

2016 Top of Iowa Conference Cross Country Championship
North Iowa Area Community College
Mason City, IA
October 13, 2016

Overall Varsity Girls Team Results

Place	Points	Team	Total	Average	Spread
1.	40	Osage	20:49.5	104:07.3	1:57.3
2.	71	Newman Catholic	21:25.9	107:09.5	1:51.1
3.	111	West Fork	21:55.4	109:36.8	3:58.8
4.	146	Eagle Grove	22:32.8	112:43.6	1:52.1
5.	159	St. Ansgar	22:36.6	113:03.0	3:47.0
6.	176	GHV	22:54.7	114:33.3	2:01.3
7.	179	Nashua-Plainfield	22:56.8	114:43.6	3:14.4
8.	180	Bishop Garrigan	22:59.8	114:58.6	1:20.4
9.	229	Forest City	23:33.1	117:45.3	0:53.9
10.	266	Lake Mills	24:03.7	120:18.5	1:26.5
11.	292	Rockford	27:19.8	136:38.6	16:49.2
12.	298	Central Springs	24:17.7	121:28.1	2:05.4
13.	355	North Iowa	26:18.5	131:32.5	6:31.7
14.	390	Belmond-Klemme	28:12.2	141:01.0	11:17.7
15.	397	North Butler	28:20.6	141:42.9	12:28.6

Incomplete Teams: West Hancock, North Union

Overall Varsity Girls Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Megan Mooberry	12	Osage	19:54.7	6:25
2	2	McKenna Weaver	10	West Fork	20:00.9	6:27
3	3	Mia Knudsen	9	Osage	20:06.9	6:29
4	4	Chloe Nelson	9	Newman Catholic	20:22.1	6:34
5	5	Addy Carlson	10	St. Ansgar	20:29.4	6:36
6	6	Sheridan Lacoste	11	Rockford	20:34.3	6:38
7	7	Meghan Sullivan	12	Newman Catholic	20:45.5	6:41
8	8	Breana Barker	12	Osage	20:57.5	6:45
9	9	Talia Rowe	11	West Fork	21:12.1	6:50
10	10	Madi Johnson	11	Osage	21:16.2	6:51
11	11	Faith Carpenter	9	Nashua-Plainfield	21:21.1	6:53
12	12	Megan Schafer	9	Eagle Grove	21:24.5	6:54
13	13	Emma Sinnwell	11	Nashua-Plainfield	21:26.7	6:55
14	14	Hannah Whelen	10	GHV	21:39.9	6:59
15	15	Caitlyn Juhl	12	St. Ansgar	21:42.0	7:00
16	16	Katie Hirv	11	Rockford	21:43.3	7:00
17	17	Grace Henrich	10	Newman Catholic	21:48.2	7:02
18	18	Emily Ross	12	Osage	21:52.0	7:03
19	19	Maddison Shupe	12	West Fork	21:54.8	7:04
20	20	Makayla Mostek	9	Osage	21:56.4	7:04
21	21	Rylie Smith	12	Newman Catholic	22:00.5	7:05
22	22	Erin Smith	10	Newman Catholic	22:13.2	7:10

23	23	Rebekah Larson	12	GHV	22:13.6	7:10
24	24	Alisa Altman	11	Bishop Garrigan	22:17.7	7:11
25	25	Mia Blodgett	9	North Iowa	22:18.3	7:11
26	26	Brianna Ell	9	Eagle Grove	22:18.8	7:11
27	27	Brooke Scharper	11	Osage	22:19.5	7:12
28	28	Miranda Dixon	10	West Fork	22:29.3	7:15
29	29	Kailah Thompson	9	Newman Catholic	22:34.6	7:16
30	30	Bailey Kollasch	9	Bishop Garrigan	22:36.0	7:17
31	31	Aubrea Thompson	11	Newman Catholic	22:39.5	7:18
32	32	Jessica Gonnerman	11	St. Ansgar	22:44.1	7:20
33	33	Jana Willard	12	Eagle Grove	22:48.1	7:21
34	34	Kylie Laube	11	Nashua-Plainfield	22:55.0	7:23
35	35	Alix Rethman	12	Eagle Grove	22:55.6	7:23
36	36	Alexis Oppman	11	Central Springs	22:58.0	7:24
37	37	Emory Miller	11	Bishop Garrigan	23:07.1	7:27
38	38	Morgan Fritz	11	Lake Mills	23:07.5	7:27
39	39	Hannah Buffington	11	Forest City	23:08.1	7:27
40	40	Alecia Anderson	10	Eagle Grove	23:16.6	7:30
41	41	Abigail Wirtjes	9	Forest City	23:17.3	7:30
42	42	Ally Trager	12	Belmond-Klemme	23:18.2	7:31
43	43	Carolyn Hough	9	Bishop Garrigan	23:19.7	7:31
44	44	Rachel Sokol	11	GHV	23:20.3	7:31
45	45	Anna Lehmann	9	Forest City	23:33.3	7:35
46		Kaylee Hudspeth	12	West Hancock	23:37.8	7:37
47	46	Olivia Hall	11	Bishop Garrigan	23:38.1	7:37
48	47	Nicole Upmeyer	10	GHV	23:38.3	7:37
49	48	Sadie Oulman	10	GHV	23:41.2	7:38
50	49	Jenna Konig	12	Central Springs	23:42.0	7:38
51	50	Lyndee Jones	9	Forest City	23:44.6	7:39
52	51	Addy Witt	9	St. Ansgar	23:51.1	7:41
53	52	Abbey Bray	11	Lake Mills	23:52.1	7:41
54	53	Kennedy Maske	11	West Fork	23:59.7	7:44
55	54	Thone Golwitzer	11	Forest City	24:02.0	7:45
56	55	Kaylie Fox	11	North Butler	24:03.1	7:45
57	56	Kylie Juenger	12	St. Ansgar	24:16.4	7:49
58	57	Dani Brua	9	Lake Mills	24:21.8	7:51
59	58	Lily Thompson	11	Lake Mills	24:23.1	7:51
60	59	Jayne Levi	9	Nashua-Plainfield	24:25.3	7:52
61	60	Elexis Carrison	10	GHV	24:29.8	7:54
62		Skyler Morpew	11	North Union	24:33.5	7:55
63	61	Rachel Holst	12	Lake Mills	24:34.0	7:55
64	62	Megan Cerwinske	11	Nashua-Plainfield	24:35.5	7:55
65	63	Livia Miller	11	Bishop Garrigan	24:36.5	7:56
66	64	Kaylee Cerwinske	11	Nashua-Plainfield	24:39.6	7:57
67	65	Rachel Hubka	9	West Fork	24:40.7	7:57
68	66	Aricka Oppman	11	Central Springs	24:42.8	7:58
69	67	Kaylee Eick	12	Nashua-Plainfield	24:46.0	7:59
70	68	Chloe Levan	11	St. Ansgar	24:48.3	7:59

71	69	Morgan Hobbs	11	Forest City	24:50.8	8:00
72	70	Carena Lechuga	11	Forest City	24:53.5	8:01
73	71	Faith Finer	10	North Iowa	24:55.1	8:02
74	72	Mara Anderson	10	GHV	25:01.0	8:04
75	73	Cassidy Clapper	11	Central Springs	25:01.9	8:04
76	74	Abigail Rye	11	Central Springs	25:03.4	8:04
77	75	Jade Gasteiger	11	Lake Mills	25:15.7	8:08
78	76	Savanna Diesburg	9	Central Springs	25:27.2	8:12
79	77	Miranda Book	12	Bishop Garrigan	25:43.0	8:17
80	78	Emma Schroeder	9	Belmond-Klemme	25:47.2	8:18
81	79	Caitlin Hyman	10	North Butler	25:53.7	8:21
82	80	Allegra Knudson	10	Central Springs	25:59.4	8:22
83	81	Madison Holtan	9	Lake Mills	26:03.0	8:24
84	82	Olivia Harden	11	Rockford	26:07.5	8:25
85		Nicole Burgeson	11	North Union	26:09.4	8:26
86		Natalie Lemmon	10	West Hancock	27:24.8	8:50
87	83	Karly Nederhoff	11	North Butler	27:25.3	8:50
88	84	Rian Helland	12	North Iowa	27:44.4	8:56
89	85	Kenzy Jensvold	9	North Iowa	27:44.7	8:56
90	86	Addyson Clark	12	North Butler	27:49.1	8:58
91	87	Sarah Phelps	10	St. Ansgar	28:01.0	9:02
92		Brandy Kinnander	10	North Union	28:23.9	9:09
93	88	Allyssa Berhow	12	Belmond-Klemme	28:32.3	9:12
94	89	Elizabeth Boots	9	Belmond-Klemme	28:47.4	9:16
95	90	Samantha Stenersen	9	North Iowa	28:50.0	9:17
96	91	Samantha Davis	9	North Iowa	30:41.8	9:53
97	92	Kylee Smith	12	Rockford	30:50.0	9:56
98		Claudia Kinnander	12	North Union	32:46.9	10:34
99	93	Kelsey Peterson	10	Belmond-Klemme	34:35.9	11:09
100	94	Abbie Wix	11	North Butler	36:31.7	11:46
101	95	Jason Meier	8	West Fork	36:33.1	11:46
102	96	Sadie Arickx	10	Rockford	37:23.5	12:03

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Overall Varsity Boys Team Results

Place	Points	Team	Total	Average	Spread
1.	32	GHV	17:08.6	85:43.0	2:10.7
2.	78	Eagle Grove	18:04.0	90:20.0	1:29.5
3.	101	Osage	18:24.0	91:59.9	1:35.4
4.	113	Newman Catholic	18:26.4	92:11.6	1:23.8
5.	113	West Fork	18:16.4	91:21.7	2:34.9
6.	143	Forest City	18:44.0	93:39.8	1:42.2
7.	237	St. Ansgar	19:38.3	98:11.2	1:42.9
8.	246	Lake Mills	19:34.4	97:51.6	3:29.7
9.	250	North Butler	19:35.5	97:57.1	0:49.8
10.	260	Nashua-Plainfield	19:58.0	99:49.9	2:53.6
11.	299	Belmond-Klemme	20:12.3	101:01.1	2:28.3
12.	323	Bishop Garrigan	21:08.5	105:42.1	4:51.8
13.	348	Rockford	21:15.0	106:15.0	3:40.8

