

**Lakes Conference Cross Country Championships**  
**Prairie Rose**  
**Brunsville, IA**  
**October 11, 2016**

**Varsity Girls Team Results**

Place	Team	Points	Places of Finishers (offset scoring)								Total	Average
1	Spencer	36	2	3	9	10	12	18	22	1:44:17.90	20:51.58	
2	LeMars	52	4	7	8	16	17	31	36	1:46:01.72	21:12.35	
3	Emmetsburg	65	6	11	14	15	19	24	33	1:46:59.30	21:23.86	
4	Spirit Lake	104	1	20	21	28	34	38	45	1:49:50.68	21:58.14	
5	Western Christian	108	5	13	26	27	37	47	48	1:51:08.29	22:13.66	
6	Estherville-LC	153	23	25	30	35	40	42	43	1:55:15.13	23:03.03	
7	Cherokee	216	29	39	46	49	53	54		2:06:35.15	25:19.03	
8	Storm Lake	218	32	41	44	50	51	52		2:06:14.34	25:14.87	

**Varsity Girls Individual Results**

Place	Athlete	Grade	Team	Time	Pace
1	Delperdang, Kourtney	10	Spirit Lake	19:36.25	1
2	Roberts, Morgan	11	Spencer	20:10.69	2
3	Fisher, Elisa	09	Spencer	20:28.60	3
4	Calhoun, Chloe	09	LeMars	20:40.96	4
5	Minderhoud, Whitney	09	Western Christian	20:46.12	5
6	Brown, Raven	09	Emmetsburg	20:46.75	6
7	Albrecht, Kara	09	LeMars	20:50.44	7
8	Hurt, Madeline	10	LeMars	20:58.37	8
9	Hamilton, Grace	09	Spencer	21:07.53	9
10	Dirkx, Jenna	11	Spencer	21:13.03	10
11	Janssen, Gabrielle	09	Emmetsburg	21:16.98	11
12	Weeks, Abby	10	Spencer	21:18.05	12
13	Postma, Mary Kate	11	Western Christian	21:22.37	13
14	Overberg, Ashley	12	Emmetsburg	21:25.17	14
15	Foxhoven, Hailey	09	Emmetsburg	21:25.46	15
16	Meis, Sarah	09	LeMars	21:43.64	16
17	Washburn, Paige	09	LeMars	21:48.31	17
18	Hamilton, Olivia	11	Spencer	21:58.03	18
19	Loomis, Shelby	12	Emmetsburg	22:04.94	19
20	Pobuda, Shaunna	09	Spirit Lake	22:08.08	20
21	O'Hagan, Lucy	12	Spirit Lake	22:09.28	21
22	Guerrero, Myah	12	Spencer	22:12.63	22
23	Christoffer, Riley	09	Estherville-LC	22:17.00	23
24	Hoyman, Jordan	12	Emmetsburg	22:21.93	24
25	Hanson, Karley	11	Estherville-LC	22:24.99	25
26	Haak, Emily	12	Western Christian	22:40.05	26
27	Steimsma, Sydney	11	Western Christian	22:42.21	27
28	Thornton, Abby	12	Spirit Lake	22:45.31	28
29	Carlson, Katrina	11	Cherokee	22:51.28	29
30	Morris, Taylor	11	Estherville-LC	22:56.93	30

