



Cross Country



Howards Grove High School 2012 Cross Country Results

Head Coach: Gary A. Kalk

**Howards Grove High School
Girls Cross Country
2012 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite	5	10	
Cedar Grove Invite	5	2	
Manitowoc Roncalli Invite	6	3	
Sheboygan Lutheran Invite	13	6	
Valders Invite	7	0	
Plymouth Relays	4	4	
Kewaskum Invite	5	0	
County Meet @ Sheboygan Lutheran	3	6	
Brillion Invite	6	3	
Campbellsport Invite	6	3	
Conference @ Sheboygan Lutheran	3	3	
Sectional @ Sheboygan Lutheran (Division 3)	6	6	
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Varsity Totals	69	46	0

**Howards Grove High School
Boys Cross Country
2012 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite	0	15	
Cedar Grove Invite	0	6	
Manitowoc Roncalli Invite	0	8	
Sheboygan Lutheran Invite	5	17	
Valders Invite	1	4	
Plymouth Relays	0	8	
Kewaskum Invite	1	5	
County Meet @ Sheboygan Lutheran	1	7	
Brillion Invite	0	10	
Campbellsport Invite	1	7	
Conference @ Sheboygan Lutheran	1	3	
Sectional @ Sheboygan Lutheran (Division 3)	2	11	
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Varsity Totals	12	101	0



Howards Grove Cross Country 2012 Girls Individual Meet Times

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	Personal Best (Career)
		8/30 Chip Timing	9/6	9/8 @ Lincoln Park	9/11	9/13	9/18	9/20	9/25 @ Lutheran	10/2 Chip Timing	10/4	10/11 @ Lutheran	10/20 @ Lutheran	
NOELLE ESCHEN	9	---	19:50	18:52	19:14	19:07	18:04	18:51	18:27	16:55.29	18:00	---	---	16:55.29
KARA BELL	10	24:00.1	22:23	21:01	21:20	21:11	19:39	20:03	20:18	17:53.72	19:19	18:55	19:11	17:53.72
MORGAN EDGE	10	19:23.1	17:53	17:55	18:45	18:56	18:06	18:32	18:10	16:24.87	17:09	17:41	17:50	16:24.87
ERIKA RITTENHOUSE	11	22:46.9	24:49	22:06	21:39	19:50	19:13	20:05	---	21:23.63	22:51	20:14	---	19:13
EMILY ESCHEN	11	---	17:52	18:21	18:04	18:08	17:00	17:50	16:50	15:45.70	17:00	16:48	17:09	15:45.70
MEGAN GRIMMENG	11	20:20.4	20:37	19:11	---	19:54	21:23	20:04	19:48	17:50.83	19:13	19:23	19:38	17:50.83
MARIA KEBERLY	11	23:24.0	20:54	20:37	---	21:19	19:41	22:40	19:37	18:35.07	20:12	---	---	18:35.07
HAYLEY REINKE	11	23:27.1	23:28	23:01	22:09	22:45	21:00	21:57	22:35	19:46.37	21:11	20:25	21:29	19:46.37
JESSICA LARSON	12	21:57.9	19:02	19:06	19:15	18:48	18:05	18:54	18:51	16:56.75	18:29	17:52	19:18	16:56.75
CASSIE MARVER	12	17:08.7	16:30	16:35	16:37	16:38	15:51	16:24	16:21	14:55.25	16:09	15:50	16:24	14:55.25
ABBY WASMER	12	---	---	---	---	---	23:06	24:09	23:55	21:27.10	22:49	22:29	---	20:38
60th Percentile		20:06.3	19:49	19:11	20:17	19:49	18:05	21:43	17:12	17:20.31	18:38	19:09	19:19	



