

2024 4A Boys All-State Cross Country Team

1st Team All-State

1.	Ethan Zuber	SR	Ankeny	15:01.2
2.	Jaden Merrick	JR	Cedar Falls	15:08.0
3.	Keegan Decker	SO	Iowa City Liberty	15:10.1
4.	Slader Buckheister	JR	Cedar Rapids Kennedy	15:29.6
5.	Owen Marett	SR	Des Moines Roosevelt	15:32.0
6.	Jack Crossland	SO	Johnston	15:33.3
7.	Kuma Gutema	FR	Sioux City North	15:33.7
8.	Jack Flori	SR	Dowling Catholic	15:34.9
9.	Moustafa Tia	SR	Iowa City West	15:38.3
10.	Dominic Williams	SO	Cedar Falls	15:39.4
11.	AJ Willey	JR	Bettendorf	15:39.8
12.	Adam Gray	JR	Cedar Rapids Kennedy	15:41.6
13.	Owen Wolfe	SR	Dowling Catholic	15:41.8
14.	Teegan Kralik	JR	Norwalk	15:45.4
15.	John Moellers	SR	Marshalltown	15:50.1

2nd Team All-State

16.	Connor Martin	SR	Cedar Falls	15:51.2
17.	Charlie Deick	SO	Dowling Catholic	15:52.6
18.	Reed Robbins	JR	Indianola	15:55.7
19.	Bennett Allred	SR	Prairie Cedar Rapids	15:56.8
20.	Micah Fern	JR	Dubuque Hempstead	15:58.4
21.	Noah Gregoire	SR	Iowa City Liberty	15:59.0
22.	Kyle Johnson	JR	Prairie Cedar Rapids	15:59.5
23.	Elias Arbuckle	SR	Dallas Center-Grimes	15:59.6
24.	Zack Janulewicz	SR	Waukee Northwest	15:59.9
25.	Nick Lee	SR	Prairie Cedar Rapids	16:00.5
26.	Kieran DeGroot	SR	Cedar Falls	16:02.7
27.	Carter Nunn	JR	Marshalltown	16:03.4
28.	Tony Anania	SR	Norwalk	16:03.8
29.	Sidney Shide	SR	Urbandale	16:08.5
30.	Max McDowell	JR	Iowa City City High	16:08.6

2024 3A Boys All-State Cross Country Team

1st Team All-State				
1	Quentin Nauman	JR	Epworth Western Dubuque	14:59.6
2	Canaan Dunham	JR	Pella	15:16.9
3	Caleb Ten Pas	JR	Des Moines Christian	15:27.0
4	Jacob Tallman	SO	Gilbert	15:30.4
5	Logan Bleich	SO	Gilbert	15:34.3
6	Carson Squiers	JR	Gilbert	15:38.2
7	Grady Olberding	SR	Mount Vernon-Lisbon	15:54.7
8	Austin Soldwisch	SR	Waverly-Shell Rock	15:58.3
9	Josh Hagenberg	SR	Des Moines Christian	16:17.4
10	Kael Streeter	JR	Carlisle	16:17.8
11	Isaac Rankin	JR	Knoxville	16:17.9
12	Emmett Barber	SR	Gilbert	16:20.3
13	Andrew Rees	JR	Washington	16:20.8
14	Luke Hagenberg	SR	Des Moines Christian	16:25.7
15	Jayden Brookins	JR	Wahlert Dubuque	16:25.9
2nd Team All-State				
16	Emrick Ryan	JR	Gilbert	16:28.2
17	Andrew Allen	FR	Xavier Cedar Rapids	16:30.7
18	Matthew Dahm	FR	Sioux Center	16:30.7
19	Liam Crites	JR	Grinnell	16:31.3
20	Mason Gaulke	JR	Pella	16:36.5
21	Garrett See	JR	Decorah	16:36.9
22	Grant Zilka	SR	Decorah	16:37.8
23	Kaiden Browne	SR	Pella	16:38.0
24	Barrett Jesina	JR	South Tama County Tama	16:39.0
25	Caleb Olson	SR	Central DeWitt	16:39.8
26	Joel Ramirez-Parra	JR	Storm Lake	16:40.3
27	Devon Browne	SR	Pella	16:41.6
28	Tyler Alderton	SR	Washington	16:43.6
29	Cadel Conner	JR	Grinnell	16:44.1
30	Josiah Sisler	SO	Des Moines Christian	16:45.7

