Heen-Ihmels Invite Aug. 24, 2019, 10:30 a.m. Municipal G.C., Williston, N.D.

Team totals (5,000 meters)

 Minot, 28; 2. Williston, 86; 3. Dickinson, 90; 4. Watford City, 97; 5. Max, 272; Minot Bishop Ryan, Inc.; Bowman Co., Inc.; New Town, Inc.; Stanley, Inc.; Trenton, Inc. Individual winner: Hayle Ogle, Watford City, 20:09 Top 10 Finishers

1. Havley Ogle, Watford City, 20:09: 2. Fleni Lovgren, Williston, 20:16; 3. Allie Wahlund, Minot, 20:43; 4. Emma Compere, Minot, 20:56; 5. Jaelyn Ogle, Watford City, 20:56; 6. Abbie Wahlund, Minot, 21:02; 7. Abigail Hoffarth, Minot, 21:25; 8. Trinity Jessen, Minot, 21:40; 9. Jaci Fischer, Bowman Co., 21:49; 10. Lily-ana Campbell, Minot, 21:58 Minot results

 Allie Wahlund, 20:43; 4. Emma Compere, 20:56; 6. Abbie Wahlund, 21:02; 7. Abigail Hoffarth, 21:25: 8. Trinity Jessen, 21:40: 10. Lily-ana Campbell, 21:58; 21. Brooke Keller, 23:27; 24. Hyla Erickson, 23:56; 31. Deja Meyer, 25:08; 32. Lizzy Folk, 25: 10; 33. Justice Nerad, 25:13; 40. Sara Cooper, 26:32; 44. Abigail Gathman, 28:18; 47. Shelby An-derson, 28:50; 51. Erika Baker, 29:36; 54. Sarah Sherlock, 30:31; 55. Sarah Adams,

Notes: Minot won the team title...Watford City's Hayley Ogle was the individual champion...Minot place six runners in the top 10...Dickinson, Minot, Watford City and Williston were making their season debut...There were 62 varsity runners

Grand Forks Invite Aug. 29, 2019, 4 p.m. Lincoln Park G.C., Grand Forks

Team totals (Top 5/5,000 meters) 1. Minot, 38; 2. Fargo Davies, 60; 3. West Fargo, 64; 4. GF Central, 111; 5. WF Shevenne, 122 Individual winner: Hope Pringle, West Fargo, 19:20.7

Top 10 Finishers

1. Hope Pringle, WF, 19:20.7; 2. Allie Wahlund, Minot, 19:39.3; 3. Onnica Stansbury, WF Sheyenne, 19:54.1; 4. Payton Lane, Fargo Davies, 20:04.0; 5. Abbie Wahlund, Minot, 20:05.0; 6. Claire Hynek GF Central, 20:08.5; 7. Clare Boldingh, WF, 20:10.5; 8. Brooke Everson, Fargo Davies, 20:17.0; 9. Lily-ana Campbell, Minot, 20:19.8; 10. Emma Compere, Minot, 20:28.3

Minot results

2. Allie Wahlund, 19:39.3; 5. Abbie Wahlund, 20:05.0; 9. Lily-ana Campbell, 20:19.8; 10. Emma Compere, 20:28.3; 12. Abigail Hoffarth, 20:31.3; 14. Trinity Jessen, 20:41.1; 32. Brooke Keller, 21:29.7; 44. MaLiah Burke, 22:30.9; 45. Hyla Erickson, 22:32.6; 53. Deja Meyer, 23:17.1; 56. Eliza-beth Folk, 23:37.9; 59. Justice Nerad, 24:10.7;

Notes: Minot won the meet...West Fargo's Hope Pringle won the individual title...Minot had three runners in the top 10...There were 66 varsity runners

Anderson-Stavn Invite Sept. 14, 1 pm.. McDowell Dam, East of Bismarck, N.D.

Team totals (5,000 meters) 1. *Minot, 80; 2. West Fargo, 80; 3. Fargo Davies, 95; 4. Century, 171; 5. GF Central, 190; 6. Mandan, 210; 7. Watford City, 265; 8. Williston, 269; 9. GF Red River, 274; 10. Dickinson, 333; 11. WF Sheyenne, 347; 12. Legacy, 372; 13. Hillsboro-CV, 385; 14. New Town, 394; 15. Blmsarck High, 414; 16. Shiloh Christian, 500; 17. Southern McLean, 555; 18. Hettinger-Scranton, 583; 19. Stan-ley, 587; 20. Solen, 610; 21. Max, 625; 22. Parshall, 627; 23. Northern Cass, 638; 24. Killdeer, 641; 25. Standing Rock, 644; 26. Minot Bishop Ryan, 647; 27. New England,

