
 Lewis Central Cross Country Invitational
 Iowa Western Campus, Council Bluffs, IA
 September 9, 2023 - 5K

GIRLS VARSITY TEAM RESULTS

1.	31	Glenwood Community High Scho	(21:26.69	1:47:13.47	1:49.54)
=====						
1	2	Grace Berglund 9		20:25.66		
2	4	Lauren Hughes 12		21:20.19		
3	5	Breckyn Petersen 11		21:24.11		
4	9	Madelyn Berglund 11		21:48.31		
5	11	Haylee Hughes 10		22:15.20		
6	(13)	Katelyn Harms 9		22:26.19		
7	(15)	Megan Hughes 9		22:37.26		
2.	51	Harlan	(21:53.77	1:49:28.85	4:39.98)
=====						
1	1	Lindsey Sonderman 11		19:24.32		
2	6	Allie Anderson 9		21:27.63		
3	10	Brylee Schechinger 11		22:01.23		
4	14	Taylor Bieker 12		22:31.37		
5	20	Lily Schechinger 10		24:04.30		
6	(21)	Sadie Alberti 9		24:13.18		
7	(24)	Kayla Anderson 11		24:30.04		
3.	53	Lewis Central	(22:07.02	1:50:35.12	3:18.58)
=====						
1	3	Ava Bussey 11		20:42.00		
2	7	Delayna Reese 9		21:30.32		
3	8	Madelyn Hoss 9		21:40.16		
4	16	Tyler Tingley 11		22:42.06		
5	19	Kate Strohmeier 9		24:00.58		
6	(23)	Olivia Wait 10		24:25.97		
7	(29)	Sydney Skokan 10		26:25.69		
4.	116	Heartland Christian School	(25:20.95	2:06:44.78	7:08.13)
=====						
1	12	Grace Steinmetz 11		22:20.31		
2	17	Keira Diehm 9		22:51.77		
3	22	Chloe Ferneau 12		24:22.38		
4	32	Noel Cramer 11		27:41.88		
5	33	Naomi Ferneau 10		29:28.44		
5.	124	Abraham Lincoln High School	(25:13.36	2:06:06.84	2:38.52)
=====						
1	18	Mya Scheer 9		23:26.60		
2	25	Gabby Loudon 11		25:15.81		
3	26	Sonia Fitch 11		25:16.31		
4	27	Nora Stott 10		26:03.00		
5	28	Annette Fitch 9		26:05.12		
6	(30)	Kaylynn Thomason 11		26:41.46		
7	(31)	Ruby Johnson 10		27:35.58		

Lewis Central Cross Country Invitational
Iowa Western Campus, Council Bluffs, IA
September 9, 2023 - 5K

GIRLS VARSITY RACE

Place	Name	Year	Team	Time	Pace
1	Lindsey Sonderman	11	Harlan	19:24.4	6:15
2	Grace Berglund	9	Glenwood Community High Scho	20:25.7	6:35
3	Ava Bussey	11	Lewis Central	20:42.0	6:40
4	Alyssa Kulesa	12	Treynor	21:14.1	6:51
5	Lauren Hughes	12	Glenwood Community High Scho	21:20.2	6:53
6	Breckyn Petersen	11	Glenwood Community High Scho	21:24.2	6:54
7	Allie Anderson	9	Harlan	21:27.7	6:55
8	Delayna Reese	9	Lewis Central	21:30.4	6:56
9	Madelyn Hoss	9	Lewis Central	21:40.2	6:59
10	Madelyn Berglund	11	Glenwood Community High Scho	21:48.4	7:02
11	Brylee Schechinger	11	Harlan	22:01.3	7:06
12	Haylee Hughes	10	Glenwood Community High Scho	22:15.2	7:10
13	Grace Steinmetz	11	Heartland Christian School	22:20.4	7:12
14	Katelyn Harms	9	Glenwood Community High Scho	22:26.2	7:14
15	Taylor Bieker	12	Harlan	22:31.4	7:15
16	Megan Hughes	9	Glenwood Community High Scho	22:37.3	7:17
17	Tyler Tingley	11	Lewis Central	22:42.1	7:19
18	Keira Diehm	9	Heartland Christian School	22:51.8	7:22
19	Maura Ryan	9	St Albert	23:12.5	7:29
20	Mya Scheer	9	Abraham Lincoln High School	23:26.6	7:33
21	Ryleigh Thomas	11	Treynor	23:55.6	7:43
22	Kate Strohmeier	9	Lewis Central	24:00.6	7:44
23	Andyn White	11	Treynor	24:02.8	7:45
24	Lily Schechinger	10	Harlan	24:04.3	7:45
25	Sadie Alberti	9	Harlan	24:13.2	7:48
26	Chloe Ferneau	12	Heartland Christian School	24:22.4	7:51
27	Olivia Wait	10	Lewis Central	24:26.0	7:52
28	Kayla Anderson	11	Harlan	24:30.1	7:54
29	Lauren Wingert	12	Harlan	25:00.4	8:03
30	Molly Swensen	11	Harlan	25:07.3	8:06
31	Gabby Loudon	11	Abraham Lincoln High School	25:15.9	8:08
32	Sonia Fitch	11	Abraham Lincoln High School	25:16.4	8:09
33	Kori Smith	10	Harlan	25:31.4	8:13
34	Elsie Mausbach	10	Treynor	25:58.0	8:22
35	Nora Stott	10	Abraham Lincoln High School	26:03.0	8:24
36	Annette Fitch	9	Abraham Lincoln High School	26:05.2	8:24
37	Sydney Skokan	10	Lewis Central	26:25.7	8:31
38	Greta Livingston	9	St Albert	26:35.9	8:34
39	Kassie Anderson	11	Harlan	26:37.6	8:35
40	Kaylynn Thomason	11	Abraham Lincoln High School	26:41.5	8:36
41	Ruby Johnson	10	Abraham Lincoln High School	27:35.6	8:53
42	Noel Cramer	11	Heartland Christian School	27:41.9	8:55
43	Mylee Minturn	11	Council Bluffs Thomas Jeffer	28:07.9	9:04
44	Kathleen Schmitz	11	Harlan	29:10.1	9:24
45	Naomi Ferneau	10	Heartland Christian School	29:28.5	9:30
46	Jolie Nielsen	9	Harlan	30:12.2	9:44
47	Chloe Swensen	9	Harlan	32:31.7	10:29
48	Amelie Wolff	12	Council Bluffs Thomas Jeffer	33:57.2	10:56
49	Paige Waddell	10	Council Bluffs Thomas Jeffer	34:14.0	11:02
50	Versace Kroupa	11	Council Bluffs Thomas Jeffer	36:36.2	11:47

