

# 2019 Bismarck High Demons Boys' Cross Country

## Rusty Bucket

Aug. 29, 6 p.m.  
McDowell Dam, East of Bismarck, N.D.

### Team totals (5,000 meters)

1. Century, 26; 2. Bismarck High, 54; 3. Legacy, 85; 4. Mandan, 222; 5. Shiloh Christian, 229

**Individual winner:** Sean Korsmo, BHS, 16:21.33

### Top 10 Finishers

1. Sean Korsmo, BHS, 16:21.33; 2. Austin Wald, Century, 16:41.84; 3. Patrick Wrigley, SC, 16:44.58; 4. Mason Kindel, Century, 16:58.47; 5. Griffin House, Century, 16:58.88; 6. Stephen Windsor, BHS, 17:01.98; 7. Charlie Koebele, Century, 17:04.37; 8. Cole Jensen, Century, 17:06.65; 9. Brayden Johnson, Mandan, 17:12.59; 10. John Ness, Legacy, 17:14.39

### Bismarck High results

1. Sean Korsmo, 16:21.33; 6. Stephen Windsor, 17:01.98; 11. Michael Omvig, 17:20.81; 17. Juan Flores, 18:08.85; 19. Joey Patchen Mills, 18:14.86; 20. Micah Penn, 18:15.72; 23. Brady Korsmo, 18:20.66; 26. Isaac Anderson, 18:36.52; 27. Noah Cowley, 18:44.45; 28. Kaden Renner, 18:46.78; 33. Jaxsyn Olson, 18:59.63; 36. Tyler Hanson, 19:29.81; 37. Brayden Erickson, 19:32.41; 40. Scott Gotta, 19:44.80; 47. Alex Steichen, 21:20.54; 50. Sean Olheiser, 21:57.26; 51. Jordan Johnson, 22:03.55; 53. Josiah Penn, 22:32.37; 55. Myles Ebach, 23:29.95; 56. Casey Phillips, 23:41.33

**Notes:** Century won the Rusty Bucket which combines the boys and girls point totals...BHS' Sean Korsmo was individual winner...There was 57 runners in the varsity race...All five teams had at least one runner in the top 10.

## Anderson-Stavn Invite

Sept. 14, 1 p.m.  
McDowell Dam, East of Bismarck, N.D.

### Team totals (5,000 meters)

1. Century, 66; 2. Williston, 100; 3. GF Red River, 116; 4. Bismarck High, 120; 5. Dickinson, 140; 6. WF Sheyenne, 152; 7. Legacy, 169; 8. Minot, 201; 9. New Town, 253; 10. GF Central, 259; 11. West Fargo, 412; 12. Richey-Lambert, 430; 13. Hillsboro-CV, 432; 14. Beulah, 497; 15. Minot Bishop Ryan, 500; 16. Killdeer, 519; 17. Watford City, 544; 18. Mandan, 572; 19. Southern McLean, 577; 20. Max, 587; 21. Solen, 634; 22. Stanley, 647; 23. Medina-P-B, 672; 24. New England, 674; 24. Shiloh Christian, 677; 26. Standing Rock, 681

**Individual winner:** Brady Yoder, Dickinson, 15:33.15

### Top 10 Finishers

1. Brady Yoder, Dickinson, 15:33.15; 2. Sean Korsmo, BHS, 16:11.11; 3. Jacob Knodle, WF Sheyenne, 16:20.19; 4. Robert White, New Town, 16:31.60; 5. Micade Shumway, Williston, 16:33.43; 6. Austin Wald, Century, 16:38.81; 7. Mason Kindel, Century, 16:42.24; 8. Griffin House, Century, 16:44.64; 9. Chase Fossum, Hillsboro-CV, 16:45.78; 10. Aiden Jung, Dickinson, 16:48.68

### Bismarck High results

2. Sean Korsmo, 16:11.11; 14. Stephen Windsor, 17:00.16; 27. Michael Omvig, 17:32.69; 28. Juan Flores, 17:35.96; 49. Isaac Anderson, 18:14.10; 64. Joey Patchen Mills, 18:39.70; 73. Micah Penn, 19:06.18

**Notes:** There were 153 runners in the varsity race...Century won the team title and had three finishers in the top 10...Eight WDA teams took part...Dickinson's Brady Yoder was the individual champion...Weather conditions were sunny and warm.

