

Matt Adams

Career Honors

Letterwinner: 2021, 23-24
Academic All-State: 2023-24

Trojan Award: 2023-24
Team Captain: 2024

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	~	~	~	7	848	1297	65%	9:38	~	12	92	206	~	2	~
Junior	2	440	529	83%	6	603	850	71%	9:59	27	15, 2	~	89	~	3	~
Sophomore	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	1	253	352	72%	10:20	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	2	440	529	83%	14	1704	2499	68%
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5k PR: 16:29	Runners Beaten	2144	5	0
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Running has always been a part of my life and being a part of Wayzata Cross Country has made that time so much more special. I haven't had a straightforward path to get to where I am today, but the people I've met and places I've been have made it all worth it. Cross country is a lifelong sport and the community that wayzata cross country brought to my life will forever foster my love for the sport and my love for running. The people I've met in this sport will be my lifelong friends and mentors and have taught me some of the most important things I know as an athlete. This season in particular, the community has been very strong. My advice to younger athletes is to enjoy the journey and don't worry about the destination. Thinking about the future takes your mind out of the present and you can miss amazing opportunities and moments. This applies to running and just being a person. Go out and have some fun, enjoy yourself, explore, meet new people, and most importantly be kind and smile. This sport is meant to be fun, don't get caught up in the nitty gritty. --Matt



Career Honors

Mitaunshu Agrawal

Letterwinner: 2024

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	6	906	1307	69%	~	~	~	~
Junior	6	880	1276	69%	~	~	~	~
Sophomore	6	931	1440	65%	~	~	~	~
Freshman	5	716	1417	51%	~	~	~	~

Career	23	3433	5440	63%	0	0	0	~
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5k PR: 17:56	Total Runners Beaten 3433
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EVENTS	SNL	Lake	Section /JV	State	NXR	NXN	Top 20s	Wins
Senior	11:30	56	39	~	234	~	2	~
Junior	11:27	~	33	~	221	~	1	~
Sophomore	12:03	93	43	~	175	~	~	~
Freshman	12:59	125	69	~	~	~	~	~
							3	0



Dean Aiken

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	4	533	983	54%	~	~	~	~
Junior	5	269	1039	26%	~	~	~	~
Sophomore	6	459	1703	27%	~	~	~	~
Freshman	~	~	~	~	~	~	~	~

<i>Career</i>	15	1261	3725	34%	0	0	0	~
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5k PR: 21:12

Total Runners Beaten 1261

EVENTS	SNL	Lake	Lefty	State	NXR	NXN	Top 20s	Wins
Senior	12:26	151	~	~	~	~	~	~
Junior	12:45	167	95	~	340	~	~	~
Sophomore	13:50	166	80	~	294	~	~	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							0	0



Kiki Burmester

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	5	994	1281	78%	~	~	~	~
Junior	~	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~

<i>Career</i>	5	994	1281	78%	0	0	0	~
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5k PR: 18:07

Total Runners Beaten 994

EVENTS	SNL	Lake	Lefty	State	NXR	NXN	Top 20s	Wins
Senior	11:15	~	29	~	238	~	3	~
Junior	~	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							3	0



Aidan Coutu

Letterwinner: 2024

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	7	1033	1564	66%	~	~	~	~
Junior	4	608	999	61%	~	~	~	~
Sophomore	6	1091	1737	63%	~	~	~	~
Freshman	4	222	931	24%	~	~	~	~

Career	21	2954	5231	56%	0	0	0	~
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5k PR: 18:39

Total Runners Beaten 2954

EVENTS	SNL	Lake	Lefty	State	NXR	NXN	Top 20s	Wins
Senior	11:26	29	42	~	277	~	~	~
Junior	12:12	98	~	~	222	~	1	~
Sophomore	12:19	~	52	~	212	~	~	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							1	0



