

Waukee High School Cross Country Invitational
Legacy Pointe Park/Robert Brownell Sports Complex
Waukee, IA
September 26, 2017
60s and Cloudy – Great

Varsity Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)								Average	Spread
1	Waukee	19	1	2	4	5	7	11	14	20:09.9	1:14.6	
2	Ames	61	8	9	13	15	16	26	27	21:03.4	0:39.2	
3	Dallas Center-Grimes	63	6	10	12	17	18	20	23	21:07.3	1:07.2	
4	Valley	89	3	19	21	22	24	25	28	21:44.4	2:11.3	
5	Lincoln	155	29	30	31	32	33	34		26:49.0	2:31.2	

Incomplete Teams: North

Varsity Girls Individual Results

Place	Points	Athlete	Grade	Time	Team
1	1	Peyton Kelderman	Fr	19:27.7	Waukee
2	2	Sydney Schaffer	So	19:49.1	Waukee
3	3	Lauren Schulze	Fr	20:13.5	Valley
4	4	Isabelle Schaffer	So	20:23.5	Waukee
5	5	Karson Foley	Sr	20:27.0	Waukee
6	6	Miranda Muhlstein	Fr	20:35.0	Dallas Center-Grimes
7	7	Lindsey Kelderman	Fr	20:42.2	Waukee
8	8	Camille Jackson	So	20:42.8	Ames
9	9	Madeline Taylor	Jr	20:48.9	Ames
10	10	Emma Angus	Fr	20:52.0	Dallas Center-Grimes
11	11	Katie Groetken	So	20:52.2	Waukee
12	12	Lexi Smith	Sr	20:58.7	Dallas Center-Grimes
13	13	Sophia Wilson	Fr	21:05.6	Ames
14	14	Megan Groathouse	Jr	21:12.0	Waukee
15	15	Emma Cardenas	Jr	21:17.6	Ames
16	16	Eva Hill	Jr	21:21.9	Ames
17	17	Kaitlyn Murano	Sr	21:28.6	Dallas Center-Grimes
18	18	Natalie Paulson	Jr	21:42.2	Dallas Center-Grimes
19	19	Megan Nelson	Jr	21:51.8	Valley
20	20	Sami Sterbenz	Jr	22:03.1	Dallas Center-Grimes
21	21	Haley Losh	Jr	22:05.7	Valley
22	22	Cassie Larick	Jr	22:05.9	Valley
23	23	Nicole Merical	Fr	22:09.4	Dallas Center-Grimes
24	24	Erin Lowe	Jr	22:24.7	Valley
25	25	Blake Morrow	So	22:37.8	Valley
26	26	Caitlyn Hanulikova	So	22:44.8	Ames
27	27	Claire Gilbert	Sr	22:55.9	Ames
28		Ikilas Hasan	Fr	22:57.5	North
29	28	Faith Skinner	So	23:44.2	Valley
30		Delefine Niyigena	Sr	25:01.0	North
31	29	Laritza Flores	Sr	25:40.9	Lincoln

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32	30	Abigail Monk	So	26:24.9	Lincoln
33	31	Olivia Corey	Fr	26:50.1	Lincoln
34	32	Consuela Manzano	Jr	26:57.0	Lincoln
35	33	Sofia Torres	Jr	28:12.1	Lincoln
36	34	Susmita Wagle	Jr	28:52.5	Lincoln

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Varsity Boys Team Results

Place	Team	Points	Places of Finishers (offset scoring)								Average	Spread
1	Waukee	31	3	4	7	8	9	16	28	17:01.4	0:23.0	
2	Ames	56	1	6	10	18	21	24	30	17:14.9	1:07.3	
3	Dallas Center-Grimes	70	5	11	13	19	22	23	26	17:25.4	0:42.5	
4	Johnston	98	14	15	17	25	27	29	31	17:41.8	0:32.4	
5	Lincoln	99	2	12	20	32	33	34	36	18:12.2	3:04.7	
6	North	189	35	37	38	39	40	41	42	20:22.9	0:46.2	

