

**Ames Cross Country Invitational**  
**Iowa State Cross Country Course**  
**Ames, IA**  
**Thursday, August 30, 2018**  
**Sunny 80°**

**Varsity Girls Team Results**

Place	Team	Places of Finishers (offset scoring)								Total	Average Spread	
1	Waukee	2	3	4	9	13	20	24	31	20:22	1:38	
2	Ankeny Centennial	10	11	12	14	19	22	40	66	21:14	0:34	
3	Valley	5	7	18	23	25	27	29	78	21:20	1:39	
4	Grinnell	8	15	16	34	36	47	51	109	21:47	2:14	
5	Cedar Falls	6	17	28	30	32	33	35	113	21:45	1:46	
6	Ankeny	21	26	37	38	39	41	42	161	22:41	1:18	
7	Ames	1	31	43	46	48	49		169	22:52	5:12	
8	Waterloo	44	45	50	52	53	54	55	244	25:02	1:46	

**Varsity Girls Individual Results**

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Camille Jackson	JR	Ames	19:30	6:17
2	2	Peyton Kelderman	SO	Waukee	19:39	6:19
3	3	Sydney Schaffer	JR	Waukee	19:55	6:25
4	4	Madison Judas	FR	Waukee	20:10	6:30
5	5	Helen Gould	SR	Valley	20:25	6:34
6	6	MacKenzie Michael	JR	Cedar Falls	20:36	6:38
7	7	Lauren Schulze	SO	Valley	20:42	6:40
8	8	Mary Blanchard	JR	Grinnell	20:48	6:42
9	9	Lindsey Kelderman	SO	Waukee	20:52	6:43
10	10	Sophia Lee	JR	Ankeny Centennial	20:57	6:45
11	11	Jeanne Peters	JR	Ankeny Centennial	21:08	6:48
12	12	Kathryn Vortherms	SO	Ankeny Centennial	21:13	6:50
13	13	Isabelle Schaffer	JR	Waukee	21:17	6:51
14	14	Morgan Graybill	JR	Ankeny Centennial	21:19	6:52
15	15	Anjali Jones	JR	Grinnell	21:20	6:52
16	16	Bridget Blanchard	FR	Grinnell	21:21	6:52
17	17	Fromm Jules	SO	Cedar Falls	21:28	6:55
18	18	Haley Losh	SR	Valley	21:31	6:55
19	19	Jesslyn Gaumer	SR	Ankeny Centennial	21:31	6:55
20	20	Ellie Huisman	SO	Waukee	21:42	6:59
21	21	Madeleine Murphy	SO	Ankeny High School	21:54	7:03
22	22	Grace Meador	SO	Ankeny Centennial	21:55	7:03
23	23	Emily Ash	SR	Valley	21:59	7:04
24	24	Frances Loeffelholz	JR	Waukee	21:59	7:04
25	25	Teghan Booth	SO	Valley	22:04	7:06
26	26	Fiona Riordan	JR	Ankeny High School	22:05	7:06
27	27	Madeline Hollander	FR	Valley	22:08	7:08
28	28	Jessica Vandorn	SR	Cedar Falls	22:09	7:08
29	29	Emily Bright	FR	Valley	22:10	7:08

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30	30	Sophia Schillinger	JR	Cedar Falls	22:12	7:09
31	31	Eva Hill	SR	Ames	22:15	7:10
32	32	Paige Wageman	FR	Cedar Falls	22:22	7:12
33	33	Amara Lytle	SO	Cedar Falls	22:24	7:13
34	34	Thea Larsson	FR	Grinnell	22:24	7:13
35	35	Jayna Freeman	JR	Cedar Falls	22:58	7:24
36	36	Nola Conner	JR	Grinnell	23:02	7:25
37	37	Megan Bosch	SO	Ankeny High School	23:06	7:26
38	38	Talia Dosh	FR	Ankeny High School	23:11	7:28
39	39	Lydia Hill	JR	Ankeny High School	23:12	7:28
40	40	Brianna Smith	SR	Ankeny Centennial	23:16	7:29
41	41	Sarah Bosch	SR	Ankeny High School	23:18	7:30
42	42	Cierra Fillinger	JR	Ankeny High School	23:18	7:30
43	43	Jayna Wanamaker	SR	Ames	23:24	7:32
44	44	Victoria Knight	SO	Waterloo	24:02	7:44
45		Mia Barajas	JR	Marshalltown	24:22	7:51
46	45	Madison Tieskotter	FR	Waterloo	24:24	7:51
47	46	Caitlyn Hanulikova	JR	Ames	24:28	7:52
48	47	Kayla Sieck	FR	Grinnell	24:34	7:54
49	48	Kaitlyn Goodman	JR	Ames	24:42	7:57
50	49	Jordan Nicholson	SO	Ames	25:02	8:03
51	50	Regan Davis	SR	Waterloo	25:22	8:10
52	51	Micah Benning-Shorb	JR	Grinnell	25:33	8:13
53		Jade Tejada	JR	Marshalltown	25:34	8:14
54	52	Meredith Eighmey	SR	Waterloo	25:35	8:14
55	53	Jordyn Smith	JR	Waterloo	25:48	8:18
56		Kaci Uhde	JR	Marshalltown	26:09	8:25
57	54	Emma Hickman	JR	Waterloo	26:38	8:34
58	55	Camryn Meyer	SR	Waterloo	27:21	8:48

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**Varsity Boys Team Results**

Place	Team	Places of Finishers (offset scoring)							Total	Average Spread	
1	Waukee	2	8	9	10	11	13	14	40	17:13	0:46
2	Ankeny Centennial	1	6	17	22	24	27	54	70	17:26	1:27
3	Valley	4	12	20	26	32	37	65	94	17:43	1:26
4	Cedar Falls	3	15	19	36	41	43	47	114	17:51	1:43
5	Ames	7	18	23	33	42	45	50	123	17:57	1:34
6	Des Moines Roosevelt	21	28	35	39	48	49	52	171	18:19	0:56
7	Southeast Polk	5	25	30	56	62	64	76	178	18:23	2:32
8	Ankeny	31	34	38	44	46	55	67	193	18:31	0:22
9	Grinnell	16	29	57	60	61	66	77	223	18:46	1:45
10	Marshalltown	40	51	53	68	69	70	72	281	19:22	1:43
11	Waterloo	58	59	63	71	73	74	75	324	19:52	1:37

**Varsity Boys Individual Results**

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Gabriel Vicker	SO	Ankeny Centennial	16:33	5:20
2	2	Moe Smith	SR	Waukee	16:42	5:23
3	3	Brandon Conrad	SR	Cedar Falls	16:52	5:26
4	4	Carter Owen	JR	Valley	16:55	5:27
5	5	Drake Hanson	JR	Southeast Polk	17:00	5:28
6	6	Jonah Vicker	SR	Ankeny Centennial	17:02	5:29
7	7	Noah Kohut-Jackson	JR	Ames	17:03	5:29
8	8	Travis Loecke	SR	Waukee	17:12	5:32
9	9	Jackson Smith	JR	Waukee	17:15	5:33
10	10	Ian Buske	SR	Waukee	17:28	5:37
11	11	Jordan Swanson	SR	Waukee	17:29	5:38
12	12	Tyler Kinney	SR	Valley	17:30	5:38
13	13	Danny Haisch	SR	Waukee	17:34	5:39
14	14	Tyler Loecke	SR	Waukee	17:37	5:40
15	15	Michael Goodenbour	SO	Cedar Falls	17:38	5:41
16	16	Matthew Cunningham	SR	Grinnell	17:41	5:41
17	17	Kade Christensen	SO	Ankeny Centennial	17:43	5:42
18	18	Ean Warrick	SR	Ames	17:44	5:43
19	19	Eli Smith	SO	Cedar Falls	17:46	5:43
20	20	Jack Smeins	JR	Valley	17:47	5:43
21	21	Harry Prentice	SR	Des Moines Roosevelt	17:49	5:44
22	22	Alex Patkin	SR	Ankeny Centennial	17:52	5:45
23	23	Bennett Ryken	SO	Ames	17:59	5:47
24	24	Connor Cunningham	SO	Ankeny Centennial	18:00	5:47
25	25	Alex Schneider	SR	Southeast Polk	18:00	5:47
26	26	Evan Armitage	SR	Valley	18:02	5:48

