

OGDEN CROSS COUNTRY



2019

OXC - WHO WE ARE

“Becoming our best for each other”

We expect our team members to carry out two primary responsibilities:

- Care about improving
- Care about each other

If each of us does both of those well, we know our team will be successful.

We work to build our best team through our 3 G's -

1. Growth

- Constantly working to improve
- Seeing challenges and failures as opportunities for growth and learning
- We hope to see considerable long-term growth and improvement from students who have been part of the Team for multiple seasons.

2. Grit

- Keeping interest and effort toward our big goals.
- Finishing hard at the end of workouts, end of races, end of season
- We expect to be known as a Team that is strong at the end of races and at our best at the end of the season.

3. Giving

- Give the best of yourself to your Team, because your teammates do the same for you.
- Contribution over Participation.
- We want students to feel like important members of a large family.

The following pages contain examples of former OXC members who lived out our team's 3 G's.

2019 Cross Country Team

Seniors

Landon Smith
Garrett Buxton
Josiah Korpi

Seniors

Amber Braniff
Torrie Wisecup
April McGriff
Bella Russo

Juniors

Jacob Samuelson
Stephen Flynn
Trey Minnihan

Juniors

Sophomores

Linden Seeger

Sophomores

Reagan Kruse

Freshmen

Payton Van Sickle
Jordan King
Matthew Sego
Braydon Doty
Parker Trusler
Lane Longhorn
Levi Russo

Freshmen

Kayden Spencer
Birdgit Mayse

8th Grade

Gavin Palmer
Sage Seeger
Annon Wolf

8th Grade

Marinza Roosa
Dakota Tromblay
Isabelle McCloud

7th Grade

August Schroeder
Jacob Thomsen
Cael Dozier
Caden Lerdal
Brady Van Sickle
Ryker Kruse
Willis Frey
Drew Hammer
Vandon Roosa
Jude Benbow
Brock Crosman

7th Grade

Laurell Schlenker
Addison Trusler
Meredith Kruse

MIDDLE SCHOOL



OMS
CROSS COUNTRY

HIGH SCHOOL GIRLS



OHS GIRLS
CROSS COUNTRY

HIGH SCHOOL BOYS



OHS BOYS
CROSS COUNTRY

2019 Season Highlights

- Another large team! 21 HS runners, 20 JH runners, 2 managers, and only 3 seniors.
- Saturday runs at Iowa State, Water's Edge, Jacob's house, Linden's house, Landon's house, Stephen's house.
- Food stops at Pizza Ranch (Boone), Burger King (Perry), Pizza Ranch (Winterset), Tom Thumb (Fort Dodge).
- Hosted HS time trial with Panorama on the night of the football scrimmage.
- HS girls improved from a 28:00 average in late August to 24:38 at SQM.
- HS boys placed 3rd at State Qualifying Meet at Mount Ayr and qualified for State for the fourth time in five seasons.
- HS boys had three individual state qualifiers for the first time in school history, with Garrett, Stephen and Landon placing in the top 15 at SQM.
- HS boys won varsity and JV races at South Central Calhoun. Varsity scored only 38 points and had 5 medalists. Garrett won the varsity race while Parker won the JV race.
- Garrett's 16:40 at State moved him to #2 on our all-time list. His 8th place finish at State earned him First Team All-State. He ran at State for a fourth time, and qualified individually for a third straight year.
- Stephen's 17:25 at Roland-Story is our #5 time by a junior.
- Jude's 12:36 at Roland-Story is our #2 time for 7th grade boys. He also finished runner-up at the JH State Meet (Washburn).
- Dakota's 14:10 at Madrid is our #2 time for 8th grade girls.
- Jordan's 18:17 at State is our #4 time for 9th grade boys.

HS Cross Country Times 2019

	GR	Gilbert	Madrid	Humboldt	R-Story	SCC	WCAC	SQM	State
Garrett Buxton	12	17:51	17:26	18:28	16:56	17:52	17:25	16:58	16:40
Stephen Flynn	11	18:16	17:52	18:01	17:25	18:15	17:51	17:28	17:32
Landon Smith	12	19:19	18:14	18:27	17:51	18:50	18:35	18:00	18:11
Payton Van Sickle	9	20:26	20:11	-	20:42	20:24	19:52	19:15	19:54
Jordan King	9	22:04	20:43	20:44	18:42	19:07	19:35	18:55	18:17
Linden Seeger	10	20:45	19:48	20:08	18:51	19:31	19:58	19:30	19:26
Jacob Samuelson	11	22:32	21:22	21:24	20:06	21:12	20:35	-	-
Parker Trusler	9	22:07	20:42	20:37	20:09	19:43	19:19	19:09	19:40
Matthew Sego	9	25:30	23:01	21:49	20:43	22:13	21:09	-	-
Braydon Doty	9	24:09	23:54	23:01	22:05	23:02	21:53	-	-
Josiah Korpi	12	27:00	24:55	23:18	21:34	21:35	21:07	-	-
Trey Minnihan	11	-	-	-	25:13	23:38	22:33	-	-
Levi Russo	9	-	26:01	23:11	22:06	23:21	22:59	-	-
Lane Longhorn	9	44:23	36:03	30:00	-	30:02	26:43	-	-

	GR	Gilbert	Madrid	Humboldt	R-Story	SCC	WCAC	SQM	State
Amber Braniff	11	26:26	24:36	24:40	22:57	23:59	23:45	23:08	-
Bella Russo	11	26:40	-	-	-	-	-	-	-
Kayden Spencer	9	26:41	26:19	25:27	23:35	24:16	24:27	23:42	-
Torrie Wisecup	11	31:09	28:48	27:48	25:18	25:49	25:31	25:18	-
Birdgit Mayse	9	28:45	26:24	27:49	26:46	28:07	-	-	-
April McGriff	11	31:06	28:47	28:00	26:21	27:03	27:44	26:27	-

JH Cross Country Times 2019

	GR	Gilbert	Madrid	Humboldt	R-Story	SCC (4k)	WCAC	SQM	State
Jude Benbow	7	-	12:40	-	12:36	16:34	-	-	12:51
Sage Seeger	8	-	13:37	-	13:21	17:21	14:15	-	13:14
Annon Wolf	8	-	14:11	-	13:30	-	14:18	-	13:02
Brady Van Sickle	7	-	14:46	-	13:55	18:06	15:02	-	-
Cael Dozier	7	-	15:23	-	15:37	-	16:05	-	-
Caden Lerdal	7	-	16:47	-	15:36	19:30	16:11	-	-
Brock Crosman	7	-	17:46	-	16:42	22:24	16:40	-	17:26
Vandon Roosa	7	-	17:44	-	16:04	22:31	19:06	-	-
Will Frey	7	-	17:15	-	15:38	20:08	16:49	-	-
Ryker Kruse	7	-	17:24	-	16:01	21:36	17:31	-	-
August Schroeder	7	-	21:06	-	18:42	24:15	19:08	-	-
Jacob Thomsen	7	-	20:33	-	19:03	23:29	19:20	-	-
Drew Hammer	7	-	27:41	-	22:17	-	25:58	-	-
Gavin Palmer	8	-	28:09	-	-	-	-	-	-

	GR	Gilbert	Madrid	Humboldt	R-Story	SCC (4k)	WCAC	SQM	State
Dakota Tromblay	8	-	14:10	-	14:20	18:40	15:09	-	14:18
Addy Trusler	7	-	19:12	-	16:09	21:03	17:05	-	16:10
Marinza Roosa	8	-	19:35	-	16:44	21:52	18:07	-	-
Isabelle McCloud	7	-	21:19	-	17:37	21:50	18:06	-	-
Laurell Schlenker	7	-	28:07	-	23:58	31:24	-	-	-
Meredith Kruse	7	-	28:08	-	24:15	31:27	27:50	-	23:42

