



Cross Country



Howards Grove High School 2016 Cross Country Results

Head Coach: Gary A. Kalk

**Howards Grove High School
Girls Cross Country
2016 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>
Kiel Invite	7	9
Cedar Grove Invite	2	6
Manitowoc Roncalli Invite	1	6
Sheboygan Lutheran Invite	5	13
Valders Invite	1	7
Plymouth Relays	2	4
Kewaskum Invite	Cancelled	
Sheboygan County Meet	1	6
Brillion Invite	5	7
Campbellsport Invite	3	6
Big East Conference Meet	3	6
WIAA Sectional (Division 3)	6	9
	<hr/>	
Varsity Totals	36	79

**Howards Grove High School
Boys Cross Country
2016 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>
Kiel Invite	1	16
Cedar Grove Invite	0	6
Manitowoc Roncalli Invite	0	6
Sheboygan Lutheran Invite	2	18
Valders Invite	1	8
Plymouth Relays	0	6
Kewaskum Invite	Cancelled	
Sheboygan County Meet	0	6
Brillion Invite	0	12
Campbellsport Invite	Incomplete Team	
Big East Conference Meet	0	8
WIAA Sectional (Division 3)	0	15
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Varsity Totals	4	101



Howards Grove Cross Country 2016 Girls Individual Meet Times

Name	Grade	Kiel	Cedar Grove	Manitowoc	Sheboygan	Valders	Plymouth	Kewaskum	County	Brillion	Campbellsport	Conference	Sectional	State	4000 Meter Personal Best (Career)	5000 Meter Personal Best (Career)
		9/1 4K Chip Timing	9/8 Electronic	9/10 Chip Timing	9/13	9/15 Chip Timing	9/20	9/22 Chip Timing	9/27 @ Lutheran	10/4 Chip Timing	10/6 Chip Timing	10/13 @ Mishicot	10/22 @ Manitowoc Lutheran	10/29 Wis Rapids		
ZAYLA MUELLER	9	21:11.7	DNF	DNF	---	---	---	Cancelled	27:24	26:43.46	28:08.85	25:06.22	---	---	21:11.7	25:06.22
EMMA DEHNE	10	19:32.8	27:18.0	26:08.64	25:02	---	25:44		24:41	24:21.51	24:46.37	23:25.77	24:04.42	---	19:32.8	23:25.77
NATALIE ENGLEBERT	10	19:52.5	31:17.7	---	25:30	26:09.31	28:22		25:02	24:22.00	24:25.12	23:23.86	23:39.52	---	19:52.5	23:23.86
ALEXANDRA MITCHLER	10	21:59.5	28:58.3	26:23.93	25:54	25:47.67	27:20		24:55	25:32.57	26:14.92	24:30.83	24:51.39	---	21:19.0	24:30.83
LIZZY BETKE	11	20:05.1	29:43.4	26:30.77	25:28	26:17.73	26:58		25:38	25:54.56	26:18.18	25:12.46	---	---	20:05.1	25:12.46
MATTIE MILZ	11	19:04.3	DNF	25:07.45	24:08	24:51.78	24:44		23:19	23:26.51	23:24.67	22:24.21	22:49.10	---	19:04.3	22:24.21
ELLY GOEDEKE	12	18:56.2	28:00.1	25:54.94	24:59	27:10.50	25:35		---	24:51.79	24:59.01	23:38.72	24:53.53	---	18:56.2	23:38.72
KATIE GUSE	12	17:24.1	23:21.6	22:33.48	21:10	---	21:33		20:52	20:41.67	21:10.38	20:20.52	20:44.92	20:50.87	16:52.5	20:20.52
MELISSA OXTOBY	12	---	---	---	---	---	---		24:40	25:20.00	---	23:56.98	25:32.55	---	18:35.3	22:42
SONA TAMAZYAN	12	---	---	---	---	---	---		---	30:26.49	---	29:27.29	---	---	---	29:27.29
60th Percentile		19:32.8	27:40.9	25:41.97	24:26	26:18.65	25:43	23:08	24:11.91	24:23.50	23:19.73	24:11.10	22:01.06			

2016 Boys Individual Meet Times

JACOB SCHEUREN	9	32:25.3	30:11.8	37:01.36	34:25	33:16.29	35:34	Cancelled	30:33	32:08.40	37:02.75	28:57.89	---	---	28:57.89
JOHN BELL	10	20:25.9	21:17.6	20:44.36	18:53	19:47.63	22:33		19:08	19:29.15	19:23.88	20:14.16	22:01.00	---	18:53
DUSTIN EILERS	10	21:25.3	22:38.6	20:57.38	20:12	21:17.18	22:31		20:58	20:27.21	21:59.30	19:50.44	19:55.93	---	19:50.44
CARSON MOORE	10	23:19.6	26:15.7	25:11.69	22:15	25:20.34	25:34		---	23:33.05	---	23:31.22	26:54.73	---	22:15
SAM SIXEL	11	19:42.4	20:31.9	19:48.92	19:00	19:25.31	20:50		18:51	19:08.25	20:02.04	18:42.91	18:55.10	---	18:42.91
CHASE WILLIAMS	11	26:11.3	29:31.6	25:23.36	25:50	25:57.12	26:49		24:55	27:49.20	---	24:56.53	24:54.13	---	24:54.13
60th Percentile		20:36.7	21:03.4	21:15.08	20:32	21:44.55	21:02		19:04	20:09.23	20:11.99	19:21.04	19:36.67	18:22.52	



