

2024 HEART OF IOWA CONFERENCE XC MEETE

Colo, IA
 Hickory Grove Park
 Host: Nevada High School
 Monday, October 14, 2024

MEET OFFICIALS

Meet Director:
 Dustin Smith
Timing:
 B&W Racing Services LLC



OFFICIAL MEET REPORT
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Race #4
High School Girls

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 PCM Monroe	56	6-9-11-12-18(20)(23)	1:48:26	21:42	1:20.3
2 Roland-Story Story City	60	5-7-10-17-21(22)(27)	1:48:15	21:39	1:43.1
3 Nevada	70	8-13-14-16-19(38)(41)	1:50:06	22:02	1:00.2
4 Grand View Christian Scho	91	2-4-26-29-30(31)(35)	1:50:16	22:04	3:27.5
5 West Marshall State Center	103	1-3-32-33-34(37)(39)	1:51:45	22:21	4:04.1
6 South Hamilton Jewell	146	15-25-28-36-42(44)(45)	1:59:01	23:49	3:41.0
7 Greene County	200	24-40-43-46-47	2:13:02	26:37	6:55.2
DNP Saydel					
DNP Perry					

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 ELDRIDGE, Dalaney	FR	West Marshall State	1	19:53.0	--	6:23.6	3:58.6
2 IVES, Lydia	JR	Grand View Christia	2	20:01.4	8.4	6:26.3	4:00.3
3 THOMPSON, Addie	JR	West Marshall State	3	20:12.0	18.0	6:29.7	4:02.4
4 PARLEE, Lydia	JR	Grand View Christia	4	20:21.0	27.0	6:32.6	4:04.2
5 MYERS, Lily	SO	Perry	-	20:30.1	37.1	6:35.5	4:06.0
6 TRUESDELL, Claire	SR	Roland-Story Story	5	20:42.8	49.8	6:39.6	4:08.6
7 MILANI, Lila	SO	PCM Monroe	6	21:01.5	1:08.5	6:45.6	4:12.3
8 BATES, Sophie	FR	Roland-Story Story	7	21:22.5	1:29.5	6:52.4	4:16.5
9 BETTING, Alexa	JR	Nevada	8	21:23.8	1:30.8	6:52.8	4:16.8
10 DERAAD, Darby	FR	PCM Monroe	9	21:25.8	1:32.8	6:53.4	4:17.2
11 PATTERSON, Kara	SO	Roland-Story Story	10	21:26.0	1:32.0	6:53.5	4:17.2
12 TEETER, Abi	JR	PCM Monroe	11	21:44.6	1:51.6	6:59.5	4:20.9
13 NEHRING, Taryn	SR	Perry	-	21:47.6	1:54.6	7:00.4	4:21.5
14 FORD, Annie	FR	PCM Monroe	12	21:52.0	1:58.0	7:01.9	4:22.4
15 AXMEAR, Brooke	JR	Nevada	13	21:54.6	2:01.6	7:02.7	4:22.9
16 PRENDERGAST, Claire	SO	Saydel	-	21:55.6	2:02.6	7:03.0	4:23.1
17 MARTINEZ, Sophia	JR	Nevada	14	22:10.2	2:17.2	7:07.7	4:26.0
18 HERRICK, Cici	SO	South Hamilton Jew	15	22:13.4	2:20.4	7:08.7	4:26.7
19 VANDERHEYDEN, Ava	SR	Nevada	16	22:13.5	2:20.5	7:08.8	4:26.7
20 HABERL, Gracey	FR	Roland-Story Story	17	22:17.8	2:24.8	7:10.1	4:27.6
21 WHEELER, Bailey	SO	PCM Monroe	18	22:21.7	2:28.7	7:11.4	4:28.3
22 GOOD, Addison	JR	Nevada	19	22:24.0	2:30.0	7:12.1	4:28.8
23 VANNOY, Raegan	JR	PCM Monroe	(20)	22:25.0	2:32.0	7:12.5	4:29.0
24 ZIEGLER, Andrea	JR	Roland-Story Story	21	22:25.9	2:32.9	7:12.8	4:29.2
25 THOMPSON, Brooke	SR	Roland-Story Story	(22)	22:27.8	2:34.8	7:13.3	4:29.5
26 RUMBAUGH, Paiten	JR	PCM Monroe	(23)	22:40.3	2:47.3	7:17.4	4:32.0
27 MOWRER, Rylee	FR	Greene County	24	22:47.5	2:54.5	7:19.7	4:33.5
28 BEAUNE, Olivia	JR	South Hamilton Jew	25	23:00.1	3:07.1	7:23.7	4:36.0
29 ARMBRECHT, Emma	SR	Grand View Christia	26	23:03.6	3:10.6	7:24.9	4:36.7
30 CARLSON, Brinley	JR	Roland-Story Story	(27)	23:08.6	3:15.6	7:26.5	4:37.7
31 HILSABECK, Ali	SO	PCM Monroe	-	23:10.9	3:17.9	7:27.2	4:38.2
32 FAGG, Katlyn	FR	PCM Monroe	-	23:14.4	3:21.4	7:28.3	4:38.9

