

# 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
<b>Ogden</b>	<b>NTS</b>

Varsity Boys	
Nodaway Valley	43
Earlham	61
<b>Ogden</b>	<b>96</b>
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

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Care about each other

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