## Roy Griak Invite

Sept. 28, 1:10 p.m.  
Les Bolstad CC Course, Minneapolis

### Team totals (5,000 meters)

1. White Bear Lake, MN, 304; 2. Edina, 338; 3. Frontier Academy, 341; 4. Dowling Catholic, 377; 5. Cherry Creek, 387; 27. Jamestown, 795; 28. Bismarck High, 796; 45. Dickinson, 1114

**Individual winner:** Oliver Palseon, St. Paul, MN Highland Park, 15:46.3

### Bismarck results

12. Sean Korsmo, 16:22.2; 162. Stephen Windsor, 17:43.2; 180. Juan Flores, 17:49.9; 209. Michael Omvig, 18:00.0; 233. Micah Penn, 18:09.3; 329. Joey Patchen Mills, 18:49.6; 380. Isaac Anderson, 19:24.7

## Souris Valley Invite

Oct. 5, 11 a.m.  
Souris Valley G.C., Minot

### Team totals (Top 5/WDA) (5,000 meters)

1. Century, 53; 2. G. F. Red River, 112; 3. Jamestown, 118; 4. Bismarck High, 144; 5. Minot, 172; 6. Legacy, 202; 22. Watford City, 644; 23. Mandan, 656

**Individual winner:** Robert White, New Town, 16:07.78

### Top 10 Finishers

1. Robert White, New Town, 16:07; 2. Gavin Haut, Jamestown, 16:11; 3. Ben Anteau, Jamestown, 16:13; 4. Hunter McHenry, GF Red River, 16:23; 5. Chase Fossum, Hillsboro-CV, 16:27; 6. Mason Kindel, Century, 16:32; 7. Griffin House, 16:38; 8. Brian Miller, Bowman Co., 16:39; 9. Jacob Hendrickson, Thompson, 16:39; 10. Noah Rolfe, Stanley, 16:40

### Bismarck High results

28. Michael Omvig, 17:18; 29. Juan Flores, 17:20; 30. Parker Hintz, 17:21.33. Micah Penn, 17:25; 34. Brady Korsmo, 17:25; 36. Stephen Windsor, 17:26; 62. Noah Cowley, 17:57; 68. Kaden Renner, 18:05; 76. Joey Patchen Mills, 18:18; 85. Isaac Anderson, 18:24

**Notes:** Century won the meet...Jamestown's Gavin Haut was runner-up to lead all WDA runners...Six WDA teams took part...There were 245 runners and 30 teams participating.

## WDA Championships

Oct. 15, 1 p.m.  
Heart River G.C., Dickinson, N.D.

### Team totals (5,000 meters)

1. Williston, 48; 2. Century, 52; 3. Bismarck High, 107; 4. Dickinson, 114; 5. Jamestown 124; 6. Legacy, 137; 7. Minot, 144; 8. Mandan, 516; 9. Watford City, 527; 10. TMCHS, 755

**Individual winner:** Brady Yoder, Dickinson, 15:40.68

### Top 20 (All-WDA)

1. Brady Yoder, Dickinson, 15:40; 2. Sean Korsmo, Bismarck High, 15:49; 3. Gavin Haut, Jamestown, 16:13; 4. Micade Shumway, Williston, 16:14; 5. Fynn Krenz, Williston, 16:15; 6. Ben Anteau, Jamestown, 16:19; 7. Griffin House, Century, 16:23; 8. Austin Wald, Century, 16:28; 9. Mason Kindel, Century, 16:31; 10. John Ness, Legacy, 16:32; 11. Gunnar Alvarado, Williston, 16:37; 12. Wil Olson, Williston, 16:40; 13. Jacob Ermland, Century, 16:47; 14. Aiden Jung, Dickinson, 16:48; 15. Ethan Bender, Century, 16:50; 16. Leif Larsen, Williston, 16:55; 17. Charlie Koebele, Century, 17:00; 18. Kaiden Meyer, Minot, 17:06; 19. Cole Jensen, Century, 17:09; 20. Micah Penn, Bismarck High, 17:12