Incomplete Teams: North Union, North Iowa, Central Springs, West Hancock

Overall Varsity Boys Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Reece Smith	10	GHV	15:58.9	5:09
2		Riley Bauer	11	North Union	16:25.6	5:18
3	2	Logan Dalbeck	12	GHV	16:41.2	5:23
4	3	Jake Hansen	12	West Fork	16:58.0	5:28
5	4	Carson Rygh	9	Lake Mills	17:08.9	5:32
6	5	Ray Cataldo	11	GHV	17:17.3	5:34
7	6	McCaulay King	12	Eagle Grove	17:20.3	5:35
8	7	Ben Huftalin	12	Osage	17:31.0	5:39
9	8	Grady Hovenga	11	Forest City	17:33.0	5:39
10	9	Austin Siegrist	12	GHV	17:36.0	5:40
11	10	Josh Stevens	12	West Fork	17:36.3	5:40
12	11	Max Mueller	12	Newman Catholic	17:38.1	5:41
13	12	Gage Behnkendorf	12	Eagle Grove	17:47.1	5:44
14	13	Dalton Schaffer	12	Eagle Grove	17:47.9	5:44
15	14	Stephen Ringo	10	Newman Catholic	17:54.6	5:46
16	15	Derek Brown	12	GHV	18:09.6	5:51
17	16	Garrett Maakestad	12	Osage	18:14.7	5:53
18	17	Ryan Kenyon	12	Bishop Garrigan	18:17.2	5:54
19	18	Zach Martinek	10	West Fork	18:17.9	5:54
20		Sam Hassebroek	12	North Iowa	18:18.7	5:54
21	19	Alex Swenson	10	Osage	18:25.8	5:56
22		Ellis Regan	10	Central Springs	18:27.0	5:57
23	20	Brock Dietz	11	Nashua-Plainfield	18:28.5	5:57
24	21	Spencer Espejo	11	Eagle Grove	18:34.9	5:59

25	22	Mason Wirtz	12	GHV	18:37.8	6:00
26	23	Nick Hoppel	12	Osage	18:42.0	6:02
27	24	Isaac Fekkether	10	Newman Catholic	18:44.0	6:02
28	25	Ryan Theel	11	Forest City	18:45.3	6:03
29	26	Jon Koester	9	Eagle Grove	18:49.8	6:04
30	27	Derek Graham	11	Eagle Grove	18:51.5	6:05
31	28	Seth Gayther	10	Forest City	18:52.4	6:05
32	29	Seth Hershey	9	St. Ansgar	18:52.7	6:05
33	30	Chris Andrews	12	Newman Catholic	18:53.0	6:05
34		Cayden Kelley	9	Central Springs	18:55.9	6:06
35	31	Bryan Schmidt	11	St. Ansgar	18:56.3	6:06
36	32	Connor Schulz	11	West Fork	18:56.6	6:06
37	33	Tate Menne	10	North Butler	19:00.9	6:08
38	34	Jacob Schutt	10	Newman Catholic	19:01.9	6:08
39		Jordan Boekelman	11	North Iowa	19:03.6	6:09
40	35	Braden Petree	9	Newman Catholic	19:04.7	6:09
41	36	Isaac Oberfoell	11	Osage	19:06.4	6:09
42	37	Charles Rogers	10	Osage	19:09.3	6:10
43	38	Braden Cahalan	12	Eagle Grove	19:11.5	6:11
44	39	Caleb Sledd	9	Osage	19:12.7	6:11
45	40	Jacob Welton	11	Forest City	19:13.9	6:12
46	41	Caleb Lines	11	Nashua-Plainfield	19:14.8	6:12
47	42	Tanner Greenwood	11	Forest City	19:15.2	6:12
48	43	Zach Lehmann	11	Forest City	19:15.8	6:12
49	44	Uziel Garcia	11	St. Ansgar	19:18.1	6:13
50	45	Pedro Martinez	9	Belmond-Klemme	19:18.6	6:13
51	46	Jacob Stokes	10	Rockford	19:20.6	6:14
52	47	Matthew Petersen	11	Forest City	19:22.8	6:15
53	48	Dylan Clipperton	11	North Butler	19:28.2	6:16
54	49	Ashten Love	9	Lake Mills	19:30.3	6:17
55	50	Jonah Van Horne	11	West Fork	19:32.9	6:18
56	51	Austin Larson	11	West Fork	19:34.1	6:18
57	52	Nathan Been	12	Belmond-Klemme	19:36.2	6:19
58	53	Bret Barkema	12	West Fork	19:37.0	6:19
59	54	Luke Cerwinkse	10	Nashua-Plainfield	19:41.2	6:21
60	55	Brett Marshall	11	North Butler	19:47.7	6:23
61	56	Eric Brehmer	9	North Butler	19:49.6	6:23
62	57	Tyler Obermann	11	GHV	19:50.0	6:23
63	58	Levi Lubben	10	North Butler	19:50.7	6:24
64	59	Ezra Sorenson	12	Belmond-Klemme	19:54.1	6:25
65	60	Colton Foster	10	North Butler	19:54.8	6:25
66		Noah Morphew	9	North Union	20:03.6	6:28
67	61	Thomas Anderson	10	North Butler	20:06.1	6:29
68		Braden Pierce	9	North Union	20:07.0	6:29
69	62	Jackson Rice	9	Lake Mills	20:10.2	6:30
70	63	Jake Wick	12	Lake Mills	20:23.6	6:34
71		Austin Brown	9	West Hancock	20:24.5	6:35
72	64	Colton Ewing	10	Rockford	20:24.9	6:35

73	65	Brandon Watne	12	Belmond-Klemme	20:25.3	6:35
74	66	Eddie Mendoza	10	St. Ansgar	20:28.5	6:36
75	67	Ryan Wagner	9	St. Ansgar	20:35.6	6:38
76	68	Parker Rogstad	9	Lake Mills	20:38.6	6:39
77	69	Dylan Gooder	12	St. Ansgar	20:50.7	6:43
78	70	Ben Fogarty	12	Bishop Garrigan	20:59.7	6:46
79	71	Grady Gaubatz	10	Newman Catholic	21:00.9	6:46
80	72	Jakob Whiting	9	Nashua-Plainfield	21:03.3	6:47
81	73	Noah Foelske	9	Nashua-Plainfield	21:22.1	6:53
82	74	Joel Carlson	11	St. Ansgar	21:33.6	6:57
83	75	Trevor Darling	11	Bishop Garrigan	21:34.4	6:57
84	76	Blain Larson	10	Rockford	21:35.1	6:57
85	77	John Zeimet	11	Bishop Garrigan	21:41.8	6:59
86	78	Daniel Chapman	12	Belmond-Klemme	21:46.9	7:01
87	79	Alex Wessels	9	Belmond-Klemme	21:50.2	7:02
88	80	Austin Duryee	12	Rockford	21:53.0	7:03
89	81	Dakota Eggers	12	Nashua-Plainfield	22:36.1	7:17
90	82	Luke Parcher	12	Rockford	23:01.4	7:25
91	83	Caden Sifert	9	Belmond-Klemme	23:02.3	7:25
92	84	Tommy Kollasch	11	Bishop Garrigan	23:09.0	7:28
93	85	Andrew Thilges	12	Bishop Garrigan	23:55.2	7:42
94	86	Jacob Kukral	10	Nashua-Plainfield	27:50.2	8:58

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Place	Points	Team	Total	Average	Spread
1.	38	Osage	20:49.5	104:07.3	1:57.3
2.	65	Newman Catholic	21:25.9	107:09.5	1:51.1
3.	80	West Fork	21:55.4	109:36.8	3:58.8
4.	104	St. Ansgar	22:36.6	113:03.0	3:47.0
5.	116	Nashua-Plainfield	22:56.8	114:43.6	3:14.4
6.	166	Rockford	27:19.8	136:38.6	16:49.2
7.	173	Central Springs	24:17.7	121:28.1	2:05.4
8.	217	North Butler	28:20.6	141:42.9	12:28.6

East Varsity Girls Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Megan Mooberry	12	Osage	19:54.7	6:25
2	2	McKenna Weaver	10	West Fork	20:00.9	6:27
3	3	Mia Knudsen	9	Osage	20:06.9	6:29
4	4	Chloe Nelson	9	Newman Catholic	20:22.1	6:34
5	5	Addy Carlson	10	St. Ansgar	20:29.4	6:36
6	6	Sheridan Lacoste	11	Rockford	20:34.3	6:38
7	7	Meghan Sullivan	12	Newman Catholic	20:45.5	6:41
8	8	Breana Barker	12	Osage	20:57.5	6:45
9	9	Talia Rowe	11	West Fork	21:12.1	6:50
10	10	Madi Johnson	11	Osage	21:16.2	6:51
11	11	Faith Carpenter	9	Nashua-Plainfield	21:21.1	6:53
12	12	Emma Sinnwell	11	Nashua-Plainfield	21:26.7	6:55
13	13	Caitlyn Juhl	12	St. Ansgar	21:42.0	7:00
14	14	Katie Hirv	11	Rockford	21:43.3	7:00
15	15	Grace Henrich	10	Newman Catholic	21:48.2	7:02
16	16	Emily Ross	12	Osage	21:52.0	7:03
17	17	Maddison Shupe	12	West Fork	21:54.8	7:04
18	18	Makayla Mostek	9	Osage	21:56.4	7:04
19	19	Rylie Smith	12	Newman Catholic	22:00.5	7:05
20	20	Erin Smith	10	Newman Catholic	22:13.2	7:10
21	21	Brooke Scharper	11	Osage	22:19.5	7:12
22	22	Miranda Dixon	10	West Fork	22:29.3	7:15
23	23	Kailah Thompson	9	Newman Catholic	22:34.6	7:16
24	24	Aubrea Thompson	11	Newman Catholic	22:39.5	7:18
25	25	Jessica Gonnerman	11	St. Ansgar	22:44.1	7:20
26	26	Kylie Laube	11	Nashua-Plainfield	22:55.0	7:23
27	27	Alexis Oppman	11	Central Springs	22:58.0	7:24
28	28	Jenna Konig	12	Central Springs	23:42.0	7:38
29	29	Addy Witt	9	St. Ansgar	23:51.1	7:41
30	30	Kennedy Maske	11	West Fork	23:59.7	7:44

