

## Urbandale Invitational 11/12 Girls 4 km

## Urbandale High School

Sept. 1, 2005

Warm, Sunny

## Results by Michael Franke

[9/10 Girls](#)[9/10 Boys](#)[11/12 Girls](#)[11/12 Boys](#)[Combined Girls](#)[Combined Boys](#)

Use the Find option of your Web Browser to find the performance of a specific individual or team.

| PLACE | TEAM            | POINTS | PLACES OF FINISHERS |    |    |    |    |    |    | AVG. TIME | SPREAD |
|-------|-----------------|--------|---------------------|----|----|----|----|----|----|-----------|--------|
| 1     | Johnston        | 45     | 4                   | 6  | 8  | 10 | 17 | 20 | 22 | 16:53     | 1:16   |
| 2     | Urbandale       | 66     | 1                   | 3  | 9  | 19 | 34 | 35 | 52 | 17:00     | 3:47   |
| 3     | Noadaway Valley | 77     | 2                   | 7  | 15 | 23 | 30 |    |    | 17:23     | 2:45   |
| 4     | Lincoln         | 142    | 12                  | 13 | 31 | 39 | 47 | 56 | 66 | 18:33     | 2:51   |
| 5     | Dowling         | 147    | 18                  | 24 | 26 | 28 | 51 | 53 | 55 | 18:35     | 2:36   |
| 6     | Roosevelt       | 159    | 14                  | 25 | 38 | 40 | 42 | 57 | 61 | 18:53     | 2:21   |
| 7     | Boone           | 168    | 16                  | 21 | 32 | 45 | 54 | 60 | 64 | 18:55     | 2:51   |
| 8     | Marshalltown    | 183    | 27                  | 33 | 36 | 41 | 46 | 48 | 49 | 19:13     | 1:36   |
| 9     | Hoover          | 198    | 11                  | 29 | 37 | 59 | 62 | 63 | 69 | 20:01     | 6:07   |
| 10    | East            | 254    | 5                   | 44 | 67 | 68 | 70 |    |    | 22:57     | 10:42  |
| 11    | North           | 287    | 43                  | 50 | 58 | 65 | 71 |    |    | 22:50     | 8:04   |

## INCOMPLETE TEAMS:

Creston

Earlham

Se Polk

A D M

Martensdale

Grinnell

[Individuals](#)

## 1. Johnston

4 Heather Wendel, Jr 16:22

6 Rebecca Finley, Sr 16:32

8 Jessica Mitchell, Sr 16:48

10 Anna Lammers, Jr 17:04

17 Anne Ruebbelke, Jr 17:37

Time = 1:24:21 Places = 45

## 2. Urbandale

1 Cassi Sokol, Sr 15:15

3 Nicole Wilson, Jr 16:04

9 Amy Wetsch, Sr 16:50

19 Katie O'Keefe, Jr 17:50

34 Kathleen Willem, Jr 19:02

Time = 1:24:58 Places = 66

## 3. Noadaway Valley

2 Alyse Herr, Jr 15:55

7 Alison Mostaert, Jr 16:46

15 Patrese Montgomery, Jr 17:32

23 Alecia Havens, Jr 18:00

30 Teresa Nelson, Jr 18:40

Time = 1:26:51 Places = 77

## 4. Lincoln

|                |                    |              |
|----------------|--------------------|--------------|
| 12             | Ashley Baldwin, Jr | 17:14        |
| 13             | Kathryn Guess, Jr  | 17:15        |
| 31             | Morgan Steffen, Sr | 18:41        |
| 39             | Ashley Graham, Sr  | 19:30        |
| 47             | Tiffany Huber, Jr  | 20:05        |
| Time = 1:32:43 |                    | Places = 142 |

## 5. Dowling

|                |                       |              |
|----------------|-----------------------|--------------|
| 18             | Kaitlin Showalter, Jr | 17:41        |
| 24             | Hannah Weiss, Sr      | 18:10        |
| 26             | Allison Showalter, Sr | 18:19        |
| 28             | Anna Tursi, Jr        | 18:27        |
| 51             | Reecha Matmema, Sr    | 20:17        |
| Time = 1:32:51 |                       | Places = 147 |

## 6. Roosevelt

|                |                       |              |
|----------------|-----------------------|--------------|
| 14             | Fionna Fallon, Sr     | 17:23        |
| 25             | Stephanie Davison, Jr | 18:18        |
| 38             | Jessica Dodge, Sr     | 19:27        |
| 40             | Rebecca Marion, Jr    | 19:33        |
| 42             | Hannah Rohret, Jr     | 19:44        |
| Time = 1:34:23 |                       | Places = 159 |

