

Pride of Iowa Cross Country Championships - 10/13/2026**10/13/2026****Rankings****Event 2 Boys 5k Run CC HIGH SCHOOL**

Name	Year	School	Finals	Points
1 Winkelmann, Gabriel	11	Nodaway Valley	17:40.74	1
2 Driskill, Brock	12	East Union Afton	17:54.02	
3 Jimenez, Raiden	12	Southeast Wa	18:08.22	2
4 Nelson, Josh	10	Nodaway Valley	18:09.61	3
5 Kading, Paul	12	Nodaway Valley	18:32.25	4
6 Kading, Luke	12	Nodaway Valley	18:32.95	5
7 Colton, Haden	12	Nodaway Valley	18:33.49	6
8 Quigley, Cayden	8	Central Deca	18:34.63	7
9 Berg, Jack	11	Nodaway Valley	19:14.90	8
10 Waugh, Beau	11	Central Deca	19:25.21	9
11 O'Brien, Krayten	9	Wayne Corydon	19:29.90	10
12 Tedford, Blake	11	Central Deca	19:35.80	11
13 Ehler, Everett	10	Nodaway Valley	19:42.65	12
14 Quigley, Trevor	10	Central Deca	19:48.89	13
15 Cox, Caden	10	Wayne Corydon	20:12.66	14
16 Mercado, Cherubim	11	Nodaway Valley	20:21.75	
17 Wuebker, Cyler	11	East Union Afton	20:32.09	
18 Strode, Cael	11	Nodaway Valley	20:53.98	
19 Birkland, Triton	9	Wayne Corydon	21:30.12	15
20 Palmer, Eli	12	Wayne Corydon	21:46.36	16
21 Aleff, Alex	11	Wayne Corydon	22:12.78	17
22 Briner, Austin	11	Mount Ayr	22:14.17	18
23 Palmer, Landon	11	Central Deca	22:39.24	19
24 Truman, Brody	9	Southwest Valley	22:44.71	20
25 Graves, Max	9	Mount Ayr	23:04.33	21
26 Thompson, Fynn	11	Nodaway Valley	23:09.85	
27 Sponsler, Caden	11	Southeast Wa	23:13.50	22
28 Couchman, Dillon	12	Wayne Corydon	23:35.15	23
29 Breheny, Dom	11	Nodaway Valley	23:39.65	
30 Westerhausen, Uriah	11	Southwest Valley	23:56.81	24
31 Rockhold, Greyson	10	Wayne Corydon	23:57.09	25
32 Lumadue, Ryan	11	Southeast Wa	24:09.48	26
33 Sage, Kannin	10	Central Deca	24:46.06	27
34 Contreras, Adrian	9	Central Deca	25:06.97	28
35 Van Horn, Lincoln	10	Nodaway Valley	25:08.99	
36 Starmer, Mason	9	Mount Ayr	25:13.28	29
37 McAlexander, Braxton	9	Mount Ayr	27:07.22	30
38 Becker, Cameron	11	Southwest Valley	27:43.84	31
39 Shaffer, Kellon	11	Mount Ayr	28:22.06	32
40 Clark, Hunter	12	Southeast Wa	29:54.16	33
41 Hayes, Aiden	12	Southeast Wa	29:54.41	34
42 Knight, Gracin	9	Southwest Valley	30:08.47	35
43 Clark, Isaiah	10	Southeast Wa	31:32.30	36
44 Means, Henry	10	Southwest Valley	39:30.18	37
45 Eddy, Curan	9	Southwest Valley	42:06.59	38

10/13/2026

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....Event 2  Boys 5k Run CC HIGH SCHOOL
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Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Nodaway Valley Total Time: 1:31:29.04 Average: 18:17.81	19	1	3	4	5	6	8	12		
2	Central Decatur Leon Total Time: 1:40:03.77 Average: 20:00.76	59	7	9	11	13	19	27	28		
3	Wayne Corydon Total Time: 1:45:11.82 Average: 21:02.37	72	10	14	15	16	17	23	25		
4	Southeast Warren Liberty Total Time: 2:05:19.77 Average: 25:03.96	117	2	22	26	33	34	36			
5	Mount Ayr Total Time: 2:06:01.06 Average: 25:12.22	130	18	21	29	30	32				
6	Southwest Valley Total Time: 2:24:04.01 Average: 28:48.81	147	20	24	31	35	37	38			

