

2014 Preview

And their off!

The starting gun for the 2014 cross country season will begin on Friday, Aug. 22 with the Star City Run in Velva. The following day several WDA members will take part in the annual Jamestown 'Orr'ignals Invite. A handful of Western Dakota Association members will compete that day. The annual Rusty Bucket Meet in Bismarck is Aug. 28.

Regular Season

All 10 teams will participate in a number of meets across the region, state and beyond from late August through mid-October. Most of the WDA programs will be in Mandan on Sept. 13 for the Kiwanis Classic held at Mandan Municipal Golf Course. Minot will also host a Pre-State Meet on Oct. 4 at Souris Valley Golf Course which many teams are expected compete in. That course will host the state meet on Oct. 25. Other meets which will likely see a good WDA representation include the Jamestown 'Orr'ignals Invite, Aug. 22; Becki Wells Invite in Dickinson, Sept. 6; and the Bismarck Anderson/Stavn Invite on Sept. 20 at McDowell Dam, east of Bismarck.

Postseason schedule

McDowell Dam Recreation Area east of Bismarck will be the site of this year's WDA Championships on Oct. 11. The top 20 individual finishers will earn all-WDA/region honors. The Class A state meet will be in Minot on Aug. 24 at the Souris Valley Golf



Century's Jordan Jacob will try and become the first WDA runner since Minot's Melanie Funke in 2004-05 to win back-to-back state championships. (Photo courtesy of Bismarck Public Schools).

Course. The top 20 individual runners will earn all-state honors.

Weekly Poll

Class A coaches will conduct a weekly poll to rank the top five teams in the state as well as the top 10 individual runners.

This and That

Legacy joins the race

Bismarck Legacy will compete at the varsity level for the first time since joining the WDA. The Sabers lineup will feature mostly underclassmen.

Century eyes first title

The Patriots return five all-state runners, including Jordan Jacob and Kelby Anderson, who finished first and third, respectively. Century will be the pre-season favorite to win the Class A title this fall. The squad placed runner-up in 2013.

Covering the miles

Several teams will be representing the WDA in races outside of the state this fall. Dickinson, Mandan and Legacy will compete in Rapid City, S.D. at the Elks Invite, Sept. 26. Bismarck High will run in the Roy Griak Invite in St. Paul, MN on Sept. 27. Minot will run at the Milaca, MN Mega Meet on Sept. 27. Jamestown will compete at the Optimist Meet in Willmar, MN.

A dynamite dozen

Twelve WDA runners who earned all-state honors last season return. Century senior Jordan Jacob

(1st, 14:02); Century sophomore Kelby Anderson (3rd, 14:18; Dickinson senior Emily Tyrrell (7th, 15:03); BHS junior Grace Gannon (9th, 15:20); BHS eighth grader Michaela Dora (11th, 15:26); Williston sophomore Hannah Juhl (12th, 15:27.3); Dickinson sophomore Elizabeth Yoder (13th, 15:27.4); Mandan junior Jacey Wilson (14th, 15:29); Minot freshman Emily Nelson (16th, 15:30); Century senior Jaiden Schuette (18th, 15:32.1); Century senior Brittney Humphrey (19th, 15:32.3); Century senior Laura Laber (20th, 15:33).

A busy place

The McDowell Dam Recreation Area five miles east of Bismarck will get plenty of use this fall by WDA teams. The site will host four WDA cross country meets, including the WDA Championships on Oct. 11. Other meets include the Rusty Bucket Meet, Aug. 28; Anderson-Stavn Invite, Sept. 20; River City Fall Classic, Oct. 15.

New faces on the sidelines

Michelle Montoya is the new coach at Mandan while Andrew Reichenberger-Walz guides Legacy's program.

2013 Review

- Bismarck High won its ninth state championship and second in a row.
- Six WDA teams finished in the top 10, including three in the top five (BHS, Century, Dickinson).
- Fifteen WDA runners earned all-state honors.
- Century's Jordan Jacob became the first WDA runner since Minot's Melanie Funke in 2005 to win both the WDA and Class A individual titles.
- Minot hosted the WDA Meet on Oct. 12.
- Twelve of the all-state finishers were sophomores or younger.
- Century defended its WDA championship.
- Bismarck High and Bismarck Century were the only teams to hold down the top spot in season coaches poll.
- BHS' Brittany Brownnotter was named senior region and state athlete of the year.
- Century coach Julie Stavn was named region and coach of the year.
- Bismarck High competed in the prestigious Roy Griak Invite at the Univ. of Minnesota, finishing 14th
- Minot won three regular season meets.
- Jamestown competed in four regular season meets in Minnesota.

Postseason Playback

Century and Bismarck High claimed the postseason team titles. Century successfully defended its WDA Championship in Minot while Bismarck High won its ninth Class A state title, and second in a row. At the WDA Meet, Junior Jordan Jacob defended her individual title, completing the 4,000 meter course in 14:12.05. Three other Patriot runners were in the top 10 and three more earned all-WDA honors. BHS was runner-up; Dickinson, third; Mandan, fourth; Minot, fifth; Williston, sixth; Jamestown, seventh. The top 20 individual finishes earned all-WDA honors.

