



**Western Dakota Association**  
905 8th Ave. NW Mandan High School  
Mandan, N.D. 58554

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★★★★ Bismarck High Century Dickinson Jamestown Legacy Mandan Minot St. Mary's TMCHS Williston ★★★★★

## Boys Cross Country (Sept. 14-20)

### Starting Line

All nine teams will gather at McDowell Dam Recreation Area east of Bismarck on Saturday, Sept. 20 for the 3rd annual Anderson/Stavn Invite. The meet begins at 1 p.m. and the boys and girls course layout will also be used for next month's WDA Championships, Saturday, Oct. 11.

### Rewind

BHS: 1st at Kiwanis Classic; Century: 1st at Andrew Nelson Memorial Classic, 5th at Kiwanis; Dickinson: 4th at Mandan Kiwanis Classic; Jamestown: 1st at Lisbon Dead Colt Meet; Legacy: 3rd (JV) at Kiwanis Classic; Mandan: 8th at Kiwanis Classic; Minot: 3rd at Kiwanis Classic; TMCHS: DNP (JV) at Kiwanis Classic; Williston: 6th at Kiwanis Classic

### Cool Down

The Anderson/Stavn Invite was not held last year...Century won the Andrew Nelson Memorial Classic in Fargo on Sept. 11...Jamestown won the Lisbon Dead Colt Meet on Sept. 13...BHS Sam Clausnitzer has won his first three races...Five WDA runners are currently ranked in the top 10 poll.

### Poll Position

No change at the top of the Class A poll. Bismarck High remains No. 1.

Team poll: 1. BHS; 2. Century; 3. Fargo Davies; 4. G.F. Red River; 5. Minot

Individual poll: Sam Clausnitzer, BHS; 2. Jackson Binstock, Dickinson; 3. Leif Larsen, G.F. Central; 4. Nils Aardahl, BHS; 5. Hunter Lucas, F. Davies; 6. Evan Kottick, F. Davies; 7. Tom Clausnitzer, BHS; 8. Jacob Henne, F. Davies; 9. Ty Boucher, G.F. Red River; 10. Devan Shumway, Williston.

### Team of the week: Century

The Patriots competed in two meets last week, winning the Andrew Nelson Memorial Classic in Fargo on Sept. 11. and then taking fifth at the Mandan Kiwanis Classic on Sept. 13.

### Team Notes

#### Bismarck High

The Demons continued to show its talent and depth, taking the team title at the Mandan Kiwanis Classic on Sept. 13. The team's top five runners finished in the top 10. Sam Clausnitzer won another race, completing the 5,000 meters in a time of 15:39.07. Nils Aardahl was fifth in a time of 16:34.02. Tom Clausnitzer, sixth, 16:36.34; Matt Bakken, ninth, 16:53.60; and Stuart Wolf, 10th, 16:56.42 rounded out the top five. Two other runners, Sam Markle and Taylor Wescom, finished in the top 20. BHS had a team score of 31. BHS will next compete at the Anderson/Stavn Invite on Sept. 20. BHS is the defending champion. S. Clausnitzer is the Demons' top returning finisher from the last time the meet was held, 2012. He finished 13th in a time of 16:56.03. Three Demon runners are currently ranked in the individual coaches' poll. S. Clausnitzer, 1st; Nils Aardahl, 4th; Tom Clausnitzer, 7th.

#### Century

The Patriots competed in two meets last week, winning the Andrew Nelson Memorial Classic in Fargo on Sept. 11 and then placing fifth at the Mandan Kiwanis Classic. At the Nelson Classic, Ryan Fetch finished seventh in a time of 16:39. Alexander Lutz

was 10th, 16:54; Joseph Wolfe, 11th, 16:56; Jamison Dietrich, 12th; and Brennan Tyler, 13th, 16:58. At Kiwanis Classic, Joseph Felton posted a team-best 27th place finish. He completed the course in 17:49.64. Rounding out the top five finishers: 29. Kyland Ziegler, 17:58.71; 30. Kalen Two Crow, 18:01.45; 35. Tory Bergan, 18:11.39; and 36. Loren Sether, 18:13.29. The Patriots will next compete at the Bismarck Anderson/Stavn Invite on Sept. 20. Century placed third the last time the event was

#### This week's meets

##### Saturday, Sept. 20

Bismarck Anderson/Stavn Invite, 1 p.m. McDowell Dam Recreation Area, east of Bismarck

#### Last week's meets

##### Sept. 11

##### Andrew Nelson Memorial Classic, Fargo

##### Team totals (5,000 meters)

1. Century, 52; 2. Fargo Davies, 55; 3. G.F. Red River, 90; 4. Fargo North, 134; 5. West Fargo, 135; 6. G.F. Central, 143; 7. West Fargo Sheyenne, 179; 8. Fargo Shanley-Oak Grove, 201; 9. Fargo South, 281; 10. Northern Cass, 314; 11. Valley City, 315

**Individual champion:** Leif Larsen, GF Central, 15:58

##### Top 10

1. Leif Larsen, GFC, 15:58; 2. Hunter Lucas, F. Davies, 16:11; 3. Evan Kottick, F. Davies, 16:17; 4. Ty Boucher, GFRR, 16:29; 5. Jacob Henne, F. Davies, 16:30; 7. Ryan Fetch, Cent., 16:39; 8. David Hettich, GFC, 16:41; 9. Mason Stenehjem, Cent., 16:52; 10. Alexander Luz, F. North, 16:54

##### WDA Team results (Top 5)

##### Century

7. Ryan Fetch, 16:39; 9. Mason Stenehjem, 16:52; 11. Joseph Wolfe, 16:56; 12. Jamison Dietrich, 16:56; 13. Brennan Tyler, 16:58

##### Sept. 13

##### Mandan Kiwanis Classic

##### Team totals (5,000 meters)

1. Bismarck High, 31; 2. New Town, 103; 3. Minot, 138; 4. Dickinson, 155; 5. Century, 157; 6. Williston, 170; 8. Dawson Co., MT, 228; 8. Mandan, 264; 9. Medina, 283; 10. Bowman Co., 300; 11. Beulah-Hazen, 337; 12. Southern McLean, 390

##### Sept. 13

The Blue Jays won the team title at the Lisbon Dead Colt Meet on Sept. 13. Jamestown posted a team score of 23 and had five runners finish in the top 10. Junior Kyle Schumacher won the event, finishing the 5,000 meter course in 17:21. Leo Fremgen was second in time of 18:11. Justus Naumann was fifth, 18:52; Cole Burkle, sixth, 19:02; and Luke Bowman, ninth, 19:18. The Blue Jays will next compete at the Bismarck Anderson/Stavn Invite on Sept. 20. Jamestown finished sixth the last time the event was held, 2012. K. Schumacher paced the Blue Jays that day, finishing 25th in a time of 17:25.47.

