

CROSS COUNTRY
STATE 2021
CHAMPIONSHIPS
NORTH DAKOTA



**Parkhurst Recreational Area
Pipestem Reservoir – Jamestown, ND
October 23, 2021**



Matthew J. Fetsch
Executive Director



Brian Bubach
Associate Director



Justin Fletschock
Assistant Director



Kevin Morast
Assistant Director



Brenda Schell
Assistant Director



Tom Mix
Media Specialist



Travis Jordan
President
Beulah



Dr. Mark Rerick
Vice President
Grand Forks



Jeremy Brandt
Buxton



Josh Johnson
Valley City



Dr. Todd Bertsch
Fargo



Paul Jundt
Bismarck



Rick Diegel
Steele



Dave Schoch
Velva



Guy Fridley
Dickinson



Kirsten Baesler, Bismarck
Dept. of Public Instruction



Alexis Baxley, Bismarck
School Boards Association

2021 State Class A Cross Country - Box Assignments

School	Boys Coach	Box	Girls Coach	Box
Bismarck Century	Brad Lies	5	Teresa Hanson	13
Bismarck High	Scott Reichenberger	13	Scott Reichenberger	21
Bismarck Legacy	Andrew Reichenberger-Walz	1	Kelsey Reimnitz	39
Devils Lake	Nick Kavli	3	Nick Kavli	19
Dickinson	Greg Jung	9	Dakota Hayes	27
Fargo Davies	Jason Holland	17	Jason Edwards	29
Fargo North	Gary Mailloux	39	Aaron Walker	31
Fargo South	Dustin Swanson	15	Jason Swier	5
Grand Forks Central	Sean Allan	19	Sean Allan	23
Grand Forks Red River	Richard Dafoe	25	Sarah Boese-Noreen	9
Jamestown	Ken Gardner	31	Ken Gardner	25
Mandan	Bill Greb	29	Hilary Feist	11
Minot	Lance Gehring	21	Carla Wahlund	33
Shanley	Chris Foerster	23	Chris Foerster	15
Valley City	Deb Beilke	11	Deb Beilke	35
Watford City	David Gumke	27	Sydney Lund	3
West Fargo	Brad Amundson	33	Brad Amundson	17
West Fargo Horace	Leigh Daley	35	Leigh Daley	37
West Fargo Sheyenne	Troy Thorson	37	Troy Thorson	7
Williston	Shane Wahlstrom	7	Chase Gregory	1

SCHEDULE

- 12:00 PM Course Opens
- 12:30 PM Coaches Meeting
- 2:00 PM Class A Girls
- 2:45 PM Class A Boys

**AWARDS TO FOLLOW*



Athletic Training Services Provided by:

JRMCMC

Orthopedics

AND SPORTS MEDICINE



CLASS A BOYS ROSTERS

Bismarck Century

No.	Name	Gr
11	Chase Hoechst	12
12	Brody Ferderer	11
13	Ben Fryhling	9
14	Gavyn Graham	10
15	Brett Hetland	12
16	Spencer Hoskins	10
17	Griffin House	12
18	Zach Jeffers	12
19	Jonathan Nistler	12
20	Hayden Ritter	10

Bismarck High

No.	Name	Gr
31	Dawson Balzer	9
32	Noah Cowley	12
33	Djiby Diallo	10
34	Jakson Ensign	9
35	Connor Ensign	9
36	Gabe Hanson	10
37	Parker Hintz	10
38	Owen Hintz	8
39	Brady Korsmo	11
40	Jaxsyn Olson	12

Bismarck Legacy

No.	Name	Gr
51	Rocco Brannan	7
52	Truitt Brannan	9
53	Morgon Brindley	11
54	Isaac Flanagan	12
55	Eric Hasby	11
56	Kyle Marcotte	11
57	Ivar Martell	11
58	Michael Ouradnik	11
59	Derek Shannon	12
60	Alex Ternes	11

Devils Lake

No.	Name	Gr
71	Noah Azure	9
72	Zane Bennett	7
73	Brady Goss	11
74	Tyler Goss	11
75	Ben Larson	9
76	Thomas Leever	7
77	Grant Quam	9
78	Adam Sobolik	9
79	Malcolm Stubbe	11
80	Taydon Triepke	8

