

Pocahontas Area Cross Country Meet
Pocahontas, IA
October 2, 2016

Varsity Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Pocahontas Area	23	1	2	3	4	13	15	18	1:41:35.28	20:19.06
2	Emmetsburg	35	5	6	7	8	9	16	28	1:43:11.31	20:38.27
3	South Central Calhoun	86	10	12	20	21	23	24	27	1:50:23.11	22:04.63
4	Alta-Aurelia	114	11	17	25	26	35	41		1:54:07.36	22:49.48
5	Ridge View High School	130	14	19	30	31	36	43	44	1:55:29.59	23:05.92
6	Southeast Valley	161	22	29	33	37	40	42	46	1:59:47.36	23:57.48
7	Sioux Central-Sioux Rap	188	32	34	38	39	45	47		2:03:34.54	24:42.91

Varsity Girls Individual Results

Place	Athlete	Team	Time	Points
1	Vonnahme, Jill	Pocahontas Area	19:18.97	1
2	Meyer, Grace	Pocahontas Area	20:16.45	2
3	Ruffridge, Elle	Pocahontas Area	20:21.28	3
4	Meyer, Faith	Pocahontas Area	20:21.79	4
5	Brown, Raven	Emmetsburg	20:22.44	5
6	Foxhoven, Hailey	Emmetsburg	20:25.63	6
7	Overberg, Ashley	Emmetsburg	20:28.76	7
8	Janssen, Gabrielle	Emmetsburg	20:53.83	8
9	Loomis, Shelby	Emmetsburg	21:00.65	9
10	Batz, Sydney	South Cent	21:08.16	10
11	Turnquist, Alicia	Alta-Aurelia	21:11.20	11
12	Hardy, Megan	South Cent	21:13.00	12
13	Berte, Katie	Pocahontas Area	21:16.78	13
14	Wiese, Katlyn	Ridge View	21:21.19	14
15	Diutscher, Addie	Pocahontas Area	21:34.10	15
16	Sholty, Morgan	East Sac County	21:36.43	
17	Hoyman, Jordan	Emmetsburg	21:38.46	16
18	Fredrickson, Alexa	Alta-Aurelia	21:38.98	17
19	Duitscher, Annika	Pocahontas Area	21:45.35	18
20	Kenny, Rachel	Ridge View	22:06.40	19
21	Decker, Katelyn	South Cent	22:07.07	20
22	Pagel, Mariah	South Cent	22:31.55	21
23	True, Alli	Southeast Valley	22:41.36	22
24	Thatcher, Emma	West Bend-Mallard	22:50.52	
25	Daniel, Bridgette	South Cent	23:23.33	23
26	Hardy, Mariah	South Cent	23:24.55	24
27	BeikelMan, Emily	Alta-Aurelia	23:28.81	25
28	Drenth, Carly	Alta-Aurelia	23:34.29	26
29	Ukena, Lauren	South Cent	23:41.19	27
30	Lange, Jordan	Emmetsburg	23:48.88	28
31	Jondle, Katara	Southeast Valley	23:51.98	29
32	Wunschel, Macy	Ridge View	23:53.08	30