At the Class Meet two weeks later in Valley City, BHS edged Century by six points. Four Demon runners earned all-state honors led by senior Brittany Brownnotter, who was runner-up. Century's J. Jacob won the individual title, finishing in a time of 14:02. Dickinson was fourth; Mandan, sixth; Williston, eighth; Minot, 10th; Jamestown, 14th; TMCHS, 18th. The top 20 individual finishes earned all-state honors, in which, 15 of them hailed from the WDA.

WDA Championships

(Oct. 12, Minot)

Team totals (4,000 meters)

1. Bismarck Century, 37; 2. Bismarck High, 60; 3. Dickinson, 74; 4. Mandan, 132; 5. Minot, 141; 6. Williston, 190; 7. Jamestown, 230

Individual champion: Jordan Jacob, Century, 14:12.05.

All-WDA (Top 20)

1. Jordan Jacob, Cent., 14:12.05; 2. Lexi Zeis, BHS, 14:34.22; 3. Brittney

Brownnotter, BHS, 14:35.78; 4. Kelby Anderson, Cent., 14:51.46; 5. Emily Tyrrell, Dick., 15:29.85; 6. Grace Gannon, BHS, 15:30.30; 7. Jaiden Schuette, Cent., 15:47.15; 8. Emily Nelson, Min., 15:50.34; 9. Elizabeth Yoder, Dick., 15:51.92; 10. Brittney Humphrey, Cent., 15:57.77; 11. Madison Burgard, BHS, 16:01.55; 12. Jacey Wilson, Man., 16:04.06; 13. Addy Benitez, Man., 16:04.46; 14. Hannah Juhl, Will., 16:05.18; 15. Mallory Waters, Cent., 16:09.62; 16. Laura Laber, Cent., 16:10.22; 17. Mandy Stenehem, Cent., 16:14.90; 18. Shannon Stockert, Dick., 16:16.76; 19. Kelli Pavlicek, Dick., 16:19.18; 20. Kayla Bloomquist, Will., 16:20.42

Class A Meet

(Oct. 26, Valley City)

Team Totals (154 runners -- 4,000 meters)

1. Bismarck High, 55; 2. Century, 61; 3. Fargo Davies, 85; 4. Dickinson, 124; 5. G.F. Central, 133; 6. Mandan, 194; 7. Fargo North, 207; 8. Williston, 231; 9. West Fargo, 238; 10. Minot, 243; 11. Fargo South, 256; 12. G.F. Red River, 283; 13. Fargo Shanley-Oak Grove, 330; 14. Jamestown, 378; 15. Valley City, 575; 16. Devils Lake, 617; 17. Wahpeton, 682; 18. Turtle Mountain Community High School, 747.

Individual champion: Jordan Jacob, Century, 14:02.

All-state (Top 20)

1. J. Jacob, Cent., 14:02; 2. Brittney Brownnotter, BHS, 14:17; 3. Kelby Anderson, Cent., 14:28.6; 4. Lexi Zeis, BHS, 14:28.6; 5. Karly Ackley, GFC, 14:52.2; 6. Alexis Matter, Davies, 15:00.5; 7. Emily Tyrrell, Dick., 15:03.5; 8. Jen Duffner, WF, 15:19.4; 9. Grace Gannon, BHS, 15:20.1; 10. Katie Bye, Davies, 15:24; 11. Michaela Dora, BHS, 15:26.4; 12. Hannah Juhl, Will., 15:27.3; 13. Elizabeth Yoder, Dick., 15:27.4; 14. Jacey Wilson, Man., 15:29.3; 15. Erica Johnson, Davies, 15:29.6; 16. Emily Nelson, Min., 15:30.6; 17. Addy Benitez, Man., 15:32.0; 18. Jaiden Schuette, Cent., 15:32.1; 19. Brittney Humphrey, Cent., 15:32.3; 20. Laura Laber, Cent., 15:33.5.

Team Notes

Bismarck High

The Demons successfully defended their Class A state title, placing three runners in the top 10...Senior Brittney Brownnotter was the team's top performer, finishing runner-up over the 4,000 meter course...Lexi Zeis was fourth. Sophomore Grace Gannon was ninth. Michaela Dora also earned all-state honors, finishing 11th...The Demons finished second behind rival Century at the WDA Meet and had four all-WDA runners.

Century

The Patriots ended their season with a second place finish at the Class A state meet behind Bismarck High... Junior Jordan Jacob won the individual title, completing the 4,000 meter course in a time of 14:02.

...Four other Patriot runners earned all-state honors. Freshman Kelby Anderson was third. Junior Jaiden Schuette was 18th, junior Brittney

Humphrey was 19th and junior Laura Laber, 20th. (Top five state finishers: 1. Jordan Jacob; 3. Kelby Anderson; 18. Jaiden Schuette; 19th, Brittney Humphrey; 20. Laura Laber)

The Patriots defended their WDA crown led by J. Jacob who won the meet in a time of 14:12...Six other Century runners received all-region honors...Century earned the NDHSAA Team Scholar Award.

Dickinson

The Midgents were fourth at the Class A state meet... Junior Emily Tyrrell, from Richardton, and Freshman Elizabeth Yoder earned all state honors, placing 7th and 13th, respectively...The team finished third at the WDA Meet for a second year in a row... Four runners earned all-region honors...Dickinson earned the NDHSAA Team Scholar Award.

