



Cross Country

WARNING
ACCORDING TO THE
SURGEON GENERAL
IT IS OK TO SMOKE
YOUR COMPETITION.



Howards Grove High School
2014 Cross Country Results

Head Coach: Gary A. Kalk

**Howards Grove High School
Girls Cross Country
2014 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>
Kiel Invite	12	6
Cedar Grove Invite	8	1
Manitowoc Roncalli Invite	6	2
Sheboygan Lutheran Invite	18	1
Valders Invite	3	0
Plymouth Relays	3	3
Kewaskum Invite	2	1
Sheboygan County Meet	6	3
Brillion Invite	10	2
Campbellsport Invite	8	1
Central Lakeshore Conference Meet	4	1
WIAA Sectional (Division 3)	14	1
State (Division 3)	3	12
	<hr/>	
Varsity Totals	97	34

**Howards Grove High School
Boys Cross Country
2014 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>
Kiel Invite	5	13
Cedar Grove Invite	3	6
Manitowoc Roncalli Invite	2	8
Sheboygan Lutheran Invite	5	14
Valders Invite	2	2
Plymouth Relays	Incomplete	
Kewaskum Invite	Incomplete	
Sheboygan County Meet	1	7
Brillion Invite	4	9
Campbellsport Invite	3	5
Central Lakeshore Conference Meet	1	3
WIAA Sectional (Division 3)	5	9
	<hr/>	
Varsity Totals	31	76



Howards Grove Cross Country

2014 Boys Individual Meet Times

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	State	Personal Best (Career)
		9/4 Chip Timing	9/11	9/13 @ Lincoln Park	9/16	9/18	9/23	9/25	9/30 @ Lutheran	10/7 Chip Timing	10/9 Chip Timing	10/16 @ Lutheran	10/25 @ Lutheran	11/1 Wis Rapids	
SAM SIXEL	9	22:06.3	21:38	21:42	21:32	21:20	21:29	21:30	20:36	20:32.81	20:45.39	20:29	20:42	----	20:29
ARTHUR MEYER	11	22:47.7	21:06	21:33	21:21	21:09	----	----	20:54	21:06.83	21:35.79	20:50	21:44	----	20:50
REED TRUEBLOOD	11	22:01.0	21:01	21:29	21:10	21:04	21:07	20:58	20:29	20:43.18	20:46.69	20:25	----	----	20:25
ERIC BRUCKSCHEN	12	21:24.2	19:53	20:31	20:23	20:02	20:35	20:03	19:36	20:22.04	19:12.49	19:21	19:44	----	19:12.49
ERIC DVORACHEK	12	18:10.2	17:13	17:43	17:29	17:11	17:43	17:09	17:11	17:18.44	17:30.59	17:14	17:30	17:05.92	17:05.92
FRED MEYER	12	22:08.5	21:08	21:27	21:06	21:01	----	----	20:47	20:29.67	22:01.59	21:39	21:49	----	20:29.67
60th Percentile		21:28.6	20:33	20:53	20:37	21:20	20:35	21:30	19:52	20:16.67	20:30.39	19:58	20:29	18:27.56	



Howards Grove Cross Country 2014 Boys Varsity Letter Points

Name	Grade	Kiel	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	State	Individual Point Totals (Season)
		9/4	9/11	9/13 @ Lincoln Park	9/16	9/18	9/23	9/25	9/30 @ Lutheran	10/7 Chip Timing	10/9	10/16 @ Lutheran	10/25 @ Lutheran	11/1 Wis Rapids	
SAM SIXEL	9	1	1	1	1	1	1	1	1	1	1	1	1	----	12
ARTHUR MEYER	11	1	1	1	1	1	----	----	1	1	1	1	1	----	10
REED TRUEBLOOD	11	1	1	1	1	1	1	1	1	1	1	1	----	----	11
ERIC BRUCKSCHEN	12	1	1	1	1	1	1	1	1	1	1	2	2	----	14
ERIC DVORACHEK	12	1	1	1	1	1	1	1	1	1	1	2	2	2	16
FRED MEYER	12	1	1	1	1	1	----	----	1	1	1	1	1	----	10
TOTALS		6	6	6	6	6	4	4	6	6	6	8	7	2	73

