

2016 Heart of Iowa Conference Cross Country Championship Meet
Saydel High School
Des Moines, IA
October 10, 2016

Varsity Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	North Polk	36	2	5	6	10	13	18	19	1:44:38.84	20:55.77
2	Gilbert	45	1	4	7	16	17	20	33	1:44:57.10	20:59.42
3	Collins-Maxwell-Baxter Va	46	3	8	9	12	14	25	29	1:45:35.97	21:07.20
4	PCM	123	15	22	23	28	35	37	38	1:52:46.43	22:33.29
5	Roland-Story	161	26	27	30	34	44	55		1:58:03.21	23:36.65
6	Nevada	164	24	31	32	36	41	43		1:58:07.20	23:37.44
7	Greene County	170	11	21	39	49	50	51	53	1:59:42.27	23:56.46
8	South Hamilton	232	40	45	47	48	52	58	59	2:10:34.53	26:06.91
9	Saydel	255	42	46	54	56	57			2:21:08.65	28:13.73

Varsity Girls Individual Results

Place	Athlete	Grade	Team	Pace	Time	Points
1	Rahn, Carly	sr	Gilbert	6:25.8	19:58.61	1
2	Leshner, Amelia	jr	North Polk	6:30.4	20:12.80	2
3	Thomson, Brenna	so	Collins-Maxwell	6:35.1	20:27.42	3
4	Pollard, Maggie	jr	Gilbert	6:40.5	20:44.10	4
5	Schaffer, Sophie	fr	North Polk	6:42.7	20:51.12	5
6	Blanchard, Sophie	jr	North Polk	6:42.8	20:51.40	6
7	Hampton, Livvy	jr	Gilbert	6:44.3	20:56.08	7
8	Jessen, Heather	sr	Collins-Maxwell	6:47.4	21:05.55	8
9	Johnson, Ashlee	jr	Collins-Maxwell	6:48.2	21:08.10	9
10	Weis, Jessica	fr	North Polk	6:50.6	21:15.56	10
11	Hansen, Olivia	sr	Greene Count	6:53.4	21:24.32	11
12	Ratliff, Lauren	so	Collins-Maxwell	6:53.8	21:25.44	12
13	Croat, Grace	fr	North Polk	6:54.6	21:27.96	13
14	Moody, Shasta	so	Collins-Maxwell	6:55.1	21:29.46	14
15	Schut, Payton	so	PCM	6:57.6	21:37.15	15
16	Thatcher, Hannah	so	Gilbert	6:58.1	21:38.82	16
17	Weiler, Allison	fr	Gilbert	6:58.3	21:39.49	17
18	Patterson, Emily	so	North Polk	6:58.6	21:40.52	18
19	Gorham, Maria	jr	North Polk	6:59.0	21:41.52	19
20	Rosburg, Justine	jr	Gilbert	7:05.8	22:02.63	20
21	Cunningham, Bailey	fr	Greene Count	7:06.9	22:06.14	21
22	Sents, Rachel	fr	Gilbert	7:08.4	22:10.97	
23	Townley, Megan	so	PCM	7:08.6	22:11.34	22
24	Ives, Kirstin	so	PCM	7:10.2	22:16.34	23
25	Powers, Tate	sr	Gilbert	7:10.7	22:17.93	
26	Kruschwitz, Kaylee	sr	Nevada	7:11.2	22:19.61	24
27	Heuer, Cara	fr	Gilbert	7:13.5	22:26.58	
28	Owen, Ellie	fr	North Polk	7:15.4	22:32.75	
29	Jessen, Holly	fr	Collins-Maxwell	7:18.5	22:42.30	25

