

**Urbandale Cross Country
Urbandale Middle School
Urbandale, IA
September 3, 2016**

Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)								Average	Spread
1	Dowling Catholic	25	1	4	5	6	9	12	15	20:34.3	0:40.0	
2	Roosevelt	61	2	10	13	16	20	24	25	21:16.5	1:41.7	
3	Urbandale	71	3	14	17	18	19	21	22	21:30.4	1:28.6	
4	Indianola	82	7	8	11	27	29	30	31	21:40.4	2:27.0	
5	Hoover	158	26	28	33	35	36			24:05.9	3:11.6	
6	A D M	164	23	32	34	37	38	39	40	24:52.6	4:08.1	

Girls Individual Results

Place	Finisher	Grade	Time	Team
1	Kelsey Schweizer	So	20:13.7	Dowling Catholic
2	Isabel Buchanan	Jr	20:17.7	Roosevelt
3	Avery Peterson	Jr	20:25.6	Urbandale
4	Molly Flood	Jr	20:30.5	Dowling Catholic
5	Elzerie VanDvke	Jr	20:36.4	Dowling Catholic
6	Kate Timboe	So	20:37.0	Dowling Catholic
7	Jadvn Forbes	So	20:38.8	Indianola
8	Grace Berg	Jr	20:42.6	Indianola
9	Svdnee Miller	So	20:53.7	Dowling Catholic
10	Megan Fleming	So	21:00.8	Roosevelt
11	Bailey Blake	Fr	21:06.0	Indianola
12	Bella Heidesch	So	21:20.7	Dowling Catholic
13	Solit Germano	Jr	21:24.1	Roosevelt
14	Kali Dixon	So	21:35.6	Urbandale
15	Megan Szalev	Fr	21:38.9	Dowling Catholic
16	Marv Noel Kelly	So	21:40.0	Dowling Catholic
17	Mae Murphy	Sr	21:40.6	Roosevelt
18	Abby Huls	Fr	21:45.9	Urbandale
19	Lexi Tindell	Fr	21:50.8	Urbandale
20	Carrie Cox	So	21:54.1	Urbandale
21	Harriet Hubbell	Sr	21:54.6	Dowling Catholic
22	Sarah Schott	Jr	21:59.3	Roosevelt
23	Sara Parker	Fr	22:04.1	Urbandale
24	Emily Erickson	Jr	22:11.0	Dowling Catholic
25	Grace Rempe	Jr	22:22.1	Urbandale
26	Kim Reves	Jr	22:25.0	Urbandale
27	Sadie Juergens	So	22:29.2	A D M
28	Jillian Jaeger	Sr	22:30.0	Dowling Catholic
29	Zoe Fry	Fr	22:35.5	Roosevelt
30	Kiki Levv	Fr	22:39.4	Roosevelt
31	Shiggo Shadin	So	22:42.9	Hoover
32	Alexis Riesberg	So	22:43.0	Dowling Catholic