Results provided by Precision Race Results

 Lewis Central Cross Country Invitational
 Iowa Western Campus, Council Bluffs, IA
 September 9, 2023 - 5K

BOYS VARSITY TEAM RESULTS

1.	16	Lewis Central	(17:00.43	1:25:02.19	1:01.48)
=====						
1	1	Ethan Eichhorn 12		16:19.76		
2	2	Kevin Coots 10		17:00.98		
3	3	Kade Diercks 12		17:09.32		
4	4	Marshall Arkfeld 11		17:10.89		
5	6	Richard Selken 11		17:21.24		
6	(10)	Jackson Cox 11		18:18.46		
2.	58	Harlan	(19:00.78	1:35:03.94	1:28.49)
=====						
1	8	Ian Shelton 12		18:03.36		
2	11	Keaton Heilesen 12		18:56.32		
3	12	Joseph Bragg 12		19:16.00		
4	13	Erik Heslink 9		19:16.41		
5	14	Grant Petersen 10		19:31.85		
6	(19)	Jeffrey Gross 9		19:58.36		
7	(21)	Jesse Jens 11		20:30.09		
3.	87	St Albert	(19:48.53	1:39:02.65	3:55.19)
=====						
1	5	Owen Wise 12		17:19.64		
2	16	Jackson Walter 9		19:51.69		
3	17	Jacob Boswell 11		19:55.15		
4	22	Brady Smith 10		20:41.34		
5	27	Alex Dawson 10		21:14.83		
6	(38)	Alex Marsh 10		25:33.60		
4.	88	Council Bluffs Thomas Jeffer	(19:50.21	1:39:11.08	3:19.18)
=====						
1	7	Kaiden Hamilton 10		17:42.46		
2	15	Immanuel Brown 10		19:38.86		
3	18	Brandon Bowen 12		19:57.68		
4	23	Jackson Abraham 10		20:50.44		
5	25	Bailyan Williamson 10		21:01.64		
6	(32)	Logan Sullivan 11		22:04.58		
7	(33)	Josh Templeman 10		22:17.77		
5.	111	Abraham Lincoln High School	(20:23.86	1:41:59.32	3:24.83)
=====						
1	9	Cody Smith 12		18:09.78		
2	20	James O'Brien 10		20:05.76		
3	24	Daniel Hornberg 11		20:53.64		
4	28	Alex Johnston 11		21:15.53		
5	30	Cooper Haddix 11		21:34.61		
6	(31)	Alex Vansickle 10		21:57.92		
7	(35)	Anthony Akers 9		23:43.84		
6.	162	Heartland Christian School	(22:59.25	1:54:56.28	4:09.60)
=====						
1	26	Malachi Gray 9		21:03.80		
2	29	Brady Dingus 11		21:27.36		
3	34	Elijah Lewis 12		22:55.66		
4	36	Michael Holtmyer 10		24:16.06		
5	37	Apollos Licklitter 9		25:13.40		
6	(39)	Raj Fetter 11		30:48.88		



2023 Lewis Central Cross Country Invitational - Boys Varsity Results

Results

Lewis Central Cross Country Invitational
Iowa Western Campus, Council Bluffs, IA
September 9, 2023 - 5K

