

TOP OF IOWA CONFERENCE CC MEET - 10/13/2022**10/13/2022****Rankings****Event 2 Girls 5k Run CC VARSITY**

Name	Year	School	Finals	Points
1 Johnston, Katelyn	12	Osage	19:01.00	1
2 Huck, Kadence	10	Nashua-Plainfield	19:44.00	2
3 Hillesland, Lauren	9	North Iowa	19:46.00	3
4 Nelson, Lili	12	Forest City	20:07.00	4
5 Welbig, Jacey	10	North Union	20:08.00	
6 Brynes, Scarlett	9	Osage	20:25.00	5
7 Hofmann, Becca	11	North Iowa	21:04.00	6
8 Rye, Claire	10	Central Springs	21:06.00	7
9 Weaver, Emilie	11	Forest City	21:14.00	8
10 Knoll, Katelyn	11	Garner Hayfi	21:32.00	9
11 Powers, Lila	9	St. Ansgar	21:34.00	10
12 Hemann, Kenna	11	Newman Catholic	21:40.00	11
13 Meinders, Ava	9	North Iowa	21:47.00	12
14 Lunning, Sarah	12	Forest City	21:59.00	13
15 Mullenbach, Chloe	11	Garner Hayfi	22:09.00	14
16 Hanson, Hailey	10	Garner Hayfi	22:16.00	15
17 Beenken, Miriam	11	North Iowa	22:24.00	16
18 Power, Kendall	9	Osage	22:26.00	17
19 Morpew, Hannah	12	North Union	22:30.00	
20 Pippert, Ella	12	Central Springs	22:32.00	18
21 Hemann, Gable	10	Osage	22:33.00	19
22 Main, Addyson	9	Central Springs	22:34.00	20
23 Holtan, Lillian	12	Forest City	22:40.00	21
24 Davis, Whitney	9	Central Springs	22:42.00	22
25 Petree, Ella	11	Newman Catholic	22:43.00	23
26 Ocel, Megan	11	Northwood-Kensett	22:46.00	
27 Gabriel, Grace	12	Newman Catholic	22:47.00	24
28 Swift, Lauren	11	Bishop Garrigan	22:48.00	
29 Helgeson, Josie	12	Lake Mills	22:52.00	25
30 Weiner, Jayce	11	Newman Catholic	22:53.00	26
31 Axtell, Madie	12	Eagle Grove	23:04.00	
32 Lunning, Hannah	12	Forest City	23:05.00	27
33 Homann, Sara	11	Garner Hayfi	23:08.00	28
34 Eick, Ellie	11	Nashua-Plainfield	23:23.00	29
35 Welbes, Madelynn	12	West Fork	23:26.00	
36 Larson, Jessica	11	Garner Hayfi	23:28.00	30
37 Gilbert, Savannah	10	Eagle Grove	23:31.00	
38 Andersen, Sydney	11	Newman Catholic	23:39.00	31
39 Heinselmann, Haley	10	Newman Catholic	23:40.00	32
40 Ruckdashel, Tarah	10	West Fork	23:43.00	
41 Hennessey, Ava	10	Osage	23:46.00	33
42 Klaassen, Kate	9	Forest City	23:47.00	34
43 White, Jalissa	9	Nashua-Plainfield	23:53.00	35
44 Aguilera, Lillyann	10	Belmond-Klemme	23:56.00	
45 Swenson, Lila	9	Belmond-Klemme	23:57.00	
46 Christensen, Ellie	10	West Hancock	24:00.00	36
47 Thorson, Macy	10	Northwood-Kensett	24:01.00	
48 Pringnitz, Jenna	11	Garner Hayfi	24:02.00	37
49 Beenken, Elizabeth	12	North Iowa	24:06.00	38
50 Howe, Mylie	9	Osage	24:10.00	39
51 Nash, RaeLynn	12	West Fork	24:15.00	
52 Weiland, Sienna	10	West Hancock	24:20.00	40

TOP OF IOWA CONFERENCE CC MEET - 10/13/2022**10/13/2022****Rankings****Event 3 Boys 5k Run CC VARSITY**

