

# IOWA HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS

Fort Dodge, IA

Lakeside Golf Course

10/28/2022 - 10/29/2022



OFFICIAL MEET REPORT

printed: 10/25/2024 8:53 AM

## EVENT ENTRIES

### #4 Class 4A Boys 5000M

#	Name	Yr	Team
402	Jax Alvarez	SO	Ames
403	Andrew Anderson	JR	Ames
404	Brennen Bhavé	SR	Ames
405	Isaiah Knight	SR	Ames
406	Zach Lenkaitis	SR	Ames
407	Jonah Mittman	JR	Ames
408	Damion Winkler	SR	Ames
409	Brett Augustine	JR	Ankeny
410	Tate Brownsberger	SR	Ankeny
411	Jackson Kaiser	JR	Ankeny
412	Justice Rathje	SR	Ankeny
413	Nick Robie	JR	Ankeny
414	Isaiah Smith	JR	Ankeny
415	Ethan Zuber	SR	Ankeny
416	Cohen Moll	JR	Ankeny Centennial
417	Brayden Vander Wilt	SR	Ankeny Centennial
418	Dawson Allen	FR	Bettendorf
419	Dylan Berg	SO	Bettendorf
420	Andrew Heden	SO	Bettendorf
421	Ryan Heden	SR	Bettendorf
422	Caleb Rankin	SR	Bettendorf
423	Liam Rehnberg	JR	Bettendorf
424	AJ Willey	JR	Bettendorf
425	Kieran DeGroote	SR	Cedar Falls
426	John Ferguson	SR	Cedar Falls
427	Brennen Hoyer	JR	Cedar Falls
428	Connor Martin	SR	Cedar Falls
429	Jaden Merrick	JR	Cedar Falls
430	Charlie Wiering	JR	Cedar Falls
431	Dominic Williams	SO	Cedar Falls
432	Slader Buckheister	JR	Cedar Rapids Kennedy
433	Adam Gray	JR	Cedar Rapids Kennedy
434	Elias Arbuckle	SR	Dallas Center-Grimes
435	Carson Ibeling	SR	Dallas Center-Grimes
436	Graham Ibeling	SO	Dallas Center-Grimes
437	Noah Kerndt	FR	Dallas Center-Grimes
438	Jack Meggison	SO	Dallas Center-Grimes
439	Sam Mora	SR	Dallas Center-Grimes
440	Cael Ramsey	JR	Dallas Center-Grimes
441	Tyler Ryan	SR	Davenport Central
442	Zack Ryan	SO	Davenport Central
443	JC Nuci	SO	Davenport North
444	Owen Marett	SR	Des Moines Roosevelt
445	Brody Burr	SR	Dowling Catholic West
446	Jan Luka Castillo-Mora	SR	Dowling Catholic West
447	Charlie Deick	SO	Dowling Catholic West

### #4 Class 4A Boys 5000M (cont'd)

#	Name	Yr	Team
448	Jack Flori	SR	Dowling Catholic West
449	Nicholas Paulsen	JR	Dowling Catholic West
450	William Tice	SO	Dowling Catholic West
451	Owen Wolfe	SR	Dowling Catholic West
452	Micah Fern	JR	Dubuque Hempstead
453	Jacob Haug	SR	Dubuque Senior
454	Danny Rothert	SR	Dubuque Senior
455	Samuel Appel	SO	Indianola
456	Kiefer Barnes	JR	Indianola
457	Paxton Bloom	JR	Indianola
458	Reed Robbins	JR	Indianola
459	Jake Robidoux	FR	Indianola
460	Isaiah Thomsen	SO	Indianola
461	Owen Welling	SO	Indianola
462	George Karr	SR	Iowa City City High
463	Max McDowell	JR	Iowa City City High
464	Linus McRoberts	JR	Iowa City City High
465	Emmett Palmberg	SO	Iowa City City High
466	Jarris Prottsman	JR	Iowa City City High
467	David Randall	SO	Iowa City City High
468	Adam Schaefer	SR	Iowa City City High
469	Tayson Cho	SO	Iowa City Liberty
470	Keegan Decker	SO	Iowa City Liberty
471	Colin Finch	SO	Iowa City Liberty
472	Noah Gregoire	SR	Iowa City Liberty
473	Lars Hildebrand	SO	Iowa City Liberty
474	Jacob Madsen	SR	Iowa City Liberty
475	Yuma Squires	JR	Iowa City Liberty
476	Michael Hanna	FR	Iowa City West
477	Moustafa Tia	SR	Iowa City West
478	Jack Crossland	SO	Johnston
479	Luka Felbapov	JR	Johnston
480	Carter Gearhart	SR	Johnston
481	Garrett Ness	SR	Johnston
482	Tay Ohr-Rottler	JR	Johnston
483	Noah Reese	SR	Johnston
484	Holden Schug	SR	Johnston
485	Marshall Arkfeld	SR	Lewis Central
486	Kevin Coots	JR	Lewis Central
487	Evan Lillie	FR	Lewis Central
488	Ethan Boston	SR	Linn-Mar Marion
489	Ethan Cheney	JR	Linn-Mar Marion
490	Myles Goldman	JR	Marshalltown
491	Parker Gooding	SR	Marshalltown
492	Preston Johnson	SO	Marshalltown
493	John Moellers	SR	Marshalltown

