

XC Regional Rankings

Weekly High School X-Country Regional Team Rankings 2008 **Marc Bloom and Rich Gonzalez**

Regional Individuals To Watch compiled by NSSF State Ambassadors

Last week's rankings in parentheses. BT means Bubble Team. NR means no ranking including bubble team.

Boys New York

- | | |
|----------------------------------|---|
| 1. Shenendehowa [1] | Wins venerable Grout Run in Schenectady taking 5 of top 11 on 2.7-mile course |
| 2. Shoreham-Wading River [2] | No major meet, many teams preparing for Manhattan Eastern States on Sat |
| 3. Burnt Hills-Ballston Lake [3] | No major meet |
| 4. Fayetteville-Manlius [4] | Wins Tully Inv while holding out top runner |
| 5. Suffern [7] | 2 nd at Grout Run, 22 points ahead of Queensbury |
| 6. Queensbury [5] | 3 rd at Grout Run |
| 7. Arlington [6] | No major meet |
| 8. East Aurora [8] | Wins Southern Tier Classic medium div by 56 points |
| 9. North Rockland [BT] | Wins St. Anthony's Inv on ultra-hilly Sunken Meadow course |
| 10. Msgr. Farrell [9] | No major meet |

Cut: Wantagh [10]

Bubble teams alphabetically: Baldwinsville, Brighton, Brockport, Cicero No. Syracuse, Chaminade, Collegiate, Honeoye Falls-Lima, Ithaca, Jamesville-Dewitt, Kellenberg, Liverpool, Mckee SI Tech, Monroe-Woodbury, Newark Valley, Pittsford-Mendon, Smithtown, St. Anthony's, Wantagh, Warwick Valley, Washingtonville, Webster-Thomas

Individual Boys – New York

Alex Deir, JR, Honeoye Falls
Alex Hatz, JR, Fayetteville
Bobby Andrews, SR, Shoreman-Wading River
Chris Stogsdill, SR, Marcellus
Evan Tsembelis, SR, Grand Island
Jared Leslie, SR, Arlington
John Muller, SR, Arlington
Jordan Hamm, SR, Canisius
Mike Hickey, SR, Pearl River
Otis Ubriaco, SO, Burnt Hills
Quinn Raseman, JR, Ward Melville
Scott Anderson, JR, East Aurora
Shaun Thompson, SO, Baldwinsville

Boys Northeast

(CT, ME, MA, NH, NJ, PA, RI, VT)

1. W. Windsor-Plainsboro No (NJ) [2] Wins Shore Coaches "B" race with fastest team time overall led by soph star Joe Rosa

2. Christian Bros (NJ) [1] Wins Shore Coaches "A" race with 2nd fastest team time and 40-second spread
3. Don Bosco (NJ) [3] State defender skips Shore Coaches to prepare for Manhattan Easterns on Sat
4. No. Allegheny (PA) [4] Holds out varsity at Central Catholic Inv
5. Danbury (CT) [5] No major meet
6. Morris Hills (NJ) [6] No major meet
7. North Penn (PA) [7] Wins Salesianum (DE) Inv taking 5 of top 13 on tough Brandywine course
8. W. Windsor-Plainsboro So (NJ) [BT] 2nd to cross-town rival North at Shore Coaches with merge advantage over Haddonfield
9. Haddonfield (NJ) [8] Wins Shore Coaches "E" race by 95 with 3rd-fastest team time
10. Bishop Guertin (NH) [10] No major meet

Cut: Millburn [9]

Bubble teams alphabetically: Amherst (MA), Bishop Feehan (MA), Bishop Hendricken (RI), Brookline (MA), Carlisle (PA), Cedar Cliff (PA), Colts Neck (NJ), Conard (CT), Con-Val (NH), Council Rock No (PA), Cumberland Valley (PA), Germantown Friends (PA), Greely (ME), Hanover (NH), Holy Ghost (PA), Kingsway (NJ), La Salle (PA), Mansfield (MA), Mendham (NJ), Merrimack (NH), Millburn (NJ), Newton So (MA), North Hills (PA), Perkioman Valley (PA), Pinkerton (NH), Randolph (NJ), Ridgewood (NJ), Scranton Prep (PA), Seekonk (MA), Upper Dublin (PA), Xavier (CT)

Northeast Individuals to Watch

Aaron Waranabe, JR, Hanover, Hanover, NH
 Adam Trofa, SR, Amity, CT
 Adron Pittman, 12, Mount Mansfield, VT
 Andrew Springer, SR, Westerly HS, Westerly, RI
 Andrew Wortham, SR, Newton South, Newton, MA
 Artem Skobrev, SR, Darien, CT
 Ben Furcht, Sr, Lower Merion, Ardmore, PA
 Brad Miles, Jr, North Penn, Lansdale, PA
 Brendan Aylaian, JR, Nashoba, Bolton, MA
 Brett Johnson, SR, Ocean City, Ocean City, NJ
 Brian Doyle, JR, Bishop Hendricken HS, Warwick, RI
 Brian Magna, SR, Canton, CT
 Cam Stauffer, Sr, Seneca Valley, Harmony, PA
 Charlie Kline, 11, Essex, VT
 Chase Broussard, Sr, North Allegheny, Wexford, PA
 Chris Bendtsen, JR, Wolcott, CT
 Chris Pietrocarlo, JR, Pinkerton Academy, Derry, NH
 Connor McCloskey, SR, South Kingston HS, South Kingston, RI
 Connor Mecurio, SR, LaSalle Academy, Providence, RI
 Cory Sinotte, SR, Manchester Central, Manchester, NH
 Craig Hunt, SR, New Milford, CT
 Dan Paulsen, 12, Essex, VT
 Dan Wallace, Jr, Council Rock North, Newtown, PA
 David Wilson, SR, Brookline, Brookline, MA
 David Forward, JR, Shawnee, Medford, NJ
 David Hurley, SR, Chariho HS, Richmond, RI
 David Sinclair, 11, GMVS, VT
 DJ, Krystek, Sr, Gateway, Monroeville, PA
 Doug Smith, SR, Gill St Bernards, Gladstone, NJ
 Dyland Fisher, SR, Con-Val Regional, Peterborough, NH

