

# Boy's Records - host Central College

## Heartland Classic Cross Country Meet

### Top 100+ Boy Performances - - 5 Kilometer

|                       |       |                        |          |
|-----------------------|-------|------------------------|----------|
| Patrick Bose, Sr      | 15:29 | Johnston               | 09/17/16 |
| Andrew Stevens, Sr    | 15:31 | Shawnee Miss. S (Ks)   | 09/19/09 |
| Josh Thorson, Sr      | 15:31 | Wayzata (Mn)           | 09/17/11 |
| Tim Sindt, Sr         | 15:31 | Ankeny                 | 09/15/18 |
| Patrick Roos, Sr      | 15:35 | Edina (Mn)             | 09/17/16 |
| Nate Mueller, Sr      | 15:35 | ADM                    | 09/19/20 |
| Frank Canady, Sr      | 15:36 | Iowa City West         | 09/19/09 |
| Thomas Pollard, Sr    | 15:37 | Gilbert                | 09/20/14 |
| Ryan Schweizer, Sr    | 15:42 | Dowling Catholic       | 09/19/15 |
| Will Cole, Sr         | 15:43 | St Thomas Aquinas (Mn) | 09/17/16 |
| Matthew Carmody, Sr   | 15:43 | Dowling Catholic       | 09/16/17 |
| Josh Evans, So        | 15:44 | Linn-Mar               | 09/17/11 |
| William Lauer, Sr     | 15:44 | SF Lincoln (Sd)        | 09/27/14 |
| Patrick Roos, Jr      | 15:44 | Edina (Mn)             | 09/19/15 |
| Jaysen Bouwers, Sr    | 15:45 | Sioux City North       | 09/19/20 |
| Nicholas Yanek, Jr    | 15:47 | Pleasant Valley        | 09/17/16 |
| Owen Hoeft, Sr        | 15:48 | Hopkins (Mn)           | 09/19/15 |
| Jack Manderscheid, Sr | 15:50 | Edina (Mn)             | 09/19/15 |
| Patrick Bose, Jr      | 15:50 | Johston                | 09/19/15 |
| Ben Anderson, Jr      | 15:52 | Valley                 | 09/17/11 |
| Josh Evans, Jr        | 15:52 | Linn-Mar               | 09/15/12 |
| Thomas Pollard, Jr    | 15:52 | Gilbert                | 09/21/13 |
| Samuel Thomas, Sr     | 15:52 | Edina (Mn)             | 09/19/15 |
| Addison Standbury, Jr | 15:52 | Stillwater (MN)        | 09/16/17 |
| Maxwell Manley, Jr    | 15:52 | Edina (MN)             | 09/16/17 |
| Nathan Schoreder, Jr  | 15:53 | S F Lincoln (Sd)       | 09/21/13 |
| Ryan Murphy, Sr       | 15:53 | Linn-Mar               | 09/17/16 |
| Andrew Barrett, Sr    | 15:55 | Roosevelt              | 09/19/09 |
