

**2016 Mississippi Valley Super Conference Cross Country Meet**  
**Noelridge Park**  
**Cedar Rapids, IA**  
**October 6, 2016**

**Varsity Girls Team Results**

Place	Team	Points	Places of Finishers (offset scoring)								Total	Average
1	Cedar Falls	59	5	7	11	15	21	23	37	1:34:47.81	18:57.57	
2	Dubuque Hempstead	89	6	13	16	25	29	43	44	1:35:48.45	19:09.69	
3	City High	94	10	14	20	24	26	27	28	1:36:00.91	19:12.19	
4	Iowa City West	104	1	2	31	32	38	56	57	1:35:31.56	19:06.32	
5	Dubuque Senior	119	8	9	30	33	39	45		1:36:53.29	19:22.66	
6	Cedar Rapids Kennedy	159	12	18	35	36	58	64	68	1:38:39.07	19:43.82	
7	Linn-Mar	166	17	22	40	41	46	59	75	1:38:29.15	19:41.83	
8	Dubuque Wahlert	194	19	34	42	48	51	60	71	1:39:42.11	19:56.43	
9	Cedar Rapids Prairie	228	3	53	54	55	63	65	69	1:41:24.24	20:16.85	
10	C.R. Washington	299	4	49	73	85	88			1:48:20.87	21:40.18	
11	Cedar Rapids Xavier	307	47	52	66	70	72	74	77	1:45:12.24	21:02.45	
12	Waterloo West	351	61	62	67	79	82	83	84	1:49:10.59	21:50.12	
13	CR Jefferson	365	50	76	78	80	81	86	87	1:49:50.01	21:58.01	

**Varsity Girls Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Skopec, Gabby	SR	Iowa City West	18:07.33	1
2	Nock, Bailey	JR	Iowa City West	18:12.69	2
3	Fraze, Hannah	SR	CR Prairie	18:20.48	3
4	Gorman, Reagan	SO	C.R. Washington	18:31.91	4
5	Christopher, Cassidy	SR	Cedar Falls	18:44.33	5
6	Brown, Hannah	FR	Dubuque Hempstead	18:46.61	6
7	Michael, Mackenzie	FR	Cedar Falls	18:49.27	7
8	Gaherty, Mackenzie	JR	Dubuque Senior	18:49.93	8
9	Donovan, Ashley	SO	Dubuque Senior	18:50.50	9
10	Arch, Mary	SR	City High	18:51.05	10
11	Zierke, Allison	SR	Cedar Falls	18:54.88	11
12	Popenhagen, Ella	FR	CR Kennedy	18:58.39	12
13	Hostager, Shaelyn	FR	Dubuque Hempstead	18:59.41	13
14	Bywater, Emily	SR	City High	19:02.04	14
15	Kvale, Paige	JR	Cedar Falls	19:02.45	15
16	Hostager, Heather	JR	Dubuque Hempstead	19:02.64	16
17	Mann, Maddie	SR	Linn-Mar	19:03.68	17
18	Fusselman, Hannah	JR	CR Kennedy	19:04.90	18
19	Huseman, Aunna	FR	Dubuque Wahlert	19:11.38	19
20	Lindower, Anna	SO	City High	19:13.49	20
21	Hertz, Anna	JR	Cedar Falls	19:16.88	21
22	Van Rheenen, Abby	JR	Linn-Mar	19:19.64	22
23	Ross, Caroline	JR	Cedar Falls	19:25.42	23
24	Rummelhart, Annie	SO	City High	19:26.63	24
25	Brown, Kristin	SR	Dubuque Hempstead	19:27.00	25

26	Brown, Bridget	JR	City High	19:27.70	26
27	Brady, Esti	FR	City High	19:28.67	27
28	Brands, Kinsee	JR	City High	19:29.13	28
29	Leicht, Kaylee	FR	Dubuque Hempstead	19:32.79	29
30	Miller, Lauren	SO	Dubuque Senior	19:34.06	30
31	Ronnebaum, Claire	JR	Iowa City West	19:37.23	31
32	Moore, Olivia	SR	Iowa City West	19:40.10	32
33	Kruse, Olivia	SO	Dubuque Senior	19:43.63	33
34	Herber, Grace	JR	Dubuque Wahlert	19:45.02	34
35	Button, Brooklyn	JR	CR Kennedy	19:47.75	35
36	Hamblin, Olivia	FR	CR Kennedy	19:48.18	36
37	Schmitz, Meg	JR	Cedar Falls	19:48.87	37
38	Skopec, Jessie	SR	Iowa City West	19:54.21	38
39	Frye, Ava	JR	Dubuque Senior	19:55.17	39
40	Newhouse, Deanna	SR	Linn-Mar	19:56.51	40
41	Genskow, Maddy	SR	Linn-Mar	19:59.78	41
42	Earles, Emma	JR	Dubuque Wahlert	19:59.98	42
43	Johnson, McKenna	SR	Dubuque Hempstead	20:00.28	43
44	Nichols, Casey	JR	Dubuque Hempstead	20:02.85	44
45	Biehl, Kai	SR	Dubuque Senior	20:03.09	45
46	Bohnenkamp, Rachel	JR	Linn-Mar	20:09.54	46
47	Recker, Peyton	SR	Cedar Rapids Xavier	20:16.01	47
48	Osterberger, Kaylee	JR	Dubuque Wahlert	20:18.18	48
49	Altemeier, Sarah	SO	C.R. Washington	20:20.92	49
50	Anderson, Autumn	SR	CR Jefferson	20:26.64	50
51	Hohmann, Holly	JR	Dubuque Wahlert	20:27.55	51
52	Tallett, Katie	SR	Cedar Rapids Xavier	20:29.28	52
53	Renwick, Cayla	SR	CR Prairie	20:33.13	53
54	Neubauer, Alissa	JR	CR Prairie	20:36.24	54
55	Henderson, Avery	JR	CR Prairie	20:41.12	55
56	Ince, Deniz	SO	Iowa City West	20:48.85	56
57	Durian, Emma	SO	Iowa City West	20:51.75	57
58	McLaughlin, Brianna	SO	CR Kennedy	20:59.85	58
59	Saville, Hanna	SR	Linn-Mar	21:08.28	59
60	Long, Gracie	SO	Dubuque Wahlert	21:08.85	60
61	Meyer, Camryn	SO	Waterloo West	21:09.29	61
62	Robinson, Aliyah	SR	Waterloo West	21:11.14	62
63	Grimm, Megan	JR	CR Prairie	21:13.27	63
64	Sheyko, Kristin	SR	CR Kennedy	21:15.04	64
65	Brune, Meghan	SR	CR Prairie	21:16.09	65
66	Tanko, Ellie	FR	Cedar Rapids Xavier	21:21.39	66
67	Frisch, Ireland	SO	Waterloo West	21:24.76	67
68	Green, Olivia	SR	CR Kennedy	21:27.28	68
69	Skriver, Kirstin	JR	CR Prairie	21:31.21	69
70	Stutzman, Maggie	FR	Cedar Rapids Xavier	21:31.71	70
71	Ott, Claire	SR	Dubuque Wahlert	21:33.62	71
72	Iversen, Claire	JR	Cedar Rapids Xavier	21:33.85	72
73	Spence, Mekela	JR	C.R. Washington	21:41.12	73

74	Meyer, Megan	FR	Cedar Rapids Xavier	21:41.76	74
75	Block, Maddie	SR	Linn-Mar	21:49.47	75
76	Belew, Makayla	SR	CR Jefferson	21:49.90	76
77	Tanko, Abby	SR	Cedar Rapids Xavier	21:55.28	77
78	Hargrove, Adriana	SR	CR Jefferson	22:15.02	78
79	Sage, Mallory	SR	Waterloo West	22:24.72	79
80	Smith, Alex	SO	CR Jefferson	22:34.44	80
81	Netz, Anna	SR	CR Jefferson	22:44.01	81
82	Davis, Regan	SO	Waterloo West	23:00.68	82
83	Eighmey, Meredith	SO	Waterloo West	23:01.62	83
84	Knebel, Jessica	SR	Waterloo West	23:03.38	84
85	Hageman, Ashley	JR	C.R. Washington	23:33.45	85
86	Horning, Annika	SR	CR Jefferson	23:36.01	86
87	Bushman, Izzy	FR	CR Jefferson	23:46.48	87
88	Kennedy, Olivia	SO	C.R. Washington	24:13.47	88

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**Varsity Boys Team Results**

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Dubuque Hempstead	70	7	11	13	19	20	36	55	1:20:33.57	16:06.72
2	Cedar Rapids Prairie	78	9	10	15	18	26	42	47	1:20:40.90	16:08.18
3	Cedar Falls	99	2	16	24	27	30	56	63	1:20:36.09	16:07.22
4	Iowa City West	110	3	4	23	31	49	69	70	1:21:14.44	16:14.89
5	C.R. Washington	112	8	22	25	28	29	65	77	1:21:19.68	16:15.94
6	City High	131	12	14	33	35	37	41	46	1:21:58.59	16:23.72
7	Linn-Mar	165	1	5	43	57	59	67	80	1:21:49.59	16:21.92
8	Dubuque Senior	169	6	17	34	39	73	75	78	1:22:32.41	16:30.49
9	Dubuque Wahlert	215	21	40	44	50	60	62	68	1:23:44.38	16:44.88
10	Cedar Rapids Kennedy	226	32	38	45	53	58	61	79	1:23:56.21	16:47.25
11	Cedar Rapids Xavier	340	52	66	72	74	76	83	86	1:25:47.80	17:09.56
12	West Waterloo	345	48	51	71	87	88	91	93	1:27:54.02	17:34.81
13	CR Jefferson	365	54	64	81	82	84	89	90	1:28:19.53	17:39.91
14	Waterloo East		462	85	92	94	95	96		1:38:37.11	19:43.43

