

Valley Southwoods School West Des Moines, IA
Results - XC Meet

2000 Meter Run CC 8 & Under Division Girls

Name	Yr	Team	Finals	Points
Results - Women				
1 McCann, Sadie	09	Westside,West Des Moines	9:11.00	
2 Stanley, Emma	09	Ames All American,Ames	9:34.05	
3 Back, Mallory	10	Unattached, Van Meter	11:20.97	
4 Granger, Kailey	09	Johnston Running Club	11:24.25	
5 Danielson, Erica	11	Unattached,Winterset	12:27.98	
6 Nesbit, Madison	11	Ankeny	12:34.62	
7 Madsen, Isabel	11	IA Speed,North Liberty	12:37.84	
8 McGinn, Ava	10	Johnston Running Club	12:38.98	
--- McCann, Grace	11	Westside,West Des Moines	DNF	

3k Run CC 9-10 Division Girls

Name	Yr	Team	Finals	H#	Points
Results - Women					
1 Bergman, Greta	07	West Side Track Club	12:51.46	1	
2 Woodley, Alyx	08	Johnston Running Club	13:23.35	1	
3 Fisher, Laila	07	Mvp Track and Field,Des Moines	13:32.85	1	
4 Nesbit, Olivia	07	Ankeny	13:56.98	1	
5 Hanks, Gabie	07	Tiger,Cedar Falls	14:08.50	1	
6 Reuter, Raegan	08	Waukee Warriors	14:36.88	1	
7 Carter, Tierney	08	Unattached	14:42.48	1	
8 Eure, Veronica	08	West Side Track Club	14:44.12	1	
9 Evans, Siena	08	Unattached,Winterset	15:56.36	1	
10 Craven, Kenzie	07	Johnston Running Club	15:59.77	1	
11 Reena, Emma	07	Ankeny	16:09.93	2	
12 VanderWiede, Angela	07	West Side Track Club	16:24.20	2	
13 Semrow, Emma	08	Ankeny	16:38.06	2	
14 Biehn, Evelyn	07	Ames All American	17:15.36	2	
15 Curry, Mia	08	Johnston Running Club	17:27.84	2	
16 Drosiekis, Abby	07	Ankeny,Ankeny	17:36.61	2	
17 Back, Morgan	07	Unattached, Van Meter	18:14.03	2	
18 Niksic, Nadia	07	Johnston Running Club	19:07.08	2	
19 Williams, Avryana	08	Ankeny	20:06.67	2	

3k Run CC 11-12 Division Girls

Name	Yr	Team	Finals	H#	Points
Results - Women					
1 Birchmeier, Ava	05	Unattached	11:59.81	1	
2 Judas, Taylor	05	Unattached,Urbandale	12:05.30	1	
3 Crraven, Sami	05	Johnston Running Club	12:07.24	1	
4 Helmers, Claire	06	Ames All American	12:56.72	1	
5 Kooker, Cohen	05	West Side Track Club,Des Moine	13:14.90	1	
6 Turk, Marley	06	Ames All American	13:19.04	1	
7 Verde, Olivia	06	Johnston Running Club	13:21.32	1	
8 Trygstad, Cali	05	West Side Track Club	13:35.92	1	
9 Hess, Keirra	06	Iowa Speed Track Club	13:39.74	1	
10 Canton, Bridget	06	IA Speed,North Liberty	13:49.89	1	
11 Hildebrand, Asta	06	IA Speed,North Liberty	13:57.54	2	
12 Johnson, Shea	06	Johnston Running Club,Johnston	13:58.65	2	
13 Thornton, Ava	05	Johnston Running Club,Johnston	14:07.77	2	

Valley Southwoods School West Des Moines, IA**Results - XC Meet****Results - Women ... (3k Run CC 11-12 Division Girls)**

Name	Yr	Team	Finals	H#	Points
14 Webb, Isabella	05	Waukee Warriors	14:10.30	2	
15 Schwartz, Annie	05	Iowa Speed Track Club	14:13.14	2	
16 Lensch, Ava	05	Ankeny	14:18.00	2	
17 Francis, Brooklyn	05	Tiger,Cedar Falls	14:33.43	2	
18 Rounds, Ava	05	Ankeny	14:34.54	2	
19 Arce, Isabelle	06	Ames All American	14:39.09	2	
20 Brown, Abi	05	Ankeny	15:08.36	2	
21 Peck, Anja	06	Ankeny	15:19.56	3	
22 Bartley, Lanni	06	Johnston Running Club	15:36.15	3	
23 Miner, Claire	06	Johnston Running Club	15:47.44	3	
24 Schipper, Ashley	05	Tiger,Parkersburg	16:21.10	3	
25 Meyer, Aubrey	06	Iowa Speed Track Club,Coralville	16:29.95	3	
26 Ferrel, Penelope	05	Tiger,Cedar Falls	17:50.40	3	
27 Sadler, Julia	05	Waukee Warriors,West Des Moines	18:04.04	3	
28 Freeman, Rose	06	Johnston Running Club,Urbandal	18:09.85	3	