33	Katelyn Schulze	Sr	22:48.9	Indianola
34	Lydia Swanson	So	22:51.4	Hoover
35	Hope Johnson	So	22:55.3	Urbandale
36	Jensen Gebhart	Jr	23:05.7	Indianola
37	Ally Redenius	Fr	23:06.1	Urbandale
38	Reese Dial	Fr	23:14.6	Urbandale
39	Allison Coffey	So	23:14.7	Indianola
40	Jacque McGinnis	Sr	23:15.2	Indianola
41	Ashley Rockhold	Fr	23:15.9	Indianola
42	Kirby Marie Power	Jr	23:25.3	Dowling Catholic
43	Ingrid Collet	So	23:28.4	Roosevelt
44	Kaylee Reininga	Fr	23:36.3	Roosevelt
45	Anna Gilbreath	Fr	23:39.2	Roosevelt
46	Addison Smith	Fr	23:40.0	Indianola
47	Calla Llovd	Sr	23:44.9	Roosevelt
48	Sydney Engleman	Jr	23:49.8	A D M
49	Andrea Goodman	Jr	23:54.3	Dowling Catholic
50	Alexis Schweizer	So	23:55.0	Dowling Catholic
51	Katie Bickel	Sr	23:58.1	Hoover
52	Ava Logsdan	Jr	23:58.8	Dowling Catholic
53	Marv Grace Stanco	Sr	24:10.7	Dowling Catholic
54	Mara Timmerman	So	24:23.1	Dowling Catholic
55	Megan Kavlock	Jr	24:23.6	Dowling Catholic
56	Annie Flood	Fr	24:24.5	Dowling Catholic
57	Bridget Nolan	Fr	24:24.6	Dowling Catholic
58	Grace Lindberg	So	24:24.8	Urbandale
59	Cate Freeman	Sr	24:34.4	Dowling Catholic
60	Maura Small	Jr	24:36.9	Dowling Catholic
61	Sela Davis	Sr	24:38.3	Dowling Catholic
62	Maddie Nichols	Sr	24:41.1	Indianola
63	Anne Teeling	Sr	24:44.5	Dowling Catholic
64	Bailey Kaas	So	24:46.5	Indianola
65	Laurel McGonegle	Jr	24:49.1	Dowling Catholic
66	Ashlie Hauf	Jr	24:50.3	A D M
67	Achol Malow	Jr	24:51.4	Urbandale
68	Susan Alverio	Jr	24:54.4	Dowling Catholic
69	Olivia Magneson	Fr	24:55.1	Dowling Catholic
70	Maggie Gardner	Fr	24:56.1	Urbandale
71	Kristin McCuen	Fr	25:01.4	Indianola
72	Taylan Olson	Jr	25:02.6	Hoover
73	Terrill Hagener	Sr	25:03.9	Indianola
74	Stella Murphy	Jr	25:18.4	Roosevelt
75	Caroline Brosnahan	Sr	25:22.9	Dowling Catholic
76	Camarnv Mohan	Jr	25:26.6	Dowling Catholic
77	Claire Kaiser	So	25:35.9	Urbandale
78	Emma Cochran	Fr	25:36.2	Urbandale
79	Liiv Fiihr	Fr	25:36.3	Roosevelt
80	Kelly Flynn	Sr	25:38.5	Dowling Catholic

81	Lauren Riggs	Sr	25:38.7	Dowling Catholic
82	Taylor Richards	Sr	25:47.8	Roosevelt
83	Zoe Carter	So	25:49.4	Urbandale
84	Rebekah Bourland	Jr	25:54.4	Hoover
85	Olivia Denkinger	Sr	25:55.6	Dowling Catholic
86	Jessica Thomas	So	25:59.0	Dowling Catholic
87	Bevonce Karlstad	So	25:59.7	Roosevelt
88	Tessa Streich	Fr	26:04.0	Urbandale
89	Elizabeth Thilges	Jr	26:06.9	Dowling Catholic
90	Ellen Lloyd	Sr	26:09.4	Dowling Catholic
91	Sara Schweitzer	Sr	26:26.5	Roosevelt
92	Kylie Hauf	Jr	26:36.0	A D M
93	Mikavla Klein	So	26:37.3	A D M
94	Katherine James	Jr	26:56.2	Dowling Catholic
95	Kristen Baier	So	27:06.4	A D M
96	Macy Havran	Sr	27:22.9	Urbandale
97	Bailey Danner	Sr	27:26.0	A D M
98	Grace McCartney	So	27:41.5	A D M
99	Natalie Anderson	So	27:42.9	Dowling Catholic
100	Jesse Howard	Jr	27:43.3	A D M
101	Emily Highness	Sr	27:43.7	Dowling Catholic
102	Sarah Jordan	Jr	27:50.6	Indianola
103	Emi Smith	Sr	27:52.0	Roosevelt
104	Faith Mover	So	27:54.3	A D M
105	Dakota Jones	So	27:56.1	A D M
106	Eva Gabel	Fr	28:15.3	Indianola
107	Kate Brosnahan	Jr	28:16.7	Dowling Catholic
108	Leah Lentsch	Jr	28:17.3	Dowling Catholic
109	Bella Lopez	Fr	28:20.1	Dowling Catholic
110	Lauren Hartlieb	Sr	28:32.0	Dowling Catholic
111	Brynn Cunningham	Sr	28:32.2	Dowling Catholic
112	Molly McNeal	Fr	28:37.3	Dowling Catholic
113	Maya Miller	Jr	28:44.8	Roosevelt
114	Amanda Jorgensen	Fr	28:52.0	Roosevelt
115	Abby Dowd	Sr	29:02.4	Dowling Catholic
116	Madilyn Brace	Sr	29:08.0	Roosevelt
117	Sophie Hall	Jr	29:08.7	Roosevelt
118	Grace Hatchitt	Fr	29:18.0	A D M
119	Lexi Hankenson	Fr	29:38.1	Roosevelt
120	Rayanne Dally	Jr	29:59.4	Roosevelt
121	Kendyl Kern	So	30:16.3	Indianola
122	Riley Hibbs	So	30:22.0	Roosevelt
123	Kali Velman	Sr	30:36.8	Roosevelt
124	Jenna Neel	Sr	30:37.1	Roosevelt
125	Nisha Barnhill	Jr	31:35.9	Roosevelt
126	Gabby Smith	Fr	31:36.4	Roosevelt
127	Mary Beth Westercamp	Fr	31:46.3	Dowling Catholic
128	Chloe Spoonemore	Sr	31:55.5	A D M