31	McAllister, Katie	11	LeMars	23:02.07	31
32	Ramos, Dulce	12	Storm Lake	23:08.94	32
33	Lange, Jordan	12	Emmetsburg	23:11.11	33
34	Harrington, Brooke	11	Spirit Lake	23:11.76	34
35	Humble, Laura	09	Estherville-LC	23:31.45	35
36	Meis, Mary	12	LeMars	23:36.47	36
37	DeVries, Tessa	12	Western Christian	23:37.54	37
38	Richter, Maddie	12	Spirit Lake	23:45.91	38
39	Kennebeck, Kiley	10	Cherokee	23:47.05	39
40	Quastad, Kylie	09	Estherville-LC	24:04.76	40
41	Slight, Jessica	09	Storm Lake	24:12.46	41
42	Spiegeler, Bailey	11	Estherville-LC	24:14.54	42
43	Aangel, Stevens	12	LeMars	24:17.20	
44	Gruwell, Melissa	12	Estherville-LC	24:18.13	43
45	Gallagher, Molly	10	Storm Lake	24:20.11	44
46	Boon, Lexi	10	Spirit Lake	24:33.90	45
47	Hildebrand, Jordyn	09	Cherokee	24:53.27	46
48	Kleinwolterink, Michaela	12	Western Christian	25:12.43	47
49	Heynen, Rachel	11	Western Christian	25:12.64	48
50	Garcia, Angie	09	Cherokee	25:30.05	49
51	De La Paz, Juanita	12	Storm Lake	26:01.00	50
52	Chrischilles, Amber	12	Storm Lake	28:31.83	51
53	Ramos, Sandra	09	Storm Lake	28:33.90	52
54	Benson, McKayla	11	Cherokee	29:33.49	53
55	Kelly, Melissa	09	Cherokee	35:40.09	54

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**Varsity Boys Team Results**

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Western Christian	41	2	5	8	9	17	18	24	1:28:31.95	17:42.39
2	Spirit Lake	58	3	4	7	16	28	32	38	1:29:43.86	17:56.78
3	Storm Lake	84	1	11	19	26	27	43	49	1:30:43.79	18:08.76
4	LeMars	88	10	12	21	22	23	29	36	1:31:30.35	18:18.07
5	Estherville-LC	130	6	15	33	37	39	48	53	1:34:23.26	18:52.66
6	Spencer	144	13	14	34	41	42	44	47	1:35:07.94	19:01.59
7	Cherokee	171	20	30	31	40	50	51	54	1:37:04.39	19:24.88
8	Emmetsburg	203	25	35	45	46	52	55	56	1:38:58.61	19:47.73

**Varsity Boys Individual Results**

Place	Athlete	Grade	Team	Time	Pace
1	Cavanaugh, Dylan	12	Storm Lake	16:38.00	1
2	Hulstein, Tristan	12	Western Christian	17:13.51	2
3	Bauermeister, Aidan	10	Spirit Lake	17:28.75	3
4	McCaffery, Mason	10	Spirit Lake	17:30.46	4
5	Elbers, Zach	11	Western Christian	17:31.87	5
6	Myers, Taylor	09	Estherville-LC	17:35.47	6
7	Maris, Ryan	12	Spirit Lake	17:37.95	7
8	Veldman, Jon	10	Western Christian	17:42.04	8
9	Hulstein, Trevin	09	Western Christian	17:46.93	9
10	Parmelee, Landen	10	LeMars	17:55.41	10
11	Olson, Sam	12	Storm Lake	17:56.23	11
12	Tonner, Andrew	11	LeMars	17:56.80	12
13	Schoelerman, Ty	10	Spencer	17:57.12	13
14	Schmidt, Ethan	09	Spencer	17:57.44	14
15	Dong, Kevin	12	Estherville-LC	17:59.85	15
16	Skopec, Adam	11	Spirit Lake	18:13.75	16
17	Van Den Top, Michael	11	Western Christian	18:17.60	17
18	DeKam, Jeff	10	Western Christian	18:23.34	18
19	Cole, Carson	12	Storm Lake	18:26.80	19
20	Kremer, Bryce	09	Cherokee	18:27.54	20
21	Rieken, Alec	11	LeMars	18:29.74	21
22	Engebretson, Josiah	11	LeMars	18:32.77	22
23	Grasz, Eric	11	LeMars	18:35.63	23
24	Cox, Andrew	10	Western Christian	18:37.23	24
25	Carlson, Dawson	11	Emmetsburg	18:39.87	25
26	Nicholson, Luke	10	Storm Lake	18:50.70	26
27	Marroquin, Matthew	11	Storm Lake	18:52.06	27
28	Voss, Seth	11	Spirit Lake	18:52.95	28
29	Malik, Jake	11	LeMars	18:57.84	29
30	Hill, Mason	10	Cherokee	19:02.61	30