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Race #4
High School Girls

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
33 DOOLITTLE, Brooklyn	JR	South Hamilton Jew	28	23:19.1	3:26.1	7:29.8	4:39.8
34 FAGG, Alexis	JR	PCM Monroe	-	23:19.9	3:26.9	7:30.1	4:40.0
35 BROUGH, Cara	SO	Grand View Christia	29	23:21.0	3:27.0	7:30.5	4:40.2
36 HOL, Ruby	JR	Grand View Christia	30	23:28.8	3:35.8	7:33.0	4:41.8
37 DANIELSON, Kiley	SR	Grand View Christia (31)		23:37.9	3:44.9	7:35.9	4:43.6
38 CARLSON, Hadley	FR	Roland-Story Story	-	23:39.2	3:46.2	7:36.3	4:43.8
39 ANDREWS, Kaylie	SR	West Marshall State	32	23:49.3	3:56.3	7:39.6	4:45.8
40 CHRISTIANSON, Mia	SO	West Marshall State	33	23:53.6	4:00.6	7:41.0	4:46.7
41 KURTH, Summer	SO	West Marshall State	34	23:57.1	4:04.1	7:42.1	4:47.4
42 BRITTEN, Aubrey	SR	Roland-Story Story	-	24:14.4	4:21.4	7:47.6	4:50.9
43 STOUT, Sidney	JR	Grand View Christia (35)		24:27.8	4:34.8	7:51.9	4:53.5
44 SCHMIDT, Lucy	SO	Roland-Story Story	-	24:30.5	4:37.5	7:52.8	4:54.1
45 SEATON, Bianca	JR	South Hamilton Jew	36	24:33.7	4:40.7	7:53.8	4:54.7
46 CLARK, McKenna	FR	West Marshall State (37)		24:35.9	4:42.9	7:54.6	4:55.2
47 MEIS, Mylah	SR	Perry	-	24:42.3	4:49.3	7:56.6	4:56.4
48 ESPA, Silvana	SR	Nevada (38)		25:02.0	5:08.0	8:03.0	5:00.4
49 DAVENPORT, Savanna	JR	West Marshall State (39)		25:07.6	5:14.6	8:04.7	5:01.5
50 JABLONSKI, Ava	SR	Greene County	40	25:10.4	5:17.4	8:05.7	5:02.1
51 COLBECK, Giada	SO	Nevada (41)		25:13.3	5:20.3	8:06.6	5:02.7
52 KENDALL, Bailey	FR	West Marshall State	-	25:40.0	5:46.0	8:15.2	5:08.0
53 RANDALL, Olivia	SO	West Marshall State	-	25:48.5	5:55.5	8:17.9	5:09.7
54 SWENSON, Isabel	JR	South Hamilton Jew	42	25:54.4	6:01.4	8:19.8	5:10.9
55 BETTING, Isabella	FR	Nevada	-	25:54.9	6:01.9	8:19.9	5:11.0
56 SNYDER, Evelyn	SO	Greene County	43	25:56.0	6:02.0	8:20.3	5:11.2
57 CRAIN, Bryn	JR	Nevada	-	26:01.5	6:08.5	8:22.1	5:12.3
58 THOMPSON, Aubrey	SR	Nevada	-	26:23.6	6:30.6	8:29.2	5:16.7
59 CASTILLO, Natalie	SR	Perry	-	26:50.5	6:57.5	8:37.8	5:22.1
60 POPP, Baelah	JR	West Marshall State	-	27:03.1	7:10.1	8:41.9	5:24.6
61 ROBAK, Emma	SR	Nevada	-	27:11.4	7:18.4	8:44.5	5:26.3
62 THORSON, Alana	SR	Roland-Story Story	-	27:17.6	7:24.6	8:46.5	5:27.5
63 BUCK, Avery	SO	West Marshall State	-	27:18.8	7:25.8	8:46.9	5:27.7
64 DAVENPORT, Livia	JR	West Marshall State	-	27:22.1	7:29.1	8:48.0	5:28.4
65 MEESTER, Millie	SO	West Marshall State	-	27:50.7	7:57.7	8:57.2	5:34.1
66 JACOBSON, Kamden	SR	West Marshall State	-	27:51.4	7:58.4	8:57.4	5:34.3
67 SIMMS, Sophie	SO	West Marshall State	-	27:52.7	7:59.7	8:57.8	5:34.5
68 JONES, Halle	JR	West Marshall State	-	28:02.9	8:09.9	9:01.1	5:36.6
69 BENSON, Addi	SR	West Marshall State	-	28:03.1	8:10.1	9:01.2	5:36.6
70 ZANKER, Kayley	JR	South Hamilton Jew (44)		28:05.0	8:11.0	9:01.8	5:37.0
71 MODROW, Freedom	SO	Nevada	-	28:21.3	8:28.3	9:07.0	5:40.2
72 JOHNSON, Laurel	SO	South Hamilton Jew (45)		28:33.4	8:40.4	9:10.9	5:42.7
73 RANDALL, Ellie	SO	Grand View Christia	-	28:34.6	8:41.6	9:11.3	5:42.9
74 BAUMAN, Colbie	FR	Roland-Story Story	-	29:17.2	9:24.2	9:25.0	5:51.4
75 VILLELA, Ciomara	SO	West Marshall State	-	29:23.6	9:30.6	9:27.0	5:52.7
76 POWERS, Cora	FR	Greene County	46	29:25.3	9:32.3	9:27.6	5:53.0
77 MCCORMICK, Leah	JR	Greene County	47	29:42.6	9:49.6	9:33.2	5:56.5
78 RICHARDSON, Brooklyn	SR	Roland-Story Story	-	30:12.2	10:19.2	9:42.7	6:02.4

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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
79 BROWNGONNERMAN, Olivi	FR	Nevada	-	30:39.8	10:46.8	9:51.6	6:07.9
80 YOUNG, Ava	SO	West Marshall State	-	30:41.4	10:48.4	9:52.1	6:08.3
81 BARTINE, Elyn	SR	West Marshall State	-	30:45.1	10:52.1	9:53.3	6:09.0
82 THOMPSON, Maddy	SR	West Marshall State	-	35:05.5	15:12.5	11:17.0	7:01.1
83 HEITHOFF, Stella	JR	Roland-Story Story	-	37:37.6	17:44.6	12:05.9	7:31.5
84 WIGNALL, Alexa	JR	West Marshall State	-	38:38.1	18:45.1	12:25.4	7:43.6
85 DAWKINS, Hannah	JR	Saydel	-	39:36.3	19:43.3	12:44.1	7:55.3
86 WELDON, Haley	JR	Saydel	-	44:05.3	24:12.3	14:10.6	8:49.0
87 ROLD, Montana	JR	Saydel	-	45:16.2	25:23.2	14:33.4	9:03.2

