

**29<sup>th</sup> Annual St. Paul's (Janesville) FLAMES Invitational Cross Country Meet**  
**Co-Sponsored by the Tuesday Morning Optimist Club**  
**September 11, 2009**  
**Results posted at: [www.stpaulsjanesville.com](http://www.stpaulsjanesville.com)**

**FINAL RESULTS**

<b>PLACE</b>	<b>TEAM</b>	<b>POINTS</b>
1 <sup>st</sup>	St. John Vianney, Janesville	212
2 <sup>nd</sup>	St. Joseph's, Ft. Atkinson	451
3 <sup>rd</sup>	St. Paul's, Lake Mills	463
4 <sup>th</sup>	St. Mary's, Janesville	485
5 <sup>th</sup>	St. Paul's, Janesville	503
6 <sup>th</sup>	Peace, Sun Prairie	539
7 <sup>th</sup>	St. William's, Janesville	581
8 <sup>th</sup>	St. Matthew's, Oconomowoc	600
9 <sup>th</sup>	Trinity-St. Luke's, Watertown	620
10 <sup>th</sup>	OLA, Beloit	780
11 <sup>th</sup>	St. Mark's, Watertown	782
12 <sup>th</sup>	St. Matthew's, Janesville	792
13 <sup>th</sup>	St. Stephen's, Beaver Dam	823
14 <sup>th</sup>	Lebanon Lutheran, Watertown	854
15 <sup>th</sup>	St. Paul's, Ixonia	874
16 <sup>th</sup>	St. Peter's, South Beloit	881
17 <sup>th</sup>	St. Paul's, Ft. Atkinson	886
18 <sup>th</sup>	St. John's, Jefferson	907
19 <sup>th</sup>	Holy Cross, Madison	919
20 <sup>th</sup>	St. John's, Watertown	983
21 <sup>st</sup>	Our Redeemer, Madison	993

**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**

<u>Grade &amp; Gender (Year)</u>	<u>Name</u>	<u>School</u>	<u>Time</u>	<u>Dist.</u>
5 <sup>th</sup> Girls (2007)	Morgan McCulloch	St. William's, Janesville	6:40	1.0 mi.
5 <sup>th</sup> Boys (2004)	Russell Sandvold	St. Matthew's, Oconomowoc	5:49	1.0 mi.
<b>6<sup>th</sup> Girls (2009)</b>	<b>Kaitlyn Foster</b>	<b>St. John Vianney, Janesville</b>	<b>6:21</b>	<b>1.0 mi.</b>
6 <sup>th</sup> Boys (2005)	Russell Sandvold	St. Matthew's, Oconomowoc	5:53	1.0 mi.
7 <sup>th</sup> Girls (2007)	Madison Dumke	St. Paul's, Ft. Atkinson	6:09	1.0 mi.
8 <sup>th</sup> Girls (2003)	Abby Thrans	St. Paul's, Ixonia	5:54	1.0 mi.
7 <sup>th</sup> Boys (2006)	Russell Sandvold	St. Matthew's, Oconomowoc	8:58	1.5 mi.
8 <sup>th</sup> Boys (2007)	Tommy Meister	St. Mary's, Janesville	8:27	1.5 mi.