31	31	Kaylie Fox	11	North Butler	24:03.1	7:45
32	32	Kylie Juenger	12	St. Ansgar	24:16.4	7:49
33	33	Jayne Levi	9	Nashua-Plainfield	24:25.3	7:52
34	34	Megan Cerwinske	11	Nashua-Plainfield	24:35.5	7:55
35	35	Kaylee Cerwinske	11	Nashua-Plainfield	24:39.6	7:57
36	36	Rachel Hubka	9	West Fork	24:40.7	7:57
37	37	Aricka Oppman	11	Central Springs	24:42.8	7:58
38	38	Kaylee Eick	12	Nashua-Plainfield	24:46.0	7:59
39	39	Chloe Levan	11	St. Ansgar	24:48.3	7:59
40	40	Cassidy Clapper	11	Central Springs	25:01.9	8:04
41	41	Abigail Rye	11	Central Springs	25:03.4	8:04
42	42	Savanna Diesburg	9	Central Springs	25:27.2	8:12
43	43	Caitlin Hyman	10	North Butler	25:53.7	8:21
44	44	Allegra Knudson	10	Central Springs	25:59.4	8:22
45	45	Olivia Harden	11	Rockford	26:07.5	8:25
46	46	Karly Nederhoff	11	North Butler	27:25.3	8:50
47	47	Addyson Clark	12	North Butler	27:49.1	8:58
48	48	Sarah Phelps	10	St. Ansgar	28:01.0	9:02
49	49	Kylee Smith	12	Rockford	30:50.0	9:56
50	50	Abbie Wix	11	North Butler	36:31.7	11:46
51	51	Jason Meier	8	West Fork	36:33.1	11:46
52	52	Sadie Arickx	10	Rockford	37:23.5	12:03

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Place	Points	Team	Total	Average	Spread
1.	45	Osage	18:24.0	91:59.9	1:35.4
2.	50	Newman Catholic	18:26.4	92:11.6	1:23.8
3.	52	West Fork	18:16.4	91:21.7	2:34.9
4.	122	St. Ansgar	19:38.3	98:11.2	1:42.9
5.	134	North Butler	19:35.5	97:57.1	0:49.8
6.	141	Nashua-Plainfield	19:58.0	99:49.9	2:53.6
7.	192	Rockford	21:15.0	106:15.0	3:40.8

Incomplete Teams: Central Springs

East Varsity Boys Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Jake Hansen	12	West Fork	16:58.0	5:28
2	2	Ben Huftalin	12	Osage	17:31.0	5:39
3	3	Josh Stevens	12	West Fork	17:36.3	5:40
4	4	Max Mueller	12	Newman Catholic	17:38.1	5:41
5	5	Stephen Ringo	10	Newman Catholic	17:54.6	5:46
6	6	Garrett Maakestad	12	Osage	18:14.7	5:53
7	7	Zach Martinek	10	West Fork	18:17.9	5:54
8	8	Alex Swenson	10	Osage	18:25.8	5:56
9		Ellis Regan	10	Central Springs	18:27.0	5:57
10	9	Brock Dietz	11	Nashua-Plainfield	18:28.5	5:57
11	10	Nick Hoppel	12	Osage	18:42.0	6:02
12	11	Isaac Fettkether	10	Newman Catholic	18:44.0	6:02
13	12	Seth Hershey	9	St. Ansgar	18:52.7	6:05
14	13	Chris Andrews	12	Newman Catholic	18:53.0	6:05
15		Cayden Kelley	9	Central Springs	18:55.9	6:06
16	14	Bryan Schmidt	11	St. Ansgar	18:56.3	6:06
17	15	Connor Schulz	11	West Fork	18:56.6	6:06
18	16	Tate Menne	10	North Butler	19:00.9	6:08
19	17	Jacob Schutt	10	Newman Catholic	19:01.9	6:08
20	18	Braden Petree	9	Newman Catholic	19:04.7	6:09
21	19	Isaac Oberfoell	11	Osage	19:06.4	6:09
22	20	Charles Rogers	10	Osage	19:09.3	6:10
23	21	Caleb Sledd	9	Osage	19:12.7	6:11
24	22	Caleb Lines	11	Nashua-Plainfield	19:14.8	6:12
25	23	Uziel Garcia	11	St. Ansgar	19:18.1	6:13
26	24	Jacob Stokes	10	Rockford	19:20.6	6:14
27	25	Dylan Clipperton	11	North Butler	19:28.2	6:16
28	26	Jonah Van Horne	11	West Fork	19:32.9	6:18
29	27	Austin Larson	11	West Fork	19:34.1	6:18
30	28	Bret Barkema	12	West Fork	19:37.0	6:19

31	29	Luke Cerwinkse	10	Nashua-Plainfield	19:41.2	6:21
32	30	Brett Marshall	11	North Butler	19:47.7	6:23
33	31	Eric Brehmer	9	North Butler	19:49.6	6:23
34	32	Levi Lubben	10	North Butler	19:50.7	6:24
35	33	Colton Foster	10	North Butler	19:54.8	6:25
36	34	Thomas Anderson	10	North Butler	20:06.1	6:29
37	35	Colton Ewing	10	Rockford	20:24.9	6:35
38	36	Eddie Mendoza	10	St. Ansgar	20:28.5	6:36
39	37	Ryan Wagner	9	St. Ansgar	20:35.6	6:38
40	38	Dylan Gooder	12	St. Ansgar	20:50.7	6:43
41	39	Grady Gaubatz	10	Newman Catholic	21:00.9	6:46
42	40	Jakob Whiting	9	Nashua-Plainfield	21:03.3	6:47
43	41	Noah Foelske	9	Nashua-Plainfield	21:22.1	6:53
44	42	Joel Carlson	11	St. Ansgar	21:33.6	6:57
45	43	Blain Larson	10	Rockford	21:35.1	6:57
46	44	Austin Duryee	12	Rockford	21:53.0	7:03
47	45	Dakota Eggers	12	Nashua-Plainfield	22:36.1	7:17
48	46	Luke Parcher	12	Rockford	23:01.4	7:25
49	47	Jacob Kukral	10	Nashua-Plainfield	27:50.2	8:58

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West Varsity Girls Team Results

Place	Points	Team	Total	Average	Spread
1.	37	Eagle Grove	22:32.8	112:43.6	1:52.1
2.	56	Bishop Garrigan	22:59.8	114:58.6	1:20.4
3.	63	GHV	22:54.7	114:33.3	2:01.3
4.	90	Forest City	23:33.1	117:45.3	0:53.9
5.	113	Lake Mills	24:03.7	120:18.5	1:26.5
6.	153	North Iowa	26:18.5	131:32.5	6:31.7
7.	172	Belmond-Klemme	28:12.2	141:01.0	11:17.7

Incomplete Teams: West Hancock, North Union

West Varsity Girls Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Megan Schafer	9	Eagle Grove	21:24.5	6:54
2	2	Hannah Whelen	10	GHV	21:39.9	6:59
3	3	Rebekah Larson	12	GHV	22:13.6	7:10
4	4	Alisa Altman	11	Bishop Garrigan	22:17.7	7:11
5	5	Mia Blodgett	9	North Iowa	22:18.3	7:11
6	6	Brianna Ell	9	Eagle Grove	22:18.8	7:11
7	7	Bailey Kollasch	9	Bishop Garrigan	22:36.0	7:17
8	8	Jana Willard	12	Eagle Grove	22:48.1	7:21
9	9	Alix Rethman	12	Eagle Grove	22:55.6	7:23
10	10	Emory Miller	11	Bishop Garrigan	23:07.1	7:27
11	11	Morgan Fritz	11	Lake Mills	23:07.5	7:27
12	12	Hannah Buffington	11	Forest City	23:08.1	7:27
13	13	Alecia Anderson	10	Eagle Grove	23:16.6	7:30
14	14	Abigail Wirtjes	9	Forest City	23:17.3	7:30
15	15	Ally Trager	12	Belmond-Klemme	23:18.2	7:31
16	16	Carolyn Hough	9	Bishop Garrigan	23:19.7	7:31
17	17	Rachel Sokol	11	GHV	23:20.3	7:31
18	18	Anna Lehmann	9	Forest City	23:33.3	7:35
19		Kaylee Hudspeth	12	West Hancock	23:37.8	7:37
20	19	Olivia Hall	11	Bishop Garrigan	23:38.1	7:37
21	20	Nicole Upmeyer	10	GHV	23:38.3	7:37
22	21	Sadie Oulman	10	GHV	23:41.2	7:38
23	22	Lyndee Jones	9	Forest City	23:44.6	7:39
24	23	Abbey Bray	11	Lake Mills	23:52.1	7:41
25	24	Thone Golwitzer	11	Forest City	24:02.0	7:45
26	25	Dani Brua	9	Lake Mills	24:21.8	7:51
27	26	Lily Thompson	11	Lake Mills	24:23.1	7:51
28	27	Elexis Carrison	10	GHV	24:29.8	7:54
29		Skyler Morphew	11	North Union	24:33.5	7:55
30	28	Rachel Holst	12	Lake Mills	24:34.0	7:55

31	29	Livia Miller	11	Bishop Garrigan	24:36.5	7:56
32	30	Morgan Hobbs	11	Forest City	24:50.8	8:00
33	31	Carena Lechuga	11	Forest City	24:53.5	8:01
34	32	Faith Finer	10	North Iowa	24:55.1	8:02
35	33	Jade Gasteiger	11	Lake Mills	25:15.7	8:08
36	34	Miranda Book	12	Bishop Garrigan	25:43.0	8:17
37	35	Emma Schroeder	9	Belmond-Klemme	25:47.2	8:18
38	36	Madison Holtan	9	Lake Mills	26:03.0	8:24
39		Nicole Burgeson	11	North Union	26:09.4	8:26
40		Natalie Lemmon	10	West Hancock	27:24.8	8:50
41	37	Rian Helland	12	North Iowa	27:44.4	8:56
42	38	Kenzy Jensvold	9	North Iowa	27:44.7	8:56
43		Brandy Kinnander	10	North Union	28:23.9	9:09
44	39	Allyssa Berhow	12	Belmond-Klemme	28:32.3	9:12
45	40	Elizabeth Boots	9	Belmond-Klemme	28:47.4	9:16
46	41	Samantha Stenersen	9	North Iowa	28:50.0	9:17
47	42	Samantha Davis	9	North Iowa	30:41.8	9:53
48		Claudia Kinnander	12	North Union	32:46.9	10:34
49	43	Kelsey Peterson	10	Belmond-Klemme	34:35.9	11:09

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West Varsity Boys Team Results

