

**NXN Heartland Regional - Entries as of Nov 10**

For comments or questions, please e-mail: [riegalizer@sio.midco.net](mailto:riegalizer@sio.midco.net)

**1. Boy's Freshman-Sophomore**

Dustin Dvorak	3-D Running from Yankton, SD	Yankton
Austin Hamm	Bloomfield RC from Bloomfield, NE	Bloomfield Comm School
Zane Pekron	dawgs from philip, SD	philip school
Garrett Barnes	Demon XC Club from Bismarck, ND	Bismarck High School
Ben Schultz	East Sioux Falls from Sioux Falls, SD	Sioux Falls Washington High School
Darrel Chasing in Winter - Payment Pending	Flandreau Indian School from Flandreau, SD	Flandreau Indian School
Jacob Young Bear - Payment Pending	Flandreau Indian School from Flandreau, SD	Flandreau Indian School
TJ Whistling Elk - Payment Pending	Flandreau Indian School from Flandreau, SD	Flandreau Indian School
Jacob Cassutt	ORR Raiders from Madison, SD	Oldham-Ramona-Rutland Raiders
Brayden Espeland	Pierre Area RC from Pierre, SD	Pierre
Roman Spade	Pierre Area RC from Pierre, SD	Pierre
Steven Gordon	Pierre Area RC from Pierre, SD	Pierre
Ethan Tabbert	Sioux Falls XC Club from Sioux Falls, SD	Sioux Falls Roosevelt
Josh Waltjer	Sioux Falls XC Club from Sioux Falls, SD	Sioux Falls Roosevelt
Kent Mulholland	Sioux Falls XC Club from Sioux Falls, SD	Sioux Falls Roosevelt
Zach Jackson	Sioux Falls XC Club from Sioux Falls, SD	Sioux Falls Roosevelt
Cole Decker	The Ultimate Warriors from West Des Moines, IA	
Patrick Kinley	The Ultimate Warriors from West Des Moines, IA	
Logan Falt	Thunderbird XC Club from Bellevue, NE	Bellevue West HS
Ken Hoffman	Unaffiliated from Apple Valley, MN	
Brandon Clark	Unaffiliated from Chanhassen, MN	The Blake School
Branden Anderson	Unaffiliated from Chester, SD	Chester Area Schools
AJ Rich	Unaffiliated from Clive, IA	Waukee High School
Jordan Archer	Unaffiliated from Clive, IA	Waukee
Tyler Coder	Unaffiliated from Clive, IA	Waukee High School
Cody Herman	Unaffiliated from Custer, SD	Custer High School
Andrew Oveson	Unaffiliated from Garretson, SD	garretson high school
Matt Koeppe	Unaffiliated from Hadar, NE	Pierce High School
Kyle Toms	Unaffiliated from Kensington, MN	West Central Area
Kyle Read	Unaffiliated from Marion, IA	Linn-Mar
Jalen Snaza	Unaffiliated from Milbank, SD	Milbank High School
Luke Monke-Lundberg - Payment Pending	Unaffiliated from Moorhead, MN	Moorhead High School
Myles Nicolai	Unaffiliated from Moorhead, MN	Moorhead Highschool
Tony Smoragiewicz	Unaffiliated from Rapid City, SD	
Tyler Broadwell	Unaffiliated from Sartell, MN	
Nathan Hauge	Unaffiliated from Sioux Falls, SD	Brandon Valley High School
Stephen Armstrong	Unaffiliated from Sioux Falls, SD	
Thomas Mason	Unaffiliated from St. Louis Park, MN	Minnetonka High School
Hunter Sprague	Unaffiliated from Sturgis, SD	sturgis brown high school
Zach Roozeboom	Unaffiliated from Van Meter, IA	Waukee High School
Jack Oberman	Unaffiliated from Waukee, IA	Waukee Senior High School

Kipp Kinsley  
Alex Johannes  
Morgan Hoffer  
Nathaniel Erickson  
Zakaria Mohamed  
Adrian X-Tra Mile Club from Adrian, MN  
Burnsville XC from Burnsville, MN  
Demon XC Club from Bismarck, ND  
East Sioux Falls from Sioux Falls, SD Team A  
East Sioux Falls from Sioux Falls, SD Team B  
Hoag's Heros XC Club from Minnetonka, MN  
Knights XC from Grand Forks, ND  
Pleasant Valley XC Club from Davenport, IA  
Red Wing XC Club from Red Wing, MN  
Team Greeno from Sioux Falls, SD  
Wayzata XC Club from Plymouth, MN Team A  
Wayzata XC Club from Plymouth, MN Team B  
Wayzata XC Club from Plymouth, MN Team C  
Willmar Winged Foot RC from Willmar, MN

Unaffiliated from Yankton, SD  
Willmar Winged Foot RC from Willmar, MN  
Willmar Winged Foot RC from Willmar, MN  
Willmar Winged Foot RC from Willmar, MN  
Willmar Winged Foot RC from Willmar, MN

Bismarck High School  
Sioux Falls Washington High School  
Sioux Falls Washington High School  
Minnetonka High School  
Grand Forks Central High School  
Pleasant Valley High School  
Red Wing