31	DeVos, Max	12	Cherokee	19:06.97	31
32	Gillespie, Alex	11	Spirit Lake	19:19.35	32
33	Theesfeld, Riley	10	Estherville-LC	19:20.15	33
34	Ellsworth, Joey	11	Spencer	19:24.59	34
35	Deitering, Adam	10	Emmetsburg	19:33.52	35
36	Hogrefe, Tate	09	LeMars	19:38.18	36
37	Jensen, Jacob	09	Estherville-LC	19:38.57	37
38	Eldridge, Jonah	09	Spirit Lake	19:38.90	38
39	Condon, Drew	12	Estherville-LC	19:49.22	39
40	Johnson, Kyle	12	Cherokee	19:52.02	40
41	Perez, Aydan	10	Spencer	19:53.92	41
42	Baker, Sam	10	Spencer	19:54.87	42
43	Olson, Thomas	10	Storm Lake	19:56.53	43
44	McKenney, Nathan	10	Spencer	19:56.79	44
45	Hutchison, Aaron	12	Emmetsburg	20:01.32	45
46	Berkland, Adam	11	Emmetsburg	20:03.50	46
47	Krukow, Preston	10	Spencer	20:06.00	47
48	Traff, Ethan	11	Estherville-LC	20:18.15	48
49	Marin, Leandro	11	Storm Lake	20:30.93	49
50	Stines, Matt	12	Cherokee	20:35.25	50
51	Benson, Jack	11	Cherokee	20:40.00	51
52	Harris, Takoda	12	Emmetsburg	20:40.40	52
53	Smith, Marcus	11	Estherville-LC	20:45.22	53
54	Lundy, Collin	11	Cherokee	20:50.04	54
55	Gray, Alex	12	Emmetsburg	21:45.71	55
56	Frerichs, Michael	12	Emmetsburg	22:06.92	56

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**Junior Varsity Girls Team Results**

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	LeMars	37	2	5	7	11	12	14	17	1:59:49.18	23:57.84
2	Emmetsburg	44	3	4	9	13	15	30	33	2:00:44.49	24:08.90
3	Spencer	61	1	6	16	18	20	21	29	2:01:06.46	24:13.30
4	Spirit Lake	87	8	10	22	23	24	26	28	2:06:47.79	25:21.56
5	Western Christian	134	19	25	27	31	32	34		2:14:44.55	26:56.91

**Junior Varsity Girls Individual Results**

Place	Athlete	Grade	Team	Time	Pace
1	Morey, Jenna	09	Spencer	21:16.22	1
2	Meis, Joan	10	LeMars	23:11.35	2
3	Nelson, Mary	11	Emmetsburg	23:29.67	3
4	Bird, Jamie	09	Emmetsburg	23:39.06	4
5	Plueger, Hailey	09	LeMars	23:45.72	5
6	Kroll, Natalie	09	Spencer	24:01.85	6
7	Ellis, Annie	10	LeMars	24:03.90	7
8	Weber, Sarah	10	Spirit Lake	24:09.34	8
9	Wurzer, Courtney	11	Emmetsburg	24:10.55	9
10	Vierkant, Maddie	10	Spirit Lake	24:12.27	10
11	Theeler, Johanna	10	LeMars	24:16.91	11
12	Kuiken, Natalia	11	LeMars	24:31.30	12
13	Fuller, Emily	11	Emmetsburg	24:35.32	13
14	Masuen, Makena	12	LeMars	24:43.83	14
15	Merwald, Hannah	10	Emmetsburg	24:49.89	15
16	Storey, Elle	09	Spencer	24:55.64	16
17	Hinds, Jessica	10	LeMars	25:05.98	17
18	Hassman, Kaitlyn	12	Spencer	25:18.90	18
19	Andringa, Morgan	09	Western Christian	25:23.49	19
20	Francksen-Small, Hanna	10	LeMars	25:24.30	
21	Pick, Kaylee	09	Spencer	25:33.85	20
22	Vedder, Vanessa	10	Estherville-LC	25:37.14	
23	Olsen, Maegan	09	Spencer	25:40.94	21
24	Hernandez, Jocelyn	12	LeMars	25:56.48	
25	Rezac, Maggie	10	Estherville-LC	26:02.59	
26	Holdorf, Kylie	11	Spirit Lake	26:03.92	22
27	Zeledon, Hazkhatt	12	Spirit Lake	26:04.85	23
28	Ihrke, Elizabeth	11	LeMars	26:16.13	
29	Heinitz, Merabeth	12	Spirit Lake	26:17.41	24
30	DeKam, Anna	12	Western Christian	26:18.78	25
31	Latham, Emerson	10	Spirit Lake	26:34.70	26
32	DeKam, Jamie	09	Western Christian	26:36.14	27
33	Olson, Erika	11	Estherville-LC	26:37.87	

