

## 2014 Preview

### And their off!

The starting gun for the 2014 cross country season will begin on Friday, Aug. 22 Minot Invite/Star City Run in Velva. The annual Jamestown 'Orr'ignals Invite will be held a day later. A handful of Western Dakota Association members will compete there. On Aug. 28, the annual Rusty Bucket Meet in Bismarck will take place.

### Regular Season

All 10 teams will participate in a number of meets across the region, state and beyond from late August through mid-October. Most of the WDA programs will be in Mandan on Sept. 13 for the Kiwanis Classic held at Mandan Municipal Golf Course. McDowell Dam Recreation Area east of Bismarck will be the site for the Anderson/Stavn Invite on Sept. 20. Minot will host a Pre-State Meet on Oct. 4 at Souris Valley Golf Course which many teams are expected compete in. That course will host the state meet on Oct. 25. Other meets which will likely see a good WDA representation include the Jamestown 'Orr'ignals Invite, Aug. 23; Becki Wells Invite in Dickinson, Sept. 6; and the Bismarck Anderson/Stavn Invite on Sept. 20 at McDowell Dam, east of Bismarck.

### Postseason schedule

McDowell Dam Recreation Area east of Bismarck



*Dickinson's Jackson Binstock is one of four returning runners who earned all-state and all-WDA honors in 2013. (Photo courtesy of the Dickinson Press).*

will be the site of this year's WDA Championships on Oct. 11. The top 20 individual finishers will earn all-WDA/region honors. The Class A state meet will be in Minot on Aug. 24 at the Souris Valley Golf Course. The top 20 individual runners will earn all-state honors.

### Weekly Poll

Class A coaches will conduct a weekly poll to rank the top five teams in the state as well as the top 10 individual runners.

### This and that

#### Legacy joins the race

Bismarck Legacy will compete at the varsity level for the first time since joining the WDA. The Sabers lineup will feature mostly underclassmen.

### BHS reloads

Bismarck High graduated seven all-region runners; three of which earned all-state honors. However, the cupboard is far from bare for the 9-time defending state champion Demons. The program still has a number of talented runners on the roster, including two all-state performers and three more which were all-WDA in 2013. BHS is again the pre-season favorite to win the Class A title.

### Fab four

Four WDA runners who earned all-state honors last season return. BHS junior Sam Clausnitzer (2nd, 16:00.8); Dickinson senior Jackson Binstock (7th,

16:22.1); BHS senior Tom Clausnitzer (9th, 16:33.3); and Century senior Kalen Two Crow (15th, 16:47.0).

### A busy place

The McDowell Dam Recreation Area five miles east of Bismarck will get plenty of use this fall by WDA teams. The site will host four WDA cross country meets, including the WDA Championships on Oct. 11. Other meets include the Rusty Bucket Meet, Aug. 28; Anderson-Stavn Invite, Sept. 20; River City Fall Classic, Oct. 15.

### So long, Clint

A new era begins with Williston's cross country program. Long-time coach Clint Chamberlin stepped down after last season. He guided the Coyotes program to three state championships and coached a handful of individual state champions during his long tenure. Shane Wahlstrom is Williston's new coach.

### Covering the miles

Several teams will be representing the WDA in races outside of the state this fall. Dickinson, Mandan and Legacy will compete in Rapid City, S.D. at the Elks Invite, Sept. 26. Bismarck High and Century will run in the Roy Griak Invite in St. Paul on Sept. 27. Minot will run at the Milaca, MN Mega Meet on Sept. 27. Jamestown will compete in the Optimist Meet in Willmar, MN on Sept. 27.

## 2013 Review

- Bismarck High won its ninth consecutive Class A title and 16th overall.
- Three WDA teams finished in the top five (BHS, 1st; Minot, 3rd; Century, 5th).
- Ten WDA runners earned all-state honors.
- Bismarck High senior Matt Gotta won both the West Region and Class A individual titles. He was also senior region athlete of the year and was selected as the Gatorade cross country runner of the year.
- Minot hosted the WDA Meet on Oct. 12.
- Eleven of the all-state finishers were seniors.
- Bismarck High won its ninth consecutive WDA championship.
- Minot and Williston were the only WDA teams besides BHS to win a regular season meet.
- Four of Jamestown's regular season meets were held in Minnesota.
- Long-time Williston coach Clint Chamberlin stepped down following the season. He guided the Coyotes to three state titles.
- Bismarck High co-coaches Dave Zittleman and Darrell Anderson earned state coach of the year honors.
- Bismarck High held the top spot in the coaches poll every week of the season.

### Postseason Playback

Bismarck High continued its dominance in the postseason, winning the WDA Championships for a ninth year in a row and then the Class A State Meet two weeks later.

At the WDA Championships in Minot, the Demons had four of the top six finishers, including individual winner Matt Gotta. He completed the 5,000 meter course in 16:09.71. Century was runner-up with Minot placing third; Williston, fourth; Mandan, fifth; Dickinson, sixth; Jamestown, seventh.

The top 20 individual finishes earned all-WDA honors.

### WDA Championships (Oct. 12)

#### Team totals (5,000 meters)

1. Bismarck High, 19; 2. Century, 67; 3. Minot, 138; 4. Williston, 159; 5. Mandan, 227; 6. Dickinson, 232; 7. Jamestown, 266.