Wayzata HS  
Wayzata HS  
Wayzata HS  
Willmar High School

Yankton High School  
Willmar High School  
Willmar High School  
Willmar High School  
Willmar High School  
Jase Pater, Nick Reyne, Ethan Olson  
Shane Boeser, Erik Kollasch, Erik Lindstrom, Michael Bolland, Jim Walker  
Kyle Burke, Alex Huizenga, Alec Grothe, Lane Kashur, Levi Perry, Austin Todd, Nolan Wagner  
Alex Waddell, Mensur Malik, Keegan Carda, Jack Wolstenholm, Aaron Clemens, Alex Holm, Alex Levi  
Kalil Aman, Matthew Bell, Jordan Glover, Tanner Houselog, Thomas Norland, Tom Ritter, Allen Robbenolt  
Jay Evans, Zach Goldberg, Ramsey Green, Parks Wagner, Brad Fredrickson  
Shane Harlow, Tom Fisher, Ben Houska, Paul Shafer, Alex Torrey, Andrew Torrey, Kraft Zach  
Evan Schommer, Trevor Johnson, Johnathon Creighton, Tony Meyer, Safwan Elkhatib, Connor Glenn, Adonis Mikos  
Kristian Anderson, Bryant Blahnik, Sam Hadler, Ben Tittle, Isaac Wyland, Tanner Borgen, Christian Leitner  
Gage Blaschke, Damon Farah, Keegan Hecht, Brett Michels, Christian Rasmusson  
Preston White, Adam Moline, Brian Jarvey, Joe Meister, Greg Scott, Nate Heintezman, Steven Donahue  
Sam Peterson, Derek Peterson, Jack McCarty, Andy Lindberg, Brett Schnobrich, Scott Sippel, Bryan Cisneros  
Mark Hoof, Aden Lungstrom, Mark McDonald, Matt Wilson, Garrett Knapp  
David Arnold, Matt Konieczny, Abdullahi Mohamud, Mowlid Mohamud, Derek Balandby, Abdishukri Yare, Bennett Woltjer

## 2. Girl's Freshman-Sophomore

Madisyn Waage  
Grace McLaughlin  
Caitlyn Gronewold  
Kari Heck  
Sami Smith  
Jaclyn Sand  
Lauren McMillan  
Kristin Ziegler  
Marcy Buchholz  
Molly Bierschbach  
Cassie Beseman  
Kelsee Anderson  
Lindsay Scribner  
Morghan Waage  
Carol Nelson - Payment Pending  
Michele Sanow - Payment Pending  
Carolyn Newhouse  
Emily Saville  
Karo Garcia  
Suzie Huhman  
Selamawit Shannon-Tamrat  
Annie Goodell  
Taylor Tillma  
Elizabeth Ternent

Aberdeen Area RC from Aberdeen, SD  
Dowling Catholic XC Club from West Des Moines, IA  
East Sioux Falls from Sioux Falls, SD  
East Sioux Falls from Sioux Falls, SD  
East Sioux Falls from Sioux Falls, SD  
Knights XC from Grand Forks, ND  
Knights XC from Grand Forks, ND  
M & M's Cross-Country from Minot, ND  
M & M's Cross-Country from Minot, ND  
M & M's Cross-Country from Minot, ND  
Perham XC Club from Perham, MN  
Red Wing XC Club from Red Wing, MN  
Red Wing XC Club from Red Wing, MN  
Unaffiliated from Aberdeen, SD  
Unaffiliated from Brandon, SD  
Unaffiliated from Brandon, SD  
Unaffiliated from Cedar Rapids, IA  
Unaffiliated from Cedar Rapids, IA  
Unaffiliated from Columbus, NE  
Unaffiliated from Columbus, NE  
Unaffiliated from Golden Valley, MN  
Unaffiliated from Marion, IA  
Unaffiliated from Milbank, SD  
Unaffiliated from Omaha, NE

Aberdeen Central  
Dowling Catholic High School  
Sioux Falls Washington High School  
Sioux Falls Washington High School  
Sioux Falls Washington High School  
Grand Forks Central High School  
Grand Forks Central High School  
Minot High School  
Minot High School  
Minot High School  
Perham High School  
Red WIng  
Red WIng  
Aberdeen Central

Linn Mar High School  
Linn Mar HS  
Columbus High School  
Columbus High School  
Hopkins High School  
Linn-Mar  
milbank middle school  
Millard North

Katie Hart  
Samantha Soupir  
Destiney Burt - Payment Pending  
Sarah White-Young - Payment Pending  
Heather Steen  
Heidi Thyne  
Jordan Hanson  
Tessa Stoltenburg  
Becca Bartell  
Paige Wheeler  
Emily Bebler  
Karlie Hoffer  
Katelyn Mehr  
Kayte Cole  
Sarah Hicks  
Adrian X-Tra Mile Club from Adrian, MN  
Fargo South RC from Fargo, ND  
Wayzata XC Club from Plymouth, MN Team A  
Wayzata XC Club from Plymouth, MN Team B

**Girls Varsity**  
Championship

Jamie Piepenburg  
Morgan Commodore - Pending Payment  
Jess Wright  
Tarin Lachowitz  
Julia Harrison  
Maddie McClellan  
Bridget Simmons  
Brittany Arment  
Courtney Neubert  
Meleia Oestmann  
Ivy Wellman  
Taylor Scott  
Kaila Urick  
Jena Schwalenberg  
Madie Hubbell  
Emma Bates  
Lindsey Bohl  
Madison Musilek  
Britni Waller  
Laura Hughes  
Molly Bjustrom  
Lottie Grimshaw  
Kayla Sherwood

