

2025 Nike Heartland Region Championship- Boys

Sunday, Nov. 9th- 2:55 pm - at Yankton Trail Park, Sioux Falls, SD - 25 degrees, partly sunny, 20 mph wind - soft ground from melted snow

Mens 5k Championship Team Scores

1 Sioux Falls Lincoln, SD	134 (3,6,21,31,73- 96,160)	18 Edina, MN	452 (34,83,109,111,115- 126,174)
2 Lincoln Pius X, NE	209 (12,15,42,58,82- 143,175)	19 Minnetonka, MN	466 (1,59,70,163,173- 176,196)
3 Wayzata, MN	220 (16,36,43,48,77- 90,141)	20 St Paul Como Park, MN	478 (22,24,118,121,193- 220,229)
4 Stevens Point Area, WI	228 (8,35,52,57,76- 179,187)	21 Cotter/Hope, MN	531 (9,46,60,207,211-)
5 Cedar Falls, IA	228 (13,27,33,63,92- 97,125)	22 Mpls Washburn, MN	539 (20,84,114,155,166- 199,220)
6 Blue Valley Southwest, KS	232 (5,30,37,74,86- 177,191)	23 De Soto, KS	541
7 Blaine, MN	256 (19,23,40,69,105- 146,223)	24 Shorewood, WI	554
8 Kapaun Mount Carmel, KS	274 (14,29,44,87,100- 102,200)	25 Rosemount, MN	573
9 Indianola, IA	345 (25,61,67,79,113- 192,194)	26 Blue Valley, KS	573
10 Bismarck, ND	348 (7,62,81,88,110-169,217)	27 Lincoln North Star, NE	601
11 Marquette University, WI	366 (10,50,55,122,129- 168,184)	28 Southeast Of Saline	616
12 Perham, MN	371 (41,47,78,99,106- 133,140)	29 Cedar Rapids Prairie, IA	655
13 Gilbert, IA	372 (18,26,28,148,152- 158,167)	30 Lincoln Southwest, NE	703
14 DeForest, WI	377 (4,51,103,107,112- 116,216)	31 Two Rivers, MN	706
15 De Pere, WI	441 (2,56,117,132,134- 195,209)	32 Creighton Prep, NE	738
16 Sioux Falls Washington, SD	444 (38,54,91,123,138- 144)	33 Washburn Rural, KS	769
17 Johnston, IA	451 (11,75,89,120,156- 164,201)	34 Lincoln East, NE	821