Dickinson

No.	Name	Gr
89	AJ Ash	12
90	Jace Cofer	11
91	Caleb Hansen	12
92	Eli Hansen	11
93	Jack Kovash	12
94	Max Lefor	11
95	Aidon Rodakowski	10
96	Jake Skabo	10
97	Caleb Swisher	9
98	Joel Thorson	10

Fargo Davies

No.	Name	Gr
109	Nate Anderson	10
110	Carter Berney	12
111	Regan Bosch	12
112	Adam Brachman	10
113	Alex Hovdenes	10
114	Sam Lies	11
115	Lucas Menke	11
116	Drew Rempher	11
117	Leighton Steidl	11
118	Jaray Touray	10

Fargo North

No.	Name	Gr
129	Jeb Gossett	10
130	Gus Hillmer	9
131	Braxton Middaugh	11
132	David Olson	12
133	Eli Pederson	11
134	Christian Pochmara	9
135	Simon Pryor	11
136	Gabe Sagvold	12
137	Owen Sondag	10
138	Jack Thiel	12

Fargo South

No.	Name	Gr
149	Prince Omar AlyAhmed	11
150	Abram Anderson	12
151	Nathan Hokstad	11
152	Parker Liedahl	11
153	Gunnar Moody	12
154	Brady Sivers	10
155	Jacob Syster	9

Grand Forth Central

No.	Name	Gr
166	Layton Boaz	9
167	Preston Diedrich	10
168	Aidan Fiala	9
169	Avery Harsell	12
170	Zach Martin	12
171	Derek McLaren	9
172	Cayden Reed	11
173	Quinn Roehl	11
174	Curtis Sande	10
175	Jaden Schwan	10

Grand Forks Red River

No.	Name	Gr
186	Elijah Dafoe	9
187	Jonah Dafoe	11
188	Matthew Evans	11
189	Jake Jenkins	11
190	Micah Larsen-Schmidt	10
191	Hunter McHenry	12
192	David Radke	10
193	Matthew Rongitsch	11
194	Tanner Schiller	12
195	Dameon Zenawick	12

Jamestown

No.	Name	Gr
206	Austin Andersen	11
207	Sam Anteau	10
208	Caleb Fabian	9
209	Cullen Flieth	12
210	Ethan Igl	11
211	Raine Job	10
212	Noah Lynch	9
213	Jack Schauer	7
214	Micah Stoudt	9
215	Gradin Thorlakson	8

Mandan

No.	Name	Gr
226	Terry Brownotter	9
227	Omar Foley	10
228	Justin Hale	10
229	Charles Hale	9
230	Leif Lahtinen	10
231	Michael Pfliger	10
232	Christopher Ramsey	9
233	Raine Skjod	12
234	Michael Storsved	10

Minot

No.	Name	Gr
245	Cooper Fjeld	9
246	Benjamin Harris	9
247	Ethan Henderson	10
248	Nolan Howey	9
249	Oscar Hultz	12
250	Caleb Roth	10
251	Grant Schaeffer	12
252	Garth Shanklin	12
253	Connor Shaw	9
254	Carson Wistisen	11

Shanley

No.	Name	Gr
266	John Biebighauser	9
267	Eric Biver	11
268	Quinn Carroll	8
269	Ethan Erickson	7
270	Noah Geffre	12
271	Andrew Hultin	12
272	Nate Krause	12
273	Stuart Nelson	9
274	Beck Ulven	8

Valley City

No.	Name	Gr
282	Trevor Fetsch	9
283	Corben Golovanoff	10
284	Eric Ingstad	12
285	Gabriel Little Dog	11
286	Connor Pfennig	12

CLASS A BOYS ROSTERS

Watford City

No.	Name	Gr
292	Joe Bear	8
293	Dehico BocanegraTovar	7
294	Tanner Edwards	11
295	Evander Long	12
296	Jory Lund	10
297	Judah Mitchell	8
298	Parker Schuster	10
299	Daniel Scott	11
300	Zach Tomlinson	10
301	Isaac Wolf	8

