

OGDEN CROSS COUNTRY



CHAMPIONS MANUAL 2018

Ogden Cross Country 2018 Meet Schedule

<u>Meet Host</u>	<u>Location</u>	<u>Date</u>	<u>Bus Leaves</u>	<u>Participants</u>
Panorama Fun Run	Panorama HS	Aug 17	4:15	HS only
Gilbert	ISU course, Ames	Aug 23	3:10	HS only
Madrid	Grants Woods Park	Aug 30	3:30	HS & JH
Greene County	Spring Lake	Sept 6	3:25	HS & JH
Panorama	Panora	Sept 13	2:45	HS & JH
Roland-Story	Story City	Sept 20	3:00	HS & JH
West Central Valley	Stuart	Sept 27	2:45	HS & JH
Southern Cal	Lake City	Oct 2	2:30	HS only
South Hamilton	Jewell	Oct 4	TBD	JH only
WCAC	Panora	Oct 11	2:15	HS & JH
Washburn Classic	Ankeny Cent.	Oct 13	TBD	JH only
State Qualifying Meet	TBA	Oct 18	TBD	HS Varsity
State Meet	Fort Dodge	Oct 27	TBD	State qualifiers
Awards Potluck	OHS	Nov 4	-----	HS & JH

Coach Ryan Kobliska 641-330-8015 ryan.kobliska@gmail.com

Coach Robin Cornelius

Ogden

Cross Country

OXC • 2018

“Becoming our best for each other”

Rules & Guidelines for the 2017 OXC Team.

Reading these will save much headache and misunderstanding later if situations do arise. We hope through your commitment to this program none of the following will be needed.

Ogden General Athletic Policies:

Citizenship

Extracurricular participation is a privilege that the school and community extend to students. If students are not meeting high expectations for school citizenship, which includes behavior and attendance, participation privileges will be restricted or denied.

Attendance

In order to participate in an activity, students must be in attendance for all regularly scheduled classes the day of the contest. Exceptions for emergency situations are made by administrative approval only.

Joining Late

It will be the coach's discretion whether to allow a student to join an activity after the first official practice begins. Each case will be judged on the basis of what is best for the individual, the team and the program.

Playing Time

Team members must always be aware that practice and playing time will not be determined by a system of forced equality. The program will seek to provide positive learning and participation experiences for everyone, but, as a rule, no amount of playing time is guaranteed.

- During the regular cross country season the top seven varsity runners will be determined strictly by performance times in previous meets or time trials. For the championship meets at the conclusion of the season, varsity runners will be determined by the coaching staff, considering all factors that will contribute to the best **TEAM** performance.
- Fortunately, with the exception of the State Qualifying Meet, all athletes are able to participate in each meet.

Travel Policy:

All athletes will travel to the meets together. They will stay the duration of the meet (cheering and encouraging). We are a TEAM! After the meet has ended there will be a brief team meeting at the team camp. After this parents may sign out their children to take them home from the meet. Athletes may not drive themselves to a meet. In the rare case that an athlete needs to ride to a meet with a parent, or ride home with someone other than a parent, they must clear this with the coaches ahead of time (**a day in advance or more**). Failure to follow this policy may result in disqualification from the meet.

- Bus conduct is an important part of an athletic team. We will always be courteous, responsible riders in the school buses.

Attendance:

1. Be at the scheduled practice **on time** and **prepared** to practice. Attendance will be taken.
2. Because of your commitment to the team and our limited practice time, it is important that you stay the entire duration of practice. You may not leave for any reason until you check out with and are dismissed by the coach. Please inform the coach of any valid reasons why you may need to leave early and he will do her best to conclude practice at a reasonable time.
3. Missed Practices??? You cannot improve if you are not at practice. Any unavoidable misses must be cleared with the coach ahead of time. *Appropriate reasons to miss* include family emergency, illness, or school activities. These will be excused and result in no penalty as long as you inform a coach ahead of time. *Unacceptable reasons to miss practice* include homework and routine medical appointments. Your first unexcused absence will serve as a warning, the second will result in suspension from a meet. After your third, you will be asked to turn in your equipment. **THIS APPLIES FOR MISSED MEETS AS WELL! THE MEETS ARE WHAT WE TRAIN FOR ALL SEASON. AVOID MISSING THEM IF AT ALL POSSIBLE!**
4. Work conflicts? These need to be avoided if at all possible. Coach Kobliska will deal with these conflicts on an individual basis and these must be approved ahead of time or they will be considered unexcused.
5. Participating in another school-sponsored activity? I will handle these individually. They will not count as misses as long as they are made up.
6. I will handle athletes being cut from the TEAM on an individual basis, considering what is best for the TEAM, athlete, and program.

