



WEST LYON CROSS COUNTRY 2021

West Lyon Cross Country

Seniors

Andraya Bahnson
Shay Langenhorst.
Chloe Boote -Mgr.
Jasmine David - Mgr.

Juniors

Carter Hasselmann
Sam Meester

Randi Childress
Anne Hoogendoorn
Gianna Klarenbeek
Emma Knobloch
Ella Leuthold
Geena Snyders

Sophomores

Aidan Jennings

Johannah Boote
Madison Feikema

Freshmen

Tayton Knobloch
Cole Moser

Kiann Blomgren
Annie Metzger
Malison Rentschler
Kendra Van Regenmorter





All-Conference:

(Location: Sioux Center)

Sam Meester - 11th - 17:49.60



Seniors



Letter Points

Girls

Geena Snyders***	29
Shay Langenhorst*	28
Annie Metzger*	26
Madison Feikema*	25
Randi Childress*	22
Malison Rentschler*	20
Emma Knobloch**	18
Andraya Bahnson****	17
Ella Leuthold***	17
Johannah Boote	10
Gianna Klarenbeek	9
Kiann Blomgren	5
Kendra Van Regenmorter	3
Anne Hoogendoorn	2
Chloe Boote - Mgr.	
Jasmine David - Mgr	

Boys

Sam Meester***	36
Carter Hasselmann***	24
Tayton Knobloch*	23
Aidan Jennings**	22
Cole Moser*	20

Most Valuable Runner - Geena Snyders

Most Valuable Runner - Sam Meester

Most Improved - Johannah Boote

Most Improved - Tayton Knobloch

Leader of the Destruction - Sam Meester

WATERMELON RELAYS CHAMPIONS

McCallum Era

1997	Wendi Bajema	Cory Kerkvliet	
1998	Trixie Moser	Chelsea Bahnson	Eric Kerkvliet
1999	Ashlee Bahnson	Jason Ranschau	Nick Serck
2000	Sara Gerber	Jason Ranschau	Mark Bonnema
2001	Ashlee Bahnson	Gregg Larsen	Blair Lawton
2002	Laura Bruggeman	Jordan Schettler	Coach McCallum
2003	Brent Hoogendoorn	Mark Hoogendoorn	Coach Ideker
2004	Mark Hoogendoorn	Breann Rozeboom	
2005	Sam Teunissen	Michael Johnson	Coach McCallum
2006	Austin Bruggeman	Travis Snyders	
2007	Teresa Scholten	Teresa Klarenbeek	
2008	Lucas Teunissen	Alex Kollis	
2009	Teresa Klarenbeek	Henry Bosler	
2010	Jordan Kerkvliet	Chase Bruggeman	Christian Bouwman
2011	Connor Blom	Justin Muilenburg	Abi Sifuentes
2012	Chase Bruggeman	Aszhia Albrecht	Nick Bruggeman
2013	Dan Burwitz	Nick Bruggeman	Logan Bruggeman
2014	Kaysha Blomgren	Tate Blankenspoor	Kalyn Langenhorst
2015	Grace Rens Kalyn Langenhorst	Karie Klingensmith	Tanner Boote

Kerkvliet Era

2016	Eli Harkness	Taylor Warner	Coach Kerkvliet
2017	Kalyn Langenhorst	Geena Snyders	Amanda Wiltgen
2018	Bryce Moss	Kalyn Langenhorst	Sadie Feucht
2019	Kirk Moser	Ella Leuthold	Amanda Wiltgen

2020

Amanda Wiltgen

Sarah Perez

Sam Meester

Carter Hasselmann

2021

Anne Hoogendoorn

Sam Meester

Ella Leuthold

Emma Knobloch



Swiss Cake Rollay Champs -

Team Draya - Annie, Andraya, Ella, Sam, Carter, Reed, Malison, Gianna, Kiann, Kayla, Ellie, Alec

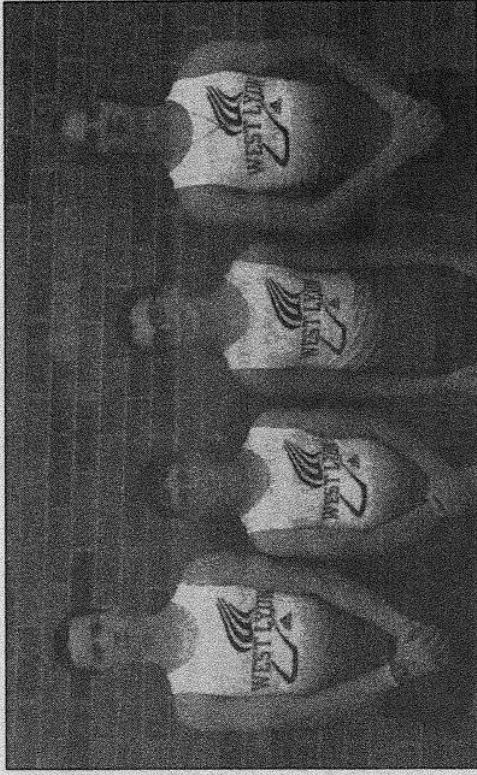


WEST LYON



THE 2021 WEST LYON GIRLS' CROSS-COUNTRY TEAM

Front from left: Kendra Van Regenmorter, Jo Boote, Annie Metzger, Madison Feikema, Malison Rentschler, Kiann Blomgren. Back: Ella Leuthold, Geena Sniders, Emma Knobloch, Randi Childress, Andraya Bahnonson and Shay Langenhorst. Missing: Gianna Klarenbeek. (Photo/Nathan Broek)



2021 WEST LYON BOYS' CROSS-COUNTRY TEAM

Left to right: Carter Hasselmann, Tayton Knobloch, Cole Moser and Sam Meester. Missing: Aidan Jennings. (Photo/Nathan Broek)

West Lyon runners look to keep it simple in 2021

Nathan Broek | Sports Editor
nbroek@ncppub.com

INWOOD-The 2020 season brought its fair share of challenges for the West Lyon girls' and boys' cross-country teams, but most of those challenges were not COVID-19 related.

The Wildcats had high hopes of sending runners from both programs to the Class 2A state meet in Fort Dodge, but came up a little short of those goals last season. Overall, the West Lyon girls finished seventh out of seven full teams in the Siouxland Conference in 2020, with Sarah Perez being the top finisher at the conference meet in 23rd, before the season came to an end with a ninth-place team finish out of 13 full teams at the state-qualifying meet in Orange City. The boys had no full team at the conference meet, but Kirk Moser was the top finisher for the Wildcats in 12th place to earn all-conference honors. At the state-qualifying meet, the boys' team finished ninth overall out of 13 full teams. The top finisher was Moser, but he ended up finishing one spot short of an individual state berth with a 16th-place finish.

"For the girls, last year was not the year we were hoping for, but we learned a lot about ourselves as runners and our preparation. Our graduating seniors did a wonderful job leading our team and I am excited to see this next group do the same," said West Lyon coach Teresa Kerkvliet who enters her sixth season at the helm. "Not everything went according to plan on the guys' side (either). Training groups worked well together, but there was too much

separation between them. We hope to see a tighter group this year."

The coach added the good news was 2020 felt as normal as it could have been considering the circumstances of the pandemic.

"Luckily, we weren't affected by everything too much last year. Being outside and no shared equipment, our training and planning didn't really change. No matter what the year brings, we will adjust and adapt as always," Kerkvliet said.

The West Lyon girls have 13 athletes, the most in recent history for the Wildcats. The boys' numbers, however, are down with only five athletes in their portion of the program. But Kerkvliet noted those numbers may change down the road. Of those athletes, returning letter winners in the girls' program include Andraya Bahnson, Emma Knobloch, Ella Leuthold and Geena Snyders. Bahnson has three years of previous cross-country experience. Leuthold and Snyders each had two previous years of cross-country experience with Knobloch having one previous year of running cross-country. For the boys, returning letter winners include Carter Hasselmann, Sam Meester and Aiden Jennings. Hasselmann and Meester each have two previous years of cross-country experience with Jennings having one year of previous cross-country experience.

As far as newcomers, coach Kerkvliet highlighted Shay Langenhorst as well as Randi Childress, Gianna Klarenbeek and Madison Feikema in the girls' program.

"For Shay Langenhorst, coming in as a newcomer as a senior is always difficult. Shay

and Madison Feikema (sophomore) showed up over the summer to open runs and really adjusted well, and worked well with Andraya Bahnson," Kerkvliet said. "Randi Childress and Gianna Klarenbeek are some other newcomers. They have had a lot of success in their other sports this past year representing West Lyon well at state meets. I know they put in a lot of effort in other activities and I expect them to do the same with us."

For the boys, newcomers include Cole Moser and Tayton Knobloch.

"They both did really well at the JH (junior high) level and will bring that success to the high school group. It helps that they have the experience of cross-country and are ready to jump right in," the coach said.

Despite the numbers in the girls' program, most of the athletes are "green" when it comes to cross-country.

"Half of our squad is new to cross-country and there is going to be a learning curve there. However, they do have experience running track so now we just have to wait and see if

they can translate that competitiveness onto the cross-country course," Kerkvliet said.

For the boys, the low numbers in the program will be the biggest challenge.

"With only six boys, we need to be cautious on keeping our team healthy so we are ready to compete at the end of the year. We really need to focus on cohesive running as we are definitely separated into distinctive groups right now," Kerkvliet noted.

As far as teams to look out for in the conference, Kerkvliet picked Sibley-Ocheyedan on the girls' side while choosing MOC-Floyd Valley on the boys' side. As a whole, the coach does not want her teams to look too far ahead.

"As always meets are constantly changing, we will take it day-by-day to work on staying healthy. When it comes to meet time, we will pick some people out and go after it," Kerkvliet said. "We will be ready to make changes as

we make our way into the season and take the advice of one of our runners: 'One race doesn't define the season.' Going into meets and practices with the right mindset will go a long way."

Sibley-Ocheyedan - Golf Course

Mile 1

10:15
7:15
7:40
7:40

(Mile 2 Split)

13:32:12
7:49:56
9:04:58
8:58:12

Weather: Windy, Dry, Sunny - 75

Mile 2 / Total Time (Mile 3 Split)

23:47:12
15:04:56
16:44:58
16:38:12

Finish

51
15
13

Place

Place Points Letter pts.

Individual:
Total Runners:

Molly Konechne - 8th - GLRCL - 14:42:63
59

Boys JH (2 mi.)

6:28
7:09
8:37

7:15:15
8:17:28
9:40:14

13:42:75
15:26:28
18:17:14

Individual:
Total Runners:

Ben Byers - 8th - Sib-O - 12:22:63
59

Girls JV

7:47
8:14
8:18
7:31
7:32
8:40

9:36:00
9:52:00
10:30:00
8:06:00
8:07:00
10:27:00

17:23
18:06
18:48
15:37
15:39
19:07

10:26:45
10:39:01
11:23:13
9:06:38
9:11:01
11:23:22

Individual:
Total Runners:
Team Standings:

Olivia Kraayenbrink - 10 - SC - 24:40:87
60
WC - 40
Cherokee - 74
West Lyon - 78

27:49:45	28	22	1
28:44:61	30	24	1
30:11:13	40	26	1
24:42:98	2	2	1
24:49:61	4	4	1
30:30:22	43	27	1

Girls Varsity

7:42
7:32
7:14
7:04
7:43
6:55
7:13

8:33:00
7:59:00
8:24:00
8:12:00
8:38:00
7:46:00
8:20:00

16:15
15:31
15:38
15:16
16:21
14:41
15:33

9:37:43
8:51:13
9:34:46
9:47:33
10:14:18
8:35:23
9:02:05

Individual:
Total Runners:
Team Standings:

Madison Brouwer - 11 - Sib-O - 19:26:95
91
Cherokee - 62
Sib-O - 66
SC - 76
GLRCL - 83
Hinton - 123
Alta-Aurelia - 153
West Lyon - 187
West Sioux - 211
BHRV - 225
HMS - 259

25:52:43	60	49	2
24:22:13	41	36	3
25:12:46	51	45	3
25:02:93	49	43	3
26:34:78	68	54	2
23:16:23	25	24	3
24:34:55	45	39	3

Boys Varsity

6:35
5:33
6:23
6:15
6:21

7:44:00
6:19:00
7:08:00
6:39:00
7:09:00

14:19
11:52
13:31
12:54
13:30

8:50:33
6:49:19
8:05:32
7:25:32
8:09:43

Individual:
Total Runners:
Team Standings:

Tage Hulstein - 12 - WC - 17:08:15
105
SC - 44
WC - 50
GLRCL - 126
Cherokee - 153
MMCRU - 157
BHRV - 184
Sib - O - 199
MVAO - 200
West Lyon - 239
Sheldon - 246
Hinton - 250
HMS - 306
Adrian - 323
Alta-Aurelia - 325
Trinity - 332
Akron - 393
South O'Brien - 423

23:09:33	83	80	2
18:40:79	15	15	4
21:36:32	58	56	2
20:18:92	30	30	3
21:39:43	60	58	2

WEST LYON CROSS-COUNTRY

'Cats get the 2021 season started in Sibley

West Lyon boys start the season off right, Wildcat girls get a better idea of what to work on against some of the region's best

SIBLEY-With the cancellation of the Okoboji Cross-Country Invitational due to rain prior to the Labor Day holiday, the Sibley-Ocheyedan Cross-Country Invitational Tuesday, Sept. 7, proved to be the start of the 2021 season for the West Lyon girls and boys. Both teams ended the night with some highs and things they need to work on.

The Wildcat girls finished seventh in team standings with 187 points. Cherokee, ranked fifth in Class 2A, won the girls' meet title with 62 points.

"We were hoping for a better outcome. Our varsity crew was a little run down and it showed," said West Lyon coach Teresa Kerkvliet. "There were a few JV runners that ran pretty well and also had a good week of practices, so there will be some interchanging on what level (JV or varsity) runners will be running in Holstein (Saturday, Sept. 11)."

Geena Snyders was the top runner for the Wildcats in 25th. Shay Langenhorst finished in 41st, Madison Feikema finished in 45th and Emma Knobloch finished in 49th.

"Geena ran a really strong race. She was competitive throughout and really listened as I coached her. She did a great job leading the pack," Kerkvliet said.

The West Lyon boys finished in ninth as a team with 239 points. Sioux Center was the boys' team champions with 44 points.

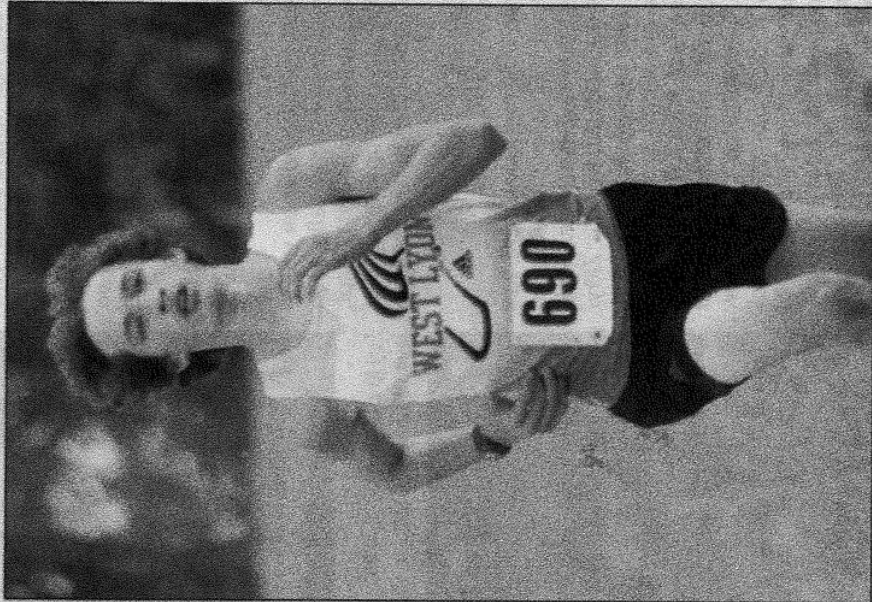
"I was really happy with the results of the guys. They all ran really tough races and finishing ninth out of 17 was a good outcome for us," Kerkvliet noted. "They dropped a lot of time off of last year, so you know they are improving. With only five guys, we don't have much room for error and they rose up to the challenge. Just like with the ladies, we need to move that back pack of runners up."

Sam Meester led West Lyon in 15th. Tayton Knobloch finished in 30th, Aiden Jennings finished in 58th and Cole Moser finished in 60th. Carter Hasselman was the final runner to cross the finish line in 83rd.

"Sam ran a really smart race. He went out hard and I could tell he was holding back a little at the beginning. Once he got into that groove of being aggressive his competitiveness really showed. He was only a second off his personal best time and fought for his place," Kerkvliet said. "Tayton Knobloch also ran a strong race. He started off a little slower than what we would have liked, but jumping from JH (junior high) last year straight to varsity it is a big difference on quickness. He adapted well and will do good things this season."

Overall, West Lyon was glad to get the 2021 season under way.

"We were glad to get one in as they were all ready for it. We hope to get a little healthier and battle our way back into the next meet," Kerkvliet noted.



Carter Hasselman keeps his pace during the Sibley-Ocheyedan Cross-Country Invitational Tuesday, Sept. 7. Hasselman was the final West Lyon male runner to cross the finish line in 83rd. (Photo/Nathan Broek)

Trinity Christian 332, 16. Akron-Westfield 393, 17. South O'Brien 423

Individual boys' results: 15. Sam Meester 18:40. 30. Tayton Knobloch 20:18, 58. Aiden Jennings 21:36, 60. Cole Moser 21:39, 83. Carter Hasselman 23:09

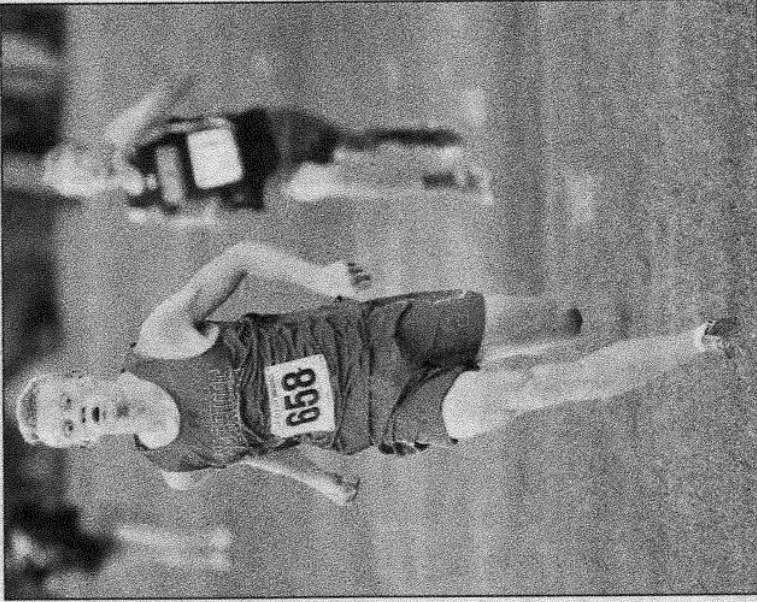


Geena Snyders races to the finish line during the Sibley-Ocheyedan Cross-Country Invitational Tuesday, Sept. 7. Snyders led the Wildcat girls with a 25th-place finish. (Photo/Nathan Broek)

Sibley-Ocheyedan Cross-Country Invitational

Girls' team results: 1. Cherokee 62, 2. Sibley-Ocheyedan 66, 3. Sioux Center 76, 4. George-Little Rock/Central Lyon 83, 5. Hinton 123, 6. Alta-Aurelia 153, 7. West Lyon 187, 8. West Sioux 211, 9. Boyden-Hull/Rock Valley 225, 10. Hartley-Melvin-Sanborn 259
Individual girls' results: 25. Geena Snyders 23:16, 41. Shay Langenhorst 24:22, 45. Madison Feikema 24:34, 49. Emma Knobloch 25:02, 51. Randi Childress 25:12, 60. Andraya Bahnson 25:52, 68. Ella Leuthold 26:34

Boys' team results: 1. Sioux Center 44, 2. Western Christian 50, 3. George-Little Rock/Central Lyon 126, 4. Cherokee 153, 5. Marcus-Meriden-Cleghorn/Remsen Union 157, 6. Boyden-Hull/Rock Valley 184, 7. Sibley-Ocheyedan 199, 8. MOC-Floyd Valley 200, 9. West Lyon 239, 10. Sheldon 246, 11. Hinton 250, 12. Hartley-Melvin-Sanborn 306, 13. Adrian, MN 323, 14. Alta-Aurelia 325, 15.



Sioux Center sophomore Hudson Vonk nears the finish at the Sibley-Ocheyedan Invitational on Tuesday. Vonk took second and the Warriors won the team crown. Photo by Rylan Howe

TUESDAY CROSS COUNTRY: SIBLEY-OCHHEYEDAN INVITE

Sioux Center starts its season with win

Host Generals just miss on girls side

BY CHARLIE HILDEBRAND
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SIBLEY—Sioux Center and Sibley-Ocheyedan, among other N'West Iowa schools, had big days at the Sibley-Ocheyedan Invitational on Tuesday in Sibley.

The Warriors finished first

in the boys division out of 17 teams. The Generals, ranked eighth in the Class 2A girls poll, placed second out of 10 squads.

Warrior boys win

Sioux Center had its first meet of the season canceled, but made up for that on Tuesday.

See **WARRIORS** on C9



Sibley-Ocheyedan junior Madison Brouwer leads the way during the Sibley-Ocheyedan Invitational on Tuesday in Sibley. Brouwer won the race and the Generals took second in the girls team standings. Photo by Rylan Howe

Generals look forward to seeing Cherokee again

Wildcats compete well at Sibley

WARRIORS

Continued from page C1

"It's crazy with your first meet," said Warriors' coach Brock Lehman. "There's always a sense of excitement and wonder. The meet feels like the state meet since you haven't raced since last October. It was an electric atmosphere."

StouxCenter notched a team score of 44 in the boys division, edging out Class 2A second-ranked Western Christian by six points.

Hudson Vokk was the runner-up for the Warriors in the field of 105 runners. StouxCenter had three boys in the top eight, five in the top 14 and seven in the top 22.

"We trained hard on the summer and during the season, but you don't know your place right away," Lehman said. "We left places out there. I thought Hudson did a good job of moving well."

Western Christian just missed out on first place in the team standings, but did have the medalist winner. Tage Hulstein clocked a time of 17 minutes, 8 seconds, beating out second-place Vokk by 30 seconds.

"Tage looked good throughout his race," said Wolfpack coach Dalton Lems. "He stayed with the front group until he felt good enough to move."

Western Christian had three runners finish in the top 10 and all five in the top 18.

"Caleb Douma and Zachary Minderhoud both ran good races," Lems said. "They stayed in the front group even after a fast start. We need to work on sticking up there with all of the guys, but we hope with some more work that will happen."

Class 2A 20th-ranked George-Little Rock/Central Lyon finished third overall and was paced by Lane Henrichs, who placed 12th. The next three runners finished in the top 28.

"There was a large gap between first and second to us overall as a team," said Mustangs' coach Mandi Ver Beek. "I am really happy that the boys were able to be in the top three. Our 2-4 runners ran close together the whole race which really helped our overall team score."

Boydell-Hull/Rock Valley finished sixth and was paced by Evan Janzen, who finished fourth overall and third out of N'West Iowa.

"Evan is just really consistent," said Nighthawks' coach Alii Van Wyk. "He's put in a lot of practice to find where he needs to be at for each of the mile markers to have a good finish. That's something he does really well."

Host Sibley-Ocheyedan finished seventh in its first meet of the season and was led by Bernal Alejandro's sixth-place finish.

"It's the beginning of the year and we're still fairly new to varsity running," said Generals' coach Ryan Wierstma. "Almost up and down the line, we made improvements from last year. Of 17 scoring teams, we got seventh, and I was happy with that."

Generals just short

Class 2A eighth-ranked Sibley-Ocheyedan recorded a team score of 66 but settled for second place on the girls side in the 10-team field. The Generals finished four points behind fifth-ranked Cherokee for first place.

"Overall, we're a little disappointed Cherokee got us at home," Wierstma said. "They're a great team though we'll see them down the road. It was fun to run against them."

Sibley-Ocheyedan's Madison Brewer took medalist honors out of 91 runners with a time of 19 minutes, 26 seconds.

"To be able to come out, set that pace and hold it, is a testament to her," Wierstma said. "She's been blessed with good abilities, but she works extremely hard too."

StouxCenter finished third, just 10 points behind the Generals. The Warriors were led by Corinne McCord at ninth place and Annika Jahn at 10th.

"The idea of how culture just takes over, the girls did a good job with that," Lehman said. "Corinne, that was the first time she's run a high school cross country race. Annika led her through that stretch and then Corinne pulled away a bit. Those two read really nice improvements. It validates everything they've done to this point."

Class 2A 19th-ranked George-Little Rock/Central Lyon placed fourth and almost had two runners in the Top 10. Mary Schriever finished sixth and Afton Schlumbohm was 11th.

"Mary has had a great start to the season so far," Ver Beek said. "She has been working hard and she has Afton to really push her in practice, which has really made Mary become a stronger runner."

Sibley-Ocheyedan Invitational

Girls Cross: 1. Cherokee 62; 2. Sibley-Ocheyedan 66; 3. StouxCenter 76; 4. George-Little Rock/Central Lyon 88; 5. Hinton 123; 6. Alia-Aurelia 153; 7. West Lyon 187; 8. West StouxCenter 211; 9. Boydell-Hull/Rock Valley 225; 10. Harley-Melvin-Sarborn 269.

N'West Iowa results: 1. Madison Brewer (S-O) 19:26; 4. Bria Westrum (S-O) 21:05; 6. Mary Schriever (S-O) 21:26; 8. Madison Marco (S-O) 21:50; 9. Corinne McCord (S-O) 21:53; 10. Annika Jahn (S-O) 21:56; 11. Afton Schlumbohm (GLRCL) 21:57; 12. Meraya Barrera (WS) 21:59; 13. Kendra Zeutenhorst (SC) 22:18; 15. Myka Schut (S-O) 22:33; 17. Lexi Landis (GLRCL) 22:35; 21. Elise Zwart (BHRV) 22:52; 22. Kadence Boender (GLRCL) 23:01; 24. Macey Hoelstra (S-O) 23:10; 25. Geena Snyder (WL) 23:16; 26. Taja Conley (South O'Brien) 23:19; 27. Madison Ohio (H-M-S) 23:23; 29. Maeva Havenian (Western Christian) 23:23; 31. Claire Kramer (GLRCL) 23:29; 32. Janae Zeutenhorst (SC) 23:31; 33. Alayna Wingate (S-O) 23:32; 34. Mya Romero (S-O) 23:40; 35. Olivia Hench (S-O) 23:49; 37. Takara Conley (South O'Brien) 23:58; 41. Shay Langenhorst (WL) 24:22; 43. Blair Bandiera (SC) 24:31; 44. Emma Van Whye (WS) 24:32; 45. Madison Falkens (WL) 24:34.55; 46. Ashlynn Davis (GLRCL) 24:37; 47. Brooklyn Kull (GLRCL) 24:40; 49. Emma Knobloch (WL) 25:02; 50. Maria Rubio (WS) 25:11; 51. Randi Childress (WL) 25:12; 52. Elise Scheffer (Sheldon) 25:19; 53. Kamryn Ebel (H-M-S) 25:24; 55. Gracia Scheffer (Sheldon) 25:39; 57. Angie Munoz (BHRV) 25:40; 59. Keatrina Heynen (Trinity Christian) 25:51; 60. Andraya Bahnsen (WL) 25:52; 61. Rachel Rusche (S-O) 25:53; 62. Naomi Post (BHRV) 26:01; 65. Alexa Clarey (BHRV) 26:15; 67. Trista Ten Pas (Western Christian) 26:29; 68. Ella Leudahl (WL) 26:34; 69. Elodie Wilson (South O'Brien) 26:41; 70. Aubrey Beender (BHRV) 26:42; 71. Brona McCaule-Nuckolls (Sheldon) 26:43; 74. Madison Nunes (Sheldon) 27:06; 75. Tristen Tiff (WS) 27:11; 76. Ashley Fedders (Western Christian) 27:19; 81. Crystal Ramirez (WS) 28:04; 82. Ashlyn Kelderman (BHRV) 28:12; 83. Juliana Pastilas (H-M-S) 28:24; 85. Aita Rensink (BHRV) 28:52; 86. Grace Knobloch (H-M-S) 28:56; 88. Ashleigh Vermeer (H-M-S) 29:08; 90. LaAnna Charnon (WS) 30:52; 91. Abby Stout (South O'Brien) 31:39.

Boys team scores: 1. StouxCenter 44; 2. Western Christian 50; 3. George-Little Rock/Central Lyon 126; 4. Cherokee 153; 5. MRCRU 157; 6. Boydell-Hull/Rock Valley 184; 7. Sibley-Ocheyedan 198; 8. MVAOCCOU 200; 9. West Lyon 239; 10. Sheldon 246; 11. Hinton 250; 12. Harley-Melvin-Sarborn 306; 13. Adrian (MN) 323; 14. Alia-Aurelia 325; 15. Trinity Christian 323; 16. Akron-Westfield 383; 17. South O'Brien 423.