## 7. Boone

|                |                     |              |
|----------------|---------------------|--------------|
| 16             | Jenny Mack, Jr      | 17:34        |
| 21             | Kayla Behling, Jr   | 17:52        |
| 32             | Erin Cain, Sr       | 18:46        |
| 45             | Haley Burma, Jr     | 19:59        |
| 54             | Krysten Swenson, Sr | 20:24        |
| Time = 1:34:33 |                     | Places = 168 |

## 8. Marshalltown

|                |                        |              |
|----------------|------------------------|--------------|
| 27             | Morgan Trowbridge, Sr  | 18:26        |
| 33             | Angela Heil, Jr        | 18:52        |
| 36             | Megan Stanton, Jr      | 19:05        |
| 41             | Page Lund, Jr          | 19:42        |
| 46             | Danielle Alexander, Jr | 20:02        |
| Time = 1:36:04 |                        | Places = 183 |

## 9. Hoover

|                |                      |              |
|----------------|----------------------|--------------|
| 11             | Jodi Harding, Sr     | 17:05        |
| 29             | Dawn Gaule, Jr       | 18:33        |
| 37             | Kellie Shaffner, Jr  | 19:06        |
| 59             | Kim Alex, Sr         | 22:10        |
| 62             | Elizabeth Howett, Jr | 23:11        |
| Time = 1:40:03 |                      | Places = 198 |

## 10. East

|                |                    |              |
|----------------|--------------------|--------------|
| 5              | Lisa Collogan, Jr  | 16:24        |
| 44             | Kaeli Helm, Jr     | 19:58        |
| 67             | JaRae Shelton, Sr  | 24:50        |
| 68             | Becky Phillips, Jr | 26:29        |
| 70             | Andrea Torres, Sr  | 27:05        |
| Time = 1:54:44 |                    | Places = 254 |

## 11. North

|                |                      |              |
|----------------|----------------------|--------------|
| 43             | Randi Tellis, Jr     | 19:56        |
| 50             | Mallory Bendixen, Sr | 20:15        |
| 58             | Yolanda Padilla, Sr  | 22:07        |
| 65             | Emly Karns, Sr       | 23:53        |
| 71             | Rachel Primrose, Jr  | 27:59        |
| Time = 1:54:09 |                      | Places = 287 |

