

Pocahontas Area Cross Country Meet
Pocahontas, IA
October 2, 2016

Varsity Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Pocahontas Area	23	1	2	3	4	13	15	18	1:41:35.28	20:19.06
2	Emmetsburg	35	5	6	7	8	9	16	28	1:43:11.31	20:38.27
3	South Central Calhoun	86	10	12	20	21	23	24	27	1:50:23.11	22:04.63
4	Alta-Aurelia	114	11	17	25	26	35	41		1:54:07.36	22:49.48
5	Ridge View High School	130	14	19	30	31	36	43	44	1:55:29.59	23:05.92
6	Southeast Valley	161	22	29	33	37	40	42	46	1:59:47.36	23:57.48
7	Sioux Central-Sioux Rap	188	32	34	38	39	45	47		2:03:34.54	24:42.91

Varsity Girls Individual Results

Place	Athlete	Team	Time	Points
1	Vonnahme, Jill	Pocahontas Area	19:18.97	1
2	Meyer, Grace	Pocahontas Area	20:16.45	2
3	Ruffridge, Elle	Pocahontas Area	20:21.28	3
4	Meyer, Faith	Pocahontas Area	20:21.79	4
5	Brown, Raven	Emmetsburg	20:22.44	5
6	Foxhoven, Hailey	Emmetsburg	20:25.63	6
7	Overberg, Ashley	Emmetsburg	20:28.76	7
8	Janssen, Gabrielle	Emmetsburg	20:53.83	8
9	Loomis, Shelby	Emmetsburg	21:00.65	9
10	Batz, Sydney	South Cent	21:08.16	10
11	Turnquist, Alicia	Alta-Aurelia	21:11.20	11
12	Hardy, Megan	South Cent	21:13.00	12
13	Berte, Katie	Pocahontas Area	21:16.78	13
14	Wiese, Katlyn	Ridge View	21:21.19	14
15	Diutscher, Addie	Pocahontas Area	21:34.10	15
16	Sholty, Morgan	East Sac County	21:36.43	
17	Hoyman, Jordan	Emmetsburg	21:38.46	16
18	Fredrickson, Alexa	Alta-Aurelia	21:38.98	17
19	Duitscher, Annika	Pocahontas Area	21:45.35	18
20	Kenny, Rachel	Ridge View	22:06.40	19
21	Decker, Katelyn	South Cent	22:07.07	20
22	Pagel, Mariah	South Cent	22:31.55	21
23	True, Alli	Southeast Valley	22:41.36	22
24	Thatcher, Emma	West Bend-Mallard	22:50.52	
25	Daniel, Bridgette	South Cent	23:23.33	23
26	Hardy, Mariah	South Cent	23:24.55	24
27	BeikelMan, Emily	Alta-Aurelia	23:28.81	25
28	Drenth, Carly	Alta-Aurelia	23:34.29	26
29	Ukena, Lauren	South Cent	23:41.19	27
30	Lange, Jordan	Emmetsburg	23:48.88	28
31	Jondle, Katara	Southeast Valley	23:51.98	29
32	Wunschel, Macy	Ridge View	23:53.08	30

33	Galvin, Jill	Ridge View	23:53.93	31
34	Nims, Makayla	Sioux Cent	23:58.94	32
35	Alphs, Sammy	Southeast Valley	24:00.18	33
36	Strohmyer, Erin	Sioux Cent	24:07.66	34
37	Flaherty, Jessica	Alta-Aurelia	24:14.08	35
38	Hansen, Abbi	Ridge View	24:14.99	36
39	Graves, Emma	Southeast Valley	24:31.91	37
40	Wood, Rylee	Manson Nor	24:34.19	
41	Smith, Camie	Sioux Cent	24:34.49	38
42	Vanderhoff, Sydney	Sioux Cent	24:34.77	39
43	Berg, Tessa	Southeast Valley	24:41.93	40
44	Falck, Lauren	Alta-Aurelia	24:43.93	41
45	Hunter, Emma	Southeast Valley	24:51.24	42
46	Laddusaw, Hannah	West Bend-Mallard	25:17.59	
47	Grothe, Jordan	Ridge View	25:18.89	43
48	Flynn, Karli	East Sac County	25:52.83	
49	Newman, Ann	East Sac County	25:54.27	
50	Wiese, Renae	Ridge View	25:57.13	44
51	Brown, Kaylee	Sioux Cent	26:18.68	45
52	Johnson, Noelle	Manson Nor	26:26.42	
53	Rees, Hannah	Southeast Valley	28:08.95	46
54	Haley, Brook	West Bend-Mallard	29:23.17	
55	Newman, Adrian	East Sac County	29:45.54	
56	Hoffman, Abi	West Bend-Mallard	33:07.91	
57	Thompson, Sydney	Sioux Cent	36:40.39	47

