

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
Will Lohr, Jr	16:02	Sioux City North	09/19/20
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

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
Jayne 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

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

4k courses adjusted to 5k distance