RRC Conference CC Meet HS, MS

OFFICIAL Tue, Oct 13, 2026 North Polk HS, IA US

Mens Results

3,200 Meters Middle School

Official Team Scores

1.	North Polk MS	40
2.	Winterset ms	82
3.	Adel-DeSoto-Minburn	86
4.	Bondurant-Farrar ms	103
5.	Ballard	107
6.	Gilbert ms	123
7.	Carlisle	182
8.	Boone	190

1.	8	Liercen Shonka	11:35.4	Bondurant-Farrar ms
2.	8	Coleman Keys	11:45.3	North Polk MS
3.	8	Finnegan Book	11:46.7	Adel-DeSoto-Minburn
4.	7	Brooks Wuebker	11:51.4	Ballard
5.	8	Gus Hilbert	11:52.7	Winterset ms
6.	8	Maxwell Anthofer	11:53.4	North Polk MS
7.	7	Reece Bru	12:04.6	North Polk MS
8.	8	Drew Gibson	12:05.4	North Polk MS
9.	8	Lewis Holland	12:15.4	Adel-DeSoto-Minburn
10.	8	Jaxson Berry	12:24.4	Winterset ms
11.	7	Garrett Thomas	12:28.0	Gilbert ms
12.	8	Elliot Dalton	12:30.3	Ballard
13.	8	Lincoln Charlson	12:31.2	Gilbert ms
14.	8	Aiden Selim	12:35.6	Boone
15.	8	Marshall Back	12:35.9	Winterset ms
16.	8	Graham Flinn	12:36.5	Bondurant-Farrar ms
17.	8	Ryker Schmidt	12:41.4	North Polk MS
18.	8	Nolan Hoppestad	12:43.3	Adel-DeSoto-Minburn
19.	7	Jack Greving	12:44.9	North Polk MS
20.	8	Rhodes Wineinger	12:45.0	North Polk MS
21.	7	Ayden Austen	12:49.7	Bondurant-Farrar ms

Womens Results

3,200 Meters Middle School

Official Team Scores

1.	North Polk MS	44
2.	Adel-DeSoto-Minburn	45
3.	Gilbert ms	78
4.	Ballard	108
5.	Winterset ms	152
6.	Bondurant-Farrar ms	157
7.	Boone	178
8.	Carlisle	194

1.	8	Samantha Sosby	13:21.8	North Polk MS
2.	8	Gabby Leistikow	13:30.3	Adel-DeSoto-Minburn
3.	7	Baelyn Kilstofte	13:38.2	Gilbert ms
4.	8	Kaiya Shelman	13:46.3	Adel-DeSoto-Minburn
5.	7	Anika Nordhus	13:49.6	Gilbert ms
6.	8	Clara Menke	13:57.6	North Polk MS
7.	7	Braelynn Merideth	13:57.8	Gilbert ms
8.	8	Natalie Magedanz	14:08.6	Adel-DeSoto-Minburn
9.	7	Eleanor Enabnit	14:14.0	Boone
10.	7	Selah DeCleene	14:14.0	Carlisle
11.	8	Brooklyn Dentino	14:14.1	North Polk MS
12.	7	Kinley Haaland	14:17.6	North Polk MS
13.	7	Rhen Ausdemore	14:17.8	Adel-DeSoto-Minburn
14.	8	Cedar Esdohr	14:21.3	North Polk MS
15.	7	Alivia Lestina	14:29.3	Boone
16.	7	Ava Wolfe	14:37.3	Winterset ms
17.	8	Brooklyn Harder	14:37.4	Ballard
18.	7	Lark Heater	14:38.4	Adel-DeSoto-Minburn
19.	8	Taylor O'Shea	14:39.3	Ballard
20.	8	Charley Steinfeldt	14:43.2	Adel-DeSoto-Minburn
21.	8	Addilyn Jones	14:43.3	Ballard

