
 AHSTW Cross Country Meet
 Avoca Golf and Country Club, Avoca, IA
 September 12, 2023 - 5K

GIRLS TEAM RESULTS

1.	45	Ahstw	(21:04.53	1:45:22.66	2:20.44)
=====						
1	3	Bella Lamp 9		20:05.14		
2	6	Ava Paulsen 10		20:31.95		
3	8	Rylie Knop 12		20:37.49		
4	12	Yana Lander 9		21:42.50		
5	16	Kenna Paulsen 10		22:25.58		
6	(17)	Ella Langer 12		22:38.62		
7	(27)	Kena Petersen 10		26:53.81		
2.	51	Treynor	(21:12.39	1:46:01.96	2:47.82)
=====						
1	1	Alyssa Kulesa 12		19:25.34		
2	10	Lilly Yochum 10		21:10.61		
3	11	Andyn White 11		21:13.99		
4	14	Ryleigh Thomas 11		21:58.86		
5	15	Elsie Mausbach 10		22:13.16		
3.	59	Earlham	(21:33.80	1:47:49.02	3:00.38)
=====						
1	2	Hannah Frank 11		19:52.90		
2	7	Mackenzie Harger 10		20:36.46		
3	13	Taylor Rodgers 11		21:43.49		
4	18	Lilah Aubert 9		22:42.89		
5	19	Darby Moore 10		22:53.28		
6	(24)	Katie Steward 12		24:51.31		
4.	82	Heartland Christian School	(23:45.04	1:58:45.23	8:07.78)
=====						
1	4	Grace Steinmetz 11		20:12.57		
2	5	Keira Diehm 9		20:26.78		
3	20	Chloe Ferneau 12		23:15.35		
4	25	Noel Cramer 11		26:30.18		
5	28	Naomi Ferneau 10		28:20.35		
5.	120	Exira-Ehk	(26:47.98	2:13:59.92	11:26.62)
=====						
1	9	Michelle Wilson 9		20:37.82		
2	21	Leah Boysen 9		24:11.47		
3	26	Gracie Bartz 11		26:53.80		
4	31	Ruby Vanderwal 11		30:12.39		
5	33	Kaitlyn Christensen 9		32:04.44		
6	(34)	Olivia Dixon 11		32:22.45		
6.	136	Cam High School	(27:52.67	2:19:23.38	5:36.34)
=====						
1	22	Carley Dennis 12		24:36.50		
2	23	Lyndsey Chaney 11		24:44.22		
3	29	Mia South 12		29:39.55		
4	30	Megan Gerlock 9		30:10.27		
5	32	Ellen Gerlock 11		30:12.84		

AHSTW Cross Country Meet
Avoca Golf and Country Club, Avoca, IA
September 12, 2023 - 5K