Eamon Welter, 12, Harwood, VT
Eric Malnati, SR, Fall Mountain Regional, Alstead, NH
Ethan McBrien, SR, Con-Val Regional, Peterborough, NH
Francis Hernandez, JR, Bishop Guertin, Nashua, NH
George Galasso, SR, Holmdel, Holmdel, NJ
Gus McKenzie, Jr, Germantown Friends, Germantown, PA
Jack Collopy, FR, Oyster River, Durham, NH
Jeff LaCoste, SO, Bishop Guertin, Nashua, NH
Jimmy Tarsnane, Sr, Perkiomen Valley, Collegeville, PA
Jo, Beveridge, Sr, Bishop McDevitt, Harrisburg, PA
Job Christiansen, SR, Mascenic Regional, New Ipswich, NH
Joey Jourdain, JR, Bishop Guertin, Nashua, NH
Johnny Gregorek, SR, Seekonk HS, Seekonk, MA
Jon Bogert, Sr, Liberty, Bethlehem, PA
Jon Vitez, JR, Haddonfield, Haddonfield, NJ
Joseph Bubnniak, SR, Danbury, CT
Joseph Rosa, SO, West Windsor Plainsboro North, Plainsboro, NJ
Josh Grant, SR, Nashua North, Nashua, NH
Justin Bouffard, 12, Essex, VT
Kevin Hull, Sr, Hempfield, Greensburg, PA
Kyle Hurston, Sr, Carlisle, Carlisle, PA
Landen Elliott-Knaggs, 12, Brattleboro, VT
Leighton Spencer, SR, Don Bosco, Ramsey, NJ
Mark Feigan, SR, East Greenwich HS, East Greenwich, RI
Mark Leininger, SR, Colts Neck, Colts Neck, NJ
Matt Mainer, 12, CVU, VT
Matt Mecurio, SO, LaSalle Academy, Providence, RI
Max Darrah, JR, Dennis Yarmouth, Dennis, MA
Michael Levene, SR, Stamford, CT
Mike Moverman, SR, Oliver - Ames, Easton, MA
Mike Mahoney, Sr, Council Rock North, Newtown, PA
Mike Palmisano, Sr, Upper Dublin, Fort Washington, PA
Mike Pierce, Sr, Holy Ghost Prep, Bensalem, PA
Neal Berman, Sr, Lower Merion, Ardmore, PA
Nick Bonaventure, Sr, Penncrest, Media, PA
Nick Marshall, 11, Mount Mansfield, VT
Nick Ross, JR, East Greenwich HS, East Greenwich, RI
Omar Aden, SR, Charlestown, Charlestown, MA
Philip Galebach, SR, Medford HS, Medford, MA
Porter Bourdeau, SR, Danbury, CT
Rad Gunzenhauser, Jr, Mt. Lebanon, Pittsburgh, PA
Robbie Andrews, SR, Manalapan, Manalapan, NJ
Robbie Dextrateur, SR, Branford HS, CT
Ryan Gil, So, North Allegheny, Wexford, PA
Ryan King, SR, Tolland, CT
Ryan McGuire, SR, Notre Dame, CT
Sean Pohorence, SR, Morris Hills, Rockaway, NJ
Sean Mueller, SO, Cheshire, CT
Sid Griffin, SR, Barrington HS, Barrington, RI
Taylor Phillips, SR, Brookfield, CT
Tim O'Laughlin, SR, Westerly HS, Westerly, RI

TJ Hobart, Sr, Baldwin, Pittsburgh, PA
Tom Luff, Sr, Emmaus, Emmaus, PA
Tony Sulva, 12, CVU, VT
Tucker Schafer, SR, Danbury, CT
Tyler Udland, JR, Millburn, Millburn, NJ
Will Kellar, Jr, Henderson, West Chester, PA

Boys South

(AR, LA, MS, OK, TX)

1. The Woodlands (TX) [1] Wins state-wide Nike South Inv by 2 over Cedar Park
2. Cedar Park (TX) [2] Narrow 2-point runner-up to The Woodlands at Nike South
3. Marcus (TX) [BT] 4th at Nike South, behind Trabuco Hills of Calif.
4. Southlake Carroll (TX) [3] 5th at Nike South
5. Seven Lakes (TX) [5] 6th at Nike South
6. Klein Oak (TX) [6] 7th at Nike South
7. Boerne (TX) [9] No major meet
8. Pharr-San Juan-Alamo N (TX) [BT] Wins McNeil Inv by 17 over Strake Jesuit with 20-second spread
9. Strake Jesuit (TX) [4] 2nd to Pharr at McNeil meet
10. Cinco Ranch (TX) [8] Wins Cy-Fair ISD Inv over College Park with A&M a distant 3rd

