

### Girls Varsity

NAME	PLACE	TIME	AVE/MILE	LAST YR.	NOTES
Alexa Beeck	11	17:40		--	medal
Amanda Willems	22 (21)	18:48			AOM
Alyssa Rihner	25 (24)	18:50		18:14	
Kassidy Pieper	26 (25)	18:52			
Allie Ahrenholtz	27 (26)	18:55			
Emily Blum	34 (31)	19:13		20:05	
Maloree Gaspers	66 (47)	21:09		20:23	

*Winning Runner: Sadie Timms, Gilbert, 15:30*

*Number of Finishers: 114*

### Girls Varsity Team Scores

SCHOOL	SCORE	SCHOOL	SCORE
1) Gilbert	53	11)	
2) Winterset	88	12)	
3) Nevada	97	13)	
4) Roland-Story	103	14)	
5) Creston	105	15)	
6) Denison	107	16)	
7) Kuemper	180	17)	
8) Jefferson-Scranton	199	18)	
9)		19)	
10)		20)	

Comments: A stronger race for the girls as they ran better times tonight and they had more confidence going into this meet. The girls worked well together in a pack and used that to surge in the race. They started well in a tricky bottle-neck start, and continued to move up throughout the race. The desire to compete is strong with this team, and this they will continue to improve the more they race, as many are newcomers. The course was likely over a minute longer than last year due to a change in the course because of construction.



### Boys JV

NAME	PLACE	TIME	AVE/MILE	LAST YR.	NOTES
Drew Seefeldt	61	21:41			
Ben Claypool	71	21:57			
Jayden Chapman	77	22:07			
Justin Myers	98	22:56			
Riley Sondag	112	24:05			
Yosimar Morales	121	24:43			
Nick Noel	129	26:13			
Jesse Ayala	130	26:42			
Alex Loarca	132	27:16			

*Winning Runner:*

*Number of Finishers:*

### Boys JV Team Scores

SCHOOL	SCORE	SCHOOL	SCORE
1)		11)	
2)		12)	
3)		13)	
4)		14)	
5)		15)	
6)		16)	
7)		17)	
8)		18)	
9)		19)	
10)		20)	

Comments: The JV ran with the Varsity tonight, so it was a large race. They did a great job of getting out at the beginning and really worked on surging throughout their race. Many of these runners are new to the sport, so they will certainly continue to improve as they race more. They will also be pushing the varsity runners for spot, which will continue to make the whole team stronger. Everyone ran a nice race tonight and really competed well.



## Middle School

NAME	PLACE	TIME	AVE/MILE	LAST YR.	NOTES
Tayler Cary 8	39th	16:51			
Alyssa Seuntjens 7	3rd	14:39			Ribbon
Taytum Winans 8	12th	16:04		17:21	
Angel Holt 8	17th	16:37		17:23	
Michaela Ahrenholtz	28th	18:26			
Courtney Wingrove	30th	18:40			
Molly Dammen	32nd	18:47			

*Winning Runner Boys:*

*Winning Runner Girls:*

## Middle School Team Scores

BOYS TEAMS	SCORE	GIRLS TEAMS	SCORE
1)		1)	
2)		2)	
3)		3)	
4)		4)	
5)		5)	
6)		6)	
7)		7)	
8)		8)	
9)		9)	
10)		10)	

Comments: Comments:

For their second race of the season both the girls and Tayler they have improved from the previous meet. Good job to all of you. It only gets better.