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27	27	Ian Luke	SR	Ankeny Centennial	18:04	5:49
28	28	Austin Quinn	SR	Des Moines Roosevelt	18:07	5:50
29	29	Joe Simon	SR	Grinnell	18:14	5:52
30	30	Cade Mash	JR	Southeast Polk	18:18	5:53
31	31	Aiden McCombs	SR	AnkenyHigh School	18:21	5:54
32	32	Jacob Soto	JR	Valley	18:21	5:54
33	33	Colin Imhoff	SR	Ames	18:22	5:55
34	34	Cole Johnson	SR	AnkenyHigh School	18:22	5:55
35	35	Lucas George	SO	Des Moines Roosevelt	18:24	5:55
36	36	Alex Mujica	SO	Cedar Falls	18:25	5:56
37	37	Carsen Codel	JR	Valley	18:26	5:56
38	38	Drake Strnad	SR	AnkenyHigh School	18:29	5:57
39	39	Ben Russell	SR	Des Moines Roosevelt	18:29	5:57
40	40	Javier Rodriguez	SO	Marshalltown	18:32	5:58
41	41	Brayden Burnett	FR	Cedar Falls	18:35	5:59
42	42	Akol Atack	SO	Ames	18:37	6:00
43	43	Jack Jorgensen	SO	Cedar Falls	18:38	6:00
44	44	Jaden Schuster	SR	AnkenyHigh School	18:41	6:01
45	45	Garang Akok	SR	Ames	18:41	6:01
46	46	Andrew Poock	SO	AnkenyHigh School	18:42	6:01
47	47	Antoine Cuhat	SO	Cedar Falls	18:43	6:01
48	48	Festo Iranezeye	JR	Des Moines Roosevelt	18:46	6:02
49	49	Carter Kilgore	JR	Des Moines Roosevelt	18:49	6:03
50	50	Aniey Akok	SO	Ames	18:51	6:04
51	51	Josh Terrones	SR	Marshalltown	18:53	6:05
52	52	Rowen Abbas	JR	Des Moines Roosevelt	18:54	6:05
53	53	Eli Thiesen	SO	Marshalltown	18:56	6:06
54	54	Nick Sash	SR	Ankeny Centennial	18:58	6:06
55	55	Cole Buffington	JR	AnkenyHigh School	19:06	6:09
56	56	Chase Bartlett	SO	Southeast Polk	19:07	6:09
57	57	Kendall Praitis-Hill	SR	Grinnell	19:08	6:09
58	58	Isaac Davis	SR	Waterloo	19:11	6:10
59	59	Nicolas Knight	JR	Waterloo	19:18	6:13
60	60	Sergio Perez-Valentin	JR	Grinnell	19:22	6:14
61	61	Jarrett Rose	SR	Grinnell	19:26	6:15
62	62	Alex Rickabaugh	SR	Southeast Polk	19:31	6:17
63	63	Bryce Buhlman	SR	Waterloo	19:34	6:18
64	64	Caden Mitchell	SO	Southeast Polk	19:36	6:18
65	65	Nicholas Lucht	JR	Valley	19:39	6:19
66	66	Caden Christinson	JR	Grinnell	19:47	6:22
67	67	Mitch Pevestorf	SR	AnkenyHigh School	20:09	6:29

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68	68	Freddy Ross	SO	Marshalltown	20:15	6:31
69	69	Zach Bitker	JR	Marshalltown	20:15	6:31
70	70	Marcus Barker	FR	Marshalltown	20:16	6:31
71	71	Mason Nordman	SR	Waterloo	20:31	6:36
72	72	Noah Hermenson	SO	Marshalltown	20:45	6:41
73	73	Ian Lucas	FR	Waterloo	20:47	6:41
74	74	Andrew Newlon	SR	Waterloo	20:49	6:42
75	75	Luis Sanchez	SO	Waterloo	21:16	6:51
76	76	Eric Patterson	SO	Southeast Polk	21:29	6:55
77	77	Dalton Gosselink	SR	Grinnell	23:12	7:28

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**Junior Varsity Girls Team Results**

Place	Team	Places of Finishers (offset scoring)							Total	Average Spread	
1	Waukee	1	3	4	5	6	9	14	19	22:34	1:19
2	Ankeny Centennial	2	7	10	15	17	18	28	51	23:19	2:04
3	Cedar Falls	8	11	12	16	20	24	26	67	23:48	0:37
4	Valley	19	22	23	25	31	33	34	120	24:34	1:22
5	Ankeny	13	21	27	36	39	40	43	136	25:04	2:44
6	Ames	29	32	37	38	41	51	52	177	25:58	2:09
7	Marshalltown	35	42	48	49	57			231	28:36	6:18
8	Grinnell	30	45	50	54	55			234	28:36	5:05
9	Waterloo	44	46	47	53	56			246	28:50	3:00

**Junior Varsity Girls Individual Results**

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Emma Shepard	JR	Waukee	21:45	7:00
2	2	Kierstan Fritz	JR	Ankeny Centennial	21:54	7:03
3	3	Jessica Caraway	JR	Waukee	22:09	7:08
4	4	Ally Schaffer	JR	Waukee	22:54	7:22
5	5	Miranda Boyle	SR	Waukee	22:58	7:24
6	6	Katie Groetken	JR	Waukee	23:04	7:26
7	7	Hannah Nelson	JR	Ankeny Centennial	23:20	7:31
8	8	Gretchen Fixen	JR	Cedar Falls	23:28	7:33
9	9	Megan Groathouse	SR	Waukee	23:29	7:33
10	10	Celesta Cox	JR	Ankeny Centennial	23:31	7:34
11	11	Kellen Chenoweth	JR	Cedar Falls	23:43	7:38
12	12	Lydia Ochoa	JR	Cedar Falls	23:45	7:39
13	13	Lauren Clark	JR	Ankeny High School	23:49	7:40
14	14	Meredith Wood	SR	Waukee	23:53	7:41
15	15	Emma Arends	JR	Ankeny Centennial	23:54	7:42
16	16	Devin O'Loughlin	JR	Cedar Falls	23:58	7:43
17	17	Ella McLaughlin	JR	Ankeny Centennial	23:58	7:43
18	18	Kate Hoogensen	JR	Ankeny Centennial	24:01	7:44
19	19	Kate Snodgrass	SR	Valley	24:05	7:45
20	20	Alyssa Neese	JR	Cedar Falls	24:06	7:45
21	21	Brooke Johnson	JR	Ankeny High School	24:07	7:46
22	22	Megan Weis	JR	Valley	24:20	7:50
23	23	Faith Skinner	JR	Valley	24:23	7:51
24	24	Bailey Longnecker	SR	Cedar Falls	24:24	7:51
25	25	Cassandra Larick	SR	Valley	24:37	7:55
26	26	Beth Culbersen	SR	Cedar Falls	24:42	7:57
27	27	Ellie Land	JR	Ankeny High School	24:47	7:59
28	28	Lauren McTernan	SR	Ankeny Centennial	24:51	8:00

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29		Sabine Martin	JR	Cedar Falls	24:55	8:01
30		Lauryn Woerdeman	JR	Ankeny Centennial	24:56	8:02
31	29	Kegan Peters	SR	Ames	24:59	8:03
32		Kayla Van Langen	SR	Waukee	25:16	8:08
33	30	Elizabeth Ashing	JR	Grinnell	25:24	8:11
34	31	Katie Wyatt	SR	Valley	25:27	8:11
35	32	Adelade Nason	JR	Ames	25:29	8:12
36		Shantal Hernandez	SR	Ankeny Centennial	25:30	8:12
37		Mason Nikolaus	JR	Waukee	25:33	8:13
38		Maddy Lenaerts	SR	Cedar Falls	25:33	8:13
39	33	Mekhia Hillgren	SR	Valley	25:35	8:14
40	34	Sasha Hentzen	SR	Valley	25:41	8:16
41		Faith Rafferty	JR	Valley	25:46	8:17
42		Halle Norton	JR	Valley	25:49	8:19
43		Calissa Weers	SR	Waukee	25:56	8:21
44		Rylee Johnson	SR	Waukee	25:56	8:21
45	35	Aida Almanza	JR	Marshalltown	25:58	8:21
46		Madisen Pautvein	SR	Valley	25:59	8:22
47	36	Rose Schweitzer	SR	Ankeny High School	26:03	8:23
48		Erin Lowe	SR	Valley	26:05	8:24
49	37	Fiorella Meyer	SR	Ames	26:08	8:25
50	38	Ayah Gleisner	JR	Ames	26:09	8:25
51		Claire Petersen	SR	Waukee	26:10	8:25
52		Katie Simon	JR	Waukee	26:11	8:26
53		Jenny Hagg	JR	Ankeny Centennial	26:15	8:27
54		Abby Balong	JR	Cedar Falls	26:17	8:28
55		Regan Day	JR	Valley	26:18	8:28
56	39	Kayla Pitz	JR	Ankeny High School	26:33	8:33
57		Anna Shull	SR	Cedar Falls	26:35	8:33
58	40	Sydni Wendling	SR	Ankeny High School	26:36	8:34
59		Kylie Eischen	JR	Waukee	26:43	8:36
60		Miranda Pierce	JR	Ankeny Centennial	26:47	8:37
61		Katie Phillips	JR	Waukee	27:00	8:41
62		Claire Sattler	SR	Valley	27:04	8:43
63	41	Chiara Travesset	SR	Ames	27:08	8:44
64		Caroline Ash	JR	Valley	27:09	8:44
65	42	Underhill Tannia	SR	Marshalltown	27:09	8:44
66	43	Rachel Gross	SR	Ankeny High School	27:11	8:45
67		Abby Matney	JR	Ankeny Centennial	27:11	8:45
68		Kenzie Hunt	SR	Waukee	27:13	8:46
69		Eliza Frentress	SR	Waukee	27:19	8:47