22.	7	Jude Stone	12:56.0	Carlisle
23.	8	Evan McPherson	12:57.6	Ballard
24.	7	Cooper Sheffield	12:58.0	Winterset ms
25.	8	Leo Growdon	13:10.6	North Polk MS
26.	8	Sullivan Aarsvold	13:14.8	North Polk MS
27.	7	Grant Sigmund	13:17.3	Bondurant-Farrar ms
28.	7	Ronan Clausen	13:21.9	Adel-DeSoto-Minburn
29.	8	JR Zieman	13:24.3	North Polk MS
30.	7	Dax Andre	13:33.9	North Polk MS
31.	8	Kyler Krings	13:35.9	North Polk MS
32.	8	Micah Hay	13:37.7	Boone
33.	7	Parker Henry	13:39.4	Winterset ms
34.	8	Logan Dirks	13:39.8	North Polk MS
35.	8	Jared Wede	13:42.8	Gilbert ms
36.	8	Fletcher Adams	13:42.9	Adel-DeSoto-Minburn
37.	7	Graysen Jacobus	13:44.3	North Polk MS
38.	7	Roscoe Otis	13:45.8	North Polk MS
39.	8	Jase Saar	13:47.8	Gilbert ms
40.	7	Jaxon Wilkins	13:54.6	North Polk MS
41.	8	Roy Carver	13:55.3	Carlisle
42.	7	Breven Smith	13:55.5	Ballard
43.	8	Gavin Dominguez	13:57.9	Carlisle
44.	8	Jensen Bruner	13:58.1	Ballard
45.	8	Austin Schechinger	14:00.8	North Polk MS
46.	8	Lance Thomas	14:01.0	Ballard
47.	8	Grayson Schelling	14:04.0	North Polk MS
48.	8	Evan Jensen	14:05.5	Winterset ms
49.	8	Parker Priebe	14:07.3	Ballard
50.	7	Jackson Anderson	14:08.0	North Polk MS
51.	8	Levi Robak	14:13.6	Gilbert ms
52.	7	Ryker Wesley	14:16.2	Bondurant-Farrar ms
53.	7	Paxson Rolfes	14:17.4	Ballard
54.	8	Milo Anderson	14:19.1	Gilbert ms
55.	8	Tucker Todd	14:19.2	Adel-DeSoto-Minburn
56.	7	Aaron Schrock	14:20.1	Adel-DeSoto-Minburn
57.	8	Liam Monroe	14:21.9	Winterset ms
58.	8	Elliott Hager	14:37.6	Gilbert ms
59.	8	John Oler	14:38.3	Carlisle
60.	7	Sam Kending	14:38.8	North Polk MS
61.	8	Emmett Bartos	14:39.0	Boone
62.	7	Atticus Stegman	14:39.5	North Polk MS
63.	7	Anderson Leigh	14:40.8	North Polk MS
64.	8	Will Farley	14:57.3	Gilbert ms
65.	8	Leo Hoffman	15:00.3	Ballard
66.	7	Abram Green	15:14.8	Carlisle
67.	7	Dustin Erdahl	15:18.0	North Polk MS
68.	7	Nicholas Reding	15:19.5	North Polk MS
69.	8	Logan Kidd	15:19.5	North Polk MS
70.	8	Callen Shuler	15:39.1	North Polk MS
71.	8	Grayson Elliott	15:40.0	Ballard
72.	7	Wyatt Uthe	15:44.1	Adel-DeSoto-Minburn
73.	7	Ferran Witter	15:44.9	Ballard
74.	7	Tate Bunning	15:45.6	Boone
75.	7	Michael Nie	15:50.1	Gilbert ms
76.	7	Clifford Minner	15:53.3	Ballard
77.	7	Jensen Bennett	15:57.9	Gilbert ms
78.	7	Archer Congdon	16:01.1	Gilbert ms
79.	7	Maddox Kuhns	16:01.6	Ballard
80.	7	Jack Hoodjer	16:02.3	North Polk MS
81.	7	Parker Sandquist	16:03.7	North Polk MS
82.	8	Aiden Brand	16:06.3	Bondurant-Farrar ms
83.	7	Kasen Funk	16:08.3	Ballard
84.	7	Connor Wilmes	16:15.7	Ballard
85.	7	Blaze Buck	16:22.2	Ballard