Cut: A&M Consolidated (TX) [7], Flower Mound (TX) [10]

Bubble teams alphabetically: A&M Consolidated (TX), Baton Rouge Cath (LA), Brother Martin (LA), Clear Lake (TX), Conway (AR), Clovis (TX), College Park (TX), Coppell (TX), Corpus Christi Carroll (TX), Flower Mound (TX), Fossil Ridge (TX), Georgetown (TX), Houston Mem (TX), Jesuit (LA), Lamar (TX), Lockhart (TX), Moore (OK), Plano West (TX), Rogers (AR), Tulsa Union (OK), Tupelo (MS)

South Individuals to Watch

Adam Johnson, 10, Broken Arrow, Broken Arrow, OK
Adam Ruhl, 11, Madison Central, Madison, MS
Alden Heaphy, 12, St Thomas More, Lafayette, LA
Alex De La Garza, 12, Mercedes, Mercedes, TX
Alex Tully, 12, Little Rock Catholic, Little Rock, AR
Amos Gerber, 11, Lake Hamilton, Percy, AR
Andy Carroll, 10, Mustang, Mustang, OK
Arash Taheri, 12, Ridgeland, Ridgeland, MS
Ben Kilpatrick, 12, University Lab, Baton Rouge, LA
Caleb Hanson, 12, Ft Smith Southside, Ft Smith, AR
Cameron Efurd, 12, Rogers, Rogers, AR
Chase Rathke, 12, Seven Lakes, Katy, TX
CJ Brown, 12, Carroll, Southlake, TX
Craig Lutz, 10, Marcus, Flower Mound, TX
Dakota Buck, 11, Deer Creek, Edmond, OK
David Mills, 12, Lake Hamilton, Percy, AR
Donovan Torres, 10, Coronado, Lubbock, TX
Drew Butler, 12, Woodlands, The Woodlands, TX
Dylan Moon, 12, Jenks, Jenks, OK
Gordon Lee, 12, Tupelo, Tupelo, MS
Jake Greene, 12, DeRidder, DeRidder, LA
Jeff Wilson, 10, Tupelo, Tupelo, MS
Jeremiah Fleeman, 11, Rogers, Rogers, AR
Jim Stitt, 12, Timberview, Mansfield, TX
Jimmy Welin, 12, Seven Lakes, Katy, TX

Jordan Falls, 12, Rogers, Rogers, AR
 Jordan Valle, 12, Big Spring, Big Spring, TX
 Justin Swake, 11, Broken Arrow, Broken Arrow, OK
 Lucas Peiser, 10, Shiloh Christian, Springdale, AR
 Luke Allen, 12, Harrison, Harrison, AR
 Mark Dotson, 12, Menard, Menard, LA
 Mark Pinales, 10, Stony Point, Round Rock, TX
 Markus Pearson, 12, Conway, Conway, AR
 Matt Mouton, 11, St Paul, Covington, LA
 Matt Pieri, 12, Br Martin, New Orleans, LA
 Matt Wolfe, 12, Parkway, Bossier City, LA
 Max Holman, 11, Tupelo, Tupelo, MS
 Parker Bowles, 11, Norman, Norman, OK
 Parker Stinson, 11, Cedar Park, Cedar Park, TX
 Paul Arthur, 11, Walker, Walker, LA
 Paul Snyder, 12, Churchill, San Antonio, TX
 Phillip Primeaux, 11, Catholic, Baton Rouge, LA
 Quartez Rogers, 12, Starkville, Starkville, MS
 Reed Connor, 12, Woodlands, The Woodlands, TX
 Ryan Dohner, 11, Klein Oak, Spring, TX
 Scott Richardson, 12, Br Martin, New Orleans, LA
 Steven Baker, 12, Union, Tulsa, OK
 Taylor Bacques, 12, Jesuit, New Orleans, LA
 Taylor Monaghan, 12, Union, Tulsa, OK
 Toby Bothwell, 11, Westmoore, Oklahoma City, OK
 Will Antkowiak, 10, Brenham, Brenham, TX
 Zach Ornelas, 12, Vista Ridge, Cedar Park, TX

Boys Southeast

(AL, DE, FL, GA, KY, MD, NC, SC, TN, VA, WV)

1. Jamestown (VA) [1] No major meet, preparing for Manhattan meet in NY
2. Brookwood (GA) [2] No major meet
3. Collins Hill (GA) [3] No major meet, preparing for Great American (AL) on Saturday
4. Robinson (VA) [6] Wins Octoberfest Inv by 49 points
5. Oakton (VA) [4] Wins Wendy's Inv by 12 at McAlpine Park as Chapel Hill runs 3rd
6. Broughton (NC) [5] No major meet
7. Baylor (TN) [7] No major meet
8. Belen Prep (FL) [10] Wins FLrunners.com Inv by 38 over Columbus
9. Daviess County (KY) [9] Wins Greater Louisville Classic by 42 points
10. NW Guilford (GA) [BT] Wins Wendy's Inv varsity race with meet's 2nd-best team showing