GIRLS HIGH SCHOOL RACE

Place	Name	Year	Team	Time	Pace
1	Allysen Johnsen	10	Logan-Magnolia	18:34.7	5:59
2	Madison Sporrer	11	Logan-Magnolia	18:59.9	6:07
3	Alyssa Kulesa	12	Treynor	19:25.4	6:16
4	Hannah Frank	11	Earlham	19:52.9	6:24
5	Stefi Beisswenger	10	Audubon	20:03.1	6:28
6	Bella Lamp	9	Ahstw	20:05.2	6:28
7	Raegan Garrison	10	Ikm-Manning	20:06.8	6:29
8	Grace Steinmetz	11	Heartland Christian School	20:12.6	6:31
9	Keira Diehm	9	Heartland Christian School	20:26.8	6:35
10	Adyson Lapel	11	Woodbine	20:27.1	6:35
11	Maura Ryan	9	St Albert	20:29.8	6:36
12	Ava Paulsen	10	Ahstw	20:32.0	6:37
13	Mackenzie Harger	10	Earlham	20:36.5	6:38
14	Rylie Knop	12	Ahstw	20:37.5	6:39
15	Michelle Wilson	9	Exira-Ehk	20:37.9	6:39
16	Lilly Irwin	12	Underwood Csd	20:52.8	6:44
17	Taylor Beckendorf	10	Ikm-Manning	20:57.6	6:45
18	Lilly Yochum	10	Treynor	21:10.7	6:49
19	Andyn White	11	Treynor	21:14.0	6:51
20	Reagan Cogdill	11	Woodbine	21:23.3	6:54
21	Emily Albertsen	10	Ikm-Manning	21:40.4	6:59
22	Yana Lander	9	Ahstw	21:42.5	7:00
23	Taylor Rodgers	11	Earlham	21:43.5	7:00
24	Mykah Robbins	9	Logan-Magnolia	21:46.4	7:01
25	Bella Boruff	12	Missouri Valley	21:50.4	7:02
26	Ryleigh Thomas	11	Treynor	21:58.9	7:05
27	Ally Adams	9	Underwood Csd	22:12.1	7:09
28	Elsie Mausbach	10	Treynor	22:13.2	7:10
29	Kenna Paulsen	10	Ahstw	22:25.6	7:14
30	Ella Langer	12	Ahstw	22:38.7	7:18
31	Lilah Aubert	9	Earlham	22:42.9	7:19
32	Darby Moore	10	Earlham	22:53.3	7:23
33	Chloe Ferneau	12	Heartland Christian School	23:15.4	7:30
34	Emma Reginato	12	Ikm-Manning	23:28.6	7:34
35	Elise Olson	11	Woodbine	23:33.8	7:36
36	Ava Rowe	11	Logan-Magnolia	23:38.8	7:37
37	Vivian Myers	12	Underwood Csd	23:51.7	7:41
38	Greta Livingston	9	St Albert	24:01.4	7:44
39	Leah Boysen	9	Exira-Ehk	24:11.5	7:48
40	Carley Dennis	12	Cam High School	24:36.5	7:56
41	Lyndsey Chaney	11	Cam High School	24:44.3	7:58
42	Katie Steward	12	Earlham	24:51.4	8:00
43	Josie Millikan	10	Griswold School	25:12.6	8:07
44	Noel Cramer	11	Heartland Christian School	26:30.2	8:32
45	Gracie Bartz	11	Exira-Ehk	26:53.8	8:40
46	Kena Petersen	10	Ahstw	26:53.9	8:40
47	Naomi Ferneau	10	Heartland Christian School	28:20.4	9:08
48	Adalynn Coenen	10	Woodbine	28:32.9	9:12
49	Mia South	12	Cam High School	29:39.6	9:33
50	Megan Gerlock	9	Cam High School	30:10.3	9:43
51	Ruby Vanderwal	11	Exira-Ehk	30:12.4	9:44
52	Ellen Gerlock	11	Cam High School	30:12.9	9:44
53	Kaitlyn Christensen	9	Exira-Ehk	32:04.5	10:20
54	Olivia Dixon	11	Exira-Ehk	32:22.5	10:26

Results provided by Precision Race Results

 AHSTW Cross Country Meet
 Avoca Golf and Country Club, Avoca, IA
 September 12, 2023 - 5K

