

St. Cloud Apollo/Sauk Rapids-Rice Nordic Ski Team Cookie Sprint Relay Invite

Riverside Park, Saint Cloud, Minnesota

December 12, 2019

Schools in Attendance:

Alexandria, St. Cloud Tech, St. Cloud Apollo/Sauk Rapids-Rice, St. John's Prep,
Sartell/Cathedral, Little Falls, Mora, Willmar

Girls Varsity Combined Team A & B Results:

1. Alexandria (10 pts.)
2. Mora (9 pts.)
3. Little Falls (6 pts.)
4. Sartell/Cathedral (6 pts.)
5. St. Cloud Tech (2 pts.)
6. St. Cloud Apollo/Sauk Rapids-Rice (2 pts.)
7. St. John's Prep (0 pts. – No A or B Teams)
8. Willmar (0 pts. – No A or B Teams)

Girls Varsity Team A (6 Teams Competing):

4 Person * 2.5 km + 0.5 km final loop = 10.5 Km

1. Alexandria (6 pts.)
2. Mora (5 pts.)
3. Little Falls (4 pts.)
4. Sartell/Cathedral (3 pts.)
5. St. Cloud Tech (2 pts.)
6. St. Cloud Apollo/Sauk Rapids-Rice (1 pt.)
7. St. John's Prep (0 pts. – No A Team)
8. Willmar (0 pts. – No A Team)

Girls Varsity Team B (5 Teams Competing):

4 Person * 2.5 km + 0.5 km final loop = 10.5 Km

1. Mora (5 pts.)
2. Alexandria (4 pts.)
3. Sartell/Cathedral (3 pts.)
4. Little Falls (2 pts.)
5. St. Cloud Apollo/Sauk Rapids-Rice (1 pt.)
6. St. Cloud Tech (0 pts. – No B Team)
7. St. John's Prep (0 pts. – No B Team)
8. Willmar (0 pts. – No B Team)

Boys Varsity Combined Team A & B Results:

1. Little Falls (12 pts.)
2. Mora (11 pts.)
3. Sartell/Cathedral (10 pts.)
4. Alexandria (6 pts.)
5. St. Cloud Tech (5 pts. – No B Team)
6. St. Cloud Apollo/Sauk Rapids-Rice (4 pts.)
7. St. John's Prep (2 pts. – No B Team)
8. Willmar (1 pt. – No B Team)

Boys Varsity Team A (8 Teams Competing):

4 Person * 2.5 km + 0.5 km final loop = 10.5 Km

1. Mora (8 pts.)
2. Little Falls (7 pts.)
3. Sartell/Cathedral (6 pts.)
4. St. Cloud Tech (5 pts.)
5. Alexandria (4 pts.)
6. St. Cloud Apollo/Sauk Rapids-Rice (3 pts.)
7. St. John's Prep (2 pts.)
8. Willmar (1 pt.)

Boys Varsity Team B (5 Teams Competing):

4 Person * 2.5 km + 0.5 km final loop = 10.5 Km

1. Little Falls (5 pts.)
2. Sartell/Cathedral (4 pts.)
3. Mora (3 pts.)
4. Alexandria (2 pts.)
5. St. Cloud Apollo/Sauk Rapids-Rice (1 pt.)
6. St. Cloud Tech (0 pts. – No B Team)
7. St. John's Prep (0 pts. – No B Team)
8. Willmar (0 pts. – No B Team)

St. Cloud Apollo/Sauk Rapids-Rice Nordic Ski Team

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Girls JV Results

2.5 km + 0.5 km final loop = 3 Km

1. Madeline Francois – Sartell/Cathedral
2. Ariella Cnasch – Mora
3. Annabelle Tautges – Sartell/Cathedral
4. Lauren Englund – Alexandria
5. Hannah Hackenmueller - Sartell/Cathedral
6. Mady Dockendorf – Sartell/Cathedral
7. Nora Steil – Sartell/Cathedral
8. Esther Schelle – Saint Cloud Tech
9. Lanie Laudenbach – St. Cloud Tech
10. Lauren Huber – Alexandria
11. Cora Blomberg – St. Cloud Tech
12. Eva Holmgren – Mora
13. Janie Martin – Sartell/Cathedral
14. Macy Dockendorf – Sartell/Cathedral
15. Katharine Lathe – Sartell/Cathedral
16. Amanda Bittmann – Alexandria
17. Caeley Anderson – Sartell/Cathedral
18. Kenzie Arnold – Sartell/Cathedral
19. Emma Jamison – Sartell/Cathedral
20. Amanda Bergerson – Alexandria

