

# 2017 SLUH XC "HONOR ROLL"

| <b>Sub-16:00 performance</b>   | <b>5K Time</b> | <b>Date</b> | <b>Race &amp; Course</b>                                |
|--------------------------------|----------------|-------------|---------------------------------------------------------|
| <b>1</b> Patrick Hetlage (Jr.) | 15:55*         | Sept. 2     | Granite City Invitational @ Wilson Park                 |
| <b>2</b> Paul Burka (Sr.)      | 15:57*         | Sept. 2     | Granite City Invitational @ Wilson Park                 |
| <br>                           |                |             |                                                         |
| <b>Sub-17:00 performance</b>   | <b>5K Time</b> | <b>Date</b> | <b>Race &amp; Course</b>                                |
| Paul Burka (Sr.)               | 16:19*         | Sept. 23    | Palatine Invitational @ Deer Grove East Forest Preserve |
| <b>3</b> Adam Mittendorf (So.) | 16:22.3        | Nov. 12     | NXN Regional Qualifier @ Terre Haute, IN                |
| Paul Burka (Sr.)               | 16:22.3        | Nov. 12     | NXN Regional Qualifier @ Terre Haute, IN                |
| Patrick Hetlage (Jr.)          | 16:22.4        | Sept. 30    | Parkway West Invitational @ Living Word UMC             |
| Paul Burka (Sr.)               | 16:24.9        | Nov. 4      | State Championship @ Oak Hills Golf Course              |
| Patrick Hetlage (Jr.)          | 16:25.2        | Oct. 21     | District Championship @ Koch Park                       |
| Paul Burka (Sr.)               | 16:25.2        | Oct. 21     | District Championship @ Koch Park                       |
| Patrick Hetlage (Jr.)          | 16:28*         | Sept. 23    | Palatine Invitational @ Deer Grove East Forest Preserve |
| Paul Burka (Sr.)               | 16:31.8        | Sept. 30    | Parkway West Invitational @ Living Word UMC             |
| <b>4</b> Noah Scott (So.)      | 16:34*         | Sept. 2     | Granite City Invitational @ Wilson Park                 |
| Adam Mittendorf (So.)          | 16:34*         | Sept. 2     | Granite City Invitational @ Wilson Park                 |
| Patrick Hetlage (Jr.)          | 16:34.7        | Nov. 12     | NXN Regional Qualifier @ Terre Haute, IN                |
| Paul Burka (Sr.)               | 16:35.6        | Sept. 9     | Forest Park XC Invitational @ Aviation Fields           |
| Patrick Hetlage (Jr.)          | 16:36.0        | Oct. 28     | Sectional Championship @ Parkway Central                |
| <b>5</b> Reed Milnor (Jr.)     | 16:37*         | Sept. 23    | Palatine Invitational @ Deer Grove East Forest Preserve |
| <b>6</b> Chris Staley (Jr.)    | 16:40*         | Sept. 2     | Granite City Invitational @ Wilson Park                 |
| Patrick Hetlage (Jr.)          | 16:42.5        | Sept. 9     | Forest Park XC Invitational @ Aviation Fields           |
| Paul Burka (Sr.)               | 16:43.4        | Oct. 28     | Sectional Championship @ Parkway Central                |
| Reed Milnor (Jr.)              | 16:43.8        | Oct. 21     | District Championship @ Koch Park                       |
| Reed Milnor (Jr.)              | 16:49.0        | Sept. 30    | Parkway West Invitational @ Living Word UMC             |
| Reed Milnor (Jr.)              | 16:49.8        | Oct. 28     | Sectional Championship @ Parkway Central                |
| Reed Milnor (Jr.)              | 16:50.3        | Sept. 9     | Forest Park XC Invitational @ Aviation Fields           |
| <b>7</b> Lucas Rackers (So.)   | 16:51.2        | Nov. 2      | NXN Regional Qualifier @ Terre Haute, IN                |
| Adam Mittendorf (So.)          | 16:51.4        | Oct. 28     | Sectional Championship @ Parkway Central                |
| Reed Milnor (Jr.)              | 16:52.9        | Nov. 12     | NXN Regional Qualifier @ Terre Haute, IN                |
| Adam Mittendorf (So.)          | 16:57.0        | Oct. 21     | District Championship @ Koch Park                       |
| Patrick Hetlage (Jr.)          | 16:58.5        | Nov. 4      | State Championship @ Oak Hills Golf Course              |
| Patrick Hetlage (Jr.)          | 16:58.5        | Oct. 7      | MCC Championships @ Aviation Fields                     |
| <br>                           |                |             |                                                         |
| <b>17:00-17:45 performance</b> | <b>5K Time</b> | <b>Date</b> | <b>Race &amp; Course</b>                                |
| Noah Scott (So.)               | 17:00*         | Sept. 23    | Palatine Invitational @ Deer Grove East Forest Preserve |
| Lucas Rackers (So.)            | 17:01.1        | Oct. 28     | Sectional Championship @ Parkway Central                |
| Adam Mittendorf (So.)          | 17:01.8        | Nov. 4      | State Championship @ Oak Hills Golf Course              |
| Noah Scott (So.)               | 17:02.1        | Nov. 12     | NXN Regional Qualifier @ Terre Haute, IN                |
| Reed Milnor (Jr.)              | 17:04.0        | Oct. 7      | MCC Championships @ Aviation Fields                     |
| Lucas Rackers (So.)            | 17:04.7        | Nov. 4      | State Championship @ Oak Hills Golf Course              |
| Reed Milnor (Jr.)              | 17:05.5        | Nov. 4      | State Championship @ Oak Hills Golf Course              |
| Adam Mittendorf (So.)          | 17:06*         | Sept. 23    | Palatine Invitational @ Deer Grove East Forest Preserve |
| Paul Burka (Sr.)               | 17:07.4        | Oct. 7      | MCC Championships @ Aviation Fields                     |
| Noah Scott (So.)               | 17:07.5        | Oct. 28     | Sectional Championship @ Parkway Central                |
| Lucas Rackers (So.)            | 17:10*         | Sept. 2     | Granite City Invitational @ Wilson Park                 |
| Noah Scott (So.)               | 17:15.1        | Oct. 21     | District Championship @ Koch Park                       |
| Lucas Rackers (So.)            | 17:15.4        | Oct. 21     | District Championship @ Koch Park                       |