30	Bern-Schweinger, Lydia	fr	Gilbert	7:19.8	22:46.20	
31	Milhous, Jordyn	fr	Gilbert	7:19.9	22:46.71	
32	Kilstofte, Kaitlyn	fr	Roland-Story	7:21.3	22:51.00	26
33	Perry, Taryn	jr	Roland-Story	7:21.7	22:52.11	27
34	Smith, Baylee	jr	PCM	7:21.9	22:52.74	28
35	Brown, Winter	sr	Collins-Maxwell	7:24.4	23:00.61	29
36	DeValois, Grace	jr	North Polk	7:26.4	23:06.89	
37	Strobl, Kaitlyn	so	Roland-Story	7:27.3	23:09.62	30
38	Barker, RYanne	so	Nevada	7:28.9	23:14.51	31
39	Cory, Cassandra	jr	North Polk	7:30.1	23:18.22	
40	Lopez, Eleanor	fr	Gilbert	7:31.1	23:21.32	
41	Gilchrist, Megan	jr	Nevada	7:33.6	23:29.05	32
42	Miller, Kenzie	jr	Gilbert	7:36.3	23:37.45	33
43	Haskin, Theresa	so	Roland-Story	7:36.8	23:39.18	34
44	Stafford, Rachel	sr	PCM	7:39.9	23:48.86	35
45	Hill, Abby	fr	North Polk	7:41.5	23:53.56	
46	Sharp, Caitlyn	so	Nevada	7:42.1	23:55.64	36
47	Jungling, Klaire	fr	PCM	7:42.7	23:57.55	37
48	Lambert, Sierra	jr	North Polk	7:44.1	24:01.81	
49	Steenhoek, Ellie	jr	PCM	7:45.3	24:05.63	38
50	Jones, Anna	sr	Collins-Maxwell	7:45.9	24:07.49	
51	Thompson, Kacie	sr	North Polk	7:46.9	24:10.59	
52	Spencer, Whitney	jr	Collins-Maxwell	7:48.4	24:14.98	
53	Harmeyer, Ashlee	fr	Greene Count	7:49.4	24:18.17	39
54	Wendel, Kennedy	so	North Polk	7:54.8	24:34.91	
55	Baer, Rachel	sr	Gilbert	8:00.7	24:53.48	
56	Schultheis, Bryn	fr	Collins-Maxwell	8:01.4	24:55.59	
57	Hjelmevoll, Kathrine	sr	North Polk	8:04.8	25:05.97	
58	Austin, Katie	sr	South Hamilton	8:05.1	25:06.88	40
59	Hornbuckle, Eliana	fr	Nevada	8:05.5	25:08.39	41
60	Tylavsky, Katherine	fr	Saydel	8:06.3	25:10.78	42
61	Ploog, Lauren	fr	North Polk	8:06.4	25:10.97	
62	Kruse, Kaylee	jr	Nevada	8:10.4	25:23.39	43
63	Drent, Bailey	so	North Polk	8:11.1	25:25.56	
64	Teig, Grace	so	Roland-Story	8:12.9	25:31.30	44
65	Borg, Elaina	jr	Gilbert	8:13.5	25:33.25	
66	Duster, Yetta	so	Gilbert	8:13.7	25:33.78	
67	Cannon, Taylor	jr	Gilbert	8:15.2	25:38.43	
68	Moody, Madison	sr	Gilbert	8:16.4	25:42.13	
69	Johnson, Natalie	fr	South Hamilton	8:17.8	25:46.47	45
70	Tolentino, Jayda	so	Saydel	8:17.9	25:46.75	46
71	Johnson, Annie	sr	South Hamilton	8:18.0	25:47.01	47
72	Carlson, Ella	so	South Hamilton	8:19.1	25:50.64	48
73	Bravard, Izzy	fr	Greene Count	8:19.2	25:50.86	49
74	Hill, Maddy	sr	North Polk	8:20.1	25:53.74	
75	Harmeyer, Gracie	sr	North Polk	8:20.9	25:56.23	
76	Patterson, Olivia	sr	North Polk	8:22.8	26:01.93	
77	Lamoureux, Kassie	fr	Greene Count	8:23.1	26:02.78	50

78	Adams, Taylor	fr	North Polk	8:23.1	26:03.00	
79	Mather, Avery	fr	Nevada	8:33.1	26:33.85	
80	Sardou, Jaden	jr	North Polk	8:33.9	26:36.44	
81	Dewell, Nicole	sr	Nevada	8:37.9	26:49.02	
82	Cox, Cassandra	jr	North Polk	8:40.3	26:56.22	
83	Jerman, Karli	jr	Gilbert	8:40.7	26:57.70	
84	Juma, Easter	so	Gilbert	8:43.1	27:05.20	
85	Abarca, Lesley	so	Nevada	8:44.2	27:08.48	
86	Mueller, Ella	so	Gilbert	8:46.9	27:16.80	
87	Pasquariello, Olivia	fr	Collins-Maxwell	8:49.6	27:25.28	
88	Burrough, Lauren	sr	Gilbert	8:49.8	27:25.99	
89	Betty, Emily	jr	Greene Count	8:49.9	27:26.26	51
90	Babcock, Ally	sr	Gilbert	8:54.2	27:39.59	
91	Golwitzer, Kassidee	sr	North Polk	8:56.7	27:47.46	
92	Battles, Janaya	fr	Gilbert	8:58.0	27:51.41	
93	McFarlin, Keely	jr	North Polk	8:59.6	27:56.22	
94	Willadson, Emily	so	South Hamilton	9:01.9	28:03.53	52
95	Lamoureux, Regan	jr	Greene Count	9:02.0	28:03.80	53
96	Webb, Ashley	jr	Roland-Story	9:03.6	28:08.76	
97	Wickre, Kendra	sr	Saydel	9:04.2	28:10.55	54
98	Baltimore, Danielle	so	Gilbert	9:04.5	28:11.53	
99	Condon, Veronica	sr	Collins-Maxwell	9:07.0	28:19.42	
100	Hendrian, Kimberly	jr	Roland-Story	9:09.2	28:26.01	
101	McCloud, Abby	jr	North Polk	9:11.3	28:32.63	
102	Harestad, Angela	so	Roland-Story	9:11.8	28:34.30	55
103	Mumm, Megan	so	Nevada	9:18.8	28:56.12	
104	Thomas, Josie	fr	Roland-Story	9:33.7	29:42.36	
105	Miller, Clair	fr	Nevada	9:39.7	30:01.07	
106	Silva, Maria	sr	North Polk	9:42.6	30:10.07	
107	Parker, Savannah	fr	Greene Count	9:46.3	30:21.56	
108	Humpal-Pash, Madeleine	jr	Nevada	9:48.7	30:28.74	
109	Lamoureux, Kirsten	fr	Greene Count	9:51.8	30:38.43	
110	Buchlele, Abby	jr	Gilbert	9:53.7	30:44.47	
111	Miklus, Ada	jr	Saydel	9:56.3	30:52.46	56
112	Schwager, Joanna	jr	Gilbert	10:01.2	31:07.83	
113	Weber, Shelby	sr	Saydel	10:01.3	31:08.11	57
114	Larson, Emma	jr	Greene Count	10:24.0	32:18.42	
115	Hartsook, Karrigan	so	North Polk	10:27.9	32:30.62	
116	Friedman, McKenzie	jr	North Polk	10:29.1	32:34.32	
117	Ralston, Katie	so	South Hamilton	10:37.6	33:00.88	58
118	Spicer, Lydia	fr	South Hamilton	10:38.0	33:01.90	59
119	Perri, Flavia	sr	Greene Count	10:40.8	33:10.64	
120	Henkenius, Katie	fr	PCM	10:41.4	33:12.66	
121	Cornelius, Michelyn	sr	Gilbert	10:57.3	34:01.87	
122	Guzman, Jessica	so	Saydel	11:18.6	35:08.10	
123	Erdelt, Olivia	jr	Saydel	11:25.1	35:28.23	
124	Burkhart, Hannah	jr	South Hamilton	12:49.8	39:51.66	