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Race #3
High School Boys

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Nevada	35	2-5-6-9-13(18)(24)	1:29:28	17:54	1:03.9
2 PCM Monroe	74	3-7-8-26-30(31)(32)	1:31:52	18:23	1:50.3
3 Roland-Story Story City	85	1-11-19-21-33(38)(50)	1:32:38	18:32	2:21.7
4 Greene County	114	10-12-15-36-41(45)(51)	1:34:55	18:59	2:05.3
5 West Marshall State Center	117	14-17-22-27-37(39)(44)	1:35:38	19:08	1:11.1
6 Grand View Christian Scho	130	4-16-28-40-42(49)(54)	1:36:03	19:13	2:22.9
7 Perry	194	25-29-35-47-58(61)(62)	1:42:02	20:25	3:56.4
8 South Hamilton Jewell	212	20-34-48-53-57(59)(60)	1:43:57	20:48	3:51.4
9 Saydel	219	23-43-46-52-55(56)(63)	1:43:23	20:41	2:55.1

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 LUCCHESI, Corben	SO	Roland-Story Story	1	17:08.6	---	5:30.7	3:25.7
2 LEMKE, Dawson	JR	Nevada	2	17:26.2	17.6	5:36.4	3:29.2
3 FISCHER, Kash	SO	PCM Monroe	3	17:30.9	22.3	5:37.9	3:30.2
4 BROUGH, Ethen	SR	Grand View Christia	4	17:45.9	37.3	5:42.7	3:33.2
5 ROHDE, Brian	SR	Nevada	5	17:47.2	38.6	5:43.1	3:33.4
6 LITTLE, Henry	SO	Nevada	6	17:49.5	40.9	5:43.9	3:33.9
7 DERAAD, Coby	JR	PCM Monroe	7	17:50.6	42.0	5:44.2	3:34.1
8 OSTERHAUS, Owen	FR	PCM Monroe	8	17:53.3	44.7	5:45.1	3:34.6
9 BIENSEN, Caleb	JR	Nevada	9	17:54.7	46.1	5:45.6	3:34.9
10 HINOTE, Noah	SR	Greene County	10	17:57.8	49.2	5:46.5	3:35.5
11 VOGA, Evan	SR	Roland-Story Story	11	18:04.6	56.0	5:48.7	3:36.9
12 HINOTE, Carter	JR	Greene County	12	18:25.6	1:17.0	5:55.5	3:41.1
13 CONDON, Jacob	SO	Nevada	13	18:30.1	1:21.5	5:56.9	3:42.0
14 ROSAS-CANCHOLA, Erick	JR	West Marshall State	14	18:39.9	1:31.3	6:00.1	3:44.0
15 CARSTENSEN, Brady	SO	Greene County	15	18:42.5	1:33.9	6:00.9	3:44.5
16 BURKHART, Milton	SR	Grand View Christia	16	18:48.7	1:40.1	6:02.9	3:45.7
17 COURTER, Urijah	SO	West Marshall State	17	18:51.9	1:43.3	6:03.9	3:46.4
18 NUSBAUM, Trevor	SO	Nevada	(18)	18:54.0	1:44.4	6:04.6	3:46.8
19 DAHLSTON, Henry	SO	Roland-Story Story	19	18:56.1	1:47.5	6:05.3	3:47.2
20 HILL, Hayden	SO	South Hamilton Jew	20	18:56.5	1:47.9	6:05.4	3:47.3
21 JOHNSON, Owen	SR	Roland-Story Story	21	18:57.7	1:49.1	6:05.8	3:47.5
22 WONG, Yuk Heng (Heng)	FR	West Marshall State	22	18:58.9	1:50.3	6:06.2	3:47.8
23 MCPHERREN, Jacob	JR	Saydel	23	19:02.4	1:53.8	6:07.3	3:48.5
24 MATTINGLY, Richard	FR	Nevada	(24)	19:03.4	1:54.8	6:07.6	3:48.7
25 ENGSTROM, Miles	JR	Nevada	-	19:10.0	2:00.4	6:09.8	3:50.0
26 WILLET, Ivan	FR	Perry	25	19:10.9	2:02.3	6:10.1	3:50.2
27 EDGINGTON, Rylan	FR	PCM Monroe	26	19:16.0	2:06.4	6:11.7	3:51.2
28 EIRIKSON, Jacob	JR	West Marshall State	27	19:16.3	2:07.7	6:11.8	3:51.3
29 STEFFEN, Tyler	SO	Grand View Christia	28	19:17.5	2:08.9	6:12.2	3:51.5
30 STEWART, Thad	JR	Perry	29	19:19.6	2:11.0	6:12.8	3:51.9
31 HOLLAND, Maddix	JR	Nevada	-	19:19.8	2:11.2	6:12.9	3:51.9
32 CLARK, Kolby	SO	PCM Monroe	30	19:21.2	2:12.6	6:13.4	3:52.2

