

South Winneshiek Cross Country Meet
South Winn Country Club
Calmar, Iowa
October 4, 2016

Girls Team Results

Place	Points	Team	Places of Finishers (offset scoring)						
1	29	Decorah	1	3	5	9	11	12	13
2	56	Central	6	8	10	14	22	40	42
3	63	South Winn.	2	4	18	25	26	27	30
4	108	Kee	7	24	34	36	45	104	
5	142	Waukon	16	41	44	48	50	59	60
6	152	Clayton Ridge	19	29	46	58	65	89	91
7	190	MFL	47	52	55	63	82	87	94

Incomplete teams: Postville

Girls Individual Results

Place	Points	Number	Athlete	Team	Grade	Time
1	1	52	Katie Nimrod	Decorah	11	18:49.68
2	2	94	Josie Kriener	South Winn.	12	19:26.90
3	3	57	Josephine Berlage	Decorah	12	19:30.76
4	4	93	Felicity Taylor	South Winn.	11	19:45.97
5	5	48	Jenna Galligan	Decorah	11	20:10.94
6	6	1	Ciera Deitchler	Central	10	20:15.84
7	7	74	Katie Brennan	Kee	10	20:33.47
8	8	2	Deserai Weber	Central	11	20:45.31
9	9	22	Shayla Betts	Decorah	9	20:52.09
10	10	3	Ashley Funk	Central	12	20:55.11
11	11	49	Allie Hafner	Decorah	11	20:58.27
12	12	65	Isabel Iverson	Decorah	12	20:59.16
13	13	69	Morgan Minear	Decorah	12	20:59.40
14	14	4	Danielle Weber	Central	9	21:03.99
15		54	Kaitlyn Rooney	Decorah	11	21:06.45
16	15	115	Lanci Bulman	Waukon	12	21:13.05
17		67	Shania Kelly	Decorah	12	21:15.79
18	16	96	Olivia Massman	South Winn.	10	21:17.49
19	17	11	Kassandra Rosenbum	Clayton Ridge	12	21:21.69
20		29	Meg Sessions	Decorah	9	21:22.31
21		23	Brooke Courtney	Decorah	9	21:24.43
22	18	5	Jasmine Mueller	Central	9	21:28.97
23		59	Brenna Betts	Decorah	12	21:32.68
24	19	76	Makayla Peters	Kee	9	21:39.86
25	20	100	Ashley Kriener	South Winn.	10	21:41.68
26	21	97	Sadie Nymeyer	South Winn.	12	21:41.85
27	22	98	Jenna Knutson	South Winn.	10	21:42.02
28		51	Sarah Mikkelson	Decorah	11	21:50.94
29	23	12	Lena Thurna	Clayton Ridge	10	21:52.96
30	24	99	Sami Bohr	South Winn.	10	22:03.00