##### Jamestown

The Blue Jays won the team title at the Lisbon Dead Colt Meet on Sept. 13. Jamestown posted a team score of 23 and had five runners finish in the top 10. Junior Kyle Schumacher won the event, finishing the 5,000 meter course in 17:21. Leo Fremgen was second in time of 18:11. Justus Naumann was fifth, 18:52; Cole Burkle, sixth, 19:02; and Luke Bowman, ninth, 19:18. The Blue Jays will next compete at the Bismarck Anderson/Stavn Invite on Sept. 20. Jamestown finished sixth the last time the event was held, 2012. K. Schumacher paced the Blue Jays that day, finishing 25th in a time of 17:25.47.

##### Legacy

The Sabers' top two runners compete in the varsity division and Beau Brannan was 15th overall. He completed the 5,000 meters in 17:03.70. Thomas

## 2014 Schedule/Results

**Individual champion:** Sam Clausnitzer, BHS, 15:39.07

#### Top 10

1. Sam Clausnitzer, BHS, 15:39.07; 2. Ryan Wheeling, NT, 15:53.55; 3. Jackson Binstock, Dick., 16:04.62; 4. Elliott Stone, Shi. Chris., 16:27.02; 5. Nils Aardahl, BHS, 16:34.02; 6. Tom Clausnitzer, BHS, 16:36.34; 7. Devan Shumway, Will., 16:43.92; 8. Jaden Wahlund, Min., 16:48.30; 9. Matt Bakken, BHS, 16:53.60; 10. Stuart Wolf, BHS, 16:56.42.

#### WDA team results (Top 5 runners)

##### Bismarck High

1. Sam Clausnitzer, BHS, 15:39.07; 5. Nils Aardahl, BHS, 16:34.02; 6. Tom Clausnitzer, BHS, 16:36.34; 9. Matt Bakken, BHS, 16:53.60; 10. Stuart Wolf, BHS, 16:56.42.

##### Minot

8. Jaden Wahlund, 16:48.30; 19. Christopher Stock, 17:19.71; 32. Tyler Kruthof, 18:04.20; 45. Thor Nelson, 18:21.57; 47. Keston Van Dusen, 18:23.74

##### Dickinson

3. Jackson Binstock, 16:04.62; 17. Collin Shock, 17:07.30; 42. Wyatt Kainz, 18:18.71; 49. Ian George, 18:25.40; 64. Kyle Wegner, 19:03.93

##### Century

27. Joseph Felton, 17:49.64; 29. Kyland Ziegler, 17:58.71; 30. Kalen Two Crow, 18:01.45; 35. Tory Bergan, 18:11.39; 36. Loren Sether, 18:13.29

##### Williston

7. Devan Shumway, 16:43.92; 13. Leif Everson, 16:58.83; 37. Keaton Mack, 18:15.84; 54. Matt Cohoe, 18:37.10; 59. Logan Jorgenson, 18:49.57

##### Mandan

18. Bryce Andresen, 17:15.10; 48. Luke Peterson, 18:24.43; 58. Ryan Zachmeier, 18:47.59; 67. Lan-

don Kleingartner, 19:14.67; 73. Trajon Viegen, 19:23.24

#### Legacy

15. Beau Brannan, 17:03.70; 25. Thomas Tieszen, 17:37.51; (JV) 3. Jack Markle, 18:12.79; (JV) 9. Braden Gilbertson, 18:33.41; (JV) 20. Carter Scott, 19:31.88.

#### TMCHS (Belcourt)

(JV) 11. Jacob Jensen, 18:40.36; 35. Riley Larocque, 20:24.67; 81. Seth Laducer 22:35.06;

#### Sept. 13

##### Lisbon Dead Colt Meet

##### Team totals (5,000 meters)

1. Jamestown, 23; 2. Lisbon, 88; 3. Griggs Co. Central, 107; 4. Central Cass, 121; 5. Northern Cass, 140; 7. Sargent Central-L, 150; 7. Mayville-P-C-G, 155; 8. Richland, 211.

**Individual champion:** Kyle Schumacher, Jam., 17:21.

#### Top 10

1. Kyle Schumacher, Jam., 17:21; 2. Leo Fremgen, Jam., 18:11; 3. James Hollister, NC, 18:35; 4. Taylor Goettie, Lisbon, 18:51; 5. Justus Naumann, Jam., 18:52; 6. Cole Burkle, Jam., 19:02; 7. Alex Henton, GCC, 19:05; 8. Tristan Nelson, MPCC, 19:17; 9. Luke Bowman, Jam., 19:18; 10. Thomas Merher, SCL, 19:20

##### WDA team results (Top 5 runners)

##### Jamestown

1. Kyle Schumacher, Jam., 17:21; 2. Leo Fremgen, Jam., 18:11; 3. Justus Naumann, Jam., 18:52; 6. Cole Burkle, Jam., 19:02; 9. Luke Bowman, Jam., 19:18.

held, 2012. R. Fetch is the top returning Patriot runner from that race. He finished ninth in a time of 16:41.03.