West Fargo

No.	Name	Gr
302	Justin Smith	12
313	Isaac Amundson	9
314	Nick Anderson	12
315	Lane Dullum	12
316	Gavan Norton	9
317	Lincoln Retzlaff	12
318	Levi Rossman	11
319	Landon Troftgruben	10
320	Brady Wohl	10
321	Noah Yahnke	11

West Fargo Horace

No.	Name	Gr
323	Gavin Bjur	8
324	Owen Rohr	9
325	Owen Terras	7

West Fargo Sheyenne

No.	Name	Gr
326	Brody Black	10
327	Cooper Clouse	10
328	Tucker Deibert	10
329	Carter Ferber	12
330	Aiden Johnson	10
331	Caeden Johnson	12
332	Isaiah Robles	10
341	Oliver Dietz	12
342	Stetson Gisselbeck	9
343	Drew Swenson	9

Williston

No.	Name	Gr
354	Logan Ackman	11
355	Wyatt Adkins	8
356	Ivan Askim	11
357	Charlie Hardcastle	12
358	Hunter Hart	9
359	Thomas Haskins	10
360	Fynn Krenz	11
361	Kolden Kringen	11
362	Ethan Moe	11
363	Aaron Sikes	10



**2020 Champion
Sean Korsmo-Bismarck**



**2020 Champion
Meghan Ford—Jamestown**

CLASS A GIRLS ROSTERS

Bismarck Century

No.	Name	Gr
1	Isabelle Ersland	10
2	Addison Heck	8
3	Emerson House	9
4	Danae Kern	8
5	Jillian Lemer	8
6	Rhenna Martin	12
7	Reagan Roth	7
8	Lindsey Schroeder	10
9	Kylie Wald	11
10	Bella Walth	8

Bismarck High

No.	Name	Gr
21	Izzy Dahl	7
22	Taya Fettig	9
23	Bryar Jahner	7
24	Sophia Ness	10
25	Neely Reichenberger	11
26	Zoe Reichenberger	10
27	Dalila Sharp	10
28	Bayla Weigel	10
29	Rita Wise Spirit	9
30	Lucy Wisthoff	9

Bismarck Legacy

No.	Name	Gr
41	Bre Axt	9
42	Brynn Crane	9
43	Macy Crane	9
44	Abby Eberle	10
45	McKenzie Hildremyr	8
46	Aubrey Rost	9
47	Eva Selensky	9
48	Isabelle Simonson	9
49	Alanya Vallejo	10
50	Lauren Woeste	8

Devils Lake

No.	Name	Gr
61	Kayla Britsch	11
62	Hallie Fritel	11
63	Rachelle Jacobson	11
64	Aubrie Lebrun	8
65	Annika McCarthy	11
66	Kiya McLaurin	12
67	Gabrielle McLaurin	10
68	Emily McLaurin	7
69	Anna Shock	9
70	Bella Tangedal	10

Dickinson

No.	Name	Gr
81	Morgan Aune	12
82	Leila Gregoire	8
83	Claire Kreidt	12
84	Peyton Laser	11
85	Veronica Pavek	12
86	Abby Praus	7
87	Arabella Privratsky	9
88	Laney Tollman	9

Fargo Davies

No.	Name	Gr
99	Brenna Barnick	12
100	Hailey Bjerke	12
101	Cierra Bornemann	10
102	Brooke Everson	11
103	Ellie Miller	9
104	Callie Ressler	12
105	Riley Scott	9
106	Jensen Seidel	12
107	Kinley Steckler	8
108	Halle Stephens	9

Fargo North

No.	Name	Gr
119	Grayce Anderson	9
120	Olivia Hammes	9
121	Leah Hoffman	9
122	Anna Lien	12
123	Macy McShane	9
124	Julia Puhl	11
125	Mya Solberg	10
126	Elle Sondag	12
127	Grace Thiel	9
128	Samantha Trogstad	10

