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# CROSS COUNTRY



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## Howard's Grove High School 2002 Cross Country Results

Head Coach: Gary Kalk  
Assistant Coach: Mark Buffington

## Howards Grove High School Boys Cross Country 2002 Team Record

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Sheboygan Falls @ LTC	1	1	0
Kiel Invite	5	5	0
Cedar Grove Invite	3	3	0
Sheboygan Lutheran Invite @ UWS	11	9	0
Valders Invite		Cancelled	
Plymouth Relays	5	6	0
Kewaskum Invite	4	1	0
County Meet @ UWS	3	5	0
Reedsville	0	1	0
Campbellsport Invite	6	4	0
Conference @ UWS	3	2	0
Sectional @ Princeton	6	5	0
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Varsity Totals	47	42	0

**Howards Grove High School  
Girls Cross Country  
2002 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Sheboygan Falls @ LTC	0	2	0
Kiel Invite	1	10	0
Cedar Grove Invite	2	4	0
Sheboygan Lutheran Invite @ UWS	5	11	0
Valders Invite	Cancelled		
Plymouth Relays	2	8	0
Kewaskum Invite	2	3	0
County Meet @ UWS	2	7	0
Reedsville	0	1	0
Campbellsport Invite	1	9	0
Conference @ UWS	2	3	0
Sectional @ Princeton	5	9	0
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Varsity Totals	22	67	0

## Howards Grove Cross Country 2002 Boys Individual Meet Times

Name	Grade	Brillion	Sheboygan Falls	Kiel	Cedar Grove	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Reedsville	Campbellsport	Conference	Sectional	STATE	Personal Best (Career)	
		8/27 Practice Meet	9/3 @ LTC	9/5	9/12	9/17 @ UWS	9/20	9/24	9/26	10/1 @ UWS	10/3	10/10	10/17 @ UWS	10/25 @ Princeton	11/2 @ Wisconsin Rapids		
Tyler Biederwolf	9	21:35	21:39	20:41	19:33	20:30	Cancelled	19:43	19:53	20:19	19:33	<b>19:21</b>	19:27	19:46	----	19:21	
Lucas Boehm	9	21:11	22:44	20:39	<b>20:16</b>	20:29		20:44	20:39	21:00	20:41	20:40	20:38	----	----	----	20:16
Andy Buffington	9	23:15	24:51	23:09	----	----		22:42	22:12	21:27	22:26	22:45	<b>20:35</b>	21:26	----	----	20:35
Paul Gonnering	9	27:14	<b>30:39</b>	Quit	Quit	Quit		Quit	Quit	Quit	Quit	Quit	Quit	Quit	Quit	Quit	30:39
Matt Jahnke	9	23:15	23:37	22:31	21:32	22:45		21:54	21:31	22:52	<b>21:04</b>	21:39	21:22	----	----	----	21:04
Steve Scheele	9	25:31	25:56	25:19	21:52	22:42		22:33	22:11	22:41	22:11	22:03	<b>21:32</b>	----	----	----	21:32
Josh Schwinn	9	21:32	24:03	22:06	<b>20:14</b>	21:13		21:12	20:41	21:54	----	20:53	20:33	20:22	----	----	20:14
Bryan VanDeKreeke	9	23:26	24:24	21:40	20:04	20:34		20:29	20:15	20:09	20:26	19:55	<b>19:48</b>	20:31	----	----	19:48
Riley Bilgo	11	25:37	26:19	24:38	23:42	24:07		23:46	24:28	24:09	23:49	23:41	<b>23:31</b>	----	----	----	23:31
Pat Buffington	11	18:28	18:18	17:52	<b>16:46</b>	18:04		17:33	17:49	17:59	17:23	17:43	17:45	17:52	17:20	----	16:46
Adam Hahn	11	22:56	24:22	----	----	----		----	20:23	20:44	<b>20:10</b>	20:47	20:47	----	----	----	20:10
Jon Steltenpohl	11	23:39	23:00	21:44	20:35	21:41		----	21:39	21:42	21:17	21:22	22:07	----	----	----	20:04
Eric Lefeber	12	19:24	19:09	18:58	17:46	18:06		18:12	18:10	18:28	17:51	18:08	18:00	18:22	----	----	17:13
Travis Plocar	12	25:22	---	----	22:27	22:40		22:02	21:51	<b>21:49</b>	21:50	22:19	22:21	----	----	----	21:49
Justin Valenstein	12	21:37	21:20	21:11	<b>19:37</b>	20:43		20:43	20:18	21:05	----	20:02	20:01	20:54	----	----	19:37
Mike VanWyk	12	24:33	26:14	25:08	24:27	24:16		23:58	----	24:58	24:42	23:47	25:36	----	----	----	21:53
60th Percentile			Time Unavailable/ 20th Place	21:11	19:33	20:34		19:43	20:29	19:58	19:32	20:02	19:43	20:30			