Unaffiliated from Omaha, NE  
Unaffiliated from Omaha, NE  
Unaffiliated from Papillion, NE  
Unaffiliated from Sioux Falls, SD  
Unaffiliated from Watertown, SD  
Unaffiliated from Watertown, SD  
Unaffiliated from Watertown, SD  
Unaffiliated from Watertown, SD  
Unaffiliated from Wilton, IA  
Unaffiliated from Wilton, IA  
Willmar Winged Foot RC from Willmar, MN  
Willmar Winged Foot RC from Willmar, MN  
Willmar Winged Foot RC from Willmar, MN  
Willmar Winged Foot RC from Willmar, MN  
Yankton Running from Yankton, SD  
  
Fargo South High School  
Wayzata HS  
Wayzata HS

Alexandria XC Club from Alexandria, MN  
Aquinas XC Club from Overland Park, KS  
Bellevue West XC Club from Bellevue, NE  
Fargo South RC from Fargo, ND  
Mound Westonka XC Club from Minnetrista, MN  
Perham XC Club from Perham, MN  
Pierre Area RC from Pierre, SD  
Unaffiliated from Aberdeen, SD  
Unaffiliated from Aberdeen, SD  
Unaffiliated from Auburn, NE  
Unaffiliated from Belle Plaine, KS  
Unaffiliated from Belle Plaine, KS  
Unaffiliated from Chaska, MN  
Unaffiliated from Columbus, NE  
Unaffiliated from Des Moines, IA  
Unaffiliated from Elk River, MN  
Unaffiliated from Garretson, SD  
Unaffiliated from Hawarden, IA  
Unaffiliated from Lincoln, NE  
Unaffiliated from Mankato, MN  
Unaffiliated from Maple Grove, MN  
Unaffiliated from Mission, SD  
Unaffiliated from Mitchell, NE

Millard North  
Gretna High School  
Papillion-Lavista High  
  
Watertown High School  
  
Watertown High School  
Watertown Senior High  
Wilton  
Wilton Community School  
Willmar High School  
Willmar High School  
Willmar High School  
Willmar High School  
Yankton Running  
Hunter Hieronimus  
Erin Valenti, Jennifer Storm, Emily Bitz, Frances Conlin, Kelsey Helland, Hannah Magrum  
Mata Agre, Judy Berning, Dana Pralle, Halle Marr, Kathryn Keller-Miller, Mackenzie Wald, Lauren Henrich  
Laura Sater, Meredith Smith, Brooke Schwab, Rachel Bonneville, Jennifer Demules, Lauren Henrich, Amber Schwab

Jefferson High School  
Saint Thomas Aquinas High School  
Bellevue West High School  
Fargo South High School  
Mound Westonka High School  
Perham High School  
Pierre  
Aberdeen Central High School  
Aberdeen Central High School  
Auburn Public School  
Belle Plaine High School  
Belle Plaine High School  
Chaska High School  
Columbus High School  
Theodore Roosevelt High School  
Elk River High School  
Garretson  
West Sioux Community School  
Lincoln East High School  
Mankato West High School  
Maple Grove Senior High  
Todd County  
Scottsbluff High School

Kelli Budd  
Shelby Smithhisler  
Bailey Eich  
laura docherty  
Hannah Kellerman  
Allie Brisco  
Aubree Worden  
Tera Potts  
Madeleine Takahashi  
Mackenzie Maki  
City of Iowa XC Club from Iowa City, IA  
Demon RC from Bismarck, ND  
Derby RC from Derby, KS  
Dowling Catholic XC Club from West Des Moines, IA  
Eden Prairie TC from Eden Prairie, MN  
J Town D Crew from Johnston, IA  
M & M's Cross-Country from Minot, ND  
Prior Lake XC Club from Prior Lake, MN  
Runwest RC from Iowa City, IA  
Sioux Falls XC Club from Sioux Falls, SD  
White Bear Lake XC Club from White Bear Lake, MN

Unaffiliated from Omaha, NE  
Unaffiliated from Peck, KS  
Unaffiliated from Rapid City, SD  
Unaffiliated from Saint Paul, MN  
Unaffiliated from Sartell, MN  
Unaffiliated from Scottsbluff, NE  
Unaffiliated from Scottsbluff, NE  
Unaffiliated from Sturgis, SD  
Unaffiliated from Whitewood, SD  
Unaffiliated from Wichita, KS  
Iowa City HS  
Bismarck High  
Derby HS  
Dowling Catholic High School  
Eden Prairie High School  
Johnston High School  
Minot High School  
Lakeville South HS  
Iowa City West  
Sioux Falls Roosevelt  
White Bear Lake HS

Marian High School  
Belle Plaine High School  
Douglas High School  
Cretin-Derham Hall  
Kellerman Home School  
Scottsbluff High School