Fargo South

No.	Name	Gr
139	Summer Barbot	7
140	Alice Bauroth	12
141	Liv Berger	12
142	Keeley Eichhorn	12
143	Lindsey Reeder	10
144	Morgan Reeder	12
145	Ella Roehl	9
146	Ava Rudolph	8
147	Kathryn Sticka	9
148	Savannah Wuitschick	11

Grand Forks Central

No.	Name	Gr
156	Emma Brown	7
157	Marie Derenne	11
158	Claire Fiala	7
159	Sierra Heyd	11
160	Hannah Hynek	12
161	Claire Hynek	10
162	Aria Kindseth	10
163	Annika Presteng	11
164	Katelyn Stern	10
165	Katie Uhler	9

Grand Forks Red River

No.	Name	Gr
176	Campbell Dorsey	12
177	Brooke Dorsey	9
178	Lauren Dosch	11
179	Morgan Hartzel	10
180	Jocelynne Hoefs	7
181	Rylie Lelm	9
182	Mya Mannausau	9
183	Emily Nelson	11
184	Narria Neubert	12
185	Jocelyn Schiller	10

Jamestown

No.	Name	Gr
196	Jozie Davis	7
197	Emma Flieth	8
198	Clara Harms	7
199	Layna Hoffer	7
200	Jayla Hoffer	9
201	Kyra Hoffer	11
202	Brooklyn Nygaard	8
203	Maddy Orr	12
204	Madison Rick	8
205	Jera Truax	11

Mandan

No.	Name	Gr
216	Anna Bendish	11
217	Acey Elkins	11
218	Callie Heinle	9
219	Cyera Moore	11
220	Cassidy Mosset	11
221	Ava Rerick	7
222	Alexis Ritzman	11
223	Hailey Romans	9
224	Alyssa Schafer	12
225	Sundriana Shane	8

Minot

No.	Name	Gr
235	Maicee Burke	10
236	Maliah Burke	12
237	Julie Folk	10
238	Sophia Lade	7
239	Amisa Miller	8
240	Jasmyn Mitchner	8
241	Kohlee Roberts	7
242	Mandy Schmidt	10
243	Scout Ulrickson	8
244	Addyson Wendt	10

Shanley

No.	Name	Gr
255	Annika Aakre	8
256	Madeline Abbott	10
257	Anna Bernhardt	12
258	Elle Bernhardt	7
259	Kiley Craft	12
260	Lily Elbert	8
261	Annika Frueh	8
262	Lucy Grothmann	8
263	Ellie Rogness	10
264	Lexi Wuebker	12

Valley City

No.	Name	Gr
275	Reagan Berg	10
276	Cadence Fetsch	7
277	Carly Goven	11
278	Greta Goven	9
279	Stephanie Hoffarth	11
280	Sydnee Ingstad	11
281	Tricia Pfennig	9

Watford City

No.	Name	Gr
287	Jaelyn Ogle	11
288	Katie Olson	8
289	Savanna Olson	11
290	Lola Olson	7
291	Tricia Schmitz	9

West Fargo

No.	Name	Gr
303	Kaelyn Berg	12
304	Joslyn Jackson	11
305	Emily Klamann	12
306	Olivia Klamann	9
307	Jordan Knudsvig	11
308	Alexis Lindgren	9
309	Tess Oduor	11
310	Delia Osland	10
311	Hannah Shern	10
312	Brenna White	12

West Fargo Horace

No.	Name	Gr
322	Brooklyn Herrick	8

West Fargo Sheyenne

No.	Name	Gr
333	Olivia Beschorner	11
334	Della Casas	10
335	Olivia Heilman	10
336	Jazlyn Heilman	8
337	Taylor Lang	10
338	Gaby Machayya	8
339	Trissa Olafson	10
340	Addie Saville	8

Williston

No.	Name	Gr
344	Brynna Ames	9
345	Keeley Call	8
346	Huntlie Carrier	7
347	Marenn Larsen	11
348	Eleni Lovgren	12
349	Cambree Moss	7
350	Jacqueline Swanson	8
351	Sierra Watterud	12
352	Angela Wold	8



NDHSAA Tournament Code of Conduct

PURPOSE: To elevate standards of Good Sportsmanship and to encourage the growth of responsible citizenship among the students, member schools and their personnel.

