



Cross Country



Howards Grove High School 2011 Cross Country Results

Head Coach: Gary A. Kalk
Assistant Coach: Whitney Diedrich

**Howards Grove High School
Girls Cross Country
2011 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite	2	13	
Cedar Grove Invite	3	3	
Manitowoc Roncalli Invite	1	6	
Sheboygan Lutheran Invite	6	9	
Valders Invite	5	0	
Plymouth Relays	2	6	
County Meet @ Sheboygan Lutheran	2	7	
Brillion Invite	3	6	
Campbellsport Invite	3	4	
Conference @ Sheboygan Lutheran	2	3	
Sectional @ Ripon (Division 2)	3	9	
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Varsity Totals	32	66	0

Howards Grove High School

Boys Cross Country

2011 Team Record

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite		Incomplete	
Cedar Grove Invite	0	7	
Manitowoc Roncalli Invite		Incomplete	
Sheboygan Lutheran Invite	0	19	
Valders Invite	0	5	
Plymouth Relays	0	8	
Kewaskum Invite		Incomplete	
County Meet @ Sheboygan Lutheran		Incomplete	
Brillion Invite	0	10	
Campbellsport Invite		Incomplete	
Conference @ Sheboygan Lutheran	0	5	
Sectional @ Ripon (Division 2)	0	16	
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Varsity Totals	0	70	0



Howards Grove Cross Country 2011 Girls Individual Meet Times

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	County	Brillion	Campbellsport	Conference	Sectional	State
		9/1	9/8	9/10 @ Lincoln Park	9/13	9/15	9/20	9/27 @ Lutheran	10/4	10/6	10/13 @ Lutheran	10/22 @ Ripon	10/29 @ WI Rapids
MODESTA SANDVIG	9	30:51	26:58	27:18	26:48	26:56	26:01	26:16	26:33	---	---	---	---
MORGAN EDGE	9	20:52	---	---	---	---	---	---	---	DNF	20:45	19:47	---
SARA ATHORP	9	---	30:47	31:14	27:49	---	26:09	26:54	28:14	28:49	26:08	---	---
EMILY ESCHEN	10	---	18:36	18:38	17:54	19:00	18:57	17:17	18:02	17:38	17:21	17:26	---
HAYLEY REINKE	10	25:00	24:25	23:44	22:44	23:40	22:52	22:42	24:09	22:41	21:54	---	---
MARIA KEBERLY	10	23:14	---	---	21:44	21:11	22:48	19:37	21:32	21:33	20:00	20:14	---
MEGAN GRIMMENGGA	10	24:18	23:20	26:01	21:26	23:47	---	22:00	23:14	21:51	20:46	---	---
ABBY WASMER	11	24:06	21:23	22:34	20:38	20:59	21:01	21:06	21:49	---	20:49	21:45	---
CASSIE MARVER	11	17:15	16:42	16:43	16:02	16:41	16:12	16:20	16:32	16:26	15:48	16:21	15:49.68
JESSICA LARSON	11	20:28	19:15	18:58	18:35	19:01	18:43	18:09	19:28	18:36	18:08	18:57	---
CARMEN CONRAD	12	---	21:42	22:47	20:35	---	22:44	21:09	---	20:27	21:14	---	---
KARISSA KIDDER	12	20:57	20:35	20:13	18:59	19:55	19:39	---	20:16	19:46	19:41	19:31	---
RACHEL HARTLAUB	12	20:44	19:56	---	20:36	20:00	20:37	19:48	---	---	19:17	---	---
60th Percentile		19:50	19:40	20:13	19:06	20:06	18:17	18:05	19:16	19:02	18:44	18:49	16:29

Personal Best (Career)
26:01
20:45
26:08
17:17
21:54
19:29
20:31
20:38
15:48
18:08
19:04
18:59
19:17



Howards Grove Cross Country 2011 Boys Individual Meet Times

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	State
		9/1	9/8	9/10 @ Lincoln Park	9/13	9/15	9/20	9/22	9/27 @ Lutheran	10/4	10/6	10/13 @ Lutheran	10/22 @ Ripon	10/29 @ WI Rapids
ERIC DVORACHEK	9	23:44	20:47	20:20	19:53	20:03	23:14	---	20:40	22:07	21:11	21:14	20:07	---
FRED MEYER	9	26:24	26:37	25:15	23:53	23:03	23:45	24:35	23:11	23:59	24:01	23:38	23:09	---
MARQUIS BOLZ	10	25:20	23:03	23:53	22:41	21:49	22:45	23:32	23:01	23:26	22:50	21:56	22:02	---
CHRIS SPIETH	11	DNF	36:17	DNF	33:56	34:55	38:36	38:18	34:58	36:12	---	34:44	35:23	---
CODY STANGE	11	24:35	23:50	---	22:46	22:44	23:45	22:54	---	23:53	22:24	21:54	21:56	---
60th Percentile		21:29	22:05	20:41	20:39	22:13	20:02	23:01	20:03	21:11	20:42	20:46	19:34	