31		71	Kayla Quandahl	Decorah	12	22:03.99
32		58	Sylvia Betteridge	Decorah	12	22:05.03
33		55	Madison Sexton	Decorah	11	22:08.63
34	25	75	Makayla Walleser	Kee	10	22:09.83
35		101	Melissa Ward	South Winn.	10	22:10.03
36	26	73	Nicki Wood	Kee	11	22:13.37
37		33	Cassidy Carolan	Decorah	10	22:13.99
38		66	Helen Johnson	Decorah	12	22:16.11
39		43	Gracia Taylor	Decorah	10	22:23.35
40	27	6	Ellie Kuehl	Central	10	22:24.53
41	28	114	Gabby Marti	Waukon	11	22:25.40
42	29	7	Cassie Larson	Central	10	22:29.10
43		27	Kalea Oftedahl	Decorah	9	22:29.93
44	30	117	Megan O'Neill	Waukon	10	22:40.35
45	31	77	Rachel Walleser	Kee	9	23:05.75
46	32	13	Alysha Stickfort	Clayton Ridge	12	23:08.86
47	33	82	Reagan Butikofer	MFL	11	23:18.22
48	34	116	Grace Blocker	Waukon	12	23:24.30
49		26	Annette Leschensky	Decorah	9	23:31.20
50	35	118	Ellec Armstead	Waukon	9	23:45.70
51		103	Helen Neuzil	South Winn.	10	23:50.08
52	36	87	Kayleigh White	MFL	9	23:50.33
53		53	Rylea Ranum	Decorah	11	23:50.68
54		70	Kally Peterson	Decorah	12	23:51.64
55	37	84	Cassidy Penrod	MFL	10	23:52.77
56		102	Julissa Elsbernd	South Winn.	9	23:54.26
57		113	Liz Tieskoetter	South Winn.	9	23:58.74
58	38	14	Lena Thurna	Clayton Ridge	10	24:00.50
59	39	119	Erika Johnson	Waukon	12	24:01.13
60	40	124	Emily Brown	Waukon	11	24:02.14
61		123	Madelyn Marti	Waukon	9	24:23.82
62		104	Morgan Martin	South Winn.	12	24:24.58
63	41	85	Keri Picha	MFL	9	24:25.86
64		36	Sonja Hoyland	Decorah	10	24:27.58
65	42	15	Victoria Breitbach	Clayton Ridge	10	24:31.50
66		32	Katie Valkosky	Decorah	9	24:34.34
67		72	Kasey Thompson	Decorah	12	24:37.61
68		61	Deirdre Christopher	Decorah	12	24:39.79
69		34	Kayanne Cooper	Decorah	10	25:01.50
70		63	Anne Gullekson	Decorah	12	25:08.08
71		121	Sydney Ross	Waukon	10	25:21.22
72		8	Megan Nemecek	Central	12	25:22.39
73		9	Mackenzie Vlazny	Central	11	25:41.35
74		45	Julianna Wise	Decorah	10	25:53.28
75		105	Kenzi Jones	South Winn.	11	25:55.25
76		68	McKinley Lillegraven	Decorah	12	25:55.94
77		24	Lillian Grouws	Decorah	9	25:58.03
78		106	Dahlyn Ott	South Winn.	10	25:59.00

79		91	Yartizy Hernandez	Postville	9	26:00.50
80		38	Celia Lesmeister	Decorah	10	26:02.53
81		120	Danielle Stock	Waukon	11	26:03.27
82	43	79	Marissa Lechtenberg	MFL	12	26:05.87
83		25	Kaya Hougen	Decorah	9	26:06.67
84		127	Katelyn Benzing	Waukon	9	26:12.92
85		47	Emily Franzen	Decorah	11	26:16.06
86		50	Rachel Hines	Decorah	11	26:28.37
87	44	80	Laycee Roys	MFL	12	26:31.62
88		107	Mary Conway	South Winn.	10	26:35.22
89	45	16	Jaderial Staebler	Clayton Ridge	12	26:48.97
90		108	Alexa Jacobsen	South Winn.	11	27:00.51
91	46	17	Rachel Anderegg	Clayton Ridge	12	27:04.35
92		39	Sophia Maguina	Decorah	10	27:14.68
93		62	Katie Dehning	Decorah	12	27:21.44
94	47	81	Allison Corlett	MFL	12	27:26.68
95		125	Lizabeth Waters	Waukon	12	27:33.14
96		110	Emily Nicholls	South Winn.	10	27:44.70
97		56	Rachelle Sullivan	Decorah	11	27:44.97
98		44	Helen Weis	Decorah	10	27:45.19
99		20	Cora Lawrence	Clayton Ridge	12	27:51.61
100		28	Ella Runestad	Decorah	9	28:15.97
101		30	Lily Smith	Decorah	9	28:17.99
102		64	Natalie Heffern	Decorah	12	28:33.05
103		10	Jenna Jansen	Central	10	28:54.06
104	48	78	Laura Colsch	Kee	9	28:54.47
105		109	Sloan Huinker	South Winn.	12	29:31.84
106		90	Laura Roman	Postville	9	31:11.52
107		21	Katya Baldwin	Decorah	9	31:35.70
108		18	Hayley Kann	Clayton Ridge	10	32:42.41
109		111	Emily Luzum	South Winn.	12	33:20.55

South Winneshiek Cross Country Meet
South Winn Country Club
Calmar, Iowa
October 4, 2016