22.	7	Hadlee Nobiling	14:43.8	Ballard
23.	8	Cam Callen	14:52.8	North Polk MS
24.	7	Azalea Rine	14:56.2	Adel-DeSoto-Minburn
25.	8	Macy Seagren	14:58.5	Adel-DeSoto-Minburn
26.	8	Elliotte Howie	14:59.6	Bondurant-Farrar ms
27.	7	Tenley Kono	15:00.0	Bondurant-Farrar ms
28.	8	Rowan Lincoln	15:00.6	North Polk MS
29.	7	Harper Hornung	15:00.8	Adel-DeSoto-Minburn
30.	7	Clara Menke	15:01.4	Adel-DeSoto-Minburn
31.	7	Mackenna Jones	15:02.4	North Polk MS
32.	8	Abby Simpson	15:03.3	Bondurant-Farrar ms
33.	8	Charlee Schwertfeger	15:05.8	Adel-DeSoto-Minburn
34.	8	Whitney Stevenson	15:08.6	North Polk MS
35.	8	Chloe Holmes	15:18.3	Adel-DeSoto-Minburn
36.	7	Lizzi Weeks	15:21.4	Ballard
37.	8	Emerie Sulllivan	15:26.1	Winterset ms
38.	7	Azra McKilligan	15:27.1	Gilbert ms
39.	8	Danielle Drescher	15:28.4	Gilbert ms
40.	8	Lily Handeland	15:29.9	Ballard
41.	8	Hannah Pelton	15:29.9	Adel-DeSoto-Minburn
42.	7	Sophia Pugh	15:30.9	Winterset ms
43.	8	Norah Benge	15:35.8	Winterset ms
44.	7	Lydia Gingerich	15:35.9	Ballard
45.	7	Jane Seaman	15:42.0	Winterset ms
46.	8	Mikal Okubay	15:48.9	North Polk MS
47.	8	Morgan Szurek	15:51.8	Bondurant-Farrar ms
48.	7	Piper Coller	15:51.9	Adel-DeSoto-Minburn
49.	7	Kendall Luckett	15:53.3	Adel-DeSoto-Minburn
50.	8	Emmy McCaughey	15:58.1	Gilbert ms
51.	7	Harper Bolles	16:09.6	Adel-DeSoto-Minburn
52.	8	Harper Hill	16:14.0	North Polk MS
53.	8	Tinley Franks	16:15.8	Ballard
54.	8	Heidi Evans	16:18.8	Ballard
55.	7	Ruby Markus	16:20.7	Adel-DeSoto-Minburn
56.	8	Arwen Khamphaphongvixay	16:21.8	Bondurant-Farrar ms
57.	8	Shine Chavez	16:24.3	Bondurant-Farrar ms
58.	8	Emma Charley	16:26.4	North Polk MS
59.	8	Charlotte Garlich	16:29.8	Winterset ms
60.	7	Lydia Kleckner	16:31.3	Carlisle
61.	7	Natalie Tallman	16:34.0	Gilbert ms
62.	8	Julie Holloway	16:41.8	Adel-DeSoto-Minburn
63.	8	Clara Ostergaard	16:41.9	Carlisle
64.	7	Claire Sage	16:42.0	North Polk MS
65.	8	Maysen Wenndt	16:44.0	Adel-DeSoto-Minburn
66.	8	Phoebe Warner	16:46.0	Carlisle
67.	7	Kylar Warren	16:51.5	Bondurant-Farrar ms
68.	8	Hadley Hope	16:56.7	Winterset ms
69.	7	Lily Mohr	16:57.2	North Polk MS
70.	8	Juliette Delp	17:00.1	Adel-DeSoto-Minburn
71.	7	Collins Berry	17:01.3	Ballard
72.	7	Kyrsten Cable	17:04.5	Adel-DeSoto-Minburn
73.	7	Kristina Howard	17:07.3	Boone
74.	7	Lelah Allen	17:07.6	Carlisle
75.	7	Nora Witte	17:08.4	Carlisle
76.	7	Akira Archer	17:09.0	Boone
77.	8	Keslee Boock	17:14.1	Ballard
78.	8	Aaliyah Macasa	17:19.2	Boone
79.	8	Vera Colvin	17:24.4	Ballard
80.	8	Adelyn Hoffman	17:30.8	North Polk MS
81.	8	Autumn Bickley	17:33.3	North Polk MS
82.	7	Peyton DeBoer	17:34.4	North Polk MS
83.	8	Makenzie Haines	17:34.9	Ballard
84.	8	Haleigh Rhoads	17:49.7	Winterset ms
85.	7	Carolyn Bartlett	17:55.7	Ballard

86.	8	Drew Smith	16:25.4	Carlisle
87.	8	Carson Follis	16:25.7	Carlisle
88.	7	Maddox Mars	16:31.1	Adel-DeSoto-Minburn
89.	7	Graham Fulton	16:37.0	Winterset ms
90.	7	Michael Fillipiak	16:43.0	Boone
91.	7	Gage Pederson	16:48.0	Adel-DeSoto-Minburn
92.	8	Callum Rodgers	16:51.5	Bondurant-Farrar ms
93.	7	Kaiden Kreutzer	16:53.2	North Polk MS
94.	8	Cameron Turner	17:05.2	Bondurant-Farrar ms
95.	7	Eli Pool	17:07.2	Ballard
96.	8	Tristan Didlott	17:07.8	Bondurant-Farrar ms
97.	8	William Crittenden	17:14.8	Winterset ms
98.	8	Apollo McKenna	17:14.9	North Polk MS
99.	8	Grant Kubik	17:18.1	Boone
100.	8	Liam Holsapple	17:23.2	Ballard
101.	7	Leo Meintsma	17:25.4	Ballard
102.	7	Griffin Sedars	17:29.0	Adel-DeSoto-Minburn
103.	7	Reid Delaney	17:30.5	Adel-DeSoto-Minburn
104.	7	Edmond Monnier	17:33.6	Winterset ms
105.	7	Calen Franzen	17:34.1	Ballard
106.	7	Liam Grundmeier	17:43.1	Gilbert ms
107.	7	Edward Bleimehl	17:51.0	Carlisle
108.	7	Dimitrious Hopkins	17:51.2	Boone
109.	8	Caedmon Williams	17:56.6	Boone
110.	7	Kinnick Egan	17:56.9	Carlisle
111.	8	Owen Scott	18:08.1	Bondurant-Farrar ms
112.	7	Benjamin Williams	18:15.0	Ballard
113.	7	Noah Berry	18:30.1	Bondurant-Farrar ms
114.	7	Thomas Keiser	18:43.6	North Polk MS
115.	8	Landen Harris	19:00.6	Boone
116.	7	Andrew Govias	19:04.9	Gilbert ms
117.	7	Parker Mudgett	19:56.2	North Polk MS
118.	8	Cohen Crawford	20:03.6	North Polk MS
119.	8	Owen Broshar	20:06.2	Ballard
120.	8	Adrian Frye	20:52.0	Carlisle
121.	7	Henry Campbell-Merritt	21:17.9	Boone
122.	7	Damian Kruse	22:12.2	Gilbert ms
123.	7	Griffin Phipps	30:59.7	Bondurant-Farrar ms