33	Galvin, Jill	Ridge View	23:53.93	31
34	Nims, Makayla	Sioux Cent	23:58.94	32
35	Alphs, Sammy	Southeast Valley	24:00.18	33
36	Strohmyer, Erin	Sioux Cent	24:07.66	34
37	Flaherty, Jessica	Alta-Aurelia	24:14.08	35
38	Hansen, Abbi	Ridge View	24:14.99	36
39	Graves, Emma	Southeast Valley	24:31.91	37
40	Wood, Rylee	Manson Nor	24:34.19	
41	Smith, Camie	Sioux Cent	24:34.49	38
42	Vanderhoff, Sydney	Sioux Cent	24:34.77	39
43	Berg, Tessa	Southeast Valley	24:41.93	40
44	Falck, Lauren	Alta-Aurelia	24:43.93	41
45	Hunter, Emma	Southeast Valley	24:51.24	42
46	Laddusaw, Hannah	West Bend-Mallard	25:17.59	
47	Grothe, Jordan	Ridge View	25:18.89	43
48	Flynn, Karli	East Sac County	25:52.83	
49	Newman, Ann	East Sac County	25:54.27	
50	Wiese, Renae	Ridge View	25:57.13	44
51	Brown, Kaylee	Sioux Cent	26:18.68	45
52	Johnson, Noelle	Manson Nor	26:26.42	
53	Rees, Hannah	Southeast Valley	28:08.95	46
54	Haley, Brook	West Bend-Mallard	29:23.17	
55	Newman, Adrian	East Sac County	29:45.54	
56	Hoffman, Abi	West Bend-Mallard	33:07.91	
57	Thompson, Sydney	Sioux Cent	36:40.39	47

Pocahontas Area Cross Country Meet
Pocahontas, IA
October 2, 2016

Varsity Boys Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Emmetsburg	68	7	11	15	17	18	34	35	1:33:32.82	18:42.57
2	South Central Calhoun	81	2	13	19	23	24	29	32	1:32:43.25	18:32.65
3	Sioux Central-Sioux Rap	96	4	8	10	30	44	51	53	1:34:50.93	18:58.19
4	Southeast Valley	112	1	3	26	37	45	47	52	1:33:46.18	18:45.24
5	Manson Northwest Webste	112	9	12	20	28	43	49	55	1:36:12.30	19:14.46
6	Pocahontas Area	139	16	22	27	36	38	39	41	1:38:10.36	19:38.08
7	Alta-Aurelia	160	14	25	31	42	48	50		1:39:45.69	19:57.14
8	Ridge View	184	5	21	46	54	58	59		1:46:19.04	21:15.81
9	West Bend-Mallard	192	6	33	40	56	57			1:46:53.98	21:22.80

Varsity Boys Individual Results

Place	Athlete	Team	Time	Points
1	Warehime, Spencer	Southeast Valley	16:06.86	1
2	Moon, Spencer	South Cent	16:21.30	2
3	Breitsprecher, Patrick	Southeast Valley	17:02.93	3
4	Hatch, Dawson	Sioux Cent	17:41.02	4
5	Pickhinke, Jon	Ridge View	17:51.06	5
6	Michael, Fehr	West Bend-Mallard	17:52.82	6
7	Carlson, Dawson	Emmetsburg	17:59.62	7
8	Erickson, Wyatt	Sioux Cent	18:05.98	8
9	Johnson, Andy	Manson Nor	18:07.78	9
10	Marcoux, Levi	Sioux Cent	18:29.13	10
11	Deitering, Adam	Emmetsburg	18:41.95	11
12	Duncan, Hunter	Manson Nor	18:42.73	12
13	Pibal, Chase	South Cent	18:43.63	13
14	Sliefert, Diogo	Alta-Aurelia	18:50.72	14
15	Harris, Takoda	Emmetsburg	18:52.40	15
16	Peterson, Tyson	Pocahontas Area	18:56.55	16
17	Berkland, Adam	Emmetsburg	18:59.09	17
18	Hutchison, Aaron	Emmetsburg	18:59.76	18
19	Englin, Nic	South Cent	19:01.04	19
20	Pritchard, Brayden	Manson Nor	19:01.98	20
21	Carbajal, Andres	Ridge View	19:04.67	21
22	Kirsch, Jon	Pocahontas Area	19:12.64	22
23	Johnson, Colin	South Cent	19:17.81	23
24	Clark, Matthew	South Cent	19:19.47	24
25	Conrad, Conard	Alta-Aurelia	19:25.52	25
26	Hamilton, Todd	Southeast Valley	19:27.81	26
27	Meyer, Chris	Pocahontas Area	19:28.60	27
28	Davis, Aric	Manson Nor	19:37.37	28
29	Poen, Kyle	South Cent	19:42.05	29
30	Kueny, Jonah	Sioux Cent	19:44.55	30