Personal Best (Career)
19:53
23:03
21:49
33:56
21:13

Howards Grove Cross Country

2011 Girls Varsity Letter Points



JV

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	County	Brillion	Campbellsport	Conference	Sectional	State
		9/2	9/9	9/11 @ Lincoln Park	9/14	9/16	9/21	9/28 @ Lutheran	10/5	10/7	10/14 @ Lutheran	10/23 @ Lutheran	10/30 @ WI Rapids
MODESTA SANDVIG	9	JV	JV	JV	JV	JV	JV	JV	JV	---	---	---	---
MORGAN EDGE	9	1	---	---	---	---	---	---	---	JV	JV	1	---
SARA ATHORP	9	---	JV	JV	JV	---	JV	JV	JV	JV	JV	---	---
EMILY ESCHEN	10	---	1	1	1	1	1	1	1	1	2	2	---
HAYLEY REINKE	10	JV	JV	1	JV	JV	JV	1	1	JV	JV	---	---
MARIA KEBERLY	10	1	---	---	JV	1	1	1	1	1	JV	1	---
MEGAN GRIMMENGA	10	JV	JV	1	JV	1	JV	JV	1	1	JV	---	---
ABBY WASMER	11	1	1	1	1	1	1	1	1	---	1	1	---
CASSIE MARVER	11	1	1	1	1	1	1	1	1	1	2	2	2
JESSICA LARSON	11	1	1	1	1	1	1	1	1	1	2	1	---
CARMEN CONRAD	12	---	1	1	1	---	1	JV	---	1	1	---	---
KARISSA KIDDER	12	JV	1	1	1	1	1	---	1	1	1	1	---
RACHEL HARTLAUB	12	JV	1	---	1	1	1	1	---	---	1	---	---
TOTALS		5	7	8	7	8	8	7	8	7	10	9	2

Individual Point Totals (Season)
0
2
0
12
3
7
4
10
15
12
6
9
6
0
0
0
86

Howards Grove Cross Country 2011 Boys Varsity Letter Points



Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	State
		9/2	9/9	9/11 @ Lincoln Park	9/14	9/16	9/21	9/23	9/28 @ Lutheran	10/5	10/7	10/14 @ Lutheran	10/23 @ Lutheran	10/30 @ WI Rapids
ERIC DVORACHEK	9	1	1	1	1	1	1	---	1	1	1	1	1	---
FRED MEYER	9	1	1	1	1	1	1	1	1	1	1	1	1	---
MARQUIS BOLZ	10	1	1	1	1	1	1	1	1	1	1	1	1	---
CHRIS SPIETH	11	1	1	1	1	1	1	1	1	1	---	1	1	---
CODY STANGE	11	1	1	---	1	1	1	1	---	1	1	1	1	---
TOTALS		5	5	4	5	5	5	4	4	5	4	5	5	0

Individual Point Totals (Season)
11
12
12
11
10
0
0
0
0
56

**Howards Grove High School
Cross Country
2011 Awards**

"Will-to-Win" Athletes	Karissa Kidder Cody Stange
Rookie-of-the-Year	Emily Eschen
Most Improved Runner	Jessica Larson
Male Runner-of-the-Year	Eric Dvorachek
Female Runner-of-the-Year	Cassie Marver
All-Conference Athletes	Cassie Marver
All-County Athletes	Cassie Marver Emily Eschen
State Athlete	Cassie Marver

Howards Grove High School

Boys Cross Country

5000 Meter Records

Records Kept Since 1992

Updated October 30, 2011

Rank	Name	Time	Meet/Invite	Year
1	Ryan Mugan	16:27	Brillion	2010
	Ryan Mugan	16:39.93	State	2010
3	Kyle Bahr	16:43	Cedar Grove	2005
4	Ryan Mugan	16:45	Conference	2010
5	Pat Buffington	16:46	Cedar Grove	2002
	Pat Buffington	16:46	Cedar Grove	2003
7	Ryan Mugan	16:49	Sectional	2010
8	Ryan Mugan	16:53	County	2010
9	Ryan Mugan	16:56	Sheboygan Lutheran	2010
10	Ryan Mugan	16:57	Plymouth	2010
11	Chris Wickesburg	17:01	Sectional	1995
12	Pat Buffington	17:02	Kewaskum	2003
13	Pat Buffington	17:05.5	State	2003
14	Pat Buffington	17:09	Valders	2003
	Pat Buffington	17:09	Plymouth	2003
16	Ryan Mugan	17:10	Cedar Grove	2010
17	Pat Buffington	17:11	Reedsville	2001
18	Eric Lefeber	17:13	Cedar Grove	2001
19	Pat Buffington	17:14	Cedar Grove	2001
20	Pat Buffington	17:16	County	2003
21	Pat Buffington	17:20	State	2002
	Pat Buffington	17:20	Campbellsport	2003
23	Pat Buffington	17:23	Reedsville	2002
	Matt Ackley	17:23	Cedar Grove	2008
25	Chris Wickesburg	17:28	Reedsville	1995
	Matt Ackley	17:28	Brillion	2008
27	Ryan Mugan	17:31	Campbellsport	2010
28	Rob Mentink	17:32	Reedsville	1993
29	Pat Buffington	17:33	Plymouth	2002
	Pat Buffington	17:33	Green Bay Preble	2003
	Pat Buffington	17:33	Conference	2003
	Kyle Bahr	17:33	Cedar Grove	2004
33	Matt Ackley	17:35	Campbellsport	2008
34	Andy Buffington	17:36	Cedar Grove	2005
35	Ryan Mugan	17:38	Kiel	2010
36	Steve Grunewald	17:39	Reedsville	1995
	Matt Ackley	17:39	County	2008
	Kevin Gries	17:39	Brillion	2008
39	Kevin Gries	17:40	County	2008
40	Pat Buffington	17:41	Sectional	2003
	Matt Ackley	17:41	Conference	2008
42	Matt Bahr	17:42	Kewaskum	2009
43	Ben Wilson	17:43	Reedsville	1993
	Pat Buffington	17:43	Campbellsport	2002
	Phillip Gessler	17:43	Sectional	2010
46	Rob Mentink	17:45	State	1992
	Pat Buffington	17:45	Conference	2002
48	Eric Lefeber	17:46	Cedar Grove	2002
	Pat Buffington	17:46	Kiel	2003
	Kyle Bahr	17:46	Conference	2004