Sturgis Brown High School  
Sturgis Brown High School  
Kapaun Mount Carmel  
Emily Fagan, Kelsey Hart, Melanie Holman, Hannah Kregal, Lindsay McFarland, Rebecca Rethwisch, Cassidy White  
Lindsay Achtenberg, Brooklyn Beehler, Alana Fischer, Tessa Haussler, Shanice Lambert, Taylor Pintar, Alexa Wachter  
Laura Burke, Emily Hornbeck, Amber Green, Tori Lewis, Valerie Nielson, Samantha Bartlett, Claire Cox  
Tanelle Berard, Ashlie Decker, Katie Flood, Sarah Spellman, Heather Tobias, Allie Vaughan, Diane Hubbell  
Cassy Opitz, Allie Rudin, Megan Platner, Laura Lawton, Dana Jeter, Alex Birkle, Hanna Hoch  
Anna Belner, Amber Clock, Alyssa Eaves, Molli Kipp, Amy Kruger, Amanda Philip, Emily Schwartz  
Ashley Brey, Ali Fowler, Stephanie Greer, Alexa Hornecker, Brecca Wahlund, Melanah Poole, Abby Bierschbach  
Olivia Bagnall, Emma Mickelson, Megan Kilbride, Kayla Uphoff, Kelsi Miller, Taylor Vonasek, Erin Kilbride  
Nichole Engelhardt, Rachel Hegeman, Bridget Novak, Alissa Rothman, Taylor Fehlberg, Sara Stewart, Jenna Broghamer  
Laura Bauer, Bailey Breems, Megan Brown, Erin Hargens, Alex Hess, Seanna Kautz, Ali Oswald  
Kelsey Coulter, Rachel Drake, Katie Moraczewski, Caroline Potts, Katie Schlafke, Janelle Yonker

**Girls Varsity**  
Open

Emily DeLong - Pending Payment

Samantha Conde  
Kaitlyn Klein  
Katie Langenfeld  
Aimee Thacker  
Jenae Harrison  
Ashley Pieper  
Dani Stappert  
Hollan Pile  
Maggie Fennessy  
Mariah Morgan  
Megan Aschoff  
Nicole Timmerman  
Mariah Cassutt  
Sierra Trower  
Abby Anderson  
Shayla Fulford  
Jessica Brandli  
Maleah Schad  
Megan Roper  
Bailee Goodfellow

Aquinas XC from Overland Park, KS  
Aquinas XC from Overland Park, KS  
Bellevue West HS from Bellevue, NE  
City of Iowa XC Club from Iowa City, IA  
Dowling Catholic XC Club from West Des Moines, IA  
East Sioux Falls from Sioux Falls, SD  
Norfolk Optimist Club (Red) from Norfolk, NE  
Norfolk Optimist Club (Red) from Norfolk, NE  
Norfolk Optimist Club (Red) from Norfolk, NE  
Norfolk Optimist Club (Red) from Norfolk, NE  
Norfolk Optimist Club (Red) from Norfolk, NE  
Norfolk Optimist Club (Red) from Norfolk, NE  
ORR Raiders from Madison, SD  
ORR Raiders from Madison, SD  
Perham XC Club from Perham, MN  
Perham XC Club from Perham, MN  
Rapid City Westside from Rapid City, SD  
Rapid City Westside from Rapid City, SD  
Red Wing XC Club from Red Wing, MN  
Runwest RC from Iowa City, IA

Bellevue West HS  
Iowa City HS  
Dowling Catholic High School  
Sioux Falls Washington High School

Oldham-Ramona-Rutland Raiders  
Oldham-Ramona-Rutland Raiders  
Perham High School  
Perham High School  
Stevens High School  
Stevens High School  
Red Wing  
Iowa City West

Lizzy Laikhter  
Whitney Schuette  
Meagan Wilderson  
Andrea Markwart  
Nikki Huelsman  
Carrie Wiese  
Megan Gang  
Erin Nolz  
Erin Kautz  
Brianna Titus  
**Jenna Kuhle - Pending Payment**  
Emily Mammenga  
Chelsea Sweetter  
Perrin Thomas  
Amanda Poppens  
Caitlyn Diimig  
Taylor Scholl  
Emily Knudson  
Kara Hovseth  
Rachel Noonan  
**Molly Degnan - Pending Payment**  
Whitney Wilgenburg  
Adrian X-Tra Mile Club from Adrian, MN  
**Cool Runnings - Boyd, MN - Pending Payment**  
Crofton RC from Crofton, NE  
Cross Kearney RC from Kearney, NE  
Demon RC from Bismarck, ND  
Fargo South RC from Fargo, ND  
Lynx RC from Sioux Falls, SD  
Pierre Area RC from Pierre, SD  
Plattsmouth RC - Girls from Plattsmouth, NE  
Sioux Falls XC Club from Sioux Falls, SD  
South STARS from Papillion, NE Team A  
South STARS from Papillion, NE Team B  
Team Greeno from Sioux Falls, SD Team A  
Team Greeno from Sioux Falls, SD Team B  
Wayzata XC Club from Plymouth, MN Team A  
Wayzata XC Club from Plymouth, MN Team B  
Wayzata XC Club from Plymouth, MN Team C  
Willmar Winged Foot RC from Willmar, MN