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70		Jamie Knox	SR	Cedar Falls	27:19	8:48
71		Meredith King	SR	Ankeny Centennial	27:20	8:48
72		Jenna Lindberg	JR	Waukee	27:22	8:48
73	44	Reiley Lichty	SR	Waterloo	27:30	8:51
74		Lauren Jahn	SR	Valley	27:31	8:51
75	45	Sandra Skouson	SR	Grinnell	27:33	8:52
76		Mollie Cox	JR	Ankeny High School	27:37	8:53
77		Taylor Dusenbery	SR	Cedar Falls	27:40	8:54
78		Ashley Smith	SR	Cedar Falls	27:41	8:55
79		Annie Poulsen	JR	Valley	27:44	8:56
80		Katherine Van Arnum	SR	Valley	27:44	8:56
81		Claire Sanderman	SR	Cedar Falls	27:47	8:57
82		Kya Stilwell	JR	Valley	27:48	8:57
83		Nicole Dacus	JR	Ankeny High School	27:52	8:58
84		Sophie Finken	JR	Waukee	27:55	8:59
85		Samantha Morrow	SR	Waukee	27:58	9:00
86		Emma Moomey	SR	Ankeny High School	28:04	9:02
87	46	Alayna Ritter	JR	Waterloo	28:04	9:02
88		Ashlyn Sherwood	JR	Ankeny Centennial	28:05	9:02
89		MacY Denbeste	JR	Ankeny Centennial	28:06	9:03
90		MacKenzie Kort	SR	Valley	28:08	9:03
91		Lizbeth Clark	JR	Waukee	28:18	9:06
92	47	Abigail Nathe	JR	Waterloo	28:23	9:08
93		Allison Ohringer	SR	Valley	28:31	9:11
94		Lauren Kim	JR	Waukee	28:31	9:11
95	48	Pricila Vergara	JR	Marshalltown	28:35	9:12
96		Bella Anania	SR	Waukee	28:38	9:13
97		Darby Marsh	JR	Waukee	28:38	9:13
98		Megan Utterback	JR	Ankeny High School	28:38	9:13
99	49	Smith Avygail	JR	Marshalltown	29:05	9:22
100		Jordyn Wagner	JR	Waukee	29:13	9:24
101	50	Kara West	JR	Grinnell	29:16	9:25
102	51	Jacy Lehman	SR	Ames	29:19	9:26
103	52	Eily Mickelson	SR	Ames	29:20	9:27
104		Emma Huisman	SR	Waukee	29:21	9:27
105		Haley Yoder	JR	Ames	29:28	9:29
106		Lillian Montabon	SR	Ames	29:34	9:31
107		Laura Kerton	SR	Ames	29:34	9:31
108		Riley Kuennen	SR	Valley	29:36	9:32
109	53	Makayla Hanson	JR	Waterloo	29:40	9:33
110		Emily Melvin	SR	Ankeny Centennial	29:41	9:33



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111		Valarie Flores	SR	Valley	29:46	9:35
112		Ella Morris	JR	Ankeny High School	29:47	9:35
113		Emma Kach	JR	Ankeny High School	29:58	9:39
114		Jubilee Horton	SR	Ames	30:01	9:40
115		McKenzie Stewart	SR	Waukee	30:03	9:40
116		Ella Slade	SR	Ames	30:04	9:41
117		Angela Zheng	SR	Ames	30:07	9:41
118		Madeline Cox	JR	Ankeny High School	30:12	9:43
119		Kara Dieke	SR	Waukee	30:14	9:44
120		Heidi Bantz	SR	Valley	30:18	9:45
121		Madi Peterson	SR	Ankeny High School	30:18	9:45
122	54	Lexie Townsend	SR	Grinnell	30:19	9:45
123		Hannah Goode	SR	Ankeny Centennial	30:22	9:47
124		Anna Finch	SR	Waukee	30:26	9:48
125		Mallory Leazer	JR	Ankeny Centennial	30:28	9:48
126	55	Theresa Crawford	JR	Grinnell	30:29	9:49
127	56	Alyson Hurley	SR	Waterloo	30:30	9:49
128		Grace Meter	JR	Ankeny Centennial	30:42	9:53
129		Sarah Amro	JR	Valley	30:44	9:54
130		Molly Wright	JR	Valley	30:53	9:57
131		Danielle Pudenz	SR	Waukee	30:56	9:57
132		Caylee Fuqua	SR	Ames	30:58	9:58
133		Amanda Warren	JR	Ankeny Centennial	30:59	9:58
134		Grace Millsap	SR	Waukee	30:59	9:58
135		Mikayla Sash	JR	Ankeny Centennial	31:19	10:05
136		Abby Keiser	SR	Cedar Falls	31:25	10:07
137		Riley Bartlett	SR	Valley	31:30	10:08
138		Greta Stewart	SR	Valley	31:44	10:13
139		Caita Pierson	SR	Ankeny Centennial	31:51	10:15
140	57	Stella Roseburrough-Borras	SR	Marshalltown	32:16	10:23
141		Hannah Wood	SR	Waukee	32:23	10:25
142		Sara Jimenez	JR	Ames	32:32	10:28
143		Paige Jacobsen	SR	Ankeny High School	32:36	10:30
144		Olivia Heinen	SR	Cedar Falls	33:13	10:41
145		Sophie Reis	JR	Waukee	33:57	10:56
146		Aspen Holm	SR	Ames	34:16	11:02
147		Alex Heston	JR	Ankeny Centennial	34:30	11:06
148		Charity Baucum	SR	Ankeny Centennial	35:39	11:29
149		Mary Horton	JR	Ames	36:28	11:44
150		Kira Davis	SR	Ames	36:48	11:51
151		Tiffany Rong	JR	Ames	38:20	12:20

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152	Kaitlyn Tope	SR	Waukee	38:55	12:32
153	Kathleen Pelzer	JR	Ames	39:35	12:44
154	Haley Brouillet	JR	Ankeny Centennial	39:37	12:45
155	Wendy Jiang	SR	Ames	40:46	13:07
156	Addie Brooks	JR	Ankeny Centennial	41:38	13:24
157	Natalie Doering	JR	Ankeny Centennial	41:57	13:30

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**Junior Varsity Boys Team Results**

Place	Team	Places of Finishers (offset scoring)							Total	Average Spread	
1	Waukee	1	3	4	8	10	11	14	26	18:41	0:54
2	Ames	2	6	13	16	17	22	27	54	18:59	1:05
3	Cedar Falls	5	7	12	15	18	19	30	57	19:05	0:41
4	Des Moines Roosevelt	9	24	25	35	41	60	65	134	19:51	1:30
5	Valley	20	21	36	37	39	46	47	153	20:01	0:55
6	Ankeny	23	32	38	40	48	59	71	181	20:17	1:19
7	Ankeny Centennial	26	34	42	44	49	50	51	195	20:26	1:12
8	Southeast Polk	28	33	43	52	53	57	64	209	20:32	1:20
9	Grinnell	29	31	54	61	63	66	67	238	20:44	1:16
10	Waterloo	45	55	56	58	62	68	69	276	21:04	0:33
11	Marshalltown	70	72	73	74	75	76		364	24:13	3:28