#### Dickinson

The Midgets finished fourth at the Mandan Kiwanis Classic on Sept. 13. Senior Jackson Binstock placed third, completing the 5,000 meters in a time of 16:04.62. Collin Schock also placed in the top 20, taking 17th in 17:07.30. Rounding out the top five runners: 42. Wyatt Kainz, 18:18.71; 49. Ian George, 18:25.40; and 64. Kyle Wegner, 19:03.93. The Midgets will next compete at the Bismarck Anderson/Stavn Invite on Sept. 20. J. Binstock placed third the last time the event was held in 2012. He completed the course in 16:04.45. Binstock continues to be ranked in the latest coaches' poll. He is second.

#### Jamestown

The Blue Jays won the team title at the Lisbon Dead Colt Meet on Sept. 13. Jamestown posted a team score of 23 and had five runners finish in the top 10. Junior Kyle Schumacher won the event, finishing the 5,000 meter course in 17:21. Leo Fremgen was second in time of 18:11. Justus Naumann was fifth, 18:52; Cole Burkle, sixth, 19:02; and Luke Bowman, ninth, 19:18. The Blue Jays will next compete at the Bismarck Anderson/Stavn Invite on Sept. 20. Jamestown finished sixth the last time the event was held, 2012. K. Schumacher paced the Blue Jays that day, finishing 25th in a time of 17:25.47.

#### Legacy

The Sabers' top two runners compete in the varsity division and Beau Brannan was 15th overall. He completed the 5,000 meters in 17:03.70. Thomas

Tieszen was 25th in a time of 17:37.71. The other members competed in the JV division. The top runner in that meet was Jack Markle, placing 3rd. He finished the 5K in 18:12.79. Braden Gilbertson, ninth, 18:33.41; and Carter Scott, 20th, 19:31.88; rounded Legacy's top five runners. The Sabers will next compete at the Bismarck Anderson/Stavn Invite on Sept. 20.

#### Mandan

The Braves placed eighth at their home meet, the Kiwanis Classic, on Sept. 13. Senior Bryce Andresen finished 18th in a time of 17:15.10. Luke Peterson was next, finishing 48th in a time of 18:24.43. Rounding out the top five runners: 58. Ryan Zachmeier, 18:47.59; 67. Landon Kleingartner, 19:14.67; and 73. Trajon Viegen, 19:23.24. The Braves will next compete at the Bismarck Anderson/Stavn Invite on Sept. 20. Mandan placed fourth the last time the event was held, 2012. B. Andresen is the top returner from that meet, finishing 33rd in a time of 17:36.68.

#### Minot

The Magicians were third at the Mandan Kiwanis Classic on Sept. 13. Two runners were in the top 20 led by Jaden Wahlund, who placed eighth in a time of 16:48.30. Christopher Stock was 19th in time of 17:19.71. Rounding out the top five runners: 32. Tyler Kruthof, 18:04.20; 45. Thor Nelson, 18:21.57; 47. Keston Van Dusen, 18:23.74. The Magi will next compete at the Bismarck Anderson/Stavn Invite on Sept. 20.

#### TMCHS (Belcourt)

The Braves had three runners compete in the JV division of the Mandan Kiwanis Classic on Sept. 13. Jacob Jensen was 11th. He completed the 5,000

meter course in 18:40.36. Riley Larocque was 35th in a time of 20:24.67. Seth Laducer was 81st in a time of 22:35.06. TMCHS is scheduled to run in the Anderson/Stavn Invite on Sept. 20. The Braves placed seventh in the JV division the last time the race was held, 2012.

#### Williston

The Coyotes finished sixth at the Mandan Kiwanis Classic on Sept. 13. Two Williston runners finished in the top 20. Devan Shumway was seventh overall in a time of 16:43.92. Leif Everson was 13th in a time of 16:58.83. The squad's other three top runners were: 37. Keaton Mack, 18:15.84; 54. Matt Cohoe, 18:37.10; and 59. Logan Jorgenson, 18:49.57. Williston will next compete at the Anderson/Stavn Invite on Sept. 20. The squad finished second the last time the event was held, 2012. D. Shumway is the Coyotes' top returning runner from that race. He was 15th in a time of 17:04.94. D. Shumway is currently ranked 10th in this week's coaches' poll.



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**Bismarck High Century Dickinson Jamestown Legacy Mandan Minot St. Mary's TMCHS Williston**



## Boys Cross Country (Sept. 7-13)

### Starting Line

Nine WDA teams will compete at the Mandan Kiwanis Classic on Saturday, Sept. 13. The course, initially, was going to host this year's WDA Championships. Jamestown will compete in the Lisbon Invite.

### Rewind

BHS: 1st at Becki Wells Invite; Century: 3rd at Becki Wells Invite; Dickinson: 5th at Becki Wells Invite; Jamestown: 6th at West Fargo Invite; Legacy: DNP at Becki Wells Invite; Mandan: 8th eighth at Becki Wells Invite; Minot: 4th at Becki Wells Invite; TMCHS: DNP at Becki Wells Invite; Williston: 6th at Becki Wells Invite

### Cool Down

Five different WDA teams had a runner finish in the top at the Becki Wells Invite...Sam Clausnitzer was the fourth different BHS runner to win the Becki Wells Invite in as many years...Six WDA runners occupy positions in the top 10 coaches' rankings.

### Poll Position

Bismarck High stayed at No. 1 in the latest coaches' poll. Fargo Davies is second followed by Century in third; G.F. Red River, fourth; and G.F. Central, fifth. In the individual rankings, BHS junior Sam Clausnitzer continues to hold down the top spot. Here are the rest of the rankings: 2. Jackson Binstock, Dickinson; 3. Leif Larsen, G.F. Central; 4. Evan Kottick, Davies; 5. Tom Clausnitzer, BHS; 6. Jacob Henne, Davies; 7. Matt Bakken, BHS; 8. Hunter Lucas, Davies; 9. Leif Everson, Williston; 10. Jaden Wahlund, Minot.

### Team of the week: Bismarck High

The Demon express continues, winning the Becki Wells Invite. BHS had three runners in the top 10 and six in the top 20. Sam Clausnitzer won the individual title.