BOYS VARSITY RACE

Place	Name	Year	Team	Time	Pace
1	Ethan Eichhorn	12	Lewis Central	16:19.8	5:16
2	Kevin Coots	10	Lewis Central	17:01.0	5:29
3	Kade Diercks	12	Lewis Central	17:09.4	5:32
4	Marshall Arkfeld	11	Lewis Central	17:10.9	5:32
5	Owen Wise	12	St Albert	17:19.7	5:35
6	Richard Selken	11	Lewis Central	17:21.3	5:36
7	Kaiden Hamilton	10	Council Bluffs Thomas Jeffer	17:42.5	5:42
8	Ian Shelton	12	Harlan	18:03.4	5:49
9	Cody Smith	12	Abraham Lincoln High School	18:09.8	5:51
10	Jackson Cox	11	Lewis Central	18:18.5	5:54
11	Keaton Heilesen	12	Harlan	18:56.4	6:06
12	Joseph Bragg	12	Harlan	19:16.0	6:13
13	Erik Heslink	9	Harlan	19:16.5	6:13
14	Grant Petersen	10	Harlan	19:31.9	6:18
15	Immanuel Brown	10	Council Bluffs Thomas Jeffer	19:38.9	6:20
16	Jackson Walter	9	St Albert	19:51.7	6:24
17	Jacob Boswell	11	St Albert	19:55.2	6:25
18	Brandon Bowen	12	Council Bluffs Thomas Jeffer	19:57.7	6:26
19	Jeffrey Gross	9	Harlan	19:58.4	6:26
20	James O'Brien	10	Abraham Lincoln High School	20:05.8	6:29
21	Jack Carley	12	Treynor	20:23.5	6:34
22	Jesse Jens	11	Harlan	20:30.1	6:36
23	Brady Smith	10	St Albert	20:41.4	6:40
24	Jackson Abraham	10	Council Bluffs Thomas Jeffer	20:50.5	6:43
25	Daniel Hornberg	11	Abraham Lincoln High School	20:53.7	6:44
26	Bailyan Williamson	10	Council Bluffs Thomas Jeffer	21:01.7	6:47
27	Malachi Gray	9	Heartland Christian School	21:03.8	6:47
28	Alex Dawson	10	St Albert	21:14.9	6:51
29	Alex Johnston	11	Abraham Lincoln High School	21:15.6	6:51
30	Brady Dingus	11	Heartland Christian School	21:27.4	6:55
31	Cooper Haddix	11	Abraham Lincoln High School	21:34.7	6:57
32	Alex Vansickle	10	Abraham Lincoln High School	21:58.0	7:05
33	Logan Sullivan	11	Council Bluffs Thomas Jeffer	22:04.6	7:07
34	Josh Templeman	10	Council Bluffs Thomas Jeffer	22:17.8	7:11
35	Elijah Lewis	12	Heartland Christian School	22:55.7	7:23
36	Anthony Akers	9	Abraham Lincoln High School	23:43.9	7:39
37	Michael Holtmyer	10	Heartland Christian School	24:16.1	7:49
38	Apollos Lickliter	9	Heartland Christian School	25:13.4	8:08
39	Alex Marsh	10	St Albert	25:33.6	8:14
40	Raj Fetter	11	Heartland Christian School	30:48.9	9:56

Results provided by Precision Race Results



2023 Lewis Central Cross Country Invitational - Girls JV Team Results Results

Lewis Central Cross Country Invitational				
Iowa Western Campus, Council Bluffs, IA				
September 9, 2023 - 5K				

GIRLS JV TEAM RESULTS				

1.	15	Glenwood Community High Scho	(24:04.22 2:00:21.12 0:47.82)
=====				
1	1	Maggie McChesney 9		23:42.69
2	2	Maya Schau 11		23:55.87
3	3	Averi Newman 10		23:56.39
4	4	Caitlin Hebel 10		24:15.66
5	5	Mahala Rang 12		24:30.51
6	(6)	Sydney Rohrberg 12		25:23.58
7	(7)	Audrina Johansen 10		26:00.42



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Free Support Services for Event Organizers:





2023 Lewis Central Cross Country Invitational - Girls JV Results Results

Lewis Central Cross Country Invitational
Iowa Western Campus, Council Bluffs, IA
September 9, 2023 - 5K

