

2023 NJCAA Region XI XC Championships - 10/27/2023

Southwestern Community College

Results

Event 2 Men 8k Run CC

Name	Year School	Finals	Points
Results - Men			
1 Kowa, Mohammed	FR Iowa Western CC	24:46.08	1
2 Ford, Brandon	FR Indian Hills CC	24:55.36	2
3 Gaspar, Jacinto	SO Iowa Western CC	25:09.87	3
4 Hrabi, Housem	SO Iowa Central CC	25:25.10	4
5 Venson, Keveroy	SO Indian Hills CC	25:38.81	5
6 Sabino, Tiago	FR Iowa Western CC	26:17.44	6
7 Boots, Jadon	SO Iowa Central CC	26:23.13	7
8 Elmbarki, Jed	SO Iowa Central CC	26:28.92	8
9 Al-Yafae, Mohammed	FR Indian Hills CC	26:30.54	9
10 Mohamed, Hamza	FR Iowa Central CC	26:30.74	10
11 Wright, Joseph Asahi	SO Iowa Central CC	26:37.88	11
12 Herschbach, Magnus	FR Iowa Western CC	26:41.69	12
13 Oates, Chase	SO Southwestern CC	26:49.98	
14 Lucas, Brody	SO Indian Hills CC	27:14.55	13
15 Davis, Nik	FR Indian Hills CC	27:15.27	14
16 Julian, Brooks	SO Southeastern CC	27:15.80	15
17 Christensen, Breyden	SO North Iowa Area CC	27:21.49	16
18 Bernal, Alejandro	FR Des Moines Area	27:23.54	17
19 Almelien, Owen	FR North Iowa Area CC	27:23.65	18
20 Vergara, Freddy	SO Southeastern CC	27:23.82	19
21 Heffernan, Patrick	FR Iowa Western CC	27:24.65	20
22 Cheney, Seth	FR Iowa Central CC	27:26.91	21
23 Lara, Jose	SO Iowa Western CC	27:28.23	22
24 Soedt, Logan	SO Indian Hills CC	27:31.97	23
25 Tshimanga, Antoine	FR Iowa Central CC	27:39.35	24
26 Hartnett, Joey	FR Iowa Western CC	27:53.76	25
27 Kuhlman, Ryan	SO Southeastern CC	27:54.58	26
28 Boyum, Andrew	SO Iowa Central CC	27:59.78	
29 King, Jordan	FR Des Moines Area	28:01.98	27
30 Cornick, Jess	FR Hawkeye CC	28:13.16	28
31 Niederklopf, Zach	SO Des Moines Area	28:18.91	29
32 Gearhart, Ray	FR Des Moines Area	28:21.55	30
33 Thompson, Will	FR Des Moines Area	28:23.36	31
34 Aita, Keelan	FR Indian Hills CC	28:33.33	32
35 Preciado, David	FR Iowa Western CC	28:37.48	
36 Campbell, Jeff	FR Southeastern CC	28:40.69	33
37 Ringo, Joey	FR North Iowa Area CC	28:50.52	34
38 Taylor, Jacchaeus	SO Indian Hills CC	28:55.19	
39 Terrones, Joe	FR Des Moines Area	29:01.21	35
40 Teller, Josiah	SO Southeastern CC	29:05.61	36
41 Gessman, Will	FR Iowa Western CC	29:14.60	
42 Deiter, Chase	FR Iowa Central CC	29:26.13	
43 Kimrey, Quinton	SO Des Moines Area	29:27.79	37
44 Vais, Jacob	SO North Iowa Area CC	29:29.53	38
45 Harrison, Grant	FR Des Moines Area	29:42.56	
46 Wilford, Alex	FR Iowa Central CC	29:45.09	
47 Garrett, Cauby	FR Southeastern CC	29:45.22	39
48 Canton, Bryson	SO North Iowa Area CC	29:53.51	40
49 Marroquin, Chris	FR North Iowa Area CC	29:56.93	41
50 Bergman, Eli	FR North Iowa Area CC	30:06.09	42
51 Sager, Brennan	FR Hawkeye CC	30:09.30	43
52 Stalzer, Gavin	SO Iowa Central CC	30:17.91	

