

## SE Polk Invitational Girls 4 km

## SE Polk High School

Aug. 30, 2005

84 degrees, 40% humidity

Results by Michael Franke

[Boys results here](#)

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	Waukee	48	2	3	12	15	16	18	21	16:22	50
2	Knoxville	76	7	10	11	22	26	27	28	16:40	1:01
3	Newton	104	1	14	19	32	38	40	43	17:09	2:30
4	Indianola	129	6	29	30	31	33	34	39	17:34	2:04
5	Nevada	140	9	23	35	36	37	42	45	17:37	1:59
6	Oskaloosa	197	24	25	46	50	52	54	59	18:39	2:37
7	Se Polk	199	5	8	60	61	65	67		19:18	5:48
8*	Pella	210	13	41	48	53	55	58	63	18:59	3:53
9*	East	210	17	20	51	56	66	68	71	19:12	5:14
10	Carlisle	252	4	47	62	69	70			20:36	7:31
11	North	286	44	49	57	64	72	73	74	21:17	7:09

[Individuals](#)

## 1. Waukee

2	Colette Gnade, Fr	15:54
3	Paris Kono, Jr	16:00
12	Keylee Pence, Jr	16:31
15	Kelsey Barton, Jr	16:43
16	Jessie Hammer, Sr	16:44

Time = 1:21:50      Places = 48

## 2. Knoxville

7	Steph Kingery, Fr	16:17
10	Caitlin Miller, Sr	16:19
11	Ashley Larson, Fr	16:29
22	Kelsey Goff, Sr	16:58
26	Lori Klootwyk, So	17:17

Time = 1:23:19      Places = 76

## 3. Newton

1	Casey McDermott, Jr	15:50
14	Rachelle Tipton, Fr	16:35
19	Amy Vos, Fr	16:54
32	Abby Ziemann, So	18:07
38	Caitlin Fisher, Jr	18:19

Time = 1:25:43      Places = 104

## 4. Indianola

6	Jamie Elbert, Fr	16:06
29	Ashley Ackerson, Sr	17:37
30	Staci Williams, Sr	17:55
31	Emily Gross, Fr	18:03
33	Tallie Dietz, Sr	18:09

Time = 1:27:49      Places = 129

## 5. Nevada

9	Daranda Myers, So	16:18
23	Natalie Tendall, Sr	16:59
35	Mackenzie Cahill, Jr	18:13
36	Kelli Soll, Jr	18:16
37	Gretchen Walter, Jr	18:17
Time = 1:28:02		Places = 140

## 6. Oskaloosa

24	Autumn McMahan, Jr	17:13
25	Laurel Whilts, Jr	17:17
46	Emilia Hodges, Fr	19:06
50	Sarah Hodges, Jr	19:48
52	Hannah Degust, So	19:49
Time = 1:33:11		Places = 197

## 7. Se Polk

5	Jenny McElree, So	16:03
8	Ashley Rogers, So	16:17
60	Katie Heater, Fr	20:56
61	Tayla Lucdtkc, Fr	21:22
65	Lauren Link, Sr	21:51
Time = 1:36:27		Places = 199

## 8\*. Pella

13	Gracie Egglund, Jr	16:33
41	Renee Vanroekel, Jr	18:31
48	Michelle Renaud, Jr	19:30
53	Kelsey Denadel, Sr	19:58
55	Andiana Espinosa, So	20:26
Time = 1:34:55		Places = 210

## 9\*. East

17	Lisa Collogan, Jr	16:48
20	Shelby Smith, Fr	16:55
51	Kaeli Helm, Jr	19:48
56	Stephanie Janssens, Fr	20:30
66	Amy Flaherty, Jr	22:01
Time = 1:36:00		Places = 210

## 10. Carlisle

4	Sarah Wilcox, Fr	16:00
47	Taylor Williams, So	19:27
62	Ashley Moorman, Fr	21:22
69	Megan Wilcox, Jr	22:41
70	Rachel Tish, Fr	23:31
Time = 1:43:00		Places = 252

## 11. North

44	Maghan Hensley, So	18:46
49	Mallory Bendixon, So	19:32
57	Randi Tellis, So	20:32
64	Yalonda Padilla, So	21:42
72	Emily Kerns, So	25:54
Time = 1:46:24		Places = 286

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PLACE	SCORE	TEAM	FINISHER	TIME	TEAM
1	1	Casey McDermott, Jr		15:50	Newton
2	2	Colette Gnade, Fr		15:54	Waukee
3	3	Paris Kono, Jr		16:00	Waukee
4	4	Sarah Wilcox, Fr		16:00	Carlisle
5	5	Jenny McElree, So		16:03	Se Polk