21. Emily Becker- Little Falls

22. Maren Sanders - Mora

23. Chloe Rossow – Mora

24. Skylar Mattson – Mora

25. Addie Burns – Sartell/Cathedral

26. Maggn Schliepsleh – Sartell/Cathedral

27. Karina Ostrum - Mora

28. Veda Drew - Mora

29. Carly Wirre - Alexandria

30. Ellie Lozier- Little Falls

31. Kale Andersen - Mora

32. Sonja Hackenmueller – Sartell/Cathedral

33. Ellie Reeves - Mora

34. Brie McKinnen – Mora

35. Julia Ostrum - ?

36. Madison Wren - Mora

37. Emalie Bohachels – Mora

38. Brenna Magee – Little Falls

39. Kaytlin Bittman – St. Cloud Apollo/Sauk Rapids-Rice

40. Lydia Zaminski – St. Cloud Apollo/Sauk Rapids-Rice

41. Alyza Nielson – Mora

42. Valery Stavish – Little Falls

Boys JV Results

2.5 km + 0.5 km final loop = 3 Km

1. Grant Yorek - Little Falls
2. Aiden Hagen - Little Falls
3. Angus Rustad - Little Falls
4. Will Kopka - Sartell/Cathedral
5. Connor Hubbard – Mora
6. Jacob Vogel – St. Cloud Tech
7. Dakota Sand – Mora
8. Bryant Johnson – Alexandria
9. Tony Preusser – St. Cloud Tech
10. Gabe Arens – Mora
11. Matthew Johnson- Alexandria
12. Spencer Lathe- Sartell/Cathedral
13. Isaac Larsen – Little Falls

14. Max Meyer – Sartell/Cathedral

15. Will Kane – St. Cloud Tech

16. Anthony Berndt – Sartell/Cathedral

17. Alex Obertson – Little Falls

18. Evan Swisher - Little Falls

19. Gabe Haven - Alexandria

20. Clive Ingemanson – Little Falls

21. Christian Oslund – Little Falls

22. George Vedder- St. John's Prep

23. Thomas Archer – Little Falls

24. Sean Reagan – St. Cloud Tech

25. Carter Bright – Sartell/Cathedral

26. Cameron Thompson – St. John's Prep

27. Isaac Ludino - Mora

28. Alex Buhl - ?

St. Cloud Apollo/Sauk Rapids-Rice Nordic Ski Team

Cookie Sprint Relay Invite

Boys JH Results:

1.5 Km

- | | |
|-------------------------------------|--|
| 1. Ben Mulford – Mora | 33. ? - ? |
| 2. Alex Williams – Mora | 34. Nick Stranss – Alexandria |
| 3. Eddie Sobiech – Little Falls | 35. Josh Vogel – St. Cloud Tech |
| 4. Tec Anderson – Mora | 36. Cyler Coanette – Alexandria |
| 5. Joel Kelling – Mora | 37. Logan Holtz – Alexandria |
| 6. Tanner Henry – Mora | 38. Max Chinn – Alexandria |
| 7. Elliot Oberton – Little Falls | 39. Sam Butkowski – St. Cloud Tech |
| 8. Logan Schultz – Little Falls | 40. Michael Christianson – Alexandria |
| 9. Nick Hanson – St. John's Prep | 41. Sam Olson – Mora |
| 10. Andrew Reller – Willmar | 42. Jackson Hoover – St. John's Prep |
| 11. Owen Szoka – Mora | 43. Mytehel Butenhoff – Mora |
| 12. Parker Grant – Little Falls | 44. ? |
| 13. Zach Meyer – St. John's Prep | 45. Bode Kapsner – Little Falls |
| 14. Owen Gilbertson – Alexandria | 46. Stefan Muntifering – St. John's Prep |
| 15. Willy McCallum – Mora | 47. John Ahlin – Little Falls |
| 16. Ledgyn Nelson – Mora | 48. Leander Notch – Mora |
| 17. Braden McKinnon – Mora | 49. Alex Walk – St. Cloud Tech |
| 18. Jacob Peterson – Willmar | 50. Isaiah Anderson – Alexandria |
| 19. Cam Schwinn – Little Falls | 51. Owen Swisher – Little Falls |
| 20. Zack Felger – Mora | 52. ? - ? |
| 21. ? - ? | 53. Ole Bakke – Mora |
| 22. Patrick Duffy – St. John's Prep | 54. Isaac Esserth – Little Falls |
| 23. Own Schleper – St. John's Prep | 55. ? - ? |
| 24. Timothy Halverson – Willmar | 56. Kahlinn Franson – Alexandria |
| 25. Jonah Jacobson – Mora | 57. Anthony Heroux – St. John's Prep |
| 26. Erick Bertgersen – Alexandria | 58. Jared Bamera – Willmar |
| 27. Brady Amann – Mora | 59. ? - ? |
| 28. Nick Sprang – Little Falls | 60. Sawyer Larson – Alexandria |
| 29. Trey Johnson – Alexandria | 29. Chase Olsen – Little Falls |
| 30. Archer Schroeder – Mora | 30. Jacob Navratill – Sartell/Cathedral |
| 31. Drew Englund – Alexandria | 31. Will Kane – St. Cloud Tech |
| 32. Sullivan Rooney – Alexandria | 32. Ryan Grossback – St. Cloud Tech |
| | 33. Kenton Daughters – St. John's Prep |
| | 34. Tyler Baumgartner – Little Falls |

St. Cloud Apollo/Sauk Rapids-Rice Nordic Ski Team

Cookie Sprint Relay Invite

Girls JH Results

1.5 Km

1. Lola Schwinghamer - ?
2. Nora Kerr - ?
3. Annelise Moe - ?
4. Liz Marohn - ?
5. Hazel Carda - ?
6. Elizabeth Haugen – Willmar
7. Morgan Calander - ?
8. Kenzie Jurchenko – Alexandria
9. Ainsley Kresha – Little Falls
10. Emma Neumann – Alexandria
11. Bobbi Nichol – Alexandria
12. ? - ?
13. ? - ?
14. Stella Rusch – St. Cloud Tech
15. Hailey Peltz – St. Cloud Tech
16. ? - ?
17. Meredith Sundby – Alexandria
18. Brie Struwve - ?
19. Nora Hougum - ?
20. Ellie Ness - ?
21. Genna McCallum - ?
22. Hannah Hardekopf – Little Falls
23. Annie Mathison – Willmar
24. Issy Segler – Little Falls
25. ? - ?
26. Issy Segler – Little Falls
27. Taylor Swedberg – Alexandria
28. Kasey Soderholm – Alexandria
29. Julia Lange – Little Falls
30. ? - ?
31. Violet Swisher – Little Falls
32. Celia Rustad – Little Falls
33. ? - ?
34. Amelia Lucken – Alexandria
35. ? - ?
36. ? - ?
37. Nora Steidl – Alexandria
38. Dayna Becker – Little Falls
39. Sarah Wolbeck – Little Falls
40. Courtney Herdering – Little Falls
41. ? - ?
42. Abby Telander - ?
43. Addie Sobiech – Little Falls
44. Lilly Reeves - ?
45. Megan Mahowald – St. John's Prep
46. Sofia Muntifering – St. John's Prep
47. ? - ?
48. ? - ?
49. ? - ?
50. Claire Anderson – Little Falls
51. ? - ?
52. Keeley Helmbrecht - ?
53. Ava Swanberg – Little Falls
54. Elyse Yorek – Little Falls
55. Ellie Larsen - Little Falls
56. Bethany Becker – Little Falls
57. Kalli Gravening - ?
58. Mattie Schulten – Alexandria
59. Olivia Pauly – St. John's Prep
60. Gianna Pitt – St. Cloud Tech
61. Piper Froiland – St. Cloud Apollo/Sauk Rapids-Rice
62. Hazel Snavelly – St. Cloud Apollo/Sauk Rapids-Rice
63. Alison Boe – Alexandria
64. Lydia Renney – Alexandria
65. Nea Hoven - Alexandria