2024 2A Boys All-State Cross Country

1st Team All-State				
1	Emerson Vokes*	JR	Grundy Center	15:37.5
2	Alex Torres	JR	Vinton-Shellsburg	15:55.3
3	Brandon Hughes	SR	Spirit Lake	15:55.4
4	Emmett Swartzentruber	SR	Mid-Prairie Wellman	15:56.4
5	Kyle Wagoner	SR	Clarinda	16:09.2
6	Zach Flatebo	SR	Garner-Hayfield-Ventura	16:10.1
7	Jesse Gomez	FR	Denver	16:19.7
8	Conall Sauser	SR	Oelwein	16:19.7
9	Nathan Pint	SR	Jesup	16:23.0
10	Dietrich Dirks	SR	Spirit Lake	16:23.8
11	Isaac Reisinger	SR	Waukon	16:25.3
12	Sawyer Meinders	JR	Pella Christian	16:27.2
13	Caleb Schunk	SR	Oelwein	16:27.9
14	Preston Yutzy	SR	Mid-Prairie Wellman	16:28.7
15	Myles Matthias	JR	Denver	16:31.1
2nd Team All-State				
16	Clay Bohlmann	SR	Tipton	16:37.7
17	Evan Osler	SR	Okoboji Milford	16:46.3
18	Emmanuel Grass	SO	Red Oak	16:47.0
19	Corben Lucchesi	SO	Roland-Story, Story City	16:49.4
20	Jonah Pringnitz	JR	Garner-Hayfield-Ventura	16:51.1
21	Jayse Yoder	SR	Mid-Prairie Wellman	16:55.1
22	Brandon Leppert	JR	Waukon	16:55.9
23	Brent Crabb	JR	Chariton	16:56.6
24	Silas Gann	JR	Forest City	16:57.7
25	Keshaun Williams	JR	Oelwein	16:57.7
26	Ethan Wynia	SR	Unity Christian Orange City	17:00.3
27	Lucas Anderson	SO	Chariton	17:02.9
28	Caleb Good	SR	Garner-Hayfield-Ventura	17:03.2
29	Charlie Forbes	SR	MVAOCO	17:03.6
30	Karsten Nuehring	SR	Jesup	17:04.1

2024 1A Boys All-State Cross Country

1st Team All-State				
1	Gavin Grunhovd	SR	North Iowa, Buffalo Center	15:57.5
2	Gunner Wagner	SR	Woodbine Community	16:05.2
3	Matthew Schaul	SR	Maquoketa Valley Delhi	16:06.2
4	Gage Heyne	SR	English Valleys	16:08.9
5	Hayden Thompson	JR	Lake Mills	16:12.0
6	Anthony Valles	JR	St. Edmond Fort Dodge	16:14.4
7	Ben Byers	JR	Sibley-Ocheyedan	16:26.0
8	Matt Richardson	SR	Baxter	16:29.2
9	Kohlby Newsom	SR	Winfield-Mt. Union	16:29.4
10	Knute Rogne	JR	Lake Mills	16:31.2
11	Dawson Henderson	JR	Riverside Oakland	16:31.6
12	Max Handorf	SO	Baxter	16:31.9
13	Jackson Shacklett	SR	Danville	16:32.2
14	Lucos Wernimont	SO	Sioux Central, Sioux Rapids	16:34.8
15	Kade Van Roekel	SR	Lake Mills	16:35.9
2nd Team All-State				
16	Brody Henderson	JR	Riverside Oakland	16:37.4
17	Levi Benesh	JR	North Linn Troy Mills	16:42.7
18	Alex Davis	JR	Ankeny Christian Academy	16:46.1
19	Jude Dykstra	JR	WACO Wayland	16:46.6
20	Jace Matern	SR	Columbus Catholic Waterloo	16:47.4
21	Justin Wagner	JR	Kee, Lansing	16:47.8
22	Jude Benbow	SR	Ogden	16:49.1
23	Haven Weers	FR	Tri-Center Neola	16:53.8
24	Noah Poldberg	SR	Panorama, Panora	16:54.8
25	Ty Muniz	SR	Columbus Com. Columbus Junction	16:57.7
26	Aidan Brady	JR	Wapsie Valley Fairbank	16:57.9
27	Lincoln Bainbridge	JR	Van Buren County	17:01.1
28	Colton Alberts	SO	Lynnville-Sully	17:03.1
29	Liam Shannon	SR	St. Edmond Fort Dodge	17:04.5
30	Jacob Launderville	JR	Alta-Aurelia	17:04.5

2024 Elite All-State Cross Country-Top 30 in All Classes Combined

1	Quentin Nauman	JR	Epworth Western Dubuque	14:59.6
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