Name	Year	School	Avg Mile	Finals	Points
1 Rygh, Justin	11	Lake Mills	5:20.6	16:36.00	1
2 Almelien, Owen	12	North Butler	5:25.4	16:51.00	2
3 Kelly, Ryan	12	Newman Catholic	5:28.7	17:01.00	3
4 Grunhovd, Gavin	10	North Iowa	5:32.5	17:13.00	4
5 Hammitt, Connor	11	Garner Hayfi	5:33.2	17:15.00	5
6 Flatebo, Zach	10	Garner Hayfi	5:37.0	17:27.00	6
7 Ringo, Joey	12	Newman Catholic	5:39.0	17:33.00	7
8 Swift, Gavin	12	Bishop Garrigan	5:40.9	17:39.00	8
9 Hennessey, Keagan	12	Osage	5:41.5	17:41.00	9
10 Rogne, Knute	9	Lake Mills	5:41.9	17:42.00	10
11 Weland, Drake	12	Eagle Grove	5:42.8	17:45.00	11
12 Welch, Jady	12	Forest City	5:46.7	17:57.00	12
13 Sharp, Parker	12	Forest City	5:47.3	17:59.00	13
14 Swenson, Isaac	12	Belmond-Klemme	5:47.7	18:00.00	14
15 Johnson, Ethan	12	Forest City	5:48.9	18:04.00	15
16 Mophew, Gavyn	11	North Union	5:49.9	18:07.00	16
17 Gann, Silas	9	Forest City	5:50.2	18:08.00	17
18 Welch, Josiah	12	Forest City	5:51.5	18:12.00	18
19 Lanphere, Carter	11	Central Springs	5:52.2	18:14.00	19
20 Adams, Darren	11	Osage	5:52.5	18:15.00	20
21 Schulze, Scylar	12	Garner Hayfi	5:53.1	18:17.00	21
22 Bertram, Ethan	9	Forest City	5:54.4	18:21.00	22
23 Strukel, Carson	12	Forest City	5:57.3	18:30.00	23
24 Buitenwerf, Bronson	12	Garner Hayfi	6:00.2	18:39.00	24
25 Good, Caleb	10	Garner Hayfi	6:01.5	18:43.00	25
26 Pringnitz, Jonah	9	Garner Hayfi	6:02.1	18:45.00	26
27 Gabrielson, Bradan	12	Belmond-Klemme	6:02.5	18:46.00	27
28 Hansen, Jase	9	Nashua-Plainfield	6:02.8	18:47.00	28
29 Ryner, Gavin	10	Central Springs	6:03.8	18:50.00	29
30 Potter, Chase	12	Osage	6:04.4	18:52.00	30
31 Pecha, Trager	9	North Butler	6:04.7	18:53.00	31
32 Van Roekel, Kade	10	Lake Mills	6:06.6	18:59.00	32
33 Heller, Ty	9	Garner Hayfi	6:09.5	19:08.00	33
34 Hansen, Cole	12	St. Ansgar	6:09.9	19:09.00	
35 Thul, Noah	11	Eagle Grove	6:12.4	19:17.00	34
36 Castro, Zabdi	10	Eagle Grove	6:13.7	19:21.00	35
37 Henrich, Adam	10	Newman Catholic	6:15.0	19:25.00	36
38 Stockberger, Liam	11	Newman Catholic	6:15.7	19:27.00	37
39 Beck, Dylan	10	Eagle Grove	6:17.9	19:34.00	38
40 Mitchell, Logan	11	Osage	6:18.6	19:36.00	39
41 O'Connell, Noah	10	Newman Catholic	6:20.8	19:43.00	40
42 Hillesland, Isaac	11	North Iowa	6:21.1	19:44.00	41
43 Sonberg, Ashton	12	Osage	6:21.5	19:45.00	42
44 Thompson, Hayden	9	Lake Mills	6:22.1	19:47.00	43
45 Collins, Isaiah	9	West Hancock	6:22.4	19:48.00	
46 Potter, Jackson	10	North Iowa	6:22.5	19:48.10	44
47 Wright, Tanner	10	Osage	6:22.7	19:49.00	45
48 Brandenburg, Stephen	9	Lake Mills	6:23.4	19:51.00	46
49 Gonzalez, Felix	9	Eagle Grove	6:23.7	19:52.00	47
50 Lloyd, Austin	12	Central Springs	6:24.0	19:53.00	48
51 Paulsen, Griffin	9	Belmond-Klemme	6:24.0	19:53.01	49
52 Henning, Brady	9	North Butler	6:26.0	19:59.00	50