4k Run CC 13-14 Division Girls

Name	Yr	Team	Finals	Points
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Results - Women

1 Keeney, Ashlyn	03	Iowa Speed Track Club	14:33.85	
2 Roach, Ella	03	Unattached,Oskaloosa	18:04.82	
3 Carter, Adi	04	Unattached	18:15.26	
4 Ortega, Jasmine	04	Iowa Speed Track Club	18:18.01	
5 Ouellette, Halle	04	Ankeny	21:37.08	
6 Hauch, Emily	04	Ankeny	24:16.39	

2000 Meter Run CC 8 & Under Division Boys

Name	Yr	Team	Finals	H#	Points
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Results - Men

1 Hildebrand, Lars	09	IA Speed,North Liberty	8:25.65	1	
2 Olmstead, Jackson	09	Lynx Youth Track Club,Webser C	8:58.22	1	
3 Croatt, Lennox	11	Unattached,Urbandale	9:29.01	1	
4 Trujillo, Raef	09	Unattached,Altoona	9:38.73	1	
5 Canton, Briggs	10	IA Speed,North Liberty	9:49.19	1	
6 Lawrence, Cade	11	Tiger,Cedar Falls	9:57.67	1	
7 Luttrell, Remington	10	Johnston Running Club,Urbandal	10:44.54	1	
8 Minkenaar, Treyton	11	Unattached,Norwalk	10:45.72	1	
9 York, Cooper	09	Johnston Running Club	10:46.68	1	
10 Canton, Brock	12	IA Speed,North Liberty	11:05.38	1	
11 Rulli, Thomas	10	Johnston Running Club,Urbandal	17:32.51	2	

3k Run CC 9-10 Division Boys

Name	Yr	Team	Finals	H#	Points
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Results - Men

1 Merrick, Jaden	07	Iowa Speed Track Club,Cedar Fal	11:03.31	1	
2 Truman, Ethan	07	Iowa Speed Track Club	12:02.13	1	
3 Croatt, Kellan	07	West Side Track Club	12:13.28	1	
4 Madsen, Jacob	07	IA Speed,North Liberty	12:26.16	1	
5 LenKaitis, Zachery	07	Ames All American	12:37.53	1	
6 McLaughlin, Joseph	08	Westside,West Des Moines	12:38.93	1	
7 McLaughlin, Brandon	08	Westside,West Des Moines	12:46.65	1	

Valley Southwoods School West Des Moines, IA**Results - XC Meet****Results - Men ... (3k Run CC 9-10 Division Boys)**

Name	Yr	Team	Finals	H#	Points
8 Postel, Brett	07	Johnston Running Club	12:50.70	1	
9 Dennaey, Reece	08	West Side Track Club	12:56.07	4	
10 Miller, Cade	07	Westside, West Des Moines	13:15.46	1	
11 Kron, Brant	07	Westside, West Des Moines	13:23.00	1	
12 Laug, Harrison	07	Ames All American	13:31.86	2	
13 Bell, Owen	08	Tiger Track & Cross Country, Huc	13:33.99	2	
14 Castillo, Ariel	07	Ames All American	13:35.64	2	
15 Reaunu, Andrew	07	Ankeny	13:40.58	2	
16 Caskey, Chasen	08	Iowa Speed Track Club	13:41.49	2	
17 Gatton, Kaden	08	Johnston Running Club	13:42.73	2	
18 Hoskins, Carter	08	West Side Track Club	13:52.22	2	
19 Barber, Owen	07	Johnston Running Club, Johnston	13:52.98	2	
20 Osterloh, Lane	08	West Side Track Club, Norwalk	13:53.81	2	
21 Sadow, Samuel	07	Ames All American	13:54.30	2	
22 Hinrichs, Noah	07	West Side Track Club	14:20.51	3	
23 Allen, Harrison	08	Unattached, West Des Moines	14:22.67	3	
24 Nesbit, William	08	Ankeny	14:29.74	3	
25 Foster, Levi	07	Ankeny, Ankeny	14:34.15	3	
26 Tuylis, Kellen	07	West Side Track Club	14:36.53	3	
27 Riley, Zach	07	Ankeny	15:07.46	3	
28 Williams, Logan	07	Johnston Running Club	15:15.86	3	
29 Wardell, Nathan	07	Lynx Youth Track Club	15:29.64	3	
30 Pattinson, Bock	07	Johnston Running Club	15:35.20	4	
31 Wey, Adam	08	Johnston Running Club, Johnston	15:44.19	3	
32 Heslinga, Max	08	Unattached, West Des Moines	15:47.35	3	
33 Goodnight, Gavil	07	Johnston Running Club	15:48.41	4	
34 Anderson, Erik	07	Ames All American, Ames	16:28.86	4	
35 Jones, Jude	08	Ames All American, Huxley	16:42.56	4	
36 Goodpaster, Zane	07	Lynx Youth Track Club	17:00.68	4	
37 Carleton, Spencer	07	Ankeny	17:13.07	4	
38 Smith, Nicholas	07	Ankeny, Ankeny	18:14.93	4	
39 Coleman, Nicholas	07	Johnston Running Club, Johnston	19:03.71	4	

