



Cross Country

**HARDER
FASTER
STRONGER**
**RUN AS ONE,
WORK AS A TEAM,
FINISH AS A FAMILY.**



**Howard's Grove High School
2017 Cross Country Results**

Head Coach: Gary A. Kalk

**Howards Grove High School
Girls Cross Country
2017 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>
New Holstein Meet	Incomplete	
Kiel Invite	Incomplete	
Manitowoc Roncalli Invite	1	7
Sheboygan Lutheran Invite	1	14
Valders Invite	4	6
Plymouth Relays	0	3
Kewaskum Invite	1	4
Sheboygan County Meet	1	7
Brillion Invite	2	9
Campbellsport Invite	3	6
Big East Conference Meet	2	6
WIAA Sectional (Division 3)	2	13
	<hr/>	
Varsity Totals	17	75

**Howards Grove High School
Boys Cross Country
2017 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>
New Holstein Meet	3	5
Kiel Invite	11	8
Manitowoc Roncalli Invite	3	4
Sheboygan Lutheran Invite	8	13
Valders Invite	5	4
Plymouth Relays	2	2
Kewaskum Invite	0	5
Sheboygan County Meet	3	5
Brillion Invite	8	6
Campbellsport Invite	3	7
Big East Conference Meet	5	5
WIAA Sectional (Division 3)	3	12
	<hr/>	
Varsity Totals	54	76



Howards Grove Cross Country 2017 Girls Individual Meet Times

Name	Grade	New Holstein	Kiel	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County @ Lutheran	Brillion	Campbellsport	Conference @ Lutheran	Sectional
		8/24 Chip Timing	8/31 4K Chip Timing	9/9 Chip Timing	9/12 Chip Timing	9/14 Chip Timing	9/19	9/21 Chip Timing	9/26 Chip Timing	10/3 Chip Timing	10/5 Chip Timing	10/14 Chip Timing	10/21 @ Manitowoc Lutheran
ZAYLA MUELLER	10	29:50.82	21:32.5	28:06.68	27:29.49	DNF	28:10.18	29:31.10	28:10.85	28:08.34	----	27:33.20	27:26.73
FAITH SPECHT	10	----	----	28:02.48	28:03.20	28:03.02	28:41.37	29:11.00	29:05.32	28:19.82	28:19.03	27:36.62	27:32.83
EMMA DEHNE	11	25:15.27	19:02.1	24:37.76	24:14.81	25:29.67	24:16.17	24:42.60	24:25.03	23:46.20	23:55.00	23:36.36	23:58.22
NATALIE ENGLEBERT	11	26:49.71	20:07.1	26:37.37	25:49.44	27:54.76	25:09.84	25:24.30	25:42.44	24:44.53	24:32.33	24:30.22	25:14.81
LIZZY BETKE	12	----	----	26:27.85	26:12.64	26:31.65	26:18.00	26:26.30	26:20.79	26:38.41	26:13.70	25:59.91	26:35.23
MATTIE MILZ	12	24:52.36	18:15.1	23:17.17	23:05.78	22:58.41	23:13.21	22:43.68	22:36.30	22:37.12	22:52.26	22:54.32	23:18.23
60th Percentile		28:19.36	19:27.8	25:22.68	24:51.15	25:56.56	24:01.12	25:20.30	24:06.34	24:40.33	24:33.77	24:05.13	24:29.88

4000 Meter Personal Best (Career)	5000 Meter Personal Best (Career)
21:11.7	25:06.22
----	27:32.83
19:02.1	23:25.77
19:52.5	23:23.86
20:05.1	25:12.46
18:15.1	22:24.21