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Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Gilbert	31	3	5	6	8	9	10	11	1:25:56.79	17:11.36
2	South Hamilton	89	12	15	19	20	23	38		1:29:37.05	17:55.41
3	Nevada	97	2	18	22	25	30	37	39	1:30:32.47	18:06.50
4	North Polk	114	13	17	24	29	31	33	34	1:31:31.41	18:18.29
5	Roland-Story	114	7	21	26	28	32	41	44	1:31:53.93	18:22.79
6	Collins-Maxwell-Baxter Va	146	14	16	27	43	46	47	48	1:33:19.64	18:39.93
7	Saydel	157	4	35	36	40	42	53	54	1:34:06.70	18:49.34
8	PCM	196	1	45	49	50	51	52	55	1:39:08.67	19:49.74

Varsity Boys Individual Results

Place	Athlete	Grade	Team	Pace	Time	Points
1	Ellens, Chris	sr	PCM	5:21.9	16:40.11	1
2	Hornbuckle, Malachi	jr	Nevada	5:25.5	16:51.28	2
3	Taylor, Jason	jr	Gilbert	5:30.4	17:06.30	3
4	Parker, David	sr	Saydel	5:30.9	17:08.03	4
5	Patel, Nathan	fr	Gilbert	5:31.2	17:08.87	5
6	Ockey, John	so	Gilbert	5:31.9	17:11.01	6
7	Rusher, Dakota	sr	Roland-Story	5:32.1	17:11.67	7
8	Powers, Hank	so	Gilbert	5:32.9	17:14.23	8
9	Tyler, Rees	fr	Gilbert	5:33.6	17:16.38	9
10	Greder, Will	jr	Gilbert	5:33.8	17:16.88	10
11	Miller, Zane	jr	Gilbert	5:34.6	17:19.30	
12	Ruba, Griffin	fr	Gilbert	5:34.7	17:19.67	11
13	Grove, Quinton	fr	South Hamilton	5:38.1	17:30.26	12
14	Wilcox, Jacob	jr	North Polk	5:38.4	17:31.31	13
15	Thomson, Ian	so	Collins-Maxwell	5:40.0	17:36.11	14
16	Peters, Logan	so	South Hamilton	5:40.4	17:37.51	15
17	Berg, Logan	fr	Collins-Maxwell	5:42.8	17:45.06	16
18	McCormick, Will	jr	North Polk	5:42.9	17:45.25	17
19	Kline, Connor	jr	Nevada	5:44.7	17:50.85	18
20	Mesenbrink, Ethan	so	Gilbert	5:45.1	17:52.07	
21	Brown, Josiah	jr	South Hamilton	5:45.4	17:52.94	19
22	Shuka, Stephen	sr	Gilbert	5:45.8	17:54.13	
23	Gibbons, Joe	sr	Gilbert	5:46.1	17:55.13	
24	Fisher, Devon	sr	South Hamilton	5:51.3	18:11.29	20
25	Dowling, Grady	so	Roland-Story	5:52.7	18:15.74	21
26	Nusbaum, Noah	so	Nevada	5:55.6	18:24.53	22
27	Pickering, Gai	so	South Hamilton	5:55.7	18:25.05	23
28	Meiners, Cody	sr	North Polk	5:57.3	18:29.91	24
29	Baker, Dalton	so	Nevada	5:58.3	18:33.19	25
30	Olson, Grant	so	Roland-Story	6:01.1	18:41.64	26