**Individual champion:** Matt Gotta, BHS, 16:09.71

**All-Region:** 1. Matt Gotta, BHS, 16:09.71; 2. Jackson Binstock, Dick., 16:29.82; 3. Sam Clausnitzer, BHS, 16:34.46; 4. Preston Lerew, BHS, 16:36.61; 5. Tom Clausnitzer, BHS, 16:39.38; 6. Logan Fischer, BHS, 17:10.93; 7. Ryan Fetch, Cent., 17:13.70; 8. Andrew Kohler, Cent., 17:15.47; 9. Kalen Two Crow, Cent., 17:17.04; 10. Sean Krill, Min.,

17:17.91; 11. Brennan Goldade, Will., 17:20.97; 12. Dylan Werner, BHS, 17:30.08; 13. Dan Bullinger, BHS, 17:31.70; 14. Leif Everson, Will., 17:38.26; 15. Tayler Wescom, BHS, 17:41.02 15; 16. Nils Aardahl, BHS, 17:41.63; 17. Sam Markle, BHS, 17:45.49; 18. Jaden Fettig, BHS, 17:46.36; 19. Jack Gasper, BHS, 17:46.93; 20. Aaron Ford, Jam., 17:48.11 20. At the state meet, BHS had five runners in the top 20, including four in the top 10 to capture its 10th-straight Class A title. M. Gotta was individual champion. He completed the 5,000 meter Valley City course in 15:50. The Demons team score of 29 was well ahead of runner-up Fargo Davies. Minot was the next WDA finisher, taking third. Century, fifth; Williston, seventh; Mandan, 11th; Dickinson, 12th; Jamestown, 13th.

### Class A Meet

#### (Oct. 26, Valley City)

#### Team Totals (154 runners -- 5,000 meters)

1. Bismarck High, 29; 2. Fargo Davies, 88; 3. Minot, 124; 4. G.F. Central, 159; 5. Century, 166; 6. Fargo North, 200; 7. Williston, 210; 8. Fargo Shanley-Oak Grove, 239; 9. West Fargo, 286; 10. G.F. Red River, 309; 11. Mandan, 317; 12. Dickinson, 324; 13. Jamestown, 365; 14. Fargo South, 409; 15. Wahpeton, 524; 16. Devils Lake, 633; 17. Valley City, 700; 18. Turtle Mountain Community High School, 756.

**Individual champion:** M. Gotta, Bismarck High, 15:50

#### All-state (Top 20)

1. M. Gotta, BHS, 15:50; 2. Sam Clausnitzer, BHS, 16:01; 3. Braden Scheel, Davies, 16:14; 4. Carmon Roehl, GFC, 16:14; 5. Seb Startz, FS-OG, 16:16; 6. Preston Lerew, BHS, 16:16; 7. Jackson Binstock, Dick., 16:23; 8. Tanner Bjorlie, North, 16:29; 9. Tom Clausnitzer, BHS, 16:34; 10. Hunter Lucas, Davies, 16:34; 11. Logan Fischer, BHS, 16:35; 12. Larsen Leif, GFC, 16:36; 13. Evan Kottick, Davies, 16:44; 14. Tom Startz, FS-OG, 16:46; 15. Kalen Two Crow, Cent., 16:47; 16. Brennan Goldade, Will., 16:48; 17. Parker Rosenau, WF, 16:48; 18. Dylan Ellis, Min., 16:49; 19. Sean Krill, Min., 16:50; 20. Kegan Cronin, WF, 16:51.

### Team Notes

#### Bismarck High

The Demons successfully defended their Class A state title which was their ninth straight and 16th overall...BHS placed five runners in the top 20 to earn all-state honors...Senior Matt Gotta won the Class A state title in a time of 15:50. He also captured the WDA title.

In addition to Gotta, other all-state finishers included: Sam Clausnitzer, 2nd 16:00.76; Preston Lerew, 6th, 16:15.56; Tom Clausnitzer, 9th, 16:33.24; and Logan Fischer, 11th, 16:34.44. BHS also defended its West Region crown, placing 12 in the top 20 for all-region honors.

### Century

The Patriots ended their season with a fifth place showing at the Class A state meet...Junior Kalen Two Crow was Century's top runner, finishing 15th in a time of 16:46.91 and earning all-state honors...Century earned the NDHSAA Team Scholar Award.

### Dickinson

The Midgets finished 12th at the Class A state title... Junior Jackson Binstock earned all-state honors, finishing seventh in a time of 16:22.02. Dickinson was sixth at the West Region Meet...Dickinson earned the NDHSAA Team Scholar Award.

### Jamestown

The Blue Jays placed 14th at the Class A state meet... Sophomore Kyle Schumacher finished 29th in a time of 17:19-51... Jamestown finished seventh the West Region Meet and senior Aaron Ford earned all-region honors, placing 20th...Jamestown earned the NDHSAA Team Scholar Award.

### Mandan

The Braves ended the season with an 11th place finish at the Class A state meet. Senior Jon Fishbeck was the squad's top placer, finishing 39th in a time of 17:36.85...He was the top finisher in five of Mandan's meets...Mandan earned the NDHSAA Team Scholar Award.

### Minot

The Magicians placed third at the Class A state meet...Seniors Dylan Ellis and Sean Krill earned all-state honors finishing, 18th and 19th, respectively...Minot also finished third at the West Region Meet which it hosted...Minot earned the NDHSAA Team Scholar Award.