**Varsity Boys Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Murphy, Ryan	SR	Linn-Mar	15:15.36	1
2	Schillinger, Sam	SR	Cedar Falls	15:20.57	2
3	Greiner, Kolby	SO	Iowa City West	15:45.85	3
4	Ali, Ali	SR	Iowa City West	15:47.08	4
5	Gosch, Dalton	SR	Linn-Mar	15:48.54	5
6	Hildebrand, Jalen	JR	Dubuque Senior	15:49.26	6
7	Kalb, Addison	JR	Dubuque Hempstead	15:55.40	7
8	McDermott, Sam	SR	C.R. Washington	15:55.73	8
9	steffens, cam	SR	CR Prairie	15:59.23	9
10	laue, max	JR	CR Prairie	16:00.48	10
11	Hermiston, Ben	SO	Dubuque Hempstead	16:02.73	11
12	Berg, Michael	SR	City High	16:03.10	12
13	Mueller, Adam	SR	Dubuque Hempstead	16:05.63	13
14	Dodge, Matthew	SR	City High	16:06.75	14
15	Laue, Robert	JR	CR Prairie	16:08.16	15
16	Burjes, Caleb	JR	Cedar Falls	16:08.59	16
17	Schaetzl, Isaiah	FR	Dubuque Senior	16:11.05	17
18	lorenz, matt	SR	CR Prairie	16:12.90	18
19	Schultz, Joey	SR	Dubuque Hempstead	16:14.64	19
20	Holesinger, David	SO	Dubuque Hempstead	16:15.17	20
21	Flogel, Davis	JR	Dubuque Wahlert	16:15.65	21
22	Gorman, Patrick	SR	C.R. Washington	16:17.18	22
23	Murley, Andrew	SR	Iowa City West	16:17.90	23
24	Timm, Josh	SR	Cedar Falls	16:18.16	24

25	Locher, Max	FR	C.R. Washington	16:19.23	25
26	vlasek, eiljah	JR	CR Prairie	16:20.13	26
27	Conrad, Brandon	SO	Cedar Falls	16:20.92	27
28	Kleman, Lewis	FR	C.R. Washington	16:23.35	28
29	Schneidermann, Paul	SO	C.R. Washington	16:24.19	29
30	Eastman, Ben	SR	Cedar Falls	16:27.85	30
31	Trepka, Ethan	JR	Iowa City West	16:29.52	31
32	Foley, Jackson	JR	CR Kennedy	16:30.89	32
33	Firmstone, Lucas	JR	City High	16:32.22	33
34	Zenner, Dalton	SR	Dubuque Senior	16:33.66	34
35	Turnbough, Caden	FR	City High	16:37.85	35
36	Zimmerman, Josh	SR	Dubuque Hempstead	16:38.19	36
37	Strang, Robbie	JR	City High	16:38.67	37
38	Casey, Sean	SO	CR Kennedy	16:40.85	38
39	Whalen, Willy	JR	Dubuque Senior	16:44.58	39
40	Hocking, Jacob	FR	Dubuque Wahlert	16:45.69	40
41	Taylor, Michael	SR	City High	16:45.96	41
42	huedepohl, luke	SR	CR Prairie	16:46.90	42
43	Johnston, Colin	JR	Linn-Mar	16:47.70	43
44	Berning, Jacob	SR	Dubuque Wahlert	16:48.73	44
45	Ali, Haji	FR	CR Kennedy	16:50.00	45
46	Max, Quenton	JR	City High	16:51.61	46
47	habel, benton	SR	CR Prairie	16:52.34	47
48	Streed, Clayton	JR	West Waterloo	16:53.02	48
49	Sulwer, Kyle	JR	Iowa City West	16:54.09	49
50	Hilby, Luke	JR	Dubuque Wahlert	16:54.36	50
51	O'Brien, Sam	JR	West Waterloo	16:54.71	51
52	Pape, John	JR	Cedar Rapids Xavier	16:55.06	52
53	Ciabatti, Jacob	JR	CR Kennedy	16:55.51	53
54	Sheshashai, Sri	JR	CR Jefferson	16:56.77	54
55	McCombs, Aiden	SO	Dubuque Hempstead	16:57.49	55
56	Ostrich, Jacob	SO	Cedar Falls	16:57.97	56
57	Vezina, Sam	FR	Linn-Mar	16:58.52	57
58	Cadenhead, Gage	JR	CR Kennedy	16:58.96	58
59	Sietz, Johnny	JR	Linn-Mar	16:59.47	59
60	Barton, George	SO	Dubuque Wahlert	16:59.95	60
61	Middlekauff, Lucas	FR	CR Kennedy	17:01.55	61
62	Trannel, Nathan	SR	Dubuque Wahlert	17:02.71	62
63	Jorgensen, Jens	SO	Cedar Falls	17:03.08	63
64	Larson, Robert	JR	CR Jefferson	17:03.53	64
65	Kleman, Caleb	JR	C.R. Washington	17:04.52	65
66	Scieszinski, Joe	JR	Cedar Rapids Xavier	17:07.85	66
67	Snell, Brycen	JR	Linn-Mar	17:08.64	67
68	Schaefer, Luke	JR	Dubuque Wahlert	17:09.55	68
69	Bailey, Micah	JR	Iowa City West	17:09.87	69
70	Skopec, Tysen	SO	Iowa City West	17:11.00	70
71	Samuelson, Cody	JR	West Waterloo	17:11.60	71
72	Steepleton, Mahlon	SR	Cedar Rapids Xavier	17:12.08	72

73	Fischer, Jackson	SO	Dubuque Senior	17:13.86	73
74	Pithan, Nolan	JR	Cedar Rapids Xavier	17:15.58	74
75	Vail, Nathan	SR	Dubuque Senior	17:16.66	75
76	Lansing, Jonathan	JR	Cedar Rapids Xavier	17:17.23	76
77	Lydon, Josiah	SR	C.R. Washington	17:27.47	77
78	Brimeyer, Wes	SR	Dubuque Senior	17:27.78	78
79	Calderon, Ricardo	SO	CR Kennedy	17:40.66	79
80	Sanor, Cooper	JR	Linn-Mar	17:42.30	80
81	Meyer, Aidan	SO	CR Jefferson	17:42.67	81
82	Haring, Christopher	SR	CR Jefferson	18:17.80	82
83	Renning, Jack	FR	Cedar Rapids Xavier	18:18.29	83
84	Kramer, Kane	SR	CR Jefferson	18:18.76	84
85	Boeckman, Blake	JR	Waterloo East	18:23.27	85
86	Schultschik, Clayton	FR	Cedar Rapids Xavier	18:25.69	86
87	Davis, Isaac	SO	West Waterloo	18:26.56	87
88	Torrey, Scyler	SR	West Waterloo	18:28.13	88
89	Goodall, Zac	FR	CR Jefferson	18:35.32	89
90	Hampshire, Hunter	SR	CR Jefferson	18:43.74	90
91	Nelson, Logan	FR	West Waterloo	19:06.79	91
92	Buhlman, Bryce	SO	Waterloo East	19:30.13	92
93	McFadden, Scott	SR	West Waterloo	19:30.53	93
94	Evans, Marvin	FR	Waterloo East	19:35.08	94
95	Matlock, Martekas	SR	Waterloo East	20:18.18	95
96	Wood, Devon	SO	Waterloo East	20:50.45	96

**2016 Mississippi Valley Super Conference Cross Country Meet**  
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**Cedar Rapids, IA**  
**October 6, 2016**

**Junior Varsity Girls Team Results**

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	City High	33	1	5	8	9	10	17	21	1:42:40.61	20:32.13
2	Cedar Falls	63	2	4	6	19	32	45	49	1:45:23.02	21:04.61
3	Dubuque Hempstead	76	3	12	13	18	30	31	37	1:46:23.01	21:16.61
4	Dubuque Senior	107	14	15	22	23	33	35	38	1:48:29.04	21:41.81
5	Cedar Rapids Kennedy	145	16	26	29	34	40	43	46	1:50:49.08	22:09.82
6	Cedar Rapids Prairie	182	20	24	41	47	50	53	55	1:53:20.44	22:40.09
7	Linn-Mar	193	11	36	42	48	56	72	86	1:53:14.62	22:38.93
8	Iowa City West	228	25	39	44	57	63	66	90	1:55:44.77	23:08.96
9	CR Jefferson	244	7	54	60	61	62	71	77	1:56:24.82	23:16.97
10	Cedar Rapids Xavier	284	27	28	70	79	80	83	84	2:00:50.77	24:10.16
11	Dubuque Wahlert	290	51	52	58	64	65	78	85	1:59:20.63	23:52.13
12	Waterloo West	337	59	67	68	69	74	75	76	2:02:20.26	24:28.06
13	C.R. Washington	411	73	81	82	87	88	89	91	2:13:46.03	26:45.21