N'West Iowa results: 1. Tage Hulstein (WC) 17:08; 2. Hudson Vokk (SC) 17:39; 4. Evan Janzen (BHRV) 17:50; 5. Caleb Douma (WC) 17:58; 6. Bernal Alejandro (S-O) 18:05; 7. Micah Truesdell (SC) 18:08; 8. Easton Van Den Berg (SC) 18:09; 10. Zachary Minderhoud (WC) 18:14; 12. Lane Henrichs (GLRCL) 18:24; 13. Caden Schoulen (SC) 18:34; 14. Graham Yande Vegte (SC) 18:34; 15. Sam Meister (WL) 18:40; 16. Kallen Hartbecke (WC) 18:42; 17. Logan Foltz (SC) 18:50; 18. Aric DeKam (WC) 18:58; 22. Blake Bandiera (SC) 19:40; 23. Chase Dain (GLRCL) 19:44; 24. Matt Heikerm (GLRCL) 19:52; 27. Jackson Byers (S-O) 20:13; 28. Jesus Martinez (GLRCL) 20:18; 30. Layton Knobloch (WL) 20:18; 32. Bryce Dodge (H-M-S) 20:27; 34. George Vargas (H-M-S) 20:30; 36. Michael Westerman (Sh) 20:31; 38. Landon Woelber (BHRV) 20:33; 39. Ben Blum (BHRV) 20:35; 40. Matthew Larnghold (GLRCL) 20:37; 41. Aiden De Zeeuw (S-O) 20:44; 42. Josh Hoffmann (Sh) 20:44; 43. Gavin Strouth (Sh) 20:48; 47. Dustin Holsbergen (TC) 20:53; 48. Jacob Kuiper (TC) 20:55; 51. Rylan Tiedeman (BHRV) 21:19; 53. Tyler Kennedy (West StouxCenter) 21:23; 56. Andrew Frohwein (Sh) 21:27; 57. Amos Hespe (BHRV) 21:31; 58. Aiden Jennings (WL) 21:36; 59. Carter Westra (TC) 21:37; 60. Cole Moser (WL) 21:39; 62. Aaron Springer (GLRCL) 21:42; 63. David Poppin (S-O) 21:46; 67. Keegan De Zeeuw (S-O) 22:02; 68. Quintin Sprack (GLRCL) 22:06; 71. Brendan Wilson (SOS) 22:12; 76. Neil Patel (Sh) 22:29; 78. Aiden Bush (H-M-S) 22:39; 79. David Wiersma (Sh) 22:58; 82. Garrett Atherton (S-O) 23:07; 83. Carter Hasselmann (WL) 23:09; 84. Ian Oliver (SOS) 23:16; 85. Blaine Finster (H-M-S) 23:20; 87. Sam Daniels (SOS) 23:23; 88. Evan Lauters (WS) 23:28; 89. Aiden Jensen (H-M-S) 23:37; 93. Drew Vanden Hull (Sh) 24:22; 94. Kyle Wynia (TC) 24:28; 96. Nick Van Engen (TC) 24:43; 98. Brett Evans (SOS) 25:17; 99. Morgan Thonslad (WS) 26:00; 100. Blake Wilson (SOS) 26:14; 101. Benssen Rohrer (SOS) 26:58.

Andraya Bahnsen

On Tuesday, Sept. 7, West Lyon's cross-country team traveled to the Sibley Golf and Country Club for the Sibley-Ocheyedan Invitational. The course was dry and it was a good meet to start the season.

The junior high boys and girls ran separately for this meet. Kayla Knobloch led the West Lyon girls finishing in fourth with a time of 15:04. For junior high boys, the Wildcats were led by Reed Feucht. He finished fifth with a time of 13:42. Alec Kock was close behind in 18th.

Junior high coach Christy Bahnsen was pleased with everyone's performances. "The junior high runners had an awesome night at their first meet in Sibley. My returning runners, Kayla, Emersyn, Reed and Alec, started off their seasons performing at a high level with great times. My newcomers, Claire, Peter and Ellah, did great for their first meet and now know what to expect and what goals to set for themselves. We're looking forward to our next meet at home at Lake Pahoja," commented Bahnsen.

The junior varsity girls' team consisted of five runners. Annie Metzger finished in second with a time of 24:42. Malison Rentschler wasn't far behind finishing fourth with a time of 24:49.

Coach Teresa Kerkvliet was happy with the results of the junior varsity races as well. "The JV ladies had a really great night. Annie Metzger and Malison Rentschler really led the team well and will be making an impact as we move forward in the season. Anne, Gianna, Johanna and Kiann all ran really strong races for their first time. Out on the course at the high school level," said Kerkvliet.

FOR MORE PHOTOS OF CROSS COUNTRY visit our website at nwestiowa.com

Ridge View - Holstein Golf Course

Mile 1 (Mile 2 Split)

Gianna	9:23
Emma	7:48
Ella	8:14
Jo	8:45

Weather

Mile 2

19:31
16:50
17:37
18:32

Sunny - Humid - 70s

(Mile 3 Split)

10:15:22
9:54:09
10:23:42
10:23:06

Place Points

Place

Finish

Letter pts.

29:45:82	69	1
26:43:69	27	1
28:00:42	45	1
28:54:66	63	1

Individual:
Total Runners:
Team Standings:

Olivia Kraayenbrink - 10th - SC - 24:17.89
104

Girls JV

7:50
7:45
7:52
7:10
7:52
7:52
7:41

16:50
16:12
16:10
16:06
16:53
16:10
16:09

9:00:00
8:27:00
8:18:00
8:56:00
9:01:00
8:18:00
8:28:00

26:35:61	76	76	2
25:00:67	61	61	2
24:57:84	59	59	2
24:56:36	58	58	2
26:30:54	74	74	2
24:55:63	57	57	2
25:10:33	65	65	2

Individual:
Total Runners:
Team Standings:

Kaia Downs - 12 - SCE - 19:04.65
100
MOCFV - 54
SCN - 205
Bishop Heelan - 1 - Poc Area - 208
Cherokee - 95
Kuemper - 258
SC - 113
WL - 300
SBL - 128
WCKP - 302
Oko - 180
SCC - 357
SCE - 196
Emmetsburg - 370
Natnael Kifle - 10th - SCN - 15:59.93

Boys Varsity

7:12
6:00
6:47
6:31
6:42

15:53
12:54
15:08
13:25
14:10

9:05:28
7:21:07
8:59:02
7:14:10
7:52:34

24:58:28	93	91	2
20:15:07	55	55	2
24:07:02	90	89	2
20:39:10	62	62	2
22:02:34	79	78	2

Individual:
Total Runners:
Team Standings:

100
Poc Area - 250
SCN - 23
MOCFV - 58
Cherokee - 265
SC - 116
WCKP - 316
Oko - 131
SCC - 349
SBL - 137
Emmetsburg - 361
SCE - 141
WL - 375
Kuemper - 215
SCW - 396
Bishop Heelan - 233

WL learns more about its team in Ridge View

HOLSTEIN-West Lyon had its second-consecutive large meet at the Ridge View Cross-Country Invitational Saturday, Sept. 11, and the Wildcats once again got an idea of what they need to work on moving forward in the 2021 season.

"Both guys and girls ran against some top 4A and 3A schools and individuals. They battled hard through a lot of congestion in the first mile," noted coach Teresa Kerkvliet. "JV (Junior Varsity) ran with the varsity, so we had 200-plus athletes in the girls' race and 240-plus in the guys. We really had to fight for our spots. It gave us an idea of what meets could be like in the future."

The coach added the heat and humidity also played a factor for both teams.

"We weren't expecting the heat and humidity to be such a big factor and it was another battle that was persevered through," she said. "The size of the meet, the unfamiliar course and the weather can really affect how we race, but the runners did a really nice job pushing through."

West Lyon was in Class A for both the girls' and boys' races and the girls finished 11th with 300 points. MOC-Floyd Valley, ranked 15th in Class 3A, won the girls' team title with 54 points. Angie Metzger was the top runner

for the Wildcat girls in 57th. Geena Snyders finished 58th, Randi Childress 59th, Shay Langenhorst 61st, Madison Rentschler 65th and Madison Feikema 74th to round out the lineup.

"I was really impressed with our tight pack for the ladies. We talked after the last meet that a pack like that can really make a big difference in a meet, but now we just need to move the pack up," said Kerkvliet. "Our top-five girls all finished within 15 seconds of one another and one-through-seven within 1:40 of one another. If we continue to drop our times, that kind of racing is going to make a big difference in the final results."

The West Lyon boys finished 14th with 375 points. Sioux City North was the team champions with 23 points. Sam Meester was once again the top runner for the boys, finishing in 55th. Tayton Knobloch was the second runner across the finish line for the Wildcats in 62nd, Cole Moser finished 79th, Aiden Jennings finished in 90th and Carter Hasselman finished in 97th.

"On the guys' side, Tayton ran another well-fought race. Along with some of the other guys, he was boxed in at the start of the race with all of the runners and there was a lot of contact with other runners," Kerkvliet said. "He did a nice job getting out and around people, and tracking people down."

Ridge View Cross-Country Invitational

Girls' Class A team results: 1. MOC-Floyd Valley 54, 2. Bishop Heelan 63, 3. Cherokee 95, 4. Sioux Center 113, 5. Sergeant Bluff-Luton 128, 6. Okoboji 180, 7. Sioux City East 196, 8. Sioux City North 205, 9. Pocahontas Area 208, 10. Kuemper Catholic 258, 11. West Lyon 300, 12. Woodbury Central/Kingsley-Person 302, 13. South Central-Calhoun/Gladbrook-Reinbeck 357, 14. Emmetsburg 370

Individual girls' results: 57. Angie Metzger 24:55, 58. Geena Snyders 24:56, 59. Randi Childress 24:57, 61. Shay Langenhorst 25:00, 65. Madison Rentschler 25:10, 74. Madison Feikema 26:30

Boys' Class A team results: 1. Sioux City North 23, 2. MOC-Floyd Valley 58, 3. Sioux Center 116, 4. Okoboji 131, 5. Sergeant Bluff-Luton 137, 6. Sioux City East 141, 7. Kuemper Catholic 215, 8. Bishop Heelan 233, 9. Pocahontas Area 250, 10. Cherokee 265, 11. Woodbury Central/Kingsley-Person 316, 12. South Central-Calhoun/Gladbrook-Reinbeck 349, 13. Emmetsburg 361, 14. West Lyon 375, 15. Sioux City West 396

Individual boys' results: 55. Sam Meester 20:15, 62. Tayton Knobloch 20:38, 79. Cole Moser 22:02, 90. Aiden Jennings 24:07, 97. Carter Hasselman 24:58

SATURDAY CROSS COUNTRY: TIM THOMAS CLASSIC CLASS A

MOC-Floyd Valley girls win title at large event

Meet features 100+ athletes in division

BY CHARLIE HILDEBRAND
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HOLSTEIN—Of all the N'West Iowa cross country teams that competed in the Tim Thomas Classic last Saturday, MOC-Floyd Valley stood out the most.

The Class 3A 14th-ranked girls team won the Class A team title over 13 other teams while the sixth-ranked boys finished second. The Dutch won three of four team events in the junior varsity and middle school standings as well.

"It was a great morning for the Dutch," said MOC-Floyd Valley coach Doug De Zeeuw. Sioux Center coach Brock Lehman said some of his runners weren't happy with their times, but they got what they needed out of the meet.

"You have to see teams like" Sioux City North and MOC,

he said. "The only way you're going to get better is to test yourself against those kinds of schools."

Impressive outing

The Dutch girls finished nine points in front of Class 3A third-ranked Sioux City Heelan. MOC-Floyd Valley was paced by Emily Haverdink's fourth-place finish out of 100 runners. Haverdink is ranked seventh individually in Class 3A.

Elin Van Der Werff, Biyanca Dokter and Aryana Dokter each placed in the top 11 for the Dutch.

"The girls team saw some impressive performances as well," De Zeeuw said. "Biyanca Dokter ran one of her best races. She had even splits and kept moving up eventually garnering a third place on our team. Sarah May worked hard keeping her teammates in contact and Elin Van Der Werff continues to be a steady

performer."
Sioux Center finished fourth and was paced by Myka Schut, who placed 15th. The Warriors had three other girls finish in the top 27.

"We were closing well on Cherokee at the end of the race but we ran out of real estate," Lehman said. "When your top runner finished 15th, you just have no margin for error. Your pack has to stay together. At the same time, none of the girls have ever seen a race like this with such a huge field and cluster of runners. The girls were disappointed but they're competitive enough they'll turn around and use it as fuel for their training."

Okoboiji placed sixth, led by a 10th-place run from Maryn Frein. West Lyon was 11th. Annie Metzger placed 57th to lead the Wildcats.

May leads Dutch

MOC-Floyd Valley cruised to a second-place finish in the boys standings out of 15 teams, netting half as many points as third-place Sioux Center. The Dutch trailed only Class 4A second ranked Sioux City North, who had four runners finish in the top five.

The only runner in the top five that wasn't a Star was MOC-Floyd Valley's Sam May, who placed third. May is ranked fifth in Class 3A as an individual.

Isaiah Hulshof, Micah DeYoung and Tommy Tracy each finished in the top 15 for the Dutch in the field of 100 runners.

"Due to some sickness and an injury Micah DeYoung was inserted into the varsity lineup and responded with his best race of the season placing third on our team," De Zeeuw said.

The Sioux Center boys finished third, paced by Hudson Vonk's eighth-place finish.

"You just don't know how it's going to go, especially on a course we weren't familiar with," Lehman said. "Hudson Vonk ran a good race. The key is we need to get our two and three guys up there. If we want to compete with MOC, our gap between one and two is too big."

Lehman said it was still a good finish for his team.

"I know the boys were excited about getting third in the team standings because they give out medals for the top three teams," he said.

Okoboiji's boys finished fourth, just ahead of Sergeant Bluff-Luton and Sioux City East. Eyan Osler led the Pioneers, placing 12th. West Lyon wound up 14th in the team standings. Sam Meester was first to the finish among the Wildcats, placing 55th.

Tim Thomas Classic

Class A girls team scores: 1. MOC-Floyd Valley 94; 2. Sioux City Heelan 63; 3. Cherokee 96; 4. Sioux Center 113; 5. Sergeant Bluff-Luton 128; 6. Okoboiji 180; 7. Sioux City East 196; 8. Sioux City North 205; 9. Pochonias 208; 10. Carroll Kuesper 258; 11. West Lyon 300; 12. Woodbury Central/Kingsley-Pierson 302; 13. South Central Calhoun 357; 14. Emmetsburg 370.

Wildcats power through the heat

Geena Snyders

The Wildcat JV girls' cross-country team traveled a long way to Holstein Saturday, Sept. 11, to compete at their second meet of the year. The air was hot and humid, but the team pushed through to finish the race. Powering through the heat was Emma Knobloch placing 27th, leading the Wildcat JV girls with a time of 26:43. After her was Ella Leuthold receiving 45th place. Sixty-third place went to Jo Boote, achieving a personal best of 28:54. Finishing off the Wildcat pack in 69th place was Gianna Klarenbeek.

When asked about how the JV race went.

Coach Kerkvliet stated, "Jo Boote ran a really strong race. She has come a long way since the beginning of the season and keeps on improving day by day. Emma Knobloch also did a nice job leading the team."

During the Holstein cross-country meet, the varsity girls and the junior varsity girls ran together, rather than have separate races. "This was definitely a different feel for our JV runners. Running with the varsity has its benefits by being able to be pushed at a quicker pace, but it can also be overwhelming. Our JV runners handled it well. It was a warm morning and the kids persevered through it," said Kerkvliet.

N'West Iowa results: 4. Emily Haverdink (MOC-FV) 20:29; 7. Elin Van Der Werff (MOC-FV) 21:22; 9. Biyanca Dokter (MOC-FV) 21:33; 10. Maryn Frein (Oko) 21:47; 11. Aryana Dokter (MOC-FV) 21:48; 15. Myka Schut (SC) 22:04; 17. Annika Jahn (SC) 22:20; 19. Kendra Zeutenhorst (SC) 22:22; 23. Sarah May (MOC-FV) 22:36; 27. Corinne McCord (SC) 23:01; 28. Carly Carstens (Oko) 23:06; 35. Blair Bandstra (SC) 23:27; 38. Mya Romero (SC) 23:37; 43. Zoey Holmes (Oko) 24:15; 44. Payge Bahke (MOC-FV) 24:18; 47. Janae Zeutenhorst (SC) 24:29; 49. Lauren Duffy (Oko) 24:34; 50. Grace Pausley (Oko) 24:37; 52. Lily Miller (Oko) 24:42; 57. Annie Metzger (MOC-FV) 24:42; 57. Annie Rentschler (WL) 25:10; 66. Addison Francis (Oko) 25:13; 74. Madison Felkema (WL) 26:30; 76. Andraya Bainsom (WL) 26:35.

Class A boys team scores: 1. Sioux City North 23; 2. MOC-Floyd Valley 58; 3. Sioux Center 116; 4. Okoboiji 131; 5. Sergeant Bluff-Luton 137; 6. Sioux City East 141; 7.

Carroll Kuesper 215; 8. Sioux City Heelan 233; 9. Pochonias 250; 10. Cherokee 286; 11. Woodbury Central/Kingsley-Pierson 316; 12. South Central Calhoun 349; 13. Emmetsburg 361; 14. West Lyon 375; 15. Sioux City West 396.

N'West Iowa results: 3. Sam May (MOC-FV) 16:16; 8. Hudson Vonk (SC) 17:43; 10. Isaiah Hulshof (MOC-FV) 17:53; 12. Eyan Osler (Oko) 18:07; 13. Micah DeYoung (MOC-FV) 18:09; 15. Tommy Tracy (MOC-FV) 18:12; 17. Trevor Miranda (MOC-FV) 18:21; 20. Dylan Jones (Oko) 18:24; 21. Trigg Heimdahl (Oko) 18:25; 24. Graham Yande Vegie (SC) 18:27; 25. Easton Van Den Berg (SC) 18:27; 26. A.J. Bomgaars (MOC-FV) 18:29; 27. Tyson Blom (MOC-FV) 18:33; 29. Joshua Perez (SC) 18:46; 30. Caden Schouten (SC) 18:47; 31. Micah Truesdell (SC) 18:50; 32. Logan Foltz (SC) 18:51; 35. Christian Hesse (Oko) 18:57; 43. Caleb Jones (Oko) 19:26; 46. Dakota Hesselstine (Oko) 19:40; 54. Eihan Osler (Oko) 20:07; 55. Sam Meester (WL) 20:15; 62. Jaylon Knobloch (WL) 20:38; 79. Cole Moser (WL) 22:02; 90. Aidan Jennings (WL) 24:07; 93. Carter Hulsemann (WL) 24:58.

West Lyon - Lake Pahoja
Mile 1

70s - Chance of Thunderstorms
Mile 2 / Total Titr (Mile 3 Split)

Weather
(Mile 2 Split)

Finish Place Place Points Letter pts.

JH - Rained out

Girls JV

Emma	7:31
Ella	7:50
Jo	8:05

8:43:00	16:14
8:53:00	16:43
9:24:00	17:29

8:54:56
9:10:03
9:51:37

Individual: Ella Jager - 10 - CLGLR - 25:03:92
Total Runners: 17
Team Standings:

25:08:56	2		1
25:52:63	4		1
27:20:37	7		1

Girls Varsity

Andraya	7:50
Shay	7:43
Randi	7:42
Geena	7:10
Madison	7:31
Annie	7:42
Mallison	7:48

9:05:00	16:55
8:46:00	16:29
8:46:00	16:28
8:25:00	15:35
8:34:00	16:05
8:46:00	16:28
8:44:00	16:32

9:11:48
8:26:12
8:28:31
8:29:15
9:06:01
8:26:11
8:38:05

Individual: Mary Schriever - 10 - CLGLR - 21:44:82
Total Runners: 45
Team Standings: CLGLR - 23

26:06:48	29	27	2
24:55:12	16	16	3
24:56:31	17	17	3
24:03:75	9	9	4
25:10:61	21	20	3
24:54:11	15	15	3
25:10:05	20	19	3

WL - 76
WC - 87
WS - 90
BHRV - 98
HMS - 137

Boys Varsity

Carter	7:09
Sam	5:54
Aidan	6:54
Tayton	6:33
Cole	6:40

8:28:00	15:37
6:57:00	12:51
8:29:00	15:23
7:06:00	13:39
7:56:00	14:36

8:29:09
6:54:20
8:41:31
7:13:10
7:58:13

Individual: Tage Hulstein - 12 - WC - 17:40:75
Total Runners: 52
Team Standings: WC - 17

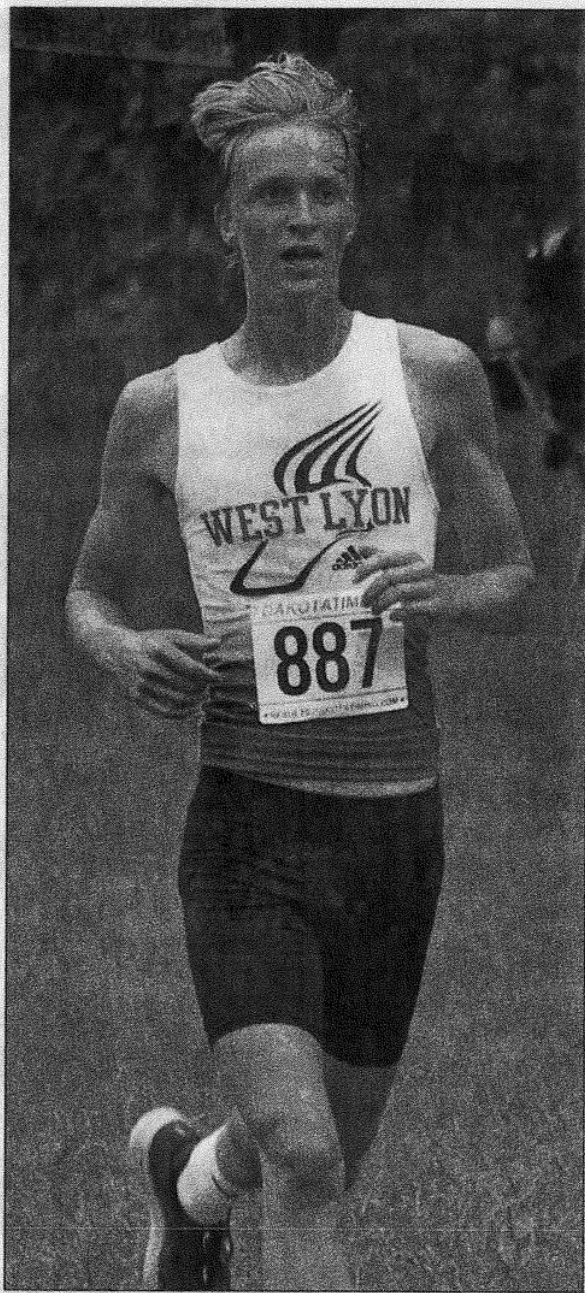
24:06:09	46	42	2
19:44:80	8	8	4
24:03:91	44	40	2
20:51:70	17	17	3
22:34:13	33	31	2

CLGLR - 64
BHRV - 66
Sheldon - 123
WL - 138
HMS - 169
Trinity - 175
AW - 181

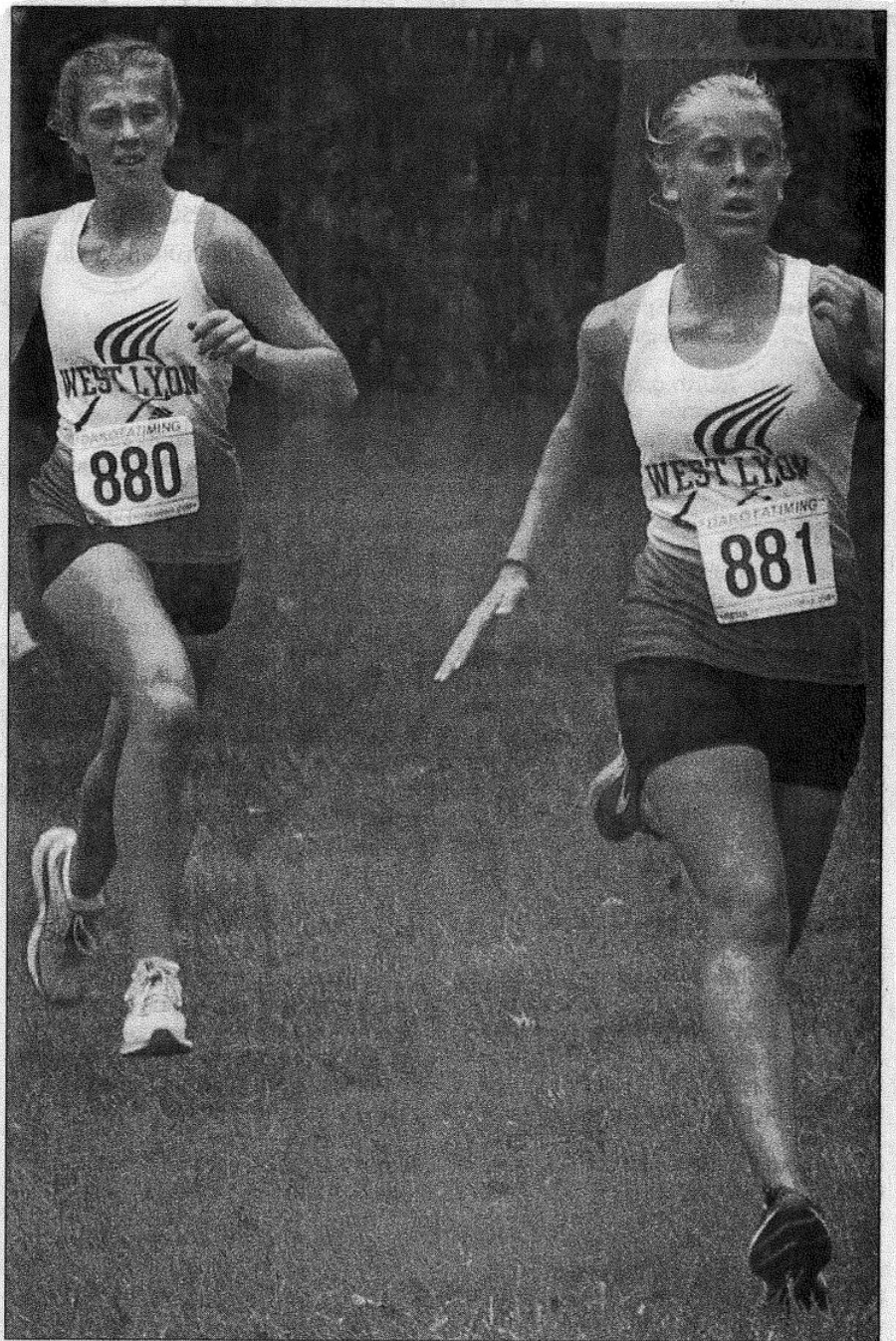
WEST LYON CROSS-COUNTRY

Wildcat girls finish home meet in second place

West Lyon boys take fifth at Lake Pahoja Monday, Sept. 13



Sam Meester races to the finish line during West Lyon's home cross-country meet at Lake Pahjoa Monday, Sept. 13. Meester led the Wildcat boys with an eighth-place finish. (Photo/Nathan Broek)



Shay Langenhorst and Annie Metzger race to the finish line together at West Lyon's home cross-country meet at Lake Pahjoa Monday, Sept. 13. Metzger finished in 15th and Langenhorst finished 16th as the Wildcats finished second overall as a team. (Photo/Nathan Broek)

LAKE PAHOJA-The West Lyon girls' and boys' cross-country teams were hoping to put on a good show in front of the home crowd at their invitational at Lake Pahoja Monday, Sept. 13. The girls were able to accomplish that goal with the boys finishing the meet knowing they still have some work to do.

The Wildcat girls finished in second place with 76 points. Rival George-Little Rock/Central Lyon, ranked 19th in Class 2A, won the girls' meet title with 23 points.

"We were really excited to take second on our home course. We continued the trend of running close together with our top-five all finishing within one minute of one another and it really helped the end result," said West Lyon coach Teresa Kerkvliet. "We also finished up a little higher in regards to other competitors that we have faced already this season, so we hope to continue to move up as a pack and move up in the standings. We came off a tough race on Saturday at Holstein and managed the difficulty of our home course well."

Leading the West Lyon girls was Geena Snyders in ninth place. Annie Metzger finished in 15th, Shay Langenhorst finished in 16th, Randi Childress finished in 17th, Malison Rentschler finished in 20th, Madison Feikema finished in 21st and Andraya Bahnson rounded out the lineup in 29th.

"Geena really took off during this race. She made up a lot of ground during that third mile and hung with the leaders," Kerkvliet said. "The pack of Shay, Annie and Randi have consistently been strong throughout the races. It's been great to see them take down other runners together."

The Wildcat boys finished their portion of the meet in

fifth place with 138 points. Western Christian, ranked second in Class 2A, won the boys' meet title with 17 points. Sam Meester led the West Lyon boys in eighth place. Tayton Knobloch finished in 17th, Cole Moser finished in 33rd, Aiden Jennings finished in 44th and Carter Hasselmann rounded out the lineup in 45th.

"We were hoping for a little tighter finish between Tayton, Cole and Aiden but we were still running on some tired legs. We looked at Monday's meet as a good training run more than anything else and I think they did that," Kerkvliet noted.

The coach did like the fact Meester once again was the top runner for the boys.

"Sam ran really well, improving his time from last year by about 30 seconds. He still ran a little bit reserved, but we were both happy with the outcome and performance. Running the meets back-to-back will be good training for future races," Kerkvliet said.