651 *Minot won based on the tie-break (6th runner)

Individual winner: Kelby Rinas, Mandan 19:01.01

Top 10 Finishers

 Kelby Rinas, Mandan, 19:01.01; 2. Rea-gan Baesler, Hillsboro-CV, 19:12.22; 3. Hay-ley Ogle, Watford City, 19:24.74; 4. Eleni Lovgren, Williston, 19:30.39; 5. Hope Pringle, West Fargo, 19:32.19; 6. Onnica Stansbury, WF Sheyenne, 19:46.35; 7. Jadyr Guidinger, Legacy, 19:52.36; 8. Jaelyn Ogle, Watford City, 19:53.51; 9. Abigail Hoffarth, Minot, 20:03.28; 10. Claire Hynek, GF Cen-tral, 20:06.56

Minot results

9. Abigail Hoffarth, 20:03.28; 11. Trinity Jensen, 20:07.23; 16. Lily-Ana Campbell, 20:24.17; 21. Emma Compere, 20:41.58; 23. Allie Wahlund, 20:43.41: 32. Abbie Wahlund, 21:34.75; 34. Maliah Burke, 21:36.79; 45. Brooke Keller, 21:59.27; 55. Maicee Burke, 22:22.96 Notes: There were 131 varsity runners...Minot tied West Fargo for first, but the Majettes won the team title based on having a better finish from its sixth place runner...Mandan's Kelby Rinas was the indi-vidual champion in a time of 19:01.01...Weather was warm and sunny.

Souris Valley Invite

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

Team totals (Top 5/WDA)

(5,000 meters) 1. Minot, 100; 2. G.F. Central, 120; 3. West Fargo, 121; 4, Bismarck High, 173; 5, Rugby 180; 6. Century, 183; 8. Watford City, 210; 11. Mandan, 239; 14. Legacy, 308 Individual winner: Reagan Basesler, Hillsboro-Central Valley, 18:52.24

Top 10 Finishers

1. Reagan Baesler, Hillsboro-CV, 18:52: 2. Hayley Ogle, Watford City, 19:00; 3. Jenna Soine, Hatton-Northwood, 19:3; 4. Jaelyn Ogle, Watford City, 19:04; 5. Hope Pringle, West Fargo, 19:05; 6. Emily Goldade, Cen-tury, 19:13; 7. Elise Ramberg, Langdon Area, 19:15; 8. Mikayla Weiss, 19:22; 9. Jadyn Guidinger, Legacy, 19:25: 10, Claire Hvnek, 19:33

Minot results

ing.

11. Abigail Hoffarth, 19:50; 19. Trinity Jessen, 20:07; 22. Emma Compere, 20:14; 24. Lily ana Campbell, 20:15; 33. Allie Wahlund, 20:36; 39. MaLiah Burke, 20:52; 44. Abbie Wahlund, 20:54: 50. Maicee Burke, 21:08; 53. Deja Meyer, 21:13; 83. Brooke Keller, 21:54; 107. Hyla Erickson, 22:46: 115. Ella Francis. 23:05: 123. Lizzy Folk, 23:11; 147. Ashley Nelson, 24:00; 157. Justice Nerad, 24:21 Notes: Minot won the meet...Watford City's Hayle Ogle was runner-up to lead all WDA runners...Six WDA teams took part....There were 200 runners and 30 teams participat-

WDA Championships

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

Team totals (5,000 meters)

 Minot, 60; 2. Century, 86; 3. Bismarck High, 109; 4. Watford City, 109; 5. Williston, 116; 6. Mandan, 124; 7. Jamestown, 177; 8. Legacy; 182; 9. Dickinson, 187; 10. TMCHS, 607

Individual winner: Meghan Ford, Jamestown, 17:49.88

Top 20 (All-WDA)

I. Meghan Ford, Jamestown, 17:49; 2. Hay-ley Ogle, Watford City, 19:01; 3. Eleni Lov-gren, Williston, 19:18; 4. Jadyn Guidinger, greh, williston, 19:18; 4. Jadyn Guidniger, Legacy, 19:23; 5. Jaelyn Ogle, Watford City, 19:32; 6. Emily Goldade, Century, 19:39; 7. Jilee Golus, Bismarck High, 19:48; 8. Mor-gan Wald, Bismarck High, 19:55; 9. Abigail Hoffarth, Minot, 19:57; 10. Trinity Jessen, Minot, 20:03; 11. Aislin Anderson, Century, 20:05; 12. Lily-ana Campbell, Minot, 20:08; 13. Accas Elkine, Mandra D'0:10:14. Abbia 13. Acey Elkins, Mandan, 20:10; 14. Abbie Wahlund, Minot, 20:11; 15. Emma Com-pere, Minot, 20:21; 16. Maria Moore, Man-dan, 20:35; 17. Ellie Schmitz, Watford City, 20:40: 18. Sierra Watterud, Williston, 20:45: 19. Peyton Jensen, Century, 20:50; 20. MaLiah Burke, Minot, 20:53

