

## 2023 CLASS A BOYS' CROSS COUNTRY

# Class A Championships

**Date:** Oct. 28

**Time:** 2:45 p.m.

**Site:** Parkhurst Recreation  
Area, Jamestown

**Team Totals:** 1. Bismarck High, 30; 2. Grand Forks Red River, 60; 3. Williston, 126; 4. Minot High, 141; 5. Bismarck Century, 168; 6. Fargo Davies, 229; 7. Fargo North, 264; 8. Mandan, 275; 9. West Fargo Sheyenne, 280; 10. West Fargo, 287; 11. Fargo Shanley, 291; 12. Grand Forks Central, 378; 13. Dickinson, 457; 14. Devils Lake, 467; 15. Jamestown, 493; 16. Bismarck Legacy, 541; 17. West Fargo Horace, 639; 18. Watford City, 658; 19. Fargo South, 665; 20. Valley City, 741

**Individual Winner:** Owen Sondag, Fargo North, 15:52.3

**Top 20 (All-State):** 1. Owen Sondag, Fargo North, 15:52; 2. Owen Hintz, Bismarck High, 15:58; 3. Parker Hintz, Bismarck High, 16:15; 4. Elijah Dafoe, G.F. Red River, 16:18; 5. Joe Quinn, G.F. Red River, 16:34; 6. Gavyn Graham, Century, 16:37; 7. Tyler Wahl, Bismarck High, 16:37; 8. Gabe Hanson, Bismarck High, 16:41; 9. Quinn Carroll, Fargo Shanley, 16:44; 10. Jakson Ensign, Bismarck High, 16:47; 11. Dawson Balzer, Bismarck High, 16:47; 12. Thomas Haskins, Williston, 16:49; 13. Connor Ensign, Bismarck High, 16:49; 14. David Radke, G.F. Red River, 16:54; 15. Benjamin Harris, Minot High, 16:57; 16. Gabe Hamlin, Bismarck High, 17:01; 17. Cohen Dunnigan, G.F. Red River, 17:01; 18. Cooper Fjeld, Minot High, 17:03; 19. Ethan Erickson, Fargo Shanley, 17:04; 20. Micah Larsen-Schmidt, G.F. Red River, 17:05

### Individual WDA Team Results

**Bismarck High:** 2. Owen Hintz, 15:58; 3. Parker Hintz, 16:15; 7. Tyler Wahl, 16:37; 8. Gabe Hanson, 16:41; 10. Jakson Ensign, 16:47; 11. Dawson Balzer, 16:57; 13. Connor Ensign, 16:49; 16. Gabe Hamlin, 17:01; 28. Peyton Sims, 17:18; 31. Austin Wick, 17:25

**Williston:** 12. Thomas Haskins, 16:49; 22. Hunter Hart, 17:11; 26. Hunter Haugen, 17:17; 30. Owen Cowan, 17:24; 36. Rory Richardson, 17:30; 42. Cooper Ames, 17:37; 46. Wyatt Adkins, 17:42; 50. Tyler Asprey, 17:48; 56. Travis Frise, 17:57; 95. Lucas Finders, 18:35

**Minot High:** 15. Benjamin Harris, 16:57; 18. Cooper Fjeld, 17:03; 25. Nolan Howey, 17:14; 29. Dallin Chapman, 17:22; 54. Derek Oswald, 17:54; 65. Cameron Hummel, 18:10; 66. Conner Shaw, 18:10; 77. Caleb Roth, 18:21; 85. Jeron Mehlhoff, 18:29; 114. Sam Hale, 19:04

**Bismarck Century:** 6. Gavyn Graham, 16:37; 32. Micah Erickson, 17:26; 38. Breydyn Schlabsz, 17:35; 43. Jack Elsberry, 17:39; 49. Eli Eberts, 17:45; 61. Ben Fryhling, 18:06; 62. Luke Larson, 18:07; 68. Gavyn Ritter, 18:13; 97. Mason Hoskins, 18:37; 101. Ethan Phillips, 18:46

**Mandan:** 24. Charles Hale, 17:12; 45. Terry Brownotter, 17:42; 58. Zachary Schanandore, 17:58; 69. Peyton White Buffalo, 18:15; 79. Michael Pfliger, 18:23; 80. Xavin Condon, 18:24; 98. Justin Hale, 18:44; 113. Jamison Symington, 19:02; 118. Jack Saylor, 19:06; 147. Austin Helbling, 19:44

**Dickinson:** 41. Cooper Swisher, 17:37; 71. Westley Rae, 18:17; 99. Kaleb Binstock, 18:45; 115. Cameron Wolf, 19:05; 131. Gabriel Ricks, 19:20; 146. Wyatt Jangula, 19:42; 151. Ryder Heck, 19:52; 175. Vladimir Pasicznyk, 21:26

**Jamestown:** 27. Sam Anteau, 17:12; 84. Micah Stoudt, 18:28; 103. Raine Job, 18:46; 139. Jack Schauer, 19:39; 140. Jaydyn Velek, 19:39; 161. Dax Wick, 20:19; 164. Ryley Smith, 20:29; 165. Kamden Herzig, 20:29; 172. Jonathan Aguirre, 20:49

**Bismarck Legacy:** 81. Kade Warren, 18:24; 104. Conor Grabow, 18:47; 106. Jacob Logan, 18:53; 121. Noah Burke, 19:09; 129. Alex Ternes, 19:18; 132. Calvin Sprenger, 19:21; 137. Elias Flanagan, 19:36; 141. Chance Wetzel, 19:40; 150. Eyan Opp, 19:49; 154. KyJuan Fonder, 19:59

**Watford City:** 52. Dehico Bocanegra Tovar, 17:52; 125. Zachary Tomlinson, 19:13; 136. Judah Mitchell, 19:29; 168. James Odenbach, 20:39; 177. Daniel Peterson, 21:45; 181. Juan Bocanegra Tovar, 22:58

**Notes:** Bismarck High won its 19th state title and first since 2015 and the WDA took four of the top five spots (BHS, Williston, Legacy, Minot High)...Twelve WDA runners, representing four teams (Bismarck High, Williston, Century, Minot High) finished in the top 20 to earn all-state honors...Owen Sondag, Fargo North, was individual champion, finishing in a time of 15:52...Temperatures were in the 30s with snow on the ground.