### TMCHS (Belcourt)

The Braves were 18th at the Class A meet... Jacob Jensen was the team's top finisher, placing 137th in a time of 20:15.27...The program participated in five regular season meets, including its home meet on Sept. 10. The Braves placed fourth.

### Williston

The Coyotes finished seventh at the Class A state meet and had an all-state finisher in senior Brennan Goldade, who placed 16th in a time of 16:47.03...Long-time coach Clint Chamberlin stepped down following the season.

# Bismarck High

## Quick Facts

**Established:** 1878  
**Enrollment (9-12):** 1,612 (2013-14)  
**Team name:** Demons  
**School colors:** Maroon and white  
**www.bhs.bismarckschools.org/**  
**Phone:** 701-323-4800 -- **Fax:** 701-323-4805  
**Superintendent:** Tamara Uselman  
**Principal:** Dr. Michael Cary  
**Activities Director:** Dr. Jim Haussler  
**AD Office:** 701-323-4080 -- **Fax:** 701-323-4078  
**Dean of Students/Athletic Director:** Dave Zittleman  
**WDA titles:** 18 (Last, 2013)  
**State titles:** 16 (Last, 2013)  
**Head coaches:** Dave Zittleman, Darrell Anderson

## Demon Bits

- The Demons will vie for a record 10th consecutive Class A state meet.
- Two all-WDA and all-state runners return in Sam junior Clausnitzer and senior Tom Clausnitzer as well as all-WDA finishers Nils Aardahl and Sam Markle, both seniors, and junior Jaden Fettig.
- The squad will again take part in the Roy Griak Invitational in St. Paul in September.

## 2014 Schedule

Aug. 28	Rusty Bucket Meet#	4:30 p.m.
Sept. 6	Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic	1 p.m.
Sept. 20	Anderson-Stavn Invite#	11 a.m.
Sept. 26	Mustang Invite@	4 p.m.
Sept. 27	Roy Griak Invite\$	1 p.m.
Oct. 4	Pre-State Invite\$	11 a.m.
Oct. 11	WDA Championships#	1 p.m.
Oct. 15	River City Fall Classic#	4:30 p.m.
Oct. 25	Class A State Meet\$	12 p.m.

# McDowell Dam, east of Bismarck

@Mounds View, MN

% St. Paul, MN

\$ Minot Souris Valley G.C.

Meet times Central Standard Time

## 2013 Review

- BHS defended their Class A state title which was its ninth straight and 16th overall.
- The squad placed five runners in the top 20 to earn all-state honors.
- Senior Matt Gotta won the Class A state title in a time of 15:50. He also captured the WDA title.
- Other all-state finishers included: Sam Clausnitzer, 2nd, 16:00.76; Preston Lerew, 6th, 16:15.56; Tom Clausnitzer, 9th, 16:33.24; and Logan Fischer, 11th, 16:34.44.
- BHS also defended its WDA crown, placing 12 in the top 20 for all-WDA honors.
- All-region runners included: M. Gotta, S. Clausnitzer, P. Lerew, T. Clausnitzer, L. Fischer, Dylan Werner, Dan Bullinger, Tayler Wescom, Nils Aardahl, Sam Markle, Jaden Fettig and Jack Gasper.

## 2013 Results

### Aug. 29 Rusty Bucket Meet ^, 1st

Top 2 Finishers: Matt Gotta, 1st, 16:21.94; Preston Lerew, 2nd, 16:35.60

### Sept. 7 Dickinson Becki Wells Invite, 1st

Top 2 Finishers: M. Gotta, 1st, 16:01.15; P. Lerew, 3rd, 16:28.47

### Sept. 14 Mandan Kiwanis Classic, 1st

Top 2 Finishers: M. Gotta, 2nd, 16:05.94; Sam Clausnitzer, 3rd, 16:09.51

### Sept. 21 Bill Jansen-Blue-White Invite, 1st

Top Finisher: P. Lerew, 4th, 16:28; S. Clausnitzer, 5th, 16:30

### Sept. 27 Mustang Invite, 2nd

Top 2 Finishers: Seth Casey, 5th, 17:59.9; Jaden Fettig, 6th, 18:05.8

### Sept. 28 Roy Griak Invite #, 3rd

Top 2 Finishers: M. Gotta, 15th, 16:20; S. Clausnitzer, 23rd, 16:28

### Oct. 12 WDA Meet &, 1st

Top 2 Finishers: M. Gotta, 1st, 16:09.71; S. Clausnitzer, 3rd, 16:34.46

### Oct. 16 Mandan Fall Classic ^, No team scores kept

Top 2 Finishers: M. Gotta, 1st, 9:01.08; P. Lerew, 2nd, 9:19.27

### Oct. 26 Class A Meet \$, 1st

Top Finisher: M. Gotta, 1st, 15:50.49; S. Clausnitzer, 2nd, 16:00.76

& WDA Meet ^ Meet held at McDowell Dam east of Bismarck

# Minneapolis, MN

\$ Meet held in Valley City

# Century

## Quick Facts

**Established:** 1975  
**Enrollment (9-12):** 1,545 (2013-14)  
**Team name:** Patriots  
**School colors:** Red, white and blue  
**Joined WDA:** 1975  
**www.chs.bismarckschools.org/**  
**Phone:** 701-323-4900 -- **Fax:** 701-323-4905  
**Superintendent:** Tamara Uselman  
**Principal:** Steve Madler  
**Activities Director:** Dr. Jim Haussler  
**AD Office:** 701-323-4080 -- **Fax:** 701-323-4078  
**Dean of Students/Athletic Director:** Sharon Espeland  
**WDA titles:** 1 (Last, 1978)  
**State titles:** 4 (Last, 2013)  
**Head coach:** Brad Lies