**Junior Varsity Boys Individual Results**

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Cade Simpson	SR	Waukee	18:07	5:50
2	2	Will Orth	JR	Ames	18:16	5:53
3	3	Augie Muenzenmay	SR	Waukee	18:37	6:00
4	4	Kyle Ruby	FR	Waukee	18:39	6:00
5	5	Ethan Kober	SO	Cedar Falls	18:43	6:02
6	6	Carter Robinson	SR	Ames	18:49	6:03
7	7	Noah Arends	JR	Cedar Falls	18:57	6:06
8	8	Riley Dejohn	JR	Waukee	18:59	6:07
9	9	Ethan James	SR	Des Moines Roosevelt	19:01	6:07
10	10	Tyler Stallman	JR	Waukee	19:01	6:07
11	11	Nathan Holstrom	SO	Waukee	19:04	6:08
12	12	Jens Jorgensen	SR	Cedar Falls	19:07	6:09
13	13	Brayden Bergum	SR	Ames	19:12	6:11
14	14	Luke Bazan	JR	Waukee	19:12	6:11
15	15	Jacob Olthoff	JR	Cedar Falls	19:14	6:11
16	16	Sam Taylor	SR	Ames	19:19	6:13
17	17	Cameron Campbell	SR	Ames	19:21	6:14
18	18	Zack Biles	SR	Cedar Falls	19:24	6:15
19	19	Blake Arends	JR	Cedar Falls	19:26	6:15
20	20	Landon Denker	JR	Valley	19:30	6:16
21	21	Sterling Mills	JR	Valley	19:30	6:17
22	22	Ryan Smith	SR	Ames	19:32	6:17
23		Jacob Holtz	JR	Waukee	19:32	6:17
24	23	Dustin Kutz	JR	AnkenyHigh School	19:34	6:18
25		Tyler Keny	SO	Waukee	19:36	6:19
26	24	Connor Crabill	SR	Des Moines Roosevelt	19:37	6:19

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27		Josh Larreau	JR	Waukee	19:42	6:20
28		Ethan Robus	JR	Waukee	19:42	6:21
29	25	Jaden Johnson	JR	Des Moines Roosevelt	19:43	6:21
30	26	Kade Van Meeteren	JR	Ankeny Centennial	19:43	6:21
31	27	Caleb Kong	SR	Ames	19:43	6:21
32	28	Cj Schrock	SR	Southeast Polk	19:44	6:21
33	29	Robert Groves	JR	Grinnell	20:01	6:27
34	30	Ben Campbell	JR	Cedar Falls	20:02	6:27
35	31	Logan Moline	SO	Grinnell	20:04	6:27
36		Joey Dunning	SR	Cedar Falls	20:05	6:28
37	32	David Robran	JR	AnkenyHigh School	20:05	6:28
38		Erik Walther	SR	Cedar Falls	20:10	6:29
39	33	Nathan Parker	JR	Southeast Polk	20:15	6:31
40		Tyler Rodriguez	SR	Waukee	20:15	6:31
41		Stephen Elliott	JR	Waukee	20:17	6:32
42	34	Ben Lyons	SR	Ankeny Centennial	20:21	6:33
43	35	Mohamed Kordeir	SR	Des Moines Roosevelt	20:21	6:33
44	36	Jack Westemeyer	SR	Valley	20:21	6:33
45	37	Jake Umble	JR	Valley	20:22	6:33
46		Brendan Hinspeter	JR	Waukee	20:23	6:34
47	38	Tyler Hentzel	JR	AnkenyHigh School	20:23	6:34
48		Ben Kock	JR	Waukee	20:24	6:34
49	39	Samuel Overton	JR	Valley	20:25	6:34
50	40	Evan Reiter	SR	AnkenyHigh School	20:29	6:36
51	41	Forrest Laprade	SR	Des Moines Roosevelt	20:31	6:36
52		Issac Holtz	JR	Waukee	20:33	6:37
53		Vincent Vanyo	SR	Waukee	20:35	6:38
54	42	Ryland Kramer	JR	Ankeny Centennial	20:35	6:38
55	43	Noah Waldon	JR	Southeast Polk	20:37	6:38
56	44	Theo Housker	JR	Ankeny Centennial	20:37	6:38
57		Lucas Bleyle	SR	Ames	20:39	6:39
58		Tyler Westerman	SR	Cedar Falls	20:40	6:39
59		Braden Sankot	JR	Waukee	20:41	6:40
60	45	Logan Nelson	JR	Waterloo	20:43	6:40
61		Alex Hanson	SR	Cedar Falls	20:43	6:40
62	46	Aryan Prajapati	SR	Valley	20:43	6:40
63	47	David Gaunt	JR	Valley	20:46	6:41
64		Noah Miller	SR	Waukee	20:47	6:41
65		Ryland Welch	JR	Waukee	20:49	6:42
66		Jose Cordova	JR	Waukee	20:49	6:42
67	48	Nathan Bielecki	JR	AnkenyHigh School	20:53	6:43

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68	49	Abe Brink	JR	Ankeny Centennial	20:54	6:44
69		Grant Shaw	SR	Waukee	20:55	6:44
70		Harrison Yoder	SR	Ames	20:57	6:45
71	50	Cade Cunningham	SR	Ankeny Centennial	20:57	6:45
72	51	Payton Griffin	SR	Ankeny Centennial	20:58	6:45
73	52	Eli Hanson	SR	Southeast Polk	21:00	6:46
74		Andrew Vanpatten	SR	Cedar Falls	21:02	6:46
75		Peter Dengler	JR	Ankeny Centennial	21:03	6:46
76	53	Nick Cheung	SR	Southeast Polk	21:04	6:47
77		Spencer Scallon	SR	Valley	21:04	6:47
78		Max Burtleson	JR	Cedar Falls	21:05	6:47
79	54	Brock Beck	JR	Grinnell	21:05	6:47
80	55	Wyatt Jungck	FR	Waterloo	21:06	6:47
81	56	Andrew Congdon	FR	Waterloo	21:06	6:48
82	57	Nolan Larsen	JR	Southeast Polk	21:07	6:48
83	58	Eli Sallis	FR	Waterloo	21:07	6:48
84		Jordan Alexander	JR	Valley	21:07	6:48
85	59	Zach Morfeld	SR	AnkenyHigh School	21:08	6:48
86		Graham Margulies	JR	Valley	21:08	6:48
87	60	Andy Kramer	SR	Des Moines Roosevelt	21:09	6:49
88		Connor Niland	JR	Valley	21:09	6:49
89		Will Keck	JR	Waukee	21:10	6:49
90	61	Jayden Creps	SR	Grinnell	21:12	6:50
91	62	Donovan Jones	FR	Waterloo	21:16	6:51
92	63	Andrew Cogley	SO	Grinnell	21:17	6:51
93	64	Zach Person	SR	Southeast Polk	21:24	6:53
94	65	Bashar Eid	JR	Des Moines Roosevelt	21:27	6:54
95		Mircea Nastase	SR	Southeast Polk	21:29	6:55
96		Jacob Windust	SR	Valley	21:35	6:57
97		MacK Eastmen	JR	Cedar Falls	21:40	6:58
98		Isaac Anderson	JR	Southeast Polk	21:41	6:59
99		Andrew Benson	SR	Waukee	21:46	7:00
100		Owen Hoff	SR	Ankeny Centennial	21:52	7:02
101		Kenny McAleer	JR	Waukee	21:54	7:03
102	66	Ryan Gruman	SR	Grinnell	21:55	7:03
103		Garrett Burger	SR	Valley	21:55	7:03
104		Evan Wilson	SR	Southeast Polk	21:58	7:04
105		Riley Oshirak	JR	Ankeny Centennial	21:58	7:04
106		Andrew Greene	SR	Ames	21:58	7:04
107		Connor Schroeder	JR	Ames	21:59	7:05
108		Wiley Parks	SR	Southeast Polk	22:00	7:05

