

## JESUIT CROSS COUNTRY GOAL SETTING FORM

ATHLETE'S NAME \_\_\_\_\_

CURRENT GRADE \_\_\_\_\_

TRACK P.R.'S      800 \_\_\_\_\_

1500 \_\_\_\_\_

3000 \_\_\_\_\_

XC PR                      5000 \_\_\_\_\_

MY GOALS ARE:

GIRLS                      GOAL SETTING CHART				
400	800	1500	3000	5000
70	2:50	6:00	13:20	23:15
67	2:40	5:40	12:28	21:46
65	2:36	5:30	12:05	21:10
64	2:32	5:20	11:43	20:25
62.6	2:28	5:10	11:20	19:46
60.8	2:24	5:00	10:59	19:08
58.5	2:18	4:50	10:34	18:23
57.5	2:15	4:40	10:14	17:48
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BOYS				
400	800	1500	3000	5000
64	2:32	5:20	11:43	20:25
62.6	2:28	5:10	11:20	19:46
60.8	2:24	5:00	10:59	19:08
58.5	2:18	4:50	10:34	18:23
57.5	2:15	4:40	10:14	17:48
55.9	2:09	4:30	9:49	17:04
54.5	2:07	4:25	9:37	16:42
53.5	2:04	4:20	9:26	16:22
52.5	2:02	4:15	9:14	16:02

SHORT TERM	TIME	PLACE (TEAM/DISTRICT/STATE) (JESUIT ALL TIME LISTS)
AUGUST                      (4K)		
SEPTEMBER                      (5K)		
OCTOBER                      (5K)		
NOVEMBER (STATE)              (5K)		
DECEMBER (NXN/FOOTLOCKER) (5K)		

LONG TERM	TIME	PLACE (TEAM/DISTRICT/STATE) (JESUIT ALL TIME LISTS)
SOPH YEAR		
JUNIOR YEAR		
SENIOR YEAR		
COLLEGE		

**DISTRICT TOP TEN –  
SENIORS -- 5000 METERS**

RANK	NAME	TIME	YEAR
1.	Annamarie Maag	17:29	'10
2.	Adrienne McGuirk	17:36	'07
3.	Adrienne Demaree	17:57	'11
4.	Payton Schutte	18:09	'10
5.	Megan Lafrenz	18:13	'98
6.	Olivia Artaiz	18:15	'11
7.	Amira Joseph	18:15	'10
8.	Katie Sullivan	18:16	'06
9.	Noelle Van Rysselberghe	18:23	'08
10.	Laura Harmon	18:24	'99

**JUNIORS -- 5000 METERS**

RANK	NAME	TIME	YEAR
1.	Melissa Lucas	17:05	'93
2.	Annamarie Maag	17:51	'09
3.	Noelle Van Rysselberghe	18:00	'07
4.	Adrienne McGuirk	18:04	'06
5.	Adrienne Demaree	18:16	'10
6.	Taylor Moscoe	18:34	'12
6.	Maria Salazar	18:34	'07
8.	Ashley Boyle	18:43	'98
9.	Ashley Macy	18:44	'96
10.	Patricia Loughlin	18:47	'03

**SOPHOMORES -- 5000 METERS**

RANK	NAME	TIME	YEAR
1.	Annamarie Maag	18:00	'08
2.	Noelle Van Rysselberghe	18:06	'06
3.	Adrienne Demaree	18:34	'09
4.	Payton Schutte	18:54	'08
5.	Laura Harmon	18:57	'97
6.	Taylor Moscoe	19:03	'11
7.	Claire Hagler	19:04	'06
8.	Liz Miller	19:07	'06
9.	Ashley Macy	19:08	'95
10.	Kellen McKnight-Slotte	19:09	'03

**FRESHMEN -- 5000 METERS**

RANK	NAME	TIME	YEAR
1.	Kim Williams	18:25	'98
2.	Dylan Hite	18:31	'11
3.	Payton Schutte	18:40	'07
4.	Nicole McCullough	18:44	'12
5.	Shannon Mahoney	18:45	'07
6.	Adrienne Demaree	19:00	'08
7.	Noelle Van Rysselberghe	19:03	'05
8.	Katie Sullivan	19:09	'03
9.	Zani Moore	19:17	'11
10.	Katie Leavy	19:19	'12

**DISTRICT MEET COURSE (1993-1996 = PIER PARK, 1997 - = T.H.P.R.D))**

**LOWEST SCORE ALL TIME  
IN METRO LEAGUE HISTORY  
1998 JESUIT GIRLS TEAM**

Place	Name	Time
1.	Megan Lafrenz	18:13
2.	Kim Williams	18:25
3.	Ashley Boyle	18:43
4.	Emily Vala-Haynes	18:55
6.	Leslie Hunsaker	19:01
= 16 pts		
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7.	Laura Harmon	19:07
9.	Natalie Nicholson	19:31

**OSAA STATE MEET RECORDS**

All Time #1 Pack (#1-5)  
2005 Jesuit Girls Team  
(1-5 = 9 sec)

Place	Name	Time
16	Katie Sullivan	19:28
17	Bailey Schutte	19:29
25	Anna Imperati	19:35
26	Maria Salazar	19:35
27	Adrienne McGuirk	19:37

All Time #1 Fastest Pack (#1-7)  
2007 Jesuit Girls Team  
(7 girls Sub 19:52)

Place	Name	Time
2	Adrienne McGuirk	18:19
3	Noelle VanRysselberghe	18:21
12	Payton Schutte	19:10
15	Shannon Mahoney	19:22
17	Maria Salazar	19:28
29	Claire Hagler	19:48
32	Elizabeth Murphy	19:52