| Danny Aldaba, Jr      | 15:55 | Fremont (Ne)           | 09/17/11 |
| Jose Gonzalez, So     | 15:55 | Fremont (Ne)           | 09/17/16 |
| Zachary Miller, Sr    | 15:55 | Edina (Mn)             | 09/17/16 |
| Drew Hershey, Sr      | 15:55 | Johnston               | 09/19/15 |
| Jackson Heidesch, So  | 15:55 | Dowling Catholic       | 09/19/20 |
| Logan Ramlet, Jr      | 15:56 | Edina (Mn)             | 09/21/13 |
| Zach Wittenberg, Sr   | 15:57 | Pella                  | 09/19/09 |
| Maxwell Manley, Sr    | 15:57 | Edina (MN)             | 09/15/18 |
| Matthew Carmody, Jr   | 15:57 | Dowling Catholic       | 09/17/16 |
| Daniel Gardarsson, Sr | 15:59 | I C West               | 09/21/13 |
| Alex Gill, Sr         | 15:59 | St Thomas Aquinas (Mn) | 09/17/16 |
| Jake Ralston, Sr      | 15:59 | Papillion-Lavista (Ne) | 09/16/17 |
| Cole Decker, Sr       | 16:00 | Dowling Catholic       | 09/17/11 |
| Will Burke, Sr        | 16:01 | Edina (Mn)             | 09/15/12 |
| Will Lauer, Jr        | 16:01 | S F Lincoln (Sd)       | 09/21/13 |
| Kevin Lewis, Sr       | 16:01 | Ottumwa                | 09/18/10 |
| Zeb Mendel, Sr        | 16:01 | S F Lincold (SD)       | 09/19/20 |
| Connor Olson, Fr      | 16:02 | Wayzata (Mn)           | 09/17/11 |
| Mohamed Hamdan, Sr    | 16:03 | Lincoln N Star (Ne)    | 09/15/12 |
| Ty Hansen, Jr         | 16:03 | Fremont (Ne)           | 09/21/13 |
| Karson Sommer, Sr     | 16:03 | Pleasant Valley        | 09/19/15 |
| Andrew Bickford       | 16:03 | C R Prairie            | 09/19/20 |
| Seth Eliason, Jr      | 16:04 | Hopkins (Mn)           | 09/19/15 |
| Jack Henschel, Sr     | 16:04 | Hopkins (Mn)           | 09/19/15 |
| Daniel Soto, Sr       | 16:05 | Valley                 | 09/27/14 |
| Seth Iverson, Sr      | 16:05 | SF Roosevelt (Sd)      | 09/17/16 |
| Sam Hall, Sr          | 16:05 | Dowling Catholic       | 09/21/19 |
| Ryan Winger, Sr       | 16:05 | Hempsted               | 09/19/20 |
| Ben Anderson, Sr      | 16:06 | Valley                 | 09/15/12 |
| Daniel Soto, Jr       | 16:06 | Valley                 | 09/21/13 |
| Nathan Schroeder, Sr  | 16:06 | SF Lincoln (Sd)        | 09/21/13 |
| Jeremy Fopma, Sr      | 16:06 | Marion                 | 09/16/17 |