**Junior Varsity Girls Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Morrow, Amelia	JR	City High	19:59.15	1
2	Larsen, Madison	JR	Cedar Falls	20:13.32	2
3	Welu, Heidi	SR	Dubuque Hempstead	20:23.70	3
4	Neese, Alyssa	FR	Cedar Falls	20:28.17	4
5	Hansen, Mollie	SR	City High	20:28.72	5
6	Simpson, Miranda	SR	Cedar Falls	20:31.06	6
7	Griffith, Jenna	FR	CR Jefferson	20:36.63	7
8	Smith, Addy	JR	City High	20:39.36	8
9	McCormick, Gabriel	JR	City High	20:44.48	9
10	Chadwick, Celeste	SR	City High	20:48.90	10
11	Simons, Jaclyn	SR	Linn-Mar	20:50.84	11
12	Buchheit, Emily	SR	Dubuque Hempstead	20:51.88	12
13	Fransen, Brenna	SR	Dubuque Hempstead	21:04.18	13
14	Healey, Victoria	SR	Dubuque Senior	21:07.32	14
15	Connolly, Elle	JR	Dubuque Senior	21:10.88	15
16	Meyer, Alli	SR	CR Kennedy	21:26.45	16
17	Strang, Rachel	JR	City High	21:42.21	17
18	Zillig, Becca	SR	Dubuque Hempstead	21:45.19	18
19	Hansen, Carina	SR	Cedar Falls	21:48.41	19
20	Erickson, Morgan	JR	CR Prairie	21:51.22	20
21	Denniston, Anna	JR	City High	21:52.48	21
22	Donath, Natalie	SR	Dubuque Senior	21:53.56	22
23	Kemp, Autumn	SR	Dubuque Senior	21:54.04	23
24	Grady, Ashley	SR	CR Prairie	21:54.54	24
25	Longmire, Sarah	SR	Iowa City West	21:56.41	25

26	Gust, Lily	SO	CR Kennedy	21:59.07	26
27	Sigmon, Annie	SR	Cedar Rapids Xavier	22:10.92	27
28	Hessman, Liz	SR	Cedar Rapids Xavier	22:11.18	28
29	Butschi, Morgan	FR	CR Kennedy	22:13.25	29
30	Smith, Sage	JR	Dubuque Hempstead	22:18.06	30
31	Schmitt, Emily	JR	Dubuque Hempstead	22:18.99	31
32	Schmidt, Alyssa	SR	Cedar Falls	22:22.06	32
33	Waid, Nadia	JR	Dubuque Senior	22:23.24	33
34	Ratzer, Hannah	JR	CR Kennedy	22:23.68	34
35	Kruse, Emily	SR	Dubuque Senior	22:24.04	35
36	Wray, Sammy	JR	Linn-Mar	22:25.94	36
37	Connolly, Erin	JR	Dubuque Hempstead	22:26.37	37
38	Parrott, Lindsey	JR	City High	22:28.36	
39	Wilson, Jamie	SR	Dubuque Senior	22:36.23	38
40	Willis, Tori	SR	Dubuque Senior	22:37.29	
41	Rickert, Kori	JR	Dubuque Senior	22:44.41	
42	Jensen, Annika	SR	Iowa City West	22:44.74	39
43	Hartel, Mary	SR	Dubuque Senior	22:44.91	
44	Averhoff, Ashlynn	SR	CR Kennedy	22:46.63	40
45	Coates, Jenna	JR	Dubuque Hempstead	22:48.61	
46	Gibson, Kayla	JR	Dubuque Senior	22:50.63	
47	Swanson, Anna	SR	City High	22:52.14	
48	Trentz, Cassie	SR	Dubuque Senior	22:53.31	
49	Hansen, Bailey	SR	Dubuque Hempstead	22:54.88	
50	Cadena, Jordan	SR	CR Prairie	22:56.84	41
51	Oberfoell, Megan	SR	Dubuque Hempstead	23:03.70	
52	Hicks, Ally	SR	Linn-Mar	23:06.41	42
53	Klein, Anna	SR	CR Kennedy	23:06.68	43
54	Abram, Elisa	SR	Iowa City West	23:08.24	44
55	Rygh, Katie	SR	Cedar Falls	23:10.48	45
56	Gudenkauf, Grace	SR	Dubuque Senior	23:11.23	
57	Pardubsky, Claire	SR	CR Kennedy	23:12.38	46
58	Dinicola, Cairo	SR	CR Prairie	23:12.62	47
59	Keller, Maddie	JR	Dubuque Senior	23:14.94	
60	Barajas-Peterson, Crysta	SR	Linn-Mar	23:16.58	48
61	Schmid, Rachel	JR	Cedar Falls	23:17.38	49
62	Ries, Lily	SR	Dubuque Hempstead	23:23.43	
63	Coulter, Megan	SR	CR Prairie	23:25.22	50
64	Wachter, Emma	JR	Dubuque Wahlert	23:26.48	51
65	Breslin, Maeve	JR	Dubuque Wahlert	23:28.30	52
66	Grady, Kara	SR	CR Prairie	23:29.70	53
67	Kisling, Maddie	SR	CR Jefferson	23:32.39	54
68	Ferguson, Samantha	SR	CR Prairie	23:33.15	55
69	Clanin, Emma	JR	Linn-Mar	23:34.85	56
70	Jennings, Michelle	SR	City High	23:35.27	
71	Uthoff, Beth	JR	CR Prairie	23:36.68	
72	Myers, Andrea	JR	CR Prairie	23:37.81	
73	Staab, Peyton	SR	CR Prairie	23:40.42	

74	Welch, Valerie	SR	Iowa City West	23:43.79	57
75	James, Bihotza	JR	City High	23:50.72	
76	Jeffords, Camryn	JR	CR Kennedy	23:51.22	
77	Herbst, Valerie	SR	Dubuque Wahlert	23:51.72	58
78	Leibfried, Ashley	SR	Dubuque Hempstead	23:58.74	
79	Dilparic, Doris	SO	Waterloo West	24:00.87	59
80	Bertram, Hannah	SR	CR Jefferson	24:02.65	60
81	Chung, Josie	SO	CR Jefferson	24:04.71	61
82	Bergman, MiAsia	JR	CR Jefferson	24:08.44	62
83	Irani, Asha	SR	Iowa City West	24:11.59	63
84	Igo, Caroline	SR	Dubuque Wahlert	24:15.20	64
85	Morley, Heather	SR	Dubuque Hempstead	24:17.22	
86	Muir, Ellie	SR	Dubuque Wahlert	24:18.93	65
87	Elliott, Leah	JR	Iowa City West	24:20.16	66
88	Hickman, Emma	FR	Waterloo West	24:21.90	67
89	Ritter, Alayna	FR	Waterloo West	24:22.10	68
90	McGrath, Erin	JR	Dubuque Hempstead	24:24.09	
91	Knox, Jessica	SR	Cedar Falls	24:28.51	
92	Hoy, Sara	SR	Cedar Falls	24:29.31	
93	Christenson, Natalie	JR	Waterloo West	24:30.78	69
94	Felderman, Kayla	SR	Dubuque Hempstead	24:32.86	
95	Bouska, Sarah	JR	Cedar Rapids Xavier	24:33.99	70
96	Rheingans, Emersen	JR	Dubuque Hempstead	24:43.74	
97	Miller, Nicole	SR	CR Prairie	24:45.65	
98	Smith, Sophia	SR	CR Prairie	24:45.93	
99	Bourgeois, Meredith	JR	CR Prairie	24:46.18	
100	Meurice, Nova	SR	City High	24:46.55	
101	Tigges, Emily	JR	Dubuque Senior	24:47.19	
102	Brosius, Autumn	JR	Dubuque Hempstead	24:48.52	
103	Hepker, Corrine	SO	CR Jefferson	24:49.03	71
104	Harper, Maddy	SR	Linn-Mar	24:56.60	72
105	Fox, Sophie	JR	C.R. Washington	24:57.12	73
106	McGehee, Lucy	SR	City High	24:59.08	
107	Graves, Haley	JR	Waterloo West	25:04.61	74
108	Lie, Sofie	SR	City High	25:08.70	
109	Ball, Anyssa	SO	CR Kennedy	25:20.74	
110	Duffy, Grace	JR	CR Kennedy	25:23.06	
111	Donahue, Kayla	SR	CR Kennedy	25:24.33	
112	Gehrke, Rachel	SO	Waterloo West	25:25.75	75
113	Stone, Elizabeth	FR	CR Kennedy	25:27.13	
114	Dekoster, Katelyn	JR	Waterloo West	25:29.09	76
115	Rajtora, Tayler	JR	CR Jefferson	25:31.90	77
116	Hanna, Jordan	JR	CR Jefferson	25:35.95	
117	Butler, Taylor	SR	Dubuque Hempstead	25:43.22	
118	Halvorson, Natalie	SR	CR Prairie	25:44.93	
119	Long, Meghann	SR	Dubuque Wahlert	25:46.48	78
120	Wille, Jennifer	SR	Cedar Rapids Xavier	25:56.41	79
121	Fettkether, Annie	JR	Cedar Rapids Xavier	25:58.27	80