Athletes who want to be considered for varsity competition will be at practice, on time, ready to go.

High School Lettering Policy:

Varsity Letter-

1. Any 9-12 grader competing in 5 varsity races.
2. Any 9-12 grader competing on a state qualifying meet (district) team.
3. Any four-year participants who have not previously received a varsity letter.

Equipment:

Each athlete will be issued **: 1 Competition running uniform (top & bottom)

Each athlete will need a pair of running training shoes and all necessary practice clothes, including a watch for timing. We run in cold weather. Have a stocking cap, mittens, and a scarf. Running spikes are recommended but not required.

**Athletes are financially responsible for issued equipment.

**Please wash uniforms in cold water and do not place in dryer.

Injuries:

Injuries will be defined as those painful physical conditions that limit the athlete's ability to perform. Please bring injuries to Coach Kobliska's attention. OHS's Athletic Trainer is available for consultation on Wednesdays after school. Any injury requiring a doctor's attention and cessation of practice will require a doctor's permission to resume. Any athlete missing practice due to injury will not be allowed to compete until Coach Kobliska determines it is in the athlete's best physical interest.

The Runner's Lifestyle:

Cross country, when done correctly, is very challenging. The athletes must condition their bodies and minds to respond at peak performance. This can only be achieved through a strict practice discipline coupled with proper rest, nutrition, drug-free living, and balanced health. Athletes must eat and eat well! As a cross country runner, drugs should not even be a consideration. Stay clean to respect yourself, your school, and your teammates. Rest is also a very important aspect of being an athlete. You cannot burn the candle at both ends and still perform at your top athletic level. Formulate a schedule to include time for family, school, practice, homework, social life, and proper rest.

Contacting Coach Kobliska:

Cell Phone: 641-330-8015
School Mailbox: High School Main Office
Email: ryan.kobliska@gmail.com
Remind: text @coachkob to 81010

High School Practice Times:

August 20-End of Season M-F @ 3:45 – 5:45 pm Sat @ 8:30-10 am
Early Out @ 1:15-2:45

Middle School Practice Times:

August 20-October 12 M-F @ 3:45 – 5:15 pm Early Out @ 1:15-2:30
Church-related absences on Wed. are excused for MS

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.

TREY THOMPSON



- Three time individual state qualifier · WCAC champion, 2013 · District champion, 2014
- First Team All-State, 2014 · Runs collegiately at Simpson College
- HS 5k PR - 16:46 · 5k PR - 15:07 · 10k PR - 31:34

What are some of your favorite high school cross country memories?

- My favorite memory was always the final banquet before districts at Don Williams. We would do a group run around the park and seniors would give speeches.

What big changes in mindset or training did you undergo to help you achieve success?

- My junior year I made a big mental change in training and focused on racing instead of running. I learned what my strengths and weaknesses were to create my personal pacing for a fast 5k. There is a competitor inside each person. Also, everyone is hurting at the end of the race as much as you are.

If you could do it all over again, what might you do differently?

- I would have ran more mileage earlier and added long runs in the early high school years. Being in college running, high mileage is the best way to become a better runner if your body allows it. Long runs are crucial in building endurance and strength.

ANDREW STUMBO



- One of only 54 runners in Iowa history to win two State Cross Country Championships
- State Champion, 2015-16 · WCAC Champion, 2014-16 · District Champion, 2015-16
- Finalist for Iowa's Cross Country Runner of the Year, 2016 · Academic All-State, 2016
- Runs collegiately at Gustavus Adolphus College
- HS 5k PR - 15:53 · 5k PR - 15:23 · 10k PR - 32:50

What are some of your favorite high school cross country memories?

- My first time playing hide and seek, cuz the concept of a gigantic hide and seek game had never even occurred to me. Another one is one of the times I got milk with Evan [Klicker], Jack [Roberts], and Daniel [Nida] and we were there for hours.