Howards Grove Cross Country 2012 Boys Individual Meet Times

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	Personal Best (Career)
		8/30 Chip Timing	9/6	9/8 @ Lincoln Park	9/11	9/13	9/18	9/20	9/25 @ Lutheran	10/2 Chip Timing	10/4	10/11 @ Lutheran	10/20 @ Lutheran	
ARTHUR MEYER	9	29:00.3	25:42	24:59	24:06	23:33	23:38	24:12	23:18	23:13.21	23:14	22:22	22:28	22:22
REED TRUEBLOOD	9	26:40.2	25:06	24:21	23:40	23:15	23:33	23:48	23:08	22:09.07	23:10	23:01	---	22:09.07
ERIC DVORACHEK	10	22:03.3	18:31	18:21	17:59	18:00	18:23	18:56	18:05	17:39.29	18:28	17:51	18:32	17:39.29
FRED MEYER	10	30:20.1	24:46	23:24	23:25	22:41	22:53	23:50	23:07	21:44.84	22:15	22:05	21:22	21:22
MARQUIS BOLZ	11	25:17.8	23:59	23:26	22:32	21:21	21:48	22:23	21:54	20:49.83	21:40	21:26	21:21	20:49.83
LUKE OXTOBY	11	---	21:58	21:30	21:21	20:37	20:42	20:54	20:10	19:41.77	20:38	20:07	20:08	19:41.77
CODY STANGE	12	23:33.5	22:13	---	20:49	21:01	---	---	20:58	---	21:19	20:49	20:19	20:19
60th Percentile		21:36.8	21:38	21:01	20:51	21:01	19:38	22:16	20:00	18:40.36	20:16	20:20	20:19	



Howards Grove Cross Country 2012 Girls Varsity Letter Points

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	Individual Point Totals (Season)
		8/30	9/6	9/8 @ Lincoln Park	9/11	9/13	9/18	9/20	9/25 @ Lutheran	10/2	10/4	10/11 @ Lutheran	10/20 @ Lutheran	
NOELLE ESCHEN	9	---	1	1	1	1	1	1	1	1	1	---	---	9
KARA BELL	10	1	JV	1	1	1	1	1	1	1	1	2	2	13
MORGAN EDGE	10	1	1	1	1	1	1	1	1	1	1	2	2	14
ERIKA RITTENHOUSE	11	1	1	JV	1	JV	1	1	---	JV	JV	JV	---	5
EMILY ESCHEN	11	---	1	1	1	1	1	1	1	1	1	2	2	13
MEGAN GRIMMENGGA	11	1	1	1	---	1	1	1 ^{JV}	1	1	1	1	1	11
MARIA KEBERLY	11	1	JV	1	---	1	JV	1	JV	1	JV	---	---	5
HAYLEY REINKE	11	1	JV	JV	JV	JV	JV	JV	JV	JV	JV	1	1	3
JESSICA LARSON	12	1	1	1	1	1	1	1	1	1	1	2	2	14
CASSIE MARVER	12	1	1	1	1	1	1	1	1	1	1	2	2	14
ABBY WASMER	12	---	---	---	---	---	JV	JV	JV	JV	JV	JV	---	0
TOTALS		8	7	8	7	8	8	9	7	8	7	12	12	101

**Howards Grove High School
Cross Country
2012 Awards**

"Will-to-Win" Athletes	Kara Bell Reed Trueblood
Rookie-of-the-Year	Noelle Eschen
Most Improved Runner	Megan Grimmenga
Male Runner-of-the-Year	Eric Dvorachek
Female Runner-of-the-Year	Cassie Marver
All-Conference Athlete (Top 10 Finish)	Cassie Marver
All-County Athletes (Top 21 Finish)	Cassie Marver Emily Eschen Eric Dvorachek

Howards Grove High School

Boys Cross Country

5000 Meter Records

Records Kept Since 1992

Updated October 20, 2012

Rank	Name	Time	Meet/Invite	Year
1	Ryan Mugan	16:27	Brillion	2010
2	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	Eric Dvorachek	17:39.29	Brillion	2012
40	Kevin Gries	17:40	County	2008
41	Pat Buffington	17:41	Sectional	2003
	Matt Ackley	17:41	Conference	2008
43	Matt Bahr	17:42	Kewaskum	2009
44	Ben Wilson	17:43	Reedsville	1993
	Pat Buffington	17:43	Campbellsport	2002
	Phillip Gessler	17:43	Sectional	2010
47	Rob Mentink	17:45	State	1992
	Pat Buffington	17:45	Conference	2002
49	Eric Lefeber	17:46	Cedar Grove	2002
	Pat Buffington	17:46	Kiel	2003

