

Twin Lakes Conf XC Championship HS, MS

OFFICIAL 📅 Thu, Oct 17, 2024 📍 Iowa Lakes Community College - Emmetsburg Campus, IA US

Mens Results

5,000 Meters Varsity

Official Team Scores

1. Sioux Central Sioux Rapids	42
2. Manson Northwest Webster	58
3. East Sac County	72
4. Alta-Aurelia	111
5. Southeast Valley Gowrie	128
6. South Central Calhoun	147
7. Newell-Fonda	164
8. Pocahontas Area	223

1. 12 Redge Potts	16:57.8	South Central Calhoun
2. 10 Lucos Wernimont	17:19.4	Sioux Central Sioux Rapids
3. 11 Thatcher Oswald	17:26.3	Manson Northwest Webster
4. 11 Landon Sporrer	17:43.7	East Sac County
5. 11 Riley Aragon	18:05.8	East Sac County
6. 11 Jacob Launderville	18:10.9	Alta-Aurelia
7. 12 Leighton Sippel	18:12.1	Sioux Central Sioux Rapids
8. 11 Owen Engel	18:33.9	East Sac County
9. 11 Jack Christian	18:36.7	Sioux Central Sioux Rapids
10. 8 Landon Driver	18:53.0	Sioux Central Sioux Rapids
11. 9 Kyle Widlund	18:56.4	Manson Northwest Webster
12. 12 Tysin Anderson	19:02.1	Manson Northwest Webster
13. 9 Rowan Poutre	19:19.2	Manson Northwest Webster
14. 11 Taylon Withers	19:26.5	Sioux Central Sioux Rapids
15. 9 Laeton Langschwager	19:28.3	Alta-Aurelia
16. 11 Lincoln Akins	19:33.7	Southeast Valley Gowrie
17. 12 Joshua Hoffman	19:35.4	Sioux Central Sioux Rapids
18. 8 Colin Christian	20:02.6	Sioux Central Sioux Rapids
19. 12 Brody Proctor	20:07.4	Manson Northwest Webster
20. - Austin Barber	20:07.8	Newell-Fonda
21. 11 Joe Thielen	20:09.1	South Central Calhoun
22. 11 Xander Hemer	20:11.3	East Sac County
23. 9 Logan Meyer	20:27.9	Manson Northwest Webster
24. 10 Owen Nuss	20:28.8	Southeast Valley Gowrie
25. - Jack Olsen	20:29.5	Newell-Fonda
26. 10 Ledger DeMuth	20:34.3	Alta-Aurelia
27. 9 Carver Peterson	20:47.5	Southeast Valley Gowrie
28. 12 Conner Proctor	20:49.3	Manson Northwest Webster

Womens Results

5,000 Meters Varsity

Official Team Scores

1. Sioux Central Sioux Rapids	42
2. Alta-Aurelia	42
3. South Central Calhoun	113
4. West Bend-Mallard	125
5. Emmetsburg	141
6. Southeast Valley Gowrie	143
7. Pocahontas Area	148
8. Manson Northwest Webster	159
9. GTRA	247