31	Gustafson, Michael	fr	Gilbert	6:02.0	18:44.70	
32	Fricke, Carter	jr	Collins-Maxwell	6:02.9	18:47.48	27
33	Thomas, Marcus	jr	Roland-Story	6:04.0	18:50.70	28
34	Williams, Michael	fr	North Polk	6:04.2	18:51.35	29
35	Sanders, Jacob	so	Nevada	6:04.6	18:52.62	30
36	Peterson, John	sr	North Polk	6:04.9	18:53.59	31
37	Carstensen, Sam	so	North Polk	6:05.0	18:53.89	
38	Thiel, Nick	so	Roland-Story	6:05.1	18:54.18	32
39	Leach, Kirk	sr	North Polk	6:05.3	18:54.72	33
40	Vernon, Flint	so	North Polk	6:05.4	18:55.02	34
41	Weary, Carter	so	Gilbert	6:06.6	18:58.79	
42	Steffen, Mark	so	Gilbert	6:06.9	18:59.92	
43	Barker, Drew	sr	Nevada	6:08.0	19:03.16	
44	Nelson, Nathan	jr	Saydel	6:08.1	19:03.45	35
45	Plascencia, Seth	fr	Saydel	6:09.1	19:06.70	36
46	MacVey, Conner	sr	Nevada	6:09.7	19:08.42	37
47	Thompson, Drake	sr	South Hamilton	6:11.6	19:14.47	38
48	See, Devin	so	Nevada	6:11.8	19:14.98	39
49	Fisher, Jared	sr	South Hamilton	6:11.9	19:15.32	
50	Ockey, Matt	fr	Gilbert	6:13.0	19:18.72	
51	Perez, Rodrigo	jr	Nevada	6:13.4	19:19.96	
52	Pyles, Austin	fr	Saydel	6:13.9	19:21.45	40
53	Church, Noah	so	North Polk	6:14.1	19:22.19	
54	Ihle, Dylan	fr	Roland-Story	6:14.7	19:24.03	41
55	Lee, Cash	so	Saydel	6:15.7	19:27.07	42
56	Van Maanen, Max	jr	Collins-Maxwell	6:17.0	19:31.22	43
57	Dowe, Eric	so	Roland-Story	6:18.0	19:34.25	44
58	Stafford, Jason	fr	PCM	6:19.0	19:37.52	45
59	Rhoades, Noah	jr	Collins-Maxwell	6:19.8	19:39.77	46
60	Gustafson, Jack	fr	Gilbert	6:21.7	19:45.88	
61	Mwirigi, Calvin	sr	Nevada	6:22.4	19:47.95	
62	Lebeck, Blake	fr	Roland-Story	6:23.3	19:50.70	
63	Sievers, Blake	jr	Roland-Story	6:23.8	19:52.34	
64	Halstead, Max	jr	Roland-Story	6:26.7	20:01.44	
65	Drake, Gabe	fr	North Polk	6:27.9	20:05.04	
66	Check, Dean	fr	Nevada	6:29.4	20:09.80	
67	Bruntz, Josh	so	Collins-Maxwell	6:30.7	20:13.78	47
68	Larson, Will	jr	Roland-Story	6:30.8	20:14.10	
69	Graber, Christian	jr	Gilbert	6:31.1	20:14.99	
70	Bernard, James	jr	Gilbert	6:31.4	20:16.04	
71	Myers, Colton	so	Saydel	6:32.5	20:19.20	
72	Loonan, JJ	fr	Gilbert	6:33.6	20:22.74	
73	Hines, Connor	so	Nevada	6:33.8	20:23.36	
74	Cory, Grant	so	North Polk	6:34.3	20:25.00	
75	Lammers, Trevor	fr	South Hamilton	6:34.9	20:26.69	
76	Halleland, Seth	fr	Roland-Story	6:36.0	20:30.34	
77	Rimathe, Hunter	fr	North Polk	6:39.0	20:39.41	
78	Davidson, Broc	jr	North Polk	6:41.0	20:45.60	