Rank	Name	Time	Meet/Invite	Year
	Kyle Bahr	17:46	Conference	2004
	Matt Bahr	17:46	Campbellsport	2009
53	Pat Buffington	17:47	Sectional	2001
	Kyle Bahr	17:47	Valders	2005
55	Chris Wickesburg	17:49	Sheboygan Lutheran	1993
	Pat Buffington	17:49	Kewaskum	2002
	Pat Buffington	17:49	Sheboygan Lutheran	2003
58	Joe Holzwart	17:50	St. Francis	1999
59	Steve Grunewald	17:51	Cedar Grove	1995
	Pat Buffington	17:51	Campbellsport	2001
	Eric Lefeber	17:51	Reedsville	2002
	Eric Dvorachek	17:51	Conference	2012
63	Pat Buffington	17:52	Kiel	2002
	Pat Buffington	17:52	Sectional	2002
65	Rob Mentink	17:53	Conference	1992
	Chris Wickesburg	17:53	Plymouth	1993
	Kyle Bahr	17:53	Conference	2005
68	Steve Grunewald	17:54	Reedsville	1994
	Chris Wickesburg	17:54	County	1995
70	Matt Ackley	17:55.0	State	2008
	Chris Wickesburg	17:55	Cedar Grove	1995
	Eric Lefeber	17:55	Reedsville	2001
	Ryan Mugan	17:55	Manitowoc Roncalli	2010
	Phillip Gessler	17:55	Conference	2010
75	Rob Mentink	17:56	Sectional	1992
	Matt Bahr	17:56	Conference	2009
77	Rob Mentink	17:57	Conference	1993
	Matt Ackley	17:57	Kewaskum	2008
	Kevin Gries	17:57	Conference	2008
80	Eric Lefeber	17:58	Plymouth	2001
81	Pat Buffington	17:59	County	2002
	Adam Post	17:59	Cedar Grove	2004
	Eric Dvorachek	17:59	Sheboygan Lutheran	2012
84	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
	Eric Dvorachek	18:00	Valders	2012
89	Phillip Gessler	18:01	Brillion	2010
90	Tyler Biederwolf	18:02	Conference	2004
91	Pat Buffington	18:03	State	2001
	Kyle Bahr	18:03	Campbellsport	2004
	Matt Ackley	18:03	Plymouth	2008
94	Pat Buffington	18:04	Sheboygan Lutheran	2002
	Josh Schwinn	18:04	Cedar Grove	2005
	Matt Bahr	18:04	Sectional	2009
97	Chris Wickesburg	18:05	Plymouth	1995
	Tyler Biederwolf	18:05	Campbellsport	2005
	Matt Ackley	18:05	Conference	2007
	Eric Dvorachek	18:05	County	2012

Howards Grove High School Boys Cross Country 5000 Meter Records

Rank	Name	Time	Meet/Invite	Year
101	Eric Lefeber	18:06	Sheboygan Lutheran	2002
	Tyler Biederwolf	18:06	Campbellsport	2004
103	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
	Tyler Biederwolf	18:07	County	2004
	Ryan Mugan	18:07	Valders	2010
107	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
110	Rob Mentink	18:09	County	1992
	Joe Holzwart	18:09	Conference	1998
	Matt Ackley	18:09	Sectional	2008
113	Joe Holzwart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
	Ryan Mugan	18:10	Kewaskum	2010
116	Kyle Bahr	18:11	Manitowoc Roncalli	2005
	Tyler Biederwolf	18:11	Valders	2005
118	Rob Mentink	18:12	Cedar Grove	1992
	Steve Grunewald	18:12	Valders	1995
	Eric Lefeber	18:12	Plymouth	2002
121	Eric Lefeber	18:13	Sheboygan Lutheran	2001
	Matt Bahr	18:13	County	2009
123	Matt Bahr	18:13.4	State	2009
124	Andy Buffington	18:14	Campbellsport	2005
125	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
130	Chris Wickesburg	18:16	Sheboygan Lutheran	1995
	Tyler Biederwolf	18:16	Conference	2005
	Kevin Gries	18:16	Sectional	2008
133	Ben Wilson	18:17	State	1992
	Brian Cudworth	18:17	County	1995
	Pat Buffington	18:17	Campbellsport	2000
	Eric Lefeber	18:17	County	2001
137	Joe Holzwart	18:18	Campbellsport	1999
	Pat Buffington	18:18	Sheboygan Falls @LTC	2002
	Kevin Gries	18:18	Cedar Grove	2008
140	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
147	Steve Grunewald	18:20	Conference	1994
	Steve Grunewald	18:20	County	1995
	Brian Sonnenberg	18:20	Reedsville	2001
	Eric Lefeber	18:20	Conference	2001

