2018 Jamestown Blue Jays Girls' Cross Country

Jamestown Originals Invite

Aug. 25, 2018, 11 a.m.
Parkhurst Recreation Area, Jamestown, N.D.

Team totals Top 5/WDA (5,000 meters)
1. Fargo Davies, 56; 2. West Fargo, 84; 3. GF Central, 139; 4. Mandan, 167; 5. GF Red River, 186; 8. Jamestown, 282
Individual winner: Meghan Ford, Jamestown, 18:44.22
Top 10
1. Meghan Ford, Jamestown, 18:44.22; 2. Lana Krack, Thompson, 19:33.84; 3. Megan Lundstrom, Fargo Davies, 19:42.38; 4. Kelby Rinas, Mandan, 19:51.03; 5. Elise Ramberg, Langdon-E-M, 19:55.34; 6. Alexis Roehl, GF Central, 20:07.91; 7. Dreak Frolek, Sargent Central-L, 20:29.75; 8. Payton Lane, Fargo Davies, 20:30.52; 9. Hope Pringle, West Fargo, 20:31.06; 10. Clare Bolding, West Fargo, 21:05.59
Jamestown results
1. Meghan Ford, 18:44.22; 37. Maddy Orr, 22:41.81; 69. Alyssa Allen, 24:18.06; 83. Amanda Sargent, 24:51.34; 92. Peyton Rudnick, 25:36.75; 96. Sydney Zalumskis, 25:51.93; 102. Emily Sargent, 26:17.06; 110. Jera Truax, 26:43.25; 112. Sadi Meissner, 27:04.53
Notes: This was the season-opening meet for Mandan and Jamestown...Jamestown's Meghan Ford was individual champion, finishing the 5,000 meters in a time of 18:44.22...There were 137 varsity runners.

Valley City Invite

Aug. 31, 3 p.m.
Valley City CC., Valley City, N.D..

Team totals Top 5/WDA (5,000 meters)
1. Fargo Shanley, 53; 2. Devils Lake, 55; 3. Valley City, 98; 4. Jamestown, 105; 5. New Town, 166
Individual winner: Meghan Ford, Jamestown, 18:57.74

Jamestown results
1. Meghan Ford, 18:57.74; 19. Maddy Orr, 23:55.56; 25. Amanda Sargeant, 24:10.81; 26. Alexis Kirkeby, 24:21.31; 34. Peyton Rudnick, 25:27.38; 35. Jaymee George, 25:42.33; 38. Jera Truax, 26:35.74; 39. Sydney Zalumskis, 26:45.20; 42. Emily Sargeant, 26:28.97
Notes: Fargo Shanley won the meet...Jamestown's Meghan Ford won her second straight individual race.

Salmi-Sahli Meet

Sept. 6, 3 p.m.
Aberdeen, S.D.

Team totals Top 4 (5,000 meters)
1. Aberdeen, SD Central, 31; 2. Pierre, SD Riggs, 54; 3. Watertown, SD, 84; 4. Jamestown, 87
Individual winner: Meghan Ford, 17:20.51; Jamestown,
Jamestown results
1. Meghan Ford, 17:20.51; 14. Maddy Orr, 21:02.56; 24. Amandan Sargeant, 22:16.12; 28. Peyton Rudnick, 22:31.01; 29. Jaymee George, 23:11.50; 30. Alyssa Allen, 23:18.05
Notes: The host, Aberdeen Central, won the meet...Jamestown's Meghan Ford was individual champion, finishing in a time of 17:20.51...There were 34 varsity runners.

DL Grahams Island Invite

Sept. 15, 1 p.m.
Grahams Island, Devils Lake, N.D.

Team totals Top 5 (5,000 meters)
1. Rugby, 63; 2. Devils Lake, 70; 3. Jamestown, 95; 4. Mayville-Portland-C-G, 115; 5. Harvey-Wells Co., 137
Individual winner: Meghan Ford, Jamestown, 18:35.90
Jamestown results
1. Meghan Ford, 18:35.90; 18. Elza Herrick, 23:01.90; 21. Jaymee George, 23:14.20; 24. Amanda Sargeant, 23:51.30; 31. Peyton Rudnick, 24:27.70; 33. Jera Truax, 24:32; 37. Sydney Zalumskis, 25:26.90; 41. Emily Sargeant, 26:22.60; 44. Erin Gee, 27:03.90; 49. Makayla Komrosky, 28:16.90; 54. Dakota Brinson, 28:46.50
Notes: Meghan Ford has won all four meets she's entered.