James Caine

Letterwinner: 2024

Career Honors

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	5	803	1122	72%	~	~	~	~	~	76	49	~	~	~	~	~
Junior	6	829	1111	75%	~	~	~	~	11:19	83	44	~	~	~	1	~
Sophomore	6	984	1613	61%	~	~	~	~	12:34	119	54	~	~	~	~	~
Freshman	5	518	1417	37%	~	~	~	~	13:21	169	102	~	~	~	~	~

Bolded Results are Varsity

Career	22	3134	5263	60%	0	0	0	~
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5k PR: 19:14	Runners Beaten	3134	1	0
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Since 7th grade, I have run XC. Although I may not have had a very decorated career, it has blessed me in ways past new PRs. Throughout a season, many of the runs are not enjoyable for me due to excessive heat, soreness or pain, and sometimes unwarranted porta stops. Throughout these perils, I have gained discipline, and have learned lessons in perseverance. A cross-country race may just be one of the hardest feats to succeed in throughout high school sports. The thought of intentionally putting your body through pain just to run 5 kilometers and end up right around the same spot you started is not very appealing to most people. However, doing it for 6 years has taught me invaluable skills that will be beneficial throughout my life. In addition to discipline, it has allowed me to stay in great shape and justify putting down that extra burger for lunch. The last and most important aspect of XC that I have enjoyed is the quality of people on the team. Comparing it with all other fall sports, it is clear that the guys on this team are more consistently quality people with great work ethics. I am deeply grateful for the coaches and everyone who contributed to my success as a runner throughout all these years, and I will cherish the great moments and experiences I have had. --James



Grant Chabot

Team Captain: 2024
Letterwinner: 2023-24

Career Honors

Trojan Award: 2024

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	4	614	838	73%	3	241	358	67%	10:01	6	18	~	194	~	4	~
Junior	6	1026	1249	82%	1	52	74	70%	10:29	6	16	~	186	~	5	~
Sophomore	6	1354	1598	85%	1	25	90	28%	11:02	15	27	~	135	~	3	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	16	2994	3685	81%	5	318	522	61%
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5k PR: 17:18	Runners Beaten	3312	12	0
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I first got interested in cross country when my younger brother got an invitation to run at NXR in Sioux Falls. He came home excited and told me. I looked him dead in the eye and said, "Not happening." There was absolutely no shot that my parents would bring a 7th grader out to another state to run for 20 minutes. Of course, my family of 5 packed up the car and drove 3 hours out to South Dakota, where Will ran 2 loops around some boring flat soccer fields. And yet, something intrigued me. Whether it was the atmosphere or the smile on Will's face when he finished, I thought I might want to give this sport a try. Why not? I did the summer clinic the year prior, and I already had some friends on the team. The following year I quit soccer, joined Wayzata Cross Country, and immediately felt as if I had made the right decision. I made some upper-class friends, ran some fast times, and fit right in. Fast forward to this year, and I had made friends younger than me, ran a few somewhat-fast times, and attended multiple carb-ups with perfectly normal conversations and behavior. While some of the races this year didn't turn out as hoped, I am still unbelievably glad I joined the team. No other sports community could possibly replace the group of guys I was lucky enough to meet or given me the opportunities that I got the past 3 years. -- Grant



Alex Haag

Career Honors

Team Captain: 2024

Academic All-State: 2023-24

Most Improved Season: 2022

All-Conference: 2023-24

All-State: 2024

Letterwinner: 2022-24

Trojan Award: 2024

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	~	~	~	8	1237	1365	91%	9:30	4	2	8	51	~	6	1
Junior	~	~	~	~	9	901	1496	60%	9:53	17	12	53	160	170	5	~
Sophomore	~	~	~	~	4	908	1139	80%	10:20	~	~	~	~	~	1	~
Freshman	6	1485	1671	89%	~	~	~	~	11:53	16	1	~	88	~	3	1