BOYS TEAM RESULTS

1.	40	Woodbine	(16:25.39 1:22:06.97 2:29.22)
=====			
1	1	Landon Bendgen 12	14:58.05
2	3	Gunner Wagner 11	15:50.35
3	7	Adam Barry 11	16:53.29
4	11	Thomas Tremel 12	16:58.01
5	18	Trey Burgmeyer 12	17:27.27
6	(25)	Evan Estrada 11	18:30.65
7	(33)	Xander Johnson 11	18:45.00
2.	50	Earlham	(16:57.19 1:24:45.97 0:27.46)
=====			
1	5	Carson Maly 11	16:42.59
2	8	Blake Tiemeyer 11	16:54.95
3	10	Dawson Braet 9	16:56.03
4	12	David Nichols 9	17:02.35
5	15	Donovan Braet 10	17:10.05
6	(29)	Blake Petersen 11	18:37.78
7	(32)	Carter Frank 9	18:43.31
3.	85	St Albert	(17:12.72 1:26:03.61 3:15.21)
=====			
1	2	Parker Heisterkamp 11	15:37.08
2	4	Owen Wise 12	15:56.47
3	21	Jackson Walter 9	17:41.35
4	24	Jacob Boswell 11	17:56.42
5	34	Brady Smith 10	18:52.29
6	(47)	Alex Dawson 10	20:41.52
7	(51)	Alex Marsh 10	22:25.70
4.	94	Ikm-Manning	(17:36.67 1:28:03.36 1:39.27)
=====			
1	9	Lane Sams 12	16:55.34
2	16	Isaac Blankman 10	17:10.85
3	19	Abe Polzien 11	17:32.23
4	23	Kasche Huehn 11	17:50.33
5	27	Ryan Germer 12	18:34.61
6	(30)	Josiah Conner 11	18:37.95
7	(37)	Hunter Julin 10	19:16.28
5.	118	Missouri Valley	(18:02.32 1:30:11.61 2:03.98)
=====			
1	13	Aidan Rangel 11	17:05.99
2	17	Jacob Hoden 12	17:25.92
3	22	Adam Meadows 11	17:48.09
4	31	Gavin Thacker 11	18:41.64
5	35	Garrett Thacker 9	19:09.97
6	(42)	Xavier Rangel 11	20:02.34
7	(46)	Keaton Voster 10	20:34.19
6.	156	Logan-Magnolia	(19:01.55 1:35:07.78 3:32.48)
=====			
1	6	Brodie Davis 9	16:47.96
2	28	Meyrick Seymour 9	18:37.05
3	38	Wyatt Hawkins 11	19:36.89
4	40	Jack Goldsmith 11	19:45.44
5	44	Lyrick Stueve 12	20:20.44
7.	163	Griswold School	(19:03.63 1:35:18.18 3:39.96)
=====			
1	14	Cody Dorscher 11	17:06.06
2	26	Holden Jensen 11	18:34.48
3	36	Nollan Smith 10	19:14.63
4	39	Bravden Lockwood 10	19:36.99

5	48	Hogan Hook 11	20:46.02
6	(58)	Cavyn Turner 9	29:20.47
7	(59)	Calden Turner 10	35:04.70
=====			
8.	223	Exira-Ehk	(22:03.13 1:50:15.66 9:45.37)
=====			
1	20	Austin Rasmussen 10	17:37.54
2	43	Phil Reinhart 12	20:11.99
3	50	Carter Wiemann 10	22:04.92
4	54	Ben Baggett 10	22:58.30
5	56	Fred Harris 9	27:22.91
=====			
9.	240	Heartland Christian School	(21:24.82 1:47:04.12 2:52.83)
=====			
1	41	Brady Dingus 11	19:58.79
2	45	Malachi Gray 9	20:31.02
3	49	Elijah Lewis 12	21:07.68
4	52	Trystan Allen 10	22:35.01
5	53	Michael Holtmyer 10	22:51.62
6	(55)	Apollos Lickliter 9	23:46.99
7	(57)	Raj Fetter 11	29:08.09



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Free Support Services for Event Organizers:



AHSTW Cross Country Meet
Avoca Golf and Country Club, Avoca, IA
September 12, 2023 - 5K