Boys Team Results

Place	Points	Team	Places of Finishers (offset scoring)						
1	23	Decorah	1	4	5	6	7	8	9
2	54	Waukon	2	3	15	16	33	58	59
3	66	South Winn.	10	13	14	18	20	26	40
4	106	Central	17	24	30	42	48	71	82
5	138	Clayton Ridge	31	36	47	64	65	79	89
6	163	Kee	46	61	62	70	88	90	

Incomplete teams: MFL, Postville

Boys Individual Results

Place	Points	Number	Athlete	Team	Grade	Time
1	1	46	Andrew Kephart	Decorah	11	17:00.55
2	2	95	Austin Day	Waukon	12	17:12.40
3	3	98	Tyler O'Neill	Waukon	12	17:24.67
4	4	63	Richard Weis	Decorah	12	17:32.22
5	5	53	Jackson Varney	Decorah	11	17:34.86
6	6	48	Jarod Phillips	Decorah	11	17:35.47
7	7	52	Tyler Vande Lune	Decorah	11	17:36.26
8	8	26	Spencer Peterson	Decorah	9	17:39.36
9	9	60	Henrik Marquardt	Decorah	12	17:41.81
10	10	80	Derek Dietzenbach	South Winn.	11	17:44.62
11		35	Brayden Krivachek	Decorah	10	17:48.72
12		44	Rye Hawley-Bourcier	Decorah	11	17:53.89
13	11	82	Paxten DeVilbiss	South Winn.	11	17:56.73
14	12	84	Paul Hageman	South Winn.	11	17:58.31
15	13	100	Nate Helgerson	Waukon	10	18:07.33
16	14	97	Hunter Jensen	Waukon	12	18:22.98
17	15	2	Blake Rochleau	Central	12	18:27.81
18	16	85	Austin Tieskoetter	South Winn.	11	18:28.35
19		47	Austin Myli	Decorah	11	18:30.32
20	17	83	Eric Franzen	South Winn.	11	18:36.82
21		24	Nils Holkesvik	Decorah	9	18:46.36
22		62	Eric Smedsrud	Decorah	12	18:49.06
23		34	Christian Johnson	Decorah	10	18:51.89
24	18	1	Sumner Smith	Central	12	18:59.89
25		51	Luke Stock	Decorah	11	19:10.52
26	19	86	Emmett Schwartzhoff	South Winn.	9	19:10.71
27		56	Zachary DeVore	Decorah	12	19:13.23
28		64	Spencer Weis	Decorah	12	19:19.63
29		72	Kolton Matthews	MFL	11	19:20.59
30	20	3	Levi Tuecke	Central	11	19:23.41
31	21	15	Luis Acuna	Clayton Ridge	11	19:29.49