2019 Personal Records

NAME	GR	PR	COURSE	YEAR
Garrett Buxton	12	16:40	State Meet	2019
Stephen Flynn	11	17:25	Roland-Story	2019
Landon Smith	12	17:51	Roland-Story	2019
Jordan King	9	18:17	State Meet	2019
Linden Seeger	10	18:51	Roland-Story	2019
Parker Trusler	9	19:09	SQM - Mount Ayr	2019
Payton Van Sickle	9	19:15	SQM - Mount Ayr	2019
Jacob Samuelson	11	20:06	Roland-Story	2019
Matthew Sego	9	20:43	Roland-Story	2019
Josiah Korpi	12	21:07	WCAC - Panorama	2019
Trey Minnihan	11	21:08	Madrid	2018
Braydon Doty	9	21:53	WCAC - Panorama	2019
Levi Russo	9	22:06	Roland-Story	2019
Lane Longhorn	9	26:43	WCAC - Panorama	2019

NAME	GR	PR	COURSE	YEAR
Amber Braniff	11	22:57	Roland-Story	2019
Bella Russo	11	23:15	West Central Valley	2018
Kayden Spencer	9	23:35	Roland-Story	2019
Torrie Wisecup	11	25:18	Roland-Story	2019
April McGriff	11	26:21	Roland-Story	2019
Birdgit Mayse	9	26:24	Madrid	2019

NAME	GR	PR	COURSE	YEAR
Jude Benbow	7	12:36	Roland-Story	2019
Annon Wolf	8	13:02	Ankeny Centennial	2019
Sage Seeger	8	13:14	Ankeny Centennial	2019
Brady Van Sickle	7	13:55	Roland-Story	2019
Cael Dozier	7	15:23	Madrid	2019
Caden Lerdal	7	15:36	Roland-Story	2019
Will Frey	7	15:38	Roland-Story	2019
Ryker Kruse	7	16:01	Roland-Story	2019
Vandon Roosa	7	16:04	Roland-Story	2019
Brock Crosman	7	16:40	WCAC - Panorama	2019
August Schroeder	7	18:42	Roland-Story	2019
Jacob Thomsen	7	19:03	Roland-Story	2019
Drew Hammer	7	22:17	Roland-Story	2019
Gavin Palmer	8	25:59	West Central Valley	2018

NAME	GR	PR	COURSE	YEAR
Dakota Tromblay	8	14:10	Madrid	2019
Addy Trusler	7	16:09	Roland-Story	2019
Marinza Roosa	8	16:44	Roland-Story	2019
Isabelle McCloud	7	17:37	Roland-Story	2019
Meredith Kruse	7	23:42	Ankeny Centennial	2019
Laurell Schlenker	7	23:58	Roland-Story	2019

Cross Country - Gilbert Invitational @ Iowa State

28-Aug-19

High School Girls

Panorama	45	2A #5
Earlham	83	1A #9
West Marshall	85	
Van Meter	111	
Madrid	130	
ACGC	142	2A #13
South Hamilton	169	
Des Moines Christian	192	
Ogden	216	
Pleasantville	221	
Pella Christian	NTS	
Coon Rapids-Bayard	NTS	

High School Boys

Earlham	45	1A #4
Des Moines Christian	61	2A #6
Madrid	62	1A #1
Ogden	127	1A #14
South Hamilton	162	
ACGC	163	
Eagle Grove	171	
Van Meter	213	
Pella Christian	238	
West Marshall	271	
Ankeny Christian	345	
Pleasantville	349	
Panorama	375	
Coon Rapids-Bayard	NTS	

Mid 80s

Name	Place	Time	Medalist
Amber Braniff, 11	31	26:26	
Bella Russo, 11	35	26:40	
Kayden Spencer, 9	36	26:41	
Birdgit Mayse, 9	67	28:45	
April McGriff, 11	91	31:06	
Torrie Wisecup, 11	93	31:09	

106 runners

Reagan Kruse, 10 DNS

Name	Place	Time	Medalist
Garrett Buxton, 12	5	17:51	*
Stephen Flynn, 11	11	18:16	*
Landon Smith, 12	21	19:19	
Payton Van Sickle, 9	43	20:26	
Linden Seeger, 10	54	20:45	
Jordan King, 9	72	22:04	
Parker Trusler, 9	73	22:07	
Jacob Samuelson, 11	83	22:32	
Braydon Doty, 9	118	24:09	
Matthew Sego, 9	136	25:30	
Josiah Korpi, 12	146	27:00	
Lane Longhorn, 9	168	44:23	

168 runners

Trey Minnihan, 11 DNS
Levi Russo, 9 DNS

Scoring Avg 27:55
Total Team Avg 28:27

Scoring Avg 19:19
Total Team Avg 23:41

<p>Bulldog Bests – Cross Country</p> <p>Course: Iowa State</p> <p>Since: 2000, missing 2001-02</p>

Bulldog Bests – Cross Country
 Course: Iowa State
 Since: 2000, missing 2001-02

Bulldog Bests – Cross Country
 Course: Iowa State
 Since: 2000, missing 2001-02

Name	Time	Year
Andrew Stumbo	17:25	2016
Robert Alexander	17:36	2005
Garrett Buxton	17:51	2019
Jacob Van Sickle	17:57	2005
Chad Wearmouth	18:15	2000
Stephen Flynn	18:16	2019
Brad Hill	18:25	2000
Paul Brannaman	18:26	2005
Kiley Swanson	18:32	2005
Michael Tucker	18:35	2000
Tyler Johnson	18:40	2005
Andrew Bardole	18:49	2000
Eric Pierce	18:50	2004
Gershom Levi	19:06	2017*
Bronson Mayse	19:14	2010
Jacob Hinman	19:15	2017*
Landon Smith	19:19	2019
Tanner Henderson	19:23	2007
Lane Brueland	19:26	2005
Treynor Reis	19:32	2003

Name	Time	Year
Hannah Booth	22:24	2017*
Camryn Buxton	24:04	2017*
Aubrey Keenan	26:15	2017*
Amber Braniff	26:26	2019
Claudia Kester	26:34	2016
Bella Russo	26:40	2019
Kayden Spencer	26:41	2019
Maddie Grisham	26:49	2018
Gabby Diggs	27:02	2017*
Reagan Kruse	27:38	2018
Aidan Skalicky	29:14	2018
Abby Bryan	30:43	2016
April McGriff	31:06	2019
Torrie Wisecup	31:09	2019
Tirzah Levi	31:54	2016
Emma Blair	32:35	2017*
Kaylee Delp	37:01	2017*
Kaylee Lingren	38:03	2017*
Natalie Keenan	44:07	2017*

JH BOYS 2 MILE		
Name	Time	Year

[illegible]

Cross Country - Madrid Invitational @ Grants Woods

5-Sep-19

Mid 80s

High School Girls

Madrid	23
Perry	43
Ogden	82
Woodward-Granger	91
Colo-NESCO	115
Woodward Academy	NTS
Coon Rapids-Bayard	NTS

Name	Place	Time	Medalist
Amber Braniff, 11	6	24:36	*
Kayden Spencer, 9	13	26:19	
Birdgit Mayse, 9	15	26:24	
April McGriff, 11	29	28:47	
Torrie Wisecup, 11	30	28:48	

45 runners

Scoring Avg **26:58**
Total Team Avg **26:58**

Varsity Boys

Madrid	26	1A #2
Ogden	46	1A #11
Woodward-Granger	64	
Colo-NESCO	114	
Perry	122	
Woodward Academy	143	
Coon Rapids-Bayard	NTS	

Name	Place	Time	Medalist
Garrett Buxton, 12	3	17:26	*
Stephen Flynn, 11	4	17:52	*
Landon Smith, 12	5	18:14	*
Linden Seeger, 10	15	19:48	
Payton Van Sickle, 9	20	20:11	
Parker Trusler, 9	25	20:42	
Jordan King, 9	26	20:43	

45 runners

Scoring Avg **18:42**
Total Team Avg **19:16**

Junior Varsity Boys

Madrid	27
Woodward-Granger	48
Ogden	66
Perry	79
Colo-NESCO	NTS

Name	Place	Time	Medalist
Jacob Samuelson, 11	2	21:22	*
Matthew Sego, 9	8	23:01	*
Braydon Doty, 9	14	23:54	
Josiah Korpi, 12	20	24:55	
Levi Russo, 9	24	26:01	
Lane Longhorn, 9	41	36:03	