6	6	Jamie Elber, Fr	16:06	Indianola
7	7	Steph Kingery, Fr	16:17	Knoxville
8	8	Ashley Rogers, So	16:17	Se Polk
9	9	Daranda Myers, So	16:18	Nevada
10	10	Caitlin Miller, Sr	16:19	Knoxville
11	11	Ashley Larson, Fr	16:29	Knoxville
12	12	Keylee Pence, Jr	16:31	Waukee
13	13	Gracie Eggland, Jr	16:33	Pella
14	14	Rachelle Tipton, Fr	16:35	Newton
15	15	Kelsey Barton, Jr	16:43	Waukee
16	16	Jessie Hammer, Sr	16:44	Waukee
17	17	Lisa Collogan, Jr	16:48	East
18	18	Kara Knott, Jr	16:48	Waukee
19	19	Amy Vos, Fr	16:54	Newton
20	20	Shelby Smith, Fr	16:55	East
21	21	Genna Kinley, So	16:57	Waukee
22	22	Kelsey Goff, Sr	16:58	Knoxville
23	23	Natalie Tendall, Sr	16:59	Nevada
24	24	Autumn McMahan, Jr	17:13	Oskaloosa
25	25	Laurel Whilts, Jr	17:17	Oskaloosa
26	26	Lori Klootwyk, So	17:17	Knoxville
27	27	Jess Cameron, Sr	17:19	Knoxville
28		Sarah Speight, Sr	17:19	Waukee
29		Elizabeth Arentsen, Sr	17:26	Waukee
30	28	Heather Shives, Sr	17:28	Knoxville
31		Ashley Stewart, Sr	17:34	Knoxville
32	29	Ashley Ackerson, Sr	17:37	Indianola
33	30	Staci Williams, Sr	17:55	Indianola
34		Sarah Schwanebeck, So	17:56	Knoxville
35		Alex Thomas, Fr	18:01	Knoxville
36	31	Emily Gross, Fr	18:03	Indianola
37		Claire Johannesen, Fr	18:05	Waukee
38	32	Abby Ziemann, So	18:07	Newton
39	33	Tallie Dietz, Sr	18:09	Indianola
40	34	Allison Reynolds, Fr	18:11	Indianola
41	35	Mackenzie Cahill, Jr	18:13	Nevada
42	36	Kelli Soll, Jr	18:16	Nevada
43	37	Gretchen Walter, Jr	18:17	Nevada
44	38	Caitlin Fisher, Jr	18:19	Newton
45		Brittany Stanwood, Sr	18:19	Knoxville
46		Ashley Mollicone, Sr	18:20	Waukee
47	39	Whitney Mark, Sr	18:21	Indianola
48		Jacqui Abens, Fr	18:25	Knoxville
49	40	Taylor Fank, Fr	18:30	Newton
50		Katie Davis, So	18:30	Waukee
51	41	Renee Vanroekel, Jr	18:31	Pella
52	42	Lacey Johnson, Sr	18:42	Nevada
53	43	Casie Marshall, Jr	18:42	Newton
54		Blair Denny, Fr	18:45	Waukee
55		Hannah Kono, Fr	18:45	Waukee
56	44	Maghan Hensley, So	18:46	North
57		Kara Brown, Fr	19:00	Newton
58		Carly Johnson, Sr	19:00	Waukee
59		Megan Pelz, Sr	19:01	Waukee
60	45	Paige Christiansen, Fr	19:02	Nevada
61		Libby Cambron, So	19:04	Indianola
62	46	Emilia Hodges, Fr	19:06	Oskaloosa
63		Elizabeth Baldus, Fr	19:08	Indianola
64		Erin Wilson, Sr	19:11	Nevada
65		Mackinzie Morris, Fr	19:12	Newton
66		Madison Sheets, Sr	19:19	Newton
67	47	Taylor Williams, So	19:27	Carlisle
68		Chelsea Duncan, Sr	19:27	Indianola
69	48	Michelle Renaud, Jr	19:30	Pella
70	49	Mallory Bendixon, So	19:32	North