Varsity Boys Individual Results

Place	Points	Athlete	Grade	Time	Team
1	1	Aniey Akok	Fr	16:35.7	Ames
2	2	Andrew Klein	So	16:42.3	Lincoln
3	3	Moe Smith	Jr	16:48.3	Waukee
4	4	Danny Haisch	Jr	16:52.8	Waukee
5	5	Jacob Waymire	Sr	17:00.5	Dallas Center-Grimes
6	6	Tyler Carney	Sr	17:01.9	Ames
7	7	Travis Loecke	Jr	17:03.5	Waukee
8	8	Tyler Loecke	Jr	17:10.9	Waukee
9	9	Ahren Reitsma	Sr	17:11.3	Waukee
10	10	Kear Kear	Sr	17:15.0	Ames
11	11	Bradley Ramsey	So	17:18.0	Dallas Center-Grimes
12	12	Dylan Veigulis	Jr	17:21.8	Lincoln
13	13	Trenton Meggers	Sr	17:24.1	Dallas Center-Grimes
14	14	Jared Tegeler	Sr	17:24.9	Johnston
15	15	Aidan MacGregor	Jr	17:31.5	Johnston
16	16	Jackson Smith	So	17:32.7	Waukee
17	17	Ben Kinman	Jr	17:38.9	Johnston
18	18	Ean Warrick	Jr	17:39.0	Ames
19	19	Brian Miner	Sr	17:41.3	Dallas Center-Grimes
20	20	Cole Rand	Sr	17:41.6	Lincoln
21	21	Brayden Bergum	Jr	17:42.9	Ames
22	22	Alex Thompson	Sr	17:43.0	Dallas Center-Grimes
23	23	Ean Followwill	Sr	17:44.6	Dallas Center-Grimes
24	24	Colin Imhoff	Jr	17:51.3	Ames
25	25	Drew Schmidt	So	17:56.2	Johnston
26	26	Steve Borneman	Sr	17:56.6	Dallas Center-Grimes
27	27	Carsten Thompson	Sr	17:57.3	Johnston
28	28	Jordan Swanson	Jr	18:04.1	Waukee
29	29	Ben Lunn	Sr	18:07.3	Johnston
30	30	Garang Akok	Jr	18:20.5	Ames
31	31	Logan Swaim	Sr	18:32.1	Johnston
32	32	Ryan Jasper	So	19:28.1	Lincoln
33	33	Anthony Nguyen	Fr	19:47.0	Lincoln

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34	34	Michael Spoonholtz	Jr	19:53.1	Lincoln
35	35	Jesus Juarez	Jr	20:05.6	North
36	36	Deon Turner	Sr	20:08.3	Lincoln
37	37	Vital Nyabushi	9	20:08.6	North
38	38	Daniel Sunga	Fr	20:12.8	North
39	39	Joseph Routh	Fr	20:35.8	North
40	40	Parker Swigert	Jr	20:51.7	North
41	41	Wyatt Evans	So	21:39.3	North
42	42	Aime Mukiza	Fr	21:42.1	North

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Junior Varsity Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)								Average	Spread
1	Waukee	16	1	2	3	4	6	7	9	21:23.5	0:55.2	
2	Roosevelt	53	5	8	11	12	17	19	22	22:34.1	1:43.1	
3	Dallas Center-Grimes	85	10	13	15	23	24	27	28	23:09.0	1:10.7	
4*	Ames	117	16	21	25	26	29	30	31	23:40.3	0:48.3	
5*	Valley	117	14	18	20	32	33	34	35	23:45.3	1:31.1	
6	Lincoln	190	36	37	38	39	40	41	42	29:03.5	3:31.4	

Incomplete Teams: North

Junior Varsity Girls Individual Results

Place	Points	Athlete	Grade	Time	Team
1	1	Ellie Huisman	Fr	20:58.8	Waukee
2	2	Molly Statton	Fr	21:14.3	Waukee
3	3	Ally Schaffer	So	21:20.7	Waukee
4	4	Emma Shepard	So	21:29.7	Waukee
5	5	Solit Germano	Sr	21:36.9	Roosevelt
6	6	Frances Loeffelholz	So	21:54.0	Waukee
7	7	Jordan Stahly	Fr	22:05.9	Waukee
8	8	Elizabeth Saunders	Fr	22:06.8	Roosevelt
9	9	Haley Horman	Fr	22:08.4	Waukee
10		Miranda Boyle	Jr	22:09.4	Waukee
11		Riley Stevenson	Fr	22:11.5	Waukee
12		Brooke Trampel	Sr	22:25.9	Waukee
13	10	Megan Sterbenz	Fr	22:27.0	Dallas Center-Grimes
14		Abby Benson	Jr	22:27.8	Waukee
15		Margaux Basart	Fr	22:36.3	Waukee
16	11	Sophia Fishbaugher	Fr	22:52.1	Roosevelt
17	12	Kiki Levy	So	22:54.6	Roosevelt
18	13	Elizabeth Belling	Sr	22:55.6	Dallas Center-Grimes
19	14	Makenzie Campbell	So	22:57.0	Valley
20		Meredith Wood	Jr	22:57.5	Waukee
21	15	Grace Robbins	Jr	23:07.5	Dallas Center-Grimes
22	16	Karlie Fincham	Sr	23:14.0	Ames
23	17	Evie Sly	So	23:20.0	Roosevelt
24	18	Abi Christudoss	Fr	23:28.0	Valley
25	19	Gabariella Hoard	Fr	23:29.8	Roosevelt
26	20	Lauren Graff	Fr	23:31.5	Valley
27		Kayla Van Langen	Jr	23:31.9	Waukee
28	21	Chloe Wilson	So	23:35.3	Ames
29	22	Sophie Hall	Sr	23:36.7	Roosevelt
30	23	Madalyn Hautps	Fr	23:37.3	Dallas Center-Grimes
31	24	Ila Heins	Jr	23:37.6	Dallas Center-Grimes
32		Rylee Johnson	Jr	23:40.4	Waukee