Place	Points	Team	Total	Average	Spread
1.	24	GHV	17:08.6	85:43.0	2:10.7
2.	49	Eagle Grove	18:04.0	90:20.0	1:29.5
3.	76	Forest City	18:44.0	93:39.8	1:42.2
4.	115	Lake Mills	19:34.4	97:51.6	3:29.7
5.	139	Belmond-Klemme	20:12.3	101:01.1	2:28.3
6.	148	Bishop Garrigan	21:08.5	105:42.1	4:51.8

Incomplete Teams: North Union, North Iowa, West Hancock

West Varsity Boys Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Reece Smith	10	GHV	15:58.9	5:09
2		Riley Bauer	11	North Union	16:25.6	5:18
3	2	Logan Dalbeck	12	GHV	16:41.2	5:23
4	3	Carson Rygh	9	Lake Mills	17:08.9	5:32
5	4	Ray Cataldo	11	GHV	17:17.3	5:34
6	5	McCaulay King	12	Eagle Grove	17:20.3	5:35
7	6	Grady Hovenga	11	Forest City	17:33.0	5:39
8	7	Austin Siegrist	12	GHV	17:36.0	5:40
9	8	Gage Behnkendorf	12	Eagle Grove	17:47.1	5:44
10	9	Dalton Schaffer	12	Eagle Grove	17:47.9	5:44
11	10	Derek Brown	12	GHV	18:09.6	5:51
12	11	Ryan Kenyon	12	Bishop Garrigan	18:17.2	5:54
13		Sam Hassebroek	12	North Iowa	18:18.7	5:54
14	12	Spencer Espejo	11	Eagle Grove	18:34.9	5:59
15	13	Mason Wirtz	12	GHV	18:37.8	6:00
16	14	Ryan Theel	11	Forest City	18:45.3	6:03
17	15	Jon Koester	9	Eagle Grove	18:49.8	6:04
18	16	Derek Graham	11	Eagle Grove	18:51.5	6:05
19	17	Seth Gayther	10	Forest City	18:52.4	6:05
20		Jordan Boekelman	11	North Iowa	19:03.6	6:09
21	18	Braden Cahalan	12	Eagle Grove	19:11.5	6:11
22	19	Jacob Welton	11	Forest City	19:13.9	6:12
23	20	Tanner Greenwood	11	Forest City	19:15.2	6:12
24	21	Zach Lehmann	11	Forest City	19:15.8	6:12
25	22	Pedro Martinez	9	Belmond-Klemme	19:18.6	6:13
26	23	Matthew Petersen	11	Forest City	19:22.8	6:15
27	24	Ashten Love	9	Lake Mills	19:30.3	6:17
28	25	Nathan Been	12	Belmond-Klemme	19:36.2	6:19
29	26	Tyler Obermann	11	GHV	19:50.0	6:23
30	27	Ezra Sorenson	12	Belmond-Klemme	19:54.1	6:25
31		Noah Morphey	9	North Union	20:03.6	6:28

32		Braden Pierce	9	North Union	20:07.0	6:29
33	28	Jackson Rice	9	Lake Mills	20:10.2	6:30
34	29	Jake Wick	12	Lake Mills	20:23.6	6:34
35		Austin Brown	9	West Hancock	20:24.5	6:35
36	30	Brandon Watne	12	Belmond-Klemme	20:25.3	6:35
37	31	Parker Rogstad	9	Lake Mills	20:38.6	6:39
38	32	Ben Fogarty	12	Bishop Garrigan	20:59.7	6:46
39	33	Trevor Darling	11	Bishop Garrigan	21:34.4	6:57
40	34	John Zeimet	11	Bishop Garrigan	21:41.8	6:59
41	35	Daniel Chapman	12	Belmond-Klemme	21:46.9	7:01
42	36	Alex Wessels	9	Belmond-Klemme	21:50.2	7:02
43	37	Caden Sifert	9	Belmond-Klemme	23:02.3	7:25
44	38	Tommy Kollasch	11	Bishop Garrigan	23:09.0	7:28
45	39	Andrew Thilges	12	Bishop Garrigan	23:55.2	7:42

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Overall Junior Varsity Girls Team Results

Place	Points	Team	Total	Average	Spread
1.	21	Osage	24:00.6	120:02.7	2:20.1
2.	59	Newman Catholic	25:51.4	129:16.7	4:11.8
3.	62	GHV	25:51.5	129:17.3	3:50.4
4.	100	Bishop Garrigan	31:16.1	156:20.5	17:18.0

Incomplete Teams: North Butler, West Fork, Forest City, Central Springs, Lake Mills, St. Ansgar

Overall Junior Varsity Girls Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Maci Adams	10	Osage	22:32.1	7:16
2	2	Clare Huisman	9	Osage	23:36.9	7:37
3	3	Natalie Scholl	11	Newman Catholic	23:37.9	7:37
4	4	Jillian Heitland	11	GHV	23:42.6	7:38
5		Abby Prause	7	North Butler	24:01.0	7:44
6	5	Ashlyn Brock	9	Osage	24:13.0	7:48
7		Alyssa Barkema	10	West Fork	24:18.1	7:50
8		Niki Heimer	10	West Fork	24:20.1	7:50
9	6	Sammi Scharper	10	Osage	24:48.5	8:00
10	7	Tayler Adams	12	Osage	24:52.2	8:01
11	8	Mackenzie White	12	Newman Catholic	24:57.9	8:03
12	9	Emma Klapperich	9	Osage	25:14.0	8:08
13	10	Ally Mullenbach	9	Osage	25:16.4	8:09
14	11	Emma Whelen	11	GHV	25:20.8	8:10
15		Ella Dralle	12	Osage	25:21.3	8:10
16	12	Gillian McDonald	11	Newman Catholic	25:21.7	8:10
17	13	Emily Howke	11	GHV	25:25.7	8:12
18	14	Emma Thul	10	Bishop Garrigan	25:28.5	8:12
19	15	Alexis Berte	11	Bishop Garrigan	25:31.2	8:13
20		Gabby Schwarting	11	Osage	26:13.9	8:27
21		Klaire Chisholm	12	Osage	26:29.7	8:32
22		Lindsay Hemann	12	Osage	26:33.6	8:33
23		britney Baer	10	Osage	26:47.9	8:38
24		Anna Weaver	10	Forest City	26:51.2	8:39
25		AnnMari Milbrandt	12	Osage	26:54.1	8:40
26		Avery Knudson	10	Central Springs	26:58.9	8:42
27		Sonja Rygh	10	Lake Mills	27:09.7	8:45
28	16	Hannah Wellik	11	GHV	27:15.2	8:47
29		Makayla Wagner	10	Osage	27:24.3	8:50
30	17	Sydney Shatek	10	Newman Catholic	27:29.5	8:51
31		Jenna Plotzke	10	Osage	27:30.8	8:52
32	18	Taylor Boggs	10	GHV	27:33.0	8:53
33		Kaitlyn Krones	11	Forest City	27:48.1	8:57

34	19	Stephanie Lapointe	12	Newman Catholic	27:49.7	8:58
35		McKenzie Mohl	12	Osage	27:52.4	8:59
36		Mady Dohlman	11	Osage	28:02.0	9:02
37		Sadie Clayton	10	Osage	28:50.5	9:17
38		Caitlyn Owen	12	Forest City	29:03.1	9:22
39		Claire Sullivan	11	Osage	29:42.3	9:34
40	20	Katie Oetten	12	GHV	29:56.9	9:39
41	21	Kayla Leerar	11	GHV	29:57.7	9:39
42		Josie Popp	9	Osage	30:00.8	9:40
43		Faith Christenson	11	Lake Mills	30:01.3	9:40
44		Anna Miller	11	Osage	30:02.4	9:41
45	22	Layah Delange	10	Bishop Garrigan	30:54.8	9:57
46		Liz Esdohr	12	St. Ansgar	31:09.5	10:02
47		Thais Tivelli	11	Osage	31:25.2	10:07
48		Hanna Mullenbach	12	Osage	31:28.9	10:08
49	23	Jenna Heinen	9	Bishop Garrigan	31:39.5	10:12
50		Tyra Sullivan	12	Osage	31:41.7	10:13
51		Erin Miller	11	Osage	31:42.3	10:13
52		Taylor Spitz	12	Osage	31:44.7	10:14
53		Avery Marley	11	Osage	31:45.1	10:14
54	24	Delanie Prestholt	9	Newman Catholic	33:22.2	10:45
55	25	Becca Mason	10	Newman Catholic	33:55.3	10:56
56		Paige Smith	12	St. Ansgar	39:06.9	12:36
57	26	Sami Darling	10	Bishop Garrigan	42:46.5	13:47

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Overall Junior Varsity Boys Team Results

Place	Points	Team	Total	Average	Spread
1.	23	GHV	19:19.7	96:38.1	1:03.8
2.	54	Eagle Grove	19:54.1	99:30.5	1:47.8
3.	100	Forest City	20:38.1	103:10.2	1:01.7
4.	106	Newman Catholic	20:43.1	103:35.1	2:19.0
5.	125	North Butler	21:24.6	107:02.8	4:19.1
6.	137	Osage	21:32.1	107:40.3	3:31.3
7.	152	West Fork	21:41.1	108:25.4	2:16.0

Incomplete Teams: Nashua-Plainfield, Belmond-Klemme

Overall Junior Varsity Boys Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Sam Johnson	12	Eagle Grove	18:45.0	6:03
2	2	Nathan Larson	10	GHV	18:46.2	6:03
3	3	Dalton Kelley	9	GHV	19:07.5	6:10
4	4	Lucas Rayhons	10	GHV	19:23.1	6:15
5	5	Nick Matthews	11	Newman Catholic	19:29.2	6:17
6	6	Andy Schreur	12	GHV	19:31.3	6:17
7	7	Devon Huberg	11	North Butler	19:46.4	6:22
8	8	Luke Brown	9	GHV	19:50.0	6:23
9	9	Seth Miller	11	GHV	19:50.5	6:24
10	10	Jacob Graham	9	Eagle Grove	19:53.3	6:25
11	11	Jacob Arbaugh	10	Eagle Grove	20:03.9	6:28
12	12	Jared Bock	11	Newman Catholic	20:13.7	6:31
13	13	Austin Hill	11	Eagle Grove	20:15.5	6:32
14	14	Randy Vaughan	10	Forest City	20:19.3	6:33
15	15	Skyler Buss	12	Osage	20:20.6	6:33
16	16	Devon Kottenbeutel	10	West Fork	20:21.9	6:34
17	17	Cole Anderson	11	Forest City	20:25.3	6:35
18	18	Sterling Stecker	12	Forest City	20:25.9	6:35
19	19	Josh Graham	9	Eagle Grove	20:32.8	6:37
20	20	Gus Walsh	10	Forest City	20:38.7	6:39
21	21	Trevor Brinkman	10	North Butler	20:43.2	6:41
22	22	Andrew Morton	10	North Butler	20:52.3	6:44
23	23	Jonah Roney	11	Osage	20:52.8	6:44
24	24	Nicolas Shoars	9	Osage	20:53.0	6:44
25	25	Braden Hess	9	GHV	20:57.7	6:45
26	26	Wil Gribben	11	Newman Catholic	20:58.4	6:46
27	27	Alex Wilson	9	Eagle Grove	20:59.7	6:46
28		Matt Heineman	11	GHV	21:04.1	6:47
29	28	Seamus Sullivan	12	West Fork	21:04.7	6:48
30		Patrick Carew	9	GHV	21:05.1	6:48