32		28	Joseph Seo	Decorah	9	19:31.49
33	22	99	Andrew Miller	Waukon	11	19:36.43
34		45	Jonah Johnson	Decorah	11	19:40.63
35		49	Corban Rowley	Decorah	11	19:45.57
36	23	11	Levi Berns	Clayton Ridge	12	19:48.08
37		29	Jackson Berlage	Decorah	10	19:52.64
38		42	Raul Campos Jr	Decorah	11	19:58.15
39		59	Benjamin Leschensky	Decorah	12	19:58.37
40	24	87	Isaac Franzen	South Winn.	9	19:58.61
41		37	Lars Marquardt	Decorah	10	20:01.85
42	25	7	Luke Tuecke	Central	9	20:10.76
43		50	Kameron Sikkink	Decorah	11	20:14.46
44		25	Landon Miller	Decorah	9	20:17.92
45		54	Daniel Willie	Decorah	11	20:18.59
46	26	65	Evan Whalen	Kee	12	20:20.86
47	27	14	Logan Peterson	Clayton Ridge	12	20:21.79
48	28	4	Cody Mueller	Central	11	20:23.42
49		88	Ethan Monroe	South Winn.	9	20:27.91
50		22	Zachary Garwood	Decorah	9	20:37.52
51		31	Cameron DeLong	Decorah	10	21:00.09
52		39	Solomon Thompson	Decorah	10	21:01.41
53		61	Keshawn McCain	Decorah	12	21:01.86
54		77	Brayan Silvia	Postville	10	21:02.94
55		43	Logan Hauber	Decorah	11	21:05.29
56		75	Keagan Smerud	MFL	9	21:07.27
57		23	Owen Henning	Decorah	9	21:11.01
58	29	101	Andrew Mellick	Waukon	10	21:14.39
59	30	96	Adam Gruman	Waukon	12	21:21.01
60		41	Dawson Bauer	Decorah	11	21:22.92
61	31	68	Ryan Whalen	Kee	10	21:33.90
62	32	67	Jack Mooney	Kee	11	21:39.40
63		89	Josh Lensing	South Winn.	11	21:42.73
64	33	12	Vincent Schmelzer	Clayton Ridge	10	21:43.07
65	34	13	Beau Cline	Clayton Ridge	10	21:43.30
66		90	Gabe Sadler	South Winn.	9	21:47.98
67		58	Adam Krieger	Decorah	12	21:50.30
68		76	Jesse Breuer	MFL	9	22:02.60
69		36	William Lange	Decorah	10	22:06.44
70	35	69	Jacob Berns	Kee	10	22:12.20
71	36	5	Andrey Shirbroun	Central	11	22:17.25
72		79	Hayden Mielke	Postville	12	22:18.40
73		57	Ross Gentry	Decorah	12	22:26.53
74		91	Lucas Scheidel	South Winn.	9	22:48.06
75		105	Michael Smith	Waukon	9	22:56.00
76		27	Isaac Roberts	Decorah	9	22:57.47
77		103	Brady Beyer	Waukon	9	23:01.46
78		102	Micah Treptau	Waukon	10	23:22.30
79	37	17	Francisco Gomez	Clayton Ridge	9	23:26.53

80		21	Conner Cook	Decorah	9	23:42.08
81		32	Beirgen Gunhus-Dansdill	Decorah	10	24:10.11
82	38	6	Austin Sylvester	Central	10	24:37.81
83		93	Dawson Huinker	South Winn.	11	24:45.34
84		104	Ryan Hanson	Waukon	9	24:59.35
85		8	Bill Spielbauer	Central	9	26:13.23
86		73	Coltin Ball	MFL	11	26:48.59
87		9	Aaron Gibney	Central	9	27:21.17
88	39	71	Mikey Mitchell	Kee	12	28:54.94
89	40	18	Mason Wille	Clayton Ridge	10	29:49.84
90	41	70	Theron Maddox	Kee	9	32:20.63

South Winneshiek Cross Country Meet
South Winn Country Club
Calmar, Iowa
October 4, 2016

Middle School Girls Team Results

Place	Points	Team	Places of Finishers (offset scoring)							
1	23	South Winn	2	6	7	8	9	24	26	
2	29	Waukon	3	4	10	12	13	16	17	
3	72	Central	14	15	21	22	23			