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#	Name	Yr	Team
494	Carter Nunn	JR	Marshalltown
495	Caleb Rasmussen	JR	Marshalltown
496	Carson Wright	JR	Marshalltown
497	Henry Hansen	SO	Mason City
498	Tony Anania	SR	Norwalk
499	Aksel Beedon	SO	Norwalk
500	Henry Groos	SR	Norwalk
501	Teegan Kralik	JR	Norwalk
502	Corbin Oswald	SR	Norwalk
503	Sam Parker	JR	Norwalk
504	Grant Wallace	SR	Norwalk
505	Cameron Gotto	SR	Pleasant Valley
506	Jack Perry	SR	Pleasant Valley
507	Bennett Allred	SR	Prairie Cedar Rapids
508	Cole Carrizales	SO	Prairie Cedar Rapids
509	Kyle Johnson	JR	Prairie Cedar Rapids
510	Sammy Lange	SO	Prairie Cedar Rapids
511	Easton Mai	SR	Prairie Cedar Rapids
512	Owen Miller	JR	Prairie Cedar Rapids
513	Carter Mulford	SR	Prairie Cedar Rapids
514	Kuma Gutema	FR	Sioux City North
515	Brock Johnson	SR	Southeast Polk
516	Sidney Shide	SR	Urbandale
517	Blake Smith	SR	Urbandale
518	Jonathan Owen	SR	Valley West Des Moines
519	Harry Abbott	JR	Waukee
520	Dashiell Coyier	SR	Waukee
521	Joseph Lawry	SR	Waukee
522	Ben Peterson	SO	Waukee
523	Jonas VanDis	SR	Waukee
524	Braden Walters	SR	Waukee
525	Nick Wellet	SR	Waukee
526	Kellan Croatt	SR	Waukee Northwest
527	Ayden Gabrielson	JR	Waukee Northwest
528	Zack Janulewicz	SR	Waukee Northwest
529	Adam Ruehling	JR	Waukee Northwest
530	Zak Shlomi	JR	Waukee Northwest
531	Kellen Tuyls	JR	Waukee Northwest
532	Roy Verastegui	JR	Waukee Northwest

### #3 Class 4A Girls 5000M

#	Name	Yr	Team
272	Ophelia Harrelson	FR	Ames
273	Claire Helmers	SR	Ames
274	Leah Kincaid	SO	Ames
275	Caroline Krug	SO	Ames
276	Lauren Risdal	SR	Ames
277	Isabella Schmidt	SO	Ames
278	Emma Stanley	SO	Ames
279	Drew Beason	SR	Ankeny
280	Sophia Graber	SR	Ankeny
281	Lauren Jackson	SR	Ankeny
282	Ainsley Kiene	JR	Ankeny
283	Makenna Madetzke	JR	Ankeny
284	Reagan Prendergast	JR	Ankeny
285	Ivy Wiegand	JR	Ankeny
286	Ellie Blevins	SO	Ankeny Centennial
287	Julia Flick	SR	Ankeny Centennial
288	Bella Hodges	SR	Ankeny Centennial
289	Haley Hveem	SR	Ankeny Centennial
290	Trinity Klingensmith	FR	Ankeny Centennial
291	Anika Mohrhauser	SR	Ankeny Centennial
292	Kylee Patterson	JR	Ankeny Centennial
293	Annabelle Everding	SR	Bettendorf
294	Emersyn Fonley	SO	Cedar Falls
295	Charlee Gall	FR	Cedar Falls
296	Olivia Leehey	FR	Cedar Falls
297	Emily Meyer	SR	Cedar Falls
298	Ainsley Searfoss	FR	Cedar Falls
299	Josee Simonson	SR	Cedar Falls
300	Kate Tomlyanovich	FR	Cedar Falls
301	Maddy Adams	FR	Dallas Center-Grimes
302	Addison Dooley	JR	Dallas Center-Grimes
303	Piper Messerly	SO	Dallas Center-Grimes
304	Emily Meyers	SR	Dallas Center-Grimes
305	Jordan Meyers	SR	Dallas Center-Grimes
306	Lilly Pudenz	FR	Dallas Center-Grimes
307	Maddy Stevens	SR	Dallas Center-Grimes
308	Ellie Huebl	FR	Davenport Central
309	Olive Kaplan	FR	Davenport Central
310	Dylan Moeller	SR	Davenport Central
311	Sloane Moeller	SO	Davenport Central
312	Cameron Shumpert	JR	Davenport Central
313	Joley Sullivan	FR	Davenport Central
314	Eloise Van Howe	JR	Davenport Central
315	Tessa Bitner	SR	Des Moines Roosevelt
316	Lillian From	FR	Des Moines Roosevelt
317	Meredith Gentry	JR	Des Moines Roosevelt