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109		Luke Lacey	JR	Ankeny Centennial	22:04	7:06
110		Max Swinton	JR	Des Moines Roosevelt	22:09	7:08
111		Liam McRae	JR	Cedar Falls	22:10	7:08
112		Brett Lund	JR	Cedar Falls	22:11	7:08
113		Elijah Brungardt	JR	Ames	22:11	7:08
114		Jeremy Marchesani	SR	Cedar Falls	22:14	7:09
115		Carl Murphy	JR	Valley	22:14	7:09
116	67	Aidan Brownell	JR	Grinnell	22:15	7:10
117		Marty Allen	SR	Grinnell	22:17	7:10
118		Bryce Ladd	SR	Waukee	22:23	7:12
119	68	Jackson Jones	FR	Waterloo	22:23	7:12
120	69	Zach Heyerhoff	SR	Waterloo	22:24	7:13
121	70	Peyton Hilsabeck	SR	Marshalltown	22:25	7:13
122		Caleb Moe	FR	Waterloo	22:25	7:13
123		Camden Dusenbery	SR	Cedar Falls	22:32	7:15
124		Kolin Jasper	JR	Cedar Falls	22:33	7:16
125		Carsyn Mueller	JR	Cedar Falls	22:33	7:16
126		Nate Wilson	SR	Waukee	22:34	7:16
127		Patrick Niland	JR	Valley	22:37	7:17
128		Josh Gartin	SR	Ames	22:41	7:18
129		William Zheng	JR	Ames	22:52	7:22
130		Charles Keitges	JR	Ames	22:53	7:22
131		Jack Schaeuble	JR	Valley	22:54	7:22
132		Mason Delange	JR	Des Moines Roosevelt	22:54	7:22
133		Connor Wilson	JR	Ankeny Centennial	22:57	7:23
134		Christian Simpson	SR	Cedar Falls	23:00	7:24
135		Will Greteman	JR	Waukee	23:03	7:25
136		Ryan Derrick	JR	Waukee	23:08	7:27
137		Spencer Dunham	SR	Waukee	23:09	7:27
138		Sam Gumm	JR	Des Moines Roosevelt	23:10	7:27
139		Gabe Vald	SR	Des Moines Roosevelt	23:11	7:28
140		Nick Rider	JR	Des Moines Roosevelt	23:11	7:28
141		Ryan Westhoff	JR	Cedar Falls	23:12	7:28
142		Austin Fickbohm	JR	Southeast Polk	23:13	7:28
143		Preston Witte	SR	Ames	23:13	7:28
144	71	Evan Ripley	SR	AnkenyHigh School	23:15	7:29
145		Seth Parry	JR	Des Moines Roosevelt	23:15	7:29
146		Maxwell Villa	FR	Waterloo	23:19	7:30
147		Marco Aranda	JR	Des Moines Roosevelt	23:33	7:35
148		Nikki Patel	SR	Grinnell	23:33	7:35
149		Grant Ganpat	JR	AnkenyHigh School	23:35	7:35

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150		Cameron McNally	JR	Des Moines Roosevelt	23:36	7:36
151		Hayden Eaton	FR	Grinnell	23:48	7:40
152		Harrison Eckard-Garrett	JR	Des Moines Roosevelt	23:51	7:41
153		Jake Beattie	SR	Southeast Polk	23:51	7:41
154		Akira Nemoto	JR	Des Moines Roosevelt	23:53	7:41
155		Duncan Meyer	SR	Cedar Falls	23:53	7:41
156	72	Trace Markle	JR	Marshalltown	23:54	7:42
157		Jack McKinney	JR	Waukee	23:56	7:42
158		Beckett Newton	JR	Valley	24:02	7:44
159		Jacob Peters	SR	Ames	24:03	7:44
160	73	Ryan Downey	SR	Marshalltown	24:08	7:46
161		Jonas Gaster	JR	Des Moines Roosevelt	24:14	7:48
162		Alex Kovar	JR	Ames	24:19	7:49
163		Lars Christianson	SR	Cedar Falls	24:25	7:52
164		Savian Moss	FR	Waterloo	24:28	7:53
165		Christian Holbert	JR	Cedar Falls	24:29	7:53
166		Parker Volkman	JR	Grinnell	24:31	7:53
167		Shane Esposito	SR	Des Moines Roosevelt	24:35	7:55
168		Evan Bracewell	SR	Southeast Polk	24:36	7:55
169		Lucas Shaw	JR	Cedar Falls	24:36	7:55
170		Max Levandowski	SO	Grinnell	24:37	7:55
171		Harper Sullivan	SR	Ames	24:43	7:57
172	74	Jay Drummer	JR	Marshalltown	24:44	7:58
173		Michael Neppi	JR	Ames	24:46	7:58
174		Hans Bunn	JR	Valley	24:49	7:59
175		Dj Barnes	SR	Southeast Polk	24:53	8:01
176		Jonah Larrison	SR	Waukee	25:01	8:03
177		Micah Berger	SR	Waterloo	25:08	8:05
178		Sam Appenzeller	JR	Cedar Falls	25:14	8:07
179		Jack Steffener	SR	Cedar Falls	25:34	8:14
180		Anthony Arroyo	SR	Des Moines Roosevelt	25:43	8:17
181		Anthony Sandovol	JR	Waterloo	25:45	8:17
182	75	Jaimen Rivera	SR	Marshalltown	25:53	8:20
183		Cayden Foust	JR	Cedar Falls	26:11	8:26
184		Grant Dahlen	SR	Valley	26:11	8:26
185		Nate Voelker	SR	Cedar Falls	26:21	8:29
186	76	Dylan Bracy	JR	Marshalltown	26:35	8:34
187		Jacob Thome	SR	Des Moines Roosevelt	27:08	8:44
188		Gary Quinn	JR	Des Moines Roosevelt	27:42	8:55
189		Austin Schmidt	SR	Cedar Falls	28:16	9:06
190		Gavin Cobine	JR	Ankeny Centennial	28:24	9:08

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**9-10 Girls Team Results**

Place	Team	Places of Finishers (offset scoring)							Total	Average Spread	
1	Waukee	1	5	7	8	10	11	14	31	22:32	1:04
2	Ankeny Centennial	2	4	6	12	13	19	21	37	22:40	1:08
3	Ankeny High School	15	17	22	23	24	25	27	101	24:28	1:07
4	Valley	9	18	28	30	31	36	39	116	25:02	3:01
5	Marshalltown	3	20	29	33	42	46	47	127	25:17	5:06
6	Ames	16	26	34	37	38	40	44	151	25:43	2:32
7	Waterloo	32	41	45	49	50	53		217	29:05	5:16
8	Grinnell	35	43	48	51	52	54		229	30:10	7:26

**9-10 Girls Individual Results**

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Molly Bannister	FR	Waukee	22:04	7:06
2	2	Macle Langstraat	SO	Ankeny Centennial	22:12	7:09
3	3	Hermanson Phoebe	FR	Marshalltown	22:13	7:09
4	4	Katie Jensen	SO	Ankeny Centennial	22:13	7:09
5	5	Margaux Basart	SO	Waukee	22:17	7:10
6	6	Kendall Jorgensen	FR	Ankeny Centennial	22:19	7:11
7	7	Abby Kinney	SO	Waukee	22:32	7:15
8	8	Ava Carder	FR	Waukee	22:38	7:17
9	9	Brookelyn Buttolph	FR	Valley	23:06	7:26
10	10	Madi Groetken	FR	Waukee	23:08	7:27
11		Sara Goodenbour	SO	Cedar Falls	23:11	7:28
12	11	Mallory Drake	FR	Waukee	23:12	7:28
13	12	Paige Froelich	SO	Ankeny Centennial	23:15	7:29
14	13	Allison Su	SO	Ankeny Centennial	23:20	7:31
15		Natalie Degabriele	SO	Cedar Falls	23:20	7:31
16	14	Molly Statton	SO	Waukee	23:24	7:32
17	15	Ally Phongsavanh	SO	Ankeny High School	23:39	7:37
18		Kariin Roush	FR	Waukee	23:53	7:41
19	16	Serena Cross	SO	Ames	24:00	7:43
20		Vanessa Demarco	FR	Waukee	24:16	7:49
21	17	Abby Johnson	SO	Ankeny High School	24:25	7:51
22		Ellie Johnson	SO	Waukee	24:26	7:52
23	18	Lauren Graff	SO	Valley	24:26	7:52
24	19	Avah Marse	FR	Ankeny Centennial	24:37	7:55
25	20	Odaly Flores	SO	Marshalltown	24:42	7:57
26	21	Josie Bearden	SO	Ankeny Centennial	24:45	7:58
27	22	Eva Van De Mortel	SO	Ankeny High School	24:45	7:58
28	23	Calyssa Wright	SO	Ankeny High School	24:46	7:58
29	24	Anna Schmitz	FR	Ankeny High School	24:46	7:58