Rank	Name	Time	Meet/Invite	Year
	Matt Bahr	17:46	Campbellsport	2009
52	Pat Buffington	17:47	Sectional	2001
	Kyle Bahr	17:47	Valders	2005
54	Chris Wickesburg	17:49	Sheboygan Lutheran	1993
	Pat Buffington	17:49	Kewaskum	2002
	Pat Buffington	17:49	Sheboygan Lutheran	2003
57	Joe Holzwart	17:50	St. Francis	1999
58	Steve Grunewald	17:51	Cedar Grove	1995
	Pat Buffington	17:51	Campbellsport	2001
	Eric Lefeber	17:51	Reedsville	2002
61	Pat Buffington	17:52	Kiel	2002
	Pat Buffington	17:52	Sectional	2002
63	Rob Mentink	17:53	Conference	1992
	Chris Wickesburg	17:53	Plymouth	1993
	Kyle Bahr	17:53	Conference	2005
66	Steve Grunewald	17:54	Reedsville	1994
	Chris Wickesburg	17:54	County	1995
68	Chris Wickesburg	17:55	Cedar Grove	1995
	Matt Ackley	17:55.0	State	2008
	Eric Lefeber	17:55	Reedsville	2001
	Ryan Mugan	17:55	Manitowoc Roncalli	2010
	Phillip Gessler	17:55	Conference	2010
73	Rob Mentink	17:56	Sectional	1992
	Matt Bahr	17:56	Conference	2009
75	Rob Mentink	17:57	Conference	1993
	Matt Ackley	17:57	Kewaskum	2008
	Kevin Gries	17:57	Conference	2008
78	Eric Lefeber	17:58	Plymouth	2001
79	Pat Buffington	17:59	County	2002
	Adam Post	17:59	Cedar Grove	2004
81	Chris Wickesburg	18:00	County	1993
	Pat Buffington	18:00	Conference	2001
	Eric Lefeber	18:00	Conference	2002
	Kyle Bahr	18:00	Green Bay Preble	2005
85	Phillip Gessler	18:01	Brillion	2010
86	Tyler Biederwolf	18:02	Conference	2004
87	Pat Buffington	18:03	State	2001
	Kyle Bahr	18:03	Campbellsport	2004
	Matt Ackley	18:03	Plymouth	2008
90	Pat Buffington	18:04	Sheboygan Lutheran	2002
	Josh Schwinn	18:04	Cedar Grove	2005
	Matt Bahr	18:04	Sectional	2009
93	Chris Wickesburg	18:05	Plymouth	1995
	Tyler Biederwolf	18:05	Campbellsport	2005
	Matt Ackley	18:05	Conference	2007
96	Eric Lefeber	18:06	Sheboygan Lutheran	2002
	Tyler Biederwolf	18:06	Campbellsport	2004
98	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
	Tyler Biederwolf	18:07	County	2004

Rank	Name	Time	Meet/Invite	Year
	Ryan Mугan	18:07	Valders	2010
102	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
105	Rob Mentink	18:09	County	1992
	Joe Holzwart	18:09	Conference	1998
	Matt Ackley	18:09	Sectional	2008
108	Joe Holzwart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
	Ryan Mугan	18:10	Kewaskum	2010
111	Kyle Bahr	18:11	Manitowoc Roncalli	2005
	Tyler Biederwolf	18:11	Valders	2005
113	Rob Mentink	18:12	Cedar Grove	1992
	Steve Grunewald	18:12	Valders	1995
	Eric Lefeber	18:12	Plymouth	2002
116	Eric Lefeber	18:13	Sheboygan Lutheran	2001
	Matt Bahr	18:13	County	2009
118	Matt Bahr	18:13.4	State	2009
119	Andy Buffington	18:14	Campbellsport	2005
120	Chris Wickesburg	18:15	Cedar Grove	1993
	Chris Wickesburg	18:15	Valders	1995
	Adam Post	18:15	Cedar Grove	2003
	Andy Buffington	18:15	Kewaskum	2005
	Matt Ackley	18:15	Kiel	2008
125	Chris Wickesburg	18:16	Sheboygan Lutheran	1995
	Tyler Biederwolf	18:16	Conference	2005
	Kevin Gries	18:16	Sectional	2008
128	Ben Wilson	18:17	State	1992
	Brian Cudworth	18:17	County	1995
	Pat Buffington	18:17	Campbellsport	2000
	Eric Lefeber	18:17	County	2001
132	Joe Holzwart	18:18	Campbellsport	1999
	Pat Buffington	18:18	Sheboygan Falls @LTC	2002
	Kevin Gries	18:18	Cedar Grove	2008
135	Joe Holzwart	18:19	County	1999
	Joe Holzwart	18:19	Conference	1999
	Pat Buffington	18:19	Kewaskum	2000
	Tyler Biederwolf	18:19	Cedar Grove	2003
	Tyler Biederwolf	18:19	Green Bay Preble	2004
	Kyle Bahr	18:19	Sheboygan Lutheran	2004
	Andy Buffington	18:19	Conference	2005
142	Steve Grunewald	18:20	Conference	1994
	Steve Grunewald	18:20	County	1995
	Brian Sonnenberg	18:20	Reedsville	2001
	Eric Lefeber	18:20	Conference	2001
	Kyle Bahr	18:20	Sectional	2005
147	Pat Buffington	18:21	County	2001
	Andy Buffington	18:21	Sectional	2005
	Matt Bahr	18:21	Sheboygan Lutheran	2009
150	Joe Holzwart	18:22	County	1998