79	Ruben, Eli	so	Roland-Story	6:42.2	20:49.42	
80	Kennedy, Nathan	jr	Greene Count	6:42.8	20:51.28	
81	Davis, Carter	fr	Collins-Maxwell	6:42.9	20:51.63	
82	Padget, Brendyn	jr	Collins-Maxwell	6:43.0	20:51.87	48
83	Peter, Caleb	jr	PCM	6:43.1	20:52.37	49
84	North, Brady	jr	PCM	6:43.7	20:54.18	50
85	Ehrenberg, Carson	jr	Roland-Story	6:43.8	20:54.51	
86	Buchele, Jacob	fr	Gilbert	6:45.2	20:58.62	
87	Hardaway, Brian	fr	Greene Count	6:45.8	21:00.60	
88	Bruxvoort, Mark	sr	PCM	6:47.0	21:04.49	51
89	Cox, Jacob	fr	PCM	6:47.2	21:04.85	52
90	Hink, Taylor	fr	Roland-Story	6:48.7	21:09.66	
91	Pawlovich, Caleb	fr	Nevada	6:49.5	21:12.16	
92	Johnson, Zach	sr	Gilbert	6:50.2	21:14.22	
93	Popillion, Tristan	so	Gilbert	6:50.3	21:14.47	
94	DeValois, Josiah	so	North Polk	6:52.5	21:21.44	
95	Christiansen, Gage	so	Gilbert	6:52.7	21:22.08	
96	Jurgensen, Caleb	fr	Saydel	6:53.6	21:24.81	53
97	Austin, Logan	fr	South Hamilton	6:55.6	21:31.06	
98	Long, Jared	jr	North Polk	6:55.8	21:31.75	
99	Borts, Jack	so	Gilbert	6:56.4	21:33.57	
100	Janvrin, Bram	so	Gilbert	6:57.4	21:36.57	
101	Johnston, Will	so	Gilbert	6:58.0	21:38.45	
102	Spicer, Skyler	fr	Saydel	6:59.0	21:41.61	
103	Campbell, Bryce	jr	Saydel	6:59.6	21:43.63	54
104	Vanderpool, Brenden	so	PCM	6:59.9	21:44.32	
105	Meehan, Ryan	so	Gilbert	7:00.0	21:44.88	
106	Jones, Jordan	jr	Nevada	7:00.1	21:45.09	
107	Wille, Noah	so	North Polk	7:00.3	21:45.80	
108	Ross, Brady	sr	Collins-Maxwell	7:00.6	21:46.77	
109	Burr, Billy	fr	Saydel	7:01.7	21:50.13	
110	Martin, Colby	so	Roland-Story	7:04.7	21:59.39	
111	Koopman, Triston	jr	South Hamilton	7:05.8	22:02.77	
112	Raman, Erik	jr	Gilbert	7:08.7	22:11.64	
113	Taylor, Zach	jr	Roland-Story	7:09.0	22:12.82	
114	Rastetter, Zach	jr	Gilbert	7:09.4	22:13.93	
115	Krull, Noah	so	Roland-Story	7:09.7	22:14.98	
116	Sharp, Alex	jr	Gilbert	7:10.0	22:15.86	
117	Clark, Carson	so	PCM	7:11.1	22:19.32	
118	Jackson, Nolan	fr	Roland-Story	7:11.5	22:20.62	
119	Twedt, Garret	jr	Roland-Story	7:12.4	22:23.41	
120	McClellan, Bradley	jr	PCM	7:14.3	22:29.16	55
121	Swaab, Addison	so	Collins-Maxwell	7:15.7	22:33.62	
122	Parker, Nathan	sr	North Polk	7:16.1	22:34.78	
123	Subra, Seth	so	North Polk	7:17.6	22:39.34	
124	Reitano, Gabe	fr	Roland-Story	7:19.6	22:45.77	
125	VanderKamp, Blake	fr	PCM	7:20.2	22:47.57	
126	Hetland, Keaton	jr	South Hamilton	7:21.2	22:50.55	

127	Mazariegos, Manny	so	Saydel	7:23.0	22:56.30
128	Courtney, Cody	fr	PCM	7:23.2	22:56.69
129	Gowdy, McCade	so	Collins-Maxwell	7:23.8	22:58.65
130	Young, Carter	so	Saydel	7:24.5	23:00.84
131	McCord, Evan	sr	Nevada	7:24.9	23:02.03
132	Johnson, Jake	jr	North Polk	7:25.1	23:02.61
133	Crow, Brandon	sr	Gilbert	7:25.3	23:03.32
134	Wilson, Drew	sr	Gilbert	7:25.4	23:03.55
135	Konek, Payton	so	PCM	7:27.0	23:08.79
136	Merryman, Carter	fr	Collins-Maxwell	7:27.2	23:09.38
137	Kouski, Ronald	fr	Saydel	7:28.5	23:13.17
138	Hochstetler, Nate	jr	Gilbert	7:29.9	23:17.64
139	George, Andrew	so	North Polk	7:30.5	23:19.60
140	Markert, Cameron	so	North Polk	7:31.7	23:23.23
141	Meiners, Austin	so	North Polk	7:35.7	23:35.58
142	Croat, Grant	jr	North Polk	7:40.6	23:50.76
143	Carney, Logan	fr	Saydel	7:42.6	23:57.20
144	Beach, Everett	fr	South Hamilton	7:49.7	24:19.11
145	Nady, Ethan	fr	Roland-Story	7:49.8	24:19.42
146	Haverdink, Luke	fr	Gilbert	7:49.9	24:19.86
147	McBee, Kaden	fr	Saydel	7:52.0	24:26.44
148	Dumbaugh, Cale	fr	Nevada	7:53.3	24:30.46
149	Reichart, Tyler	jr	North Polk	7:53.5	24:31.05
150	Origer, Wyatt	so	Roland-Story	7:53.7	24:31.64
151	Hartzler, Derek	so	Roland-Story	7:54.5	24:34.16
152	Breckenridge, Ayrton	fr	PCM	7:56.4	24:39.86
153	Caton, Mark	sr	Nevada	7:59.2	24:48.74
154	VandeLune, Cooper	fr	PCM	7:59.4	24:49.35
155	Coster, Thomas	sr	South Hamilton	8:04.3	25:04.60
156	Sirna, Sam	fr	Roland-Story	8:08.6	25:17.88
157	Hugen, Owen	fr	PCM	8:09.4	25:20.51
158	McCarty, Zeke	fr	Gilbert	8:10.2	25:22.78
159	Brooks, Makail	fr	Saydel	8:14.7	25:36.96
160	Hoskins, Loren	jr	Nevada	8:23.7	26:04.95
161	Galbraith, Austin	jr	Collins-Maxwell	8:41.8	27:01.00
162	Moore, Bailey	jr	Saydel	8:45.4	27:12.28
163	Dennis, Damien	fr	Saydel	8:50.2	27:27.16
164	Ralston, Josh	fr	South Hamilton	9:04.7	28:12.11
165	Cory, Saber	jr	Roland-Story	9:12.7	28:36.99
166	McClain, Jackson	fr	North Polk	9:16.4	28:48.64
167	McKinley, Dylan	fr	Roland-Story	9:31.3	29:34.73
168	Hueser, Jacob	jr	Greene Count	10:09.6	31:33.92