1. 12 Nora Peterson	19:13.2	Alta-Aurelia
2. 12 Alyssa Richman	19:17.5	Manson Northwest Webster
3. 11 Iris Melody	20:48.6	South Central Calhoun
4. 11 Tyra Schupbach	21:05.2	West Bend-Mallard
5. 12 Linnea Bloom	21:08.0	Sioux Central Sioux Rapids
6. 11 Hayden Berkland	21:11.4	Alta-Aurelia
7. 11 Marley Madsen	21:21.1	Sioux Central Sioux Rapids
8. 12 Breyer Anderson	21:23.6	Alta-Aurelia
9. 11 Nora Christian	21:23.9	Sioux Central Sioux Rapids
10. 10 Bloom Karina	22:24.6	Sioux Central Sioux Rapids
11. - Danika Meyer	22:52.5	Newell-Fonda
12. - Violet Sangwin	22:55.1	Sioux Central Sioux Rapids
13. 9 Bree Anderson	22:58.1	Alta-Aurelia
14. 10 Rori Albert	23:02.5	Emmetsburg
15. 10 Libbie Veit	23:08.9	East Sac County
16. 12 Natalie Point	23:08.9	Pocahontas Area
17. 11 Lainey Buckendahl	23:41.1	Alta-Aurelia
18. 12 Breanne Patterson	23:54.1	South Central Calhoun
19. 12 Sami Wolter	23:57.8	Pocahontas Area
20. 11 Quinn Wilkinson	24:04.2	Sioux Central Sioux Rapids
21. 10 Tegan Robertson	24:08.1	Alta-Aurelia
22. 11 Raygin Anderson	24:32.2	Manson Northwest Webster
23. 10 Caroline Burdick	24:45.0	Emmetsburg
24. 11 Katie Field	24:54.8	Southeast Valley Gowrie
25. 11 Lilly Morey	25:06.6	West Bend-Mallard
26. 12 Elin Sjostedt	25:07.8	South Central Calhoun

29. 11 Logan Bintz	20:51.3	Southeast Valley Gowrie	27. 11 Hannah Fehr	25:11.1	West Bend-Mallard
30. 9 Korbin Glienke	20:52.7	Alta-Aurelia	28. 9 Alli Lake	25:33.6	Pocahontas Area
31. 11 Landon Van Zog	20:56.5	Emmetsburg	29. 12 Autumn Jones-Popp	25:35.4	Southeast Valley Gowrie
32. 10 Justin Shearer	20:57.5	Pocahontas Area	30. 12 Adlen Wheelock	25:36.3	South Central Calhoun
33. 11 Drew Dorsey	21:09.6	Southeast Valley Gowrie	31. 12 Hailey Rees	25:41.0	Southeast Valley Gowrie
34. Fr Jacob Fox	21:11.5	Emmetsburg	32. 11 Brooke Peterson	25:56.6	Southeast Valley Gowrie
35. 10 Kenton Ackerman	21:13.0	East Sac County	33. 9 Kiera Aberson	26:06.3	Alta-Aurelia
36. 11 Andrew Kueny	21:15.5	Alta-Aurelia	34. 12 Emma Krause	26:18.8	Emmetsburg
37. 10 Drew Huisenga	21:19.0	Alta-Aurelia	35. 11 Maddie Fehr	26:22.5	West Bend-Mallard
38. 10 Hunter Watts	21:20.5	Newell-Fonda	36. 9 Elizabeth Pickar	26:35.2	GTRA
39. 11 Derek Greene	21:21.9	South Central Calhoun	37. 10 Meia Hefley	26:58.0	Southeast Valley Gowrie
40. 12 Silas Bindel	21:24.5	West Bend-Mallard	38. 11 Matilyn Trierweiler	26:59.4	Sioux Central Sioux Rapids
41. 11 Ethan Tucker	21:26.1	Southeast Valley Gowrie	39. 12 Josie Saxton	26:59.5	Emmetsburg
42. - Gus Lockrem	21:26.9	Newell-Fonda	40. 9 Mia Morton	27:08.5	Emmetsburg
43. 11 Kyeo Augustine	21:45.8	Southeast Valley Gowrie	41. 12 Jenna Frieids	27:31.5	Emmetsburg
44. 12 Landen Evans	21:49.7	South Central Calhoun	42. 12 Lexi Welter	27:55.5	West Bend-Mallard
45. 8 Jaxson Paige	21:50.9	Alta-Aurelia	43. 11 Bianca Aquino	28:33.1	Manson Northwest Webster
46. 12 Dean Mowry	22:08.5	Pocahontas Area	44. 8 Jossa Hauptert	28:46.3	South Central Calhoun
47. 10 Marshall Opperman	22:25.0	Newell-Fonda	45. 12 McKinley Janssen	28:46.4	South Central Calhoun
48. 11 Aden Archer	23:02.3	Newell-Fonda	46. 9 Micayla Johnson	28:54.8	Emmetsburg
49. 11 Julio Valenzuela	23:44.4	Pocahontas Area	47. 9 Erica Crotty	28:57.3	Pocahontas Area
50. 11 Anthony Pickar	23:48.2	GTRA	48. 9 Ashlyn Duitscher	29:18.5	Pocahontas Area
51. 12 Kayden Hammen	23:50.8	South Central Calhoun	49. 12 Ella Niewoehner	29:25.9	Manson Northwest Webster
52. 12 Grayden Forsythe	23:51.7	West Bend-Mallard	50. 12 April Meyer	29:59.6	Newell-Fonda
53. 11 Tucker Freese	24:07.4	East Sac County	51. 12 Abbi Tucker	30:02.5	Southeast Valley Gowrie
54. 12 Kadin Wadle	24:27.4	Newell-Fonda	52. 10 Elizabeth (Lizzi) Thoren	30:07.5	Emmetsburg
55. 11 Jordan Ulmer	25:06.3	East Sac County	53. 10 Azzy Felix	30:13.1	Manson Northwest Webster
56. 11 Nate Gregerson	25:06.3	Pocahontas Area	54. 10 Maddie Morey	30:57.0	West Bend-Mallard
57. 9 Paul Peterson	25:35.7	Pocahontas Area	55. 9 Victoria Ellis	31:40.9	GTRA
58. 10 Landon Anderson	27:01.5	South Central Calhoun	56. 9 Amelia Christensen	31:54.8	Southeast Valley Gowrie
59. 12 Robert Frederick	27:07.0	Emmetsburg	57. - Analise Tiffany	32:55.2	Newell-Fonda
			58. 11 Liberty Ellis	33:35.8	GTRA
			59. 9 Magnolia Malm	35:16.1	GTRA
			60. 12 Eidann Squires	37:40.5	GTRA