|           |                       |         |          |                                                         |
|-----------|-----------------------|---------|----------|---------------------------------------------------------|
| <b>8</b>  | Mitchell Booher (So.) | 17:16*  | Sept. 2  | Granite City Invitational @ Wilson Park                 |
|           | Lucas Rackers (So.)   | 17:17*  | Sept. 23 | Palatine Invitational @ Deer Grove East Forest Preserve |
|           | Chris Staley (Jr.)    | 17:20*  | Sept. 23 | Palatine Invitational @ Deer Grove East Forest Preserve |
|           | Chris Staley (Jr.)    | 17:20.0 | Oct. 28  | Sectional Championship @ Parkway Central                |
|           | Noah Scott (So.)      | 17:21.9 | Sept. 9  | Forest Park XC Invitational @ Aviation Fields           |
|           | Adam Mittendorf (So.) | 17:23.7 | Oct. 7   | MCC Championships @ Aviation Fields                     |
|           | Adam Mittendorf (So.) | 17:25.1 | Sept. 30 | Parkway West Invitational @ Living Word UMC             |
|           | Lucas Rackers (So.)   | 17:25.2 | Sept. 30 | Parkway West Invitational @ Living Word UMC             |
| <b>9</b>  | Jack Buehring (Jr.)   | 17:31.9 | Sept. 16 | 5K Time Trial @ SLUH Track                              |
|           | Lucas Rackers (So.)   | 17:33.9 | Oct. 7   | MCC Championships @ Aviation Fields                     |
| <b>10</b> | John Thomas (Sr.)     | 17:34.0 | Oct. 20  | Clayton Invitational @ Shaw Park                        |
|           | Noah Scott (So.)      | 17:37.2 | Nov. 4   | State Championship @ Oak Hills Golf Course              |
| <b>11</b> | Charlie Perry (Jr.)   | 17:37.8 | Sept. 16 | 5K Time Trial @ SLUH Track                              |
|           | Chris Staley (Jr.)    | 17:40.6 | Oct. 7   | MCC Championships @ Aviation Fields                     |
| <b>12</b> | Matt Gunn (Sr.)       | 17:43.9 | Oct. 20  | Clayton Invitational @ Shaw Park                        |
|           | Adam Mittendorf (So.) | 17:44.6 | Sept. 9  | Forest Park XC Invitational @ Aviation Fields           |
|           | Jack Buehring (Jr.)   | 17:45.2 | Oct. 21  | District Championship @ Koch Park                       |
|           | Chris Staley (Jr.)    | 17:45.8 | Nov. 4   | State Championship @ Oak Hills Golf Course              |

