

# WCAC CONFERENCE MEET

HS GIRLS 5K    Panorama, IA    10/14/2021    Sunny 68°

Place	School	1	2	3	4	5	6	7	Total	Ttl Time	Ave Time	Spread
1	Van Meter	1	2	6	10	26	29	40	= 45	1:48:14	21:39	3:10
2	Des Moines Christian	5	11	12	16	18	19	21	= 62	1:49:41	21:56	0:59
3	Earlham	4	8	22	23	34	35	38	= 91	1:53:44	22:45	3:24
4	ACGC	3	13	20	27	30	32	33	= 93	1:53:01	22:36	2:36
5	West Central Valley	7	9	24	43	51	62		= 134	1:58:29	23:42	4:29
6	Ogden	14	15	28	53	55	56	57	= 165	2:03:22	24:40	6:06
7	Woodward Granger	25	37	41	45	50	52	54	= 198	2:05:01	25:00	2:43
8	Madrid	17	31	36	58	59	60	61	= 201	2:11:10	26:14	8:37
9	Pleasantville	39	42	44	46	47	48	49	= 218	2:06:45	25:21	0:48

Incomplete Teams: Interstate 35, Panorama

Place	Score	Name	Year	School	Time	Pace mpm
1	1	Clare Kelly	JR	Van Meter	20:21	6:33
2	2	Mary Kelly	JR	Van Meter	20:53	6:43
3	3	Ava Campbell	FR	ACGC	21:12	6:49
4	4	Olivia Spurling	SO	Earlham	21:16	6:51
5	5	Reagan Zimmer	FR	Des Moines Christian	21:18	6:51
6	6	Emma McCoy	FR	Van Meter	21:38	6:58
7	7	Chasey Rowan	SO	West Central Valley	21:47	7:01
8	8	Lily Dixon	JR	Earlham	21:47	7:01
9	9	Taitlin Koch	SO	West Central Valley	21:51	7:02
10	10	Brooklyn Fryar	SO	Van Meter	21:51	7:02
11	11	Ella Jicinsky	SO	Des Moines Christian	21:52	7:02
12	12	Gabby Grove	FR	Des Moines Christian	21:56	7:04
13		Abbi Goering	SR	Interstate 35	21:57	7:04
14	13	Hayden Coffman	SO	ACGC	22:01	7:05
15	14	Dakota Tromblay	SO	Ogden	22:08	7:07
16	15	Kayden Spencer	JR	Ogden	22:15	7:10
17	16	Ali Pieper	SR	Des Moines Christian	22:17	7:10
18	17	Emily White	JR	Madrid	22:17	7:10
19	18	Madison Shimp	JR	Des Moines Christian	22:18	7:11
20		Olivia Phillips	FR	Interstate 35	22:21	7:12
21	19	Abby Ten Pas	SO	Des Moines Christian	22:25	7:13
22	20	Adalyn Benson	FR	ACGC	22:27	7:14
23	21	Amelia Samuelson	SR	Des Moines Christian	22:30	7:14
24	22	Hannah Frank	FR	Earlham	22:46	7:20
25		Brynn Inserra	SR	Des Moines Christian	22:49	7:21
26		Payton Beckman	SR	Panorama	22:53	7:22
27	23	Taylor Jensen	JR	Earlham	23:16	7:29
28	24	Zalina Morse	FR	West Central Valley	23:20	7:31
29		Meg Muller	FR	Des Moines Christian	23:22	7:31
30		Kiersten Steensen	FR	Des Moines Christian	23:27	7:33
31	25	Libby Grell	SO	Woodward Granger	23:30	7:34
32	26	Maddie Waldorf	SO	Van Meter	23:31	7:34
33	27	Katelyn Schafer	SO	ACGC	23:32	7:35
34		Sami Webster	JR	Des Moines Christian	23:41	7:37
35	28	Addy Trusler	FR	Ogden	23:42	7:38
36	29	Reagan Wiedman	JR	Van Meter	23:45	7:39
37	30	Paige Van Meter	FR	ACGC	23:48	7:40
38	31	Mila Grothus	FR	Madrid	24:05	7:45
39	32	Kiersten Knobbe	JR	ACGC	24:07	7:46
40		Lauren Bussanmas	JR	Interstate 35	24:30	7:53
41	33	Jayla Hoover	FR	ACGC	24:33	7:54
42	34	Mia Terry	SR	Earlham	24:39	7:56
43		Allie Hawes	FR	Des Moines Christian	24:40	7:56
44	35	Katie Steward	SO	Earlham	24:41	7:57
45	36	Preslei Pflug	FR	Madrid	24:48	7:59
46	37	Makenzie Dresback	SR	Woodward Granger	24:50	7:59
47	38	Morgan Wyllie	SR	Earlham	24:52	8:00
48	39	Kyleigh McConnell	FR	Pleasantville	24:52	8:00
49	40	Eve Hyer	SO	Van Meter	24:54	8:01
50	41	Katie Grell	SR	Woodward Granger	24:57	8:02
51		Leah Fett	SR	Panorama	25:02	8:03
52		Carly Schaffer	SR	Earlham	25:04	8:04
53		Claire Newell	JR	Van Meter	25:10	8:06
54	42	Sophia Mason	JR	Pleasantville	25:10	8:06
55	43	Shaynn Wahman	SR	West Central Valley	25:17	8:08
56	44	Madilyn Rowson	SO	Pleasantville	25:22	8:10
57		Emma Bruins	SO	Van Meter	25:24	8:10
58	45	Chloe Houge	SR	Woodward Granger	25:31	8:13
59	46	Riley Thill	SR	Pleasantville	25:41	8:16
60	47	Lauren Furnal	FR	Pleasantville	25:41	8:16
61	48	Ali Archer	FR	Pleasantville	25:41	8:16
62		Emmarae Ellis	FR	ACGC	25:48	8:18
63		Sophie Stineman	SR	Des Moines Christian	26:00	8:22
64	49	Ashlyn McConnell	JR	Pleasantville	26:04	8:23
65	50	Sydney Grell	SR	Woodward Granger	26:13	8:26