1	1 Sean Fries	SR	Minnetonka, MN	14:55.0	43	Kaser Johnson	JR	Doniphan-Trumbull, NE	16:10.6
2	Canaan Dunham	SR	Pella, IA	15:05.1	44	Brody Deniston	SR	Holcomb, KS	16:11.3
3	2 Grady Lenn	SR	De Pere, WI	15:06.9	45	Gabe Hallen	SR	Orono, MN	16:11.7
4	Quentin Nauman	SR	Western Dubuque, IA	15:08.7	46	28 Carson Squiers	SR	Gilbert, IA	16:12.3
5	3 Miles Lechtenberg	SR	SF Lincoln, SD	15:12.0	47	Slader Buckheister	SR	Cedar Rpd Kennedy, IA	16:13.1
6	4 Lucas Tanner	SR	DeForest, WI	15:14.3	48	29 Cole Reintjes	SR	Kapaun Mt Carmel, KS	16:13.4
7	5 Alex Roberts	SR	Blue Valley SW, KS	15:24.6	49	30 Wyatt McCulley	SR	Blue Valley SW, KS	16:13.6
8	6 Tyrus Needles	JR	SF Lincoln, SD	15:26.8	50	Charlie Deick	JR	Dowling Catholic, IA	16:14.2
9	7 Owen Hintz	SR	Bismarck, ND	15:29.6	51	31 Reid Groher	JR	SF Lincoln, SD	16:15.7
10	8 Jaden Merrick	SR	Cedar Falls, IA	15:30.7	52	32 Ryan Lien	SR	Shorewood, WI	16:16.1
11	9 Erik Semling	SO	Cotter/Hope, MN	15:32.0	53	33 Fisher Carroll	FR	SPASH, WI	16:16.3
12	10 Brendan Reardon	SR	Marquette Univ, WI	15:32.2	54	Sam Collier	SR	DASH, WI	16:16.8
13	11 Jack Crossland	JR	Johnston, IA	15:35.6	55	Andrew Heden	JR	Bettendorf, IA	16:17.4
14	12 David Krier	SR	Lincoln Pius X, NE	15:36.2	56	Reed Grotenhuis	SR	Slinger, WI	16:17.7
15	Keegan Decker	JR	Iowa City Liberty, IA	15:36.5	57	34 Sander Ohe	SR	Edina, MN	16:17.7
16	Preston Johnson	JR	Marshalltown, IA	15:36.6	58	35 Dominic Williams	JR	Cedar Falls, IA	16:18.1
17	13 Cooper Erickson	SR	SPASH, WI	15:41.2	59	36 Matthew Jenneke	SR	Wayzata, MN	16:18.2
18	Luka Rout	SO	Fargo Davies, ND	15:41.6	60	37 Cameron Paschke	SR	Blue Valley SW, KS	16:18.4
19	14 Daniel Enriquez	SR	Kapaun Mt Carmel, KS	15:45.1	61	38 Hena Abreham	SO	SF Washington, SD	16:18.5
20	Emerson Vokes	SR	Grundy Center, IA	15:49.2	62	Connor Malecka	SO	Detroit Lakes, MN	16:18.5
21	Brody Anderson	SR	Topeka Seaman, KS	15:49.2	63	39 Carter Moser	JR	Blue Valley, KS	16:18.9
22	Logan Zeise	SO	Milwaukee King, WI	15:49.2	64	40 Alaric Burroughs	SR	Blaine, MN	16:18.9
23	15 Joseph Majerus	SR	Lincoln Pius X, NE	15:50.4	65	41 Matt Jorgenson	SR	Perham, MN	16:19.7
24	16 Thomas Berndt	SO	Wayzata, MN	15:51.6	66	Cohen Moll	SR	Ankeny Centennial, IA	16:19.9
25	17 Brayden Walker	SR	SE of Saline, KS	15:53.5	67	Teegan Kralik	SR	Norwalk, NE	16:20.1
26	18 Logan Bleich	JR	Gilbert, IA	15:56.4	68	Carter Lippold	SO	Farmington, MN	16:20.5
27	19 David Meberg	JR	Blaine, MN	15:58.1	69	42 Sam Schlautman	JR	Lincoln Pius X, NE	16:20.6
28	20 Thomas McVay	JR	Mpls Washburn, MN	15:59.6	70	43 Will Chabot	JR	Wayzata, MN	16:20.7
29	Tyler Flippen	JR	Andover, MN	16:00.4	71	Nicholas Paulsen	SR	Dowling Catholic, IA	16:20.7
30	21 Arvid Nelsen	SR	SF Lincoln, SD	16:00.5	72	Kuma Gutema	SO	Sioux City North, IA	16:20.9
31	22 Ben Clark	SR	St Paul Como Park, MN	16:02.0	73	44 Will Etheredge	SR	Kapaun Mt Carmel, KS	16:21.7
32	23 Israel Sulungaine	JR	Blaine, MN	16:04.0	74	Liam Gonzalez	JR	Norfolk, NE	16:21.7
33	Ryan Keller	JR	Hudson, WI	16:04.9	75	45 Channing Goodwin	JR	Rosemount, MN	16:22.0
34	Tate Grabow	SR	Hill City, SD	16:05.7	76	Mikah Peters	SR	Brandon Valley, SD	16:22.7
35	24 Charlie Loth	JR	St Paul Como Park, MN	16:05.7	77	46 Ryan Littlefield	JR	Cotter/Hope, MN	16:23.1
36	Owen Johnson	SR	Northern Cass, ND	16:06.5	78	Garrett Pickering	JR	Campellsport, WI	16:23.5
37	25 Reed Robbins	SR	Indianola, IA	16:06.9	79	47 Brody Freeland	FR	Perham, MN	16:23.6
38	26 Jacob Tallman	JR	Gilbert, IA	16:07.1	80	48 Connor Viera	SR	Wayzata, MN	16:25.2
39	27 Garrett Strong	SO	SPASH, WI	16:07.1	81	Isaac Rankin	SR	Knoxville, IA	16:26.7
40	Noah Gailey	JR	Hartford Union, WI	16:08.7	82	49 Josiah Bitker	SR	Lincoln North Star, NE	16:26.9
41	Owen Stuwe	SR	Shakopee, MN	16:10.0	83	Connor Heltemes	SO	Chanhassen, MN	16:27.9
42	Liam Merrel	SR	Burnsville, MN	16:10.1	84	50 Eli North	JR	Marquette Univ, WI	16:28.1