### Team Notes

#### Bismarck High

The Demons continued its winning ways, winning the Becki Wells Invite in Dickinson on Sept. 6 with a 38 team score. Three runners were in the top 10, including Sam Clausnitzer, who won the 5,000 meter race in a time of 15:35.17. Clausnitzer is currently ranked No. 1 in the latest coaches' poll. Cousin, Tom Clausnitzer, was next for the Demons, finishing sixth in a time of 16:16.65. Matt Bakken was seventh in a time of 16:28.09. Rounding out the top five for BHS was Nils Aardahl, 11th, 16:39.32; Sam Markle, 13th, 16:48.46. BHS had six runners in the top 20. In addition to S. Clausnitzer, T. Clausnitzer and M. Bakken are also ranked in the latest coaches' poll, fifth and seventh, respectively. BHS will next compete in the Mandan Kiwanis Classic. The Demons won the team title in 2013. S. Clausnitzer is the team's top returner from the meet, finishing third. T. Clausnitzer was seventh.

#### Century

The Patriots finished third at the Becki Wells Invite on Sept. 6. Two runners finished in the top 20. Ryan Fetsch was 15th in a time of 16:50.65. Andrew Kohler was right behind in 16th in a time of 16:53.19. Rounding out the top five scorers: 22. Jamison Dietrich, 17:06.71; 26. Mason Stenehjelm, 17:16.16; 27. Joseph Wolfe, 17:17.82.

#### This week's meets

##### Tuesday, Sept. 9

TMCHS Invite, 3:30 p.m., Dunseith G.C.

##### Saturday, Sept. 13

Lisbon Invite, 11 a.m.

Mandan Kiwanis Classic, 1 p.m., Mandan Municipal G.C.

#### Last week's meets

##### Sept. 6

##### Becki Wells Invite (Dickinson)

##### Team totals (5,000 meters)

1. Bismarck High, 38; 2. New Town, 93; 3. Century, 106; 4. Minot, 159; 5. Dickinson, 160; 6. Williston, 187; 7. Dawson Co., MT, 228; 8. Mandan, 268; 9. Southern McLean Co., 374; **Individual champion:** Sam Clausnitzer, BHS, 15:35.17

##### Top 10

1. Sam Clausnitzer, BHS, 15:35.17; 2. Ryan Wheeling, NT, 15:42.35; 3. Jalen Chase, NT, 15:55.21; 4. Jackson Binstock, Dick., 16:06.70; 5. Elliott Stone, Shiloh Chris, 16:16.41; 6. Tom Clausnitzer, BHS, 16:16.65; 7. Matt Bakken, BHS, 16:28.09; 8. Leif Everson, Will., 16:34.58; 9. Beau Brannan, Leg., 16:37.97; 10. Jaden Wahlund, Min., 16:38.54

#### WDA Team results (Top 5 runners)

##### Bismarck High

1. Sam Clausnitzer, 15:35.17; 6. Tom Clausnitzer,

The Patriots will compete in the Mandan Kiwanis Classic. The squad was second at the meet last year. A. Kohler was the top finisher for Century that day, placing 11th.

#### Dickinson

The Midgets placed fifth in their home meet, the Becki Wells Invite on Sept. 6. Senior Jackson Binstock was fourth overall, finishing the 5,000 meter course in a time of 16:06.70. It was the third year in a row he finished in the top four at the meet. One other Dickinson runner cracked the top 20. Collin Schock was 19th in a time of 17:01.45. Rounding out the top five scorers: 39. Jamie Smith, 17:55.29; 44. Dakota Mansfield, 18:11.76; 54. Wyatt Kainz, 18:33.92. J. Binstock is ranked second in this week's coaches' poll. Dickinson will next run in the Mandan Kiwanis Classic. J. Binstock won the individual title and the Midgets were sixth overall.

#### Jamestown

The Blue Jays finished sixth at the West Fargo Invite held in neighboring Moorhead, MN on Sept. 6. The Blue Jays were the only WDA team competing. Junior Kyle Schumacher finished eighth. He completed the 5,000 meter course in 17:17. Leo Fremgen also was a top 20 finisher, taking 19th in a time of 18:06. Rounding out the top five: 35. Luke Bowman, 18:47.40. Justus Naumann, 19:05; 44. Dan Reimers, 19:59. Jamestown will next compete in the Lisbon Invite on Sept. 13.

#### Legacy

The Sabers competed in the Becki Wells Invite on Sept. 6. The squad had two runners compete in the varsity meet while others took part in the JV division.

## 2014 Schedule/Results

16:16.65; 7. Matt Bakken, 16:28.09; 11. Nils Aardahl, 16:39.32; 13. Sam Markle, 16:48.46

#### Century

15. Ryan Fetch, 16:50.65; 16. Andrew Kohler, 16:53.19; 22. Jamison Dietrich, 17:06.71; 26. Mason Stenehjelm, 17:16.16; 27. Joseph Wolfe, 17:17.82

#### Minot

10. Jaden Wahlund, 16:38.54; 18. Christopher Stock, 17:01.07; 40. Austin Keller, 18:00.83; 43. Keston Van Dusen, 18:09.32; 48. Harrison Foltz, 18:19.45.

#### Dickinson

4. Jackson Binstock, 16:06.70; 19. Collin Schock, 17:01.45; 39. Jamie Smith, 17:55.29; 44. Dakota Mansfield, 18:11.76; 54. Wyatt Kainz, 18:33.92.

#### Williston

8. Leif Everson, 16:34.58; 12. Devan Shumway, 16:46.54; 45. Keaton Mack, 18:12.37; 56. Matt Cohoe, 18:40.59; 66. Ethan Ackman, 19:03.75

Mandan  
23. Bryce Andresen, 17:06.91; 55. Landon Kleingartner, 18:34.20; 47. Luke Peterson, 18:15.79; 69. Trajon Viegen, 19:16.24; 74. Ryan Zachmeier, 19:32.93.