GIRLS JUNIOR VARSITY RACE

Place	Name	Year	Team	Time	Pace
1	Maggie McChesney	9	Glenwood Community High Scho	23:42.7	7:38
2	Maya Schau	11	Glenwood Community High Scho	23:55.9	7:43
3	Averi Newman	10	Glenwood Community High Scho	23:56.4	7:43
4	Caitlin Hebel	10	Glenwood Community High Scho	24:15.7	7:49
5	Mahala Rang	12	Glenwood Community High Scho	24:30.6	7:54
6	Halle Walton	12	Abraham Lincoln High School	24:52.5	8:01
7	Sydney Rohrberg	12	Glenwood Community High Scho	25:23.6	8:11
8	Audrina Johansen	10	Glenwood Community High Scho	26:00.5	8:23
9	Malene Petersen	10	Abraham Lincoln High School	26:10.9	8:26
10	Mahri Manz	11	Lewis Central	26:16.4	8:28
11	Elise Mullenix	11	Lewis Central	26:19.7	8:29
12	Autumn Newman	9	Glenwood Community High Scho	26:40.1	8:36
13	Sara Kolle	12	Glenwood Community High Scho	26:42.6	8:36
14	Addie Cohrs	10	Abraham Lincoln High School	26:45.1	8:37
15	Macie Vetter	9	Lewis Central	26:57.5	8:41
16	Addison Saar	9	Treynor	27:43.1	8:56
17	Julia Nightser	12	Glenwood Community High Scho	28:15.3	9:06
18	Delaney Jorgenson	10	Treynor	28:18.2	9:07
19	Lena Cain	11	Abraham Lincoln High School	28:19.3	9:07
20	Mollie Urich	10	Lewis Central	29:25.1	9:29
21	Aubrey Mullanix	12	Glenwood Community High Scho	29:51.8	9:37
22	Kianna Herron	10	Glenwood Community High Scho	37:44.3	12:09

Results provided by Precision Race Results



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Free Support Services for Event Organizers:



2023 Lewis Central Cross Country Invitational - Boys JV Team Results

Results

 Lewis Central Cross Country Invitational
 Iowa Western Campus, Council Bluffs, IA
 September 9, 2023 - 5K

BOYS JV TEAM RESULTS

1.	15	Lewis Central	(20:00.97	1:40:04.87	1:27.78)
=====						
1	1	Haidyn Cox 12		19:14.91		
2	2	Carter Lobaugh 10		19:30.26		
3	3	Broxton Hill 9		20:10.10		
4	4	Parker Fishell 12		20:26.91		
5	5	Jamison Olson 11		20:42.69		
6	(8)	Sam Okerbloom 10		21:14.36		
7	(9)	Leighton Applegate 9		21:18.36		
2.	46	Harlan	(21:20.32	1:46:41.60	1:15.78)
=====						
1	6	Kobe Kimmen 9		20:47.11		
2	7	Elijah Cox 9		21:11.94		
3	10	Logan Breyfogle 11		21:19.21		
4	11	Ethan Schmitz 9		21:20.45		
5	12	Nathan Sandquist 9		22:02.89		
6	(14)	Jeb Sonderman 11		22:34.60		
7	(18)	Micah Sorensen 12		23:47.86		
3.	85	Abraham Lincoln High School	(24:18.62	2:01:33.11	6:13.85)
=====						
1	13	Dylan Hytrek 11		22:06.48		
2	15	Malak McDaniel 9		23:37.20		
3	16	Hunter Harmsen 9		23:42.91		
4	17	John Ryan 11		23:46.19		
5	24	Isaac Hamilton 9		28:20.33		
6	(26)	Wyatt Cain 9		29:05.00		
4.	105	Council Bluffs Thomas Jeffer	(26:22.40	2:11:52.02	3:10.15)
=====						
1	19	Elijah Boland 12		25:05.33		
2	20	Henry Hendershot 10		25:56.44		
3	21	Ryan Smith 12		25:58.66		
4	22	Evan Hamilton 9		26:36.11		
5	23	Ethan Durham 11		28:15.48		
6	(25)	Bryce Grego 12		29:04.73		
7	(27)	Niko Jaimes Kermoade 11		30:12.71		

Lewis Central Cross Country Invitational
Iowa Western Campus, Council Bluffs, IA
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BOYS JUNIOR VARSITY RACE