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53 Hogrefe, Zach	10 Eagle Grove	6:26.0	19:59.01	51
54 Haas, Thomas	10 Central Springs	6:28.5	20:07.00	52
55 Steidl, Sam	10 Newman Catholic	6:29.2	20:09.00	53
56 Kohler, Landon	12 Newman Catholic	6:31.1	20:15.00	54
57 Cummins, Chase	12 North Union	6:31.8	20:17.00	55
58 Sinnwell, Caleb	10 Nashua-Plainfield	6:33.0	20:21.00	56
59 Kuper, Ethan	11 Bishop Garrigan	6:33.7	20:23.00	57
60 Almelien, Alex	10 North Butler	6:34.0	20:24.00	58
61 Martinez-Macias, Samuel	9 North Butler	6:35.0	20:27.00	59
62 Lentz, Caleb	11 Nashua-Plainfield	6:35.3	20:28.00	60
63 Bird, Brexton	9 Nashua-Plainfield	6:37.9	20:36.00	61
64 Vazquez Perez, Alejandro	10 Lake Mills	6:38.8	20:39.00	62
65 Hagin, Josh	12 West Fork	6:39.2	20:40.00	
66 Heaton, Patrick	10 Eagle Grove	6:41.4	20:47.00	63
67 Winters, Levi	12 Nashua-Plainfield	6:41.7	20:48.00	64
68 Oldenkamp, Lucas	10 Lake Mills	6:44.6	20:57.00	65
69 Arndorfer, Nick	11 North Union	6:45.0	20:58.00	66
70 Hanson, Noah	10 North Iowa	6:45.9	21:01.00	67
71 Pruin, Jack	10 Central Springs	6:47.5	21:06.00	68
72 Stangel, Tysen	9 Osage	6:48.5	21:09.00	69
73 Paplow, Luke	10 Nashua-Plainfield	6:49.1	21:11.00	70
74 Knutson, Lucan	10 St. Ansgar	6:50.4	21:15.00	
75 Maske, Eddie	11 West Fork	6:53.3	21:24.00	
76 Barker, Blake	11 Central Springs	6:54.9	21:29.00	71
77 Wetter, Owen	11 Central Springs	6:56.2	21:33.00	72
78 Meis, Daniel	10 Bishop Garrigan	6:58.5	21:40.00	73
79 Tobin, Dalton	12 North Union	6:59.1	21:42.00	74
80 VanEpps, Kaden	9 West Hancock	7:00.7	21:47.00	
81 Madsen, Christopher	11 Northwood-Kensett	7:01.0	21:48.00	
82 Wiseman, Ashyr	10 West Fork	7:01.4	21:49.00	
83 Hoffman, Ryker	10 Rockford	7:02.0	21:51.00	
84 Heiken, Zach	9 Northwood-Kensett	7:02.3	21:52.00	
85 Guthart, Jaycob	10 North Iowa	7:02.7	21:53.00	75
86 Bauer, Aiden	9 North Union	7:03.6	21:56.00	76
87 Lensing, Brady	9 Nashua-Plainfield	7:12.0	22:22.00	77
88 Herrold, Alec	9 Belmond-Klemme	7:15.9	22:34.00	78
89 Bice, Aden	10 Northwood-Kensett	7:16.2	22:35.00	
90 Thomas, Amaury	9 Bishop Garrigan	7:16.5	22:36.00	79
91 Nunez, Brian	10 St. Ansgar	7:17.1	22:38.00	
92 Morse, Schyler	10 Bishop Garrigan	7:18.1	22:41.00	80
93 Darling, Nathaniel	11 Bishop Garrigan	7:28.7	23:14.00	81
94 Rodriguez, Daniel	9 Belmond-Klemme	7:30.0	23:18.00	82
95 Hirv, Mac	11 Rockford	7:30.7	23:20.00	
96 Muhlenbruch, Eli	9 West Fork	7:32.6	23:26.00	
97 Swygman, Evan	9 North Butler	7:56.1	24:39.00	83
98 Sifert, Callum	9 Belmond-Klemme	8:08.0	25:16.00	84
99 Nielsen, Miles	9 North Butler	8:08.3	25:17.00	85
100 Swift, Gabe	9 Bishop Garrigan	8:37.0	26:46.00	86

TOP OF IOWA CONFERENCE CC MEET - 10/13/2022**10/13/2022****Rankings****Event 1 Mixed 3200 Meter Run CC MIDDLE SCHOOL**