Jamestown

The Blue Jays placed 14th at the Class A state meet. Freshman Maya Moltzen was the team's top finisher at 45th. Her time on the 4,000 meter course was 16:19...The team finished seventh at the WDA Meet. Moltzen was one spot out of all-region honors, placing 21st in a time of 16:22...Jamestown earned the NDHSAA Team Scholar Award.

Mandan

The Braves had a strong campaign, placing sixth at the Class A state meet behind two all-state performances. Sophomore Jacey Wilson finished the 4,000 meter course in 14th place in a time of 15:29. Senior Addy Benitez was 17th...Mandan earned the NDHSAA Team Scholar Award.

Minot

The Majettes finished 10th at the Class A state meet and had one all-state runner in eighth grader Emily Nelson, who was 16th. She completed the 4,000 meter course in a time of 15:30. Minot hosted and finished fifth at the WDA Meet. Nelson led the team with an eighth place finish in a time of 15:50.

TMCHS (Belcourt)

The Bravettes were 18th at the Class A meet. Seventh grader Falyynn Ferris was the team's top finisher, placing 138th. Her time on the 4,000 meter course was 18:29.

Williston

The Coyotes finished eighth at the Class A state meet. Freshman Hannah Juhl paced the team with a 12th place finish. She completed the 4,000 meter course in a time of 15:27. Williston finished sixth at the WDA Meet. Juhl along with Freshman Kayla Bloomquist were all-region finishers.

Bismarck High

Quick Facts

Established: 1878
Enrollment (9-12): 1,612 (2013-14)
Team name: Demons
School colors: Maroon and white
Joined WDA: 1938 (Charter member)
www.bhs.bismarckschools.org/
Phone: 701-323-4800 -- **Fax:** 701-323-4805
Superintendent: Tamara Uselman
Principal: Dave Wisthoff
Activities Director: Dr. Jim Haussler
AD Office: 701-323-4080 -- **Fax:** 701-323-4078
Dean of Students/Athletic Director: Dave Zittleman
WDA titles: 10 (Last, 2011)
State titles: 9 (Last, 2013)
Head coach: Scott Reichenberger

Demon Bits

- For a third time, the Demons will attempt to win three consecutive state champions (1981-84; 2007-09; 2012-present).
- Two all-state runners return in junior Grace Gannon and eighth grader Michaela Dora.
- BHS will compete in three races at McDowell Dam east of Bismarck this year.

2014 Schedule

Aug. 28	Rusty Bucket Meet#	4:30 p.m.
Sept. 6	Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Anderson-Stavn Invite#	11 a.m.
Sept. 27	Roy Griak Invite%	1 p.m.
Oct. 4	Pre-State Invite\$	11 a.m.
Oct. 11	WDA Championships#	1 p.m.
Oct. 15	River City Fall Classic#	4:30 p.m.
Oct. 25	Class A State Meet\$	12 p.m.

McDowell Dam Recreation Area, east of Bismarck

^ Mandan Municipal G.C.

% St. Paul, MN

\$ Minot Souris Valley G.C.

Game times Central Time

2013 Review

- BHS defended their Class A state title which was its ninth overall.
- The squad placed four runners in the top 20 to earn all-state honors led by senior Brittany Brownnotter who was runner in a time of 14:17.31.
- Brownnotter was named the region and state outstanding senior athlete.
- Other all-state finishers included: Lexi Zeis, 4th, 14:28.57; Grace Gannon, 9th, 15:20.1; Michaela Dora, 11th, 15:26.4.