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Varsity Boys Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Emmetsburg	68	7	11	15	17	18	34	35	1:33:32.82	18:42.57
2	South Central Calhoun	81	2	13	19	23	24	29	32	1:32:43.25	18:32.65
3	Sioux Central-Sioux Rap	96	4	8	10	30	44	51	53	1:34:50.93	18:58.19
4	Southeast Valley	112	1	3	26	37	45	47	52	1:33:46.18	18:45.24
5	Manson Northwest Webste	112	9	12	20	28	43	49	55	1:36:12.30	19:14.46
6	Pocahontas Area	139	16	22	27	36	38	39	41	1:38:10.36	19:38.08
7	Alta-Aurelia	160	14	25	31	42	48	50		1:39:45.69	19:57.14
8	Ridge View	184	5	21	46	54	58	59		1:46:19.04	21:15.81
9	West Bend-Mallard	192	6	33	40	56	57			1:46:53.98	21:22.80

Varsity Boys Individual Results

Place	Athlete	Team	Time	Points
1	Warehime, Spencer	Southeast Valley	16:06.86	1
2	Moon, Spencer	South Cent	16:21.30	2
3	Breitsprecher, Patrick	Southeast Valley	17:02.93	3
4	Hatch, Dawson	Sioux Cent	17:41.02	4
5	Pickhinke, Jon	Ridge View	17:51.06	5
6	Michael, Fehr	West Bend-Mallard	17:52.82	6
7	Carlson, Dawson	Emmetsburg	17:59.62	7
8	Erickson, Wyatt	Sioux Cent	18:05.98	8
9	Johnson, Andy	Manson Nor	18:07.78	9
10	Marcoux, Levi	Sioux Cent	18:29.13	10
11	Deitering, Adam	Emmetsburg	18:41.95	11
12	Duncan, Hunter	Manson Nor	18:42.73	12
13	Pibal, Chase	South Cent	18:43.63	13
14	Sliefert, Diogo	Alta-Aurelia	18:50.72	14
15	Harris, Takoda	Emmetsburg	18:52.40	15
16	Peterson, Tyson	Pocahontas Area	18:56.55	16
17	Berkland, Adam	Emmetsburg	18:59.09	17
18	Hutchison, Aaron	Emmetsburg	18:59.76	18
19	Englin, Nic	South Cent	19:01.04	19
20	Pritchard, Brayden	Manson Nor	19:01.98	20
21	Carbajal, Andres	Ridge View	19:04.67	21
22	Kirsch, Jon	Pocahontas Area	19:12.64	22
23	Johnson, Colin	South Cent	19:17.81	23
24	Clark, Matthew	South Cent	19:19.47	24
25	Conrad, Conard	Alta-Aurelia	19:25.52	25
26	Hamilton, Todd	Southeast Valley	19:27.81	26
27	Meyer, Chris	Pocahontas Area	19:28.60	27
28	Davis, Aric	Manson Nor	19:37.37	28
29	Poen, Kyle	South Cent	19:42.05	29
30	Kueny, Jonah	Sioux Cent	19:44.55	30