2023 NJCAA Region XI XC Championships - 10/27/2023

Southwestern Community College

Results

Event 4 Men 8k Run CC Division 1

Name	Year	School	Finals	Points
Results - Men				
1 Kowa, Mohammed	FR	Iowa Western CC	24:46.08	1
2 Ford, Brandon	FR	Indian Hills CC	24:55.36	2
3 Gaspar, Jacinto	SO	Iowa Western CC	25:09.87	3
4 Hrabí, Housem	SO	Iowa Central CC	25:25.10	4
5 Venson, Keveroy	SO	Indian Hills CC	25:38.81	5
6 Sabino, Tiago	FR	Iowa Western CC	26:17.44	6
7 Boots, Jadon	SO	Iowa Central CC	26:23.13	7
8 Elmbarki, Jed	SO	Iowa Central CC	26:28.92	8
9 Al-Yafaee, Mohammed	FR	Indian Hills CC	26:30.54	9
10 Mohamed, Hamza	FR	Iowa Central CC	26:30.74	10
11 Wright, Joseph Asahi	SO	Iowa Central CC	26:37.88	11
12 Herschbach, Magnus	FR	Iowa Western CC	26:41.69	12
13 Lucas, Brody	SO	Indian Hills CC	27:14.55	13
14 Davis, Nik	FR	Indian Hills CC	27:15.27	14
15 Heffernan, Patrick	FR	Iowa Western CC	27:24.65	15
16 Cheney, Seth	FR	Iowa Central CC	27:26.91	16
17 Lara, Jose	SO	Iowa Western CC	27:28.23	17
18 Soedt, Logan	SO	Indian Hills CC	27:31.97	18
19 Tshimanga, Antoine	FR	Iowa Central CC	27:39.35	19
20 Hartnett, Joey	FR	Iowa Western CC	27:53.76	20
21 Boyum, Andrew	SO	Iowa Central CC	27:59.78	
22 Aita, Keelan	FR	Indian Hills CC	28:33.33	21
23 Preciado, David	FR	Iowa Western CC	28:37.48	
24 Taylor, Jacchaeus	SO	Indian Hills CC	28:55.19	
25 Gessman, Will	FR	Iowa Western CC	29:14.60	
26 Deiter, Chase	FR	Iowa Central CC	29:26.13	
27 Wilford, Alex	FR	Iowa Central CC	29:45.09	
28 Stalzer, Gavin	SO	Iowa Central CC	30:17.91	
29 Reyes, Ben	FR	Iowa Central CC	30:19.47	
30 Brouwer, Ezra	FR	Iowa Western CC	30:19.98	
31 Burke, AJ	SO	Iowa Central CC	31:39.59	
32 Aguilar Camarena, Alex	FR	Iowa Central CC	32:09.99	
33 Torres, Paulo	FR	Iowa Western CC	32:10.11	
34 Golder, Kaden	FR	Iowa Central CC	33:25.29	
-- Baez-Mahr, Angelo	FR	Iowa Western CC	DNS	
-- McCormac, Tyler	SO	Iowa Central CC	DNS	
-- Walker, Noah	FR	Iowa Central CC	DNS	
-- Touney, Joe	FR	Iowa Central CC	DNS	
-- Bergren, Baylor	SO	Iowa Central CC	DNS	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Results - Men											

2023 NJCAA Region XI XC Championships - 10/27/2023

Southwestern Community College

Results

....Event 4 Men 8k Run CC Division 1

1	Iowa Western CC	37	1	3	6	12	15	17	20
	Total Time:	2:10:19.73							
	Average:	26:03.95							
2	Iowa Central CC	40	4	7	8	10	11	16	19
	Total Time:	2:11:25.77							
	Average:	26:17.16							
3	Indian Hills CC	43	2	5	9	13	14	18	21
	Total Time:	2:11:34.53							
	Average:	26:18.91							