Cut: Chapel Hill (NC) [7]

Bubble teams alphabetically: Atlee (VA), Cabell Midland (WV), Bishop Kenny (FL), Blacksburg (VA), Calvert Hall (MD), Chapel Hill (NC), Chiles (FL), Clarke County (VA), Columbus (FL), Enloe (NC), Green Hope (NC), Hoover (AL), Houston (TN), Jefferson Sci/Tech (VA), Leon (FL), Louisville Trinity (KY), Marietta (GA), Melbourne (FL), Morristown West (TN), Montgomery Bell (TN), Mooresville (NC), Mountain Brook (AL), Ocean Lakes (VA), Parkview (GA), Potomac Falls (VA), Wando (SC), Western Albemarle (VA), Western Branch (VA)

Southeast Individuals to Watch

Alex Dadds, SR, Trinity, Louisville, KY
Andrew Colley, SR, Jamestown, Williamsburg, VA
Andrew Palmer, JR, Walt Whitman, Bethesda, MD
Andy Henderson, Sr., Smiths Station, Smiths, AL
Armando Del Valle, JR, Columbus, Miami, FL
Ben Dejarnette, SR, Atlee, Mechanicsville, VA
Brandon Easler, JR, Dorman, Spartanburg, SC
Brian Atkinson, JR, Melbourne, Melbourne, FL
Brian Hancock, SR, Trinity, Louisville, KY
Brian Detweiler, SR, Parkview, Lilburn, GA
Charlie Sparks, , Columbus, Columbus, GA
Cody Pelliccione, SO, Morgantown, Morgantown, WV
Connor Revord, SR, Jesuit, Tampa, FL
Cory Hampshire, SR, Jefferson, Shenandoah Jct., WV
Dakota Peachee, Sr, West Johnston, Johnston County, NC
David Caldwell, SR, South Charleston, Charleston, WV
Derek Wehunt, SR, Sickles, Tampa, FL
Dillon Buckley, SR, Archmere, Claymont, DE
Eric Macedo, SR, Charter, Wilmington, DE
Eric Line, SR, Caesar Rodney, Camden, DE
Graham Bazell, SR, Atholton, Columbia, MD
Greg Morrin, SR, St. Marks, Newark, DE
Igwe Obiandu, SR, Marietta, Marietta, GA
Jack Felix, Soph, Hilton Head, Hilton Head , SC
Jacob Law, SR, South Oldham, Crestwood, KY
James Graham, Jr, Vestavia Hills, Birmingham, AL
James Maglasang, SO, St. Mary, Paducah, KY
Jon Mazzio, SR, Salesianum, Wilmington, DE
Josh Fitts, SR, Wando, Charleston, SC
Justin House, SO, Apollo, Owensboro, KY
Kyle Balderson, SR, Sherwood, Sandy Spring, MD
Kyle Satterwhite, SR, W. Albemarle, Crozet , VA
Landon Taylor, SR, Daviess County, Owensboro, KY
Layton Dorsett, Jr, Mtn Brook, Birmingham, AL
Lenny Roach, SR, Berkeley Springs, Berkeley, WV Lucas Sieb, Jr, Scottsboro, Scottsboro, AL
Mark Blackmon, FR, Fort Mill, Fort Mill, SC
Mark Parrish, JR, Chamberlain, Tampa, FL
Matt Mizereck, SR, Leon, Tallahassee, FL
Michael Wallace, JR, Bishop Kenny, Jacksonville, FL
Mike McClay, JR, Dacula, Dacula, GA
Mohamed Abushouk, Jr, Cary High, Cary, NC
Nathan Lewis, Jr, Cold Springs, Cold Springs, AL
Niall Longobardi, SR, Peachtree Ridge, Suwanee, GA Nick Perkins, Sr, Hoover, Birmingham, AL
Pat Gomez, Sr, Auburn, Auburn, AL Pat McGregor, Sr, Hoover, Birmingham, AL
Patrick Crawford, Jr, East Forsyth, Kernersville, NC
Philip Johnson, Sr, Homewood, Birmingham, AL
Reidy Jones, Jr, Broughton, Raleigh, NC
Richard Murray, Sr, Mtn Brook, Birmingham, AL

Ryan Eaton, JR, Greenwood, Bowling Green, KY
 Sean King, SR, Winston Churchill, Potomac, MD
 Sebastian Tillman, SR, Summerville, Summerville, SC
 Seth Crawford, Sr, Northwest Guilford, Guilford, NC
 Solomon Haile, SR, Sherwood, Sandy Spring, MD
 Stacy Eden, JR, Shelby County, Shelbyville, KY
 Steve Mize, SR, Male, Louisville, KY
 Taylor Gilland, Sr, Chapel Hill, Chapel Hill, NC
 Thomas Porter, SR, Mountain View, Stafford, VA
 Timothy Tyler, Soph, Wando, Charleston, SC
 Trey Beckett, SR, Cabell Midland, Ona, WV
 Tyler Stutzman, SR, W. Albemarle, Crozet, VA
 Wayne Bartholomew, SR, Quince Orchard, N. Potomac, MD
 Will Stanford, SO, Leon, Tallahassee, FL