31	Kueny, Michael	Alta-Aurelia	19:49.11	31
32	Musselman, Sam	South Cent	19:51.00	32
33	Vaca, Fernando	East Sac County	19:53.90	
34	Fehr, Thomas	West Bend-Mallard	19:56.19	33
35	Hauschen, Dalton	Emmetsburg	19:56.67	34
36	Frerichs, Michael	Emmetsburg	20:01.80	35
37	Hanson, Nate	Pocahontas Area	20:08.88	36
38	Carlson, Ben	Southeast Valley	20:13.81	37
39	Williams, Davionte	Pocahontas Area	20:23.69	38
40	Hersom, Jared	Pocahontas Area	20:26.44	39
41	Link, Mason	West Bend-Mallard	20:27.16	40
42	Point, Dillon	Pocahontas Area	20:29.52	41
43	Marcos, Argenis	Alta-Aurelia	20:36.98	42
44	Jensen, Jonas	Manson Nor	20:42.44	43
45	Recendiz, Angel	Sioux Cent	20:50.25	44
46	Sebring, Ben	Southeast Valley	20:54.77	45
47	Snyder, Andrew	Ridge View	20:59.20	46
48	Pontius, Lucas	Southeast Valley	20:59.92	47
49	Henrichs, Jaden	Alta-Aurelia	21:03.36	48
50	Schriever, Jamison	Manson Nor	21:16.37	49
51	Gaes, Tyler	Alta-Aurelia	21:23.78	50
52	Schomaker, Jacob	Sioux Cent	21:31.58	51
53	Montgomery, Nathan	Southeast Valley	21:37.36	52
54	Jergens, Zach	East Sac County	21:45.31	
55	Menchaca, Manuel	Sioux Cent	21:48.39	53
56	Droegmiller, Jaden	Ridge View	22:34.52	54
57	Siepker, Jacob	Manson Nor	23:03.79	55
58	Riesenberg, Jeff	West Bend-Mallard	23:12.79	56
59	Snyder, Lane	East Sac County	24:42.69	
60	Boles, Josh	West Bend-Mallard	25:25.02	57
61	Phillips, Tate	Ridge View	25:49.59	58
62	Pickhinke, Connor	Ridge View	26:12.88	59

Pocahontas Area Cross Country Meet
Pocahontas, IA
October 2, 2016

Junior Varsity Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Pocahontas Area	26	2	3	4	5	12	19		1:57:00.93	23:24.19
2	Emmetsburg	38	1	7	8	9	13	14	18	1:59:53.80	23:58.76
3	South Central Calhoun	58	6	10	11	15	16	17		2:07:24.03	25:28.81

Junior Varsity Girls Individual Results

Place	Athlete	Team	Time	Points
1	Nelson, Mary	Emmetsburg	22:05.50	1
2	Vainrab, Bailey	Pocahontas Area	22:24.57	2
3	Berte, Molly	Pocahontas Area	22:34.12	3
4	Sommerlot, Josie	Pocahontas Area	22:54.89	4
5	Eisenbarth, Rylee	Pocahontas Area	23:21.96	5
6	Wiederin-Sackfield, Anas	South Centra	23:50.05	6
7	Wurzer, Courtney	Emmetsburg	23:50.51	7
8	Fuller, Emily	Emmetsburg	23:52.64	8
9	Bird, Jamie	Emmetsburg	24:07.01	9
10	Clark, Abby	South Centra	24:26.28	10
11	Deck, Sierra	Ridge View H	24:43.18	
12	Kolpin, Rowan	Alta-Aurelia	25:26.00	
13	Ludwig, Jordan	South Centra	25:27.93	11
14	Vick, Alycia	Pocahontas Area	25:45.39	12
15	Merwald, Hannah	Emmetsburg	25:58.14	13
16	Fusco, Sara	Emmetsburg	26:34.82	14
17	Decker, Megan	South Centra	26:49.73	15
18	Dietrich, Meghan	South Centra	26:50.03	16
19	McCaulley, Amaliya	South Centra	28:09.36	17
20	Kassel, Kristen	Emmetsburg	28:21.52	18
21	Dornath, Amanda	Pocahontas Area	28:37.74	19
22	Fox, Autumn	Ridge View H	29:01.89	
23	Loring, Hannah	Alta-Aurelia	29:19.27	
24	McCray, Coriyel	Ridge View H	29:21.26	
25	Housken, Leslie	Southeast Valley	29:56.79	
26	Nahnsen, Sarah	Southeast Valley	29:57.04	
27	Grossnickle, Chelsea	Southeast Valley	30:19.97	