|           | <b>17:46-18:15 performance</b> | <b>5K Time</b> | <b>Date</b> | <b>Race &amp; Course</b>                                |
|-----------|--------------------------------|----------------|-------------|---------------------------------------------------------|
| <b>13</b> | Joe Callahan (So.)             | 17:48.3        | Sept. 16    | 5K Time Trial @ SLUH Track                              |
|           | Noah Scott (So.)               | 17:50.5        | Oct. 7      | MCC Championships @ Aviation Fields                     |
|           | Jack Buehring (Jr.)            | 17:51.4        | Oct. 25     | Findley Invitational @ Jefferson Barracks               |
| <b>14</b> | Garrett Seal (So.)             | 17:51.8        | Nov. 12     | NXN Regional Qualifier @ Terre Haute, IN                |
|           | Joe Callahan (So.)             | 17:53*         | Sept. 23    | Palatine Invitational @ Deer Grove East Forest Preserve |
| <b>15</b> | Justin Koesterer (Jr.)         | 17:53*         | Sept. 2     | Granite City Invitational @ Wilson Park                 |
|           | Jack Buehring (Jr.)            | 17:54.2        | Sept. 30    | Parkway West Invitational @ Living Word UMC             |
|           | John Thomas (Sr.)              | 17:56.6        | Oct. 25     | Findley Invitational @ Jefferson Barracks               |
| <b>16</b> | Daniel Hogan (Fr.)             | 17:57.8        | Sept. 16    | 5K Time Trial @ SLUH Track                              |
|           | Matt Gunn (Sr.)                | 18:02*         | Sept. 2     | Granite City Invitational @ Wilson Park                 |
|           | Mitchell Booher (So.)          | 18:02*         | Aug. 30     | O'Fallon Futures Invitational @ Milburn School          |
|           | Justin Koesterer (Jr.)         | 18:03.0        | Sept. 16    | 5K Time Trial @ SLUH Track                              |
|           | Lucas Rackers (So.)            | 18:04.2        | Sept. 9     | Forest Park XC Invitational @ Aviation Fields           |
|           | Matt Gunn (Sr.)                | 18:05.0        | Sept. 30    | Parkway West Invitational @ Living Word UMC             |
| <b>17</b> | Jack Sommers (Jr.)             | 18:06.0        | Oct. 20     | Clayton Invitational @ Shaw Park                        |
| <b>18</b> | Peter Dillon (So.)             | 18:06.1        | Nov. 12     | NXN Regional Qualifier @ Terre Haute, IN                |
|           | Matt Gunn (Sr.)                | 18:09.6        | Sept. 16    | 5K Time Trial @ SLUH Track                              |
|           | Charlie Perry (Jr.)            | 18:11*         | Sept. 2     | Granite City Invitational @ Wilson Park                 |
|           | John Thomas (Sr.)              | 18:11.6        | Sept. 16    | 5K Time Trial @ SLUH Track                              |
|           | Joe Callahan (So.)             | 18:12.2        | Oct. 20     | Clayton Invitational @ Shaw Park                        |
|           | Jack Buehring (Jr.)            | 18:12.3        | Oct. 7      | MCC Championships @ Aviation Fields                     |
|           | Jack Sommers (Jr.)             | 18:13.8        | Sept. 30    | Parkway West Invitational @ Living Word UMC             |
|           | Jack Sommers (Jr.)             | 18:14.3        | Sept. 16    | 5K Time Trial @ SLUH Track                              |
|           | Mitchell Booher (So.)          | 18:15.2        | Sept. 9     | Forest Park XC Invitational @ Aviation Fields           |
|           | Charlie Perry (Jr.)            | 18:15.8        | Oct. 25     | Findley Invitational @ Jefferson Barracks               |
|           | Joe Callahan (So.)             | 18:15.8        | Sept. 30    | Parkway West Invitational @ Living Word UMC             |

|  | <b>18:16-18:45 performance</b> | <b>5K Time</b> | <b>Date</b> | <b>Race &amp; Course</b>                    |
|--|--------------------------------|----------------|-------------|---------------------------------------------|
|  | Mitchell Booher (So.)          | 18:16.2        | Sept. 30    | Parkway West Invitational @ Living Word UMC |
|  | Joe Callahan (So.)             | 18:16.4        | Nov. 12     | NXN Regional Qualifier @ Terre Haute, IN    |
|  | Matt Gunn (Sr.)                | 18:17.1        | Oct. 25     | Findley Invitational @ Jefferson Barracks   |