**Boys Varsity**  
Championship

Josh Heitkamp  
Daniel Blake

Runwest RC from Iowa City, IA  
Runwest RC from Iowa City, IA  
St. Thomas Aquinas XC Club from Overland Park, KS  
Unaffiliated from Bismarck, ND  
Unaffiliated from Bismarck, ND  
Unaffiliated from Columbus, NE  
Unaffiliated from Fort Atkinson, WI  
Unaffiliated from Garretson, SD  
Unaffiliated from Gering, NE  
Unaffiliated from Hartford, SD  
**Unaffiliated from Howard, SD**  
Unaffiliated from Humboldt, SD  
Unaffiliated from Lennox, SD  
Unaffiliated from Lennox, SD  
Unaffiliated from Omaha, NE  
Unaffiliated from omaha, NE  
Unaffiliated from Prior Lake, MN  
Unaffiliated from Scottsbluff, NE  
Unaffiliated from Scottsbluff, NE  
Unaffiliated from Sioux Falls, SD  
**Unaffiliated from Sunfish Lake, MN**  
Unaffiliated from Valley Springs, SD  
  
**ISD #891**  
Crofton High School  
Kearney High School  
Bismarck High  
Fargo South High School  
Brandon Valley High School  
Pierre  
Plattsmouth HS  
Sioux Falls Roosevelt  
Papillion-La Vista South  
Papillion-La Vista South  
  
Wayzata HS  
Wayzata HS  
Wayzata HS  
Willmar High School

East Sioux Falls from Sioux Falls, SD  
Lincoln Pius X XC Club from Lincoln, NE

Iowa City West  
Iowa City West  
St. Thomas Aquinas  
Century High School  
Century High School

Gering High School  
West Central Running Club  
**Howard**

Lennox High School  
Lennox High School  
Millard North  
Marian High School  
Prior Lake High School

Gering High School  
West Central High School  
**Convent of the visitation**  
Hills-Beaver Creek HS

Leslie Stover, Erica Thier, Alissa Sauer, Austyn Thier, Jordin Kopplow, Megan Sauer, Nicole Slater  
**Katherine Anundson, Dana Kraus, Erin Kamrath, Thea Merritt, Chelsea Deslauriers, Emily Bot, Lindsay Full**  
Rachel Barnes, Karley Boecker, Merissa Falkenberg, Elizabeth Kube, Heather Lancaster  
Nicole Andres, Lindsay Heun, Tressa Johnston, Courtney Leydig, Lydia Wilke  
Amy Faller, Heather Wolberg, Becca Lebak, Nicole Stewart, Chelsey Yantzer  
Katie Schalow, Suzanne McConn, Paige Rygg, Taylor Bertsch, Casey Hatlevoll  
Haley Kruger, Kasey Presler, Arille Schmidt, Nicole Zens, Courtney Gross, Shelby Rahn, Nicole Peterson  
Bridget Simmons, Jamie Chalcraft, Tessa Bollinger, Taeler Monfore, Dacey Beck  
Anna White, Liz Johnson, Melissa Herrick, Jessica Moseman, Shelby Weekly, Shang-ah Han  
Lacey Moncur, Emily Kirkwold, Emily Stafford, Cassie TenCate, Kaylee Tennessen, Macy Petersen, Britni Wuestewald  
Taylor Chapman, Kelsey Green, Ali Gress, Sydney Gress, Jessica Lahrs, Mikayla Peck, Tiffanie Vampola  
Emily Bindl, Ally Crossman, Emma Maughan, Ginny McClintock, Elizabeth Thon, Erika Zelasney  
Nikki Betzler, Carly Holmstrom, Alice Lubeck, Gretchen Pederson, Laura Rasmussen, Serina Robinson, Andrea Sherman  
Kristina Sorenson, Sarah Sorenson, Nicole VerHey  
Maddie Lambert, Paige Schember, Laura Stangler, Robyn Zeidler, Kelsey Larsen, Caitlyn McCarty, Meredith Bache-Wiig  
Lucy Andrews, Sarah Hauer, Taisa Kushner, Maggie Pierson, Bethany Polovitz, Kate Segala, Elizabeth Muenchow  
Marit Sonnesyn, Bryn Balls-Barker, Talia Berndt, Amanda Abell  
Jayne Cole, Gabi Engelkes, Danielle Erickson, Caitlyn Fritz, Tina Bloch