Pocahontas Area Cross Country Meet
Pocahontas, IA
October 2, 2016

Junior Varsity Boys Team Results

Place	Team	Points	Places of Finishers (offset scoring)								Total	Average
1	South Central Calhoun	37	2	4	9	10	12	17	26		1:44:54.62	20:58.93
2	Southeast Valley	48	3	7	8	14	16	19	21		1:45:53.92	21:10.79
3	Emmetsburg	66	5	6	15	18	22				1:48:45.90	21:45.18
4	Pocahontas Area	68	1	11	13	20	23	24	25		1:49:55.51	21:59.11

Junior Varsity Boys Individual Results

Place	Athlete	Team	Time	Points
1	Long, Braxton	Pocahontas Area	20:02.96	1
2	Clark, Mitchell	South Centra	20:09.61	2
3	Dencklau, Dalton	Southeast Valley	20:22.71	3
4	Ludwig, Bennett	South Centra	20:41.30	4
5	Nichols, Chris	Emmetsburg	20:46.06	5
6	Gray, Alex	Emmetsburg	20:46.37	6
7	Gibbs, Isaiah	Southeast Valley	21:00.25	7
8	True, Aaron	Southeast Valley	21:01.45	8
9	Corey, Sam	South Centra	21:04.16	9
10	Payan, Eli	Manson North	21:15.92	
11	Stephenson, Jonathan	South Centra	21:19.33	10
12	Peterson, Dylan	Pocahontas Area	21:37.64	11
13	Stephenson, Jacob	South Centra	21:40.22	12
14	Nath, Jacob	Pocahontas Area	21:41.41	13
15	Johnson, Parker	Southeast Valley	21:43.94	14
16	Meier, Jan	Emmetsburg	21:44.87	15
17	Kastendieck, Jared	Southeast Valley	21:45.57	16
18	Henry, Mason	South Centra	21:56.25	17
19	Duhn, Brennan	Emmetsburg	22:07.62	18
20	Sytsma, Dillon	Southeast Valley	22:27.35	19
21	Larson, Schade	Alta-Aurelia	22:34.76	
22	Stauffer, Creighton	Pocahontas Area	23:03.57	20
23	Miller, Lincoln	Southeast Valley	23:10.03	21
24	Loring, Colin	Alta-Aurelia	23:17.77	
25	Ruff, Jordan	Emmetsburg	23:20.98	22
26	Vick, Tyler	Pocahontas Area	23:29.93	23
27	Smith, AJ	Southeast Valley	23:52.00	
28	Lane, Jordan	Southeast Valley	23:54.95	
29	Rogers, Matt	Manson North	23:58.48	
30	Martens, Blane	Southeast Valley	24:00.72	
31	Baird, Kyle	Southeast Valley	24:25.40	
32	Edwards, Matthew	Alta-Aurelia	24:30.07	
33	Freese, Aidan	Alta-Aurelia	25:49.80	
34	Foster, Daniel	Pocahontas Area	26:51.73	24
35	Storms, Hunter	Pocahontas Area	27:18.26	25