#### Legacy

9. Beau Brannan, 16:37.97; 31. Thomas Tieszen, 17:32.66.

#### TMCHS (Belcourt)

(JV) 17. Jacob Jensen, 18:42.38; (JV) 73. Riley Laducer, 21:46.09;

#### Sept. 6

##### West Fargo Invite

##### Team totals (5,000 meters)

1. Fargo Davies, 35; 2. G.F. Red River, 78; 3. West Fargo, 100; 4. G.F. Central, 122; 5. Fargo North, 136; 6. Jamestown, 146; 7. West Fargo Sheyenne, 150; 8. Fargo Shanley-Oak Grove, 179; 9. Wahpeton, 305.

**Individual winner:** Leif Larson, G.F. Central, 16:31

##### Top 10

1. Leif Larson, GFC, 16:31; 2. Evan Kottick, Dvaies, 16:31; 3. Jacob Henne, Davies, 16:42.26; 4. Hunter Lucas, Davies, 16:47; 5. David Hettich, GFC, 16:51; 6. Parker Rosenau, WF, 17:00; 7. Ty Boucher, GFR, 17:10; 8. Kyle Schumacher, Jamestown, 17:17. 9. David Dowdell, FN, 17:29; 10. Alex Skaare, Davies, 17:31.

##### WDA Team results (Top 5 runners)

##### Jamestown

8. Kyle Schumacher, 17:17; 19. Leo Fremgen, 18:06. 35. Luke Bowman, 18:47. 40. Justus Naumann, 19:05; 44. Dan Reimers, 19:59.

Jacob Jensen was 17th. He completed the 5,000 meter course in 18:42.38. Riley Laducer was 73rd in a time of 21:46.09. The Braves will compete in the Mandan Kiwanis Classic. TMCHS was eighth in the JV/Class B division. Eli Laducer was the top placewinner, finishing 44th.

#### Williston

The Coyotes placed sixth at the Becki Wells Invite in on Sept. 6. Two Williston runners finished in the top 12 in the 5,000 meter event. Leif Everson was eighth in a time of 16:34.58. Devan Shumway was 12th in a time of 16:46.54. Rounding out the top five runners: 45. Keaton Mack, 18:12.37; 56. Matt Cohoe, 18:40.59; 66. Ethan Ackman, 19:03.75. Everson is currently ranked ninth in the latest coaches' poll. Williston will next run in the Mandan Kiwanis Classic. The Coyotes were fourth at the meet in 2013. D. Shumway is the top returner from that race, placing ninth.

#### Mandan

The Braves were eighth at the Becki Wells Invite on Sept. 6. Senior Bryce Andresen again led the squad, finishing 23rd. He completed the 5,000 meter course in 17:06.91. Luke Peterson was 47th in a time of 18:15.79. Rounding out the top five scorers: 55. Landon Kleingartner, 18:34.30; 69. Trajon Viegen, 19:16.24; 74. Ryan Zachmeier, 19:32.93. The Braves will host the Mandan Kiwanis Classic on Sept. 13. Mandan finished seventh last season. Ryan Zachmeier is the top returning runner from that meet, finishing 54th.

#### Minot

The Magicians placed fourth at the Becki Wells Invite on Sept. 6. Two Minot runners were in the top 20 led by Jaden Wahlund's 10th place showing. He finished the 5,000 meter course in 16:38.54. Christopher Stock was 18th in a time of 17:01.07. Rounding out the top five scorers: 40. Austin Keller, 18:00.83; 43. Keston Van Dusen, 18:09.32; 48. Harrison Foltz, 18:19.45. J. Wahlund is rated 10th in this week's coaches' rankings. Minot will next run at the Mandan Kiwanis Classic. The Magi were third a season ago. J. Wahlund is the top returner from that meet, finishing 22nd.

#### TMCHS (Belcourt)

The Braves participated in the Becki Wells Invite on Sept. 6. Two runners competed in the JV division.



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### Starting Line

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### Cool Down

Five different WDA teams had a runner finish in the top at the Becki Wells Invite...Sam Clausnitzer was the fourth different BHS runner to win the Becki Wells Invite in as many years...Six WDA runners occupy positions in the top 10 coaches' rankings.

### Poll Position

Bismarck High stayed at No. 1 in the latest coaches' poll. Fargo Davies is second followed by Century in third; G.F. Red River, fourth; and G.F. Central, fifth. In the individual rankings, BHS junior Sam Clausnitzer continues to hold down the top spot. Here are the rest of the rankings: 2. Jackson Binstock, Dickinson; 3. Leif Larsen, G.F. Central; 4. Evan Kottick, Davies; 5. Tom Clausnitzer, BHS; 6. Jacob Henne, Davies; 7. Matt Bakken, BHS; 8. Hunter Lucas, Davies; 9. Leif Everson, Williston; 10. Jaden Wahlund, Minot.

### Team of the week: Bismarck High

The Demon express continues, winning the Becki Wells Invite. BHS had three runners in the top 10 and six in the top 20. Sam Clausnitzer won the individual title.

### Team Notes

#### Bismarck High

The Demons continued its winning ways, winning the Becki Wells Invite in Dickinson on Sept. 6 with a 38 team score. Three runners were in the top 10, including Sam Clausnitzer, who won the 5,000 meter race in a time of 15:35.17. Clausnitzer is currently ranked No. 1 in the latest coaches' poll. Cousin, Tom Clausnitzer, was next for the Demons, finishing sixth in a time of 16:16.65. Matt Bakken was seventh in a time of 16:28.09. Rounding out the top five for BHS was Nils Aardahl, 11th, 16:39.32; Sam Markle, 13th, 16:48.46. BHS had six runners in the top 20. In addition to S. Clausnitzer, T. Clausnitzer and M. Bakken are also ranked in the latest coaches' poll, fifth and seventh, respectively. BHS will next compete in the Mandan Kiwanis Classic. The Demons won the team title in 2013. S. Clausnitzer is the team's top returner from the meet, finishing third. T. Clausnitzer was seventh.

#### Century

The Patriots finished third at the Becki Wells Invite on Sept. 6. Two runners finished in the top 20. Ryan Fetsch was 15th in a time of 16:50.65. Andrew Kohler was right behind in 16th in a time of 16:53.19. Rounding out the top five scorers: 22. Jamison Dietrich, 17:06.71; 26. Mason Stenehjelm, 17:16.16; 27. Joseph Wolfe, 17:17.82.