31	29	Chase McCliesh	10	Newman Catholic	21:05.6	6:48
32	30	Kaden Helmke	12	Eagle Grove	21:12.6	6:50
33		Austin Case	12	GHV	21:15.9	6:51
34		Andrew Dornbier	12	GHV	21:20.3	6:53
35	31	Hunter Hoeft	9	Forest City	21:21.0	6:53
36	32	Miles Ralls	9	North Butler	21:35.4	6:57
37		Mark Dawson	9	Eagle Grove	21:41.2	6:59
38	33	Nolan Byrnes	9	Osage	21:42.0	7:00
39	34	Lucas Pistek	9	Newman Catholic	21:48.2	7:02
40		Gabe Donini	11	Eagle Grove	22:00.8	7:06
41		Dalton Hawe	10	GHV	22:08.5	7:08
42	35	Travis Fekkers	12	West Fork	22:09.0	7:08
43	36	Jake Niere3ngarten	12	West Fork	22:11.9	7:09
44		Drew Furst	9	GHV	22:21.1	7:12
45		Brandon Marsh	12	Eagle Grove	22:22.9	7:13
46		Nathan Murphy	12	Nashua-Plainfield	22:23.2	7:13
47		Luke Hansen	9	GHV	22:31.0	7:15
48		Keegan Clark	12	GHV	22:31.9	7:16
49	37	Bryce Groh	10	West Fork	22:37.9	7:18
50		Austin Mohlis	10	GHV	22:57.5	7:24
51	38	Alex Nolton	9	Forest City	23:00.3	7:25
52		Jonah Christianson	9	Belmond-Klemme	23:01.2	7:25
53		Sam Childress	9	GHV	23:03.5	7:26
54		Justin Day	12	Eagle Grove	23:04.2	7:26
55		Jordon Upmeter	9	GHV	23:08.3	7:27
56	39	Michael Manternach	10	Newman Catholic	23:23.7	7:32
57	40	Cade Hansen	10	Newman Catholic	23:27.7	7:34
58	41	Tyler Clouse	9	Forest City	23:51.6	7:41
59	42	Parker Hennessey	9	Osage	23:51.9	7:41
60		McKinley Hawe	12	GHV	23:56.1	7:43
61		Blake Pang	9	Newman Catholic	24:01.6	7:44
62	43	Tayte Anderson	11	North Butler	24:05.5	7:46
63		Caden Butler	9	Eagle Grove	24:07.1	7:46
64	44	Tyler Merfeld	12	North Butler	24:12.5	7:48
65		Cole Grandgeorge	11	Eagle Grove	24:23.9	7:52
66		Ryan Fransin	9	Eagle Grove	24:31.5	7:54
67	45	Randy Wildeboer	12	North Butler	24:49.9	8:00
68		Wyatt Heideman	9	Belmond-Klemme	24:50.8	8:00
69		Carson Williams	12	Newman Catholic	24:56.5	8:02
70		Jacob Buffington	10	Forest City	24:57.1	8:02
71		Jackson Helgevold	9	Eagle Grove	25:00.5	8:03
72		Derek Neuberger	11	GHV	25:34.8	8:14
73		Cooper Landers	9	North Butler	25:50.6	8:20
74	46	Matthew Klaes	12	Osage	25:58.8	8:22
75		Luke Teeselink	12	Eagle Grove	26:38.7	8:35
76		Levi Gallmeyer	11	North Butler	26:56.5	8:41
77		Travis Brick	10	Newman Catholic	27:22.6	8:49
78		Dallas Hammitt	10	Eagle Grove	28:18.4	9:07

79	Nick Heuer	10	North Butler	28:28.2	9:10
80	Cael Wollner	9	Newman Catholic	29:30.4	9:30
81	Owen Landers	12	North Butler	29:38.7	9:33

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East Junior Varsity Girls Team Results

Place	Points	Team	Total	Average	Spread
1.	18	Osage	24:00.6	120:02.7	2:20.1
2.	43	Newman Catholic	25:51.4	129:16.7	4:11.8

Incomplete Teams: North Butler, West Fork, Central Springs, St. Ansgar

East Junior Varsity Girls Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Maci Adams	10	Osage	22:32.1	7:16
2	2	Clare Huisman	9	Osage	23:36.9	7:37
3	3	Natalie Scholl	11	Newman Catholic	23:37.9	7:37
4		Abby Prause	7	North Butler	24:01.0	7:44
5	4	Ashlyn Brock	9	Osage	24:13.0	7:48
6		Alyssa Barkema	10	West Fork	24:18.1	7:50
7		Niki Heimer	10	West Fork	24:20.1	7:50
8	5	Sammi Scharper	10	Osage	24:48.5	8:00
9	6	Tayler Adams	12	Osage	24:52.2	8:01
10	7	Mackenzie White	12	Newman Catholic	24:57.9	8:03
11	8	Emma Klapperich	9	Osage	25:14.0	8:08
12	9	Ally Mullenbach	9	Osage	25:16.4	8:09
13		Ella Dralle	12	Osage	25:21.3	8:10
14	10	Gillian McDonald	11	Newman Catholic	25:21.7	8:10
15		Gabby Schwarting	11	Osage	26:13.9	8:27
16		Klaire Chisholm	12	Osage	26:29.7	8:32
17		Lindsay Hemann	12	Osage	26:33.6	8:33
18		britney Baer	10	Osage	26:47.9	8:38
19		Annmari Milbrandt	12	Osage	26:54.1	8:40
20		Avery Knudson	10	Central Springs	26:58.9	8:42
21		Makayla Wagner	10	Osage	27:24.3	8:50
22	11	Sydney Shatek	10	Newman Catholic	27:29.5	8:51
23		Jenna Plotzke	10	Osage	27:30.8	8:52
24	12	Stephanie Lapointe	12	Newman Catholic	27:49.7	8:58
25		McKenzie Mohl	12	Osage	27:52.4	8:59
26		Mady Dohlman	11	Osage	28:02.0	9:02
27		Sadie Clayton	10	Osage	28:50.5	9:17
28		Claire Sullivan	11	Osage	29:42.3	9:34
29		Josie Popp	9	Osage	30:00.8	9:40
30		Anna Miller	11	Osage	30:02.4	9:41
31		Liz Esdohr	12	St. Ansgar	31:09.5	10:02
32		Thais Tivelli	11	Osage	31:25.2	10:07
33		Hanna Mullenbach	12	Osage	31:28.9	10:08
34		Tyra Sullivan	12	Osage	31:41.7	10:13
35		Erin Miller	11	Osage	31:42.3	10:13

36		Taylor Spitz	12	Osage	31:44.7	10:14
37		Avery Marley	11	Osage	31:45.1	10:14
38	13	Delanie Prestholt	9	Newman Catholic	33:22.2	10:45
39	14	Becca Mason	10	Newman Catholic	33:55.3	10:56
40		Paige Smith	12	St. Ansgar	39:06.9	12:36

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East Junior Varsity Boys Team Results

Place	Points	Team	Total	Average	Spread
1.	41	Newman Catholic	20:43.1	103:35.1	2:19.0
2.	50	North Butler	21:24.6	107:02.8	4:19.1
3.	56	Osage	21:32.1	107:40.3	3:31.3
4.	67	West Fork	21:41.1	108:25.4	2:16.0

Incomplete Teams: Nashua-Plainfield

East Junior Varsity Boys Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Nick Matthews	11	Newman Catholic	19:29.2	6:17
2	2	Devon Huberg	11	North Butler	19:46.4	6:22
3	3	Jared Bock	11	Newman Catholic	20:13.7	6:31
4	4	Skyler Buss	12	Osage	20:20.6	6:33
5	5	Devon Kottenbeutel	10	West Fork	20:21.9	6:34
6	6	Trevor Brinkman	10	North Butler	20:43.2	6:41
7	7	Andrew Morton	10	North Butler	20:52.3	6:44
8	8	Jonah Roney	11	Osage	20:52.8	6:44
9	9	Nicolas Shoars	9	Osage	20:53.0	6:44
10	10	Wil Gribben	11	Newman Catholic	20:58.4	6:46
11	11	Seamus Sullivan	12	West Fork	21:04.7	6:48
12	12	Chase McCliesh	10	Newman Catholic	21:05.6	6:48
13	13	Miles Ralls	9	North Butler	21:35.4	6:57
14	14	Nolan Byrnes	9	Osage	21:42.0	7:00
15	15	Lucas Pistek	9	Newman Catholic	21:48.2	7:02
16	16	Travis Fekkers	12	West Fork	22:09.0	7:08
17	17	Jake Niere3ngarten	12	West Fork	22:11.9	7:09
18		Nathan Murphy	12	Nashua-Plainfield	22:23.2	7:13
19	18	Bryce Groh	10	West Fork	22:37.9	7:18
20	19	Michael Manternach	10	Newman Catholic	23:23.7	7:32
21	20	Cade Hansen	10	Newman Catholic	23:27.7	7:34
22	21	Parker Hennessey	9	Osage	23:51.9	7:41
23		Blake Pang	9	Newman Catholic	24:01.6	7:44
24	22	Tayte Anderson	11	North Butler	24:05.5	7:46
25	23	Tyler Merfeld	12	North Butler	24:12.5	7:48
26	24	Randy Wildeboer	12	North Butler	24:49.9	8:00
27		Carson Williams	12	Newman Catholic	24:56.5	8:02
28		Cooper Landers	9	North Butler	25:50.6	8:20
29	25	Matthew Klaes	12	Osage	25:58.8	8:22
30		Levi Gallmeyer	11	North Butler	26:56.5	8:41
31		Travis Brick	10	Newman Catholic	27:22.6	8:49
32		Nick Heuer	10	North Butler	28:28.2	9:10
33		Cael Wollner	9	Newman Catholic	29:30.4	9:30
34		Owen Landers	12	North Butler	29:38.7	9:33