St. Cloud Apollo/Sauk Rapids-Rice Nordic Ski Team

Cookie Sprint Relay Invite

Girls & Boys Combined Rookie Race Results

1 Km

1. Wyatt Salzer – St. John's Prep
2. Brooke Verkinnes- St. Cloud Apollo/Sauk Rapids-Rice
3. Sarah Grossback – St. Cloud Tech
4. Hannah Calabro – St. Cloud Tech
5. Jenny Kerimkhan – Willmar
6. Emmie Larson – Willmar
7. Lily Kuhl – St. John's Prep
8. Sean Chen – St. John's Prep
9. ? - ?
10. Amanda Bolton – St. John's Prep
11. Sarah Bolton – St. John's Prep
12. Sarah Mitchell – St. Cloud Tech
13. ? - ?
14. Aunna Jackson – Little Falls

15. ? - ?

16. Peter Heroux – St. John's Prep

17. ? - ?

18. Courtney Schlessner – Willmar

19. Hailey Voge – Mora

20. Cayden Olson – Little Falls

21. Adeline Engan- Willmar

22. Nathale Gutierrez – Willmar

23. ? - ?

24. Jary Segovia – Willmar

25. ? - ?

26. ? - ?

27. ? - ?

28. ? - ?

29. Annabel McGuff – Mora

?. Morgan Fiereck – St. Cloud Apollo/Sauk Rapids-Rice

St. Cloud Apollo/Sauk Rapids-Rice Nordic Ski Team

Cookie Sprint Relay Invite

Date: Thursday, December 12, 2019

Time: 2:00 p.m. Coaches Meeting (2:15 p.m. first race)

Location: [Riverside Park, 1800 Kilian Blvd SE, St Cloud, MN 56304](#)

Invited Teams:

Alexandria, Brainerd, Fergus Falls, Little Falls, Mora, Moorhead, St. John's Prep, St. Cloud Apollo/Sauk Rapids-Rice, St. Cloud Tech, Sartell/Cathedral, & Willmar

Note: Approximate distances in Kilometers (Km). Reference race map.

Finish loop ~ 0.5 Km

North loop ~ 1 Km

Whole loop ~ 2.5 Km



Schedule of Nordic Ski Races:

2:00 p.m. – Coaches meeting in Riverside Shelter.

2:15 p.m. – Rookie Girls & Boys Skate combined, mass start, North loop (1 Km total)

(Start and finish at finish line by Riverside Park shelter) (No hills)

2:30 p.m. – Junior High Girls Skate, mass start, North loop + Finish loop (1.5 Km total)

(Start and finish at finish line by Riverside Park shelter) (No hills)

2:45 p.m. – Junior High Boys State, mass start, North loop + Finish loop (1.5 Km total)

(Start and finish at finish line by Riverside Park shelter) (No hills)

3:00 p.m. – JV Girls Skate, Whole loop + Finish loop (3 Km total)

(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)

3:15 p.m. – JV Boys Skate, Whole loop + Finish loop (3 Km total)

(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)

3:30 p.m. – Varsity Girls A Skate Relay, Whole loop per skier + Finish loop for last skier

(2.5 Km per skier /10.5 Km total per Relay Team)

(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)

3:31 p.m. – Varsity Girls B Skate Relay, Whole loop per skier + Finish loop for last skier

(2.5 Km per skier /10.5 Km total per Relay Team) Bib

(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)

4:00 p.m. – Varsity Boys A Skate Relay, Whole loop per skier + Finish loop for last skier

(2.5 Km per skier/10.5 Km total per Relay Team)

(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)

4:01 p.m. – Varsity Boys B Skate Relay, Whole loop per skier + Finish loop for last skier

(2.5 Km per skier/10.5 Km total per Relay Team) Bib

(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)

4:45 p.m. – Awards ceremony at Riverside Park shelter and then safely travel home!

****We will roll so races start as previous races finish, hoping to move all of these times up a bit, so make sure you're paying attention and show up early for your race at your designated starting location.**

St. Cloud Apollo/Sauk Rapids-Rice Nordic Ski Team

Cookie Sprint Relay Invite

Scoring:

Points will be based on number of teams participating. Based on an 8 team entry, first place for Varsity A Relays would earn 8 points, second place 7 points, third place 6 points, etc. Same for B Relay teams. Point total for A and B relays (for each boys and girls) will be combined to determine team score/place. (e.g. 2nd place for the A relay and 4th for the B relay would earn a total of 12 points.) Four skiers per relay team.