2013 Results

Aug. 29 Rusty Bucket Meet ^, 1st

Top 2 Finishers: Lexi Zeis, 2nd, 14:40.90 Brittany Brownnotter, 3rd, 14:47.71

Sept. 7 Dickinson Becki Wells Invite, 1st

Top 2 Finishers: B. Brownnotter, 2nd, 14:54.83; L. Zeis, 3rd, 15:05.19

Sept. 14 Mandan Kiwanis Classic, 4th

Top 2 Finishers: L. Zeis, 1st, 14:08.37; B. Brownnotter, 2nd, 14:12.14

Sept. 21 Valley City Bill Jansen-Blue-White Invite, 2nd

Top Finisher: B. Brownnotter, 2nd, 14:24; L. Zeis, 3rd, 14:36

Sept. 27 Mustang Invite I, 1st

Top 2 Finishers: Madison Schirado, 1st, 17:43.1; Delaney Wolf, 2nd, 17:56.5

Sept. 28 Roy Griak Invite %, 14th

Top 2 Finishers: B. Brownnotter, 5th, 18:29; L. Zeis, 10th, 18:51

Oct. 12 WDA Meet #, 2nd

Top 2 Finishers: L. Zeis, 2nd, 14:34.22; B. Brownnotter, 3rd 14:35.78

Oct 16 Mandan Fall Classic ^, No Team Scores Kept

Top 2 Finishers: B. Brownnotter, 1st, 10:06.71; L. Zeis, 3rd, 10:24.58

Oct 26 Class A Meet \$, 1st

Top Finisher: B. Brownnotter, 2nd, 14:17.31; L. Zeis, 4th, 14:28.57

^ Meet held at McDowell Dam east of Bismarck

I Minnesota

% Minneapolis, MN

Meet held in Minot

\$ Meet held in Valley City

Century

Quick Facts

Established: 1975
Enrollment (9-12): 1,545 (2013-14)
Team name: Patriots
School colors: Red, white and blue
Joined WDA: 1975
www.chs.bismarckschools.org/
Phone: 701-323-4900 -- **Fax:** 701-323-4905
Superintendent: Tamara Uselman
Principal: Steve Madler
Activities Director: Dr. Jim Haussler
AD Office: 701-323-4080 -- **Fax:** 701-323-4078
Dean of Students/Athletic Director: Ben Lervick
WDA titles: 2 (Last, 2013)
State titles: 0
Head coach: Julie Stavn

Patriot Bits

- Century returns all five of its all-state runners from a season ago, including state champion Jordan Jacob, a senior.
- J. Jacob became just the second Patriot runner to win an individual state title, joining Beth Hoge, who did so in 1997.
- The Patriots have placed fourth or better in each of the past five seasons at the state meet, including a pair of runner-up finishes.

2014 Schedule

Aug. 28	Rusty Bucket Meet#	4:30 p.m.
Sept. 6	Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Anderson-Stavn Invite#	11 a.m.
Sept. 27	Roy Griak Invite%	1 p.m.
Oct. 4	Pre-State Invite\$	11 a.m.
Oct. 11	WDA Championships#	1 p.m.
Oct. 15	River City Fall Classic#	4:30 p.m.
Oct. 25	Class A State Meet\$	12 p.m.

McDowell Dam Recreation Area, east of Bismarck

^ Mandan Municipal G.C.

% St. Paul, MN

\$ Minot Souris Valley G.C.

Meets are Central Time

2013 Review

- Century was runner-up at the Class A state meet.
- Junior Jordan Jacob won the state individual title, completing the 4,000 meter course in a time of 14:02.
- Kelly Anderson, Fr., 3rd, 14:28.6; Jaiden Schuette, Jr., 18th, 15:32.1; Brittany Humphrey, Jr., 19th, 15:32.3; Laura Laber, Jr., 20th, 15:33.5 also were all-state finishers.
- The Patriots defended their WDA crown led by J. Jacob who won the meet in a time of 14:12.
- Six other Century runners earned all-region honors. K.Anderson was fourth; J. Schuette was seventh; B. Humphrey was 10th; sophomore Mallory Waters was 15th; Laber was 16th; and sophomore Mandy Stenehjem was 17th.
- Coach Julie Stavn was both the WDA and Class A state coach of the year in 2013.

2013 Results

Aug. 29 Rusty Bucket Meet 6, 2nd

Top 2 Finishers: Jordan Jacob, 1st, 14:22.90; Brittany Humphrey, 4th, 16:03.13

Sept. 7 Dickinson Becki Wells Invite, 2nd

Top 2 Finishers: J. Jacob, 1st, 14:41.32; Jaiden Schuette, 7th, 16:05.75

Sept. 14 Mandan Kiwanis Classic, 1st

Top 2 Finishers: J. Jacob, 2nd, 14:17.70; Kelby Anderson, 4th, 14:53.67

Sept. 21 Bill Jansen-Blue-White Invite, 1st

Top 2 Finishers: J. Jacob, 1st, 14:12; K. Anderson, 4th, 15:04

Sept. 28 Willmar, MN Optimist, 1st

Top 2 Finishers: J. Jacob, 1st, 14:22.7; K. Anderson, 2nd, 14:59.8

Oct. 12 WDA Meet #, 1st

Top 2 Finishers: J. Jacob, 1st, 14:12.05; K. Anderson, 4th, 14:51.46

Oct. 16 Mandan Fall Classic ^ No Team Scores Kept

Top 2 Finishers: J. Jacob, 2nd, 10:12.58; K. Anderson, 4th, 10:47.52

Oct. 26 Class A Meet \$, 2nd

Top 2 Finishers: J. Jacob, 1st, 14:02.17; K. Anderson, 3rd, 14:18.81

^ Meet held at McDowell Dam east of Bismarck

\$ Meet held in Valley City

Meet held in Minot

Dickinson

Quick Facts

Established: 1909
Enrollment (9-12): 848 (2013-14)
Team Name: Midgets
School Colors: Orange and Black
Joined WDA: 1938 (Charter Member)
www.dickinson.k12.nd.us/dhs
Phone: 701-456-0030 -- **Fax:** 701-456-0019
Superintendent: Dr. Douglas Sullivan
Principal: Ron Dockter
Activities Director: Guy Fridley
AD Office: 701-456-0030 -- **Fax:** 701-456-0019
WDA titles: 5 (Last, 2002)
State titles: 2 (Last, 2000)
Head coach: Brittany Messer

Midget Bits

- Dickinson returns two all-state and all-WDA runners in senior Emily Tyrrell and sophomore Elizabeth Yoder.
- Dickinson will host its annual Becki Wells Invite on Sept. 6.