#### This week's meets

##### Tuesday, Sept. 9

TMCHS Invite, 3:30 p.m., Dunseith G.C.

##### Saturday, Sept. 13

Lisbon Invite, 11 a.m.

Mandan Kiwanis Classic, 1 p.m., Mandan Municipal G.C.

#### Last week's meets

##### Sept. 6

#### Becki Wells Invite (Dickinson)

##### Team totals (5,000 meters)

1. Bismarck High, 38; 2. New Town, 93; 3. Century, 106; 4. Minot, 159; 5. Dickinson, 160; 6. Williston, 187; 7. Dawson Co., MT, 228; 8. Mandan, 268; 9. Southern McLean Co., 374; **Individual champion:** Sam Clausnitzer, BHS, 15:35.17

##### Top 10

1. Sam Clausnitzer, BHS, 15:35.17; 2. Ryan Wheeling, NT, 15:42.35; 3. Jalen Chase, NT, 15:55.21; 4. Jackson Binstock, Dick., 16:06.70; 5. Elliott Stone, Shiloh Chris, 16:16.41; 6. Tom Clausnitzer, BHS, 16:16.65; 7. Matt Bakken, BHS, 16:28.09; 8. Leif Everson, Will., 16:34.58; 9. Beau Brannan, Leg., 16:37.97; 10. Jaden Wahlund, Min., 16:38.54

#### WDA Team results (Top 5 runners)

##### Bismarck High

1. Sam Clausnitzer, 15:35.17; 6. Tom Clausnitzer,

The Patriots will compete in the Mandan Kiwanis Classic. The squad was second at the meet last year. A. Kohler was the top finisher for Century that day, placing 11th.

#### Dickinson

The Midgets placed fifth in their home meet, the Becki Wells Invite on Sept. 6. Senior Jackson Binstock was fourth overall, finishing the 5,000 meter course in a time of 16:06.70. It was the third year in a row he finished in the top four at the meet. One other Dickinson runner cracked the top 20. Collin Schock was 19th in a time of 17:01.45. Rounding out the top five scorers: 39. Jamie Smith, 17:55.29; 44. Dakota Mansfield, 18:11.76; 54. Wyatt Kainz, 18:33.92. J. Binstock is ranked second in this week's coaches' poll. Dickinson will next run in the Mandan Kiwanis Classic. J. Binstock won the individual title and the Midgets were sixth overall.

#### Jamestown

The Blue Jays finished sixth at the West Fargo Invite held in neighboring Moorhead, MN on Sept. 6. The Blue Jays were the only WDA team competing. Junior Kyle Schumacher finished eighth. He completed the 5,000 meter course in 17:17. Leo Fremgen also was a top 20 finisher, taking 19th in a time of 18:06. Rounding out the top five: 35. Luke Bowman, 18:47.40. Justus Naumann, 19:05; 44. Dan Reimers, 19:59. Jamestown will next compete in the Lisbon Invite on Sept. 13.

#### Legacy

The Sabers competed in the Becki Wells Invite on Sept. 6. The squad had two runners compete in the varsity meet while others took part in the JV division.

## 2014 Schedule/Results

16:16.65; 7. Matt Bakken, 16:28.09; 11. Nils Aardahl, 16:39.32; 13. Sam Markle, 16:48.46

#### Century

15. Ryan Fetch, 16:50.65; 16. Andrew Kohler, 16:53.19; 22. Jamison Dietrich, 17:06.71; 26. Mason Stenehjelm, 17:16.16; 27. Joseph Wolfe, 17:17.82

#### Minot

10. Jaden Wahlund, 16:38.54; 18. Christopher Stock, 17:01.07; 40. Austin Keller, 18:00.83; 43. Keston Van Dusen, 18:09.32; 48. Harrison Foltz, 18:19.45.

#### Dickinson

4. Jackson Binstock, 16:06.70; 19. Collin Schock, 17:01.45; 39. Jamie Smith, 17:55.29; 44. Dakota Mansfield, 18:11.76; 54. Wyatt Kainz, 18:33.92.

#### Williston

8. Leif Everson, 16:34.58; 12. Devan Shumway, 16:46.54; 45. Keaton Mack, 18:12.37; 56. Matt Cohoe, 18:40.59; 66. Ethan Ackman, 19:03.75

#### Mandan

23. Bryce Andresen, 17:06.91; 55. Landon Kleingartner, 18:34.20; 47. Luke Peterson, 18:15.79; 69. Trajon Viegen, 19:16.24; 74. Ryan Zachmeier, 19:32.93.

#### Legacy

9. Beau Brannan, 16:37.97; 31. Thomas Tieszen, 17:32.66.

#### TMCHS (Belcourt)

(JV) 17. Jacob Jensen, 18:42.38; (JV) 73. Riley Laducer, 21:46.09;

#### Sept. 6

##### West Fargo Invite

##### Team totals (5,000 meters)

1. Fargo Davies, 35; 2. G.F. Red River, 78; 3. West Fargo, 100; 4. G.F. Central, 122; 5. Fargo North, 136; 6. Jamestown, 146; 7. West Fargo Sheyenne, 150; 8. Fargo Shanley-Oak Grove, 179; 9. Wahpeton, 305.

**Individual winner:** Leif Larson, G.F. Central, 16:31

##### Top 10

1. Leif Larson, GFC, 16:31; 2. Evan Kottick, Dvaies, 16:31; 3. Jacob Henne, Davies, 16:42.26; 4. Hunter Lucas, Davies, 16:47; 5. David Hettich, GFC, 16:51; 6. Parker Rosenau, WF, 17:00; 7. Ty Boucher, GFR, 17:10; 8. Kyle Schumacher, Jamestown, 17:17. 9. David Dowdell, FN, 17:29; 10. Alex Skaare, Davies, 17:31.