# Howards Grove Cross Country

## 2002 Girls Individual Meet Times

Name	Grade	Brillion 9/3 Practice Meet	Sheboygan Falls	Kiel	Cedar Grove	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Reedsville	Campbellsport	Conference	Sectional	STATE	Personal Best (Career)
			@ LTC	9/5	9/12	9/17 @ UWS	9/20	9/24	9/26 3.1 Mi.	10/1 @ UWS	10/3	10/10	10/17 @ UWS	10/25 @ Princeton	11/2 @ Wisconsin Rapids	
Celine Elzinga	9	23:54	25:46	23:24	21:49	20:52	Cancelled	20:45	28:23	21:14	20:33	<b>19:34</b>	19:37	19:58	----	19:34
Ashley Moore	9	26:58	26:26	25:09	22:02	22:01		21:54	28:59	21:44	22:01	<b>20:36</b>	21:12	----	----	20:36
Felicia Bolz	10	22:00	21:18	----	20:34	19:59		19:18	----	20:02	<b>19:09</b>	19:11	19:55	20:22	----	19:09
Jessica Gollhardt	10	21:57	21:54	20:28	19:50	----		<b>19:21</b>	25:38	19:36	----	19:35	19:35	20:16	----	19:21
Laura Gries	10	25:27	24:51	22:27	21:50	----		----	----	22:28	----	21:31	----	----	----	19:49
Heidi Rooker	10	---	---	----	20:23	DNF		----	----	----	DNF	----	----	----	----	18:44
Cassie Thiel	10	21:40	21:13	----	21:06	20:23		21:02	----	20:49	20:09	20:33	20:06	22:12	----	19:24
Lindsay Horness	11	22:26	21:44	21:19	20:41	20:15		19:42	26:42	19:35	<b>19:13</b>	19:41	20:01	19:44	----	19:13
Emily Post	11	16:45	16:40	16:21	15:55	15:53		15:48	21:10	15:46	----	<b>15:29</b>	15:51	15:59	15:31	15:29
Stacy Wiedemann	11	21:12	22:44	21:30	20:31	20:45		20:15	26:21	20:42	20:12	19:36	20:36	21:26	----	17:47
60th Percentile			Time Unavailable/ 16th Place	19:28	19:48	19:32		18:27	26:09	19:27	19:22	18:40	19:11	19:39		

## Howards Grove Cross Country Boys Varsity Letter Points

Name	Grade	Sheboygan Falls	Kiel	Cedar Grove	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Reedsville	Campbellsport	Conference	Sectional	STATE	Individual Point Totals (Season)
		9/3 @ LTC	9/5	9/12	9/17 @ UWS	9/20	9/24	9/26	10/1 @ UWS	10/3	10/10	10/17 @ UWS	10/26 @ Princeton	11/2 @ Wisconsin Rapids	
Tyler Biederwolf	9	1	1	1	1	Cancelled	1	1	1	1	1	1	1	---	11
Lucas Boehm	9	1	1	1	1		1	1	1	1	1	1	---	---	10
Andy Buffington	9	---	---	---	---		---	---	---	---	---	---	1	---	1
Matt Jahnke	9	1	1	---	---		---	---	---	1	1	---	---	---	4
Steve Scheele	9	---	---	---	---		---	---	---	---	---	---	---	---	0
Josh Schwinn	9	1	1	1	1		1	1	1	---	---	1	1	---	9
Bryan VanDeKreeke	9	---	1	1	1		1	1	1	1	1	1	1	---	10
Riley Bilgo	11	---	---	---	---		---	---	---	---	---	---	---	---	0
Pat Buffington	11	1	1	1	1		1	1	1	1	1	1	1	1	12
Adam Hahn	11	1	---	---	---		---	1	---	1	1	1	---	---	5
Jon Steltenpohl	11	1	---	1	---		---	---	---	---	---	---	---	---	2
Eric Lefeber	12	1	1	1	1		1	1	1	1	1	1	1	---	11
Travis Plocar	12	---	---	---	---		---	---	---	---	---	---	---	---	0
Justin Valenstein	12	1	1	1	1		1	1	1	---	1	1	1	---	10
Mike VanWyk	12	---	---	---	---		---	---	---	---	---	---	---	---	0
<b>TOTALS</b>		9	8	8	7		7	8	7	7	8	8	7	1	85