44 runners

Junior High Girls

Madrid	41
Woodward-Granger	44
Colo-NESCO	61
Ogden	66
Coon Rapids-Bayard	NTS
Earlham	NTS

Junior High Boys

Earlham	34
Madrid	41
Ogden	59
Woodward-Granger	78
Colo-NESCO	NTS
Coon Rapids-Bayard	NTS

Name	Place	Time	Medalist
Dakota Tromblay, 8	4	14:59	*
Addy Trusler, 7	15	19:12	
Marinza Roosa, 8	17	19:35	
Isabelle McCloud, 8	20	21:19	
Laurell Schlenker, 7	26	28:07	
Meredith Kruse, 7	27	28:08	

27 runners

Name	Place	Time	Medalist
Jude Benbow, 7	6	12:40	*
Sage Seeger, 8	8	13:37	*
Annon Wolf, 8	13	14:11	
Brady Van Sickle, 7	16	14:46	
Cael Dozier, 7	19	15:23	
Caden Lerdal, 7	23	16:47	
Willis Frey, 7	26	17:15	
Ryker Kruse, 7	28	17:24	
Vandon Roosa, 7	31	17:44	
Brock Crosman, 7	32	17:46	
Jacob Thomsen, 7	36	20:33	
August Schroeder, 7	38	21:06	
Drew Hammer, 7	41	27:41	
Gavin Palmer, 8	42	28:09	

42 runners

Cross Country - Humboldt Invitational @ Sheldon Park

23-Sep-19

70s

High School Girls

Gilbert	82	
WC-KP	88	2A #3
St. Edmond	137	1A #12
Iowa Falls-Alden	143	
Emmetsburg	144	2A #8
Humboldt	145	3A top 20
Algona	151	
Manson-NWW	162	
Pocahontas Area	195	
Clear Lake	333	
Garner-H-V	335	
West Hancock	344	
Ogden	350	
Clarion-G-D	357	
Fort Dodge	396	
Boone	419	
Hampton-Dumont	451	

Varsity Boys

Humboldt	41	3A #11
Fort Dodge	108	
Ogden	127	1A #10
St. Edmond	128	1A #14
Clear Lake	132	
Eagle Grove	173	
Algona	177	
Garner-H-V	254	
Pocahontas Area	262	
Iowa Falls-Alden	274	
Boone	292	
Manson-NWW	320	
Bishop Garrigan	333	
Clarion-G-D	368	
Emmetsburg	390	
West Bend-Mallard	421	
Hampton-Dumont	444	
West Hancock	526	

Name	Place	Time	Medalist
Amber Braniff, 11	51	24:40	
Kayden Spencer, 9	63	25:27	
Torrie Wisecup, 11	92	27:48	
Birdgit Mayse, 9	93	27:49	
April McGriff, 11	95	28:00	

126 runners

Scoring Avg

26:44

Bella Russo, 11

DNS

Name	Place	Time	Medalist
Stephen Flynn, 11	3	18:01	*
Landon Smith, 12	8	18:27	*
Garrett Buxton, 12	9	18:28	*
Linden Seeger, 10	46	20:08	
Parker Trusler, 9	65	20:37	
Jordan King, 9	69	20:44	
Jacob Samuelson, 11	82	21:24	

127 runners

Scoring Avg

19:08

Payton Van Sickel, 9

DNS

Junior Varsity Boys

Clear Lake	51
Humboldt	57
Eagle Grove	59
St. Edmond	116
Garner-H-V	126
Ogden	157
Fort Dodge	179
Iowa Falls-Alden	184
Boone	250
Hampton-Dumont	303

Name	Place	Time	Medalist
Matthew Sego, 9	10	21:49	
Braydon Doty, 9	24	23:01	
Levi Russo, 9	30	23:11	
Josiah Korpi, 12	35	23:18	
Lane Longhorn, 9	102	30:00	

110 runners

Trey Minnihan, 11	DNS
-------------------	-----

Since: 2013 (boys), 2015 (girls)

[illegible]

Cross Country - Norsemen Invitational @ River Bend

26-Sep-19

70, cloudy
Very nice

High School Girls		
Norwalk	24	3A #6
North Polk	77	3A #9
Bondurant-Farrar	84	
Nevada	121	
Roland-Story	122	
Madrid	156	
South Hamilton	177	
Greene County	273	
Ogden	281	
Woodward-Granger	284	
Colo-NESCO	328	
Southeast Valley	337	
West Central Valley	340	
Carroll/Kuemper	347	
Saydel	392	
Webster City	NTS	
Woodward Academy	NTS	

Varsity Boys		
Norwalk	55	3A #2
Madrid	64	1A #3
North Polk	74	3A #10
Bondurant-Farrar	130	3A top 20
Ogden	147	1A #11
Carroll/Kuemper	175	
South Hamilton	183	
Webster City	193	
Roland-Story	236	
Woodward-Granger	309	
Nevada	325	
Greene County	340	
Saydel	346	
Colo-NESCO	373	
West Central Valley	432	
Southeast Valley	436	
Woodward Academy	NTS	

Name	Place	Time	Medalist
Amber Braniff, 11	35	22:57	
Kayden Spencer, 9	47	23:35	
Torrie Wisecup, 11	75	25:18	
April McGriff, 11	100	26:21	
Birdgit Mayse, 9	111	26:46	
Bella Russo, 11	DNS		

178 runners

Scoring Avg **24:59**
Total Team Avg **24:59**

Name	Place	Time	Medalist
Garrett Buxton, 12	6	16:56	*
Stephen Flynn, 11	14	17:25	*
Landon Smith, 12	30	17:51	
Jordan King, 9	48	18:42	
Linden Seeger, 10	57	18:51	
Jacob Samuelson, 11	107	20:06	
Parker Trusler, 9	109	20:09	
Payton Van Sickle, 9	128	20:42	
Matthew Sego, 9	130	20:43	
Josiah Korpi, 12	162	21:34	
Braydon Doty, 9	175	22:05	
Levi Russo, 9	176	22:06	
Trey Minnihan, 11	240	25:13	
Lane Longhorn, 9	DNS		

262 runners

Scoring Avg **17:57**
Total Team Avg **19:17**

Junior High Girls

Nevada	57
Gilbert	71
North Polk	77
Bondurant-Farrar	147
Roland-Story	168
Norwalk	176
South Hamilton	181
Madrid	220
West Central Valley	237
Woodward-Granger	276
Ogden	292
Southeast Valley	296
Webster City	309
Colo-NESCO	317
Greene County	NTS
Carroll/Kuemper	NTS
Woodside	NTS

Name	Place	Time	Medalist
Dakota Tromblay, 8	19	14:20	*
Addy Trusler, 7	63	16:09	
Marinza Roosa, 8	75	16:44	
Isabelle McCloud, 8	90	17:37	
Laurell Schlenker, 7	131	23:58	
Meredith Kruse, 7	134	24:15	

134 runners

Scoring Avg 17:45
Total Team Avg 18:50

Junior High Boys

Nevada	58
Madrid	110
Gilbert	112
Carroll/Kuemper	122
North Polk	134
Norwalk	163
Roland-Story	184
West Central Valley	184
Bondurant-Farrar	205
Ogden	218
Southeast Valley	250
Woodward-Granger	347
South Hamilton	349
Greene County	374
Colo-NESCO	NTS
Webster City	NTS
Woodside	NTS

Name	Place	Time	Medalist
Jude Benbow, 7	12	12:36	*(also – top 7 th grader)
Sage Seeger, 8	37	13:21	
Annon Wolf, 8	43	13:30	
Brady Van Sickle, 7	50	13:55	
Caden Lerdal, 7	121	15:36	
Cael Dozier, 7	122	15:37	
Willis Frey, 7	123	15:38	
Ryker Kruse, 7	130	16:01	
Vandon Roosa, 7	135	16:04	
Brock Crosman, 7	150	16:42	
August Schroeder, 7	173	18:42	
Jacob Thomsen, 7	179	19:03	
Drew Hammer, 7	194	22:17	
Gavin Palmer, 8	DNS		