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Official Team Scores

1.	Gilbert	33
2.	Bondurant-Farrar	74
3.	ADM Adel	78
4.	Carlisle	87
5.	Winterset	99
6.	Ballard	148
7.	North Polk	182
8.	Boone	243

86.	8	Hadley Arp	17:56.0	North Polk MS
87.	7	Eve Frohling	17:58.7	North Polk MS
88.	7	Kinley Heller	18:01.1	North Polk MS
89.	7	Hayden Rohlfsen	18:05.3	Bondurant-Farrar ms
90.	7	Breckin Hokel	18:06.3	Adel-DeSoto-Minburn
91.	7	Kennedy St. John	18:08.2	Winterset ms
92.	7	Stella Fountas	18:09.1	Adel-DeSoto-Minburn
93.	7	Greta Campbell	18:09.9	Adel-DeSoto-Minburn
94.	7	Clair Smith	18:11.0	North Polk MS
95.	7	Elizabeth Gregerson	18:15.9	Boone
96.	8	Megan Guertin	18:21.8	Bondurant-Farrar ms
97.	8	Mykah Doll	18:25.3	Adel-DeSoto-Minburn
98.	8	Harper Chapman	18:30.8	Adel-DeSoto-Minburn
99.	7	Elise Borcherding	18:31.4	Winterset ms
100.	7	Milena Olson	18:32.5	Boone
101.	7	Lexxy Boone	18:39.7	Gilbert ms
102.	8	Kate Sage	18:44.9	Gilbert ms
103.	8	Logyne Reid	18:49.5	Ballard
104.	8	Havyn Miller	19:11.6	Ballard
105.	7	Paetyn Schloemer	19:18.7	Carlisle
106.	7	Athena Fleming	19:21.1	Boone
107.	7	Alexa Sporaa	19:22.4	Boone
108.	8	Sophia Matthews	19:23.6	Gilbert ms
109.	7	Kyana Delaney	19:33.5	North Polk MS
110.	7	Olivia Marlowe	19:36.7	Adel-DeSoto-Minburn
111.	7	Caroline Grote	19:42.9	Boone
112.	8	Wynn Blaylock	19:43.8	North Polk MS
113.	8	Natalie De Bruin	19:44.2	Gilbert ms
114.	7	Edith Stines	19:47.5	Boone
115.	8	Mina Siskow	20:01.3	Gilbert ms
116.	7	Alice Detzel	20:20.7	Bondurant-Farrar ms
117.	8	Nelle Dovre	20:27.3	Ballard
118.	8	Claire Russenberger	20:28.0	Adel-DeSoto-Minburn
119.	8	Violet Richardson	20:32.8	Ballard
120.	7	Isabella Cummings	20:35.2	Adel-DeSoto-Minburn
121.	8	Mia Weigel	20:45.9	Boone
122.	8	Natalie Toot	21:01.1	Gilbert ms
123.	7	Amaya Jackson	21:23.1	Bondurant-Farrar ms
124.	8	Maybeline Hulett	21:30.2	Carlisle
125.	8	Kinsley Kreutzer	21:42.9	North Polk MS
126.	8	Skyler Davis	21:49.0	Carlisle
127.	7	Xoe Daniel	23:29.0	North Polk MS
128.	7	Rawha Andemichael	23:49.2	North Polk MS