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30		Brooke Seashore	SO	Waukee	24:47	7:59
31		Ella Duenas	FR	Waukee	24:58	8:02
32	25	Hannah Loftus	SO	Ankeny High School	25:05	8:05
33		Izzy Sash	FR	Ankeny Centennial	25:07	8:05
34		Claire Anonson	FR	Ankeny Centennial	25:10	8:06
35	26	Claire Galvin	FR	Ames	25:13	8:07
36	27	Marika Kisgen	SO	Ankeny High School	25:17	8:08
37		Aviella Holtz	FR	Waukee	25:26	8:11
38		Mallory Metzger	FR	Waukee	25:28	8:12
39		Bryn Inserra	FR	Waukee	25:33	8:13
40		Lexie Gunn	FR	Ankeny Centennial	25:35	8:14
41		Macl Banyas	SO	Ankeny Centennial	25:36	8:15
42	28	Claudia Ossman	FR	Valley	25:44	8:17
43		Ella Dehaan	FR	Ankeny High School	25:44	8:17
44	29	Mary Kate Gruening	SO	Marshalltown	25:49	8:18
45	30	Kassidy Horn	SO	Valley	25:49	8:19
46		Tate Bettis	FR	Ankeny Centennial	25:51	8:19
47		Sydney Madison	SO	Ankeny Centennial	26:03	8:23
48	31	Libby White	FR	Valley	26:07	8:24
49		Corinne Bovee	SO	Ankeny High School	26:10	8:25
50		Morgan Larick	FR	Waukee	26:11	8:26
51		Clare Vilmont	SO	Waukee	26:12	8:26
52	32	Laura Hepworth	SO	Waterloo	26:16	8:27
53	33	Makenna Ainsworth	SO	Marshalltown	26:20	8:29
54	34	Erin Murphy	SO	Ames	26:22	8:29
55	35	Anya Latham	FR	Grinnell	26:23	8:30
56	36	Danielle Socarras	SO	Valley	26:27	8:31
57	37	Rachel Bennett	FR	Ames	26:28	8:31
58	38	Kiah Synder	FR	Ames	26:31	8:32
59		Baylor O'Neil	FR	Waukee	26:34	8:33
60	39	Sophia Alexander	SO	Valley	26:34	8:33
61		Angelina Hemphill	FR	Ankeny High School	26:35	8:33
62		Savannah Klingensmith	FR	Ankeny Centennial	26:37	8:34
63		Ellie Smidt	FR	Valley	26:41	8:35
64		Lizzie Sorensen	FR	Waukee	26:44	8:36
65		Riley Stevenson	SO	Waukee	26:45	8:36
66		Sophie Wempen	FR	Waukee	26:45	8:37
67		Rachel Bohlender	SO	Valley	26:46	8:37
68		Annie Diener	FR	Waukee	26:52	8:39
69		Madi Frette	FR	Ankeny Centennial	26:54	8:40
70		Tessa Morgan	SO	Valley	26:59	8:41

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71	40	Arianna Williams-Suarez	SO	Ames	27:02	8:42
72		Valerine Jepchirchir	SO	Valley	27:03	8:42
73		Raina Paeper	SO	Ankeny Centennial	27:05	8:43
74		Sophie Peck	SO	Ankeny Centennial	27:06	8:43
75		Grace Porath	SO	Ankeny High School	27:10	8:45
76	41	Isabelle Stoffer	FR	Waterloo	27:10	8:45
77		Emma Hasanusta	FR	Waukee	27:19	8:48
78	42	Hotchkiss Sydney	FR	Marshalltown	27:19	8:48
79		Julianne Stevens	FR	Ankeny Centennial	27:28	8:50
80		Reagan Griffith	FR	Valley	27:37	8:53
81		Kaylyn Le	FR	Valley	27:41	8:55
82		Brynlea Degroote	FR	Valley	27:43	8:55
83		Jordan Su	SO	Ankeny Centennial	27:43	8:55
84		Olivia Schaeffer	SO	Ankeny Centennial	27:43	8:55
85		Makayla Houston	SO	Valley	27:47	8:57
86		Regan Kuennen	SO	Valley	27:52	8:58
87	43	Jenna Tuttle	SO	Grinnell	27:58	9:00
88		Sydney Weaverling	FR	Ankeny High School	27:59	9:01
89		Ava Callahan	FR	Ankeny High School	28:01	9:01
90		Rachel Gantt	SO	Waukee	28:02	9:01
91		Lizzy Finch	SO	Waukee	28:07	9:03
92	44	Yujie Chen	SO	Ames	28:10	9:04
93		Ellie Dalton	SO	Ankeny High School	28:13	9:05
94		Clara Freese	FR	Ankeny High School	28:13	9:05
95		Kayla Fincham	SO	Ames	28:14	9:05
96		Natalie Ulrich	SO	Valley	28:24	9:08
97		Emily Poag	FR	Ames	28:37	9:13
98		Shreya Gaddi	SO	Valley	28:42	9:14
99		Leah Davis	FR	Ankeny High School	28:46	9:16
100		Apeksha Adhikari	FR	Waukee	28:48	9:16
101		Breanna Van Dyke	SO	Ames	28:56	9:19
102		Madie Parker	SO	Ankeny High School	28:57	9:19
103		Katelynn Kerber	SO	Ankeny High School	28:58	9:19
104	45	Eleanor Filippone	SO	Waterloo	28:59	9:20
105		Lydia Hill	SO	Ames	29:00	9:20
106		Marina Carter	SO	Ankeny High School	29:04	9:21
107		Stella Montgomery	FR	Waukee	29:17	9:26
108		Emily Peters	SO	Ames	29:20	9:26
109		Elizabeth Orth	FR	Ames	29:23	9:28
110		Emma Yarrow	FR	Cedar Falls	29:24	9:28
111		Emily Devereux	FR	Ankeny Centennial	29:25	9:28

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112	46	Maggie Augustine	SO	Marshalltown	29:32	9:30
113		Jenna Maifeld	FR	Waukee	29:33	9:31
114		Iris Nikolaus	FR	Waukee	29:52	9:37
115	47	Hoffman Taylor	FR	Marshalltown	29:55	9:38
116		Emma Heine	FR	Ankeny High School	30:00	9:39
117		Jacy Coady	SO	Waukee	30:04	9:41
118		Kaitlyn Ury	SO	Waukee	30:05	9:41
119		Josie Bingham	SO	Ankeny High School	30:09	9:42
120		Saida Komjo	SO	Valley	30:26	9:48
121		Kamryn Ensley	FR	Valley	30:41	9:53
122	48	Payel Patel	SO	Grinnell	30:51	9:56
123		Amukta Gantalamohini	SO	Ankeny Centennial	30:53	9:56
124		Abby Housker	SO	Ankeny Centennial	30:59	9:58
125		Claire Biles	SO	Valley	31:07	10:01
126		Sarah Andrews	FR	Ames	31:11	10:02
127	49	Kayley Fangman	SO	Waterloo	31:30	10:08
128	50	Emma Schellhorn	SO	Waterloo	31:32	10:09
129	51	Lauren Bolte	SO	Grinnell	31:47	10:14
130		Abigail Thompson	FR	Ames	31:51	10:15
131		Ashton Dilla	SO	Valley	32:06	10:20
132		Elizabeth Morris	SO	Ames	32:47	10:33
133		Areej Iqbal	SO	Waukee	33:03	10:38
134		Sydney Murray	SO	Ankeny Centennial	33:12	10:41
135		Welden Abby	SO	Marshalltown	33:46	10:52
136	52	Ella Stephens	FR	Grinnell	33:50	10:53
137	53	Jayden Bentley	SO	Waterloo	34:24	11:04
138		Hailey Sibbel	FR	Ames	34:27	11:05
139		Lucy Bennett	SO	Ames	34:30	11:06
140		Mia Taylor	FR	Ames	34:32	11:07
141		Jamey McCalley	SO	Ames	34:37	11:08
142	54	Shae Lai	SO	Grinnell	36:18	11:41
143		Lorna Schuckert	FR	Ames	36:23	11:42
144		Mayah Gorsh	SO	Ankeny Centennial	36:23	11:43
145		Julia Brehm-Stecher	FR	Ames	36:35	11:47
146		Grace Bollhoefer	FR	Ames	36:39	11:48
147		Liz Ernst	FR	Ankeny Centennial	39:19	12:39
148		Alanna Schroeder	FR	Ames	39:36	12:45

