

Date:	09-04-21		
Location:	IA Western Campus		
Weather:	70 and cloudy		

HS Girls Varsity Team Results:	1. SE Polk (40) 2. Glenwood (44) 3. Harlan (52) 4. Lemars (137) 5. St. Albert (161) 6. CBAL (164) 7. Denison-Schleswig (165) 8. CBTJ (200)		
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HS Girls Varsity Individual Results:			
	Place	Name	Time
	2	Lola Mendlik	21:12:00
	31	Emily Bahnsen	25:15:00
	45	Abby Gutierrez	27:16:00
	48	Juliana Barajas	27:56:00
	50	Lauren Bowker	28:30:00
	53	Jazmine Iglesias	30:03:00

HS Boys Varsity Team Results:	1. Missouri Valley (68) 2. St. Albert (69) 3. Harlan (75) 4. Lemars (83) 5. CBAL (99) 6. Denison-Schleswig (118) 7. CBTJ (157)		
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HS Boys Varsity Individual Results:			
	Place	Name	Time
	3	Leo Flores	18:42:00
	22	Ethan Perrien	20:12:00
	32	Ethan Olsen	21:06:00
	34	Yohannes Brihane	21:13:00
	39	Esteban Castellanos	22:16:00
	41	Kaiden Krajcek	22:37:00
	43	Brian Ibarra	23:10:00

HS Boys JV Individual Results:			
	Place	Name	Time
	1	Ricky Ledesma	19:33

12	James Garcia	24:02:00		
Comments from Assistant Coach Nate Pardun:		<p>Each runner capped off the week with another great meet. After the LOMA meet the kids started to see how much they were truly capable of as runners and many of them are starting to find their flow in a race. We saw some new teams and had the chance to run with some even faster kids. The team as a whole is really starting to understand how to compete together and work as a collective unit. There were 4 total medalists between the girls' and boys' teams. Lola Mendlik placed 2nd in the varsity girls' race, and Leo Flores finished 3rd on the varsity boys' side. Ricky Ledesma and James Garcia were both medalists in the JV boys' race as well.</p>		