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

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

 Dickinson, 34; 2. Williston, 48; 3. Minot, 98; 4. Trenton, 101; 5. New Town, 102; 6.
Bowman Co., 159; 7. Minot Bishop Ryan, 229; 8. Stanley, 270; 9. Watford City, 306; 10. Max, 325

Individual winner: Brady Yoder, Dickinson, 15:54

Top 10 Finishers 1. Brady Yoder, Dickinson, 15:54; 2. Robert 1: Brady Yoder, Dickinson, 15:54; 2: Kobert White, New Town, 17:13; 3: Fynn Krenz, Williston, 17:14; 4: Aiden Jung, Dickinson, 17:15; 5: Noah Rolfe, Stanley, 17:20; 6: Caleb Hansen, Dickinson, 17:21; 7: Gunnar Alvarado, Williston, 17:57; 8: Brian Miller, Bowman Co., 17:59; 9. Wil Olson, Williston 18:03; 10. Hunter Gregoire, Dickinson, 18:10

### Minot results

11. William Walker-Rozo, 18:16; 16. William Barrington, 18:36; 21. Oscar Hultz, 19:17; 23. Grant Schaeffer, 19:21; 27. Noah Jacobs 19:41; 28. Zach Gillett, 19:45; 30. Griffin Schaeffer, 19:54; 40. Austin Geyer, 20;22; 41. Jacob Hight, 20:22; 43. Troy McManus, 20:33; 46. Carter Mowbray, 20:48; 50. Jaron Coombs, 21:06; 56. Carter Thomas, 21:23; 59. Everett Aberle, 21:48; 62. Alexander Garcia, 22:01; 66. Garth Shanklin, 22:21; 69. Martin Hofrichter, 22:40: 70, 7ane Wahlstrom, 22:43; 73. Kanoa Stacy, 23:28; 74. Dawson Bristow, 23:29; 78. Evan Putt, 23:46; 87. Trevor Ricks, 25:44; 89. Marc Esternon, 25:51. 90. Tyler Sherlock, 25:51 Notes: Dickinson had four finishers in the top 10 led by Brady Yoder who won the meet...Dickinson, Minot, Watford City and Williston made their season debut...There ere 101 varsity runners

# Grand Forks Invite Aug. 29, 2019, 4 p.m. Lincoln Park GC, Grand Forks

Team totals (Top 5/5,000 meters) 1. GF Red River, 35; 2. WF Sheyenne, 54; 3. Minot, 79; 4. GF Central, 121; 5. West Fargo, 129 Individual winner: Jacob Knodle, WF Sheyenne, 16:18.10

Top 10 Finishers 1. Jacob Knodle, WF Sheyenne, 16:18.1; 2. Hunter McHenry, Red River, 16:51.5; 3. Matthew Rongitsch, Red River, 16:53.8; 4. Aiden Johnson, WF Sheyenne, 17:06.3; 5. Caeden Johnson, WF Sheyenne, 17:13.9; 6. Quinn Roehl, GF Central, 17:15.8; 7. Broden Walker-Rozo, Minot, 17:23.3; 9. Noah Vaa gene, West Fargo, 17:23.3; 10. Kaiden Meyer, Minot, 17:25.3

Minot, pr. 23.5 Minot results 8. William Walker-Rozo, 17:23.2; 10. Kaiden Meyer, 17:25.3; 18. William Barrington, 18:06.8; 21. Zac Gillett, 18:13.8; 22. Oscar Hultz, 18:15.0; 24. Grant Schaeffer, 18:19.2; 30. Austin Geyer, 18:36.2; 35. Bryce Rose, 18:40.0; 44. Jacob Hight, 19:08.2; 45. Noah Jacobs, 19:08,8; 49. Griffin Schaeffer, 19:15.2; 52. Troy McManus, 19:19.7; 65. Carter Mowbray, 20:29.5; 66. Jaron Coombs, 20:36.5; 67. Ben Lepp, 21:17.2 Notes: GF Red River won the meet. finished third...Jacob Knodle of WF et...Minot Sheyenne was the individual winner...There were 68 runners in the varsity race.

## Anderson-Stavn Invite

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

# Team totals (5,000 meters)

I. Century, 66; 2. Williston, 100; 3. GF Red River, 116; 4. Bismarck High , 120; 5. Dickin-son, 140; 6. WF Sheyenne, 152; 7. Legacy, 164; 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: Mandan, 572; 19. Southern McLean, 577; 20. Max, 587; 21. Solen, 634; 22. Stan-ley, 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 Shevenne, 16:20.19: 4. Robert White, New Town, 16:31.60; 5. Micade Shumway, Willis-ton, 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

Minot results 33. Noah Jacobs, 17:48.02; 37. Kaiden Meyer, 17:55.39; 38. William Barrington, 17:59.24: 40. Oscar Hultz, 18:03.22: 53. 17:53-24, 40. 05431 Millt, 18:05:22, 55. Grant Schaeffer, 18:24.88; 63. Bryce Rose, 18:36.34; 71. Griffin Schaeffer, 18:58.94; 77. Zac Gillett, 19:26.08; 80. Jacob Hight, 19:31.04

Notes: There were 153 runners in the var-sity 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.