195 runners

Scoring Avg 13:47
Total Team Avg 16:04

Bulldog Bests – Cross Country

Course: Story City - River Bend Golf Course
Since: 1997 (boys), 2015 (girls), 1997 (JH)

BOYS 5000 METERS		
Name	Time	Year
Andrew Stumbo	16:37	2015
Trey Thompson	16:46	2014
Garrett Buxton	16:56	2019
Chad Wearmouth	17:16	2000
Michael Tucker	17:22	2000
Stephen Flynn	17:25	2019
Robert Alexander	17:25	2005
Eric Pierce	17:26	2005
Jacob Van Sickle	17:26	2004
Brad Hill	17:35	2000
Lukas Schroeder	17:36	1999
Andrew Bardole	17:37	2000
Landon Smith	17:51	2019
Paul Branaman	17:59	2005
Justin Moore	18:00	2011
Quinton Groth	18:11	2015
Kiley Swanson	18:20	2006
Brad Meyer	18:23	1998
Gershom Levi	18:24	2017
Blake Gregory	18:29	2015

GIRLS 5000 METERS		
Name	Time	Year
Hannah Booth	21:47	2017
Amber Braniff	22:57	2019
Camryn Buxton	23:06	2017
Kayden Spencer	23:35	2019
Gabby Diggs	24:49	2016
Aubrey Keenan	24:52	2016
Torrie Wisecup	25:18	2019
Trinitie Barnett	25:30	2015
Bella Russo	25:35	2018
April McGriff	26:21	2019
Maddie Grisham	26:21	2017
Sammy Andersen	26:39	2015
Birdgit Mayse	26:46	2019
Claudia Kester	26:47	2016
Aidan Skalicky	27:44	2015
Reagan Kruse	28:32	2018
Abby Bryan	28:38	2016
Tirzah Levi	29:46	2016
Emma Blair	30:14	2017
Kaylee Delp	33:46	2017

JH BOYS 2 MILE		
Name	Time	Year
Garrett Buxton	12:24	2015
Jude Benbow	12:36	2019
Aleks Kester	12:36	2012
Andrew Stumbo	12:46	2012
Paul Branaman	12:47	2003
Jacob Shaw	13:12	2006
Sage Seeger	13:21	2019
Linden Seeger	13:21	2017
Blake Gregory	13:21	2013
Isaac Lewiston	13:23	2014
Annon Wolf	13:30	2019
Mikael Gustafson	13:34	1998
Tom Behle	13:36	2011

JH GIRLS 2 MILE		
Name	Time	Year
Blair Williams	13:29	2011
Alyssa Jones	13:37	1998
Olivia Diggs	14:00	2005
Dakota Tromblay	14:20	2019
Jade Elsberry	14:20	2004
Sarah Savick	14:36	1999
Stephanie Haberer	14:44	2003
Hannah Booth	14:45	2013
Kayden Lindahl	14:49	2011
Elly Adams	14:53	2005
Hannah Hadaway	14:58	2004
Anna Clark	15:02	2011
Whitney Winterfeldt	15:02	2000

Cross Country - Titan Invitational @ Lake City CC

8-Oct-19

70, sunny

Windy

Varsity Girls	
Manson NW Webster	67
Pocahontas Area	85
South Central Calhoun	100
Ridge View	101
Alta Aurelia	124
Sioux Central	143
Greene County	169
Ogden	175
Southeast Valley	218
West Bend Mallard	250
Carroll/Kuemper	260
OABCIG	263
Woodward Academy	NTS
East Sac County	NTS

Varsity Boys		
Ogden	38	1A #15
Carroll/Kuemper	73	
Pocahontas Area	104	
Sioux Central	128	1A top 20
Greene County	144	
Manson NW Webster	184	
OABCIG	184	
Alta Aurelia	215	
Woodward Academy	227	
Southeast Valley	236	
West Bend Mallard	242	
South Central Calhoun	300	
Ridge View	355	
East Sac County	371	

Name	Place	Time	Medalist
Amber Braniff, 11	16	23:59	*
Kayden Spencer, 9	18	24:16	*
Torrie Wisecup, 11	39	25:49	
April McGriff, 11	51	27:03	
Birdgit Mayse, 9	61	28:07	

82 runners

Scoring Avg **25:50**
Total Team Avg **25:50**

Name	Place	Time	Medalist
Garrett Buxton, 12	1	17:52	*
Stephen Flynn, 11	3	18:15	*
Landon Smith, 12	9	18:50	*
Jordan King, 9	10	19:07	*
Linden Seeger, 10	15	19:31	*
Payton Van Sickle, 9	34	20:24	
Jacob Samuelson, 11	55	21:12	

88 runners

Scoring Avg **18:43**
Total Team Avg **19:18**

Junior Varsity Boys		Name	Place	Time	Medalist
Ogden	47	Parker Trusler, 9	1	19:43	*
Carroll/Kuemper	56	Josiah Korpi, 12	5	21:35	*
OABCIG	75	Matthew Sego, 9	7	22:13	*
Southeast Valley	87	Braydon Doty, 9	18	23:02	
Greene County	107	Levi Russo, 9	21	23:21	
Sioux Central	144	Trey Minnihan, 11	24	23:38	
South Central Calhoun	162	Lane Longhorn, 9	50	30:02	

59 runners

Junior High Girls – 2.5 mi	
Sioux Central	44
Pocahontas Area	50
South Central Calhoun	54
Southeast Valley	94
Ogden	97

Junior High Boys – 2.5 mi	
Carroll/Kuemper	43
Ridge View	50
Manson NW Webster	93
Ogden	95
South Central Calhoun	127
East Sac County	135
Greene County	166
Alta Aurelia	213

Name	Place	Time	Medalist
Dakota Tromblay, 8	7	18:40	
Addy Trusler, 7	28	21:03	
Isabelle McCloud, 8	36	21:50	
Marinza Roosa, 8	37	21:52	
Laurell Schlenker, 7	67	31:24	
Meredith Kruse, 7	68	31:27	

68 runners

Name	Place	Time	Medalist
Jude Benbow, 7	7	16:34	
Sage Seeger, 8	12	17:21	
Brady Van Sickle, 7	20	18:06	
Caden Lerdal, 7	36	19:30	
Willis Frey, 7	44	20:08	
Ryker Kruse, 7	54	21:36	
Brock Crosman, 7	57	22:24	
Vandon Roosa, 7	58	22:31	
Jacob Thomsen, 7	61	23:29	
August Schroeder, 7	62	24:15	
Drew Hammer, 7	DNS		
Gavin Palmer, 8	DNS		
Annon Wolf, 8	DNS		
Cael Dozier, 7	DNS		

72 runners

Scoring Avg 22:57
Total Team Avg 24:22

Scoring Avg 18:19
Total Team Avg 20:35

Bulldog Bests – Cross Country

Course: Lake City Country Club

Since: 2006 (Girls 2015)

BOYS 5000 METERS

Name	Time	Year
Andrew Stumbo	17:23	2015
Trey Thompson	17:37	2014
Garrett Buxton	17:52	2019
Stephen Flynn	18:15	2019
Gershom Levi	18:22	2017
Tanner Henderson	18:30	2007
Justin Moore	18:49	2011
Landon Smith	18:50	2019
Paul Branaman	18:53	2006
Kiley Swanson	18:55	2007
Evan Klicker	18:56	2014
Quinton Groth	18:59	2015
Blake Gregory	19:04	2017
Zane Buxton	19:06	2015
Jordan King	19:07	2019
Jacob Hinman	19:12	2017
Jacob Shaw	19:27	2008
Bronson Mayse	19:28	2009
Linden Seeger	19:31	2019
Bobby Kargle	19:32	2006

GIRLS 5000 METERS

Name	Time	Year
Hannah Booth	21:39	2017
Camryn Buxton	22:02	2017
Bella Russo	23:55	2018
Amber Braniff	23:59	2019
Kayden Spencer	24:16	2019
Reagan Kruse	24:43	2018
Gabby Diggs	25:16	2017
Aubrey Keenan	25:26	2017
Maddie Grisham	25:42	2017
Torrie Wisecup	25:49	2019
Trinitie Barnett	26:04	2015
Claudia Kester	26:50	2015
Abby Bryan	27:00	2017
April McGriff	27:03	2019
Aidan Skalicky	27:57	2018
Birdgit Mayse	28:07	2019
Emma Blair	29:23	2017
Tirzah Levi	30:19	2017
Kaylee Delp	30:20	2017
Kaylee Lingren	36:00	2017