34	Mahan, Maddy	11	LeMars	26:40.45	
35	Waite, Ashlyn	10	Spirit Lake	26:40.73	28
36	Burton, Madison	09	Estherville-LC	26:41.53	
37	Avise, Morgan	10	LeMars	26:48.20	
38	Wood, Hannah	11	LeMars	26:49.30	
39	Reed, Tessa	11	Spirit Lake	26:50.48	
40	Brockmeyer, Katelyn	12	Spirit Lake	26:57.04	
41	Benson, Nicole	10	Spencer	26:57.63	29
42	Johnson, Hannah	10	Spencer	27:22.23	
43	Fusco, Sara	12	Emmetsburg	27:56.67	30
44	Driesen, Marissa	10	Western Christian	28:09.99	31
45	Kollis, Marissa	12	Western Christian	28:16.14	32
46	Emma, Garnatz	12	Spencer	28:23.00	
47	Rausch, Autumn	10	Spencer	28:25.38	
48	Allen, Jady	11	Spencer	28:28.20	
49	Anderson, Chrissy	09	Spencer	28:49.65	
50	Langel, Matilynn	12	LeMars	28:55.79	
51	Kassel, Kristen	11	Emmetsburg	29:52.36	33
52	Anderson, Lexi	12	Western Christian	30:23.30	34
53	Lobeto, Aida	11	Spirit Lake	30:30.79	
54	Schmidt, Emma	11	Spencer	30:31.01	
55	Eisma, Jessica	12	LeMars	32:14.68	
56	Saxen, Elizabeth	12	LeMars	32:14.87	

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**Junior Varsity Boys Team Results**

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Spirit Lake	39	3	7	8	9	12	16	17	1:39:30.00	19:54.00
2	LeMars	49	4	5	6	14	20	24	26	1:40:22.95	20:04.59
3	Western Christian	72	1	10	11	23	27	32	34	1:40:06.85	20:01.37
4	Spencer	111	13	18	21	29	30	31	43	1:44:08.92	20:49.79
5	Storm Lake	130	2	15	33	38	42			1:45:58.28	21:11.66

**Junior Varsity Boys Individual Results**

Place	Athlete	Grade	Team	Time	Pace
1	Vande Griend, Nolan	12	Western Christian	18:21.38	1
2	James, Ethan	10	Storm Lake	18:21.80	2
3	Cornwall, Nate	10	Spirit Lake	19:30.57	3
4	Skov, Luke	09	LeMars	19:47.67	4
5	Herbst, Kyle	09	LeMars	19:49.81	5
6	Francksen-Small, Jake	09	LeMars	19:51.92	6
7	Butler, Harley	11	Spirit Lake	19:54.67	7
8	Hess, Tim	11	Spirit Lake	19:58.57	8
9	Olsen, Kyler	11	Spirit Lake	19:59.83	9
10	Hofman, David	09	Western Christian	20:01.37	10
11	Kooima, Nick	11	Western Christian	20:02.03	11
12	Tifft, Carter	10	Spirit Lake	20:06.36	12
13	White, Riley	12	Spencer	20:18.25	13
14	Waskow, Andrew	11	LeMars	20:18.74	14
15	Thammathai, Skyvee	11	Storm Lake	20:20.32	15
16	Fuelberth, Matt	12	Spirit Lake	20:23.97	16
17	Vugteveen, Kyler	12	Spirit Lake	20:26.29	17
18	Poncelet, Jacob	10	Spirit Lake	20:28.38	
19	Gross, Chris	11	Spencer	20:29.31	18
20	Booth, Thad	10	Cherokee	20:30.40	19
21	Ferguson, Scott	09	LeMars	20:34.81	20
22	Waters, Jack	11	Spirit Lake	20:39.87	
23	Bare, Andrew	09	Spencer	20:42.18	21
24	Greene, Nolan	11	Emmetsburg	20:42.71	22
25	Van Middendorp, Matt	11	Western Christian	20:44.23	23
26	Dixon, Jacob	11	Spirit Lake	20:48.31	
27	Frostestad, Tim	11	Spirit Lake	20:50.37	
28	Heeren, Tucker	09	LeMars	20:51.06	24
29	Hauschen, Dalton	12	Emmetsburg	20:53.44	25
30	Schallau, Kyle	11	LeMars	20:53.81	26
31	Valta, Krystof	11	LeMars	20:54.37	
32	DeWeerd, Darion	11	Western Christian	20:57.84	27
33	Johnson, Collin	12	Cherokee	21:12.54	28