2023 NJCAA Region XI XC Championships - 10/27/2023

Southwestern Community College

Results

Event 6 Men 8k Run CC Division 2

Name	Year School	Finals	Points
Results - Men			
1 Oates, Chase	SO Southwestern CC	26:49.98	
2 Julian, Brooks	SO Southeastern CC	27:15.80	1
3 Christensen, Breyden	SO North Iowa Area CC	27:21.49	2
4 Bernal, Alejandro	FR Des Moines Area	27:23.54	3
5 Almelien, Owen	FR North Iowa Area CC	27:23.65	4
6 Vergara, Freddy	SO Southeastern CC	27:23.82	5
7 Kuhlman, Ryan	SO Southeastern CC	27:54.58	6
8 King, Jordan	FR Des Moines Area	28:01.98	7
9 Cornick, Jess	FR Hawkeye CC	28:13.16	8
10 Niederklopper, Zach	SO Des Moines Area	28:18.91	9
11 Gearhart, Ray	FR Des Moines Area	28:21.55	10
12 Thompson, Will	FR Des Moines Area	28:23.36	11
13 Campbell, Jeff	FR Southeastern CC	28:40.69	12
14 Ringo, Joey	FR North Iowa Area CC	28:50.52	13
15 Terrones, Joe	FR Des Moines Area	29:01.21	14
16 Teller, Josiah	SO Southeastern CC	29:05.61	15
17 Kimrey, Quinton	SO Des Moines Area	29:27.79	16
18 Vais, Jacob	SO North Iowa Area CC	29:29.53	17
19 Harrison, Grant	FR Des Moines Area	29:42.56	
20 Garrett, Cauy	FR Southeastern CC	29:45.22	18
21 Canton, Bryson	SO North Iowa Area CC	29:53.51	19
22 Marroquin, Chris	FR North Iowa Area CC	29:56.93	20
23 Bergman, Eli	FR North Iowa Area CC	30:06.09	21
24 Sager, Brennan	FR Hawkeye CC	30:09.30	22
25 Starrett, Vlad	SO North Iowa Area CC	30:30.25	
26 Hills-Carrier, Mason	SO Southeastern CC	30:55.53	23
27 Johnson, Tyler	FR Southeastern CC	31:19.89	
28 Massa, Hugo	FR North Iowa Area CC	31:36.81	
29 Sweeney, Kory	SO Hawkeye CC	31:42.09	24
30 Ackman, Myles	FR Southeastern CC	31:44.40	
31 Kelly, Ryan	FR North Iowa Area CC	32:21.16	
32 Tingue, Rochard	SO Des Moines Area	32:54.12	
33 Mayer, Michael	SO Southwestern CC	33:03.39	
34 Velazquez, Brian	FR Southeastern CC	33:59.51	
35 Nystrom, Braden	FR Hawkeye CC	34:00.73	25
36 Langreck, Austin	FR Hawkeye CC	35:23.26	26
37 Sanders, Kyle	FR Southwestern CC	39:35.67	
38 Hackett, Jonathon	SO Southwestern CC	40:47.84	
-- Meyer, Brock	FR Hawkeye CC	DNF	
-- Washington, Jesse	FR Des Moines Area	DNS	
-- Rodriguez, Daemon	FR Southwestern CC	DNS	

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
Results - Men										

2023 NJCAA Region XI XC Championships - 10/27/2023

Southwestern Community College

Results

....Event 6 Men 8k Run CC Division 2

1	Southeastern CC	39	1	5	6	12	15	18	23
	Total Time:	2:20:20.50							
	Average:	28:04.10							
2	Des Moines Area	40	3	7	9	10	11	14	16
	Total Time:	2:20:29.35							
	Average:	28:05.87							
3	North Iowa Area CC	55	2	4	13	17	19	20	21
	Total Time:	2:22:58.70							
	Average:	28:35.74							
4	Hawkeye CC	105	8	22	24	25	26		
	Total Time:	2:39:28.54							
	Average:	31:53.71							