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West Junior Varsity Girls Team Results

Place	Points	Team	Total	Average	Spread
1.	21	GHV	27:06.5	135:32.4	4:36.9
2.	34	Bishop Garrigan	31:16.1	156:20.5	17:18.0

Incomplete Teams: Forest City, Lake Mills

West Junior Varsity Girls Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Emma Whelen	11	GHV	25:20.8	8:10
2	2	Emily Howke	11	GHV	25:25.7	8:12
3	3	Emma Thul	10	Bishop Garrigan	25:28.5	8:12
4	4	Alexis Berte	11	Bishop Garrigan	25:31.2	8:13
5		Anna Weaver	10	Forest City	26:51.2	8:39
6		Sonja Rygh	10	Lake Mills	27:09.7	8:45
7	5	Hannah Wellik	11	GHV	27:15.2	8:47
8	6	Taylor Boggs	10	GHV	27:33.0	8:53
9		Kaitlyn Krones	11	Forest City	27:48.1	8:57
10		Caitlyn Owen	12	Forest City	29:03.1	9:22
11	7	Kayla Leerar	11	GHV	29:57.7	9:39
12		Faith Christenson	11	Lake Mills	30:01.3	9:40
13	8	Layah Delange	10	Bishop Garrigan	30:54.8	9:57
14	9	Jenna Heinen	9	Bishop Garrigan	31:39.5	10:12
15	10	Sami Darling	10	Bishop Garrigan	42:46.5	13:47

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West Junior Varsity Boys Team Results

Place	Points	Team	Total	Average	Spread
1.	41	Newman Catholic	20:43.1	103:35.1	2:19.0
2.	50	North Butler	21:24.6	107:02.8	4:19.1
3.	56	Osage	21:32.1	107:40.3	3:31.3
4.	67	West Fork	21:41.1	108:25.4	2:16.0

Incomplete Teams: Nashua-Plainfield

West Junior Varsity Boys Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Sam Johnson	12	Eagle Grove	18:45.0	6:03
2	2	Nathan Larson	10	GHV	18:46.2	6:03
3	3	Dalton Kelley	9	GHV	19:07.5	6:10
4	4	Lucas Rayhons	10	GHV	19:23.1	6:15
5	5	Andy Schreur	12	GHV	19:31.3	6:17
6	6	Luke Brown	9	GHV	19:50.0	6:23
7	7	Seth Miller	11	GHV	19:50.5	6:24
8	8	Jacob Graham	9	Eagle Grove	19:53.3	6:25
9	9	Jacob Arbaugh	10	Eagle Grove	20:03.9	6:28
10	10	Austin Hill	11	Eagle Grove	20:15.5	6:32
11	11	Randy Vaughan	10	Forest City	20:19.3	6:33
12	12	Cole Anderson	11	Forest City	20:25.3	6:35
13	13	Sterling Stecker	12	Forest City	20:25.9	6:35
14	14	Josh Graham	9	Eagle Grove	20:32.8	6:37
15	15	Gus Walsh	10	Forest City	20:38.7	6:39
16	16	Braden Hess	9	GHV	20:57.7	6:45
17	17	Alex Wilson	9	Eagle Grove	20:59.7	6:46
18		Matt Heineman	11	GHV	21:04.1	6:47
19		Patrick Carew	9	GHV	21:05.1	6:48
20	18	Kaden Helmke	12	Eagle Grove	21:12.6	6:50
21		Austin Case	12	GHV	21:15.9	6:51
22		Andrew Dornbier	12	GHV	21:20.3	6:53
23	19	Hunter Hoeft	9	Forest City	21:21.0	6:53
24		Mark Dawson	9	Eagle Grove	21:41.2	6:59
25		Gabe Donini	11	Eagle Grove	22:00.8	7:06
26		Dalton Hawe	10	GHV	22:08.5	7:08
27		Drew Furst	9	GHV	22:21.1	7:12
28		Brandon Marsh	12	Eagle Grove	22:22.9	7:13
29		Luke Hansen	9	GHV	22:31.0	7:15
30		Keegan Clark	12	GHV	22:31.9	7:16
31		Austin Mohlis	10	GHV	22:57.5	7:24
32	20	Alex Nolton	9	Forest City	23:00.3	7:25
33		Jonah Christianson	9	Belmond-Klemme	23:01.2	7:25

34		Sam Childress	9	GHV	23:03.5	7:26
35		Justin Day	12	Eagle Grove	23:04.2	7:26
36		Jordon Upmeter	9	GHV	23:08.3	7:27
37	21	Tyler Clouse	9	Forest City	23:51.6	7:41
38		McKinley Hawe	12	GHV	23:56.1	7:43
39		Caden Butler	9	Eagle Grove	24:07.1	7:46
40		Cole Grandgeorge	11	Eagle Grove	24:23.9	7:52
41		Ryan Fransin	9	Eagle Grove	24:31.5	7:54
42		Wyatt Heideman	9	Belmond-Klemme	24:50.8	8:00
43		Jacob Buffington	10	Forest City	24:57.1	8:02
44		Jackson Helgevold	9	Eagle Grove	25:00.5	8:03
45		Derek Neuberger	11	GHV	25:34.8	8:14
46		Luke Teeselink	12	Eagle Grove	26:38.7	8:35
47		Dallas Hammitt	10	Eagle Grove	28:18.4	9:07

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Overall Middle School Girls Team Results

Place	Points	Team	Total	Average	Spread
1.	32	Newman Catholic	14:12.7	71:03.4	1:07.9
2.	51	Eagle Grove	14:26.1	72:10.3	1:47.2
3.	71	Osage	14:52.6	74:22.6	1:03.4
4.	88	West Fork	15:19.1	76:35.3	1:29.8
5.	116	North Union	15:56.2	79:40.9	2:36.8
6.	136	Forest City	16:06.1	80:30.2	1:28.7

Incomplete Teams: Nashua-Plainfield, GHV, St. Ansgar, West Hancock, Belmond-Klemme, Central Springs, North Iowa, Bishop Garrigan, North Butler

Overall Middle School Girls Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1		Aubrey Eick	8	Nashua-Plainfield	12:51.2	6:26
2		Abby Christian	8	GHV	13:34.7	6:48
3	1	Kaitlin Sampson	8	Eagle Grove	13:39.5	6:50
4	2	Josie Fritz	8	Newman Catholic	13:46.2	6:54
5	3	Zoey Thompson	8	Newman Catholic	13:54.3	6:58
6	4	Hannah Sampson	8	Eagle Grove	13:55.7	6:58
7	5	Lea Friedl	8	Eagle Grove	13:58.5	7:00
8		Haley Rinken	8	Nashua-Plainfield	14:03.1	7:02
9		Maggie Davis	8	St. Ansgar	14:06.6	7:04
10	6	Makenna Hansen	7	Newman Catholic	14:07.8	7:04
11		Rachel Leerar	8	West Hancock	14:10.8	7:06
12	7	Lilly Stockberger	8	Newman Catholic	14:21.0	7:11
13	8	Macy Gast	8	Osage	14:22.6	7:12
14	9	Amanda Schuessler	8	Osage	14:28.9	7:15
15		Ella Brown	8	St. Ansgar	14:35.2	7:18
16		Abby Bates	8	Belmond-Klemme	14:40.7	7:21
17		Hannah Lanphere	8	Central Springs	14:43.6	7:22
18		Charlee Azeltine	7	Belmond-Klemme	14:45.2	7:23
19	10	Hanna Sandvig	7	North Union	14:47.9	7:24
20	11	Brooke Carlson	8	Osage	14:50.1	7:26
21		Kirsten Boerjan	8	St. Ansgar	14:51.7	7:26
22	12	Jordan Swenson	8	West Fork	14:53.2	7:27
23	13	Mikah Weaver	7	West Fork	14:53.6	7:27
24	14	Maggie McBride	7	Newman Catholic	14:54.1	7:28
25	15	Cassie Beadle	7	North Union	14:54.6	7:28
26		Jayda Taha	7	North Iowa	14:57.2	7:29
27		Kaytie Bailey	8	Nashua-Plainfield	14:57.6	7:29
28		Grace Delange	8	Bishop Garrigan	14:59.7	7:30
29		Kara Levi	7	Nashua-Plainfield	15:00.2	7:31
30	16	Maura Beecher	7	Eagle Grove	15:09.9	7:35

31	17	Delaney Christenson	7	West Fork	15:12.1	7:36
32	18	Kacie Esentrigger	7	West Fork	15:13.4	7:37
33	19	Karlie Wagner	8	Osage	15:15.0	7:38
34	20	Megan Scholl	8	Newman Catholic	15:19.5	7:40
35	21	Olivia Gayther	8	Forest City	15:20.9	7:41
36	22	Halle Rezac	8	North Union	15:21.4	7:41
37	23	Emma Weiner	7	Newman Catholic	15:22.0	7:41
38		Baileigh Berding	7	Newman Catholic	15:24.1	7:43
39	24	Madison Brown	8	Osage	15:26.0	7:43
40	25	Lili Lobato	7	Eagle Grove	15:26.7	7:44
41		Grace Rosin	8	West Hancock	15:28.1	7:45
42		Shea Sopher	7	Belmond-Klemme	15:42.6	7:52
43		Kealan Curley	8	Newman Catholic	15:43.0	7:52
44		Lorna Hansen	8	GHV	15:52.4	7:57
45	26	Anna Wirtjes	7	Forest City	15:53.4	7:57
46	27	Elsa Anderson	7	Forest City	15:54.8	7:58
47		Madison Ralls	7	North Butler	16:03.9	8:02
48		Myah Shier	7	North Butler	16:19.3	8:10
49	28	Airika Starbuck	7	West Fork	16:23.0	8:12
50	29	Abigial Segerstrom	7	Forest City	16:31.5	8:16
51		Angela Schutt	8	Newman Catholic	16:32.9	8:17
52	30	Mary Miller	8	Osage	16:35.2	8:18
53	31	Ava Rufus	8	West Fork	16:43.1	8:22
54	32	Cheyly Weaver	8	West Fork	16:45.6	8:23
55		Maddie Hubka	7	West Fork	16:46.4	8:24
56		Paige Kudej	7	West Hancock	16:46.7	8:24
57		Jess Hamilton	7	Newman Catholic	16:47.4	8:24
58	33	Heather Kite	8	Forest City	16:49.6	8:25
59	34	Ashton Merrill	8	North Union	17:12.3	8:37
60		Bailee Garst	7	North Iowa	17:19.0	8:40
61	35	Lorna Warrington	7	North Union	17:24.7	8:43
62		Leah Martinez	7	Newman Catholic	17:31.2	8:46
63	36	Kylie Ring	7	Osage	17:44.3	8:53
64	37	Heidi Garcia	8	Eagle Grove	18:11.7	9:06
65	38	Jada Hammond	7	North Union	18:18.7	9:10
66	39	Marissa Olson	8	Eagle Grove	18:20.1	9:11
67		Ruby Heaton	7	Eagle Grove	18:26.2	9:14
68		Taylor Wiegmann	7	North Butler	18:28.6	9:15
69	40	Abby Paulson	7	North Union	19:22.0	9:41
70		Maddie Waller	8	North Union	19:27.7	9:44
71		Nichole Breitbach	7	North Butler	19:57.1	9:59
72		Cheyenne Schroeder	8	North Union	20:11.6	10:06
73		Alisha Marsh	7	Eagle Grove	24:17.8	12:09