122	Ntihebuwayo, Dancile	SR	City High	26:00.75	
123	Pameticky, Taylor	SR	CR Jefferson	26:01.17	
124	Nichols, Natasha	SR	C.R. Washington	26:03.10	81
125	Peal, Lopou	JR	C.R. Washington	26:06.62	82
126	Schroud, Gabby	SR	Cedar Rapids Xavier	26:09.43	83
127	Rinke, Alicia	JR	CR Prairie	26:11.69	
128	Marquardt, Nina	JR	Cedar Rapids Xavier	26:17.04	84
129	Urquhad, Kristen	FR	CR Jefferson	26:18.05	
130	Bender, Lilly	SO	City High	26:23.97	
131	Manders, Haley	JR	Dubuque Hempstead	26:25.66	
132	Zikuda, Hanna	SR	Waterloo West	26:27.89	
133	Tursi, Gemma	JR	Cedar Rapids Xavier	26:29.50	
134	Kim, Sua	JR	Dubuque Wahlert	26:34.36	85
135	Frazier, Bianca	SR	Waterloo West	26:34.85	
136	Satern, Faith	SR	Cedar Rapids Xavier	26:35.37	
137	Crane, Cheyanne	JR	Cedar Rapids Xavier	26:37.12	
138	Lyons-Macatee, Elena	SR	City High	26:38.62	
139	Schnoebelen, Joy	SR	Cedar Rapids Xavier	26:40.62	
140	Reisinger, Leah	SR	Waterloo West	26:45.29	
141	Steil, Audra	JR	Dubuque Hempstead	26:51.89	
142	Lauer, Tressa	SR	Dubuque Hempstead	26:54.28	
143	Holz, Olivia	SR	Dubuque Wahlert	26:56.41	
144	Reed, Lisa	JR	CR Prairie	26:57.06	
145	Bunce, Megan	JR	Linn-Mar	26:58.91	86
146	Dilparic, Daria	JR	Waterloo West	26:59.59	
147	Pisney, Abigail	SR	Cedar Rapids Xavier	27:00.38	
148	Reineke, Jameson	JR	City High	27:01.21	
149	Kramer, Caitlin	JR	Cedar Rapids Xavier	27:07.98	
150	Lampe, Theresa	JR	Cedar Rapids Xavier	27:16.05	
151	Grace, Lizzie	SR	Dubuque Hempstead	27:19.22	
152	Harnack, Emma	SR	Waterloo West	27:24.64	
153	Kaiser, Isabelle	JR	Cedar Rapids Xavier	27:47.34	
154	Rodriguez, Adriana	JR	Waterloo West	27:55.72	
155	Hogg, Isabel	JR	C.R. Washington	28:04.81	87
156	Novak, Jenna	JR	CR Prairie	28:17.85	
157	Chen, Yan	JR	City High	28:19.59	
158	Cooper, Emma	SO	City High	28:26.94	
159	Richter, Nora	JR	Cedar Rapids Xavier	28:33.43	
160	Appleby-Sparrow, Madalyn	JR	C.R. Washington	28:34.38	88
161	Varley, Anna	SR	Dubuque Wahlert	28:36.66	
162	Newcamp, Katarina	SR	C.R. Washington	28:52.39	89
163	Hurley, Alyson	SO	Waterloo West	28:54.59	
164	Prochnow, Olivia	SO	CR Jefferson	29:03.64	
165	Vance, Cescily	SR	Iowa City West	29:07.57	90
166	Miller, Grace	JR	Cedar Rapids Xavier	29:07.79	
167	Bixby, Marissa	JR	CR Prairie	29:20.77	
168	Dillon, Mallory	JR	Dubuque Hempstead	29:37.54	
169	Henderson, Jordan	SR	CR Jefferson	29:40.98	

170	Janney, Katie	SR	Cedar Rapids Xavier	29:47.00	
171	Eniola, Victoria	SR	C.R. Washington	29:48.40	91
172	Deegan, Eva	JR	Cedar Rapids Xavier	29:54.47	
173	Kesterson, Haley	SR	CR Jefferson	30:19.32	
174	Cook, Murfee	SR	Dubuque Wahlert	31:13.53	
175	Hartwig, Grace	SR	City High	31:14.04	
176	Kelly, Claire	JR	City High	32:31.61	
177	Marti, Erin	JR	Cedar Rapids Xavier	33:03.94	
178	Fox, Andrea	SR	CR Jefferson	33:06.11	
179	Dean, Heather	SR	Dubuque Hempstead	33:34.44	
180	Karl, Nadia	SR	Cedar Rapids Xavier	33:45.55	
181	Thompson, Elizabeth	SR	CR Jefferson	34:22.82	
182	Hefley, Kayla	SO	City High	35:11.68	
183	Seymour, Kayla	SR	Cedar Rapids Xavier	36:58.15	
184	Sandman, Bailey	SR	Dubuque Hempstead	38:49.97	
185	McDonald, Mallory	SR	Dubuque Hempstead	38:50.34	
186	Nguyen, Binh	JR	City High	41:37.73	

**2016 Mississippi Valley Super Conference Cross Country Meet**  
**Noelridge Park**  
**Cedar Rapids, IA**  
**October 6, 2016**

**Junior Varsity Boys Team Results**

Place	Team	Points	Places of Finishers (offset scoring)								Total	Average
1	City High	51	5	7	9	12	18	26	28	1:27:18.55	17:27.71	
2	Iowa City West	60	2	3	16	19	20	30	36	1:27:16.47	17:27.30	
3	Linn-Mar	84	11	13	14	15	31	34	39	1:28:22.92	17:40.59	
4	Cedar Rapids Prairie	85	1	6	21	25	32	42	56	1:27:45.06	17:33.02	
5	Cedar Falls	115	4	8	17	40	46	53	63	1:29:05.84	17:49.17	
6	Cedar Rapids Kennedy	156	10	27	29	41	49	50	68	1:30:10.29	18:02.06	
7	Dubuque Hempstead	168	23	24	35	38	48	64		1:30:28.76	18:05.76	
8	Dubuque Senior	202	33	37	43	44	45	52	55	1:31:32.93	18:18.59	
9	Cedar Rapids Xavier	282	47	57	58	59	61	71	84	1:35:27.13	19:05.43	
10	C.R. Washington	299	22	54	65	76	82	83	86	1:38:33.35	19:42.67	
11	West Waterloo	325	51	60	69	72	73	78	79	1:37:34.18	19:30.84	
12	CR Jefferson	340	62	66	67	70	75	77	85	1:39:02.09	19:48.42	
13	Waterloo East		410	74	80	81	87	88	89	1:49:15.86	21:51.18	

**Junior Varsity Boys Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	jas, mike	JR	CR Prairie	16:47.19	1
2	Goers, Ethan	JR	Iowa City West	17:03.91	2
3	Abramoff, Nathan	SR	Iowa City West	17:05.12	3
4	Kramer, Jay	SR	Cedar Falls	17:15.33	4
5	Rethwisch, JP	JR	City High	17:19.11	5
6	frieden, chandler	JR	CR Prairie	17:19.76	6
7	Momberg, James	JR	City High	17:20.29	7
8	Pease, Paul	JR	Cedar Falls	17:21.85	8
9	Cochran, Nolan	JR	City High	17:23.08	9
10	Gibbons, Dawson	JR	CR Kennedy	17:26.74	10
11	Lorenz, Carter	SR	Linn-Mar	17:27.05	11
12	Baldwin, Jordan	SR	City High	17:33.32	12
13	Skilang, Tye	SO	Linn-Mar	17:36.86	13
14	Rios, Zion	FR	Linn-Mar	17:39.18	14
15	Colton, Max	SO	Linn-Mar	17:39.61	15
16	Stuart, Logan	SR	Iowa City West	17:40.21	16
17	Keagle, Jacob	JR	Cedar Falls	17:40.95	17
18	Weigel, Gabriel	JR	City High	17:42.75	18
19	Smith, Micah	SR	Iowa City West	17:43.47	19
20	Snyder, Riley	JR	Iowa City West	17:43.76	20
21	krapl, blake	SR	CR Prairie	17:44.01	21
22	Sauer, Joshua	SR	C.R. Washington	17:46.15	22
23	Ehlinger, Ryan	JR	Dubuque Hempstead	17:48.01	23
24	Gudenkauf, Conner	JR	Dubuque Hempstead	17:49.05	24
25	johnson, mason	JR	CR Prairie	17:52.13	25

26	Lucas, Jarren	SR	City High	17:53.78	26
27	Dennis, Tyler	SR	CR Kennedy	17:55.64	27
28	Momberg, John	JR	City High	17:57.13	28
29	Bradley, Evan	SR	CR Kennedy	17:57.51	29
30	Holst, Ace	JR	Iowa City West	17:59.08	30
31	Evans, Cadin	FR	Linn-Mar	18:00.22	31
32	johnson, zack	JR	CR Prairie	18:01.97	32
33	Kosel, Simon	SR	Dubuque Senior	18:04.13	33
34	Ginger, Drew	SO	Linn-Mar	18:05.12	34
35	Grudzina, Duncan	JR	Dubuque Hempstead	18:06.21	35
36	Bergman-Corbet, Emi	SR	City High	18:06.47	
37	Neese, Daniel	JR	Iowa City West	18:08.09	36
38	Rompot, Andrew	SR	Iowa City West	18:12.39	
39	Kincade, Greyson	JR	Dubuque Senior	18:14.32	37
40	Frambach, Andres	JR	Dubuque Hempstead	18:15.93	38
41	Gingrich, Sam	JR	Linn-Mar	18:16.74	39
42	Grinstead, Jacob	JR	Cedar Falls	18:19.66	40
43	Drahos, Nathan	SR	CR Kennedy	18:20.18	41
44	wheeler, blake	JR	CR Prairie	18:20.89	42
45	Ross, Sam	SR	Iowa City West	18:21.64	
46	Hansen, Jacob	SR	Dubuque Senior	18:22.04	43
47	Ballard, Jack	SR	City High	18:24.02	
48	Shock, Tyson	JR	Linn-Mar	18:24.35	
49	Vail, Nicholas	SR	Dubuque Senior	18:25.18	44
50	Digmann, Ben	SR	Linn-Mar	18:26.00	
51	Hess, Zach	SR	Dubuque Senior	18:27.26	45
52	Sannes, Drew	SR	Cedar Falls	18:28.05	46
53	Wise, Robert	SR	Iowa City West	18:28.51	
54	Schultschik, Keegan	JR	Cedar Rapids Xavier	18:28.80	47
55	Stanley, Brandon	JR	Dubuque Hempstead	18:29.56	48
56	Middlekauff, Jackson	SR	CR Kennedy	18:30.22	49
57	Voss, Bailey	JR	CR Kennedy	18:31.25	50
58	Newlon, Andrew	SO	West Waterloo	18:31.91	51
59	Cook, Kaleb	JR	Linn-Mar	18:32.64	
60	Nauman, Jack	JR	Linn-Mar	18:34.28	
61	Wortman, Dean	JR	City High	18:38.88	
62	Goodell, Kyle	SR	Linn-Mar	18:41.27	
63	Muckler, John	JR	City High	18:41.58	
64	Wenck, Jacob	SR	Iowa City West	18:42.17	
65	Page, Aiden	SR	City High	18:42.55	
66	Hannan, Jesse	SR	Dubuque Senior	18:45.81	52
67	Strauss, Parker	JR	Cedar Falls	18:49.12	53
68	Karamitros, Alex	SR	C.R. Washington	18:49.90	54
69	Hallstoss, Tatum	SR	Dubuque Senior	18:50.24	55
70	farr, collin	JR	CR Prairie	18:51.24	56
71	Orr, James	JR	Linn-Mar	18:57.91	
72	Gallman-Ringing Shie,Ja	JR	Iowa City West	18:58.67	
73	Hagarty, Nathan	SO	Cedar Rapids Xavier	19:06.55	57