**Howards Grove High School
Cross Country
2014 Awards**

"Will-to-Win" Athletes	Fred Meyer Morgan Edge
Rookie-of-the-Year	Katie Guse
Most Improved Runner	Eric Bruckschen
Male Runner-of-the-Year	Eric Dvorachek
Female Runner-of-the-Year	Ashley Reinemann
All-Conference Athlete (Top 10 Finish)	Katie Guse Noelle Eschen Ashley Reinemann Eric Dvorachek
All-County Athletes (Top 21 Finish)	Ashley Reinemann Morgan Edge Noelle Eschen Katie Guse Eric Dvorachek
State Participants (Top 2 Teams / Top 5 not on a qualifying team)	Katie Guse Melissa Oxtoby Ashley Reinemann Noelle Eschen Zyta Morgan Kara Bell Morgan Edge Kaitlynn Near - Alternate Eric Dvorachek

**Howards Grove High School
2014 Cross Country
"Will to Win" Athletes**

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
Week #1 (Practice)	Katie Guse	Eric Bruckschen
Week #2 (Practice)	Ashley Reinemann	Reed Trueblood
Week #3 (Kiel Invite)	Morgan Edge	Fred Meyer
Week #4 (CG, Roncalli)	Melissa Oxtoby	Eric Dvorachek
Week #5 (Lutheran, Valders)	Melissa Oxtoby	Sam Sixel
Week #6 (Plymouth, Kewaskum)	Noelle Eschen	Eric Dvorachek
Week #7 (County)	Morgan Edge	Sam Sixel
Week #8 (Brillion, Campbellsport)	Katie Guse	Eric Bruckschen
Week #9 (Conference)	Katie Guse	Eric Dvorachek
"Will To Win" Athlete-of-the-Year	Morgan Edge	Fred Meyer

CROSS COUNTRY HISTORY



1984-2014

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

Female Alumni

1984-2014

Athletes Name

Year(s)

Akright, Sarah	91, 92
Albert, Sarah	06
Arnhoelter, Angie	91, 92
Athorp, Sara	11
Bassuener, Amy	95
Bauer, Kelsey	06
Beck, Jeni	89
Bell, Kara	12, 13, 14
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, 13, 14
Eichhorst, Skyler	06
Elzinga, Celine	02, 03, 04
Eschen, Emily	11, 12, 13
Eschen, Noelle	12, 13, 14
Fleischfresser, Jenny	89
Frantz, Sarah	97
Greske, Amy	00
Gries, Holly	97
Gries, Laura	01, 02, 03, 04
Grimmenga, Megan	10, 11, 12, 13
Grunewald, Jeanette	95
Grunwald, Laura	90, 91
Grunwald, Sue	89
Gumm, Dana	93
Guse, Katie	13, 14
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
Mueller, Zyta	14
Near, Kaitlyn	13, 14
Olderman, Jena	03, 04
Oskey, Leslie	03, 04, 05
Oxtoby, Melissa	13, 14
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
Reinemann, Ashley	13, 14
Reinke, Hayley	10, 11, 12, 13
Rietbrock, Carrie	90
Rietbrock, Michelle	91, 92
Rittenhouse, Erika	12, 13
Roehrig, Stacy	89, 90

Male Alumni

1984-2014

Athletes Name	Year(s)		
Andrews, Nathan	94	Hahn, Eric	03
Ackley, Matt	07, 08	Heili, Adam	03, 04
Bahr, Kyle	03, 04, 05	Hodgson, Dale	10, 13
Bahr, Matt	08, 09	Holler, Greg	90
Biederwolf, Tyler	02, 03, 04, 05	Holmes, Scott	87, 88, 89, 90
Bilgo, Riley	02, 03	Holzward, Joe	96, 97, 98, 99
Boehm, Lucas	02, 03	Holzward, Paul	97, 98, 99, 00
Bolz, Marquis	10, 11, 12, 13	Horneck, Chris	88
Bower, Bryan	01	Horness, Chris	97
Bramstedt, Darin	85, 86	Jaberg, Tim	96
Bruckschen, Eric	13, 14	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, 13, 14	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, 13, 14
Gosse, Corey	90	Meyer, Fred	11, 12, 13, 14
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, 13
Hahn, Adam	00, 02, 03	Pahl, Jason	88, 89

Howards Grove High School Girls Cross Country 5000 Meter Records

Records Kept Since 2000

Updated November 2, 2014

(WIAA CHANGED THE GIRLS DISTANCE TO 5000 METERS IN 2014)