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High School Boys

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
33 FORD, Charlie	JR	PCM Monroe	(31)	19:22.7	2:14.1	6:13.8	3:52.5
34 SHAVER, Joe	JR	PCM Monroe	(32)	19:24.6	2:16.0	6:14.5	3:52.9
35 HART, Luccas	SR	Roland-Story Story	33	19:30.2	2:21.6	6:16.3	3:54.0
36 MILLS, Simon	JR	Nevada	-	19:39.3	2:30.7	6:19.2	3:55.8
37 ZANKER, Laken	SR	South Hamilton Jew	34	19:44.4	2:35.8	6:20.8	3:56.9
38 CARLSON, Aidan	SR	Perry	35	19:45.8	2:37.2	6:21.3	3:57.2
39 BLACK, Nick	FR	Greene County	36	19:45.9	2:37.3	6:21.3	3:57.2
40 SWIGART, Joseph	JR	West Marshall State	37	19:50.9	2:42.3	6:22.9	3:58.2
41 HANSON, Bo	JR	Nevada	-	19:54.0	2:44.4	6:23.9	3:58.8
42 DANIELSON, Caleb	SR	Roland-Story Story	(38)	19:58.0	2:48.4	6:25.2	3:59.6
43 PUTNEY, Ryan	JR	West Marshall State	(39)	19:59.1	2:50.5	6:25.5	3:59.8
44 BOLTON, Josiah	FR	Grand View Christia	40	20:01.5	2:52.9	6:26.3	4:00.3
45 JOHNSON-PETERSON, Kol	FR	Greene County	41	20:03.0	2:53.4	6:26.8	4:00.6
46 HIGHT, Eli	FR	Grand View Christia	42	20:08.8	3:00.2	6:28.7	4:01.7
47 WOOD, Alex	JR	Saydel	43	20:10.6	3:02.0	6:29.3	4:02.1
48 TURNER, Tyler	SO	West Marshall State	(44)	20:13.7	3:05.1	6:30.3	4:02.7
49 KOLLER,, Jaden	JR	Greene County	(45)	20:20.7	3:12.1	6:32.5	4:04.1
50 HALEY, Hunter	FR	Nevada	-	20:21.9	3:13.3	6:32.9	4:04.4
51 WESSELS, Ryan	SR	Nevada	-	20:23.5	3:14.9	6:33.4	4:04.7
52 SKAGGS, Collin	JR	Nevada	-	20:25.6	3:17.0	6:34.1	4:05.1
53 VARSA, Connery	JR	Nevada	-	20:26.4	3:17.8	6:34.3	4:05.3
54 GATES, William	SO	Saydel	46	20:29.5	3:20.9	6:35.3	4:05.9
55 FARMER, Ezra	SO	Perry	47	20:38.1	3:29.5	6:38.1	4:07.6
56 GIBBS, Carson	SR	South Hamilton Jew	48	20:39.2	3:30.6	6:38.4	4:07.8
57 SEYLER, William	SO	Grand View Christia	(49)	20:50.1	3:41.5	6:42.0	4:10.0
58 BURREN, Caden	SO	Roland-Story Story	(50)	20:55.2	3:46.6	6:43.6	4:11.0
59 MILLS, Levi	FR	Nevada	-	20:55.2	3:46.6	6:43.6	4:11.0
60 FERGUSON, Cael	SO	Nevada	-	20:59.5	3:50.9	6:45.0	4:11.9
61 CARSTENSEN, Eli	SO	Greene County	(51)	21:04.7	3:56.1	6:46.6	4:12.9
62 VANNOY, Wyatt	SR	PCM Monroe	-	21:10.2	4:01.6	6:48.4	4:14.0
63 BAUER, Raymond	SO	Greene County	-	21:26.3	4:17.7	6:53.6	4:17.2
64 UNRUH, Miles	FR	Nevada	-	21:31.1	4:22.5	6:55.1	4:18.2
65 CASTANEDA, Raul	SR	Saydel	52	21:42.5	4:33.9	6:58.8	4:20.5
66 WIRTH, Thomas	SR	South Hamilton Jew	53	21:49.4	4:40.8	7:01.0	4:21.9
67 BIRCH, Daniel	FR	Grand View Christia	(54)	21:52.8	4:44.2	7:02.1	4:22.5
68 KILE, Roman	JR	Saydel	55	21:57.4	4:48.8	7:03.6	4:23.5
69 FORD, Tucker	FR	Greene County	-	22:21.7	5:13.1	7:11.4	4:28.3
70 WILLIER, Schuyler	SR	West Marshall State	-	22:22.2	5:13.6	7:11.5	4:28.4
71 CARSTENSEN, Maddox	SO	Greene County	-	22:23.4	5:14.8	7:12.0	4:28.7
72 BUNTING, Tyson	JR	West Marshall State	-	22:38.8	5:30.2	7:16.9	4:31.8
73 HERNANDEZ, Alex	SO	Saydel	(56)	22:40.4	5:31.8	7:17.4	4:32.1
74 GUTU, David	SO	Grand View Christia	-	22:44.0	5:34.4	7:18.6	4:32.8
75 FRY, Kaliber	JR	PCM Monroe	-	22:47.0	5:37.4	7:19.5	4:33.4
76 RICHARDS, Zach	JR	PCM Monroe	-	22:47.5	5:38.9	7:19.7	4:33.5
77 BEACH, Emmett	SR	South Hamilton Jew	57	22:47.8	5:39.2	7:19.8	4:33.5
78 OMUNDSON, Wyatt	SO	Roland-Story Story	-	22:52.5	5:43.9	7:21.3	4:34.5