85	Aidan Braun	SR	Andover, MN 16:29.0	150	96 Frank Vandy	JR	SF Lincoln, SD 16:59.4
86	51 Logan Davison	JR	DeForest, WI 16:30.3	151	97 Donald Voetberg	SR	SPASH, WI 16:59.9
87	52 Brennen Hoyer	SR	Cedar Falls, IA 16:30.8	152	98 Duke Graf	SO	Washburn Rural, KS 17:00.9
88	53 Cole Carrizales	JR	Cedar Rapids Prairie, IA 16:31.0	153	99 Reid Wokasch	SR	Perham, MN 17:02.4
89	Lev Dougherty	SR	Heritage Christian, MN 16:31.3	154	100 Koelton Erwin	JR	Kapaun Mt Carmel, KS 17:02.5
90	54 Ben Parsons	JR	SF Washington, SD 16:33.0	155	101 Drew Howell	SR	Blue Valley, KS 17:02.8
91	55 Charlie Kwiatt	SO	Marquette Univ, WI 16:34.4	156	102 Kolbe Meyer	SO	Kapaun Mt Carmel, KS 17:03.5
92	56 Noah Zhang	SR	De Pere, WI 16:34.8	157	103 Blake Rauber	SR	DeForest, WI 17:04.1
93	Caleb Morris	SR	TF Riggs, SD 16:36.8	158	Logan Wiehoff	JR	Sauk Centre, MN 17:04.2
94	Birk Newman	JR	Nicolet, WI 16:37.3	159	104 Connor Boyle	SR	Lincoln Southwest, NE 17:04.7
95	57 Porter Myers	JR	Cedar Falls, IA 16:37.8	160	105 Elijah Thomas	FR	Blaine, MN 17:04.9
96	58 Lucas Schlautman	SR	Lincoln Pius X, NE 16:38.1	161	106 Henry Mathiason	SR	Perham, MN 17:05.1
97	Kevin Coots	SR	Lewis Central, IA 16:38.5	162	107 Wyatt Parker	SR	DeForest, WI 17:05.1
98	Thomas McCarthy	SR	Berlin, WI 16:39.3	163	108 Titus Bitker	SO	Lincoln North Star, NE 17:05.2
99	59 Ben Kraus	SR	Minnetonka, MN 16:39.4	164	109 Rocco Hawthorne-Arroyo	SO	Edina, MN 17:05.3
100	60 Kellen Groth	SR	Cotter/Hope, MN 16:39.6	165	110 Miles Hanson	FR	Bismarck, ND 17:05.6
101	61 Kiefer Barnes	SR	Indianola, IA 16:39.7	166	111 Miles Anderson	JR	Edina, MN 17:05.7
102	62 Jacob Windsor	SR	Bismarck, ND 16:40.1	167	112 Jacob Lafever	JR	DeForest, WI 17:05.9
103	63 Bennett Story	SR	SPASH, WI 16:40.3	168	113 Paxton Bloom	SR	Indianola, IA 17:06.5
104	Carter Kucko	SR	Rice Lake, WI 16:40.3	169	114 Steffan Drekonja	SO	Mpls Washburn, MN 17:06.8
105	Logan Boehnlein	JR	Seymour, WI 16:41.1	170	115 Breck Campbell	SR	Edina, MN 17:06.9
106	Ethan Cheney	SR	Linn-Mar, IA 16:41.1	171	Tyler Hetz	JR	Gothenburg, NE 17:07.0
107	64 Luke Vogt	SR	De Soto, KS 16:41.2	172	116 Chandler Pabon	SO	DeForest, WI 17:07.2
108	Axton Stone	SR	North Platte, NE 16:41.4	173	117 Vincent Hauser	SO	De Pere, WI 17:07.5
109	65 Nolan Johnson	JR	Shorewood, WI 16:41.5	174	David Protzman	SR	Norfolk, NE 17:08.0
110	Ayoub Farah	SR	Owatonna, MN 16:41.7	175	Michael Hanna	SO	Iowa City West, IA 17:08.2
111	66 Owen Miller	SR	Cedar Rapids Prairie, IA 16:41.8	176	118 Hazel Small	SR	St Paul Como Park, MN 17:08.5
112	67 Isaiah Thomsen	JR	Indianola, IA 16:42.7	177	Warner Bowman	JR	Bowman, ND 17:10.5
113	68 Niah Fernandes	SR	Two Rivers, MN 16:43.0	178	119 Beau Kalkman	JR	De Soto, KS 17:10.5
114	69 Jack Zellmer	SR	Blaine, MN 16:43.0	179	120 Robert Widtfeldt	SO	Johnston, IA 17:10.6
115	Luke Swearingin	SR	Olathe South, NE 16:43.3	180	121 Arthur Anderson	JR	St Paul Como Park, MN 17:10.7
116	70 Casey Nordstrom	JR	Minnetonka, MN 16:43.8	181	122 Charlie Cary	SR	Marquette Univ, WI 17:11.1
117	71 Brooks Kehoe	SR	Washburn Rural, KS 16:44.9	182	Jaxton (Jax) Alvarez	JR	Ankeny Centennial, IA 17:12.4