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33	25	Chiara Travasset	Jr	23:41.2	Ames
34		Ingrid Collett	Jr	23:44.5	Roosevelt
35		Calissa Weers	Jr	23:47.0	Waukee
36		Madison Banwart	Sr	23:48.4	Waukee
37	26	Lauren Cassaidy	Sr	23:48.6	Ames
38		Libby Storts	Sr	23:53.6	Waukee
39		Katie Simon	So	23:56.6	Waukee
40	27	Alysa Rath	Jr	24:00.5	Dallas Center-Grimes
41		Lizbeth Clark	So	24:01.4	Waukee
42	28	Jaci Versluis	So	24:02.2	Dallas Center-Grimes
43	29	Katarina Kozakova	Fr	24:02.3	Ames
44		Kenzie Hunt	Jr	24:03.7	Waukee
45		Courtney Stanley	Fr	24:05.6	Dallas Center-Grimes
46		Taylor Hatch	Sr	24:06.2	Waukee
47	30	Jordan Nicholson	Fr	24:06.5	Ames
48	31	Breanna VanDyke	Fr	24:07.3	Ames
49		Stella Murphy	Sr	24:19.1	Roosevelt
50		Erin Martin	Fr	24:19.2	Roosevelt
51	32	Lindsay Chappell	Jr	24:21.6	Valley
52	33	Faith Rafferty	So	24:28.1	Valley
53		Kaitlyn Goodman	So	24:28.7	Ames
54		Brooke Seashore	Fr	24:29.3	Waukee
55		Liz Hahn	Fr	24:31.3	Roosevelt
56	34	Sasha Hentzen	Jr	24:33.9	Valley
57		Eliza Frentress	Jr	24:34.3	Waukee
58		Sonja Barrett	Sr	24:35.0	Waukee
59		Hannah Huang	So	24:35.7	Ames
60		Grace Kruse	Sr	24:36.9	Dallas Center-Grimes
61		Claire Moore	Fr	24:39.8	Ames
62		Alexa Riesselman	Fr	24:40.5	Dallas Center-Grimes
63		Sage Halfhill Boone	Fr	24:41.2	Roosevelt
64		Lily Fiihr	So	24:41.7	Roosevelt
65		Daniel Adams-Valenzuela	Fr	24:43.6	Ames
66		Paige Christensen	So	24:44.5	Waukee
67		Mason Nikolaus	So	24:45.1	Waukee
68		Alaina Johannes	Jr	24:46.4	Waukee
69		Clare Vilmont	Fr	24:49.7	Waukee
70	35	Danielle Nichols	Sr	24:51.1	Valley
71		Lara Kallem	So	24:52.3	Dallas Center-Grimes
72		Indya Kenny	Fr	25:11.6	Roosevelt
73		Katie Ingle	Sr	25:13.6	Waukee
74		Fiorella Meyer	Jr	25:17.8	Ames
75		Katie Phillips	So	25:18.8	Waukee
76		Gracie Smith	Sr	25:22.3	Waukee

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77	Annica Chervenka	Fr	25:23.1	Waukee
78	Sophie Finken	So	25:25.7	Waukee
79	Arianna Williams-Suarez	Fr	25:28.8	Ames
80	Grace Lee	Sr	25:28.9	Ames
81	Anna Brooks	So	25:31.7	Waukee
82	Darby Marsh	So	25:32.3	Waukee
83	Elizabeth Andrews	So	25:32.5	Ames
84	Jocelyn Coady	Sr	25:35.0	Waukee
85	Olivia Hope	Fr	25:41.8	Roosevelt
86	Jillian Rants	Fr	25:44.3	Dallas Center-Grimes
87	Charisma Mendez	Sr	25:45.6	Valley
88	Rachel Gantt	Fr	25:46.2	Waukee
89	Ellie Johnson	Fr	25:48.2	Waukee
90	Sloan Speten	Sr	25:50.1	Waukee
91	Eily Mickelson	Jr	25:51.9	Ames
92	Ashley Perkins	Jr	25:52.3	Dallas Center-Grimes
93	Erin Murphy	Fr	25:52.8	Ames
94	Emma Huisman	Jr	25:53.2	Waukee
95	Riley Kuennen	Jr	25:55.5	Valley
96	Regan Day	So	25:59.6	Valley
97	Lizzy Finch	Fr	26:00.1	Waukee
98	Kaitlyn Ury	Fr	26:01.2	Waukee
99	Victoria Kyveryga	So	26:02.6	Ames
100	Amanda Gantt	Jr	26:03.7	Waukee
101	Claire Sattler	Jr	26:05.1	Valley
102	MacKenzie Kort	Jr	26:05.3	Valley
103	Lauren Anderson	Sr	26:07.3	Valley
104	Maggie Baughman	Sr	26:08.7	Valley
105	Elizabeth Day	Sr	26:11.3	Valley
106	Adelade Nason	So	26:14.7	Ames
107	Mya Moore	So	26:18.0	Valley
108	Abby Ryan	Sr	26:23.0	Dallas Center-Grimes
109	Shreya Gaddi	Fr	26:25.3	Valley
110	Mekhia Hillgren	Jr	26:29.3	Valley
111	Haley Yoder	So	26:29.9	Ames
112	Kylie Eischen	So	26:32.3	Waukee
113	Emily Peters	Fr	26:35.1	Ames
114	Rachel Aksamit	Sr	26:36.6	Valley
115	Valerine Jepchirchir	Fr	26:37.5	Valley
116	Grace Palmer	Fr	26:39.0	Waukee
117	Ellie Dunphy	Fr	26:39.7	Waukee
118	Brianna Borneman	Fr	26:40.7	Dallas Center-Grimes
119	Shelby Johnson	Fr	26:41.0	Dallas Center-Grimes
120	Caroline Ash	So	26:41.6	Valley