Rank	Name	Time	Meet/Invite	Year
	Kyle Bahr	18:20	Sectional	2005
152	Pat Buffington	18:21	County	2001
	Andy Buffington	18:21	Sectional	2005
	Matt Bahr	18:21	Sheboygan Lutheran	2009
	Eric Dvorachek	18:21	Manitowoc Roncalli	2012
156	Joe Holzwart	18:22	County	1998
	Eric Lefeber	18:22	Sectional	2002
	Josh Schwinn	18:22	Kewaskum	2005
	Phillip Gessler	18:22	County	2010
160	Tyler Biederwolf	18:23	Green Bay Preble	2005
	Kyle Bahr	18:23	Sheboygan Lutheran	2005
	Eric Dvorachek	18:23	Plymouth	2012
163	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
172	Kevin Gries	18:25	Valders	2008
173	Ben Wilson	18:26	Conference	1992
	Phillip Gessler	18:26	Valders	2010
175	Brian Cudworth	18:27	Reedsville	1994
	Matt Thielke	18:27	Conference	1997
	Matt Ackley	18:27	Valders	2008
178	Rob Mentink	18:28	Conference	1994
	Eric Lefeber	18:28	County	2002
	Matt Ackley	18:28	Campbellsport	2007
	Eric Dvorachek	18:28	Campbellsport	2012
182	Chris Wickesburg	18:29	Kiel	1993
	Chris Wickesburg	18:29	Conference	1994
	Andy Buffington	18:29	Valders	2005
	Brent Kiesau	18:29	Conference	2008
186	Joe Holzwart	18:30	Sectional	1999
	Kyle Bahr	18:30	Plymouth	2004
188	Adam Post	18:31	Plymouth	2004
	Josh Schwinn	18:31	Campbellsport	2005
	Eric Dvorachek	18:31	Cedar Grove	2012
191	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
	Eric Dvorachek	18:32	Sectional	2012
198	Ben Wilson	18:33	Conference	1993
	Joe Holzwart	18:33	Reedsville	1998
	Pat Buffington	18:33	Conference	2000

Howards Grove High School Girls Cross Country 4000 Meter Records

Records Kept Since 1993

Updated October 20, 2012

Rank	Name	Time	Meet/Invite	Year
1	Cassie Marver	14:55.25	Brillion	2012
2	Emily Post	15:08.6	State	2003
3	Emily Post	15:09	Campbellsport	2003
4	Emily Post	15:17	Plymouth	2003
	Emily Post	15:17	Conference	2003
6	Emily Post	15:21	Sectional	2003
7	Emily Post	15:22	Green Bay Preble	2003
8	Emily Post	15:29	Campbellsport	2002
	Emily Post	15:29	County	2003
10	Emily Post	15:31	State	2002
11	Emily Post	15:34	Cedar Grove	2003
12	Anna Holzwart	15:39.8	State - Div. 2	2004
13	Anna Holzwart	15:40	Green Bay Preble	2006
14	Emily Post	15:41	State	2001
15	Anna Holzwart	15:42	Plymouth	2004
16	Anna Holzwart	15:45	County	2004
17	Emily Eschen	15:45.70	Brillion	2012
18	Emily Post	15:46	County	2002
	Emily Post	15:46	Sheboygan Lutheran	2003
20	Cassie Marver	15:48	Conference	2011
	Emily Post	15:48	Plymouth	2002
22	Cassie Marver	15:49.68	State - Div. 2	2011
23	Anna Holzwart	15:50	Conference	2004
	Cassie Marver	15:50	Conference	2012
25	Emily Post	15:51	Conference	2002
	Cassie Marver	15:51	Plymouth	2012
27	Anna Holzwart	15:52	Campbellsport	2004
28	Emily Post	15:53	Sheboygan Lutheran	2002
29	Emily Post	15:55	Cedar Grove	2002
	Emily Post	15:55	Kiel	2003
31	Emily Post	15:59	Sectional	2002
32	Cassie Marver	16:02	Sheboygan Lutheran	2011
	Emily Post	16:02	Conference	2001
	Anna Holzwart	16:02	Green Bay Preble	2004
35	Emily Post	16:03	Sectional	2001
	Anna Holzwart	16:03	Sheboygan Lutheran	2004
37	Emily Post	16:04	Reedsville	2001
38	Anna Holzwart	16:07	Cedar Grove	2004
39	Anna Holzwart	16:08	Green Bay Preble	2005
40	Cassie Marver	16:09	Campbellsport	2012
41	Emily Post	16:10	Valders	2003
42	Cassie Marver	16:12	Plymouth	2011
	Anna Holzwart	16:12	Sectional - Div. 2	2004
44	Amy Thieleke	16:15	Kewaskum	2009
45	Emily Biederwolf	16:17	Sectional	2005
	Amy Thieleke	16:17	Conference	2008
47	Emily Biederwolf	16:18	Campbellsport	2005
	Cassie Marver	16:18	Conference	2010
	Cassie Marver	16:18	Sectional	2010
50	Anna Holzwart	16:19	Campbellsport	2005