118	72 Finlay Sully	SR	Creighton Prep, NE 16:45.0	183	123 Griffin Miller	JR	SF Washington, SD 17:12.4
119	73 Nayati Ringing Shield	SR	SF Lincoln, SD 16:45.7	184	124 Brayden Troutman	SO	Blue Valley, KS 17:12.9
120	Zach Petzet	SR	Kearney, NE 16:45.8	185	125 John Jazdzewski	JR	SPASH, WI 17:14.0
121	74 Andrew Claar	SO	Blue Valley SW, KS 16:45.8	186	Peyton Tetzlaff	JR	West Central, SD 17:15.5
122	Gavin Weber	SR	Algona, IA 16:47.4	187	126 Tyler Notermann	JR	Edina, MN 17:15.7
123	Caleb Muehler	SR	McPherson, KS 16:47.5	188	127 Aaron Vogt	SR	De Soto, KS 17:16.7
124	75 Charles Strauss	JR	Johnston, IA 16:47.8	189	128 Grant Warren	JR	Blue Valley, KS 17:16.8
125	76 James Mandt	SR	Cedar Falls, IA 16:48.4	190	129 Andres Campos	SR	Marquette Univ, WI 17:17.3
126	77 Aidric Pfeifer	SR	Wayzata, MN 16:48.8	191	130 Haakon Hanson	SR	Two Rivers, MN 17:17.7
127	78 Bryce Brown	SO	Perham, MN 16:48.9	192	131 Isaac Harder	SR	Rosemount, MN 17:17.7
128	Jack Schauer	JR	St Croix Central, WI 16:49.0	193	132 Daniel Zhang	SO	De Pere, WI 17:18.2
129	79 Jake Robidoux	SO	Indianola, IA 16:49.0	194	133 Dylan Guck	SR	Perham, MN 17:18.6
130	80 Phillip Sullivan	FR	De Soto, KS 16:49.6	195	134 James Derenne	JR	De Pere, WI 17:19.3
131	81 Kyler Loraas	SR	Bismarck, ND 16:50.0	196	Kedrick Boucek	JR	Winona, MN 17:19.3
132	82 Joseph Norman	SO	Lincoln Pius X, NE 16:50.2	197	135 Benny Bejma	JR	Shorewood, WI 17:20.4
133	83 Isaak Koivula Schadow	SO	Edina, MN 16:50.2	198	136 Dylan Linscott	SO	Lincoln East, NE 17:21.2
134	84 Khalil Omar	SO	Mpls Washburn, MN 16:50.2	199	137 George Dahlager	SR	Two Rivers, MN 17:21.7
135	85 J'Shawn Afuh	JR	Lincoln North Star, NE 16:50.9	200	138 Cole Reilly	JR	SF Washington, SD 17:22.3
136	86 Kai Schallon	JR	Blue Valley SW, KS 16:51.1	201	139 Isaiah Coleman	JR	Creighton Prep, NE 17:23.0
137	87 Jack Sauer	SO	Kapaun Mt Carmel, KS 16:51.3	202	140 Ethan Johnson	FR	Perham, MN 17:23.0
138	Emery Wirth	SO	Annandale, MN 16:51.6	203	141 Samarth Raj	SR	Wayzata, MN 17:23.9
139	Gavin Lindahl	JR	Buhler, KS 16:51.7	204	142 Chase Wells	SO	Rosemount, MN 17:24.4
140	Coltan Ham	JR	St Patrick's, NE 16:52.2	205	143 Henry Vrooman	JR	Lincoln Pius X, NE 17:24.6
141	88 Austin Wick	SR	Bismarck, ND 16:52.4	206	144 Landon Doyle	JR	SF Washington, SD 17:24.7
142	89 Noah Davidson	JR	Johnston, IA 16:52.6	207	145 Edgar Calzada	JR	SE of Saline, KS 17:25.4
143	90 Blake Knutson	SO	Wayzata, MN 16:54.1	208	146 Henry Meberg	SO	Blaine, MN 17:25.6
144	91 Jackson Boltjes	JR	SF Washington, SD 16:54.2	209	147 Ben Schlegelmilch	SR	Lincoln East, NE 17:26.2
145	92 Alex Dziak	JR	SPASH, WI 16:54.5	210	148 Preston Stensland	SR	Gilbert, IA 17:26.4
146	93 Jacob Bircher	SR	SE of Saline, KS 16:55.2	211	Silas Holdeman	JR	Mitchell Christian, SD 17:27.0
147	94 Evan Beaudette	SO	Rosemount, MN 16:55.7	212	149 Cade Cover	SR	Lincoln Southwest, NE 17:27.3
148	Isaac Bemmels	SR	Belle Plaine, MN 16:58.4	213	150 Cole Cover	SR	Lincoln Southwest, NE 17:29.2
149	95 Mitchell Ripley	SO	Lincoln Southwest, NE 16:58.5	214	151 Bridger Reimche	SO	De Soto, KS 17:29.9