West Lyon Cross-Country Invitational at Lake Pahoja Girls' team results:

1. George-Little Rock/Central Lyon 23, 2. West Lyon 76, 3. Western Christian 87, 4. West Sioux 90, 5. Boyden-Hull/Rock Valley 98, 6. Hartley-Melvin-Sanborn 137
Individual girls' results: 9. Geena Snyders 24:03, 15. Annie Metzger 24:54, 16. Shay Langenhorst 24:55.11, 17. Randi Childress 24:55.12, 20. Malison Rentschler 25:10, 21. Madison Feikema 25:11, 29. Andraya Bahnson 26:06

Boys' team results:

1. Western Christian 17, 2. George-Little Rock/Central Lyon 64, 3. Boyden-Hull/Rock Valley 66, 4. Sheldon 123, 5. West Lyon 138, 6. Hartley-Melvin-Sanborn 169, 7. Trinity Christian 175, 8. Akron-Westfield 181

Individual boys' results:

8. Sam Meester 19:44, 17. Tayton Knobloch 20:51, 33. Cole Moser 22:34, 44. Aiden Jennings 24:03, 46. Carter Hasselmann 24:06

JV Wildcat cross-country takes on Lake Pahoja

Kortni Jenson

On Monday, Sept. 13, West Lyon hosted its seasonal meet at Lake Pahoja. The weather for Monday didn't look too promising, therefore the decision was made to push back junior high to the later time slots and move up JV and varsity. "We had the privilege of running with the varsity again," Coach Teresa Kerkvliet mentioned about the JV meet.

The Wildcats had Emma Knobloch place second, Ella Leuthold place fourth, and Jo Boote place seventh for the JV. "With these placings, it becomes very beneficial for our confidence as runners," coach Kerkvliet stated when asked about the race.

Two JV ladies, Leuthold and Boote, ran their season-bests of the year. Jo dropped a full 1:30 off her time. "Jo has made a lot of progress this season. I'm excited to see where she'll be by the end of the season," Coach Kerkvliet added. Emma Knobloch is another Wildcat to be on the lookout for. Coach Kerkvliet said, "Emma has been looking a lot stronger and really competed more aggressively."

Coach was content with the outcome of the race at Pahoja. "We need to focus on recovery with our JV runners to get them back into the races. We hope to have some good meets next week at Sheldon and Sioux Center."

Wolfpack, Mustangs headliners in race field

Western Christian nears perfection

BY CHARLIE HILDEBRAND
CHILDEBRAND@NWESTIOWA.COM

INWOOD—The cross country teams at George-Little Rock/Central Lyon and Western Christian emerged victorious at the Wildcats Invitational on a rainy Monday hosted by West Lyon.

The varsity races were moved to the front due to potential weather and they ran with the junior varsity teams.

"The potential of storms were lingering all weekend long, so we had to make sure we were able to get those varsity races in," said West Lyon coach Teresa Kerkvliet. "Our meet is usually pretty small, so it wasn't a big factor putting some races together and moving things around. We were glad to be able to get it in."

Wolfpack boys triumph

The Class 2A third-ranked Western Christian boys nearly had a perfect score on its way to a team title.

The Wolfpack recorded a

minuscule score of 17 and easily topped the seven other teams. Tage Hulstein took medalist honors, Caleb Douma was the runner-up and Kalen Hartbecke finished third. Western Christian had runners finish fifth, sixth, ninth and 11th out of 52 runners.

"Our guys on paper had a nice finish, but we have lots of work to do yet," said Wolfpack coach Dalton Lems. "Tage had a nice race from the beginning. He looked relaxed as he held the lead for most of the race. Caleb also ran very well. We need to continue to work on staying in contact better, however, during the meet."

George-Little Rock/Central Lyon placed second in the boys standings.

"The boys did a better job at closing the time gap between our first and fifth runner," said Mustangs' coach Mandi Ver Beek. "This really helped them with their overall standing."

Lane Henrichs and Matt Helkenn paced George-Little Rock/Central Lyon finishing seventh and 10th respectively while Chase Duin was 12th.

"Lane did a great job at

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working at picking up his pace throughout his whole race," Ver Beek said. "Matt did a good job at pacing himself and Chase throughout the race. Those two helped push each other."

Boydton-Hull/Rock Valley finished third, just two points behind the Mustangs. Evan Janzen led the Nighthawks with a fourth-place finish and was the only runner outside of Western Christian to finish in the top five.

"They did a good job of finding each other in this race," said Nighthawks' coach Alli Van Wyk. "It helped it was a smaller race. In bigger races, sometimes we get separated. They did a good job of running together and pushing each other."

Mustangs run wild

The Class 2A 18th-ranked George-Little Rock/Central Lyon girls didn't go quite as low in terms of score as the Western Christian boys, but the still won handily with a score of 23.

The Mustangs had five runners cross the finish among the top eight.

"The girls had a good night," Ver Beek said. "The West Lyon meet is always a tough one to run at. The girls weren't too excited with their times, but we were very happy with how the race went. The girls were the front of the race throughout."

George-Little Rock/Central Lyon's Mary Schriever won and teammate Afton Schluh-bohm was the runner-up.

"Mary got out hard and ran her own pace," Ver Beek said. "Afton did a great job with pacing herself with the other top runners and then started to break away as she got toward the end of the race."

The host Wildcats finished second and were paced by Geena Snyders, who finished ninth.

"Our girls have been very consistent running that tight pack and it paid off," Kerkvliet said. "We are really looking to push that pack up some more and lose a lot of points to get us higher in the standings."

Our guys and girls both ran at Holstein on Saturday and that wasn't our best race for us. We looked at Monday's meet as a good training run and it worked out to our benefit."

Western Christian placed third and had three runners in the top 15, led by Maeva

Haveman at 10th and Jenae Minderhoud at 11th.

"Our girls ran OK at the meet," Lems said. "We need to figure out how to push ourselves harder and in order to get better. Maeva and Jenae both ran nice races for us on a tough course."

Wildcats Invitational

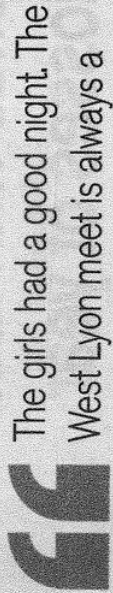
Girls team scores: 1. George-Little Rock/Central Lyon 23; 2. West Lyon 76; 3. Western Christian 87; 4. West Stou 90; 5. Boydton-Hull/Rock Valley 98; 6. Hartley-Melvin-Sanborn 137.

West Lyon results: 1. Mary Schriever (GLRCL) 21:44; 2. Afton Schluhbohm (GLRCL) 22:23; 3. Meraya Barrera (WS) 22:39; 4. Elyse Zwart (BHRV) 23:11; 5. Kadence Boender (GLRCL) 23:28; 6. Madison Otto (H-M-S) 23:38; 7. Claire Kramer (GLRCL) 23:51; 8. Lexi Landis (GLRCL) 23:51; 9. Geena Snyders (WL) 24:03; 10. Maeva Haveman (WC) 24:24; 11. Jenae Minderhoud (WC) 24:29; 12. Maria Rubio (WS) 24:34; 13. Emma Van Whye (WS) 24:35; 14. Emily Fedders (WC) 24:45; 15. Annie Metzger (WL) 24:54; 16. Shay Langenhorst (WL) 24:55; 17. Randi Childress (WL) 24:56; 18. Eliza Scheaffer (Sh) 24:56; 19. Brooklyn Krull (GLRCL) 24:58; 20. Malison Rentschler (WL) 25:10; 21. Madison Feikema (WL) 25:10; 22. Angie Munoz (BHRV) 25:15; 23. Naomi Post (BHRV) 25:19; 24. Zoe Gulker (WC) 25:39; 25. Kamyln Ebel (H-M-S) 25:48; 26. Alexa Clarey (BHRV) 26:00; 27. Aubree Boender (BHRV) 26:01; 28. Gracia Scheaffer (Sheldon) 26:04; 29. Andraya Bannison (WL) 26:06; 31. Ashlynn Davis (GLRCL) 26:08; 33. Sierra Nielsen (WC) 26:32; 34. Keatana Heynen (Trinity Christian) 26:43; 35. Holly Rotek (WS) 26:49; 36. Madison Nunes (Sheldon) 26:50; 38. Ashlyn Kelderman (BHRV) 28:23; 40. Tristen Trif (WS) 28:48; 41. Ana Rensink (BHRV) 29:25; 42. Juliana Pasillas (H-M-S) 29:36; 43. Crystal Ramirez (WS) 30:30; 44. Ashleigh Vermeer (H-M-S) 30:33; 45. Gracie Knobloch (H-M-S) 30:51.

Boys team scores: 1. Western Christian 17; 2. George-Little Rock/Central Lyon 64; 3. Boydton-Hull/Rock Valley 66; 4. Sheldon 123; 5. West Lyon 138; 6. Hartley-Melvin-Sanborn 159; 7. Trinity Christian 175; 8. Akron-Westfield 181.

West Lyon results: 1. Tage Hulstein (WC) 17:40; 2. Caleb Douma (WC) 18:43; 3. Kalen Hartbecke (WC) 19:07; 4. Evan Janzen (BHRV) 19:09; 5. Noah DeWeerd (WC) 19:30; 6. Zachary Minderhoud (WC) 19:32; 7. Lane Henrichs (GLRCL) 19:36; 8. Sam Meester (WL) 19:44; 9. Aric DeKam (WC) 20:08; 10. Matt Helkenn (GLRCL) 20:11; 11. Cowan Van Kley (WC) 20:12; 12. Chase Duin (GLRCL) 20:20; 13. Ben Blum (BHRV) 20:28; 14. Landon Woelber (BHRV) 20:29;

15. Ulises Masias (GLRCL) 20:49; 16. Amos Hespe (BHRV) 20:50; 17. Taylor Knobloch (WL) 20:51; 18. Josh Hoffmann (Sh) 20:53; 19. Rilan Tiedeman (BHRV) 21:10; 20. Matthew Langholdt (GLRCL) 21:17; 21. Andrew Frohwin (Sh) 21:21; 22. Dustin Hoksbergen (TC) 21:32; 24. Jesus Martinez (GLRCL) 21:46; 26. Michael Wassenaar (Sh) 21:54; 27. George Vargas (H-M-S) 21:55; 28. Tyler Kennedy (WS) 21:56; 29. Gavin Strouth (Sh) 22:14; 30. Carter Westra (TC) 22:18; 31. Quintin Sprack (GLRCL) 22:27; 32. Bryce Dodge (H-M-S) 22:32; 33. Cole Moser (WL) 22:34; 34. David Weisima (WL) 22:36; 35. Jacob Kuiper (TC) 22:59; 38. Aiden Jensen (H-M-S) 23:40; 40. Neil Patel (Sh) 23:45; 41. Evan Lauters (WS) 23:53; 42. Aiden Bush (H-M-S) 23:59; 43. Blaine Frister (H-M-S) 24:01; 44. Aiden Jennings (WL) 24:03; 45. Drew Vanden Hull (Sh) 24:04; 46. Carter Helseimann (WL) 24:06; 48. Ryan Grolliuschen (H-M-S) 25:31; 49. Kyle Wmia (TC) 25:55; 51. Nicolas Van Engen (TC) 26:36; 52. Morgan Thonstad (WS) 28:20.



The girls had a good night. The West Lyon meet is always a tough one to run at. The girls weren't too excited with their times, but we were very happy with how the race went. The girls were the front of the race throughout.

Mandi Ver Beek GLRCL CROSS COUNTRY COACH

Sheldon - Rise Fest Grounds

Weather Mostly Sunny - 60s - Breezy from the NNW

(Mile 2 Split)

Mile 2 / Total Time (Mile 3 Split)

Finish Place Place Points Letter pts.

Girls JH (2 mi.)

Elijah	8:19
Kayla	7:05
Eliana	7:47
Emersyn	7:11
Claire	7:11

18:08:85
14:17:25
15:54:87
14:49:05
14:41:04

57	36
7	7
31	24
19	18
14	14

Individual: Olivia Bahrke - 8th - MOCFV - 13:38.54
 Total Runners: 64
 Team Standings: MOCFV - 28 WL - 99 Spirit Lake - 116
 SC - 47 Okoboji - 93 BHRV - 164

Boys JH (2 mi.)

Reed	6:10
Alec	7:21
Peter	8:17

12:26:44
14:56:90
17:33:08

7
33
55

Individual: Thatcher Doughan - 8th - MOCFV - 11:40:70
 Total Runners: 62

Girls JV

Gianna	8:28
Jo	8:14

17:45
17:21

27:49:14	29	1
27:10:02	25	1

Individual: Geonella Ramirez - 9 - SC - 23:49:21
 Total Runners: 50

Girls Varsity

Shay	7:52
Randi	7:52
Emma	7:26
Ella	7:50
Madison	7:43
Annie	7:43
Malison	7:13

16:19
16:19
15:34
16:31
15:34
15:44
15:06

25:26:55	46	43	2
25:22:24	45	42	2
24:27:32	38	36	2
27:06:65	58	53	2
23:54:06	34	33	3
24:34:29	40	37	2
23:46:44	30	29	3

Individual: Kaia Downs - 12 - SCE - 19:00:91
 Total Runners: 70
 Team Standings: MOCFV - 42 WL - 177
 SC - 59 BHRV - 177
 SBL - 73 Storm Lake - 190
 SCE - 124 Sheldon - 230
 Spirit Lake - 128

Boys Varsity

Carter	6:50
Sam	5:27
Tayton	6:15
Cole	6:18

14:37
11:23
12:56
13:19

23:35:64	75	2
18:04:75	19	3
20:31:08	55	2
21:03:51	61	2

Individual: Sam May - 12 - MOCFV - 16:33:89
 Total Runners: 75

WEST LYON CROSS-COUNTRY

Wildcat girls edge out Nighthawks for sixth

Both boys and girls know they have work to do as they reach the halfway point of the season

Nathan Broek | Sports Editor
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SHELDON-The West Lyon girls may have edged out Boyden-Hull/Rock Valley for sixth place, but the girls as well as the boys know there is still more work to be done following the Sheldon Cross-Country Invitational Tuesday, Sept. 21.

The Wildcat girls and the Nighthawk girls both scored 177 points, but West Lyon had the edge as its sixth runner was better than Boyden-Hull/Rock Valley's sixth runner.

"We faced some really good teams of 3A and 4A schools and matched them head-to-head," noted Wildcats' coach Teresa Kerkvliet.

Malison Rentschler was the top runner for the Wildcats in 30th, Madison Feikema finished in 34th, Emma Knobloch finished in 38th, Annie Metzger took 40th, Randi Childress took 45th and Shay Langenhorst was the key sixth runner in 46th. Ella Leuthold was the final runner across the finish line in 58th.

"Malison did a great job leading us today. She was picking up the pace as others were slowing down," Kerkvliet said. "Madison Feikema also did a nice job covering ground consistently. She caught a lot of runners toward the end of the race. Although the pack was a little bit more spread out this time, the top half definitely moved up, causing a bit more separation. We just need the next group to follow suit."

The West Lyon boys had four runners in the race, but did not enough runners for a team score. Sam Meester, however, stayed consistent for the Wildcats as the top run-

ner in 19th. Tayton Knobloch finished in 55th, Cole Moser finished 61st and Carter Hasselmann finished in 75th.

"Sam ran the best race of his career. He was aggressive and confident, and he did not let up throughout the race. His splits were all very consistent and he knew who to look for during the races. He put himself in a great position and held on," Kerkvliet said.

The coach still wants both teams to strive for more with just over four weeks left in the season.

"On both the guys' and girls' side, some athletes are not at the top of their competing levels, so we are working on stepping up and helping out the team as much as possible," Kerkvliet said.

Sheldon Cross-Country Invitational at Sheldon Rise Fest grounds

Girls' team results: 1. MOC-Floyd Valley 42, 2. Sioux Center 59, 3. Sergeant Bluff-Luton 73, 4. Sioux City East 124, 5. Spirit Lake 128, 6. West Lyon 177, 7. Boyden-Hull/Rock Valley 177, 8. Storm Lake 190, 9. Sheldon 230

Individual girls' results: 30. Malison Rentschler 23:46, 34. Madison Feikema 23:54, 38. Emma Knobloch 24:27, 40. Annie Metzger 24:34, 45. Randi Childress 25:22, 46. Shay Langenhorst 25:26, 58. Ella Leuthold 27:06

Boys' team results: 1. MOC-Floyd Valley 36, 2. Sioux Center 77, 3. Sioux City East 87, 4. Sergeant Bluff-Luton 127, 5. Spirit Lake 130, 6. Storm Lake 151, 7. Estherville-Lincoln Central 212, 8. Boyden-Hull/Rock Valley 220, 9. Sheldon 240, 10. Sioux City West 247, 11. Trinity Christian 285

Individual boys' results: 19. Sam Meester 18:04, 55. Tayton Knobloch 20:32, 61. Cole Moser 21:03, 75. Carter Hasselmann 23:35



Cole Moser sprints his way to the finish line at the Sioux Center Cross-Country Invitational Thursday, Sept. 23. Moser finished in 80th as the West Lyon boys' cross-country team finished 13th with 346 points. (Photo/Nathan Broek)



Malison Rentschler cruises to the finish line at the Sioux Center Cross-Country Invitational Thursday, Sept. 23. Rentschler finished in 65th and helped the West Lyon girls' cross-country team to a ninth-place finish with 281 points.

TUESDAY CROSS COUNTRY: SHELDON INVITATIONAL

Banner season for Dutch continues with meet crowns

Field provides solid test under ideal conditions

BY CHARLIE HILDEBRAND
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SHELDON—MOC-Floyd Valley dominated the field at the Sheldon Invitational on Tuesday held at the RiseFest Grounds with two team titles and a medalist winner.

"We were real pleased with the performances," said Dutch coach Doug De Zeeuw.

Dutch boys double up

The Class 3A sixth-ranked MOC-Floyd Valley boys cruised to a first-place finish out of 11 teams.

The Dutch totaled a team score of 36, less than half of second-place Sioux Center. Sam May took medalist honors with a time of 16 minutes, 33.89 seconds in the field of 75 runners. MOC-Floyd Valley had five other boys finish in the top 15, including Isaiah Hulshof who placed third.

"Isaiah Hulshof ran step for step with Sam through two miles," De Zeeuw said.

Sioux Center finished second in the boys team standings with a score of 77, 10 points in front of Sioux City East. Hudson Vonk placed fifth to lead the Warriors, who had two finish in the top 10.

"That last 1,000 meters is becoming a make or break point for us," said Sioux Center coach Brock Lehman.

"That's going to be the emphasis for us going forward to make sure we own that last 1,000 meters. You can make up so many points there."

Boydell-Hull/Rock Valley finished eighth in the boys team standings and was just eight points behind seventh-place Estherville Lincoln Central. Evan Janzen placed 18th to lead the Nighthawks.

"In a meet like this, sometimes it's hard to see those improvements with how many people there were and the talent at the meet," said Boydell-Hull/Rock Valley coach Ali Van Wyk.

"As a group, they all had pretty good races. They were some of our best overall team times. I'm really happy with that."

MOC-FV girls win too

The Class 3A fifth-ranked MOC-Floyd Valley girls team didn't win as handily as the boys team did, but they still finished with a score of 42 and beat out eight other teams. Emily Haverdink was the runner-up and Elin Van Der Werff finished third for the Dutch in the field of 70 runners.

De Zeeuw said his team was able to pack together and draft well.

"Elin Van Der Werff, Aryana Dokter, and Biancea Dokter continue to

be steady and consistent in the 2-4 spots," he said.

Sioux Center placed second in the team standings and was 17 points behind MOC-Floyd Valley. The Warriors had five girls place in the top 15 and were led by Myka Schut's eighth-place finish.

"There's always room for improvement," Lehman said. "The girls were a little disappointed in their times. I'm more worried about our times compared to a week ago. I was pleased with the improvement from a week ago."

West Lyon finished sixth in the team standings, edging out Boydell-Hull/Rock Valley on a tiebreaker.

"Having our sixth runner be the tie breaker between us and BHRV shows how important every runner is when it comes to the placings," said Wildcats' coach Teresa Kerkvliet.

Sheldon invitational

Girls team scores: 1. MOC-Floyd Valley 42; 2. Sioux Center 59; 3. Sergeant Bluff-Luton 73; 4. Sioux City East 124; 5. Spirit Lake 128; 6. West Lyon 177; 7. Boydell-Hull/Rock Valley 177; 8. Storm Lake 190; 9. Sheldon 230.

West Iowa results: 2. Emily Haverdink (MOC-FV) 19:53; 3. Elin Van Der Werff (MOC-FV) 20:53; 6. Aryana Dokter (MOC-FV) 21:17; 7. Biancea Dokter (MOC-FV) 21:25; 8. Myka Schut (SC) 21:30; 12. Kendra Zeutenhorst (SC) 22:02; 13. Corinne McCord (SC) 22:02; 14. Blair Bandstra (SC) 22:04; 16. Annika Jahn (SC) 22:05; 21. Mya Romero (SC) 22:22; 23. Elyse Zwart (BHRV) 22:48; 25. Sarah May (MOC-FV) 23:02; 26. Payge Barfke (MOC-FV) 23:14; 27. Jarrae Zeutenhorst (SC) 23:17; 28. Kennedy Fernstrum (MOC-FV) 23:30; 29. Elisa Scheaffer (SH) 23:38; 30. Malison Rentschler (WL) 23:46; 34. Madison Feikema (WL) 23:54; 35. Angie Munoz (BHRV) 24:04; 38. Emma Knobloch (WL) 24:27; 40. Annie Metzger (WL) 24:34; 41. Naomi Post (BHRV) 24:46; 42. Alexa Clary (BHRV) 24:47; 45. Randi Childress (WL) 25:22; 46. Shay Langenhorst (WL) 25:26; 48. Aubree Boender (BHRV) 25:27; 51. Keahna Heynen (Trinity Christian) 25:42; 52. Gracia Scheaffer (SH) 25:47; 54. Brinda McCafer-Nuckols (SH) 26:06; 55. Madison Nunes (SH) 26:07; 57. Ashlyn Kelderman (BHRV) 26:10; 58. Ella Leuhold (WL) 27:06; 59. Arian Rensink (BHRV) 27:27; 64. Kelsey McCuddin (SH) 27:51; 66. Christina Field (SH) 28:25; 68. Olivia Van Mearen (SH) 29:57.

Boys team scores: 1. MOC-Floyd Valley 36; 2.

Sioux Center 77; 3. Sioux City East 87; 4. Sergeant Bluff-Luton 127; 5. Spirit Lake 130; 6. Storm Lake 151; 7. Estherville Lincoln Central 212; 8. Boydell-Hull/Rock Valley 220; 9. Sheldon 240; 10. Sioux City West 247; 11. Trinity Christian 285.

West Iowa results: 1. Sam May (MOC-FV) 16:33; 3. Isaiah Hulshof (MOC-FV) 17:01; 5. Hudson Vonk (SC) 17:14; 6. Micah DeYoung (MOC-FV) 17:36; 10. Easton Van Den Berg (SC) 17:42; 11. Tommy Tracy (MOC-FV) 17:47; 13. Tyson Blom (MOC-FV) 17:48; 15. A.J. Bomgaars (MOC-FV) 17:55; 17. Trevor Miernde (MOC-FV) 18:00; 18. Evan Janzen (BHRV) 18:03; 19. Sam Meester (West Lyon) 18:04; 20. Micah Truesdell (SC) 18:05; 21. Graham Van de Vegte (SC) 18:05; 24. Logan Foltz (SC) 18:21; 25. Caden Schouten (SC) 18:22; 29. Joshua Perez (SC) 18:41; 37. Ben Blum (BHRV) 19:18; 41. Andrew Frohwein (SH) 19:48; 44. Michael Wassenaar (SH) 19:59; 47. Rilan Tiedeman (BHRV) 20:02; 48. Dustin Hoksbergen (TC) 20:08; 50. Josh Hoffmann (SH) 20:11; 52. Carter Westra (TC) 20:21; 53. Jacob Kuiper (TC) 20:28; 54. Gavin Strouth (SH) 20:29; 56. David Wiersma (SH) 20:36; 59. Landon Weelber (BHRV) 20:59; 60. Cole Moser (West Lyon) 21:03; 62. Neil Patel (SH) 21:07; 64. Amos Hespe 21:08; 65. Kyle Wynia (SH) 21:28; 72. Drew Vandenberg (SH) 23:20; 74. Carter Hasselmann (West Lyon) 23:36; 75. Nicolas Van Erigen (TC) 25:30.

Junior high and junior varsity cross-country girls head to Sheldon

Kortni Jenson and Kendra Boote
On Tuesday, Sept. 21, West Lyon's cross-country teams headed to the RiseFest grounds in Sheldon for a meet. The course is one of the "easier," flatter courses the team will have the opportunity to run at.

"All of my runners stood out that night," said junior high coach Christy Bahnsen excitedly when asked about outstanding runners. All of the junior high team members had significant time improvements. Coach Bahnsen

added, "They all ran tremendous races and had better times than at their first meet." Reed Feucht and Kayla Knoblock both finished in the top-10, with Claire Vanden Bosch and Emersyn Rentschler finishing in the top-20.

Following the junior high race was West Lyon's JV team. The JV squad had one medaled runner, Johanna Boote, and a couple ladies even beat their own personal records. When asked about the standout runners for this meet, Coach Kerkvliet said, "Johannah Boote and Gianna Klarenbeek ran re-

ally strong races, and they both bettered their times from previous meets. I was really pleased with the effort they gave. They have been improving every time they set foot on a course and I am impressed with the progress they have made so far this year."

She also said that a lot of West Lyon's runners kept up the pace with the other teams. "It is always really tough running by yourself, so they did a nice job sticking with other runners to help pull them along," was Coach Kerkvliet's final statement about the night.

Sioux Center - Dorft Campus Sunny - Mid 70s - 10 mph S
 Mile 1 (Mile 2 Split) Mile 2 / Total Tim (Mile 3 Split)

Weather	Finish	Place	Place Points	Letter pts.
8:39:25	19:01:25	57	39	
6:25:05	15:16:65	8	8	
7:37:00	18:26:60	54	38	
6:46:30	16:02:90	18	17	
6:43:17	16:00:17	16	15	

Girls JH (2 mi.)

Eilah	10:22
Kayla	8:52
Eliana	10:50
Emersyn	9:17
Claire	9:17

Boys JH (2 mi.)

Reed	7:38
Alec	8:57
Peter	9:59

Girls JV

Andraya	7:43
Gianna	8:29
Ella	7:52
Jo	8:03
Kiann	8:30

Girls Varsity

Shay	7:30
Randi	7:30
Emma	7:09
Geena	6:26
Madison	7:09
Annie	7:20
Malison	7:20

Boys Varsity

Carter	6:40
Sam	5:26
Aidan	6:19
Tayton	6:07
Cole	6:23

Individual:
Total Runners: 76

Team Standings: SC - 47 WL - 117
 GLRCL - 58 Unity - 149
 LeMars - 76 BHRV - 171
 Spencer - 92

Individual:
Total Runners: 80

Ben Byers - 8th - Sib-O - 12:17:11
5
38
62

Individual:
Total Runners: 73

Team Standings: Spencer - 26 Okoboji - 81
 Unity - 42 WL - 154
 SC - 76 LeMars - 165

Jaidyn De Jong - 9th - Unity - 22:45:51			
27:44:87	43	28	1
28:27:03	50	34	1
27:01:59	36	24	1
27:52:33	46	30	1
31:20:33	68	38	1

Individual:
Total Runners: 90

Team Standings: Spencer - 56 Lenars - 213
 Lennox - 82 WL - 281
 Unity - 94 Western - 292
 Sib-O - 96 BHRV - 301
 SC - 101 WS - 321
 Oko - 160 Gehlen Catholic - 353
 GLRCL - 168

Madison Brouwer - 11th - Sib-O - 19:07:30			
24:50:84	68	68	2
24:44:19	66	66	2
24:44:79	67	67	2
22:57:39	39	39	3
23:48:19	54	54	2
23:58:06	57	57	2
24:32:08	65	65	2

Individual:
Total Runners: 93

Team Standings: Oko - 70 GLRCL - 215
 SC - 89 Sib-O - 245
 Western - 89 BHRV - 261
 Lennox - 99 Gehlen Catholic - 295
 Unity - 123 Sheldon - 333
 Lenars - 171 WL - 346
 Spencer - 177 Trinity - 401

Tage Hulstein - 12 - WC - 16:56.73			
23:07:65	89	87	2
18:54:63	38	38	3
21:25:99	79	79	2
20:18:64	62	62	2
21:27:10	80	80	2

*2nd Mile long?

8:40:00	16:10	8:41:24
8:40:00	16:10	8:34:19
8:43:00	15:52	8:53:19
8:18:00	14:44	8:13:39
8:31:00	15:40	8:08:19
8:20:00	15:40	8:18:06
8:30:00	15:50	8:42:08

8:08:00	14:48	8:20:05
6:31:00	11:57	6:58:03
7:33:00	13:52	7:34:39
7:00:00	13:07	7:12:04
7:29:00	13:52	7:35:10

West Lyon navigates possibilities for conference in Sioux Center

SIoux CENTER-With everyone but MOC-Floyd Valley at the Sioux Center Cross-Country Invitational, it gave West Lyon an idea of where its girls' and boys' teams stand and need to work on for the final four weeks of the regular season.

The Wildcat girls finished ninth in the final team standings with 281 points. Spencer, ranked second in Class 3A, won the girls' team title with 56 points.

"With having almost all the conference teams last night on the conference course, it gave us a good perspective on what we need to do to get ourselves ready for the conference meet in a few weeks," said West Lyon coach Teresa Kerkvliet. "With also running a race on Tuesday, our legs were tired and it showed."

That said, the Wildcats still had plenty of individual success with Geena Snyders leading the way in 39th. Madison Feikema finished in 54th, Annie Metzger

57th, Randi Childress 66th, Emma Knobloch 67th and Shay Langenhorst 68th.

"We had three girls set PRs (personal records) and another with a season-best. Our pack definitely made some progress, catching three or four girls that have finished in front of us in previous races. So now we need to keep that momentum going," Kerkvliet said.

