

Twin Valley Cross Country Meet

October 13, 2022

Centralia Lake

Girl's Race: 4:00 AM

Boy's Race: 4:40 AM

Meet Information



Centralia Lake Course Map

Teams Attending: Axtell, Blue Valley, Centralia, Clifton-Clyde, Doniphan West, Frankfort, Hanover, Linn, Onaga, Troy, Valley Heights, Washington County, Wetmore

Race Distance: Girls – 5k Boys – 5k

How a Meet is Scored: At our meet the first 7 team members per team are considered varsity runners. In this meet four runners make a team. However, coaches are allowed to run a total of seven runners on a varsity team. The three additional runners are called “pushers.” Their purpose is to “push” the other four runners on their team, add points to other team’s top 4 runners, and in case of someone dropping out they become one of their four scoring team members. In addition, the fifth runner is used to break a tie between two teams if necessary. If a school does not have four runners, their runners do not figure into team scoring. Their runners become what is referred to as “individual” recognition, but without four runners they will not receive team status. At the finish line, meet management records team runners separately. The first team runner will receive number one and so forth. The lowest team score wins.

Awards: Twin Valley League medals the top 12 girls and top 12 boys. Top 3 teams are recognized and the 1st place team may list it on their plaque at their individual schools

Course Records:

Girls:

Sarena Meier, Pike Valley, 2016, 19:41

Boys:

Lukas Koch, Centralia, 2012, 15:54

Acknowledgements: Thank you to all the volunteers who made this cross country meet a success.

2022 Runners

Axtell

Buessing, Alison	W
Buessing, Claire	W
Hasenkamp, Alyssa	W
Kostal, Audrey	W
Sandman, Kaylee	W
Strathman, Chloey	W
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Bauer, Jesse	M
Buessing, Blaise	M
Buessing, Grady	M
Kostal, Abram	M
Lindeen, Kendrew	M
Lindeen, Montgomery	M
Musyoki, Breckin	M
Shaughnessy, Gavin	M

Blue Valley

Brockman, Braden	M
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Centralia

Allen, Morgan	W
Kramer, Melissa	W
Puvogel, Lily	W
Talley, Meleah	W
Thompson, Cora	W
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Engelken, Race	M

Clifton-Clyde

Begnoche, Hailey	W
Bowen, Jadelynn	W
Ostermann, Jessica	W
Sikes, Whitley	W
Sorell, Elisa	W
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Begnoche, Landon	M
Winter, Jackson	M

Doniphan West

Blanton, Cassidy	W
Clark, Lilly	W
Cole, Claire	W
Florence, Rylan	W
Gobin, Aly	W
Leatherman, Lena	W
McCauley, Kamryn	W
Smith, Belle	W
Smith, Jaidyn	W
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Blanton, Jacob	M
Florence, Reece	M
Idol, Isaac	M
Moore, Malakhi	M
Silva, Raphael	M

Frankfort

Dalinghaus, Ashlyn	W
Dressman, Annie	W
Dressman, Lilly	W
Gros, Hattie	W
Shirley, Holland	W
Studer, Ellie	W
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Farrar, Channing	M
Helmerichs, Devin	M
Morton, Eli	M
Rosquist, Fred	M
Smith, Connor	M

Hanover

Zarybnicky, Hannah	W
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Olguin, Ayden	M
Sawin, Maxwell	M

Linn

Beikmann, Claire	W
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Ohlde, Conner	M

Onaga

Krohn, Maria	W
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Falk, Payton	M
Figge, Tyree	M
Goodrum, Gavin	M
Kolterman, Corbin	M
Pennington, Wyatt	M
Peters, Zach	M

Troy

Clary, Adriana	W
Franken, Kamryn	W
Grable, Gracie	W
Grable, Macy	W
Horner, Jaycee	W
Houghton, Sara	W
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Ashburn, Sawyer	M
King, Jake	M

Valley Heights

Martin, Kloee	W
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Nemechek, Hudson	M

Washington County

Baker, McKenzie	W
Elliott, Makenna	W
Jueneman, Alyssa	W
Tholstrup, Kiersten	W
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Applegarth, Brody	M
Baker, Drake	M
Cheely, Connor	M
Hill, Garrett	M
Huband, Tucker	M
Orth, Blake	M
Sand, Garrison	M
Sawin, Ryan	M
Thompson, Lucas	M

Wetmore

Nichols, Rylie	W
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Fulkerson, Gavin	M
Fulkerson, Kristopher	M
McQueen, Brayden	M