3,200 Meters Junior High

Official Team Scores

1. Southeast Valley Gowrie	36
2. Sioux Central Sioux Rapids	45
3. Manson Northwest Webster	72
4. Alta-Aurelia	77

1. - Declan Spencer	12:59.9	South Central Calhoun
2. 8 August Akins	13:13.3	Southeast Valley Gowrie
3. - Sawyer Olsen	13:15.8	Newell-Fonda
4. - Weston Smith	13:17.8	Sioux Central Sioux Rapids
5. - Vance Sangwin	13:32.1	Sioux Central Sioux Rapids
6. 7 Griffin Vote	13:42.3	Southeast Valley Gowrie
7. - Jacob Ulmer	13:47.3	East Sac County
8. - Michael Balder	13:49.2	Sioux Central Sioux Rapids
9. - Brady Messerly	13:51.7	Manson Northwest Webster
10. - Ray Hansen	13:52.2	Alta-Aurelia
11. 8 Kasen Loeffler	13:53.8	Southeast Valley Gowrie
12. - Brennan Proctor	14:07.6	Manson Northwest Webster

3,200 Meters Junior High

Official Team Scores

1. Newell-Fonda	27
2. Manson Northwest Webster	34
3. Alta-Aurelia	76
4. Pocahontas	86

1. - Quinn Sievers	13:45.7	Newell-Fonda
2. - Elliot Hamilton	14:22.4	Newell-Fonda
3. 7 Jaylyne Reedy	14:30.4	Emmetsburg
4. 8 Goldie Davis	14:49.7	Southeast Valley Gowrie
5. - Hayden Oswald	15:09.2	Manson Northwest Webster
6. - Kaylee Pugh	15:17.4	Manson Northwest Webster
7. - Ella Oswald	15:20.2	Manson Northwest Webster
8. - Sophia Smith	15:27.3	South Central Calhoun
9. 8 Sawyer Storms	15:28.1	Pocahontas