### Bismarck High results

2. Sean Korsmo, 15:49.50; 20. Micah Penn, 17:12.72; 24. Brady Korsmo, 17:21.22; 28. Juan Flores, 17:28.91; 33. Stephen Windsor, 17:34.06; 34. Michael Omvig, 17:34.29; 41. Kaden Renner, 17:50.23; 53. Noah Cowley, 18:09.02; 54. Isaac Anderson, 18:09.32; 58. Joey Patchen Mills, 18:17.70; 69. Jaxsyn Olson, 18:41.40; 76. Tyler Hanson, 18:54.50; 79. Brayden Erickson, 19:02.49; 96. Scott Gotta, 19:36.65; 100. Jordan Johnson, 19:50.86; 101. Joey Olheiser, 19:53.50; 110. Alex Steichen, 20:09.44; 118. Myles Ebach, 20:45.42; 123. Josiah Penn, 21:08.49; 132. Casey Phillips, 21:44.60

**Notes:** The meet was moved to Dickinson from Jamestown due to snow and wet course conditions there...Williston won its second straight WDA team title and ninth overall...Dickinson's Brady Yoder won his second consecutive WDA title...Seven teams (Bismarck High, Century, Dickinson, Jamestown, Legacy, Minot, Williston) had at least one runner earn all-WDA honors (Top 20)...Century had seven runners finish in the top 20...Williston's Micade Shumway was named W. Region senior athlete of the year...Century's Brad Lies was named W. Region coach of the year...There were 157 runners competing...Temperature at race time was 45 degrees under mostly cloudy skies.

## Class A Meet

Oct. 26, 11 a.m.  
Souris Valley G.C., Minot, N.D.

### Team totals

1. Century, 51; 2. Williston, 91; 3. Dickinson, 104; 4. Jamestown, 162; 5. Bismarck High, 165; 6. Legacy, 178; 7. GF Red River, 178; 8. Minot, 186; 9. Fargo North, 230; 10. GF Central, 289; 11. WF Sheyenne, 304; 12. West Fargo, 340; 13. Fargo Shanley, 396; 14. Devils Lake, 412; 15. Fargo Davies, 495; 16. Fargo South, 561; 17. Mandan, 627; 18. Valley City, 814; 19. Watford City, 734

**Individual winner:** Brady Yoder, Dickinson, 15:20.57

### Top 20 (All-State)

1. Brady Yoder, Dickinson, 15:20.6; 2. Sean Korsmo, Bismarck High, 15:32.3; 3. Jacob Knodle, WF Sheyenne, 15:42.9; 4. Gavin Haut, Jamestown, 15:43.1; 5. Micade Shumway, Williston, 15:59.7; 6. Fynn Krenz, Williston, 16:05.8; 7. Mason Kindel, Century, 16:08.8; 8. Ben Anteau, Jamestown, 16:09.4; 9. Griffin House, Century, 16:12.2; 10. Ethan Bender, Century, 16:13.1; 11. Hunter McHenry, GF Red River, 16:15.8; 12. Austin Wald, Century, 16:17.0; 13. Jacob Ermland, Century, 16:21.5; 14. Aiden Jung, Dickinson, 16:22.0; 15. Caleb Hanson, Dickinson, 16:23.9; 16. Matthew Rongitsch, GF Red River, 16:26.1; 17. Sam Harmon, Fargo North, 16:29.6; 18. John Ness, Legacy, 16:31.4; 19. Gunnar Alvarado, Williston, 16:38.5; 20. Caeden Johnson, WF Sheyenne, 16:41.4

### WDA teams

#### Century results

7. Mason Kindel, 16:08.73; 9. Griffin House, 16:12.19; 10. Ethan Bender, 16:13.03; 12. Austin Wald, 16:16.95; 13. Jacob Ermland, 16:21.42; 28. Cole Jensen, 16:54.28; 31. Charlie Koebele, 16:57.18; 42. Jacob Francetich, 17:11.21; 49. Iver Phillips, 17:23.85; 58. Luke Gasper, 17:29.29