2017 Boys Individual Meet Times

GEORGE VARISH	9	29:46.90	----	27:22.69	26:41.19	28:13.48	25:46.00	27:26.40	27:57.05	27:23.97	28:21.66	25:20.79	25:43.30
BRANDON BEECK	10	20:40.34	19:06.8	19:37.10	19:42.91	20:24.41	19:50.31	----	19:02.48	19:32.14	19:26.83	19:01.51	18:25.90
JACOB SCHEUREN	10	----	30:41.5	28:42.07	29:06.21	29:19.71	27:12.00	31:40.20	----	28:02.00	29:00.92	----	----
JOHN BELL	11	20:57.79	19:02.0	18:52.56	19:55.26	18:26.24	19:24.86	18:34.30	18:23.99	18:48.72	18:43.32	18:20.29	20:46.59
DUSTIN EILERS	11	20:06.52	19:27.0	19:18.74	19:49.22	20:06.23	19:53.51	20:16.70	19:32.87	19:27.09	20:24.77	19:20.04	19:09.91
CARSON MOORE	11	----	23:07.7	23:43.88	22:06.83	23:06.06	22:36.20	22:23.20	21:59.27	21:55.64	21:54.30	23:41.09	22:41.61
SAM SIXEL	12	19:06.24	18:38.5	18:38.81	18:28.05	18:33.82	18:39.01	18:24.99	18:17.86	18:15.46	18:15.01	18:00.41	18:20.73
CHASE WILLIAMS	12	24:30.38	24:30.2	24:13.28	24:15.78	23:50.40	23:53.00	23:47.72	22:53.38	22:47.98	24:02.20	23:11.03	23:13.88
60th Percentile		23:12.78	21:08.0	20:49.42	21:32.61	21:26.65	20:15.99	21:04.90	19:18.84	19:46.72	19:56.41	19:53.20	20:33.00

25:20.79
18:25.90
27:11.59
18:20.29
19:09.91
21:54.30
18:00.41
22:47.98



Howards Grove Cross Country 2017 Girls Varsity Letter Points

Name	Grade	New Holstein	Kiel	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County @ Lutheran	Brillion	Campbellsport	Conference @ Lutheran	Sectional	Individual Point Totals (Season)
		8/24 Chip Timing	8/31 4K Chip Timing	9/9 Chip Timing	9/12 Chip Timing	9/14 Chip Timing	9/19 Chip Timing	9/21 Chip Timing	9/26 Chip Timing	10/3 Chip Timing	10/5 Chip Timing	10/14 Chip Timing	10/21 @ Manitowoc Lutheran	
ZAYLA MUELLER	10	1	1	1	1	1	1	1	1	1	----	1	1	11
FAITH SPECHT	10	----	----	1	1	1	1	1	1	1	1	1	1	10
EMMA DEHNE	11	1	1	1	1	1	1	1	1	1	1	2	2	14
NATALIE ENGLEBERT	11	1	1	1	1	1	1	1	1	1	1	1	1	12
LIZZY BETKE	12	----	----	1	1	1	1	1	1	1	1	1	1	10
MATTIE MILZ	12	1	1	1	1	1	1	1	1	1	1	2	2	14
TOTALS		4	4	6	6	6	6	6	6	6	5	8	8	71

2017 Boys Varsity Letter Points

GEORGE VARISH	9	1	----	1	1	1	1	1	1	1	1	1	1	11
BRANDON BEECK	10	1	1	1	1	1	1	----	1	1	1	2	2	13
JACOB SCHEUREN	10	----	1	1	JV	1	1	1	----	1	JV	----	----	6
JOHN BELL	11	1	1	1	1	1	1	1	1	1	1	2	1	13
DUSTIN EILERS	11	1	1	1	1	1	1	1	1	1	1	2	2	14
CARSON MOORE	11	----	1	1	1	1	1	1	1	1	1	1	1	11
SAM SIXEL	12	1	1	1	1	1	1	1	1	1	1	2	2	14
CHASE WILLIAMS	12	1	1	1	1	1	1	1	1	1	1	1	1	12
TOTALS		6	7	8	7	8	8	7	7	8	7	11	10	94