129	Hannah Myli	So	32:22.5	Roosevelt
130	Maggie Staudacher	Fr	32:27.0	Indianola
131	Leanna Tanner	Fr	32:29.2	Roosevelt
132	Holland Zwank	Fr	32:38.1	A D M
133	Carli Harris	So	33:24.0	Roosevelt
134	Marissa Meadowcroft	Sr	33:29.8	A D M
135	Caitlyn Malloy	Sr	33:34.2	Roosevelt
136	Claire Heatherington	So	36:27.3	Roosevelt
137	Elizabeth DenHerder	Sr	39:17.0	A D M

**Urbandale Cross Country
Urbandale Middle School
Urbandale, IA
September 3, 2016**

Boys Team Results

Place	Team	Points	Places of Finishers (offset scoring)								Average	Spread
1	Dowling Catholic	24	1	2	5	7	9	10	11	16:43.1	0:54.1	
2	Indianola	53	3	8	13	14	15	16	19	17:22.9	1:14.0	
3	Urbandale	57	4	6	12	17	18	20	21	17:25.8	1:25.7	
4	A D M	128	23	24	26	27	28	29	30	20:23.4	0:58.8	
5	Hoover	143	22	25	31	32	33	34		21:33.8	3: 14.4	

Boys Individual Results

Place	Finisher	Grade	Time	Team
1	Matt Fraizer	Sr	16:17.4	Dowling Catholic
2	Matthew Carmody	Jr	16:18.9	Dowling Catholic
3	Seth Nostrala	Sr	16:36.4	Indianola
4	Drake Henrichs	Sr	16:38.3	Urbandale
5	Jack Fink	Sr	16:40.9	Dowling Catholic
6	Payton Marrs	Fr	16:46.8	Urbandale
7	Kevin Conner	So	17:06.8	Dowling Catholic
8	Quentin Linnan	Jr	17:10.3	Indianola
9	Thomas Bussey	Jr	17:11.5	Dowling Catholic
10	Niall Moore	Jr	17:11.8	Dowling Catholic
11	Sam Hall	Fr	17:17.4	Dowling Catholic
12	Michael Ode	Sr	17:31.4	Dowling Catholic
13	Will Ode	Fr	17:31.8	Dowling Catholic
14	Cole Willey	Jr	17:33.8	Dowling Catholic
15	Zach Fry	Fr	17:36.1	Dowling Catholic
16	Cade Friedrichsen	Sr	17:37.1	Urbandale
17	Gabe Pottebaum	Jr	17:38.3	Indianola
18	Nathan Magalhaes	Sr	17:38.9	Indianola
19	Drew Brase	So	17:41.3	Dowling Catholic
20	Matthew Berns	Sr	17:47.1	Dowling Catholic
21	Duncan Kvhl	Jr	17:49.6	Dowling Catholic
22	Eric Baldus	So	17:50.3	Indianola
23	Matthew Bishop	Jr	17:53.8	Dowling Catholic
24	Jeb Borgmeyer	Fr	17:56.7	Indianola
25	Rvan Finer	Jr	18:02.9	Urbandale
26	Michael Van Riessen	Sr	18:03.9	Urbandale
27	Jake Miller	So	18:05.9	Dowling Catholic
28	John Clingan	Sr	18:18.0	Dowling Catholic
29	Dudley Yeoman	Sr	18:23.6	Indianola
30	Luke Mohan	Sr	18:26.0	Dowling Catholic
31	Noah Smith	So	18:29.1	Dowling Catholic
32	Shane McCullum	Jr	18:30.3	Dowling Catholic
33	Joey Dohrmann	Sr	18:32.3	Dowling Catholic