# Milaca Mega Meet Sept. 21, 10 a.m. Milaca MN, Stone's Throw G.C.

Varsity D1 Team totals (Top 5/WDA)

(5,000 meters) 1. Eden Prairie, MN, 87; 2. Mounds View, MN, 96; 3. Perham, MN, 130; 4. Hopkins, MN, 154; 5. Century, 159; 13. Minot, 327 Individual winner: Mickies Kiros, St. Paul Centra, MN, 16:33.7

### Top 10 Finishers

1. Mickies Kiros, St. Paul Central, 16:33.7; 2. Fin Sokolowski, Mounds View, 16:35; 3. Zach Spears, Eden Prairie, 16:37.5; 4. Bran-don O'Hara, Perham, 16:45.2 5. Daniel Vanacker, Forest Lake, 16:50.3; 6. Max Charlsen, Forest Lake, 16:58.4; 7. Shuayb Hussein, Wayzata, 17:01.9; 8. Jakob Mc-Cleary, Perham, 17:03.5; 9. Mackinon Mokoro, Osseo, 17:03.6; 10. Will Sacay, Mounds View, 17:06.2 Minot results

33. Kaiden Meyer, 17:52.6; 48. Willam Barrington, 18:10.1; 70. William Walker-Rozo, 18:34.1; 88. Oscar Halt, 18:50.3; 94. Grant Schaeffer, 18:54.5; 153. Austin Geyer, 19:50.7: 184. Noah Jacobs. 20:47.7 Notes: There were 206 runners...Century and Minot were the WDA representatives in the race

JV Team totals (Top 5/WDA) (5,000 meters) 1. Stillwater, MN, 54; 2. Centruy, 72; 3. Mounds View, MN, 92; 4. Wayzata, MN, 104; 5. Eden Prairie, MN, 110; 7. Minot, 314 Individual winner: Santino Preciado, Mounds View, MN, 18:11.2 Top 10 finishers 1. Santino Preciado, Mounds View, 18:11.2;

2. Dylan Yang, Eden Prairie, 18:38.9; 3 Mason Martin, Eden Prairie, 18:39.5; 4. Chris Romain, Woodbury, 18:45.3; 5. Con-nor Lange, Stillwater, 18:49.4; 6. Caeden Windschitl, Stillwater, 18:49.8; 7. Luke Gasper, Century, 18:51.9; 8. Jacob Francetich, Century, 18:52.5; 9. Dylan John-son, Wayzata, 18:53.7; 10. Iver Phillips,

Century, 18:55.5 Minot results 21. Zac Gillett, 19:22.5; 37. Bryce Rose, 19:44.2; 83. Griffin Schaeffer, 20:27.2; 131. Jacob Hight, 20:59-2; 147. Luke Peterson, 21:08.8; 243. Collin Roth, 22:01.3; 249. Alex Debowey, 22:07.9 Souris Valley Invite Oct. 5. 11 a.m Souris Valley G.C., Mino

### 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

2019 Minot Magicians Boys' Cross Country

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

### Minot results

17. Kaiden Meyer, 17:03; 18. William Walker-Rozo, 17:03; 40. William Barrington, 17:30; 53. Oscar Hultz, 17:45; 55. Noah Ja-cobs, 17:49; 58. Grant Schaeffer, 17:52; 75. Griffin Schaeffer, 18:15; 83. Zac Gillett, 18:23; 92. Troy McManus, 18:29; 102 Jacob Hight, 18:59; 104. Bryce Rose, 19:00; 144. Austin Geyer, 19:42 Notes: Century won the meet...lamestown's Gavin Haut was run-

ner-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 ridual winner: Brady Yoder, Dickinson,

15:40.68

Top 20 (All-WDA) 1. Brady Yoder, Dickinson, 15:40; 2. Sean Korsmo, Bismarck High, 15:49; J. 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 Ersland, 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

### Minot results

18. Kaiden Meyer, 17:06.58; 25. William Walker-Rozo, 17:22.16; 27. William Barring-ton, 17:27.81; 35. Noah Jacobs, 17:36.73; 39. Oscar Hultz, 17:44.10; 49. Grant Schaeffer, 18:01.97; 63. Zac Gillett, 18:25.89; 65. Austin Geyer, 18:29.15; 66. Griffin Schaef-fer, 18:30.55; 68. Troy McManus, 18:33.72; 74. Jacob Hight, 18:51.57; 84. Dylan Bast, 19:11.15; 89. Carter Mowbray, 19:25.64; 13. Alexander Debowey, 19:29-52; 93. Ben Lepp, 19:33.46; 98. Luke Peterson, 19:47.66; 105. Dawson Bristow, 20:00.78; 108. Jaron Coombs, 20:03.71; 109. Collin Roth, 20:04-62; 112. Moroni Hale, 20:16.50; 115. Tavian Bobo, 20:38.04; 116. Bryce Rose, 20:38.50; 124. Everett Aberle, 21:11.62; 125. Joey Anderson, 21:26.16; 134. Kanoa Stacy, 21:49.62

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. Re-gion 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 Sheyene, 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 Er-sland, Century, 16:21.5; 14. Aiden Jung, Dickinson, 16:22.0; 15. Caleb Hanson, Dicknison, 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 Ersland, Id: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,

Leir Larsen, 17:26. 70; 60. Lutter 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 Ander-son 18:36:47; 140. Henry Nelson 18:46; 98: Son, 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. Chandlar 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 Ko-rsmo, 16:57.78; 35. Michael Omvig, 17:01.51; 45. Parker Hintz, 17:19.18; 5. Juan Flores, 17:25.03; 56. Stephen Windsor, Mich Penn, 17:45.67, 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 Barrington, 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. Bren nan 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 in-dividual 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