Rank	Name	Time	Meet/Invite	Year
	Anna Holzwart	16:19	Manitowoc Roncalli	2006
52	Cassie Marver	16:20	County	2011
53	Cassie Marver	16:21	Sectional - Div. 2	2011
	Emily Post	16:21	Kiel	2002
	Emily Biederwolf	16:21	Plymouth	2004
	Cassie Marver	16:21	County	2012
57	Amy Thieleke	16:21.2	State	2007
58	Anna Holzwart	16:22	Kiel	2006
59	Anna Holzwart	16:24	Manitowoc Roncalli	2005
	Anna Holzwart	16:24	Conference	2006
	Amy Thieleke	16:24	County	2008
	Cassie Marver	16:24	Kewaskum	2012
	Cassie Marver	16:24	Sectional	2012
64	Morgan Edge	16:24.87	Brillion	2012
65	Cassie Marver	16:26	Campbellsport	2011
66	Cassie Marver	16:27	Brillion	2010
67	Anna Holzwart	16:28	Campbellsport	2003
68	Anna Holzwart	16:29	Plymouth	2006
	Anna Holzwart	16:29	Campbellsport	2006
70	Cassie Marver	16:30	Cedar Grove	2012
71	Amy Thieleke	16:31.2	State	2008
72	Cassie Marver	16:32	Brillion	2011
73	Rachel Moir	16:33	County	1993
	Emily Post	16:33	Plymouth	2001
	Emily Post	16:33	Campbellsport	2001
76	Cassie Marver	16:35	County	2010
	Emily Biederwolf	16:35	Campbellsport	2006
	Amy Thieleke	16:35	Sectional	2008
	Amy Thieleke	16:35	Conference	2010
80	Cassie Marver	16:35	Manitowoc Roncalli	2012
81	Amy Thieleke	16:36	Sheboygan Lutheran	2009
	Rachel Moir	16:36	Sheboygan Falls	1993
83	Amy Thieleke	16:37	Campbellsport	2009
	Amy Thieleke	16:37	Conference	2009
	Amy Thieleke	16:37	Sectional	2007
	Cassie Marver	16:37	Sheboygan Lutheran	2012
87	Emily Post	16:38	Howards Grove	2003
	Anna Holzwart	16:38	County	2006
	Cassie Marver	16:38	Valders	2012
90	Amy Thieleke	16:39	Cedar Grove	2009
	Rachel Moir	16:39	Plymouth	1993
92	Emily Biederwolf	16:39.1	State	2005
93	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
97	Anna Holzwart	16:41	Cedar Grove	2005
98	Cassie Marver	16:42	Cedar Grove	2011
	Anna Holzwart	16:42	Plymouth	2005
100	Cassie Marver	16:43	Manitowoc Roncalli	2011