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Overall Middle School Boys Team Results

Place	Points	Team	Total	Average	Spread
1.	63	Forest City	13:16.2	66:21.0	0:43.3
2.	85	Central Springs	13:25.5	67:07.3	2:40.5
3.	87	West Fork	13:38.3	68:11.2	4:24.9
4.	99	Eagle Grove	13:43.4	68:37.0	1:10.9
5.	104	Newman Catholic	13:50.7	69:13.4	1:47.3
6.	109	Nashua-Plainfield	14:06.6	70:32.7	3:30.8
7.	124	North Butler	14:12.3	71:01.3	2:50.6

Incomplete Teams: GHV, Lake Mills, St. Ansgar, North Union, Osage, Belmond-Klemme, Bishop Garrigan, West Hancock

Overall Middle School Boys Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Noah Maske	8	West Fork	11:42.1	5:52
2	2	Bryce McDonough	7	Central Springs	11:58.3	6:00
3		Jake Hejlik	8	GHV	12:23.2	6:12
4	3	Drew Wilken	7	Nashua-Plainfield	12:29.0	6:15
5	4	Brock Mathers	7	Central Springs	12:36.1	6:19
6	5	Michael Hansen	8	North Butler	12:37.8	6:19
7		Brandon Englin	8	GHV	12:40.1	6:21
8	6	Tim Castle	7	Newman Catholic	12:50.8	6:26
9	7	Trent Despenes	8	West Fork	12:53.4	6:27
10	8	Keegan Ulrichs	8	Nashua-Plainfield	12:54.6	6:28
11	9	Xavier Holland	8	Forest City	12:55.7	6:28
12	10	Zach Welton	7	Forest City	13:09.2	6:35
13	11	Brady Anderson	8	Forest City	13:11.2	6:36
14	12	Adam Herrington	8	Eagle Grove	13:13.6	6:37
15	13	Riley Plain	8	Eagle Grove	13:14.4	6:38
16	14	Jason Meier	8	West Fork	13:24.8	6:43
17		Hayden Brua	7	Lake Mills	13:25.4	6:43
18	15	Joseph Ray	8	Forest City	13:25.9	6:43
19	16	Matthew Henrich	7	Newman Catholic	13:27.3	6:44
20	17	Jeremy Shier	8	North Butler	13:35.1	6:48
21	18	Brandon Leber	8	Forest City	13:39.0	6:50
22	19	Isaac Sand	8	Forest City	13:41.4	6:51
23	20	Michael Burns	8	Forest City	13:42.9	6:52
24		Griffin Carlson	7	St. Ansgar	13:43.3	6:52
25	21	Jordan Ryner	7	Central Springs	13:44.3	6:53
26	22	Tomas Rolon	8	Eagle Grove	13:45.4	6:53
27	23	Bennett Suntken	7	Newman Catholic	13:51.1	6:56
28	24	Brady Beck	8	Eagle Grove	13:59.1	7:00
29	25	Clay Fisher	8	Nashua-Plainfield	13:59.7	7:00

30		Cody Hall	8	Forest City	14:00.3	7:01
31		Joey Hovinga	7	Forest City	14:00.9	7:01
32	26	Cale Weaver	8	West Fork	14:03.9	7:02
33	27	Devan Sonberg	7	Central Springs	14:09.8	7:05
34		Elijah Weaver	8	Forest City	14:22.0	7:11
35	28	Cael Wesselink	8	Eagle Grove	14:24.5	7:13
36		Trevor Kruse	8	North Union	14:25.5	7:13
37	29	Matthew Craighton	8	Newman Catholic	14:26.1	7:14
38		Chayce Sheldon	7	Osage	14:29.2	7:15
39		Cooper Sifert	7	Belmond-Klemme	14:33.0	7:17
40		Nick Schiltz	7	North Union	14:37.3	7:19
41	30	Jon Anderson	7	Newman Catholic	14:38.1	7:20
42	31	Ben Regan	7	Central Springs	14:38.8	7:20
43		Damian Freitag	8	North Union	14:39.2	7:20
44	32	Dylan Shirah	7	North Butler	14:39.6	7:20
45	33	Lucas Martzahn	7	North Butler	14:40.4	7:21
46		Tyler Nolton	7	Forest City	14:41.1	7:21
47		Drew Greenwood	7	Forest City	14:42.9	7:22
48		Dan Hovinga	7	Forest City	14:52.1	7:27
49		Steve Monson	8	GHV	14:55.3	7:28
50		Alex Mata	7	Forest City	14:56.4	7:29
51	34	Cael Schafer	7	Eagle Grove	14:56.9	7:29
52		Joseph Bonstetter	8	Bishop Garrigan	15:02.5	7:32
53		Elijah Alsop	8	Forest City	15:06.5	7:34
54		Cohen Sifert	7	Belmond-Klemme	15:07.2	7:34
55	35	Isaac Kalainoff	7	Nashua-Plainfield	15:09.6	7:35
56	36	Jensen Cooper	7	Eagle Grove	15:20.3	7:41
57		Noah Klaas	8	West Hancock	15:23.3	7:42
58	37	Sean Mathers	7	North Butler	15:28.4	7:45
59		Matthew Hall	7	St. Ansgar	15:42.0	7:51
60		Riley Eden	7	West Hancock	15:48.6	7:55
61		Will Heidemann	7	Forest City	15:53.0	7:57
62		Dalton Clark	7	Belmond-Klemme	15:53.8	7:57
63		Lance Teeselink	8	Eagle Grove	15:54.1	7:58
64	38	Jordan Schneider	7	Nashua-Plainfield	15:59.8	8:00
65		Eli Eldridge	8	Forest City	16:03.5	8:02
66	39	Colin Martenik	8	West Fork	16:07.0	8:04
67		Trenton Reidel	8	Belmond-Klemme	16:25.8	8:13
68	40	Peter Knipper	7	Newman Catholic	16:29.9	8:15
69		Ian Toft	7	Forest City	16:30.4	8:16
70		Alex Hemann	7	Osage	16:40.0	8:20
71		Andrew Baesler	8	Forest City	16:40.3	8:21
72	41	Dawson Clark	7	North Butler	16:45.9	8:23
73	42	Carl Bacheldor	7	North Butler	16:48.5	8:25
74		Mason Ford	7	North Butler	16:57.1	8:29
75		Aidan Gotto	7	North Butler	17:11.3	8:36
76		Caleb Foster	7	North Butler	18:07.7	9:04
77		Xander Darling	7	Bishop Garrigan	18:10.9	9:06

78		Tyler Hansen	7	Eagle Grove	18:45.3	9:23
79		Chance Eden	8	West Hancock	18:46.2	9:24
80		Sam Turner	7	GHV	18:55.9	9:28
81	43	Lucas Pierce	8	Nashua-Plainfield	18:59.3	9:30
82	44	Seth Pistek	7	Newman Catholic	28:50.8	14:26

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East Middle School Girls Team Results

Place	Points	Team	Total	Average	Spread
1.	20	Newman Catholic	14:12.7	71:03.4	1:07.9
2.	47	Osage	14:52.6	74:22.6	1:03.4
3.	57	West Fork	15:19.1	76:35.3	1:29.8

Incomplete Teams: Nashua-Plainfield, St. Ansgar, Central Springs, North Butler

East Middle School Girls Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1		Aubrey Eick	8	Nashua-Plainfield	12:51.2	6:26
2	1	Josie Fritz	8	Newman Catholic	13:46.2	6:54
3	2	Zoey Thompson	8	Newman Catholic	13:54.3	6:58
4		Haley Rinken	8	Nashua-Plainfield	14:03.1	7:02
5		Maggie Davis	8	St. Ansgar	14:06.6	7:04
6	3	Makenna Hansen	7	Newman Catholic	14:07.8	7:04
7	4	Lilly Stockberger	8	Newman Catholic	14:21.0	7:11
8	5	Macy Gast	8	Osage	14:22.6	7:12
9	6	Amanda Schuessler	8	Osage	14:28.9	7:15
10		Ella Brown	8	St. Ansgar	14:35.2	7:18
11		Hannah Lanphere	8	Central Springs	14:43.6	7:22
12	7	Brooke Carlson	8	Osage	14:50.1	7:26
13		Kirsten Boerjan	8	St. Ansgar	14:51.7	7:26
14	8	Jordan Swenson	8	West Fork	14:53.2	7:27
15	9	Mikah Weaver	7	West Fork	14:53.6	7:27
16	10	Maggie McBride	7	Newman Catholic	14:54.1	7:28
17		Kaytie Bailey	8	Nashua-Plainfield	14:57.6	7:29
18		Kara Levi	7	Nashua-Plainfield	15:00.2	7:31
19	11	Delaney Christenson	7	West Fork	15:12.1	7:36
20	12	Kacie Esentrigger	7	West Fork	15:13.4	7:37
21	13	Karlie Wagner	8	Osage	15:15.0	7:38
22	14	Megan Scholl	8	Newman Catholic	15:19.5	7:40
23	15	Emma Weiner	7	Newman Catholic	15:22.0	7:41
24		Baileigh Berding	7	Newman Catholic	15:24.1	7:43
25	16	Madison Brown	8	Osage	15:26.0	7:43
26		Kealan Curley	8	Newman Catholic	15:43.0	7:52
27		Madison Ralls	7	North Butler	16:03.9	8:02
28		Myah Shier	7	North Butler	16:19.3	8:10
29	17	Airika Starbuck	7	West Fork	16:23.0	8:12
30		Angela Schutt	8	Newman Catholic	16:32.9	8:17
31	18	Mary Miller	8	Osage	16:35.2	8:18
32	19	Ava Rufus	8	West Fork	16:43.1	8:22
33	20	Cheyly Weaver	8	West Fork	16:45.6	8:23
34		Maddie Hubka	7	West Fork	16:46.4	8:24