13. - Levi Ollinger	14:19.8	Manson Northwest Webster	10. - Adrian Bohlmann	15:30.5	Newell-Fonda
14. - Oliver Engel	14:28.3	East Sac County	11. - Caroline Peterson	15:42.2	Newell-Fonda
15. 7 Boe Davis	14:39.2	Southeast Valley Gowrie	12. - Paige Erickson	15:42.5	Newell-Fonda
16. 8 Jackson Bintz	14:40.0	Southeast Valley Gowrie	13. 8 Abigail Biddle	16:10.7	Emmetsburg
17. 8 Jaxon Wilson	14:41.7	Southeast Valley Gowrie	14. - Kate Hildreth	16:10.7	Manson Northwest Webster
18. - Brent Thielen	14:46.0	South Central Calhoun	15. - Lia Wernimont	16:14.1	Sioux Central Sioux Rapids
19. - Dayde Hale	14:46.0	Alta-Aurelia	16. - Kyia Copp	16:26.3	Newell-Fonda
20. 7 Costly Ordonez	14:53.1	Pocahontas	17. - Nora Nelson	16:28.9	Manson Northwest Webster
21. - Zander Gonzalez	15:00.9	Alta-Aurelia	18. 7 Abilene Ellis	16:44.4	GTRA
22. 7 Brock Peterson	15:06.0	Southeast Valley Gowrie	19. - Natalie Wurth	16:47.7	Alta-Aurelia
23. 8 Tucker Krug	15:11.5	Pocahontas	20. - Piper Westphal	16:52.1	Alta-Aurelia
24. 8 Ethan Martin	15:18.8	Southeast Valley Gowrie	21. - Abby Kistenmacher	16:55.0	South Central Calhoun
25. - Jesse Cole	15:19.4	Newell-Fonda	22. - Ludim Fergusca	16:55.1	Alta-Aurelia
26. - Isaac Nelson	15:27.1	Sioux Central Sioux Rapids	23. - Sophia Doonan	17:05.8	Alta-Aurelia
27. - Brennen Block	15:35.9	Sioux Central Sioux Rapids	24. 7 Alexa Oberg	17:28.9	Pocahontas
28. 7 Andrew Wanat	15:38.5	Southeast Valley Gowrie	25. - Sophia French	17:31.8	Alta-Aurelia
29. - Miles Edwards	15:44.4	Alta-Aurelia	26. - Olivia Weathers	17:56.6	Alta-Aurelia
30. - Max Halbur	15:49.8	South Central Calhoun	27. 7 Aleehay Hoefer	18:03.9	Southeast Valley Gowrie
31. 8 Eli Rude	15:53.2	Southeast Valley Gowrie	28. 7 Jaylie Slinker	18:35.5	Southeast Valley Gowrie
32. - William Witham	15:54.6	Newell-Fonda	29. - Nevaeh Stone	18:37.2	East Sac County
33. - Chet Madsen	15:59.1	Sioux Central Sioux Rapids	30. - Gracie Harty	18:38.6	East Sac County
34. - Evan Johnson	16:01.0	East Sac County	31. - Maia Thomsen	19:02.6	Sioux Central Sioux Rapids
35. 8 Mason Moser	16:18.4	Manson Northwest Webster	32. 7 Ana Franco	19:51.1	Pocahontas
36. 8 Jake Wicklein	16:20.8	Southeast Valley Gowrie	33. 7 Ava Shearer	20:24.0	Pocahontas
37. - Lucas Aragon	16:23.4	East Sac County	34. - Lexius Jones	20:24.3	Sioux Central Sioux Rapids
38. - Korbyn Diischer	16:28.5	Alta-Aurelia	35. 8 Hannah Maske	20:31.3	Pocahontas
39. 7 Grant Peterson	16:40.4	Southeast Valley Gowrie	36. - Bria Swartz	21:46.4	Alta-Aurelia
40. - Kenley Sargent	17:01.3	Alta-Aurelia	37. - Laura Van Holland	24:02.0	Pocahontas
41. - Parker Pedersen	17:10.6	Alta-Aurelia	38. - Kendall Nielsen	26:42.3	Alta-Aurelia
42. - Brody Pressley	17:17.5	Alta-Aurelia			
43. 7 Joeseph Ennenga	17:18.8	Southeast Valley Gowrie			
44. 7 Turner Ahlers	17:25.3	Southeast Valley Gowrie			
45. - Kaden Ramthun	17:30.4	South Central Calhoun			
46. 7 Danny Nelson	18:01.1	Emmetsburg			
47. 7 Jace Skoglund	18:09.7	Southeast Valley Gowrie			
48. - Vincent Van Houten	18:11.2	Alta-Aurelia			
49. 8 Max Judson	18:21.6	Southeast Valley Gowrie			
50. - Patrick Kueny	18:25.0	Alta-Aurelia			
51. 8 Mason Newell	18:29.3	Southeast Valley Gowrie			
52. 8 Walter Reedy	18:33.2	Emmetsburg			
53. 7 Xavier Cunigan	18:46.4	Southeast Valley Gowrie			
54. - Vincent Harden	18:52.5	Sioux Central Sioux Rapids			
55. 7 Asher Woodford	19:29.3	Emmetsburg			
56. 7 Dominik Paterson	19:44.1	Southeast Valley Gowrie			
57. - Jerrod Waller	20:18.3	Manson Northwest Webster			
58. - Noah Wilson	20:44.8	Alta-Aurelia			
59. 7 Dallas Brandel	22:30.0	Southeast Valley Gowrie			