**Howards Grove High School
Cross Country
2017 Awards**

"Will-to-Win" Athletes	Dustin Eilers Emma Dehne
Rookie-of-the-Year	Brandon Beeck
Most Improved Runner	Chase Williams
Male Runner-of-the-Year	Sam Sixel
Female Runner-of-the-Year	Mattie Milz
All-Conference Athletes (Top 20 Finish)	Sam Sixel (2nd Team All-Conference)
All-County Athletes (Top 21 Finish)	Sam Sixel (2nd Team-All County)
	John Bell (2nd Team-All County)

**Howards Grove High School
2017 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 (New Holstein)	Emma Dehne	Sam Sixel
Week #3 (Kiel)	Mattie Milz	Chase Williams
Week #4 (Roncalli)	Natalie Englebert	John Bell
Week #5 (Lutheran, Valders)	Zayla Mueller	John Bell
Weeks #6 (Plymouth, Kewaskum)	Lizzy Betke	Sam Sixel
Week #7 (County)	Mattie Milz	Brandon Beeck
Week #8 (Brillion, Campbellsport)	Emma Dehne	Carson Moore
Week #9 (Conference)	Faith Specht	Brandon Beeck

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

CROSS COUNTRY HISTORY



1984-2017

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

1984-2017

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, 17
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, 17
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, 17
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, 17
Mitchler, Alexandra	15,16
Moir, Rachel	92, 93
Moore, Ashley	02, 03
Morris, Rachel	91, 92, 93
Mueller, Zayla	16, 17
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

1984-2017

Athletes Name	Year(s)
Andrews, Nathan	94
Ackley, Matt	07, 08
Bahr, Kyle	03, 04, 05
Bahr, Matt	08, 09
Beeck, Brandon	17
Bell, John	16, 17
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
Drucek, Josh	98, 99, 00, 01
Dvorachek, Eric	11, 12, 13, 14
Eilers, Dustin	15, 16, 17
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, 17
Morris, Eric	87, 88, 89, 90

Howards Grove High School Girls Cross Country 5000 Meter Records

Records Kept Since 2000

Updated October 21, 2017

(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
47	Anna Holzwart	21:48	Kewaskum	2003
48	Morgan Edge	21:49	Cedar Grove	2014
	Katie Guse	21:49	Sheboygan Lutheran	2015
1	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	Mattie Milz	22:36.30	County	2017
91	Emily Biederwolf	22:37	Kewaskum	2006
	Ashley Reinemann	22:37	Manitowoc Roncalli	2014
93	Mattie Milz	22:37.12	Brillion	2017
94	Zyta Mueller	22:37.48	Manitowoc Roncalli	2015
95	Zyta Mueller	22:37.62	State	2014
96	Noelle Eschen	22:39.0	Cedar Grove	2015
97	Katie Guse	22:40	Manitowoc Roncalli	2014
98	Melissa Oxtoby	22:42	Conference	2014
	Ashley Reinemann	22:42	Conference	2015
100	Mattie Milz	22:43.68	Kewaskum	2017

