

**NORTH STAR ATHLETIC ASSOCIATION CROSS COUNTRY
CHAMPIONSHIPS**

Valley City, ND

VCSU

Friday, November 8, 2024

**OFFICIAL MEET REPORT**

printed: 11/8/2024 12:16 PM

**Race #1
Women's 6000****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Spread
1 Dakota State	35	3-5-7-9-11(17)(18)	1:09.2
2 Jamestown	52	6-8-10-13-15(19)	1:11.1
3 Valley City State	81	2-4-24-25-26(29)	9:43.6
4 Dickinson St.	84	12-14-16-20-22(23)	3:13.8
5 Bellevue	107	1-21-27-28-30	21:53.3

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 Nelson, Madison	SR	8267	Bellevue	1	22:30.2	---	6:02.0	3:45.0
2 Just, Karly	JR	8344	Valley City State	2	23:23.4	53.2	6:16.2	3:53.9
3 Curikova, Valerija	SO	8293	Dakota State	3	23:51.0	1:19.8	6:23.6	3:58.5
4 Barnes, Jasmine	SR	8340	Valley City State	4	23:57.1	1:26.9	6:25.3	3:59.5
5 Roth, Lindsey	JR	8297	Dakota State	5	24:03.7	1:33.5	6:27.0	4:00.6
6 Thorson, Jordyn	SO	8330	Jamestown	6	24:14.1	1:43.9	6:29.8	4:02.3
7 Miller, Kierra	SO	8295	Dakota State	7	24:19.6	1:49.4	6:31.3	4:03.3
8 Goodmanson, Allyson	FR	8325	Jamestown	8	24:21.3	1:51.1	6:31.8	4:03.5
9 Beaucaire, Brooke	JR	8292	Dakota State	9	24:26.7	1:56.5	6:33.2	4:04.4
10 Reeder, Emma	SO	8328	Jamestown	10	24:52.5	2:22.3	6:40.1	4:08.8
11 Sylva, Madelyn	JR	8299	Dakota State	11	25:00.2	2:30.0	6:42.2	4:10.0
12 Handran, Mia	FR	8310	Dickinson St.	12	25:02.9	2:32.7	6:42.9	4:10.5
13 Vander Kooi, Kirsten	SO	8331	Jamestown	13	25:06.6	2:36.4	6:43.9	4:11.1
14 Taylor, Lauren	JR	8313	Dickinson St.	14	25:16.7	2:46.5	6:46.6	4:12.8
15 Olson, Brooke	SO	8326	Jamestown	15	25:25.2	2:55.0	6:48.9	4:14.2
16 Lile, Natalie	JR	8312	Dickinson St.	16	25:30.6	3:00.4	6:50.3	4:15.1
17 Schneider, Anna	FR	8298	Dakota State	(17)	25:34.5	3:04.3	6:51.4	4:15.7
18 White, Presli	FR	8300	Dakota State	(18)	25:42.8	3:12.6	6:53.6	4:17.1
19 Tallackson, Jennifer	SR	8329	Jamestown	(19)	25:54.8	3:24.6	6:56.8	4:19.1
20 Widmer, Elizabeth	SR	8314	Dickinson St.	20	25:55.7	3:25.5	6:57.1	4:19.3
21 Palmquist, Saddle	SR	8296	Dakota State	-	26:11.5	3:41.3	7:01.3	4:21.9
22 Rivera Camargo, Alicia	SO	8269	Bellevue	21	26:15.0	3:43.8	7:02.2	4:22.5
23 Winter, Sheridyn	SO	8301	Dakota State	-	27:05.6	4:35.4	7:15.8	4:30.9
24 Aune, Morgan	JR	8309	Dickinson St.	22	28:16.7	5:46.5	7:34.9	4:42.8
25 Jarrett, Loli	SO	8311	Dickinson St.	(23)	29:05.6	6:35.4	7:48.0	4:50.9
26 Meyer, Courtney	JR	8294	Dakota State	-	29:51.8	7:21.6	8:00.4	4:58.6
27 Haerer, Morgan	SR	8341	Valley City State	24	31:41.6	9:11.4	8:29.8	5:16.9
28 Muggli, Emma	SO	8345	Valley City State	25	32:04.6	9:34.4	8:36.0	5:20.8
29 Hatlewick, Emily	SR	8342	Valley City State	26	33:06.9	10:36.7	8:52.7	5:31.1
30 Brandes, Alyssa	SO	8264	Bellevue	27	33:46.5	11:16.3	9:03.3	5:37.7
31 Noel-Traissac, Aaricia	JR	8268	Bellevue	28	33:48.9	11:18.7	9:03.9	5:38.1
32 Henry, Tennasyn	FR	8343	Valley City State	(29)	34:45.4	12:15.2	9:19.1	5:47.6
33 Kisoryo, Kimberly	FR	8266	Bellevue	30	44:23.4	21:53.2	11:54.0	7:23.9