Rank	Name	Time	Meet/Invite	Year
1	Emily Post	19:45	Kewaskum	2003
2	Anna Holzwart	20:27	Kewaskum	2005
3	Anna Holzwart	20:49	Kewaskum	2004
4	Katie Guse	20:55.58	State	2014
5	Noelle Eschen	21:02.80	State	2014
6	Emily Post	21:10	Kewaskum	2002
7	Ashley Reinemann	21:12	County	2014
8	Anna Holzwart	21:13	Kewaskum	2006
9	Morgan Edge	21:21	County	2014
10	Amy Thieleke	21:22	Kewaskum	2008
	Katie Guse	21:22	Conference	2014
12	Noelle Eschen	21:34	County	2014
13	Ashley Reinemann	21:35	Kewaskum	2014
14	Noelle Eschen	21:37	Conference	2014
15	Ashley Reinemann	21:37.26	Campbellsport	2014
16	Katie Guse	21:39	County	2014
	Ashley Reinemann	21:39	Sheboygan Lutheran	2014
18	Emily Biederwolf	21:42	Kewaskum	2005
19	Ashley Reinemann	21:44	Plymouth	2014
20	Ashley Reinemann	21:45	Conference	2014
21	Ashley Reinemann	21:46	Cedar Grove	2014
22	Anna Holzwart	21:48	Kewaskum	2003
23	Morgan Edge	21:49	Cedar Grove	2014
24	Katie Guse	21:49.06	Campbellsport	2014
25	Ashley Reinemann	21:49.36	Brillion	2014
26	Amy Thieleke	21:50	Kewaskum	2007
	Ashley Reinemann	21:50	Valders	2014
28	Morgan Edge	21:56.50	Brillion	2014
29	Emily Post	21:58	Kewaskum	2001
30	Katie Guse	21:59	Sheboygan Lutheran	2014
31	Noelle Eschen	22:00	Sectional	2014
32	Katie Guse	22:02	Cedar Grove	2014
33	Katie Guse	22:05	Sectional	2014
34	Ashley Reinemann	22:08	Sectional	2014
35	Katie Guse	22:11.09	Brillion	2014
36	Emily Biederwolf	22:12	Kewaskum	2004
37	Morgan Edge	22:14.16	Campbellsport	2014
38	Morgan Edge	22:18	Valders	2014
39	Morgan Edge	22:19	Manitowoc Roncalli	2014
	Morgan Edge	22:19	Sheboygan Lutheran	2014
	Noelle Eschen	22:19	Valders	2014
42	Katie Guse	22:20	Valders	2014
43	Noelle Eschen	22:21	Kewaskum	2014
44	Ashley Reinemann	22:23.3	Kiel	2014
45	Ashley Reinemann	22:25.08	State	2014
46	Noelle Eschen	22:25.86	Campbellsport	2014
47	Morgan Edge	22:33	Plymouth	2014
48	Bethany Tutas	22:35	Kewaskum	2003
49	Emily Biederwolf	22:37	Kewaskum	2006
	Ashley Reinemann	22:37	Manitowoc Roncalli	2014