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121		Makayla Houston	Fr	26:41.9	Valley
122		Ella Slade	Jr	26:46.6	Ames
123		Jacy Lehman	Jr	26:46.8	Ames
124		Harkiran Ballagan	So	26:47.5	Waukee
125		Lexi Hankenson	So	26:48.3	Roosevelt
126		Emma Bolles	Sr	26:50.4	Waukee
127		Tessa Morgan	Fr	26:51.0	Valley
128		Kailee Allen	Sr	26:51.7	Waukee
129		Allison Ohringer	Jr	26:53.5	Valley
130		Shaye Coughlin	Sr	26:55.3	Waukee
131		Natalie Ulrich	Fr	26:59.5	Valley
132		Maddie Gibson	Sr	27:04.0	Waukee
133		Alyssa Roush	Fr	27:06.0	Waukee
134		Riley Bartlett	Jr	27:06.4	Valley
135		Jordyn Anglea	Sr	27:06.7	Valley
136		Alissa Albright	Sr	27:08.4	Dallas Center-Grimes
137		Kayla Fincham	Fr	27:08.6	Ames
138		Caylee Fuqua	Jr	27:15.6	Ames
139	36	Angel Cart	Sr	27:18.7	Lincoln
140		Anna Finch	Jr	27:21.5	Waukee
141		Kalista Socarras	Sr	27:23.2	Valley
142		Natalie Biggerstaff	Sr	27:24.2	Waukee
143		Anika Slowing	So	27:25.3	Ames
144		Regan Kuennen	Fr	27:27.9	Valley
145		Christine Emerald	Jr	27:28.2	Waukee
146		Sarah May	Sr	27:30.0	Ames
147		Ellie Burke	Fr	27:30.6	Valley
148		Katherine Van Arnum	Jr	27:31.4	Valley
149		Sophia Alexander	Fr	27:31.6	Valley
150		Meerimai Stanova	Sr	27:33.7	Dallas Center-Grimes
151		Wendy Jiang	Jr	27:36.8	Ames
152		Morgan Feller-Gomis	Sr	27:38.2	Dallas Center-Grimes
153		Baleigh Thompson	Sr	27:45.0	Waukee
154	37	Alexis Belger	Fr	27:51.6	Lincoln
155		Lydia Hill	Fr	27:56.1	Ames
156		Hattie Stenberg	Sr	27:58.1	Ames
157		Katelin Edwardson	Jr	27:58.1	Ames
158		Lydia Linch	Jr	28:04.1	Ames
159		Kara Dieke	Jr	28:07.8	Waukee
160		Rayanne Dally	Sr	28:12.6	Roosevelt
161		Sarah Amro	So	28:18.8	Valley
162		Hannah Walker	So	28:19.2	Valley
163		Brianna Nelsen	Sr	28:20.6	Dallas Center-Grimes
164		Hailey Amro	Jr	28:23.7	Valley