Howards Grove Cross Country 2016 Girls Varsity Letter Points

Name	Grade	Kiel 9/1 4K	Cedar Grove 9/8	Manitowoc Roncolli 9/10 @ Lincoln Park	Sheboygan Lutheran 9/13	Valders 9/15	Plymouth 9/20	Kewaskum 9/22	County 9/27 @ Lutheran	Brillion 10/4 Chip Timing	Campbellsport 10/6	Conference 10/13 @ Mishicot	Sectional 10/22 @ Manitowoc Lutheran	State 10/29 Wis Rapids	Individual Point Totals (Season)	
ZAYLA MUELLER	9	1	1	1	---	---	---	Cancelled	JV	JV	JV	JV	---	---	3	
EMMA DEHNE	10	1	1	1	1	---	1		1	1	1	1	2	---	11	
NATALIE ENGLEBERT	10	1	1	---	1	1	1		1	1	1	1	2	---	11	
ALEXANDRA MITCHLER	10	1	JV	1	1	1	1		1	1	1	1	1	---	10	
LIZZY BETKE	11	1	1	1	1	1	1		1	1	1	JV	---	---	9	
MATTIE MILZ	11	1	1	1	1	1	1		1	1	1	2	2	---	13	
ELLY GOEDEKE	12	1	1	1	1	1	1		1	---	1	1	1	1	---	10
KATIE GUSE	12	1	1	1	1	---	1		1	1	1	1	2	2	2	14
MELISSA OXTOBY	12	---	---	---	---	---	---		---	JV	1	---	1	1	---	3
SONA TAMAZYAN	12	---	---	---	---	---	---		---	---	JV	---	JV	---	---	0
TOTALS		8	7	7	7	5	7		6	8	7	9	11	2	84	

2016 Boys Varsity Letter Points

JACOB SCHEUREN	9	1	1	1	1	JV	JV	Cancelled	1	1	JV	1	---	---	7	
JOHN BELL	10	1	1	1	1	1	1		1	1	1	1	1	---	---	11
DUSTIN EILERS	10	1	1	1	1	1	1		1	1	1	1	1	---	---	11
CARSON MOORE	10	1	1	1	1	1	1		1	---	1	1	1	1	---	10
SAM SIXEL	11	1	1	1	1	1	1		1	1	1	1	2	2	---	13
CHASE WILLIAMS	11	1	1	1	1	1	1		1	1	1	1	1	1	---	11
TOTALS		6	6	6	6	5	5			5	6	5	7	6	0	63

**Howards Grove High School
Cross Country
2016 Awards**

"Will-to-Win" Athletes

Dustin Eilers

Rookie-of-the-Year

Mattie Milz

Most Improved Runner

Natalie Englebert

Male Runner-of-the-Year

Sam Sixel

Female Runner-of-the-Year

Katie Guse

All-Conference Athletes

(Top 20 Finish)

Katie Guse

(1st Team All-County)

All-County Athletes

(Top 21 Finish)

Katie Guse

(1st Team All-Conference)

State Participants

(Top 2 Teams / Top 5 not on a qualifying team)

Katie Guse

**Howards Grove High School
2016 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)

Weeks #1 & #2 (Practice)	Mattie Milz	John Bell
Week #3 (Kiel Invite)	Lizzy Betke	Sam Sixel
Week #4 (CG, Roncalli)	Katie Guse	John Bell
Week #5 (Lutheran, Valders)	Elly Goedeke	Chase Williams
Weeks #6 (Plymouth, Kewaskum)	Natalie Englebert	Carson Moore
Week #7 (County)	Melissa Oxtoby	Jacob Scheuren
Week #8 (Brillion, Campbellsport)	Emma Dehne	John Bell
Week #9 (Conference)	Alexandra Mitchler	Dustin Eilers

	Female Winner	Male Winner
"Will To Win" Athlete-of-the-Year		Dustin Eilers

CROSS COUNTRY HISTORY



1984-2016

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

1984-2016

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
Betke, Lizzy	16
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
Dehne, Emma	16
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
Englebert, Natalie	15,16
Eschen, Emily	11, 12, 13
Eschen, Noelle	12, 13, 14, 15
Fleischfresser, Jenny	89
Frantz, Sarah	97
Fry, Becca	15
Fry, Heather	15
Goedeke, Elly	16
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, 15, 16
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
Milz, Mattie	16
Mitchler, Alexandra	15,16
Moir, Rachel	92, 93
Moore, Ashley	02, 03
Morris, Rachel	91, 92, 93
Mueller, Zayla	16
Mueller, Zyta	14, 15
Near, Kaitlyn	13, 14
Olderman, Jena	03, 04
Oskey, Leslie	03, 04, 05
Oxtoby, Melissa	13, 14, 15, 16
Palm, Brittney	07, 08, 09, 10
Phillips, Amanda	97, 98, 99
Phillips, Lacey	01
Plate, Donna	85
Plate, Patty	84