Howards Grove High School Girls Cross Country 4000 Meter Records

Rank	Name	Time	Meet/Invite	Year
	Anna Holzwart	16:43	Conference	2003
102	Anna Holzwart	16:44	Sheboygan Lutheran	2005
103	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
107	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
111	Emily Biederwolf	16:48	County	2004
	Amy Thieleke	16:48	Campbellsport	2008
	Emily Eschen	16:48	Conference	2012
114	Anna Holzwart	16:48.1	State	2003
115	Amy Thieleke	16:49	County	2009
	Cassie Marver	16:49	Campbellsport	2010
117	Amy Thieleke	16:50	Kiel	2009
	Emily Eschen	16:50	County	2012
119	Cassie Marver	16:51	Sheboygan Lutheran	2010
	Anna Holzwart	16:51	County	2003
	Anna Holzwart	16:51	County	2005
122	Cassie Marver	16:53	Plymouth	2010
	Amy Thieleke	16:53	County	2007
124	Emily Biederwolf	16:54	Conference	2004
	Amy Thieleke	16:54	Manitowoc Roncalli	2007
126	Emily Biederwolf	16:55	County	2005
	Anna Holzwart	16:55	Conference	2005
128	Noelle Eschen	16:55.29	Brillion	2012
129	Amy Thieleke	16:56	Plymouth	2010
130	Jessica Larson	16:56.75	Brillion	2012
131	Anna Holzwart	16:58	Sheboygan Lutheran	2006
132	Rachel Moir	16:59	Valders	1993
133	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
	Emily Eschen	17:00	Plymouth	2012
	Emily Eschen	17:00	Campbellsport	2012
140	Anna Holzwart	17:01	Cedar Grove	2006
141	Emily Biederwolf	17:03	Conference	2006
142	Amy Thieleke	17:04	Cedar Grove	2008
143	Cassie Marver	17:05	Kewaskum	2010
	Amy Thieleke	17:05	Kiel	2007
145	Amy Thieleke	17:06	Manitowoc Roncalli	2009
	Amy Thieleke	17:06	Sheboygan Lutheran	2010
	Amy Thieleke	17:06	Brillion	2008
148	Emily Biederwolf	17:07	Plymouth	2005
149	Amy Thieleke	17:08	Kewaskum	2010
	Laurie Taylor	17:08	Conference	1995

Rank	Name	Time	Meet/Invite	Year
151	Cassie Marver	17:09	Kiel	2012
	Morgan Edge	17:09	Campbellsport	2012
	Emily Eschen	17:09	Sectional	2012
154	Laurie Taylor	17:11	County	1995
	Amy Thieleke	17:11	Sheboygan Lutheran	2008
156	Anna Holzwart	17:12	Valders	2005
	Anna Holzwart	17:12	Valders	2006
158	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
162	Amy Thieleke	17:14	Valders	2009
	Emily Biederwolf	17:14	Kiel	2005
164	Amy Thieleke	17:15	Sectional	2009
	Cassie Marver	17:15	Kiel	2011
	Rachel Moir	17:15	Campbellsport	1993
	Anna Holzwart	17:15	Sectional	2003
168	Emily Eschen	17:17	County	2011
169	Amy Thieleke	17:18	Plymouth	2009
	Laurie Taylor	17:18	Plymouth	1995
	Emily Biederwolf	17:18	Plymouth	2006
172	Amy Thieleke	17:19	Sheboygan Lutheran	2007
173	Emily Biederwolf	17:20	Manitowoc Roncalli	2006
	Amy Thieleke	17:20	Campbellsport	2010
175	Emily Eschen	17:21	Conference	2011
	Laurie Taylor	17:21	Campbellsport	1995
177	Emily Biederwolf	17:22	Sheboygan Lutheran	2005
178	Rachel Moir	17:23	Reedsville	1993
	Emily Biederwolf	17:23	Sheboygan Lutheran	2004
	Anna Holzwart	17:23	Sectional	2005
181	Rachel Moir	17:24	Sheboygan Lutheran	1993
182	Emily Eschen	17:26	Sectional - Div. 2	2011
	Emily Biederwolf	17:26	Sectional	2006
184	Emily Biederwolf	17:28	Cedar Grove	2004
	Emily Biederwolf	17:28	Green Bay Preble	2005
186	Laurie Taylor	17:32	Cedar Grove	1995
	Amy Thieleke	17:32	Plymouth	2007
188	Rachel Moir	17:33	Conference	1993
	Anna Holzwart	17:33	Valders	2004
	Anna Holzwart	17:33	Kiel	2005
	Amy Thieleke	17:33	Valders	2008
192	Rachel Moir	17:34	Sectional	1993
	Anna Holzwart	17:34	Sheboygan Lutheran	2003
	Emily Biederwolf	17:34	Green Bay Preble	2006
195	Kelly Bonde	17:35	Sectional	1995
196	Cassie Marver	17:36	Valders	2010
197	Amy Thieleke	17:37	Cedar Grove	2010
	Ashley Koenig	17:37	County	2003
	Emily Biederwolf	17:37	County	2006
200	Emily Eschen	17:38	Campbellsport	2011