74	oshel, blake	JR	CR Prairie	19:09.54	
75	pearson, anthony	JR	CR Prairie	19:10.96	
76	Brimeyer, Andrew	SR	Cedar Rapids Xavier	19:11.86	58
77	Eggleston, Jack	SR	Cedar Rapids Xavier	19:12.29	59
78	Berner, Brandon	SR	Iowa City West	19:12.74	
79	Sindt, Collin	SR	Dubuque Senior	19:13.18	
80	Fisher, Jacob	JR	Iowa City West	19:14.29	
81	Nordman, Mason	SO	West Waterloo	19:16.39	60
82	Littler, Isaac	JR	Linn-Mar	19:19.37	
83	Staskal, Orion	SR	Iowa City West	19:19.81	
84	Trana, Tim	SR	City High	19:20.25	
85	mittauer, dylan	SR	CR Prairie	19:20.87	
86	Martin, Will	JR	City High	19:21.30	
87	Millers, Owen	JR	Iowa City West	19:21.66	
88	Turnbough, Keegan	SR	City High	19:22.09	
89	matthews, grant	JR	CR Prairie	19:26.07	
90	Nasution, Ethan	SO	Cedar Rapids Xavier	19:27.63	61
91	Handley, Michael	SR	CR Jefferson	19:27.88	62
92	Thompson, Ryan	JR	Cedar Falls	19:28.27	63
93	DeBrower, Julian	JR	Linn-Mar	19:31.00	
94	Kremer, Matthew	SR	Cedar Falls	19:31.41	
95	Wu, Sam	SR	Dubuque Hempstead	19:32.75	64
96	Corbett, Thomas	JR	C.R. Washington	19:32.97	65
97	Burris, Nate	JR	Cedar Falls	19:33.56	
98	Grant, Zach	JR	CR Jefferson	19:35.20	66
99	Poppins, Matthew	SR	Cedar Falls	19:36.84	
100	Smith, Isaiah	SR	CR Jefferson	19:37.14	67
101	Miller, Isaac	JR	Iowa City West	19:40.29	
102	Nunez, Lidiel	JR	CR Kennedy	19:40.56	68
103	Tomek, Sam	SR	City High	19:41.00	
104	Tudor, Sam	JR	West Waterloo	19:42.96	69
105	Meyer, Nick	JR	Iowa City West	19:44.79	
106	Sullivan, Joey	JR	Linn-Mar	19:45.02	
107	Storm, Matt	JR	CR Jefferson	19:46.28	70
108	Maier, Keaton	JR	Cedar Rapids Xavier	19:47.14	71
109	Kraemer, Jake	JR	Linn-Mar	19:48.72	
110	Mena Llano, Pablo	JR	CR Kennedy	19:49.07	
111	Wood, Jaden	FR	West Waterloo	19:51.68	72
112	Schupbach, Owen	SR	Cedar Falls	19:55.31	
113	Moon, Nick	JR	Iowa City West	20:01.13	
114	olson, sam	JR	CR Prairie	20:04.00	
115	Markham, Cameron	SR	CR Kennedy	20:06.08	
116	Weaver, Tate	JR	CR Kennedy	20:10.56	
117	Pratt, Isaiah	SO	West Waterloo	20:11.24	73
118	Davis, Nathan	SR	CR Kennedy	20:11.47	
119	Mueller, Teryn	SR	Cedar Falls	20:12.69	
120	Brown, Alex	JR	Linn-Mar	20:13.12	
121	Dvorak, Mitchell	SR	CR Kennedy	20:17.86	

122	Muhammad, Sabur	FR	Waterloo East	20:20.37	74
123	Dunlop, John	SR	Cedar Falls	20:26.61	
124	Hansen, Daniel	JR	Linn-Mar	20:26.91	
125	Trannel, Jarrett	JR	Dubuque Wahlert	20:29.62	
126	Corson, Cameron	JR	Cedar Falls	20:33.13	
127	Livingston, Andrew	JR	CR Jefferson	20:35.59	75
128	Sanders, Trevor	SR	Cedar Falls	20:39.86	
129	Brook, Jonah	JR	City High	20:43.28	
130	Schoulte, Tyler	SR	CR Kennedy	20:43.96	
131	Stark, Max	JR	C.R. Washington	20:46.49	76
132	Williams, Isiah	SR	CR Jefferson	20:46.80	77
133	Burken, Sampson	JR	Cedar Falls	20:54.12	
134	Toth, Isaac	JR	CR Kennedy	20:59.92	
135	Sharafuddin, Jake	JR	Iowa City West	21:00.22	
136	Dean, Jacob	JR	Dubuque Senior	21:02.10	
137	Klemensen, Drake	JR	Cedar Falls	21:03.13	
138	schmidt, zach	JR	CR Prairie	21:05.33	
139	Wichart, Matthew	JR	Iowa City West	21:12.75	
140	Klabunde, Steven	SO	West Waterloo	21:16.27	78
141	Schmitt, Sam	SR	Cedar Falls	21:19.11	
142	Jacobi, Riley	FR	West Waterloo	21:19.39	79
143	Wills, Coby	SR	Linn-Mar	21:19.81	
144	Stevenson, Kobie	SR	Waterloo East	21:23.64	80
145	Henrichs, Miles	SR	City High	21:29.76	
146	Knight, Nicholas	FR	West Waterloo	21:31.62	
147	Cahoe, Ethan	SO	Waterloo East	21:32.72	81
148	Foreman, Will	JR	C.R. Washington	21:37.84	82
149	Olsen, Sam	JR	Cedar Falls	21:40.30	
150	Day, Grant	JR	Dubuque Senior	21:41.35	
151	Hackenmiller, Ezra	SR	C.R. Washington	21:44.99	83
152	Serrot, Peter	JR	Cedar Rapids Xavier	21:47.15	84
153	Standefer, Nick	JR	CR Jefferson	21:49.98	85
154	Shelby, Elijah	JR	Linn-Mar	21:50.54	
155	Deegan, Peter	SR	Cedar Rapids Xavier	21:50.95	
156	White, Luke	JR	Linn-Mar	21:55.64	
157	Gloeckner, Bronson	JR	Linn-Mar	21:55.89	
158	Yeung, Yam	JR	CR Kennedy	21:57.06	
159	Williams, Collin	JR	West Waterloo	21:59.43	
160	Versteegh, Hal	JR	C.R. Washington	22:00.62	86
161	O'Toole, Nick	FR	Linn-Mar	22:01.25	
162	Muresan, Devin	FR	Cedar Rapids Xavier	22:01.72	
163	Kluber, Jackson	SR	C.R. Washington	22:02.05	
164	Bosking, Gunnar	SR	C.R. Washington	22:04.39	
165	Barton, Matt	SR	Dubuque Senior	22:04.78	
166	Potter, Charles	JR	Cedar Falls	22:05.79	
167	Bartels, Jovante	JR	CR Jefferson	22:07.19	
168	booth, hunter	JR	CR Prairie	22:16.93	
169	Schueller, Luke	JR	Cedar Rapids Xavier	22:18.53	

170	Duggan, James	JR	Cedar Rapids Xavier	22:21.68	
171	Lowder, Ethan	JR	Cedar Rapids Xavier	22:26.39	
172	Shelton, Dylan	JR	C.R. Washington	22:29.27	
173	Scharnau, Dylan	FR	Linn-Mar	22:30.89	
174	Gredell, Nelson	JR	City High	22:45.95	
175	Bode, Luca	JR	CR Kennedy	22:47.94	
176	andreami, leonardo	JR	CR Prairie	22:54.30	
177	Bokoyo, Josue	JR	CR Jefferson	22:55.60	
178	Heinz, Nicholas	SO	Waterloo East	22:58.99	87
179	Goodrich, Jared	JR	Waterloo East	23:00.14	88
180	Karl, Anthony	SO	Cedar Rapids Xavier	23:01.33	
181	Cremers, Nathan	SR	City High	23:12.83	
182	Hunt, Jovan	SR	Cedar Falls	23:25.14	
183	farr, garrett	JR	CR Prairie	23:38.12	
184	Collins, Jaden	JR	CR Jefferson	23:49.12	
185	Evans, Jordan	SR	Waterloo East	23:51.66	89
186	Thompson, Nolan	FR	Linn-Mar	23:54.72	
187	Lemos, William	SR	C.R. Washington	24:15.73	
188	Gaines, Michael	JR	Cedar Falls	24:25.64	
189	Bachu, Khurt	JR	City High	24:50.93	
190	Jaros, Kenny	SO	West Waterloo	25:31.24	
191	Hecht, James	SO	Linn-Mar	25:43.45	
192	ziskovsky, aaron	SR	CR Prairie	26:14.50	
193	Stevens, Nicholas	FR	West Waterloo	27:38.25	
194	Sandoval, Anthony	FR	West Waterloo	28:51.95	
195	Motto, Jack	SO	City High	32:14.54	
196	Todd, Adam	JR	C.R. Washington	36:24.59	
197	Hansen, Evan	SO	City High	36:25.33	