Male Alumni

1984-2016

Athletes Name	Year(s)
Andrews, Nathan	94
Ackley, Matt	07, 08
Bahr, Kyle	03, 04, 05
Bahr, Matt	08, 09
Bell, John	16
Biederwolf, Tyler	02, 03, 04, 05
Bilgo, Riley	02, 03
Boehm, Lucas	02, 03
Bolz, Marquis	10, 11, 12, 13
Bower, Bryan	01
Bramstedt, Darin	85, 86
Bruckschen, Eric	13, 14
Bruckschen, Ryan	15
Brunmeier, Brad	86, 87
Buffington, Andy	02, 03, 04, 05
Buffington, Pat	00, 01, 02, 03
Burkart, Tom	91, 92
Carstens, Mach	09
Cudworth, Brian	92, 93, 94, 95
DeRyter, Kurt	90
DesArmo, Corey	99
Didan, Firas (AFS-Jordan)	87
Dreier, Adam	03
Drueck, Josh	98, 99, 00, 01
Dvorachek, Eric	11, 12, 13, 14
Eilers, Dustin	15, 16
Eisenschenk, Jochen (AFS-Germany)	89
Elzinga, Eliot	98, 99, 00
Englebert, Ben	90, 91, 92
Eschen, Brian	09, 10
Finstad, Kyle	06, 07, 08
Frantz, Chris	90, 91, 92
Gessler, Phillip	08, 09, 10
Glaser, Zach	07
Gonzales, R	91
Gosse, Corey	90
Greske, Ryan	98
Gries, Kevin	07, 08
Grosshuesch, Dave	86, 87, 88
Grunewald, Jeff	97, 00
Grunwald, Steve	93, 94, 95
Hafele, Brent	93, 94

Hafele, Craig	97
Hahn, Aaron	01
Hahn, Adam	00, 02, 03
Hahn, Eric	03
Halverson, Ethan	15
Heili, Adam	03, 04
Hodgson, Dale	10, 13
Holler, Greg	90
Holmes, Scott	87, 88, 89, 90
Holzward, Joe	96, 97, 98, 99
Holzward, Paul	97, 98, 99, 00
Horneck, Chris	88
Horness, Chris	97
Jaberg, Tim	96
Jahnke, Mathew	02
Johannes, Brad	91, 92, 93
Kalmerton, Jerrad	90, 91
Kestell, Ben	91, 92, 93, 94
Kestell, Josh	91, 92, 93
Kestell, Travis	94, 95
Kiesau, Brent	07, 08
Knuth, Jason	86
Kramer, Ryan	89, 90, 91, 92
Krueger, Jamie	93
Krueger, Jessie	85, 87
Krutzik, Brad	85
Lau, Brian	90, 91, 92
Lefeber, Eric	01, 02
Lindorfer, Charlie	97
Luecke, Jon	95, 96, 97
Mansker, Derek	96, 97
Mansker, Shaun	01
Mayer, Bryan	03
Meidl, Jared	08, 09
Mentink, Robb	92, 93, 94
Meyer, Arthur	12, 13, 14
Meyer, Fred	11, 12, 13, 14
Milbrath, Tim	95, 96
Monte, Ryan	96
Moore, Carson	16
Morris, Eric	87, 88, 89, 90
Mugan, Ryan	10

Male Alumni

(Continued)

Athletes Name	Year(s)		
Murphy, Dan	85	VanWyk, Mike	99, 00, 01, 02
Nichols, Shawn	85, 86, 87, 88	VanWyk, Zak	97, 98, 99, 00
Olson, Bryan	92	VerStraate, Eric	05, 06, 07, 08
Oxtoby, Luke	12, 13	VerVelde, Collin	06, 07, 08, 09
Pahl, Jason	88, 89	Voelker, Mike	85
Paweski, Bryan	06	Voss, David	94, 95, 96
Penny, R	91	Wagner, Jon	93, 94, 95
Petrie, Evan	03	Weber, P.J.	94, 95
Philipps, Billy	04, 05, 06	Wetherell, Mike	86, 87, 88, 89
Plate, Dan	85, 86	Whitehead, Garrett	09, 10
Plate, Steve	88, 89, 90, 91	Wickesberg, Chris	94, 95
Platz, Jamie	92, 93	Wieland, Tim	88,89,90,91
Plocar, Travis	02	Williams, Chase	15, 16
Poirier, Brian	96, 97, 98, 99	Wilson (Fleischfresser), Jeff	86, 87, 89
Post, Adam	03, 04	Wilson, Adam	90
Pratt, Scott	84	Wilson, Ben	90, 91, 92
Prueter, Doug	86, 87, 88, 89	Winter, Marc	95
Reseburg, N	91	Wleklinski, Mike	07, 08, 09, 10
Rietbrock, Ben	91, 92	Woepse, Craig	94, 95, 96, 97
Roehrig, Brad	90, 91	Zittel, Jacob	92, 93, 94
Scheele, Steve	02, 03	Zore, Kurt	96
Scheuren, Jacob	16		
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		
Sixel, Sam	14, 15, 16		
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, 13, 14		
Valenstein, Justin	02		
VanDeKreeke, Bryan	02, 03, 04		