What big changes in mindset or training did you undergo to help you achieve success?

- Embracing the "consistency is key" mantra dropped my average time by a literal minute.

If you could do it all over again, what might you do differently?

- I genuinely can't think of any outstanding regrets.

MICHAELA (HALBUR) ROBERTS



· #5 on Ogden's all-time 4k list · Married an Ogden XC runner :)

What are some of your favorite high school cross country memories?

Most of my favorite memories from cross-country involved my teammates. Six years later, I keep in touch with the majority of group of guys I ran with. We are consistently bringing up random stories from our runs together. Whether it was doing a "Big 10" when one of us fell during the trail runs, sitting on a bench for hours at Clarks drinking chocolate milk, running (literally) to McDonald's, teammate bonding parties, or the countless runs where we joked with each other, I still smile back at them. I could have said it my personal record, but it was the memories I made with my teammates throughout the years I cherish from cross-country.

What big changes in mindset or training did you undergo to help you achieve success?

There were many factors that led to my success. I pride myself in hard work. I wasn't always the greatest runner (I finished second to last my first race in Junior High), but I worked to become successful. The biggest key to my success was my mentality. During my junior year, I would visualize the night before, running the course mentally in my mind. Also, after each race, I would write what I did well, what I did not, and goals for the next race. Training wise, as I got older and more dedicated, I changed my training habits. Specifically, building a summer base and strength training, was what took me to the "next level."

If you could do it all over again, what might you do differently?

If I could do it all over again, I would take care and listen to my body. I was known to push myself, and it affected me in the long run. I would make it a priority to take my rest days seriously, ice, elevate, foam roll, and stretch before and after a run. Also, on race days, I wished I would have taken more time to do a proper warm up. The races where I ran a proper warm-up were the races I ran my best in.

ZANE BUXTON



- Improved from 20:00 two mi avg as a 7th grader to run 18:30 as #2 man on 2015 State Team
- Currently serving on a two year mission trip

What are some of your favorite high school cross country memories?

- The McDonald's run is a great memory. Playing hide-and-seek was also fun.

What big changes in mindset or training did you undergo to help you achieve success?

- I didn't really have any 'memorable' attitude changes, I just eventually transitioned from "this is hard" to "I can do this" to "this is fun!"

If you could do it all over again, what might you do differently?

- If I could do it over again, I would do summer running.

ALLY FILLMORE



- First Team All-HOIAC, 2010 · HS 4k PR - 17:07 (similar to 21:40 for 5k)
- Ran collegiately at Luther College · HS Cross Country Coach

What are some of your favorite high school cross country memories?

My favorite XC memories always seem to revolve around my teammates. In distance running you really get to know each other when you're logging your miles. It's so much easier when you have someone to run with on those difficult hills, endless gravel roads, or winding trails. But here's a less vague answer: I was a part of Coach Kobliska's first cross country team as a Sophomore and one of my favorite memories was riding in the van back home after the districts meet and seeing him start to get to know everyone and warm up to us (while we were belting pop songs in the back of the van).

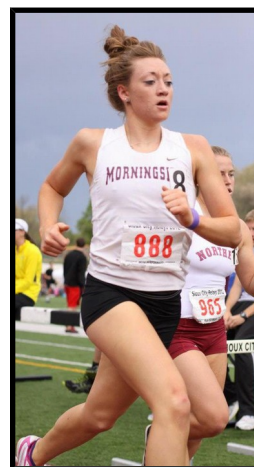
What big changes in mindset or training did you undergo to help you achieve success?

What really has helped me with running in high school, college, and even now is being a present runner. Always listen to your body with how it feels (this includes how you feel mentally). Not every day will always give you that "runners high". Maybe some days it's best to get an extra recovery day and maybe some days running is really hard and just switching your route and trying something new can give you that spark that makes running fun again. Running is hard but that doesn't mean that it shouldn't always be enjoyable!

If you could do it all over again, what might you do differently?