215	152	Zachary Stevermer	FR	Gilbert, IA	17:30.7	280	210	Riley Tillander	SR	Two Rivers, MN	18:13.5
216		Zackary Kliewer	JR	Olathe North, NE	17:30.8	281	211	Jonah Alexander	8	Cotter/Hope, MN	18:15.3
217	153	Dillon Wiethorn	SR	Cedar Rapids Prairie, IA	17:31.0	282	212	Davis Ramstad	SR	Blue Valley, KS	18:16.9
218	154	Daren Linscott	SR	Lincoln East, NE	17:31.6	283	213	Logan Yeackley	JR	Lincoln Southwest, NE	18:18.1
219	155	Jameson Guertin	SR	Mpls Washburn, MN	17:31.6	284	214	Arthur Pribil	JR	Lincoln East, NE	18:19.0
220	156	Ramsey Morgan	SR	Johnston, IA	17:32.6	285	215	Caleb Knopf	SO	SE of Saline, KS	18:19.2
221	157	Kingston Nelson	SO	Shorewood, WI	17:32.7	286	216	Jadon LaFever	SO	DeForest, WI	18:19.9
222	158	Emrick Ryan	SR	Gilbert, IA	17:33.1	287		Hunter Patton	SR	Mitchell, SD	18:21.8
223	159	Hylan Caouette	SR	Creighton Prep, NE	17:33.4	288	217	Cooper Eberle	SO	Bismarck, ND	18:22.7
224		Carson Urlacher	JR	Aberdeen Central, SD	17:33.5	289	218	Brady Meek	SO	Washburn Rural, KS	18:26.6
225	160	Henry Saylor	JR	SF Lincoln, SD	17:34.1	290	219	Jaxson Adams	SO	Washburn Rural, KS	18:31.4
226	161	Clayton Bill	SO	Rosemount, MN	17:34.4	291	220	Logan Small	SO	St Paul Como Park, MN	18:33.0
227	162	Ethan Palmberg	FR	De Soto, KS	17:34.8	292	221	Cormac Sutherland	SO	Mpls Washburn, MN	18:33.7
228	163	Sawyer Schulz	FR	Minnetonka, MN	17:35.5	293	222	Eli Dahlem	SO	Cedar Rapids Prairie, IA	18:38.8
229	164	Tay Ohr-Rottler	SR	Johnston, IA	17:35.7	294	223	Austin Matrious	SR	Blaine, MN	18:40.6
230	165	Ryan Optekar	SR	Shorewood, WI	17:35.7	295	224	Collin Champlain	SR	De Soto, KS	18:47.5
231	166	Liam Burow	JR	Mpls Washburn, MN	17:36.1	296	225	Cole Franklin	JR	SE of Saline, KS	18:53.5
232	167	Landon Lucht	SR	Gilbert, IA	17:36.8	297	226	Chanh Tran	SR	Lincoln East, NE	18:55.8
233	168	Joe Walters	SR	Marquette Univ, WI	17:36.9	298	227	Raul Iniguez	SR	Lincoln North Star, NE	18:57.6
234	169	Braxton Buechler	SR	Bismarck, ND	17:36.9	299	228	Angus Vigoren-Clark	SR	Shorewood, WI	19:00.0
235	170	Max Molinaro	SO	Two Rivers, MN	17:37.5	300	229	Miles Wagner-Hemstad	FR	St Paul Como Park, MN	19:00.2
236	171	Tyler Smith	SR	Lincoln North Star, NE	17:38.4	301	230	Abraham Cortes Mera	SR	Two Rivers, MN	19:33.2
237	172	Brooks Carlin	SO	SE of Saline, KS	17:38.6						
238		Hayden Thompson	SR	Lake Mills, IA	17:38.7						