#### Williston results

5. Micade Shumway, 15:59.66; 6. Fynn Krenz, 16:05.73; 19. Gunnar Alvarado, 16:38.49; 24. Ethan Moe, 16:51.40; 37. Wil Olson, 17:03.23; 43. Gavin Jorgenson, 17:13.07; 48. James Powers, 17:23.45; 53. Leif Larsen, 17:26.70; 60. Cutter Jones, 17:29.35; 67. Tyrel Ackman, 17:33.86

#### Dickinson results

1. Brady Yoder, 15:20.51; 14. Aiden Jung, 16:21.97; 15. Caleb Hanson, 16:23.87; 30. Hunter Gregoire, 16:44.39; 44. Griffin Obrigewitch, 17:15.22; 76. Aj Ash, 17:46.81; 137. Jace Cofer, 18:45.29; 138. Garin Anderson, 18:46.47; 140. Henry Nelson, 18:46.98; 174. Jacob Shilman, 20:43.79

#### Jamestown results

4. Gavin Haut, 15:43.08; 8. Ben Anteau, 16:09.40; 27. Chandler Rott, 16:53.67; 61. Cullen Flieth, 17:29.39; 62. Micah Hoke, 17:31.05; 83. Kade Schumacher, 17:51.96; 84. Zeb Willer, 17:51.97; 94. Daniel Ulrich, 17:58.24; 109. Sam Anteau, 18:19.11; 142. Thomas Schmiedeberg, 18:49.54

#### Bismarck High results

2. Sean Korsmo, 15:32.21; 32. Brady Korsmo, 16:57.78; 35. Michael Omvig, 17:01.51; 45. Parker Hintz, 17:19.18; 51. Juan Flores, 17:25.03; 56. Stephen Windsor, 17:27.90; 64. Kaden Renner, 17:31.99; 72. Micah Penn, 17:40.87; 75. Joey Patchen-Mills, 17:45.64; 88. Noah Cowley, 17:53.82

#### Legacy results

18. John Ness, 16:31.36; 25. Aidan Hasby, 16:52.57; 29. Braden Will, 16:55.04; 36. Drew Rempher, 17:02.50; 70. Luke Morin, 17:36.67; 79. Eric Hasby, 17:50.00; 101. Ivar Martell, 18:09.48; 112. Keaton Goldade, 18:20.14; 119. Derek Shannon, 18:25.26; 123. Dalton Fleckenstein, 18:29.47

### Minot results

22. William Walker-Rozo, 16:44.84; 23. Kaiden Meyer, 16:48.02; 34. William Bar- ington, 17:00.48; 38. Grant Schaeffer, 17:05.57; 69. Noah Jacobs, 17:34.80; 71. Oscar Hultz, 17:37.49; 81. Zac Gillett, 17:51.04; 85. Griffin Schaeffer, 17:52.85; 107. Bryce Rose, 18:17.72; 129. Austin Geyer, 18:32.47

### Mandan results

39. Brayden Johnson, 17:08.93; 135. Justin Hale, 18:39.88; 147. August Fleck, 18:57.27; 152. Terry Brown Otter, 19:03.42; 154. Charles Hale, 19:09.26; 162. Jace Engelstad, 19:47.58; 168. Leif Lahtinen, 20:17.66; 169. Alex Binstock, 20:18.88; 175. Gavin Corley, 21:00.86

### Watford City results

102. Evander Long, 18:10.10; 113. Tanner Edwards, 18:20.43; 171. Tajah Francis, 20:35.87; 172. Brandon Edwards, 20:38.80; 176. Lane Odenbach, 21:10.67; 178. Brennan Scoggins, 21:13.88; 180. Timothy Gaab, 21:57.66; 182. Joey Dube, 22:54.51; 183. Chris Ferry, 28:21.73

**Notes:** Century won its third title in the last four years...The WDA had the top 6 teams (Century, Williston, Dickinson, Jamestown, Bismarck High, Legacy)...A WDA has won the state team title every year since 2004...Dickinson's Brady Yoder won the individual title in a time of 15:20...Yoder is the first Dickinson runner to win the title since Tim Wheeler (1977)...Fifteen WDA runners earn all-state honors led by Century which had five...Six WDA teams had at least one all-state runner...Ten WDA teams participated...There were 183 runners...Williston's Micade Shumway was named state senior athlete of the year...Williston coach Shane Wahlstrom was named state coach of the year...Minot hosted the meet for the first time since 2014