Coaches can do backup timing for you own records.

The place-card method will be used for the Rookies Race, Jr. High, JV and Varsity races. Each skier will receive a finishing card order/placing number on an index card at the finish line and will give the coach after their race. Coaches, please write your athlete's first and last name and your team name on the post-it/sticky pad colored paper (given to you at the coaches meeting). Stick the post-it/sticky note colored paper to the placing card your athlete gives you after their race. Turn in BOTH the placing card and the post-it/sticky note colored paper to the tent inside scoring area as soon as you are able after each race, so scoring can be completed ASAP throughout the meet.

Timing:

No timing, but times will be called out at the finish line for coaches to record skier's times for all races except the Rookie race.

Awards:

Top 10 finishers in each JV and Jr. High race receives a cookie from Great Harvest Bread Co.

Winning Varsity Relay Team receives a cinnamon chip loaf of Great Harvest Bread Co.

Amenities:

*Parking: After skier drop off, buses MUST park on nearby city streets, as Riverside parking lot has very limited parking!

*Riverside Park shelter indoor space is limited for each Nordic ski team, so each team will be assigned tables. *Use buses for changing and additional warming area if Riverside Park shelter and bathrooms are full.

*Restrooms and water fountains are available inside Riverside Park shelter.

*Wax skis outdoors. No waxing inside Riverside Park shelter.

*Please don't walk on Nordic ski trails!

*Label your winter gear and ski equipment.

*There will be some food and beverages for purchase.

© Skiers/Athletes: Work as a team to keep Riverside Park facilities clean! Thanks!

Entry Fee:

– Max number of Varsity entries is 16 (Boys & Girls combined).

– Unlimited entry for JV, Jr. High and Rookie races.

\$5 per skier or \$150.00 per team payable to Apollo High School

ATTN: Apollo High School Activity Office

Apollo High School

1000 44th Ave. N.

St. Cloud, MN 56303-2037

Contacts:

Nicholas Snively, St. Cloud Apollo/Sauk Rapids-Rice Nordic Ski Team Head Coach

Cell Phone (Call/Text): 763-232-4921

Email: Nicholas.Snively@ISD742.org

Jared Ellerson, Apollo High School Activities Director

Office Phone (Call): 320-370-8660

Email: Jared.Ellerson@ISD742.org

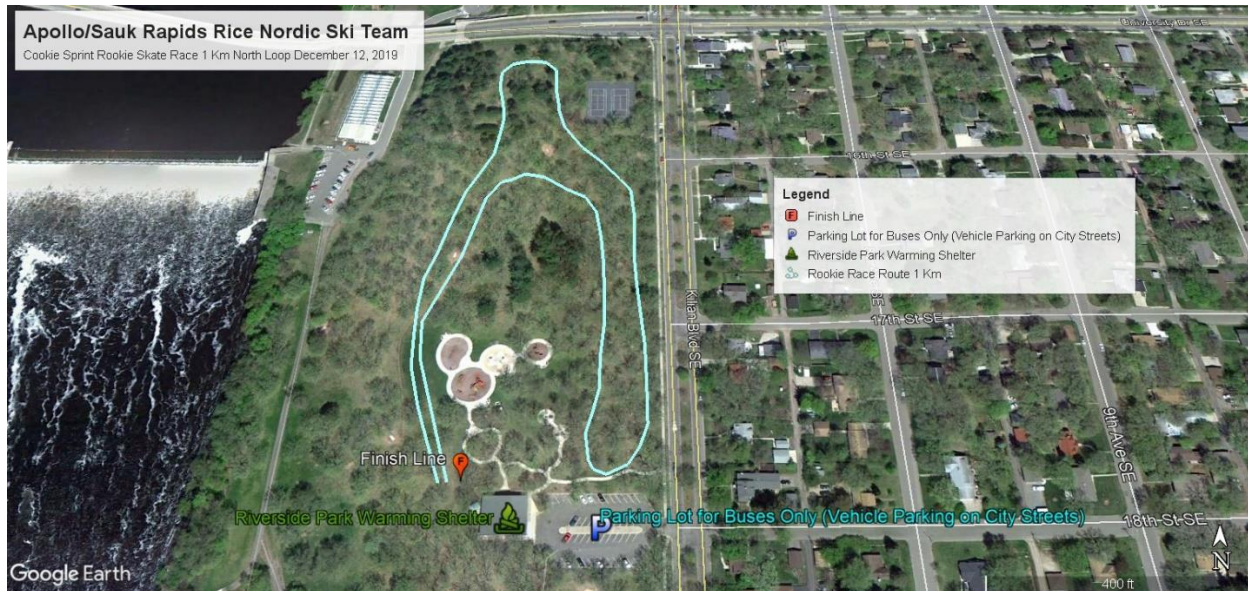
Theresa Loch-Thoele, Apollo High School Activities Coordinator