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	Zyta Mueller	22:44	Sheboygan Lutheran	2015
102	Zyta Mueller	22:44.86	Brillion	2015
103	Noelle Eschen	22:45	Cedar Grove	2014
104	Noelle Eschen	22:49	Plymouth	2014
	Zyta Mueller	22:49	Sectional	2014
106	Mattie Milz	22:49.10	Sectional	2016
107	Melissa Oxtoby	22:50	County	2014
108	Katie Guse	22:51	Kewaskum	2014
109	Melissa Oxtoby	22:52.22	State	2014
110	Mattie Milz	22:52.26	Campbellsport	2017
111	Noelle Eschen	22:53	Manitowoc Roncalli	2014
	Zyta Mueller	22:53	Sectional	2015
113	Morgan Edge	22:54	Conference	2014
114	Mattie Milz	22:54.32	Conference	2017
115	Melissa Oxtoby	22:56	Kewaskum	2014
	Ashley Reinemann	22:56	Sectional	2015
117	Zyta Mueller	22:57	County	2015
118	Ashley Koenig	22:58	Kewaskum	2003
	Zyta Mueller	22:58	Plymouth	2015
	Melissa Oxtoby	22:58	Conference	2015
121	Mattie Milz	22:58.41	Valders	2017
122	Morgan Edge	23:01.5	Kiel	2014
123	Zyta Mueller	23:02	Conference	2014
124	Kara Bell	23:02.34	State	2014
125	Zyta Mueller	23:04	County	2014
126	Ashley Reinemann	23:04.77	Manitowoc Roncalli	2015
127	Kara Bell	23:05	Conference	2014
128	Mattie Milz	23:05.78	Sheboygan Lutheran	2017
129	Morgan Edge	23:06	Kewaskum	2014
	Melissa Oxtoby	23:06	Sheboygan Lutheran	2014
131	Kara Bell	23:07	Kewaskum	2014
132	Melissa Oxtoby	23:08	Plymouth	2014
133	Zyta Mueller	23:08.28	Campbellsport	2015
134	Melissa Oxtoby	23:11.46	Campbellsport	2014
135	Mattie Milz	23:13.21	Plymouth	2017
136	Zyta Mueller	23:13.36	Campbellsport	2014
137	Melissa Oxtoby	23:17	Sectional	2014
138	Mattie Milz	23:17.17	Manitowoc Roncalli	2017
139	Morgan Edge	23:17.61	State	2014
140	Melissa Oxtoby	23:18	Cedar Grove	2014
141	Mattie Milz	23:18.23	Sectional	2017
142	Mattie Milz	23:19	County	2016
143	Melissa Oxtoby	23:20.89	Brillion	2014
144	Kara Bell	23:21	Valders	2014
145	Melissa Oxtoby	23:21.5	Kewaskum	2015
146	Katie Guse	23:21.6	Cedar Grove	2016
147	Natalie Englebert	23:23.86	Conference	2016
148	Mattie Milz	23:24.67	Campbellsport	2016
149	Emma Dehne	23:25.77	Conference	2016
150	Mattie Milz	23:26.51	Brillion	2016