Pride of Iowa Cross Country Championships - 10/13/2026**10/13/2026****Rankings****Event 1 Mixed 3200 Meter Run CC MIDDLE SCHOOL**

Name	Year School	Finals	Points
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Results - Women 3200 Run

1 Hagan, Ella	W8 Wayne MS	14:38.47	1
2 Morrison, Reagan	W7 Southwest Valley MS	15:10.20	2
3 Keeney, Brooklyn	W8 Wayne MS	15:24.03	3
4 Larsen, Annie	W7 Mt Ayr MS	15:44.49	
5 Larsen, Kallie	W7 Mt Ayr MS	15:47.33	
6 Van Horn, Mckenzie	W7 Nodaway Valley MS	16:07.76	
7 Page, Mia	W8 Central Decatur MS	16:18.91	
8 Hagan, Aria	W7 Wayne MS	16:28.37	4
9 Babbitt, Bryleigh	W7 Wayne MS	17:07.23	5
10 Garrison, Emma	W8 Wayne MS	17:11.51	6
11 Driskill, Brecklynn	W8 East Union MS	18:29.80	
12 Shuler, Payton	W7 Southwest Valley MS	19:24.19	7
13 Shuler, Addison	W7 Southwest Valley MS	19:30.58	8
14 Gonzalez, Zoe	W8 East Union MS	19:41.16	
15 Helvie, Wyn	W7 Southwest Valley MS	20:38.06	9
16 Amdor, Emma	W7 Southwest Valley MS	21:32.99	10

Results - Men 3200 Run

1 Tedford, Trae	M7 Central Decatur MS	12:19.92	
2 Roe, Sawyer	M8 Wayne MS	12:57.61	1
3 Cooper, Jackson	M8 Wayne MS	13:01.07	2
4 Clear, Zayett	M8 East Union MS	13:03.62	
5 Stamper, Braxton	M7 Central Decatur MS	13:35.57	
6 Jensen, Porter	M8 Wayne MS	14:07.42	3
7 Contraes, Mateo	M7 Central Decatur MS	14:17.23	
8 England, Bohdin	M8 Mt Ayr MS	14:52.29	4
9 Catanzareti, Adrian	M7 Mt Ayr MS	14:57.67	5
10 Palmer, Liam	M8 Wayne MS	14:58.29	6
11 Dolecheck, Joel	M8 Mt Ayr MS	15:15.04	7
12 Brooks, Warren	M8 Mt Ayr MS	15:24.44	8
13 Palmer, Rowen	M7 Wayne MS	16:04.44	9
14 Glor, Chase	M7 Southwest Valley MS	16:18.24	
15 Palmer, William	M7 Central Decatur MS	16:50.38	
16 Sheil, Carter	M7 Mt Ayr MS	17:14.45	10
17 Palmer, Micah	M7 Wayne MS	17:17.14	11
18 Huddleson, Remi	M8 Nodaway Valley MS	18:59.71	
19 Zavala, Adrian	M7 Southwest Valley MS	25:20.48	

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Results - Men 3200 Run

1 Wayne MS	21	1	2	3	6	9	11			
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Total Time: 1:11:08.83

Average: 14:13.77

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2 Mt Ayr MS	34	4	5	7	8	10
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Total Time: 1:17:43.89

Average: 15:32.78

Results - Women 3200 Run

1 Wayne MS	19	1	3	4	5	6
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Total Time: 1:20:49.61

Average: 16:09.93

2 Southwest Valley MS	36	2	7	8	9	10
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Total Time: 1:36:16.02

Average: 19:15.21