31	Kueny, Michael	Alta-Aurelia	19:49.11	31
32	Musselman, Sam	South Cent	19:51.00	32
33	Vaca, Fernando	East Sac County	19:53.90	
34	Fehr, Thomas	West Bend-Mallard	19:56.19	33
35	Hauschen, Dalton	Emmetsburg	19:56.67	34
36	Frerichs, Michael	Emmetsburg	20:01.80	35
37	Hanson, Nate	Pocahontas Area	20:08.88	36
38	Carlson, Ben	Southeast Valley	20:13.81	37
39	Williams, Davionte	Pocahontas Area	20:23.69	38
40	Hersom, Jared	Pocahontas Area	20:26.44	39
41	Link, Mason	West Bend-Mallard	20:27.16	40
42	Point, Dillon	Pocahontas Area	20:29.52	41
43	Marcos, Argenis	Alta-Aurelia	20:36.98	42
44	Jensen, Jonas	Manson Nor	20:42.44	43
45	Recendiz, Angel	Sioux Cent	20:50.25	44
46	Sebring, Ben	Southeast Valley	20:54.77	45
47	Snyder, Andrew	Ridge View	20:59.20	46
48	Pontius, Lucas	Southeast Valley	20:59.92	47
49	Henrichs, Jaden	Alta-Aurelia	21:03.36	48
50	Schriever, Jamison	Manson Nor	21:16.37	49
51	Gaes, Tyler	Alta-Aurelia	21:23.78	50
52	Schomaker, Jacob	Sioux Cent	21:31.58	51
53	Montgomery, Nathan	Southeast Valley	21:37.36	52
54	Jergens, Zach	East Sac County	21:45.31	
55	Menchaca, Manuel	Sioux Cent	21:48.39	53
56	Droegmiller, Jaden	Ridge View	22:34.52	54
57	Siepkker, Jacob	Manson Nor	23:03.79	55
58	Riesenberg, Jeff	West Bend-Mallard	23:12.79	56
59	Snyder, Lane	East Sac County	24:42.69	
60	Boles, Josh	West Bend-Mallard	25:25.02	57
61	Phillips, Tate	Ridge View	25:49.59	58
62	Pickhinke, Connor	Ridge View	26:12.88	59

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Junior Varsity Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Pocahontas Area	26	2	3	4	5	12	19		1:57:00.93	23:24.19
2	Emmetsburg	38	1	7	8	9	13	14	18	1:59:53.80	23:58.76
3	South Central Calhoun	58	6	10	11	15	16	17		2:07:24.03	25:28.81

Junior Varsity Girls Individual Results

Place	Athlete	Team	Time	Points
1	Nelson, Mary	Emmetsburg	22:05.50	1
2	Vainrab, Bailey	Pocahontas Area	22:24.57	2
3	Berte, Molly	Pocahontas Area	22:34.12	3
4	Sommerlot, Josie	Pocahontas Area	22:54.89	4
5	Eisenbarth, Rylee	Pocahontas Area	23:21.96	5
6	Wiederin-Sackfield, Anas	South Centra	23:50.05	6
7	Wurzer, Courtney	Emmetsburg	23:50.51	7
8	Fuller, Emily	Emmetsburg	23:52.64	8
9	Bird, Jamie	Emmetsburg	24:07.01	9
10	Clark, Abby	South Centra	24:26.28	10
11	Deck, Sierra	Ridge View H	24:43.18	
12	Kolpin, Rowan	Alta-Aurelia	25:26.00	
13	Ludwig, Jordan	South Centra	25:27.93	11
14	Vick, Alycia	Pocahontas Area	25:45.39	12
15	Merwald, Hannah	Emmetsburg	25:58.14	13
16	Fusco, Sara	Emmetsburg	26:34.82	14
17	Decker, Megan	South Centra	26:49.73	15
18	Dietrich, Meghan	South Centra	26:50.03	16
19	McCaulley, Amaliya	South Centra	28:09.36	17
20	Kassel, Kristen	Emmetsburg	28:21.52	18
21	Dornath, Amanda	Pocahontas Area	28:37.74	19
22	Fox, Autumn	Ridge View H	29:01.89	
23	Loring, Hannah	Alta-Aurelia	29:19.27	
24	McCray, Coriyel	Ridge View H	29:21.26	
25	Housken, Leslie	Southeast Valley	29:56.79	
26	Nahnsen, Sarah	Southeast Valley	29:57.04	
27	Grossnickle, Chelsea	Southeast Valley	30:19.97	

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Junior Varsity Boys Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	South Central Calhoun	37	2	4	9	10	12	17	26	1:44:54.62	20:58.93
2	Southeast Valley	48	3	7	8	14	16	19	21	1:45:53.92	21:10.79
3	Emmetsburg	66	5	6	15	18	22			1:48:45.90	21:45.18
4	Pocahontas Area	68	1	11	13	20	23	24	25	1:49:55.51	21:59.11