Rank	Name	Time	Meet/Invite	Year
151	Kaitlynn Near	23:28	Cedar Grove	2014
	Melissa Oxtoby	23:28	Manitowoc Roncalli	2014
153	Zyta Mueller	23:29	Cedar Grove	2014
	Zyta Mueller	23:29	Manitowoc Roncalli	2014
155	Kara Bell	23:30	Sectional	2014
156	Katie Guse	23:32	Plymouth	2014
157	Kara Bell	23:32.46	Campbellsport	2014
158	Zyta Mueller	23:33	Kewaskum	2014
159	Katie Guse	23:34.3	Kiel	2014
160	Zyta Mueller	23:34.9	Cedar Grove	2015
161	Kara Bell	23:35	County	2014
	Melissa Oxtoby	23:35	Sheboygan Lutheran	2015
163	Zyta Mueller	23:36	Sheboygan Lutheran	2014
164	Emma Dehne	23:36.36	Conference	2017
165	Elly Goedeke	23:38.72	Conference	2016
166	Natalie Englebert	23:39.52	Sectional	2016
167	Melissa Oxtoby	23:39.90	Brillion	2015
168	Zyta Mueller	23:40	Plymouth	2014
169	Zyta Mueller	23:44	Valders	2014
170	Kara Bell	23:45	Plymouth	2014
171	Melissa Oxtoby	23:46	Sectional	2015
172	Zyta Mueller	23:46.20	Brillion	2014
	Emma Dehne	23:46.20	Brillion	2017
174	Kaitlynn Near	23:47.46	Campbellsport	2014
175	Kara Bell	23:48	Manitowoc Roncalli	2014
176	Amy Greske	23:51	Kewaskum	2000
	Melissa Oxtoby	23:51	Plymouth	2015
178	Emily Post	23:52	Kewaskum	2000
179	Kara Bell	23:53.76	Brillion	2014
180	Emma Dehne	23:55.00	Campbellsport	2017
181	Melissa Oxtoby	23:56.98	Conference	2016
182	Heidi Rooker	23:58	Kewaskum	2003
183	Emma Dehne	23:58.22	Sectional	2017
184	Melissa Oxtoby	23:59	County	2015
185	Kara Bell	23:59.6	Kiel	2014
186	Melissa Oxtoby	24:02.31	State	2015
187	Kaitlynn Near	24:04.1	Kiel	2014
188	Emma Dehne	24:04.42	Sectional	2016
189	Kara Bell	24:05	Cedar Grove	2014
190	Mattie Milz	24:08	Sheboygan Lutheran	2016
191	Kara Bell	24:10	Sheboygan Lutheran	2014
192	Melissa Oxtoby	24:13	Valders	2014
193	Melissa Oxtoby	24:13.7	Cedar Grove	2015
194	Noelle Eschen	24:14.8	Kiel	2014
195	Emma Dehne	24:14.81	Sheboygan Lutheran	2017
196	Emma Dehne	24:16.17	Plymouth	2017
197	Emma Dehne	24:21.51	Brillion	2016
198	Natalie Englebert	24:22.00	Brillion	2016
199	Kaitlynn Near	24:23	Kewaskum	2014
200	Emma Dehne	24:25.03	County	2017

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	Natalie Englebert	24:25.12	Campbellsport	2016
202	Christina Larson	24:28	Kewaskum	2008
203	Morgan Edge	24:29	Sectional	2014
204	Natalie Englebert	24:30.22	Conference	2017
205	Alexandra Mitchler	24:30.83	Conference	2016
206	Kaitlynn Near	24:31	Manitowoc Roncalli	2014
207	Deanna Dragan	24:32	Kewaskum	2000
208	Natalie Englebert	24:32.33	Campbellsport	2017
209	Kaitlynn Near	24:36	Conference	2014
210	Emma Dehne	24:37.76	Manitowoc Roncalli	2017
211	Lindsay Horness	24:39	Kewaskum	2003
212	Melissa Oxtoby	24:40	County	2016
213	Emma Dehne	24:41	County	2016
214	Jessica Kirsch	24:42	Kewaskum	2006
215	Emma Dehne	24:42.60	Kewaskum	2017
216	Abby Weber	24:43	Kewaskum	2005
	Sarah Albert	24:43	Kewaskum	2006
218	Mattie Milz	24:44	Plymouth	2016
219	Natalie Englebert	24:44.53	Brillion	2017
220	Emma Dehne	24:46.37	Campbellsport	2016
221	Carmen Conrad	24:50	Kewaskum	2008
222	Alexandra Mitchler	24:51.39	Sectional	2016
223	Mattie Milz	24:51.78	Valders	2016
224	Elly Goedeke	24:51.79	Brillion	2016
225	Mattie Milz	24:52.36	New Holstein	2017
226	Elly Goedeke	24:53.53	Sectional	2016
227	Abby Weber	24:54	Kewaskum	2006
228	Zyta Mueller	24:54.8	Kiel	2014
229	Alexandra Mitchler	24:55	County	2016
230	Elly Goedeke	24:59	Sheboygan Lutheran	2016
231	Elly Goedeke	24:59.01	Campbellsport	2016
232	Alexandra Mitchler	25:00	Conference	2015
233	Emma Dehne	25:02	Sheboygan Lutheran	2016
	Natalie Englebert	25:02	County	2016
235	Zayla Mueller	25:06.22	Conference	2016
236	Mattie Milz	25:07.45	Manitowoc Roncalli	2016
237	Natalie Englebert	25:09.84	Plymouth	2017
238	Lizzy Betke	25:12.46	Conference	2016
239	Christina Larson	25:13	Kewaskum	2007
240	Natalie Englebert	25:14.81	Sectional	2017
241	Emma Dehne	25:15.27	New Holstein	2017
242	Abby Weber	25:20	Kewaskum	2003
	Melissa Oxtoby	25:20.00	Brillion	2016
244	Natalie Englebert	25:24.30	Kewaskum	2017
245	Jena Olderman	25:26	Kewaskum	2003
246	Lizzy Betke	25:28	Sheboygan Lutheran	2016
247	Emma Dehne	25:29.67	Valders	2017
248	Natalie Englebert	25:30	Sheboygan Lutheran	2016
249	Melissa Oxtoby	25:32.55	Sectional	2016
250	Alexandra Mitchler	25:32.57	Brillion	2016