Name	Year School	Finals	Points
Results - Women 3200 Run			
1 Cummins, Alexis	W8 North Union MS	13:10.00	
2 Sharp, Carmen	W8 Forest City MS	13:23.00	
3 Sharp, Muren	W7 Forest City MS	13:33.00	
4 Hitzhusen, Evie	W8 West Fork MS	13:34.00	1
5 Weiland, Iselle	W7 West Hancock MS	13:46.00	2
6 Voelkers, Addison	W8 North Butler MS	13:49.00	3
7 Weaver, Claire	W8 Forest City MS	13:50.00	
8 Boeshart, Avery	W7 Belmont-Klemme MS	14:20.00	
9 Berman, Daytan	W8 Central Springs MS	14:45.00	
10 Myka, Anderson	W7 Eagle Grove MS	14:50.00	
11 Bouillion, Makenna	W8 Nashua-Plain	15:04.00	
12 Horgen, Ella	W7 St. Ansgar MS	15:05.00	
13 Beenken, Elizabeth	W8 North Iowa MS	15:07.00	
14 Moellers, Addyson	W7 West Fork MS	15:13.00	4
15 Cunningham, Lily	W7 West Fork MS	15:14.00	5
16 Welbig, Alyssa	W8 North Union MS	15:16.00	
17 Schilling, Autumn	W7 West Fork MS	15:16.00	6
18 Kelley, McKenna	W8 Central Springs MS	15:17.00	
19 Clark, LaBella	W7 St. Ansgar MS	15:18.00	
20 Rachut, Abby	W8 Osage MS	15:21.00	7
21 Cerwinske, Kelly	W7 Nashua-Plain	15:26.00	
22 Barnett, Cora	W8 North Butler MS	15:30.00	8
23 Larson, Nichole	W7 Garner Hayfi	15:34.00	9
24 Harms, Ellie	W8 West Fork MS	15:47.00	10
25 Litterer, Aubrie	W8 North Butler MS	16:01.00	11
26 Keiper, Ava	W8 West Hancock MS	16:05.00	12
27 Santiago, Gaby	W8 Lake Mills MS	16:13.00	13
28 Squire, Claire	W7 St. Ansgar MS	16:15.00	
29 Voight, Hailey	W7 Osage MS	16:18.00	14
30 Voight, Hope	W7 Osage MS	16:19.00	15
31 Sylvara, Kaylie	W8 Lake Mills MS	16:21.00	16
32 Alizabeth, Page	W8 Eagle Grove MS	16:26.00	
33 Blodgett, Norah	W8 North Iowa MS	16:37.00	
34 Aitchison, Isabelle	W8 West Hancock MS	16:44.00	17
35 Renneker, Kara	W8 Lake Mills MS	16:45.00	18
36 Spooner, Veronica	W8 Newman Catholic MS	16:59.00	
37 Aitchison, Sophie	W8 West Hancock MS	17:01.00	19
38 Broshar, Haylen	W8 West Hancock MS	17:14.00	20
39 Anna, Withers	W7 Eagle Grove MS	17:15.00	
40 Schutt, Sara	W7 Newman Catholic MS	17:28.00	
41 Brown, Elyse	W8 Osage MS	17:34.00	21
42 Sayer, Eva	W7 Osage MS	18:16.00	22
43 Bloedel, Annie	W8 Lake Mills MS	18:20.00	23
44 Ayers, Lexi	W7 North Butler MS	18:34.00	24
45 Baker, Lily	W7 West Fork MS	18:56.00	25
46 McCaslin, Nevaeh	W7 North Butler MS	19:02.00	26
47 Greiman, Alexis	W7 Garner Hayfi	19:21.00	27
48 Knoll, Kara	W7 Garner Hayfi	19:22.00	28
49 Imler, Delaney	W8 Lake Mills MS	19:22.00	29
50 Milliken, Kenna	W7 North Butler MS	19:23.00	30
51 O'Malley, Izzie	W8 Osage MS	19:51.00	31
52 Liddle, Maliyah	W7 North Butler MS	20:09.00	32