**2016 Mississippi Valley Super Conference Cross Country Meet**  
**Noelridge Park**  
**Cedar Rapids, IA**  
**October 6, 2016**

**Freshman-Sophomore Girls Team Results**

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	City High	41	4	5	7	9	16	19	27	1:46:04.94	21:12.99
2	Dubuque Hempstead	55	1	2	6	17	29	34	35	1:46:15.87	21:15.18
3	Cedar Falls	57	3	8	13	15	18	21	22	1:46:39.80	21:19.96
4	Dubuque Senior	67	10	11	12	14	20	24	25	1:47:17.56	21:27.52
5	Linn-Mar	167	23	30	36	38	40	42	46	1:53:20.29	22:40.06
6	Cedar Rapids Prairie	187	26	31	41	44	45	47	48	1:55:07.81	23:01.57
7	Cedar Rapids Xavier	195	28	32	33	49	53	57		1:57:31.11	23:30.23
8	Dubuque Wahlert	233	37	39	51	52	54	55	58	2:03:44.40	24:44.88
9	C.R. Washington	268	43	50	56	59	60			2:16:48.90	27:21.78

**Freshman-Sophomore Girls Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Holesinger, Emma	FR	Dubuque Hempstead	20:30.10	1
2	Scott, Erin	FR	Dubuque Hempstead	20:34.10	2
3	Freeman, Jayna	FR	Cedar Falls	20:58.46	3
4	Jones, Isbel	SO	City High	21:04.07	4
5	Veit, Julia	SO	City High	21:06.67	5
6	Gudenkauf, Lauren	FR	Dubuque Hempstead	21:09.30	6
7	Trom, Sophie	FR	City High	21:09.87	7
8	Schillinger, Sophia	FR	Cedar Falls	21:11.16	8
9	Chapnick-Sorokin, Phoebe	SO	City High	21:18.70	9
10	Tonn, Kate	SO	Dubuque Senior	21:21.43	10
11	Ries, Grace	FR	Dubuque Senior	21:22.33	11
12	Whalen, Kes	FR	Dubuque Senior	21:22.58	12
13	North, Megan	SO	Cedar Falls	21:23.08	13
14	Stackis, Josie	FR	Dubuque Senior	21:24.19	14
15	Martin, Sabine	FR	Cedar Falls	21:24.46	15
16	Carey, Morgan	SO	City High	21:25.63	16
17	Coates, Emma	FR	Dubuque Hempstead	21:27.81	17
18	Chenoweth, Kellen	FR	Cedar Falls	21:42.64	18
19	Meurice, Naomi	SO	City High	21:44.79	19
20	Shearer, Sophie	SO	Dubuque Senior	21:47.03	20
21	Fixen, Gretchen	FR	Cedar Falls	21:48.81	21
22	Culberson, Beth	SO	Cedar Falls	21:49.78	22
23	Kelley, Emma	SO	Linn-Mar	21:50.51	23
24	Rekow, Ella	FR	Cedar Falls	21:50.94	
25	Kloft, Stacey	SO	Dubuque Senior	21:52.49	24
26	Romagna, Ava	FR	Dubuque Senior	21:55.31	25
27	Miron, Kate	FR	Dubuque Senior	21:55.57	
28	O'Loughlin, Devin	FR	Cedar Falls	22:01.35	
29	Forrest, Eady	SO	CR Prairie	22:02.21	26

30	Gidal, Lottie	SO	City High	22:02.86	27
31	Schmitt, Bridget	SO	Cedar Rapids Xavier	22:06.32	28
32	Mena, Gracie	FR	Dubuque Senior	22:13.90	
33	Parrott, Grace	FR	City High	22:25.68	
34	Ries, Grace	SO	Dubuque Hempstead	22:34.56	29
35	Genskow, Olivia	FR	Linn-Mar	22:35.26	30
36	Boller, Anna	FR	CR Prairie	22:35.78	31
37	Lansing, Rilee	FR	Cedar Rapids Xavier	22:36.56	32
38	Dake, Hannah	SO	Cedar Rapids Xavier	22:36.86	33
39	Lonning, Alexis	FR	Dubuque Hempstead	22:41.11	34
40	Larson, Victoria	FR	Dubuque Hempstead	22:44.32	35
41	Uthe, Riley	SO	Dubuque Hempstead	22:45.30	
42	Morley, Emily	FR	Dubuque Hempstead	22:46.46	
43	Shull, Anna	SO	Cedar Falls	22:47.14	
44	Kendrick, AJ	SO	Linn-Mar	22:51.84	36
45	Pape, Danielle	SO	Dubuque Wahlert	22:52.46	37
46	Nowotny, Samantha	SO	Iowa City West	22:52.79	
47	Bounds, Mary	FR	City High	22:53.03	
48	Sanderman, Claire	SO	Cedar Falls	22:55.61	
49	Bushlack, Lizzy	FR	Linn-Mar	22:57.94	38
50	Gehlbach, Emma	SO	Iowa City West	22:59.36	
51	Blosch, Olivia	SO	Dubuque Wahlert	23:00.12	39
52	Cagnard, Elise	FR	Linn-Mar	23:04.74	40
53	Pugh, Madeline	SO	City High	23:09.21	
54	Forrest, Samantha	FR	CR Prairie	23:11.35	41
55	Ram, Sibani	SO	Dubuque Senior	23:18.12	
56	Peterson, Isabel	SO	Dubuque Senior	23:19.04	
57	Burns, Kathryn	SO	Dubuque Senior	23:19.36	
58	Gidal, Sylvia	FR	City High	23:20.18	
59	Staker, Sadie	FR	Linn-Mar	23:23.13	42
60	Steva, Peyton	SO	Iowa City West	23:34.06	
61	Hayes, JoJo	FR	C.R. Washington	23:36.83	43
62	Alldredge, Anna	SO	CR Prairie	23:38.95	44
63	Kline, Cassidy	FR	CR Prairie	23:39.52	45
64	Brown, Muriel	FR	City High	23:40.68	
65	Sartini-Rideout,Azzurra	FR	City High	23:43.11	
66	Waid, Mia	FR	Dubuque Senior	23:44.96	
67	Hayes, Emma	SO	Dubuque Senior	23:49.20	
68	Sheckles, Mattie	FR	Dubuque Senior	23:50.31	
69	Chadwick, Maya	FR	City High	23:57.16	
70	Hammerand, Bailey	SO	Dubuque Senior	23:58.89	
71	Hennager, Ella	SO	City High	24:01.17	
72	Eilders, Katelyn	FR	Linn-Mar	24:09.39	46
73	Fear, Megan	FR	CR Prairie	24:10.66	47
74	McCaughey, Kylie	FR	Linn-Mar	24:16.88	
75	Marsh, Alex	FR	City High	24:17.44	
76	Duerksen, Haley	FR	CR Prairie	24:18.36	48
77	Smith, Avery	SO	CR Prairie	24:23.80	

78	Kane, Ella	FR	Cedar Rapids Xavier	24:25.33	49
79	Traore, Saye	FR	City High	24:25.69	
80	Stallman, Amanda	SO	CR Prairie	24:29.49	
81	Post, Allison	FR	Linn-Mar	24:30.55	
82	Scott, Rebekah	FR	Linn-Mar	24:34.07	
83	Kaufman, Grace	FR	CR Prairie	24:41.96	
84	Weis, Emily	SO	C.R. Washington	24:47.85	50
85	Bushlack, Emily	FR	Linn-Mar	24:50.49	
86	Kohl, McKenzie	FR	CR Prairie	24:50.83	
87	Mwenemkamba, Anastasia	SO	City High	24:52.25	
88	Hansen, Isabel	FR	City High	24:57.29	
89	Doyle, Marin	FR	Linn-Mar	24:59.98	
90	Wigginton, Samara	FR	Dubuque Wahlert	25:11.95	51
91	Daack, Claire	FR	Dubuque Hempstead	25:13.90	
92	Mather, Meghan	SO	Linn-Mar	25:15.05	
93	Shock, Peyton	FR	Linn-Mar	25:18.40	
94	Johnson, Abby	FR	CR Prairie	25:31.14	
95	Wedewer, Libby	FR	Dubuque Wahlert	25:39.14	52
96	Sarsfield, Liza	SO	City High	25:40.05	
97	Beck, Carley	SO	Cedar Rapids Xavier	25:46.04	53
98	Damhorst, Drew	SO	City High	25:49.59	
99	Corbin, Georgia	FR	City High	25:56.30	
100	Kaine, Aubryn	FR	City High	26:13.91	
101	Redding, Skylynn	FR	Dubuque Hempstead	26:19.61	
102	Redden, Katie	SO	CR Prairie	26:30.47	
103	Paulson, Claire	FR	Dubuque Hempstead	26:33.38	
104	Hernandez, Jackie	FR	CR Prairie	26:52.83	
105	Ehler, Samantha	FR	CR Prairie	26:53.05	
106	Heller, Aubrey	FR	CR Prairie	26:53.30	
107	Huntington, Sophia	SO	Dubuque Wahlert	27:00.73	54
108	Rickert, Jodi	FR	Dubuque Senior	27:04.21	
109	Rieckens, Erin	SO	Dubuque Hempstead	27:12.20	
110	Foy, Sophia	SO	Dubuque Wahlert	27:26.91	55
111	Balong, Abigail	FR	Cedar Falls	27:47.72	
112	Manson, Eko	SO	C.R. Washington	28:26.62	56
113	Hansen, Emma	FR	City High	28:36.89	
114	Taylor-Butcher, Nyah	SO	City High	28:46.70	
115	Gammon, Kaitlyn	FR	CR Prairie	28:51.71	
116	Ray, Abigail	FR	CR Prairie	28:56.21	
117	Skala, Lauren	FR	Cedar Rapids Xavier	28:58.43	57
118	Wehr, Ellie	SO	CR Prairie	29:09.35	
119	Peckosh, Jacquelyn	FR	Dubuque Wahlert	29:18.64	58
120	Ward, Martha	SO	Dubuque Wahlert	29:32.08	
121	Sun, Joyce	SO	Dubuque Hempstead	29:36.94	
122	Carson, Leah	FR	C.R. Washington	29:37.98	59
123	Houtz, Ellen	FR	C.R. Washington	30:19.62	60
124	Laud, Allison	SO	CR Prairie	30:44.48	
125	Peckosh, Carolyn	FR	Dubuque Wahlert	31:30.91	