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Race #2
Men's 8000

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Spread
1 Bellevue	28	1-2-3-7-15(18)(22)	1:29.4
2 Dakota State	53	4-6-13-14-16(19)(20)	1:18.2
3 Dickinson St.	66	5-9-12-17-23(26)(35)	2:17.5
4 Jamestown	78	8-10-11-24-25(30)(31)	2:03.4
5 Valley City State	137	21-27-28-29-32(33)(34)	2:44.0

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 Mallow, Xavier	FR	8260	Bellevue	1	26:06.2	---	5:15.1	3:15.8
2 Kipyegon, Ronald	FR	8257	Bellevue	2	26:12.9	6.7	5:16.5	3:16.6
3 Marcoux, Richard	SR	8261	Bellevue	3	26:18.9	12.7	5:17.7	3:17.4
4 Saylor, Caleb	SR	8287	Dakota State	4	26:22.2	16.0	5:18.3	3:17.8
5 Sarsland, Caleb	SO	8308	Dickinson St.	5	26:37.6	31.4	5:21.4	3:19.7
6 Myers, Taylor	SR	8283	Dakota State	6	26:44.8	38.6	5:22.9	3:20.6
7 Lara, Jose	JR	8259	Bellevue	7	26:50.1	43.9	5:24.0	3:21.3
8 Campbell, Cole	SO	8316	Jamestown	8	27:07.0	59.8	5:27.4	3:23.4
9 Atkinson, Hudson	JR	8302	Dickinson St.	9	27:07.7	1:01.5	5:27.5	3:23.5
10 Lortscher, Clark	SO	8320	Jamestown	10	27:10.8	1:04.6	5:28.1	3:23.8
11 Thompson, Landon	JR	8324	Jamestown	11	27:12.2	1:06.0	5:28.4	3:24.0
12 Flowers, Will	SR	8303	Dickinson St.	12	27:21.7	1:15.5	5:30.3	3:25.2
13 Henrichs, Lane	SO	8275	Dakota State	13	27:29.3	1:23.1	5:31.8	3:26.2
14 Johnson, Curtis	JR	8279	Dakota State	14	27:33.2	1:27.0	5:32.6	3:26.6
15 Casallas, Luis	JR	8254	Bellevue	15	27:35.5	1:29.3	5:33.1	3:26.9
16 Armstrong, Evan	SO	8271	Dakota State	16	27:40.3	1:34.1	5:34.1	3:27.5
17 Obrigewitch, Griffin	SR	8307	Dickinson St.	17	27:51.1	1:44.9	5:36.2	3:28.9
18 Kotz, Collin	SR	8258	Bellevue	(18)	27:56.9	1:50.7	5:37.4	3:29.6
19 Tucker, Joshua	SO	8291	Dakota State	(19)	28:05.9	1:59.7	5:39.2	3:30.7
20 Farland, Cody	SR	8273	Dakota State	(20)	28:07.0	1:59.8	5:39.4	3:30.9
21 Johns, Franklin	SO	8278	Dakota State	-	28:11.4	2:05.2	5:40.3	3:31.4
22 Nicke, Tyler	SO	8284	Dakota State	-	28:12.2	2:06.0	5:40.5	3:31.5
23 Garcia, Rigo	SR	8335	Valley City State	21	28:16.3	2:10.1	5:41.3	3:32.0
24 Kipchumba, Griffin	FR	8256	Bellevue	(22)	28:31.3	2:25.1	5:44.3	3:33.9
25 Henrie, Reese	JR	8276	Dakota State	-	28:47.5	2:41.3	5:47.6	3:35.9
26 Kassa, Yohannes	SO	8280	Dakota State	-	28:50.4	2:44.2	5:48.2	3:36.3
27 Littleton, Jacob	FR	8306	Dickinson St.	23	28:55.0	2:47.8	5:49.1	3:36.9
28 Strunk, Benjamin	FR	8289	Dakota State	-	28:57.8	2:51.6	5:49.6	3:37.2
29 Hjelmstad, Drew	SR	8319	Jamestown	24	28:57.8	2:51.6	5:49.7	3:37.2
30 Sampers, Samuel	FR	8323	Jamestown	25	29:10.4	3:04.2	5:52.2	3:38.8
31 Thiele, Jonah	SO	8290	Dakota State	-	29:10.9	3:04.7	5:52.3	3:38.9
32 Heacock, Eli	FR	8304	Dickinson St.	(26)	29:20.6	3:14.4	5:54.2	3:40.1
33 Jelen, Holden	FR	8277	Dakota State	-	29:27.5	3:21.3	5:55.6	3:40.9
34 Minnihhan, Tate	FR	8338	Valley City State	27	29:28.7	3:22.5	5:55.9	3:41.1
35 Baumgartner, Zach	FR	8333	Valley City State	28	29:30.4	3:24.2	5:56.2	3:41.3
36 Siford, Robert	SO	8263	Bellevue	-	29:30.4	3:24.2	5:56.2	3:41.3
37 Awender, Brackin	JR	8332	Valley City State	29	29:57.9	3:51.7	6:01.7	3:44.7