**Howards Grove High School
2012 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)	Noelle Eschen	Reed Trueblood
Week #3 (Kiel Invite)	Morgan Edge	Eric Dvorachek
Week #4 (CG, Roncalli)	Kara Bell	Fred Meyer
Week #5 (Lutheran, Valders)	Jessica Larson	Luke Oxtoby
Week #6 (Plymouth, Kewaskum)	Cassie Marver	Marquis Bolz
Week #7 (County)	Emily Eschen	Arthur Meyer
Week #8 (Brillion, Campbellsport)	Hayley Reinke	Reed Trueblood
Week #9 (Conference)	Emily Eschen	Cody Stange
"Will To Win" Athlete-of-the-Year	Kara Bell	Reed Trueblood

CROSS COUNTRY HISTORY



1984-2012

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	2010-2011

Howards Grove Cross Country Program Stats

COACH GARY KALK 1998 - Present

GIRLS					
WIN	LOSE	# 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
69	46	11	4th	7th	---

1998
1999
2000
2001
2002
2003
2004
2005
2006
2007
2008
2009
2010
2011
2012
2013

BOYS					
WIN	LOSE	# of Athletes	CLC Place	Sectional Place	State Qualifiers
26	73	9	4th	11th	---
21	63	10	5th	13th	---
28	55	9	5th	9th	---
50	55	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	---
55	44	9	2nd	4th	---
81	29	11	2nd	3rd	1
44	71	8	4th	6th	1
29	74	9	5th	7th	1
0	70	5	5th	17th	---
12	101	7	4th	12th	---

440	768	135
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14	TOTALS
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545	852	142
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6

Male Alumni

1984-2012

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, 12	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, 12	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, Arthur	12
Gosse, Corey	90	Meyer, Fred	11, 12
Greske, Ryan	98	Milbrath, Tim	95, 96
Gries, Kevin	07, 08	Monte, Ryan	96
Grosshuesch, Dave	86, 87, 88	Morris, Eric	87, 88, 89, 90
Grunewald, Jeff	97, 00	Mugan, Ryan	10
Grunwald, Steve	93, 94, 95	Murphy, Dan	85
Hafele, Brent	93, 94	Nichols, Shawn	85, 86, 87, 88
Hafele, Craig	97	Olson, Bryan	92
Hahn, Aaron	01	Oxtoby, Luke	12
Hahn, Adam	00, 02, 03	Pahl, Jason	88, 89
Hahn, Eric	03	Paweski, Bryan	06

Male Alumni

(Continued)

Athletes Name	Year(s)		
Penny, R	91	Wetherell, Mike	86, 87, 88, 89
Petrie, Evan	03	Whitehead, Garrett	09, 10
Philipps, Billy	04, 05, 06	Wickesberg, Chris	94, 95
Plate, Dan	85, 86	Wieland, T	91
Plate, Steve	88, 89, 90, 91	Wilson (Fleischfresser), Jeff	86, 87, 89
Platz, Jamie	92, 93	Wilson, Adam	90
Plocar, Travis	02	Wilson, Ben	90, 91, 92
Poirier, Brian	96, 97, 98, 99	Winter, Marc	95
Post, Adam	03, 04	Wleklinski, Mike	07, 08, 09, 10
Pratt, Scott	84	Woepse, Craig	94, 95, 96, 97
Prueter, Doug	86, 87, 88, 89	Zittel, Jacob	92, 93, 94
Reseburg, N	91	Zore, Kurt	96
Rietbrock, Ben	91, 92		
Roehrig, Brad	90, 91		
Scheele, Steve	02, 03		
Schueler, Trevor	07, 08, 09, 10		
Schuette, C	91		
Schwinn, Corey	90, 91		
Schwinn, Josh	02, 03, 04, 05		
Schwinn, Mark	88		
Seibel, Dan	86		
Siebel, Mike	84		
Sixel, Dean	90, 92		
Sonnenberg, Andrew	03, 04, 05, 06		
Sonnenberg, Brian	98, 99, 00, 01		
Spieth, Chris	11		
Stange, Cody	10, 11, 12		
Steltenpohl, Jon	01, 02		
Thieleke, Matt	96, 97		
Thill, Chris	96, 97, 98, 99		
Traas, Eric	90, 91		
Trueblood, Reed	12		
Valenstein, Justin	02		
VanDeKreeke, Bryan	02, 03, 04		
VanWyk, Mike	99, 00, 01, 02		
VanWyk, Zak	97, 98, 99, 00		
VerStraate, Eric	05, 06, 07, 08		
VerVelde, Collin	06, 07, 08, 09		
Voelker, Mike	85		
Voss, David	94, 95, 96		
Wagner, Jon	93, 94, 95		
Weber, P.J.	94, 95		