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165		Emily White	So	28:25.4	Waukee
166	38	Wendy Lerma-Guerrero	Jr	28:28.0	Lincoln
167		Bailey Stegall	Jr	28:34.3	Dallas Center-Grimes
168		Arin Johnson	Sr	28:39.7	Valley
169		Ashton Dilla	Fr	28:45.3	Valley
170		Hannah Myli	Sr	28:49.7	Roosevelt
171		Angela Zheng	Jr	28:51.9	Ames
172		Ana Johnson	Jr	28:52.1	Valley
173		Lucy Weis	Fr	28:56.2	Valley
174		Maggie Fuhrman	Sr	29:06.8	Waukee
175		Teresa Pelzer	Sr	29:07.3	Ames
176		Sally Schrunk	Sr	29:08.2	Ames
177		Lillian Montabon	Jr	29:08.4	Ames
178		Olivia Galyon	Sr	29:15.4	Ames
179		Julia Cannon	Fr	29:47.4	Valley
180		Paige Lucas	Fr	29:53.6	Waukee
181		Valerie Flores	Jr	29:58.2	Valley
182		Lauren Jahn	Jr	29:59.8	Valley
183		Aspen Holm	Jr	30:00.8	Ames
184		Vera Mae Snodgress	So	30:01.8	North
185		Inti Becic	Sr	30:04.4	Roosevelt
186		Hannah Craven	Sr	30:06.2	Waukee
187		Ondrea Li	Fr	30:12.7	Valley
188		Caroline Smoldt	Sr	30:20.4	Valley
189		Brooklyn Bergum	Fr	30:21.0	Ames
190		Safi Nitanga	Sr	30:22.8	North
191		Saida Komjo	Fr	30:32.4	Valley
192		Katie Overholt	Jr	30:35.6	Waukee
193		Emily Helmer	Sr	30:42.2	Ames
194		Alyssa Carter	Sr	30:43.3	Waukee
195	39	Amaya Fuller	Sr	30:49.1	Lincoln
196	40	Nancy Coronel	Jr	30:50.1	Lincoln
197		Josie Taylor	Jr	30:50.1	Ames
198		Jamey McCalley	Fr	30:51.6	Ames
199		Kate Rozanek	Sr	30:53.2	Valley
200		Riley Plummer	Sr	31:06.3	Valley
201		Nisha Barnhill	Sr	31:08.5	Roosevelt
202	41	Vanessa Cruz	So	31:10.2	Lincoln
203		Sarah Currier	Fr	31:16.5	Ames
204		Lucy Bennett	Fr	31:25.4	Ames
205		Nicole Cho	Sr	31:26.4	Ames
206		Courtney Thompson	Jr	31:27.4	Ames
207		Vicky Yin	Sr	31:44.7	Roosevelt
208		Lejla Henning		31:54.3	Roosevelt

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209	Hannah Taylor	Sr	31:57.5	Valley
210	Sammie Auer	Sr	32:07.8	Valley
211	Madison Pautvein	Jr	32:12.1	Valley
212	42 Micah Probasco	Jr	32:43.8	Lincoln
213	Kayla Dang	So	33:17.5	Ames
214	Zoe Zmolek	Fr	33:45.7	Roosevelt
215	Arie Sirotiak	Sr	33:49.6	Ames
216	Josie Huffman	Jr	34:07.0	Valley
217	Maria Cruz	Sr	34:23.9	Lincoln
218	Izzy Murray	Sr	34:41.1	Dallas Center-Grimes
219	Jessica Bales	Jr	34:46.0	Dallas Center-Grimes
220	Hailey Johnson	Sr	35:08.8	Valley
221	Jane Bettis	Jr	35:25.6	Ames
222	Kathleen Pelzer	So	35:45.2	Ames
223	Mary Horton	So	35:45.8	Ames
224	Jayda Allen	So	36:10.1	Valley
225	Kira Davis	Jr	36:40.1	Ames
226	Amber Mohmand	Sr	37:40.9	Ames
227	Raea Hennigan	Fr	43:29.5	Dallas Center-Grimes
228	Sierra Mueller	Sr	48:06.7	Waukee

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Place	Team	Points	Places of Finishers (offset scoring)								Average	Spread
1	Waukee	36	1	5	7	8	15	18	20	17:52.7	1:03.2	
2	Johnston	38	2	4	6	12	14	16	17	17:59.3	0:33.2	
3	Dallas Center-Grimes	76	9	10	13	21	23	24	28	18:17.8	0:22.9	
4	Ames	80	3	11	19	22	25	26	27	18:16.8	0:50.7	
5	Lincoln	155	29	30	31	32	33	35	36	20:24.7	1:33.8	
6	North	188	34	37	38	39	40	41		22:57.4	3:01.6	