|                         |       |                          |          |
|-------------------------|-------|--------------------------|----------|
| Jeremy Fopma, Jr        | 16:07 | Marion                   | 09/17/16 |
| Camden Cox, Sr          | 16:07 | Ankeny Centennial        | 09/16/17 |
| Omet Kak, Sr            | 16:08 | D M North                | 09/20/08 |
| Ryan Schweizer, Sr      | 16:08 | Dowling Catholic         | 09/19/15 |
| Jackson Lewis, Sr       | 16:08 | Waukee                   | 09/17/16 |
| Alex Tollinger, Sr      | 16:08 | Omaha Central (Ne)       | 09/17/16 |
| Tyler Boyle, So         | 16:08 | Lincoln SW (Ne)          | 09/15/18 |
| Ayler Boyle, Sr         | 16:08 | Lincoln SW (Ne)          | 09/21/19 |
| Matt Stocker, Jr        | 16:09 | Cedar Rapids Prairie     | 09/19/09 |
| Tanner Rathje, Sr       | 16:09 | Linn-Mar                 | 09/21/13 |
| Ryan Schweizer, So      | 16:09 | Dowling Catholic         | 09/21/13 |
| Dalton Gosch, Sr        | 16:09 | Linn-Mar                 | 09/17/16 |
| Tysen Vandraska, Sr     | 16:09 | Cedar Rapids Prairie     | 09/19/15 |
| Jack Moore, Sr          | 16:09 | Cedar Rapids Prairie     | 09/19/15 |
| Aaron Thornburg, Jr     | 16:10 | Shawnee Miss. N (Ks)     | 09/19/09 |
| Matthew Lumbar, Sr      | 16:10 | Edina (Mn)               | 09/21/13 |
| David Rice, Sr          | 16:10 | Johnston                 | 09/21/13 |
| Patrick Roos, Jr        | 16:10 | Edina (Mn)               | 09/19/15 |
| Jesus Urtusuastegui, Jr | 16:11 | S F Roosevelt (Sd)       | 09/21/13 |
| Nicholas Yanek, So      | 16:11 | Pleasant Valley          | 09/19/15 |
| Tarum Vedula, Jr        | 16:11 | Pleasant Valley          | 09/19/20 |
| Cade Muller, Sr         | 16:11 | Dowling Catholic         | 09/19/20 |
| Mohamed Hamden, Jr      | 16:12 | Lincoln N Star (Ne)      | 09/17/11 |
| Drew Hershey, So        | 16:12 | Johnston                 | 09/21/13 |
| Williem Gokemeijer, Sr  | 16:12 | Edina (MN)               | 09/15/18 |
| John Quigley, Jr        | 16:13 | Millard West (NE)        | 09/17/16 |
| Kirk Trevor, Sr         | 16:13 | Valley                   | 09/17/16 |
| Andrew Lauer, Jr        | 16:13 | Sioux Falls Lincoln (SD) | 09/17/16 |
| Addison Stansbury, Sr   | 16:13 | Stillwater (MN)          | 09/15/18 |
| Conor Wells, Sr         | 16:13 | D M Roosevelt            | 09/18/10 |
| Sterling Spencer, Jr    | 16:14 | Shawnee Miss. N (Ks)     | 09/19/09 |
| Owen Hoeft, Sr          | 16:14 | Hopkins (Mn)             | 09/19/15 |
| Camden Cox, Jr          | 16:14 | Ankeny Centennial        | 09/17/16 |
| Hunter Staack, Sr       | 16:14 | Hopkins (Mn)             | 09/19/15 |
| Dylan Miller, Sr        | 16:14 | Blue Valley SW (Ks)      | 09/16/17 |
| Ethan Marshall, Jr      | 16:14 | St Thomas Aquinas (Mo)   | 09/16/17 |
| Will Ode, Jr            | 16:14 | Dowling Catholic         | 09/17/16 |
| Nathan Schroeder, So    | 16:15 | S F Lincoln (Sd)         | 09/15/12 |
| Michael Melchert, Sr    | 16:15 | Monticello               | 09/21/13 |
| Patrick Bose, So        | 16:15 | Johnston                 | 09/20/14 |
| Kole Sommer, Sr         | 16:15 | Pleasant Valley          | 09/19/20 |
| Tristan Eastham, So     | 16:16 | Blue Valley S W (Ks)     | 09/21/13 |
| Spencer Clark, Sr       | 16:16 | Dowling Catholic         | 09/21/13 |
| Jack Manderscheid, Sr   | 16:16 | Edina (Mn)               | 09/19/15 |
| Patrick Bose, Jr        | 16:16 | Johnston                 | 09/19/15 |
| Addison Kalb, Jr        | 16:16 | Dubuque Hempsted         | 09/17/16 |
| Myles Bach, Jr          | 16:16 | Marion                   | 09/17/16 |
| Moise Habineza, Jr      | 16:16 | Valley                   | 09/17/16 |
| Kolby Greiner, Jr       | 16:16 | Iowa City West           | 09/16/17 |
| Zach Buchheit, Sr       | 16:17 | Pella                    | 09/17/11 |
| Sage Reiger, Sr         | 16:17 | Fremont (Ne)             | 09/17/16 |
| Michael Mather, Sr      | 16:17 | Linn-Mar                 | 09/19/15 |
| Will Ryan, Jr           | 16:17 | Dowling Catholic         | 09/19/20 |
| Jacob Aune, Sr          | 16:18 | C R Prairie              | 09/17/11 |
| Jason Thomas, Sr        | 16:18 | Dowling Catholic         | 09/15/12 |
| Isaiah Vlasek, Sr       | 16:18 | C R Prairie              | 09/21/13 |
| Ryan Tunink, Sr         | 16:18 | Waukee                   | 09/21/13 |
| Samuel Thomas, Sr       | 16:18 | Edina (Mn)               | 09/19/15 |
| Gabe Peters, Jr         | 16:18 | Lincoln (SD)             | 09/19/15 |