If I could do everything all over again, I would want to be more open sooner about my goals and expectations for each off-season and season. I would want to feel more comfortable and more confident in my abilities and find what my limits really were. Especially as an underclassmen, because sometimes it's easy to forget that the team you're on will never be that group again after each year, so do everything you can do to get better for each other. It can make all of the difference to do the little things outside of just running, whether it's injury prevention techniques like ankle strengthening, extra strides, pool workouts, etc. or even encouraging all of your teammates, running with someone different, or writing good luck notes for each other. Good luck to you all in your upcoming season! Enjoy every day that you get to toe the line with all of your friends.

OLIVIA DIGGS



- First Team All-State, 2008 · HOIAC Champion, 2007-08
- School records for 4k and 3000 · Ran collegiately at Morningside College

What are some of your favorite high school cross country memories?

Favorite XC moments: I LOVED team dinners, especially the ones where we had a pasta bar. It was so good to hang out with parents, coaches, and teammates outside of practice and school, and we got awesome meals every time as well! I also will never forget the feeling of the race starts...the starter lining everyone up on the line, and the gun shooting off, and everyone starting together (ground shaking) - there's nothing like it!! I was also never disappointed when a parent brought scotcheroos for after the meet. 😊 The support that I always received and

gave was incredible. Although XC is a team sport, everyone runs their own race, so the support is a key aspect of being on part of any team, but especially in XC!

What big changes in mindset or training did you undergo to help you achieve success?

There was a summer that I decided I was going to try to keep up with "the boys", the summer before my senior year, I think. I remember being extremely determined to run 500 miles in one summer. I would put 2 6-mile runs in some days, and on Saturdays we would do long runs. I remember running to Boone straight to Golden Corral with Bronson and Josh Oren. It was such an accomplishment! I got terrible shin splints that year, and didn't have the best season because of how torn up my body was because of it, but in the end it was worth it, because I set my mind to doing something, and I worked every single day to make it happen!! You can do anything you put your mind to; you just have to believe it and surround yourself with positivity and support, and they will help to encourage you to keep going.

If you could do it all over again, what might you do differently?

If I could do it all over again, I would worry less about what people thought about me (physically/appearance), and spend more time encouraging others. I was such a perfectionist, and looking back, it's just not worth it to get caught up in the little things. Physical appearance is a very small thing when compared to who you are on the inside as a person. People will remember your actions and what you say - just remember that and be positive! You never know what someone else is truly going through! Also, some advice to the team: I'm pretty sure I went to the summer practices in the mornings every year, but that is where the work starts!! If you want to go to state, you have to start early! It takes time to build your body up to performing at that level. Think ahead if that's a goal of yours! You have to take the initiative, and work your butt off every single practice to achieve your goals - they aren't going to be handed to you! A coach can only do so much - it's up to you to put in the work!

Ten Ways to be a Great Teammate

1. SWEAT MORE

One of the things you control every day is your effort. When you work harder and sweat more, you bring out the best in yourself and inspire your teammates to work harder too. Choose to be the runner who commits your best effort to each part of our practice.

2. WELL DONE IS BETTER THAN WELL SAID

Lead by example. Inspire others through your actions. Walk the talk. People will only listen to your words if you back them up with how you behave. We want your teammates to see you and think “this girl is pushing herself to be as good as she can be, so I need to strive to be as good as I can be.”

3. CHOOSE TO BE HUMBLE AND HUNGRY

To be humble means to know that no matter how good you think you are, we can always get better. Don't seek recognition, seek improvement. To be hungry means to have a burning desire to be your best, and to take action toward getting better. When you stay humble and hungry and focus on the process of getting better, you'll love what the process produces.

4. PURSUE EXCELLENCE

Don't just want to get better; TAKE ACTION to get better. Use warm-ups to improve your flexibility and running form, see distance runs as a way to improve your endurance, use each stride to improve your speed.

Don't be content with being the best on the team, or the best in the conference, but work toward being the best you can be. Don't settle for average, but chase greatness. (1% rule – If you can push yourself to give 1% more during each drill, each practice, each race, that extra effort adds up to big results over time.)

5. SHARE POSITIVE CONTAGIOUS ENERGY

Take the time to get to know your teammates. In addition to your effort, you also control your attitude. Choose to be positive and happy, and share that positive energy with your team. If attitudes are contagious, will you infect your team with a positive or negative attitude? If everyone on the team had your attitude, would this be a fun place to be? Be the type of teammate you'd like to be around.