"Geena was back to lead us this race and she had to battle for her spot. She had a nice finish, chasing down some kids at the end. Madison Feikema also did a good job working her way up the second half of the race. To be able to finish the race strong is going to be key for us when it comes to future meets."

The focus, now heading into the second half of the campaign, is to find out who some of the top runners are and find a way to stick with them or pass them.

"We need to focus on who we are running near. We have some names and teams picked out and we need to see them throughout the race to get to where we need to be. We need to be more aggressive when it comes to the starting line," Kerkvliet said.

tor on what place we get as a team," Kerkvliet said.

Sioux Center Cross-Country Invitational at Dordt University

Girls' team results: 1. Spencer 56, 2. Lennox, SD 82, 3. Unity Christian 94, 4. Sibley-Ocheyedan 96, 5. Sioux Center 101, 6. Okoboji 160, 7. George-Little Rock/Central Lyon 168, 8. LeMars 213, 9. West Lyon 281, 10. Western Christian 292, 11. Boyden-Hull/Rock Valley 301, 12. West Sioux 321, 13. Gehlen Catholic 353

Individual girls' results:

39. Geena Snyders 22:57, 54. Madison Feikema 23:48, 57. Annie Metzger 23:58, 65. Madison Rentschler 24:32, 66. Randi Childress 24:44, 67. Emma Knobloch 24:45, 68. Shay Langenhorst 24:50

Boys' team results: 1. Okoboji 70, 2. Sioux Center 89, 3. Western Christian 89, 4. Lennox, SD 99, 5. Unity Christian 123, 6. LeMars 171, 7. Spencer 177, 8. George-Little Rock/Central Lyon 215, 9. Sibley-Ocheyedan 245, 10. Boyden-Hull/Rock Valley 261, 11. Gehlen Catholic 295, 12. Sheldon 333, 13. West Lyon 346, 14. Trinity Christian 401

Individual boys' results: 38. Sam Meester 18:54, 62. Tayton Knobloch 20:18, 79. Aiden Jennings 21:25, 80. Cole Moser 21:27, 89. Carter Hasselmann 23:07

level." Her final statement was that the hard work these runners are putting in during practice is really paying off.

Following the junior high meet at Dordt College was the West Lyon JV girls' cross-country team. Coach Teresa Kerkvliet commented, "The JV girls ran very consistent races. During the last mile, they were gaining on their competitors. The other teams were slowing down, and we were catching them."

Coach Kerkvliet mentioned a few things these ladies can improve on are "staying tough that middle mile to stay competitive," and "keeping their focus throughout the race."

On an upbeat note, Coach Kerkvliet also said that a few runners were back from working through some sickness and injury. She said, "It was fun to watch them race and compete again." The best-placed runners for the JV girls' team were Ella Leuthold, Jo

Boote and Andraya Bahnsen.

West Lyon's junior high and junior varsity cross-country teams fought hard on a challenging course at Dordt College in Sioux Center Sept. 23.

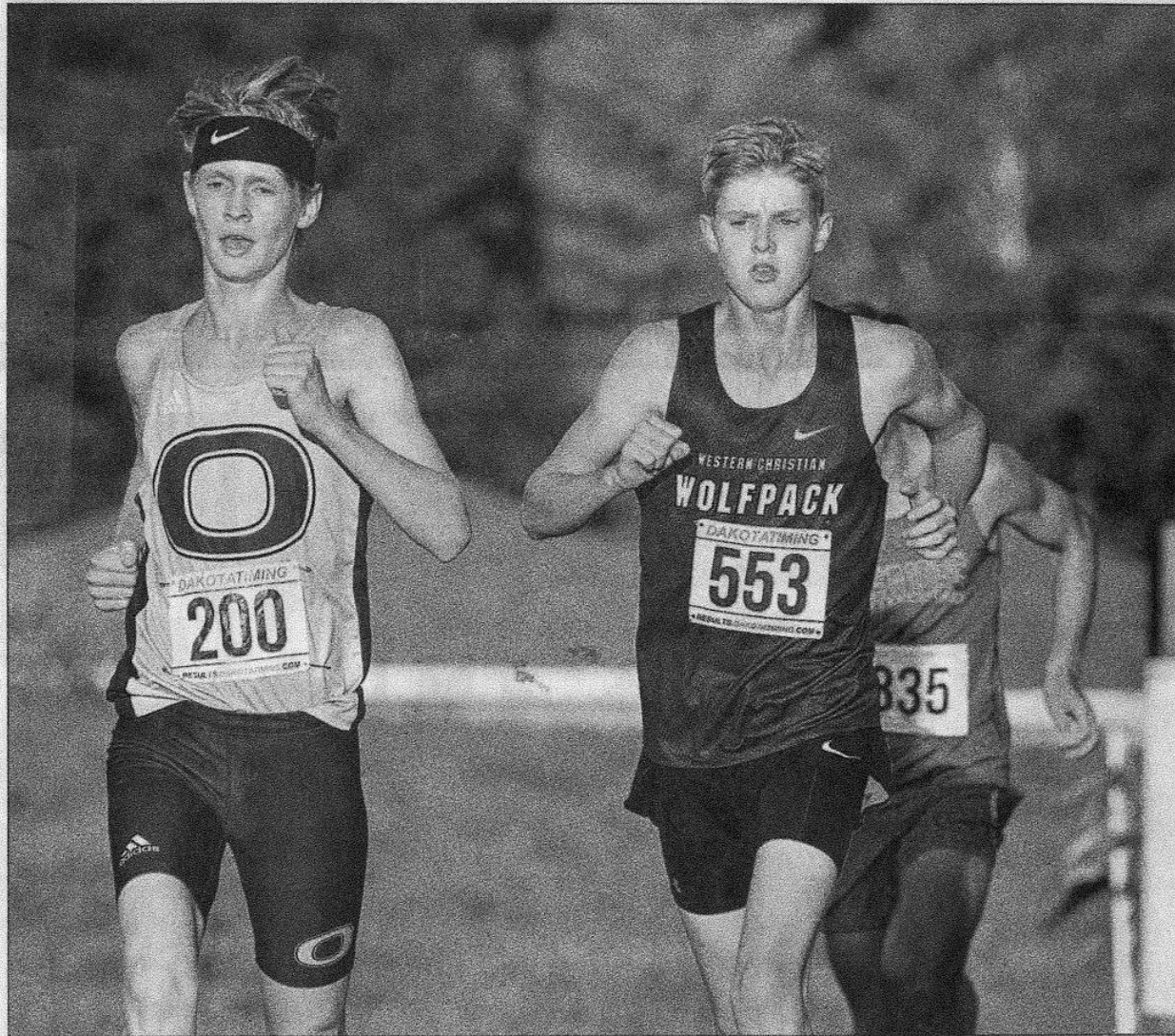
Coach Christy Bahnsen had positive feedback for the night saying, "The junior high runners did a great job. It was definitely a more challenging course than the one they just ran at Sheldon, and the temperature was warmer, so the times were not quite as fast as the other night, but they did a super job."

Some top junior high runners for the night were Reed Feucht and Kayla Knoblock who Coach Bahnsen said, "Did a great job staying at the front of the pack, and Claire (Vanden Bosch) and Emersyn (Rent-scher) also did a great job of pushing each other. Alec (Kock) and Peter (Rens) both looked strong, and Ellie (Kool) and Elijah (Acosta) are starting to perform at a higher

Kendra Boote

Wildcats JH and JV claw their way to the top in recent races

Meet prime test for region's runners



Okoboji freshman Trigg Heimdal and Western Christian sophomore Caleb Douma battle their way up an incline on the Dordt University course at the Sioux Center Invitational cross country meet Thursday. The Pioneers won the title. Photo by Roy Tucker

Lehman says meet felt like championship level event at Dordt course

SIOUX CENTER—N'West Iowa had 12 teams compete in a loaded cross country field at the Sioux Center Invitational held on Dordt University's course on Thursday and schools in the area walked away with two medalists and a team title.

"It's awesome to have a place like Dordt put something on like this where we can run it," said Sioux Center coach Brock Lehman. "It's a dedicated cross country course. How few places get to do something like that?"

He said the crowd support makes it special. "Between us, Unity and Western, a lot of those are Sioux Center families, so everyone comes out to watch," he said. "That gives it a championship feel. We have incredible people that make running the course easier. You put it all together, it makes for an awesome cross country experience."

Okoboji boys take title

The Class 2A 13th-ranked Okoboji boys won the 14-team field with a team score of 70, edging out Sioux Center and fourth-ranked Western Christian by 19 points.

The Pioneers had three runners finish in the top nine out of 93 runners and were led by Evan Osler's fifth-place finish.

Okoboji co-coach Erin Frerichs said the boys trusted the process of training and saw the results on Thursday.

"Evan and Trigg (Heimdal) are incredible runners," she said. "We saw them run in middle school and knew they were going to be fast, but they are even faster than we thought. Dylan Jones does an amazing job of leading them and demonstrating how to work hard and be tough. It was a fun bus ride home."

Sioux Center finished second and beat Class 2A fourth-ranked Western Christian on the tiebreaker of having its sixth runner finish higher.

"Okoboji got out and forced the issue early," Lehman said. "By the time we realized what Okoboji had done, we were out of the race. They did a good job of taking it right to us."

Hudson Vonk placed fourth to pace the Warriors.

"Hudson was there and gave himself a chance," Lehman said. "At about 400 to go, he was running with third place. They were maybe 10-15 seconds behind second place."

Western Christian finished third and had the medalist winner in Tage Hulstein. Hulstein won with a time of 16 minutes, 56 seconds, almost 30 seconds faster than the runner-up.

Class 2A seventh-ranked Unity Christian placed fifth.

The Knights did not have anyone place in the top 10 but had three finish in the top 16.

"We ran a solid race," said Unity Christian boys coach Karl Kaemingk. "Our top three were fighting to get into the medal positions. We need to heal some nagging injuries to get to the next level. I am glad we will get to run this course again in a couple of weeks for our conference meet."

George-Little Rock/Central Lyon finished eighth in the team standings and was paced by Lane Henrichs, who placed 13th.

"Lane had a great finished last night," said Mustangs' coach Mandi Ver Beek. "He passed several runners in the last 200 and he got a personal best."

Sibley-Ocheyedan finished ninth as a team, but had the runner-up in Alejandro Ber-nal.

"This was the best finish I've seen from him this year," said Generals' coach Ryan Wiersma. "He was in fourth or fifth about 400 meters out and he had a really strong finish. He's tapping into his competitiveness."

Unity Christian edges out Sibley-Ocheyedan

Knights edge Generals

On the girls' side, Class 2A fifth-ranked Unity Christian was the highest-finishing team in N'West Iowa and placed third out of 13 teams.

The Knights sneaked past Class 2A ninth-ranked Sibley-Ocheyedan 96-94.

"We knew going into the meet we'd have some strong competition," said Unity Christian girls coach Jake Byrna. "We have some good schools in our own division and some we'll see in the state-qualifying meet. There are some good schools in the division above us and a good test for us."

"We raced well and I'm happy with the end result." Amaya Van Essen finished fourth to pace Unity Christian in the field of 90 runners.

The Knights had three other girls in the top 23.

"We knew it would start fast, but we remained in control and didn't push too hard," Byrna said. "Courtney Joiner had a good race. I knew there

was this kind of race in her. It was great for her to have this breakthrough race. That helped solidify us in the team standings."

Sibley-Ocheyedan finished with three runners in the top eight.

"The last thing I told those three girls is there are a lot of good runners there," Wiersma said. "I wanted them to get out and hang onto their positions. They did. The Dordt course is good. It's probably the closest we're going to get to a state meet or a district meet. They had awesome times. We can do some special things with how they are running."

The Generals had the medalist winner in Madison Brouwer.

She smoked the field with a time of 19:07, 35 seconds faster than runner-up Emily Plucker of Lennox.

"Madison went out and established herself as, I'm the

best runner here. Try to beat me. It was special again," Wiersma said.

Sioux Center finished fifth with a score of 101, just five points back from Sibley-Ocheyedan.

The Warriors did not have any runners in the top 14 but had five finish between 15th and 29th place.

"We're just right there. For the few points we were behind Sibley and Unity, we were so close," Lehman said. "But we have no margin for error for the girls. If we lose points somewhere else, we aren't coming back. That cost us."

The Class 2A 13th-ranked Okoboji girls had two runners in the top 18 and placed sixth in the team pecking order.

"Lexi (Duffy) probably had her best race of the season," Frerichs said. "It was fun to see her smile and be happy after the race."

"Maryn (Frein) has been

having some hip pain, but refuses to give anything less than 100 percent each race. We held her out of practice last Saturday morning and she just kept begging to run with the team.

"Both girls put themselves in a good position early on in the race and had a great second mile, which we've worked on the last week."

George-Little Rock/Central Lyon, ranked 20th in Class 2A, placed seventh and had three girls finish in the top 27.

"The girls did a good job pacing themselves with other runners for the top school," Veerbeek said. "They stayed with some girls that do run faster times and really got pushed."

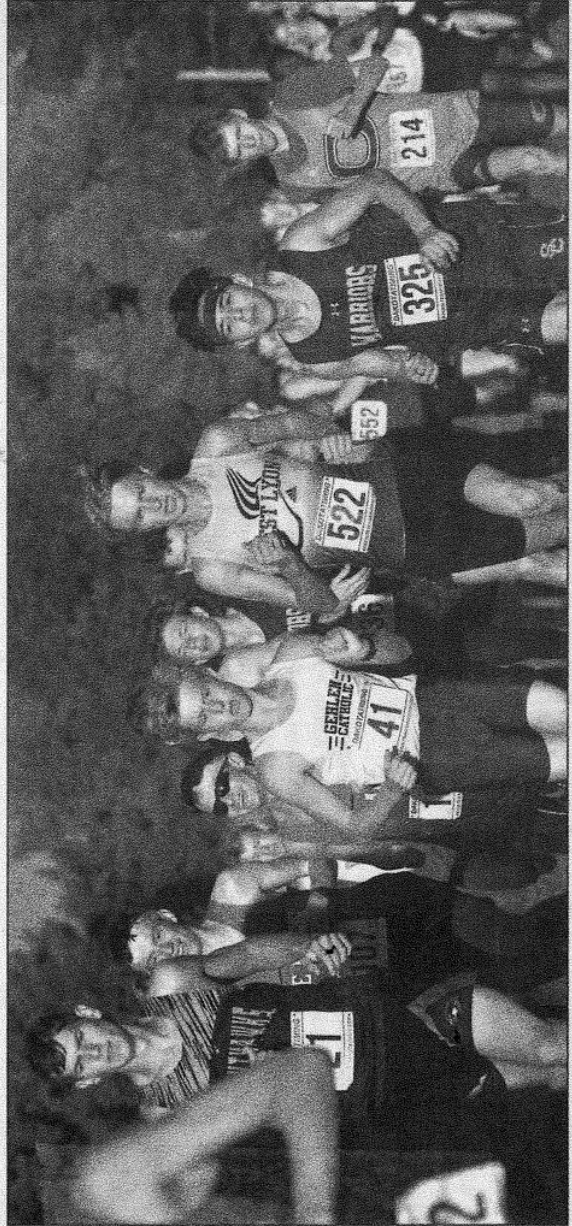
Sioux Center Invitational

Girls team scores: 1. Spencer 56; 2. Lennox, SD, 82; 3. Unity Christian 94; 4. Sibley-Ocheyedan 96; 5. Sioux Center 101; 6. Okoboji 160; 7. George-Little Rock/Central Lyon 168; 8. LeMars 213; 9. West Lyon 281; 10. Western Christian 292; 11. BHRV 301; 12. West Sioux 321; 13. Gehlen Catholic 353.

West Iowa results: 1. Madison Brower (S-O) 19:07; 4. Amaya Van Essen (UC) 20:09; 7. Bria Wasmund (S-O) 20:28; 8. Madison Marco (S-O) 20:40; 10. Lexi Duffy (Oko) 21:02; 12. Olivia Hoogland (UC) 21:14; 13. Afton Schlumbohm (GLRCL) 21:22; 15. Myka Schut (SC) 21:43; 16. Annika Jann (SC) 21:44; 17. Kendra Zeutenhorst (SC) 21:48; 18. Maryn Frein (Oko) 21:49; 21. Merava Barrera (WS) 22:03; 22. Amy De Groot (UC) 22:08; 23. Megan Te Kroon (UC) 22:15; 24. Corinne McCord (SC) 22:18; 26. Lexi Landis (GLRCL) 22:21; 27. Mary Schriever (GLRCL) 22:21; 28. Blair Bandstra (SC) 22:31; 32. Elyse Zwart (BHRV) 22:41; 33. Courtney Joiner (UC) 22:43; 34. Macey Hoekstra (S-O) 22:47; 35. Kailley Sitzmann (GC) 22:50; 36. Mya Romero (SC) 22:50; 37. Maeva Havenan (WC) 22:52; 38. Geena Snyders (WL) 22:57; 40. Lily Miller (Oko) 22:58; 42. Grace Pausley (Oko) 23:03; 44. Janae Zeutenhorst (SC) 23:08; 45. Jenae Mindertoud (WC) 23:12; 46. Aiyana Wingate (S-O) 23:16; 47. Kadence Boender (GLRCL) 23:19; 48. Autumn Bousma (UC) 23:20; 50. Lauren Duffy (Oko) 23:27; 51. Cary Custiens (Oko) 23:38; 52. Shay Olthoff (Oko) 23:40; 53. Olivia Hensch (S-O) 23:42; 54. Madison Feikema (WL) 23:48; 55. Ashlynn Davis (GLRCL) 23:49; 57. Annie Metzger (WL) 23:58; 58. Brooklyn Krull (GLRCL) 24:04; 59. Angie Munoz (BHRV) 24:05; 60. Claire Kramer (GLRCL) 24:06; 61. Addison Liston (UC) 24:07; 62. Emma Van Wyre (WS) 24:10; 63. Emily Fedders (WC) 24:18; 64. Rachel Rusche (S-O) 24:23; 65. Mallison Rentschler (WL) 24:32; 66. Randi Childress (WL) 24:44; 67. Emma Knobloch (WL) 24:44; 68. Shay Langenhorst (WL) 24:50; 69. Alexa Clary (BHRV) 25:01; 70. Naomi Post (BHRV) 25:10; 71. Aubree Boender (BHRV) 25:14; 72. Sierra Nielsen (WC) 25:20; 73. Maria Rubio (WS) 25:20; 76. Gracie Schaeffer (Sheldon) 25:37; 77. Keahna Heynen (Trinity Christian) 25:55; 77. Ella Brands (WC) 25:58; 78. Harlie Tesch (GC) 26:06; 80. Brinda McCabe-Nuckolls (Sheldon) 26:16; 81. Madison Nunes (Sheldon) 26:22; 82. Addison Arens (GC) 26:45; 84. Pausley Tesch (GC) 27:03; 85. Ashlyn Tesch (GC) 27:08; 86. Tristen Tift (WS) 27:22; 87. Crystal Ramirez (WS) 27:39; 88. Hannah Zubrod (GC) 27:45; 89. Aria Rensink (BHRV) 28:75; 90. LeAnna Chamorro (WS) 30:14.

Boys team scores: 1. Okoboji 70; 2. Sioux Center 89; 3. Western Christian 89; 4. Lennox, SD, 99; 5. Unity Christian 123; 6. LeMars 171; 7. Spencer 177; 8. GLRCL 216; 9. Sibley-Ocheyedan 245; 10. BHRV 261; 11. Gehlen Catholic 295; 12. Sheldon 333; 13. West Lyon 346; 14. Trinity Christian 401.

West Iowa results: 1. Jage Hulstien (WC) 16:56; 2. Alejandro Bernal (S-O) 17:25; 4. Hudson Vonk (SC) 17:28; 5. Evan Osler (Oko) 17:33; 6. Trigg Hermdal (Oko) 17:45; 7. Caleb Douma (WC) 17:48; 9. Dylan Jones (Oko) 17:51; 12. Carver Ruhland (GC) 17:54; 13. Lane Hennrichs (GLRCL) 17:56; 14. Jonathan Breems (UC) 17:58; 15. Ethan Wynia (UC) 17:59; 16. Stephen Schreurs (UC) 18:08; 17. Christian Hesse (Oko) 18:08; 18. Aic DeKam (WC) 18:09; 19. Graham Vande Vegte (SC) 18:10; 20. Easton Van Den Berg (SC) 18:12; 22. Joshua Perez (SC) 18:17; 24. Micah Truesdell (SC) 18:22; 26. Evan Janzen (BHRV) 18:28; 28. Caden Schouten (SC) 18:32; 30. Jackson Byers (S-O) 18:35; 31. Zachary Minderhoud (WC) 18:41; 32. Kalen Hartbecke (WC) 18:42; 33. Caleb Jones (Oko) 18:43; 35. Ryan Augustine (GC) 18:45; 36. Logan Foltz (SC) 18:50; 37. Levi Landman (UC) 18:52; 38. Sam Meester (WL) 18:54; 39. Matt Heikenn (GLRCL) 18:56; 40. Dakota Hesselme (Oko) 18:57; 41. Ezra Landman (UC) 18:58; 42. Caleb Tekrony (UC) 19:05; 44. Isaac Bandstra (UC) 19:10; 46. Chase Duijn (GLRCL) 19:26; 51. Ben Blum (BHRV) 19:42; 52. Cowan Van Kley (WC) 19:45; 53. Aiden De Zeeuw (S-O) 19:45; 54. Ethan Osler (Oko) 19:48; 55. Landon Woelber (BHRV) 19:49; 56. Andrew Frohwein (SH) 19:50; 57. Laremy Schreurs (WC) 19:53; 58. Matthew Langhódt (GLRCL) 20:01; 59. Brandon Varr Briesen (GLRCL) 20:06; 61. Rilan Tiedeman (BHRV) 20:12; 62. Taylon Knobloch (WL) 20:18; 63. Dustin Hoksbergen (TC) 20:22; 64. Gavin Strouth (SH) 20:23; 65. Jesus Martinez (GLRCL) 20:24; 67. Michael Wassenaar (SH) 20:31; 68. Amos Hesse (BHRV) 20:32; 69. Ariel Vargas (BHRV) 20:33; 71. Josh Hoffman (SH) 20:49; 73. Brian Schmit (GC) 21:00; 74. Rylie Mayo (GLRCL) 21:04; 75. Neil Patel (SH) 21:06; 77. Keegan De Zeeuw (S-O) 21:19; 78. David Wiersma (SH) 21:21; 79. Aiden Jennings (WL) 21:25; 80. Cole Moser (WL) 21:27; 81. Tristan Davelaar (TC) 21:51; 82. Carter Westra (TC) 21:57; 83. David Poppen (S-O) 22:10; 84. Tyler Kennedy (West Sioux) 22:12; 85. Matt Roelis (S-O) 22:31; 86. Robert Schmit (GC) 22:32; 87. Evan Lauters (West Sioux) 22:50; 88. Kyle Wynia (TC) 22:50; 89. Carter Hesselme (WL) 23:07; 90. Drew Vanden Hull (SH) 24:18; 91. Morgan Thonstad (West Sioux) 24:54; 92. Nicolas Van Engen (TC) 25:03; 93. Tobin Conrad (GC) 25:38.



Boyd-Hull/Rock Valley junior Evan Janzen, Gehlen Catholic senior Carver Ruhland, West Lyon junior Sam Meester and Sioux Center senior Joshua Perez make their way through a pack at the Sioux Center Invitational on Thursday. Photos by Roy Tucker

Western - Rolling Hills Mile 1 Sunny - Upper 80s - Humid Weather (Mile 2 Split) Mile 2/Total Time (Mile 3 Split) Finish Place Place Points Letter pts.

Girls JV	Mile 1	Weather	Mile 2/Total Time (Mile 3 Split)	Finish	Place	Place Points	Letter pts.
Andraya	7:35	9:49:00	17:24	29:40:72	31	43	1
Gianna	8:11	10:08:00	18:19	25:48:85	5	35	1
Ella	7:26	8:37:00	16:03	27:33:58	16	37	1
Jo	7:35	9:10:00	16:45			30	1

Girls Varsity	Mile 1	Weather	Mile 2/Total Time (Mile 3 Split)	Finish	Place	Place Points	Letter pts.
Shay	7:40	8:40:00	16:20	25:50:42	45	43	2
Emma	7:22	8:27:00	15:49	25:00:76	35	35	2
Geena	6:36	8:46:00	15:22	25:14:69	37	37	2
Madison	DNF	#VALUE!					2
Annie	7:18	8:17:00	15:35	24:21:64	30	30	2
Malison	7:58	9:51:00	17:49	28:50:83	53	49	2

Boys Varsity	Mile 1	Weather	Mile 2/Total Time (Mile 3 Split)	Finish	Place	Place Points	Letter pts.
Carter	6:55	8:27:00	15:22	24:14:00	55		2
Sam	5:27	6:18:00	11:45	18:31:20	20		3
Aidan	6:07	7:35:00	13:42	22:03:50	50		2

Individual: Jaodyn DeJong - 9th - Unity - 23:18.37
 Total Runners: 47

Individual: Emily Haverdink - 12th - MOCFV - 20:00.14
 Total Runners: 54

Team Standings: MOCFV - 39 Western - 151
 Unity - 52 WCKP - 153
 SC - 74 BHRV - 175
 GLRCL - 93 WL - 194

Individual: Sam May - 12th - MOCFV - 16:47.70
 Total Runners: 58

Wildcat runners fought hard at Western Christian

Andraya Bahnson

On Tuesday, Sept. 28, the West Lyon cross-country team traveled to Hull, Iowa, for the Western Christian invitational meet. Three girls participated in the junior varsity race and did a good job fighting through the heat.

The girls' JV race was the first of the night, starting at 4:30. There were no junior high races. Ella Leuthold medaled in fifth place, Jo-

hanna Boote finished in 16th and Gianna Klar-enbeek finished in 31st.

Coach Teresa Kerkvliet commented on the race saying, "it was warm and windy and the girls did a nice job working through that and finishing well. They really made some good gains in the second half of the race." Kerkvliet also commented, "Ella ran a really well-fought race. She was engaged the whole time and raced competitively to earn the top-five spot."

Sickness plays a factor

Wildcats hope to increase their efforts before conference and state-qualifying meets roll around

Nathan Broek | Sports Editor
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HULL-West Lyon had a few runners out due to illness and that played a factor into how the Wildcats performed at the Western Christian Cross-Country Invitational Tuesday, Sept. 28.

The West Lyon girls finished eighth out of eight full teams with 194 points. MOC-Floyd Valley, ranked fifth in Class 3A, won the team title with 39 points.

"Last night was not our best night. Between sick kids and the weather (temps in the high 80s with humidity) we didn't have the best racing experience," said Wildcat's coach Teresa Kerkvliet.

Annie Metzger was the top runner for the West Lyon girls in 30th. Emma Knobloch finished in 35th, Geena Snyders finished in 37th, Shay Langenhorst took 45th and Malison Rentschler was the final runner across the finish line in 53rd.

Despite the overall performance, Kerkvliet did like the fact Metzger came in as the top runner.

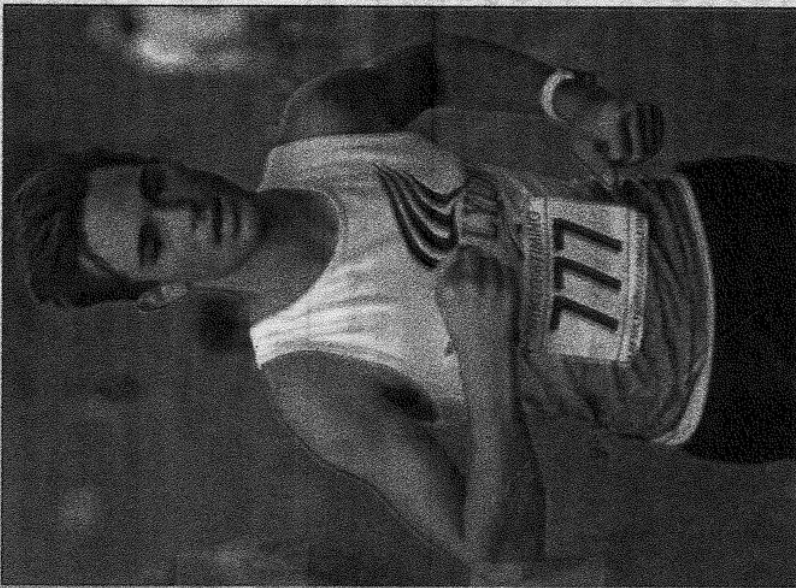
"Annie ran a really nice, consistent race. She looked strong throughout and did a nice job tracking people down in the middle," Kerkvliet said.

The West Lyon boys did not have enough runners for a full team, but were once again led by Sam Meester in 20th. Aiden Jennings took 50th and Carter Hasselmann finished in 55th.

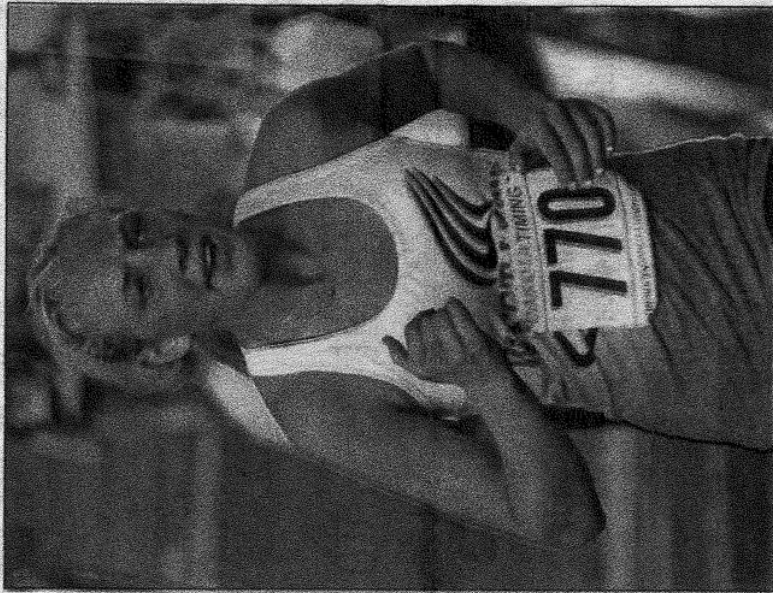
"Sam had a great run. He was right back in the pack where he needs to be," Kerkvliet noted. "He was mentally focused on what he needs to accomplish and didn't let the weather affect him. He took off over a minute from his time from last year."