Rank	Name	Time	Meet/Invite	Year
251	Elly Goedeke	25:35	Plymouth	2016
252	Jessica Gollhardt	25:38	Kewaskum	2002
	Lizzy Betke	25:38	County	2016
254	Melissa Oxtoby	25:41.8	Kiel	2014
255	Natalie Englebert	25:42.44	County	2017
256	Emma Dehne	25:44	Plymouth	2016
257	Alexandra Mitchler	25:47.67	Valders	2016
258	Natalie Englebert	25:49.44	Sheboygan Lutheran	2017
259	Leslie Oskey	25:50	Kewaskum	2003
260	Brittney Palm	25:54	Kewaskum	2008
	Alexandra Mitchler	25:54	Sheboygan Lutheran	2016
262	Lizzy Betke	25:54.56	Brillion	2016
263	Elly Goedeke	25:54.94	Manitowoc Roncalli	2016
264	Lizzy Betke	25:59.91	Conference	2017
265	Alexandra Mitchler	26:00.52	Brillion	2015
266	Leslie Oskey	26:08	Kewaskum	2004
267	Emma Dehne	26:08.64	Manitowoc Roncalli	2016
268	Natalie Englebert	26:09.31	Valders	2016
269	Lizzy Betke	26:12.64	Sheboygan Lutheran	2017
270	Lizzy Betke	26:13.70	Campbellsport	2017
271	Alexandra Mitchler	26:14.92	Campbellsport	2016
272	Lizzy Betke	26:17.73	Valders	2016
273	Lizzy Betke	26:18.00	Plymouth	2017
274	Lizzy Betke	26:18.18	Campbellsport	2016
275	Lizzy Betke	26:20.79	County	2017
276	Stacy Wiedemann	26:21	Kewaskum	2002
277	Alexandra Mitchler	26:23.93	Manitowoc Roncalli	2016
278	Natalie Englebert	26:24.14	Brillion	2015
279	Alexandra Mitchler	26:24.2	Kewaskum	2015
280	Liz Thieleke	26:25	Kewaskum	2001
281	Becca Fry	26:25.36	Brillion	2015
282	Lizzy Betke	26:26.30	Kewaskum	2017
283	Lizzy Betke	26:27.85	Manitowoc Roncalli	2017
284	Lizzy Betke	26:30.77	Manitowoc Roncalli	2016
285	Lizzy Betke	26:31.65	Valders	2017
286	Heidi Rooker	26:32	Kewaskum	2001
287	Lizzy Betke	26:35.23	Sectional	2017
288	Natalie Englebert	26:37.37	Manitowoc Roncalli	2017
289	Lizzy Betke	26:38.41	Brillion	2017
290	Rachel Rooker	26:40	Kewaskum	2007
291	Jena Olderman	26:41	Kewaskum	2004
	Becca Fry	26:41	Conference	2015
293	Lindsay Horness	26:42	Kewaskum	2002
	Brittney Palm	26:42	Kewaskum	2007
295	Zayla Mueller	26:43.46	Brillion	2016
296	Natalie Englebert	26:49.71	New Holstein	2017
297	Liz Thieleke	26:52	Kewaskum	2000
	Natalie Englebert	26:52	Conference	2015
299	Alexandra Mitchler	26:55.12	Campbellsport	2015
300	Abby Weber	26:56	Kewaskum	2004