2023 NJCAA Region XI XC Championships - 10/27/2023

Southwestern Community College

Results

Event 1 Women 5k Run CC

Name	Year School	Finals	Points
Results - Women			
1 Gradizzi, Silvia	FR Iowa Western CC	18:52.29	1
2 Neiva, Barbara	FR Iowa Western CC	19:02.77	2
3 Ramone, Aisha	SO Southeastern CC	19:26.66	3
4 Olivas, Ayianna	FR Iowa Western CC	19:28.36	4
5 Estrada, Angelina	FR Iowa Western CC	19:51.71	5
6 Collins, Grace	FR Des Moines Area	20:20.11	6
7 Spencer, Kayden	FR Des Moines Area	20:20.26	7
8 Miller, Brooke	FR Indian Hills CC	20:38.29	
9 Mackey, Carissa	SO Southeastern CC	20:41.63	8
10 Yunggebauer, Tori	FR Des Moines Area	20:42.62	9
11 Pierson, Lauren	SO Iowa Western CC	20:45.16	10
12 Homan, Amber	FR Hawkeye CC	20:57.71	11
13 Moehle, Brooklyn	SO Southeastern CC	21:17.05	12
14 Pedrin, Arianna	FR Southeastern CC	21:21.44	13
15 Limo, Maurine	FR Iowa Central CC	21:27.95	
16 Robinson, Mckenzie	SO Des Moines Area	21:31.42	14
17 Yaley, Cassidy	SO Southeastern CC	21:43.85	15
18 Hamilton, Amaree	SO Indian Hills CC	21:45.68	
19 Prouty, Jillian	SO Des Moines Area	22:01.57	16
20 Droll, Juliana	FR North Iowa Area CC	22:14.78	17
21 Beaune, Madison	SO Des Moines Area	22:40.53	18
22 Conley, Taja	FR North Iowa Area CC	22:47.64	19
23 Lunning, Sarah	FR North Iowa Area CC	22:52.21	20
24 Heyen, Jessica	SO Iowa Western CC	22:53.65	21
25 Moehlman, Gabi	FR Southeastern CC	22:58.62	22
26 Reid-El, Selket	SO Indian Hills CC	23:08.42	
27 Bogdanova Kirilova, Nata	FR Iowa Central CC	23:26.46	
28 Tieskotter, Maddie	SO Hawkeye CC	23:29.23	23
29 Lunning, Hannah	FR North Iowa Area CC	23:35.68	24
30 Dietzenbach, Anna	FR Hawkeye CC	23:48.24	25
31 Bodholdt, Morgan	FR Iowa Central CC	23:50.86	
32 Schroeder, Ella	FR Southeastern CC	23:52.40	26
33 Deer, Daniella	FR Iowa Western CC	24:17.74	27
34 Williams, Raylene	SO Iowa Central CC	24:19.97	
35 Sunderman, Cheyenne	SO Iowa Western CC	24:32.06	
36 Shuryan, Skyila	FR North Iowa Area CC	24:56.57	28
37 Beaune, Mercedes	SO Des Moines Area	25:04.36	29
38 Usher, Cloey	FR North Iowa Area CC	25:07.91	30
39 McBride, Maggie	SO North Iowa Area CC	25:36.74	31
40 DeGonia, Riley	FR North Iowa Area CC	26:02.78	
41 Lord, Emily	FR Indian Hills CC	27:06.23	
42 Salek, Emilee	FR Southeastern CC	31:08.41	
43 Mincks, Kallie	FR Hawkeye CC	35:45.05	32
44 Rathe, Gracie	FR Hawkeye CC	35:52.68	33
-- Jepngetich, Joan	FR Iowa Central CC	DNS	
-- Johanns, Miranda	FR North Iowa Area CC	DNS	