Female Alumni

1984-2012

Athletes Name	Year(s)
Akright, Sarah	91, 92
Albert, Sarah	06
Arnoelter, Angie	91, 92
Athorp, Sara	11
Bassuener, Amy	95
Bauer, Kelsey	06
Beck, Jeni	89
Bell, Kara	12
Bergemann, Jenny	89
Biederwolf, Emily	04, 05, 06
Binversie, Lauren	10
Bitter, Allison	99
Bolz, Felicia	02, 03
Bonde, Jenny	96, 97, 98
Bonde, Kelly	94, 95, 96
Brendel, Lisa	90
Brunmeier, Brenda	86
Conrad, Carmen	08, 09, 10, 11
Cyr, Melanie	10
Dahm, Betty	90, 91, 92
Dekker, Jenny	92
DeRuyter, Lisa	89
Dragan, Deanna	97, 98, 00
Edge, Morgan	11, 12
Eichhorst, Skyler	06
Elzinga, Celine	02, 03, 04
Eschen, Emily	11, 12
Eschen, Noelle	12
Fleischfresser, Jenny	89
Frantz, Sarah	97
Greske, Amy	00
Gries, Holly	97
Gries, Laura	01, 02, 03, 04
Grimmenga, Megan	10, 11, 12
Grunewald, Jeanette	95
Grunwald, Laura	90, 91
Grunwald, Sue	89
Gumm, Dana	93
Hackbarth, Krista	10
Hartlaub, Rachel	10, 11
Havlinek, Tammy	84
Hedstrom, Andrea	01

Heiling, Elissa	91
Heling, Heidi	97
Herbold, Wiebke (AFS-Germany)	00
Holzward, Anna	03, 04, 05, 06
Horness, Lindsay	02, 03
Keberly, Maria	10, 11, 12
Kidder, Karissa	10, 11
Kirsch, Jessica	05, 06
Kisiolek, Emily	04
Koenig, Ashley	03
Koleno, Kim	01
Kraemer, Ashley	95, 96
Landwehr, Lori	89, 90, 91
Larson, Christina	07, 08, 09, 10
Larson, Jessica	10, 11, 12
Lutzke, Heather	94
Mansker, Kortney	04
Marver, Cassie	10, 11, 12
Mihm, Tracy	91, 92
Moir, Rachel	92, 93
Moore, Ashley	02, 03
Morris, Rachel	91, 92, 93
Olderman, Jena	03, 04
Oskey, Leslie	03, 04, 05
Palm, Brittney	07, 08, 09, 10
Phillips, Amanda	97, 98, 99
Phillips, Lacey	01
Plate, Donna	85
Plate, Patty	84
Post, Emily	00, 01, 02, 03
Probst, Alison	05
Probst, Rachel	09, 10
Reinke, Hayley	10, 11, 12
Rietbrock, Carrie	90
Rietbrock, Michelle	91, 92
Rittenhouse, Erika	12
Roehrig, Stacy	89, 90
Roethel, Amy	90
Rooker, Heidi	01, 02, 03, 04
Rooker, Rachel	07, 08
Rose, Kris	85, 86
Ryan, Ashley	07

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 Holzwart	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 Holzwart	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					