## Patriot Bits

- Century returns all 10 of its all-state participants.
- Senior Kalen Two Crow is just one of four returning all-state performers from the WDA.
- Seniors Ryan Fetch and Andrew Kohler, along with Two Crow, also were all-region finishers in 2013.
- 

## 2014 Schedule

Aug. 28	Rusty Bucket Meet#	4:30 p.m.
Sept. 6	Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Anderson-Stavn Invite#	11 a.m.
Sept. 26	Mustang Invite@	4 p.m.
Sept. 27	Roy Griak Invite%	1 p.m.
Oct. 4	Pre-State Invite\$	11 a.m.
Oct. 11	WDA Championships#	1 p.m.
Oct. 15	River City Fall Classic#	4:30 p.m.
Oct. 25	Class A State Meet\$	12 p.m.

# McDowell Dam, east of Bismarck

^ Mandan Municipal G.C.

@Mounds View, MN

% St. Paul, MN

\$ Minot Souris Valley G.C.

Meet times Central Standard Time

## 2013 Review

- Century had a fifth place showing at the Class A state meet.
- Junior Kalen Two Crow was Century's top runner, finishing 15th in a time of 16:46.91 and earning all-state honors.
- The Patriots placed second at the West Region Meet.
- Ryan Fetch placed seventh to lead the squad. Andrew Kohler, and K. Two Crow also earned all-region honors.
- Four different Century runners posted the top time in a regular season meet.
- The squad was third in the final 2013 coaches poll.

## 2013 Results

### Aug. 29 Rusty Bucket Meet, ^ 2nd

Top 2 Finishers: Michael Feeney, 8th, 17:19.21; Ryan Fetch, 10th, 17:23.90

### Sept. 7 Dickinson Becki Wells Invite, 2nd

Top 2 Finishers: Andrew Kohler, 11th, 17:07.24; Kalen Two Crow, 17th, 17:21.84

### Sept. 14 Mandan Kiwanis Classic, 2nd

Top 2 Finishers: A. Kohler, 11th, 16:48.36; R. Fetch, 15th, 16:58.84

### Sept. 21 Bill Jansen-Blue-White Invite, 3rd

Top 2 Finishers: A. Kohler, 14th, 17:01; R. Fetch, 17th, 17:06

### Sept. 28 Willmar, MN Optimist, 2nd

Top 2 Finishers: R. Fetch, 6th, 17:07.8; A. Kohler, 7th, 17:08.7

### Oct. 12 WDA Meet #, 2nd

Top 2 Finishers: R. Fetch, 7th, 17:13.70; Andrew Kohler, 8th, 17:15.47

### Oct. 16 Mandan Fall Classic ^, No Team Scores Kept

Top 2 Finishers: K. Two Crow, 9th, 9:43.24; L. Everson, 16th, 9:58.21

### Oct. 26 Class A Meet \$, 5th

Top 2 Finishers: K. Two Crow, 15th, 16:46.91; R. Fetch, 24th, 16:55.61

# WDA Meet

^ Meet held at McDowell Dam east of Bismarck

\$ Meet held in Valley City

# Dickinson

## Quick Facts

**Established:** 1909  
**Enrollment (9-12):** 848 (2013-14)  
**Joined WDA:** 1938 (Charter Member)  
**Team Name:** Midgets  
**School Colors:** Orange and Black  
**www.dickinson.k12.nd.us/dhs**  
**Phone:** 701-456-0030 -- **Fax:** 701-456-0019  
**Superintendent:** Dr. Douglas Sullivan  
**Principal:** Ron Dockter  
**Activities Director:** Guy Fridley  
**AD Office:** 701-456-0030 -- **Fax:** 701-456-0019  
**WDA titles:** 5 (Last, 2002)  
**State titles:** 2 (Last, 2000)  
**Head coach:** Brittany Messer

## Midget Bits

- Senior Jackson Binstock is just one of four returning all-state performers from the WDA.
- Dickinson's top five finishers from the 2013 state meet return.
- Dickinson will host its annual Becki Wells Invite on Sept. 6.

## 2014 Schedule

Aug. 23	Jamestown 'Orr'iginals Invite	1 p.m.
Sept. 6	Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Anderson-Stavn Invite#	11 a.m.
Sept. 26	Rapid City Elks Invite%	1 p.m.
Oct. 4	Pre-State Invite\$	11 a.m.
Oct. 11	WDA Championships#	1 p.m.
Oct. 15	River City Fall Classic#	4:30 p.m.
Oct. 25	Class A State Meet\$	12 p.m.

# McDowell Dam, east of Bismarck

^ Mandan Municipal G.C.

% Rapid City, SD

\$ Minot Souris Valley G.C.