34	DeBoer, Joey	10	LeMars	21:15.14	
35	Tyler, Justin	11	LeMars	21:15.63	
36	Najera, Alex	12	Spencer	21:16.18	29
37	Seier, Brady	12	Spencer	21:23.00	30
38	Marek, Kyle	12	LeMars	21:26.09	
39	Saavedra, Jose	12	Estherville-LC	21:26.45	
40	Pratt, Zach	12	LeMars	21:27.34	
41	Miravalles, Nicholas	10	Spencer	21:30.57	31
42	Westra, Collin	10	Western Christian	21:32.77	32
43	Wilhus, Mika	11	LeMars	21:35.71	
44	Nunez, Edgar	11	Storm Lake	21:43.33	33
45	Slice, Jon	10	Western Christian	21:45.40	34
46	Kats, Trayle	10	Western Christian	21:49.34	
47	Hildebrand, Hunter	10	Cherokee	21:58.35	35
48	Creel, James	09	Cherokee	22:04.64	36
49	Duhn, Brennan	11	Emmetsburg	22:12.88	37
50	McGrew, Joel	11	LeMars	22:14.19	
51	Slight, Nick	09	Storm Lake	22:18.14	38
52	Dixon, Isaac	09	Spirit Lake	22:21.22	
53	Meier, Jan	10	Emmetsburg	22:23.58	39
54	Jungjohan, Carson	10	Spirit Lake	22:25.13	
55	Badke, AJ	09	Cherokee	22:34.01	40
56	Becerra, Erik	10	LeMars	22:35.40	
57	Jester, Jacob	10	LeMars	22:43.64	
58	Jensen, Jordan	11	LeMars	22:48.30	
59	Van Tol, Clay	10	Western Christian	22:51.25	
60	Johannsen, Dax	12	Cherokee	23:08.19	41
61	Dokter, Caleb	09	Western Christian	23:14.10	
62	Winterfeld, Mitch	09	Western Christian	23:14.40	
63	McCleary, Keegan	09	Storm Lake	23:14.68	42
64	Vogelschmidt, Wren	11	Spencer	23:14.90	43
65	Stevens, Johnathon	10	Cherokee	23:19.40	44
66	Berge, Chaz	10	Estherville-LC	23:22.64	
67	Lerdal, Isaac	11	LeMars	23:22.97	
68	Pratt, Josh	09	LeMars	23:29.70	
69	Vander Plaats, Michael	09	Western Christian	23:44.93	
70	Kroll, Micheal	12	Spencer	23:47.07	
71	Bennett, Gabe	09	Spencer	23:54.49	
72	Bryan, Austin	09	Spencer	23:58.88	
73	Mixon, Matt	11	Spencer	24:03.29	
74	Smith, Graham	12	Spencer	24:11.79	
75	Jensen, Toby	12	Estherville-LC	24:37.63	
76	Ruff, Jordan	10	Emmetsburg	24:41.25	45
77	Gomez, Diego	11	LeMars	25:44.22	
78	Nichols, Chris	11	Emmetsburg	25:49.69	46
79	Burns, Jacob	09	Spencer	27:45.08	