35		Jess Hamilton	7	Newman Catholic	16:47.4	8:24
36		Leah Martinez	7	Newman Catholic	17:31.2	8:46
37	21	Kylie Ring	7	Osage	17:44.3	8:53
38		Taylor Wiegmann	7	North Butler	18:28.6	9:15
39		Nichole Breitbach	7	North Butler	19:57.1	9:59

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East Middle School Boys Team Results

Place	Points	Team	Total	Average	Spread
1.	53	Central Springs	13:25.5	67:07.3	2:40.5
2.	57	West Fork	13:38.3	68:11.2	4:24.9
3.	64	Newman Catholic	13:50.7	69:13.4	1:47.3
4.	71	Nashua-Plainfield	14:06.6	70:32.7	3:30.8
5.	80	North Butler	14:12.3	71:01.3	2:50.6

Incomplete Teams: St. Ansgar, Osage

East Middle School Boys Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Noah Maske	8	West Fork	11:42.1	5:52
2	2	Bryce McDonough	7	Central Springs	11:58.3	6:00
3	3	Drew Wilken	7	Nashua-Plainfield	12:29.0	6:15
4	4	Brock Mathers	7	Central Springs	12:36.1	6:19
5	5	Michael Hansen	8	North Butler	12:37.8	6:19
6	6	Tim Castle	7	Newman Catholic	12:50.8	6:26
7	7	Trent Despenes	8	West Fork	12:53.4	6:27
8	8	Keegan Ulrichs	8	Nashua-Plainfield	12:54.6	6:28
9	9	Jason Meier	8	West Fork	13:24.8	6:43
10	10	Matthew Henrich	7	Newman Catholic	13:27.3	6:44
11	11	Jeremy Shier	8	North Butler	13:35.1	6:48
12		Griffin Carlson	7	St. Ansgar	13:43.3	6:52
13	12	Jordan Ryner	7	Central Springs	13:44.3	6:53
14	13	Bennett Suntken	7	Newman Catholic	13:51.1	6:56
15	14	Clay Fisher	8	Nashua-Plainfield	13:59.7	7:00
16	15	Cale Weaver	8	West Fork	14:03.9	7:02
17	16	Devan Sonberg	7	Central Springs	14:09.8	7:05
18	17	Matthew Craighton	8	Newman Catholic	14:26.1	7:14
19		Chayce Sheldon	7	Osage	14:29.2	7:15
20	18	Jon Anderson	7	Newman Catholic	14:38.1	7:20
21	19	Ben Regan	7	Central Springs	14:38.8	7:20
22	20	Dylan Shirah	7	North Butler	14:39.6	7:20
23	21	Lucas Martzahn	7	North Butler	14:40.4	7:21
24	22	Isaac Kalainoff	7	Nashua-Plainfield	15:09.6	7:35
25	23	Sean Mathers	7	North Butler	15:28.4	7:45
26		Matthew Hall	7	St. Ansgar	15:42.0	7:51
27	24	Jordan Schneider	7	Nashua-Plainfield	15:59.8	8:00
28	25	Colin Martenik	8	West Fork	16:07.0	8:04
29	26	Peter Knipper	7	Newman Catholic	16:29.9	8:15
30		Alex Hemann	7	Osage	16:40.0	8:20
31	27	Dawson Clark	7	North Butler	16:45.9	8:23
32	28	Carl Bacheldor	7	North Butler	16:48.5	8:25

33		Mason Ford	7	North Butler	16:57.1	8:29
34		Aidan Gotto	7	North Butler	17:11.3	8:36
35		Caleb Foster	7	North Butler	18:07.7	9:04
36	29	Lucas Pierce	8	Nashua-Plainfield	18:59.3	9:30
37	30	Seth Pistek	7	Newman Catholic	28:50.8	14:26

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West Middle School Girls Team Results

Place	Points	Team	Total	Average	Spread
1.	21	Eagle Grove	14:26.1	72:10.3	1:47.2
2.	46	North Union	15:56.2	79:40.9	2:36.8
3.	53	Forest City	16:06.1	80:30.2	1:28.7

Incomplete Teams: West Hancock, Belmond-Klemme, North Iowa, Bishop Garrigan

West Middle School Girls Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Kaitlin Sampson	8	Eagle Grove	13:39.5	6:50
2	2	Hannah Sampson	8	Eagle Grove	13:55.7	6:58
3	3	Lea Friedl	8	Eagle Grove	13:58.5	7:00
4		Rachel Leerar	8	West Hancock	14:10.8	7:06
5		Abby Bates	8	Belmond-Klemme	14:40.7	7:21
6		Charlee Azeltine	7	Belmond-Klemme	14:45.2	7:23
7	4	Hanna Sandvig	7	North Union	14:47.9	7:24
8	5	Cassie Beadle	7	North Union	14:54.6	7:28
9		Jayda Taha	7	North Iowa	14:57.2	7:29
10		Grace Delange	8	Bishop Garrigan	14:59.7	7:30
11	6	Maura Beecher	7	Eagle Grove	15:09.9	7:35
12	7	Olivia Gayther	8	Forest City	15:20.9	7:41
13	8	Halle Rezac	8	North Union	15:21.4	7:41
14	9	Lili Lobato	7	Eagle Grove	15:26.7	7:44
15		Grace Rosin	8	West Hancock	15:28.1	7:45
16		Shea Sopher	7	Belmond-Klemme	15:42.6	7:52
17	10	Anna Wirtjes	7	Forest City	15:53.4	7:57
18	11	Elsa Anderson	7	Forest City	15:54.8	7:58
19	12	Abigial Segerstrom	7	Forest City	16:31.5	8:16
20		Paige Kudej	7	West Hancock	16:46.7	8:24
21	13	Heather Kite	8	Forest City	16:49.6	8:25
22	14	Ashton Merrill	8	North Union	17:12.3	8:37
23		Bailee Garst	7	North Iowa	17:19.0	8:40
24	15	Lorna Warrington	7	North Union	17:24.7	8:43
25	16	Heidi Garcia	8	Eagle Grove	18:11.7	9:06
26	17	Jada Hammond	7	North Union	18:18.7	9:10
27	18	Marissa Olson	8	Eagle Grove	18:20.1	9:11
28		Ruby Heaton	7	Eagle Grove	18:26.2	9:14
29	19	Abby Paulson	7	North Union	19:22.0	9:41
30		Maddie Waller	8	North Union	19:27.7	9:44
31		Cheyenne Schroeder	8	North Union	20:11.6	10:06
32		Alisha Marsh	7	Eagle Grove	24:17.8	12:09

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West Middle School Boys Team Results

Place	Points	Team	Total	Average	Spread
1.	19	Forest City	13:16.2	66:21.0	0:43.3
2.	42	Eagle Grove	13:43.4	68:37.0	1:10.9

Incomplete Teams: Lake Mills, North Union, Belmond-Klemme, Bishop Garrigan, West Hancock

West Middle School Boys Individual Results

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Xavier Holland	8	Forest City	12:55.7	6:28
2	2	Zach Welton	7	Forest City	13:09.2	6:35
3	3	Brady Anderson	8	Forest City	13:11.2	6:36
4	4	Adam Herrington	8	Eagle Grove	13:13.6	6:37
5	5	Riley Plain	8	Eagle Grove	13:14.4	6:38
6		Hayden Brua	7	Lake Mills	13:25.4	6:43
7	6	Joseph Ray	8	Forest City	13:25.9	6:43
8	7	Brandon Leber	8	Forest City	13:39.0	6:50
9	8	Isaac Sand	8	Forest City	13:41.4	6:51
10	9	Michael Burns	8	Forest City	13:42.9	6:52
11	10	Tomas Rolon	8	Eagle Grove	13:45.4	6:53
12	11	Brady Beck	8	Eagle Grove	13:59.1	7:00
13		Cody Hall	8	Forest City	14:00.3	7:01
14		Joey Hovinga	7	Forest City	14:00.9	7:01
15		Elijah Weaver	8	Forest City	14:22.0	7:11
16	12	Cael Wesselink	8	Eagle Grove	14:24.5	7:13
17		Trevor Kruse	8	North Union	14:25.5	7:13
18		Cooper Sifert	7	Belmond-Klemme	14:33.0	7:17
19		Nick Schiltz	7	North Union	14:37.3	7:19
20		Damian Freitag	8	North Union	14:39.2	7:20
21		Tyler Nolton	7	Forest City	14:41.1	7:21
22		Drew Greenwood	7	Forest City	14:42.9	7:22
23		Dan Hovinga	7	Forest City	14:52.1	7:27
24		Alex Mata	7	Forest City	14:56.4	7:29
25	13	Cael Schafer	7	Eagle Grove	14:56.9	7:29
26		Joseph Bonstetter	8	Bishop Garrigan	15:02.5	7:32
27		Elijah Alsop	8	Forest City	15:06.5	7:34
28		Cohen Sifert	7	Belmond-Klemme	15:07.2	7:34
29	14	Jensen Cooper	7	Eagle Grove	15:20.3	7:41
30		Noah Klaas	8	West Hancock	15:23.3	7:42
31		Riley Eden	7	West Hancock	15:48.6	7:55
32		Will Heidemann	7	Forest City	15:53.0	7:57
33		Dalton Clark	7	Belmond-Klemme	15:53.8	7:57
34		Lance Teeselink	8	Eagle Grove	15:54.1	7:58
35		Eli Eldridge	8	Forest City	16:03.5	8:02

36	Trenton Reidel	8	Belmond-Klemme	16:25.8	8:13
37	Ian Toft	7	Forest City	16:30.4	8:16
38	Andrew Baesler	8	Forest City	16:40.3	8:21
39	Xander Darling	7	Bishop Garrigan	18:10.9	9:06
40	Tyler Hansen	7	Eagle Grove	18:45.3	9:23
41	Chance Eden	8	West Hancock	18:46.2	9:24