239		Peyton Parker	SR	Wamego, KS	17:40.0						
240	173	Christian Bach	JR	Minnetonka, MN	17:40.0						
241	174	Henry Alexander	JR	Edina, MN	17:40.3						
242	175	Noah Zach	SR	Lincoln Pius X, NE	17:44.4						
243	176	Zachary Unger	SR	Minnetonka, MN	17:44.6						
244	177	Kodi Wilson	FR	Blue Valley SW, KS	17:45.3						
245	178	Aaron Robles	JR	Creighton Prep, NE	17:45.8						
246	179	Jeremy Gall	FR	Cedar Falls, Ia	17:46.3						
247	180	Jaydon Hirschman	JR	Lincoln East, NE	17:46.5						
248	181	Patrick McCarthy	FR	Blue Valley, KS	17:46.7						
249	182	Clayton Fink	SO	Washburn Rural, KS	17:47.5						
250	183	Boston Peterson	JR	Rosemount, MN	17:47.5						
251	184	August Richter	SO	Marquette Univ, WI	17:47.9						
252	185	Cohen Day	FR	Blue Valley, KS	17:48.1						
253	186	Mason Nove	JR	Cedar Rapids Prairie, IA	17:48.1						
254	187	Gaige Martin	SR	Cedar Falls, IA	17:49.4						
255		Dehico Bocanegra Tovar	JR	Watford City, ND	17:50.1						
256	188	Pablo Chavez Arellano	SO	Lincoln North Star, NE	17:50.6						
257	189	Zachary Carlin	SO	SE of Saline, KS	17:51.6						
258	190	Peter Lickteig	FR	Creighton Prep, NE	17:52.7						
259	191	Caleb King	SO	Blue Valley SW, KS	17:53.0						
260	192	Owen Welling	JR	Indianola, IA	17:54.1						
261	193	Colin Johnson	SR	St Paul Como Park, MN	17:56.0						
262		Jared Schroeder	SR	Waverly, NE	17:57.4						
263	194	Ty Borner	FR	Indianola, IA	17:57.5						
264	195	Brett Spice	SR	De Pere, WI	17:58.9						
265	196	Ashok Algappan	SO	Minnetonka, MN	17:59.3						
266	197	Mark Hoffman	SR	Creighton Prep, NE	18:00.1						
267	198	Matthew Formanek	SO	Cedar Rapids Prairie, IA	18:00.3						
268	199	Sawyer Dodge	JR	Mpls Washburn, MN	18:00.5						
269	200	Nathan Milligan	FR	Kapaun Mt Carmel, KS	18:01.1						
270	201	Blake Williams	SO	Johnston, IA	18:01.8						
271	202	Royal Buckner	SO	Two Rivers, MN	18:03.5						
272	203	Wyatt Shorb	SR	Washburn Rural, KS	18:03.7						
273	204	Franky Turek	SO	Lincoln North Star, NE	18:03.8						
274	205	Joshua Schulte	SR	Lincoln East, NE	18:03.9						
275	206	Cameron Ulrich	JR	Lincoln Southwest, NE	18:06.7						
276		Mateo Vigil	SO	Shawnee Mis. East, KS	18:10.5						
277	207	Jonah Hatanpa	SO	Cotter/Hope, MN	18:11.3						
278	208	Josh Sajevic	SR	Lincoln Southwest, NE	18:12.5						
279	209	Oliver Qualls	JR	De Pere, WI	18:13.0						

