jones	ChPk	9	0:26:35	0:21:17	0:47:52
85	Alec Lindsey	ChPk	7	0:26:01	0:23:00	0:49:01
86	Jacob Zillhardt	Anoka	10	0:27:03	0:22:27	0:49:30
87	Joshua Blackwelder	Anoka	9	0:26:16	0:23:46	0:50:02
88	Josh Kieselhorst	ChPk	12	0:25:59	0:24:44	0:50:43

# Northwest Suburban Conference

Nordic Ski Conference Championships

January 26, 2004: Elm Creek Park

Classic Race: 5 km Classic at 11:00 (2 x 2.5 km loops)

Conditions: Fresh Snow, 12 low

				Winning Time: 16:12		
				Letter Standard: (20% Back) 19:26		
Place	Name	School	Grade	Total	Avg/km	Time Back
1	John Kallemeyn	ERRZ	12	0:16:12	0:03:14	0:00:00
2	Dallas Gray	ERRZ	12	0:16:39	0:03:20	0:00:27
3	Jesse Bullis	ERRZ	10	0:16:51	0:03:22	0:00:39
4	Jameson Keller	MplGr	11	0:16:52	0:03:22	0:00:40
5	Kevin Heglund	Anoka	12	0:17:08	0:03:26	0:00:56
6	Jon Reno	MplGr	12	0:17:11	0:03:26	0:00:59
7	Aric Litchy	MplGr	11	0:17:22	0:03:28	0:01:10
8	Tony Thompson	ERRZ	12	0:17:36	0:03:31	0:01:24
9	Matt McGough	Osseo	12	0:17:42	0:03:32	0:01:30
10	Craig Hertz	Andvr	12	0:17:48	0:03:34	0:01:36
11	Brian Anderson	Andvr	11	0:17:54	0:03:35	0:01:42
12	Kyle Reins	Osseo	10	0:17:55	0:03:35	0:01:43
13	Jack Sullivan	PkCtr	11	0:18:13	0:03:39	0:02:01
14	John Zbikowski	MplGr	11	0:18:22	0:03:40	0:02:10
15	Tabin Hinck	PkCtr	12	0:18:32	0:03:42	0:02:20
16	Ben Johnson	Osseo	12	0:18:34	0:03:43	0:02:22
17	Dan Grutter	Osseo	11	0:18:41	0:03:44	0:02:29
18	MIke Petroff	CnRpd	10	0:18:42	0:03:44	0:02:30
19	Mike McCarty	MplGr	12	0:18:44	0:03:45	0:02:32
20	Dolph Colomb	Andvr	10	0:18:53	0:03:47	0:02:41
21	Brad Hammond	PkCtr	11	0:18:55	0:03:47	0:02:43
22	Joe Dubay	CnRpd	7	0:19:04	0:03:49	0:02:52
23	Matt Gifford	Osseo	11	0:19:06	0:03:49	0:02:54
24	Nick Entinger	Osseo	11	0:19:11	0:03:50	0:02:59
25	Dan Kallas	PkCtr	12	0:19:12	0:03:50	0:03:00
26	Spencer Wigmore	ERRZ	9	0:19:19	0:03:52	0:03:07
27	Drew Ditlefsen	CnRpd	12	0:19:27	0:03:53	0:03:15
28	Zach Varty	ERRZ	10	0:19:27	0:03:53	0:03:15
29	Drew Clark	Andvr	11	0:19:28	0:03:54	0:03:16
30	John Lyrenmann	ERRZ	11	0:19:43	0:03:57	0:03:31
31	Paul Gammelgaard	Osseo	11	0:19:45	0:03:57	0:03:33
tie	Chris Goodloe	ChPk	11	0:19:45	0:03:57	0:03:33
33	John Morgan	MplGr	11	0:19:56	0:03:59	0:03:44
tie	Jeremy Bydlon	PkCtr	11	0:19:56	0:03:59	0:03:44
35	Aaron Sanborn	Blaine	10	0:19:57	0:03:59	0:03:45
36	Jeremy Hecker	Andvr	7	0:19:59	0:04:00	0:03:47
37	Chris Rivers	Andvr	10	0:20:01	0:04:00	0:03:49