JH BOYS 2 MILE

Name	Time	Year

JH GIRLS 2 MILE

Name	Time	Year

Cross Country – WCAC Meet @ Panorama West

17-Oct-19

60s, sunny

Nice

Varsity Girls

Van Meter	46	1A top 20
ACGC	61	2A #11
Earlham	65	1A #13
Panorama	76	2A #8
Madrid	97	
Pleasantville	171	
Des Moines Christian	178	
Woodward-Granger	248	
West Central Valley	248	
Ogden	NTS	
Interstate 35	NTS	
Woodward Academy	NTS	

Varsity Boys

Des Moines Christian	45	2A #2
Madrid	49	1A #3
Earlham	72	1A #1
Ogden	109	1A #15
ACGC	132	2A top 20
Van Meter	173	
Woodward-Granger	206	
Interstate 35	259	
West Central Valley	262	
Panorama	267	
Pleasantville	282	
Woodward Academy	NTS	

Name	Place	Time	Medalist
Amber Braniff, 11	28	23:45	
Kayden Spencer, 9	34	24:27	
Torrie Wisecup, 11	56	25:31	
April McGriff, 11	76	27:44	
Birdgit Mayse, 9	DNS		

98 runners

Name	Place	Time	Medalist
Garrett Buxton, 12	6	17:25	1 st Team
Stephen Flynn, 11	12	17:51	2 nd Team
Landon Smith, 12	20	18:35	
Parker Trusler, 9	33	19:19	PR
Jordan King, 9	41	19:35	
Payton Van Sickle, 9	50	19:52	PR
Linden Seeger, 10	52	19:58	
Jacob Samuelson, 11	65	20:35	
Josiah Korpi, 12	82	21:07	PR
Matthew Sego, 9	83	21:09	
Braydon Doty, 9	92	21:53	PR
Trey Minnihan, 11	102	22:33	
Levi Russo, 9	107	22:59	
Lane Longhorn, 9	141	26:43	PR

155 runners

Scoring Avg -
Total Team Avg **25:21**

Scoring Avg **18:33**
Total Team Avg **20:41**

Junior High Girls	
Van Meter	53
Earlham	77
ACGC	82
Des Moines Christian	125
Madrid	128
Pleasantville	135
West Central Valley	136
Ogden	168
Woodward-Granger	203
Interstate 35	NTS
Panorama	NTS

Name	Place	Time	Medalist
Dakota Tromblay, 8	8	15:09	*
Addy Trusler, 7	34	17:05	
Isabelle McCloud, 8	49	18:06	
Marinza Roosa, 8	50	18:07	
Meredith Kruse, 7	66	27:50	
	67 runners		
Laurell Schlenker, 7	DNS		

Scoring Avg **19:15**
Total Team Avg **19:15**

Junior High Boys	
ACGC	45
Madrid	60
Earlham	87
Des Moines Christian	95
Van Meter	124
West Central Valley	147
Ogden	158
Panorama	224
Interstate 35	225
Woodward-Granger	246
Pleasantville	NTS

Name	Place	Time	Medalist
Sage Seeger, 8	16	14:15	
Annon Wolf, 8	17	14:18	
Brady Van Sickel, 7	32	15:02	
Cael Dozier, 7	53	16:05	
Caden Lerdal, 7	55	16:11	
Brock Crosman, 7	60	16:40	PR
Willis Frey, 7	61	16:49	
Ryker Kruse, 7	70	17:31	
Vandon Roosa, 7	78	19:06	
August Schroeder, 7	79	19:08	
Jacob Thomsen, 7	81	19:20	
Drew Hammer, 7	89	25:58	

89 runners

Jude Benbow, 7 DNS
Gavin Palmer, 8 DNS

Scoring Avg **15:10**
Total Team Avg **17:31**

Bulldog Bests – Cross Country

Course: Panorama West Golf Course

Since: 1994-2000 and 2011-now (Boys), 2011 (Girls & JH)

BOYS 5000 METERS		
Name	Time	Year
Andrew Stumbo	16:58	2016
Garrett Buxton	17:25	2019
Trey Thompson	17:38	2014
Stephen Flynn	17:51	2019
Jeremy Gustafson	18:17	1996
Gershon Levi	18:18	2017
Michael Tucker	18:31	2000
Landon Smith	18:35	2019
Quinton Groth	18:45	2015
Chad Wearmouth	18:53	2000
Jacob Hinman	18:54	2016
Justin Moore	18:54	2011
Blake Gregory	18:55	2017
Brad Hill	18:59	2000
Zane Buxton	19:09	2015
Andrew Bardole	19:12	2000
Brad Meyer	19:17	1998
Parker Trusler	19:19	2019
Evan Klicker	19:21	2014
Lukas Schroeder	19:22	1999

GIRLS 5000 METERS		
Name	Time	Year
Hannah Booth	21:52	2017
Camryn Buxton	22:39	2016
Amber Braniff	23:45	2019
Kayden Spencer	24:27	2019
Gabby Diggs	25:03	2017
Trinitie Barnett	25:06	2016
Aubrey Keenan	25:20	2017
Bella Russo	25:24	2018
Torrie Wisecup	25:31	2019
Maddie Grisham	26:47	2017
Claudia Kester	27:07	2015
April McGriff	27:44	2019
Reagan Kruse	27:46	2018
Sammy Andersen	27:49	2016
Abby Bryan	27:50	2016
Aidan Skalicky	28:20	2017
Emma Blair	28:54	2016
Nicole Collier	29:27	2017
Tirzah Levi	32:10	2017
Kaylee Delp	32:39	2017

JH BOYS 2 MILE		
Name	Time	Year
Andrew Stumbo	12:46	2012
Aleks Kester	13:01	2012
Garrett Buxton	13:10	2015
Blake Gregory	13:43	2013
Linden Seeger	13:54	2017
Isaac Lewiston	14:08	2013
Sage Seeger	14:15	2019
Parker Trusler	14:15	2018
Annon Wolf	14:18	2019
Carson Van Sickle	14:24	2018
Payton Van Sickle	14:27	2018
Bradley Gregory	14:47	2012
Brady Van Sickle	15:02	2019

JH GIRLS 2 MILE		
Name	Time	Year
Blair Williams	14:40	2011
Dakota Tromblay	15:09	2019
Hannah Booth	15:13	2013
Anna Clark	15:30	2012
Trinitie Barnett	16:17	2013
Camryn Buxton	16:17	2013
Kayden Lindahl	16:30	2011
Reagan Kruse	16:42	2017
Brooke Schmidt	16:57	2013
Addy Trusler	17:05	2019
Michele Johnson	17:20	2012
Sammy Andersen	17:28	2014
Rylee Graden	17:39	2016

Cross Country – State Qualifying Meet @ Mount Ayr

24-Oct-19

40s, calm

Partly

sunny

Varsity Girls	
AHSTW	55
Van Meter	56
Nodaway Valley	70
Earlham	71
Mount Ayr	152
IKM-Manning	196
Audubon	221
Martensdale-St. Mary's	236
CAM	261
Wayne	264
Southwest Valley	278
Exira-EHK	280
Sidney	317
Ogden	NTS

Varsity Boys		
Nodaway Valley	43	1A #3
Earlham	61	1A #2
Ogden	96	1A #15
IKM-Manning	158	
Riverside	175	
Mount Ayr	200	
Van Meter	201	
Bedford	240	
Sidney	259	
Interstate 35	287	
Ankeny Christian	290	
Wayne	294	
Martensdale-St.Mary's	364	
East Union	380	
East Mills	396	
CAM	398	
Orient-Macksburg	418	
Southwest Valley	443	
Essex	575	

Name	Place	Time	Medalist
Amber Braniff, 11	31	23:08	
Kayden Spencer, 9	42	23:42	
Torrie Wisecup, 11	60	25:18	
April McGriff, 11	75	26:27	

106 runners

Name	Place	Time	Medalist
Garrett Buxton, 12	3	16:58	*
Stephen Flynn, 11	9	17:28	*
Landon Smith, 12	15	18:00	*
Jordan King, 9	31	18:55	
Parker Trusler, 9	38	19:09	PR
Payton Van Sickle, 9	39	19:15	PR
Linden Seeger, 10	45	19:30	

142 runners

Scoring Avg -
Total Team Avg **24:38**

Scoring Avg **18:06**
Total Team Avg **18:27**

HIGHLIGHTS

- All four girls within 10 seconds of their personal record, despite a more challenging course
- Boys qualify for State Meet for fourth time in five seasons
- First ever Ogden boys team with three individual qualifiers (Garrett, Stephen, Landon)
- Garrett: first Ogden boy to earn trips to four State Meets
- Boys put 7 runners in top 45 out of 142 total runners

One more week to work our two big jobs....