Office Phone (Call): 320-370-8661

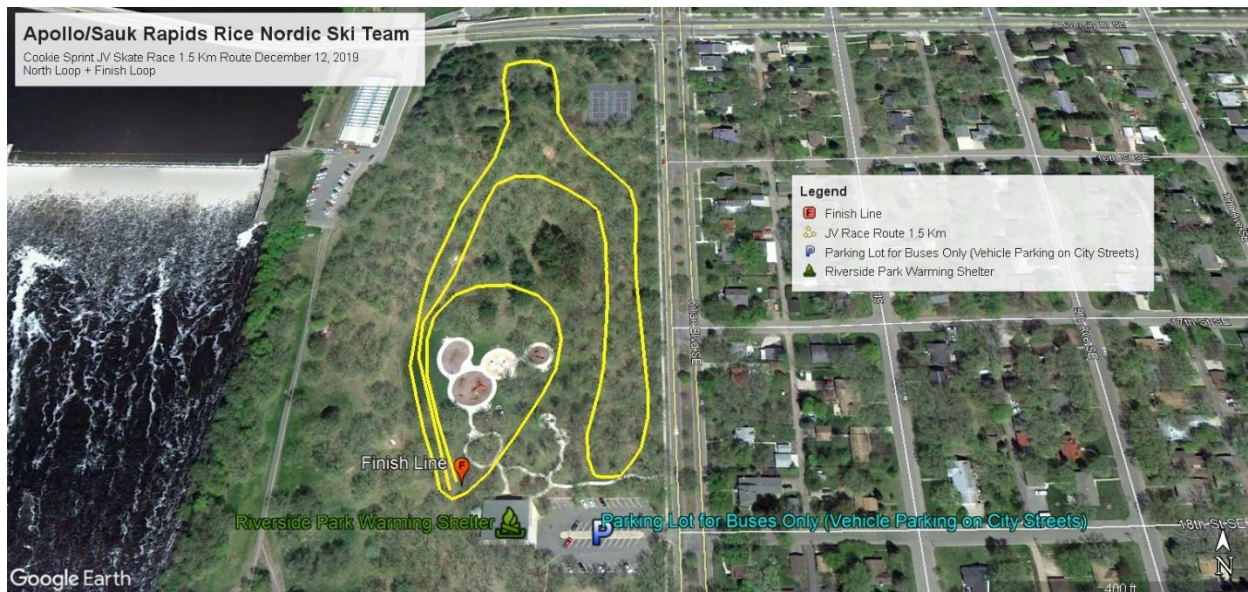
Email: Theresa.Loch-Thoele@ISD742.org

St. Cloud Apollo/Sauk Rapids-Rice Nordic Ski Team

Cookie Sprint Relay Invite



2:15 p.m. – Rookie Girls & Boys Skate combined, mass start, North loop (1 Km total)
 (Start and finish at finish line by Riverside Park shelter) (No hills)