Junior Varsity Boys Individual Results

Place	Athlete	Team	Time	Points
1	Long, Braxton	Pocahontas Area	20:02.96	1
2	Clark, Mitchell	South Centra	20:09.61	2
3	Dencklau, Dalton	Southeast Valley	20:22.71	3
4	Ludwig, Bennett	South Centra	20:41.30	4
5	Nichols, Chris	Emmetsburg	20:46.06	5
6	Gray, Alex	Emmetsburg	20:46.37	6
7	Gibbs, Isaiah	Southeast Valley	21:00.25	7
8	True, Aaron	Southeast Valley	21:01.45	8
9	Corey, Sam	South Centra	21:04.16	9
10	Payan, Eli	Manson North	21:15.92	
11	Stephenson, Jonathan	South Centra	21:19.33	10
12	Peterson, Dylan	Pocahontas Area	21:37.64	11
13	Stephenson, Jacob	South Centra	21:40.22	12
14	Nath, Jacob	Pocahontas Area	21:41.41	13
15	Johnson, Parker	Southeast Valley	21:43.94	14
16	Meier, Jan	Emmetsburg	21:44.87	15
17	Kastendieck, Jared	Southeast Valley	21:45.57	16
18	Henry, Mason	South Centra	21:56.25	17
19	Duhn, Brennan	Emmetsburg	22:07.62	18
20	Sytsma, Dillon	Southeast Valley	22:27.35	19
21	Larson, Schade	Alta-Aurelia	22:34.76	
22	Stauffer, Creighton	Pocahontas Area	23:03.57	20
23	Miller, Lincoln	Southeast Valley	23:10.03	21
24	Loring, Colin	Alta-Aurelia	23:17.77	
25	Ruff, Jordan	Emmetsburg	23:20.98	22
26	Vick, Tyler	Pocahontas Area	23:29.93	23
27	Smith, AJ	Southeast Valley	23:52.00	
28	Lane, Jordan	Southeast Valley	23:54.95	
29	Rogers, Matt	Manson North	23:58.48	
30	Martens, Blane	Southeast Valley	24:00.72	
31	Baird, Kyle	Southeast Valley	24:25.40	
32	Edwards, Matthew	Alta-Aurelia	24:30.07	
33	Freese, Aidan	Alta-Aurelia	25:49.80	
34	Foster, Daniel	Pocahontas Area	26:51.73	24
35	Storms, Hunter	Pocahontas Area	27:18.26	25

36	Meyer, Ben	Pocahontas Area	28:33.98	
37	McClintock, Chad	South Centra	30:00.91	26
38	Bunting, Cody	Manson North	30:02.71	

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Middle School Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Southeast Valley	58	6	7	12	16	17	20	24	1:17:21.21	15:28.25
2	Alta-Aurelia	60	5	10	11	13	21	26	29	1:17:24.87	15:28.98
3	Emmetsburg	61	1	2	9	19	30			1:17:23.67	15:28.74
4	Pocahontas Area	77	8	14	15	18	22	23	25	1:18:56.84	15:47.37
5	South Central Calhoun	93	3	4	27	28	31			1:24:41.50	16:56.30

Middle School Girls Individual Results

Place	Athlete	Team	Time	Points
1	Householder, Isabella	Emmetsburg	13:07.90	1
2	Poeppe, Raylene	Emmetsburg	13:48.33	2
3	Mendoza, Maria	Ridge View H	14:04.82	
4	Stokes, Caitlin	South Centra	14:17.45	3
5	Stokes, Allison	South Centra	14:22.95	4
6	alaina, westphal	Alta-Aurelia	14:41.54	5
7	Wollesen, Bailey	East Sac County	14:43.18	
8	Jergens, Brooke	East Sac County	14:51.74	
9	Hemmestad, Emily	Southeast Valley	14:53.13	6
10	Robinson, Adrian	Ridge View H	15:13.43	
11	Hicks, Chloe	Southeast Valley	15:14.31	7
12	Anderson, Mercedes	Pocahontas Area	15:15.10	8
13	Fischer, Allison	Emmetsburg	15:15.86	9
14	Padavich, Paige	Ridge View H	15:23.57	
15	jensen, amber	Alta-Aurelia	15:27.30	10
16	kueny, marie	Alta-Aurelia	15:27.69	11
17	Carlson, Sydney	Southeast Valley	15:29.11	12
18	larson, jessica	Alta-Aurelia	15:38.03	13
19	Point, Abbrielle	Pocahontas Area	15:38.58	14
20	Melohn, Elle	Pocahontas Area	15:50.28	15
21	Gardipee, Jayden	Southeast Valley	15:51.87	16
22	Farnham, Morgan	Southeast Valley	15:52.79	17
23	Smith, Purity	Pocahontas Area	15:54.89	18
24	Nelson, Maggie	Emmetsburg	16:01.00	19
25	Welter, Haley	Southeast Valley	16:05.52	20
26	Gaes, kalie	Alta-Aurelia	16:10.31	21
27	Aljets, Katrina	Pocahontas Area	16:17.99	22
28	Hinners, Laura	Pocahontas Area	16:45.17	23
29	Wozab, Jade	Southeast Valley	17:06.64	24
30	Koezen, Manon	Pocahontas Area	17:11.78	25
31	Burger, Abby	Southeast Valley	17:17.51	
32	hill, sierra	Alta-Aurelia	17:27.08	26
33	Johnson, Marlie	Southeast Valley	17:48.69	
34	Macke, Macy	South Centra	17:51.75	27