5,000 Meters Junior Varsity

1. 9 Bryndalyn Brock	27:35.5	Alta-Aurelia
2. 9 Meleighta Buckendahl	28:24.9	Alta-Aurelia
3. 9 Lauren Rouse	30:09.2	Emmetsburg
4. 9 Jade Wilkinson	30:33.0	Alta-Aurelia
5. 10 Melia Hoffman	30:52.6	Sioux Central Sioux Rapids
6. 12 Kylie Anderson	30:52.9	Sioux Central Sioux Rapids

5,000 Meters Junior Varsity

Official Team Scores

1. Alta-Aurelia 27
 2. Sioux Central Sioux Rapids 28
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1.	10	Cline Sievers	20:54.1	Alta-Aurelia
2.	9	Caden Kolar	21:13.2	Alta-Aurelia
3.	11	Gauge Smith	21:27.4	Sioux Central Sioux Rapids
4.	12	Caden Kaltschnee	21:45.8	Southeast Valley Gowrie
5.	9	David Nelson	21:52.0	Manson Northwest Webster
6.	-	Jhony Ordonez	22:15.6	Sioux Central Sioux Rapids
7.	10	Gersain Orozco	22:22.4	Sioux Central Sioux Rapids
8.	-	Titus Kruse	22:42.1	Sioux Central Sioux Rapids
9.	12	Grant Farnham	22:43.9	Southeast Valley Gowrie
10.	10	Alvin Stowe	23:03.2	Alta-Aurelia
11.	9	Skylar Stowe	23:04.8	Alta-Aurelia
12.	9	Carter Ganoe	23:26.6	Southeast Valley Gowrie
13.	-	Ryan Medferd	24:33.7	Manson Northwest Webster
14.	11	Antonio Garcia	24:37.1	Alta-Aurelia
15.	11	Oliver Riehl	25:23.1	Southeast Valley Gowrie
16.	12	Bretton Farnham	25:24.7	Sioux Central Sioux Rapids
17.	-	Kinnick Kaufman	25:30.6	Newell-Fonda