2014 Schedule

Aug. 23	Jamestown 'Orr'iginals Invite	1 p.m.
Sept. 6	Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Anderson-Stavn Invite#	11 a.m.
Sept. 26	Rapid City Elks Invite%	1 p.m.
Oct. 4	Pre-State Invite\$	11 a.m.
Oct. 11	WDA Championships#	1 p.m.
Oct. 15	River City Fall Classic#	4:30 p.m.
Oct. 25	Class A State Meet\$	12 p.m.

McDowell Dam Recreation Area, east of Bismarck

^ Mandan Municipal G.C.

% Rapid City, SD

\$ Minot Souris Valley G.C.

Meets are Central Time

2013 Review

- Dickinson finished fourth at the Class A state meet.
- Two runners earned all-state honors led by Emily Tyrrell, a junior from Richardton, who was seventh in a time of 15:03. Elizabeth Yoder, Fr., 13th, 15:27.34.
- The team was third at the WDA Championships for a second year in a row.
- Four earned all-WDA honors: E. Tyrrell, 5th; E. Yoder, 9th; Shannon Stockert, 18th; Kelli Pavlicek, 19th.

2013 Results

Aug. 29 Jamestown 'Orr'iginals, 1st

Top 2 Finishers: Shannon Stockert, 1st, 16:09; Emily Tyrrell, 2nd, 16:16

Sept. 7 Dickinson Becki Wells Invite, 3rd

Top 2 Finishers: Emily Tyrrell, 4th, 15:55.35; S. Stockert, 10th, 16:17.15

Sept. 14 Mandan Kiwanis Classic, 2nd

Top 2 Finishers: E. Tyrrell, 6th, 15:30.08; Elizabeth Yoder, 11th, 15:41.14

Sept. 21 Valley City Bill Jansen-Blue-White Invite, 4th

Top 2 Finishers: E. Tyrrell, 7th, 15:31; E. Yoder, 8th, 15:33

Sept. 27 Elks Invite ^, 3rd

Top 2 Finishers: E. Tyrrell, 7th, 15:00.4; E. Yoder, 10th, 15:16.3.

Oct. 12 WDA Meet, # 3rd

Top 2 Finishers: E. Tyrrell, 5th, 15:29.85; E. Yoder, 9th, 15:51.92

O26 Class A Meet \$, 4th

Top 2 Finishers: E. Tyrrell, 7th, 15:03.42; E. Yoder, 13th, 15:27.34

^ Meet held in Rapid City, SD

Meet held in Minot

\$ Meet held in Valley City

Jamestown

Quick Facts

Established: 1883
Enrollment (9-12): 679 (2013-14)
Team Name: Blue Jays
School Colors: Royal Blue and White
Joined WDA: 1944 (left, 1963) 2006
www.jamestownbluejays.org
Phone: 701-952-4003 -- Fax: 701-252-8580
Superintendent: Rob Lech
Principal: Bill Nold
Activities Director: Jim Roaldson
AD Office: 701-952-4005 -- Fax: 701-252-8580
WDA titles: 0
State titles: 10 (Last, 1997)
Head coach: Ken Gardner

Blue Jay Bits

- Jamestown will host its annual 'Orr'ignals Invite on Aug. 29.
- The squad's top five finishers from the 2013 State Meet are all underclassmen, led by sophomore Maya Moltzen.

2014 Schedule

Aug. 23	Jamestown 'Orr'ignals Invite	11 a.m.
Aug. 29	Valley City State Univ. Invite	10 a.m.
Sept. 6	West Fargo Invite#	10 a.m.
Sept. 13	Mandan Kiwanis Classic!	1 p.m.
Sept. 20	Valley City Bill Jansen Blue-White Invite	11 a.m.
Sept. 27	Optimist Invite%	TBA
Oct. 4	Pre-State Invite\$	1 p.m.
Oct. 11	WDA Championships^	1 p.m.
Oct. 14	Fargo Andrew Carlson Invite	3 p.m.
Oct. 25	Class A State Meet\$	12 noon

Moorhead, MN

! Mandan Municipal G.C.

% Willmar, MN

^ McDowell Dam Recreation Area, east of Bismarck

\$ Minot Souris Valley G.C.

Meets are Central Time

2013 Review

- The Blue Jays placed 14th at the Class A state meet.
- Freshman Maya Moltzen's narrowly missed all-WDA honors, finishing 21st at WDA Championships.
- Eighth grader Teralyn Coombs posted the fastest time in the squad's first two meets.
- Four times Jamestown competed in meets in neighboring Minnesota.

