## Heen-Ihmels Invite

Aug. 25, 2018, 11 a.m.
Municipal G.C., Williston, N.D.
Team totals (Top 5/5,000 meters)

1. Williston, 25; 2. Dickinson, 80; 3. Minot, 111; 4. New Town, 122; 5. Plentywood, MT, 215
I6:37.04 6:37.04
op 10 Finishers
2. Brady Yoder, Dickinson, 16:37.04; 2. Micade Shumway, Williston, 16:53.98; 3 . Lei larsen, Winiston, 17.07.24, 4 . Sa Kuel Williston, 17:35.82; 6. Grayson Swain, Williston, 17:36.00; 7. White Robert, New Town, 17:39.01; 8. Aiden Jung, Dickinson, Town, 17:39.01; 8. Aiden Jung, Dickinson, 17:41.68; 9. Gunnar Alvardo, Williston,
17:54.80; 10. Wilson Overby, Glasgow, 17:55.80;
Williston results
3. Micade Shumway, 16:53.98; 3. Leif Larsen, 17:07.24; 5. Fynn Krenz, 17:35.82; 6. Grayson Swain, 17:36.00; 9. Gunnar Alvardo, 17:54.80; 11 . Wil Olson, 18:04.46; 17. James Power, 18:35.73; 20. Gavyn Jor gensen, 18:44.33; 22. Tyrel Ackman, 18:50.08; 38. Ethan Fox, 20:08.76; 40. Cam den Jasmin, 20:18.45; 46. Noah Tarbox 20:27.41; 47. Taylor Jager, 20:28.73; 49 . Logan Dangerfield, 20:31.55; 113. Nathan aFavor, 23:18.95; 132. Dawson Ebel, 24:49.53
otes: Williston won the team title...There were 197 runners...This was the season Dickinson, Watford City and Williston.

## Bowman Co. Invite

 Aug. 30, 2018, 3 p.m.Sweetwater G.C., Bowman, N.D.
Team totals (Top 5/5,000 meters)

1. Williston, 15; 2. Beulah, 96; 3. Dawson

Co. MT, 99; 4. Bowman Co., 109; 5. Killdeer,
120
ndividual winner: Micade Shumway
Williston, 16:54.27
Williston results
. Micade Shumway, 16:54.27; 2. Fynn
Krenz, 17:19.85; 3. Gunnar Alvardo
17:27.01; 4. Grayson Swain, 17:30.73; 5 .
Wil Olson, 17:35.40; 7. Gavin Georgesen,
17:56.78; 8. James Powers, 18:00.38; 13 .
17:56.78; 8. James Powers, 18:00.38; 13.
Tyrel Ackman, 18:38.09; 19. Camden Jas-
min, 19:22.50; 20. Noah Tarbox, 19:25.59;
22. Ethan Fox, 19:32.18; 24. Logan Danger-
field, 19:48.15; 30. Dalton McKenzie,
20:17.45; 31. Taylor Jager, 20:31.27; 57
Nathan LaFavor, 23:37.60; 64. Dawson Ebel,
22:44.15
Notes: Williston won the team title with a perfect score...Micade Shumway won the meet title...There were 68 runners competing.