2024 HEART OF IOWA CONFERENCE XC MEETE

Colo, IA
 Hickory Grove Park
 Host: Nevada High School
 Monday, October 14, 2024

MEET OFFICIALS

Meet Director:
 Dustin Smith
Timing:
 B&W Racing Services LLC



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Race #3
High School Boys

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
79 MOFFITT, Cooper	SR	Nevada	-	22:55.6	5:47.0	7:22.3	4:35.1
80 NOTEBOOM, Owen	SR	Grand View Christia	-	22:56.0	5:47.4	7:22.4	4:35.2
81 TOLLEFSON, Noah	JR	West Marshall State	-	22:56.4	5:47.8	7:22.6	4:35.3
82 SANDERSON, Keitan	SO	Roland-Story Story	-	23:06.0	5:56.4	7:25.6	4:37.2
83 RUIZ, Isaiah	SR	Perry	58	23:07.3	5:58.7	7:26.1	4:37.4
84 WATSON, Caleb	SO	Roland-Story Story	-	23:20.7	6:12.1	7:30.4	4:40.1
85 WATSON, Ethan	JR	West Marshall State	-	23:20.8	6:12.2	7:30.4	4:40.2
86 ZANKER, Trevor	FR	South Hamilton Jew	(59)	23:28.2	6:19.6	7:32.8	4:41.6
87 THOMAS, Peter	SO	Nevada	-	23:57.0	6:48.4	7:42.1	4:47.4
88 RITTER, Dexter	SO	Greene County	-	23:57.9	6:49.3	7:42.3	4:47.6
89 NIMS, Dylan	SR	Roland-Story Story	-	24:16.7	7:08.1	7:48.4	4:51.3
90 WALKER, Jackson	SO	West Marshall State	-	24:26.6	7:18.0	7:51.6	4:53.3
91 COULTER, Lawson	SR	West Marshall State	-	24:29.9	7:21.3	7:52.6	4:54.0
92 MCLATCHIE, Hudson	SO	Roland-Story Story	-	24:40.0	7:31.4	7:55.9	4:56.0
93 EVANS, Alyosha	FR	Nevada	-	24:40.4	7:31.8	7:56.0	4:56.1
94 CHRISTENSEN, Caden	FR	South Hamilton Jew	(60)	24:45.0	7:36.4	7:57.5	4:57.0
95 MAMASALIEV, Abdulvahid	JR	PCM Monroe	-	24:47.9	7:39.3	7:58.4	4:57.6
96 RUIZ-ARAGON, Carlos	SR	Perry	(61)	25:27.7	8:19.1	8:11.2	5:05.5
97 GIBSON, Maverick	JR	West Marshall State	-	25:38.3	8:29.7	8:14.6	5:07.7
98 LUCAS, Jerry	SO	Roland-Story Story	-	25:49.0	8:39.4	8:18.1	5:09.8
99 MEESTER, Evan	SR	West Marshall State	-	25:51.3	8:42.7	8:18.8	5:10.3
100 HENZE, Adam	JR	West Marshall State	-	26:05.3	8:56.7	8:23.3	5:13.1
101 WENDT, Evan	FR	PCM Monroe	-	26:29.1	9:20.5	8:31.0	5:17.8
102 DIAZ-CARDENAS, Diego	SO	Perry	(62)	26:39.6	9:31.0	8:34.3	5:19.9
103 TOWNSLEY, Kaydin	JR	Saydel	(63)	27:28.6	10:20.0	8:50.1	5:29.7
104 FRY, Vea	SO	Grand View Christia	-	30:15.2	13:06.6	9:43.6	6:03.0
105 ALBERTO, Michael	JR	Perry	-	30:18.2	13:09.6	9:44.6	6:03.6

2024 HEART OF IOWA CONFERENCE XC MEETE

Colo, IA
 Hickory Grove Park
 Host: Nevada High School
 Monday, October 14, 2024

MEET OFFICIALS

Meet Director:
 Dustin Smith
 Timing:
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Race #2
MS Girls

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 MS_West Marshall	23	2-3-4-6-8(18)(19)	1:11:49	14:22	1:02.2
2 MS_PCM Monroe MS	61	1-9-15-16-20(31)	1:16:11	15:15	2:15.9
3 MS_Nevada	69	5-7-14-21-22(27)(28)	1:17:07	15:26	1:41.5
4 MS_Grand View Christian	80	10-11-12-17-30(34)(38)	1:18:15	15:39	2:24.7
5 MS_South Hamilton	156	24-25-32-33-42	1:27:19	17:28	3:07.4
6 MS_Perry	171	13-36-37-41-44	1:30:13	18:03	4:26.4
7 MS_Roland-Story	176	26-29-35-39-47(48)	1:32:41	18:33	6:13.3
8 MS_Saydel	197	23-40-43-45-46(49)	1:38:53	19:47	6:13.7
DNP MS_Greene County					