NOTE: through 2020. . . Cal Murdock

2006-2008 at Pickard Park, Indianola

2009-2010 at Pella/Central XC Course

2011-2017 at Ames/ISU XC Course

2018-2020 at Pella/Central XC Course

5k course adjustment (2010-4816m, 2015-5150m & 2016-4835m)

# Girl's Records - host Central College

## Heartland Classic Cross Country Meet

Top 100+ Girl Performances - - 5 Kilometer (prior to 2015 4k)

|                       |       |                       |          |
|-----------------------|-------|-----------------------|----------|
| Molly Born, Jr        | 17:49 | Shawnee Miss. NW (Ks) | 09/17/16 |
| Molly Born, So        | 18:06 | Shawnee Miss. NW (Ks) | 09/19/15 |
| Jeralyn Poe, Jr       | 18:07 | North Star (Ne)       | 09/21/13 |
| Madison Waymire, So   | 18:12 | Dallas Center-Grimes  | 09/17/11 |
| Katie Flood, Sr       | 18:12 | Dowling Catholic      | 09/19/09 |
| Ashlie Decker, Sr     | 18:12 | Dowling Catholic      | 09/19/09 |
| McKenzie Yanek, Sr    | 18:12 | Pleasant Valley       | 09/19/15 |
| Stephanie Jenks, Fr   | 18:14 | Linn-Mar              | 09/15/12 |
| Paityn Noe, So        | 18:14 | Ballard               | 09/19/20 |
| Grace Gibbons, Jr     | 18:18 | Gilbert               | 09/22/13 |
| Emily Sisson, So      | 18:19 | Millard North (Ne)    | 09/15/07 |
| Camille Jackson, Sr   | 18:23 | Ames                  | 09/21/19 |
| Karissa Schweizer, Sr | 18:26 | Dowling Catholic      | 09/21/13 |
| Jordyn Kleve, Sr      | 18:27 | Johnston              | 09/20/14 |
| Ashlynn Yokom, Sr     | 18:30 | I C West              | 09/21/13 |
| Jeralyn Poe, So       | 18:31 | Lincoln N Star (Ne)   | 09/15/12 |
| Karissa Schweizer, So | 18:31 | Dowling Catholic      | 09/17/11 |
| Ashlynn Yokom, Jr     | 18:34 | Iowa City West        | 09/15/12 |
| Ashlie Decker, Jr     | 18:35 | Dowling Catholic      | 09/20/08 |
| Jessica McKee, Jr     | 18:38 | Johnston              | 09/17/16 |
| Allison Gregg, Sr     | 18:40 | Cedar Falls           | 09/15/12 |
| Shewayne Johnson, So  | 18:40 | Ballard               | 09/19/20 |
| Mahnee Watts, Jr      | 18:41 | Bettendorf            | 09/17/11 |
| Emma Huston, Sr       | 18:43 | D M Roosevelt         | 09/17/11 |
| Carolyn Newhouse, Sr  | 18:43 | Linn-Mar              | 09/17/11 |
| Haley Humphrey, Sr    | 18:44 | Bettendorf            | 09/19/15 |