Care about improvement



Care about each other



Cross Country – State Meet @ Fort Dodge

2-Nov-19

Varsity Girls	
Logan-Magnolia	112
Hudson	133
AHSTW	142
Aplington-Parkersburg	146
Regina, Iowa City	150
Kee, Lansing	164
Denver	183
Nodaway Valley	198
Pekin	211
Van Meter	215
Manson NW Webster	233
Madrid	241
Sumner-Fredericksburg	270
St. Edmond	277
Prince of Peace	289

Varsity Boys	
Madrid	74
Nodaway Valley	107
Calamus-Wheatland	118
Earlham	119
Maquoketa Valley	209
Denver	211
St. Albert	215
South Winneshiek	223
West Fork	223
Pekin	227
Tri-Center	232
Ogden	247
Gehlen Catholic	254
Newman Catholic	260
St. Ansgar	303

40s
Breezy
Cold

Name	Place	Time	Medalist
------	-------	------	----------

Name	Place	Time	Medalist
Garrett Buxton, 12	8	16:40	1 st Team All-State
Stephen Flynn, 11	40	17:32	
Landon Smith, 12	85	18:11	
Jordan King, 9	93	18:17	PR
Linden Seeger, 10	128	19:26	
Parker Trusler, 9	131	19:40	
Payton Van Sickle, 9	132	19:54	

142 runners

Scoring Avg
Total Team Avg

Scoring Avg **18:01**
Total Team Avg **18:31**

OXC RECORD BOOK

TEAM FINISHES AT STATE MEET

Boys	1990	16th	Girls	1979	11th
	2004	14th		1981	7th
	2005	3rd		1982	16th
	2015	13th		1999	13th
	2016	13th		2000	7th
	2017	10 th		2001	12th
	2019	12th		2002	16th
				2003	13th

BEST SCORING AVERAGE TIME AT STATE (5K)

Boys	2016	18:00	Girls		
	2019	18:02			
	2017	18:03			
	2005	18:06			
	2004	18:15			
	2015	18:36			

BEST TEAM FINISHES AT DISTRICT MEET

Boys	2005	2nd	Girls	2000	1st
	2016	2nd		2001	2nd
	2019	3rd		2002	2nd
	2017	3rd		2003	3rd
	2015	3rd		1999	3rd
	2004	3rd		2007	4th
	2018	4 th		2016	4th
	2003	4th			
	1999	4th			
	2000	4th			
	1990	4th			

FIRST TEAM ALL-STATE (Balcony at State Meet)

Trey Thompson	2014	9th	Olivia Diggs	2008	10th
Andrew Stumbo	2015	1st			
Andrew Stumbo	2016	1st			
Garrett Buxton	2019	8th			

FIRST TEAM ALL DISTRICT (Individual State Qualifiers)

Mark Ruther	1978	Lori Samuelson	1978, 1979
Jeremy Gustafson	1995, 1996	Mary Sparks	1978, 1979
Robert Alexander	2004, 2005	Courtney Wearmouth	1993, 1994, 1995, 1996
Jacob Van Sickle	2004, 2005	Alyssa Jones	1999, 2000, 2001, 2002
Trey Thompson	2012, 2013, 2014	Sarah Savick	2000, 2001, 2003
Andrew Stumbo	2014, 2015, 2016	Jessica Oeth	2000
Gershon Levi	2016	Olivia Diggs	2007, 2008
Garrett Buxton	2017, 2018, 2019	Camryn Buxton	2015, 2016, 2017
Stephen Flynn	2019	Hannah Booth	2015, 2016, 2017
Landon Smith	2019		

TOP FINISHES AT STATE MEET (SINCE 1991)

Andrew Stumbo	1st	2016	Olivia Diggs	10th	2008
Andrew Stumbo	1st	2015	Alyssa Jones	15 th	2000
Garrett Buxton	8th	2019	Hannah Booth	25 th	2017
Trey Thompson	9th	2014	Sarah Savick	34th	2001
Andrew Stumbo	13th	2014	Alyssa Jones	36th	1999
Garrett Buxton	24th	2017	Alyssa Jones	36th	2002
Robert Alexander	24th	2005	Alyssa Jones	37th	2001
Robert Alexander	24th	2004	C. Wearmouth	37th	1995
Jacob Van Sickle	30th	2005	Sarah Savick	38th	2000
Garrett Buxton	31 st	2018	Jessica Oeth	40th	2000
Stephen Flynn	40th	2019	Olivia Diggs	41st	2007
Kiley Swanson	51st	2005			
Gershon Levi	54th	2017			
Jacob Van Sickle	54th	2004			

TOP TEN PERSONAL RECORDS

Boys 5K	Andrew Stumbo	15:48	2016	5 x 80, WCV
	Brad Hill	16:25	2001	Coon Rapids-Bayard
	Garrett Buxton	16:40	2019	State Meet
	Trey Thompson	16:46	2014	Jewell GCC
	Robert Alexander	16:54	2004	Spring Lake
	Jeremy Gustafson	16:55	1996	Humboldt GCC
	John Nebbe	17:07	1988	Coon Rapids-Bayard
	Eric Pierce	17:11	2004	Spring Lake
	Jacob Van Sickle	17:14	2003	Coon Rapids-Bayard
	Michael Tucker	17:15	2001	District
Girls 5K	Hannah Booth	20:36	2017	State Meet
	Camryn Buxton	21:21	2017	Eagle Grove
	Amber Braniff	22:57	2019	River Bend, R-S
	Bella Russo	23:15	2018	West Central Valley
	Kayden Spencer	23:35	2019	River Bend, R-S
	Gabby Diggs	24:28	2017	Eagle Grove
	Maddie Grisham	24:30	2018	West Central Valley
	Aubrey Keenan	24:41	2017	South Hamilton
	Reagan Kruse	24:43	2018	Marshalltown
	Trinitie Barnett	24:50	2015	DMACC
Girls 4K	Olivia Diggs	15:19	2008	Huxley GCC
	Alyssa Jones	16:06	2002	State Meet
	Sarah Savick	16:06	2002	Spring Lake
	Kit Fisher	16:41	2002	Perry
	Michaela Halbur	16:42	2011	River Bend, R-S
	Trichelle Velky	16:48	2003	Spring Lake
	Jade Elsberry	16:49	2005	Spring Lake
	Ally Fillmore	17:07	2008	River Bend, R-S
	Nicole Lauzon	17:11	2003	River Bend, R-S
	Rachael Oien	17:18	2009	River Bend, R-S

Ogden Boys XC records by class

(WCV 15-16 and CR-B times withheld)