Bolded Results are Varsity

Career	6	1485	1671	89%	21	3046	4000	76%
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5k PR: 15:30	Runners Beaten	4531	15	2
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When I joined cross country in middle school, I would never have expected that it would have taken me to where I am now. This team has been such a huge part of my life over the last four years, and I can't even begin to express how thankful I am for all the experiences I have had. Running became more than just a sport. For me, it was a way to decompress at the end of each day and with that build lifelong connections along the way. No matter how hard the workout was, I always looked forward to practice. The people that I have met including new teammates, coaches, or competitors have all been huge parts in my journey. Overall, cross country has taught me more about being a better person than an athlete, and those are lessons I can carry throughout my entire life. - Alex



Tal Havalio

Career Honors

Team Captain: 2024

Letterwinner: 2023, 24

Most Improved Career: 2024

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	3	600	728	82%	4	307	676	45%
Junior	5	1033	1247	83%	2	163	502	32%
Sophomore	1	224	234	96%	3	378	728	52%
Freshman	4	457	931	49%	~	~	~	~

<i>Career</i>	13	2314	3140	74%	9	848	1906	44%
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5k PR: 16:58

Total Runners Beaten 3162

EVENTS	SNL	Lake	Lefty	State	NXR	NXN	Top 20s	Wins
Senior	10:08	51	3	~	126	~	3	~
Junior	10:18	27	11	~	156	~	3	~
Sophomore	11:12	96	~	~	~	~	1	~
Freshman	14:17	130	55	~	~	~	~	~
Bold denotes Varsity Competition							7	0



Steven Hawkins

Letterwinner: 2024

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	5	778	901	86%	~	~	~	~
Junior	6	930	1111	84%	~	~	~	~
Sophomore	4	702	1016	69%	~	~	~	~
Freshman	5	645	1417	46%	~	~	~	~

Career	20	3055	4445	69%	0	0	0	~
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5k PR: 18:29

Total Runners Beaten 3055

EVENTS	SNL	Lake	Lefty	State	NXR	NXN	Top 20s	Wins
Senior	10:47	28	21	~	~	~	1	~
Junior	11:02	61	31	~	~	~	1	1
Sophomore	12:31	94	~	~	~	~	~	~
Freshman	13:00	132	78	~	~	~	~	~
Bold denotes Varsity Competition							2	1



Liam Helm

Letterwinner: 2024

Career Honors

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	5	988	1204	82%	2	120	159	75%	10:19	8	10	~	190	~	5	~
Junior	7	1239	1546	80%	~	~	~	~	11:00	19	21	~	206	~	3	~
Sophomore	6	1277	1613	79%	~	~	~	~	12:06	62	31	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	18	3504	4363	80%	2	120	159	75%
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5k PR: 17:28	Runners Beaten	3624	8	0
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Running for Wayzata Cross Country has been the best three years of my life. After starting my Cross Country journey as a sophomore, I have had the opportunity to take part in many adventures alongside an awesome group of teammates and coaches. I have made many friends, achieved new things, and have been part of one of the best Cross Country teams in Minnesota. I always look forward to the opportunity to set new personal records and progress throughout the Cross Country seasons. I enjoy setting new goals for myself and training hard to achieve these goals. After three years of running for Wayzata Cross Country, I have found myself achieving things that I did not think were possible when I first joined Cross Country and am very grateful to have been part of this special team. Running for this team has truly been an honor and I look forward to looking back on many great memories. - Liam



Owen Horsley

Career Honors

Team Captain: 2024

Trojan Award: 2024

Letterwinner: 2023-24

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	5	1003	1047	96%	1	39	65	60%
Junior	4	795	839	95%	2	124	169	73%
Sophomore	5	1212	1278	95%	1	23	90	26%
Freshman	5	982	1417	69%	~	~	~	~

<i>Career</i>	19	3992	4581	87%	4	186	324	57%
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5k PR: 17:26