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 GRABER, Selah	7	MS_PCM Monroe	1	13:44.8	--	6:54.5	4:17.7
2 WIGNALL, Zoey	8	MS_West Marshall	2	13:50.5	5.7	6:57.3	4:19.5
3 JABLONSKI, Averi	7	MS_Greene County	-	13:57.3	12.5	7:00.7	4:21.6
4 KASAL, Kielly	8	MS_West Marshall	3	13:58.8	14.0	7:01.5	4:22.1
5 RANDALL, Ella	8	MS_West Marshall	4	14:24.0	38.2	7:14.1	4:30.0
6 BOJORGE, Yarel	7	MS_Nevada	5	14:31.0	46.2	7:17.7	4:32.2
7 KARSJEN, Bailyn	7	MS_West Marshall	6	14:42.7	57.9	7:23.5	4:35.8
8 PEREZ, Alexia	8	MS_Nevada	7	14:47.1	1:02.3	7:25.8	4:37.2
9 JACKSON, Kennedy	7	MS_West Marshall	8	14:52.7	1:07.9	7:28.6	4:38.9
10 JUNGLING, Jodi	8	MS_PCM Monroe	9	14:53.2	1:08.4	7:28.8	4:39.1
11 FINCHAM, Adyson	8	MS_Grand View Ch	10	14:53.9	1:09.1	7:29.2	4:39.3
12 DEAN, Maia	8	MS_Grand View Ch	11	15:06.1	1:21.3	7:35.3	4:43.1
13 PAUSLEY, August	8	MS_Grand View Ch	12	15:08.8	1:24.0	7:36.7	4:44.0
14 MEIS, Karlyn	7	MS_Perry	13	15:15.5	1:30.7	7:40.0	4:46.1
15 JENSEN, Ady	7	MS_Nevada	14	15:25.7	1:40.9	7:45.1	4:49.3
16 DEHAAL, Lucy	8	MS_PCM Monroe	15	15:45.4	2:00.6	7:55.1	4:55.4
17 INGLE, Emma	7	MS_PCM Monroe	16	15:46.5	2:01.7	7:55.6	4:55.8
18 WEIR, Haleigh	8	MS_Grand View Ch	17	15:47.0	2:01.2	7:55.8	4:55.9
19 AHRENS, Hannah	7	MS_West Marshall	(18)	15:57.9	2:13.1	8:01.4	4:59.3
20 CLARK, Ensly	7	MS_West Marshall	(19)	15:59.3	2:14.5	8:02.0	4:59.8
21 HITZE, Mia	8	MS_PCM Monroe	20	16:00.6	2:15.8	8:02.7	5:00.2
22 BEASTON, Tava	7	MS_Nevada	21	16:10.3	2:25.5	8:07.6	5:03.2
23 THOMAS, MaryAnne	8	MS_Nevada	22	16:12.5	2:27.7	8:08.7	5:03.9
24 OXFENFORD, Audra	7	MS_Saydel	23	16:19.2	2:34.4	8:12.1	5:06.0
25 SWENSON, Rebekah	7	MS_South Hamilton	24	16:19.7	2:34.9	8:12.3	5:06.1
26 JOHNSON, Ella	7	MS_South Hamilton	25	16:22.3	2:37.5	8:13.6	5:07.0
27 HEALY, Emma	7	MS_Roland-Story	26	16:26.3	2:41.5	8:15.6	5:08.2
28 JUAREZ, Heidi	8	MS_Nevada	(27)	16:28.3	2:43.5	8:16.6	5:08.8
29 CHRISTIANSON, Maci	7	MS_West Marshall	-	16:29.1	2:44.3	8:17.0	5:09.1
30 MANN, Natalie	8	MS_Nevada	(28)	16:39.2	2:54.4	8:22.1	5:12.2
31 TJELMELAND, Delanie	7	MS_Roland-Story	29	16:48.5	3:03.7	8:26.8	5:15.1
32 HILLERS, Dulci	7	MS_West Marshall	-	17:08.9	3:24.1	8:37.0	5:21.5

2024 HEART OF IOWA CONFERENCE XC MEETE

Colo, IA
 Hickory Grove Park
 Host: Nevada High School
 Monday, October 14, 2024

MEET OFFICIALS

Meet Director:
 Dustin Smith
Timing:
 B&W Racing Services LLC



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Race #2
MS Girls

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
33 LOFTON, Kate	8	MS_Grand View Ch	30	17:18.5	3:33.7	8:41.8	5:24.5
34 TAFTA, Aubree	7	MS_PCM Monroe	(31)	17:24.9	3:40.1	8:45.0	5:26.5
35 COX, Lola	7	MS Nevada	-	17:28.0	3:42.2	8:46.6	5:27.5
36 KLAVER, Rebecca	7	MS_South Hamilton	32	17:34.6	3:49.8	8:49.9	5:29.6
37 SWENSON, Signe	8	MS_South Hamilton	33	17:35.0	3:49.2	8:50.1	5:29.7
38 EGGERS, Etta	7	MS_West Marshall	-	17:39.2	3:54.4	8:52.2	5:31.0
39 PARLEE, Anna	8	MS_Grand View Ch	(34)	17:43.2	3:58.4	8:54.2	5:32.2
40 DOSE, Lily	8	MS_Roland-Story	35	17:45.3	4:00.5	8:55.3	5:32.9
41 HUGHES, Kilee	8	MS_Perry	36	17:55.1	4:10.3	9:00.2	5:36.0
42 MAYLUM, Joey	8	MS_Perry	37	17:55.4	4:10.6	9:00.4	5:36.0
43 WHITE, Georgia	8	MS_West Marshall	-	17:55.7	4:10.9	9:00.5	5:36.1
44 YAKEL, Shelby	7	MS_West Marshall	-	18:10.8	4:26.0	9:08.1	5:40.8
45 FINCHAM, Afton	8	MS_Grand View Ch	(38)	18:13.2	4:28.4	9:09.3	5:41.6
46 KEMMERER, Brynn	7	MS_West Marshall	-	18:35.5	4:50.7	9:20.5	5:48.6
47 STEVENS, Sedona	7	MS_Greene County	-	18:56.3	5:11.5	9:31.0	5:55.1
48 BAKER, Brinley	8	MS_Roland-Story	39	19:00.8	5:16.0	9:33.3	5:56.5
49 STRUMPFER, Phoenix	7	MS_Saydel	40	19:03.1	5:18.3	9:34.4	5:57.2
50 MINNEHAN, Aralyn	7	MS_Perry	41	19:25.4	5:40.6	9:45.6	6:04.2
51 VALLES, Noellia	7	MS_South Hamilton	42	19:27.0	5:41.2	9:46.4	6:04.7
52 OCCELIEN, Shayla	7	MS_Saydel	43	19:35.4	5:50.6	9:50.6	6:07.3
53 DIAZ-CARDENAS, Rebecca	7	MS_Perry	44	19:41.8	5:57.0	9:53.9	6:09.3
54 FAABORG, Ada	8	MS_Nevada	-	20:29.6	6:44.8	10:17.8	6:24.2
55 JACKSON, Shae	7	MS_Saydel	45	21:22.2	7:37.4	10:44.3	6:40.7
56 BAKER, Addison	7	MS_Saydel	46	22:32.9	8:48.1	11:19.8	7:02.8
57 WALKER, Inara	7	MS_Roland-Story	47	22:39.5	8:54.7	11:23.2	7:04.8
58 EIDE, Brynn	8	MS_Roland-Story	(48)	22:48.4	9:03.6	11:27.6	7:07.6
59 DERRICK, Kiera	7	MS_Saydel	(49)	26:38.5	12:53.7	13:23.2	8:19.5