Meet times Central Standard Time

## 2013 Review

- Dickinson finished 12th at the Class A state title.
- Junior Jackson Binstock earned all-state honors, finishing seventh in a time of 16:22.02.
- Dickinson was sixth at the West Region Meet and J. Binstock was runner-up, earning all-region honors. He also won two regular season races (Jamestown 'Orr'ignals and Mandan Kiwanis).

## 2013 Results

### Aug. 29 Jamestown 'Orr'iginals, 4th

Top 2 Finishers: Jackson Binstock, 1st, 16:48; Collin Schock, 17th, 18:58

### Sept. 7 Dickinson Becki Wells Invite, 7th

Top 2 Finishers: J. Binstock, 2nd, 16:22.21; C. Schock, 36th, 18:32.90

### Sept. 14 Mandan Kiwanis Classic, 6th

Top 2 Finishers: J. Binstock, 1st, 16:01.56; C. Schock, 29th, 17:39.79

### Sept. 21 Valley City Bill Jansen-Blue-White Invite, 8th

Top 2 Finishers: J. Binstock, 2nd, 16:22;

### Sept. 27 Rapid City Elks Invite#, 3rd

Top 2 Finishers: J. Binstock, 3rd, 15:50.81; C. Schock, 28th, 17:16.70

### Oct. 12 WDA Meet, & 6th

Top 2 Finishers: J. Binstock, 2nd, 16:29.82; C. Schock, 34th, 18:16.78

### Oct. 26 Class A Meet \$, 12th

Top 2 Finishers: J. Binstock, 7th, 16:22.02; C. Schock, 54th, 17:59.55

# Meet held in Rapid City, SD

& WDA Meet

\$ Meet held in Valley City

# Jamestown

## Quick Facts

**Established:** 1883  
**Enrollment (9-12):** 679 (2013-14)  
**Team Name:** Blue Jays  
**School Colors:** Royal Blue and White  
**Joined WDA:** 1944 (left, 1963) 2006  
**www.jamestownbluejays.org**  
**Phone:** 701-952-4003 -- Fax: 701-252-8580  
**Superintendent:** Rob Lech  
**Principal:** Bill Nold  
**Activities Director:** Jim Roaldson  
**AD Office:** 701-952-4005 -- Fax: 701-252-8580  
**WDA titles:** 0  
**State titles:** 10 (Last, 1997)  
**Head coach:** Ken Gardner

## Blue Jay Bits

- Jamestown will host its annual 'Orr'ignals Invite on Aug. 29.
- Junior Kyle Schumacher is the top returner for the Blue Jays, finishing 29th at the 2013 state meet.

## 2014 Schedule

Aug. 23	Jamestown 'Orr'ignals Invite	11 a.m.
Aug. 29	Valley City State Univ. Invite	10 a.m.
Sept. 6	West Fargo Invite#	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Valley City Bill Jansen Blue-White Invite	11 a.m.
Sept. 27	Optimist Invite%	TBA
Oct. 4	Pre-State Invite\$	1 p.m.
Oct. 11	WDA Championships!	1 p.m.
Oct. 14	Fargo Andrew Carlson Invite	3 p.m.
Oct. 25	Class A State Meet\$	12 noon

# Moorhead, MN

^ Mandan Municipal G.C.

% Willmar, MN

\$ Minot Souris Valley G.C.

! McDowell Dam, east of Bismarck

Meets are Central Time

## 2013 Review

- The Blue Jays placed 14th at the Class A state meet.
- Sophomore Kyle Schumacher finished 29th in a time of 17:19.51.
- Jamestown finished seventh the West Region Meet.
- Senior Aaron Ford was the first Blue Jay since 2009 (Spencer Kamoni, 8th) to earn all-WDA honors, finishing 20th.
- Four times Jamestown competed in races in neighboring Minnesota.

## 2013 Results

### Aug. 29 Jamestown 'Orr'ignals, 7th

Top 2 Finishers: Kyle Schumacher, 21st, 19:15; Aaron Ford, 27th, 20:03

### Aug. 30 Valley City State Invite, 2nd

Top 2 Finishers: (4,000 Meters)  
 K. Schumacher, 4th, 14:27; Colt Rasmussen, 7th, 14:51