2016 Heart of Iowa Conference Cross Country Championship Meet
Saydel High School
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October 10, 2016

Middle School Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	North Polk MS	30	1	5	7	8	9	10	19	1:06:16.98	13:15.40
2	Collins-Maxwell-Baxter	85	4	15	17	24	25	31	44	1:10:36.50	14:07.30
3	Nevada	100	2	11	20	33	34	35	36	1:11:27.76	14:17.56
4	Gilbert	105	12	13	23	28	29	30	37	1:12:16.48	14:27.30
5	Saydel	108	3	6	22	38	39	42	43	1:12:44.42	14:32.89
6	South Hamilton	127	16	18	26	27	40	46		1:14:34.97	14:55.00
7	Roland Story	153	14	21	32	41	45	47		1:18:00.26	15:36.06

Middle School Girls Individual Results

Place	Athlete	Grade	Team	Time	Points
1	Zimmer, Abi	8	North Polk	12:49.42	1
2	Tuhn, Elie	7	Nevada	12:53.11	2
3	McBee, Aleah	7	Saydel	13:03.85	3
4	Houge, Alexis	7	CMB	13:10.11	4
5	Cooper, Addie	8	North Polk	13:11.99	5
6	Carney, Rylee	7	Saydel	13:15.70	6
7	Schaffer, Lucy	7	North Polk	13:17.58	7
8	Muhlana, Reece	8	North Polk	13:22.11	8
9	Bergstrom, Izzie	8	North Polk	13:35.88	9
10	Rediske, Ava	8	North Polk	13:42.69	10
11	Elliott-Rude, Eleanor	8	Nevada	13:46.30	11
12	McConville, Ashlea	8	Gilbert	13:46.72	12
13	Johnson, Emma	8	Gilbert	13:49.05	13
14	Chipps, Margo	8	PCM	13:56.56	
15	Blythe, Morgan	8	Roland Story	13:56.85	14
16	Fricke, Avery	7	CMB	14:04.14	15
17	Ervin, Abby	8	South Hamilton	14:04.43	16
18	Davis, Arianna	7	CMB	14:06.18	17
19	Jensen, Marissa	8	South Hamilton	14:16.60	18
20	Hennagir, Katelyn	8	North Polk	14:17.24	19
21	Rasmussen, Grace	7	North Polk	14:17.61	
22	Renshaw, Hannah	7	North Polk	14:20.70	
23	Borwick, Tessa	7	Nevada	14:21.75	20
24	Seaton, Paige	7	Roland Story	14:23.38	21
25	Martin, Orianna	7	Saydel	14:25.08	22
26	Rudman, Natalie	7	Gilbert	14:27.53	23
27	Russell, Laney	8	North Polk	14:30.03	
28	Conradi, Kailee	8	CMB	14:30.77	24
29	Erikson, Zerfe	8	North Polk	14:30.97	
30	Day, Morgan	7	CMB	14:45.30	25
31	Allender, Conner	8	Greene County	14:48.34	

32	Friedman, Isabelle	7	North Polk	14:48.74	
33	Heeren, Emma	8	South Hamilton	14:55.96	26
34	Weers, Sydney	8	North Polk	14:57.07	
35	Larson, Whitney	7	North Polk	15:03.21	
36	Remsburg, Taylor	7	South Hamilton	15:04.90	27
37	Lopez, Greta	8	Gilbert	15:05.17	28
38	Hogan, Olivia	8	Gilbert	15:08.01	29
39	Hatfield, Kaisa	8	Gilbert	15:09.94	30
40	Vansice, Lilie	7	CMB	15:10.45	31
41	Strohbl, Rebekah	7	Roland Story	15:11.30	32
42	Cahill, Grace	8	Nevada	15:11.90	33
43	Reha, Valerie	8	North Polk	15:14.38	
44	Crain, Briar	7	Nevada	15:14.70	34
45	Heiden, Grace	8	Nevada	15:14.91	35
46	Fritz, Hannah	8	Nevada	15:24.56	36
47	Yoakum, Jamie	7	North Polk	15:27.27	
48	Shea, Nora	8	North Polk	15:27.59	
49	O'Brien, Keara	7	Gilbert	15:28.04	37
50	George, Emma	8	PCM	15:36.17	
51	Schroeder, Rachel	7	North Polk	15:36.90	
52	Dresen, Josie	7	North Polk	15:40.46	
53	Wendel, Mia	8	North Polk	15:43.58	
54	Thatcher, Mary	8	Gilbert	15:44.09	
55	Cummins, Alexis	7	North Polk	15:50.93	
56	Messenbrink, Josie	7	Gilbert	15:51.59	
57	Hemry, Kendal	8	Saydel	15:53.76	38
58	Faux, Mandy	8	North Polk	15:56.23	
59	Hogan, Emma	8	Gilbert	15:58.98	
60	Ellingson, Grace	7	Gilbert	16:01.35	
61	Miller, Claire	7	Saydel	16:06.03	39
62	Hoffman, Noelle	8	North Polk	16:06.37	
63	Houston, Lani	7	North Polk	16:09.31	
64	Oulman, Mara	7	South Hamilton	16:13.08	40
65	Ferguson, Cheyenne	8	Greene County	16:14.15	
66	Conrad, Taylor	8	Nevada	16:18.47	
67	Mattson, Ellie	7	Gilbert	16:27.04	
68	Stevenson, Maddy	8	Roland Story	16:30.29	41
69	Dela Cruz, Christine	7	Saydel	16:32.19	42
70	Grow, Madison	7	Greene County	16:36.94	
71	McBee, Morgan	7	North Polk	16:43.62	
72	Mehari, Saron	7	Nevada	16:43.86	
73	Boots, Jade	8	North Polk	16:47.71	
74	Springer, Marlee	7	North Polk	17:02.64	
75	Higgins, Ella	7	Nevada	17:09.46	
76	Dykstra, Jordyn	7	Saydel	17:13.40	43
77	Rastetter, Isabella	8	Gilbert	17:32.29	
78	Gruhn, Jada	7	Saydel	17:46.47	
79	Jones, Janee	7	CMB	17:52.19	44