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Official Team Scores

1.	North Polk	42
2.	Winterset	68
3.	Ballard	81
4.	ADM Adel	84
5.	Boone	96

1.	12	Logan Bleich	15:14.1	Gilbert
2.	12	Jacob Tallman	15:26.4	Gilbert
3.	11	Ryler Hanson	15:52.0	Bondurant-Farrar
4.	10	Zach Stevermer	15:56.7	Gilbert
5.	11	Clark Bennett	15:56.8	Bondurant-Farrar
6.	10	Andrew Coller	15:59.1	ADM Adel
7.	11	Felipe Saldana	16:15.8	Carlisle
8.	12	Graden Hermann	16:16.2	Ballard
9.	10	Kiernan Ryan	16:17.1	Gilbert
10.	10	Alexander Wolfe	16:17.7	Winterset
11.	12	Ty Miller	16:21.7	ADM Adel
12.	12	John Taylor	16:38.9	Winterset
13.	Sr	Korben Fritz	16:39.1	Carlisle
14.	9	Harper Parsons	16:41.5	Bondurant-Farrar
15.	11	Jack Leistikow	16:48.3	ADM Adel
16.	11	Gabby Herman	16:50.2	Carlisle
17.	12	Sam Kuennen	16:50.9	Gilbert
18.	11	Owen Schreiner	16:55.7	Carlisle
19.	12	Liam Trampel	16:55.7	Gilbert
20.	11	Abe Hensley	16:57.6	Winterset
21.	12	Max Marple	16:58.3	ADM Adel
22.	11	Austin Vance	17:03.7	Ballard
23.	9	Kameron Taylor	17:17.2	Winterset
24.	9	Eli Rieck	17:23.3	Bondurant-Farrar
25.	10	Trey Schwertfeger	17:29.8	ADM Adel
26.	So	Jarrod Ellerbusch	17:30.5	ADM Adel
27.	10	Braylon Whipps	17:31.4	ADM Adel
28.	12	Preston Francois	17:34.0	Bondurant-Farrar
29.	9	Max Hamilton	17:38.9	Ballard
30.	12	Ayden Reed	17:40.0	North Polk
31.	12	Adrian Wallace	17:44.9	Gilbert
32.	11	Drew Hill	17:46.2	Bondurant-Farrar
33.	10	Mac Ray	17:46.6	Carlisle
34.	10	Evan Moetsch	17:47.7	Winterset
35.	12	Grady Gibson	17:49.5	Bondurant-Farrar
36.	12	Peyton Shipley	17:49.6	North Polk
37.	11	Evan Fowle	17:49.9	North Polk
38.	10	Luke Hall	17:50.4	Winterset
39.	10	Alexander Chisholm	17:51.6	North Polk
40.	9	Kaden Ryan	17:54.8	North Polk
41.	10	Austin Felder	17:56.2	Boone
42.	10	Lucas Moetsch	17:59.6	Winterset
43.	11	Quinn Barry	18:03.6	Carlisle
44.	12	Parker Domino	18:07.8	Ballard
45.	10	Dylan Kruger	18:29.6	Ballard
46.	9	Penn Evers	18:33.2	Ballard
47.	9	Jonathan Myers	18:35.7	Boone
48.	10	Ethan Johnson	18:41.2	Ballard
49.	12	Kam Lehman	18:50.5	Boone
50.	12	JJ Bartleman	18:50.6	North Polk
51.	12	Evan Scholten	18:51.0	North Polk
52.	8	Ace Wolfgram	18:59.2	Boone
53.	10	Mason Berg	19:24.2	Carlisle
54.	12	Samuel Chesnut	19:53.6	Boone
55.	12	Calvin Cook	20:05.0	Boone
56.	10	Caleb Bartlett	20:20.4	Boone

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6.	Gilbert	150
7.	Bondurant-Farrar	162
8.	Carlisle	229

1.	11	Ava Hope	18:07.6	Winterset
2.	12	Alexis Hergenreter	18:47.9	North Polk
3.	9	Brooke Bell	19:07.8	North Polk
4.	11	Ellie Bunnell	19:13.7	North Polk
5.	10	Avilee Miller	19:14.1	Ballard
6.	10	Whitney Chesnut	19:25.7	Boone
7.	10	Honor Jorgensen	19:27.0	Ballard
8.	9	Eva Minnich	19:29.4	Winterset
9.	10	Briella Johnson	19:32.3	Boone
10.	11	Mallory Back	19:37.7	Winterset
11.	12	Emma Thomas	19:44.0	Boone
12.	11	Elliotte Von Roden	19:59.4	ADM Adel
13.	10	Camryn Dentino	20:00.0	North Polk
14.	12	Kya Hermann	20:02.5	Ballard
15.	10	Clare Tallman	20:07.3	Gilbert
16.	12	Allie Eggleston	20:15.4	ADM Adel
17.	10	Clara Uthe	20:19.7	ADM Adel
18.	9	Alida Timmerman	20:25.9	ADM Adel
19.	12	Raya Miller	20:31.1	Ballard
20.	9	Madelyn Jacobus	20:41.2	North Polk
21.	12	Addy Bjork	20:43.7	ADM Adel
22.	10	Katelyn Volesky	20:49.2	North Polk
23.	8	Shealey Cortner	20:52.1	Winterset
24.	10	Reagan Morgan	20:55.6	Boone
25.	12	Madelyn Klinkenborg	21:04.4	Bondurant-Farrar
26.	12	Maven Smith	21:10.1	Winterset
27.	12	Autumn Harter	21:17.7	Bondurant-Farrar
28.	11	Anna Thomas	21:19.6	Gilbert
29.	9	Kylie Whipps	21:30.0	ADM Adel
30.	9	Harper Anderson	21:32.7	North Polk
31.	11	Ayla Gonzalez	21:46.1	Bondurant-Farrar
32.	12	Avery Lenaghan	21:51.2	ADM Adel
33.	11	Kourtney Hoffman	21:57.7	Carlisle
34.	10	Laney Dinsdale	21:59.9	Gilbert
35.	12	Lucy Kraehling	22:07.6	Gilbert
36.	12	Grace Grundmeyer	22:11.6	Ballard
37.	12	Caelyn Wipperman	22:14.8	Bondurant-Farrar
38.	12	Addie Patten	22:18.4	Gilbert
39.	12	Jane Black	22:20.0	Gilbert
40.	9	Olivia McCroskey	22:33.4	Ballard
41.	12	Lacey Beller	22:37.3	Carlisle
42.	10	Mia Grandon	22:37.8	Bondurant-Farrar
43.	10	Emma LaGrange	22:45.0	Bondurant-Farrar
44.	10	Charis Chu	22:53.5	Gilbert
45.	9	Karley Shivers	22:56.9	Bondurant-Farrar
46.	8	Chloe Chesnut	23:05.1	Boone
47.	11	Nora Showman	23:32.5	Ballard
48.	12	Natalie Smith	23:46.4	Winterset
49.	12	Bryana Morgan	24:24.3	Boone
50.	11	Stella Angus	24:53.3	Carlisle
51.	9	Eve De Cleene	25:13.3	Carlisle
52.	9	Lauren Erickson	25:19.7	Boone
53.	12	Ayala Hawthorne	25:24.3	Winterset
54.	9	Vivienne Noble	25:56.5	Carlisle
55.	12	Natalie Janssen	26:50.2	Carlisle