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53	VanLangen, Kendra	W7 North Butler MS	20:13.00	
54	Rodriguez, Elle	W7 Garner Hayfi	21:45.00	33
55	Johnson, Shelby	W8 Garner Hayfi	21:45.00	34
56	Blakely, Kaelea	W8 Garner Hayfi	22:43.00	35
57	Szyszkowski, Riley	W7 St. Ansgar MS	24:34.00	
Results - Men 3200 Run				
1	Albertson, Keagan	M8 Forest City MS	11:46.00	1
2	Blaser, Cooper	M8 Forest City MS	11:48.00	2
3	Almelien, Ezra	M8 North Butler MS	11:50.00	
4	Hansen, Henry	M8 Newman Catholic MS	12:34.00	3
5	Thompson, Ezra	M8 Forest City MS	12:39.00	4
6	Grunhovd, Jayden	M7 North Iowa MS	12:46.00	
7	Halbach, Brett	M8 Osage MS	12:47.00	5
8	Tabbert, Kade	M7 Central Springs MS	12:51.00	6
9	Gayther, Grant	M8 Forest City MS	13:05.00	7
10	Charlson, Joseph	M8 Lake Mills MS	13:13.00	
11	Young, Cash	M8 Belmont-Klemme MS	13:15.00	
12	Hunter, Waldo Martinez	M8 Eagle Grove MS	13:21.00	8
13	Asarel, Castro Aroche	M7 Eagle Grove MS	13:22.00	9
14	Muhlenbruch, Nolan	M7 Belmont-Klemme MS	13:30.00	
15	Zeman, Dirk	M8 Forest City MS	13:42.00	10
16	Martinek, Max	M8 West Fork MS	13:47.00	11
17	Clark, Abram	M8 St. Ansgar MS	13:49.00	
18	Helgeland, Lucas	M8 Lake Mills MS	13:50.00	
19	Wirth, Jasper	M8 North Iowa MS	13:51.00	
20	Chase, Isaac	M7 Forest City MS	13:53.00	12
21	Marks, Robert	M7 Osage MS	13:54.00	13
22	Wedmore, Owen	M8 West Fork MS	13:58.00	14
23	Nielsen, William	M8 North Butler MS	14:04.00	
24	Rygh, Lane	M8 Lake Mills MS	14:04.00	
25	Smith, Finn	M8 Osage MS	14:06.00	15
26	Huck, Lincoln	M7 Nashua-Plain	14:08.00	16
27	Sullivan, Connor	M8 Nashua-Plain	14:09.00	17
28	Garst, Ezekiel	M8 North Iowa MS	14:35.00	
29	Graf, Kaden	M7 West Fork MS	14:37.00	18
30	Sorenson, Caleb	M8 Forest City MS	14:39.00	19
31	Crimmins, Drew	M8 Newman Catholic MS	14:47.00	20
32	Ramirez, Angel	M7 Forest City MS	14:55.00	
33	Wiseman, Aizyk	M8 West Fork MS	14:57.00	21
34	Behr, Brett	M8 West Fork MS	14:58.00	22
35	Tobin, Michael	M8 North Union MS	15:05.00	
36	Henning, Gavin	M8 North Union MS	15:09.00	
37	Barker, Bryce	M8 Central Springs MS	15:17.00	23
38	Berding, Brooke	M8 Central Springs MS	15:20.00	24
39	Gray, Tristan	M7 Newman Catholic MS	15:28.00	25
40	Heckes, Levi	M7 Forest City MS	15:35.00	
41	Schaeffer, John	M8 Osage MS	15:42.00	26
42	Kalvig, Christopher	M8 Nashua-Plain	15:44.00	27
43	Eli, Withers	M7 Eagle Grove MS	15:45.00	28
44	Eekhoff, Wyatt	M8 West Hancock MS	15:48.00	
45	Helgeland, Lane	M7 Lake Mills MS	15:53.00	
46	Corbin, Darling	M8 Belmont-Klemme MS	15:54.00	
47	Wymore, Tate	M8 Central Springs MS	16:06.00	29
48	Stevens, Trey	M8 Rockford	16:14.00	
49	Lundt, Reed	M7 West Fork MS	16:15.00	30

TOP OF IOWA CONFERENCE CC MEET - 10/13/2022**10/13/2022****Rankings**

....Event 1 Mixed 3200 Meter Run CC MIDDLE SCHOOL									
2	West Hancock MS	70	2	12	17	19	20		
	Total Time:	1:20:50.00							
	Average:	16:10.00							
3	North Butler MS	72	3	8	11	24	26	30	32
	Total Time:	1:22:56.00							
	Average:	16:35.20							
4	Osage MS	79	7	14	15	21	22	31	
	Total Time:	1:23:48.00							
	Average:	16:45.60							
5	Lake Mills MS	99	13	16	18	23	29		
	Total Time:	1:27:01.00							
	Average:	17:24.20							
6	Garner Hayfield Ventura M	131	9	27	28	33	34	35	
	Total Time:	1:37:47.00							
	Average:	19:33.40							