With a little over a week until the end of the year, the coach said her runners need to get healthy soon, but also to keep their focus.

"We really need to work on staying healthy these next few weeks. The kids are busy with a lot of activities and, with it being homecoming week, we just need to make sure we are doing everything we can do to be ready to go to the conference meet in a week and a half," Kerkvliet said.



Aiden Jennings sprints through the final 100 meters at the Western Christian Cross-Country Invitational Tuesday, Sept. 28. Jennings finished this race as the second-best runner for the West Lyon Wildcats in 50th. (Photo/Nathan Broek)



Emma Knobloch powers her way to the finish at the Western Christian Cross-Country Invitational Tuesday, Sept. 28. Knobloch was the second runner across the finish line for the West Lyon Wildcat girls as they finished in eighth place as a team with 194 points. (Photo/Nathan Broek)

Western Christian Cross-Country Invitational

Girls' team results: 1. MOC-Floyd Valley 39, 2. Unity Christian 52, 3. Sioux Center 74, 4. George-Little Rock/Central Lyon 93, 5. Western Christian 151, 6. Woodbury Central/Kingsley-Pierson 153, 7. Boyden-Hull/Rock Valley 175, 8. West Lyon 194

Individual girls' results:

30. Annie Metzger 24:21, 33. Emma Knobloch 25:00, 37. Geena Snyders 25:14, 45. Shay Langenhorst 25:50, 53. Malison Rentschler 28:50

Boys' team results:

1. MOC-Floyd Valley 30, 2. Western Christian 44, 3. Sioux Center 89, 4. Unity Christian 90, 5. George-Little Rock/Central Lyon 153, 6. Gehlen Catholic 157, 7. Boyden-Hull/Rock Valley 168, 8. Trinity Christian 227

Individual boys' results:

20. Sam Meester 18:31, 50. Aiden Jennings 22:03, 55. Carter Hasselmann 24:14

Dutch dominate meet in Hull

Knight girls and Wolfpack boys teams finish second

BY CHARLIE HILDEBRAND
CHILDEBRAND@NWESTIOWA.COM

HULL—MOC-Floyd Valley fought against the hot weather to win a pair of team titles and had the two individual winners in the Western Christian Invitational at Rolling Hills Golf Course on Tuesday.

"We have been blessed with good weather lately, so it was good to see how the team would respond to less than perfect conditions," said Dutch coach Doug De Zeeuw. "However, I wasn't expecting upper 80s for our last meet in September."

May tops Hulstein for top spot

The MOC-Floyd Valley boys, ranked fifth in Class 3A, won with a score of 30 in the eight-team field. The Dutch's five scoring runners all finished in the top 11. De Zeeuw singled out sixth-place finisher A.J. Bomgaars.

"A.J. Bomgaars ran one of his best races of the season as well coming in 2nd for the boys team," he said. "Week to week we don't know who will step up, but hopefully we are able to pull it together for the big meets at the end of the season."

The meet featured two of the best boys in not just N'West Iowa, but the entire state battling for first place. MOC-Floyd Valley's Sam May, ranked fourth individually in Class 3A, took medalist honors in a field of 58 runners with a time of 16 minutes, 47 seconds. He topped Class 2A fourth-ranked Tage Hulstein of Western Christian by eight seconds.

"Tage ran a smooth race," said Wolfpack coach Dalton Lems. "He got into the front group and stayed there and just moved when he needed to in order to finish in the top two."

Class 2A second-ranked Western Christian finished second in the team standings and was 14 points behind the Dutch.

"Our guys team competed well as a team, MOC is just a tough team," Lems said.

The Wolfpack had three runners in the top 10. Caleb Douma finished fifth and Noah DeWeerd was 10th.

"Caleb and Noah also had great races last night," Lems said. "We have to continue to work as a team and move up as a team if we want to be competitive."

Sioux Center, ranked 17th in Class 3A, finished third in the team standings and was led by Graham Vande Vegte's fourth-place finish.

"It was an awesome race," said Warriors' coach Brock Lehman. "He's worked super hard his whole career. He works hard and shows up. You still have to run the race though and boy did he run the race. He started well, then he was 11th, then seventh, then fourth. Holy cow, what a run."

Class 2A ninth-ranked Unity Christian finished fourth with a score of 90, just one point behind Sioux Center. The Knights didn't have any runners in the top 10, but all seven placed between 12 and 29.

Unity Christian coach Karl Kaemingk said it as a good meet.

"We closed the gap with Sioux Center because our team pulled tighter together," he said. "Our four through seven guys closed the gap with the top

three guys. Ezra Landman and Daylen Mulder had huge improvements. We are looking forward to peaking over the next few weeks."

Dutch girls outpace Knights

Class 3A eighth-ranked MOC-Floyd Valley won on the girls side, topping Class 2A sixth-ranked Unity Christian 39-52 in the eight-team field.

Individually, Emily Haverdink took medalist honors for the Dutch out of 54 runners. Haverdink, ranked ninth in Class 3A, finished with a time of 20:00. She topped Class 2A eighth-ranked Amaya Van Essen of Unity Christian, who finished second in 20:20.

The Dutch placed four in the top 10. De Zeeuw noted he was impressed with Payge Bahrke, who finished 16th.

"Payge Bahrke really stepped up and looked strong throughout the race garnering a fifth-place finish on our girls squad," he said.

Unity Christian had two girls in the top six and four in the top 13.

"We haven't had too many down races from our runners," said Knights' girls coach Jake Byma. "Moving ahead, we'll focus on tightening up our pack in the top five and moving the pack up to Amaya. Overall, we executed well. We moved up in the second and third mile pretty well."

Byma said good hydration was a point of emphasis going into the race.

"We persevered well and endured despite the heat," he said. "We tried to be a bit more conservative in the first mile and save some energy for the latter half of the race."

Class 3A 20th-ranked Sioux Center finished third in the team standings. Myka Schut paced the Warriors with a fifth-place finish.

"She had always been flirting with that kind of a race, but never been able to finish," Lehman said. "She did a really good job of finishing. She had the race we thought she was capable of."

The Warriors didn't have anyone else in the top 10, but everyone else placed between 11 and 28.

"Two of our top five were sick," Lehman said. "We were juggling some things and we had a couple JV girls move up to the varsity race. That was cool to see them move up in to the varsity race and compete at that level."

Class 2A 20th-ranked George-Little Rock/Central Lyon placed fourth.

"We had several runners run some of their best times," said Mustangs' coach Mandi Ver Beek. "Hopefully, we can start dropping our times and closing some gaps with our front-runners."

The Mustangs had three girls in the top 14. Mary Schriever finished seventh, Afton Schlumbohm placed ninth and Lexi Landis was 14th.

"The top three girls have been doing a great job at having a small time gap between each other," Ver Beek said.

Western Christian Invitational

Girls team scores: 1. MOC-Floyd Valley 39; 2. Unity Christian 52; 3. Sioux Center 74; 4. George-Little Rock/Central Lyon 93; 5. Western Christian 151; 6. Woodbury Central/Kingsley-Pierson 153; 7. Boyden-Hull/Rock Valley 175; 8. West Lyon 194.

N'West Iowa results: 1. Emily Haverdink (MOC-FV) 20:00; 2. Amaya Van Essen (UC) 20:20; 4. Elin Van Der Werff (MOC-FV) 21:01; 5. Myka Schut (SC) 21:14; 6. Olivia Hoogland (UC) 21:16; 7. Mary Schriever (GLRCL) 21:18; 8. Aryana Dokter (MOC-FV) 21:22; 9. Afton Schlumbohm (GLRCL) 21:37; 10. Bianca Dokter (MOC-FV) 21:42; 11. Annika Jahn (SC) 21:49; 12. Megan Te Krony (UC) 21:50; 13. Amy De Groot (UC) 22:22; 14. Lexi Landis (GLRCL) 22:35; 15. Corinne McCord (SC) 22:35; 16. Payge Bahrke (MOC-FV) 22:58; 17. Mya Romero (SC) 23:08; 18. Elyse

Zwart (BHRV) 23:16; 19. Courtney Joiner (UC) 23:19; 20. Jenae Minderhoud (WC) 23:19; 21. Maeva Haveman (WC) 23:23; 22. Sarah May (MOC-FV) 23:25; 24. Autumn Bousema (UC) 23:35; 25. Addison Liston (UC) 23:46; 26. Geonella Ramirez (SC) 23:51; 27. Emily Fedders (WC) 23:58; 28. Olivia Kraayenbrink (SC) 24:01; 29. Kennedy Fernstrum (MOC-FV) 24:20; 30. Annie Metzger (WL) 24:21; 31. Brooklyn Krull (GLRCL) 24:48; 32. Claire Kramer (GLRCL) 24:50; 33. Alexa Clarey (BHRV) 24:51; 35. Emma Knobloch (WL) 25:00; 36. Ashlynn Davis (GLRCL) 25:13; 37. Geena Snyders (WL) 25:14; 38. Ella Jager (GLRCL) 25:24; 39. Naomi Post (BHRV) 25:25; 40. Addison Arens (Gehlen Catholic) 25:27; 41. Angie Munoz (BHRV) 25:36; 42. Sierra Nielsen (WC) 25:36; 43. Trista Ten Pas (WC) 25:39; 44. Harlie Tescho (Gehlen Catholic) 25:48; 45. Shay Langenhorst (WL) 25:50; 46. Ella Brands (WC) 25:54; 47. Keahna Heynen (Trinity Christian) 26:26; 48. Aubree Boender (BHRV) 26:47; 50. Paisley Tesch (Gehlen Catholic); 53. Malison Rentschler (WL) 28:50; 54. Ashlyn Kelderman (BHRV) 28:57.

Boys team scores: 1. MOC-Floyd Valley 30; 2. Western Christian 44; 3. Sioux Center 89; 4. Unity Christian 90; 5. George-Little Rock/Central Lyon 153; 6. Gehlen Catholic 157; 7. Boyden-Hull/Rock Valley 168; 8. Trinity Christian 227.

N'West Iowa results: 1. Sam May (MOC-FV) 16:47; 2. Tage Hulstein (WC) 16:55; 4. Graham Vande Vegte (SC) 17:51; 5. Caleb Douma (WC) 17:51; 6. A.J. Bomgaars (MOC-FV) 17:53; 7. Micah DeYoung (MOC-FV) 17:58; 8. Carver Ruhland (GC) 18:01; 9. Tyson Blom (MOC-FV) 18:02; 10. Noah DeWeerd (WC) 18:04; 11. Trevor Miranda (MOC-FV) 18:07; 12. Stephen Schreurs (UC) 18:09; 13. Ethan Wynia (UC) 18:12; 14. Tommy Tracy (MOC-FV) 18:14; 15. Zachary Minderhoud (WC) 18:14; 16. Aric De Kam (WC) 18:17; 17. Lane Henrichs (GLRCL) 18:26; 18.

40. Matthew Langhrodt (GLRCL) 20:00; 41. Arial Vargas (BHRV) 20:03; 42. Dustin Hoksbergen (TC) 20:41; 43. Bradan Weber (GC) 20:52; 44. Carter Westra (TC) 20:59; 45. Rilan Tredeaman (BHRV) 21:02; 46. Rylie Mayo (GLRCL) 21:11; 47. Jesus Martinez (GLRCL) 21:46; 48. Brian Schmit (GC) 21:51; 49. Amos Hespe (BHRV) 22:03; 50. Aidan Jennings (West Lyon) 22:03; 51. Robert Schmit (GC) 22:57; 52. Tristan Davelaar (TC) 23:32; 53. Jacob Kuiper (TC) 24:00; 54. Kyle Wynia (TC) 24:13; 55. Carter Hasselmann (West Lyon) 24:14; 58. Nicolas Van Engen (TC) 25:01.

Kellen Dean (SC) 18:26; 19. Ryan Augustine (GC) 18:29; 20. Sam Meester (West Lyon) 18:31; 21. Ian Van Der Werff (MOC-FV) 18:31; 22. Jonathan Breems (UC) 18:32; 23. Caden Schouten (SC) 18:36; 24. Micah Truesdell (SC) 18:38; 25. Ezra Landman (UC) 18:40; 26. Caleb TeKrony (UC) 18:45; 27. Daylen Mulder (UC) 18:48; 28. Logan Foltz (SC) 18:49; 29. Lew Landman (UC) 18:51; 30. Ewan Jansen (BHRV) 18:54; 31. Landon Woelber (BHRV) 19:01; 32. Kalen Herbecke (WC) 19:07; 33. Ben Blum (BHRV) 19:15; 34. Brandon Van Bressen (GLRCL) 19:21; 35. Matt Helkern (GLRCL) 19:22; 36. Joshua Perez (SC) 19:31; 37. Chase Duin (GLRCL) 19:33; 38. Hudson Vank (SC) 19:36;

South O'Brien - Paulina Golf Course

Mile 1 (Mile 2 Split)

7:37
8:40
8:07
8:40

Girls JV

Andraya	8:28:00
Gianna	9:11:00
Jo	9:09:00
Kiann	9:22:00

Weather Cloudy/Rainy - 60s

Mile 2 / Total Time (Mile 3 Split)

16:05
17:51
17:16
18:02

Place Points Letter pts.

25:53:71	6	1
28:11:55	20	1
27:27:41	16	1
28:46:66	23	1

Lydia Hart - Cherokee - 24:32:44
35

Individual:
Total Runners:

Girls Varsity

Shay	7:51:00
Randi	8:06:00
Emma	8:46:00
Geena	7:51:00
Madison	0:00:00
Annie	7:54:00
Ella	7:51:00

15:26
15:41
16:13
14:36
15:21
15:25

24:07:87	29	24	3
25:06:81	40	33	2
26:03:98	46	37	2
23:38:89	23	19	3
24:07:90	30	24	3
24:46:34	38	31	2

Madison Brouwer - 11th - Sib-O - 19:10:20
64

Team Standings: Cherokee - 85
Sib-O - 90
GLRCL - 122
Sioux Central - 128
Westwood - 293
South O'Brien - 161
WL - 169
Gehlen - 177

Individual:
Total Runners:

Boys Varsity

Carter	8:00:00
Aidan	7:11:00
Tayton	6:50:00

14:54
13:25
13:04

23:51:53	67	2
21:46:24	44	2
20:44:39	30	3

Parker Duitzman - ELC - 17:40:14
71

Individual:
Total Runners:

Wildcats outrun opponents

Taylor Warner

On Thursday Sept. 30, the JV Wildcat girls' cross-country team travelled to Paulina, Iowa, to compete in the South O'Brien meet.

Andraya Bahnson ran a really well-fought race. She moved up to the top-10 early on and slowly worked her way toward some

other girls up front. She did get edged out in the end, but she was competitive throughout the whole race.

The girls had a great race Thursday night. We ran some really strong races and did a nice job of keeping pace with one another. The girls keep on finishing up close together as a pack.

West Lyon gets closer to where it wants to be

PAULLINA-West Lyon will admit it had a mixed bag at the South O'Brien Cross-Country Invitational Thursday, Sept. 30, but, at the same time, the Wildcats also felt it took a step forward in what they need to work on with the postseason inching closer.

The West Lyon girls finished in fifth place with 132 points. Sibley-Ocheyedan, ranked seventh in Class 2A, won the title with 39 points. Geena Snyders was the top runner in 23rd, Shay Langenhorst finished 29th and Annie Metzger finished 30th. The final runners were Ella Leuthold in 38th, Randi Childress 40th and Emma Knobloch 46th.

"We weren't running our strongest last night, so I was pleased with how

we ended up," said Wildcats' coach Teresa Kerkvliet. "Our pack competed well against George-Little Rock's (George-Little Rock/Central Lyon's) middle pack (the Mustangs finished third with 90 points) and that is exactly what we need to do come conference time."

Kerkvliet liked the individual efforts of Langenhorst, Metzger and Childress.

"Shay and Annie both ran strong races, catching a lot of girls in the second mile," Kerkvliet said. "Randi Childress also did a nice job moving throughout the race."

But Kerkvliet wants to see the girls continue to strive for more.

"We need to have goals for ourselves and get after it. Someone needs to be

willing to take the lead and push the pace," she said.

The West Lyon boys did not have enough runners for a full team, but were led by Tayton Knobloch in 30th. Aidan Jennings finished 44th and Carter Hasselmann finished 67th.

"We are being cautious on the guys' side, ensuring we are healthy at the end of the year, and they did a nice job competing with only the three of them," Kerkvliet said. "We are working on getting that pack mindset and how we need to narrow the gap between one another. Aidan and Tayton worked well together, pushing one another."

South O'Brien Cross-Country Invitational

Girls' team results: 1. Sibley-Ocheyedan 39, 2. Cherokee 39 (Sibley had a better sixth

runner score), 3. George-Little Rock/Central Lyon 90, 4. Sioux Central-Sioux Rapids 92, 5. West Lyon 132, 6. South O'Brien 161, 7. Gehlen Catholic 177, 8. Westwood 199

Individual girls' results: 23. Geena Snyders 23:38, 29. Shay Langenhorst 24:07.87, 30. Annie Metzger 24:07.9, 38. Ella Luethold 24:46, 40. Randi Childress 25:06, 46. Emma Knobloch 26:03

Boys' team results: 1. Sioux Central-Sioux Rapids 64, 2. George-Little Rock/Central Lyon 81, 3. Cherokee 94, 4. Marcus-Meriden-Cleghorn/Remsen Union 99, 5. Gehlen Catholic 127, 6. Sibley-Ocheyedan 139, 7. Sheldon 171, 8. Estherville-Lincoln Central 173, 9. Trinity Christian 211, 10. South O'Brien 228

Individual boys' results: 30. Tayton Knobloch 20:43, 44. Aidan Jennings 21:45, 67. Carter Hasselmann 23:51

THURSDAY CROSS COUNTRY: SOUTH O'BRIEN INVITATIONAL

Facing Braves brings out Generals' best

BY CHARLIE HILDEBRAND
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PAULLINA—After falling to Cherokee earlier in the week, the Sibley-Ocheyedan girls cross country team topped the Braves by the narrowest of margins at the South O'Brien Invitational on Thursday.

Class 2A ninth-ranked Cherokee won 42-43 over the Generals on a wet Monday in Alta. Class 2A seventh-ranked Sibley-Ocheyedan returned the favor on Thursday. The teams tied with a score of 39 in the eight-team field, but the Generals won the tiebreaker with the higher-finishing sixth runner.

"Being able to compete with Cherokee brings out the best in us," said Sibley-Ocheyedan

coach Ryan Wiersma.

The Generals ended the meet with three runners in the top eight and six in the top 20 in the field of 64. Cherokee's sixth-place runner finished 22nd.

"A lot of them are settling into their roles," Wiersma said. "They know where they need to run and where they need to be at. We did pretty good with that."

Once again, Sibley-Ocheyedan's Madison Brouwer took medalist honors with a time of 19 minutes, 10 seconds, 80 seconds faster than runner-up Krystin Agritsch of Cherokee. Brouwer, ranked third individually in Class 2A, has won all seven races she's competed in this year.

See **GEN. ERALS** on page C4

Girls team race comes down to sixth-place tiebreaker

Schriever and Schlumbohm lead Mustangs

GENERALS

Continued from page C1

"On Monday, she kind of put it on cruise control," Wiersma said. "She didn't have as strong of a finish with another race this week. On Thursday, she dropped the hammer at the end since we're off for a while."

Class 2A 20th-ranked George-Little Rock/Central Lyon finished third with a score of 90, edging out fourth-place Sioux Central by two points.

Mary Schriever crossed fifth and Afton Schlumbohm was seventh.

"Mary and Afton had to run against those top girls for most of our meets," said Mustangs' coach Mandi Ver Beek. "I think they are starting to figure out how to pace themselves with them and helps them drop their times."

West Lyon finished fifth and had three runners place in the top 30. Geena Snyder paced the Wildcats and placed 23rd. Shay Langenhorst and Annie

Metzger crossed 29th and 30th respectively.

"We ran pretty strong," said Wildcats' coach Teresa Kerkvliet. "Our pack of two through six girls had their eyes set on some George Little Rock girls and we executed that well, passing them and moving our way up the second half of the race. Both Annie and Shay worked really well together and running very consistent races."

Host South O'Brien placed sixth in the girls standings.

"It was a great time, the weather held out for us," said Wolverines' coach Jeremy Lansink. "Rained heavy during the junior high races but cleared out until we were done."

Takara and Taja Conley finished 12th and 19th respectively to lead South O'Brien.

"They both get out well at the start and lock on to their pace times and places," Lansink said. "Also helps when your teammate is a sister and can help push you."

Mustangs get second

George-Little Rock/Central Lyon was the runner-up in the team standings, finishing 17 points behind Sioux Central.

"We ran well last night," Ver Beek said. "Lots of pack running for both teams really helped their races."

Lane Henrichs led the Mustangs and finished fifth. The next four George-Little Rock/Central Lyon runners placed between 17th and 21st.

"Our two through six runners ran close together throughout their whole race," Ver Beek said.

Gehlen Catholic placed fifth and had two runners in the top nine.

"The other boys on varsity are starting to improve," said Jays' coach Margie Augustine. "I'm hoping as a team we'll do well in the scoring. I think most of the teams ahead of us were larger schools. Our meet in Kingsley next week has a lot of IA schools. It will be a good test for us."

Gehlen Catholic's Carver Ruhland finished sixth and Ryan Augustine was ninth.

"Carver had some hard workouts and hasn't had a day off running in a while," coach Augustine said. "He's going to start focusing on districts. These meets now are a way to improve. Ryan continues to get better. He's still figuring out the best way to run a 5K. With football practice too, he's been a little tired."

Sibley-Ocheyedan placed sixth in the boys standings and was just 12 points behind Gehlen Catholic.

"The boys are being fairly consistent," Wiersma said. "On one hand, that's good. On the other hand, we want to keep improving."

Alejandro Bernal paced the Generals and was the runner-up in the meet with a time of 17:49. Bernal finished

four seconds in front of third-place finisher Kaden Galles of MMCRU. Galles beat Bernal on Monday by three seconds to take medalist honors at a meet in Alta.

Wiersma said Bernal's goal was to beat Galles on Thursday.

"When you get up to that higher level, you can pick out individual runners and how you want to run," Wiersma said. "With them being IA, that would probably be the last time he'd see them. Alejandro tapped into his competitive side. He did well."

South O'Brien Invitational

Girls team scores: 1. Sibley-Ocheyedan/Central Lyon 90; 2. Cherokee 39; 3. George-Little Rock/Central Lyon 132; 4. Sioux Central 92; 5. West Catholic 177; 6. South O'Brien 161; 7. Gehlen Catholic 177; 8. Westwood 199.

NWest Iowa results: 1. Madison Brouwer (S-O) 19:10; 2. Madison Marco (S-O)

20:53; 5. Mary Schriever (GLRCL) 21:10; 7.

Afton Schlumbohm (GLRCL) 21:30; 8. Bria Wasmund (S-O) 21:49; 12. Takara Conley (SOS) 22:30; 14. Alayra Wingate (S-O) 22:54; 18. Macey Hoekstra (S-O) 23:07; 19. Taja Conley (SOS) 23:12; 20. Olivia Hensch (S-O) 23:12; 23. Geena Snyder (WU) 23:38; 24. (tie), Levi Landis (GLRCL), Kaley Sitzmann (GC) 23:48; 29. Shay Langenhorst (WL) 24:07; 30. Annie Metzger (WL) 24:07; 33. Brooklyn Kull (GLRCL) 24:28; 36. Ashlyn Davis (GLRCL) 24:41; 37. Elisa Scheaffer (Sheldon) 24:44; 38. Ella Leuthold (WL) 24:46; 39. Ella Jager (GLRCL) 24:54; 40. Randi Childress (WL) 25:06; 41. Addison Arens (GC) 25:14; 43. Rachel Rusche (S-O) 25:28; 44. Gracia Scheaffer (Sheldon) 26:36; 46. Emma Knobloch (WL) 26:03; 47. Herlie Tesch (GC) 26:09; 48. Brinda McCabe Nuckols (Sheldon) 26:18; 49. Keahna Heynen (Trinity Christian) 26:22; 51. Madison Nunes (Sheldon) 26:38; 52. Elodie Wilson (SOS) 26:52; 56. Paisley Tesch (GC) 27:05; 58. Hannah Zubrod (GC) 28:33; 62. Abby Stout (SOS) 32:34; 64. Laci Kenney (SOS) 38:36.

Boys team scores: 1. Sioux Central 64; 2. George-Little Rock/Central Lyon 81; 3. Cherokee 94; 4. MMCRU 99; 5. Gehlen Catholic 177; 6. Sibley-Ocheyedan 138; 7. Sheldon 171; 8. Esherville Lincoln Central 173; 9. Trinity Christian 211; 10. South O'Brien 228.

NWest Iowa results: 2. Alejandro Bernal (S-O) 17:49; 5. Lane Henrichs (GLRCL) 18:21; 6. Carver Ruhland (GC) 18:26; 9. Ryan Augustine (GC) 19:10; 17. Matt Helkenn (GLRCL) 19:43; 18. Ulises Measis (GLRCL) 19:45; 19. Jackson Byers (S-O) 19:46; 20. Chase Durr (GLRCL) 19:50; 21. Matthew Langhoff (GLRCL) 19:52; 24. Brandon Van Briesen (GLRCL) 20:07; 26. Michael Wiersma (S-O) 20:14; 27. Dustin Hoksbergen (TC) 20:21; 28. Carter Westra (TC) 20:32; 30. Taton Knobloch (West Lyon) 20:43; 31. Josh Hoffmann (Sh) 20:44; 32. Aiden De Zeeuw (S-O) 20:46; 33. Braden Weber (GC) 20:48; 34. Rylie Mayo (GLRCL) 20:50; 37. Ben Woodall (SOS) 20:56; 38. David Wiersma (Sh) 21:11; 40. Keegan De Zeeuw (S-O) 21:18; 41. Brian Schmit (GC) 21:23; 42. Neil Patel (Sh) 21:40; 43. Gavin Strouth (Sh) 21:43; 44. Aidan Jennings (West Lyon) 21:45; 45. Robert Schmit (GC) 21:46; 47. Nick Van Engen (TC) 21:57; 49. Austin McKinney (SOS) 22:06; 53. Brett Evans (SOS) 22:30; 54. Sam Daniels (SOS) 22:36; 55. Garrett Atherton (S-O) 22:47; 57. Ian Oliver (SOS) 22:52; 59. David Poppen (S-O) 23:04; 60. Kyle Wyma (TC) 23:13; 62. Bensen Rohrer (SOS) 23:43; 66. Drew Yarden Hull (Sh) 23:49; 67. Carter Hasselmann (West Lyon) 23:51; 68. Tristan Davelaar (TC) 24:04; 69. Blake Wilson (SOS) 24:51.

George - Otter Valley
Mile 1

Elijah	8:57
Kayla	6:57
Eliana	8:57
Emersyn	7:30
Claire	7:30

Weather
(Mile 2 Split)

10:29:31
7:43:15
9:34:02
8:03:20
8:06:19

Sunny - 70s - SE
Mile 2 / Total Time (Mile 3 Split)

19:26:31
14:40:15
18:31:02
15:33:20
15:36:19

Finish	Place	Place Points	Letter pts.
	27	17	
	5	5	
	26	16	
	11	10	
	12	11	

Individual: Molly Isakson - 7th - SC - 14:06:42
 Total Runners: 32
 Team Standings: SC - 27
 GLRCL - 40
 WL - 59

Boys JH (2 mi.)

Reed	6:26
Alec	6:50
Peter	7:56

6:49:26
7:51:22
9:02:22

3
7
17

Individual: Ben Byers - 8th - Sib-O - 12:26:82
 Total Runners: 30

Girls JV

Gianna	8:36
Jo	7:57
Kiann	8:36
Malison	7:50
Kendra	9:37

9:39:00
9:33:00
9:39:00
8:51:00
11:03:00

Finish	Place	Place Points	Letter pts.
28:19:71	18	15	1
27:28:06	14	12	1
28:39:78	19	16	1
26:09:71	6	5	1
32:37:26	29	19	1

Individual: Geonella Ramtirez - 9th - SC - 23:45:06
 Total Runners: 34
 Team Standings: Oko - 29
 SC - 32
 WL - 67

Girls Varsity

Andraya	7:50
Shay	7:16
Emma	7:14
Ella	7:15
Geena	6:46
Madison	7:15
Annie	7:15

8:56:00
8:20:00
8:27:00
8:18:00
8:08:00
8:21:00
8:18:00

Finish	Place	Place Points	Letter pts.
26:39:07	46	43	2
24:17:84	32	31	2
25:18:35	41	39	2
24:31:07	37	36	2
23:49:55	24	24	3
24:39:64	38	37	2
24:17:08	30	29	2

Individual: Madison Brouwer - 11th - Sib-O - 19:10:32
 Total Runners: 50
 Team Standings: SC - 44
 Sib - O - 44
 GLRCL - 71
 Oko - 77
 BHRV - 144
 WL - 156
 HMS - 193

Boys Varsity

Carter	6:52
Sam	5:37
Aidan	6:22
Tayton	6:09
Cole	6:27

7:53:00
6:13:00
7:23:00
6:41:00
7:18:00

Finish	Place	Place Points	Letter pts.
23:13:64	46	46	2
18:28:06	7	7	4
21:42:90	37	37	2
20:06:60	27	27	2
21:44:17	38	38	2

Individual: Bernal Alejandro, 11th - Sib-O - 17:51:58
 Total Runners: 50
 Team Standings: Oko - 34
 SC - 44
 GLRCL - 88
 BHRV - 117
 Sib-O - 117
 WL - 155
 Trinity - 182
 HMS - 188

West Lyon runs well at George

Madisyn Newborg

On Oct. 7, the West Lyon junior varsity cross-country ran at George. The team ran good races. There were five girls who ran in this junior varsity race. There were 34 runners total participating at this meet.