2024 HEART OF IOWA CONFERENCE XC MEETE

Colo, IA
 Hickory Grove Park
 Host: Nevada High School
 Monday, October 14, 2024

MEET OFFICIALS

Meet Director:
 Dustin Smith
 Timing:
 B&W Racing Services LLC



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Race #1
MS Boys

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 MS_Nevada	35	3-4-6-7-15(25)(29)	1:05:21	13:05	1:57.1
2 MS_Grand View Christian	85	1-8-12-30-34(35)(45)	1:10:43	14:09	3:50.5
3 MS_Roland-Story	93	2-19-20-21-31(32)(37)	1:11:30	14:18	3:01.1
4 MS_Perry	96	5-11-13-27-40(42)(43)	1:12:09	14:26	3:36.3
5 MS_Saydel	126	10-16-22-28-50	1:19:52	15:59	8:25.6
6 MS_West Marshall	139	14-18-26-33-48(49)	1:17:59	15:36	4:22.6
7 MS_South Hamilton	155	17-23-36-38-41(47)	1:18:33	15:43	2:07.7
8 MS_PCM Monroe MS	162	9-24-39-44-46(51)	1:20:23	16:05	4:37.9
DNP MS_Greene County					

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 RYON, Noah	8	MS_Grand View Ch	1	12:03.7	--	6:03.7	3:46.2
2 LUCCHESI, Caden	7	MS_Roland-Story	2	12:17.3	13.6	6:10.5	3:50.4
3 SMALLEY, Braden	7	MS_Nevada	3	12:24.6	20.9	6:14.1	3:52.7
4 CHECK, Tanner	8	MS_Nevada	4	12:46.8	43.1	6:25.3	3:59.6
5 MYERS, Carson	7	MS_Perry	5	12:50.7	47.0	6:27.2	4:00.8
6 MOFFITT, Carson	8	MS_Nevada	6	12:51.7	48.0	6:27.7	4:01.1
7 JOHNSON, Cayden	7	MS_Nevada	7	12:55.7	52.0	6:29.8	4:02.4
8 GILMAN, Kash	7	MS_Grand View Ch	8	13:21.0	1:16.3	6:42.5	4:10.3
9 VANZEE, Landon	7	MS_PCM Monroe	9	13:24.5	1:20.8	6:44.3	4:11.4
10 PRENDERGAST, Owen	8	MS_Saydel	10	13:29.3	1:25.6	6:46.6	4:12.9
11 MINTUN, Tristian	8	MS_Perry	11	13:34.2	1:30.5	6:49.1	4:14.4
12 PERROT, James	7	MS_Grand View Ch	12	14:07.0	2:02.3	7:05.6	4:24.7
13 CASTRO, Eli	8	MS_Perry	13	14:09.2	2:05.5	7:06.7	4:25.3
14 PUTNEY, Tyler	8	MS_West Marshall	14	14:09.6	2:05.9	7:06.9	4:25.5
15 WALLACE, Sias	7	MS_Nevada	15	14:21.7	2:18.0	7:13.0	4:29.3
16 BEAN, Jared	8	MS_Saydel	16	14:30.0	2:26.3	7:17.2	4:31.9
17 HILL, Colton	7	MS_South Hamilton	17	14:31.4	2:27.7	7:17.9	4:32.3
18 ETHINGTON, Noah	8	MS_West Marshall	18	14:33.1	2:29.4	7:18.7	4:32.8
19 PATTERSON, Owen	8	MS_Roland-Story	19	14:33.8	2:30.1	7:19.1	4:33.0
20 GREBASCH, Journey	8	MS_Roland-Story	20	14:38.3	2:34.6	7:21.4	4:34.5
21 DAHL, Joshua	7	MS_Roland-Story	21	14:42.2	2:38.5	7:23.3	4:35.7
22 WALDON, Maximus	7	MS_Saydel	22	14:43.2	2:39.5	7:23.8	4:36.0
23 GIBSON, Evan	8	MS_South Hamilton	23	14:45.6	2:41.9	7:25.0	4:36.7
24 CLARKE, Lachlan	7	MS_PCM Monroe	24	14:49.4	2:45.7	7:26.9	4:37.9
25 JOHNSON, Jace	8	MS_Nevada	(25)	14:57.1	2:53.4	7:30.8	4:40.3
26 FRAHM, Lucas	7	MS_West Marshall	26	15:06.0	3:01.3	7:35.3	4:43.1
27 FARMER, Kai	8	MS_Perry	27	15:07.8	3:04.1	7:36.1	4:43.7
28 HOSTETLER, Rylan	8	MS_Greene County	-	15:09.0	3:04.3	7:36.7	4:44.0
29 SUTER, Brodey	8	MS_Saydel	28	15:14.4	3:10.7	7:39.5	4:45.7
30 UNRUH, Chase	7	MS_Nevada	(29)	15:15.3	3:11.6	7:39.9	4:46.0
31 STOCK, Ryker	8	MS_Grand View Ch	30	15:17.1	3:13.4	7:40.8	4:46.6
32 SEVERSON, Jerry	7	MS_Roland-Story	31	15:18.4	3:14.7	7:41.5	4:47.0