## Howards Grove Cross Country Girls Varsity Letter Points

Name	Grade	Sheboygan Falls	Kiel	Cedar Grove	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Reedsville	Campbellsport	Conference	Sectional	STATE	Individual Point Totals (Season)	
		9/3 @ LTC	9/5	9/12	9/17 @ UWS	9/20	9/24	9/26	10/1 @ UWS	10/3	10/10	10/17 @ UWS	10/26 @ Princeton	11/2 @ Wisconsin Rapids		
Celine Elzinga	9	1	1	1	1	Cancelled	1	1	1	1	1	1	1	---	11	
Ashley Moore	9	---	1	---	---		---	1	---	---	1	1	1	---	---	5
Felicia Bolz	10	1	---	1	1		1	---	1	1	1	1	1	---	9	
Jessica Gollhardt	10	1	1	1	---		1	1	1	---	1	1	1	---	9	
Laura Gries	10	1	1	1	---		---	---	1	---	---	---	---	---	4	
Heidi Rooker	10	---	---	---	1		---	---	---	1	---	---	---	---	2	
Cassie Thiel	10	1	---	1	1		1	---	1	1	1	1	1	---	9	
Lindsay Horness	11	1	1	1	1		1	1	1	1	1	1	1	---	11	
Emily Post	11	1	1	1	1		1	1	1	---	1	1	1	1	11	
Stacy Wiedemann	11	1	1	1	1		1	1	1	1	1	1	1	---	11	
<b>TOTALS</b>		<b>8</b>	<b>7</b>	<b>8</b>	<b>7</b>		<b>7</b>	<b>6</b>	<b>8</b>	<b>7</b>	<b>8</b>	<b>8</b>	<b>7</b>	<b>1</b>	<b>82</b>	

**Howards Grove High School  
Cross Country  
2002 Awards**

<b>Spirit Award</b>	Mike VanWyk
<b>Most Improved Runner</b>	Adam Hahn
<b>Male Runner-of-the-Year/ Gatorade Player of the Year</b>	Pat Buffington
<b>Female Runner-of-the-Year/ Gatorade Player of the Year</b>	Emily Post
<b>Gatorade Will to Win Athlete</b>	Eric Lefeber Emily Post
<b>Gatorade Rookie of the Year</b>	Tyler Biederwolf Lindsay Horness
<b>All-Conference</b>	Emily Post (1st Place) Pat Buffington (5th Place) Eric Lefeber (8th Place)
<b>State Participants</b>	Emily Post (2nd Place) Pat Buffington (24th Place)



## Howards Grove High School Boys Cross Country 5000 Meter Records

Updated November 2, 2002

Rank	Name	Time	Meet/Invite	Year
1	Pat Buffington	16:46	Cedar Grove	2002
2	Chris Wickesburg	17:01	Sectional	1995
3	Pat Buffington	17:11	Reedsville	2001
4	Eric Lefeber	17:13	Cedar Grove	2001
5	Pat Buffington	17:14	Cedar Grove	2001
6	Pat Buffington	17:20	State	2002
7	Pat Buffington	17:23	Reedsville	2002
8	Chris Wickesburg	17:28	Reedsville	1995
9	Rob Mentink	17:32	Reedsville	1993
10	Pat Buffington	17:33	Plymouth	2002
11	Steve Grunewald	17:39	Reedsville	1995
12	Ben Wilson	17:43	Reedsville	1993
	Pat Buffington	17:43	Campbellsport	2002
14	Rob Mentink	17:45	State	1992
	Pat Buffington	17:45	Conference	2002
16	Eric Lefeber	17:46	Cedar Grove	2002
17	Pat Buffington	17:47	Sectional	2001
18	Chris Wickesburg	17:49	Sheboygan Lutheran	1993
	Pat Buffington	17:49	Kewaskum	2002
20	Joe Holzwart	17:50	St. Francis	1999
21	Steve Grunewald	17:51	Cedar Grove	1995
	Pat Buffington	17:51	Campbellsport	2001
	Eric Lefeber	17:51	Reedsville	2002
24	Pat Buffington	17:52	Kiel	2002
	Pat Buffington	17:52	Sectional	2002
26	Rob Mentink	17:53	Conference	1992
	Chris Wickesburg	17:53	Plymouth	1993
28	Steve Grunewald	17:54	Reedsville	1994
	Steve Grunewald	17:54	Reedsville	1994
	Chris Wickesburg	17:54	County	1995
31	Eric Lefeber	17:55	Reedsville	2001
	Chris Wickesburg	17:55	Cedar Grove	1995
33	Rob Mentink	17:56	Sectional	1992
34	Rob Mentink	17:57	Conference	1993
35	Eric Lefeber	17:58	Plymouth	2001
36	Pat Buffington	17:59	County	2002
37	Chris Wickesburg	18:00	County	1993
	Pat Buffington	18:00	Conference	2001
	Eric Lefeber	18:00	Conference	2002
40	Pat Buffington	18:03	State	2001
41	Pat Buffington	18:04	Sheboygan Lutheran	2002
42	Chris Wickesburg	18:05	Plymouth	1995
43	Eric Lefeber	18:06	Sheboygan Lutheran	2002
44	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
46	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
49	Joe Holzwart	18:09	Conference	1998
	Rob Mentink	18:09	County	1992