BOYS HIGH SCHOOL RACE

Place	Name	Year	Team	Time	Pace
1	Landon Bendgen	12	Woodbine	14:58.1	4:50
2	Parker Heisterkamp	11	St Albert	15:37.1	5:02
3	Gunner Wagner	11	Woodbine	15:50.4	5:06
4	Owen Wise	12	St Albert	15:56.5	5:08
5	Brody Henderson	10	Riveride Community School	16:24.0	5:17
6	Mason McCready	12	Riveride Community School	16:31.3	5:20
7	Dawson Henderson	10	Riveride Community School	16:38.1	5:22
8	Carson Maly	11	Earlham	16:42.6	5:23
9	Brodie Davis	9	Logan-Magnolia	16:48.0	5:25
10	Adam Barry	11	Woodbine	16:53.3	5:27
11	Blake Tiemeyer	11	Earlham	16:55.0	5:27
12	Lane Sams	12	Ikm-Manning	16:55.4	5:27
13	Dawson Braet	9	Earlham	16:56.1	5:28
14	Thomas Tremel	12	Woodbine	16:58.1	5:28
15	David Nichols	9	Earlham	17:02.4	5:30
16	Aidan Rangel	11	Missouri Valley	17:06.0	5:31
17	Cody Dorscher	11	Griswold School	17:06.1	5:31
18	Donovan Braet	10	Earlham	17:10.1	5:32
19	Isaac Blankman	10	Ikm-Manning	17:10.9	5:32
20	Jacob Hoden	12	Missouri Valley	17:26.0	5:37
21	Trey Burgmeyer	12	Woodbine	17:27.3	5:38
22	Abe Polzien	11	Ikm-Manning	17:32.3	5:39
23	Jeyden Farr	10	Treynor	17:34.0	5:40
24	Austin Rasmussen	10	Exira-Ehk	17:37.6	5:41
25	Jackson Walter	9	St Albert	17:41.4	5:42
26	Adam Meadows	11	Missouri Valley	17:48.1	5:44
27	Kasche Huehn	11	Ikm-Manning	17:50.4	5:45
28	Caden Geraghty	11	Ahstw	17:52.8	5:46
29	Jacob Boswell	11	St Albert	17:56.5	5:47
30	Conner Brummett	10	Underwood Csd	18:07.7	5:51
31	Caleb Hatch	12	Ahstw	18:19.4	5:54
32	Evan Estrada	11	Woodbine	18:30.7	5:58
33	Holden Jensen	11	Griswold School	18:34.5	5:59
34	Ryan Germer	12	Ikm-Manning	18:34.7	5:59
35	Meyrick Seymour	9	Logan-Magnolia	18:37.1	6:00
36	Blake Petersen	11	Earlham	18:37.8	6:00
37	Josiah Conner	11	Ikm-Manning	18:38.0	6:00
38	Gavin Thacker	11	Missouri Valley	18:41.7	6:02
39	Carter Frank	9	Earlham	18:43.4	6:02
40	Xander Johnson	11	Woodbine	18:45.0	6:03
41	Eli Deist	11	Audubon	18:48.0	6:04
42	Owen Wingert	11	Woodbine	18:51.1	6:05
43	Brady Smith	10	St Albert	18:52.3	6:05
44	Payton Harger	12	Earlham	18:55.7	6:06
45	Jack Carley	12	Treynor	19:06.9	6:10
46	Garrett Thacker	9	Missouri Valley	19:10.0	6:11
47	Nollan Smith	10	Griswold School	19:14.7	6:12
48	Hunter Julin	10	Ikm-Manning	19:16.3	6:13
49	Nathanael Conner	10	Ikm-Manning	19:28.7	6:17
50	Wyatt Hawkins	11	Logan-Magnolia	19:36.9	6:19
51	Brayden Lockwood	10	Griswold School	19:37.0	6:19
52	Jack Goldsmith	11	Logan-Magnolia	19:45.5	6:22
53	Leo Sullivan	11	Woodbine	19:49.3	6:23
54	Brady Dingus	11	Heartland Christian School	19:58.8	6:26
55	Brody Schultes	10	Audubon	20:01.9	6:27
56	Xavier Rangel	11	Missouri Valley	20:02.4	6:27
57	Phil Reinhart	12	Exira-Ehk	20:12.0	6:31
58	Lyrick Stueve	12	Logan-Magnolia	20:20.5	6:33
59	Landon Leaders	9	Underwood Csd	20:24.4	6:35
60	Malachi Gray	9	Heartland Christian School	20:31.1	6:37
61	Chase Uhl	9	Underwood Csd	20:33.0	6:37
62	Keaton Voster	10	Missouri Valley	20:34.2	6:38
63	Karter Campbell	9	Earlham	20:35.1	6:38
64	Wyatt Coenen	11	Woodbine	20:41.1	6:40
65	Alex Dawson	10	St Albert	20:41.6	6:40
66	Hogan Hook	11	Griswold School	20:46.1	6:42

