

USATF Youth Cross Country Meet

Valley Southwoods Freshman High School

West Des Moines, Iowa

10/25/03

Bantam Girls (age 10 & under)

3 Kilometers

Place	Name	Age	Home Town	Time	Team
1	Lauren Holmes	10	West Des Moines	14:41.0	Western Hills Cougars
2	Katie Herr	10	West Des Moines	15:03.5	Western Hills Cougars
3	Carolyn Evans	8	Urbandale	17:05.5	Westside Track Club
4	Mia Nelson	10	West Des Moines	17:52.8	Western Hills Cougars
5	Jenna Baldus	7		19:35.3	Unattached
6	Katie Hon	10	West Des Moines	20:21.5	Unattached
7	Taylor Hausman	9	West Des Moines	24:05.3	Unattached

No full teams of four runners or more competed

Bantam Boys (age 10 & under)

3 Kilometers

1	Tyler Phelen	10	West Des Moines	12:38.8	Westside Track Club
2	Nick Galles	9	Clive	13:48.1	Crestview Tigers
3	Jordan Jenkins	10	West Des Moines	13:56.3	Western Hills Cougars
4	Gavin Glenn	10	West Des Moines	14:48.9	Western Hills Cougars
5	Jacob Herr	10	West Des Moines	15:23.9	Western Hills Cougars
6	Alex Robertson	10	West Des Moines	16:01.8	Unattached
7	Alex Romeo	10	Waukee	16:11.8	Westside Track Club
8	Dante Romeo	7	Waukee	16:17.4	Westside Track Club
9	Hunter Penniman	8	West Des Moines	17:20.8	Westside Track Club
10	Joe Bott	9	Clive	17:26.0	Westside Track Club
11	Kent Kehlenbeck	10	West Des Moines	17:47.2	Unattached
12	Daniel Sucich	10	West Des Moines	17:49.2	Unattached

Team Champions: **Westside Track Club**

Tyler Phelen
Alex Romeo
Dante Romeo
Hunter Penniman
Joe Bott

Midget Girls (age 11 & 12)

3 Kilometers

1	Elizabeth Baldus	12	Indianola	13:34.3	Unattached
2	Victoria Whitaker	11	Urbandale	14:45.0	Crestview Tigers
3	Kelsey Galles	12	Clive	15:06.3	Crestview Tigers
4	Laura Stephens	12	Clive	16:18.9	Rockets
5	Kathleen McGowen	11	Clive	16:30.9	Crestview Tigers

6 Kaela Harrison	11 West Des Moines	21:35.9 Rockets
7 Lauren Wallace	11 Urbandale	22:40.5 Crestview Tigers
8 Rebecca Baldus	12 West Des Moines	24:05.7 Unattached

Team Champions:

Crestview Tigers

Victoria Whitaker
Kelsey Galles
Kathleen McGowen
Lauren Wallace

**Midget Boys (age 11 & 12)
3 Kilometers**

1 Corey Johnson	12 Indianola	12:10.6 Unattached
2 Clint Stapes	12 St. Charles	12:15.5 Unattached
3 Christian Soper	11 Atlantic	12:22.3 Unattached
4 Tyler Jensen	11 Polk City	12:29.0 Westside Track Club
5 Chris Calhoun	11 Windsor Heights	13:12.1 Westside Track Club
6 Jackson Yancey	11 West Des Moines	13:13.3 Wildcats
7 Chris Brady	11 West Des Moines	13:31.7 Team Ehrhardt
8 Christopher Miller	12 West Des Moines	14:18.3 Unattached
9 Matthew Marcus	11 West Des Moines	14:18.6 Western Hills Cougars
10 Mark Ernhardt	12 West Des Moines	15:13.7 Team Ehrhardt
11 Luke Ernhardt	12 West Des Moines	15:41.3 Team Ehrhardt
12 Max Jury	11 West Des Moines	16:21.0 Team Ehrhardt
13 Shane McDonald	11 West Des Moines	19:15.4 Unattached

Team Champions:

Team Ehrhardt

Chris Brady
Mark Ernhardt
Luke Ernhardt
Max Jury

**Youth Girls (age 13 & 14)
4 Kilometers**

No Entries

**Youth Boys (age 13 & 14)
4 Kilometers**

1 Logan Woehl	14 Ankeny	16:21.3
2 Travis Smith	14 West Des Moines	16:41.7 Westside Track Club
3 Sawyer Woolf	14 Urbandale	16:53.4
4 Mark Swisher	14 West Des Moines	18:57.2 Westside Track Club
5 Richard Ward	14 West Des Moines	19:48.1

No full teams of four runners or more competed