80	Fuchs, Jenna	7	CMB	17:52.95	
81	Omundson, Natalie	8	Roland Story	17:58.44	45
82	Adamski, Taylor	7	South Hamilton	18:08.57	46
83	Fosselman, Ava	7	North Polk	18:40.35	
84	Ferrari, Anna	8	Gilbert	19:01.97	
85	Anderson, Emma	7	CMB	19:42.02	
86	Elsberry, Samantha	7	Roland Story	20:03.06	47
87	Curtis, Hannah	8	Greene County	20:03.62	
88	Riley, Emily	7	Saydel	20:06.35	
89	Wessels, Audrey	7	North Polk	20:37.38	
90	Gumm, Hailie	7	Saydel	21:48.99	

2016 Heart of Iowa Conference Cross Country Championship Meet
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Middle School Boys Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Greene County	75	4	8	9	24	30	49	52	1:03:47.52	12:45.51
2	North Polk	82	5	12	18	20	27	28	29	1:04:34.65	12:54.93
3	Gilbert	88	2	3	17	31	35	36	40	1:04:00.08	12:48.02
4	Roland Story	90	10	11	15	21	33	37	41	1:05:05.97	13:01.20
5	Saydel	90	6	13	14	19	38	39	48	1:04:37.59	12:55.52
6	South Hamilton	139	1	16	25	46	51	53		1:09:00.60	13:48.12
7	PCM	148	7	23	26	42	50			1:08:44.42	13:44.89
8	Nevada	175	22	32	34	43	44	45	47	1:08:46.68	13:45.34

Middle School Boys Individual Results

Place	Athlete	Grade	Team	Pace	Time	Points
1	Skartvedt, Ty	8	South Hamilton	5:45.1	11:30.19	1
2	Houseman, Eli	7	Gilbert	5:57.0	11:53.93	2
3	Hatfield, Tad	7	Gilbert	5:57.2	11:54.36	3
4	Velazco, Luis	8	Greene County	6:03.7	12:07.29	4
5	O'Tool, Montay	8	North Polk	6:03.8	12:07.54	5
6	Mundy, Evan	8	Saydel	6:04.2	12:08.29	6
7	Webb, Beau	8	PCM	6:05.4	12:10.72	7
8	Wailes, Nathan	8	Greene County	6:10.5	12:20.91	8
9	Roberts, Alex	8	Greene County	6:13.8	12:27.42	9
10	Sievers, Trey	8	Roland Story	6:21.2	12:42.25	10
11	Haglund, Zane	8	Roland Story	6:22.2	12:44.35	11
12	Hennagir, Chris	8	North Polk	6:22.7	12:45.39	12
13	Michael, Kenne	8	Saydel	6:23.4	12:46.68	13
14	Jaschke, Cole	8	Saydel	6:24.9	12:49.67	14
15	Webb, Xander	8	Roland Story	6:25.4	12:50.75	15
16	Koster, Gage	8	South Hamilton	6:27.8	12:55.50	16
17	Kautman, Jacob	8	Gilbert	6:31.6	13:03.14	17
18	Laizure, Gabe	8	North Polk	6:33.1	13:06.05	18
19	Miller, Isaac	8	Saydel	6:34.2	13:08.23	19
20	McCloud, TJ	8	North Polk	6:35.2	13:10.36	20
21	Sanderson, Jay	7	Roland Story	6:37.6	13:15.04	21
22	Owen, William	8	Nevada	6:39.1	13:18.12	22
23	St. Pierre, Colton	8	PCM	6:40.3	13:20.52	23
24	Woodruff, Logan	7	Greene County	6:40.5	13:20.82	24
25	Payne, Evan	8	South Hamilton	6:41.6	13:23.05	25
26	Moser, Dalton	8	PCM	6:42.0	13:23.84	26
27	Larson, Isaac	8	North Polk	6:42.7	13:25.31	27
28	Leshner, Will	8	North Polk	6:44.3	13:28.60	28
29	Davidson, Ryan	8	North Polk	6:44.4	13:28.81	29
30	Aubrey, Colton	8	Greene County	6:45.6	13:31.08	30