##### WDA Team results (Top 5 runners)

##### Jamestown

8. Kyle Schumacher, 17:17; 19. Leo Fremgen, 18:06. 35. Luke Bowman, 18:47. 40. Justus Naumann, 19:05; 44. Dan Reimers, 19:59.

sion. Beau Brannan led Legacy with a ninth place performance in the varsity race. He finished the 5,000 meter course in 16:37.97. Thomas Tieszen was 31st in a time of 16:37.97. The Sabers will run in the Mandan Kiwanis Classic.

#### Mandan

The Braves were eighth at the Becki Wells Invite on Sept. 6. Senior Bryce Andresen again led the squad, finishing 23rd. He completed the 5,000 meter course in 17:06.91. Luke Peterson was 47th in a time of 18:15.79. Rounding out the top five scorers: 55. Landon Kleingartner, 18:34.30; 69. Trajon Viegen, 19:16.24; 74. Ryan Zachmeier, 19:32.93. The Braves will host the Mandan Kiwanis Classic on Sept. 13. Mandan finished seventh last season. Ryan Zachmeier is the top returning runner from that meet, finishing 54th.

#### Minot

The Magicians placed fourth at the Becki Wells Invite on Sept. 6. Two Minot runners were in the top 20 led by Jaden Wahlund's 10th place showing. He finished the 5,000 meter course in 16:38.54. Christopher Stock was 18th in a time of 17:01.07. Rounding out the top five scorers: 40. Austin Keller, 18:00.83; 43. Keston Van Dusen, 18:09.32; 48. Harrison Foltz, 18:19.45. J. Wahlund is rated 10th in this week's coaches' rankings. Minot will next run at the Mandan Kiwanis Classic. The Magi were third a season ago. J. Wahlund is the top returner from that meet, finishing 22nd.

#### TMCHS (Belcourt)

The Braves participated in the Becki Wells Invite on Sept. 6. Two runners competed in the JV division.

Jacob Jensen was 17th. He completed the 5,000 meter course in 18:42.38. Riley Laducer was 73rd in a time of 21:46.09. The Braves will compete in the Mandan Kiwanis Classic. TMCHS was eighth in the JV/Class B division. Eli Laducer was the top placewinner, finishing 44th.

#### Williston

The Coyotes placed sixth at the Becki Wells Invite in on Sept. 6. Two Williston runners finished in the top 12 in the 5,000 meter event. Leif Everson was eighth in a time of 16:34.58. Devan Shumway was 12th in a time of 16:46.54. Rounding out the top five runners: 45. Keaton Mack, 18:12.37; 56. Matt Cohoe, 18:40.59; 66. Ethan Ackman, 19:03.75. Everson is currently ranked ninth in the latest coaches' poll. Williston will next run in the Mandan Kiwanis Classic. The Coyotes were fourth at the meet in 2013. D. Shumway is the top returner from that race, placing ninth.





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**Bismarck High Century Dickinson Jamestown Legacy Mandan Minot St. Mary's TMCHS Williston**



## Boys Cross Country (Aug. 31-Sept. 6)

### Starting Line

Several WDA teams will compete this week at the Becki Wells Invite on Saturday, Sept. 6 at Dickinson's Heart River Golf Course. Jamestown, meanwhile, will compete in Moorhead, MN at the West Fargo Invite. TMCHS will host its meet on Sept. 9.

### Rewind

BHS won the Rusty Bucket Meet; Century was second at the Rusty Bucket Meet; Dickinson was idle; Jamestown was second at the Valley City University Invite; Legacy was third at the Rusty Bucket Meet; Mandan was fourth at the Rusty Bucket Meet; Minot was fourth at the Grand Forks Invitational; TMCHS (Belcourt) was idle; Williston was second at the Bowman Invite.

### Cool Down

Bismarck High won its 11th straight Rusty Bucket Meet title...WDA teams competed in four different meets last week.

### Poll Position

Bismarck High remained No. 1 in the latest coaches' poll. Century moved back in the poll in the third position. Dickinson and Minot received votes. 1. Bismarck; 2. F. Davies; 3. Century; 4. G.F. Red River; 5. G.F. Central...In the individual rankings, six WDA runners are ranked. Sam Clausnitzer, BHS, remains No. 1; Jackson Binstock, Dickinson, second; Nils Aardahl, BHS, fifth; Jaden Wahlund, Minot, sixth; Sam Markle BHS, seventh; Tom Clausnitzer, BHS, ninth.

### Team of the week: Williston

The Coyotes had an impressive start to the season, finishing runner-up at the Bowman Invite on Aug. 28. Four Williston runners finished in the top 20, including two in the top five.

### Team Notes

#### Bismarck High

The Demons won their 11th consecutive Rusty Bucket Meet title on Aug. 28. Junior Sam Clausnitzer was the individual champion. He completed the 5,000 meter course in a time of 16:24.96. BHS took the top five spots and had 11 runners place in the top 20. Nils Aardahl was runner-up in a time of 16:57.66. Sam Markle, third, 16:59.52; Matt Bakken, fourth, 17:01.72; Stu Wolf, fifth, 17:13.60. The Demons will next compete at the Becki Wells Invite. S. Clausnitzer, Nils Aardahl, Sam Markle and T. Clausnitzer are currently ranked in the top 10 coaches' poll.

#### Century

The Patriots opened their season with a runner-up finish at the annual Rusty Bucket Meet on Aug. 28 held at McDowell Dam Recreation Area east of Bismarck. Three runners were in the top 10 led by Ryan Fetch, who finished seventh. The senior completed the 5,000 meter course in a time of 17:18.01. Jamison Dietrich was eighth, 17:25.67; and Mason Stenehjem was 10th, 17:37.37. Rounding out the top five finishers were: 17. Tyler Brennan, 17:54.74; and 19. Joseph Wolfe, 18:12.71 The Patriots will next compete at the Becki Wells Invite.

#### This week's meets

##### Saturday, Sept. 6

Becki Wells Invite, 10 a.m., Heart River Golf Course, Dickinson  
West Fargo Invite, 10 a.m., Johnson Park in Moorhead, MN

#### Last week's meets

##### Aug. 28

##### Bowman Invite (Top 5)

1. New Town; 2. Williston; 3. Beulah-Hazen; 4. Watford City; 5. Bowman Co.

**Individual champion:** Ryan Wheeling, New Town, 16:15.97

##### WDA Team results (Top 5 runners)

##### Williston

3. Devan Shumway, 17:02.20; 4. Lei Everson, 17:04.54; 17. Keaton Mack, 19:23.47; 18. Logan Jorgenson, 19:30.69; 23. Matt Cohoe, 20:05.69.