Junior Varsity Boys Individual Results

Place	Points	Athlete	Grade	Time	Team
1	1	Ian Buske	Jr	17:14.9	Waukee
2	2	Bonj Doyo	Sr	17:43.7	Johnston
3	3	Akol Atack	Fr	17:45.8	Ames
4	4	Nathan Tegeler	So	17:46.1	Johnston
5	5	Riley DeJohn	So	17:52.6	Waukee
6	6	Asher Heuss	Jr	17:56.1	Johnston
7	7	Andy Boeke	Sr	17:57.7	Waukee
8	8	Cade Simpson	Jr	18:00.0	Waukee
9	9	Caleb Rhoads	Jr	18:07.0	Dallas Center-Grimes
10	10	Tyler Borneman	Jr	18:10.9	Dallas Center-Grimes
11	11	Cameron Campbell	Jr	18:11.9	Ames
12	12	Brandon Vu	Sr	18:13.6	Johnston
13	13	Carter Eischeid	Jr	18:16.3	Dallas Center-Grimes
14	14	Nathan Kellar	Fr	18:16.8	Johnston
15	15	Nathan Holstrom	Fr	18:18.0	Waukee
16	16	Karson Kleve	So	18:18.7	Johnston
17	17	Henric Krause	Sr	18:19.8	Johnston
18	18	Augie Muenzenmay	Jr	18:19.9	Waukee
19		Evan Schmidt	Sr	18:19.9	Johnston
20	19	Carter Robinson	Jr	18:21.1	Ames
21		Andrew Bauer	So	18:23.0	Johnston
22	20	Tyler Stallman	So	18:23.2	Waukee
23	21	Cooper Pierce	Jr	18:24.8	Dallas Center-Grimes
24		Zach Anthofer	Jr	18:25.1	Johnston
25	22	Samuel Taylor	Jr	18:28.7	Ames
26	23	Eric Johansson	Jr	18:29.9	Dallas Center-Grimes
27		Luke Bazan	So	18:32.5	Waukee
28	24	Jared Klaessy	Sr	18:32.9	Dallas Center-Grimes
29	25	Preston Witte	Jr	18:36.4	Ames
30		Grant Shaw	Jr	18:39.4	Waukee
31		Paxson Picken	So	18:40.7	Johnston
32		Ethan Hartle	Jr	18:42.4	Johnston
33	26	Ander Tebbutt	Sr	18:42.6	Ames

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34		Noah Haynes	Sr	18:44.2	Johnston
35	27	Charles Arroyo	Fr	18:47.4	Ames
36		Bennett Ryken	Fr	18:47.6	Ames
37	28	Jacob Hochstetler	So	18:51.4	Dallas Center-Grimes
38		Ethan Robus	So	18:58.3	Waukee
39		Matthew Kliegl	So	19:02.0	Johnston
40		Jackson Marshall	Jr	19:04.4	Johnston
41		Kyle Battani	Fr	19:04.8	Johnston
42		Jackson Bridie	Sr	19:06.6	Dallas Center-Grimes
43		Ryan Mills	Sr	19:09.8	Ames
44		Logan Herbsleb	Jr	19:11.0	Dallas Center-Grimes
45		Matt Borgmeier	Fr	19:11.0	Johnston
46		Seamus O'Conner-Walker	Sr	19:12.0	Ames
47		Ryan Smith	Jr	19:15.2	Ames
48		Nolan Grimes	Sr	19:17.7	Dallas Center-Grimes
49		Harrison Stallman	Fr	19:21.8	Dallas Center-Grimes
50		Dain Tack	Jr	19:24.5	Johnston
51		Blake Croushore	Fr	19:28.8	Dallas Center-Grimes
52		Will Morlock	So	19:28.9	Johnston
53		Alexander Berryhill	Sr	19:29.9	Ames
54		Tyler Rodriguez	Jr	19:31.6	Waukee
55		Malachi Thompson	So	19:32.1	Johnston
56		Corbin Truitt	Fr	19:32.4	Waukee
57		Chanler Braman	Jr	19:35.3	Waukee
58		Grant Allen	Fr	19:36.0	Johnston
59		Ledg Downs	Sr	19:36.7	Waukee
60		Quinn Swaim	Sr	19:37.1	Johnston
61		Lucas Bleyle	Jr	19:37.5	Ames
62		Tameron Paulson	Sr	19:38.7	Ames
63		Imani Muganza	Sr	19:39.2	Johnston
64		Gage Schmidt	Sr	19:43.5	Johnston
65	29	Coby Konkol	Jr	19:45.3	Lincoln
66		Will Keck	So	19:46.1	Waukee
67		Jacob Holtz	So	19:46.2	Waukee
68		Max Hull	Jr	19:46.4	Dallas Center-Grimes
69		Jonah Schaeffer	Sr	19:47.1	Dallas Center-Grimes
70		Devon Johnson	Sr	19:48.4	Dallas Center-Grimes
71		Jose Cordova	So	19:50.5	Waukee
72		Cael Camenisch	So	19:51.3	Ames
73		Harrison Yoder	Jr	19:52.2	Ames
74		Chad Sayles	Sr	19:57.2	Dallas Center-Grimes
75		Nate Wilson	Jr	19:57.5	Waukee
76		Connor Barry	Fr	20:00.1	Waukee
77		Tyler Tice	So	20:00.6	Dallas Center-Grimes