Place	Name	Year	Team	Time	Pace
1	Haidyn Cox	12	Lewis Central	19:15.0	6:12
2	Carter Lobaugh	10	Lewis Central	19:30.3	6:17
3	Broxton Hill	9	Lewis Central	20:10.1	6:30
4	Parker Fishell	12	Lewis Central	20:27.0	6:35
5	Jamison Olson	11	Lewis Central	20:42.7	6:40
6	Kobe Kimmen	9	Harlan	20:47.2	6:42
7	Elijah Cox	9	Harlan	21:12.0	6:50
8	Sam Okerbloom	10	Lewis Central	21:14.4	6:51
9	Leighton Applegate	9	Lewis Central	21:18.4	6:52
10	Logan Breyfogle	11	Harlan	21:19.3	6:52
11	Ethan Schmitz	9	Harlan	21:20.5	6:53
12	Sam Murray	12	Lewis Central	21:23.0	6:53
13	Caleb Bonsack	12	Lewis Central	21:26.8	6:55
14	Tyrus Murren	9	Lewis Central	21:26.8	6:55
15	Jacob Kolhof-Sadler	11	Lewis Central	21:58.0	7:05
16	Nathan Sandquist	9	Harlan	22:02.9	7:06
17	Dylan Hytrek	11	Abraham Lincoln High School	22:06.5	7:07
18	Robbie Cornelsen	10	Lewis Central	22:24.7	7:13
19	Jeb Sonderman	11	Harlan	22:34.6	7:16
20	Aidan Johnson	11	Lewis Central	22:41.8	7:19
21	Kaiden Christensen	11	Lewis Central	22:41.9	7:19
22	Aidan Bergman	12	Lewis Central	23:03.9	7:26
23	Jackson Jensen	10	Lewis Central	23:17.7	7:30
24	Max Hubbard	10	Lewis Central	23:28.1	7:34
25	Logan Bennett	10	Lewis Central	23:28.9	7:34
26	Brian Sell	10	Lewis Central	23:36.3	7:36
27	Malak McDaniel	9	Abraham Lincoln High School	23:37.2	7:37
28	Hunter Harmsen	9	Abraham Lincoln High School	23:43.0	7:38
29	John Ryan	11	Abraham Lincoln High School	23:46.2	7:40
30	Micah Sorensen	12	Harlan	23:47.9	7:40
31	Elijah Boland	12	Council Bluffs Thomas Jeffer	25:05.4	8:05
32	Cael Juon	10	Lewis Central	25:48.2	8:19
33	Henry Hendershot	10	Council Bluffs Thomas Jeffer	25:56.5	8:21
34	Ryan Smith	12	Council Bluffs Thomas Jeffer	25:58.7	8:22
35	Cameron Matulka	9	Lewis Central	26:07.8	8:25
36	Jacob Knudsen	10	Harlan	26:30.8	8:33
37	Evan Hamilton	9	Council Bluffs Thomas Jeffer	26:36.2	8:34
38	Quinn Mahoney	12	Harlan	26:50.5	8:39
39	Hudson Anderson	11	Lewis Central	27:59.5	9:01
40	Ethan Durham	11	Council Bluffs Thomas Jeffer	28:15.5	9:06
41	Isaac Hamilton	9	Abraham Lincoln High School	28:20.4	9:08
42	Bryce Grego	12	Council Bluffs Thomas Jeffer	29:04.8	9:22
43	Wyatt Cain	9	Abraham Lincoln High School	29:05.0	9:22
44	Hayden Lett	10	Lewis Central	29:29.2	9:30
45	Sam Hurley	11	Lewis Central	29:41.0	9:34
46	Niko Jaimes Kermoade	11	Council Bluffs Thomas Jeffer	30:12.8	9:44

Results provided by Precision Race Results





2023 Lewis Central Cross Country Invitational - Girls Middle School Team Results Results

 Lewis Central Cross Country Invitational
 Iowa Western Campus, Council Bluffs, IA
 September 9, 2023 - 2.8K

GIRLS MIDDLE SCHOOL TEAM RESULTS

1.	23	Harlan Community Middle Scho	(12:21.18	1:01:45.90	1:55.21)
=====						
1	1	Ashlyn Rau 8		11:26.79		
2	2	Julia Heslink 7		11:51.95		
3	3	Aspen Bieker 8		11:55.31		
4	8	Josie Sonderman 8		13:09.85		
5	9	Bella Anderson 8		13:22.00		
6	(14)	Claire Bieker 8		14:06.12		
7	(15)	Liz Sorenson 8		14:08.64		
2.	50	St Albert	(13:15.41	1:06:17.06	2:41.94)
=====						
1	4	Stella Sims 7		12:04.87		
2	5	Elise Willson 8		12:24.52		
3	10	Maeve Ryan 7		13:29.27		
4	11	Lyla Kohlhaas 7		13:31.59		
5	20	Kinley Banks 8		14:46.81		
6	(27)	Makayla McColloch 7		18:16.01		
3.	57	Lewis Central Middle School	(13:44.01	1:08:40.05	1:30.56)
=====						
1	6	Mallory Bach 8		13:07.48		
2	7	Briar Vanheuvelen 8		13:08.70		
3	12	Hailey Hansen 8		13:45.48		
4	13	Sophia Mescher 8		14:00.35		
5	19	Eden Kathol 7		14:38.04		
6	(24)	Izabella Erisman 8		15:15.74		
7	(25)	Kloee Wiley 7		15:18.69		
4.	94	Kirn Middle School	(14:29.93	1:12:29.67	0:54.38)
=====						
1	16	Quinn Reese 7		14:08.88		
2	17	Alice Kenny 8		14:12.62		
3	18	Torunn Petersen 8		14:13.77		
4	21	Sarai Schulenberg 7		14:51.14		
5	22	Addi Kohl 7		15:03.26		
6	(23)	Daniela Contreras 7		15:11.05		
7	(26)	Brightynn Gibler 7		15:55.37		

Lewis Central Cross Country Invitational
Iowa Western Campus, Council Bluffs, IA
September 9, 2023 - 2.8K