Rank	Name	Time	Meet/Invite	Year
	Eric Lefeber	18:22	Sectional	2002
	Josh Schwinn	18:22	Kewaskum	2005
	Phillip Gessler	18:22	County	2010
154	Tyler Biederwolf	18:23	Green Bay Preble	2005
	Kyle Bahr	18:23	Sheboygan Lutheran	2005
156	Rob Mentink	18:24	Valders	1992
	Rob Mentink	18:24	Plymouth	1993
	Joe Holzwart	18:24	Sheboygan Lutheran	1998
	Joe Holzwart	18:24	Plymouth	1998
	Kyle Bahr	18:24	Cedar Grove	2003
	Kyle Bahr	18:24	Conference	2003
	Tyler Biederwolf	18:24	Conference	2003
	Tyler Biederwolf	18:24	Kewaskum	2005
	Matt Ackley	18:24	County	2007
165	Kevin Gries	18:25	Valders	2008
166	Ben Wilson	18:26	Conference	1992
	Phillip Gessler	18:26	Valders	2010
168	Brian Cudworth	18:27	Reedsville	1994
	Matt Thielke	18:27	Conference	1997
	Matt Ackley	18:27	Valders	2008
171	Rob Mentink	18:28	Conference	1994
	Eric Lefeber	18:28	County	2002
	Matt Ackley	18:28	Campbellsport	2007
174	Chris Wickesburg	18:29	Kiel	1993
	Chris Wickesburg	18:29	Conference	1994
	Andy Buffington	18:29	Valders	2005
	Brent Kiesau	18:29	Conference	2008
178	Joe Holzwart	18:30	Sectional	1999
	Kyle Bahr	18:30	Plymouth	2004
180	Adam Post	18:31	Plymouth	2004
	Josh Schwinn	18:31	Campbellsport	2005
182	Ben Wilson	18:32	County	1992
	Steve Grunewald	18:32	Sheboygan Lutheran	1995
	Pat Buffington	18:32	Reedsville	2000
	Pat Buffington	18:32	Howards Grove	2003
	Matt Ackley	18:32	Sectional	2007
	Kevin Gries	18:32	Kewaskum	2008
188	Ben Wilson	18:33	Conference	1993
	Joe Holzwart	18:33	Reedsville	1998
	Pat Buffington	18:33	Conference	2000
	Kyle Bahr	18:33	Kewaskum	2004
192	Brian Sonnenberg	18:34	Cedar Grove	2001
193	Ben Wilson	18:35	Cedar Grove	1992
	Ben Wilson	18:35	County	1993
	Rob Mentink	18:35	Cedar Grove	1993
	Matt Thielke	18:35	Cedar Grove	1997
	Joe Holzwart	18:35	St. Francis	1998
	Eric Lefeber	18:35	Valders	2001
	Kyle Bahr	18:35	County	2004
	Collin VerVelde	18:35	Brillion	2008

**Howards Grove High School
Girls Cross Country
4000 Meter Records**

Records Kept Since 1993

Updated October 30, 2011

Rank	Name	Time	Meet/Invite	Year
1	Emily Post	15:08.6	State	2003
2	Emily Post	15:09	Campbellsport	2003
3	Emily Post	15:17	Plymouth	2003
	Emily Post	15:17	Conference	2003
5	Emily Post	15:21	Sectional	2003
6	Emily Post	15:22	Green Bay Preble	2003
7	Emily Post	15:29	Campbellsport	2002
	Emily Post	15:29	County	2003
9	Emily Post	15:31	State	2002
10	Emily Post	15:34	Cedar Grove	2003
11	Anna Holzwart	15:39.8	State - Div. 2	2004
12	Anna Holzwart	15:40	Green Bay Preble	2006
13	Emily Post	15:41	State	2001
14	Anna Holzwart	15:42	Plymouth	2004
15	Anna Holzwart	15:45	County	2004
16	Emily Post	15:46	County	2002
	Emily Post	15:46	Sheboygan Lutheran	2003
18	Cassie Marver	15:48	Conference	2011
	Emily Post	15:48	Plymouth	2002
20	Cassie Marver	15:49.68	State - Div. 2	2011
21	Anna Holzwart	15:50	Conference	2004
22	Emily Post	15:51	Conference	2002
23	Anna Holzwart	15:52	Campbellsport	2004
24	Emily Post	15:53	Sheboygan Lutheran	2002
25	Emily Post	15:55	Cedar Grove	2002
	Emily Post	15:55	Kiel	2003
27	Emily Post	15:59	Sectional	2002
28	Cassie Marver	16:02	Sheboygan Lutheran	2011
	Emily Post	16:02	Conference	2001
	Anna Holzwart	16:02	Green Bay Preble	2004
31	Emily Post	16:03	Sectional	2001
	Anna Holzwart	16:03	Sheboygan Lutheran	2004
33	Emily Post	16:04	Reedsville	2001
34	Anna Holzwart	16:07	Cedar Grove	2004
35	Anna Holzwart	16:08	Green Bay Preble	2005
36	Emily Post	16:10	Valders	2003
37	Cassie Marver	16:12	Plymouth	2011
	Anna Holzwart	16:12	Sectional - Div. 2	2004
39	Amy Thieleke	16:15	Kewaskum	2009
40	Emily Biederwolf	16:17	Sectional	2005
	Amy Thieleke	16:17	Conference	2008
42	Emily Biederwolf	16:18	Campbellsport	2005
	Cassie Marver	16:18	Conference	2010
	Cassie Marver	16:18	Sectional	2010
45	Anna Holzwart	16:19	Campbellsport	2005
	Anna Holzwart	16:19	Manitowoc Roncalli	2006
47	Cassie Marver	16:20	County	2011
48	Cassie Marver	16:21	Sectional - Div. 2	2011
	Emily Post	16:21	Kiel	2002
	Emily Biederwolf	16:21	Plymouth	2004

