

# 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	
<b>Ogden</b>	<b>281</b>	
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
<b>Ogden</b>	<b>147</b>	<b>1A #11</b>
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
<b>Ogden</b>	<b>292</b>
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
<b>Ogden</b>	<b>218</b>
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 <sup>th</sup> 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