3k Run CC 11-12 Division Boys

Name	Yr	Team	Finals	H#	Points
Results - Men					
1 Bergman, Jack	06	West Side Track Club	11:38.33	1	
2 Walter, Jonathan	05	Ankeny	11:55.66	1	
3 Owen, Jonathan	06	West Side Track Club	11:57.09	1	
4 Every, Ben	06	Unattached, Grimes	12:16.63	1	
5 Every, Jack	06	Unattached, Grimes	12:25.24	1	
6 Mizer, Payton	06	Westside, West Des Moines	12:26.97	1	
7 Brown, Adrian	06	Johnston Running Club	12:29.35	1	
8 Goodwin, Jack	06	Ankeny	12:39.16	1	
9 Klinkenborg, Cael	05	Unattached, Clive	12:57.10	1	
10 Trujillo, Ryan	05	Unattached, Altoon	13:01.49	1	
11 Houg, Collin	05	Johnston Running Club	13:10.30	2	
12 Biehn, Isaac	05	Ames All American	13:14.03	2	
13 Hurley, Ian	05	Johnston Running Club	13:16.88	2	
14 McDonald, Connor	05	Johnston Running Club	13:25.14	2	
15 Koch, Weston	06	Iowa Speed Track Club	13:31.25	2	

Valley Southwoods School West Des Moines, IA**Results - XC Meet****Results - Men ... (3k Run CC 11-12 Division Boys)**

Name	Yr	Team	Finals	H#	Points
16 McLaughlin, JJ	05	Johnston Running Club	13:39.19	2	
17 Blakeslee, Bennett	05	Ankeny	13:40.66	2	
18 Reunah, Will	05	Ankeny	13:51.06	2	
19 Gantala, Vibu	05	Ankeny	14:01.62	2	
20 Baker, Alexander	06	Unattached,Urbandale	14:07.38	2	
21 Schermerhorn, AJ	05	Ankeny	14:08.76	3	
22 Barber, Ben	06	Johnston Running Club,Johnston	14:21.66	3	
23 O'Hair, Sam	06	Tiger,Cedar Falls	14:56.24	3	
24 Halloran, Hudson	06	Tiger Track & Cross Country	15:06.58	3	
25 Athony, TJ	06	Johnston Running Club	15:07.20	3	
26 Merfeld, Kayden	06	West Side Track Club	15:18.49	3	
27 Moore, Brayden	06	Lynx Youth Track Club,Williams	15:19.38	3	
28 Dow, Quinn	06	Ankeny	15:30.53	3	
29 Olney, Clin	06	Iowa Speed Track Club	15:37.34	3	
30 Kleis, Corbin	05	Johnston Running Club	15:50.22	3	
31 Schafer, Adam	06	Ankeny	16:36.13	4	
32 Young, Kiki	05	Lynx Youth Track Club	18:28.35	4	
33 Parenza, Frank	05	Johnston Running Club,Urbandal	19:03.59	4	
34 Seda, Jack	06	Johnston Running Club	20:36.76	4	

4k Run CC 13-14 Division Boys

Name	Yr	Team	Finals	Points
Results - Men				
1 Canton, Bryson	03	IA Speed,North Liberty	14:27.93	
2 Keeney, Gavin	03	Iowa Speed Track Club	16:19.09	
3 Keeney, Ethan	03	Iowa Speed Track Club	17:27.27	
4 Leonard, William	03	Unattached,Oskaloosa	17:40.25	
5 Tokheim, Ben	04	Johnston Running Club	23:02.24	
6 Felgate, Trevor	04	Westside,West Des Moines	23:59.43	