Minot results

9. Abigail Hoffarth, 19:57.51; 10. Trinity Jessen, 20:03.69; 12. Lily-ana Campbell, 20:08.80; 14. Abbie Wahlund, 20:11.86; 15. Emma Compere, 20:21.63; 20. Maliah Burke, 20:57.91; 24. Allie Wahlund, 21:01.67; 30. Brooke Keller, 21:36.54; 36. Deja Meyer, 21:47,94; 43. Ella Francis, 22:08.70; 44. Ella Jacobs, 22:09.43; 47. Julie Folk, 22:14.06; 48. Piper Erickson, 22:16.43; 57. Morgan Forthun, 22:44.03; 61. Hyla Er-ickson, 22:56.56; 65. Justice Nerad, 23:12.82; 71. Ashley Nelson, 23:26.41; 73. Elizabeth Folk, 23:33.24; 77. Shelby Anderson, 23:43.09; 80. Addyson Wendt, 23:46.95; 81. Kylie Roberts, 23:47.49; 83. Abigail Gathman, 23:59.93; 90. Victoria Malone, 24:15.40; 91. Sara Cooper, 24:18.41; 106. Erika Baker, 25:16.85: 110. Alexa Geyer, 25:50.29; 114. Sara Adams, 26:11.75; 118. Trystan Brey, 26:30.68; 119. Abigail Richardson, 26:31.39; 120. Jenna Sufka, 26:32.07

Notes: The meet was moved to Dickinson from Jamestown due to snow and wet course conditions there...Minot won its first WDA title since 2007 and eighth overall..Jamestown's Meghan Ford won her second consecutive WDA title...Nine teams (Bismarck High, Century, Dickinson, Jamestown, Legacy, Mandan, Minot, Wat-ford City, Williston) had at least one runner earn all-WDA honors (Top 20)...Minot had six runners finish in the top 20...Mandan's Kelby Rinas, who is injured and did not compete, was named W. Region senior athlete of the year...Minot's Carla Wahlund was named W. Region coach of the year...There were 132 runners competing...Temperature at race time was

2019 Minot Majettes Girls' Cross Country

45 degrees under mostly cloudy skies. **Class A Meet** Oct. 26. 11 a.m

Souris Valley G.C. Minot N.D.

Team totals

1. West Fargo, 95; 2. Fargo Davies, 110; 3. GF Central, 140; 4. Minot, 152; 5. Bismarck High, 184; 6. Century, 224; 7. Watford City, 230; 8. Fargo North, 235; 9. Williston, 283; 10. Mandan, 286: 11. GF Red River, 330: 12. Fargo Shanley, 349; 13. Valley City, 374; 14. WF Sheyenne, 376; 15. Devils Lake, 384; 16. Dickinson, 457; 17. Legacy, 458; 18. Jamestown, 465; 19. Fargo South, 598 Individual winner: Meghan Ford, Jamestown, 17:40.8

Ton 20 (All-State)

1. Meghan Ford, Jamestown, 17:40.8; 2. Hayley Ogle, Watford City, 18:28.2; 3. Anna Lien, Fargo North, 18:40.0: 4, Jaelyn Ogle, Watford City, 18:42.9; 5. Eleni Lovgren, Williston, 18:42.9; 6. Claire Hynek, GF Central, 18:44.3: 7. Hope Pringle, West Fargo. 18:49.7; 8. McKenna Lovehaug, Fargo Davies, 18:51.9; 9. Onnica Stansbury, WF Sheyenne, 19:06.1; 10. Jadyn Guidinger, Legacy, 19:10.0 11. Mikayla Weiss, GF Central, 19:11.6; 12. Emily Goldade, Century, 19:12.2; 13. Jilee Golus, Bismarck High, 19:18.1; 14. Payton Lane, Fargo Davies, 19:20.4: 15. Acev Elkins. Mandan. 19:21.4 Anna Berhnardt, Fargo Shanley, 19:22.2;
Morgan Wald, Bismarck High, 19:22.9; 18. Ashley Hanson, Fargo Shanley, 19:26.0; 19. Clare Boldingh, West Fargo, 19:28.0; 20. Kaelyn Berg, West Fargo, 19:29.4