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Place	Score	Name	Year	School	Time	Pace mpm
66		Alice Schann	JR	Panorama	26:15	8:27
67	51	Cadence Heilman	FR	West Central Valley	26:16	8:27
68		Jayne Terwilliger	JR	Earlham	26:17	8:28
69		Maddie Miesen	FR	Des Moines Christian	26:18	8:28
70		Avery Bahrenfuss	SO	Panorama	26:35	8:33
71		Azell Smith	JR	Pleasantville	26:41	8:35
72		Liza Blomberg	FR	Des Moines Christian	26:44	8:36
73	52	Elana Bortot	SR	Woodward Granger	26:45	8:36
74		Helene Lenz	SR	Des Moines Christian	26:55	8:40
75	53	Samantha Lass	FR	Ogden	27:04	8:43
76		Mia Ocheltree	SR	ACGC	27:07	8:44
77	54	Madisyn Mann	SR	Woodward Granger	27:18	8:47
78		Saga Norrman	SR	Earlham	27:23	8:49
79		Kaitlyn Smith	SR	Woodward Granger	27:52	8:58
80		Allyce Phillips	SO	Interstate 35	28:05	9:02
81		Tessa Schaffer	SO	Van Meter	28:13	9:05
82	55	Allie Buxton	FR	Ogden	28:14	9:05
83		Shae Bernhardt	SR	Van Meter	28:16	9:06
84	56	Marinza Roosa	SO	Ogden	28:49	9:16
85	57	Parker Craighton	FR	Ogden	28:56	9:19
86		Grace Sweers	SR	Earlham	29:04	9:21
87	58	Oksana Howard	SR	Madrid	29:05	9:22
88		Kayleigh Seaman	FR	Pleasantville	29:42	9:34
89		Dannin Hintz	SO	Pleasantville	29:47	9:35
90		Amy McDanel	SO	Pleasantville	29:56	9:38
91		Aubrey Nichols	SR	Earlham	29:59	9:39
92		Kennadi Fulmer	SO	Pleasantville	30:07	9:42
93	59	Isabel Atkinson	FR	Madrid	30:54	9:57
94	60	Loren Troyer	FR	Madrid	31:13	10:03
95		Adi Van Ness	FR	Pleasantville	31:42	10:12
96		Sophia Amys	SO	Des Moines Christian	31:58	10:17
97	61	Sammy Pagel	JR	Madrid	32:47	10:33
98		Marissa Trees	JR	Woodward Granger	33:33	10:48
99		Devon Core	SR	Pleasantville	33:45	10:52
100		Katherine Nickel	SO	Pleasantville	34:12	11:00
101		Joslynn McCormick	SO	Pleasantville	34:55	11:14
102	62	Ashlynn Foster	SO	West Central Valley	43:51	14:07

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HS GIRLS 5K    Panora, IA    10/14/2021    Sunny 68°