**2016 Mississippi Valley Super Conference Cross Country Meet**  
**Noelridge Park**  
**Cedar Rapids, IA**  
**October 6, 2016**

**Freshman-Sophomore Boys Team Results**

Place	Team	Points	Places of Finishers (offset scoring)								Total	Average
1	Iowa City West	53	7	9	10	13	14	19	23	1:27:15.23	17:27.05	
2	City High	91	4	11	15	30	31	34	40	1:28:26.73	17:41.35	
3	Cedar Rapids Prairie	99	1	5	25	33	35	50	54	1:28:39.90	17:43.98	
4	Dubuque Hempstead	108	2	3	17	37	49	65	66	1:28:50.89	17:46.18	
5	Cedar Falls	132	16	21	28	29	38	43	44	1:29:44.18	17:56.84	
6	Dubuque Senior	135	12	18	22	36	47	57	63	1:29:51.50	17:58.30	
7	Cedar Rapids Kennedy	140	6	26	27	39	42	59	61	1:30:14.67	18:02.94	
8	Dubuque Wahlert	149	8	20	32	41	48	62	68	1:30:24.60	18:04.92	
9	Linn-Mar	257	46	51	52	53	55	60	73	1:34:06.78	18:49.36	
10	C.R. Washington	294	24	64	67	69	70	71	74	1:35:56.13	19:11.23	
11	CR Jefferson	306	45	56	58	72	75	76	77	1:36:52.45	19:22.49	

**Freshman-Sophomore Boys Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Iagrange, Colton	SO	CR Prairie	17:00.03	1
2	Torrey, Nick	SO	Dubuque Hempstead	17:01.77	2
3	Jungk, Matt	FR	Dubuque Hempstead	17:05.30	3
4	Taylor, Matt	FR	City High	17:09.10	4
5	Pendergast, Jack	FR	CR Prairie	17:12.56	5
6	Green, Jacob	FR	CR Kennedy	17:18.94	6
7	Woodward, Peter	FR	Iowa City West	17:19.72	7
8	Dodds, Trenton	SO	Dubuque Wahlert	17:24.04	8
9	Anson, Lukas	SO	Iowa City West	17:26.63	9
10	Badovinac, Ivan	SO	Iowa City West	17:27.45	10
11	Shabani, Oliver	SO	City High	17:28.27	11
12	Wille, Evan	SO	Dubuque Senior	17:29.98	12
13	Dowling, Edward	FR	Iowa City West	17:30.24	13
14	Conrad, William	SO	Iowa City West	17:31.19	14
15	Kabat, Noah	FR	City High	17:33.67	15
16	Wilson, Hollis	FR	Cedar Falls	17:34.04	16
17	Schatz, Matt	SO	Dubuque Hempstead	17:36.47	17
18	Cook, Ben	SO	Dubuque Senior	17:37.21	18
19	Wu, Chen-You	FR	Iowa City West	17:37.48	19
20	Walsh, Nathan	SO	Dubuque Wahlert	17:37.71	20
21	Bremner, Dawson	SO	Cedar Falls	17:39.38	21
22	Schultz, Jonathan	FR	Dubuque Senior	17:40.35	22
23	Yang, Raymond	FR	Iowa City West	17:47.88	23
24	Ennis, Bryan	SO	C.R. Washington	17:55.77	24
25	Dannenfelser, Carlo	FR	CR Prairie	17:56.44	25
26	Turner, Wes	FR	CR Kennedy	17:58.10	26
27	Stecker, Will	SO	CR Kennedy	17:59.66	27

28	Salama, Osman	FR	Iowa City West	18:02.08	
29	Le, Nathan	FR	Cedar Falls	18:03.00	28
30	Campbell, Ben	FR	Cedar Falls	18:04.99	29
31	Simmons, Tim	SO	City High	18:07.69	30
32	Brown, Jonathan	SO	City High	18:08.00	31
33	Prescott, Ian	SO	Iowa City West	18:08.97	
34	Simcox, Luke	FR	Dubuque Wahlert	18:10.54	32
35	Wemmie, Julian	FR	Iowa City West	18:11.69	
36	stewart, blake	SO	CR Prairie	18:12.89	33
37	Jones, Owen	SO	City High	18:13.55	34
38	adams, mckade	FR	CR Prairie	18:17.98	35
39	Sindt, Jacob	SO	Dubuque Senior	18:19.23	36
40	Doser, Brandon	SO	Dubuque Hempstead	18:21.96	37
41	Simpson, Christian	SO	Cedar Falls	18:22.77	38
42	Sullivan, Levi	FR	CR Kennedy	18:23.34	39
43	McMillan, Thomas	FR	City High	18:24.15	40
44	Greenlee, Jacob	SO	Iowa City West	18:24.91	
45	Timmerman, Daniel	SO	Dubuque Wahlert	18:27.31	41
46	Wilkes, Mitchell	FR	City High	18:29.49	
47	Maxwell, Charles	SO	City High	18:30.54	
48	Weaver, Noah	FR	City High	18:33.52	
49	Hand, Matthew	FR	CR Kennedy	18:34.63	42
50	VanPatten, Andrew	SO	Cedar Falls	18:35.99	43
51	Wilbur, Kenneth	FR	Iowa City West	18:36.66	
52	Biles, Zach	SO	Cedar Falls	18:37.25	44
53	Oya, Taka	FR	Iowa City West	18:37.73	
54	Wessels, Nick	SO	Cedar Falls	18:41.06	
55	Bagan, Hunter	SO	Iowa City West	18:41.54	
56	Lauterwasser, Nathan	FR	CR Jefferson	18:42.51	45
57	Sckerl, Easton	FR	Cedar Falls	18:43.06	
58	Digmann, Thomas	SO	Linn-Mar	18:44.28	46
59	Johnson, Matt	FR	Dubuque Senior	18:44.73	47
60	Berning, Zach	SO	Dubuque Wahlert	18:45.00	48
61	Robertson, Tim	SO	Dubuque Hempstead	18:45.39	49
62	rummel, gabe	SO	CR Prairie	18:46.86	50
63	Hynick, Ryan	FR	City High	18:47.60	
64	Bormann, Garrett	FR	City High	18:48.14	
65	Skopec, Tysen	SO	Iowa City West	18:48.87	
66	Voss, Jake	FR	Linn-Mar	18:49.62	51
67	Schuessler, Joe	FR	City High	18:49.85	
68	Medin, Daniel	SO	Linn-Mar	18:50.24	52
69	Duong, Thomas	SO	Iowa City West	18:50.57	
70	Hickson, Lance	FR	Linn-Mar	18:51.03	53
71	kelsey, joel	FR	CR Prairie	18:51.26	54
72	Keller, Noah	SO	Linn-Mar	18:51.61	55
73	Egger, Brandon	SO	CR Jefferson	18:55.19	56
74	Day, Brian	FR	Dubuque Senior	18:56.77	57
75	Arrends, Noah	FR	Cedar Falls	18:57.25	