WDA results Minot results

23. Trinity Jessen, 19:40.63; 28. Allie Wahlund, 19:51.29; 30. Abigail Hoffarth, 19:57.45: 32. Emma Compere. 20:03.36: Maliah Burke, 20:08.76; 41. Lilly Campbell, 20:09.18; 57. Maicee Burke, 20:35.31;
Sabbie Wahlund, 20:39.35; 67. Deja Meyer 20:50 71:108 Brooke Keller 21.42.91

Bismarck High results

13. Jilee Golus. 19:18.06: 17. Morgan Wald. 19:22.83; 43. Taya Fettig, 20:14.07; 52. Zoe Reichenberger, 20:32.66; 59. Brooke Bur-gard, 20:40.88; 62. Sophia Ness, 20:43.11; 78. Neely Reichenberger, 21:03.37; 89. Tehya Sweitzer, 21:22.73; 122. Ella Reister, 21:56.08; 130. Alice Brownotter, 22:16.90 Century results

12 Emily Goldade 19:12 00: 21 Aislin Anderson, 19:35.19; 44. Peyton Jensen, 20:15.30; 60. Shalae Lindell, 20:42.39; 87. Liberty Howell, 21:19.20: 110. Marissa Russon, 21:45.03; 121. Kylie Wald, 21:55.35; 144. Brenna Dietrich, 22:37.03; 152. Ash-Iynn Kaul, 22:53.91; 154. Rhenna Martin, 22:56.93

Watford City results

2. Hayley Ogle, 18:28.15; 4. Jaelyn Ogle, 18:42.81; 33. Ellie Schmitz, 20:03.71; 55. Savanna Olson, 20:33.73; 136. Tricia Schmitz, 22:31.03; 158. Kalena Hanohano, 23:12.23

Williston results

5. Eleni Lovgren, 18:42.81; 31. Sierra Wat-terud, 20:00.98; 71. Vicktoria Holdaway, 20:56.01; 81. Morgan Landry, 21:10.61; 95. Niah Shumway, 21:25.00; 105. Marenn Larsen, 21:41.35; 112. Keira Shannon, 21:46.80; 114. Solveig Lovgren, 21:48.32; 138. Kaydance Heller, 22:32.43; 145. Lacey Sime 22.38 75

Mandan results

15. Acey Elkins, 19:21.36; 50. Maria Moore, 20:30.43; 56. Anna Bendish, 20:34.89; 63. Cyera Moore, 20:45.44; 102. Amaya Ramsey, 21:37.65; 135. Whitney McGee, 22:28.97; 151. Kendal Beckler, 22:49.76; 157. Ashlyn Markel, 23:07.62 Dickinson results

53. Peyton Laser, 20:32.82; 76. Symone Beld, 29:59.85; 97. Aleigha Villars, 21:27.38; 104. Macy Weiss, 21:41.02; 127. Mattie Obrigewitch, 22:10.37: 133, Mattilyn Biel, 22:22.72; 141. Claire Kreidt, 22:34.68; 175. Veronica Pavek, 24:41.02

Legacy results 10. Jadyn Guidinger, 19:09.97; 83. Aubree Melchior, 21:15:02; 94. Emma Schlecht, 21:24.82; 129. Aeva Franco, 22:12.94; 142. Brooke Will, 22:34.90; 159. Selena Silk, 23:14.85; 161. Rachel Holzer, 23:21.89; 163. Ellie Deede, 23:34.68; 171. Taylor Wentz, 24:18.20; 172. Shelby Butler, 24:20.72 Jamestown results

1. Meghan Ford, 17:40.71; 106. Julia Skari, 21:41.52; 107. Bernadette, Belzer, 21:41.72; 119. Ellie Kruger, 21:52.82; 132. Jayla Hoffer. 22:19.84: 150. Alvssa Allen. 22:47.07: 260. Maddy Orr, 23:15.56; 162. Emily Sargeant, 23:30.94; 173. Jera Truax, 24:23.80; 176. Kyra Hoffer, 24:44.97

Notes: West Fargo won the team title...Minot High was the top WDA finisher (fourth)...Jamestown's Meghan Ford de-fended her indiviual title and became the first Blue Jay runner to do so since Laurie Fox (1993-94)....Nine WDA runners earn allstate honors led by Century which had five...Seven WDA teams had at least one all-state finisher...Ten WDA teams participated...There were 177 runners...Mandan Kelby Rinas was named state senior athlete of the year...Minot's Carla Wahlund was name state coach of the year...Minot hosted the meet for the first time since 2014