### Sept. 7 West Fargo Invite#, 7th

Top 2 Finishers: K. Schumacher, 17th, 18:10; A. Ford, 20th, 18:18

### Sept. 14 Fargo North Dual #, 4th

Top 2 Finishers: K. Schumacher, 3rd, 17:38; C. Rasmussen, 7th, 17:57

### Sept. 21 Apple Valley, MN Run, 50th

Top 2 Finishers: K. Schumacher, 50th, 17:42.6; A. Ford, 101st, 18:35.6

### Sept. 26 John Hermes Invite %, 6th

Top 2 Finishers: A. Ford, 19th, 18:16.0; K. Schumacher, 20th, 18:20.6

### Oct. 5 Rugby Booster Club Invite, 2nd

Top 2 Finishers: A. Ford, 4th, 17:17.37; K. Schumacher, 6th, 17:28.30

### O12 WDA Meet \$, 7th

Top 2 Finishers: A. Ford, 20th, 17:48.11; H. Braunberger, 42nd, 18:34.27

### Oct. 26 Class A Meet \$, 13th

Top 2 Finisher: K. Schumacher, 29th, 17:19.51; A. Ford, 51st, 17:51.88

# Meet held in Moorhead, MN

% Fergus Falls, MN

\$ Meet held in Valley City

# Legacy

## Quick Facts

**Established:** 2015 (School opens)  
**Enrollment (9):** 255 (2013-14)  
**Team Name:** Sabers  
**School Colors:** Vegas Gold and Black  
**Joined WDA:** 2013  
**www.lhs.bismarckschools.org/**  
**Phone:** 701-323-4850 -- Fax: 701-323-4345  
**Superintendent:** Tamara Uselman  
**Principal:** Tom Schmidt  
**Dean of Students/Athletic Director:** Paul Jundt  
**Activities Director:** Dr. Jim Haussler  
**AD Office:** 701-323-4080 -- Fax: 701-323-4078  
**WDA titles:** 0  
**State titles:** 0  
**Head coach:** Andrew Reichenberger-Walz

## Saber Bits

- The Sabers will compete in their first varsity season in 2014.
- Thomas Tieszen and Beau Brannon were part of Legacy's seventh place finish in the 3200 meter relay at the 2014 Class A track meet. Brannon also competed in the USATF Junior Olympic 800 meter event this summer. The pair along with Alex Anderson will be key runners.

## 2014 Schedule

Aug. 28	Rusty Bucket#	4:30 p.m.
Sept. 6	Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Anderson-Stavn Invite#	11 a.m.
Sept. 26	Rapid City Elks Invite%	TBA
Oct. 4	Pre-State Invite\$	1 p.m.
Oct. 11	WDA Championships#	1 p.m.
Oct. 15	River City Fall Classic#	4:30 p.m.
Oct. 25	Class A State Meet\$	12 noon

# McDowell Dam, east of Bismarck

^ Mandan Municipal G.C.

% Rapid City, SD

\$ Minot Souris Valley G.C.

Meets are Central Time

## 2013 Review

- Legacy did not field a varsity team, but competed in several JV/Junior High meets.

# Mandan

## Quick Facts

**Established:** 1898  
**Enrollment (9-12):** 1,061 (2013-14)  
**Team Name:** Braves  
**School Colors:** Black and White  
**Joined WDA:** 1938 (Charter Member)  
**www.mandan.k12.nd.us/seniorhigh/**  
**Phone:** 701-751-6501 -- Fax: 701-751-6674  
**Superintendent:** Dr. Mike Bitz  
**Principal:** Mark Andresen  
**Activities Director:** Lorell Jungling  
**AD Office:** 701-751-6577 -- Fax: 701-751-0471  
**WDA titles:** 5 (Last, 2003)  
**State titles:** 3 (Last, 1983)  
**Head coach:** Nick Towner

## Brave Bits

- Senior Bryce Andresen is the top returner for the Braves

## 2014 Schedule

Aug. 23	Jamestown 'Orr'ignals Invite	11 a.m.
Aug. 28	Rusty Bucket#	4:30 p.m.
Sept. 6	Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Anderson-Stavn Invite#	11 a.m.
Sept. 26	Rapid City Elks Invite%	4 p.m.
Oct. 4	Pre-State Invite\$	11 a.m.
Oct. 11	WDA Championships#	1 p.m.
Oct. 15	River City Fall Classic#	4:30 p.m.
Oct. 25	Class A State Meet\$	12 p.m.

# McDowell Dam, east of Bismarck

^ Mandan Municipal G.C.

% Rapid City, SD

\$ Minot Souris Valley G.C.

Game times Central Standard Time

## 2013 Review

- Mandan finished 11th at the Class A state meet.
- Senior Jon Fishbeck was the squad's top placer at state, finishing 39th in a season-best time of 17:36.85.
- Mandan was fifth at the WDA Championships.

## 2013 Results

### Aug. 24 Jamestown 'Orr'ignals, 5th

Top 2 Finishers: Bryce Andresen, 13th, 18:25; Jon Fishbeck, 15th, 18:38

### Aug. 29 Rusty Bucket #, 3rd

Top 2 Finishers: J. Fishbeck, 22nd, 18:31.44; B. Andresen, 25th, 18:43.61

### Sept. 7 Dickinson Becki Wells Invite, 6th

Top 2 Finishers: B. Andresen, 23rd, 17:47.02; Landon Kleingartner, 32nd, 18:10.77