36	Meyer, Ben	Pocahontas Area	28:33.98	26
37	McClintock, Chad	South Centra	30:00.91	
38	Bunting, Cody	Manson North	30:02.71	

Pocahontas Area Cross Country Meet
Pocahontas, IA
October 2, 2016

Middle School Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Southeast Valley	58	6	7	12	16	17	20	24	1:17:21.21	15:28.25
2	Alta-Aurelia	60	5	10	11	13	21	26	29	1:17:24.87	15:28.98
3	Emmetsburg	61	1	2	9	19	30			1:17:23.67	15:28.74
4	Pocahontas Area	77	8	14	15	18	22	23	25	1:18:56.84	15:47.37
5	South Central Calhoun	93	3	4	27	28	31			1:24:41.50	16:56.30

Middle School Girls Individual Results

Place	Athlete	Team	Time	Points
1	Householder, Isabella	Emmetsburg	13:07.90	1
2	Poepppe, Raylene	Emmetsburg	13:48.33	2
3	Mendoza, Maria	Ridge View H	14:04.82	
4	Stokes, Caitlin	South Centra	14:17.45	3
5	Stokes, Allison	South Centra	14:22.95	4
6	alaina, westphal	Alta-Aurelia	14:41.54	5
7	Wollesen, Bailey	East Sac County	14:43.18	
8	Jergens, Brooke	East Sac County	14:51.74	
9	Hemmestad, Emily	Southeast Valley	14:53.13	6
10	Robinson, Adrian	Ridge View H	15:13.43	
11	Hicks, Chloe	Southeast Valley	15:14.31	7
12	Anderson, Mercedes	Pocahontas Area	15:15.10	8
13	Fischer, Allison	Emmetsburg	15:15.86	9
14	Padavich, Paige	Ridge View H	15:23.57	
15	jensen, amber	Alta-Aurelia	15:27.30	10
16	kueny, marie	Alta-Aurelia	15:27.69	11
17	Carlson, Sydney	Southeast Valley	15:29.11	12
18	larson, jessica	Alta-Aurelia	15:38.03	13
19	Point, Abbrielle	Pocahontas Area	15:38.58	14
20	Melohn, Elle	Pocahontas Area	15:50.28	15
21	Gardipee, Jayden	Southeast Valley	15:51.87	16
22	Farnham, Morgan	Southeast Valley	15:52.79	17
23	Smith, Purity	Pocahontas Area	15:54.89	18
24	Nelson, Maggie	Emmetsburg	16:01.00	19
25	Welter, Haley	Southeast Valley	16:05.52	20
26	Gaes, kalie	Alta-Aurelia	16:10.31	21
27	Aljets, Katrina	Pocahontas Area	16:17.99	22
28	Hinners, Laura	Pocahontas Area	16:45.17	23
29	Wozab, Jade	Southeast Valley	17:06.64	24
30	Koezen, Manon	Pocahontas Area	17:11.78	25
31	Burger, Abby	Southeast Valley	17:17.51	
32	hill, sierra	Alta-Aurelia	17:27.08	26
33	Johnson, Marlie	Southeast Valley	17:48.69	
34	Macke, Macy	South Centra	17:51.75	27

35	Riat, Allison	South Centra	17:53.04	28
36	Nelson, Rylie	Southeast Valley	18:57.54	
37	Pudenz, Emma	Southeast Valley	19:00.31	
38	jensen, kelly	Alta-Aurelia	19:09.57	29
39	Nichols, Isabela	Emmetsburg	19:10.58	30
40	Jackson, Teyah	South Centra	20:16.31	31
41	landberg, madison	Alta-Aurelia	20:41.83	
42	Westering, Alicia	Manson North	22:02.80	
43	Grothaus, Hannah	Pocahontas Area	23:26.35	