Boys Midwest

(IL, IN, MI, MO, OH)

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|---------------------------------|--|
| 1. Naperville No (IL) [8] | Defeats Neuqua Valley, 28-37, at Locktoberfest Inv in 12-team meet |
| 2. Neuqua Valley (IL) [1] | 2 nd to Naperville North in Locktoberfest meet |
| 3. York (IL) [2] | No major meet |
| 4. Geneva (IL) [3] | Holds out varsity placing 2 nd at Lisle Inv |
| 5. St. Louis Univ (MO) [4] | Splits squad, wins Jorgenson Memorial meet |
| 6. Carmel (IN) [5] | No major meet after racing weekly since August |
| 7. Lee's Summit West (MO) [7] | Wins KC Metro meet as pack tightens to 45 seconds |
| 8. Pioneer (MI) [9] | Wins Portage Inv by 43 over Lyons Township (IL) |
| 9. Mason (OH) [6] | No major meet |
| 10. Ft. Wayne Carroll (IN) [BT] | Wins NE Hoosier conference with 18 points and 40-second spread |

Cut: West Plains (MO) [10]

Bubble teams alphabetically: Bay City Western (MI), Centerville (OH), College Hts Christian (MO), Fishers (IN), Heritage (MI), Kickapoo (MO), Lake Orion (MI), Lee's Summit No (MO), Liberty (MO), Lyons Township (IL), McCutcheon (IN), Medina (OH), Moline (IL), Palatine (IL), Parkway West (MO), Reynoldsburg (OH), Saline (MI), St. Frances de Sales (OH), St. John Jesuit (OH), St. Ignatius (OH), Terre Haute No (IN), West Plains (MO)

Midwest Individuals to Watch

Alex Shields, IN
 Andrew Larson, Aurora, IL
 Anthony Manfrin, Dundee, IL
 Ben Miller, SR, Warren, MI
 Blake Dirksen, Noblesville, IN
 Connor Callahan, SR Creve Coeur, MO
 Dan Pawola, Naperville, IL
 Danny Thater, JR Kickapoo, MO
 David Osburn, Chesterton, IN
 Donny Roys, Medina, OH
 Drew Shields, Fishers, IN
 Dylan Sorenson, Zionsville, IN
 Futsom Zeinasellasse, Nora, IN
 Jacob Swearingen, SR Potosi, MO
 Jeff Thode, Hoffman Estates, IL

Joe Holahan, Bloomington, IN
 Jordan Hebert, Elmhurst, IL
 Kevin Colon, JR Lee's Summit, MO
 Kevin Oblinger, SR, Mount Pleasant, MI
 Kevin Yarnell, Toledo, OH
 Kyle Gibson, Naperville, IL
 Kyle Stacks, JR Concord, MI
 Lucas Verzbicas, New Lenox, IL
 Maksim Korolev, JR Harrisonville, MO
 Mark Wieferich, Marietta, OH
 Max Storms, SR Kansas City, MO
 Michael Murphy, SR, Birmingham, MI
 Nick Happe, SR St. Charles, MO
 Nick Niggeman, SR Potosi, MO
 Paul Lewis, JR, Albion, MI
 Shawn Roberts, Centerville, OH
 Stephen Walker, SR, Midland, MI
 Steve Sulkin, Elmhurst, IL
 Stuart Edmonds, Twinsburg, OH
 Tecumseh Adams, SR, Harbor Springs, MI
 Tommy Brin, SR Otsego, MI
 Tommy Valade, JR Bedford, MI
 Travis Borchard, SR, Saginaw, MI
 Travis Hawes, LaSalle, OH
 Zach Dahleen, Orland Park, IL
 Zach Wills, Mason, OH

Boys Heartland

(IA, KS, MN, NE, ND, SD, WI)

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|----------------------------------|---|
| 1. Bismarck (ND) [1] | No major meet after big win at Griak event |
| 2. Wayzata (MN) [2] | Holds out varsity at Swain Inv |
| 3. Eden Prairie (MN) [3] | Wins Victoria Lions Inv by 38 with 22-second spread |
| 4. Stevens Point (WI) [4] | Wins Stoughton Inv taking 5 of top 11 spots |
| 5. Madison West (WI) [5] | Wins Eagle Inv on Kenosha-Parkside course |
| 6. Mulvane (MS) [7] | Wins flighted Berean Acad meet with 81:54 5-man time |
| 7. Madison-La Follette (WI) [BT] | Strong 2 nd to Stevens Point at Stoughton meet |
| 8. Yankton (SD) [9] | Wins Koebernick Inv taking 6 of top 9 with 25-second spread |
| 9. Stillwater (MN) [NR] | Solid 2 nd at Lions Inv as Edina takes 4 th |
| 10. Iowa City (IA) [10] | Wins Bud Williams meet taking 5 of top 8 |

Cut: Edina (MN) [6]

Bubble teams alphabetically: Aquinas (KS), Cedar Rapids Washington (IA), Edina (MN), Fremont (NE), Lincoln Pius X (NE), Kearney (NE), Manhattan (KS), Millard West (NE), Moorhead (MN), Shawnee Mission NW (KS), Valley (IA), White Bear Lake (MN)