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**9-10 Boys Team Results**

Place	Team	Places of Finishers (offset scoring)								Total	Average Spread	
1	Valley	5	6	7	24	32	37	50	74	19:30	1:25	
2	Ames	2	3	10	12	53	54	55	80	19:29	2:49	
3	Ankeny Centennial	1	16	17	25	34	38	39	93	19:37	2:20	
4	Cedar Falls	4	9	22	27	35	49	51	97	19:45	1:42	
5	Waukee	11	14	21	26	28	40	43	100	19:54	0:39	
6	Des Moines Roosevelt	8	18	19	30	31	33	46	106	19:55	0:50	
7	Ankeny	13	15	23	29	42	47	48	122	20:03	0:58	
8	Southeast Polk	20	36	41	44	45	52	58	186	20:30	0:53	
9	Marshalltown	56	57	59	60	61	62	63	293	23:27	3:53	

**9-10 Boys Individual Results**

Place	Points	Athlete	Grade	Team	Time	Pace
1	1	Nate Jones	SO	Ankeny Centennial	18:05	5:49
2	2	Dominick Arce-Matos	SO	Ames	18:26	5:56
3	3	Kon Dut	FR	Ames	18:39	6:00
4	4	Alex Horstman	FR	Cedar Falls	18:43	6:01
5	5	Adam Hisel	SO	Valley	18:58	6:06
6	6	Luke Carroll	SO	Valley	18:58	6:06
7	7	Alec Dephillips	SO	Valley	19:08	6:09
8	8	Jack Joyce	SO	Des Moines Roosevelt	19:26	6:15
9	9	Cooper Olsen	SO	Cedar Falls	19:28	6:16
10	10	Charles Arroyo	SO	Ames	19:29	6:16
11	11	Corbin Truitt	SO	Waukee	19:34	6:18
12	12	Charles Orngard	FR	Ames	19:38	6:19
13	13	Paul Erredge	FR	AnkenyHigh School	19:39	6:19
14	14	Josh Dejohn	FR	Waukee	19:40	6:20
15	15	Anders Peterson	SO	AnkenyHigh School	19:40	6:20
16	16	Blake Dephillips	SO	Ankeny Centennial	19:42	6:20
17	17	Karsten Peters	FR	Ankeny Centennial	19:45	6:22
18	18	Beckett Laprade	FR	Des Moines Roosevelt	19:48	6:22
19	19	Henry Nagle	FR	Des Moines Roosevelt	19:52	6:24
20	20	Ben Miller	FR	Southeast Polk	19:53	6:24
21	21	Andrew O'Connell	SO	Waukee	19:54	6:24
22	22	Josh Kuehl	SO	Cedar Falls	19:56	6:25
23	23	Michael Hayden	FR	AnkenyHigh School	20:05	6:28
24	24	Alex Traynor	SO	Valley	20:05	6:28
25	25	Tyler Schermerhorn	FR	Ankeny Centennial	20:06	6:28
26	26	Arnav Anegondi	FR	Waukee	20:09	6:29
27	27	Kyle Westhoff	FR	Cedar Falls	20:11	6:30
28	28	Vincent Hodges	SO	Waukee	20:13	6:30

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29	29	Carter Smith	FR	AnkenyHigh School	20:13	6:31
30	30	Nick Jackson	FR	Des Moines Roosevelt	20:14	6:31
31	31	Marcko Dalay	JR	Des Moines Roosevelt	20:16	6:31
32	32	Avi Kaufman	SO	Valley	20:23	6:34
33	33	Jackson Haugh	SO	Des Moines Roosevelt	20:23	6:34
34	34	Ryan Bybee	SO	Ankeny Centennial	20:25	6:34
35	35	Tj Tomlyanovich	SO	Cedar Falls	20:25	6:34
36	36	Alex Wilson	SO	Southeast Polk	20:28	6:35
37	37	Andrew Liesland	FR	Valley	20:35	6:38
38	38	Carter Stark	SO	Ankeny Centennial	20:36	6:38
39	39	Cooper Majors	FR	Ankeny Centennial	20:36	6:38
40	40	Tyler Merhar	FR	Waukee	20:36	6:38
41		Nate Burns	SO	Ankeny Centennial	20:37	6:38
42	41	Nathan Zook	FR	Southeast Polk	20:37	6:38
43	42	Truman Patterson	FR	AnkenyHigh School	20:37	6:38
44	43	Chad Denadel	FR	Waukee	20:40	6:39
45		Nathan Schwab	FR	Waukee	20:44	6:40
46		Caden Rasmus	FR	Ankeny Centennial	20:44	6:41
47	44	Hudson Frank	FR	Southeast Polk	20:45	6:41
48	45	Jacob Martin	SO	Southeast Polk	20:46	6:41
49	46	Alexis Castro	FR	Des Moines Roosevelt	20:48	6:42
50	47	Christian Rathje	FR	AnkenyHigh School	20:49	6:42
51	48	Griffin Gade	FR	AnkenyHigh School	20:49	6:42
52	49	Salem Strohsbeen	FR	Cedar Falls	20:50	6:42
53	50	Hunter Groteluschen	SO	Valley	20:51	6:43
54	51	Connor Woods	SO	Cedar Falls	20:55	6:44
55		Hunter Rose	SO	Waukee	20:56	6:44
56		Jackosn Skahill	FR	Valley	20:58	6:45
57		Andrew Phillips	FR	Waukee	20:59	6:45
58		Sam Lanz	SO	Waukee	21:04	6:47
59		Paul Andersen	FR	Valley	21:05	6:47
60		Avery Carlson	FR	Ankeny Centennial	21:08	6:48
61		Andrew Larson	FR	Valley	21:08	6:48
62		Jaden Steffy	SO	Waukee	21:10	6:49
63		Carter Smith	FR	Valley	21:11	6:49
64	52	Eric Fitzpatrick	SO	Southeast Polk	21:14	6:50
65		London Schuchart	FR	AnkenyHigh School	21:14	6:50
66	53	Will Hatcher	FR	Ames	21:15	6:50
67		Peter Swanda	SO	Des Moines Roosevelt	21:15	6:50
68		Frankie Dunning	SO	Cedar Falls	21:16	6:51
69		Max Holt	FR	Waukee	21:17	6:51

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70		Cael Fitch	SO	Des Moines Roosevelt	21:20	6:52
71		Jack Olson	SO	Des Moines Roosevelt	21:20	6:52
72	54	Avery Mosher	SO	Ames	21:21	6:52
73		Tovial Cayton	SO	Ankeny Centennial	21:23	6:53
74		Charlie Peterson	FR	Waukee	21:23	6:53
75		Braden Miller	FR	Ankeny Centennial	21:24	6:53
76	55	Jack Gilbert	SO	Ames	21:26	6:54
77		Kyle Witte	FR	Waukee	21:26	6:54
78		Jackson Grant	FR	Des Moines Roosevelt	21:29	6:55
79		Zachary Hill	SO	Valley	21:31	6:55
80		Cameron Mesman	SO	Waukee	21:31	6:56
81		Xavier Uhrmacher	FR	Cedar Falls	21:32	6:56
82		Sam Trabue	SO	Ames	21:33	6:56
83	56	Ethan Benscooter	SO	Marshalltown	21:34	6:56
84		London Hershberger	FR	Ankeny Centennial	21:34	6:57
85		Luke Wellet	FR	Waukee	21:35	6:57
86		Joel Nelson	FR	Ankeny Centennial	21:35	6:57
87		Reece Gallagher	FR	Cedar Falls	21:37	6:57
88	57	Conner Smith	FR	Marshalltown	21:42	6:59
89		Leyton Wahl	SO	Ames	21:43	6:59
90	58	Trevon Kyer	SO	Southeast Polk	21:45	7:00
91		Jack Lacey	FR	Ankeny Centennial	21:46	7:00
92		Matthew Crist	SO	Des Moines Roosevelt	21:49	7:01
93		Joseph Donahoe	SO	Valley	21:52	7:02
94		Marcus Ugilini	SO	AnkenyHigh School	21:52	7:02
95		Kevin Meissner	SO	AnkenyHigh School	21:53	7:03
96		Theo Whitehead	FR	Des Moines Roosevelt	21:59	7:04
97		Joseph Smith	SO	Valley	21:59	7:05
98		Cade Nickell	SO	Southeast Polk	22:01	7:05
99		Ethan Landin	FR	Waukee	22:02	7:06
100		Brett Wineinger	FR	Ames	22:05	7:06
101		Will Blackmore	FR	Ankeny Centennial	22:08	7:07
102		Jacob Phillips	SO	Valley	22:08	7:08
103		Hayden McCormac	FR	Des Moines Roosevelt	22:11	7:08
104		Ty Rounds	FR	Ankeny Centennial	22:12	7:09
105		Zachary Zinn	FR	Ankeny Centennial	22:18	7:11
106		Jack Neel	SO	Des Moines Roosevelt	22:21	7:12
107		Cael Jones	SO	Southeast Polk	22:21	7:12
108		Keegan Smith	SO	Ankeny Centennial	22:23	7:12
109		Noah Gumm	SO	Des Moines Roosevelt	22:23	7:12
110		Wiatt Sipes	SO	AnkenyHigh School	22:24	7:13