Total Runners Beaten 4178

EVENTS	SNL	Lake	Lefty	State	NXR	NXN	Top 20s	Wins
Senior	10:25	13	6	~	~	~	5	~
Junior	10:31	9	15	~	~	~	5	~
Sophomore	11:04	20	16	~	~	~	5	~
Freshman	12:01	76	28	~	~	~	~	~
Bold denotes Varsity Competition							15	0



Tyler Jensen

Career Honors

Letterwinner: 2024

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	2	96	203	47%	~	~	~	~
Junior	7	733	1514	48%	~	~	~	~
Sophomore	6	817	1741	47%	~	~	~	~
Freshman	5	336	1417	24%	~	~	~	~

<i>Career</i>	20	1982	4875	41%	0	0	0	~
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5k PR: 19:49

Total Runners Beaten 1982

EVENTS	SNL	Lake	Lefty	State	NXR	NXN	Top 20s	Wins
Senior	11:56	~	95	~	~	~	1	~
Junior	12:38	110	63	~	282	~	~	~
Sophomore	12:45	134	57	~	239	~	~	~
Freshman	14:36	186	144	~	~	~	~	~
Bold denotes Varsity Competition							1	0



Jack Kahlstorf

Letterwinner: 2023-24

Career Honors

Team Captain: 2024

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	5	998	1206	83%	~	~	~	~	10:24	~	12	~	166	~	3	1
Junior	4	944	1126	84%	2	106	169	63%	10:30	2	~	~	167	~	4	~
Sophomore	7	1550	1933	80%	~	~	~	~	11:59	35	17	~	121	~	1	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	16	3492	4265	82%	2	106	169	63%
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5k PR: 17:09	Runners Beaten	3598	8	1
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My cross country career started differently than many others as I almost didn't run at all. I did not participate in my freshman year and had no plans to join as a sophomore. I was convinced to join track on the last day of the sign up and grew my passion for the sport from there. I had the pleasure of running with some of my best friends from over the years and I met many of my future friends as well. The relationships I built will stay with me forever and I will always cherish the memories of carb ups, bus rides and cheering on my teammates. I will always be thankful for the time and effort my coaches put into making me a better runner and a better person throughout the years. I've grown to know them as more than just a coach but also as role models in my life. Being able to just laugh and talk about whatever with them was always an amazing feeling. Lastly, I am beyond thankful for Wayzata XC as a program for being somewhere I wanted to be every day. -Jack



Hudson McMillan

Career Honors

Letterwinner: 2023-24

Team Captain: 2024

Most Improved, Season: 2023

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	2	395	396	99%	2	177	353	50%	~	26	1	~	152	~	2	1
Junior	4	844	923	91%	3	138	209	66%	10:27	22	26, 4	~	75	~	3	~
Sophomore	5	1419	1633	87%	~	~	~	~	10:59	~	~	~	137	~	1	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	11	2658	2952	90%	5	315	562	56%
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5k PR: 16:29	Runners Beaten	2973	6	1
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Cross-country is an interesting sport, because it seems like half the time I'm training for biking. I have had many injuries over the last three years of full time training, and although it may be odd, I'm thankful for them. Not being able to run is probably the only thing that forces me to step back and appreciate how much I really enjoy the sport. Even though I probably didn't reach my full potential (because of the injuries), I still achieved more than I initially expected, and you don't even need to run fast to have fun with your friends. To anyone reading this, don't take running, nor the incredible people on this team, for granted. Enjoy every moment of it, and have no regrets. --Hudson



Phineas Mitchell

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	3	195	571	34%	~	~	~	~
Junior	~	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~

<i>Career</i>	3	195	571	34%	0	0	0	~
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5k PR: 23:14

Total Runners Beaten 195

EVENTS	SNL	Lake	Section	State	NXR	NXN	Top 20s	Wins
Senior	13:13	~	~	~	~	~	~	~
Junior	~	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							0	0