Heartland Individuals to Watch

Alec Espeland, SR, Pierre, Pierre, SD
 Alex Brill, SR, La Follette, Madison, WI
 Alex Johnson, SO., Maple Grove, Maple Grove, MN
 Alex Muntefering, SR, Parkston, Parkston, SD
 Andrew Stevens, SR, SM South, Overland Park, KS

Andy Coy, SR, Hill City, Hill City, SD
Austin O'Brien, JR, Pleasant Valley, Bettendorf, IA
Ben Tyler, JR, Shorewood, Shorewood, MN
Besufekad -Tamra, SR, Hopkins , Hopkins, MN
Brandon Barientez, SR, Campus, Haysville, KS
Brett Kelly, SR, West H.S., Madison, WI
Christian Brown Otter, JR, Bismarck, Bismarck, ND
Damien Schuster, SR, Sturgis, Sturgis, SD
Danny Ducharme, SR, Wayzata, Plymouth, MN
David Roberts, SR, Mulvane, Mulvane, KS
Derek Storkel, SR., Tomah H.S., Tomah, WI
Devin Huizenga, SR, Bismarck, Bismarck, ND
Erik Truedon, SR., Bemidji, Bemidji, MN
Evan Selsor, SO, Winterset, Winterset, IA
Frank Canady, JR, Iowa City West, Iowa City, IA
Graham Armstrong, JR, Manhattan, Manhattan, KS
Grant Aden, SR, Syracuse, Syracuse, NE
Jake Arechigo, SR, Roosevelt, Sioux Falls, SD
Jakob Lindaas, SR, Moorhead, Moorhead, MN
Jameson Gehrig, JR, West Fargo, West Fargo, ND
Jeremy Drenckhahn, SR, Wayzata, Plymouth, MN
Jeremy Grinnell, SR, New Town, New Town, ND
Jerran Heng, JR, Norfolk Catholic, Norfolk, NE
Jim O'Keefe, SR, Hastings St. Cecilia, \Hastings, NE
Joash Osoro, SR, Bismarck, Bismarck, ND
John Simons, SR, Arrowhead H.S., Hartland, WI
John Wylie, SR., North H.S., Oshkosh, WI
Jordan Slusser, SR, Jamestown, Jamestown, ND
Josh Heitkamp, JR, Washington, Sioux Falls, SD
Josh Nuss, SR, Bismarck, Bismarck, ND
Josh Wilson, SR, Aberdeen, Aberdeen, SD
JT McCarthy, JR, Burlington, Burlington, IA
Justin Many Ribs, JR, Parshall, Parshall, ND
Justin Grinnell, SR, New Town, New Town, ND
Lewi Manirumva, SR, CR Washington, Cedar Rapids, IA
Logan Sloan, SO, Free State, Lawrence, KS
Mach Akon, SR, Fargo North, Fargo, ND
Mahad Hassan, SR, Willmar, Willmar, MN
Marcus Paulson, JR, Hamilton H.S., Sussex, WI
Marshal Moyer, SO, Burlington, Burlington, IA
Michael Brice, SR, Kaukauna H.S., Kaukauna, WI
Nick Young, SR, Bettendorf, Bettendorf, IA
Nikki Troien – Smith, SR, Mulvane, Mulvane, KS
Omet Kak, SR, DM North, Des Moines, IA
Parker Schoen, JR, Lincoln Southwest, Lincoln, NE
PJ Greer, SR, Aquinas, Overland Park, KS
Riley Coates, SO, Stevens, Rapid City, SD
Robel Kebede, SR, Mpls South, Minneapolis, MN
Roy Wedge, JR, Lawrence, Lawrence, KS
Ryan McMahan, , Algona, Algona, IA
Shaun Henderson, SR, Huron, Huron, SD

Spencer Agnew, SR., Fort Atkinson H.S., Fort Atkinson, WI
Taylor Wardell, JR, East H.S., Appleton, WI
Tony Weiss, SO, Baldwin, Baldwin, KS
Travis Boyett, SR, SM West, Overland Park , KS
Travis Brenner, JR, Yankton, Yankton, SD
Tyler Rich, SR, Waukee, Waukee, IA
Wally Bradford, SR, Mukwonago H.S., Mukwonago, WI
Zack Mellon, SR, Buffalo, Buffalo, MN

Boys Southwest

(AZ, CO, NV, NM, UT, WY)

1. Albuquerque Acad (NM) [1] Wins Eldorado Inv running 3-through-6 behind the host's Palmer twins
2. Los Alamos (NM) [2] No major meet
3. Eldorado (NM) [3] Solid 2nd to Academy in home invite as Bryce Palmer shatters Matt Tebo's course record
4. American Fork (UT) [4] No major meet, regional on Sat
5. Timpview (UT) [5] No major meet
6. Alta (UT) [7] Wins Orem Kiwanis Inv by 42 points with 33-second spread
7. Rio Rico (AZ) [10] Wins Queen Creek Inv by 25 over Shadow Mountain
8. Cibola (NM) [6] Wins Highland Inv by 19 over Sandia in 10-team meet
9. Mingus (AZ) [8] Wins home invite by 51 points
10. Shadow Mountain (AZ) [9] 2nd to Rio Rico at Queen Creek meet