Howards Grove High School Girls Cross Country 5000 Meter Records

Records Kept Since 2000

Updated October 29, 2016

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

Rank	Name	Time	Meet/Invite	Year
1	Emily Post	19:45	Kewaskum	2003
2	Katie Guse	20:20.52	Conference	2016
3	Anna Holzwart	20:27	Kewaskum	2005
4	Katie Guse	20:40	Conference	2015
5	Katie Guse	20:41.67	Brillion	2016
6	Katie Guse	20:44.92	Sectional	2016
7	Anna Holzwart	20:49	Kewaskum	2004
8	Katie Guse	20:50.87	State	2016
9	Katie Guse	20:52	County	2015
	Katie Guse	20:52	County	2016
11	Katie Guse	20:55	Sectional	2015
12	Katie Guse	20:55.58	State	2014
13	Noelle Eschen	21:02.80	State	2014
14	Ashley Reinemann	21:05.0	Kewaskum	2015
15	Katie Guse	21:05.02	Brillion	2015
16	Emily Post	21:10	Kewaskum	2002
	Noelle Eschen	21:10	Conference	2015
	Katie Guse	21:10	Sheboygan Lutheran	2016
19	Katie Guse	21:10.38	Campbellsport	2016
20	Ashley Reinemann	21:12	County	2014
21	Katie Guse	21:12.83	Campbellsport	2015
22	Anna Holzwart	21:13	Kewaskum	2006
23	Morgan Edge	21:21	County	2014
24	Amy Thieleke	21:22	Kewaskum	2008
	Katie Guse	21:22	Conference	2014
26	Noelle Eschen	21:23.2	Kewaskum	2015
27	Noelle Eschen	21:30.95	State	2015
28	Noelle Eschen	21:32	Sectional	2015
29	Ashley Reinemann	21:32.36	Brillion	2015
30	Katie Guse	21:33	Plymouth	2016
31	Noelle Eschen	21:34	County	2014
32	Ashley Reinemann	21:35	Kewaskum	2014
33	Katie Guse	21:36.36	Manitowoc Roncalli	2015
34	Noelle Eschen	21:37	Conference	2014
35	Ashley Reinemann	21:37.26	Campbellsport	2014
36	Katie Guse	21:39	County	2014
	Ashley Reinemann	21:39	Sheboygan Lutheran	2014
	Ashley Reinemann	21:39	County	2015
39	Emily Biederwolf	21:42	Kewaskum	2005
40	Noelle Eschen	21:42.61	Brillion	2015
41	Ashley Reinemann	21:44	Plymouth	2014
	Katie Guse	21:44	Plymouth	2015
43	Ashley Reinemann	21:45	Conference	2014
	Noelle Eschen	21:45	County	2015
45	Ashley Reinemann	21:46	Cedar Grove	2014
	Ashley Reinemann	21:46	Plymouth	2015
1	Anna Holzwart	21:48	Kewaskum	2003
2	Morgan Edge	21:49	Cedar Grove	2014
	Katie Guse	21:49	Sheboygan Lutheran	2015
50	Katie Guse	21:49.06	Campbellsport	2014

Rank	Name	Time	Meet/Invite	Year
51	Ashley Reinemann	21:49.36	Brillion	2014
52	Katie Guse	21:49.8	Cedar Grove	2015
53	Amy Thieleke	21:50	Kewaskum	2007
	Ashley Reinemann	21:50	Valders	2014
55	Ashley Reinemann	21:51	Sheboygan Lutheran	2015
56	Noelle Eschen	21:52.22	Campbellsport	2015
57	Morgan Edge	21:56.50	Brillion	2014
58	Emily Post	21:58	Kewaskum	2001
59	Katie Guse	21:59	Sheboygan Lutheran	2014
60	Noelle Eschen	22:00	Sectional	2014
61	Katie Guse	22:02	Cedar Grove	2014
62	Zyta Mueller	22:02.9	Kewaskum	2015
63	Katie Guse	22:05	Sectional	2014
64	Ashley Reinemann	22:05.2	Cedar Grove	2015
65	Ashley Reinemann	22:08	Sectional	2014
66	Noelle Eschen	22:10	Sheboygan Lutheran	2015
67	Katie Guse	22:11.09	Brillion	2014
68	Emily Biederwolf	22:12	Kewaskum	2004
69	Morgan Edge	22:14.16	Campbellsport	2014
70	Ashley Reinemann	22:14.69	Campbellsport	2015
71	Katie Guse	22:15.05	State	2015
72	Zyta Mueller	22:17	Conference	2015
73	Morgan Edge	22:18	Valders	2014
74	Morgan Edge	22:19	Manitowoc Roncalli	2014
	Morgan Edge	22:19	Sheboygan Lutheran	2014
	Noelle Eschen	22:19	Valders	2014
77	Katie Guse	22:20	Valders	2014
78	Noelle Eschen	22:21	Kewaskum	2014
79	Ashley Reinemann	22:23.3	Kiel	2014
80	Ashley Reinemann	22:24.17	State	2015
81	Mattie Milz	22:24.21	Conference	2016
82	Ashley Reinemann	22:25.08	State	2014
83	Noelle Eschen	22:25.86	Campbellsport	2014
84	Noelle Eschen	22:26	Plymouth	2015
85	Noelle Eschen	22:26.33	Manitowoc Roncalli	2015
86	Zyta Mueller	22:30.30	State	2015
87	Morgan Edge	22:33	Plymouth	2014
88	Katie Guse	22:33.48	Manitowoc Roncalli	2016
89	Bethany Tutas	22:35	Kewaskum	2003
90	Emily Biederwolf	22:37	Kewaskum	2006
	Ashley Reinemann	22:37	Manitowoc Roncalli	2014
92	Zyta Mueller	22:37.48	Manitowoc Roncalli	2015
93	Zyta Mueller	22:37.62	State	2014
94	Noelle Eschen	22:39.0	Cedar Grove	2015
95	Katie Guse	22:40	Manitowoc Roncalli	2014
	Melissa Oxtoby	22:42	Conference	2014
	Ashley Reinemann	22:42	Conference	2015
98	Zyta Mueller	22:44	Sheboygan Lutheran	2015
99	Zyta Mueller	22:44.86	Brillion	2015
100	Noelle Eschen	22:45	Cedar Grove	2014

