# 2019 IATC Cross Country Elite All State Team

*Prior Elite All State Selections

<table>
<thead>
<tr>
<th>Name</th>
<th>Grade</th>
<th>Time</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max Murphy</td>
<td>12</td>
<td>15:29.3</td>
<td>Pleasant Valley</td>
</tr>
<tr>
<td>Sam Hall</td>
<td>12*</td>
<td>15:29.5</td>
<td>Dowling Catholic, West Des Moines</td>
</tr>
<tr>
<td>Jacob Green</td>
<td>12*</td>
<td>15:35.0</td>
<td>Cedar Rapids, Kennedy</td>
</tr>
<tr>
<td>Nate Mueller</td>
<td>11</td>
<td>15:45.7</td>
<td>ADM, Adel</td>
</tr>
<tr>
<td>Quinton Orr</td>
<td>11</td>
<td>15:52.1</td>
<td>Humboldt</td>
</tr>
<tr>
<td>Kent Nichols</td>
<td>12</td>
<td>15:46.1</td>
<td>Pleasant Valley</td>
</tr>
<tr>
<td>Drake Hanson</td>
<td>12</td>
<td>15:46.1</td>
<td>Southeast Polk</td>
</tr>
<tr>
<td>Ryan Winger</td>
<td>11*</td>
<td>15:48.6</td>
<td>Dubuque, Hempstead</td>
</tr>
<tr>
<td>Jack Pendergast</td>
<td>12*</td>
<td>15:53.0</td>
<td>Prairie, Cedar Rapids</td>
</tr>
<tr>
<td>Owen Maloney</td>
<td>11</td>
<td>15:53.5</td>
<td>Dubuque, Hempstead</td>
</tr>
<tr>
<td>Jaysen Bouwers</td>
<td>11</td>
<td>15:54.3</td>
<td>Sioux City, North</td>
</tr>
<tr>
<td>Max Locher</td>
<td>12*</td>
<td>15:57.1</td>
<td>Cedar Rapids, Washington</td>
</tr>
<tr>
<td>Mason Suarez</td>
<td>11</td>
<td>16:00.9</td>
<td>Dubuque, Hempstead</td>
</tr>
<tr>
<td>Dylan Dolezal</td>
<td>12</td>
<td>16:01.7</td>
<td>Linn-Mar, Marion</td>
</tr>
<tr>
<td>Payton Marrs</td>
<td>12*</td>
<td>16:01.8</td>
<td>Urbandale</td>
</tr>
</tbody>
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# 2019 IATC 4A Cross Country All State Team

*Prior All State Selections

<table>
<thead>
<tr>
<th>Name</th>
<th>Grade</th>
<th>Time</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max Murphy</td>
<td>12</td>
<td>15:29.3</td>
<td>Pleasant Valley</td>
</tr>
<tr>
<td>Sam Hall</td>
<td>12*</td>
<td>15:29.5</td>
<td>Dowling Catholic, West Des Moines</td>
</tr>
<tr>
<td>Jacob Green</td>
<td>12*</td>
<td>15:35.0</td>
<td>Cedar Rapids, Kennedy</td>
</tr>
<tr>
<td>Kent Nichols</td>
<td>12*</td>
<td>15:46.1</td>
<td>Pleasant Valley</td>
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<tr>
<td>Drake Hanson</td>
<td>12</td>
<td>15:46.1</td>
<td>Southeast Polk</td>
</tr>
<tr>
<td>Ryan Winger</td>
<td>11*</td>
<td>15:48.6</td>
<td>Dubuque, Hempstead</td>
</tr>
<tr>
<td>Jack Pendergast</td>
<td>12*</td>
<td>15:53.0</td>
<td>Prairie, Cedar Rapids</td>
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<td>Owen Maloney</td>
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<td>Dubuque, Hempstead</td>
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<td>Jaysen Bouwers</td>
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<td>15:54.3</td>
<td>Sioux City, North</td>
</tr>
<tr>
<td>Max Locher</td>
<td>12*</td>
<td>15:57.1</td>
<td>Cedar Rapids, Washington</td>
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<tr>
<td>Mason Suarez</td>
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<td>16:00.9</td>
<td>Dubuque, Hempstead</td>
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<tr>
<td>Dylan Dolezal</td>
<td>12*</td>
<td>16:01.7</td>
<td>Linn-Mar, Marion</td>
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<tr>
<td>Payton Marrs</td>
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<td>Urbandale</td>
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<tr>
<td>Sam Schmitz</td>
<td>12</td>
<td>16:01.9</td>
<td>Johnston</td>
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<tr>
<td>Zach Fry</td>
<td>12*</td>
<td>16:01.9</td>
<td>Dowling Catholic, West Des Moines</td>
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### 2019 IATC 3A Cross Country All State Team