Official Team Scores

1.	Gilbert	55
2.	Bondurant-Farrar	63
3.	Ballard	74
4.	Carlisle	103
5.	ADM Adel	110
6.	Winterset	128
7.	North Polk	134

1.	11	Axton Campbell	17:13.2	Ballard
2.	9	Winston Trampel	17:51.4	Gilbert
3.	9	Colin Humphreys	17:51.7	Bondurant-Farrar
4.	10	Mason Elliott	17:54.2	Bondurant-Farrar
5.	9	Nico Seifert	18:08.2	ADM Adel
6.	10	Nico Kislingbury	18:15.6	Bondurant-Farrar
7.	12	Jordan Martinek	18:15.7	Gilbert
8.	9	Oliver Conn	18:17.2	Bondurant-Farrar
9.	10	Caleb Black	18:22.4	Gilbert
10.	9	Alexander Moyer	18:23.0	Carlisle
11.	10	Daughtry Franks	18:25.8	Ballard
12.	11	Braxton Hummel	18:33.5	Carlisle
13.	10	Drew Kruger	18:35.1	Ballard
14.	11	Ethan Cowman	18:36.5	Winterset
15.	10	Jack Barbier	18:38.9	Gilbert
16.	11	Jud Hensley	18:41.8	Winterset
17.	12	Avery Flemmer	18:42.3	North Polk
18.	9	James Kline	18:48.2	North Polk
19.	12	Isaac Swisher	18:49.2	Ballard
20.	11	Owen Peterson	18:50.3	Carlisle
21.	9	Jake Noring	18:51.7	ADM Adel
22.	9	Michael Iddings	18:52.1	Gilbert
23.	12	Drew Hall	18:56.6	ADM Adel
24.	10	Henrik Sylte	19:00.5	Gilbert
25.	10	Jack Poss	19:02.3	Gilbert
26.	10	Dawson Foster	19:05.2	ADM Adel
27.	11	Seeley Palmer	19:05.4	Carlisle
28.	9	Matthew Gonzalez	19:05.5	Winterset
29.	10	Cohen Richardson	19:10.5	North Polk
30.	11	Owen Davidson	19:12.5	Ballard
31.	10	Grant Fulkerson	19:15.1	Ballard
32.	11	Hunter Taylor	19:17.6	Winterset
33.	12	Will MacLean	19:19.4	North Polk
34.	11	Justus DeCleene	19:23.7	Carlisle
35.	11	Owen Horgen	19:28.4	ADM Adel
36.	12	Pearson Lampe	19:29.0	Boone
37.	10	Bryson Hall	19:29.4	Carlisle
38.	11	Noah Dority	19:30.5	North Polk
39.	9	Linken Reed	19:40.0	Winterset
40.	12	Phoenix Chrisco	19:40.5	North Polk
41.	11	Judson Hatfield	19:41.7	Gilbert
42.	10	Jonathan Lascio	19:41.8	Gilbert
43.	11	Jack Kinney	19:42.6	Winterset
44.	12	Lincoln Fletchall	19:43.4	North Polk