31	Sturdy, Carson	8	Gilbert	6:45.8	13:31.60	31
32	Frideres, Elliot	8	Nevada	6:46.2	13:32.23	32
33	Hart, Jarod	8	Roland Story	6:46.8	13:33.58	33
34	Nelsen, Marcus	7	Nevada	6:47.5	13:34.97	34
35	Shulka, Josiah	8	Gilbert	6:48.6	13:37.05	35
36	Papesh, Jacob	8	Gilbert	6:49.8	13:39.52	36
37	Anderson, Crew	7	Roland Story	6:51.6	13:43.06	37
38	Jaschke, Kaleb	8	Saydel	6:52.4	13:44.72	38
39	Brady, Shaylon	7	Saydel	6:55.3	13:50.47	39
40	Branson, Eli	7	Gilbert	6:55.5	13:50.85	40
41	Schwanz, Caiden	8	North Polk	6:56.3	13:52.61	
42	Thomas, Luke	7	Roland Story	7:00.0	13:59.99	41
43	Hammers, Connor	8	Gilbert	7:02.6	14:05.08	
44	Padget, Garin	8	PCM	7:02.7	14:05.28	42
45	Kerns, William	7	Nevada	7:03.6	14:07.04	43
46	Lundvall, Christian	8	Gilbert	7:06.3	14:12.44	
47	Gilchrist, Caleb	7	Nevada	7:07.2	14:14.32	44
48	Malchow, Bryce	8	Gilbert	7:11.1	14:22.11	
49	Rosburg, Reese	7	Gilbert	7:11.5	14:22.91	
50	Dumbaugh, Nate	7	Nevada	7:13.2	14:26.32	45
51	Halfwassen, Logan	7	South Hamilton	7:15.8	14:31.47	46
52	Congdon, Addison	8	Gilbert	7:16.8	14:33.61	
53	Cooper, Lucas	8	North Polk	7:18.7	14:37.41	
54	Heginger, Elijah	8	Nevada	7:20.1	14:40.11	47
55	Koudelka, Noah	8	Nevada	7:20.3	14:40.54	
56	Peak, Quin	8	Saydel	7:20.7	14:41.35	48
57	Kayser, Ben	8	Saydel	7:23.0	14:45.94	
58	Tylavsky, Caleb	7	Saydel	7:23.6	14:47.04	
59	Schreier, Cael	8	Roland Story	7:24.4	14:48.73	
60	Babcock, Andrew	8	Gilbert	7:25.8	14:51.50	
61	Leslie, Clayton	7	CMB	7:26.3	14:52.54	
62	Bettis, Collin	8	Gilbert	7:27.6	14:55.16	
63	Pierick, Jacob	8	CMB	7:29.1	14:58.09	
64	Dieter, Kyle	8	Nevada	7:33.3	15:06.50	
65	Woodford, Kyle	8	North Polk	7:40.0	15:19.95	
66	Pierre, Daniel	7	North Polk	7:42.3	15:24.45	
67	Carstensen, Jax	7	Greene County	7:45.9	15:31.66	49
68	Walker, Noah	8	Saydel	7:47.2	15:34.41	
69	Tinder, Blake	7	Gilbert	7:49.4	15:38.73	
70	Graber, Garrett	8	PCM	7:52.1	15:44.06	50
71	Glick, Devin	8	Saydel	7:52.3	15:44.49	
72	Kruzich, Austin	8	Nevada	7:53.7	15:47.33	
73	Scott, Justin	8	Saydel	7:56.5	15:52.91	
74	Kuntz, Kaden	7	Gilbert	7:59.4	15:58.63	
75	Sanduka, Zuhair	7	Gilbert	8:03.6	16:07.13	
76	Jones, Keegan	7	Nevada	8:06.2	16:12.28	
77	Grant, Spencer	7	Nevada	8:07.5	16:14.92	
78	Reitano, Briar	8	Roland Story	8:16.6	16:33.16	

79	Reichert, Leighton	7	Gilbert	8:17.7	16:35.33	
80	Zimmerman, Thad	7	South Hamilton	8:20.2	16:40.39	51
81	Carstensen, Jayden	7	Greene County	8:22.1	16:44.10	52
82	Lause, Trevor	7	Saydel	8:32.4	17:04.77	
83	Neil, Aidan	7	Greene County	8:38.3	17:16.57	
84	Sandry, Jake	7	Roland Story	9:10.4	18:20.72	
85	Miller, Kaelen	7	South Hamilton	9:11.5	18:22.83	53
86	Heuer, Adam	7	Gilbert	9:15.4	18:30.62	
87	Scroggins, Tanner	8	CMB	9:25.3	18:50.55	
88	Fergen, Camden	7	Gilbert	9:29.4	18:58.75	
89	Faga, Nathan	8	Roland Story	9:31.2	19:02.41	
90	Kenealy, Korin	8	Nevada	9:33.5	19:06.94	
91	Primrose, Ethan	7	Nevada	10:58.6	21:57.12	
92	Humpal-Pash, Ben	7	Nevada	11:35.7	23:11.38	
93	Sullivan-Pecha, Caelan	7	Nevada	11:38.0	23:15.94	