67	Matthew Cliffe	9	Missouri Valley	21:03.8	6:47
68	Elijah Lewis	12	Heartland Christian School	21:07.7	6:49
69	Erik Redmond	9	Earlham	21:45.7	7:01
70	Carter Wiemann	10	Exira-Ehk	22:05.0	7:07
71	Jackson Harrison	12	Missouri Valley	22:16.6	7:11
72	Merrick Stribe	9	Ikm-Manning	22:19.4	7:12
73	Alex Marsh	10	St Albert	22:25.7	7:14
74	Blaze Pryor	9	Woodbine	22:30.5	7:15
75	Trystan Allen	10	Heartland Christian School	22:35.1	7:17
76	Michael Holtmyer	10	Heartland Christian School	22:51.7	7:22
77	Ben Baggett	10	Exira-Ehk	22:58.3	7:24
78	Branden Steppuhn	12	Woodbine	23:01.5	7:25
79	Miles Forbush	9	Underwood Csd	23:03.3	7:26
80	Carter Cox	9	Woodbine	23:06.9	7:27
81	Alex Kosloske	9	Earlham	23:10.6	7:28
82	Chas Muhlbauer	9	Ikm-Manning	23:13.3	7:29
83	Apollos Lickliter	9	Heartland Christian School	23:47.0	7:40
84	Dustin McCurdy	9	Cam High School	25:55.8	8:21
85	Fred Harris	9	Exira-Ehk	27:23.0	8:49
86	Raj Fetter	11	Heartland Christian School	29:08.1	9:23
87	Cavyn Turner	9	Griswold School	29:20.5	9:27
88	Calden Turner	10	Griswold School	35:04.7	11:18

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Free Support Services for Event Organizers:





2023 AHSTW Cross Country Meet - Girls Middle School Results Results

AHSTW Cross Country Meet
Avoca Golf and Country Club, Avoca, IA
September 12, 2023 - 2M

GIRLS MIDDLE SCHOOL RACE

Place	Name	Year	Team	Time	Pace
1	Stella Sims	7	St Albert	15:19.7	7:40
2	Madalyn Kerkmann	8	Treynor	15:39.2	7:50
3	Lily Miller	7	Treynor	16:25.0	8:13
4	Elise Willson	8	St Albert	16:26.0	8:13
5	Lillian Willson	8	St Albert	16:28.5	8:15
6	Avery Coenen	7	Woodbine	16:44.9	8:23
7	Ava Steinmetz	8	Heartland Christian School	16:51.3	8:26
8	Lyla Kohlhaas	7	St Albert	17:04.5	8:33
9	Jordyn Robbins	7	Logan-Magnolia	17:04.5	8:33
10	Maeve Ryan	7	St Albert	17:18.2	8:40
11	Emery Brockhoff	8	Ahstw	17:22.9	8:42
12	Iviana Schechinger	8	Riveride Community School	17:58.5	9:00
13	Brooklynn Snider	8	Exira-Ehk	18:05.4	9:03
14	Hannah Hutchinson	7	Heartland Christian School	18:46.2	9:24
15	Audri Forbus	7	Missouri Valley	19:15.0	9:38
16	Paige Newton	8	Woodbine	19:44.6	9:53
17	Joshlynn Jacobsen	7	Exira-Ehk	19:55.6	9:58
18	Jersey Hilgenberg	8	Riveride Community School	20:06.5	10:04
19	Danika Mrsny	7	Treynor	20:16.2	10:09
20	Audrey Muhlbauer	7	Ikm-Manning	20:57.8	10:29
21	Zoey Rasmussen	8	Exira-Ehk	20:58.8	10:30
22	Lainey Cox	7	Woodbine	21:23.3	10:42
23	Aubrey Nelson	7	Exira-Ehk	21:30.4	10:46
24	Clara Martens	8	Riveride Community School	21:45.7	10:53
25	Kodi Rosener	7	Ikm-Manning	21:52.6	10:57
26	Sarah Polzien	8	Ikm-Manning	23:04.8	11:33
27	Sydney Morton	8	Logan-Magnolia	23:05.2	11:33
28	Olivia Poldberg	7	Exira-Ehk	23:42.7	11:52
29	Faithlynn Scholl	7	Cam High School	24:08.1	12:04
30	Makayla McColloch	7	St Albert	24:17.8	12:09
31	Ella Radke	7	Missouri Valley	24:35.8	12:18