Incomplete teams: Clayton Ridge, Kee, MFL, Postville

Middle School Girls Individual Results

Place	Points	Number	Athlete	Team	Grade Time
1		22	Haley Meyer	Kee	12:24.05
2	1	42	Jalyssa Blazek	South Winn.	12:45.63
3	2	65	Regan Griffith	Waukon	13:00.61
4	3	67	Olivia Byrnes	Waukon	13:23.94
5		23	Reagan Mudderman	Kee	13:25.80
6	4	43	Jacie Byrne	South Winn.	13:29.86
7	5	44	Kayley Taylor	South Winn.	14:00.88
8	6	46	Cambree Kruse	South Winn.	14:03.67
9	7	45	Josie Weber	South Winn.	14:05.56
10	8	66	Bailey Shafer	Waukon	14:13.17
11		15	Rebecca Schumann	Clayton Ridge	14:32.06
12	9	71	Madelyn Helgerson	Waukon	14:44.27
13	10	79	Marin Marti	Waukon	14:48.44
14	11	4	Haley Mueller	Central	14:53.45
15	12	1	Maria Medberry	Central	15:32.68
16	13	76	Brynn Bowden	Waukon	15:44.74
17	14	70	Meridian Snitker	Waukon	15:45.27
18		69	Skylar Garrett	Waukon	15:47.00
19		77	Hannah Teslow	Waukon	15:47.51
20		72	Lilly Kossman	Waukon	15:49.92
21	15	3	Brittni Tieden	Central	16:05.87
22	16	88	Allie Mussman	Central	16:11.47
23	17	2	Maci Kluesner	Central	16:13.52
24	18	60	Jenna Sadler	South Winn.	16:15.17
25		75	Hailey Bechtel	Waukon	16:15.40
26	19	48	Hailey Elsbernd	South Winn.	16:16.11
27		78	Natalie Bark	Waukon	16:20.24
28		74	Maya Bossom	Waukon	16:26.22
29		61	Olivia Macklenburg	South Winn.	16:35.27
30		73	Bridget Duncklee	Waukon	16:36.77
31		47	Hannah Franzen	South Winn.	17:56.19
32		41	Monica Santoyo	Postville	19:00.43
33		80	Abby Rogers	Waukon	19:01.15
34		24	Lydia Corwin	Kee	19:01.46

South Winneshiek Cross Country Meet
South Winn Country Club
Calmar, Iowa
October 4, 2016

Middle School Boys Team Results

Place	Points	Team	Places of Finishers (offset scoring)						
1	30	South Winn	4	6	7	13	14	22	24
2	34	Kee	1	8	9	16	18	31	34
3	46	Postville	5	10	11	20	21	35	
4	59	Waukon	2	15	19	23	25	28	33
5	59	Central	3	12	17	27	29	36	37

Incomplete teams: Clayton Ridge, MFL

Middle School Boys Individual Results

Place	Points	Number	Athlete	Team	Grade Time
1	1	16	Chris Wagner	Kee	12:05.39
2	2	83	John O'Neill	Waukon	12:10.22
3	3	5	Luke Asche	Central	12:45.32
4	4	49	Jamison Meyer	South Winn.	13:00.18
5	5	36	Caleb Hughes	Postville	13:13.94
6	6	52	Chance Adam	South Winn.	13:16.89
7	7	50	Toby Conway	South Winn.	13:21.85
8	8	21	Nick Buege	Kee	13:32.97
9	9	18	Brayden Mathis	Kee	13:37.92
10	10	33	Daniel Garland-Stern	Postville	13:40.01
11	11	35	Noe Gonzalez	Postville	13:43.52
12	12	7	Corey Weber	Central	13:43.93
13	13	51	Dayton Ondrashek	South Winn.	13:45.27
14	14	53	JT Monroe	South Winn.	13:45.62
15	15	81	Denzel Decker	Waukon	13:47.91
16	16	17	Michael Mattson	Kee	14:02.09
17	17	11	William Moser	Central	14:11.26
18	18	19	Daniel Wagner	Kee	14:16.32
19	19	85	Dane Cole	Waukon	14:35.92
20	20	34	Enzo Jochola	Postville	14:45.74
21	21	38	Abas Ali	Postville	14:56.45
22	22	57	Isaiah Kruckman	South Winn.	14:56.85
23	23	84	Reese Reisinger	Waukon	14:57.52
24	24	56	Dale Schwamman	South Winn.	15:02.19
25	25	86	Brenden Krogan	Waukon	15:23.09
26		62	Dani Tinajero	South Winn.	15:32.27
27	26	14	Lane Orr	Central	15:45.76
28	27	87	Lucas Wallby	Waukon	16:02.28
29	28	10	Brayden Finley	Central	16:31.09
30		59	Ethan Maldonado	South Winn.	16:43.88
31	29	25	Dalton Dibert	Kee	16:58.57
32		58	Logan Baumler	South Winn.	17:41.82

33	30	82	Daniel Gruman	Waukon	18:19.63
34	31	20	Chance Colsch	Kee	18:43.46
35	32	39	Collin McManigle	Postville	19:47.51
36	33	6	James Eberhardt	Central	20:36.62
37	34	13	Parker Smith	Central	21:22.20
38		12	Karl Gardner	Central	23:51.58