2013 Results

Aug. 24 Jamestown 'Orr'ignals, 6th

Top 2 Finishers: Teralyn Coombs, 27th, 18:00; Ligia Schulz, 31st, 18:13

Aug. 30 Valley City State Invite, 2nd

Top 2 Finishers: Teralyn Coombs, 8th, 12:48; Rachel Morin, 11th, 13:12

Sept. 7 West Fargo Invite ^, 7th

Top 2 Finishers: Maya Moltzen, 22nd, 16:55; T. Coombs, 29th, 17:16

Sept. 14 Fargo North Dual ^, 3rd

Top 2 Finishers: M. Moltzen, 11th, 16:51; R. Morin, 14th, 17:03

Sept. 21 Apple Valley, MN Run, 17th

Top 2 Finishers: M. Moltzen, 68th, 16:55.6; T. Coombs, 83rd, 17:17

Sept. 26 John Hermes Invite %, 7th

Top 2 Finishers: M. Moltzen, 27th, 17:30.2; T. Coombs, 34th, 17:51.6

Oct. 5 Rugby Booster Club Invite, 4th

Top 2 Finishers: M. Moltzen, 14th, 16:25.56; L. Schulz, 16:47.72

Oct. 12 WDA Meet, #, 7th

Top 2 Finishers: M. Moltzen, 21st, 16:22.01; T. Coombs, 45th, 17:21.27

Oct. 26 Class A Meet \$, 14th

Top 2 Finisher: M. Moltzen, 45th, 16:19.96; R. Morin, 75th, 16:59.92

^ Meet held in Moorhead, MN

% Fergus Falls, MN

Meet held in Minot

\$ Meet held in Valley City

Legacy

Quick Facts

Established: 2015 (School opens)
Enrollment (9): 255 (2013-14)
Team Name: Sabers
School Colors: Vegas Gold and Black
Joined WDA: 2013
www.lhs.bismarckschools.org/
Phone: 701-323-4850 -- Fax: 701-323-4345
Superintendent: Tamara Uselman
Principal: Tom Schmidt
Dean of Students/Athletic Director: Paul Jundt
Activities Director: Dr. Jim Haussler
AD Office: 701-323-4080 -- Fax: 701-323-4078
WDA titles: 0
State titles: 0
Head coach: Andrew Reichenberger-Walz

Saber Bits

- Legacy will compete in its first varsity season in 2014.
- The program has four runners who competed at the varsity level in track this past spring. They are: Sophomores: Grace Werder, Patty Brodie, Madi Schatz; Freshman: Gace Nemecek. The future also bodes well with a big crop of runners presently competing at the sub-varsity level.

2014 Schedule

Aug. 28	Rusty Bucket#	4:30 p.m.
Sept. 6	Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Anderson-Stavn Invite#	11 a.m.
Sept. 26	Rapid City Elks Invite%	TBA
Oct. 4	Pre-State Invite\$	1 p.m.
Oct. 11	WDA Championships#	1 p.m.
Oct. 15	River City Fall Classic#	TBA
Oct. 25	Class A State Meet\$	10 a.m.

McDowell Dam Recreation Area, east of Bismarck

^ Mandan Municipal G.C.

% Rapid City, SD

\$ Minot Souris Valley G.C.

Meets are Central Time

2013 Review

- Legacy did not field a varsity team, but competed in several JV/Junior High meets.

Mandan

Quick Facts

Established: 1898
Enrollment (9-12): 1,061 (2013-14)
Team Name: Braves
School Colors: Black and White
Joined WDA: 1938 (Charter Member)
www.mandan.k12.nd.us/seniorhigh/
Phone: 701-751-6501 -- Fax: 701-751-6674
Superintendent: Dr. Mike Bitz
Principal: Mark Andresen
Activities Director: Lorell Jungling
AD Office: 701-751-6577 -- Fax: 701-751-0471
WDA titles: 7 (Last, 1993)
State titles: 4 (Last, 1990)
Head coach: Michelle Montoya

Brave Bits

- Michelle Montoya begins her first year as coach.
- Mandan will host the WDA Championships on Oct. 11.
- Four of the squad's top five finishers at the 2013 state meet return, including all-state finisher Jacey Wilson.

2014 Schedule

Aug. 23	Jamestown 'Orr'ignals Invite	11 a.m.
Aug. 28	Rusty Bucket#	4:30 p.m.
Sept. 6	Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic^	1 p.m.
Sept. 20	Anderson-Stavn Invite#	11 a.m.
Sept. 26	Rapid City Elks Invite%	4 p.m.
Oct. 4	Pre-State Invite\$	11 a.m.
Oct. 11	WDA Championships#	1 p.m.
Oct. 15	River City Fall Classic#	4:30 p.m.
Oct. 25	Class A State Meet\$	12 p.m.

McDowell Dam Recreation Area, east of Bismarck

^ Mandan Municipal G.C.

% Rapid City, SD

\$ Minot Souris Valley G.C.

Meets are Central Time

2013 Review

- Mandan finished sixth at the Class A state meet and fourth at the WDA Championships.
- Senior Addy Benitz and sophomore Jacey Wilson earned all-state and all-WDA honors.
- J. Wilson was the top finisher in six meets.