Rank	Name	Time	Meet/Invite	Year
51	Zyta Mueller	22:37.62	State	2014
52	Katie Guse	22:40	Manitowoc Roncalli	2014
53	Melissa Oxtoby	22:42	Conference	2014
54	Noelle Eschen	22:45	Cedar Grove	2014
55	Noelle Eschen	22:49	Plymouth	2014
	Zyta Mueller	22:49	Sectional	2014
57	Melissa Oxtoby	22:50	County	2014
58	Katie Guse	22:51	Kewaskum	2014
59	Melissa Oxtoby	22:52.22	State	2014
60	Noelle Eschen	22:53	Manitowoc Roncalli	2014
61	Morgan Edge	22:54	Conference	2014
62	Melissa Oxtoby	22:56	Kewaskum	2014
63	Ashley Koenig	22:58	Kewaskum	2003
64	Morgan Edge	23:01.5	Kiel	2014
65	Zyta Mueller	23:02	Conference	2014
66	Kara Bell	23:02.34	State	2014
67	Zyta Mueller	23:04	County	2014
68	Kara Bell	23:05	Conference	2014
69	Morgan Edge	23:06	Kewaskum	2014
	Melissa Oxtoby	23:06	Sheboygan Lutheran	2014
71	Kara Bell	23:07	Kewaskum	2014
72	Melissa Oxtoby	23:08	Plymouth	2014
73	Melissa Oxtoby	23:11.46	Campbellsport	2014
74	Zyta Mueller	23:13.36	Campbellsport	2014
75	Melissa Oxtoby	23:17	Sectional	2014
76	Morgan Edge	23:17.61	State	2014
77	Melissa Oxtoby	23:18	Cedar Grove	2014
78	Melissa Oxtoby	23:20.89	Brillion	2014
79	Kara Bell	23:21	Valders	2014
80	Kaitlynn Near	23:28	Cedar Grove	2014
	Melissa Oxtoby	23:28	Manitowoc Roncalli	2014
82	Zyta Mueller	23:29	Cedar Grove	2014
	Zyta Mueller	23:29	Manitowoc Roncalli	2014
84	Kara Bell	23:30	Sectional	2014
85	Katie Guse	23:32	Plymouth	2014
86	Kara Bell	23:32.46	Campbellsport	2014
87	Zyta Mueller	23:33	Kewaskum	2014
88	Katie Guse	23:34.3	Kiel	2014
89	Kara Bell	23:35	County	2014
90	Zyta Mueller	23:36	Sheboygan Lutheran	2014
91	Zyta Mueller	23:40	Plymouth	2014
92	Zyta Mueller	23:44	Valders	2014
93	Kara Bell	23:45	Plymouth	2014
94	Zyta Mueller	23:46.20	Brillion	2014
95	Kaitlynn Near	23:47.46	Campbellsport	2014
96	Kara Bell	23:48	Manitowoc Roncalli	2014
97	Amy Greske	23:51	Kewaskum	2000
98	Emily Post	23:52	Kewaskum	2000
99	Kara Bell	23:53.76	Brillion	2014
100	Heidi Rooker	23:58	Kewaskum	2003

Howards Grove High School

Boys Cross Country

5000 Meter Records

Records Kept Since 1992

Updated November 2, 2014

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	Eric Dvorachek	17:05.92	State	2014
15	Pat Buffington	17:09	Valders	2003
	Pat Buffington	17:09	Plymouth	2003
	Eric Dvorachek	17:09	Kewaskum	2014
18	Ryan Mugan	17:10	Cedar Grove	2010
19	Pat Buffington	17:11	Reedsville	2001
	Eric Dvorachek	17:11	Valders	2014
	Eric Dvorachek	17:11	County	2014
22	Eric Lefebber	17:13	Cedar Grove	2001
	Eric Dvorachek	17:13	Cedar Grove	2014
24	Pat Buffington	17:14	Cedar Grove	2001
	Eric Dvorachek	17:14	Conference	2014
26	Pat Buffington	17:16	County	2003
27	Eric Dvorachek	17:18.44	Brillion	2014
28	Eric Dvorachek	17:19	Manitowoc Roncalli	2013
29	Pat Buffington	17:20	State	2002
	Pat Buffington	17:20	Campbellsport	2003
31	Ryan Kraemer	17:21	Valders	1991
32	Pat Buffington	17:23	Reedsville	2002
	Matt Ackley	17:23	Cedar Grove	2008
34	Chris Wickesburg	17:28	Reedsville	1995
	Matt Ackley	17:28	Brillion	2008
36	Eric Dvorachek	17:29	Sheboygan Lutheran	2014
37	Eric Dvorachek	17:30	Sectional	2014
38	Eric Dvorachek	17:30.49	State	2013
39	Eric Dvorachek	17:30.59	Campbellsport	2014
40	Ryan Mugan	17:31	Campbellsport	2010
	Eric Dvorachek	17:31	Sectional	2013
42	Rob Mentink	17:32	Reedsville	1993
	Eric Dvorachek	17:32	Kiel	2013
44	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
48	Eric Dvorachek	17:34	Plymouth	2013
49	Matt Ackley	17:35	Campbellsport	2008
50	Eric Dvorachek	17:35	Campbellsport	2013