1997-2018, no records from 2001-02

FRESHMEN

Name	Time	Year	Course
Andrew Stumbo	17:32	2013	Eagle Grove
Chad Wearmouth	18:06	1997	Roland-Story
Stephen Flynn	18:11	2017	WCV
Jordan King	18:17	2019	State – Ft. Dodge
Paul Branaman	18:17	2004	State
Trey Thompson	18:26	2011	Knoxville
Garrett Buxton	18:30	2016	State
Luther Thompson	18:40	2006	Perry
Michael Tucker	19:00	1998	HOIAC – Madrid
Parker Trusler	19:09	2019	SQM – Mt. Ayr
Jeremy Rasmussen	19:10	1998	HOIAC – Madrid
Linden Seeger	19:12	2018	Marshalltown CC
Payton Van Sickle	19:15	2019	SQM – Mt. Ayr
Jacob Hinman	19:22	2014	Roland-Story
Andrew Bardole	19:38	1997	Perry
Blake Gregory	19:54	2014	South Hamilton
Aleks Kester	19:59	2013	Panora – WCAC
Gershon Levi	20:02	2014	Jefferson HS
Jacob Shaw	20:05	2007	Ballard
Isaac Lewiston	20:09	2015	Roland-Story
Jacob Thompson	20:10	2004	Perry
Evan Klicker	20:16	2011	Roland-Story
Mikael Gustafson	20:18	2000	Roland-Story
Jack Roberts	20:20	2010	South Hamilton
Josiah Reutter	20:18	2005	Gilbert
Tyler Neubauer	20:26	2000	Roland-Story
Tyler Buck	20:41	2005	Gilbert
Wyatt Westberg	20:41	2009	Roland-Story
Matthew Sego	20:43	2019	Roland-Story
Tristan Frantum	20:47	2012	South Hamilton

SOPHOMORE

Name	Time	Year	Course
Andrew Stumbo	17:09	2014	State
Garrett Buxton	17:10	2017	State
Stephen Flynn	17:28	2018	WCV
Jeremy Gustafson	17:39	1994	Humboldt GC
Jacob Van Sickle	17:39	2003	Roland-Story
Trey Thompson	17:43	2012	South Hamilton
Eric Pierce	17:44	2003	Roland-Story
Chad Wearmouth	17:55	1998	HOIAC – Madrid
Paul Branaman	17:59	2005	Roland-Story
Justin Moore	17:59	2011	Perry
Robert Alexander	18:09	2003	Greenfield
Kiley Swanson	18:17	2005	State
Blake Gregory	18:27	2015	DMACC
Michael Tucker	18:27	1999	Eagle Grove
Brad Hill	18:37	1999	Eagle Grove
Jacob Hinman	18:40	2015	Roland-Story
Landon Smith	18:48	2017	Spring Lake
Gershon Levi	18:48	2015	Roland-Story
Linden Seeger	18:51	2019	Roland-Story
Evan Klicker	18:52	2012	South Hamilton
Bronson Mayse	19:02	2008	Ballard
Luther Thompson	19:06	2007	Gilbert
Andrew Bardole	19:14	1998	Humboldt GC
Wyatt Westberg	19:20	2010	Perry
Josiah Reutter	19:24	2006	Roland-Story
Jeremy Rasmussen	19:25	1999	Gilbert
Jacob Shaw	19:27	2008	Lake City
Adam Dillavou	19:33	1999	Roland-Story
Lukas Schroeder	19:34	1997	Gilbert
Aleks Kester	19:44	2014	Roland-Story

JUNIOR

Name	Time	Year	Course
Andrew Stumbo	16:23	2015	DMAcc
Trey Thompson	16:52	2013	Eagle Grove
Garrett Buxton	17:15	2018	Marshalltown CC
Michael Tucker	17:22	2000	Roland-Story
Stephen Flynn	17:25	2019	Roland-Story
Jacob Van Sickle	17:25	2004	Roland-Story
Robert Alexander	17:26	2004	Humboldt GC
Chad Wearmouth	17:30	1999	Ballard
Brad Hill	17:35	2000	Roland-Story
Kiley Swanson	17:50	2006	Perry
Paul Branaman	17:51	2006	Perry
Eric Pierce	17:56	2004	Roland-Story
Lukas Schroeder	18:07	1998	Roland-Story
Gershom Levi	18:09	2016	Atlantic
Jacob Hinman	18:14	2016	South Hamilton
Landon Smith	18:30	2018	Marshalltown CC
Blake Gregory	18:39	2016	South Hamilton
Tanner Henderson	18:39	2006	Perry
Jeremy Rasmussen	18:40	2000	Roland-Story
Bobby Kargle	18:41	2005	State
Evan Klicker	18:42	2013	Eagle Grove
Andrew Bardole	18:44	1999	Roland-Story
Bronson Mayse	18:45	2009	Humboldt GC
Tyler Johnson	18:46	2004	State
Jack Roberts	18:54	2012	South Hamilton
Jacob Shaw	19:00	2009	District
Luther Thompson	19:14	2008	Ballard
Isaac Lewiston	19:15	2017	WCV
Lane Brueland	19:16	2005	State
Treynor Reis	19:17	2003	Gilbert

SENIOR

Name	Time	Year	Course
Andrew Stumbo	15:53	2016	State – Ft. Dodge
Garrett Buxton	16:40	2019	State – Ft. Dodge
Trey Thompson	16:46	2014	South Hamilton
Jeremy Gustafson	16:55	1996	Humboldt GC
Chad Wearmouth	17:16	2000	Roland-Story
Eric Pierce	17:24	2005	Humboldt GC
Robert Alexander	17:25	2005	Roland-Story
Jacob Van Sickle	17:28	2005	Roland-Story
Lukas Schroeder	17:36	1999	Roland-Story
Andrew Bardole	17:37	2000	Roland-Story
Gershom Levi	17:38	2017	State – Ft. Dodge
Landon Smith	17:51	2019	Roland-Story
Blake Gregory	17:52	2017	State – Ft. Dodge
Evan Klicker	17:58	2014	South Hamilton
Quinton Groth	18:07	2015	DMACC
Tyler Johnson	18:19	2005	Gilbert
Brad Meyer	18:23	1998	Roland-Story
Zane Buxton	18:24	2015	DMACC
Jacob Hinman	18:26	2017	Spring Lake
Bobby Kargle	18:27	2006	Perry
Jack Roberts	18:43	2013	Eagle Grove
Treynor Reis	18:45	2004	Perry
Kiley Swanson	18:47	2007	Perry
Trevor Reis	18:49	2000	Roland-Story
Rhett Johnson	18:57	2018	WCV
Bronson Mayse	18:58	2010	Marshalltown CC
Jacob Shaw	18:59	2010	West Marshall
Luke Morgan	19:14	1997	Roland-Story
Preston Gronseth	19:15	2018	WCV
Tyler Savick	19:31	2006	District

Junior High Boys 2 Mile

(some Madrid and Colfax-Mingo times withheld)

7TH GRADE

Name	Time	Year	Course
Carson Van Sickle	12:32	2018	Ankeny Centennial
Jude Benbow	12:36	2019	Roland-Story
Robert Alexander	13:01	2000	Ballard
Aleks Kester	13:23	2011	Roland-Story
Mikael Gustafson	13:30	1998	Ballard
Tom Behle	13:36	2011	Roland-Story
Isaac Lewiston	13:39	2013	Ballard
Jacob Shaw	13:43	2005	HOIAC – ISU
Garrett Buxton	13:45	2014	Ballard
Sage Seeger	13:47	2018	Ankeny Centennial
Brady Van Sickle	13:55	2019	Roland-Story
Noah Snedden	14:04	2012	Roland-Story
Aaron Good	14:09	1997	Perry
Jason Lass	14:12	1997	Perry
Trey Thompson	14:15	2009	Gilbert
Linden Seeger	14:17	2016	South Hamilton
Treynor Reis	14:18	1999	Ballard
Evan Klicker	14:27	2009	Roland-Story
Parker Trusler	14:28	2017	South Hamilton
Andrew Stumbo	14:28	2011	Roland-Story
Wyatt Westberg	14:30	2007	Roland-Story
Braydon Doty	14:59	2017	South Hamilton
Caid Rinker	15:21	2005	HOIAC – ISU
Cael Dozier	15:23	2019	Madrid
Jade Thompson	15:24	2012	Roland-Story
Tyler Neubauer	15:29	1998	Ballard
Caden Lerdal	15:36	2019	Roland-Story
Will Frey	15:38	2019	Roland-Story
Stellen Wagner	15:41	2017	South Hamilton
Ryker Kruse	16:01	2019	Roland-Story