Rank	Name	Time	Meet/Invite	Year
51	Amy Thieleke	16:21.2	State	2007
52	Anna Holzwart	16:22	Kiel	2006
53	Anna Holzwart	16:24	Manitowoc Roncalli	2005
	Anna Holzwart	16:24	Conference	2006
	Amy Thieleke	16:24	County	2008
56	Cassie Marver	16:26	Campbellsport	2011
57	Cassie Marver	16:27	Brillion	2010
58	Anna Holzwart	16:28	Campbellsport	2003
59	Anna Holzwart	16:29	Plymouth	2006
	Anna Holzwart	16:29	Campbellsport	2006
61	Amy Thieleke	16:31.2	State	2008
62	Cassie Marver	16:32	Brillion	2011
63	Rachel Moir	16:33	County	1993
	Emily Post	16:33	Plymouth	2001
	Emily Post	16:33	Campbellsport	2001
66	Cassie Marver	16:35	County	2010
	Emily Biederwolf	16:35	Campbellsport	2006
	Amy Thieleke	16:35	Sectional	2008
	Amy Thieleke	16:35	Conference	2010
70	Amy Thieleke	16:36	Sheboygan Lutheran	2009
	Rachel Moir	16:36	Sheboygan Falls	1993
72	Amy Thieleke	16:37	Campbellsport	2009
	Amy Thieleke	16:37	Conference	2009
	Amy Thieleke	16:37	Sectional	2007
75	Emily Post	16:38	Howards Grove	2003
	Anna Holzwart	16:38	County	2006
77	Amy Thieleke	16:39	Cedar Grove	2009
	Rachel Moir	16:39	Plymouth	1993
79	Emily Biederwolf	16:39.1	State	2005
80	Cassie Marver	16:40	Valders	2011
	Emily Post	16:40	Sheboygan Falls @LTC	2002
	Amy Thieleke	16:40	Conference	2007
	Amy Thieleke	16:40	Sectional	2010
84	Anna Holzwart	16:41	Cedar Grove	2005
85	Cassie Marver	16:42	Cedar Grove	2011
	Anna Holzwart	16:42	Plymouth	2005
87	Cassie Marver	16:43	Manitowoc Roncalli	2011
	Anna Holzwart	16:43	Conference	2003
89	Anna Holzwart	16:44	Sheboygan Lutheran	2005
90	Emily Biederwolf	16:46	Sectional	2004
	Anna Holzwart	16:46	Plymouth	2003
	Emily Biederwolf	16:46	Cedar Grove	2005
	Amy Thieleke	16:46	Kiel	2008
94	Emily Post	16:47	Sheboygan Lutheran	2001
	Emily Post	16:47	County	2001
	Emily Biederwolf	16:47	Campbellsport	2004
	Emily Biederwolf	16:47	Conference	2005
98	Emily Biederwolf	16:48	County	2004
	Amy Thieleke	16:48	Campbellsport	2008
100	Anna Holzwart	16:48.1	State	2003