6. BECOME A “COME WITH ME” TEAMMATE

If you want to be good, focus on making yourself better. If you want to be great, focus on making yourself and your team better. Be the teammate who says “come with me and let’s do an extra rep together”, or “come with me and let’s run this weekend.” Find a way to include your teammates in your efforts to get better.

7. DO IT FOR YOUR TEAM, NOT FOR APPLAUSE

Great teammates always put the team first. They work hard for the team, they make themselves better for the team, they do what it takes to make the team better. They don’t seek credit, but they give credit to their team.

“The respect of your fellows is worth more than applause” - Willard Straight

8. HOLD YOURSELF AND YOUR TEAM ACCOUNTABLE

We expect everyone working to become their best – don’t accept anything less than the best effort from yourself or from your teammates. When you expect the best from yourself, you can expect the best from your teammates. And when your teammates are expecting the best from you, we all rise to meet those higher standards.

9. LEAVE THE PLACE BETTER THAN YOU FOUND IT

Leave the locker room cleaner than you found it. Leave our campsite at meets better than we found it. Leave your team better than you found it. Will your teammates be better off because of your presence on this team?

10. NEVER TAKE A PLAY OFF

Are we trying to get better or to get by? Are we giving our full effort to warm-ups? To each rep of each workout? Be a great teammate by being consistent in your attitude, actions, and effort to get better. Try to be your best every day, not just when it’s easy or when we feel like it.

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
				2002	16th
				2003	13th

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

Trey Thompson	2014	9th	Olivia Diggs	2008	10th
Andrew Stumbo	2015	1st			
Andrew Stumbo	2016	1st			

Mark Ruther	1978	Lori Samuelson	1978, 1979
Jeremy Gustafson	1995, 1996	Mary Sparks	1978, 1979
Robert Alexander	2004, 2005	Courtney Wearmouth	1993, 1994, 1995, 199
Jacob Van Sickle	2004, 2005	Alyssa Jones	1999, 2000, 2001, 200
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	Camryn Buxton	2015, 2016, 2017
		Hannah Booth	2015, 2016, 2017

TOP TEN PERSONAL RECORDS

Boys 5K	Andrew Stumbo	15:48	2016	5 x 80, WCV
	Brad Hill	16:25	2001	Coon Rapids-Bayard
	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
	Garrett Buxton	17:10	2017	State Meet
	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
	Gabby Diggs	24:28	2017	Eagle Grove
	Aubrey Keenan	24:41	2017	South Hamilton
	Trinitie Barnett	24:50	2015	DMACC
	Amber Braniff	25:19	2017	Eagle Grove
	Maddie Grisham	25:24	2017	Eagle Grove
	Sammy Andersen	26:39	2015	River Bend, R-S
	Aidan Skalicky	26:46	2016	South Hamilton
	Claudia Kester	26:47	2016	River Bend, R-S
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

TOP FINISHES AT STATE MEET (SINCE 1991)

Andrew Stumbo	1st	2016	Olivia Diggs	10th	2008
Andrew Stumbo	1st	2015	Alyssa Jones	15 th	2000
Trey Thompson	9th	2014	Hannah Booth	25 th	2017
Andrew Stumbo	13th	2014	Sarah Savick	34th	2001
Garrett Buxton	24th	2017	Alyssa Jones	36th	1999
Robert Alexander	24th	2005	Alyssa Jones	36th	2002
Robert Alexander	24th	2004	Alyssa Jones	37th	2001
Jacob Van Sickle	30th	2005	C. Wearmouth	37th	1995
Paul Branaman	50th	2005	Sarah Savick	38th	2000
Kiley Swanson	51st	2005	Jessica Oeth	40th	2000
Gershon Levi	54th	2017	Olivia Diggs	41st	2007
Jacob Van Sickle	54th	2004			

Ogden Boys XC records by class

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

1997-2016, 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
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
Jeremy Rasmussen	19:10	1998	HOIAC – Madrid
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
Tristan Frantum	20:47	2012	South Hamilton
Bronson Mayse	20:55	2007	Perry
Preston Gronseth	21:03	2015	South Hamilton
Casey Neubauer	21:06	2005	Ballard
Adam Dillavou	21:42	1998	HOIAC – Madrid
Andrew Pierce	21:49	2007	Gilbert