GIRLS MIDDLE SCHOOL RACE

Place	Name	Year	Team	Time	Pace
1	Ashlyn Rau	8	Harlan Community Middle Scho	11:26.8	6:35
2	Julia Heslink	7	Harlan Community Middle Scho	11:52.0	6:50
3	Aspen Bieker	8	Harlan Community Middle Scho	11:55.4	6:52
4	Madelyn Kerkmann	8	Treynor	11:58.0	6:53
5	Stella Sims	7	St Albert	12:04.9	6:57
6	Sophia Carnes	8	Glenwood Community High Scho	12:07.2	6:58
7	Elise Willson	8	St Albert	12:24.6	7:08
8	Ava Steinmetz	8	Heartland Christian School	12:37.2	7:16
9	Lily Miller	7	Treynor	12:44.6	7:20
10	Mallory Bach	8	Lewis Central Middle School	13:07.5	7:33
11	Briar Vanheuverlen	8	Lewis Central Middle School	13:08.7	7:34
12	Josie Sonderman	8	Harlan Community Middle Scho	13:09.9	7:34
13	Bella Anderson	8	Harlan Community Middle Scho	13:22.0	7:41
14	Maeve Ryan	7	St Albert	13:29.3	7:46
15	Lyla Kohlhaas	7	St Albert	13:31.6	7:47
16	Hailey Hansen	8	Lewis Central Middle School	13:45.5	7:55
17	Hannah Hutchinson	7	Heartland Christian School	13:51.6	7:58
18	Sophia Mescher	8	Lewis Central Middle School	14:00.4	8:03
19	Claire Bieker	8	Harlan Community Middle Scho	14:06.2	8:07
20	Liz Sorenson	8	Harlan Community Middle Scho	14:08.7	8:08
21	Quinn Reese	7	Kirn Middle School	14:08.9	8:08
22	Alice Kenny	8	Kirn Middle School	14:12.7	8:11
23	Torunn Petersen	8	Kirn Middle School	14:13.8	8:11
24	Abbie Anderson	8	Harlan Community Middle Scho	14:23.2	8:17
25	Scarlet Swanson	8	Glenwood Community High Scho	14:32.7	8:22
26	Ellexis Stephens	8	Harlan Community Middle Scho	14:34.4	8:23
27	Eden Kathol	7	Lewis Central Middle School	14:38.1	8:25
28	Kinley Banks	8	St Albert	14:46.9	8:30
29	Sarai Schulenberg	7	Kirn Middle School	14:51.2	8:33
30	Charlotte Mages	8	Harlan Community Middle Scho	14:59.1	8:37
31	Addi Kohl	7	Kirn Middle School	15:03.3	8:40
32	Aubry Christensen	8	Harlan Community Middle Scho	15:03.3	8:40
33	Josie Kenkel	8	Glenwood Community High Scho	15:09.4	8:43
34	Daniela Contreras	7	Kirn Middle School	15:11.1	8:44
35	Izabella Erisman	8	Lewis Central Middle School	15:15.8	8:47
36	Kloee Wiley	7	Lewis Central Middle School	15:18.7	8:49
37	Kallie Ronk	7	Wilson Middle School	15:21.7	8:50
38	Olivia Zuroksi	7	Lewis Central Middle School	15:33.2	8:57
39	Emma Kafka	7	Lewis Central Middle School	15:37.0	8:59
40	Merry Sanduk	8	Harlan Community Middle Scho	15:39.6	9:00
41	Hayleih Barnes	7	Wilson Middle School	15:51.2	9:07
42	Brightynn Gibler	7	Kirn Middle School	15:55.4	9:10
43	Harper Ruiz	7	Lewis Central Middle School	16:00.8	9:13
44	Kynzie Moyer	7	Kirn Middle School	16:03.3	9:14
45	Addison Petersen	7	Harlan Community Middle Scho	16:05.5	9:15
46	Abby Duval	8	Kirn Middle School	16:05.5	9:15
47	Lilly Cain	7	Kirn Middle School	16:07.7	9:17
48	Eltyn Shannon	7	Lewis Central Middle School	16:14.8	9:21
49	Micah Lenien	8	Lewis Central Middle School	16:25.0	9:27
50	Jillian Murray	7	Lewis Central Middle School	16:29.9	9:29
51	Maize Wells	8	Lewis Central Middle School	16:32.9	9:31
52	Brynn Nepple	7	Lewis Central Middle School	16:49.3	9:41
53	Delaney Katzer	7	Lewis Central Middle School	16:51.0	9:42
54	Charlotte Cronin	7	Harlan Community Middle Scho	17:00.6	9:47
55	Raina Hamilton	7	Kirn Middle School	17:13.4	9:54
56	Kara Bowers	8	Kirn Middle School	17:25.0	10:01
57	Emma Zaiger	8	Harlan Community Middle Scho	17:41.5	10:11
58	Allie Hytrek	7	Lewis Central Middle School	18:01.4	10:22
59	Clara Bellows	8	Lewis Central Middle School	18:10.3	10:27
60	Jayda Neighbors	7	Lewis Central Middle School	18:11.7	10:28
61	Nicole Smith	8	Lewis Central Middle School	18:13.5	10:29
62	Makayla McColloch	7	St Albert	18:16.1	10:30
63	Emily Zell	7	Glenwood Community High Scho	18:19.8	10:33
64	Addy Dunnd	7	Lewis Central Middle School	18:21.9	10:34
65	Sirenty Merksick	7	Lewis Central Middle School	19:20.0	11:07
66	Addison Thompson	7	Lewis Central Middle School	19:59.0	11:30