Sioux Falls Washington High School  
Lincoln Pius X HS

Jarren Heng	Norfolk Optimist Club (Red) from Norfolk, NE	
Nick Knudson	Norfolk Optimist Club (Red) from Norfolk, NE	
Clayton Foster	Pequot Lakes XC Club from Pequot Lakes, MN	Pequot Lakes High School
Alec Espeland	Pierre Area RC from Pierre, SD	Pierre
Josh Wilson	Unaffiliated from Bath, SD	Aberdeen Central High School
Josh Harsin	Unaffiliated from Blair, NE	Blair High School
Billy Brockmueller	Unaffiliated from Brandon, SD	
Bobby Brockmueller	Unaffiliated from Brandon, SD	
Drew Sikkema	Unaffiliated from Clinton, IA	Prince of Peace College Prep.
Sam Chaney	Unaffiliated from Columbus Junction, IA	Columbus Community
Zach Baker	Unaffiliated from Eddyville, IA	Eddyville-Blakesburg High School
Spencer Agnew	Unaffiliated from Fort Atkinson, WI	Fort Atkinson Senior High
Besufekad Shannon-Tamrat	Unaffiliated from Golden Valley, MN	Hopkins High School
Jakub Zivec	Unaffiliated from Grand Rapids, MN	Grand Rapids
Shaun Henderson	Unaffiliated from Huron, SD	Huron High School
Robel Kebede	Unaffiliated from Minneapolis, MN	south high school
Colby Twist	Unaffiliated from Omaha, NE	Elkhorn High School
Alex Muntefering	Unaffiliated from Parkston, SD	Parkston High School
Damien Schuster	Unaffiliated from Piedmont, SD	
Jerry Kerska	Unaffiliated from prairie du sac, WI	Sauk Prairie High School
Kemal Jarso - Pending Payment	Unaffiliated from St.Paul, MN	central high school
Paul Yak	Unaffiliated from Storm Lake, IA	St. Mary's
Grant Aden	Unaffiliated from Syracuse, NE	Syracuse Dunbar Avoca
Jon-Michael Brandt	Unaffiliated from Winona, MN	Winona Senior High School
Tyler Rich	Waukee RC from Waukee, IA	Waukee High School
Mahad Hassan	Willmar Winged Foot RC from Willmar, MN	Willmar High School
Alexandria XC Club from Alexandria, MN	Alexandria HS	Josh Hobbs, Sam Vinje, Austin McCoy, Mitch Evink, Will Sieling, Zach Hodgson, Drew Paradis
Century XC Club from Bismarck, ND	Century High School	Brett Kelly, Levi Sether, Nathan Jangula, Nikko Raymo, Justin Lepp, Jon Lepp
Cross Kearney RC from Kearney, NE	Kearney High School	Brandt Humphrey, Alex Johnson, Zach Lind, Shane Poulsen, David Prater, Gant Suhr, Travis Walker
Demon XC Club from Bismarck, ND	Bismarck High School	Brandon Barnes, Christian Brown Otter, Josh Hintz, Devin Huizenga, Josh Nuss, Joash Osoro, Dion Schulz
Eden Prairie XC Club from Eden Prairie, MN	Eden Prairie HS	Abdi Abditon, Ayub Aden, Aaron Bartnik, Matthew Beniak, Bobby Davis, Chris Mueller, Erick Meszaros-Jones
Edina XC Club from Edina, MN	Edina HS	Colton Gits, Hunter Gits, Evan Olson, Michael Ellenberger, Aldis Inde, Sam Leese, Michael Murney
Lakeville South RC from Lakeville, MN	Lakeville South High School	Cody Gallagher, Mark Gallagher, Stu Lombardo, Riley Lovell, Derek Schlager, Kyle Serreyn, Evan Stallings
Marshalltown XC Club from Marshalltown, IA	Marshalltown High School	Logan Swarts, Patrick Fink, Jimma James, Nick Lacina, Mike Gettemy, Khor Kong, David Carbajal
Moorhead XC Club from Moorhead, MN	Moorhead HS	Aaron Benson, Lukas Gemar, Christian Larson, Timothy Lillehaugen, Jakob Lindaas, Derrick Nelson, Matt Nicolai
Perham XC Club from Perham, MN	Perham High School	Sam Stoll, Keith Schornack, Alex Barney, Klaus Weber, Brandon Karels, Nick Carignan
Pierre Area RC from Pierre, SD	Pierre	Alec Espeland, Kris Monroe, Tyler Sarringar, Aaron Propst, Tyler Propst, Shane Skaggs, Robert Ray
Pleasant Valley XC Club from Davenport, IA	Pleasant Valley High School	Austin O'Brien, Zach Bozman, Matt Rubins, Tyler Meseke, Cody Doughan, John Sokolik, Josh Trueblood
Rapid City Westside from Rapid City, SD	Stevens High School	Riley Coates, Austin Hegert, Tom Kjerengtroen, Dakota Moore, Nathan Richardson, Mike Scharn
Rogue Unicorn TC from Indianola, IA	Indianola HS	Cory Johnson, Clayton Fritz, Kelly Bickham, Cody Hoover, Nick Schulze, Jake Larson, Derek Johnson
Sioux Falls XC Club from Sioux Falls, SD	Sioux Falls Roosevelt	Jacob Arechigo, Jordan Fuglestad, Brandon Haschke, Matt Horan, Tanner McCleerey, Keith McIntire, Tyler Nack
Thunderbird XC Club from Bellevue, NE	Bellevue West HS	Simon Falcon, Thomas Bennett, Casey Humphrey, Johnny Ingold, Spencer Pruss, Erik LeMoine, Dalton Ellis
Valley Running Orange from West Des Moines, IA	Valley High School	Kit Coppess, Nate Wiemers, Bennett Coffman, RJ Harris, Chris Brady, Dillon Hughes, Sam Engman
Wayzata XC Club from Plymouth, MN	Wayzata HS	Jeremy Drenckhahn, Danny Ducharme, Jon Hackbart, Oliver Haugland, Landon Lozano, Josh Thorson, Andrew Wasz
White Bear RC from White Bear Lake, MN	White Bear Lake HS	Trevor Bartz, Chad Gjerde, Blake Macalus, Joe Parenteau, Joel Reichow, Bill Struntz, Tyler Young