2024 HEART OF IOWA CONFERENCE XC MEETE

Colo, IA
 Hickory Grove Park
 Host: Nevada High School
 Monday, October 14, 2024

MEET OFFICIALS

Meet Director:
 Dustin Smith
Timing:
 B&W Racing Services LLC



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Race #1
MS Boys

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
33 SINK, Carter	8	MS_Roland-Story	(32)	15:20.1	3:16.4	7:42.4	4:47.5
34 WATTS, Oliver	8	MS_Nevada	-	15:25.1	3:21.4	7:44.9	4:49.1
35 ROBAK, Ivan	7	MS_West Marshall	33	15:38.0	3:33.3	7:51.3	4:53.1
36 BOLTON, Johnathan	7	MS_Grand View Ch	34	15:54.2	3:50.5	7:59.5	4:58.2
37 THORINGTON, Jesse	8	MS_Grand View Ch	(35)	16:15.1	4:11.4	8:10.0	5:04.7
38 REOTHLER, Mason	8	MS_South Hamilton	36	16:16.1	4:12.4	8:10.5	5:05.0
39 POTRATZ, Joe	8	MS_Roland-Story	(37)	16:17.4	4:13.7	8:11.1	5:05.4
40 THEDE, Sam	8	MS_South Hamilton	38	16:20.5	4:16.8	8:12.7	5:06.4
41 HACKETT, Elijah	7	MS_PCM Monroe	39	16:22.1	4:18.4	8:13.5	5:06.9
42 DAVIS, Jude	8	MS_Roland-Story	-	16:25.8	4:22.1	8:15.3	5:08.0
43 SENSKE, Oscar	7	MS_Roland-Story	-	16:26.4	4:22.7	8:15.7	5:08.2
44 NIGUESA, Filimon	8	MS_Perry	40	16:26.9	4:23.2	8:15.9	5:08.4
45 LEEMAN, Zayne	7	MS_Roland-Story	-	16:27.7	4:24.0	8:16.3	5:08.6
46 MALLINGER, Xavier	7	MS_Greene County	-	16:33.1	4:29.4	8:19.0	5:10.3
47 WATSON, Alex	8	MS_Roland-Story	-	16:33.9	4:30.2	8:19.4	5:10.6
48 BAKER, Joseph	7	MS_Nevada	-	16:35.3	4:31.6	8:20.2	5:11.0
49 THIPHASOUK, Byron	8	MS_Nevada	-	16:37.0	4:33.3	8:21.0	5:11.6
50 GREENLEE, Kaden	8	MS_South Hamilton	41	16:39.1	4:35.4	8:22.0	5:12.2
51 DEVOS, Becker	8	MS_Nevada	-	16:41.7	4:38.0	8:23.3	5:13.0
52 BIRKLAND, Carson	7	MS_Roland-Story	-	16:51.6	4:47.9	8:28.3	5:16.1
53 ANDERSON, Colton	8	MS_Perry	(42)	17:10.4	5:06.7	8:37.8	5:22.0
54 JENSEN, Jerry	7	MS_Roland-Story	-	17:21.5	5:17.8	8:43.3	5:25.5
55 HOFBAUER, Bently	7	MS_Greene County	-	17:34.3	5:30.6	8:49.8	5:29.5
56 SHIELDS, Jimmie	8	MS_Perry	(43)	17:39.5	5:35.8	8:52.4	5:31.1
57 SMITH, Zander	7	MS_PCM Monroe	44	17:44.7	5:41.0	8:55.0	5:32.7
58 HERMANSON, Gavin	7	MS_Roland-Story	-	17:51.2	5:47.5	8:58.3	5:34.7
59 DAVIS, Tallen	7	MS_Grand View Ch	(45)	17:57.6	5:53.9	9:01.5	5:36.7
60 VANDERLINDEN, Austin	7	MS_PCM Monroe	46	18:02.4	5:58.7	9:03.9	5:38.2
61 GOGERTY, Keiran	7	MS_Roland-Story	-	18:03.7	6:00.0	9:04.5	5:38.6
62 BROCKA, Jackson	7	MS_Perry	-	18:08.7	6:05.0	9:07.1	5:40.2
63 JUNKER, Quintan	8	MS_South Hamilton	(47)	18:13.0	6:08.3	9:09.2	5:41.6
64 MALLOY, Korey	7	MS_West Marshall	48	18:32.2	6:28.5	9:18.9	5:47.5
65 BECKTELL, Izayah	7	MS_West Marshall	(49)	18:32.6	6:28.9	9:19.1	5:47.7
66 HARDNOCK, Logan	7	MS_Roland-Story	-	18:57.5	6:53.8	9:31.6	5:55.5
67 IDDINGS, Zeke	7	MS_Roland-Story	-	20:11.5	8:07.8	10:08.8	6:18.6
68 CHRISTIAN, Teddy	7	MS_Roland-Story	-	20:22.9	8:19.2	10:14.5	6:22.1
69 RUSSEL, Landen	7	MS_Grand View Ch	-	20:58.1	8:54.4	10:32.2	6:33.1
70 DAWKINS, Jonathan	7	MS_Saydel	50	21:54.8	9:51.1	11:00.7	6:50.9
71 BRITTAIN, Riley	8	MS_Roland-Story	-	22:33.9	10:30.2	11:20.3	7:03.1
72 CARROLL, Carson	8	MS_PCM Monroe	(51)	27:24.9	15:21.2	13:46.6	8:34.0
73 ALVARDO, Jayden	7	MS_Perry	-	30:25.4	18:21.7	15:17.3	9:30.4