67 Georgia Kamplain	8 Lewis Central Middle School	20:08.8	11:35
68 Brooke Cabrera	7 Wilson Middle School	21:05.7	12:08
69 Edie Mae Kaufmann	8 Harlan Community Middle Scho	21:52.9	12:35

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Free Support Services for Event Organizers:



 Lewis Central Cross Country Invitational
 Iowa Western Campus, Council Bluffs, IA
 September 9, 2023 - 2.8K

 BOYS MIDDLE SCHOOL TEAM RESULTS

1.	34	Lewis Central Middle School	(11:17.13	56:25.67	2:55.46)
=====						
1	1	Evan Lillie	8	9:27.11		
2	2	Marcus Greenwood	7	11:10.37		
3	7	Dane Thomsen	7	11:37.94		
4	9	Carson Munoz	7	11:47.68		
5	15	Landon Weisner	7	12:22.57		
6	(23)	Randy Justesen	7	13:00.60		
7	(24)	Liam Patterson	7	13:03.72		
2.	41	Kirn Middle School	(11:44.07	58:40.36	0:36.86)
=====						
1	5	Riley Lincoln	8	11:24.55		
2	6	Zed Wolf	8	11:36.77		
3	8	Carter Wymore	8	11:47.50		
4	10	Eli Hanson	8	11:50.13		
5	12	Jack Naughton	8	12:01.41		
6	(13)	Micah Kriley	7	12:11.79		
7	(19)	Mason Shields	8	12:43.92		
3.	61	Glenwood	(12:05.06	1:00:25.33	1:31.43)
=====						
1	3	Deagan Oliver	8	11:13.65		
2	4	Grant Sorensen	8	11:18.13		
3	16	Cole Berglund	7	12:25.52		
4	18	Griffin Oliver	7	12:42.95		
5	20	Lucas Harms	8	12:45.08		
6	(22)	Sean Gibbs	8	12:57.15		
7	(30)	Alex Peters	7	13:59.29		
4.	106	Treynor	(12:56.77	1:04:43.89	2:07.62)
=====						
1	11	Hudson Whitney	8	11:57.11		
2	17	Cole Alff	8	12:40.65		
3	21	Griffin Melby	8	12:49.28		
4	26	Abe Henke	8	13:12.12		
5	31	Brock Schnepel	8	14:04.73		
6	(32)	Eli Yochum	7	14:10.40		
7	(33)	Crew Schoening	7	15:33.22		
5.	123	Harlan Community Middle Scho	(13:19.20	1:06:36.01	1:39.09)
=====						
1	14	Ben Cox	7	12:14.79		
2	25	Brogan Schechinger	7	13:05.81		
3	27	Landon Burkhalter	7	13:40.35		
4	28	Drake Nippert	8	13:41.18		
5	29	Anthony Medina	8	13:53.88		
6	(34)	Kirk Hol	8	16:25.75		

Lewis Central Cross Country Invitational
Iowa Western Campus, Council Bluffs, IA
September 9, 2023 - 2.8K