| Karissa Schweizer, Jr | 18:45 | Dowling Catholic      | 09/15/12 |
| Ali Bainbridge, So    | 18:45 | S F Lincoln           | 09/19/20 |
| Anna Peer, Jr         | 18:46 | Bettendorf            | 09/17/11 |
| Madison Waymire, Jr   | 18:46 | Dallas Center-Grimes  | 09/15/12 |
| Jessica McKee, So     | 18:46 | Johnston              | 09/19/15 |
| Gabby McGinn, Jr      | 18:46 | Millard (Ne)          | 09/17/16 |
| Emily Poss, Sr        | 18:46 | Johnston              | 09/17/16 |
| Rachel Brush, Sr      | 18:47 | Waukee                | 09/19/15 |
| Gabby Skopec, Sr      | 18:47 | Iowa City West        | 09/17/16 |
| Micah Poellet, Jr     | 18:48 | Linn-Mar              | 09/21/19 |
| Jordyn Kleve, Jr      | 18:50 | Johnston              | 09/21/13 |
| Micah Poellet, So     | 18:50 | Linn-Mar              | 09/15/18 |
| Pombie Silverman, Jr  | 18:52 | Iowa City West        | 09/17/11 |
| Bailey Nock, Sr       | 18:52 | Iowa City West        | 09/16/17 |
| Vanessa Miller, Jr    | 18:53 | Dowling Catholic      | 09/17/11 |
| Gabby Skopec, Jr      | 18:53 | Iowa City West        | 09/19/15 |
| Madison Waymire, Fr   | 18:54 | Dallas Center-Grimes  | 09/18/10 |
| Jeralyn Poe, Fr       | 18:54 | Lincoln N Star (Ne)   | 09/17/11 |
| Claire Dupuis, Sr     | 18:55 | Ames                  | 09/19/15 |
| Bailey Nock, Jr       | 18:56 | Iowa City West        | 09/17/16 |
| Madie Hubbell, Jr     | 18:57 | D M Roosevelt         | 09/20/08 |
| Diedra Walker, Jr     | 18:57 | Maize (Ks)            | 09/21/13 |
| Jasmyne Cooper, Fr    | 18:59 | SF Lincoln (Sd)       | 09/20/14 |
| Elli Dahl, So         | 19:00 | Fremont (Ne)          | 09/21/19 |
| Geneva Timmerman, So  | 19:00 | ADM                   | 09/19/20 |
| Brianna King, Sr      | 19:01 | Cedar Falls           | 09/15/12 |
| Grace Gibbons, Fr     | 19:01 | Dowling Catholic      | 09/17/11 |
| Brooke McKee, Fr      | 19:01 | Johnston              | 09/17/16 |
| Anna French, Fr       | 19:02 | Wayzata (Mn)          | 09/17/11 |
| Nicole Criner, So     | 19:02 | Valley                | 09/18/10 |
| McKenzie Iverson, Sr  | 19:03 | Shawnee Miss. Nw (Ks) | 09/15/12 |
| Alexandra Vaughan, Sr | 19:03 | Dowling Catholic      | 09/17/11 |
| Mary Arch, Jr         | 19:03 | Iowa City High        | 09/19/15 |
| Caroline Marnin, Jr   | 19:04 | Ames                  | 09/21/13 |