Howards Grove High School Boys Cross Country 5000 Meter Records

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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 Lefeber	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
	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 Lefeber	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 Lefeber	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 Lefeber	17:55	Reedsville	2001
	Ryan Mugan	17:55	Manitowoc Roncalli	2010
	Phillip Gessler	17:55	Conference	2010
100	Rob Mentink	17:56	Sectional	1992

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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	Sam Sixel	18:00.41	Conference	2017
116	Phillip Gessler	18:01	Brillion	2010
	Ben Wilson	18:01	Valders	1991
118	Tyler Biederwolf	18:02	Conference	2004
119	Pat Buffington	18:03	State	2001
	Kyle Bahr	18:03	Campbellsport	2004
	Matt Ackley	18:03	Plymouth	2008
122	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
127	Chris Wickesburg	18:05	Plymouth	1995
	Tyler Biederwolf	18:05	Campbellsport	2005
	Matt Ackley	18:05	Conference	2007
	Eric Dvorachek	18:05	County	2012
131	Eric Lefeber	18:06	Sheboygan Lutheran	2002
	Tyler Biederwolf	18:06	Campbellsport	2004
133	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
	Tyler Biederwolf	18:07	County	2004
	Ryan Mugan	18:07	Valders	2010
137	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
140	Rob Mentink	18:09	County	1992
	Joe Holzart	18:09	Conference	1998
	Matt Ackley	18:09	Sectional	2008
143	Joe Holzart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
	Ryan Mugan	18:10	Kewaskum	2010
	Steve Grunewald	18:10	Valders	1995
147	Eric Dvorachek	18:10.2	Kiel	2014
148	Kyle Bahr	18:11	Manitowoc Roncalli	2005
	Tyler Biederwolf	18:11	Valders	2005
150	Rob Mentink	18:12	Cedar Grove	1992

Rank	Name	Time	Meet/Invite	Year
	Steve Grunewald	18:12	Valders	1995
	Eric Lefeber	18:12	Plymouth	2002
	Chris Wickesburg	18:12	Valders	1995
154	Eric Lefeber	18:13	Sheboygan Lutheran	2001
	Matt Bahr	18:13	County	2009
	Eric Dvorachek	18:13	Cedar Grove	2013
157	Matt Bahr	18:13.4	State	2009
158	Andy Buffington	18:14	Campbellsport	2005
159	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
164	Sam Sixel	18:15.01	Campbellsport	2017
165	Sam Sixel	18:15.46	Brillion	2017
166	Chris Wickesburg	18:16	Sheboygan Lutheran	1995
	Tyler Biederwolf	18:16	Conference	2005
	Kevin Gries	18:16	Sectional	2008
169	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
174	Sam Sixel	18:17.86	County	2017
175	Joe Holzart	18:18	Campbellsport	1999
	Pat Buffington	18:18	Sheboygan Falls @LTC	2002
	Kevin Gries	18:18	Cedar Grove	2008
178	Joe Holzart	18:19	County	1999
	Joe Holzart	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
185	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
190	John Bell	18:20.29	Conference	2017
191	Sam Sixel	18:20.73	Sectional	2017
192	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
196	Joe Holzart	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

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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
17	75	6	7th	14th	---	---

1998
1999
2000
2001
2002
2003
2004
2005
2006
2007
2008
2009
2010
2011
2012
2013
2014
2015
2016
2017

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	---
54	76	8	6th	13th	---

780	999	179
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29	TOTALS
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679	1192	175
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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