35	Riat, Allison	South Centra	17:53.04	28
36	Nelson, Rylie	Southeast Valley	18:57.54	
37	Pudenz, Emma	Southeast Valley	19:00.31	
38	jensen, kelly	Alta-Aurelia	19:09.57	29
39	Nichols, Isabela	Emmetsburg	19:10.58	30
40	Jackson, Teyah	South Centra	20:16.31	31
41	landberg, madison	Alta-Aurelia	20:41.83	
42	Westering, Alicia	Manson North	22:02.80	
43	Grothaus, Hannah	Pocahontas Area	23:26.35	

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Middle School Boys Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Alta-Aurelia	31	1	2	5	11	12	23	26	1:03:18.16	12:39.64
2	Emmetsburg	69	4	9	10	19	27	29	32	1:08:47.05	13:45.41
3	Southeast Valley	74	3	8	16	22	25	28		1:09:39.05	13:55.81
4	Pocahontas Area	77	13	14	15	17	18	21	24	1:10:39.45	14:07.89
5	Ridge View	94	6	7	20	30	31			1:18:06.59	15:37.32

Middle School Boys Individual Results

Place	Athlete	Team	Time	Points
1	engeleman, trey	Alta-Aurelia	11:48.00	1
2	meyer, teagan	Alta-Aurelia	12:09.49	2
3	Lachelt, Quinn	Manson North	12:14.51	
4	Garcia, Parker	Southeast Valley	12:14.91	3
5	Englin, Ben	South Centra	12:18.64	
6	Christian, Connor	Sioux Centra	12:21.98	
7	Jacobson, Cade	Emmetsburg	12:25.35	4
8	brechwald, tate	Alta-Aurelia	12:33.58	5
9	Morton, Gavin	Sioux Centra	12:35.68	
10	Henderson, Jack	Ridge View H	13:03.77	6
11	Coleman, Jesse	Ridge View H	13:06.53	7
12	Grandfield, Rhett	Southeast Valley	13:06.93	8
13	Janssen, Isaac	Emmetsburg	13:09.18	9
14	Kueny, Jacob	Sioux Centra	13:10.78	
15	Frields, Jacob	Emmetsburg	13:15.53	10
16	mccoy, preston	Alta-Aurelia	13:19.37	11
17	chase, brian	Alta-Aurelia	13:27.72	12
18	Oswald, Cael	Manson North	13:30.59	
19	Bailey, Tyse	Pocahontas Area	13:42.20	13
20	Rutherford, Kolby	Pocahontas Area	13:46.06	14
21	Spooner, Preston	Pocahontas Area	14:14.01	15
22	Graham, Kannon	Manson North	14:14.23	
23	Suchan, Carson	Southeast Valley	14:14.50	16
24	Burke, Andrew	Pocahontas Area	14:26.87	17
25	Axman, Adam	Pocahontas Area	14:30.31	18
26	DeWitt, Russell	South Centra	14:30.86	
27	Laubenthal, Alex	Emmetsburg	14:40.02	19
28	Todd, Ben	Ridge View H	14:44.66	20
29	Ricke, Joseph	Pocahontas Area	14:52.91	21
30	Mohr, Gabe	Southeast Valley	14:53.92	22
31	aronson, collin	Alta-Aurelia	14:58.07	23
32	Fritz, Reed	Pocahontas Area	15:06.92	24
33	Hanson, Sam	Southeast Valley	15:08.79	25
34	carlson, simon	Alta-Aurelia	15:11.20	26