**FASTEST 7<sup>TH</sup> RUNNER AT STATE MEET  
(5000 Meters)**

2012- 20:25 Sun	2002- 20:13 Jesuit
2011- 20:07 Jesuit	2001- 21:04 SE
2010- 20:04 Jesuit	2000- 20:47 MTV
2009- 20:02 Jesuit	1999- 20:37 Jesuit
2008- 20:17 Jesuit	1998- 20:24 Jesuit
2007- 19:52 Jesuit	1997- 21:12 MTV
2006- 20:47 Jesuit	1996- 21:02 Jesuit
2005- 20:32 Jesuit	1995- 20:54 Bend
2004- 20:46 Jesuit	1994- 21:09 Jesuit (4 <sup>th</sup> place)
2003- 20:40 Jesuit	1993- 20:18 Jesuit

**DISTRICT TOP TEN - BOYS TEAM  
SENIORS -- 5000 METERS**

RANK	NAME	TIME	YEAR
1.	Rick Cantwell	15:16	'91
2.	David Leavy	15:33	'11
3.	Andrew Bliss	15:23/15:58	'94
4.	Tommy Manning	15:35	'00
5.	Steve Hval	15:35	'80
6.	Michael Maag	15:37	'04
7.	Brian Manning	15:38	'07
8.	Josh Sealand	15:42	'12
9.	Pat Fox	15:43	'80
10.	John Maletis	15:44	'04

**JUNIORS -- 5000 METERS**

RANK	NAME	TIME	YEAR
1.	Seth Wetzel	15:43	'90
2.	Rick Cantwell	15:47	'90
3.	Michael Maag	15:48	'03
4.	Sam Remington	15:49	'12
4.	Ben Demaree	15:49	'08
4.	Andrew Bliss	15:49	'93
7.	Hunter McGuirk	15:50	'11
8.	David Leavy	15:50	'10
9.	John Maletis	15:52	'03
10.	Brian Manning	15:52	'06

**SOPHOMORES -- 5000 METERS**

RANK	NAME	TIME	YEAR
1.	Sam Remington	16:00	'11
2.	Seth Wetzel	16:02	'89
3.	Max Hite ****	16:13	'13***
4.	Hunter McGuirk	16:17	'10
4.	Rick Cantwell	16:17	'89
6.	David Leavy	16:21	'09
7.	Ben Demaree	16:21	'07
8.	Brian Manning	16:23	'05
9.	Josh Sealand	16:27	'10
10.	David McCaslin	16:28	'09

**FRESHMEN -- 5000 METERS**

RANK	NAME	TIME	YEAR
1.	Sam Remington	16:39	'10
1.	Ben Demaree	16:39	'06
3.	Logan Phillips ***	16:42	'13 ***
4.	Steve Loughlin	16:49	'95
5.	Brian Manning	16:55	'04
6.	Liam Keane	17:00	'11
7.	Clint Bergstrom	17:02	'00
8.	Peter Maag	17:06	'04
8.	Pat Fausel	17:06	'00
10.	Josh Sealand	17:10	'09

**METRO LEAGUE MEET RECORDS**

**All Time Fastest Packs**

(#1-5 = Sub 15:59)  
1988 Sunset Apollos

#1-7 = Sub 16:12  
2012 Jesuit Crusaders

Place	Name	Time	Place	Name	Time
1	Helzer	15:38	2	Josh Sealand	15:42
2	Haroldson	15:45	4	Sam Remington	15:49
3	Clayton	15:55	5	Brian McDavitt	15:50
4	Joseph	15:56	9	Hunter McGuirk	16:00
5	DeCarli	15:59	10	Matt Piercy	16:01
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7	Arenz	16:12	11	Alex Joseph	16:05
8	Kindred	16:15	13	Mike Godbout	16:12

(Pier park = 4920m)

**OSAA STATE MEET RECORDS**

All Time #1 Pack (#1-5)  
2008 Jesuit Boys Team  
(1-5 = 10.4 sec)

Place	Name	Time
3	Andy Kiyokawa	16:04
4	Ben Demaree	16:05
5	Christian Burger	16:07
6	Willie Milam	16:10
10	Pat Maag	16:15
20	Winston Neville	16:31
	Dalton Petursson	17:04

All Time #1 Pack (#1-7)  
2002 Jesuit Boys Team  
(1-7 = 25 sec)

Place	Name	Time
29	John Maletis	16:28
31	Ben Artaiz	16:32
37	Joe Walsh	16:35
42	Clint Bergstrom	16:40
54	Michael Maag	16:50
60	Eric Laurel	16:52
62	Patrick Fausel	16:53

**METRO LEAGUE MEET  
RECORDS**

All Time #1 Tighest Pack (#1-5)  
2002 Jesuit Boys Team  
(1-5 = 13 sec)

Place	Name	Time
5	Joe Walsh	16:27
6	Ben Artaiz	16:29
9	John Maletis	16:38
10	Eric Laurel	16:38
11	Patrick Fausel	16:40
16	Michael Maag	16:48
17	Clint Bergstrom	16:55

All Time #1 Pack (Fastest top 7)  
2012 Jesuit Boys Team  
(7 boys sub 16:12)

Place	Name	Time
2	Josh Sealand	15:42
4	Sam Remington	15:49
5	Brian McDavitt	15:50
9	Hunter McGuirk	16:00
10	Matt Piercy	16:01
11	Alex Joseph	16:05
13	Mike Godbout	16:12