34	Eli Noble	So	18:36.3	Urbandale
35	Reece Knepper	Fr	18:37.9	Urbandale
36	Carlos Quijano	Jr	19:00.7	Dowling Catholic
37	Sam Schweizer	Fr	19:01.4	Urbandale
38	Jacob Mellott	Sr	19:01.8	Urbandale
39	Till Schaeffeler	Jr	19:11.1	Dowling Catholic
40	Bryson Cook	Sr	19:12.5	Urbandale
41	Jacev Storm	Sr	19:15.0	Indianola
42	Jonah Magneson	So	19:20.9	Dowling Catholic
43	Jack Larson	Fr	19:24.1	Urbandale
44	Michael Frazier	Fr	19:26.6	Dowling Catholic
45	Jake Havran	So	19:40.6	Urbandale
46	Aiden Cunningham	So	19:44.9	Dowling Catholic
47	Jared Witke	Sr	19:48.3	Urbandale
48	Colin LaBrie	So	19:48.9	Dowling Catholic
49	Paul Johnson	Fr	19:51.8	Dowling Catholic
50	Connor Lvnch	So	19:51.9	Indianola
51	Adam Jackson	Jr	19:52.0	Dowling Catholic
52	Gage Clabaugh	So	19:52.3	Urbandale
53	Dvlan Straka	Fr	19:52.8	Urbandale
54	Joel Jackson	Jr	19:52.8	Hoover
55	Ryan O'Halloran	Fr	19:54.9	Dowling Catholic
56	Sean McGee	So	19:55.5	A D M
57	Steffen Osborn	Fr	19:56.9	Dowling Catholic
58	Brady Meier	Sr	19:57.6	A D M
59	Brice Rhodes	So	19:57.9	Hoover
60	Kaleb Roberson	So	19:58.8	Dowling Catholic
61	Thomas Beiarno	Sr	20:05.3	Dowling Catholic
62	Drew Dabney	Jr	20:06.9	Urbandale
63	Seth Bickham	Sr	20:08.7	Indianola
64	Michael Castellano	Sr	20:11.5	Dowling Catholic
65	Brandon Latting	Fr	20:15.7	Dowling Catholic
66	Owen Fix	Fr	20:16.4	Indianola
67	Joe Bussev	Fr	20:17.0	Dowling Catholic
68	Braeden Hegarty	Fr	20:17.0	A D M
69	Daniel Ordaz	So	20:19.2	Dowling Catholic
70	Isaac Stich	Sr	20:19.6	Indianola
71	James Peterson	Fr	20:30.2	Urbandale
72	Riley Seger	Jr	20:33.2	Indianola
73	Ethan Scheck	So	20:33.8	Dowling Catholic
74	Victor Jarman	Jr	20:34.3	Urbandale
75	Adam Dunn	Sr	20:36.8	Indianola
76	Matt Brockway	Fr	20:41.7	Urbandale
77	Kellen Cosgrove	Jr	20:43.7	Dowling Catholic
78	Samuel Volkmer	Sr	20:44.8	Dowling Catholic
79	Jonah Larsen	So	20:46.3	Urbandale
80	Mario Saenz	Sr	20:50.4	Urbandale
81	Jack Savage	So	20:52.2	Dowling Catholic