Pocahontas Area Cross Country Meet
Pocahontas, IA
October 2, 2016

Middle School Boys Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Alta-Aurelia	31	1	2	5	11	12	23	26	1:03:18.16	12:39.64
2	Emmetsburg	69	4	9	10	19	27	29	32	1:08:47.05	13:45.41
3	Southeast Valley	74	3	8	16	22	25	28		1:09:39.05	13:55.81
4	Pocahontas Area	77	13	14	15	17	18	21	24	1:10:39.45	14:07.89
5	Ridge View	94	6	7	20	30	31			1:18:06.59	15:37.32

Middle School Boys Individual Results

Place	Athlete	Team	Time	Points
1	engeleman, trey	Alta-Aurelia	11:48.00	1
2	meyer, teagan	Alta-Aurelia	12:09.49	2
3	Lachelt, Quinn	Manson North	12:14.51	
4	Garcia, Parker	Southeast Valley	12:14.91	3
5	Englin, Ben	South Centra	12:18.64	
6	Christian, Connor	Sioux Centra	12:21.98	
7	Jacobson, Cade	Emmetsburg	12:25.35	4
8	brechwald, tate	Alta-Aurelia	12:33.58	5
9	Morton, Gavin	Sioux Centra	12:35.68	
10	Henderson, Jack	Ridge View H	13:03.77	6
11	Coleman, Jesse	Ridge View H	13:06.53	7
12	Grandfield, Rhett	Southeast Valley	13:06.93	8
13	Janssen, Isaac	Emmetsburg	13:09.18	9
14	Kueny, Jacob	Sioux Centra	13:10.78	
15	Frields, Jacob	Emmetsburg	13:15.53	10
16	mccoy, preston	Alta-Aurelia	13:19.37	11
17	chase, brian	Alta-Aurelia	13:27.72	12
18	Oswald, Cael	Manson North	13:30.59	
19	Bailey, Tyse	Pocahontas Area	13:42.20	13
20	Rutherford, Kolby	Pocahontas Area	13:46.06	14
21	Spooner, Preston	Pocahontas Area	14:14.01	15
22	Graham, Kannon	Manson North	14:14.23	
23	Suchan, Carson	Southeast Valley	14:14.50	16
24	Burke, Andrew	Pocahontas Area	14:26.87	17
25	Axman, Adam	Pocahontas Area	14:30.31	18
26	DeWitt, Russell	South Centra	14:30.86	
27	Laubenthal, Alex	Emmetsburg	14:40.02	19
28	Todd, Ben	Ridge View H	14:44.66	20
29	Ricke, Joseph	Pocahontas Area	14:52.91	21
30	Mohr, Gabe	Southeast Valley	14:53.92	22
31	aronson, collin	Alta-Aurelia	14:58.07	23
32	Fritz, Reed	Pocahontas Area	15:06.92	24
33	Hanson, Sam	Southeast Valley	15:08.79	25
34	carlson, simon	Alta-Aurelia	15:11.20	26

35	hussey, kile	Alta-Aurelia	15:13.78	
36	kraemer, lane	Alta-Aurelia	15:16.35	
37	Morlock, Jonah	Emmetsburg	15:16.97	27
38	Frerk, Tanner	Pocahontas Area	15:24.95	
39	Stapp, Logan	Southeast Valley	15:39.17	28
40	Ferguson, Jake	Pocahontas Area	15:58.18	
41	Calmer, Caleb	Manson North	16:03.22	
42	Ernst, Bobbi	Pocahontas Area	16:15.77	
43	Ehlers, Clayton	Sioux Centra	16:47.98	
44	Hull, Josh	Pocahontas Area	16:49.96	
45	Boevers, Ryerson	Emmetsburg	16:57.74	29
46	Henderson, Abraham	Ridge View H	18:26.37	30
47	Blum, Logan	Ridge View H	18:45.26	31
48	Lowman, Jackson	Emmetsburg	21:37.81	32
49	seaver, jayden	Alta-Aurelia	22:11.68	