Aiden Murray

Career Honors

Letterwinner: 2024

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	6	826	1307	63%	~	~	~	~
Junior	5	681	1120	61%	~	~	~	~
Sophomore	6	784	1741	45%	~	~	~	~
Freshman	5	743	1417	52%	~	~	~	~

<i>Career</i>	22	3034	5585	54%	0	0	0	~
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5k PR: 18:46

Total Runners Beaten 3034

EVENTS	SNL	Lake	Lefty	State	NXR	NXN	Top 20s	Wins
Senior	11:29	69	47	~	295	~	1	~
Junior	11:28	100	54	~	208	~	1	~
Sophomore	12:46	147	58	~	228	~	~	~
Freshman	13:00	120	54	~	~	~	~	~
Bold denotes Varsity Competition							2	0



Ryan Oswald

Letterwinner: 24

Career Honors

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	2	45	505	9%	~	~	~	~	~	195	~	~	~	~	~	~
Junior	1	7	121	6%	~	~	~	~	~	~	115	~	~	~	~	~
Sophomore	1	19	234	8%	~	~	~	~	~	~	~	~	~	~	~	~
Freshman	4	96	1175	8%	~	~	~	~	15:45	197	203	~	~	~	~	~

Bolded Results are Varsity

Career	8	167	2035	8%	0	0	0	~
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5k PR: 24:38	Runners Beaten	167	0	0
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In 7th grade I followed my brother by pursuing cross country thinking, "It's just running, that's easy enough." It turned out I was wrong. Running is a demanding activity that really requires everything you have got. Connections and bonds are made not in spite of the pain, but because of it. With the vast support of the great team of coaches and my teammates, I have been on the cross country team for 6 years; that is 35% of my life. For 35% of my life I have been with the best, most supportive team, and have made lifelong friendships, making it truly been the best part of my life. During this time I have had some great moments. For instance, during Covid, the opportunity to meet in pods and run around Medicine Lake was a break from the isolation and afterwards jumping in for a swim was the brightest spot in a dark time. Through cross country I have also been able to learn very important values. XC has especially taught me to be persistent no matter what is thrown at you. I have had some crappy seasons, riddled with illness and injury, and through all of it, sticking with it is the key. I am so extremely thankful for all of my coaches and teammates that have worked to build me up over the past 6 years. I am thankful for those who have been there for those bright moments, for the long runs, and the tough workouts. I am thankful for all the connections that I have made and the growth that I have experienced, not just in running but as a person.

-Ryan



Grant Pearson

Career Honors

Letterwinner: 2024

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	7	1131	1564	72%	~	~	~	~
Junior	6	836	1111	75%	~	~	~	~
Sophomore	7	1659	1971	84%	~	~	~	~
Freshman	6	1345	1780	76%	~	~	~	~

<i>Career</i>	26	4971	6426	77%	0	0	0	~
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5k PR: 18:06	Total Runners Beaten 4971
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EVENTS	SNL	Lake	Lefty	State	NXR	NXN	Top 20s	Wins
Senior	11:12	44	46	~	235	~	2	~
Junior	11:46	58	35	~	~	~	1	~
Sophomore	11:29	26	18	~	151	~	1	~
Freshman	11:54	56	~	~	108	~	~	~
Bold denotes Varsity Competition							4	0



Dan Salatino

Career Honors

Team Captain: 2024

Letterwinner: 2021-24

All-Conference HM: 2022-24

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	2	341	517	66%	2	231	509	45%
Junior	~	~	~	~	8	733	1401	52%
Sophomore	~	~	~	~	7	1061	1413	75%
Freshman	4	886	931	95%	1	123	171	72%

<i>Career</i>	6	1227	1448	85%	18	2148	3494	61%
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5k PR: 16:20

Total Runners Beaten 3375

EVENTS	SNL	Lake	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	10:29	28	2	~	176	~	1	~
Junior	9:54	19	13	124	161	193	3	~
Sophomore	~	24	19	93	~	193	3	~
Freshman	10:32	2	2	~	~	~	3	~
Bold denotes Varsity Competition							10	0