82	Owen Meier	So	20:52.7	A D M
83	Over Jarabek	Fr	20:54.0	Dowling Catholic
84	Phillip Hlas	Jr	20:54.2	A D M
85	Colin Recker	Fr	20:55.7	Dowling Catholic
86	Tyler Potter	Jr	20:59.2	Dowling Catholic
87	Zach Rinke	So	21:01.9	Dowling Catholic
88	Alex Hong	Jr	21:02.9	Dowling Catholic
89	Keegan Garton	So	21:06.3	Urbandale
90	Will Geadelmann	Sr	21:07.3	A D M
91	Sam Coleman	Sr	21:08.1	Dowling Catholic
92	Josh Schmitz	Fr	21:08.7	A D M
93	John DenHerder	Sr	21:09.2	A D M
94	Brody Greenwood	So	21:09.3	Indianola
95	Danny Lasky	Jr	21:09.5	Dowling Catholic
96	Bryson McGowan	Fr	21:09.6	Urbandale
97	Charles Bathev	Fr	21:17.8	A D M
98	Miles Combs	Fr	21:18.6	Indianola
99	Caleb Nostrala	Fr	21:18.6	Indianola
100	Eli Schwarzkopf	Jr	21:19.4	A D M
101	Jake Northup	So	21:21.8	Dowling Catholic
102	Luke Hillsman	Fr	21:32.5	Dowling Catholic
103	Matthew Probst	Fr	21:38.9	Dowling Catholic
104	Alec Goos	Jr	21:39.9	A D M
105	Micah Mover	Jr	21:42.3	A D M
106	Zachary Kobes	Sr	21:46.6	Dowling Catholic
107	Carter Luttrell	Fr	21:49.6	Indianola
108	Griffin Rhode	Fr	21:52.0	Dowling Catholic
109	Andrew Rvan	So	21:54.2	Dowling Catholic
110	Ferdinand Aloba	Fr	21:55.6	Hoover
111	Gus Mote	Sr	22:00.2	Dowling Catholic
112	Nick Hall	Jr	22:06.6	Dowling Catholic
113	Jack O'Halloran	Sr	22:06.6	Dowling Catholic
114	Seth Entriken	Fr	22:11.1	A D M
115	Joseph Kramer	Sr	22:15.0	Dowling Catholic
116	Joseph Seymour	So	22:19.5	Dowling Catholic
117	Nick Bindel	Fr	22:22.4	Dowling Catholic
118	Colin Lacey	Sr	22:22.8	Dowling Catholic
119	Trevor Lynch	Sr	22:23.2	Dowling Catholic
120	Carter Goos	So	22:45.9	A D M
121	Michael Rackham	Jr	22:50.1	Urbandale
122	Jacob Schumacher	Sr	22:53.2	A D M
123	Collins Edmond	So	22:55.5	Hoover
124	Jared Baker	Sr	23:07.1	Hoover
125	Alonso Franco	Jr	23:09.5	Dowling Catholic
126	Trevor Jackson	Fr	23:11.5	Hoover
127	Noah Mable	So	23:13.5	Urbandale
128	Will Myers	Sr	23:24.3	Dowling Catholic
129	Ai Korver	Sr	23:35.4	Urbandale

130	Tyler Blakely	Jr	23:37.8	Dowling Catholic
131	Matthew Horvath	Fr	23:52.3	Dowling Catholic
132	Diego Lopez	Sr	24:10.0	Urbandale
133	James Howard	So	24:13.4	Indianola
134	Casey Shanaberger	So	24:28.4	Dowling Catholic
135	Brennan Lindholm	Fr	24:39.2	Urbandale
136	Jace Walley	Sr	25:05.1	Urbandale
137	Dalton Cale	Fr	25:51.7	Dowling Catholic
138	Dillon Kimberley	Sr	25:54.8	Urbandale
139	Tom Nahas	Jr	26:12.4	Dowling Catholic
140	Nick Dietrich	Jr	26:22.8	Dowling Catholic
141	Evan Witke	Fr	26:53.9	Urbandale
142	Stephen Cahalan	Fr	27:29.6	Dowling Catholic
143	Derek McManus	So	27:31.2	Dowling Catholic
144	Marek Wachendorf	Sr	28:06.9	A D M
145	Marcus Msuya	So	31:34.0	Indianola
146	Liam Sweeney	Jr	33:31.0	Dowling Catholic
147	Dan Crowley	So	38:08.2	Indianola