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TEAM

| PLACE | SCORE | FINISHER                | TIME  | TEAM            |
|-------|-------|-------------------------|-------|-----------------|
| 1     | 1     | Cassi Sokol, Sr         | 15:15 | Urbandale       |
| 2     | 2     | Alyse Herr, Jr          | 15:55 | Noadaway Valley |
| 3     | 3     | Nicole Wilson, Jr       | 16:04 | Urbandale       |
| 4     | 4     | Heather Wendel, Jr      | 16:22 | Johnston        |
| 5     | 5     | Lisa Collogan, Jr       | 16:24 | East            |
| 6     | 6     | Rebecca Finley, Sr      | 16:32 | Johnston        |
| 7     | 7     | Alison Mostaert, Jr     | 16:46 | Noadaway Valley |
| 8     | 8     | Jessica Mitchell, Sr    | 16:48 | Johnston        |
| 9     | 9     | Amy Wetsch, Sr          | 16:50 | Urbandale       |
| 10    |       | Brianna Gallo, Jr       | 16:59 | Grinnell        |
| 11    | 10    | Anna Lammers, Jr        | 17:04 | Johnston        |
| 12    | 11    | Jodi Harding, Sr        | 17:05 | Hoover          |
| 13    | 12    | Ashley Baldwin, Jr      | 17:14 | Lincoln         |
| 14    | 13    | Kathryn Guess, Jr       | 17:15 | Lincoln         |
| 15    | 14    | Fionna Fallon, Sr       | 17:23 | Roosevelt       |
| 16    |       | Karla Fisher, Sr        | 17:29 | Creston         |
| 17    | 15    | Patrese Montgomery, Jr  | 17:32 | Noadaway Valley |
| 18    | 16    | Jenny Mack, Jr          | 17:34 | Boone           |
| 19    | 17    | Anne Ruebbelke, Jr      | 17:37 | Johnston        |
| 20    | 18    | Kaitlin Showalter, Jr   | 17:41 | Dowling         |
| 21    | 19    | Katie O'Keefe, Jr       | 17:50 | Urbandale       |
| 22    | 20    | Kelsey Dicken, Sr       | 17:51 | Johnston        |
| 23    | 21    | Kayla Behling, Jr       | 17:52 | Boone           |
| 24    | 22    | Tiffany Wendel, Sr      | 17:54 | Johnston        |
| 25    |       | Robyn Norris, Sr        | 17:57 | Johnston        |
| 26    | 23    | Alecia Havens, Jr       | 18:00 | Noadaway Valley |
| 27    |       | Kiley Lisk, Jr          | 18:06 | Grinnell        |
| 28    | 24    | Hannah Weiss, Sr        | 18:10 | Dowling         |
| 29    | 25    | Stephanie Davison, Jr   | 18:18 | Roosevelt       |
| 30    | 26    | Allison Showalter, Sr   | 18:19 | Dowling         |
| 31    |       | Ashley Martin, Jr       | 18:19 | Martensdale     |
| 32    |       | Emily DePenning, Sr     | 18:23 | Johnston        |
| 33    | 27    | Morgan Trowbridge, Sr   | 18:26 | Marshalltown    |
| 34    | 28    | Anna Tursi, Jr          | 18:27 | Dowling         |
| 35    |       | Jana Ferguson, Sr       | 18:28 | Earlham         |
| 36    | 29    | Dawn Gaule, Jr          | 18:33 | Hoover          |
| 37    |       | Grace Meiners, Jr       | 18:35 | Johnston        |
| 38    | 30    | Teresa Nelson, Jr       | 18:40 | Noadaway Valley |
| 39    | 31    | Morgan Steffen, Sr      | 18:41 | Lincoln         |
| 40    |       | Erin Hagelberg, Sr      | 18:43 | A D M           |
| 41    | 32    | Erin Cain, Sr           | 18:46 | Boone           |
| 42    | 33    | Angela Heil, Jr         | 18:52 | Marshalltown    |
| 43    | 34    | Kathleen Willem, Jr     | 19:02 | Urbandale       |
| 44    | 35    | Gail Dooley, Jr         | 19:03 | Urbandale       |
| 45    | 36    | Megan Stanton, Jr       | 19:05 | Marshalltown    |
| 46    | 37    | Kellie Shaffner, Jr     | 19:06 | Hoover          |
| 47    |       | Kristen Strawhacker, Jr | 19:08 | Johnston        |
| 48    |       | Heather Birchard, Sr    | 19:10 | Creston         |
| 49    |       | Jenalee Williams, Jr    | 19:25 | Johnston        |
| 50    |       | Carly Hammer, Jr        | 19:25 | Johnston        |
| 51    |       | Kelsey Hyde, Jr         | 19:26 | Johnston        |
| 52    | 38    | Jessica Dodge, Sr       | 19:27 | Roosevelt       |
| 53    | 39    | Ashley Graham, Sr       | 19:30 | Lincoln         |
| 54    | 40    | Rebecca Marion, Jr      | 19:33 | Roosevelt       |
| 55    | 41    | Page Lund, Jr           | 19:42 | Marshalltown    |
| 56    | 42    | Hannah Rohret, Jr       | 19:44 | Roosevelt       |
| 57    |       | Staci Miller, Jr        | 19:52 | Creston         |
| 58    |       | Brittany Staroska, Sr   | 19:52 | Grinnell        |
| 59    | 43    | Randi Tellis, Jr        | 19:56 | North           |
| 60    |       | Sydney Allgreen, Jr     | 19:58 | Earlham         |
| 61    | 44    | Kaeli Helm, Jr          | 19:58 | East            |
| 62    | 45    | Haley Burma, Jr         | 19:59 | Boone           |
| 63    |       | Ashley Holcombe, Jr     | 20:00 | Earlham         |