Blue-White Invite

Sept. 22, 10 a.m.
Bjornson G.C., Valley City, N.D.

Team totals Top 5 (5,000 meters)
1. West Fargo, 41; 2. Fargo North, 107; 3. WF Sheyenne, 117; 4. Rugby, 126; 5. Excel Athletica (club); 8. Jamestown, 238
Individual winner: Meghan Ford, Jamestown, 18:34.1
Jamestown results
1. Meghan Ford, 18:34.1; 51. Peyton Rudnick, 23:26.7; 54. Amanda Sargeant, 23:36.8; 58. Alyssa Allen, 23:49.9; 74. Eliza Herrick, 24:40.1
Notes: Meghan Ford has won her fifth meet of the season...There were 104 runners...Jamestown was the only WDA team participating.

RM Stoudt Invite

Sept. 29, 11 a.m.
Parkhurst Recreation Area, Jamestown, N.D.

Team totals
Top 5/WDA (5,000 meters)
1. West Fargo, 35; 2. Rugby, 103; 3. Mandan, 113; 4. New Town, 187; 5. Kindred, 215; 6. Jamestown, 226; 9. Century, 277
Individual winner: Meghan Ford, Jamestown, 18:08.44

Jamestown results
1. Meghan Ford, 18:08.44; 47. Alyssa Allen, 22:31.15; 54. Amanda Sergeant, 22:43.12; 57. Eliza Herrick, 22:49.68; 67. Peyton Rudnick, 23:08.28; 68. Sydney Zalumskis, 23:08.84; 71. Jera Truax, 23:21.15; 78. Emily Sargeant, 23:45.93
Notes: Three WDA teams competed...Jamestown's Meghan Ford won her sixth meet title.

Rugby Booster Meet

Oct. 6, 1 p.m.
Rugby G.C., Rugby, N.D.

Team totals Top 5/WDA (5,000 meters)
1. Rugby, 55; 2. Devils Lake, 86; 3. New Town, 127; 4. Jamestown, 134; 5. Southern McLean, 265; 19. TMCHS, 521
Individual winner: Meghan Ford, Jamestown, 17:50.71
Jamestown results
1. Meghan Ford, 17:50.71; 31. Peyton Rudnick, 22:19.97; 33. Elza Herrick, 22:24.40; 34. Alyssa Allen, 22:30.76; 35. Amanda Sargeant, 22:34.33; 49. Emily Sargeant, 23:02.42; 92. Sadie Meissner, 26:40.50; 98. Makayla Komrosky, 26:56.36; 99. Ana Weber, 26:59.13; 101. Erin Gee, 27:04.14
Notes: There were 113 runners in the varsity meet...Jamestown's Meghan Ford has won every race she's entered this season.

WDA Championships

Oct. 13, 1:30 p.m.
McDowell Dam, Bismarck, N.D.