Howards Grove High School Girls Cross Country 5000 Meter Records

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

Rank	Name	Time	Meet/Invite	Year
101	Noelle Eschen	22:49	Plymouth	2014
	Zyta Mueller	22:49	Sectional	2014
103	Mattie Milz	22:49.10	Sectional	2016
104	Melissa Oxtoby	22:50	County	2014
105	Katie Guse	22:51	Kewaskum	2014
106	Melissa Oxtoby	22:52.22	State	2014
107	Noelle Eschen	22:53	Manitowoc Roncalli	2014
	Zyta Mueller	22:53	Sectional	2015
109	Morgan Edge	22:54	Conference	2014
110	Melissa Oxtoby	22:56	Kewaskum	2014
	Ashley Reinemann	22:56	Sectional	2015
112	Zyta Mueller	22:57	County	2015
113	Ashley Koenig	22:58	Kewaskum	2003
	Zyta Mueller	22:58	Plymouth	2015
	Melissa Oxtoby	22:58	Conference	2015
116	Morgan Edge	23:01.5	Kiel	2014
117	Zyta Mueller	23:02	Conference	2014
118	Kara Bell	23:02.34	State	2014
119	Zyta Mueller	23:04	County	2014
120	Ashley Reinemann	23:04.77	Manitowoc Roncalli	2015
121	Kara Bell	23:05	Conference	2014
122	Morgan Edge	23:06	Kewaskum	2014
	Melissa Oxtoby	23:06	Sheboygan Lutheran	2014
124	Kara Bell	23:07	Kewaskum	2014
125	Melissa Oxtoby	23:08	Plymouth	2014
126	Zyta Mueller	23:08.28	Campbellsport	2015
127	Melissa Oxtoby	23:11.46	Campbellsport	2014
128	Zyta Mueller	23:13.36	Campbellsport	2014
129	Melissa Oxtoby	23:17	Sectional	2014
130	Morgan Edge	23:17.61	State	2014
131	Melissa Oxtoby	23:18	Cedar Grove	2014
132	Mattie Milz	23:19	County	2016
133	Melissa Oxtoby	23:20.89	Brillion	2014
134	Kara Bell	23:21	Valders	2014
135	Melissa Oxtoby	23:21.5	Kewaskum	2015
136	Katie Guse	23:21.6	Cedar Grove	2016
137	Natalie Englebert	23:23.86	Conference	2016
138	Mattie Milz	23:24.67	Campbellsport	2016
139	Emma Dehne	23:25.77	Conference	2016
140	Mattie Milz	23:26.51	Brillion	2016
141	Kaitlynn Near	23:28	Cedar Grove	2014
	Melissa Oxtoby	23:28	Manitowoc Roncalli	2014
143	Zyta Mueller	23:29	Cedar Grove	2014
	Zyta Mueller	23:29	Manitowoc Roncalli	2014
145	Kara Bell	23:30	Sectional	2014
146	Katie Guse	23:32	Plymouth	2014
147	Kara Bell	23:32.46	Campbellsport	2014
148	Zyta Mueller	23:33	Kewaskum	2014
149	Katie Guse	23:34.3	Kiel	2014
150	Zyta Mueller	23:34.9	Cedar Grove	2015