Of these girls, two of West Lyon's runners medaled. Those two girls were Malison Rentschler, who ran

quite a strong race coming back from an illness, and Johannah Boote. The other three West Lyon runners were Gianna Klarenbeek who finished in 18th, Kendra Van Regenmorter placed 29th, and Kiann Blomgren finished at 19th.

Coach Teresa Kerkvliet expressed that, "We have been doing a really nice job at the JV level of pairing up

and working together. We have been finishing closer together as meets go on and that kind of teamwork is important to do well in races. Kiann and Gianna have been racing together the past few meets and that makes the race just a little bit easier and competitive. I'm proud of what they have accomplished so far this year." Good job Wildcats!

Wildcats get one final test before conference

West Lyon hopes to improve in a hurry before taking on the Siouxland Conference Tuesday, Oct. 12

Nathan Broek | Sports Editor
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OTTER VALLEY: The West Lyon girls' and boys' cross-country teams had one final tune-up prior to the Siouxland Conference meet Tuesday, Oct. 12, at the George-Little Rock/Central Lyon Invitational at Otter Valley Golf Club Thursday, Oct. 7. In the end, the Wildcats still have a lot they will need to fix in a short amount of time.

The West Lyon girls finished in sixth place with 156 points. Sioux Center won the girls' team title with 44 points.

"As a team, I was hoping to have a little bit of a better finish," said Wildcats' coach Teresa Kerkvliet. "B-H/RV (Boyden-Hull/Rock Valley) has caught us the last two meets that we have competed against them. They have made some ground on us and we need to fight back right now. Both Okoboji and G-LR (George-Little Rock/Central Lyon) have also extended their distance from us, so we need to really focus on those teams to get a better outcome."

Geena Snyder was the top runner for the West Lyon girls in 24th. Annie Metzger finished 30th, Shay Langenhorst finished 32nd, Ella Leuthold finished 37th, Madison Feikema finished 38th, Emma Knoblock finished 41st and Andraya Bahnson rounded out the lineup in 46th.

In addition to what coach Kerkvliet noted above, she felt the girls simply need to stay healthy in the next couple days in order to compete in the conference meet that was run after press deadline.

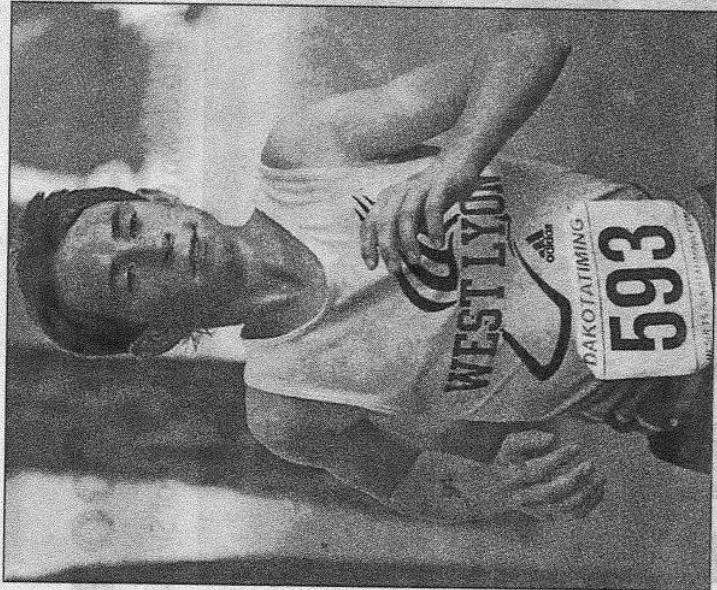
"We need to really work on maintaining our health as well as working together just a little bit better. We have had some girls step up and take charge at times, but we need to see that throughout the whole race," Kerkvliet said.

The Wildcat boys also finished in sixth place, scoring 155 points. Okoboji, ranked 14th in Class 2A, won the boys' team title with 34 points.

"It was a solid finish for our guys. It was consistent with where we have been, so that was good to see," Kerkvliet said. "Even though we had some big improvements for Sam compared to last year, we were a little bit more spread out this time. We need everyone to be moving ahead as well."

Sam Meester was the top runner for West Lyon in seventh place. Tayton Knobloch finished 27th, Aidan Jennings finished 37th, Cole Moser finished 38th and Carter Hasselmann rounded out the lineup in 46th.

Like the girls, Kerkvliet said the boys also need to stay healthy



Tayton Knobloch races to the finish line at the George-Little Rock/Central Lyon Cross-Country Invitational Thursday, Oct. 7. Knobloch was the second-best runner for the West Lyon boys in 27th as the Wildcats finished in sixth place as a team with 155 points. (Photo/Nathan Broek)

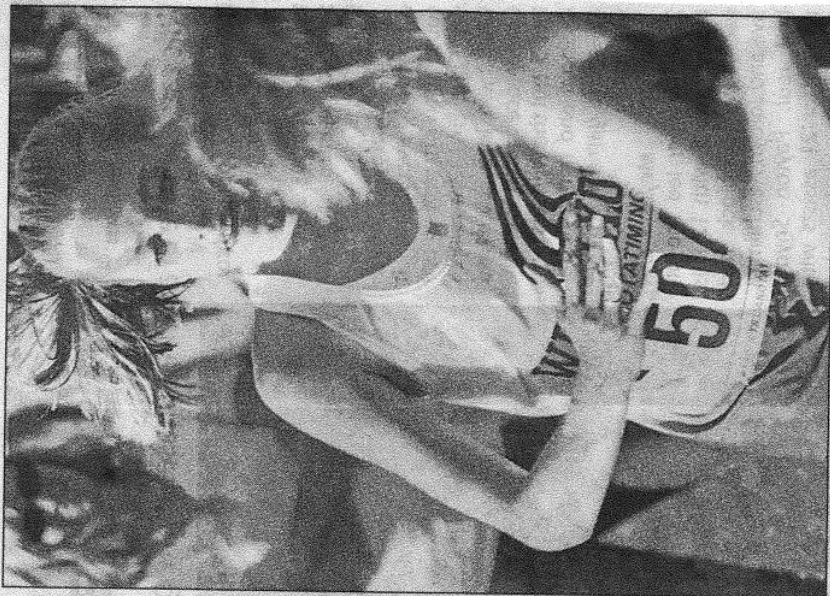
and be ready for a tough conference meet.

"We need to be ready to fight. It is going to be a quick race and, with only 15 all-conference spots, they are going to fill up quickly. We need to be ready to take what we want," she said.

George-Little Rock/Central Lyon Cross-Country Invitational at Otter Valley Golf Club

Girls' team results: 1. Sioux Center 44, 2. Sibley-Ocheyedan 44, 3. George-Little Rock/Central Lyon 71, 4. Okoboji 77, 5. Boyden-Hull/Rock Valley 144, 6. West Lyon 156, 7. Hartley-Melvin-Sanborn 193

Individual girls' results: 24. Geena Snyder 23:49, 30. Annie Metzger 24:17, 32. Shay Langenhorst 24:18, 37. Ella Leuthold 24:31, 38. Madison Feikema 24:39, 41. Emma Knobloch 25:18, 46. Andraya Bahnson



Madison Feikema keeps her pace during the George-Little Rock/Central Lyon Cross-Country Invitational Thursday, Oct. 7. Feikema finished in 38th as the West Lyon girls took sixth place as a team with 156 points. (Photo/Nathan Broek)

26:39

Boys' team results: 1. Okoboji 34, 2. Sioux Center 44, 3. George-Little Rock/Central Lyon 88, 4. Boyden-Hull/Rock Valley 117, 5. Sibley-Ocheyedan 117, 6. West Lyon 155, 7. Trinity Christian 182, 8. Hartley-Melvin-Sanborn 188

Individual boys' results: 7. Sam Meester 18:28, 27. Tayton Knobloch 20:06, 37. Aidan Jennings 21:42, 38. Cole Moser 21:44, 46. Carter Hasselmann 23:13



Okoboji freshman Trigg Heimdal and Sioux Center sophomore Caden Schouten sprint toward the finish line at the George-Little Rock Invitational Thursday near George. Heimdal finished in fifth place to help the Pioneers win the boys team title. Photo by Charlie Hildebrand

Hills at Otter Valley provide test for runners

Pioneers, Warriors pass with top marks thanks to depth of teams

BY CHARLIE HILDEBRAND CHILDEBRAND@NWESTIOWA.COM

Girls team competition goes to Sioux Center on tiebreaker

GEORGE—Okobojo and Sioux Center each walked away with a team title and Sibley-Ocheyedan had a pair of medalist winners at the George-Little Rock Invitational on Thursday at the Otter Valley Golf Course near George.

"Our runners actually think our meet is one of the hardest meets we run at throughout the season with all the hills," said George-Little Rock/Central Lyon cross country coach Mandi Ver Beek. "Even though it was a

little more difficult, we had some of our better times last night for both the girls and the guys teams."

Warriors narrowly win
Sioux Center and Class 2A eighth-ranked Sibley-Ocheyedan each finished with a team score of 44 on the girls side out of seven teams. The Warriors won on a tie breaker because their sixth finisher, Mya Romero, placed higher than the sixth finisher of the Generals, Alayna Wingate. Romero was 19th while Wingate crossed the finish line 27th.

Sioux Center was paced by Myka Schut's sixth-place finish in the field of 50 runners. The Warriors next four scoring runners placed eighth, ninth, 10th and 11th.

"We didn't have that front runner. Our girls had to scrape and scrap," said Sioux Center coach Brock Lehman. "We knew every point would be valuable. It's cool when you can tell kids that every points matters and it gets to the sixth runner. Every point is significant. It was a fun deal that it wasn't just a win but a team win in that regard."

Sibley-Ocheyedan had the top three runners. Madison Brouwer won with a time of 19 minutes, 10 seconds, beating teammate and runner-up Madison Marco's time of 20:49.

"I don't want to under appreciate how impressive of a performance it is because she does it so often," said Generals' coach Ryan Wiersma. "Just because she does it constantly, doesn't mean it's not impressive. She doesn't have people close to her so she has to stay self motivated."

Class 2A 20th-ranked George-Little Rock/Central Lyon finished third on its home course. Mary Schriever placed fourth and Afton Schlumbohm was fifth to lead the Mustangs. "Mary and Afton train and run lots of miles together," Ver Beek said. "When it gets to their races, they do a great job and pacing with the top individuals. Afton has been closing the gap each meet to Mary's times."

Class 2A 17th-ranked Okobojo placed fourth with a score of 77, just six points behind the Mustangs. Lexi Duffy led the Pioneers with a seventh-place finish and Shay Olthoff was 14th. "We are really proud of the girls' effort in the race. We had to play a game of 'battle back' after not getting out as hard as we would have liked to have seen them go in the first 800-1000 meters," said Okobojo coach Erin Frerichs. "We'll talk about that today and debrief on that before Tuesday's conference meet. Lexi did a great

job of leading the team with a top 10 finish, and we are super excited for Shay Olthoff to be our second runner."

Okobojo boys triumph
Class 2A 14th-ranked Okobojo won on the boys side with a score of 34 in the eight-team field, beating out Class 3A 16th-ranked Sioux Center by 10 points. The Pioneers were led by Evan Oslar's third-place finish and had all five scoring runners in the top 13 out of 50 total competitors.

"The boys were able to beat a very good Sioux Center team last night, and we were really proud of the toughness they showed over the last mile," Frerichs said. "The time spread between our top five guys continues to decrease at just the right time in the season, so that's great. We had great runs from Akron Jostand and Drew Sandvén to help the team finish on top."

Sioux Center's Graham Vandevogte was the runner-up and the next four Warriors placed in the top 15. "Graham had another exceptional race for us," Lehman said. "He's running with confidence now. He doesn't get too high or low and knows what pace he needs to run at. It isn't always flashy or pretty, but man he finishes well."

George-Little Rock/Central Lyon finished third and was paced by Lane Henrichs, who crossed eighth. The next five runners for the Mustangs finished between 17th and 24th. "Our boys have been able to all run in a pack, which is nice to have them push each other," Ver Beek said. "I would like to see that pack move up and close the time gap to Lane next week."

Boyden-Hull/Rock Valley and Sibley-Ocheyedan each scored 117 points, but the Generals lost on a tiebreaker again. The Nighthawks had five runners in the top 30 and were led by Evan Janzen's 12th-

place finish.

"They looked a lot stronger last night," said Nighthawks' coach Alli Van Wyk. "They were a little more strategic in their preparation before the race which helped them out. We've got a lot better as the season has gone on. We have packs that run together and push each other."

Sibley-Ocheyedan's Alejandro Bernal took medalist honors for the second time this season, winning in 17:51. "We wanted a solid race from him," Wiersma said. "He just wanted to run strongly and the best he could. That's what he did. It sets him up well for next week."

Girls team scores: 1. Madison Brouwer (S-O) 19:10; 2. Madison Marco (S-O) 20:49; 3. Bria Wassmund (S-O) 21:06; 4. Mary Schriever (GLRCL) 21:29; 5. Afton Schlumbohm (GLRCL) 21:38; 6. Myka Schut (SC) 21:43; 7. Lexi Duffy (Ok) 21:58; 8. Corinne McCord (SC) 22:21; 9. Kendra Zeutenhorst (SC) 22:24; 10. Blair Bandstra (SC) 22:28; 11. Annika Jahn (SC) 22:31; 12. Lew Landis (GLRCL) 22:36; 13. Elyse Zwart (BHRV) 22:46; 14. Shay Olthoff (Ok) 23:07; 15. Madison Otto (H-M-S) 23:14; 16. Macey Hoekstra (S-O) 23:15; 17. Lauren Duffy (Ok) 23:26; 18. Carly Carstens (Ok) 23:35; 19. Mya Romero (SC) 23:39; 20. Brooklyn Krul 23:46; 22. Rachel Rusche (S-O) 23:48; 24. Geena Snyder (WL) 23:49; 25. Angie Munoz (BHRV) 24:07; 26. Lily Miller (Ok) 24:09; 27. Alayna Wingate (S-O) 24:10; 28. Janee Zeutenhorst (SC) 24:12; 29. Olivia Hench (S-O) 24:15; 30. Annie Metzger (WL) 24:17; 31. Claire Kramer (GLRCL) 24:17; 32. Shay Langerhorst (WL) 24:17; 33. Ashlynn Davis (GLRCL) 24:18; 34. Aubree Boerder (BHRV)

Girls team scores: 1. Okobojo 34; 2. Sioux Center 44; 3. George-Little Rock/Central Lyon 88; 4. Boyden-Hull/Rock Valley 117; 5. Sibley-Ocheyedan 117; 6. West Lyon 155; 7. Trinity Christian 182; 8. Hartley-Melvin-Sanborn 188.

N'West Iowa results: 1. Alejandro Bernal (S-O) 17:51; 2. Graham Vandevogte (SC) 18:13; 3. Evan Oslar (Ok) 18:19; 4. Dylan Jones (Ok) 18:23; 5. Trigg Heimdal (Ok) 18:23; 6. Caden Schouten (SC) 18:23; 7. Sam Meester (WL) 18:28; 8. Lane Henrichs (GLRCL) 18:29; 9. Akron Jostand (Ok) 18:30; 10. Easton Van Den Berg (SC) 18:32; 11. Micah Truesdell (SC) 18:41; 12. Evan Janzen (BHRV) 18:46; 13. Drew Sandvén (Ok) 18:51; 14. Caleb Jones (Ok) 18:59; 15. Logan Foltz (SC) 19:02; 16. Erickson Byers (S-O) 19:21; 17. Brandon Van Bracken (GLRCL) 19:31; 18. Christian Hesse (Ok) 19:39; 19. Matt Heikern (GLRCL) 19:40; 20. Carter Westra (TC) 19:43; 21. Chase Duin (GLRCL) 19:49; 22. Landon Woelber (BHRV) 19:50; 23. Ulises Mastas (GLRCL) 19:56; 24. Matthew Langhordt (GLRCL) 19:57; 25. Aial Vargas (BHRV) 20:01; 26. George Vargas (H-M-S) 20:03; 27. Jayton Knobloch (WL) 20:06; 28. Ben Blum (BHRV) 20:30; 29. Jacob Kuiper (TC) 20:41; 30. Rilan Tiedeman (BHRV) 20:46; 31. Alden De Zeeuw (S-O) 20:53; 32. Anos Hesse (BHRV) 20:54; 33. David Poppen (S-O) 20:56; 34. Jesus Martinez (GLRCL) 21:08; 35. Bryce Dodge (H-M-S) 21:08; 36. Keegan De Zeeuw (S-O) 21:25; 37. Aidan Jennings (WL) 21:42; 38. Cole Moser (WL) 21:44; 39. Tristan Davelaar (TC) 21:48; 40. Aidan Jensen (H-M-S) 21:52; 41. Matt Reelis (S-O) 22:04; 42. Garrett Atherton 22:15; 43. Aidan Bush (H-M-S) 22:31; 44. Ryan Grolluschen (H-M-S) 22:54; 45. Kyle Wymia (TC) 23:06; 46. Carter Hasselmann (WL) 23:13; 47. Damian Dodge (H-M-S) 23:51; 48. Blaine Finster (H-M-S) 23:52; 49. Drew Poppema (TC) 24:05; 50. Nicolas Van Ergen (TC) 24:32.

N'West Iowa results: 1. Madison Brouwer (S-O) 19:10; 2. Madison Marco (S-O) 20:49; 3. Bria Wassmund (S-O) 21:06; 4. Mary Schriever (GLRCL) 21:29; 5. Afton Schlumbohm (GLRCL) 21:38; 6. Myka Schut (SC) 21:43; 7. Lexi Duffy (Ok) 21:58; 8. Corinne McCord (SC) 22:21; 9. Kendra Zeutenhorst (SC) 22:24; 10. Blair Bandstra (SC) 22:28; 11. Annika Jahn (SC) 22:31; 12. Lew Landis (GLRCL) 22:36; 13. Elyse Zwart (BHRV) 22:46; 14. Shay Olthoff (Ok) 23:07; 15. Madison Otto (H-M-S) 23:14; 16. Macey Hoekstra (S-O) 23:15; 17. Lauren Duffy (Ok) 23:26; 18. Carly Carstens (Ok) 23:35; 19. Mya Romero (SC) 23:39; 20. Brooklyn Krul 23:46; 22. Rachel Rusche (S-O) 23:48; 24. Geena Snyder (WL) 23:49; 25. Angie Munoz (BHRV) 24:07; 26. Lily Miller (Ok) 24:09; 27. Alayna Wingate (S-O) 24:10; 28. Janee Zeutenhorst (SC) 24:12; 29. Olivia Hench (S-O) 24:15; 30. Annie Metzger (WL) 24:17; 31. Claire Kramer (GLRCL) 24:17; 32. Shay Langerhorst (WL) 24:17; 33. Ashlynn Davis (GLRCL) 24:18; 34. Aubree Boerder (BHRV)

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Conference - Hosted By Sioux Center

Weather Sunny - lower 70s

Mile 2 / Total Titr (Mile 3 Split) Finish Place Points Letter pts.

Mile 1 *1.5 at this point

Individual: Molly Isakson - 7th - SC - 13:58:28
Total Runners: 64
Team Standings: MOCFV - 23 GLR - 84
SC - 63 WL - 115
Oko - 84

Eilah	14:26
Kayla	10:27
Eliana	11:40
Emersyn	11:15
Claire	11:15

20:45:61
14:49:98
16:46:03
15:56:44
15:47:18

63	33
11	11
40	30
24	21
22	20

Boys JH (2 mi.)

Reed	9:11
Alec	10:32
Peter	11:44

12:58:94
14:52:94
16:52:03

5
22
41

Individual: Thatcher Doughan - 8th - MOCFV - 11:41:18
Total Runners: 56

Girls JV

Andraya	7:23
Gianna	8:05
Jo	7:50
Malison	7:30
Kendra	9:13

16:12
17:26
17:26
16:16
20:19

9:38:43	14	13	1
9:49:06	26	23	1
10:34:29	31	24	1
8:54:00	12	11	1
11:38:26	45	26	1

Individual: Geonella Ramirez - 9th - SC - 23:03:79
Total Runners: 52
Team Standings: SC - 26
MOCFV - 47
Oko - 63
WL - 97

Girls Varsity

Shay	7:13
Randi	7:20
Emma	7:06
Ella	7:13
Geena	6:28
Madison	7:15
Annie	7:13

15:16
16:01
15:17
15:45
14:38
15:32

8:19:34	32	31	3
8:58:22	44	42	3
9:07:22	40	39	3
8:56:39	41	40	3
8:59:15	33	32	3
0:00:00			
8:22:39	35	34	3

Individual: Madison Brouwer - 11th - Sib-O - 18:38:98
Total Runners: 50
Team Standings: MOCFV - 42 Oko - 104
Sib-O - 54 BHRV - 160
SC - 65 WL - 176
GLR - 97

Boys Varsity

Carter	6:23
Sam	5:27
Aidan	6:08
Taylor	6:08
Cole	6:08

14:06
11:28
13:16
13:28
13:19

8:13:05	48	44	3
6:22:00	11*	11	5
7:36:13	41	37	3
8:11:00	47	43	3
7:38:14	42	38	3

Individual: Sam May - 12th - MOCFV - 16:42:37
Total Runners: 49
Team Standings: MOCFV - 29 Sib - O - 140
SC - 58 Sheldon - 160
Oko - 64 WL - 173
GLR - 118

Siouxland Conference meet challenges Wildcats

Sam Meester earns all-conference honors with an 11th-place finish at Dordt University course in Sioux Center

Nathan Broek | Sports Editor
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SIOUX CENTER—The Siouxland Conference meet on the campus of Dordt University in Sioux Center proved to be challenging for the West Lyon girls' and boys' cross-country teams Tuesday, Oct. 12, but the Wildcats did well enough to get one all-conference runner.

That conference runner was Sam Meester, who finished in 11th place in the boys' race.

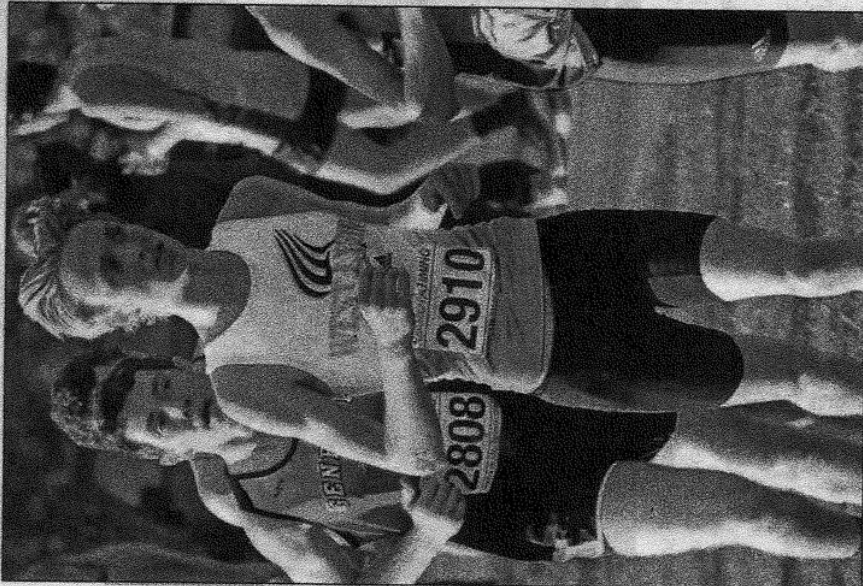
"Sam was in between 14th and 16th for most of the race. We knew it was going to be a tight finish, but he found that extra gear with about 400 meters to go and started passing some kids," said Wildcats' coach Teresa Kerkvliet. "An Okoboji kid (Dylan Jones who finished 12th) came up from behind, but Sam did an awesome job fighting him off. He ran a very smart race."

The boys' team finished seventh with 173 points. MOC-Floyd Valley, ranked sixth in Class 3A, won the Siouxland Conference title with 29 points.

Final runners for the boys included Aidan Jennings who finished 41st, Cole Moser 42nd, Tayton Knobloch 47th and Carter Hasselmann was the final runner across the finish line in 48th.

"We were racing against three ranked teams (MOC-Floyd Valley, Sioux Center ranked 19th in Class 3A and Okoboji ranked 10th in Class 2A) and I thought the guys did well," Kerkvliet said. "We were hoping to catch Sheldon (who finished sixth with 160 points), but it didn't quite work out in the end. Our pack did finish closer together than it has in the past, so that was good to see."

The West Lyon girls also finished in seventh place with 176 points. The Dutch, ranked ninth in Class 3A, earned the meet sweep with 42 points. Shay Langenhorst was the



Sam Meester runs with a pack of competitors during the Siouxland Conference cross-country meet at Dordt University in Sioux Center Tuesday, Oct. 12. Meester earned all-conference honors for the Wildcats in 11th. (Photo/Nathan Broek)



Randi Childress races to the finish line during the Siouxland Conference cross-country meet at Dordt University in Sioux Center Tuesday, Oct. 12. Childress finished in 44th as the Wildcat girls claimed seventh place as a team with 176 points. (Photo/Nathan Broek)

West Lyon cross-country from Page 12

top runner for the Wildcats in 32nd, Geena Snyders took 33rd, Annie Metzger took 35th, Emma Knobloch 40th, Ella Leuthold 41st and Randi Childress was the final runner across the finish line in 44th.

"The ladies ran a well-fought race. We were a little timid at the start. We knew coming in that it was going to be aggressive and we didn't get out as quickly as we should have," Kerkvliet noted. "We were hoping to finish a little bit higher, but we did execute as some of our other girls finished ahead of certain groups. Racing against three ranked teams (MOC, Sibley-Ocheyedan eighth in Class 2A, and George-Little Rock/Central Lyon 20th in Class 2A) is always a difficult task and they held their ground."

Siouxland Conference cross-country meet on the campus of Dordt University in Sioux Center

Girls' team results: 1. MOC-Floyd Valley 42, 2. Sibley-Ocheyedan 54, 3. Sioux Center 65, 4. George-Little Rock/Central Lyon 97, 5. Okoboji 104, 6. Boyden-Hull/Rock Valley 160, 7. West Lyon 176

Individual girls' results: 32. Shay Langenhorst 23:34, 33. Geena Snyders 23:36, 35. Annie Metzger 23:54, 40. Emma Knobloch 24:23, 41. Ella Leuthold 24:41, 44. Randi Childress 24:58

Boys' team results: 1. MOC-Floyd Valley 29, 2. Sioux Center 58, 3. Okoboji 64, 4. George-Little Rock/Central Lyon 118, 5. Sibley-Ocheyedan

140, 6. Sheldon 160, 7. West Lyon 173
Individual results: 11. Sam Meester 17:49, 41. Aiden Jennings 20:51, 42. Cole Moser 20:56, 47. Tayton Knobloch 21:39, 48. Carter Hasselmann 22:18

Wildcats crush their old times

earning 11th in her race. Junior high coach Christy Bahnson commented, "I was really pleased that six out of seven runners improved their times from the last meet at Sioux Center just a couple weeks ago. These kids have been working hard in practice, putting in so much work, and that hard work is paying off with great performances at our meets."

The girls' JV team worked hard and placed fourth as a team, with five girls competing. Coach Kerkvliet commented, "I was impressed with how the JV team ran. Malison and Andraya ran really well together and pulled one another along. Gianna Klarenbeek had a great breakout race. She looked strong throughout and PR'd by 34 seconds. It was a great race for her." The last JV meet of the season will be Friday, Oct. 15, in Orange City.