|           |                        |         |          |                                                         |
|-----------|------------------------|---------|----------|---------------------------------------------------------|
|           | Garrett Seal (So.)     | 18:17.2 | Sept. 30 | Parkway West Invitational @ Living Word UMC             |
|           | Peter Dillon (So.)     | 18:18*  | Sept. 2  | Granite City Invitational @ Wilson Park                 |
|           | Matt Gunn (Sr.)        | 18:18.7 | Oct. 7   | MCC Championships @ Aviation Fields                     |
|           | Jack Sommers (Jr.)     | 18:20.6 | Oct. 25  | Findley Invitational @ Jefferson Barracks               |
|           | Daniel Hogan (Fr.)     | 18:22.2 | Nov. 12  | NXN Regional Qualifier @ Terre Haute, IN                |
|           | Daniel Hogan (Fr.)     | 18:25*  | Sept. 2  | Granite City Invitational @ Wilson Park                 |
|           | Daniel Hogan (Fr.)     | 18:25.1 | Sept. 30 | Parkway West Invitational @ Living Word UMC             |
| <b>19</b> | Ryan Kramer (Fr.)      | 18:25.1 | Nov. 12  | NXN Regional Qualifier @ Terre Haute, IN                |
|           | John Thomas (Sr.)      | 18:27*  | Sept. 2  | Granite City Invitational @ Wilson Park                 |
|           | Garrett Seal (So.)     | 18:28.8 | Oct. 25  | Findley Invitational @ Jefferson Barracks               |
|           | Jack Buehring (Jr.)    | 18:29*  | Sept. 23 | Palatine Invitational @ Deer Grove East Forest Preserve |
|           | Joe Callahan (So.)     | 18:29*  | Sept. 2  | Granite City Invitational @ Wilson Park                 |
| <b>20</b> | Ben Krieger (So.)      | 18:29*  | Sept. 2  | Granite City Invitational @ Wilson Park                 |
|           | John Thomas (Sr.)      | 18:30.9 | Oct. 14  | Borgia Invitational @ Big Driver Golf Center            |
|           | John Thomas (Sr.)      | 18:32.5 | Sept. 9  | Forest Park XC Invitational @ Aviation Fields           |
| <b>20</b> | Declan Tajkowski (Sr.) | 18:33.6 | Oct. 20  | Clayton Invitational @ Shaw Park                        |
|           | Chris Staley (Jr.)     | 18:34.1 | Sept. 30 | Parkway West Invitational @ Living Word UMC             |
|           | Joe Callahan (So.)     | 18:34.3 | Oct. 25  | Findley Invitational @ Jefferson Barracks               |
|           | Joe Callahan (So.)     | 18:35*  | Aug. 30  | O'Fallon Futures Invitational @ Milburn School          |
|           | Joe Callahan (So.)     | 18:35.6 | Oct. 7   | MCC Championships @ Aviation Fields                     |
|           | Peter Dillon (So.)     | 18:35.7 | Sept. 16 | 5K Time Trial @ SLUH Track                              |
| <b>21</b> | Henry Bourneuf (Fr.)   | 18:36.8 | Sept. 16 | 5K Time Trial @ SLUH Track                              |
| <b>22</b> | Reid Jackson (Fr.)     | 18:38.0 | Nov. 12  | NXN Regional Qualifier @ Terre Haute, IN                |
|           | Ben Krieger (So.)      | 18:38.1 | Oct. 7   | MCC Championships @ Aviation Fields                     |
|           | Jack Sommers (Jr.)     | 18:39.6 | Sept. 23 | Hancock Invitational @ Jefferson Barracks Park          |
|           | Jack Sommers (Jr.)     | 18:39.8 | Oct. 7   | MCC Championships @ Aviation Fields                     |
|           | Justin Koesterer (Jr.) | 18:41.1 | Sept. 30 | Parkway West Invitational @ Living Word UMC             |
|           | Daniel Hogan (Fr.)     | 18:43*  | Sept. 23 | Palatine Invitational @ Deer Grove East Forest Preserve |
|           | Ben Krieger (So.)      | 18:44.0 | Oct. 20  | Clayton Invitational @ Shaw Park                        |
|           | Peter Dillon (So.)     | 18:44.2 | Oct. 25  | Findley Invitational @ Jefferson Barracks               |
|           | Peter Dillon (So.)     | 18:45.7 | Sept. 30 | Parkway West Invitational @ Living Word UMC             |
| <b>23</b> | Robert Joy (Sr.)       | 18:45.8 | Oct. 20  | Clayton Invitational @ Shaw Park                        |
|           | Ben Krieger (So.)      | 18:45.8 | Sept. 30 | Parkway West Invitational @ Living Word UMC             |
|           | Joe Callahan (So.)     | 18:45.8 | Oct. 14  | Borgia Invitational @ Big Driver Golf Center            |

A 17:45 performance or better earns runner a navy team shirt and varsity letter.

B 18:15 performance or better earns runner a varsity letter.

C 18:45 performance or better earns runner a junior varsity letter.

Runner's best performance this season is highlighted in blue.

Runner's position on team (as indicated by season PR) is marked with the number left of name.

\* Converted from 3.0 mile time using <http://www.runfastcoach.com/calc2/index.php>