2013 Results

Aug. 24 Jamestown 'Orr'ignals, 4th

Top 2 Finishers: Jacey Wilson, 8th, 16:36; Haily Van Beek, 13th, 17:07

Aug. 29 Rusty Bucket ^, 3rd

Top 2 Finishers: J. Wilson, 10th, 16:26.81; Adiline Benitez, 12th, 16:29.27

Sept. 7 Dickinson Becki Wells Invite, 5th

Top 2 Finishers: A. Benitez, 15th, 16:27.98; J. Wilson, 17th, 16:34.55

Sept. 14 Mandan Kiwanis Classic, 3rd

Top 2 Finishers: J. Wilson, 8th, 15:34.64; A. Benitez, 12th, 15:42.32

Sept. 21 Bill Jansen-Blue-White Invite, 8th

Top 2 Finishers: J. Wilson, 18th, 15:48; Sharrie Heinert, 36th, 16:23

Sept. 27 Elks Invite#, 6th

Top 2 Finishers: A. Benitez, 18th, 15:42; J. Wilson, 52nd, 16:25

Oct. 12 WDA Meet, Minot, 4th

Top 2 Finishers: J. Wilson, 12th, 16:04.06; A. Benitez, 13th, 16:04.46

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Oct. 16 Mandan Fall Classic ^, No Team Scores Kept

Top 2 Finishers: A. Benitez, 5th, 11:09.81; J. Wilson, 16th, 11:42.21

Oct. 26 Class A Meet \$, 6th

Top 2 Finishers: J. Wilson, 14th, 15:29.22; 17. A. Benitez, 17th, 15:32.00

^ Meet held at McDowell Dam east of Bismarck

Meet held in Rapid City, SD

\$ Meet held in Valley City

Minot High

Quick Facts

Established: 1883
Enrollment (9-12): 2,110 (2013-14)
Team Name: Majettes
School Colors: Maroon and Gold
Joined WDA: 1938 (Charter Member)
www.minot.k12.nd.us
Phone: 701-857-4500 -- **Fax:** 701-857-4521
Superintendent: Mark Vollmer
Principal(s): Scott Faul, Keith Altendorf
Activities Director: Mitch Lunde
AD Office: 701-857-4431 -- **Fax:** 701-857-4432
WDA titles: 7 (Last, 2007)
State titles: 4 (Last, 2006)
Head coach: Shannon Bushnell

Majette Bits

- Minot will host two meets this fall, including the Class A State Meet on Oct. 25 at Souris Valley Golf Course.
- The squad's top five finishers from last season's state meet return, including all-state runner Emily Nelson.
-

2014 Schedule

Aug. 22	Star City Run%	12 p.m.
Aug. 26	Grand Forks Invite	4 p.m.
Sept. 6	Dickinson Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic [^]	1 p.m.
Sept. 20	Milaca Mega Meet&	11 a.m.
Sept. 25	Heen-Ihmels Invite	4:15 p.m.
Oct. 4	Pre-State Invite#	11 a.m.
Oct. 11	WDA Championships [^]	1 p.m.
Oct. 25	Class A Meet #	12 p.m.

% Velva Golf Course

[^] McDowell Dam Recreation Area, east of Bismarck & Milca MN

Minot's Souris Valley Golf Course
 Meet times are Central Time

2013 Review

- The Magicians finished eighth at the Class A state meet and fifth at the WDA Championships.
- Eighth grader Emily Nelson earned all-state and all-WDA honors.
- Minot won the Souris River and Heen-Ihmels titles.

2013 Results

Aug. 23 Souris River Run[^], 1st

Top 2 Finishers: Emily Nelson, 6th, 17:33; Liz Rohr, 8th, 17:53

Aug. 31 Minot Rabbit Run, 1st

Top 2 Finishers: E. Nelson, 8th, 17:10; M. Super, 10th, 17:15

Sept. 7 Dickinson Becki Wells Invite, 7th

Top 2 Finishers: E. Nelson, 25th, 16:58; M. Super, 33rd, 17:10

Sept. 14 Mandan Kiwanis Classic, 8th

Top 2 Finishers: Meg Super, 34th, 16:43.84; Cambree Albright, 43rd, 17:00.77

Sept. 21 Blue-White Valley City Invite, 7th

Top 2 Finishers: E. Nelson, 16th, 15:44; M. Super, 38th, 16:28

Oct. 3 Heen-Ihmels Invite %, 1st

Top 2 Finishers: M. Super, 3rd, 16:08..88; L. Rohr, 4th, 16:09.34

Oct. 12 WDA Meet #, 5th

Top 2 Finishers: E. Nelson, 8th, 15:50.34; Liz Rohr, 22nd, 16:26.07

Oct. 26 Class A Meet \$, 8th

Top 2 Finishers: E. Nelson, 16th, 15:30.49; Meg Super, 30th, 15:49.68

[^] Meet held in Velva

% Williston

Meet held in Minot

\$ Meet held in Valley City

TMCHS (Belcourt)

Quick Facts

Established: 1939
Enrollment (9-12): 511 (2013-14)
Team Name: Braves
School Colors: Maroon and Gold
Joined WDA: 1990 (full member)
www.belcourt.k12.nd.us/
Phone: 701-477-6471 -- **Fax:** 701-477-8821
Established: 1939
Superintendent: Dr. Lana DeCoteau
Principal: Melvin John Laducer
Activities Director: Shane Martin
AD Office: 701-477-6471 -- **Fax:** 701-477-8821
WDA titles: 0
State titles: 0
State appearances: 0
Head coach: Chad Davis

Brave Bits

- The squad's top two finishers at the 2013 state meet were in junior high.
- TMCHS' (Belcourt) home meet is Aug. 25 at the Dunseith Golf Course.