|                        |       |                          |          |
|------------------------|-------|--------------------------|----------|
| Hannah Thomas, Fr      | 19:04 | Dowling Catholic         | 09/17/11 |
| Jayce Thomsen, Sr      | 19:05 | Wayzata (Mn)             | 09/17/16 |
| Mary Kenney, Sr        | 19:06 | Valley                   | 09/19/09 |
| Kelli Budd, Sr         | 19:06 | Omaha Marian (Ne)        | 09/20/08 |
| Tanelle Berard, Jr     | 19:06 | Dowling Catholic         | 09/19/09 |
| Olivia Sovereign, Jr   | 19:06 | St Thomas Aquinas (Mo)   | 09/16/17 |
| Lydia Saggau, Sr       | 19:07 | Valley                   | 09/15/12 |
| Megan Schott, Sr       | 19:08 | Roosevelt                | 09/20/14 |
| Katie Patrick, 8       | 19:08 | S F Lincoln (Sd)         | 09/15/12 |
| Jessica McKee, Fr      | 19:08 | Johnston                 | 09/20/14 |
| Cameron Gueldner, Sr   | 19:08 | Olathe Northwest (Ks)    | 09/19/15 |
| Olivia Rosenthal, So   | 19:09 | Papillion-Lavista S (NE) | 09/21/19 |
| Emmie Skopec, Sr       | 19:10 | Iowa City West           | 09/20/14 |
| Megan Nickles, Jr      | 19:10 | Bettendorf               | 09/17/11 |
| Grace Vander Weide, Fr | 19:10 | Valley                   | 09/17/11 |
| Leah Derenge, Jr       | 19:10 | S F Lincoln (SD)         | 09/19/20 |
| Megan Schott, Jr       | 19:11 | D M Roosevelt            | 09/21/13 |
| Emily Brush, Sr        | 19:11 | Waukee                   | 09/17/11 |
| Brianna King, Jr       | 19:11 | Cedar Falls              | 09/17/11 |
| Shannon Gorman, Jr     | 19:11 | C R Washington           | 09/15/12 |
| Shannon Gorman, Sr     | 19:12 | C R Washington           | 09/21/13 |
| Emily Pose, Jr         | 19:13 | Johnston                 | 09/19/15 |
| Mary Arch, Sr          | 19:13 | Iowa City High           | 09/17/16 |
| Emma Atkinson, Fr      | 19:14 | Wayzata (Mn)             | 09/17/16 |
| Kate Smith, Sr         | 19:15 | Ankeny Centennial        | 09/20/14 |
| Brooklynn Kascel, Sr   | 19:15 | Linn-Mar                 | 09/17/11 |
| Tanelle Berard, So     | 19:15 | Dowling Catholic         | 09/20/08 |
| Margie Freed, Fr       | 19:15 | Eastview (Mn)            | 09/15/12 |
| Bailey Nock, Fr        | 19:16 | Iowa City West           | 09/20/14 |
| Morgan Uridil, So      | 19:16 | Linn-Mar                 | 09/17/11 |
| Micah Poellet, Fr      | 19:16 | Linn-Mar                 | 09/16/17 |
| Anna Peer, Sr          | 19:17 | Bettendorf               | 09/15/12 |
| Elizabeth Klecker, Jr  | 19:17 | Hopkins (Mn)             | 09/19/15 |
| Paige Horner, Fr       | 19:17 | Johnston                 | 09/17/16 |
| Madie Hubbell, So      | 19:20 | D M Roosevelt            | 09/15/07 |
| Emily Schwitzer, Sr    | 19:20 | Hopkins (Mn)             | 09/16/06 |
| Brett Guerra, So       | 19:20 | Iowa City West           | 09/19/09 |
| Tia Saunders, Sr       | 19:20 | Iowa City West           | 09/19/15 |
| Katie Moore, Sr        | 19:20 | St James Academy (Ks)    | 09/21/19 |
| Oliva Moore, Jr        | 19:21 | Iowa City West           | 09/19/15 |
| Brooke Young, Jr       | 19:21 | Wayzata (Mn)             | 09/17/16 |
| Bella Heikes, Sr       | 19:21 | Johnson                  | 09/19/20 |
| Rachel Brush, Jr       | 19:22 | Waukee                   | 09/20/14 |
| Ashlynn Yokom, So      | 19:22 | Iowa City West           | 09/17/11 |
| Kate Maxcy, Fr         | 19:22 | Valley                   | 09/20/08 |
| Molly Leveille, Sr     | 19:22 | Iowa City West           | 09/15/12 |
| Amber Decker, So       | 19:22 | Linn-Mar                 | 09/21/13 |
| Kaylie Crews, Jr       | 19:22 | Papillion-Lavista S (Ne) | 09/21/19 |
| Mallory Lafever, Fr    | 19:23 | Pleasant Valley          | 09/19/15 |
| Abby Heffner, So       | 19:23 | Millard West (Ne)        | 09/17/16 |
| Caroline Marnin, Sr    | 19:24 | Ames                     | 09/20/14 |
| Lydia Saggau, Jr       | 19:24 | Valley                   | 09/17/11 |
| Karissa Schweizer, Fr  | 19:25 | Dowling Catholic         | 09/18/10 |
| Maddie Saville, Fr     | 19:25 | Linn-Mar                 | 09/17/11 |
| Josie Hovey, So        | 19:25 | Johnston                 | 09/17/16 |
| Jessica McKee, Sr      | 19:25 | Johnston                 | 09/16/17 |
| Peyton Kelderman, So   | 19:25 | Waukee                   | 09/15/18 |
| Mara Hemmer, Jr        | 19:25 | Fremont (Ne)             | 09/21/19 |

NOTE: through 2020 . . . Cal Murdock

2006-2008 at Pickard Park, Indianola

2009-2010 at Pella/Central XC Course

2011-2017 at Ames/ISU XC Course

2018-2020 at Pella/Central XC Course

5k course adjustment (2015-5150m & 2016-4835m)

4k courses adjusted to 5k distance