35	hussey, kile	Alta-Aurelia	15:13.78	
36	kraemer, lane	Alta-Aurelia	15:16.35	
37	Morlock, Jonah	Emmetsburg	15:16.97	27
38	Frerk, Tanner	Pocahontas Area	15:24.95	
39	Stapp, Logan	Southeast Valley	15:39.17	28
40	Ferguson, Jake	Pocahontas Area	15:58.18	
41	Calmer, Caleb	Manson North	16:03.22	
42	Ernst, Bobbi	Pocahontas Area	16:15.77	
43	Ehlers, Clayton	Sioux Centra	16:47.98	
44	Hull, Josh	Pocahontas Area	16:49.96	
45	Boevers, Ryerson	Emmetsburg	16:57.74	29
46	Henderson, Abraham	Ridge View H	18:26.37	30
47	Blum, Logan	Ridge View H	18:45.26	31
48	Lowman, Jackson	Emmetsburg	21:37.81	32
49	seaver, jayden	Alta-Aurelia	22:11.68	

Alta-Aurelia CC Results @ Poky

Sat. Oct. 1st, 2016 4th Meet

<u>Varsity Girls- 57 Runners</u>					<i>Last</i>	<i>Season's</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Mile 1</i>	<i>Mile 2</i>	<i>Year</i>	<i>Best</i>
11 th	21:11	Alicia Turnquist	6:27	13:49	22:26	21:49
18 th	21:38	Alexa Fredrickson	6:43	14:11		22:18
27 th	23:28	Emily Beukelman	7:07	15:14	22:35	23:22
37 th	24:14	Jessica Flaherty	7:39	16:00	25:00	24:51
28 th	23:34	Carly Drenth	7:13	15:23	25:54	24:53
44 th	24:44	Lauren Falck	7:17	15:52	22:54	25:58

<u>JV Girls - 27 Runners</u>					<i>Last</i>	<i>Season's</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Mile 1</i>	<i>Mile 2</i>	<i>Year</i>	<i>Best</i>
12 th	25:25	Rowan Kolpin	7:44	16:30	27:18	26:07
23 rd	29:19	Hannah Loring	8:00	18:25		29:51

<u>Varsity Boys – 62 Runners</u>					<i>Last</i>	<i>Season's</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Mile 1</i>	<i>Mile 2</i>	<i>Year</i>	<i>Best</i>
14 th	18:50	Diogo Sliefert	5:45	12:20	19:53	
31 st	19:48	Michael Kueny	6:00	12:54	20:40	20:33
25 th	19:25	Conrad Falck	5:52	12:50	21:09	20:21
43 rd	20:37	Argenis Marcos	6:18	13:33		21:29
49 th	21:03	Jaden Henrichs	6:26	13:53	21:03	21:49
51 st	21:23	Tyler Gaes	6:33	14:14	23:30	23:14

<u>JV - 38 Runners</u>					<i>Last</i>	<i>Season's</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Mile 1</i>	<i>Mile 2</i>	<i>Year</i>	<i>Best</i>
21 st	23:03	Schade Larson	7:32	15:39		23:35
24 th	23:20	Colin Loring	7:25	15:57		24:13
32 nd	24:42	Matthew Edwards	7:34	16:20		27:37
33 rd	26:12	Aidan Freese	8:20	17:17		28:42

<u>Varsity Girls</u>	<u>Varsity Boys</u>	<u>10 Teams</u>
23 PAC	68 Emmetsburg	
35 Emmettsburg	81 SCC	
86 SCC	96 S. Central	
114 Alta-Aurelia	112 SE Valley	
130 Ridgeview	112 NWW	
161 SE Valley	139 PAC	
188 S. Central	160 Alta-Aurelia	
INC E. Sac	184 Ridgeview	
INC Manson NWW	194 West Bend Mallard	
INC West bend Mallard	INC E. Sac	

Coach's Comments" It appears that our last 2 weeks of training are paying off as nearly everyone ran a season's best. Conrad Falk and Carly Drenth were 2nd and 4th on their team which was the highest finish for them. Alicia Turnquist ran a career best and marked the fastest time by an Alta-Aurelia Girls in the 2 year history of the 5K distance for girls. Freshmen, Diogo Sliefert continues to lead on the boy's team cracking into the 18 minute category. The 4th place finish from our girls is a little misleading in that the first 3 teams toady are ranked 2nd, 5th and 15th in 2A. We will keep working hard as we enter the last third of the season. Outstanding performer awards this meet go to Carly Drenth and Matthew Edwards.