5,000 Meters Junior Varsity

Official Team Scores

1.	North Polk	22
2.	ADM Adel	42
3.	Gilbert	73
4.	Bondurant-Farrar	98
5.	Winterset	152

1.	10	Huxley Powers	20:58.0	North Polk
2.	10	Amelia Kelsick	20:58.0	North Polk
3.	12	Stella Weers	21:05.6	North Polk
4.	12	Lydia Georgick	22:00.9	ADM Adel
5.	12	Karley Mattes	22:25.3	ADM Adel
6.	10	Isabel Just	22:36.0	Gilbert
7.	12	Caitlin Lentsch	22:37.3	North Polk
8.	12	Alexa Williams	22:38.4	ADM Adel
9.	11	Haley Funkhouser	22:39.3	North Polk
10.	9	Meigan Behr	22:46.6	ADM Adel
11.	10	RaeLynne Monson	22:52.3	North Polk
12.	10	Brynn Ellston	22:52.7	North Polk
13.	12	Addison Fiore	22:57.9	North Polk
14.	10	Jayden Barbier	23:03.0	Gilbert
15.	11	Andi Stover	23:09.4	Bondurant-Farrar
16.	10	Lexie Keys	23:13.9	North Polk
17.	12	Harper Wendt	23:17.0	Ballard
18.	12	Ella Gonnering	23:23.2	ADM Adel
19.	9	Anessa Yoder-Stoulil	23:23.9	Gilbert
20.	11	Taya Jensen	23:24.8	Bondurant-Farrar
21.	11	Bree Iddings	23:37.2	Gilbert
22.	11	Brinn Sage	23:37.6	North Polk
23.	10	Hattie Growdon	23:37.8	North Polk
24.	12	Nora Freeborn	23:38.9	Bondurant-Farrar
25.	9	McKenzie Sands	24:14.6	North Polk
26.	12	Lauren Feldmann	24:18.4	North Polk
27.	12	Cambrie Lewis	24:18.4	North Polk
28.	11	Hayley Haaland	24:20.3	North Polk
29.	10	Ariana Dunbar	24:25.3	Gilbert
30.	9	Teagan Reis	24:27.9	North Polk
31.	10	Elizabeth Soupir	24:28.2	Gilbert
32.	12	Memphis Iddings	24:37.2	Gilbert
33.	9	Arianna Murray	24:40.9	Bondurant-Farrar
34.	9	Lillian Zieman	24:54.8	North Polk
35.	9	Brookelyn Allsup	25:11.3	ADM Adel
36.	11	Jordan Davis	25:11.4	Bondurant-Farrar
37.	11	Averie Khamphaphongvixay	25:17.1	Bondurant-Farrar
38.	10	Mollie Woods	25:20.1	North Polk
39.	11	Morgan Chesnut	25:22.0	Boone
40.	9	Rachel Barglof	25:23.3	Winterset
41.	9	Finley Roeder	25:37.2	Bondurant-Farrar
42.	9	Aubrey Erickson	25:45.4	Boone
43.	9	McKenna Sullivan	25:59.3	Winterset

45.	10	Drake Irion	19:45.1	Bondurant-Farrar	
46.	9	Dawson Shipley	19:45.5	North Polk	
47.	9	Drew Mueggenberg	19:46.3	North Polk	
48.	9	Landon Ollendike	19:46.9	North Polk	
49.	12	Elijah Wirtz	19:51.4	Bondurant-Farrar	
50.	11	Logan Moeller	19:54.6	Winterset	
51.	11	Clark Savage	19:54.8	Gilbert	
52.	12	Andre Hoff	19:59.6	Bondurant-Farrar	
53.	12	Jude Jones	20:01.2	Ballard	
54.	12	Jaidan Bailey	20:01.9	Bondurant-Farrar	
55.	9	Jace Barber	20:06.1	Gilbert	
56.	10	Drew Bjork	20:07.9	ADM Adel	
57.	10	Cash Hall	20:08.3	Carlisle	
58.	9	Jason Joiner	20:08.6	ADM Adel	
59.	10	Langston Wilkins	20:13.1	ADM Adel	
60.	9	Atesh McKilligan	20:13.5	Gilbert	
61.	10	Nash Wunder	20:14.3	Ballard	
62.	9	Treyton Minear	20:14.8	Carlisle	
63.	9	Mason Heasley	20:15.4	ADM Adel	
64.	10	Daylan Young	20:15.7	Winterset	
65.	10	Harris Rychnovsky	20:16.1	ADM Adel	
66.	12	Max Booton	20:21.2	Winterset	
67.	12	Treyce Henry	20:31.7	Carlisle	
68.	10	James Nigg	20:33.4	Winterset	
69.	9	Colin Johannesen	20:36.5	ADM Adel	
70.	9	Lincoln Kruse	20:38.0	Winterset	
71.	11	David Schreiner	20:43.8	Carlisle	
72.	11	Jackson Harvey	20:43.8	Bondurant-Farrar	
73.	12	Ricardo Vallejo-Montoya	20:44.0	Winterset	
74.	9	Andrew Miller	20:47.2	ADM Adel	
75.	10	Brett Reiter	20:48.4	Bondurant-Farrar	
76.	10	Sawyer McDonald	20:48.4	Winterset	
77.	12	Wyatt DeMoss	20:51.5	Bondurant-Farrar	
78.	11	Urban Uthe	20:55.7	ADM Adel	
79.	11	Breken Fleischmann	20:56.3	Ballard	
80.	10	Nile Hall	21:01.2	ADM Adel	
81.	9	Andrew Hansen	21:04.5	Gilbert	
82.	9	Owen Wonderlin	21:04.7	Bondurant-Farrar	
83.	11	Keaton Holland	21:10.3	ADM Adel	
84.	10	Lincoln DeBoef	21:14.6	ADM Adel	
85.	12	William Warrick	21:17.5	North Polk	
86.	9	Allen Martinek	21:18.2	Gilbert	
87.	12	Jaxson Pick	21:18.9	Ballard	
88.	12	Matt Wermager	21:29.1	Carlisle	
89.	12	Aksel Peterson	21:31.6	Ballard	
90.	10	Cade Eggleston	21:36.6	ADM Adel	
91.	11	Henry Nugent	21:39.2	ADM Adel	
92.	10	Will Barber	21:42.9	Bondurant-Farrar	
93.	10	Christian Allen	21:45.5	ADM Adel	
94.	11	Harrison Grandstaff	21:52.1	Carlisle	
95.	10	Oscar Donner	22:09.1	North Polk	
96.	12	Jack Johnsen	22:09.4	Ballard	
97.	9	Collin Davies	22:14.0	Gilbert	
98.	9	Owen Dass	22:14.7	Ballard	
99.	10	Jack Sines	22:21.7	Gilbert	
100.	12	Bradley Hayes	22:21.9	Winterset	
101.	10	Kaden Kruger	22:30.9	Gilbert	
102.	9	Payce Crandall	22:55.1	Boone	
103.	9	Liam Ludwig	22:56.3	North Polk	
104.	12	Finn Murley	22:58.1	Bondurant-Farrar	
105.	9	Owen Maffin	22:58.3	ADM Adel	
106.	12	Chase Friedman	22:58.4	North Polk	
107.	12	Max Throop	23:00.4	Bondurant-Farrar	
108.	11	Will Truitt	23:04.9	ADM Adel	