|     |    |                        |       |              |
|-----|----|------------------------|-------|--------------|
| 64  |    | Felicia Hoover, Jr     | 20:01 | Johnston     |
| 65  | 46 | Danielle Alexander, Jr | 20:02 | Marshalltown |
| 66  | 47 | Tiffany Huber, Jr      | 20:05 | Lincoln      |
| 67  | 48 | Hannah Zimbeck, Jr     | 20:10 | Marshalltown |
| 68  | 49 | Leah Chyma, Sr         | 20:11 | Marshalltown |
| 69  |    | Chandra Binnie, Sr     | 20:14 | Johnston     |
| 70  | 50 | Mallory Bendixen, Sr   | 20:15 | North        |
| 71  | 51 | Reecha Matmema, Sr     | 20:17 | Dowling      |
| 72  | 52 | Alyssa Boehm, Jr       | 20:17 | Urbandale    |
| 73  | 53 | Erin Floro, Jr         | 20:21 | Dowling      |
| 74  | 54 | Krysten Swenson, Sr    | 20:24 | Boone        |
| 75  |    | Celeste Demmel, Sr     | 20:25 | Marshalltown |
| 76  |    | Marissa Kail, Jr       | 20:28 | Marshalltown |
| 77  |    | Chelsea Harrison, Jr   | 20:32 | Urbandale    |
| 78  |    | Sara Higgins, Sr       | 20:35 | Marshalltown |
| 79  |    | Hadley S-Vos, Sr       | 20:50 | A D M        |
| 80  | 55 | Markie Waymire, Sr     | 20:52 | Dowling      |
| 81  | 56 | Terra Broadus, Jr      | 20:53 | Lincoln      |
| 82  |    | Katie Bishop, Jr       | 20:56 | Dowling      |
| 83  |    | Margaret Clark, Jr     | 21:01 | Marshalltown |
| 84  |    | Ashley Williams, Sr    | 21:05 | Johnston     |
| 85  |    | Becca Helmer, Sr       | 21:18 | Marshalltown |
| 86  |    | Madie Kendzora, Sr     | 21:21 | Dowling      |
| 87  |    | Dawn Mick, Jr          | 21:24 | Marshalltown |
| 88  |    | Elizabeth Timmins, Sr  | 21:27 | Johnston     |
| 89  |    | Laura Downey, Jr       | 21:28 | Dowling      |
| 90  |    | Sandra Rodriguez, Sr   | 21:29 | Johnston     |
| 91  | 57 | Carla Regalado, Jr     | 21:38 | Roosevelt    |
| 92  |    | Molly Grady, Jr        | 21:41 | Marshalltown |
| 93  |    | Morgan Gaffney, Jr     | 21:46 | Marshalltown |
| 94  |    | Megan Frangenberg, Jr  | 21:46 | Marshalltown |
| 95  |    | Carissa Bane, Jr       | 21:58 | Se Polk      |
| 96  | 58 | Yolanda Padilla, Sr    | 22:07 | North        |
| 97  |    | Lauren Link, Sr        | 22:08 | Se Polk      |
| 98  | 59 | Kim Alex, Sr           | 22:10 | Hoover       |
| 99  | 60 | Leah Clark, Sr         | 22:37 | Boone        |
| 100 |    | Holly Gummert, Sr      | 22:44 | Marshalltown |
| 101 | 61 | Hanna Henson, Sr       | 23:07 | Roosevelt    |
| 102 | 62 | Elizabeth Howett, Jr   | 23:11 | Hoover       |
| 103 | 63 | Ivy Rohlwing, Sr       | 23:14 | Hoover       |
| 104 | 64 | Krista Samuelson, Jr   | 23:17 | Boone        |
| 105 |    | Cyrstal Leaf, Sr       | 23:34 | Boone        |
| 106 |    | Emily Heying, Sr       | 23:53 | Marshalltown |
| 107 | 65 | Emly Karns, Sr         | 23:53 | North        |
| 108 | 66 | Julie Allen, Sr        | 24:03 | Lincoln      |
| 109 |    | Sarah White, Sr        | 24:06 | Dowling      |
| 110 |    | Cleo Schneider, Jr     | 24:06 | Grinnell     |
| 111 |    | Jenny Feldman, Sr      | 24:09 | A D M        |
| 112 |    | Beth Simons, Jr        | 24:16 | Marshalltown |
| 113 |    | Jennifer Schoborg, Jr  | 24:25 | Marshalltown |
| 114 |    | Katie Harris, Jr       | 24:48 | Marshalltown |
| 115 | 67 | JaRae Shelton, Sr      | 24:50 | East         |
| 116 |    | Sarah Timmons, Jr      | 25:46 | Johnston     |
| 117 |    | Jennifer Munoz, Sr     | 25:49 | Dowling      |
| 118 |    | Shalis Gladney, Jr     | 26:05 | Roosevelt    |
| 119 | 68 | Becky Phillips, Jr     | 26:29 | East         |
| 120 | 69 | Mary Thomsen, Jr       | 26:59 | Hoover       |
| 121 | 70 | Andrea Torres, Sr      | 27:05 | East         |
| 122 |    | Allison Kirschbaum, Jr | 27:15 | Hoover       |
| 123 |    | Kayla Smith, Sr        | 27:28 | Roosevelt    |
| 124 | 71 | Rachel Primrose, Jr    | 27:59 | North        |

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