Team totals (5,000 meters)
1. Century, 75; 2. Minot, 80; 3. Mandan, 109; 4. Bismarck High, 112; 5. Williston, 125; 6. Watford City, 148; 7. Dickinson, 165; 8. Jamestown, 245; 9. Legacy, 253; 10. TMCHS, 561
Individual winner: Meghan Ford, Jamestown, 18:02.92
Top 20 (All-WDA)
1. Meghan Ford, Jamestown, 18:02.92; 2. Kayla Ogle, Watford City, 18:48.21; 3. Kelby Rinas, Mandan, 18:52.46; 4. Eleni Lovgren, Williston, 19:00.34; 5. Erin Palmer, Century, 19:04.86; 6. Emily Goldade, Century, 19:10.75; 7. Hayley Ogle, Watford City, 19:14.35; 8. Jilee Golus, Bismarck High, 19:23.26; 9. Jaelyn Ogle, Watford City, 19:34. 68; 10. Maria Moore, Mandan, 19:45.77; 11. Abby Hoffarth, Minot, 19:47.93; 12. Allie Wahlund, Minot, 19:49.81; 13. Acey Elkins, Mandan, 19:56.80; 14. Aislin Anderson, Century, 19:57.83; 15. Ava Marburger, Williston, 20:01.35; 16. Trinity Jensen, Minot, 20:18.88; 17. Symone Beld, Dickinson, 20:19.50; 18. Lindsey Werner, Legacy, 20:19.95; 19. Lily Campbell, Minot, 20:28.27; 20. Morgan Wald, Bismarck High, 20:36.07
Team results (Top 10)
Century
5. Erin Palmer, 19:04.86; 6. Emily Goldade, 19:10.75; 14. Aislin Anderson, 19:57.83; 21. Liberty Howell, 20:40.56; 29. Shalae Lindell, 20:57.79; 32. Hannah Deschaak, 21:05.42; 34. Makayla Anderson, 21:07.77; 37. Rhenna Martin, 21:25.76; 51. Addison Willet, 21:59.35; 53. Janessa Anderson, 22:10.20
Minot
11. Abby Hoffarth, 19:47.93; 12. Allie Wahlund, 19:49.81; 16. Trinity Jensen, 20:18.88; 19. Lily Campbell, 20:28.27; 22. Maliah Burke, 20:44.54; 25. Abbie Wahlund, 20:50.85; 26. Brooke Keller, 20:52.01; 36. Maicee Burke, 21:21.40; 39. Chey Vicks, 21:29.16; 43. Hyla Erickson, 21:35.15
Mandan
3. Kelby Rinas, 18:52.46; 10. Maria Moore, 19:45.77; 13. Acey Elkins, 19:56.80; 41. Anna Bendish, 21:32.81; 42. Amaya Ramsey, 21:33.28; 48. Cyera Moore, 21:56.07; 52. Whitney McGee, 22:05.74; 82. Janie Berger, 23:44.66
Bismarck High
8. Jilee Golus, 19:23.26; 20. Morgan Wald, 20:36.07; 24. Reece Vorachek, 20:48.11; 27. Brooke Neideffer, 20:54.03; 33. Darielle Ceynar, 21:06.76; 38. Brooke Burgard, 21:27.56; 92. Darian Coghlan, 24:23.44; 112. Jordyn Leighton, 26:20.47
Williston
4. Eleni Lovgren, 19:00.34; 15. Ava Marburger, 20:01.35; 31. Marenn Larsen, 21:03.41; 35. Kimberly Neumann, 21:14.28; 40. Morgan Landry, 21:30.12; 45. Niah Shumway, 21:42.45; 55. Sierra Watterud, 22:12.88; 108. Saebra Willardson, 25:58.80
Watford City
2. Kayla Ogle, 18:48.21; 7. Hayle Ogle, 19:14.35; 9. Jaelyn Ogle, 19:34.68; 50. Ellie Schmitz, 21:58.95; 80. Lindsey Peterson, 23:30.40; 84. Kalena Honahona, 23:49.08; 93. Gemma Campbell, 24:27.98
Dickinson
17. Symone Beld, 20:19.50; 23. Aleigha Villars, 20:44.92; 30. Macy Gress, 21:00.61; 46. Mattilyn Biel, 21:47.63; 49. Raghyn Murphy, 21:58.50; 54. Sierra Raatz, 22:11.75; 57. Delaynee Zubke, 22:18.09; 59. Amalia Lewis, 22:28.06; 61. Claire Kreidt, 22:29.24; 63. Macy Leiss, 22:32.47
Jamestown
1. Meghan Ford, 18:02.92; 58. Eliza Herrick, 22:24.06; 60. Amanda Sargeant, 22:28.64; 62. Alyssa Allen, 22:31.97; 64. Peyton Rudnick, 22:37.38; 72. Emily Sargeant, 23:01.98; 76. Jera Traux, 23:20.33; 79. Sydney Zalumskis, 23:21.79; 100. Erin Gee, 25:15.88; 106. Sadie Meissner, 25:32.52
Legacy
18. Lindsey Werner, 20:19.95; 28. Kaydee Wescom, 20:56.32; 66. Emily Cooper, 22:38.45; 70. Scarlett Nogosek, 22:52.55; 71. Taylor Wentz, 22:56.74; 99. Shelby Butler, 25:13.01
TMCHS
103. Avah Marion, 25:18.79
Notes: Century won the team title for the first time since 2016...Jamestown's Meghan Ford became the first Blue Jay runner to win a WDA championship...Nine teams had at least one runner finish in the top 20 and earn all-WDA honors...Runner-up Minot had nine runners in the top 40...The event was originially planned for Jamestown, but was moved to Bismarck due to wet course conditions in Jamestown...Legacy's Lindsey Werner and Watford City's Kayla Ogle were were both nominated for senior athlete of the year...Mandan's Hilary Feist; Watford City's Greg Brown; and BHS' Scott Reichenberger were nominated for coach of the year...There were 118 runners in the race.