Yankton 3-D RC from Yankton, SD  
Yep. Athletics from Madison, WI

Yankton HS  
Madison West Cross Country Club

Jared Ailts, Travis Brenner, Alex Hohenthauer, Jens Lillevold, Josh Lundgren, Mark Wilcox, Mitch Yaggie  
Blair Ekleberry, Sam Hacker, Chazzzzzz Karch, Brett Kelly, Ryan Sandler, Biken Schimpff, Josh Williams

**Boys Varsity**  
Open

Connor Gibson  
Kent Carlson  
Stewart Richardson  
Coty Hintz  
Daryl Berger  
Josh Thornton  
Matt Herbert  
Andy Wiersum  
Darius Montazemi  
Mike Torrey  
Cole Toepfer  
Brian Anderson  
Eddie Demasters  
Paul Thompson  
Sean Baddeley  
Ian Shaffer  
Ryan Evans  
Matt Harrison  
Jordan Pieper  
Ryan Klima  
Adam McMath  
Sean Snyder  
Alex Kuklinski  
Casey Keefe  
Beau Schmitz  
Joshua Maguire  
Trevor Urkoski  
Thomas Ruttger  
Jake Gerber  
Shawn Poellet  
Logon Vogt  
**Brent Ewing - Pending Payment**  
Eric Burns  
Alexander Markham  
Connor O'Hara  
Kyle Bratrud  
Marcus Huderle  
Tyler Stevens  
Chase Ward  
Mustaf Osman

Blair XC Club from Blair, NE  
Blake XC from Minneapolis, MN  
Blake XC from Minneapolis, MN  
Demon XC Club from Bismarck, ND  
Demon XC Club from Bismarck, ND  
Demon XC Club from Bismarck, ND  
East Sioux Falls from Sioux Falls, SD  
Hoag's Heros XC Club from Minnetonka, MN  
Hoag's Heros XC Club from Minnetonka, MN  
Knights XC from Grand Forks, ND  
Lake Conference TC from Apple Valley, MN  
Lake Conference TC from Burnsville, MN  
Lake Conference TC from Burnsville, MN  
Lake Conference TC from Burnsville, MN  
Lake Conference Track Club from Burnsville, MN  
League of Extraordinary Runners from Waukee, IA  
Lino Lakes XC Club from Lino Lakes, MN  
Mound Westonka XC Club from Minnetrista, MN  
Norfolk Optimist Club (Red) from Norfolk, NE  
Norfolk Optimist Club (Red) from Norfolk, NE  
Pierre Area RC from Pierre, SD  
Pierre Area RC from Pierre, SD  
South STARS from Papillion, NE  
South STARS from Papillion, NE  
The Ultimate Warriors from West Des Moines, IA  
The Ultimate Warriors from West Des Moines, IA  
T-Money from Columbus, NE  
Unaffiliated from Brainerd, MN  
Unaffiliated from Cedar Rapids, IA  
Unaffiliated from Cedar Rapids, IA  
Unaffiliated from Chadron, NE  
**Unaffiliated from Cincinnati, IA**  
Unaffiliated from Clive, IA  
Unaffiliated from Columbus, NE  
Unaffiliated from Dell Rapids, SD  
Unaffiliated from Eden Prairie, MN  
Unaffiliated from Eden Prairie, MN  
Unaffiliated from Elk River, MN  
Unaffiliated from Garretson, SD  
Unaffiliated from Golden Valley, MN

Blair High School  
The Blake School  
The Blake School  
Bismarck High School  
Bismarck High School  
Bismarck High School  
Sioux Falls Washington High School  
Minnetonka High School  
Minnetonka High School  
Grand Forks Central High School  
  
Saint Thomas Academy  
  
Eastview High School  
Apple Valley High School  
Waukee Community High School  
Centennial High School  
Mound Westonka High School  
  
Pierre  
Pierre  
Papillion-La Vista South  
Papillion-La Vista South  
  
Brainerd High School  
Jefferson High School  
Linn-Mar  
Chadron High School  
**Centerville High School**  
Waukee Community High School  
  
Eden Prairie High School  
Eden Prairie High School  
Elk River High School  
Garretson High School  
Hopkins High School

Ryan Pankonin  
Dave Kroon  
Alex Johnson  
Sam Read  
**Lee Heckenlaible - Pending Payment**  
Jarid Holliday  
John Klecker  
Nick Emmans  
Tom Peterson  
Josh Hanks  
Tyler Aldren  
Christopher Massey  
Kyle Mills  
**Josh Yapp - Pending Payment**  
Joseph O'Neil  
Kaleb Seaton  
Mitch Wink  
Erick Pence  
Jordan Hoyt  
Michael Goodall  
Matthew Barrett  
Chad Gutschenritter  
Chris Brady  
Rob Allen  
**Steffen Williams - Pending Payment**  
Sadam Abdi  
Austin Cotant  
Trevor Little  
Adrian X-Tra Mile Club from Adrian, MN  
Burnsville XC from Burnsville, MN  
Fargo South RC from Fargo, ND  
**Flandreau Indian School from Flandreau, SD**  
Grove RC from Maple Grove, MN  
Hoag's Heros XC Club from Minnetonka, MN  
Lino Lakes XC Club from Lino Lakes, MN  
Mills Road RC from Lincoln, NE  
NW Iowa X-C from Marcus, IA  
Pequot Lakes XC Club from Pequot Lakes, MN  
Perham XC Club from Perham, MN  
Red Wing XC Club from Red Wing, MN  
Sioux Falls XC Club from Sioux Falls, SD  
South STARS from Papillion, NE  
Wayzata XC Club from Plymouth, MN Team B  
Wayzata XC Club from Plymouth, MN Team C  
Wayzata XC Club from Plymouth, MN Team C