76	French, Andrew	FR	CR Jefferson	18:59.63	58
77	Walther, Erik	SO	Cedar Falls	19:01.49	
78	Arrends, Blake	FR	Cedar Falls	19:03.12	
79	Fletcher, Josh	SO	City High	19:03.73	
80	Falck, Dylan	FR	CR Kennedy	19:04.01	59
81	Gansen, Connor	FR	Linn-Mar	19:06.30	60
82	Hayes, Connor	FR	Iowa City West	19:06.92	
83	Hornett, Jaxson	FR	CR Kennedy	19:10.24	61
84	Cornell, Paul	FR	City High	19:10.57	
85	Marchesani, Jeremy	SO	Cedar Falls	19:12.04	
86	Skittone, Joe	FR	CR Kennedy	19:13.11	
87	Belken, Connor	SO	Dubuque Wahlert	19:13.38	62
88	Bryan, Andre	SO	Cedar Falls	19:13.84	
89	Hanson, Alex	SO	Cedar Falls	19:14.53	
90	Lie, Anders	SO	City High	19:16.63	
91	Sass, Liam	FR	Dubuque Senior	19:17.37	63
92	Park, Eli	FR	CR Kennedy	19:21.97	
93	Gay, Quintin	SO	C.R. Washington	19:22.29	64
94	Rutkowski, Jared	SO	Dubuque Hempstead	19:23.12	65
95	Doorn, Eric	SO	Iowa City West	19:23.44	
96	D'Allessandro, Ethan	FR	Iowa City West	19:23.80	
97	McGrath, Sean	FR	Dubuque Hempstead	19:24.21	66
98	neubauer, ryan	FR	CR Prairie	19:24.80	
99	reiseck, bailey	SO	CR Prairie	19:26.75	
100	Jensen, Drew	FR	CR Kennedy	19:27.66	
101	Shilyansky, Jonathan	SO	Iowa City West	19:28.40	
102	Ellenz, Trae	FR	CR Kennedy	19:28.81	
103	Lin, Jack	SO	C.R. Washington	19:29.17	67
104	Hostager, Scott	FR	Dubuque Hempstead	19:29.77	
105	Ibarra, Daniel	FR	Dubuque Hempstead	19:30.50	
106	Kaufmann, Conner	SO	Dubuque Hempstead	19:31.14	
107	Sausser, Logan	SO	Dubuque Wahlert	19:31.91	68
108	Nanke, Noah	FR	C.R. Washington	19:33.22	69
109	Smith, Simeon	SO	City High	19:33.53	
110	Traore, Samba	SO	City High	19:35.27	
111	Greco, Gabe	SO	C.R. Washington	19:35.68	70
112	Riffel, Adam	FR	Dubuque Hempstead	19:38.42	
113	Ceynar, Ryan	SO	City High	19:40.32	
114	Bouschlicher, Logan	SO	C.R. Washington	19:42.44	71
115	Horwitz, Sam	FR	City High	19:43.84	
116	Walsh, Barrett	FR	City High	19:45.17	
117	Brown, Daniel	SO	City High	19:48.34	
118	Johnson, Alex	SO	CR Jefferson	19:48.62	72
119	McGuire, Matt	SO	Dubuque Wahlert	19:53.82	
120	Rouabhi, Younes	SO	City High	19:54.23	
121	Lewis, Zach	SO	Dubuque Hempstead	19:56.03	
122	Gansen, Cole	FR	Linn-Mar	20:00.85	73
123	Staskal, Jared	FR	Iowa City West	20:04.21	

124	bush, tom	SO	CR Prairie	20:04.73	
125	Sykes, Sam	SO	Dubuque Wahlert	20:06.12	
126	Westhoff, Ryan	FR	Cedar Falls	20:06.69	
127	O'Hair, Quin	SO	Cedar Falls	20:07.17	
128	Anderson, Eli	SO	City High	20:07.47	
129	Sotelo, Keegan	SO	City High	20:08.29	
130	Ojile, Atticus	FR	City High	20:08.73	
131	Davis, Calvin	FR	Dubuque Senior	20:10.22	
132	Alaya, Rabi	FR	Iowa City West	20:11.53	
133	Basan, Ama	SO	City High	20:12.46	
134	Moore, Zachariah	SO	C.R. Washington	20:16.57	74
135	Carter, Ryan	FR	City High	20:20.79	
136	Geerdes, John	SO	City High	20:22.99	
137	Kuennen, Cade	FR	CR Kennedy	20:24.15	
138	Anderson, Kelby	FR	City High	20:24.56	
139	Cano, Brandon	FR	CR Jefferson	20:26.50	75
140	Gesell, Dylan	SO	Iowa City West	20:26.75	
141	Biertzer, Michael	FR	Linn-Mar	20:32.39	
142	Vorwald, Dillon	SO	CR Jefferson	20:34.93	76
143	Ajavon, Ayi	FR	Iowa City West	20:38.84	
144	Anderson, Grant	SO	Iowa City West	20:39.11	
145	Kincade, Greg	FR	Dubuque Senior	20:41.06	
146	Schultz, Justin	FR	Dubuque Hempstead	20:41.42	
147	Breitbach, Max	FR	Dubuque Hempstead	20:41.72	
148	Plumb, Javan	FR	CR Jefferson	20:42.32	77
149	rinke, aarick	FR	CR Prairie	20:42.62	
150	Jochum, Sam	SO	Dubuque Wahlert	20:43.24	
151	Rompot, Danny	SO	Iowa City West	20:44.81	
152	Gustafson, Arvid	SO	City High	20:46.89	
153	Haut, Adam	FR	CR Jefferson	20:47.23	
154	myers, dylan	SO	CR Prairie	20:49.33	
155	Morelli, Ollie	SO	City High	20:49.66	
156	Frommelt, Nick	SO	Dubuque Wahlert	20:52.43	
157	Wagner, Gabriel	FR	Dubuque Hempstead	20:54.10	
158	hermanson, reese	FR	CR Prairie	20:58.06	
159	jenkins, jaron	FR	CR Prairie	20:58.43	
160	Iverson, Tim	FR	Dubuque Senior	20:58.72	
161	Christiason, Lars	SO	Cedar Falls	20:59.43	
162	Rausch, Joey	SO	Dubuque Wahlert	21:03.87	
163	Kraus, Owen	SO	City High	21:04.31	
164	huedepohl, cole	SO	CR Prairie	21:04.58	
165	Burnell, Cameron	FR	CR Jefferson	21:05.30	
166	Schmidt, Dylan	SO	Iowa City West	21:05.67	
167	Chen, Kevin	SO	Iowa City West	21:11.51	
168	Kelley, Isaiah	FR	Linn-Mar	21:14.08	
169	frazee, carson	FR	CR Prairie	21:17.94	
170	Nordman, Kade	SO	CR Jefferson	21:21.68	
171	Bouska, Jacob	FR	City High	21:26.14	

172	Stichter, Jack	FR	Cedar Falls	21:26.43
173	Tomek, Elliot	FR	City High	21:31.81
174	Hearn, Ryan	SO	Linn-Mar	21:32.22
175	Mattingly, Austen	SO	Iowa City West	21:32.60
176	Seamans, AJ	FR	City High	21:36.76
177	schroeder, jordan	FR	CR Prairie	21:38.69
178	Ng, Lucas	SO	Dubuque Hempstead	21:42.78
179	Wigginton, Gabe	SO	Dubuque Wahlert	21:43.60
180	Horbuckle, Franklin	FR	City High	21:45.99
181	Kiesey, Jacob	SO	CR Kennedy	21:48.59
182	Barron, Liam	FR	City High	21:49.75
183	Chen, Ethan	SO	Iowa City West	21:55.73
184	Clanin, Oliver	FR	Linn-Mar	21:56.57
185	McWane, Steven	FR	City High	22:00.75
186	Hebrink, David	SO	C.R. Washington	22:04.36
187	vavra, joe	FR	CR Prairie	22:09.49
188	cassady, nick	FR	CR Prairie	22:12.49
189	Jasper, Kolin	FR	Cedar Falls	22:14.65
190	Beauregard, Drake	FR	CR Kennedy	22:16.40
191	Shaw, Lucas	FR	Cedar Falls	22:18.53
192	Swisher-Hintz, Nathan	FR	City High	22:20.71
193	Mueller, Carsyn	FR	Cedar Falls	22:21.15
194	Mueller, Jack	SO	Dubuque Wahlert	22:25.56
195	Keasler, Blake	SO	City High	22:26.85
196	Rocca, Phillip	SO	City High	22:28.92
197	Faruquee, Sameer	FR	Dubuque Hempstead	22:37.63
198	schilling, kaden	SO	CR Prairie	22:38.68
199	Miller, Sam	FR	Linn-Mar	22:40.40
200	Anderson, Charley	FR	Dubuque Hempstead	22:41.37
201	Sanders, Kameron	FR	Dubuque Hempstead	22:43.39
202	Timmerman, Andrew	SO	Dubuque Wahlert	22:47.85
203	Reichel, Jason	SO	Dubuque Senior	22:49.00
204	Seabold, Nicholas	SO	City High	22:57.24
205	Gavin, Dale	SO	CR Jefferson	23:02.55
206	husemann, connor	FR	CR Prairie	23:06.48
207	chadima, calvin	SO	CR Prairie	23:10.01
208	jones, austin	FR	CR Prairie	23:10.71
209	Stevens, Tommy	FR	Iowa City West	23:33.32
210	nelson, byron	SO	CR Prairie	23:50.55
211	Huber, Ryan	SO	CR Kennedy	23:51.99
212	Lund, Brett	FR	Cedar Falls	23:52.39
213	Altfillisch, Brian	FR	C.R. Washington	24:19.59
214	Grommon, David	SO	CR Jefferson	24:19.86
215	Nebaska, Nathan	SO	Linn-Mar	24:27.81
216	Olutunde, Michael	FR	CR Jefferson	24:29.83
217	Holbert, Christian	FR	Cedar Falls	24:38.31
218	Morel, Matthew	FR	Dubuque Wahlert	24:45.65
219	Appenzeller, Sam	FR	Cedar Falls	24:55.62

220	Khan, Sharik	FR	Dubuque Hempstead	25:05.76
221	Sullivan, Peter	FR	Dubuque Senior	25:06.32
222	Tigges, Brett	SO	Dubuque Hempstead	25:44.00
223	Bryant, Michael	SO	CR Kennedy	26:19.13
224	Hampshire, Hunter	SR	CR Jefferson	26:58.01