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111	Logan Eilers	FR	Ankeny Centennial	22:24	7:13
112	Cameron Switzer	FR	Cedar Falls	22:27	7:14
113	Brody Kucharo	SO	Valley	22:28	7:14
114	Logan Keenan	SO	Ankeny Centennial	22:30	7:14
115	Ean Cummings	SO	Des Moines Roosevelt	22:32	7:15
116	Cameron Larson	FR	Ankeny Centennial	22:32	7:15
117	Andrew Stapleton	SO	Ankeny Centennial	22:34	7:16
118	Nate Hines	FR	Ankeny Centennial	22:34	7:16
119	Ben McFetridge	FR	Des Moines Roosevelt	22:35	7:16
120	Ben Tope	SO	Waukee	22:41	7:18
121	Joel McCleary	FR	Ankeny Centennial	22:42	7:18
122	Daniel Jakobson	FR	Ames	22:45	7:19
123	Charlie Hoffman	FR	Ankeny Centennial	22:50	7:21
124	Chris Moseley	FR	Waukee	22:51	7:21
125	Roman Keahna-Harris	FR	Ankeny Centennial	22:52	7:22
126	Ian Nelson	FR	Ames	22:52	7:22
127	Colin Easler	FR	Des Moines Roosevelt	22:53	7:22
128	Evan Eggland	FR	Ankeny Centennial	22:54	7:22
129	Ethan Elsbernd	SO	Waukee	22:56	7:23
130	Abhushan Pradhan	FR	Valley	22:57	7:23
131	Jack Wanamaker	FR	Ames	22:58	7:24
132	Ryan Williams	SO	Des Moines Roosevelt	23:00	7:24
133	Tony Wiggins	SO	AnkenyHigh School	23:02	7:25
134	Randy Zhang	SO	Cedar Falls	23:03	7:25
135	Jack Wilson	SO	Waukee	23:03	7:25
136	Carson Packer	FR	Ames	23:03	7:25
137	Ian Lewis	SO	Cedar Falls	23:04	7:25
138	Charlie Craiger	FR	Des Moines Roosevelt	23:05	7:26
139	Aryen Clipper	FR	Ames	23:05	7:26
140	Brome Churchill	SO	Southeast Polk	23:14	7:29
141	Isaac O'Toole	FR	AnkenyHigh School	23:14	7:29
142	Ethan Hauschildt	SO	Ankeny Centennial	23:20	7:31
143	Ron Wagon	SO	AnkenyHigh School	23:24	7:32
144	Andy Tran	FR	Valley	23:24	7:32
145	Aidan Buske	SO	Waukee	23:25	7:32
146	Karsten Holm	FR	Ames	23:29	7:34
147	Ethan Gruening	FR	Cedar Falls	23:32	7:34
148	Eli Munch	FR	Valley	23:34	7:35
149	Matt Bendinger	FR	Valley	23:35	7:35
150	Trevor Hulsing	SO	Waukee	23:43	7:38
151	Lawson Marks	FR	Waukee	23:45	7:39



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152		Will Pixley	FR	Valley	23:46	7:39
153		Alex Ladner	FR	Ankeny Centennial	23:49	7:40
154		Matthew Hehr	FR	Ames	23:50	7:40
155		Nate Stone	SO	Des Moines Roosevelt	24:00	7:43
156	59	Aaron Seberger	FR	Marshalltown	24:05	7:45
157		Sam Gibson	FR	Valley	24:06	7:45
158		Isaac Helton	SO	Des Moines Roosevelt	24:10	7:47
159		Sam Burns	SO	Valley	24:11	7:47
160		Ben Johnson	SO	Valley	24:18	7:49
161		Kellen Jones	FR	Ankeny Centennial	24:20	7:50
162		Noah Segar	FR	Ankeny Centennial	24:21	7:50
163	60	Jose Vergara	FR	Marshalltown	24:25	7:52
164		Matthew Monsivais	FR	Ankeny Centennial	24:26	7:52
165		Alex Granados	FR	Des Moines Roosevelt	24:33	7:54
166		Noah Miller	SO	Cedar Falls	24:47	7:59
167		Graham Randall	FR	Ankeny Centennial	24:48	7:59
168		Sam Vanryswyk	FR	Ames	24:50	8:00
169		Samuel Bonner	SO	Valley	24:58	8:02
170		Alex Owens	FR	Valley	25:02	8:03
171		Kaden Ingram	SO	Ankeny Centennial	25:02	8:03
172		Charlie III	FR	Des Moines Roosevelt	25:03	8:04
173		Tyler Rickets	FR	Waukee	25:08	8:05
174		Ethan Ver Heist	FR	Ankeny Centennial	25:09	8:06
175		Levi Schultz	SO	Valley	25:11	8:06
176		Daniel Pinero	FR	Des Moines Roosevelt	25:12	8:07
177		Simon Janelle	FR	Ankeny Centennial	25:13	8:07
178		Devon Tekolste	FR	Southeast Polk	25:15	8:08
179		Grant Brown	SO	Des Moines Roosevelt	25:16	8:08
180		Anthony Schwindt	SO	Des Moines Roosevelt	25:18	8:09
181		Isaiah Jennings	FR	Cedar Falls	25:19	8:09
182		Liam Stamper	SO	Des Moines Roosevelt	25:21	8:10
183		Anthony Huegerich	FR	Cedar Falls	25:23	8:10
184	61	Saul Pantoja	SO	Marshalltown	25:27	8:12
185		Josh Patterson	SO	AnkenyHigh School	25:32	8:13
186		Pradyumna Dahal	SO	Valley	25:35	8:14
187		Aaron Woods	FR	AnkenyHigh School	25:50	8:19
188		Ajani Patton-Imani	FR	Des Moines Roosevelt	25:53	8:20
189		Spencer Jones	SO	Des Moines Roosevelt	26:01	8:22
190		William Thompson	FR	Valley	26:04	8:23
191		Charley Dunham	SO	Des Moines Roosevelt	26:04	8:23
192		Grayden Pilcher	SO	AnkenyHigh School	26:08	8:25



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193	Ethan Letsch	FR	Valley	26:09	8:25
194	Jared Schelker	FR	AnkenyHigh School	26:12	8:26
195	Owen Barstad	SO	Des Moines Roosevelt	26:15	8:27
196	Jefferson Roberts	FR	Cedar Falls	26:33	8:33
197	62 Diego Ordaz	SO	Marshalltown	26:40	8:35
198	Joel Graham	SO	Valley	26:43	8:36
199	63 Ismael Segovia	SO	Marshalltown	26:49	8:38
200	Tommy Dewilde	FR	AnkenyHigh School	27:04	8:43
201	Keegan Overton	FR	Ankeny Centennial	27:06	8:43
202	Mitchell Wood	SO	Waukee	27:19	8:48
203	Cal Pennington	FR	Des Moines Roosevelt	27:31	8:51
204	Tedd Behr	SO	AnkenyHigh School	27:35	8:53
205	Justin Miller	SO	Valley	28:09	9:04
206	Joe Devereux	SO	Ankeny Centennial	28:25	9:09
207	Jared Knudson	FR	Waukee	28:31	9:11
208	Jack Jarchow	FR	Cedar Falls	28:39	9:13
209	Kobe Tanchinh	SO	Valley	29:21	9:27
210	Ian Gaunt	FR	Valley	30:07	9:42
211	Trenton Holden	SO	Cedar Falls	30:34	9:50
212	Leo Brooks	SO	Des Moines Roosevelt	30:39	9:52
213	Phillip Na	FR	AnkenyHigh School	30:49	9:55
214	Nicholas Price	SO	Marshalltown	30:56	9:57
215	Ethan Butler	SO	Southeast Polk	31:04	10:00
216	Noah Nicholson	FR	Southeast Polk	34:44	11:11