Jacob Steiner

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	3	447	803	56%	~	~	~	~
Junior	7	1022	1519	67%	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~

<i>Career</i>	10	1469	2322	63%	0	0	0	~
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5k PR: 18:17

Total Runners Beaten 1469

EVENTS	SNL	Lake	Lefty	State	NXR	NXN	Top 20s	Wins
Senior	11:40	~	68	~	260	~	~	~
Junior	11:18	62	34	~	257	~	1	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							1	0



Ryan Sullwold

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	1	67	139	48%	~	~	~	~	~	~	73	~	~	~	~	~
Junior	4	599	981	61%	~	~	~	~	~	59	36	~	238	~	~	~
Sophomore	7	1233	1937	64%	~	~	~	~	12:36	67	32	~	131	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

Bolded Results are Varsity

Career	12	1899	3057	62%	0	0	0	~
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5k PR: 18:05	Runners Beaten	1899	0	0
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I started running because my dad and grandpa were both runners, but I kept running for me. Cross country is a special sport, the team is more than a team, it's a tight-knit community. Every run, workout, and cross training day which were most days, was made doable because of my teammates. We always pushed each other to be the best versions of ourselves and made it fun on the way. The coaches were always supportive and made sure to put us on a certain path to success. Anyone who has been a runner, is a runner, or has supported a runner knows that it is not an easy sport. I have learned through multiple injuries and lengthy rehabilitations, that I can persevere through the toughest times. This is not just a lesson for cross country, but for my life. I know that like a race, life events may not always work out exactly as I plan, but if I stay the course, I know now that I can face challenges with courage and celebrate wins with a lot of gratitude. --Ryan



Career Honors

Jaden Van Heel

Letterwinner: 2024

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	5	703	1279	55%	~	~	~	~
Junior	7	927	1519	61%	~	~	~	~
Sophomore	5	654	1105	59%	~	~	~	~
Freshman	5	658	1417	46%	~	~	~	~

Career	22	2942	5320	55%	0	0	0	~
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5k PR: 18:26

Total Runners Beaten 2942

EVENTS	SNL	Lake	Section	State	NXR	NXN	Top 20s	Wins
Senior	11:43	81	57	~	311	~	~	~
Junior	~	70	43	~	270	~	1	~
Sophomore	12:05	84	45	~	180	~	~	~
Freshman	12:58	129	~	~	~	~	~	~
Bold denotes Varsity Competition							1	0



Will Weber

Career Honors

All-State: 2022-24

All-Conference: 2021-23

Academic All-State: 2022-24

Team Captain: 2024

Trojan Award: 2024

Letterwinner: 2021-24

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Sections	State	NXR	NXN	Top 20s	Wins
Senior	~	~	~	~	3	598	643	93%	9:45	~	~	4	39	~	2	~
Junior	~	~	~	~	9	1418	1496	95%	9:23	1	2	3	11	55	8	2
Sophomore	~	~	~	~	8	1632	1809	90%	9:42	4	6	9	42	83	5	~
Freshman	~	~	~	~	9	1336	1850	72%	10:18	9	14	27	63	241	4	~

Bolded Results are Varsity

Career	0	0	0	~	29	4984	5798	86%
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5k PR: 15:05	Runners Beaten	4984	19	2
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The past six years have been a blur. It feels like just yesterday that my mom was signing me up for the cross country summer clinic in seventh grade. Little did I know then that running would become my biggest passion. I will always remember the success my teammates and I have had throughout my four years. However, what I will remember most is the friendships and memories I have made through cross country. I can not put into words how grateful I am for them as they have pushed me to be a better runner and person. I would also like to thank my coaches for always believing in me and supporting me. They have not only been my coaches but also people I look up to in my life. I will also always remember coming to Monday practices and talking about the Packers game with coach Heebink. Overall, I am so grateful for everything that Wayzata Cross Country has done for me. --Will

