

30th Annual St. Paul's (Janesville) FLAMES Invitational Cross Country Meet
Co-Sponsored by the Tuesday Morning Optimist Club
September 10, 2010
Results also posted at: www.stpaulsjanesville.com

FINAL RESULTS

PLACE	TEAM	POINTS
1 st	St. John Vianney, Janesville	428
2 nd	St. Paul's, Janesville	498
3 rd	St. Paul's, Lake Mills	522
4 th	St. Mary's, Janesville	538
5 th	St. Joseph's, Ft. Atkinson	628
6 th	St. Paul's, Ft. Atkinson	729
7 th	TSL, Watertown	757
8 th	St. Matthew's, Oconomowoc	801
9 th	St. William's, Janesville	854
10 th	Peace Lutheran, Sun Prairie	868
11 th	St. John's, Juneau	881
12 th	St. Matthew's, Janesville	930
13 th	OLA, Beloit	944
14 th	St. Stephen's, Beaver Dam	998
15 th	St. Patrick's, Janesville	1004
16 th	St. John's, Jefferson	1050
17 th	Lebanon Lutheran, Watertown	1065
18 th	Holy Cross, Madison	1069
19 th	Our Redeemer, Madison St. Peter's, South Beloit	1108
20 th	Eastside, Madison	1114
21 st	St. John's, Watertown	1121
22 nd	St. Paul's, Ixonia	1145
23 rd	Faith Community, Ft. Atkinson	1168

Explanation: To determine TEAM POINTS for this meet, we took the first 3 runners for each school for each race and added up the numbers of each group. If a school did not have three runners for a particular race, they got one number higher than the last place person for that race. Grades with more runners pushed last places higher. This scoring method gives the slower runners for a school a feeling of being able to help their school win by adding to the total number even if they are not in the top 3 for their school. Each runner is rewarded with a certificate showing how well he or she did at the meet. **NOTE:** In each box on the FINAL TALLY SHEET, the # in the bottom right corner of each box is the score for that race.

FLAMES CROSS COUNTRY MEET RECORDS

Grade & Gender (Year)	Name	School	Time	Dist.
4th Girls (2010)	Hannah Willems	TSL, Watertown	7:12	1.0 mi.
4th Boys (2010)	Max Thiele	St. Matthew's, Oconomowoc	6:37	1.0 mi.
5 th Girls (2007)	Morgan McCulloch	St. William's, Janesville	6:40	1.0 mi.
5 th Boys (2004)	Russell Sandvold	St. Matthew's, Oconomowoc	5:49	1.0 mi.
6 th Girls (2009)	Kaitlyn Foster	St. John Vianney, Janesville	6:21	1.0 mi.
6 th Boys (2005)	Russell Sandvold	St. Matthew's, Oconomowoc	5:53	1.0 mi.
7 th Girls (2007)	Madison Dumke	St. Paul's, Ft. Atkinson	6:09	1.0 mi.
7 th Boys (2006)	Russell Sandvold	St. Matthew's, Oconomowoc	8:58	1.5 mi.
8 th Girls (2003)	Abby Thrans	St. Paul's, Ixonia	5:54	1.0 mi.
8 th Boys (2007)	Tommy Meister	St. Mary's, Janesville	8:27	1.5 mi.