Unaffiliated from Grant, NE  
Unaffiliated from Hartford, SD  
Unaffiliated from Maple Grove, MN  
Unaffiliated from Marion, IA  
**Unaffiliated from Menno, SD**  
Unaffiliated from Minden, NE  
Unaffiliated from Minnetonka, MN  
Unaffiliated from Minnetonka, MN  
Unaffiliated from Nevada, IA  
Unaffiliated from Rapid City, SD  
Unaffiliated from Rapid City, SD  
Unaffiliated from Rosemount, MN  
Unaffiliated from Rosemount, MN  
**Unaffiliated from Sartell, MN**  
Unaffiliated from Spring Park, MN  
Unaffiliated from Urbandale, IA  
Unaffiliated from Urbandale, IA  
Unaffiliated from Waukee, IA  
Unaffiliated from Waukee, IA  
Unaffiliated from Waukee, IA  
Unaffiliated from Waukee, IA  
Unaffiliated from Wayzata, MN  
Unaffiliated from West Des Moines, IA  
Unaffiliated from West Des Moines, IA  
Unaffiliated from West Des Moines, IA  
**Unaffiliated from West Des Moines, IA**  
Willmar Winged Foot RC from Willmar, MN  
Yep. Athletics from Madison, WI  
Yep. Athletics from Madison, WI  
  
Fargo South High School  
**Flandreau Indian School - Pending Payment**  
Maple Grove Senior High  
Minnetonka High School  
Centennial High School  
Lincoln North Star  
  
Pequot Lakes High School  
Perham High School  
Red Wing  
Sioux Falls Roosevelt  
Papillion-La Vista South  
Wayzata HS  
Wayzata HS  
Wayzata HS

Perkins County  
West Central  
Maple Grove HS  
Linn-Mar H  
  
Minden High School  
Hopkins  
Wayzata High School  
Nevada High School  
Central High School  
Sturgis Brown HS  
Rosemount High School  
Rosemount High School  
**Sartell High School**  
  
Waukee High School  
Waukee High School  
Waukee High School  
Waukee High School  
Waukee High School  
Mound Westonka High School  
Waukee  
Valley High School  
  
**Waukee School**  
Willmar High School  
Madison West Cross Country Club  
Madison West Cross Country Club  
Chris Reisdorfer, Brett Springman, Kyle Henning, Nate Reyne, Jordan Pater, Zach Runia, Justin Feit  
Abdi Hassan, Matt Walker, Sean O'Brien, Sutton Rehwaldt, Thomas Carlson, Aaron Steeg  
Sawyer Barglof, Mitch Bauske, Brad McConn, Ethan Norstog, Andrew Okland, Jaden Radcliffe, Aaron Wrolstad  
**jared weston, kyle cook, daniel grassrope, trudell slow bear, lowell two eagle, joe skunkcap, fred waters**  
Tyler Olson, John Thompson, Tommy Gibson, Jack Hickey, Daniel Broman, Casey Roberts, Ben Ricketts  
Nick Emmans, Charlie Hansen, Lucas Judd, Jake Lee, Hayden Troy, Adam Napolitano, Christian Skaret  
Zach Brintz, Ryan Brown, Ryan Evans, Adam Schmidt, Yehola Tilleskjaer  
Brian Foote, Eric Lomison, Taylor Lucas, Derek Schnell, James Tang  
Matt Cahalan, Garret Ehlers, Joshua Madsen, Shane Warehime, Jay Welp, Alex Warnke, Taylor Huseman  
Adison Runberg, Jordan Anderson, Jake Braam, Kellen Braren  
Joe Berns, Jordan Berns, Dalton Dahms, Brady Spiecher, Andrew Riestenberg  
Matt Riley, Wyland Gabe, Casey Murnane, Alex Nelson, Kyle Engen, Max Christiansen, Aaron Sands  
Jordan Albertson, Rob Atkins, Wyatt Jackson, Alex Lugo, Dylan Slaba, Lance Johnson, Josh Anderson  
Nathan Feldmann, Daniel Florance, Michael Florance, Spencer Granville, Marcus Portofee, Blake Smith, Tommy Stuart  
Evan Day, Karl Kabarowski, Mark Harries, Ryan Frisbie, John Subialka  
Chris Olmanson, Andy Kleven, Max Johnson, Davin Evans, Peter Bache-Wig, Ben Millis, Ryan Bach  
Nate Engel, Micheal Fleming, Chris Wilson, Alex Meyers

Willmar Winged Foot RC from Willmar, MN

Willmar High School

Mahad Hassan, Mursal Shire, Danny Voss, Matt Weitzel, Sadam Abdi, Tom LaPatka, Garrett Erickson