44.	11	Reagan Flemmer	26:02.7	North Polk	
45.	9	Raeah Duckwitz-Nilles	26:03.5	Gilbert	
46.	12	Aubrey Shannon	26:04.4	Gilbert	
47.	10	Addy Lucht	26:08.2	Gilbert	
48.	11	Elizabeth Fletchall	26:08.5	North Polk	
49.	12	Alyvia Gudenkauf	26:23.2	North Polk	
50.	12	Emma Hansen	26:38.0	North Polk	
51.	9	Evie Skadburg	26:56.7	ADM Adel	
52.	9	Lydia Lyons	26:57.5	North Polk	
53.	11	Keeley Murch	26:58.3	North Polk	
54.	12	Danielle Georgick	27:13.6	ADM Adel	
55.	10	Natalya White	27:21.4	Gilbert	
56.	10	Hazel Lopez	27:25.3	Winterset	
57.	10	Jordyn DeBoer	27:25.6	North Polk	
58.	12	Brynnley Johnson	27:33.3	North Polk	
59.	10	Elin Selby	27:39.9	Boone	
60.	11	Ellen Michelson	27:58.0	Winterset	
61.	10	Amelie Newstrom	27:59.2	Gilbert	
62.	10	Elise Bland	28:09.5	Gilbert	
63.	11	Brooklyn Leach	28:25.2	North Polk	
64.	10	Vivienne McDonald	28:33.9	Winterset	
65.	10	Jayde Wickman	29:14.8	Winterset	
66.	11	Rachael Johnston	29:30.1	Winterset	
67.	12	Claire Goodrich	30:53.0	ADM Adel	
68.	11	Krystalynn Haug	37:04.3	Bondurant-Farrar	

109.	12	Elias Hill	23:08.4	Ballard
110.	10	Torren Johnson	23:09.0	Bondurant-Farrar
111.	9	Reece Wipperman	23:12.2	Bondurant-Farrar
112.	11	Sam Hall	23:12.4	Bondurant-Farrar
113.	11	Isaac Schrock	23:21.7	ADM Adel
114.	11	Brian McDermott	23:22.7	ADM Adel
115.	12	Estan Buttery	23:31.4	Gilbert
116.	10	Austin Bell	23:31.7	Gilbert
117.	11	Lincoln George	23:32.2	Boone
118.	10	Blake Russell	23:34.3	Gilbert
119.	11	Lee Spencer	23:34.9	Bondurant-Farrar
120.	9	Ethan Schrock	24:00.1	ADM Adel
121.	10	Blake Johnston	24:05.6	ADM Adel
122.	10	Elliott Congdon	24:06.6	Gilbert
123.	12	Calvin Fox	24:12.1	Bondurant-Farrar
124.	10	Max Miller	24:13.4	Ballard
125.	10	Jonathen Wright	24:25.3	Ballard
126.	10	Eli Hawthorne	24:49.0	Winterset
127.	9	Evan Schonhorst	24:54.5	Ballard
128.	10	Samuel Call	24:56.1	Ballard
129.	9	Will Dass	25:15.8	Ballard
130.	11	Gavin Lehman	26:06.4	North Polk
131.	11	Elijah Dahlstrom	26:10.8	Gilbert
132.	9	Kipton Crist	26:35.0	Bondurant-Farrar
133.	9	JJ Baier	26:52.4	Ballard
134.	9	Edmund (Eddie) Nop	29:13.5	Ballard

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