### Sept. 14 Mandan Kiwanis Classic, 7th

Top 2 Finishers: J. Fishbeck, 50th, 18:21.08; Curt Zachmeier, 51st, 18:22.27

### Sept. 21 Valley City Bill Jansen-Blue-White Invite, 9th

Top 2 Finishers: B. Andresen, 47th, 18:09; J. Fishbeck, 53rd, 18:19

### Sept. 27 Rapid City Elks Invite %, 6th

Top 2 Finishers: J. Fishbeck, 33rd, 17:24.04; B. Andresen, 43rd, 17:44.33

### Oct. 12 WDA Meet ^, 5th

Top 2 Finishers: J. Fishbeck, 29th, 18:07.34; B. Andresen, 37th, 18:26.90

### Oct. 16 Mandan Fall Classic #, No Team Scores Kept

Top 2 Finishers: Christian Stenslie, 36th, 10:40.21; Z. Weise, 37th, 10:41.27

### Oct. 26 Class A Meet \$, 11th

Top 2 Finishers: J. Fishbeck, 39th, 17:36.85; B. Andresen, 52nd, 17:55.97

# Meet held at McDowell Dam east of Bismarck

% Meet held in Rapid City, SD

^ Meet held in Minot

\$ Meet held in Valley City



# Minot High

## Quick Facts

**Established:** 1883  
**Enrollment (9-12):** 2,110 (2013-14)  
**Joined WDA:** 1938 (Charter Member)  
**Team Name:** Majettes  
**School Colors:** Maroon and Gold  
**www.minot.k12.nd.us**  
**Phone:** 701-857-4500 -- **Fax:** 701-857-4521  
**Superintendent:** Mark Vollmer  
**Principal(s):** Scott Faul, Keith Altendorf  
**Activities Director:** Mitch Lunde  
**AD Office:** 701-857-4431 -- **Fax:** 701-857-4432  
**WDA titles:** 6 (Last, 1996)  
**State titles:** 2 (Last, 1976)  
**Head coach:** Aaron Klingbeil

## Magician Bits

- Seniors Jaden Wahlund and Chris Stock are two expected to lead the squad.
- Minot will host two meets this fall, including the Class A State Meet on Oct. 25 at Souris Valley Golf Course.

## 2014 Schedule

Aug. 22	Minot Invite/Star City Run%	12 p.m.
Aug. 26	Grand Forks Invite	4 p.m.
Sept. 6	Dickinson Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Milaca Mega Meet&	11 a.m.
Sept. 25	Heen-Ihmels Invite	4:15 p.m.
Oct. 4	Pre-State Invite\$	11 a.m.
Oct. 11	WDA Championships#	1 p.m.
Oct. 25	Class A Meet\$	12 p.m.

% Velva Golf Course

^ Mandan Municipal G.C.

& Milca MN

\$ Minot's Souris Valley Golf Course

# McDowell Dam, east of Bismarck

Meet times are Central Standard Time

## 2013 Review

- The Magicians placed third at the Class A state meet. It was the program's best finish since a runner-up showing in 2002.
- Seniors Dylan Ellis, 18th (16:48.92) and Sean Krill, 19th (16:48.92) earned all-state honors.
- The Magicians placed third at the WDA Championship, which it hosted.
- S. Krill earned all-region honors, placing 10th.
- Senior Andrew Beach posted the best time for the team in the first six meets.
- Minot won the Minot Rabbit Run and Williston Heen-Ihmels meets.

## 2013 Results

### Aug. 23 Mouse River Run #, 2nd

Top 2 Finishers: Andrew Beach, 1st, 17:39; Sean Krill, 6th, 18:54

### Aug. 31 Minot Rabbit Run, 1st

Top 2 Finishers: A. Beach, 2nd, 17:24; Jaden Wahlund, 7th, 18:02

### Sept. 7 Dickinson Becki Wells Invite, 3rd

Top 2 Finishers: A. Beach, 8th, 16:54.47; Dylan Ellis, 21st, 17:41.83

### Sept. 14 Mandan Kiwanis Classic, 3rd

Top 2 Finishers: A. Beach, 12th, 16:49.26; S. Krill, 20th, 17:09.90

### Sept. 21 Milaca Mega Meet %, 5th

Top 2 Finishers: A. Beach, 14th, 16:28.1; D. Ellis, 30th, 16:52.6

### Oct. 3 Williston Heen-Ihmels Invite, 1st

Top 2 Finishers: A. Beach, 2nd, 16:49.30; D. Ellis, 4th, 17:03.77.

### Oct. 12 WDA Meet ^, 3rd

Top 2 Finishers: S. Krill, 10th, 17:17.91; Billy Sartwell, 25th, 17:59.38

### Oct. 26 Class A Meet \$, 3rd

Top 2 Finishers: D. Ellis, 18th, 16:13.54; S. Krill, 19th, 16:49.56

# Meet held in Velva

% Milaca, MN

^ Minot's Souris Valley G.C.

\$ Meet held in Valley City

# TMCHS (Belcourt)

## Quick Facts

**Established:** 1939  
**Enrollment (9-12):** 511 (2013-14)  
**Joined WDA:** 1990 (full member)  
**Team Name:** Braves  
**School Colors:** Maroon and Gold  
**www.belcourt.k12.nd.us/**  
**Phone:** 701-477-6471 -- **Fax:** 701-477-8821  
**Established:** 1939  
**Superintendent:** Dr. Lana DeCoteau  
**Principal:** Melvin John Laducer  
**Activities Director:** Shane Martin  
**AD Office:** 701-477-6471 -- **Fax:** 701-477-8821  
**WDA titles:** 0  
**State titles:** 0  
**State appearances:** 0  
**Head coach:** Chad Davis

## Brave Bits

- Eighth grader Nevaeh Davis and sophomore Tyra Jerome each competed in several varsity meets in 2013.
- TMCHS (Belcourt) home meet is Aug. 25 at the Dunseith Golf Course.

## 2014 Schedule

Aug. 23	Jamestown 'Orr'iginals Invite	1 p.m.
Sept. 6	Dickinson Becki Wells Invite	10 a.m.
Sept. 9	TMCHS Invite %	3:30 p.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Anderson-Stavn Invite!	TBA
Sept. 27	Four Winds Invite	10:30 a.m.
Oct. 4	Pre-State Invite#	11 a.m.
Oct. 11	WDA Championships!	1 p.m.
Oct. 25	Class A Meet #	12 p.m.

