

Valley Southwoods School West Des Moines, IA**Results - XC Meet****Event 1 2000 Meter Run CC 8 & Under Division Girls**

Name	Year Team	Finals	Points
Results - Women			
1	6 Bergman, Greta	08 Westside	8:48.45
2	7 McCann, Sadie	08 Westside	9:18.58
3	5 Thomas, Emmalyn	09 Unattached,Boone	9:55.92
4	1 Curry, Amelia	08 Johnston	10:45.97
5	4 Hansen, Tessa	11 Lynx Track	12:10.60
6	2 Weeks, Peyton	09 Johnston	14:14.14
7	3 Esper, Zowie	09 Lynx Track	16:17.58

Event 2 2000 Meter Run CC 8 & Under Division Boys

Name	Year Team	Finals	Points
Results - Men			
1	25 McLaughlin, Brando	08 Westside	8:20.47
2	28 Callahan, Justin	08 Lynx Track	8:33.93
3	23 Miller, Lincoln	09 Westside	8:36.42
4	26 Helmers, George	09 Ames All American	8:41.82
5	24 McLaughlin, Joseph	08 Westside	8:47.17
6	16 Osterloh, Lane	08 Johnston	8:56.24
7	27 Johnson, Graham	09 Westside	9:05.76
8	17 Olmstead, Jackson	08 Lynx Track	9:11.07
9	19 Gatton, Adam	08 Johnston	9:16.30
10	22 Sellers, Samson	09 Johnston	9:28.64
11	21 Mizer, Julian	08 Westside	9:49.45
12	15 Canton, Briggs	10 IA Speed	10:27.11
13	18 Hansen, Dane	09 Lynx Track	10:53.60
14	20 Luttrell, Remingto	10 Johnston	14:10.77

Event 3 3k Run CC 9-10 Division Girls

Name	Year Team	Finals	Points
Results - Women			
1	39 Turk, Marley	06 Ames All American	13:09.24
2	40 Helmers, Claire	06 Ames All American	13:17.60
3	41 Holt, Anne	07 Unattached,Waukee	13:55.17
4	33 Fisher, Laila	07 Mvp Track and Field	14:12.38
5	38 Hess, Keirra	06 IA Speed	14:14.44
6	31 Canton, Bridget	06 IA Speed	14:20.57
7	37 Driesen, Alayne	07 Westside	15:01.41
8	30 Bradley, Lani	06 Johnston	15:50.15
9	34 Craven, Kenzie	07 Johnston	16:11.85
10	42 Holt, Mille	07 Unattached,Waukee	19:18.55
11	36 Locke, Hailey	06 Westside	20:27.80
12	32 Hansen, Mia	07 Lynx Track	20:30.34
13	35 Rumsey, Libby	06 Johnston	23:15.98

Event 4 3k Run CC 9-10 Division Boys

Name	Year Team	Finals	Points
Results - Men			
1	69 Every, Ben	06 DCG	11:38.84

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....Event 4 3k Run CC 9-10 Division Boys

2	269 Fink, Henry	06 Unattached,Des Moin	11:54.17
3	272 Owen, Jon	06 Westside	11:59.43
4	65 Croatt, Kellan	07 Westside	12:26.98
5	52 Beck, Tyler	06 IA Speed	12:29.22
6	64 Mizer, Payton	06 Westside	12:38.51
7	270 Every, Jack	06 DCG	12:47.94
8	68 Williams, Geoffrey	07 Unattached,Ames	12:58.15
9	53 Truman, Ethan	07 IA Speed	13:14.48
10	268 Pries, Alex	06 Westside	13:39.27
11	54 Postel, Brett	07 Johnston	13:43.29
12	273 Madsen, Jacob	07 IA Speed	13:50.47
13	50 Barber, Ben	06 Johnston	13:54.50
14	66 Lenkaitis, Zachary	07 Ames All American	14:04.98
15	55 Wardell, Nathan	07 Lynx Track	14:26.78
16	61 Olney, Colin	06 IA Speed	14:57.26
17	51 Foster, Levi	07 Johnston	15:00.64
18	266 Holt, Abe	07 Unattached,Waukee	15:08.89
19	67 Goodnight, Gavin	07 Johnston	15:16.60
20	60 Evans, Kyle	06 IA Speed	16:28.22
21	63 Williams, Logan	07 Johnston	17:29.81
22	56 Potter, Luke	06 Lynx Track	18:10.08
23	62 Huffaker, Toby	06 Johnston	18:59.13
24	271 McKay, Zachary	07 Ames All American	19:09.93
25	58 Moore, Brayden	06 Lynx Track	19:19.74
26	59 Lawrence, Quin	06 IA Speed	21:02.86

Event 5 3k Run CC 11-12 Division Girls

Name	Year Team	Finals	Points
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Results - Women