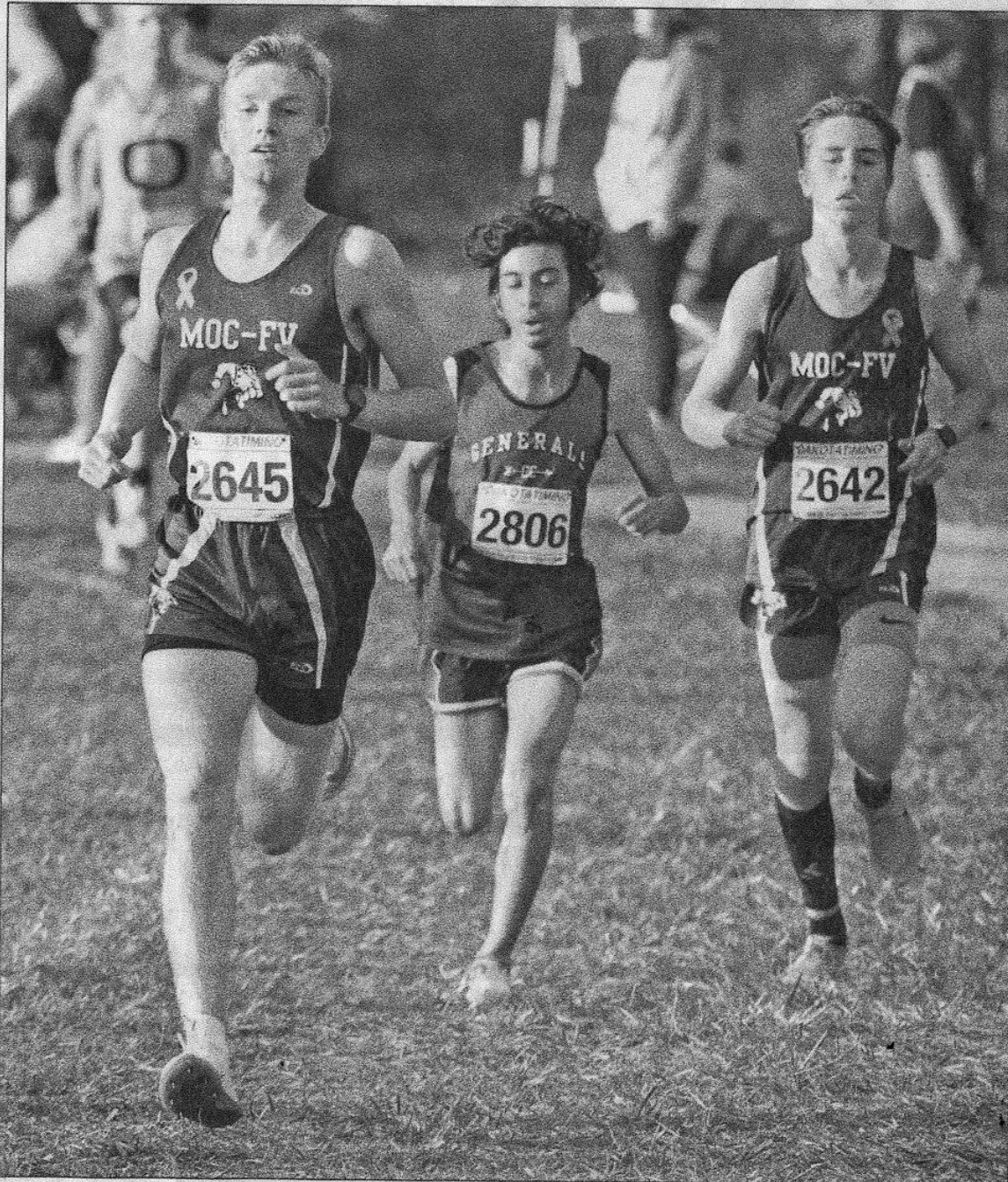
The Wildcat cross-country team traveled to the Dordt campus for the Conference meet. All of the teams competed well and improved a lot from the last meet there a few weeks ago on Sept. 23.

On the junior high side of things, the runners performed well. Reed Feucht had a great showing earning fifth place out of 56 runners, and Kayla Knobloch also placed in the top-15

strong.

The goal for the team is to continue to work together to finish out the year strong.

Dutch dominate league event



MOC-Floyd Valley senior Sam May, Sibley-Ocheyedan junior Alejandro Bernal and MOC-Floyd Valley junior Isaiah Hulshof run at the Siouxland Conference Meet Tuesday in Sioux Center. May was the medal winner. Photo by Charlie Hildebrand

MOC-Floyd Valley cruises to two titles

ready for districts next week." Sam May, ranked fourth individually in Class 3A, was the medal winner for the Dutch with a time of 16 minutes, 42 seconds. May finished 27 seconds ahead of the runner-up. "I was thinking to stick with the pack for a mile or so and see how it felt," May said. "Then, if we're feeling good, then

See SIOUXLAND on page C4

Dutch coach Doug De Zeeuw. **May takes medal** The Class 3A sixth-ranked MOC-Floyd Valley boys won with a team score of 29, half as many points as second-place Sioux Center. "Our boys were favored coming in and they got the job done," De Zeeuw said. "There was some good competition which will push us and help us get

SIOUX CENTER—MOC-Floyd Valley continued its strong cross country season by sweeping the boys and girls team titles at the Siouxland Conference Meet on Tuesday on the campus of Dordt University and added a medalist winner to the list too. "The conference meet went as well as we could have hoped for," said

Dutch girls run to team title, Brouwer takes home medal

SIOUXLAND

Continued from page C1
just make a move around the one-mile mark or the two-mile mark. It ended up working out."

May, who placed second last year, said it's been a yearlong process to win the conference team title.

"Back in the summer, we were getting the guys out," he said. "The guys did a really good job of buying in and working hard all season. We've been blessed with a good season and our team has been able to do really well this year."

Runners that placed in the top 15 earned all-conference honors. MOC-Floyd Valley's Isaiah Hulshof, Tyson Blom, Tommy Tracy and Trevor Mirande earned all-league recognition.

Class 3A 19th-ranked Sioux Center finished second with a team score of 58, edging out Class 2A 10th-ranked Okobojo by six points. Graham Vande Vegte, Micah Truesdell, Easton Van Den Berg and Caden Schouten earned all-conference honors for the Warriors.

"Really pleased with the boys," said Sioux Center coach Brock Lehman. "We were down a couple of runners and they responded really well. They knew there backs were up against it and had to come out and compete. They rose to the level."

Okobojo placed third overall and had the runner-up in Evan Osler.

"You have to just love Evan's toughness and fearlessness when it comes to racing," said Pioneers' co-coach Erin Frerichs. "He went out with Sam May and tried his hardest to hang on."

"He was with two or three guys with 1k to go and found that extra gear to pull away for second place," Frerichs said.

Dylan Jones and Akron Jostand earned all-league honors for Okobojo.

"It was awesome to see all our guys in a pack near the front at the start of the race,"

Frerichs said. "We talked to them about getting out hard. In a smaller meet, you can't wait to move up."

George-Little Rock/Central Lyon finished fourth in the team standings. Lane Henrichs finished ninth for the Mustangs to earn all-conference honors.

"Lane has gotten a lot stronger as the season has progressed," said Mustangs' coach Mandi Ver Beek. "Lane and Brandon (Van Briesen), our one and two guys last night, both got a personal best time for the season."

Sibley-Ocheyedan placed fifth overall and had one all-conference runner thanks to Alejandro Bernal's fourth-place finish.

"That was his best time he's run yet," said Generals' coach Ryan Wiersma. "It was a personal best about 20 seconds off his previous best. MOC has some good runners. We wanted him to run his best race and 17:21 is a good race. Hopefully, he can get to state."

West Lyon's Sam Meester finished 11th to earn all-league recognition.

"Sam put himself in the right position from the start," said Wildcats' coach Teresa Kerkvliet. "He was hovering in the 14th to 16th spot and with 400 meters to go, he started to make a move. He passed three kids toward the end and held off another kid at the finish line. He ran a well-fought race."

Dutch girls win

MOC-Floyd Valley, ranked ninth in Class 3A, dethroned Class 2A eighth-ranked Sibley-Ocheyedan as the reigning conference champions, edging out the Generals by 12 points.

"Sibley Ocheyedan girls won the conference meet last year so we were keying on them," De Zeeuw said. "All our girls, one through seven, really stepped up and attacked the task at hand. We didn't see a let down from anyone."

Emily Haverdink, ranked

sixth in Class 3A and the medalist winner in 2020, paced the Dutch with a second-place finish. Elin Van Der Werff, Aryana Dokter and Blyanna Dokter each earned all-conference honors.

Sibley-Ocheyedan didn't win the team title, but had the medalist winner. Madison Brouwer, ranked third in Class 2A, cruised to the title with a time of 18:38. Brouwer beat Haverdink by over a minute and finished with the second best time in Class 2A this season, according to Varsity Bound, and the 13th best time regardless of class size.

"I'm just really blessed with the gifts God has given me," Brouwer said. "It felt really good to run."

Wiersma said Brouwer, the conference runner-up last year, has accomplished this with many expectations.

"To be able to go out there and be able to run with those expectations and then exceed them is incredibly impressive," he said. "She's worked very hard to put herself in this position. She's blessed, but humble and is very motivated by her goals."

Madison Marco, ranked 28th in Class 2A, and Bria Wasmund earned all-conference recognition for the Generals.

"I'm proud of how the ladies ran," Wiersma said. "We ran hard. I think this sets up good for next week at the state-qualifying meet. There were lots of good individual efforts. As a team, we had a good score. MOC is just good."

Sioux Center finished third and was just 11 points behind Sibley-Ocheyedan. Myka Schut, Corinne McCord, Kendra Zeutenhorst and Annika Jahn earned all-league honors for the Warriors.

"We looked, as a coaching staff, at the tiers where people would fit," Lehman said. "There was a lot of movement in the 10-20 range for both the boys and girls. For the girls, they needed to be in that group. I was pleased that they responded the way they did."

Class 2A 20th-ranked George-Little Rock/Central Lyon finished fourth with a team score of 97, edging past Okobojo by seven points.

Mary Schriever and Afton Schlumbohm earned all-conference recognition for the Mustangs.

"Our top four girls all ran PRs last night," Ver Beek said. "They all had a great race and really pushed themselves throughout their whole race."

Okobojo placed fifth as a team and had one all-conference runner thanks to Lexi Duffy's 13th-place finish.

"The Siouxland is just so strong," Frerichs said. "Lexi went out really well, but got herself a little isolated between groups of girls and had to fight her way through the race on her own. The girl has such grit and determination."

Boyden-Hull/Rock Valley finished sixth in the team standings.

Elyse Zwart finished 15th to take the final all-league spot on the girls side.

"I'm very happy with Elyse's performance and the end result," said Nighthawks' coach Alli Van Wyk. "She's been battling an injury the last few weeks, but she was able to PR by almost a minute and got that last spot."

Siouxland Conference Meet

Girls team scores: 1. MOC-Floyd Valley 42; 2. Sibley-Ocheyedan 54; 3. Sioux Center 65; 4. George-Little Rock/Central Lyon 97; 5. Okobojo 104; 6. Boyden-Hull/Rock Valley 160; 7. West Lyon 176.

N'West Iowa results: 1. Madison Brouwer (S-O) 18:38; 2. Emily Haverdink (MOC-FV) 19:39; 3. Madison Marco (S-O) 20:03; 4. Elin Van Der Werff (MOC-FV) 20:11; 5. Bria Wasmund (S-O) 20:31; 6. Mary Schriever (GLRCL) 20:37; 7. Afton Schlumbohm (GLRCL) 20:47; 8. Aryana Dokter (MOC-FV) 20:53; 9. Blyanna Dokter (MOC-FV) 21:13; 10. Myka Schut (SC) 21:14; 11. Corinne McCord (SC) 21:29; 12. Kendra Zeutenhorst (SC) 21:32; 13. Lexi Duffy (Oko) 21:34; 14. Annika Jahn (SC) 21:40; 15. Elyse Zwart (BHRV) 21:44; 16. Lexi Landis (GLRCL) 22:06; 17. Lily Miller (Oko) 22:11; 18. Blair Bandstra (SC) 22:14; 19. Sarah May (MOC-FV) 22:22; 20. Macey Hoekstra (S-O) 22:37; 21. Payge Bahrke (MOC-FV) 22:51; 22. Zoey Holmes (Oko) 22:56; 23. Lauren Duffy (Oko) 22:58; 24. Elisa Scheaffer (Sheldon) 23:03; 25. Mya Romero (SC) 23:06; 26. Olivia Hench (S-O) 23:19; 27. Angie Munoz (BHRV) 23:22; 28. Claire Kramer (GLRCL) 23:24; 29. Janae Zeutenhorst (SC) 23:26; 30. Grace Pausley (Oko) 23:27; 31. Alayna Wingate (S-O) 23:30; 32. Shay Langerhorst (WL) 23:34; 33. Geena Snyders (WL) 23:36; 34. Shay Olthoff (Oko) 23:37; 35. Annie Metzger (WL) 23:54;

36. Rachel Rusche (S-O) 23:54; 37. Alexa Clarey (BHRV) 23:58; 38. Jada Abrahamson (MOC-FV) 24:01; 39. Naomi Post (BHRV) 24:20; 40. Emma Knobloch (WL) 24:23; 41. Ella Leuthold (WL) 24:41; 42. Gracia Scheaffer (Sheldon) 24:48; 43. Brooklyn Krull (GLRCL) 24:58; 44. Randi Childress (WL) 24:58; 45. Ashlynn Davis (GLRCL) 25:00; 46. Ella Jager (GLRCL) 25:02; 47. Madison Nunes (Sheldon) 25:34; 48. Aubree Boender (BHRV) 26:21; 49. Ashlyn Kelderman (BHRV) 26:28; 50. Allison Moore (BHRV) 26:35.

Boys team scores: 1. MOC-Floyd Valley 29; 2. Sioux Center 58; 3. Okobojo 64; 4. GLRCL 118; 5. Sibley-Ocheyedan 140; 6. Sheldon 160; 7. West Lyon 173.

N'West Iowa results: 1. Sam May (MOC-FV) 16:42; 2. Evan Osler (Oko) 17:09; 3. Isaiah Hulshof (MOC-FV) 17:11; 4. Alejandro Bernal (S-O) 17:21; 5. Tyson Blom (MOC-FV) 17:31; 6. Tommy Tracy (MOC-FV) 17:39; 7. Graham Vande Vegte (SC) 17:42; 8. Micah Truesdell (SC) 17:45; 9. Lane Henrichs (GLRCL) 17:46; 10. Easton Van Den Berg (SC) 17:47; 11. Sam Meester (WL) 17:49; 12. Dylan Jones (Oko) 17:50; 13. Caden Schouten (SC) 17:50; 14. Trevor Mirande (MOC-FV) 17:56; 15. Akron Jostand (Oko) 18:00; 16. Trigg Heimdal (Oko) 18:02; 17. A.J. Bomgaars (MOC-FV) 18:05; 18. Micah DeYoung (MOC-FV) 18:07; 19. Caleb Jones (Oko) 18:12; 20. Logan Foltz (SC) 18:13; 21. Drew Sandven (Oko) 18:29; 22. Evan Janzen (BHRV) 18:32; 23. Kellen Dean (SC) 18:38; 24. Christian Hesse (Oko) 18:47; 25. Brandon Van Briesen (GLRCL) 18:56; 26. Jackson Byers (S-O) 18:57; 27. Landon Woelber 17:39; 7. Graham Vande Vegte (SC) 17:42; 8. Micah Truesdell (SC) 17:45; 9. Lane Henrichs (GLRCL) 17:46; 10. Easton Van Den Berg (SC) 17:47; 11. Sam Meester (WL) 17:49; 12. Dylan Jones (Oko) 17:50; 13. Caden Schouten (SC) 17:50; 14. Trevor Mirande (MOC-FV) 17:56; 15. Akron Jostand (Oko) 18:00; 16. Trigg Heimdal (Oko) 18:02; 17.

Keegan De Zeeuw (S-O) 21:36; 46. Garrett Atherton (S-O) 21:38; 47. Jayton Knobloch (WL) 21:39; 48. Carter Hasselmann (WL) 22:18; 49. Drew Vanden Hull (Sh) 23:09.

38. Andrew Frohwein (Sh) 20:45; 39. Amos Hespe (BHRV) 20:50; 40. David Wiersma (Sh) 20:50; 41. Aidan Jennings (WL) 20:51; 42. Cole Moser (WL) 20:56; 43. David Poppen (S-O) 21:22; 44. Matt Roelofs (S-O) 21:23; 45.

(BHRV) 19:08; 28. Michael Wassenaar (Sh) 19:20; 29. Matt Heikerm (GLRCL) 19:28; 30. Chase Duin (GLRCL) 19:28; 31. Josh Hoffmann (Sh) 19:38; 32. Matthew Langholdt (GLRCL) 19:45; 33. Ulises Masias (GLRCL) 19:46; 34. Ariel Vargas (BHRV) 19:54; 35. Aiden De Zeeuw (S-O) 19:57; 36. Rylee Mayo (GLRCL) 20:20; 37. Gavin Strouth (Sh) 20:26;

(BHRV) 19:08; 28. Michael Wassenaar (Sh) 19:20; 29. Matt Heikerm (GLRCL) 19:28; 30. Chase Duin (GLRCL) 19:28; 31. Josh Hoffmann (Sh) 19:38; 32. Matthew Langholdt (GLRCL) 19:45; 33. Ulises Masias (GLRCL) 19:46; 34. Ariel Vargas (BHRV) 19:54; 35. Aiden De Zeeuw (S-O) 19:57; 36. Rylee Mayo (GLRCL) 20:20; 37. Gavin Strouth (Sh) 20:26;

Unity - Landsmeer

Weather

Sunny - 50s - Windy WNW

Mile 1

(Mile 2 Split)

Mile 2 / Total Tim (Mile 3 Split)

Finish

Place

Place Points

Letter pts.

Girls JH (1.8mi)

Eilah	8:50
Kayla	7:32
Eliana	8:50
Emersyn	7:42
Claire	7:42

16:14:09
13:41:88
16:01:39
14:26:44
14:26:91

48	28
11	11
45	27
21	19
22	20

Individual:
Total Runners: 58

Teagan Tracy - 8th - MOCFV - 12:30:62
WL - 105
Unity - 119
Lemars - 76
MOCFV - 31
SC - 52

Boys JH (1.8 mi)

Alec	7:12
Peter	7:54

13:31:51
15:07:69

30
53

Individual:
Total Runners: 72

Thatcher Doughan - 8th - MOCFV - 10:45:43

Girls JV

Anne	7:58
Gianna	8:35
Jo	7:56
Madison	7:14
Kiann	8:35
Kendra	9:14

16:16	9:26:45
17:22	9:50:18
16:16	9:37:27
14:45	8:49:14
17:23	10:15:35
19:56	12:16:06

24	22	1
41	31	1
29	27	1
5	5	1
43	32	1
57	33	1

Individual:
Total Runners: 62
Team Standings: Unity - 37
SC - 37
Oko - 82
MOCFV - 83
WL - 117

Leah Sorenson - 12 - Oko - 22:48:61

Girls Varsity

Andraya	7:26
Shay	7:02
Randi	7:18
Ella	7:25
Geena	6:43
Annie	7:03
Malison	7:49

15:47	9:15:04
14:55	8:31:16
15:30	9:03:14
15:47	10:24:17
14:32	8:44:55
14:54	8:33:03
16:38	9:55:29

57	57	2
38	38	2
52	52	2
64	63	2
36	36	2
40	40	2
65	64	2

Individual:
Total Runners: 71

Madison Brouwer - 11 - Sib - O - 19:05:07
GLRCL - 127
BHRV - 206
Western - 213
WL - 223
Sheldon - 294
MOCFV - 50
Unity - 75
Sib - O - 82
SC - 86
Oko - 120

Boys Varsity

Carter	6:36
Sam	5:35
Aidan	6:19
Taylor	6:02
Cole	6:22

14:13	8:48:38
11:37	6:48:27
13:21	8:09:58
12:30	7:19:29
13:24	8:09:14

74	72	2
25	25	3
65	63	2
46	46	2
66	64	2

Individual:
Total Runners: 80

Sam May - 12 - MOCFV - 16:59:55
Sib - O - 210
BHRV - 238
MMCRU - 244
WL - 270
Trinity - 277
Sheldon - 285
MOCFV - 29
SC - 93
WC - 96
Unity - 104
Oko - 105
GLRCL - 184

girls ran and pushed the pace a little bit harder this time around. We are starting to peak at the right time and they are ready to compete again next week."

Kerkvliet noted a stiff west breeze blowing at 20 miles-per-hour and gusting up to 30 miles-per-hour was a factor, but not as much as one might think.

"We had to battle the wind a little bit but the runners were very smart throughout the race, taking advantage of it when needed," Kerkvliet said. "Geena, Annie and Shay all ran very well. Annie and Shay worked well again together, maintaining their pace and working their way through the pack."

The West Lyon boys finished in 10th place with 270 points. The Dutch, ranked sixth in Class 3A, took the meet sweep with 29 points. Sam Meester was the top runner for the Wildcats in 25th. Tayton Knobloch finished 46th, Aiden Jennings finished 65th, Cole Moser finished 66th and Carter Hasselmann rounded out the lineup in 74th.

"Sam ran a controlled pace. Although he wasn't where he wanted to be, he still improved from last year by about 45 seconds. He has come a long way this year and all the guys will be ready to go again next week," Kerkvliet said. "We were able to catch Sheldon this time around (who finished in 12th place with 285 points) and, knowing we have the capabilities to gain

on people, puts us in a good position for state-qualifying."

The ultimate key is to stay away from the injury bug.

"We really need to make sure we stay healthy these next few days and be ready to run a confident race for state-qualifying. It was good to get out on the course and we should be ready to go for next week," Kerkvliet said.

Unity Christian Cross-Country Invitational Girls' team results:

1. MOC-Floyd Valley 50, 2. Unity Christian 75, 3. Sibley-Ocheyedan 82, 4. Sioux Center 86, 5. Okoboji 120, 6. George-Little Rock/Central Lyon 127, 7. Boyden-Hull/Rock Valley 206, 8. Western Christian 213, 9. West Lyon 223, 10. Sheldon 294

Individual girls' results:

36. Geena Snyders 23:16, 38. Shay Langenhorst 23:26, 40. Annie Metzger 23:27, 52. Randi Childress 24:33, 57. Andraya Bahnsen 25:01, 64. Ella Leuthold 26:11, 65. Malison Rentschler 26:33

Boys' team results:

1. MOC-Floyd Valley 29, 2. Sioux Center 93, 3. Western Christian 96, 4. Unity Christian 104, 5. Okoboji 105, 6. George-Little Rock/Central Lyon 184, 7. Sibley-Ocheyedan 210, 8. Boyden-Hull/Rock Valley 238, 9. Marcus-Meriden-Cleghorn/Remsen Union 244, 10. West Lyon 270, 11. Trinity Christian 277, 12. Sheldon 285

Individual boys' results:

25. Sam Meester 18:24, 46. Tayton Knobloch 19:49, 65. Aiden Jennings 21:30, 66. Cole Moser 21:32, 74. Carter Hasselmann 23:01

Unity Invite preps Wildcats for state qualifying

ORANGE CITY-As has been the case in recent seasons, the West Lyon cross-country teams got the opportunity to test out the Class 2A state-qualifying course it will run Thursday as well as check out some of the top competition in Class 2A at the Unity Christian Invitational Friday, Oct. 15. As the night concluded, the Wildcats like their odds.

The West Lyon girls finished in ninth place with 223 points. MOC-Floyd Valley, ranked ninth in Class 3A, won the team title with 50 points. Geena Snyders was the top runner for the Wildcats in 36th. Shay Langenhorst finished 38th, Annie Metzger finished 40th, Randi Childress finished 52nd, Andraya Bahnsen finished 57th, Ella Leuthold finished 64th and Malison Rentschler was the final runner in 65th.

"We had a plan to be more aggressive at the beginning of the race and we executed that well," said West Lyon coach Teresa Kerkvliet. "I was very pleased with how our

go much smoother with a teammate nearby.

Malison Rentschler really stood out this meet earning herself fifth place and a medal. She did a great job being aggressive at a course she's not familiar with.

Five out of the six girls on the team ran personal records, even through the hills and wind. Overall, the last meet of the season was a success for the JV team. They ran very consistently and had a great season.

Shay Langenhorst Friday, Oct. 15, the West Lyon JV cross-country team ended their season in Orange City, Iowa, at the Unity Invitational.

The JV team placed fifth out of five teams, but had a great night of running. Anne Hoogendoorn and Jo Boote had a great race running near each other and pushing one another, along with Gianna Klarenbeek and Kiann Blomgren. Races

JV cross-country closes their season

Poppen (S-O) 20:52; 61. Tristan Davelaar (TC) 21:12; 62. Keegan De Zeeuw (S-O) 21:15; 65. Aiden Jennings (WL) 21:30; 66. Cole Moser (WL) 21:32; 67. Kyle Wynia (TC) 21:35; 68. Felipe Herrera (BHRV) 21:39; 69. Drew Vanden Hull (SH) 21:54; 70. David Wiersma (SH) 21:57; 71. Matt Poedts (S-O) 21:58; 72. Garrett Albertson (S-O) 22:08; 73. Neil Patel (SH) 22:13; 74. Carter Hasselmann (WL) 23:01; 77. Drew Papperna (TC) 23:29; 78. Nicolas Van Engen (TC) 23:37; 79. Johnathan Syma (BHRV) 24:02

May handles fall weather well with win as Dutch get sweep

St. Louis Center coach Brock Lehman said he wanted his team to start a little slower in the first mile.

"Seeing them be able to move through the field in the second and third mile, that's what we have to do," he said. "You have to own that last mile in a high school race."

Class 2A seventh-ranked Western Christian placed third and was eight points in front of Unity Christian. Tage Hulstein paced the Wolfpack with a second-place finish.

"Our guys ran well," said Western Christian coach Dalton Lems. "Tage ran well. He looked relaxed throughout and held onto second nicely."

Unity Christians boys, ranked 12th in Class 2A, placed fourth in the team standings with a score of 104 and had five runners finish between 16th and 27th.

"We are steadily improving," said Knights' coach Karl Kaemingk. "We ran a tight pack with only 22 seconds from first to fifth for a true team effort. It is close between Western Christian, Unity Christian and Okoboji in 2A."

Class 2A 10th-ranked Okoboji placed fifth as a team with a score of 105, just one point behind the Knights. Evan Osler led the Pioneers with a third-place finish.

"This is the first meet we've had all season that's been tolerable temperaturewise," said Okoboji co-coach Erin Frerichs. "It was nice to have a nice, cool race. Our kids went out well and went out hard and held on through the course of the race."

George-Little Rock/Central Lyon finished sixth and was led by Lane Henrichs at 14th place.

"Lane had another top 15," said Mustangs' coach Mandi Ver Beek. "We were three others in the top 22."

"For the boys hopefully the pack they run in can move their way up and drop their times a little."

MOC-FV girls win

The MOC-Floyd Valley girls did not win quite as handily as the boys, but topped the host Knights 50-75 in the 10-team field. Emily Haverdink led the Dutch with a runner-up finish. MOC-Floyd Valley had three other runners in the top 11 out of 71 total runners.

"Our girls varsity team is really running well again led by Emily Haverdink with Elin Van Der Werff right behind," De Zeeuw said. "I hope we can keep the momentum heading into the state qualifying meet next week."

Unity Christian, ranked seventh in Class 2A, had two runners in the top nine. Amaya Van Essen paced the Knights with a third-place finish.

"Olivia Hoogland, our number two runner all year, she really moved up well at the beginning of the race and put herself in an excellent position," said Unity Christian girls coach Jake Byma. "Amaya ran very well, as usual. I'm impressed with our consistency and how hard our girls worked in the race to keep moving up."

The Class 2A eighth-ranked Sibley-Ocheyedan girls placed third with a score of 82, just seven points behind the Knights. Madison Brouwer was the medalist with a time of 19:05. The Generals had two other runners in the top six.

"Going in, we wanted two things," said Sibley-Ocheyedan coach Ryan Wiersma. "We wanted to work hard. I told them before the race that hard work is always rewarded. Even though this meet wasn't a crucial meet standings-wise, we wanted to get a good hard workout in."

"Second, we're going to be running here on Thursday. We wanted to get a feel for the course and the incline, the turns and where it runs faster and slower."

The Sioux Center girls finished fourth with a score of 82, just four points behind the Generals. The Warriors did not have anyone in the top 10, but had five runners place between 13 and 23.

"We tried going out a little slower this meet because we've been going out just way too fast in the first mile," Lehman said. "They made a conscious effort to sit back a little bit more, especially the girls. I was really pleased with how we finished."

Okoboji placed fifth with a score of 120 and was paced by Lexi Duffy's 12th-place finish.

"The girls team hit mile two really well," Frerichs said.

George-Little Rock/Central Lyon finished sixth had Mary Schriever and Afton Schlumbohm place seventh and eighth, respectively.

"Mary and Afton did a great job running together tonight and staying in with the top girls," Ver Beek said.

Unity Christian Invitational

Girls team scores: 1. MOC-Floyd Valley 50; 2. Unity Christian 75; 3. Sibley-Ocheyedan 82; 4. Sioux Center 66; 5. Okoboji 120; 6. George-Little Rock/Central Lyon 127; 7. Boyles-Hall/Rock Valley 206; 8. Western Christian 213; 9. West Lyon 229; 10. Sheldon 234.