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78		Charlie Pattinson	So	20:01.8	Johnston
79		Daniel Fu	Jr	20:01.9	Johnston
80		Jacob Marks	Sr	20:04.2	Ames
81		Nathan Andrews	Fr	20:04.7	Waukee
82	30	Keylan Irvin	Jr	20:05.5	Lincoln
83		John Doty	Fr	20:07.2	Waukee
84		Issac Holtz	So	20:07.8	Waukee
85		Andrew O'Connell	Fr	20:08.6	Waukee
86		Andrew Greene	Jr	20:10.7	Ames
87		Tyler Blaess	Sr	20:11.0	Waukee
88		Mitch Hanson	Sr	20:11.6	Johnston
89	31	Alex Crimmins	So	20:14.2	Lincoln
90		Will Henrichsen	Jr	20:14.9	Johnston
91		Grant Welk	Jr	20:17.8	Ames
92		Noah Miller	Jr	20:18.6	Waukee
93		Jacob Denny	Jr	20:18.8	Ames
94		Jake Sterling	So	20:19.2	Johnston
95		Eli Followwill	Fr	20:19.8	Dallas Center-Grimes
96		Andy Carter	Fr	20:19.9	Waukee
97		Noah Barker	Jr	20:20.2	Ames
98		Ben Kock	So	20:26.0	Waukee
99		Ryland Welch	So	20:28.1	Waukee
100		Kyle Geerts	So	20:28.6	Johnston
101		Aaron McCrary	Sr	20:31.6	Waukee
102		Zach Abbey	So	20:34.0	Johnston
103		Kenny McAleer	So	20:34.1	Waukee
104		Yohanna Yual	Fr	20:34.7	Johnston
105		Brenden Hinspeter	So	20:35.0	Waukee
106		Evan Newcomb	Jr	20:35.4	Johnston
107		Jacob Schwarzenbach	Sr	20:35.5	Johnston
108		Gavin Petrak	So	20:38.7	Dallas Center-Grimes
109	32	Dominic Caliguiri	So	20:39.0	Lincoln
110		Spencer Dunham	Jr	20:39.6	Waukee
111		Weston Hefel	Sr	20:42.1	Dallas Center-Grimes
112		Ben Cretors	Sr	20:45.9	Dallas Center-Grimes
113		Josh Meyer	So	20:47.9	Johnston
114		Ty Polson	Sr	20:49.0	Johnston
115		Eric Schmitt	So	20:49.9	Johnston
116		Caleb Powell	Fr	20:52.5	Dallas Center-Grimes
117		Thomas DeLay	Sr	20:53.5	Ames
118		Marcus Rosenbeck	Sr	20:54.2	Dallas Center-Grimes
119		Cameron Tritle	Sr	20:55.7	Ames
120		Wahl Leyton	Fr	20:56.7	Ames
121		Charles Keitges	So	20:56.8	Ames

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122		Ben Tope	Fr	20:56.9	Waukee
123		Jack Borgmeier	So	20:56.9	Johnston
124		Ryan Grandenett	Jr	20:58.2	Ames
125		Carson Stanley	Fr	20:58.3	Johnston
126		Vincent Hodges	Fr	21:12.7	Waukee
127		Joel Kellar	Fr	21:13.1	Johnston
128		Michael Holm	Sr	21:14.9	Ames
129		Kyle Schmidt	Sr	21:17.3	Johnston
130		Alex Carter	Fr	21:17.8	Waukee
131		Bryce Ladd	Jr	21:18.0	Waukee
132		Connor Schroeder	So	21:19.1	Ames
133	33	Leon Urias	Sr	21:19.1	Lincoln
134		Keegan Bianchi	Jr	21:19.8	Dallas Center-Grimes
135		Cameron Mesman	Fr	21:20.2	Waukee
136		Aric Berryhill	Jr	21:22.0	Ames
137		Andrew Benson	Jr	21:22.4	Waukee
138		Liam Hostetter	Fr	21:25.8	Ames
139		Tate Marsh	So	21:29.9	Waukee
140		Trevor Hulsing	Fr	21:30.2	Waukee
141		Eric Paskach	So	21:35.9	Ames
142		Elijah Brungardt	So	21:39.5	Ames
143		Drew Bormann	So	21:40.0	Dallas Center-Grimes
144		Joshua Gartin	Jr	21:40.0	Ames
145		Colin Sparks	So	21:41.8	Waukee
146		David Imhoff	Sr	21:46.6	Ames
147		Wyatt Kacmarynski	So	21:47.8	Johnston
148		Sean Prell	Jr	21:50.7	Ames
149		Joey Connell	Sr	21:51.5	Waukee
150		Ian Hillier	Sr	21:56.2	Ames
151		Tanner Kenin	Fr	21:56.4	Johnston
152		Ryan Srail	Fr	21:56.8	Johnston
153	34	Rojan Dahal	Jr	21:57.3	North
154	35	Sam Benschoter	Fr	21:59.2	Lincoln
155	36	Nate Bell	Fr	22:00.3	Lincoln
156		Riccardo Bisio	Sr	22:02.6	Lincoln
157		Preston Huberty	So	22:02.7	Lincoln
158		Jack McKinney	So	22:05.7	Waukee
159		Karson Lee	So	22:08.3	Johnston
160	37	Benjamin Huyser	Fr	22:09.5	North
161		Avery Mosher	Fr	22:14.8	Ames
162		William Zheng	So	22:16.6	Ames
163	38	Nathaniel Routh	Jr	22:18.9	North
164		Luke Pottebaum	So	22:19.8	Waukee
165		Brandon Harold	Fr	22:20.8	Ames