Rank	Name	Time	Meet/Invite	Year
51	Andy Buffington	17:36	Cedar Grove	2005
52	Ryan Mugan	17:38	Kiel	2010
	Ryan Kraemer	17:38	Valders	1990
	Brad Roehrig	17:38	Valders	1991
55	Steve Grunewald	17:39	Reedsville	1995
	Matt Ackley	17:39	County	2008
	Kevin Gries	17:39	Brillion	2008
58	Eric Dvorachek	17:39.29	Brillion	2012
59	Eric Dvorachek	17:39.71	Brillion	2013
60	Kevin Gries	17:40	County	2008
61	Pat Buffington	17:41	Sectional	2003
	Matt Ackley	17:41	Conference	2008
63	Matt Bahr	17:42	Kewaskum	2009
	Eric Dvorachek	17:42	Sheboygan Lutheran	2013
65	Ben Wilson	17:43	Reedsville	1993
	Pat Buffington	17:43	Campbellsport	2002
	Phillip Gessler	17:43	Sectional	2010
	Eric Dvorachek	17:43	Manitowoc Roncalli	2014
	Eric Dvorachek	17:43	Plymouth	2014
70	Rob Mentink	17:45	State	1992
	Pat Buffington	17:45	Conference	2002
72	Eric Lefebber	17:46	Cedar Grove	2002
	Pat Buffington	17:46	Kiel	2003
	Kyle Bahr	17:46	Conference	2004
	Matt Bahr	17:46	Campbellsport	2009
	Eric Dvorachek	17:46	Conference	2013
77	Pat Buffington	17:47	Sectional	2001
	Kyle Bahr	17:47	Valders	2005
79	Chris Wickesburg	17:49	Sheboygan Lutheran	1993
	Pat Buffington	17:49	Kewaskum	2002
	Pat Buffington	17:49	Sheboygan Lutheran	2003
82	Joe Holzwart	17:50	St. Francis	1999
	Corey Schwinn	17:50	Valders	1991
84	Steve Grunewald	17:51	Cedar Grove	1995
	Pat Buffington	17:51	Campbellsport	2001
	Eric Lefebber	17:51	Reedsville	2002
	Eric Dvorachek	17:51	Conference	2012
88	Pat Buffington	17:52	Kiel	2002
	Pat Buffington	17:52	Sectional	2002
90	Rob Mentink	17:53	Conference	1992
	Chris Wickesburg	17:53	Plymouth	1993
	Kyle Bahr	17:53	Conference	2005
93	Steve Grunewald	17:54	Reedsville	1994
	Chris Wickesburg	17:54	County	1995
95	Matt Ackley	17:55.0	State	2008
	Chris Wickesburg	17:55	Cedar Grove	1995
	Eric Lefebber	17:55	Reedsville	2001
	Ryan Mugan	17:55	Manitowoc Roncalli	2010
	Phillip Gessler	17:55	Conference	2010
100	Rob Mentink	17:56	Sectional	1992

Howards Grove High School Boys Cross Country 5000 Meter Records

Rank	Name	Time	Meet/Invite	Year
	Matt Bahr	17:56	Conference	2009
102	Rob Mentink	17:57	Conference	1993
	Matt Ackley	17:57	Kewaskum	2008
	Kevin Gries	17:57	Conference	2008
105	Eric Lefeber	17:58	Plymouth	2001
106	Pat Buffington	17:59	County	2002
	Adam Post	17:59	Cedar Grove	2004
	Eric Dvorachek	17:59	Sheboygan Lutheran	2012
109	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
	Jim Weiland	18:00	Valders	1988
115	Phillip Gessler	18:01	Brillion	2010
	Ben Wilson	18:01	Valders	1991
117	Tyler Biederwolf	18:02	Conference	2004
118	Pat Buffington	18:03	State	2001
	Kyle Bahr	18:03	Campbellsport	2004
	Matt Ackley	18:03	Plymouth	2008
121	Pat Buffington	18:04	Sheboygan Lutheran	2002
	Josh Schwinn	18:04	Cedar Grove	2005
	Matt Bahr	18:04	Sectional	2009
	Shawn Nichols	18:04	Valders	1987
	Ryan Kraemer	18:04	Valders	1992
126	Chris Wickesburg	18:05	Plymouth	1995
	Tyler Biederwolf	18:05	Campbellsport	2005
	Matt Ackley	18:05	Conference	2007
	Eric Dvorachek	18:05	County	2012
130	Eric Lefeber	18:06	Sheboygan Lutheran	2002
	Tyler Biederwolf	18:06	Campbellsport	2004
132	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
	Tyler Biederwolf	18:07	County	2004
	Ryan Muga	18:07	Valders	2010
136	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
139	Rob Mentink	18:09	County	1992
	Joe Holzgart	18:09	Conference	1998
	Matt Ackley	18:09	Sectional	2008
152	Joe Holzgart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
	Ryan Muga	18:10	Kewaskum	2010
	Steve Grunewald	18:10	Valders	1995
146	Eric Dvorachek	18:10.2	Kiel	2014
147	Kyle Bahr	18:11	Manitowoc Roncalli	2005
	Tyler Biederwolf	18:11	Valders	2005
149	Rob Mentink	18:12	Cedar Grove	1992
	Steve Grunewald	18:12	Valders	1995