% Dunseith Golf Course

! McDowell Dam, east of Bismarck

^ Mandan Municipal G.C.

# Minot's Souris Valley Golf Course

Meet times are Central Standard Time

## 2013 Review

- TMCHS was 18th at the Class A meet.
- Jacob Jensen was the team's top finisher at the state meet, placing 137th in a time of 20:15.27.
- The Braves did not compete at the West Region Meet.
- TMCHS' best finish was a fourth place showing at its home meet on Sept. 10.

## 2013 Results

### Sept 10 TMCHS Invite, 4th

Top 2 Finishers: Elijah Lader, 5th, 22:59; Jacob Jensen, 6th, 23:08

### Sept. 14 Mandan Kiwanis Classic, 8th JV

Top 2 Finisher: Elijah Laducer, 44th, 20:29.97, (JV); Brek Laducer, 48th, 20:36.67, (JV)

### Sept. 21 Valley City Bill Jansen-Blue-White, 16th JV

Top 2 Finishers: E. Laducer, 48th, 20:20, (JV); B. Laducer, 87th, 21:09, (JV)

### Sept. 28 Four Winds Invite, 8th

Top 2 Finishers: Brek Laducer, 23rd, 21:01; Thayne LaRocque, 29th, 21:34

### Oct. 5 Rugby Booster Invite, 14th

Top 2 Finisher: Elijah Laducer, 51st, 20:03.67; Brek Laducer, 65th, 20:41.92.

### Oct. 26 Class A Meet \$, 18th

Top 2 Finishers: J. Jensen, 137th, 20:15.27; Brek Laducer, 151st, 20:56.25

\$ Meet held in Valley City

# Williston

## Quick Facts

**Established:** 1902  
**Enrollment (9-12):** 1,009 (2013-14)  
**Joined WDA:** 1938 (Charter member)  
**Team Name:** Coyotes  
**School Colors:** Orange and Black  
**www.williston.k12.nd.us/**  
**Phone:** 701-572-0967 -- **Fax:** 701-572-5449  
**Superintendent:** Dr. Viola LaFontaine  
**Principal:** Jason Germundson  
**Activities Director:** Jeff Dornfeld  
**AD Office:** 701-572-0967 -- **Fax:** 701-572-5449  
**WDA titles:** 6 (Last, 2004)  
**State titles:** 4 (Last, 2004)  
**Head coach:** Shane Wahlstrom

## Coyote Bits

- Shane Wahlstrom is in his first year as coach.
- Williston will host its annual Heen-Ihmels Invite on Sept. 25
- Sophomore Leif Everson, who was an all-WDA runner last season, returns.

## 2014 Schedule

Aug. 22	Minot Invite/Star City Run%	11 a.m.
Sept. 6	Dickinson Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 25	Williston Heen-Ihmels Invite	4:15 p.m.
Oct. 4	Pre-State Invite#	11 a.m.
Oct. 11	WDA Championships@	1 p.m.
Oct. 25	Class A Meet #	12 p.m.

% Velva Golf Course

^ Mandan Municipal G.C.

@ McDowell Dam, east of Bismarck

# Minot's Souris Valley Golf Course

Meet times are Central Standard Time

## 2013 Review

- Williston finished seventh at the Class A state meet.
- Senior Brennan Goldade earned all-state honors, finishing 16th in a time of 16:47.03.
- The Coyotes were fourth at the West Region Meet. And along with B. Goldade, Leif Everson earned all-region honors.
- Williston claimed one regular season meet, the Mouse River Run.
- B. Goldade was the team's top runner in six of eight events.
- Long-time coach Clint Chamberlin stepped down following the season. He guided the program to three state titles in his tenure.

## 2013 Results

### Aug. 23 Star City Run #, 1st

Top 2 Finishers: Brennan Goldade, 2nd, 18:01; Devan Shumway, 3rd, 18:01

### Aug. 31 Minot Rabbit Run, 2nd

Top 2 Finishers: D. Shumway, 3rd, 17:33; B. Goldade, 5th, 17:46

### Sept. 7 Dickinson Becki Wells Invite, 4th

Top 2 Finishers: Devaney Shumway, 9th, 16:55.15; B. Goldade, 10th, 17:01.36

### Sept. 14 Mandan Kiwanis Classic, 4th

Top 2 Finishers: B. Goldade, 16th, 17:02.88; Jacob Oleksik, 25th, 17:30.04

### Sept. 21 Bill Jansen-Blue-White Invite, 5th

Top 2 Finishers: B. Goldade, 16th, 17:05; J. Oleksik, 33rd, 17:45

### Oct. 3 Williston Heen-Ihmels Invite, 2nd

Top 2 Finishers: B. Goldade, 3rd, 17:01.48; J. Oleksik, 17:34.55

### Oct. 12 WDA Meet ^, 4th

Top 2 Finishers: B. Goldade, 11th, 17:20.97; L. Everson, 14th, 17:38.26

### Oct. 26 Class A Meet \$, 7th

Top 2 Finishers: B. Goldade, 16th, 16:47.03; L. Everson, 27th, 17:12.29

# Meet held in Velva

^ Minot's Souris Valley G.C.

\$ Meet held in Valley City