

The SECTION 6AA CHAMPIONSHIP has been raced over 5000 meters since 1979. Prior to that it was 3 miles, 2 miles, and at the beginning 1.8 miles. The meet was raced at Hollydale Golf Course from 1979 (Except for the wet fall of 1985) to 1999. The course was 50 meters long in 1988; 80 meters long in 1989; 70 meters long in 1991, 1994, & 1998; 60 meters long in 1992 & 1997; 20 meters long in 1993; 30 meters long in 1999; and 120 meters long in 1995 & 1996; and those times have all been adjusted. The 83 degree heat certainly hurt times in 1989. From 2000-02 the meet was run at the Braemar Golf Course. Since 2003, it has been at Gale Woods.

## Wayzatans who have run 5000m in the Section faster than 17:00

15:32 Tim Ross(12), 1979	16:33 Pat Hoard(10), 1990	16:48 Todd Anderson(11), 1988
15:53 Tim Ross(11), 1978	16:33 Brock Stepan(12), 2000	16:49 Jacob Hallen(11), 1993
15:56 Adam Stuhlfaut(12), 1993	16:33 Jimmy Hull(12) 2001	16:49 Brock Stepan(11), 1999
16:03 Pat Hoard(12), 1992	<b>16:33 Max Johnson(12), 2009 (Gale)</b>	16:49 Ben Morris(11), 1995
16:04 Stephen Jahn(11), 2000	<b>16:33 Adam Moline(11), 2009 (Gale)</b>	16:49 Evan Day(11) 2007 (Gale)
16:05 Kurt Threinen(12), 1979	16:34 Jeff Stewart(12), 1996	16:50 Chris Newcombe(11), 1978
<b>16:07 Oliver Haugland(12), '09 (Gale)</b>	16:34 Taylor Fay(12) 2001	16:50 Rick Phillips(11), 1981
16:08 Jason Overson(12), 1999	16:34 Jeremy Drenckhahn(10)'06(Gale)	16:50 Ben Morris(10), 1994
16:10 Jeremy Drenckhahn(11)'07(Gale)	16:34 Peter Holmes (11) 2006(Gale)	16:50 Mark Bowden(11), 2000
16:12 Pat Hoard(11), 1991	16:36 Carter Maxwell(11), 1981	16:50 Cory Miskowiec(11), 2002
16:14 Jason Overson(11), 1998	16:36 Danny Ducharme (10) 2006(Gale)	16:50 Shaun Tudor(11), 2002
16:15 Jon Lambert(12) 2006(Gale)	16:37 Greg Longstreet(12), 1987	16:50 Landon Lozano(11), 2008 (Gale)
16:15 Jeremy Drenckhahn(12)'08(Gale)	16:37 Frank Steed(12), 1993	<b>16:50 Karl Kabarowski(11), '09 (Gale)</b>
16:16 Danny Ducharme(12) 2008 (Gale)	16:37 Todd Obermiller(12), 1994	16:51 Frank Steed(11), 1992
16:17 Jimmy Hull(11), 2000	16:37 Taylor Fay(11), 2000	16:52 Jeff Dezenski(11), 1978
16:17 Dan Thour(11), 2002	16:37 Josh Gerber(11), 2004 (Gale)	16:53 Vince Trammel(11), 1979
16:18 Danny Ducharme(11) 2007 (Gale)	16:37 Peter Holmes(12) 2007 (Gale)	16:53 David Herman(9), 1993
16:21 Kurt Runzheimer(11), 1988	16:38 Mike Anderson(12), 1981	16:53 Jon Hackbart(12), 2008 (Gale)
<b>16:21 Landon Lozano(12), 2009 (Gale)</b>	16:38 Kelly O'Rourke(12), 1992	16:54 Mason Bacso (12) 2006(Gale)
16:22 David Herman(11), 1995	16:39 Carl Brakob(12), 1983	16:54 Aaron Demro (12) 2006(Gale)
16:23 David Herman(12), 1996	16:40 Vince Trammel(12), 1980	16:55 Rob Burgmeier(12) 2005(Gale)
16:24 Kurt Runzheimer(12), 1989	16:40 Sean O'Day(12), 1992	16:56 David Madgett(12), 1999
16:24 Jacob Hallen(12), 1994	16:42 Matt Pastick(12), 1979	16:57 Mike Anderson(11), 1980
16:24 Chris DesRoches(11), 2002	16:42 Jon Lambert(11) 2005 (Gale)	16:57 Jacob Hallen(10), 1992
16:25 Oliver Haugland(11), 2008 (Gale)	16:43 Doug Yaeger(12), 1997	16:57 Matt Hirschey(11), 1996
16:27 Jeff Stewart(12), 1995	<b>16:43 Mark Harries(11), 2009 (Gale)</b>	16:57 Stephen Jahn(12) 2001
16:27 Dan Thour(12) 2003 (Gale)	16:44 Jason Overson(10) 1997	16:57 Nate Drenckhahn(11), 2002
16:27 Josh Thorson(9). 2008 (Gale)	16:45 Kurt Threinen(11), 1978	16:57 Oliver Haugland(10) 2007 (Gale)
16:28 David Herman(10), 1994	16:45 Eric Nelson(12), 1978	16:58 Carl Brakob(11), 1982
16:28 Anders Bowman(12) 2007 (Gale)	16:46 Brett Osgood(12), 1995	16:58 Ryan Gjoraas(12) 2004 (Gale)
16:30 Ben Morris(12), 1996	16:47 Kurt Runzheimer(10), 1987	16:59 Kurt Almquist(12), 1983
16:31 Jeff Dezenski(12), 1979	16:47 Eric Stetz(12), 1987	16:59 Peter Holmes(10) 2005 (Gale)
16:31 Andrew Wasz(12), 2008 (Gale)	16:47 Matt Hirschey(12) 1997	17:00 Tim McFarland(12), 1983
16:32 Mark Bowden (12) 2001	16:48 Mike Duerr(12), 1979	17:00 David Frank(11), 1994
16:32 Andrew Wasz(11) 2007 (Gale)	16:48 Scott Terry(11), 1988	

## CROSS COUNTRY SCHOOL RECORDS:

### VARSIITY

5000 m- Tim Ross, 1979 15:32 at Hollydale GC - Region 6  
 3 Miles- Tim Ross, 1979 15:02 at Enger Park GC - Swain Invite  
 2 Miles- Dave Herman, 1996 9:40 at Wayzata HS- Alumni Meet

### SOPHOMORE

5000 m- Tim Ross, 1977 15:56 at Lake Nokomis- Region 6

### FRESHMAN

5000 m- Josh Thorson, 2009 16:20 at Nike Heartland Regionals  
 3000 m- Jacob Hallen, 1991 10:17 at Elm Creek Invitational

### MIDDLE SCHOOL

5000 m- Karl Kabarowski, 2006 17:39 at Basset Cr – Lefty Wright  
 3000 m- Jon Sturgis, 1989 10:40 at Elm Creek Invitational