8TH GRADE

Name	Time	Year	Course
Garrett Buxton	12:24	2015	Roland-Story
Aleks Kester	12:34	2012	South Hamilton
Parker Trusler	12:38	2018	Ankeny Centennial
Payton Van Sickle	12:38	2018	Ankeny Centennial
Jordan King	12:45	2018	Ankeny Centennial
Andrew Stumbo	12:45	2012	Roland-Story
Paul Branaman	12:47	2003	Roland-Story
Annon Wolf	13:02	2019	Ankeny Centennial
Blake Gregory	13:02	2013	Jefferson HS
Isaac Lewiston	13:09	2014	South Hamilton
Jacob Shaw	13:12	2006	Roland-Story
Sage Seeger	13:14	2019	Ankeny Centennial
Linden Seeger	13:14	2017	South Hamilton
Tyler Neubauer	13:21	1999	Ballard
Wyatt Westberg	13:29	2008	SH – HOIAC
Evan Klicker	13:39	2010	South Hamilton
Trey Thompson	13:44	2010	South Hamilton
Mikael Gustafson	14:04	1999	Roland-Story
Gershon Levi	14:07	2013	Roland-Story
Bradley Gregory	14:07	2012	South Hamilton
Louis Higgins	14:15	2015	South Hamilton
Scyler Haglund	14:20	2006	Perry
Jacob Thompson	14:24	2003	Roland-Story
Braydon Doty	14:27	2018	WCV
Jason Lass	14:27	1998	Roland-Story
Caid Rinker	14:39	2006	HOIAC – ISU
Treynor Reis	14:40	2000	Roland-Story
Tristan Frantum	14:47	2011	South Hamilton
Alec Williams	14:47	2008	Ballard
Austin Early	14:58	2004	Roland-Story

Ogden Girls XC records by class

(WCV 15-16 times withheld, HS)

JH: 2004-2019

HS: 2015-2019

FRESHMEN

Name	Time	Year	Course
Kayden Spencer	23:35	2019	Roland-Story
Reagan Kruse	24:43	2018	Marshalltown CC
Trinitie Barnett	24:50	2015	DMACC
Amber Braniff	25:19	2017	Eagle Grove – SQM
Maddie Grisham	25:24	2017	Eagle Grove – SQM
Birdgit Mayse	26:24	2019	Madrid
Sammy Andersen	26:39	2015	Roland-Story
Claudia Kester	26:50	2015	Lake City
Aidan Skalicky	27:44	2015	Roland-Story
Abby Bryan	27:50	2016	Panora – WCAC
Emma Blair	28:54	2016	Panora – WCAC
Tirzah Levi	29:14	2016	South Hamilton

SOPHOMORE

Name	Time	Year	Course
Camryn Buxton	21:30	2015	DMACC
Hannah Booth	21:38	2015	DMACC
Bella Russo	23:14	2018	WCV
Amber Braniff	23:17	2018	Marshalltown CC
Maddie Grisham	24:30	2018	WCV
Trinitie Barnett	25:06	2016	Panora – WCAC
Gabby Diggs	25:52	2015	Roland-Story
Aubrey Keenan	25:52	2015	Roland-Story
Sammy Andersen	26:45	2016	Roland-Story
Aidan Skalicky	26:46	2016	South Hamilton
Claudia Kester	26:47	2016	Roland-Story
Abby Bryan	27:00	2017	Lake City
April McGriff	27:01	2018	Marshalltown CC
Emma Blair	29:23	2017	Lake City
Tirzah Levi	29:57	2017	Spring Lake

JUNIOR

Name	Time	Year	Course
Hannah Booth	21:30	2016	State
Camryn Buxton	21:32	2016	State
Amber Braniff	22:57	2019	Roland-Story
Gabby Diggs	24:49	2016	Roland-Story
Aubrey Keenan	24:52	2016	Roland-Story
Torrie Wisecup	25:18	2019	Roland-Story
April McGriff	26:21	2019	Roland-Story
Bella Russo	26:40	2019	Iowa State
Aidan Skalicky	27:23	2017	South Hamilton
Nicole Collier	27:49	2017	West Central Valley
Kaylee Delp	30:20	2017	Lake City
Kaylee Lingren	34:43	2017	Lake City

SENIOR

Name	Time	Year	Course
Hannah Booth	20:36	2017	State
Camryn Buxton	21:21	2017	Eagle Grove – SQM
Gabby Diggs	24:28	2017	Eagle Grove – SQM
Aubrey Keenan	24:41	2017	South Hamilton
Aidan Skalicky	25:50	2018	WCV
Sammy Andersen	29:45	2018	WCV
Natalie Keenan	38:56	2017	Panora – WCAC

Junior High Girls 2 Mile

(some Madrid and Colfax-Mingo times withheld)

7TH GRADE

Name	Time	Year	Course
Blair Williams	14:46	2010	South Hamilton
Dakota Tromblay	14:46	2018	Ankeny Centennial
Sydney Bishop	14:56	2008	HOIAC
Hannah Booth	15:07	2012	South Hamilton
Elly Adams	15:21	2004	Gilbert
Amanda Roederer	15:34	2005	Roland-Story
Rumor Clark	15:53	2005	HOIAC
Ashton Summerhays	15:59	2008	Ballard
Reagan Kruse	16:02	2016	South Hamilton
Camryn Buxton	16:03	2012	South Hamilton
Addy Trusler	16:09	2019	Roland-Story
Megan Kimble	16:11	2009	Gilbert
Anna Clark	16:13	2011	South Hamilton
Trinitie Barnett	16:29	2013	Jefferson HS
Rylee Graden	16:37	2015	South Hamilton
Meghan Johnson	16:45	2006	HOIAC
Kayden Spencer	16:54	2017	South Hamilton
Birdgit Mayse	17:00	2017	South Hamilton
Amber Braniff	17:00	2015	Roland-Story
McKayla Dozier	17:04	2013	Ballard
Ella Keenan	17:07	2017	South Hamilton
Brenlie Graden	17:10	2017	South Hamilton
Michele Johnson	17:12	2010	South Hamilton
Sydney Diggs	17:13	2011	Ballard
Claudia Kester	17:23	2013	Ballard
Elizabeth Good	17:26	2011	South Hamilton
Maddie Diggs	17:31	2007	Roland-Story
Isabelle McCloud	17:37	2019	Roland-Story
Abby Bryan	17:40	2014	South Hamilton
Michaela Halbur	17:52	2007	Gilbert

8TH GRADE

Name	Time	Year	Course
Olivia Diggs	14:00	2005	Roland-Story
Dakota Tromblay	14:10	2019	Madrid
Kayden Spencer	14:11	2018	Ankeny Centennial
Blair Williams	14:16	2011	South Hamilton
Hannah Booth	14:24	2013	South Hamilton
Jade Elsberry	14:29	2004	Jefferson HS
Anna Clark	14:53	2012	South Hamilton
Elly Adams	14:53	2005	Roland-Story
Amanda Roederer	15:05	2006	HOIAC
Ally Fillmore	15:06	2006	HOIAC
Hannah Hadaway	15:07	2004	Gilbert
Sydney Bishop	15:13	2009	Roland-Story
Trinitie Barnett	15:14	2014	South Hamilton
Camryn Buxton	15:22	2013	Ballard
Kayden Lindahl	15:26	2011	South Hamilton
Reagan Kruse	15:29	2017	South Hamilton
Rumor Clark	15:31	2006	HOIAC
Sammy Andersen	15:31	2014	Roland-Story
Michaela Halbur	15:41	2008	HOIAC
Alissa Shannon	15:51	2008	HOIAC
Brooke Schmidt	16:07	2013	Roland-Story
Emma Clayton	16:18	2014	Roland-Story
Birdgit Mayse	16:21	2018	Ankeny Centennial
Marinza Roosa	16:44	2019	Roland-Story
Mackenzie Schmidt	16:48	2012	Roland-Story
Michele Johnson	16:49	2011	South Hamilton
Amber Braniff	16:51	2016	South Hamilton
Aidan Skalicky	16:56	2014	Roland-Story
Rylee Graden	16:58	2016	Roland-Story
Tirzah Levi	16:58	2015	Roland-Story