38	Tom Peterson	Anoka	11	0:20:07	0:04:01	0:03:55
39	Kenny Gilkerson	PkCtr	10	0:20:10	0:04:02	0:03:58
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43	Bob Jones	ChPk	11	0:20:26	0:04:05	0:04:14
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47	Matt Smithers	CnRpd	10	0:20:38	0:04:08	0:04:26
48	Andy Shuldheisz	Andvr	11	0:20:40	0:04:08	0:04:28
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52	Michael Lyrenmann	ERRZ	9	0:21:16	0:04:15	0:05:04
53	Phil Johnson	CnRpd	10	0:21:20	0:04:16	0:05:08
54	David Sellers	Osseo	12	0:21:27	0:04:17	0:05:15
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56	Alex Risse	PkCtr	10	0:21:36	0:04:19	0:05:24
57	Andrew Theis	Osseo	11	0:21:41	0:04:20	0:05:29
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61	Will Grom	Anoka	10	0:22:00	0:04:24	0:05:48
62	Andrew Sundin	MplGr	12	0:22:01	0:04:24	0:05:49
63	Tom Ramey	MplGr	11	0:22:12	0:04:26	0:06:00
64	Bryce Novak	CnRpd	10	0:22:21	0:04:28	0:06:09
65	Maxwell Moreland	Osseo	11	0:22:34	0:04:31	0:06:22
66	Matt McLaughlin	PkCtr	11	0:22:35	0:04:31	0:06:23
67	Brandon Hersch	Andvr	11	0:22:36	0:04:31	0:06:24
68	Adam Johnson	ChPk	9	0:23:00	0:04:36	0:06:48
69	Matt Bolt	ChPk	9	0:23:03	0:04:37	0:06:51
70	Robbie Bennett	CnRpd	11	0:23:06	0:04:37	0:06:54
71	Alex Koppi-Kohn	ChPk	11	0:23:08	0:04:38	0:06:56
72	Kevin Kallas	PkCtr	10	0:23:22	0:04:40	0:07:10
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75	Scott Dierks	ERRZ	11	0:23:27	0:04:41	0:07:15
76	Mike Schneppenheim	CnRpd	10	0:23:33	0:04:43	0:07:21
77	Christian Swanson	Anoka	9	0:23:36	0:04:43	0:07:24
78	Tim Jackels	MplGr	8	0:23:46	0:04:45	0:07:34
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80	David Koskiniemi	Blaine	10	0:24:03	0:04:49	0:07:51
81	Bryce Offord	CnRpd	9	0:24:26	0:04:53	0:08:14
82	Peter Saeger	ERRZ	10	0:24:31	0:04:54	0:08:19
83	Alec Geiser	MplGr	12	0:25:07	0:05:01	0:08:55
84	Julius Webster	MplGr	11	0:25:56	0:05:11	0:09:44
85	Josh Kieselhorst	ChPk	12	0:25:59	0:05:12	0:09:47
86	Alec Lindsey	ChPk	7	0:26:01	0:05:12	0:09:49
87	Joshua Blackwelder	Anoka	9	0:26:16	0:05:15	0:10:04
88	Andy Jones	ChPk	9	0:26:35	0:05:19	0:10:23
89	Jacob Zillhardt	Anoka	10	0:27:03	0:05:25	0:10:51

# Northwest Suburban Conference

Nordic Ski Conference Championships

January 26, 2004: Elm Creek Park

Classic Race: 5 km Skate at 3:00 (2 x 2.5 km loops)