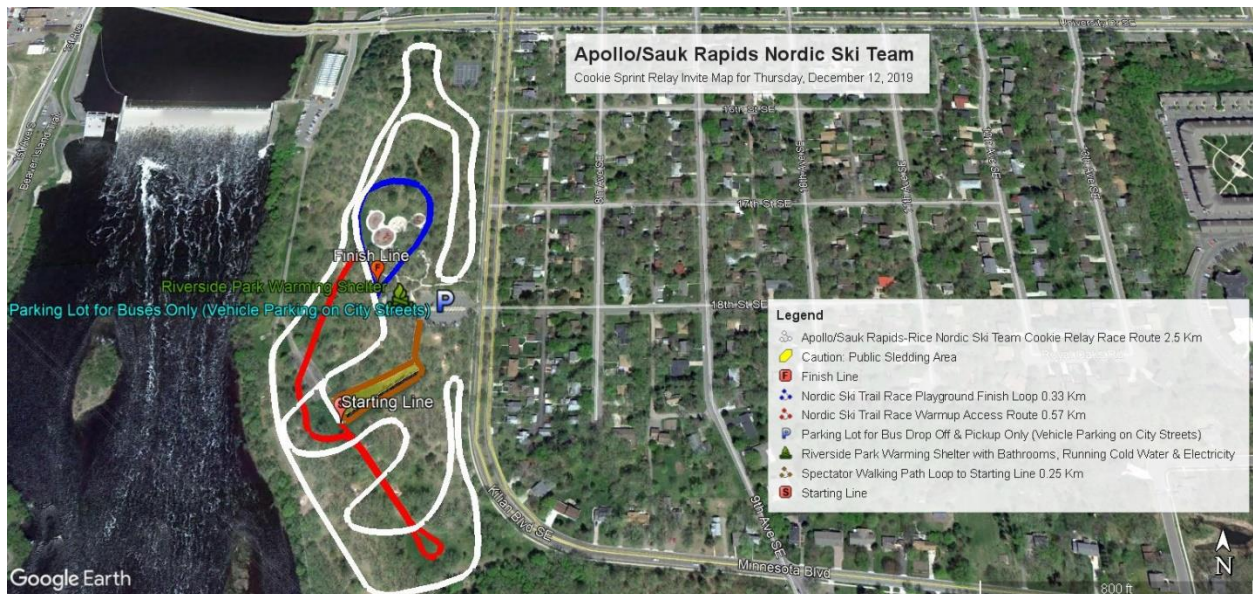


2:30 p.m. – Junior High Girls Skate, mass start, North loop (1 Km) + Finish loop (0.5 km) = (1.5 Km total)
 (Start and finish at finish line by Riverside Park shelter) (No hills)

2:45 p.m. – Junior High Boys State, mass start, North loop (1 Km) + Finish loop (0.5 km) = (1.5 Km total)
 (Start and finish at finish line by Riverside Park shelter) (No hills)

St. Cloud Apollo/Sauk Rapids-Rice Nordic Ski Team

Cookie Sprint Relay Invite



- 3:00 p.m. – JV Girls Skate, Whole loop (White 2.5 km ski trail) + Finish loop (Blue 0.5 km ski trail) (3 Km total)
(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)
- 3:15 p.m. – JV Boys Skate, Whole loop (White 2.5 km ski trail) + Finish loop (Blue 0.5 km ski trail) (3 Km total)
(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)
- 3:30 p.m. – Varsity Girls A Skate Relay, Whole loop per skier (White 2.5 km ski trail) + Finish loop for last skier (Blue 0.5 km ski trail)
(2.5 Km per skier / 10.5 Km total per Relay Team)
(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)
- 3:31 p.m. – Varsity Girls B Skate Relay, Whole loop per skier (White 2.5 km ski trail) + Finish loop for last skier (Blue 0.5 km ski trail)
(2.5 Km per skier / 10.5 Km total per Relay Team) Bib
(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)
- 4:00 p.m. – Varsity Boys A Skate Relay, Whole loop per skier (White 2.5 km ski trail) + Finish loop for last skier (Blue 0.5 km ski trail)
(2.5 Km per skier / 10.5 Km total per Relay Team)
(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)
- 4:01 p.m. – Varsity Boys B Skate Relay, Whole loop per skier (White 2.5 km ski trail) + Finish loop for last skier (Blue 0.5 km ski trail)
(2.5 Km per skier / 10.5 Km total per Relay Team) Bib
(Start at bottom of sledding hill and finish at finish line by Riverside Park shelter)
- 4:45 p.m. – Awards ceremony at Riverside Park shelter and then safely travel home!