Rank	Name	Time	Meet/Invite	Year
151	Kara Bell	23:35	County	2014
	Melissa Oxtoby	23:35	Sheboygan Lutheran	2015
153	Zyta Mueller	23:36	Sheboygan Lutheran	2014
154	Elly Goedeke	23:38.72	Conference	2016
155	Natalie Englebert	23:39.52	Sectional	2016
156	Melissa Oxtoby	23:39.90	Brillion	2015
157	Zyta Mueller	23:40	Plymouth	2014
158	Zyta Mueller	23:44	Valders	2014
159	Kara Bell	23:45	Plymouth	2014
160	Melissa Oxtoby	23:46	Sectional	2015
161	Zyta Mueller	23:46.20	Brillion	2014
162	Kaitlynn Near	23:47.46	Campbellsport	2014
163	Kara Bell	23:48	Manitowoc Roncalli	2014
164	Amy Greske	23:51	Kewaskum	2000
	Melissa Oxtoby	23:51	Plymouth	2015
166	Emily Post	23:52	Kewaskum	2000
167	Kara Bell	23:53.76	Brillion	2014
168	Melissa Oxtoby	23:56.98	Conference	2016
169	Heidi Rooker	23:58	Kewaskum	2003
170	Melissa Oxtoby	23:59	County	2015
171	Kara Bell	23:59.6	Kiel	2014
172	Melissa Oxtoby	24:02.31	State	2015
173	Kaitlynn Near	24:04.1	Kiel	2014
174	Emma Dehne	24:04.42	Sectional	2016
175	Kara Bell	24:05	Cedar Grove	2014
176	Mattie Milz	24:08	Sheboygan Lutheran	2016
177	Kara Bell	24:10	Sheboygan Lutheran	2014
178	Melissa Oxtoby	24:13	Valders	2014
179	Melissa Oxtoby	24:13.7	Cedar Grove	2015
180	Noelle Eschen	24:14.8	Kiel	2014
181	Emma Dehne	24:21.51	Brillion	2016
182	Natalie Englebert	24:22.00	Brillion	2016
183	Kaitlynn Near	24:23	Kewaskum	2014
184	Natalie Englebert	24:25.12	Campbellsport	2016
185	Christina Larson	24:28	Kewaskum	2008
186	Morgan Edge	24:29	Sectional	2014
187	Alexandra Mitchler	24:30.83	Conference	2016
188	Kaitlynn Near	24:31	Manitowoc Roncalli	2014
189	Deanna Dragan	24:32	Kewaskum	2000
190	Kaitlynn Near	24:36	Conference	2014
191	Lindsay Horness	24:39	Kewaskum	2003
192	Melissa Oxtoby	24:40	County	2016
193	Emma Dehne	24:41	County	2016
194	Jessica Kirsch	24:42	Kewaskum	2006
195	Abby Weber	24:43	Kewaskum	2005
	Sarah Albert	24:43	Kewaskum	2006
197	Mattie Milz	24:44	Plymouth	2016
198	Emma Dehne	24:46.37	Campbellsport	2016
199	Carmen Conrad	24:50	Kewaskum	2008
200	Alexandra Mitchler	24:51.39	Sectional	2016

Howards Grove High School Girls Cross Country 5000 Meter Records

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

Rank	Name	Time	Meet/Invite	Year
201	Mattie Milz	24:51.78	Valders	2016
202	Elly Goedeke	24:51.79	Brillion	2016
203	Elly Goedeke	24:53.53	Sectional	2016
204	Abby Weber	24:54	Kewaskum	2006
205	Zyta Mueller	24:54.8	Kiel	2014
206	Alexandra Mitchler	24:55	County	2016
207	Elly Goedeke	24:59	Sheboygan Lutheran	2016
208	Elly Goedeke	24:59.01	Campbellsport	2016
209	Alexandra Mitchler	25:00	Conference	2015
210	Emma Dehne	25:02	Sheboygan Lutheran	2016
	Natalie Englebert	25:02	County	2016
212	Zayla Mueller	25:06.22	Conference	2016
213	Mattie Milz	25:07.45	Manitowoc Roncalli	2016
214	Lizzy Betke	25:12.46	Conference	2016
215	Christina Larson	25:13	Kewaskum	2007
216	Abby Weber	25:20	Kewaskum	2003
217	Melissa Oxtoby	25:20.00	Brillion	2016
218	Jena Olderman	25:26	Kewaskum	2003
219	Lizzy Betke	25:28	Sheboygan Lutheran	2016
220	Natalie Englebert	25:30	Sheboygan Lutheran	2016
221	Melissa Oxtoby	25:32.55	Sectional	2016
222	Alexandra Mitchler	25:32.57	Brillion	2016
223	Elly Goedeke	25:35	Plymouth	2016
224	Jessica Gollhardt	25:38	Kewaskum	2002
	Lizzy Betke	25:38	County	2016
226	Melissa Oxtoby	25:41.8	Kiel	2014
227	Emma Dehne	25:44	Plymouth	2016
228	Alexandra Mitchler	25:47.67	Valders	2016
229	Leslie Oskey	25:50	Kewaskum	2003
230	Brittney Palm	25:54	Kewaskum	2008
	Alexandra Mitchler	25:54	Sheboygan Lutheran	2016
232	Lizzy Betke	25:54.56	Brillion	2016
233	Elly Goedeke	25:54.94	Manitowoc Roncalli	2016
234	Alexandra Mitchler	26:00.52	Brillion	2015
235	Leslie Oskey	26:08	Kewaskum	2004
236	Emma Dehne	26:08.64	Manitowoc Roncalli	2016
237	Natalie Englebert	26:09.31	Valders	2016
238	Alexandra Mitchler	26:14.92	Campbellsport	2016
239	Lizzy Betke	26:17.73	Valders	2016
240	Lizzy Betke	26:18.18	Campbellsport	2016
241	Stacy Wiedemann	26:21	Kewaskum	2002
242	Alexandra Mitchler	26:23.93	Manitowoc Roncalli	2016
243	Natalie Englebert	26:24.14	Brillion	2015
244	Alexandra Mitchler	26:24.2	Kewaskum	2015
245	Liz Thieleke	26:25	Kewaskum	2001
246	Becca Fry	26:25.36	Brillion	2015
247	Lizzy Betke	26:30.77	Manitowoc Roncalli	2016
248	Heidi Rooker	26:32	Kewaskum	2001
249	Rachel Rooker	26:40	Kewaskum	2007
250	Jena Olderman	26:41	Kewaskum	2004