Place	Name	Time	mpm	Place	Name	Time	mpm
<b>1) Van Meter</b>				<b>Score = 45</b>			
1	Clare Kelly, JR	20:21	6:33	7)	Woodward Granger	<b>Score = 198</b>	
2	Mary Kelly, JR	20:53	6:43	25	Libby Grell, SO	23:30	7:34
6	Emma McCoy, FR	21:38	6:58	37	Makenzie Dresback, SR	24:50	7:59
10	Brooklyn Fryar, SO	21:51	7:02	41	Katie Grell, SR	24:57	8:02
26	Maddie Waldorf, SO	23:31	7:34	45	Chloe Houge, SR	25:31	8:13
29	Reagan Wiedman, JR	23:45	7:39	50	Sydney Grell, SR	26:13	8:26
40	Eve Hyer, SO	24:54	8:01	52	Elana Bortot, SR	26:45	8:36
	Claire Newell, JR	25:10	8:06	54	Madisyn Mann, SR	27:18	8:47
	Emma Bruins, SO	25:24	8:10		Kaitlyn Smith, SR	27:52	8:58
	Tessa Schaffer, SO	28:13	9:05		Marissa Trees, JR	33:33	10:48
	Shae Bernhardt, SR	28:16	9:06				
<b>2) Des Moines Christian</b>				<b>Score = 62</b>			
5	Reagan Zimmer, FR	21:18	6:51	<b>8) Madrid</b>			
11	Ella Jicinsky, SO	21:52	7:02	17	Emily White, JR	22:17	7:10
12	Gabby Grove, FR	21:56	7:04	31	Mila Grothus, FR	24:05	7:45
16	Ali Pieper, SR	22:17	7:10	36	Preslei Pflug, FR	24:48	7:59
18	Madison Shimp, JR	22:18	7:11	58	Oksana Howard, SR	29:05	9:22
19	Abby Ten Pas, SO	22:25	7:13	59	Isabel Atkinson, FR	30:54	9:57
21	Amelia Samuelson, SR	22:30	7:14	60	Loren Troyer, FR	31:13	10:03
	Brynn Inserra, SR	22:49	7:21	61	Sammie Pagel, JR	32:47	10:33
	Meg Muller, FR	23:22	7:31	<b>9) Pleasantville</b>			
	Kiersten Steensen, FR	23:27	7:33	39	Kyleigh McConnell, FR	24:52	8:00
	Sami Webster, JR	23:41	7:37	42	Sophia Mason, JR	25:10	8:06
	Allie Hawes, FR	24:40	7:56	44	Madilyn Rowson, SO	25:22	8:10
	Sophie Stineman, SR	26:00	8:22	46	Riley Thill, SR	25:41	8:16
	Maddie Miesen, FR	26:18	8:28	47	Lauren Furnal, FR	25:41	8:16
	Liza Blomberg, FR	26:44	8:36	48	Ali Archer, FR	25:41	8:16
	Helene Lenz, SR	26:55	8:40	49	Ashlyn McConnell, JR	26:04	8:23
	Sophia Amys, SO	31:58	10:17		Azell Smith, JR	26:41	8:35
					Kayleigh Seaman, FR	29:42	9:34
					Dannin Hintz, SO	29:47	9:35
					Amy McDanel, SO	29:56	9:38
					Kennadi Fulmer, SO	30:07	9:42
					Adi Van Ness, FR	31:42	10:12
					Devon Core, SR	33:45	10:52
					Katherine Nickel, SO	34:12	11:00
					Joslynn McCormick, SO	34:55	11:14
<b>3) Earlham</b>				<b>Score = 91</b>			
4	Olivia Spurling, SO	21:16	6:51	<b>Incomplete Teams:</b>			
8	Lily Dixon, JR	21:47	7:01	<b>Interstate 35</b>			
22	Hannah Frank, FR	22:46	7:20	13	Abbi Goering, SR	21:57	7:04
23	Taylor Jensen, JR	23:16	7:29	20	Olivia Phillips, FR	22:21	7:12
34	Mia Terry, SR	24:39	7:56	40	Lauren Bussanmas, JR	24:30	7:53
35	Katie Steward, SO	24:41	7:57	80	Allyce Phillips, SO	28:05	9:02
38	Morgan Wyllie, SR	24:52	8:00	<b>Panorama</b>			
	Carly Schaffer, SR	25:04	8:04	26	Payton Beckman, SR	22:53	7:22
	Jayne Terwilliger, JR	26:17	8:28	51	Leah Fett, SR	25:02	8:03
	Saga Norrman, SR	27:23	8:49	66	Alice Schann, JR	26:15	8:27
	Grace Sweers, SR	29:04	9:21	70	Avery Bahrenfuss, SO	26:35	8:33
	Aubrey Nichols, SR	29:59	9:39				
<b>4) ACGC</b>				<b>Score = 93</b>			
3	Ava Campbell, FR	21:12	6:49				
13	Hayden Coffman, SO	22:01	7:05				
20	Adalyn Benson, FR	22:27	7:14				
27	Katelyn Schafer, SO	23:32	7:35				
30	Paige Van Meter, FR	23:48	7:40				
32	Kiersten Knobbe, JR	24:07	7:46				
33	Jayla Hoover, FR	24:33	7:54				
	Emmarae Ellis, FR	25:48	8:18				
	Mia Ocheltree, SR	27:07	8:44				
<b>5) West Central Valley</b>				<b>Score = 134</b>			
7	Chasey Rowan, SO	21:47	7:01				
9	Taitlin Koch, SO	21:51	7:02				
24	Zalina Morse, FR	23:20	7:31				
43	Shaynn Wahman, SR	25:17	8:08				
51	Cadence Heilman, FR	26:16	8:27				
62	Ashlynn Foster, SO	43:51	14:07				
<b>6) Ogden</b>				<b>Score = 165</b>			
14	Dakota Tromblay, SO	22:08	7:07				
15	Kayden Spencer, JR	22:15	7:10				
28	Addy Trusler, FR	23:42	7:38				
53	Samantha Lass, FR	27:04	8:43				
55	Allie Buxton, FR	28:14	9:05				
56	Marinza Roosa, SO	28:49	9:16				
57	Parker Craighton, FR	28:56	9:19				