Rank	Name	Time	Meet/Invite	Year
	Eric Lefeber	18:12	Plymouth	2002
	Chris Wickesburg	18:12	Valders	1995
153	Eric Lefeber	18:13	Sheboygan Lutheran	2001
	Matt Bahr	18:13	County	2009
	Eric Dvorachek	18:13	Cedar Grove	2013
156	Matt Bahr	18:13.4	State	2009
157	Andy Buffington	18:14	Campbellsport	2005
158	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
163	Chris Wickesburg	18:16	Sheboygan Lutheran	1995
	Tyler Biederwolf	18:16	Conference	2005
	Kevin Gries	18:16	Sectional	2008
166	Ben Wilson	18:17	State	1992
	Brian Cudworth	18:17	County	1995
	Pat Buffington	18:17	Campbellsport	2000
	Eric Lefeber	18:17	County	2001
	Eric Dvorachek	18:17	Valders	2013
171	Joe Holzgart	18:18	Campbellsport	1999
	Pat Buffington	18:18	Sheboygan Falls @LTC	2002
	Kevin Gries	18:18	Cedar Grove	2008
174	Joe Holzgart	18:19	County	1999
	Joe Holzgart	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
181	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
186	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
190	Joe Holzgart	18:22	County	1998
	Eric Lefeber	18:22	Sectional	2002
	Josh Schwinn	18:22	Kewaskum	2005
	Phillip Gessler	18:22	County	2010
	Eric Dvorachek	18:22	County	2013
195	Tyler Biederwolf	18:23	Green Bay Preble	2005
	Kyle Bahr	18:23	Sheboygan Lutheran	2005
	Eric Dvorachek	18:23	Plymouth	2012
198	Rob Mentink	18:24	Valders	1992
	Rob Mentink	18:24	Plymouth	1993
	Joe Holzgart	18:24	Sheboygan Lutheran	1998

Howards Grove High School Girls Cross Country 4000 Meter Records

Records Kept Since 1993

Updated November 2, 2013

(WIAA CHANGED THE GIRLS DISTANCE TO 5000 METERS IN 2014)

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
	Cassie Marver	15:50	Conference	2012
23	Emily Post	15:51	Conference	2002
	Cassie Marver	15:51	Plymouth	2012
	Ashley Reinemann	15:51	Plymouth	2013
26	Anna Holzwart	15:52	Campbellsport	2004
27	Emily Post	15:53	Sheboygan Lutheran	2002
28	Emily Post	15:55	Cedar Grove	2002
	Emily Post	15:55	Kiel	2003
30	Emily Post	15:59	Sectional	2002
31	Cassie Marver	16:02	Sheboygan Lutheran	2011
	Emily Post	16:02	Conference	2001
	Anna Holzwart	16:02	Green Bay Preble	2004
34	Emily Post	16:03	Sectional	2001
	Anna Holzwart	16:03	Sheboygan Lutheran	2004
36	Emily Post	16:04	Reedsville	2001
37	Ashley Reinemann	16:04.39	Brillion	2013
38	Ashley Reinemann	16:05	Conference	2013
39	Anna Holzwart	16:07	Cedar Grove	2004
40	Anna Holzwart	16:08	Green Bay Preble	2005
41	Cassie Marver	16:09	Campbellsport	2012
42	Emily Post	16:10	Valders	2003
43	Ashley Reinemann	16:11	Campbellsport	2013
44	Cassie Marver	16:12	Plymouth	2011
	Anna Holzwart	16:12	Sectional - Div. 2	2004
46	Amy Thieleke	16:15	Kewaskum	2009
47	Emily Biederwolf	16:17	Sectional	2005
	Amy Thieleke	16:17	Conference	2008
49	Emily Biederwolf	16:18	Campbellsport	2005
	Cassie Marver	16:18	Conference	2010