SOPHOMORE

Name	Time	Year	Course
Andrew Stumbo	17:09	2014	State
Garrett Buxton	17:10	2017	State
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
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
Zane Buxton	19:50	2013	Eagle Grove
Andrew Pierce	19:58	2008	Ballard

JUNIOR

Name	Time	Year	Course
Andrew Stumbo	16:23	2015	DMACC
Trey Thompson	16:52	2013	Eagle Grove
Michael Tucker	17:22	2000	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
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
Zane Buxton	19:18	2014	South Hamilton
Adam Dillavou	19:25	2000	Roland-Story
Justin Moore	19:25	2012	Roland-Story

SENIOR

Name	Time	Year	Course
Andrew Stumbo	15:53	2016	State
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
Blake Gregory	17:52	2017	State
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
Bronson Mayse	18:58	2010	Marshalltown CC
Jacob Shaw	18:59	2010	West Marshall
Luke Morgan	19:14	1997	Roland-Story
Tyler Savick	19:31	2006	District
Gavin Gardner-Marlow	19:37	2004	HOIAC – ISU
Brian Good	19:48	2009	Roland-Story
Daniel Nida	19:52	2013	South Hamilton
Mikael Gustafson	19:56	2003	Roland-Story

Junior High 2 Mile

7TH GRADE			
Name	Time	Year	Course
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
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
Jade Thompson	15:24	2012	Roland-Story
Tyler Neubauer	15:29	1998	Ballard
Stellen Wagner	15:41	2017	South Hamilton
Thomas Johnson	16:07	2016	South Hamilton
Jeff Chumbley	16:12	2012	Roland-Story
Gaven Gronseth	16:53	2015	South Hamilton
Cole Bennett	17:07	2013	Panora – WCAC
Zach Ohlson	17:16	1997	Perry
Hunter Wisecup	17:19	2017	South Hamilton
Cade Barnett	17:30	2013	Roland-Story
Bradley Gregory	17:33	2011	Roland-Story

8TH GRADE

Name	Time	Year	Course
Garrett Buxton	12:24	2015	Roland-Story
Aleks Kester	12:34	2012	South Hamilton
Andrew Stumbo	12:45	2012	Roland-Story
Paul Branaman	12:47	2003	Roland-Story
Blake Gregory	13:02	2013	Jefferson HS
Isaac Lewiston	13:09	2014	South Hamilton
Jacob Shaw	13:12	2006	Roland-Story
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
Gershom 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
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
Matt Sauer	15:15	2014	South Hamilton
Cole Bennett	15:35	2014	South Hamilton
Devin Boettcher	15:47	2008	SH – HOIAC
Zane Buxton	16:19	2011	Roland-Story
Cade Barnett	16:27	2014	Ballard
Zach Ohlson	16:29	1998	Roland-Story

Ogden Girls XC records by class

(WCV 15-16 times withheld, HS)

JH: 2004-2017

HS: 2015-2017

FRESHMEN

Name	Time	Year	Course
Trinitie Barnett	24:50	2015	DMACC
Amber Braniff	25:19	2017	Eagle Grove – SQM
Maddie Grisham	25:24	2017	Eagle Grove – SQM
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
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
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
Gabby Diggs	24:49	2016	Roland-Story
Aubrey Keenan	24:52	2016	Roland-Story
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
Natalie Keenan	38:56	2017	Panora – WCAC

7TH GRADE

Name	Time	Year	Course
Blair Williams	14:46	2010	South Hamilton
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
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
Maddie Diggs	17:31	2007	Roland-Story
Elizabeth Good	17:26	2011	South Hamilton
Abby Bryan	17:40	2014	South Hamilton
Michaela Halbur	17:52	2007	Gilbert
Marissa Elsberry	17:54	2006	HOIAC
Jami Hadaway	18:16	2006	Humboldt
Afton Kahler	18:25	2005	HOIAC

8TH GRADE

Name	Time	Year	Course
Olivia Diggs	14:00	2005	Roland-Story
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
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
Claudia Kester	17:03	2014	Jefferson HS
Kaylee Delp	17:18	2014	South Hamilton
Abby Bryan	17:26	2015	Roland-Story
Aubrey Keenan	17:29	2013	Ballard