##### Aug. 28

##### Rusty Bucket Meet (Top 5)

1. Bismarck High, 15; 2. Century, 60; 3. Legacy, 130; 4. Mandan, 181

**Individual champion:** Sam Clausnitzer, BHS, 16:24.96

#### Dickinson

The Midgents were idle last week and will next compete at their home meet, the Becki Wells Invite, on Sept. 6 at the Heart River Golf Course. Senior Jackson Binstock remains second in the latest individual rankings.

#### Jamestown

The Blue Jays placed second at the Valley City State University Invite on Aug. 29. Junior Kyle Schumacher paced the team, finishing runner-up, on the 4,000 meter course in a time of 14:11.74. Three other Blue Jays runners were in the top 10. Leo Fremgen was fourth, 15:20.52; Justus Naumann was fifth, 15:27.43; and Hunter Braunberger, 10th, 16:17.65. Dakota Wagner rounded out the top five finishers with an 11th place showing in a time of 16:29.81. The Blue Jays will compete at the West Fargo Invite held at Moorhead, MN Johnson Park.

#### Legacy

The Sabers opened their season with a third place showing at the Rusty Bucket Meet on Aug. 28 at McDowell Dam Recreation Area east of Bismarck. The Sabers' top finisher was freshman Beau Brannan who placed sixth in a time of 17:16.22. One other runner was in the top 20, Thomas Tieszen, who was 18th in a time of 17:58.48. Rounding out the top five finishers were: 30. Jack Markle, 18:52.67; 35. Braden Gilbertson, 19:07.91; 41. Alex Anderson, 19:20.44. Legacy will next run at the Becki Wells Invite.

## 2014 Schedule/Results

#### WDA Team results (Top 5 runners)

##### Bismarck High

1. Sam Clausnitzer, 16:24.96; 2. Nils Aardahl, 16:57.66; 3. Sam Markle, 16:59.52; 4. Matt Bakken, 17:01.72; 5. Stu Wolf, 17:13.60

##### Century

7. Ryan Fetch, 17:18.01; 8. Jamison Dietrich, 17:25.67; 10. Mason Stenehjem, 17:37.37; 17. Tyler Brennan, 17:54.74; 19. Joseph Wolfe, 18:12.71

##### Legacy

6. Beau Brannan, 17:16.22; 18. Thomas Tieszen, 17:58.48; 30. Jack Markle, 18:52.67; 35. Braden Gilbertson, 19:07.91; 41. Alex Anderson, 19:20.44.

##### Mandan

12. Bryce Andresen, 17:39.27; 33. Landon Kleingartner, 18:47.17; 43. Luke Peterson, 19:23.90; 45. Trajon Viegen, 19:28.47; 48. Ryan Zachmeier, 20:05.50

##### Aug. 28

##### Grand Forks Invite

##### Team totals (Top 5)

1. Fargo Davies; 2. G.F. Red River; 3. G.F. Central; 4. Minot; 5. West Fargo Sheyenne

**Individual winner:** Leif Larsen, GF Central, 16:35.38

##### WDA Team results

##### Minot

3. Jaden Wahlund, 16:55.11; 8. Christopher Stock, 17:48.56; 22. Keston Van Dusen, 18:46.75; 24. Austin Keller, 18:51.19; 33. Tyler Kruithof, 19:33.33

##### Aug. 29

##### Valley City State Univ. Invite

##### Team totals (Top 5)

1. Medina 28; 2. Jamestown 32; 3. Valley City 85; 4. Richland 109; 5. Garrison 112.

**Individual winner:** Nick Thomas, Medina, 13:54.62

##### WDA Team results (Top 5 runners)

##### Jamestown

2. Kyle Schumacher, 14:11.74; 4. Leo Fremgen, 15:20.52; 5. Justus Naumann, 15:27.43; 10. Hunter Braunberger, 16:17.65; 11. Dakota Wagner, 16:29.81.

#### Mandan

The Braves finished fourth at the annual Rusty Bucket Meet on Aug. 28 held at McDowell Dam Recreation Area east of Bismarck. Senior Bryce Andresen was the top finisher, placing 12th in the 5,000 meter race in a time of 17:39. Rounding out the top five were: 33. Landon Kleingartner, 18:47.17; 43. Luke Peterson, 19:23.90; 45. Trajon Viegen, 19:28.47; 48. Ryan Zachmeier, 20:05.50. Mandan will next compete at the Becki Wells Invite.

#### Minot

The Magicians finished fourth at the Grand Forks Invitational on Aug. 28. Minot had two runners in the top 10 led by Jaden Wahlund, who was third. The senior finished the 5,000 meter course in a time of 16:55.11. Christopher Stock was eighth in a time of 17:48.56. Rounding out the top five finishers were: 22. Keston Van Dusen, 18:46.75; 24. Austin Keller, 18:51.19; 33. Tyler Kruithof, 19:33.33. Minot will next compete at the Becki Wells Invite. J. Wahlund is currently ranked sixth in the latest coaches' poll.

#### TMCHS (Belcourt)

The Braves were idle last week and are scheduled to compete at the Becki Wells Invite in Dickinson on Sept. 6 before hosting their home meet in Dunseith on Sept. 9.

#### Williston

The Coyotes opened their season with a runner-up finish at the Bowman Invite on Aug. 28. Four Willis

ton runners finished in the top 20 led by Devan Shumway, who finished third. He completed the 5,000 meter course in 17:02.20. Leif Everson was fourth in a time of 17:04.54. Rounding out the top scorers were: 17. Keaton Mack, 19:23.47; 18. Logan Jorgenson, 19:30.69; and 23. Matt Cohoe, 20:05.69. Williston will next compete at the Becki Wells Invite.