Rank	Name	Time	Meet/Invite	Year
	Cassie Marver	16:18	Sectional	2010
52	Anna Holzwart	16:19	Campbellsport	2005
	Anna Holzwart	16:19	Manitowoc Roncalli	2006
54	Cassie Marver	16:20	County	2011
	Ashley Reinemann	16:20	County	2013
56	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
60	Amy Thieleke	16:21.2	State	2007
61	Anna Holzwart	16:22	Kiel	2006
62	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
	Ashley Reinemann	16:24	Sheboygan Lutheran	2013
68	Cassie Marver	16:26	Campbellsport	2011
69	Cassie Marver	16:27	Brillion	2010
70	Anna Holzwart	16:28	Campbellsport	2003
71	Anna Holzwart	16:29	Plymouth	2006
	Anna Holzwart	16:29	Campbellsport	2006
73	Cassie Marver	16:30	Cedar Grove	2012
74	Amy Thieleke	16:31.2	State	2008
75	Cassie Marver	16:32	Brillion	2011
	Ashley Reinemann	16:32	Kiel	2013
77	Rachel Moir	16:33	County	1993
	Emily Post	16:33	Plymouth	2001
	Emily Post	16:33	Campbellsport	2001
	Ashley Reinemann	16:33	Sectional	2013
81	Cassie Marver	16:35	County	2010
	Emily Biederwolf	16:35	Campbellsport	2006
	Amy Thieleke	16:35	Sectional	2008
	Amy Thieleke	16:35	Conference	2010
	Cassie Marver	16:35	Manitowoc Roncalli	2012
86	Amy Thieleke	16:36	Sheboygan Lutheran	2009
	Rachel Moir	16:36	Sheboygan Falls	1993
88	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
92	Emily Post	16:38	Howards Grove	2003
	Anna Holzwart	16:38	County	2006
	Cassie Marver	16:38	Valders	2012
95	Amy Thieleke	16:39	Cedar Grove	2009
	Rachel Moir	16:39	Plymouth	1993
	Ashley Reinemann	16:39	Cedar Grove	2013
98	Emily Biederwolf	16:39.1	State	2005
99	Cassie Marver	16:40	Valders	2011
	Emily Post	16:40	Sheboygan Falls @LTC	2002

Howards Grove High School Girls Cross Country 4000 Meter Records

(WIAA CHANGED THE GIRLS DISTANCE TO 5000 METERS IN 2014)

Rank	Name	Time	Meet/Invite	Year
	Amy Thieleke	16:40	Conference	2007
	Amy Thieleke	16:40	Sectional	2010
	Ashley Reinemann	16:40	Kewaskum	2013
104	Anna Holzwart	16:41	Cedar Grove	2005
	Ashley Reinemann	16:41	Manitowoc Roncalli	2013
106	Cassie Marver	16:42	Cedar Grove	2011
	Anna Holzwart	16:42	Plymouth	2005
108	Cassie Marver	16:43	Manitowoc Roncalli	2011
	Anna Holzwart	16:43	Conference	2003
110	Anna Holzwart	16:44	Sheboygan Lutheran	2005
111	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
115	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
	Emily Eschen	16:47	Campbellsport	2013
120	Emily Biederwolf	16:48	County	2004
	Amy Thieleke	16:48	Campbellsport	2008
	Emily Eschen	16:48	Conference	2012
123	Anna Holzwart	16:48.1	State	2003
124	Amy Thieleke	16:49	County	2009
	Cassie Marver	16:49	Campbellsport	2010
126	Amy Thieleke	16:50	Kiel	2009
	Emily Eschen	16:50	County	2012
128	Cassie Marver	16:51	Sheboygan Lutheran	2010
129	Anna Holzwart	16:51	County	2003
	Anna Holzwart	16:51	County	2005
131	Cassie Marver	16:53	Plymouth	2010
	Amy Thieleke	16:53	County	2007
133	Emily Biederwolf	16:54	Conference	2004
	Amy Thieleke	16:54	Manitowoc Roncalli	2007
	Emily Eschen	16:54	Conference	2013
136	Emily Biederwolf	16:55	County	2005
	Anna Holzwart	16:55	Conference	2005
138	Amy Thieleke	16:56	Plymouth	2010
139	Anna Holzwart	16:58	Sheboygan Lutheran	2006
140	Rachel Moir	16:59	Valders	1993
141	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
148	Anna Holzwart	17:01	Cedar Grove	2006
	Emily Eschen	17:01	Kiel	2013
150	Kaitlynn Near	17:02	Conference	2013