BOYS MIDDLE SCHOOL RACE

Place	Name	Year	Team	Time	Pace
1	Evan Lillie	8	Lewis Central Middle School	9:27.2	5:26
2	Marcus Greenwood	7	Lewis Central Middle School	11:10.4	6:26
3	Deagan Oliver	8	Glenwood	11:13.7	6:28
4	Caesar Brown	8	Wilson Middle School	11:14.7	6:28
5	Grant Sorensen	8	Glenwood	11:18.2	6:30
6	Riley Lincoln	8	Kirn Middle School	11:24.6	6:34
7	Aiden Gaul	8	St Albert	11:29.5	6:37
8	Zed Wolf	8	Kirn Middle School	11:36.8	6:41
9	Dane Thomsen	7	Lewis Central Middle School	11:38.0	6:42
10	Carter Wymore	8	Kirn Middle School	11:47.5	6:47
11	Carson Munoz	7	Lewis Central Middle School	11:47.7	6:47
12	Eli Hanson	8	Kirn Middle School	11:50.2	6:49
13	Hudson Whitney	8	Treynor	11:57.2	6:53
14	Jack Naughton	8	Kirn Middle School	12:01.5	6:55
15	Ben Thompson	7	St Albert	12:07.4	6:59
16	Micah Kriley	7	Kirn Middle School	12:11.8	7:01
17	Ben Cox	7	Harlan Community Middle Scho	12:14.8	7:03
18	Landon Weisner	7	Lewis Central Middle School	12:22.6	7:07
19	Cole Berglund	7	Glenwood	12:25.6	7:09
20	Cole Alff	8	Treynor	12:40.7	7:18
21	Griffin Oliver	7	Glenwood	12:43.0	7:19
22	Mason Shields	8	Kirn Middle School	12:44.0	7:20
23	Lucas Harms	8	Glenwood	12:45.1	7:20
24	Griffin Melby	8	Treynor	12:49.3	7:23
25	Sean Gibbs	8	Glenwood	12:57.2	7:27
26	Randy Justesen	7	Lewis Central Middle School	13:00.6	7:29
27	Garrett Ashcraft	7	Kirn Middle School	13:02.3	7:30
28	Liam Patterson	7	Lewis Central Middle School	13:03.8	7:31
29	Brogan Schechinger	7	Harlan Community Middle Scho	13:05.9	7:32
30	Braidyn Campbell	8	Lewis Central Middle School	13:08.0	7:33
31	Brayden Poore	8	Lewis Central Middle School	13:11.7	7:36
32	Abe Henke	8	Treynor	13:12.2	7:36
33	Max Johnson	7	St Albert	13:12.5	7:36
34	John Koch	8	Heartland Christian School	13:14.8	7:37
35	Jeffrey Miller	8	Kirn Middle School	13:21.9	7:41
36	Sully Verschoor	7	Lewis Central Middle School	13:25.4	7:43
37	Trygg Petersen	8	Kirn Middle School	13:27.4	7:45
38	Coleton Anderson	8	Kirn Middle School	13:33.3	7:48
39	Landon Burkhalter	7	Harlan Community Middle Scho	13:40.4	7:52
40	Drake Nippert	8	Harlan Community Middle Scho	13:41.2	7:52
41	Will Applegate	7	St Albert	13:51.4	7:58
42	Anthony Medina	8	Harlan Community Middle Scho	13:53.9	8:00
43	Alex Peters	7	Glenwood	13:59.3	8:03
44	Gabriel Van Sickle	8	Kirn Middle School	14:00.8	8:04
45	Owen Peverill	8	Glenwood	14:01.4	8:04
46	Ian Lewis	8	Heartland Christian School	14:02.7	8:05
47	Brock Schnepel	8	Treynor	14:04.8	8:06
48	Gabriel Metcalf	7	Kirn Middle School	14:09.7	8:09
49	Leilynd Smith	7	Glenwood	14:09.9	8:09
50	Jayce Vawter	8	Lewis Central Middle School	14:10.3	8:09
51	Eli Yochum	7	Treynor	14:10.4	8:09
52	Kinnick Driscoll	8	Kirn Middle School	14:11.5	8:10
53	Keaton Mailey	7	Kirn Middle School	14:13.0	8:11
54	Lennon Sanchez	7	Kirn Middle School	14:15.0	8:12
55	Jaxon Driver	8	Lewis Central Middle School	14:17.0	8:13
56	William Taylor	8	Kirn Middle School	14:21.7	8:16
57	Logan Coppock	7	Lewis Central Middle School	14:22.6	8:16
58	Mason Jens	7	Kirn Middle School	14:44.3	8:29
59	Zach Schoening	7	Glenwood	14:51.0	8:33
60	Wade Marxon	7	Wilson Middle School	15:02.2	8:39
61	Colton Thompson	7	Glenwood	15:02.3	8:39
62	Jaxton Miller	8	Kirn Middle School	15:22.7	8:51
63	Daniel Brayman	8	Kirn Middle School	15:30.1	8:55
64	Crew Schoening	7	Treynor	15:33.3	8:57
65	Ozzie Diamond	8	Lewis Central Middle School	15:35.6	8:58
66	Alden Price	8	Kirn Middle School	15:39.3	9:00

67	Jacob McQueen	7	Glenwood	15:45.8	9:04
68	Kaden Blazek	7	Wilson Middle School	16:14.5	9:21
69	Aden Carlson	8	Kirn Middle School	16:14.6	9:21
70	Kirk Hol	8	Harlan Community Middle Scho	16:25.8	9:27
71	Sam Gray	8	Heartland Christian School	16:55.8	9:44
72	Jared Harris	7	Treynor	17:07.5	9:51
73	Mason Peterson	7	Lewis Central Middle School	17:22.6	10:00
74	Jackson Trumble	7	Glenwood	17:24.9	10:01
75	Lucas Adkins	7	Lewis Central Middle School	17:33.1	10:06
76	Logan Ebert	7	Lewis Central Middle School	17:38.4	10:09
77	Alex Jensen	7	Lewis Central Middle School	17:53.6	10:18
78	Gavin Schaben	8	Lewis Central Middle School	17:55.4	10:19
79	Dustin Awe	7	Lewis Central Middle School	18:01.7	10:22
80	Cayden Parker	7	Kirn Middle School	18:25.5	10:36
81	Gage Infanger	7	Lewis Central Middle School	18:29.1	10:38
82	Drew Plueger	7	Lewis Central Middle School	19:49.4	11:24

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