1	247 Birchmier, Ava	05 Jaguar Running Club	12:28.24
2	251 Moses, Alexis	04 IA Speed	12:32.43
3	78 Hollander, Madelin	04 Westside	12:33.36
4	75 Carder, Ava	04 Waukee Warriors	12:43.45
5	80 Vanderpool, Sophie	04 Lynx Track	13:09.82
6	70 Kooker, Cohen	05 Westside	13:24.76
7	74 Hahn, Abi	04 Unattached,Des Moin	13:39.11
8	249 Gisvold, Ruby	05 Johnston	13:43.32
9	256 McFetridge, Ivy	05 Unattached,Des Moin	13:57.48
10	82 Craven, Sami	05 Johnston	13:58.25
11	250 Driesen, Julie	04 Westside	13:58.33
12	84 Butler, Erica	04 Johnston	13:59.62
13	72 Ortega, Jasmine	04 IA Speed	14:07.56
14	245 Dahlen, Lily	05 Westside	14:13.07
15	252 Dohrman, Olivia	04 Warriors	14:14.99
16	83 Ouellette, Halle	04 Unattached,Ankeny	14:15.73
17	77 Peters, Erica	04 Jaguar Running Club	14:21.50
18	81 Jaeger, Beth	04 IA Speed	14:25.65
19	73 Gano, Lauren	05 Johnston	14:33.02
20	71 Dukle, Mia	04 Westside	14:35.83
21	248 Derr, Emma	05 Westside	14:40.65
22	254 Trygstad, Cali	05 Westside	14:41.38
23	79 Hansen, Ella	05 Lynx Track	14:50.81
24	246 Schwartz, Annie	05 IA Speed	14:52.84
25	255 Rhode, Leah	04 Dowling Track Club	17:17.90

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....Event 5 3k Run CC 11-12 Division Girls

26	253 Pierson, Ann	05 Dowling Track Club	17:21.07
27	76 DeWaay, Lydia	05 Westside	18:14.18
28	230 Grimaldi, Nadia	05 Johnston	19:44.43

Event 6 3k Run CC 11-12 Division Boys

Name	Year Team	Finals	Points
Results - Men			
1	96 Williams, Jonathan	05 Unattached,Ames	11:40.98
2	86 Coffey, Barrett	04 IA Speed	11:51.85
3	87 Lauman, Chase	04 Unattached	11:53.59
4	276 Grant, Harrison	05 Dowling Track Club	12:13.46
5	267 Ford, Will	04 Unattached,Polk Cit	12:16.44
6	278 Ode, Jackson	04 Dowling Track Club	12:21.84
7	279 Skahill, Jackson	04 Westside	12:25.07
8	280 Johnson, Spencer	05 Westside	12:27.31
9	85 Boettger, Jude	04 Westside	13:08.23
10	90 Fogarty, Connor	04 Westside	13:18.07
11	94 Wear, Alex	05 Johnston	13:29.49
12	99 Holt, Evan	04 Dowling Track Club	13:41.47
13	89 Potter, Eli	04 Lynx Track	13:53.58
14	274 Fox, Johnny	04 Dowling Track Club	13:56.98
15	265 Ellis, Anthony	05 Westside	14:03.04
16	93 Graham, Peter	05 Westside	14:04.92
17	91 Strahorn, Adam	04 Johnston	14:11.11
18	281 Blakeslee, Bennett	05 Unattached,Ankeny	14:13.55
19	88 Meyer, Jack	05 Johnston	14:16.38
20	97 Wiese, Cooper	05 Westside	14:17.52
21	95 Hedrick, Drew	04 Westside	14:38.93
22	100 Lawler, John	05 Dowling Track Club	14:48.32
23	277 Wilwerding, Joe	05 Dowling Track Club	14:54.22
24	98 Kleis, Corbin	05 Johnston	15:03.22
25	282 Brennan, Henry	05 Unattached,Ankeny	15:03.87
26	283 Kerkhoff, Jackson	04 Dowling Track Club	15:38.53
27	92 Lesko, Brennan	05 Jaguar Running Club	15:48.98
28	275 Straun, Matthew	04 Dowling Track Club	16:28.20

Event 7 4k Run CC 13-14 Division Girls

Name	Year Team	Finals	Points
Results - Women			
1	227 Keeney, Ashly	03 IA Speed	14:50.51
2	226 Meyer, Laurdyn	03 Unattached,Cedar Ra	16:02.99
3	231 Conway, Kiersten	03 IA Speed	16:55.86
4	228 Kruse, Annika	03 IA Speed	17:11.50
5	229 Froerer, Meredith	03 Westside	18:38.11

Event 8 4k Run CC 13-14 Division Boys

Name	Year Team	Finals	Points
Results - Men			
1	290 Canton, Bryson	03 IA Speed	14:17.81
2	293 Ruby, Kyle	03 Unattached,Urbandal	14:47.79

**Valley Southwoods School West Des Moines, IA
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....Event 8 4k Run CC 13-14 Division Boys

3	294 Arce, Nick	03 Unattached,Ames	15:10.31
4	292 Vanderpool, Sam	03 Lynx Track	15:18.53
5	295 Holt, Max	03 Unattached,Waukee	15:35.31
6	286 Keeney, Ethan	03 IA Speed	16:19.49
7	287 Keeney, Gavin	03 IA Speed	16:40.67
8	291 Holmes, Cooper	03 Unattached,Urbandal	17:16.56
9	296 Hansen, Thomas	03 Westside	17:21.66
10	288 Phillips, Andrew	03 Unattached,Clive	17:35.66
11	289 Dolberg, Ty	03 Mvp Track and Field	21:44.44
12	285 Gaunt, Ian	03 Westside	24:57.49

Event 9 4k Run CC 15-16 Division Girls

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Name	Year	Team	Finals Points
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Results - Women			
1	284	Wolfs, Tayler	01 IA Speed 17:38.22