Rank	Name	Time	Meet/Invite	Year
101	Amy Thieleke	16:49	County	2009
	Cassie Marver	16:49	Campbellsport	2010
103	Amy Thieleke	16:50	Kiel	2009
104	Cassie Marver	16:51	Sheboygan Lutheran	2010
	Anna Holzwart	16:51	County	2003
	Anna Holzwart	16:51	County	2005
107	Cassie Marver	16:53	Plymouth	2010
	Amy Thieleke	16:53	County	2007
109	Emily Biederwolf	16:54	Conference	2004
	Amy Thieleke	16:54	Manitowoc Roncalli	2007
111	Emily Biederwolf	16:55	County	2005
	Anna Holzwart	16:55	Conference	2005
113	Amy Thieleke	16:56	Plymouth	2010
114	Anna Holzwart	16:58	Sheboygan Lutheran	2006
115	Rachel Moir	16:59	Valders	1993
116	Amy Thieleke	17:00	County	2010
	Anna Holzwart	17:00	Kiel	2004
	Emily Biederwolf	17:00	Kiel	2006
	Amy Thieleke	17:00	Campbellsport	2007
	Amy Thieleke	17:00	Plymouth	2008
121	Anna Holzwart	17:01	Cedar Grove	2006
122	Emily Biederwolf	17:03	Conference	2006
123	Amy Thieleke	17:04	Cedar Grove	2008
124	Cassie Marver	17:05	Kewaskum	2010
	Amy Thieleke	17:05	Kiel	2007
126	Amy Thieleke	17:06	Manitowoc Roncalli	2009
	Amy Thieleke	17:06	Sheboygan Lutheran	2010
	Amy Thieleke	17:06	Brillion	2008
129	Emily Biederwolf	17:07	Plymouth	2005
130	Amy Thieleke	17:08	Kewaskum	2010
	Laurie Taylor	17:08	Conference	1995
132	Laurie Taylor	17:11	County	1995
	Amy Thieleke	17:11	Sheboygan Lutheran	2008
134	Anna Holzwart	17:12	Valders	2005
	Anna Holzwart	17:12	Valders	2006
136	Cassie Marver	17:13	Cedar Grove	2010
	Amy Thieleke	17:13	Brillion	2010
	Laurie Taylor	17:13	Sheboygan Lutheran	1995
	Emily Biederwolf	17:13	Sheboygan Lutheran	2006
140	Amy Thieleke	17:14	Valders	2009
	Emily Biederwolf	17:14	Kiel	2005
142	Amy Thieleke	17:15	Sectional	2009
	Cassie Marver	17:15	Kiel	2011
	Rachel Moir	17:15	Campbellsport	1993
	Anna Holzwart	17:15	Sectional	2003
146	Emily Eschen	17:17	County	2011
147	Amy Thieleke	17:18	Plymouth	2009
	Laurie Taylor	17:18	Plymouth	1995
	Emily Biederwolf	17:18	Plymouth	2006
150	Amy Thieleke	17:19	Sheboygan Lutheran	2007

Rank	Name	Time	Meet/Invite	Year
151	Emily Biederwolf	17:20	Manitowoc Roncalli	2006
	Amy Thieleke	17:20	Campbellsport	2010
153	Emily Eschen	17:21	Conference	2011
	Laurie Taylor	17:21	Campbellsport	1995
155	Emily Biederwolf	17:22	Sheboygan Lutheran	2005
156	Rachel Moir	17:23	Reedsville	1993
	Emily Biederwolf	17:23	Sheboygan Lutheran	2004
	Anna Holzwart	17:23	Sectional	2005
159	Rachel Moir	17:24	Sheboygan Lutheran	1993
160	Emily Eschen	17:26	Sectional - Div. 2	2011
	Emily Biederwolf	17:26	Sectional	2006
162	Emily Biederwolf	17:28	Cedar Grove	2004
	Emily Biederwolf	17:28	Green Bay Preble	2005
164	Laurie Taylor	17:32	Cedar Grove	1995
	Amy Thieleke	17:32	Plymouth	2007
166	Rachel Moir	17:33	Conference	1993
	Anna Holzwart	17:33	Valders	2004
	Anna Holzwart	17:33	Kiel	2005
	Amy Thieleke	17:33	Valders	2008
170	Rachel Moir	17:34	Sectional	1993
	Anna Holzwart	17:34	Sheboygan Lutheran	2003
	Emily Biederwolf	17:34	Green Bay Preble	2006
173	Kelly Bonde	17:35	Sectional	1995
174	Cassie Marver	17:36	Valders	2010
175	Amy Thieleke	17:37	Cedar Grove	2010
	Ashley Koenig	17:37	County	2003
	Emily Biederwolf	17:37	County	2006
178	Emily Eschen	17:38	Campbellsport	2011
	Laurie Taylor	17:38	Reedsville	1995
180	Emily Post	17:39	Cedar Grove	2001
	Ashley Koenig	17:39	Conference	2003
	Emily Biederwolf	17:39	Valders	2005
	Amy Thieleke	17:39	Cedar Grove	2007
184	Ashley Koenig	17:39.2	State	2003
185	Cassie Marver	17:40	Manitowoc Roncalli	2010
186	Emily Biederwolf	17:41	Manitowoc Roncalli	2005
	Anna Holzwart	17:41	Sectional	2006
188	Kelly Bonde	17:42	Cedar Grove	1995
189	Anna Holzwart	17:43	Kiel	2003
190	Anna Holzwart	17:44	Cedar Grove	2003
	Ashley Koenig	17:44	Sectional	2003
192	Emily Post	17:45	Valders	2001
	Anna Holzwart	17:45	Valders	2003
	Emily Biederwolf	17:45	Cedar Grove	2006
195	Laurie Taylor	17:47	Campbellsport	1994
	Stacy Wiedemann	17:47	Reedsville	2001
	Ashley Koenig	17:47	Campbellsport	2003
	Heidi Rooker	17:47	County	2004
199	Rachel Moir	17:48	Cedar Grove	1993
200	Kelly Bonde	17:49	Sheboygan Lutheran	1995

**Howards Grove High School
2010 Cross Country
Gatorade "Will to Win" Athletes**

Gatorade realizes that many athletes are talented. This award is designed for those few who consistently push themselves to excel at practice and on game day. These athletes see horizons rather than boundaries. They are truly committed to the sport, the competition and to giving their all. To them, sports run a gamut of emotions from the challenge faced in the pursuit of excellence to the joy experienced in moments of triumph. They truly are "Will To Win" athletes.