Bubble teams alphabetically: Carson (NV), Cherry Creek (CO), Dakota Ridge (CO), Davis (UT), Durango (UT), Fairview (CO), Falcon (CO), Galena (NV), Gallup (NM), Heritage (CO), Loveland (CO), Mesa Mtn. View (AZ), Palmer (CO), Reno (NV), Sandia (NM), Timpanogos (UT), Wheat Ridge (CO)

Southwest Individuals to Watch

Al Galen, JR, Liberty, Henderson, NV
Andrew Berberick, 12, Mullen, Denver, CO
Andrew Roberts, 12, Lyons, Lyons, CO
Billy Orman, So, Tuba City, AZ
Bobby Nicolls, 12, Regis, Aurora, CO
Brandon Nied, SR, Reno, Reno, NV
Brian Shrader, Jr, Flagstaff, AZ
Bryan Tibaduiza, SR, Galena, Reno, NV
Bryan, Jordan, SO, Galena, Reno, NV
Bryce Palmer, SR, Eldorado, Albuquerque, NM
Cary Dunagan, JR, Reno, Reno, NV
Christian Meyer, JR, Sandia, Albuquerque, NM
Cody Smith, Sr, Phoenix, AZ
Danny Nicolls, 11, Regis, Aurora, CO
Dart Schwaderer, 12, Wheat Ridge, Wheat Ridge, CO
Devin Rathburn, SR, Central High, Cheyenne, WY
Dominick Robinson, SR, Campbell Co., Gillette, WY
Donovan Jim, SR, Gallup, Gallup, NM
Elijah Jones, Sr, Wasatch Academy, , UT
Evan Appel, 12, Dakota Ridge, Littleton, CO
Evan Bekes, SO, Bloomfield, Bloomfield, NM
Gareth Gilna, SR, Los Alamos, Los Alamos, NM
Garrett Zans, JR, Rock Springs High, Rock Springs, WY
Hayden Honnholt, Sr, Saratoga High, Rock Springs, WY

Humberto, Gonzales, Sr, Phoenix, AZ
 Jacob Heath, Sr, Laramie High, Laramie, WY
 Jason Lynch, Sr, Hillcrest, Midvale, UT
 Joe Manilafasha, 12, Denver North, Denver, CO
 Joe DeMoor, ?, Buena Vista, Buena Vista, CO
 Jonah Ruybalid, SR, Los Lunas, Los Lunas, NM
 Jonathon Nelsen, Sr, Timpview, Orem, UT
 Jorge Martinez, So, Phoenix, AZ
 Jose Luis Munoz Jr, Rio Rico, AZ
 Karl Wilcock, Sr, Hurricane, Hurricane, UT
 Kevin Palmer, SR, Eldorado, Albuquerque, NM
 Kyle Pittman, JR, Los Alamos, Los Alamos, NM
 Mike Rowe, SR, Bishop Manogue, Reno, NV
 Nathan, Williams, JR, Centennial, Las Vegas, NV
 Omar Hernandez, Sr, Rio Rico, AZ
 Pat Zacharias, JR, Academy, Albuquerque, NM
 Ryan Yazzie, Jr, Tuba City, AZ
 Sam Mahar, JR, ShadowRidge, Las Vegas, NV
 Sebastian Karbownczek, SR, Palo Verde, Las Vegas, NV
 Sherod Hart, Jr, Queen Creek, AZ
 Steve Morin, Sr, Lone Peak, Orem, UT
 Tim Freriks, sr, Cottonwood, AZ
 Todd Hueckstaedt, Sr, Rock Springs High, Rock Springs, WY
 Vincent Montoya, JR, Cibola, Albuquerque, NM
 Wade Meddles, JR, Sierra Lutheran, Minden, NV
 Walter Schafer, 11, Cherry Creek, Greenwood Village, CO
 Wes Rickman, 12, Falcon, Falcon, CO

Boys Northwest

(AK, HI, ID, MT, OR, WA)

- | | |
|--------------------------------|---|
| 1. North Central (WA) [1] | No major meet, Richland meet on Sat |
| 2. Jesuit (OR) [2] | No major meet |
| 3. Henry Jackson (WA) [3] | No major meet, facing No Central at Richland on Sat |
| 4. Seattle Prep (WA) [4] | No major meet, running Richland on Sat |
| 5. Crater (OR) [BT] | Wins Brooks Harrier Classic by 62 as Elliott brothers run 1-2 in course record time |
| 6. Kodiak (AK) [9] | Wins state 4A title running 1-2-4 led by all-American Trevor Dunbar |
| 7. Lindbergh (WA) [5] | Wins Mt. Baker Inv by 1 point over Burlington-Edison |
| 8. Mead (WA) [7] | No major meet |
| 9. Burlington-Edison (WA) [BT] | Comes within 1 point of Lindbergh at Mt. Baker meet |
| 10. Twin Falls (ID) [8] | Wins Kleinkopf Classic by 2 points over Highland |

Cut: Eisenhower (WA) [6], Highland (ID) [10]

Bubble teams alphabetically: Boise (ID), Campbell County (WY), Eisenhower (WA), Gig Harbor (WA), Highland (ID), Iolani (HI), Mountain View (ID), Sehome (WA), Service (AK), Skyline (OR), Skyview (MT), Southridge (WA), Tahoma (WA), Tigard (OR)