Andrew Carlson Distance Challenge

Oct. 17, 4 p.m.
Iwen Park, Fargo, N.D.
Team totals (4,000 meters)
Top 3/WDA
1. Fargo North, 34; 2. Fargo Davies, 67; 3. Fargo Shanley, 69; 6. Jamestown, 138
Individual winner: Meghan Ford, Jamestown, 14:44.45
Jamestown (Top 5)
1. Meghan Ford, 14:44.45; 41. Peyton Rudnick, 18:17.37; 45, Eliza Herrick, 18:19.53; 46. Alyssa Allen, 18:19.85; 51. Amanda Sargeant, 18:25.76
Notes: Jamestown sophomore Meghan Ford has not lost a race she has entered this season...Eight teams participated...The event was 4,000 meters.

Class A Meet

Oct. 27, 2 p.m.
Parkhurst Recreation Area, Jamestown, N.D.

Team totals (5,000 meters)
1. Fargo Davies, 66; 2. GF Central, 118; 3. Minot, 129; 4. Century, 181; 5. Mandan, 194; 6. Watford City, 202; 7. West Fargo, 227; 8. Fargo North, 250; 9. Williston, 270; 10. Bismarck High, 272; 11. GF Red River, 276; 12. Fargo Shanley-Oak Grove, 296; 13. West Fargo Sheyenne, 296; 14. Dickinson, 341; 15. Devis Lake, 451; 16. Legacy, 456; 17. Jamestown, 472; 18. Valley City, 529; 19. Fargo South, 583;
Individual winner: Meghan Ford, Jamestown, 17:57
Top 20 (All-State)
1. Meghan Ford, Jamestown, 17:57; 2. Kayla Ogle, Watford City, 18:28; 3. Hayle Ogle, Watford City, 18:38; 4. Megan Lundstrom, Fargo Davies; 18:41; 5. Erin Palmer, Century, 18:50; 6. Kelby Rinas, Mandan, 18:53; 7. Mikayla Weiss, GF Central, 18:58; 8. Eleni Lovgren, Williston, 18:58; 9. Hope Pringle, West Fargo, 18:59; 10. McKenna Lovehaug, Fargo Davies, 19:04; 11. Bridget Henne, Fargo Davies, 19:07; 12. Jaelyn Ogle, Watford City, 19:11; 13. Anna Bernhardt, Fargo Shanley, 19:12; 14. Onnica Stansbury, WF Sheyenne, 19:19; 15. Anna Lien, Fargo North, 19:22; 16. Allie Wahlund, Minot, 19:30; 17. Abby Hoffarth, Minot, 19:32; 18. Payton Lane, Fargo Davies, 19:33; 19. Emily Goldade, Century, 19:33; 20. Ava Marburger, Williston, 19:42

Jamestown results
1. Meghan Ford, 17:56.82; 101. Amanda Sargeant, 21:46.25; 3. Eliza Herrick, 21:53.27; 4. Alyssa Allen, 22:04.90; 5. Emily Sargeant, 22:58.09; 6. Jera Truax, 23:20.97; 161. Sydney Zalumskis, 23:21.93; 162. Peyton Rudnick, 23:26.09; 9. Sadie Messner, 24:53.74; 177. Erin Gee, 25:04.33
Notes: Fargo Davies is the team champion...Jamestown's Meghan Ford wins the individual championship and becomes the first Blue Jay runner since Jennifer Falk in 1998 to win a state individual title...Eleven WDA runners earned all-state honors...Watford City's Kayla Ogle holds the distinction of being runner-up in the Class A and B Meet in successive years....Fargo Davies Megan Lundstrom is senior athlete of the year...Fargo Davies Jason Edwards is coach of the year...This was the 40th annual state championships...There were 182 runners...Jamestown hosted the Class A Meet for the first time since 2016..