Rank	Name	Time	Meet/Invite	Year
	Becca Fry	26:41	Conference	2015
252	Lindsay Horness	26:42	Kewaskum	2002
	Brittney Palm	26:42	Kewaskum	2007
254	Zayla Mueller	26:43.46	Brillion	2016
255	Liz Thieleke	26:52	Kewaskum	2000
	Natalie Englebert	26:52	Conference	2015
257	Alexandra Mitchler	26:55.12	Campbellsport	2015
258	Abby Weber	26:56	Kewaskum	2004
259	Lizzy Betke	26:58	Plymouth	2016
260	Becca Fry	27:03	Sectional	2015
261	Becca Fry	27:03.77	Campbellsport	2015
262	Cassie Thiel	27:04	Kewaskum	2001
263	Alexandra Mitchler	27:05.42	Manitowoc Roncalli	2015
264	Becca Fry	27:10.1	Kewaskum	2015
265	Elly Goedeke	27:10.50	Valders	2016
266	Andrea Hedstrom	27:11	Kewaskum	2001
267	Natalie Englebert	27:15.88	State	2015
268	Emma Dehne	27:18.0	Cedar Grove	2016
269	Alexandra Mitchler	27:20	Plymouth	2016
270	Zayla Mueller	27:24	County	2016
271	Natalie Englebert	27:27.97	Campbellsport	2015
272	Becca Fry	27:31.92	State	2015
273	Alexandra Mitchler	27:32	Sheboygan Lutheran	2015
274	Alexandra Mitchler	27:33	Sectional	2015
275	Becca Fry	27:38.11	Manitowoc Roncalli	2015
276	Wiebka Herbold	27:44	Kewaskum	2000
277	Lisa Wiedemann	27:45	Kewaskum	2000
	Lindsay Schnelle	27:45	Kewaskum	2007
279	Natalie Englebert	27:59	County	2015
280	Elly Goedeke	28:00.1	Cedar Grove	2016
281	Becca Fry	28:01	Sheboygan Lutheran	2015
282	Stacy Wagner	28:08	Kewaskum	2000
283	Zayla Mueller	28:08.85	Campbellsport	2016
284	Kelsey Bauer	28:15	Kewaskum	2006
285	Natalie Englebert	28:22	Plymouth	2016
286	Celine Elzinga	28:23	Kewaskum	2002
287	Natalie Englebert	28:42.44	Manitowoc Roncalli	2015
288	Becca Fry	28:48	County	2015
289	Kelsey Steltenpohl	28:49	Kewaskum	2001
290	Alexandra Mitchler	28:58.3	Cedar Grove	2016
291	Ashley Moore	28:59	Kewaskum	2002
292	Heather Fry	28:59.59	Brillion	2015
293	Natalie Englebert	29:15.8	Kewaskum	2015
294	Natalie Englebert	29:24	Sheboygan Lutheran	2015
295	Sona Tamazyan	29:27.29	Conference	2016
296	Lizzy Betke	29:43.4	Cedar Grove	2016
297	Alexandra Mitchler	29:44.8	Cedar Grove	2015
298	Alyssa Steines	30:00	Kewaskum	2000
299	Heather Fry	30:00.65	Campbellsport	2015
300	Kim Koleno	30:06	Kewaskum	2001

Howards Grove High School

Boys Cross Country

5000 Meter Records

Records Kept Since 1992

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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 Mugan	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 Holzwart	18:09	Conference	1998
	Matt Ackley	18:09	Sectional	2008
152	Joe Holzwart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
	Ryan Mugan	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 Holzwart	18:18	Campbellsport	1999
	Pat Buffington	18:18	Sheboygan Falls @LTC	2002
	Kevin Gries	18:18	Cedar Grove	2008
174	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
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 Holzwart	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 Holzwart	18:24	Sheboygan Lutheran	1998

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(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	Katie Guse	16:52.5	Kiel	2015
132	Cassie Marver	16:53	Plymouth	2010
	Amy Thieleke	16:53	County	2007
134	Emily Biederwolf	16:54	Conference	2004
	Amy Thieleke	16:54	Manitowoc Roncalli	2007
	Emily Eschen	16:54	Conference	2013
137	Emily Biederwolf	16:55	County	2005
	Anna Holzwart	16:55	Conference	2005
139	Amy Thieleke	16:56	Plymouth	2010
140	Anna Holzwart	16:58	Sheboygan Lutheran	2006
141	Rachel Moir	16:59	Valders	1993
142	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
149	Anna Holzwart	17:01	Cedar Grove	2006
	Emily Eschen	17:01	Kiel	2013