Week# (Meet/Invite)	Female Winner	Male Winner
Weeks #1 & #2 (Practice)	Abby Wasmer	Eric Dvorachek
Week #3 (Kiel Invite)	Morgan Edge	Cody Stange
Week #4 (CG, Roncalli)	Emily Eschen	Marquis Bolz
Week #5 (Lutheran, Valders)	Cassie Marver	Chris Spieth
Week #6 (Plymouth, Kewaskum)	Jessica Larson	Fred Meyer
Week #7 (County)	Rachel Hartlaub	Eric Dvorachek
Week #8 (Brillion, Campbellsport)	Karissa Kidder	Cody Stange
Week #9 (Conference)	Hayley Reinke	Marquis Bolz
"Will To Win" Athlete-of-the-Year	Karissa Kidder	Cody Stange

CROSS-COUNTRY-HISTORY



1984-2011

Howards Grove Cross Country

Leaving a Legacy Behind
- One Stride at a Time -

Head Coaches

Mark Hinterberg	1984-1995
Art VanDerWahl	1995
Chris Barry	1996-1997
Gary Kalk	1998-Present

Assistant Coaches

Art VanDerWahl	1994-1995
Mandy DeBruin	2001
Mark Buffington	2003-2005
Andy Buffington	2007
Whitney Diedrich	2010-Present

Howards Grove Cross Country Program Record

COACH GARY KALK

1998 - Present

GIRLS						
WIN	LOSE	TIE	# of Athletes	CLC Place	Sectional Place	State Qualifiers
1	12		5	INC	INC	
0	9		5	INC	INC	
35	63		9	4th	8th	
21	69		12	6th	10th	1
22	67		10	4th	10th	1
74	38		13	2nd	2nd	7 _{Team}
60	67		10	3rd	11th	1
20	51		6	4th	12th	1
30	66		7	4th	9th	
7	62		6	6th	INC	1
10	52		6	6th	10th	1
2	50		6	7th	INC	
57	50		16	4th	7th	
32	66		13	4th	10th	1

BOYS						
WIN	LOSE	TIE	# of Athletes	CLC Place	Sectional Place	State Qualifiers
25	73	1	9	4th	11th	
21	63		10	5th	13th	
27	55	1	9	5th	9th	
49	55	1	10	4th	6th	1
47	42		16	3rd	6th	1
62	35		17	3rd	5th	1
40	51		9	2nd	10th	
48	51		7	3rd	6th	
2	38		6	6th	11th	
54	44	1	9	2nd	4th	
80	29	1	11	2nd	3rd	1
44	71		8	4th	6th	1
29	74		9	5th	7th	1
0	70		5	5th	17th	

1998
1999
2000
2001
2002
2003
2004
2005
2006
2007
2008
2009
2010
2011

371	722	0	124
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14

TOTALS

528	751	5	135
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6

Male Alumni

1984-2011

Athletes Name	Year(s)		
Andrews, Nathan	94	Heili, Adam	03, 04
Ackley, Matt	07, 08	Hodgson, Dale	10
Bahr, Kyle	03, 04, 05	Holler, Greg	90
Bahr, Matt	08, 09	Holmes, Scott	87, 88, 89, 90
Biederwolf, Tyler	02, 03, 04, 05	Holzward, Joe	96, 97, 98, 99
Bilgo, Riley	02, 03	Holzward, Paul	97, 98, 99, 00
Boehm, Lucas	02, 03	Horneck, Chris	88
Bolz, Marquis	10, 11	Horness, Chris	97
Bower, Bryan	01	Jaberg, Tim	96
Bramstedt, Darin	85, 86	Jahnke, Mathew	02
Brunmeier, Brad	86, 87	Johannes, Brad	91, 92, 93
Buffington, Andy	02, 03, 04, 05	Kalmerton, Jerrad	90, 91
Buffington, Pat	00, 01, 02, 03	Kestell, Ben	91, 92, 93, 94
Burkart, Tom	91, 92	Kestell, Josh	91, 92, 93
Carstens, Mach	09	Kestell, Travis	94, 95
Cudworth, Brian	92, 93, 94, 95	Kiesau, Brent	07, 08
DeRyter, Kurt	90	Knuth, Jason	86
DesArmo, Corey	99	Kramer, Ryan	89, 90, 91, 92
Didan, Firas (AFS-Jordan)	87	Krueger, Jamie	93
Dreier, Adam	03	Krueger, Jessie	85, 87
Drueck, Josh	98, 99, 00, 01	Krutzik, Brad	85
Dvorachek, Eric	11	Lau, Brian	90, 91, 92
Eisenschenk, Jochen (AFS-Germany)	89	Lefeber, Eric	01, 02
Elzinga, Eliot	98, 99, 00	Lindorfer, Charlie	97
Englebert, Ben	90, 91, 92	Luecke, Jon	95, 96, 97
Eschen, Brian	09, 10	Mansker, Derek	96, 97
Finstad, Kyle	06, 07, 08	Mansker, Shaun	01
Frantz, Chris	90, 91, 92	Mayer, Bryan	03
Gessler, Phillip	08, 09, 10	Meidl, Jared	08, 09
Glaser, Zach	07	Mentink, Robb	92, 93, 94
Gonzales, R	91	Meyer, Fred	11
Gosse, Corey	90	Milbrath, Tim	95, 96
Greske, Ryan	98	Monte, Ryan	96
Gries, Kevin	07, 08	Morris, Eric	87, 88, 89, 90
Grosshuesch, Dave	86, 87, 88	Mugan, Ryan	10
Grunewald, Jeff	97, 00	Murphy, Dan	85
Grunwald, Steve	93, 94, 95	Nichols, Shawn	85, 86, 87, 88
Hafele, Brent	93, 94	Olson, Bryan	92
Hafele, Craig	97	Pahl, Jason	88, 89
Hahn, Aaron	01	Paweski, Bryan	06
Hahn, Adam	00, 02, 03	Penny, R	91
Hahn, Eric	03	Petrie, Evan	03