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AHSTW Cross Country Meet
Avoca Golf and Country Club, Avoca, IA
September 12, 2023 - 2M

BOYS MIDDLE SCHOOL RACE

Place	Name	Year	Team	Time	Pace
1	Aiden Summerfield	8	Woodbine	13:36.6	6:49
2	Andrew Van Zee	7	Earlham	14:34.4	7:18
3	Jason Thomas	8	Underwood Csd	14:51.9	7:26
4	Eli Hudnall	8	Riveride Community School	14:56.2	7:29
5	Liam Hunter	8	Logan-Magnolia	14:58.9	7:30
6	Kam King	7	Audubon	15:11.6	7:36
7	Aiden Gaul	8	St Albert	15:24.5	7:43
8	Bishop Hammen	8	Earlham	15:32.6	7:47
9	Jaxson Burgett	7	Heartland Christian School	15:54.2	7:58
10	Colton Hering	8	Riveride Community School	15:58.3	8:00
11	Payton Dickson	8	Earlham	16:03.7	8:02
12	Ben Thompson	7	St Albert	16:23.0	8:12
13	Abe Henke	8	Treynor	16:25.8	8:13
14	Cole Alff	8	Treynor	16:36.6	8:19
15	Brody Cogdill	7	Woodbine	16:47.1	8:24
16	Chase Vandermeay	7	Treynor	17:00.2	8:31
17	Ezeriah Singleton	8	Riveride Community School	17:03.7	8:32
18	Martin Hedegaard	8	Underwood Csd	17:16.4	8:39
19	Max Johnson	7	St Albert	17:17.2	8:39
20	Jaxson Williams	8	Woodbine	17:25.8	8:43
21	Will Applegate	7	St Albert	17:38.3	8:50
22	Maison Germer	7	Ikm-Manning	18:02.3	9:02
23	Brock Schnepel	8	Treynor	18:06.1	9:04
24	Carson Wulf	7	Treynor	18:09.8	9:05
25	John Koch	8	Heartland Christian School	18:19.6	9:10
26	Jake Collins	7	Ahstw	18:30.7	9:16
27	Dawson Blum	7	Woodbine	18:38.1	9:20
28	Logan Warden	7	Earlham	19:05.4	9:33
29	Darius Jensen	8	Underwood Csd	19:06.7	9:34
30	Ian Lewis	8	Heartland Christian School	19:07.7	9:34
31	Vince Carter	7	Audubon	19:45.0	9:53
32	Tyler Redmond	7	Earlham	19:53.7	9:57
33	Felner Tayvin	8	Missouri Valley	20:13.7	10:07
34	Jake Vana	7	Logan-Magnolia	20:16.2	10:09
35	Quinn Sherer	8	Woodbine	20:37.7	10:19
36	Reegan Oster	7	Woodbine	20:43.5	10:22
37	Isaac Mackey	8	Logan-Magnolia	21:00.1	10:31
38	Corbin Hall	7	Logan-Magnolia	21:15.7	10:38
39	Anunson John	7	Missouri Valley	21:25.3	10:43
40	Crew Schoening	7	Treynor	21:30.0	10:45
41	Reece Oster	7	Woodbine	22:54.2	11:28
42	Jared Harris	7	Treynor	22:54.5	11:28
43	Sam Gray	8	Heartland Christian School	23:44.0	11:52
44	Kanii Fogleman	7	Cam High School	25:45.4	12:53

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