2014 Schedule

Aug. 23	Jamestown 'Orr'iginals Invite	1 p.m.
Sept. 6	Dickinson Becki Wells Invite	10 a.m.
Sept. 9	TMCHS Invite %	3:30 p.m.
Sept. 13	Mandan Kiwanis Classic!	1 p.m.
Sept. 20	Anderson-Stavn Invite [^]	TBA
Sept. 27	Four Winds Invite	10:30 a.m.
Oct. 4	Pre-State Invite#	11 a.m.
Oct. 11	WDA Championships [^]	1 p.m.
Oct. 25	Class A Meet #	12 p.m.

% Dunseith Golf Course

[^] McDowell Dam Recreation Area, east of Bismarck

! Mandan Municipal G.C.

Minot's Souris Valley Golf Course

Meet times are Central Time

2013 Review

- TMCHS was 18th at the Class A meet.
- Jacob Jensen was the team's top finisher at the state meet, placing 137th in a time of 20:15.27.
- The Braves did not compete at the West Region Meet.
- Seventh grader Falynn Ferris was the team's top runner at the Class A state meet.

2013 Results

Sept. 10 TMCHS Invite, 4th

Top 2 Finishers Falynn Ferris, 5th 17:19; Syann Golus, 11th, 18:34

Sept. 14 Mandan Kiwanis Classic, DNP

Top Finisher: Alexis Davis, 83rd, 21:47.22 (JV Division)

Sept. 21 Bill Jansen-Blue-White Invite, DNP

Top 2 Finishers: Korissa Davis, 106th, TNA; Hannah Golus, 128th, TNA

Sept. 28 Four Winds Meet, 14th

Top Finisher: K. Davis, 50th, 21:03

Oct. 26 Class A Meet \$, 18th

Top 2 Finishers: Falynn Ferris, 138th, 18:29.21; D'Naye Desjarlais, 148th, 19:39.01

\$ Meet held in Valley City

Williston

Quick Facts

Established: 1902
Enrollment (9-12): 1,009 (2013-14)
Team Name: Coyotes
School Colors: Orange and Black
Joined WDA: 1938 (Charter member)
www.williston.k12.nd.us/
Phone: 701-572-0967 -- **Fax:** 701-572-5449
Superintendent: Dr. Viola LaFontaine
Principal: Jason Germundson
Activities Director: Jeff Dornfeld
AD Office: 701-572-0967 -- **Fax:** 701-572-5449
WDA titles: 0
State titles: 0
Head coach: Shane Wahlstrom

Coyote Bits

- The squad returns a pair of sophomores who earned postseason honors. Hannah Juhl was an all-WDA and all-state finisher. Kayla Bloomquist was an all-WDA finisher.
- Williston will host its annual Heen-Ihmels Invite on Sept. 25.

2014 Schedule

Aug. 22	Star City Run%	11 a.m.
Sept. 6	Dickinson Becki Wells Invite	10 a.m.
Sept. 13	Mandan Kiwanis Classic!	1 p.m.
Sept. 25	Williston Heen-Ihmels Invite	4:15 p.m.
Oct. 4	Pre-State Invite#	11 a.m.
Oct. 11	WDA Championships [^]	1 p.m.
Oct. 25	Class A Meet #	12 p.m.

% Velva Golf Course

! Mandan Municipal G.C.

[^] McDowell Dam Recreation Area, east of Bismarck

Minot's Souris Valley Golf Course

Meet times are Central Time

2013 Review

- Williston finished eighth at the Class A meet.
- Freshman Hannah Juhl earned all-state honors, finishing 12th, in a time of 15:27.
- Freshman Kayla Bloomquist, earned all-WDA honors along with Juhl.
- The Coyotes had a pair of runner-up team finishes in 2013.

2013 Results

Aug. 23 Souris River Run[^], 2nd

Top 2 Finishers: Jensen Clarke, 4th, 17:15; Olivia Nelson, 7th, 17:35

Aug. 31 Minot Rabbit Run, 2nd

Top 2 Finishers: J. Clarke, 7th, 17:08; H. Juhl, 9th, 17:13

Sept. 7 Dickinson Becki Wells Invite, 6th

Top 2 Finishers: Hannah Juhl, 16th, 16:28.33; Olivia Larson, 22nd, 16:54.02

Sept. 14 Mandan Kiwanis Classic, 6th

Top 2 Finishers: H. Juhl, 18th, 15:53.18; Jensen Clarke, 30th, 16:33.94

Sept. 21 Valley City Bill Jansen-Blue-White Invite, 10th

Top 2 Finishers: H. Juhl, 30th, 16:11; J. Clarke, 35th, 16:22

Oct. 3 Heen-Ihmels Invite %, 2nd

Top 2 Finishers: H. Juhl, 1st, 15:48.62; J. Clarke, 8th, 16:33.44

Oct. 12 WDA Meet #, 6th

Top 2 Finishers: H. Juhl, 14th, 16:05.18; K. Bloomquist, 20th, 16:20.42

Oct. 26 Class A Meet \$, 8th

Top 2 Finishers: H. Juhl, 12th, 15:27.24; K. Bloomquist, 28th, 15:49.35

[^] Meet held in Velva

% Meet held in Williston

Meet held in Minot

\$ Meet held in Valley City