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#	Name	Yr	Team
318	Ella Johnson	FR	Des Moines Roosevelt
319	Charlotte McCoy	JR	Des Moines Roosevelt
320	Emma Sherman	JR	Des Moines Roosevelt
321	Isabel Spradling	FR	Des Moines Roosevelt
322	Arianna Horras	SO	Dowling Catholic West
323	Molly O'Halloran	SR	Dowling Catholic West
324	Sadie Reinhardt	JR	Dowling Catholic West
325	Cora Volp	SO	Dowling Catholic West
326	Gracie Driscoll	SO	Dubuque Hempstead
327	Chelsea Heiberger	FR	Dubuque Hempstead
328	Evie Henneberry	SR	Dubuque Hempstead
329	Maggie Henneberry	SO	Dubuque Hempstead
330	Mylee Lange	SR	Dubuque Hempstead
331	Natalie Leitzen	SO	Dubuque Hempstead
332	Paige Pitz	SO	Dubuque Hempstead
333	Briel Bechen	JR	Dubuque Senior
334	Emma Chesterman	JR	Dubuque Senior
335	Emily Gorton	SR	Dubuque Senior
336	Claire Hoyer	SR	Dubuque Senior
337	Lise Hoyer	SO	Dubuque Senior
338	Nevaeh Kessler	JR	Dubuque Senior
339	Stella Weber	JR	Dubuque Senior
340	Jordyn Brown	SR	Indianola
341	Taylor Hoger	SR	Indianola
342	Abigail Burns	JR	Iowa City City High
343	Eliza Doster	FR	Iowa City City High
344	Calissa Fruin	FR	Iowa City City High
345	Grace Hamann	SO	Iowa City City High
346	Claire Locher	JR	Iowa City City High
347	Nicole Peterson	SR	Iowa City City High
348	Nina Peterson	SR	Iowa City City High
349	Mimi Marquardt	SR	Iowa City Liberty
350	Chelsea VeDepo	SO	Iowa City Liberty
351	Susanna Olson	SO	Iowa City West
352	Kate Van Waning	JR	Iowa City West
353	Grace Beasley	SO	Johnston
354	Payton Crabb	SO	Johnston
355	Audrey Dummermuth	JR	Johnston
356	Aubrielle Tousey	SO	Johnston
357	Ele Wharton	SO	Johnston
358	Lexie Wisham	JR	Johnston
359	Alyx Woodley	JR	Johnston
360	Delayna Reese	SO	Lewis Central
361	Hailey Kozloski	SO	Linn-Mar Marion
362	Gabby Mauren	SR	Linn-Mar Marion
363	Brogan Evans	JR	Mason City

### #3 Class 4A Girls 5000M (cont'd)

#	Name	Yr	Team
364	Janae Hansen	SR	Mason City
365	Avery Bradley	FR	Muscatine
366	Whitney Estabrook	JR	Muscatine
367	Olive DeRocher	FR	Norwalk
368	Gabby Drymon	FR	Norwalk
369	Grace Wetzeler	FR	Norwalk
370	Grace Boleyn	SR	Pleasant Valley
371	Jaylee Duncan	JR	Pleasant Valley
372	Brynn Edgin	JR	Pleasant Valley
373	Frankie Gotto	SO	Pleasant Valley
374	Vivian McCombs	SO	Pleasant Valley
375	Maddie Millage	SO	Pleasant Valley
376	Ani Wedemeyer	SR	Pleasant Valley
377	Harper Groteluschen	FR	Prairie Cedar Rapids
378	Reese Wiley	SO	Prairie Cedar Rapids
379	Contessa Guerrero-Jon	JR	Southeast Polk
380	Kate Green	JR	Valley West Des Moines
381	Finley Hancock	SR	Valley West Des Moines
382	Audrina Jones	JR	Valley West Des Moines
383	Jayde Kearney	SO	Valley West Des Moines
384	Klaire Lietz	SR	Valley West Des Moines
385	Autumn Mills	SR	Valley West Des Moines
386	Kate Vogel	JR	Valley West Des Moines
387	Nakia Olivierre	JR	Waterloo West
388	Lydia Bennett	SO	Waukee
389	Olivia Berger	SO	Waukee
390	Hayden Beyer	JR	Waukee
391	Sydney Burrier	JR	Waukee
392	Avery Driscoll	SO	Waukee
393	Michelle McConkey	JR	Waukee
394	Hannah Powers	JR	Waukee
395	Emee Dani	SO	Waukee Northwest
396	Ella Jones	FR	Waukee Northwest
397	Quinn Jorgensen	FR	Waukee Northwest
398	Addy Moffitt	SO	Waukee Northwest
399	Allison Sheriff	SO	Waukee Northwest
400	Anna Sheriff	SR	Waukee Northwest
401	Piper Vander Ley	FR	Waukee Northwest