West Iowa results: 1. Madison Brouwer (S-O) 19:05; 2. Emily Haverdink (MOC-FV) 19:56; 3. Amaya Van Essen (UC) 20:08; 4. Madison Marco (S-O) 20:21; 5. Elin Van Der Werff (MOC-FV) 20:03; 6. Bria Wiersma (S-O) 20:40; 7. Mary Schriever (GLRCL) 20:47; 8. Afton Schlumbohm (GLRCL) 20:53; 9. Olivia Hoogland (UC) 21:04; 10. Arianna Dokter (MOC-FV) 21:05; 11. Bianca Dyker (MOC-FV) 21:09; 12. Lexi Duffy (Oko) 21:14; 13. Myka Schut (SC) 21:16; 14. Corinne McCord (SC) 21:32; 15. Kendra Zeutenhorst (SC) 21:35; 16. Amy De Groot (UC) 21:36; 17. Jenna Minshew (WC) 22:03; 18. Elyse Zwert (BHRV) 22:05; 19. Leah Landis (GLRCL) 22:09; 20. Jaidyn De Jong (UC) 22:10; 21. Blair Bandstra (SC) 22:18; 22. Sarah May (MOC-FV) 22:26; 23. Amika Jahn (SC) 22:27; 24. Paige Barrie (MOC-FV) 22:36; 25. Carly Caisdens (Oko) 22:39; 26. Shay Othoff (Oko) 22:40; 27. Courtney Jomer (UC) 22:42; 28. Grace Paulay (Oko) 22:43; 29. Lily Miller (Oko) 22:44; 30. Zoey Holmes (Oko) 22:53; 31. Mica Romero (SC) 22:53; 32. Autumn Bousmina (UC) 22:57;

33. Emily Fedders (WC) 23:00; 34. Macey Hoelstra (S-O) 23:01; 35. Addison Lister (UC) 23:12; 36. Gaeia Snyder (WL) 23:16; 37. Olivia Herod (S-O) 23:22; 38. Stacy Langenhorn (WL) 23:26; 39. Janice Zeutenhorst (SC) 23:26; 40. Annie Metzger (WL) 23:27; 41. Eliza Scheaffler (Sh) 23:32; 42. Rachel Paschke (S-O) 23:42; 43. Aubree Bowler (BHRV) 23:46; 44. Claire Kramer (GLRCL) 23:54; 45. Lauren Duffy (Oko) 23:59; 46. Aluma Wingate (S-O) 24:12; 47. Angie Munoz (BHRV) 24:17; 48. Alexa Clurey (BHRV) 24:19; 49. Brooklyn Kull (GLRCL) 24:21; 50. Naomi Post (BHRV) 24:24; 51. Trista Ten Pas (WC) 24:29; 52. Remi Childers (WL) 24:33; 53. Kennedy Festorum (MOC-FV) 24:36; 54. Maera Haveman (WC) 24:43; 55. Ella Jager (GLRCL) 24:50; 56. Ashlyn Davis (GLRCL) 24:56; 57. Andrea Bahson (WL) 25:01; 58. Ella Brands (WC) 25:03; 59. Keahna Hejrens (Trinity Christian) 25:03; 60. Giacon Scheaffler (Sh) 25:08; 61. Grace Van Roekel (WC) 25:23; 62. Madison Nunes (Sh) 25:29; 63. Ashlyn Kerdeman (BHRV) 25:44; 64. Elle Leudahl (WL) 26:33; 65. Malison Reitschler (WL) 26:33; 66. Allison Moore (BHRV) 26:50; 68. Christian Field (Sh) 29:19; 69. Olivia Van Maaren (Sh) 29:56; 70. Maerina Oestre (Sh) 30:00.

Boys team scores: 1. MOC-Floyd Valley 79; 2. Sioux Center 93; 3. Western Christian 96; 4. Unity Christian 104; 5. Okoboji 105; 6. George-Little Rock/Central Lyon 184; 7. Sibley-Ocheyedan 210; 8. Bond-Hall/Rock Valley 239; 9. MOC-FV 244; 10. West Lyon 270; 11. Trinity Christian 277; 12. Sheldon 285.

West Iowa results: 1. Sam May (MOC-FV) 16:59; 2. Tage Hulstein (WC) 17:06; 3. Evan Oster (Oko) 17:20; 4. Isaiah Hulshof (MOC-FV) 17:35; 5. Iyson Blom (MOC-FV) 17:50; 6. Noah De Weert (WC) 17:51; 7. Alejandro Bernal (S-O) 17:52; 8. A.J. Bongars (MOC-FV) 17:53; 9. Dylan Jones (Oko) 17:54; 10. Graham Varde Vegte (SC) 17:54; 11. Tommy Tracy (MOC-FV) 17:54; 13. Ian Van Der Werff (MOC-FV) 17:55; 14. Lane Henrichs (GLRCL) 17:57; 15. Eason Van Den Berg (SC) 18:03; 16. Jonathan Brems (UC) 18:03; 17. Erika Wynia (UC) 18:04; 18. Treva Marzine (MOC-FV) 18:08; 19. Airc De Kam (WC) 18:09; 20. Micah Truesdell (SC) 18:11; 21. Stephen Schreurs (UC) 18:17; 22. Caden Schouten (SC) 18:18; 23. Daylen Mulder (UC) 18:22; 24. Ewan Jansen (BHRV) 18:24; 25. Sam Meester (WL) 18:24; 26. Logan Foltz (SC) 18:25; 37. Ezra Landman (UC) 18:25; 28. Katen Harbecke (WC) 18:28; 29. Christian Hesse (Oko) 18:30; 30. Jackson Byers (S-O) 18:32; 31. Drew Sanden (Oko) 18:36; 32. Kellen Dean (SC) 18:36; 33. Caleb James (Oko) 18:55; 34. Tigg Heemil (Oko) 18:58; 36. Levi Landman (UC) 19:01; 36. Akron Jansland (Oko) 19:02; 37. Caleb Telony (UC) 19:06; 38. Carter Westra (TC) 19:28; 40. Matt Heikkinen (GLRCL) 19:29; 41. Cowan Van Kley (WC) 19:33; 42. Chase Duijn (GLRCL) 19:36; 43. Ulfers Miazas (GLRCL) 19:37; 44. Michael Wassem (Sh) 19:43; 45. Matthew Langholtz (GLRCL) 19:44; 46. Taylor Knobloch (WL) 19:45; 47. Asa Vargas (BHRV) 19:49; 48. Laremy Schreurs (WC) 19:57; 49. Landon Wecber (BHRV) 20:00; 50. Jesus Martinez (GLRCL) 20:02; 51. Josh Hoffmann (Sh) 20:06; 52. Amos Heepe (BHRV) 20:18; 54. Brandon Van Breen (GLRCL) 20:22; 55. Aiden De Zeeuw (S-O) 20:25; 56. Gavin Strouth (Sh) 20:26; 57. Jacob Kuiper (TC) 20:44; 58. Dustin Heidebergen (TC) 20:50; 59. David

Districts @ Unity

Weather

Sunny - 40s - slight breeze

	Mile 1 (Mile 2 Split)		Mile 2 (Mile 3 Split)		Finish	Place	Place Points Letter pts.	Individual: Total Runners:
	Time	Order	Time	Order				
Girls Varsity								
Andraya	7:24:00	1	9:32:08	1	25:18:68	62	59	Madison Brouwer - 11 - Sib-O - 19:18:15 89
Shay	6:55:00	2	8:45:08	2	23:35:08	39	38	Cherokee - 51 Unity - 65 Sib-O - 67 MVAO - 217 WS - 259 Emmetsburg - 297 OABCIG - 361
Randi	7:25:00	3	9:36:59	3	25:34:59	66	61	
Geena	6:34:00	4	9:01:00	4	23:36:00	40	39	
Madison	7:15:00	5	8:26:45	5	23:38:45	42	41	
Annie	6:57:00	6	8:49:27	6	23:48:87	43	42	
Malison	7:25:00	7	8:56:30	7	24:22:30	49	47	

Boys Varsity

	Mile 1 (Mile 2 Split)		Mile 2 (Mile 3 Split)		Finish	Place	Place Points Letter pts.	Individual: Total Runners:
	Time	Order	Time	Order				
Boys Varsity								
Carter	6:27:00	1	8:30:20	1	22:40:80	80	79	Tage Hulstein - 12 - WC - 16:56:97 97
Sam	5:23:00	2	6:57:22	2	18:27:22	24	24	Oko - 61 WC - 67
Aidan	6:14:00	3	8:01:48	3	21:19:48	68	68	MVAO - 246 ELC - 255
Taylor	5:54:00	4	7:25:33	4	19:51:33	47	47	Unity - 74 Spirit Lake - 119 WCKP - 278
Cole	6:16:00	5	8:01:37	5	21:21:37	69	69	WL - 287 Emmetsburg - 358 Sib - O - 199

WEST LYON CROSS-COUNTRY

Wildcats see 2021 season come to an close

West Lyon girls finish eighth with the Wildcat boys finishing 12th at the state-qualifying meet in Orange City

Nathan Broek | Sports Editor
nbroek@ncppub.com

ORANGE CITY-The West Lyon girls' and boys' cross-country teams battled some of the best runners on this side of the state at the Class 2A state-qualifier at Landsmeer Golf Club and hosted by Unity Christian High School Thursday, Oct. 21. In the end, the Wildcats saw the 2021 season come to an end.

The West Lyon girls finished eighth with 207 points. Cherokee won the girls' team title with 51 points. Unity Christian finished second with 65 points and Sibley-Ocheyedan finished third with 67 points. All three teams advanced to the state meet in Fort

Dodge Saturday, Oct. 30.

The top runner for the West Lyon girls was senior Shay Langenhorst in 39th. Geena Snyder finished 40th, Madison Feikema finished 42nd, Annie Metzger finished 43rd, Malison Rentschler finished 49th, senior Andraya Bahnon finished 62nd and Randi Childress rounded out the lineup in 66th.

"Our girls did a great job packing together and working our way up from the very beginning. For our top-four to finish that close together was a great thing to see," said Wildcats' coach Teresa Kerkvliet. "There are other girls I know that can be in that mix too and it's really going to be fun to see

West Lyon cross-country from Page 10

next year with all of them working together again." Kerkvliet felt Langenhorst and Bahnsen finished off their careers at West Lyon well.

"I was really happy with how they pushed themselves their last meet. They had a lot of determination to finish the year strong and it was great to see that fight come out," Kerkvliet said. "I'm really proud of what they accomplished this year."

The Wildcat boys finished 12th with 287 points. Okoboji won the boys' team title with 61 points. Western Christian was second with 67 points and Unity Christian was third with 74 points. All three teams advanced to the state meet in Fort Dodge.

Sam Meester was the top runner for West Lyon in 24th. Tayton Knobloch finished 47th, Aidan Jennings finished 68th, Cole Moser finished 69th and Carter Hasselmann

rounded out the lineup in 80th. The Wildcats did not have any seniors on the boys' team.

"The guys attacked the course well. We were hoping for a better outcome for them, but we know they were competitive throughout," Kerkvliet said.

The coach is already looking forward to what the boys could accomplish next season.

"We talked a lot about getting in strength workouts, as well as just continuing to come into the season prepared by getting more miles under our legs. We really need to make sure we are running together as a team and getting a few more numbers to help pull all of us along," Kerkvliet said.

Class 2A state cross-country qualifying at Landsmeer Golf Club in Orange City, hosted by Unity Christian High School Girls' team results: 1. Cherokee 51, 2. Unity Christian 65, 3.

Sibley-Ocheyedan 67, 4. Okoboji 104, 5. George-Little Rock/

Central Lyon 143, 6. Woodbury Central/Kingsley-Pierson 198, 7. Western Christian 205, 8. West Lyon 207, 9. Maple Valley-Anton-Otto 217, 10. West Sioux 259, 11. Emmetsburg 297, 12. Odebolt-Aurthur/Battle Creek-Ia Grove 361

Individual girls' results: 39. Shay Langenhorst 23:35, 40. Geena Snyders 23:36, 42. Madison Feikema 23:38, 43. Annie Metzger 23:48, 49. Malison Rentschler 24:22, 62. Andraya Bahnsen 25:18, 66. Randi Childress 25:34

Boys' team results: 1. Okoboji 61, 2. Western Christian 67, 3. Unity Christian 74, 4. Spirit Lake 119, 5. George-Little Rock/Central Lyon 157, 6. Cherokee 180, 7. Sibley-Ocheyedan 199, 8. Maple Valley-Anton-Otto 246, 9. Estherville-Lincoln Central 255, 10. Sheldon 266, 11. Woodbury Central/Kingsley-Pierson 278, 12. West Lyon 287, 13. Emmetsburg 358, 14. Odebolt-Aurthur/Battle Creek-Ia Grove 369

Individual boys' results: 24. Sam Meester 18:27, 47. Tayton Knobloch 19:51, 68. Aidan Jennings 21:19, 69. Cole Moser 21:21, 80. Carter Hasselmann 22:44

Five teams earn spot in state meet starting grid

BY CHARLIE HILDEBRAND
CHILDEBRAND@WESTIOWA.COM

ORANGE CITY—The Okoboji boys, along with four other N'West Iowa teams and six individuals, earned another week of practice based off their performance at the Class 2A state-qualifying cross country meet on Thursday at Landsmeer Golf Club in Orange City.

The top three teams in the girls

and boys divisions qualified for the Class 2A state meet next Saturday in Fort Dodge along with the top 15 individuals.

Pioneers top field

The Okoboji boys entered the state-qualifying meet ranked 12th but had two teams ranked ahead of them. The Pioneers managed to sneak by eighth-ranked Western Christian 61-67 for the top spot out

See **QUALIFYING on C3**

THURSDAY CLASS 2A CROSS COUNTRY STATE-QUALIFYING MEET

Pioneers cruise into state meet

Unity Christian sending each of its teams to state

QUALIFYING

Continued from page C1
of 14 teams.

Okoboji co-coach Errin Frerichs said that Brad Peter, the other coach, did a great job of coming up with a race plan for each runner.

"He had pretty much figured out that if we ran well, we would qualify for the state meet," she said. "If we ran extremely well, we could win. So it was awesome to see all his work come true."

Evan Osler finished third for the Pioneers out of 97 runners. Caleb Jones was ninth and Akron Jostand was 14th.

"Caleb Jones had the race of his life and we are so happy for him," Frerichs said. "We're super excited for Evan and Akron as well. To be an individual qualifier in that competitive field is awesome. Dylan (Jones) was disappointed on a personal level, finishing 16th is really hard. And getting beat by your brother is also tough. But the team district title doesn't happen without him running the race he did."

Western Christian finished second and was seven points ahead of Unity Christian.

"Our guys team had an OK night," said Wolfpack coach Dalton Lems. "It was great to place in the top three to qualify for state."

Western Christian's Tage Hulstein was the medalist winner, finishing with a time of 16 minutes, 56 seconds. Hulstein, who finished sixth in the state meet last year, said he had a race plan on Thursday.

"Sit back for the first mile, then hopefully take it into my own hands," he said.

Lems liked how Hulstein ran.

"Tage ran a smart race," Lems said. "He stayed relaxed and ran his race even though the first 800 was quick."

Caleb Douma finished 10th for the Wolfpack, Noah De Weerd was 13th and Aric De Kam placed 15th.

"Caleb, Noah and Aric all ran in a nice group," Lems said. "We just need to work on closing in on Tage as a group. If we can do that, we will be in good shape."

Unity Christian, ranked 10th, was the last team to earn a state berth after recording a score of 74. The Knights finished 11th at the state meet last year.

"It was a great day to run," said Unity Christian boys coach Karl Kaemingk. "The competition was everything we expected from Okoboji and Western Christian. I was proud of how the guys fed off each other."

Unity Christian's Daylen Mulder crossed eighth and Ethan Wynia was 11th. Caleb Te Krony finished 17th.

"We stayed in a tight pack and battled the whole way," Kaemingk said. "Daylen Mulder has come on strong and Caleb Te Krony showed his senior leadership. Ethan Wynia has been a rock the entire year."

George-Little Rock/Central Lyon finished fifth, falling short of qualifying for state.

"The boys were a little disappointed in their outcome, but for both teams they have a lot of runners coming back next year and have something to work towards to hopefully get back to state," said Mustangs' coach Mandi Ver Beek.

George-Little Rock/Central Lyon did have one individual state qualifier. Lane Henrichs finished seventh.

"Lane started off hard and ran awesome," Ver Beek said. "He doesn't always have a lot left at the end of his race so he knew he had to get out and be in the front from the start. He was always in the top 10 from the start and I am excited he is moving on to state after missing it last year by a couple places."

Sibley-Ocheyedan's Alejandro Ber-nal was the only other N'West Iowa runner to qualify for state on the boys side. He finished fourth.

"He was very close to his best time all season," said Generals' coach Ryan Wiersma. "He positioned himself right up there with the lead pack. He did exactly what he needed to do. That's what we've worked at and he was able to do it."

Knights top Generals

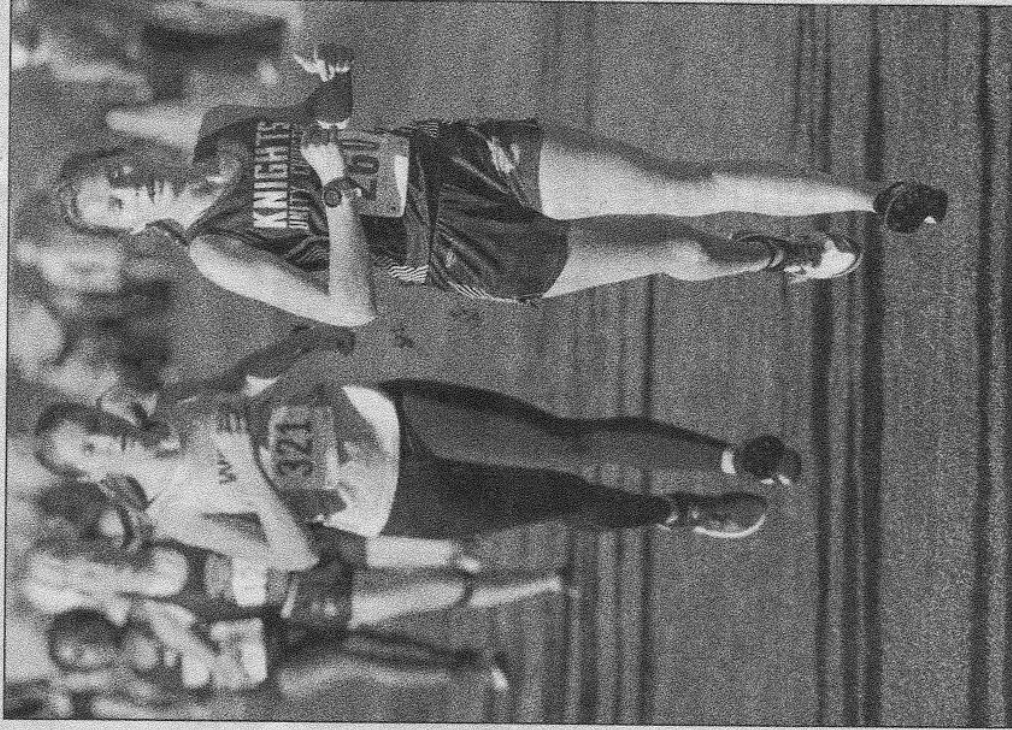
In a loaded girls field, seventh-ranked Unity Christian was the top team in N'West Iowa.

The Knights finished with a team score of 65 out of 12 teams, trailing only ninth-ranked Cherokee by 14 points. They finished 10th at the state meet last year.

"We knew going into the race it would be a dogfight at the top," said Unity Christian girls coach Jake Byma. "We knew we'd be neck and neck with Sibley-Ocheyedan and Cherokee. Okoboji and George-Little Rock we knew it would be difficult. We had a lot of home fans and that was a big help. We're proud of how we competed as a group."

Amaya Van Essen paced the Knights and finished fourth out of 89 runners. Olivia Hoogland was fifth.

"Amaya's had a strong senior season," Byma said. "She puts herself into a really strong position on the first mile. She's a strong and steady



Unity Christian sophomore Olivia Hoogland gets off to a quick start at the Class 2A state-qualifying meet Thursday in Orange City. Hoogland finished fifth to help the Knights to second as a team. Photo by Charlie Hildebrand

runner. Olivia has the fitness. She had a great mindset and was a bit more aggressive at the beginning of the race."

Eighth-ranked Sibley-Ocheyedan placed third, finishing just two points behind Unity Christian, to earn the final team berth in the state tournament. The Generals placed eighth at the state meet in 2020.

"The goal was to improve," Wiersma said. "We were hoping to get higher than third, but the ultimate objective was bringing the entire team to state and we were able to do that."

Madison Brouwer, ranked third individually, has been the medalist winner at every meet she's ran in this year. That didn't change on Thursday. Brouwer won with a time of 19:18, finishing 27 seconds faster than runner-up Kyrstin Agnitsch of Cherokee. Brouwer said her race plan was to ultimately help her teammates.

"Just to really try to get that top number for my team to really get us high up for the top three to qualify for state as a team," she said. "It was a really big thing for me to get first."

Wiersma said he's proud of the way Brouwer has handled expectations all year.

"She stayed humble and continued to work and realizes that winning races helps her team," he said. "Just because she consistently does it doesn't mean we should take it for granted. I'm super proud of her."

Madison Marco and Bria Wasmund cross the finish line third and eighth, respectively, for the Generals.

The 20th-ranked Okoboji girls placed fourth and missed out on qualifying as a team.

"They did everything they could possibly do," Frerichs said. "It was an incredibly good district of girls teams. I think Cherokee, Unity and Sibley will be in the top six teams at the state meet, so to be fourth behind those teams is incredible."

Lexi Duffy finished 11th for the Pioneers to qualify for state for the fourth time.

"That is a great accomplishment not achieved by very many," Frerichs said. "Lexi put herself in a great position from the start. Once the race started, it really was dictated by the first mile. It stayed fairly consistent throughout."

George-Little Rock/Central Lyon, ranked 19th, finished fifth.

"Coming in to the meet they knew they would have to put up their best times," Ver Beek said. "They all came in and ran their hardest. The girls all got close to their predicted times and gave it their all."

While the Mustangs missed out on a team berth, they did have two individuals qualify for state. Mary Schriever finished 10th and Afton Schlumbohm was 12th.

"Mary and Afton do a great job of

pushing each other in practice and the meet," Ver Beek said. "I am glad they both made it together. They have had a great season and I am excited to see how they run next weekend."

Western Christian's Jenae Minderhoud earned the last state-qualifying spot with a 15th-place finish.

"Jenae ran an absolutely great race," Lems said. "Placing in the top 15 in this district is tough let alone to do it as a freshman."

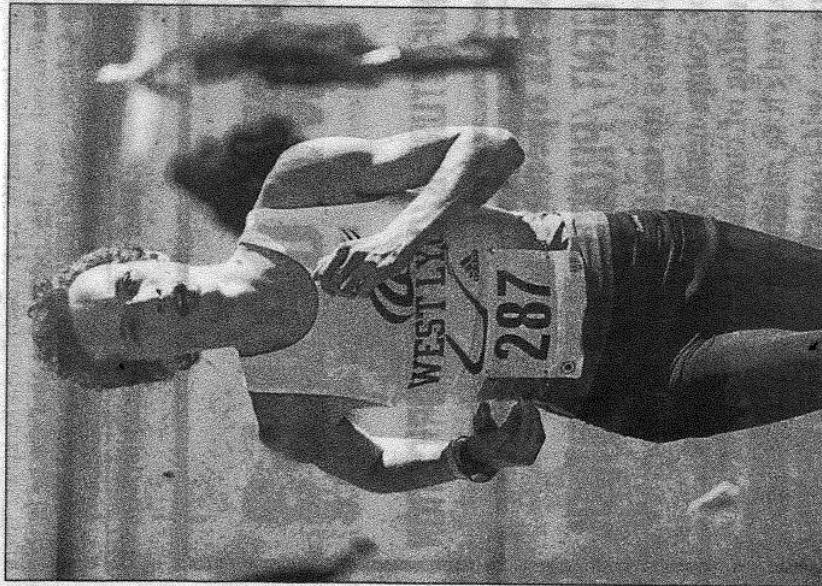
Class 2A state-qualifying meet

Girls team scores: 1. Cherokee 51; 2. Unity Christian 65; 3. Sibley-Ocheyedan 67; 4. Okoboji 104; 5. George-Little Rock/Central Lyon 143; 6. Woodbury Central/Kingsley-Pierson 198; 7. Western Christian 205; 8. West Lyon 207; 9. MVAOCO 217; 10. West Sioux 259; 11. Emmetsburg 297; 12. OABCIG 361.

N'West Iowa results: 1. Madison Brouwer (S-O) 19:18; 3. Madison Marco (S-O) 20:06; 4. Amaya Van Essen (UC) 20:32; 5. Olivia Hoogland (UC) 20:41; 8. Bria Wasmund (S-O) 20:46; 10. Mary Schriever (GLRCL) 21:00; 11. Lexi Duffy (Oko) 21:03; 12. Afton Schlumbohm (GLRCL) 21:08; 15. Jenae Minderhoud (WC) 21:27; 16. Jaidyn De Jong (UC) 21:30; 17. Lily Miller (Oko) 21:39; 18. Amy De Groot (UC) 21:43; 20. Meraya Barrera (WS) 22:01; 21. Lexi Landis (GLRCL) 22:11; 23. Maryn Frein (Oko) 22:15; 25. Autumn Bousema (UC) 22:19; 26. Macey Hoekstra (S-O) 22:48; 27. Zoey Holmes (Oko) 22:55; 28. Courtney Joiner (UC) 22:58; 31. Olivia Hench (S-O) 23:03; 32. Grace Pausley (Oko) 23:04; 33. Megan Te Krony (UC) 23:15; 36. Lauren Duffy (Oko) 23:24; 37. Alayna Wingate (S-O) 23:27; 39. Shay Langenhorst (WL) 23:35; 40. Geena Snyders (WL) 23:36; 41. Emily Fedders (WC) 23:36; 42. Madison Feikema (WL) 23:38; 43. Annie Metzger (WL) 23:48; 44. Elisa Scheaffer (Sheldon) 23:56; 45. Claire Kramer (GLRCL) 23:57; 46. Rachel Rusche (S-O) 24:03; 48. Emma Van Wyhe (WS) 24:20; 49. Malison Rentshler (WL) 24:22; 50. Trista Ten Pas (WC) 24:34; 52. Gracia Scheaffer (Sheldon) 24:48; 54. Maeva Haveman (WC) 24:54; 55. Zoe Gulker (WC) 24:55; 56. Marla Rubio (WS) 24:58; 60. Ella Brands (WC) 25:04; 61. Brooklyn Krull (GLRCL) 25:12; 62. Andraya Bahnson (WL) 25:18; 63. Brinda McCabe Nuckols (Sheldon) 25:23; 64. Madison Nunes (Sheldon) 25:26; 66. Randi Childress (WL) 25:34; 67. Ashlynn Davis (GLRCL) 25:39; 68. Ashley Fedders (WC) 25:47; 69. Ella Jager (GLRCL) 25:50; 72. Tristen Tiffit (WS) 26:12; 80. Crystal Ramirez (WS) 27:25.

Boys team scores: 1. Okoboji 61; 2. Western Christian 67; 3. Unity Christian 74; 4. Spirit Lake 119; 5. George-Little Rock/Central Lyon 157; 6. Cherokee 180; 7. Sibley-Ocheyedan 199; 8. MVAOCO 246; 9. Estherville Lincoln Central 255; 10. Sheldon 266; 11. Woodbury Central/Kingsley-Pierson 278; 12. West Lyon 287; 13. Emmetsburg 358; 14. OABCIG 369.

N'West Iowa results: 1. Tage Hulstein (WC) 16:56; 3. Evan Osier (Oko) 17:20; 4. Alejandro Bernal (S-O) 17:25; 7. Lane Hennrichs (GLRCL) 17:44; 8. Daylen Mulder (UC) 17:49; 9. Caleb Jones (Oko) 17:50; 10. Caleb Douma (WC) 17:52; 11. Ethan Wynia (UC) 17:54; 13. Noah De Weerd (WC) 17:59; 14. Akron Jostand (Oko) 17:59; 15. Aric De Kam (WC) 18:02; 16. Dylan Jones (Oko) 18:04; 17. Caleb Te Krony (UC) 18:07; 18. Stephen Schreurs (UC) 18:07; 19. Christian Hesse (Oko) 18:12; 20. Jonathan Breems (UC) 18:17; 21. Drew Sandven (Oko) 18:22; 22. Trigg Heimdal (Oko) 18:24; 23. Ezra Landman (UC) 18:26; 24. Sam Meester (WL) 18:27; 27. Jackson Byers (S-O) 18:33; 28. Kalen Hartbecke (WC) 18:42; 29. Levi Landman (UC) 18:42; 32. Matt Heikenn (GLRCL) 19:11; 34. Michael Wassenaar (Sh) 19:16; 36. Laremy Schreurs (WC) 19:25; 37. Cowan Van Kley (WC) 19:27; 38. Ulises Masias (GLRCL) 19:27; 39. Matthew Langholdt (GLRCL) 19:35; 40. Aiden De Zeeuw (S-O) 19:36; 41. Chase Duin (GLRCL) 19:37; 47. Tayton Knobloch (WL) 19:51; 48. Josh Hoffmann (Sh) 19:56; 49. Brandon Van Briesen (GLRCL) 19:58; 53. Andrew Frohwein (Sh) 20:04; 59. Gavin Strouth (Sh) 20:18; 60. Jesus Martinez (GLRCL) 20:30; 62. David Poppen (S-O) 20:44; 66. Keegan De Zeeuw (S-O) 21:11; 68. Aidan Jennings (WL) 21:19; 69. Cole Moser (WL) 21:21; 71. Tyler Kennedy (West Sioux) 21:25; 72. Garrett Atherton (S-O) 21:25; 73. Neil Patel (Sh) 21:36; 74. David Wiersma (Sh) 21:41; 76. Matt Roelfs (S-O) 22:10; 79. Drew Vanden Hull (Sh) 22:40; 80. Carter Hasselmann (WL) 22:44; 85. Evan Lauters (West Sioux) 23:26; 93. Morgan Thonstad (West Sioux) 25:39.



Carter Hasselmann keeps his pace through the halfway point of the Class 2A state-qualifying meet at Landsmeer Golf Club in Orange City Thursday, Oct. 21. Hasselmann was the final runner across the finish line for the West Lyon boys in 80th as the Wildcats saw the 2021 season come to an end as they finished 12th as a team with 287 points. (Photo/Nathan Broek)



Shay Langenhorst sprints through the final 100 meters at the Class 2A state-qualifying meet at Landsmeer Golf Club in Orange City, and hosted by Unity Christian, Thursday, Oct. 21. Langenhorst was the top runner for the Wildcats in 39th, but the senior runner saw her prep high school career come to an end as the team finished in eighth with 207 points. (Photo/Nathan Broek)



Andraya Bahnson races to the finish line at the Class 2A state-qualifying meet at Landsmeer Golf Club in Orange City, and hosted by Unity Christian High School, Thursday, Oct. 21. Bahnson saw her prep high school cross-country career come to an end as she finished in 62nd and the West Lyon Wildcat girls finished 12th as a team. (Photo/Nathan Broek)