Northwest Individuals to Watch

Aaron Fletcher, Sr, South, Anchorage, AK
 Alan Schroeder, JR, Mt. Spokane, Spokane, WA

Andrew Gonzalez, SR, Southridge, Kennwick, WA
Austin Kunz, JR, Idaho Falls, Idaho Falls, ID
Barak Watson, SR, Columbia, Eagle/Boise, ID
Bryce Jenkins, SR, Leilehua, HI
Bugg Simmons, Mtn View, Meridian, ID
Byron Simison, , Eisenhower, Yakima, WA
Caden Portela, SO, Firth, Firth, ID
Cody Helbling, JR, Lake City, Coeur d' Alele, ID
Daniel Osborne, 11, Helena High, Helena, MT
David Fillmore, SR, Burley, Burley, ID
Dylan Anthony, Jr, Kodiak, Kodiak, AK
Elijah Jantzer, SR, Lake Oswego, OR
Elliott Jantzer, SR, Phoenix HS, OR
Eric Fitzpatrick, JR, Boise, Boise, ID
Ethan Shrader, 10, Butte High, Butte, MT
Ethan Wilhelm, Bozeman High, Bozeman, MT
Gavan Owens, Ennis High, Ennis, MT
Greg Montgomery, SR, Boise, Boise, ID
Jacob Kirk, Sr, Grace Christian, Anchorage, AK
Jake Shiraki, SR, Honokaa, HI
Jani Lane, Soph, Service, Anchorage, AK
Jordan Baker, SR, Mead, Spokane, WA
Jordan Ringe, SR, Hermiston, OR
Jordan Schlender, 12, Bozeman High, Bozeman, MT
Josh Panasuk, Butte High, Butte, MT
Julian Cowan, SR, Auburn, Riverside, WA
Kevin Rosaaen, SR, Wilson, Tacoma, WA
Lars Lunstrum, SR, Columbia, Eagle/Boise, ID
Leif Castren, 11, Flathead High, Kalispell, MT
Luke Montgomery, , Billings West High, Billings, MT
Mark Turner, SR, Hilo, HI
Matthew Nakamoto, SR, Hawaii Baptist Academy, HI
Micheal Bowles, , Hellgate High, Missoula, MT
Mike Asay, Manhattan High School, Manhattan, MT
Reid Hunter, SR, King Kekaulike, HI
Ryan Chapman, , Eisenhower, Yakima, WA
Ryan Grammens, 10, Billings West High, Billings, MT
Ryan Hanley, Sr, Dimond, Anchorage, AK
Sam Silas, Sr, Kodiak, Kodiak, AK
Sammy Kirtner, SR, South Eugene, OR
Sancho Rides at the Door, 11, Hellgate High, Missoula, MT
Shane Moskowitz, JR, Central Kitsap, Silverdale, WA
Shannon Cosey, ??, Leilehua, HI
Silas Talbot, Soph, Service, Anchorage, AK
Simon Sorenson, SR, Skyline, Issaquah, WA
Taylor Bean , SR, Burley, Burley, ID
Tim Costin, SR, Springfield, OR
Tommy Bollinger, SR, Highland, Pocatello, ID
Trevor Dunbar, Sr, Kodiak, Kodiak, AK
Werner Hoefler, Sr, West Valley, Fairbanks, AK

Boys California

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|-----------------------|--|
| 1. Loyola-L.A.[1] | No major meet |
| 2. Dana Hills [2] | No major meet, Clovis Inv this weekend |
| 3. Buchanan [3] | No major meet, Clovis this weekend |
| 4. Vista Murrieta [4] | No major meet |
| 5. Trabuco Hills [BT] | 3 rd at Nike South (TX) Inv in best showing of season |
| 6. Upland [6] | Wins Central Park Inv |
| 7. Thousand Oaks [NR] | Wins Pepperdine Inv over Stanford winner Arcadia |
| 8. Arcadia [5] | 2 nd at Pepperdine after winning Stanford |
| 9. Davis[8] | No major meet |
| 10. Petaluma [10] | No major meet |

Cut: Rancho Cucamonga [9]

Bubble teams alphabetically: Amador Valley, Barstow, Campolindo, Corona, Del Campo, El Toro, Foothill-SA, Jesuit, Long Beach Poly, Mountain View, Palos Verdes, Patrick Henry, Rancho Cucamonga, Redondo Union, Saugus, St. John Bosco

California Individuals to Watch

Alec Nelson, 11, Saugus, Santa Clarita
Chris Schwartz, 12, Foothill, Bakersfield
Cody Schmidt, 12, Redondo Union, Redondo Beach
Collin Jarvis, 12, Rancho Buena Vista, Vista
Elias Gedyon, 10, Loyola, Los Angeles
Emmanuel Ngula, 12, Vista Del Lago, Moreno Valley
Garrett Seawell, 12, Woodcreek, Roseville
Heyden Wooff, 10, Camarillo, Camarillo
James Cameron, 12, Mission Viejo, Mission Viejo
Mac Fleet, 12, University City, San Diego
Tyler Reed, 12, Ayala, Chino Hills
Tyler Valdes, 12, Dana Hills, Dana Point
Wyatt Landrum, 12, Liberty, Brentwood
Zack Torres, 12, Crescenta Valley, La Crescenta