OPEN RACES (Top 5 in each race and 16:59.9 and faster)

Rising Stars

- 1 Andrew Allen (SO) Cedar Rapids Xavier, IA 16:42.8
- 2 Asher Selness (SO) Brandon Valley, SD 16:43.1
- 3 Hudson Bullinger (SO) Bismarck Century, ND 16:45.4
- 4 Jaxon Cushing (SO) Grand Island Northwest, NE 16:58.9
- 5 Jack Elsberry (SO) Bismarck Century, ND 17:01.5

Section #1

- 1 David Obst (SR) Kasson-Mantotville, MN 16:27.4
- 2 Lucas Capistrant (JR) Maple Grove, MN 16:39.2
- 3 Will VanSlyke (SO) DC Everest, WI 16:40.8
- 4 Landon Englert (SR) Bishop Carroll, KS 16:44.1
- 5 Caul Johns (SR) West Franklin, KS 16:50.9
- 6 Oliver Schwartz (JR) Lawrence Free State, KS 16:53.0
- 7 George Nelson (SR) Stillwater Area, MN 16:56.3
- 8 Gavin Salzmann (JR) UKimberly, WI 16:57.8 9

Section #2

- 1 Theodore Pennycook (SR) Hudson, WI 16:50.0
- 2 Preston Holewa (SR) Foley, MN 16:55.6
- 3 Patrick Freng (SR) Sun Prairie East, WI 16:55.8
- 4 Adam Johnson (SR) Farmington, MN 17:05.0
- 5 Patrick Carroll (JR) Farmington, MN 17:07.4

Section #3

- 1 Griffin Smith (SR) Harrisburg, SD 16:35.2
- 2 Louis Ahern (SR) Holy Angels, MN 16:38.5
- 3 Luke Eiden (SR) Stevens Pt Pacelli, WI 16:39.7
- 4 Gavin Esterholm (SR) Phillips, WI 16:41.9
- 5 Oliver Garipey (JR) Balsam Lake, WI 16:44.0
- 6 Emmett Morse (JR) Minnehaha Academy, MN 16:48.7
- 7 Tre Dammen (SR) Monroe, WI 16:50.5
- 8 Knute Rogne (SR) Lake Mills, IA 16:54.7
- 9 Cael Ramsey (SR) Dallas-Center Grimes, IA 16:56.0
- 10 Cohen Dunnigan (JR) Red River, ND 16:58.1

Section #4

- 1 Max Klassen (SR) Milwaukee King, WI 16:45.3
- 2 Tristan Lenton (SR) Buffalo, MN 16:45.6
- 3 Mason Gaulke (SR) Pella, IA 16:47.0
- 4 Zach Engstrom (JR) Willmar, MN 16:55.7
- 5 Lucos Wernimont (JR) Sioux Central, IA 17:00.4

Section #5

- 1 Jacob D'souza (JR) Blue Valley Northwest, KS 15:57.6
- 2 Eddie Loberg (SO) Orono, MN 16:24.2
- 3 Jack Kirman (SR) Dubuque Senior, IA 16:33.6
- 4 Derek Rieck-Cappellan (SR) Elkhorn North, NE 16:33.6
- 5 Liam Kroger (SR) Dubuque Senior, IA 16:38.3
- 6 Levi Vander Leest (JR) SF Christian, SD 16:51.6
- 7 Will Czech (JR) Rockford, MN 16:56.2
- 8 Zach Brewington (JR) Blue Valley Northwest, KS 16:56.5
- 9 Ben Hohmann (SR) Dubuque Senior, IA 16:57.4
- 10 Owen Anderson (JR) Dubuque Senior, IA 16:58.4
- 11 Alex Swanson (SR) Becker, MN 16:59.4

Section #6

- 1 Aaron Yarbro (SR) Verona, WI 16:16.7
- 2 Linus McRoberts (SR) Iowa City City High, IA 16:33.9
- 3 Hunter Miller (JR) Mounds View, MN 16:34.0
- 4 Jonah Whitson (JR) Pleasant Valley, IA 16:34.4
- 5 Aden Soto (JR) Fremont, NE 16:35.9
- 6 Jacob Brown (SR) Roseville Area, MN 16:44.9
- 7 William Schwemm (JR) Blake, MN 16:49.1
- 8 Ben Schendel (SO) Mpls Southwest, MN 16:49.2
- 9 Archer Brown (FR) Olathe West, KS 16:52.1
- 10 Luke Bakken (JR) Eastview, MN 16:53.1
- 11 Lars Hildebrand (JR) Iowa City Liberty, IA 16:58.5