Fundamentals of Good Sportsmanship

1. Know, appreciate and understand the rules of the contest.
2. Show respect for the officials. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. Show respect for the opponent at all times. Good sportsmanship is the Golden Rule in action
4. Recognize and appreciate the skill of performance regardless of team affiliation.
5. Maintain self control at all times. Good sportsmanship is a responsibility of all who are involved in the game.
6. Show a positive attitude in cheering, refraining from intimidation or negative cheering. Good sportsmanship is cheering you own team "on to victory".

Acts of Misconduct

1. Throwing of any object onto the playing floor or in the stands.
2. Behavior deemed dangerous or which interferes with the rights of others to watch the game.
3. Possessing, consuming or being under the influence of chemicals.
4. Use of obscene, profane or abusive language or gestures, signs, posters or banners which show disrespect for opponent's team, officials, cheerleaders, band or other performing groups.
5. The use of noise makers.
6. Entry onto the playing surface at any time.

***THESE ACTS OF MISCONDUCT WILL NOT BE
TOLERATED AND WILL RESULT IN AUTOMATIC REMOVAL WITHOUT REFUND OF ADMISSION***

Here's an effective way for you and your community to prevent the
#1 KILLER OF TEENS.

The ND Association of Counties has teamed up with the "Impact Teen Drivers – What Do You Consider Lethal" Campaign with a free interactive program for students, teachers and law enforcement. "Impact Teen Drivers" will help teens think about the deadly impact of distractions while driving.

To book this program, please contact:

**Ryan Gellner, rgellner@ndaco.org
Traffic Safety Outreach Program**



Impact
Teen Drivers

VISION ZERO

NDACo
NORTH DAKOTA ASSOCIATION OF COUNTIES

STATE CHAMPIONS

BOYS

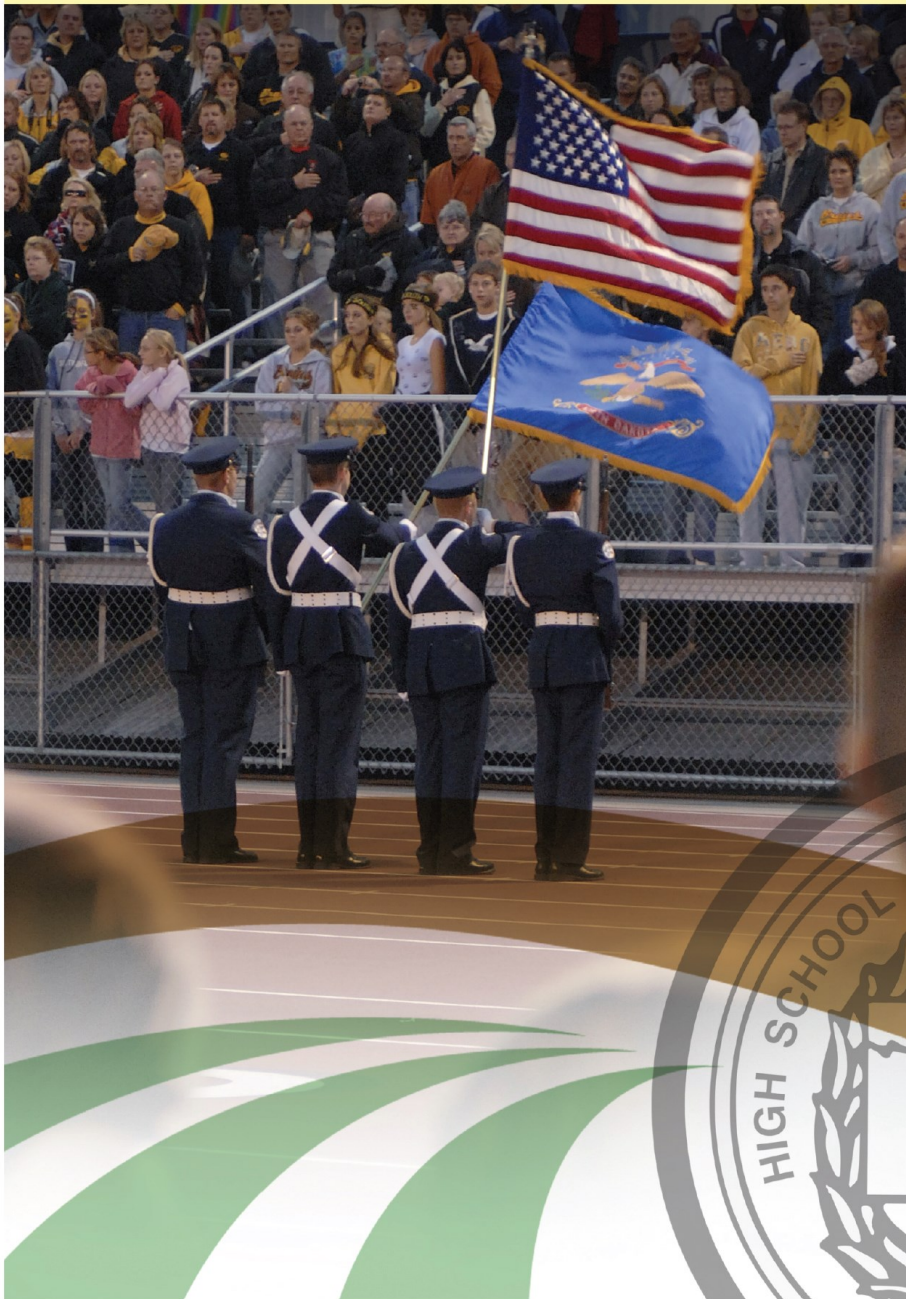
YEAR	TEAM	INDIVIDUAL	YEAR	TEAM	INDIVIDUAL
1961	Fargo	Gary Olson, Oak Grove	1991	Jamestown	Corey Ihmels, Williston
1962	Fort Yates	Gene Hebl, LaMoure	1992	Jamestown	Andrew Johannes, Fargo South
1963	Fort Yates	Bob Reitan, LaMoure	1993	Bismarck	Mike Lindquist, Bismarck Century
1964	Fort Yates	Harold Iron Shields, Fort Yates	1994	Jamestown	Brian McCulley, Fargo South
1965	Fort Yates	Wallace Balliet, Fort Yates	1995	Jamestown	Brian McCulley, Fargo South
1966	Bismarck	Casey Ryan, GF Central	1996	Jamestown	Justin Schweitzer, Jamestown
1967	Bismarck	Randy Lussenden, Bismarck	1997	Jamestown	Cory Wiley, Jamestown
1968	Bismarck	Leon Conitz, Bismarck	1998	GF Central	Wade Juntunen, GF Central
1969	Jamestown	Leon Conitz, Bismarck	1999	Fargo South	Andrew Carlson, Fargo South
1970	Fargo North	Bill Watson, Fargo North	2000	Dickinson	Lee DeKrey, GF Central
1971	Bismarck	Jon Metropoulos, Bismarck	2001	Valley City	Chad Bergan, Valley City
1972	Bismarck	Jon Metropoulos, Bismarck	2002	Fargo South	Chad Bergan, Valley City
1973	GR Red River	Lyle Witham, Minot	2003	Fargo South	Jory Zunich, Williston
1974	Minot	Jon Morrison, Minot	2004	Williston	Jory Zunich, Williston
1975	GR Red River	Bob Newark, GF Red River	2005	Bismarck	Sam Larson, Jamestown
1976	Minot	Cal Utke, Minot	2006	Bismarck	Sam Larson, Jamestown
1977	Jamestown	Tim Wheeler, Dickinson	2007	Bismarck	Joash Osoro, Bismarck
1978	Jamestown	Nick Gervino, Valley City	2008	Bismarck	Joash Osoro, Bismarck
1979	Williston	Jim Herberg, GF Central	2009	Bismarck	Christian Brownotter, Bismarck
1980	Williston	Jim Herberg, GF Central	2010	Bismarck	Jake Leingang, Bismarck
1981	Mandan	Tom Kringstad, Bismarck Century	2011	Bismarck	Jake Leingang, Bismarck
1982	Mandan	Jeff Dick, Jamestown	2012	Bismarck	Jake Leingang, Bismarck
1983	Mandan	Jeff Dick, Jamestown	2013	Bismarck	Matt Gotta, Bismarck
1984	Williston	Blair Holzer, Fargo South	2014	Bismarck	Sam Clausnitzer, Bismarck
1985	Fargo South	Rob Heen, Williston	2015	Bismarck	Sam Clausnitzer, Bismarck
1986	Dickinson	Rob Heen, Williston	2016	Century	Hunter Lucas, Fargo Davies
1987	Bismarck	Matthew Olson, Valley City	2017	Century	Evan Sayler, Century
1988	Jamestown	Fred Stoskopf, Mandan	2018	Williston	Sean Korsmo, Bismarck
1989	West Fargo	Corey Ihmels, Williston	2019	Century	Brady Yoder, Dickinson
1990	West Fargo	Corey Ihmels, Williston	2020	Century	Sean Korsmo, Bismarck