Rank	Name	Time	Meet/Invite	Year
151	Ashley Reinemann	17:01.8	Kiel	2015
152	Kaitlynn Near	17:02	Conference	2013
153	Emily Eschen	17:02.21	Brillion	2013
154	Emily Biederwolf	17:03	Conference	2006
155	Amy Thieleke	17:04	Cedar Grove	2008
	Emily Eschen	17:04	Plymouth	2013
157	Cassie Marver	17:05	Kewaskum	2010
	Amy Thieleke	17:05	Kiel	2007
159	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
163	Emily Biederwolf	17:07	Plymouth	2005
164	Amy Thieleke	17:08	Kewaskum	2010
	Laurie Taylor	17:08	Conference	1995
166	Cassie Marver	17:09	Kiel	2012
	Morgan Edge	17:09	Campbellsport	2012
	Emily Eschen	17:09	Sectional	2012
169	Emily Eschen	17:10	Sectional	2013
170	Laurie Taylor	17:11	County	1995
	Amy Thieleke	17:11	Sheboygan Lutheran	2008
172	Anna Holzwart	17:12	Valders	2005
	Anna Holzwart	17:12	Valders	2006
174	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
178	Amy Thieleke	17:14	Valders	2009
	Emily Biederwolf	17:14	Kiel	2005
180	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
185	Morgan Edge	17:16	Campbellsport	2013
186	Emily Eschen	17:17	County	2011
187	Kaitlynn Near	17:17.09	Brillion	2013
188	Amy Thieleke	17:18	Plymouth	2009
	Laurie Taylor	17:18	Plymouth	1995
	Emily Biederwolf	17:18	Plymouth	2006
191	Amy Thieleke	17:19	Sheboygan Lutheran	2007
	Kaitlynn Near	17:19	Campbellsport	2013
193	Emily Biederwolf	17:20	Manitowoc Roncalli	2006
	Amy Thieleke	17:20	Campbellsport	2010
195	Emily Eschen	17:21	Conference	2011
	Laurie Taylor	17:21	Campbellsport	1995
	Emily Eschen	17:21	Cedar Grove	2013
198	Emily Biederwolf	17:22	Sheboygan Lutheran	2005
199	Rachel Moir	17:23	Reedsville	1993
	Emily Biederwolf	17:23	Sheboygan Lutheran	2004

Howards Grove Cross Country Program Stats

COACH GARY KALK
1998 - Present

GIRLS						
WIN	LOSE	# of Athletes	Conf 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}
99	18	9	3rd	1st	14th	7 _{Team}
36	79	10	7th	10th	---	1

1998
1999
2000
2001
2002
2003
2004
2005
2006
2007
2008
2009
2010
2011
2012
2013
2014
2015
2016

BOYS					
WIN	LOSE	# of Athletes	Conf 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
0	7	5	INC	INC	---
4	101	6	9th	16th	---

763	924	173
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TOTALS

625	1116	167
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8

Howards Grove Cross Country

Conference Team Championships

	BOYS	GIRLS
Central Lakeshore:	1987, 1990, 1991, 1992	----
The Big East:	----	----

Sectional Team Championships

BOYS	GIRLS
	2015 (Div 3)

State Team Qualifiers

BOYS

1992 -- 10th place -- Division 3

(Athlete names and times not found)

GIRLS

2003 -- 12th Place -- Division 3

	Name	Time	Place
4000 Meters	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

2014 -- 13th Place -- Division 3

	Name	Time	Place
5000 Meters	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

2015 -- 14th Place -- Division 3

	Name	Time	Place
5000 Meters	Noelle Eschen	21:30.95	61
	Katie Guse	22:15.05	89
	Ashley Reinemann	22:24.17	94
	Zyta Morgan	22:30.30	98
	Melissa Oxtoby	24:02.31	136
	Natalie Englebert	27:15.88	147
	Becca Fry	27:31.92	148

State Individual Qualifiers

BOYS

GIRLS

5000 Meters	Division	Name	Year	Time	Place
	3	Ryan Kramer	1991	Not Found	23
	3	Chris Wickesberg	1995	Not Found	Not Found
	3	Pat Buffington	2001	18:03	67
	3	Pat Buffington	2002	17:20	24
	3	Pat Buffington	2003	17:05	20
	3	Matt Ackley	2008	17:55.0	68
	3	Matt Bahr	2009	18:13.4	77
	3	Ryan Mugan	2010	16:39.93	4
	3	Eric Dvorachek	2013	17:30.49	44
	3	Eric Dvorachek	2014	17:05.92	19

4000 Meters	Division	Name	Year	Time	Place
	3	Emily Post	2001	15:41	9
	3	Emily Post	2002	15:31	2
	2	Anna Holzwart	2004	15:39	16
	3	Emily Biederwolf	2005	16:39.1	42
	3	Amy Thieleke	2007	16:21.2	33
	3	Amy Thieleke	2008	16:31.2	41
	2	Cassie Marver	2011	15:49.68	41
	3	Katie Guse	2016	20:50.9	36

5000 Meters