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166		Sam Trabue	Fr	22:22.4	Ames
167		Joel Nepl	Jr	22:24.2	Ames
168		Jack Gilbert	Fr	22:30.7	Ames
169		Harper Sullivan	Jr	22:36.0	Ames
170		Cole Barrett	So	22:36.8	Waukee
171		Brady Willis	Fr	22:38.9	Johnston
172		Jens Rasmussen	Jr	22:40.0	Johnston
173		Logan Ogden	Jr	22:40.5	Johnston
174		Cole Johnson	Jr	22:41.5	Johnston
175		Erik Johnson	Jr	22:43.5	Ames
176		Andrew Ritchie	So	22:44.2	Johnston
177		Daniel Pfeifer	Jr	22:45.7	Lincoln
178		Keenan Peters	Fr	22:52.7	Waukee
179		Kyle Goben	So	22:54.3	Johnston
180		Will Greteman	So	22:56.4	Waukee
181		Jacob Peters	Jr	22:58.4	Ames
182		Jackson Slagter	Sr	22:59.2	Waukee
183		Davis Verhoeven	Fr	22:59.3	Ames
184		Brad Vu	So	23:02.4	Johnston
185		Andrew Kovar	Fr	23:02.6	Ames
186		Luke Mullen	So	23:06.1	Johnston
187		Oscar Rodriguez	Sr	23:18.7	Ames
188	39	Muhammadyaya Salaam	Fr	23:22.1	North
189		Brett Twelmeyer	Fr	23:24.3	Lincoln
190		Yogesh Gurung	So	23:26.6	Lincoln
191		Aidan Buske	Fr	23:27.0	Waukee
192		Ryan Derrick	So	23:31.2	Waukee
193		Gavin Moran	So	23:32.4	Dallas Center-Grimes
194		Ricardo Muniz	Fr	23:38.7	Lincoln
195		Harrison Livingston	So	23:40.6	Dallas Center-Grimes
196		Nick Wittmer	Fr	23:42.5	Waukee
197		Gajin Kim	Sr	23:42.9	Ames
198		Kell Bowen	Fr	23:46.9	Dallas Center-Grimes
199		Rob Kreklau	Sr	23:53.2	Dallas Center-Grimes
200		Carter Bowen	So	23:54.3	Dallas Center-Grimes
201		Nicholas Brien	Fr	23:57.4	Ames
202		Adam Eichorn	Jr	23:58.5	Ames
203		Cameron Amos	Fr	23:59.0	Lincoln
204		William Brumm	Jr	23:59.1	Ames
205		Sam Nadler	Fr	24:01.6	Johnston
206		Nathan Waters	Fr	24:11.0	Johnston
207		Zack Murray	Sr	24:17.7	Dallas Center-Grimes
208		Bryan Flores	Fr	24:23.1	Lincoln
209		SamÃ- Bensallem	So	24:30.9	Ames

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210		Sam McDaniel	Fr	24:39.1	Johnston
211		Jon Weddle	So	24:39.3	Dallas Center-Grimes
212		Josiah Schumacher	Fr	24:50.8	Ames
213		Zane Barker	Fr	24:51.7	Ames
214	40	Angel Berber	Fr	24:58.8	North
215		Jacob Ridnour	So	25:27.5	Dallas Center-Grimes
216		Jacob Knox	So	25:40.5	Johnston
217		Garrett Anderson	Jr	25:42.2	Dallas Center-Grimes
218		Kyle Endsley	Jr	26:17.6	Dallas Center-Grimes
219		Luis Avila, Jr.	Jr	26:27.9	Lincoln
220	41	Julio Quintanar	Jr	26:46.3	North
221		Jared Rocha-Mendias	Fr	27:08.2	Lincoln
222		Bryce Palmer	So	27:17.5	Dallas Center-Grimes
223		Ismae Del Rosario Mateo	Sr	27:20.8	Dallas Center-Grimes
224		Tom Giampolo	So	27:38.7	Johnston
225		Coby Sanchez	Fr	28:40.4	Lincoln
226		Danny Stewart	Jr	28:57.9	Waukee
227		Mitchell Wood	Fr	29:10.2	Waukee
228		Dillon Brackney	So	30:33.9	Lincoln
229		Mason Fuentes	Fr	31:21.9	Dallas Center-Grimes
230		Kolby Dirks	So	32:58.5	Dallas Center-Grimes
231		Sam Dolde	So	34:18.1	Johnston
232		Jared Knudson	Jr	40:54.6	Waukee