*1961-1965 Class A & B Boys
Competed Together

GIRLS

YEAR	TEAM	INDIVIDUAL	YEAR	TEAM	INDIVIDUAL
1979	Jamestown	Joan Hammeren, Bismarck	2000	Dickinson	Penny Splichal, Dickinson
1980	Valley City	Joan Hammeren, Bismarck	2001	Dickinson	Allison Pritchard, Dickinson
1981	Bismarck	Joan Hammeren, Bismarck	2002	Dickinson	Kendra Lystad, Fargo South
1982	Bismarck	Joan Hammeren, Bismarck	2003	Dickinson	Kendra Lystad, Fargo South
1983	Bismarck	Joan Hammeren, Bismarck	2004	Dickinson	Melanie Funke, Minot
1984	Bismarck	Tammy Birch, Minot	2005	Jamestown	Melanie Funke, Minot
1985	Minot	Tammy Birch, Fargo South	2006	Minot	Laura Roesler, Fargo South
1986	Minot	Jenny Schmeichel, Jamestown	2007	Bismarck	Laura Roesler, Fargo South
1987	Mandan	Robyn Jokumson, Wahpeton	2008	Bismarck	Alissa Mears, West Fargo
1988	Mandan	Julie Hornbacher, Minot	2009	Bismarck	Tarin Lachowitz, Fargo South
1989	Mandan	Robyn Jokumson, Wahpeton	2010	Fargo Davies	Tarin Lachowitz, Fargo Davies
1990	Mandan	Jenny Schmeichel, Jamestown	2011	Fargo Davies	Tarin Lachowitz, Fargo Davies
1991	Jamestown	Becki Wells, Dickinson	2012	Bismarck	Brittany Brownotter, Bismarck
1992	Jamestown	Becki Wells, Dickinson	2013	Bismarck	Jordan Jacob, Bismarck Century
1993	Jamestown	Laurie Fox, Jamestown	2014	Century	Karly Ackley, Grand Forks Central
1994	Minot	Laurie Fox, Jamestown	2015	Bismarck	Mattie Shirley-Fairbairn, Bismarck
1995	Jamestown	Heidi Brenden, Minot	2016	Fargo Davies	Karly Ackley, Grand Forks Central
1996	Jamestown	Jessica Schweitzer, Jamestown	2017	Fargo Davies	Kelby Rinas, Mandan
1997	Jamestown	Beth Hoge, Bismarck Century	2018	Fargo Davies	Meghan Ford, Jamestown
1998	Jamestown	Jennifer Falk, Jamestown	2019	West Fargo	Meghan Ford, Jamestown
1999	Jamestown	Penny Splichal, Dickinson	2020	Williston	Meghan Ford, Jamestown

PREMIERE PARTNER OF THE NDHSAA



Investing In North Dakota's Future

Today's youth are the future of North Dakota and healthy activity builds better community involvement and personal character.

That's why Farmers Union Insurance proudly invests in our state's youth with a continuing commitment as the Premiere Partner of the North Dakota High School Activities Association.