Female Alumni

1984-2011

Athletes Name	Year(s)	Athletes Name	Year(s)
Akright, Sarah	91, 92	Herbold, Wiebke (AFS-Germany)	00
Albert, Sarah	06	Holzward, Anna	03, 04, 05, 06
Arnoelter, Angie	91, 92	Horness, Lindsay	02, 03
Athorp, Sara	11	Keberly, Maria	10, 11
Bassuener, Amy	95	Kidder, Karissa	10, 11
Bauer, Kelsey	06	Kirsch, Jessica	05, 06
Beck, Jeni	89	Kisiolek, Emily	04
Bergemann, Jenny	89	Koenig, Ashley	03
Biederwolf, Emily	04, 05, 06	Koleno, Kim	01
Binversie, Lauren	10	Kraemer, Ashley	95, 96
Bitter, Allison	99	Landwehr, Lori	89, 90, 91
Bolz, Felicia	02, 03	Larson, Christina	07, 08, 09, 10
Bonde, Jenny	96, 97, 98	Larson, Jessica	10, 11
Bonde, Kelly	94, 95, 96	Lutzke, Heather	94
Brendel, Lisa	90	Mansker, Kortney	04
Brunmeier, Brenda	86	Marver, Cassie	10, 11
Conrad, Carmen	08, 09, 10, 11	Mihm, Tracy	91, 92
Cyr, Melanie	10	Moir, Rachel	92, 93
Dahm, Betty	90, 91, 92	Moore, Ashley	02, 03
Dekker, Jenny	92	Morris, Rachel	91, 92, 93
DeRuyter, Lisa	89	Olderman, Jena	03, 04
Dragan, Deanna	97, 98, 00	Oskey, Leslie	03, 04, 05
Edge, Morgan	11	Palm, Brittney	07, 08, 09, 10
Eichhorst, Skyler	06	Phillips, Amanda	97, 98, 99
Elzinga, Celine	02, 03, 04	Phillips, Lacey	01
Eschen, Emily	11	Plate, Donna	85
Fleischfresser, Jenny	89	Plate, Patty	84
Frantz, Sarah	97	Post, Emily	00, 01, 02, 03
Greske, Amy	00	Probst, Alison	05
Gries, Holly	97	Probst, Rachel	09, 10
Gries, Laura	01, 02, 03, 04	Reinke, Hayley	10, 11
Grimmenga, Megan	10, 11	Rietbrock, Carrie	90
Grunewald, Jeanette	95	Rietbrock, Michelle	91, 92
Grunwald, Laura	90, 91	Roehrig, Stacy	89, 90
Grunwald, Sue	89	Roethel, Amy	90
Gumm, Dana	93	Rooker, Heidi	01, 02, 03, 04
Hackbarth, Krista	10	Rooker, Rachel	07, 08
Hartlaub, Rachel	10, 11	Rose, Kris	85, 86
Havlinek, Tammy	84	Ryan, Ashley	07
Hedstrom, Andrea	01	Sandvig, Modesta	11
Heiling, Elissa	91	Schnelle, Lindsay	07, 08, 09
Heling, Heidi	97	Souчек, Anne	89

Howards Grove Cross Country

CLC Team Championships

BOYS

GIRLS

1987, 1990, 1991, 1992

State Team Qualifiers

BOYS

GIRLS

1992 -- 10th place -- Division 3

Name	Time	Place
(Athlete names and times not found)		

2003 -- 12th Place -- Division 3

Name	Time	Place
Emily Post	15:08.6	1
Anna Holzward	16:48.1	57
Ashley Koenig	17:39.2	97
Felicia Bolz	18:09.2	112
Bethany Tutas	18:34.8	117
Heidi Rooker	18:39.6	121
Lindsay Horness	18:57.2	127

State Individual Qualifiers

BOYS

GIRLS

Division	Name	Year	Time	Place	Division	Name	Year	Time	Place
3	Ryan Kramer	1991	Not Found	23	3	Emily Post	2001	15:41	9
3	Chris Wickesberg	1995	Not Found	Not Found	3	Emily Post	2002	15:31	2
3	Pat Buffington	2001	18:03	67	2	Anna Holzward	2004	15:39	16
3	Pat Buffington	2002	17:20	24	3	Emily Biederwolf	2005	16:39.1	42
3	Pat Buffington	2003	17:05	20	3	Amy Thieleke	2007	16:21.2	33
3	Matt Ackley	2008	17:55.0	68	3	Amy Thieleke	2008	16:31.2	41
3	Matt Bahr	2009	18:13.4	77	2	Cassie Marver	2011	15:49.68	41
3	Ryan Mugan	2010	16:39.93	4					