71	Meriah Taylor, Sr	19:34	Indianola
72	Val Marean, Sr	19:34	Indianola
73	Morgan Powers, Fr	19:36	Indianola
74	Maya Guy, Sr	19:40	Newton
75	Erica Johnson, Fr	19:44	Indianola
76	Krysten Yates, Jr	19:46	Newton
77	50 Sarah Hodges, Jr	19:48	Oskaloosa
78	51 Kaeli Helm, Jr	19:48	East
79	Lauren Barr, Sr	19:49	Newton
80	52 Hannah Degust, So	19:49	Oskaloosa
81	Emily Hartman, Jr	19:54	Waukee
82	Ana Stark, Fr	19:54	Nevada
83	Lindsey Cooney, Jr	19:54	Indianola
84	Bailey Probasco, So	19:54	Knoxville
85	Shawna Guthrie, Jr	19:55	Newton
86	53 Kelsey Denadel, Sr	19:58	Pella
87	Amanda Ranard, Jr	19:59	Newton
88	Emily Bell, Fr	20:01	Nevada
89	Kayla Riegel, Sr	20:07	Newton
90	Chelsea Thomas, Fr	20:07	Indianola
91	Brittany Lovin, Fr	20:10	Nevada
92	Carolyn Flattery, Sr	20:16	Knoxville
93	Bailey Johansen, Jr	20:22	Waukee
94	54 Brittany Brach, Sr	20:24	Oskaloosa
95	55 Andiana Espinosa, So	20:26	Pella
96	Bergan Andrew, So	20:28	Knoxville
97	56 Stephanie Janssens, Fr	20:30	East
98	57 Randi Tellis, So	20:32	North
99	Myre Laird, Sr	20:32	Nevada
100	58 Alyssa Vandevoort, So	20:34	Pella
101	Jordyn Archibald, So	20:36	Indianola
102	59 Kelly Hyland, So	20:41	Oskaloosa
103	Krystal Marean, Jr	20:42	Indianola
104	Blair Anderson, So	20:46	Knoxville
105	60 Katie Heater, Fr	20:56	Se Polk
106	Abby Marshall, Jr	21:01	Newton
107	Heather Osborn, Jr	21:01	Newton
108	Annalissa Vincent, Sr	21:10	Nevada
109	Ruth Panell, Sr	21:11	Nevada
110	Laura Siddell, Jr	21:18	Newton
111	Katelin Huddle, Jr	21:19	Knoxville
112	Anna Lassaux, Jr	21:22	Waukee
113	61 Tayla Lucdtkc, Fr	21:22	Se Polk
114	62 Ashley Moorman, Fr	21:22	Carlisle
115	Jessica Fehr, Jr	21:23	Newton
116	63 Karina Lesperance, Fr	21:24	Pella
117	Rachel Monroe, So	21:26	Newton
118	Hannah Hedge, So	21:27	Oskaloosa
119	Betsy Embree, Sr	21:28	Waukee
120	64 Yalonda Padilla, So	21:42	North
121	Anna Mansueto, Jr	21:49	Pella
122	65 Lauren Link, Sr	21:51	Se Polk
123	Malia Davis, Jr	21:52	Nevada
124	Avery Whilts, Fr	21:59	Oskaloosa
125	Carmen Brasche, Fr	22:00	Nevada
126	66 Amy Flaherty, Jr	22:01	East
127	Katharina Bunk, Sr	22:03	Oskaloosa
128	67 Carissa Bane, Jr	22:06	Se Polk
129	Allison Lewachowicz, So	22:10	Oskaloosa
130	Katrina Perkins, Fr	22:21	Nevada
131	Ali Jackson, Sr	22:21	Waukee
132	Emily Boyd, So	22:25	Pella
133	68 Sarah Lown, So	22:29	East
134	Maggie Hummel, Jr	22:39	Newton
135	69 Megan Wilcox, Jr	22:41	Carlisle

136		Jamie Dupey, Jr	23:11	Waukee
137		Jenifer Kuhn, Sr	23:31	Indianola
138	70	Rachel Tish, Fr	23:31	Carlisle
139		Alexa Vandelune, So	23:34	Pella
140		Steph Ross, Sr	23:38	Indianola
141		Mary Parker, Sr	23:50	Indianola
142		Cristin Willert, Fr	24:10	Nevada
143		Emily Slagter, So	25:08	Oskaloosa
144	71	Jarae Shelton, Jr	25:23	East
145		Becky Phillips, So	25:42	East
146	72	Emily Kerns, So	25:54	North
147		Kristi Wellman, Jr	26:30	Oskaloosa
148		Andrea Torres, Sr	26:51	East
149		Angie Casari, Sr	27:05	Nevada
150	73	Marianna Henondez, So	27:17	North
151		Vasundhra Bhardwaj, Sr	27:32	Nevada
152		Katherine Mittman, Fr	27:41	Nevada
153		Audra Ross, Fr	27:59	Indianola
154	74	Rachel Primeroso, So	29:30	North

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