Conditions: Fresh Snow, 16 High

Winning Time:	15:24
Letter Standard: (20% Back)	18:29

Place	Name	School	Grade	Total	Avg/km	Time Back
1	John Kallemeyn	ERRZ	12	0:15:24	0:03:05	0:00:00
2	Jameson Keller	MplGr	11	0:15:25	0:03:05	0:00:01
3	Jesse Bullis	ERRZ	10	0:15:33	0:03:07	0:00:09
4	Kyle Reins	Osseo	10	0:15:37	0:03:07	0:00:13
5	Jon Reno	MplGr	12	0:15:43	0:03:09	0:00:19
6	Tony Thompson	ERRZ	12	0:15:48	0:03:10	0:00:24
7	Craig Hertz	Andvr	12	0:15:49	0:03:10	0:00:25
8	Ben Johnson	Osseo	12	0:15:57	0:03:11	0:00:33
9	Joe Dubay	CnRpd	7	0:16:03	0:03:13	0:00:39
10	Matt Gifford	Osseo	11	0:16:04	0:03:13	0:00:40
11	Dan Grutter	Osseo	11	0:16:09	0:03:14	0:00:45
12	Brad Hammond	PkCtr	11	0:16:12	0:03:14	0:00:48
13	Jack Sullivan	PkCtr	11	0:16:13	0:03:15	0:00:49
14	Dallas Gray	ERRZ	12	0:16:15	0:03:15	0:00:51
15	Paul Gammelgaard	Osseo	11	0:16:17	0:03:15	0:00:53
16	Kevin Heglund	Anoka	12	0:16:18	0:03:16	0:00:54
17	John Zbikowski	MplGr	11	0:16:21	0:03:16	0:00:57
18	Dolph Colomb	Andvr	10	0:16:23	0:03:17	0:00:59
19	Jeremy Bydlon	PkCtr	11	0:16:24	0:03:17	0:01:00
20	Matt McGough	Osseo	12	0:16:26	0:03:17	0:01:02
21	Mike Petroff	CnRpd	10	0:16:27	0:03:17	0:01:03
22	John Morgan	MplGr	11	0:16:28	0:03:18	0:01:04
23	Brian Anderson	Andvr	11	0:16:33	0:03:19	0:01:09
24	John Lyrenmann	ERRZ	11	0:16:37	0:03:19	0:01:13
25	Aric Litchy	MplGr	11	0:16:38	0:03:20	0:01:14
26	Aaron Sanborn	Blaine	10	0:16:38	0:03:20	0:01:14
27	Nick Entinger	Osseo	11	0:16:40	0:03:20	0:01:16
28	Mike McCarty	MplGr	12	0:16:42	0:03:20	0:01:18
29	Zach Varty	ERRZ	10	0:16:47	0:03:21	0:01:23
30	Jeremy Hecker	Andvr	7	0:16:49	0:03:22	0:01:25
31	Kenny Gilkerson	PkCtr	10	0:16:51	0:03:22	0:01:27
32	Tabin Hinck	PkCtr	12	0:16:56	0:03:23	0:01:32
33	Drew Ditlefsen	CnRpd	12	0:17:05	0:03:25	0:01:41
34	Chris Rivers	Andvr	10	0:17:07	0:03:25	0:01:43
35	Andy Shuldheisz	Andvr	11	0:17:10	0:03:26	0:01:46
36	Kelston Benson	ChPk	11	0:17:11	0:03:26	0:01:47
37	Tom Peterson	Anoka	11	0:17:26	0:03:29	0:02:02
38	Dan Kallas	PkCtr	12	0:17:31	0:03:30	0:02:07
39	Bob Jones	ChPk	11	0:17:32	0:03:30	0:02:08
40	Matt McLaughlin	PkCtr	11	0:17:34	0:03:31	0:02:10
41	Chris Goodloe	ChPk	11	0:17:35	0:03:31	0:02:11