*Prior All State Selections

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
<th>School</th>
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</thead>
<tbody>
<tr>
<td>Nate Mueller</td>
<td>15:45.7</td>
<td>ADM, Adel</td>
</tr>
<tr>
<td>Quinton Orr</td>
<td>15:52.1</td>
<td>Humboldt</td>
</tr>
<tr>
<td>Eli Larson</td>
<td>16:09.0</td>
<td>Center Point-Urbana</td>
</tr>
<tr>
<td>Brady Hogan</td>
<td>16:15.4</td>
<td>Decorah</td>
</tr>
<tr>
<td>Aidan Ramsey</td>
<td>16:19.9</td>
<td>Dallas Center-Grimes</td>
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<tr>
<td>Josiah Wittenberg</td>
<td>16:21.2</td>
<td>Pella</td>
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<tr>
<td>Trey Gross</td>
<td>16:23.1</td>
<td>Harlan</td>
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<tr>
<td>Bradley Ramsey</td>
<td>16:25.2</td>
<td>Dallas Center-Grimes</td>
</tr>
<tr>
<td>Luke Post</td>
<td>16:27.0</td>
<td>Center Point-Urbana</td>
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<tr>
<td>Jacob Storey</td>
<td>16:28.3</td>
<td>Dallas Center-Grimes</td>
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<tr>
<td>Nick O'Connor</td>
<td>16:29.5</td>
<td>Clear Creek-Amana</td>
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<tr>
<td>Zach Sporaa</td>
<td>16:30.6</td>
<td>North Polk, Alleman</td>
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<tr>
<td>Brandon Barker</td>
<td>16:30.7</td>
<td>Clear Creek-Amana</td>
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<tr>
<td>Nathan Patel</td>
<td>16:31.7</td>
<td>Gilbert</td>
</tr>
<tr>
<td>Kolby Fritz</td>
<td>16:33.7</td>
<td>Carlisle</td>
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### 2019 IATC 2A Cross Country All State Team

*Prior All State Selections

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<thead>
<tr>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>Dylan Darsidan</td>
<td>16:02.0</td>
<td>Camanche</td>
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<tr>
<td>Brady Griebel</td>
<td>16:02.8</td>
<td>Bellevue</td>
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<tr>
<td>Caleb Shumaker</td>
<td>16:11.4</td>
<td>Tipton</td>
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<tr>
<td>Louden Foster</td>
<td>16:25.2</td>
<td>West Central Valley, Stuart</td>
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<tr>
<td>Cody Smith</td>
<td>16:28.0</td>
<td>Des Moines Christian</td>
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<tr>
<td>Tahe Hulstein</td>
<td>16:34.0</td>
<td>Western Christian, Hull</td>
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<tr>
<td>Carson Shively</td>
<td>16:40.7</td>
<td>Davis County, Bloomfield</td>
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<tr>
<td>Quinton Grove</td>
<td>16:41.2</td>
<td>South Hamilton, Jewel</td>
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<tr>
<td>Harrison Ahlrichs</td>
<td>16:42.3</td>
<td>Monticello</td>
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<tr>
<td>Carter VandeVegte</td>
<td>16:42.3</td>
<td>Sioux Center</td>
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<tr>
<td>Andrew Hilgendorf</td>
<td>16:44.4</td>
<td>Northeast, Goose Lake</td>
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<tr>
<td>Cole Cruise</td>
<td>16:46.3</td>
<td>Monticello</td>
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<tr>
<td>Jackson Edens</td>
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<td>Tipton</td>
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<tr>
<td>Kenny Cronin</td>
<td>16:54.4</td>
<td>Davis County, Bloomfield</td>
</tr>
<tr>
<td><strong>William Gillis</strong></td>
<td>16:59.2</td>
<td>Central Decatur, Leon (16th place)</td>
</tr>
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</table>
### 2019 IATC 1A Cross Country All State Team

*Prior All State Selections*

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
<th>School</th>
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<tbody>
<tr>
<td>Joshua Baudler</td>
<td>12</td>
<td>16:11</td>
<td>Nodaway Valley</td>
</tr>
<tr>
<td>Noah Jorgenson</td>
<td>12</td>
<td>16:25</td>
<td>Sidney</td>
</tr>
<tr>
<td>Jason Renze</td>
<td>11</td>
<td>16:28</td>
<td>Madrid</td>
</tr>
<tr>
<td>Bennett Heisterkamp</td>
<td>12</td>
<td>16:33</td>
<td>St. Albert, Council Bluffs</td>
</tr>
<tr>
<td>Randy Jimenez</td>
<td>11</td>
<td>16:37</td>
<td>Southeast Warren, Liberty Center</td>
</tr>
<tr>
<td>Brady Millikin</td>
<td>11</td>
<td>16:39</td>
<td>Pekin</td>
</tr>
<tr>
<td>Jayden Dickson</td>
<td>10</td>
<td>16:39</td>
<td>Earlham</td>
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<tr>
<td>Garrett Buxton</td>
<td>12</td>
<td>16:40</td>
<td>Ogden</td>
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<tr>
<td>Will Roder</td>
<td>12</td>
<td>16:40</td>
<td>Gehlen Catholic, Lemars</td>
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<tr>
<td>Chase Knoche</td>
<td>11</td>
<td>16:41</td>
<td>Calamus-Wheatland</td>
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<tr>
<td>Sam Hansen</td>
<td>11</td>
<td>16:42</td>
<td>Hudson</td>
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<tr>
<td>Aiden Housman</td>
<td>12</td>
<td>16:44</td>
<td>Wapello</td>
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<tr>
<td>Colten Glosser</td>
<td>12</td>
<td>16:47</td>
<td>Pekin</td>
</tr>
<tr>
<td>Zach Hein</td>
<td>12</td>
<td>16:48</td>
<td>Wilton</td>
</tr>
<tr>
<td>Zach Dixon</td>
<td>11</td>
<td>16:49</td>
<td>Earlham</td>
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