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**Race #2
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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
38 Pospisil, Liam	JR	8322	Jamestown	(30)	30:02.5	3:56.3	6:02.7	3:45.3
39 Madsen, Grayson	SO	8281	Dakota State	-	30:10.6	4:04.4	6:04.3	3:46.3
40 Reco, Logan	FR	8286	Dakota State	-	30:14.1	4:07.9	6:05.0	3:46.8
41 Dahl, Lucas	FR	8317	Jamestown	(31)	30:26.3	4:20.1	6:07.4	3:48.3
42 Oliete Tejedor, Roger	JR	8285	Dakota State	-	30:43.8	4:37.6	6:11.0	3:50.5
43 Marshall, Kadin	FR	8321	Jamestown	-	30:50.3	4:44.1	6:12.3	3:51.3
44 Eichhorst, Isaac	JR	8334	Valley City State	32	31:00.3	4:54.1	6:14.3	3:52.5
45 Hoke, Garet	SR	8337	Valley City State	(33)	31:12.8	5:06.6	6:16.8	3:54.1
46 Harr, Lucas	JR	8274	Dakota State	-	31:48.2	5:42.0	6:23.9	3:58.5
47 Gunther, Gage	FR	8336	Valley City State	(34)	32:13.4	6:07.2	6:29.0	4:01.7
48 Corona Martinez, Alejandro	FR	8255	Bellevue	-	32:25.3	6:19.1	6:31.4	4:03.2
49 Akey, Kaiden	SO	8270	Dakota State	-	33:44.3	7:38.1	6:47.3	4:13.0
50 Hoverson, Brady	FR	8305	Dickinson St.	(35)	34:03.2	7:57.0	6:51.1	4:15.4
51 Olson, Jaxsyn	JR	8339	Valley City State	-	34:19.7	8:13.5	6:54.4	4:17.5
52 Dimick, Hunter	SO	8272	Dakota State	-	35:47.5	9:41.3	7:12.1	4:28.4