Rank	Name	Time	Meet/Invite	Year
151	Emily Eschen	17:02.21	Brillion	2013
152	Emily Biederwolf	17:03	Conference	2006
153	Amy Thieleke	17:04	Cedar Grove	2008
	Emily Eschen	17:04	Plymouth	2013
155	Cassie Marver	17:05	Kewaskum	2010
	Amy Thieleke	17:05	Kiel	2007
157	Amy Thieleke	17:06	Manitowoc Roncalli	2009
	Amy Thieleke	17:06	Sheboygan Lutheran	2010
	Amy Thieleke	17:06	Brillion	2008
	Emily Eschen	17:06	County	2013
161	Emily Biederwolf	17:07	Plymouth	2005
162	Amy Thieleke	17:08	Kewaskum	2010
	Laurie Taylor	17:08	Conference	1995
164	Cassie Marver	17:09	Kiel	2012
	Morgan Edge	17:09	Campbellsport	2012
	Emily Eschen	17:09	Sectional	2012
167	Emily Eschen	17:10	Sectional	2013
168	Laurie Taylor	17:11	County	1995
	Amy Thieleke	17:11	Sheboygan Lutheran	2008
170	Anna Holzwart	17:12	Valders	2005
	Anna Holzwart	17:12	Valders	2006
172	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
176	Amy Thieleke	17:14	Valders	2009
	Emily Biederwolf	17:14	Kiel	2005
178	Amy Thieleke	17:15	Sectional	2009
	Cassie Marver	17:15	Kiel	2011
	Rachel Moir	17:15	Campbellsport	1993
	Anna Holzwart	17:15	Sectional	2003
	Emily Eschen	17:15	Sheboygan Lutheran	2013
183	Morgan Edge	17:16	Campbellsport	2013
184	Emily Eschen	17:17	County	2011
185	Kaitlynn Near	17:17.09	Brillion	2013
186	Amy Thieleke	17:18	Plymouth	2009
	Laurie Taylor	17:18	Plymouth	1995
	Emily Biederwolf	17:18	Plymouth	2006
189	Amy Thieleke	17:19	Sheboygan Lutheran	2007
	Kaitlynn Near	17:19	Campbellsport	2013
191	Emily Biederwolf	17:20	Manitowoc Roncalli	2006
	Amy Thieleke	17:20	Campbellsport	2010
193	Emily Eschen	17:21	Conference	2011
	Laurie Taylor	17:21	Campbellsport	1995
	Emily Eschen	17:21	Cedar Grove	2013
196	Emily Biederwolf	17:22	Sheboygan Lutheran	2005
197	Rachel Moir	17:23	Reedsville	1993
	Emily Biederwolf	17:23	Sheboygan Lutheran	2004
	Anna Holzwart	17:23	Sectional	2005
	Morgan Edge	17:23	Sectional	2013

Howards Grove Cross Country Program Stats

COACH GARY KALK
1998 - Present

GIRLS						
WIN	LOSE	# of Athletes	CLC Place	Sectional Place	State 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	12th	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	---	---
91	25	11	2nd	3rd	---	---
97	34	8	2nd	2nd	13th	7 _{Team}

1998
1999
2000
2001
2002
2003
2004
2005
2006
2007
2008
2009
2010
2011
2012
2013
2014

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	---
45	80	8	4th	12th	1
31	76	6	4th	10th	1

628	827	154
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21	TOTALS
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621	1008	156
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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

2014 -- 13th Place -- Division 3

Name	Time	Place
Katie Guse	20:55.58	37
Noelle Eschen	21:02.80	45
Ashley Reinemann	22:25.08	105
Zyta Morgan	22:37.62	111
Melissa Oxtoby	22:52.22	119
Kara Bell	23:02.34	121
Morgan Edge	23:17.61	130

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					
3	Eric Dvorachek	2013	17:30.49	44					
3	Eric Dvorachek	2014	17:05.92	19					