Rank	Name	Time	Meet/Invite	Year
51	Joe Holzwart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
53	Rob Mentink	18:12	Cedar Grove	1992
	Steve Grunewald	18:12	Valders	1995
	Eric Lefeber	18:12	Plymouth	2002
56	Eric Lefeber	18:13	Sheboygan Lutheran	2001
57	Chris Wickesburg	18:15	Cedar Grove	1993
	Chris Wickesburg	18:15	Valders	1995
59	Chris Wickesburg	18:16	Sheboygan Lutheran	1995
60	Ben Wilson	18:17	State	1992
	Pat Buffington	18:17	Campbellsport	2000
	Eric Lefeber	18:17	County	2001
	Brian Cudworth	18:17	County	1995
64	Joe Holzwart	18:18	Campbellsport	1999
	Pat Buffington	18:18	Sheboygan Falls @LTC	2002
66	Pat Buffington	18:19	Kewaskum	2000
	Joe Holzwart	18:19	County	1999
	Joe Holzwart	18:19	Conference	1999
69	Brian Sonnenberg	18:20	Reedsville	2001
	Steve Grunewald	18:20	Conference	1994
	Steve Grunewald	18:20	County	1995
	Eric Lefeber	18:20	Conference	2001
73	Pat Buffington	18:21	County	2001
74	Joe Holzwart	18:22	County	1998
	Eric Lefeber	18:22	Sectional	2002
76	Joe Holzwart	18:24	Sheboygan Lutheran	1998
	Joe Holzwart	18:24	Plymouth	1998
	Rob Mentink	18:24	Valders	1992
	Rob Mentink	18:24	Plymouth	1993
80	Ben Wilson	18:26	Conference	1992
81	Matt Thielke	18:27	Conference	1997
	Brian Cudworth	18:27	Reedsville	1994
83	Rob Mentink	18:28	Conference	1994
	Eric Lefeber	18:28	County	2002
85	Chris Wickesburg	18:29	Kiel	1993
	Chris Wickesburg	18:29	Conference	1994
87	Joe Holzwart	18:30	Sectional	1999
88	Ben Wilson	18:32	County	1992
	Pat Buffington	18:32	Reedsville	2000
	Steve Grunewald	18:32	Sheboygan Lutheran	1995
91	Ben Wilson	18:33	Conference	1993
	Pat Buffington	18:33	Conference	2000
	Joe Holzwart	18:33	Reedsville	1998
94	Brian Sonnenberg	18:34	Cedar Grove	2001
95	Ben Wilson	18:35	Cedar Grove	1992
	Ben Wilson	18:35	County	1993
	Joe Holzwart	18:35	St. Francis	1998
	Matt Thielke	18:35	Cedar Grove	1997
	Eric Lefeber	18:35	Valders	2001
	Rob Mentink	18:35	Cedar Grove	1993





## Howards Grove High School 2002 Cross Country Gatorade "Will to Win" Athletes

Gatorade realizes that many athletes are talented. This award is designed for those few who consistently push themselves to excel at practice and on game day. These athletes see horizons rather than boundaries. They are truly committed to the sport, the competition and to giving their all. To them, sports run a gamut of emotions from the challenge faced in the pursuit of excellence to the joy experienced in moments of triumph. They truly are "Will To Win" athletes.

<b>Meet/Invite</b>	<b>Female Winner</b>	<b>Male Winner</b>
Sheboygan Falls	Cassie Thiel	Eric Lefeber
Kiel	Lindsay Horness	Lucas Boehm
Cedar Grove	Jessica Gollhardt	Pat Buffington
Sheboygan Lutheran	Emily Post	Matt Jahnke
Valders Invite	Cancelled	
Plymouth	Ashley Moore	Tyler Biederwolf
Kewaskum	Emily Post	Adam Hahn
County Meet	Lindsay Horness	Bryan VanDekreeke
Reedsville	Celine Elzinga	Travis Plocar
Campbellsport	Stacy Wiedemann / Emily Post	Justin Valenstein
Conference	Celine Elzinga	Andy Buffington
Sectionals	Lindsay Horness	Eric Lefeber
<b>"Will To Win" Athlete-of-the-Year</b>	Emily Post	Eric Lefeber