Place	Name	School	Grade	Total	Avg/km	Time Back
42	Andrew Theis	Osseo	11	0:17:52	0:03:34	0:02:28
43	Nick Fenner	Osseo	11	0:17:53	0:03:35	0:02:29
44	Mike Kroulik	ChPk	11	0:17:56	0:03:35	0:02:32
45	Robbie Bennett	CnRpd	11	0:18:03	0:03:37	0:02:39
46	Matt Smithers	CnRpd	10	0:18:04	0:03:37	0:02:40
47	Tom Ramey	MplGr	11	0:18:05	0:03:37	0:02:41
48	Scott Nei	MplGr	11	0:18:05	0:03:37	0:02:41
49	Drew Clark	Andvr	11	0:18:17	0:03:39	0:02:53
tie	Andrew Sundin	MplGr	12	0:18:17	0:03:39	0:02:53
51	Michael Lyrenmann	ERRZ	9	0:18:20	0:03:40	0:02:56
52	Bobby Slagerman	PkCtr	10	0:18:29	0:03:42	0:03:05
53	David Sellers	Osseo	12	0:18:32	0:03:42	0:03:08
54	Alex Risse	PkCtr	10	0:18:36	0:03:43	0:03:12
55	Spencer Wigmore	ERRZ	9	0:18:37	0:03:43	0:03:13
tie	Maxwell Moreland	Osseo	11	0:18:37	0:03:43	0:03:13
57	Casey Kauphusman	ChPk	11	0:18:40	0:03:44	0:03:16
58	Gregory Crane	ERRZ	11	0:18:48	0:03:46	0:03:24
59	Jake Nelson	CnRpd	9	0:18:49	0:03:46	0:03:25
60	Mark Kelley	CnRpd	11	0:18:57	0:03:47	0:03:33
61	Phil Johnson	CnRpd	10	0:19:02	0:03:48	0:03:38
62	Kevin Kallas	PkCtr	10	0:19:02	0:03:48	0:03:38
63	Alex Koppi-Kohn	ChPk	11	0:19:21	0:03:52	0:03:57
64	Brandon Hersch	Andvr	11	0:19:32	0:03:54	0:04:08
65	Bryce Offord	CnRpd	9	0:19:33	0:03:55	0:04:09
66	Eric Baumgartner	CnRpd	12	0:19:34	0:03:55	0:04:10
67	Jason Beck	Andvr	11	0:19:44	0:03:57	0:04:20
68	Mark Vonderharr	PkCtr	10	0:20:01	0:04:00	0:04:37
69	Bryce Novak	CnRpd	10	0:20:04	0:04:01	0:04:40
70	Julius Webster	MplGr	11	0:20:06	0:04:01	0:04:42
71	Kevin Clark	Andvr	8	0:20:07	0:04:01	0:04:43
72	Mike Schneppenheim	CnRpd	10	0:20:18	0:04:04	0:04:54
73	David Koskiniemi	Blaine	10	0:20:19	0:04:04	0:04:55
74	Adam Johnson	ChPk	9	0:20:34	0:04:07	0:05:10
75	Eric Volk	ERRZ	7	0:20:35	0:04:07	0:05:11
76	Jerod Freeberg	Osseo	10	0:20:45	0:04:09	0:05:21
77	Matt Bolt	ChPk	9	0:20:45	0:04:09	0:05:21
78	Alec Geiser	MplGr	12	0:20:59	0:04:12	0:05:35
79	Andy Jones	ChPk	9	0:21:17	0:04:15	0:05:53
80	Nate Graen	PkCtr	12	0:21:21	0:04:16	0:05:57
81	Tim Jackels	MplGr	8	0:21:24	0:04:17	0:06:00
82	Scott Dierks	ERRZ	11	0:22:06	0:04:25	0:06:42
83	Peter Saeger	ERRZ	10	0:22:08	0:04:26	0:06:44
84	Christian Swanson	Anoka	9	0:22:19	0:04:28	0:06:55
85	Jacob Zillhardt	Anoka	10	0:22:27	0:04:29	0:07:03
86	Will Grom	Anoka	10	0:22:55	0:04:35	0:07:31
87	Alec Lindsey	ChPk	7	0:23:00	0:04:36	0:07:36
88	Joshua Blackwelder	Anoka	9	0:23:46	0:04:45	0:08:22
89	Josh Kieselhorst	ChPk	12	0:24:44	0:04:57	0:09:20
	Daniel Nelson	ChPk	8	DNF		