



# IOWA HIGH SCHOOL CROSS COUNTRY

Fort Dodge, IA

Lakeside Golf Course

10/29/2021 - 10/30/2021

## Race #1

### Class 4A Girls 5000M

## FINAL RESULTS

### TEAM SCORING SUMMARY

| Final Standings |                                  | Score | Total   | Avg.  | Division |
|-----------------|----------------------------------|-------|---------|-------|----------|
| 1               | Dubuque Hempstead                | 108   | 1:36:20 | 19:16 |          |
| 2               | Pleasant Valley                  | 132   | 1:38:01 | 19:37 |          |
| 3               | Ames                             | 141   | 1:38:16 | 19:40 |          |
| 4               | Johnston                         | 156   | 1:38:17 | 19:40 |          |
| 5               | Prairie Cedar Rapids             | 164   | 1:38:54 | 19:47 |          |
| 6               | Ankeny                           | 166   | 1:38:59 | 19:48 |          |
| 7               | Valley West Des Moines           | 177   | 1:37:37 | 19:32 |          |
| 8               | Des Moines Roosevelt             | 182   | 1:39:25 | 19:53 |          |
| 9               | Dubuque Senior                   | 184   | 1:39:35 | 19:55 |          |
| 10              | Ankeny Centennial                | 188   | 1:39:23 | 19:53 |          |
| 11              | Dowling Catholic West Des Moines | 218   | 1:40:24 | 20:05 |          |
| 12              | Iowa City City High              | 250   | 1:41:47 | 20:22 |          |
| 13              | Linn-Mar Marion                  | 288   | 1:42:39 | 20:32 |          |
| 14              | Urbandale                        | 317   | 1:43:15 | 20:39 |          |
| 15              | Indianola                        | 336   | 1:43:55 | 20:47 |          |

### SPLIT SCORING SUMMARY

#### 1 MILE

| UNOFFICIAL Standings |                                  | Score |
|----------------------|----------------------------------|-------|
| 1                    | Dubuque Hempstead                | 110   |
| 2                    | Pleasant Valley                  | 114   |
| 3                    | Ames                             | 122   |
| 4                    | Prairie Cedar Rapids             | 139   |
| 5                    | Johnston                         | 144   |
| 6                    | Ankeny                           | 180   |
| 7                    | Valley West Des Moines           | 189   |
| 8                    | Des Moines Roosevelt             | 202   |
| 8                    | Dubuque Senior                   | 202   |
| 10                   | Dowling Catholic West Des Moines | 219   |
| 11                   | Ankeny Centennial                | 241   |
| 12                   | Urbandale                        | 255   |
| 13                   | Iowa City City High              | 258   |
| 14                   | Indianola                        | 313   |

**UNOFFICIAL Standings****Score**

|    |                 |     |
|----|-----------------|-----|
| 15 | Linn-Mar Marion | 329 |
|----|-----------------|-----|

**2 MILE****UNOFFICIAL Standings****Score**

|    |                                  |     |
|----|----------------------------------|-----|
| 1  | Pleasant Valley                  | 110 |
| 2  | Prairie Cedar Rapids             | 116 |
| 3  | Dubuque Hempstead                | 117 |
| 4  | Ames                             | 143 |
| 5  | Ankeny                           | 161 |
| 6  | Johnston                         | 167 |
| 7  | Des Moines Roosevelt             | 173 |
| 8  | Valley West Des Moines           | 189 |
| 9  | Ankeny Centennial                | 191 |
| 10 | Dubuque Senior                   | 199 |
| 11 | Dowling Catholic West Des Moines | 238 |
| 12 | Iowa City City High              | 269 |
| 13 | Urbandale                        | 299 |
| 14 | Linn-Mar Marion                  | 314 |
| 15 | Indianola                        | 341 |

**INDIVIDUAL RESULTS**

| <b>Athlete</b> | <b>Team</b>             | <b>Score</b>           | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>      |               |
|----------------|-------------------------|------------------------|-------------|---------------|--------------------|---------------|
| 1              | Addison Dorenkamp       | Valley West Des Moines | 1           | 17:55.18      | <b>5:30.01 (1)</b> | 11:25.79 (2)  |
| 2              | Kamryn Ensley           | Valley West Des Moines | 2           | 18:14.89      | 5:37.96 (2)        | 11:41.82 (3)  |
| 3              | Kaia Downs              | Sioux City East        | --          | 18:18.28      | 5:37.96 (3)        | 11:43.88 (9)  |
| 4              | Olivia Verde            | Johnston               | 3           | 18:23.93      | 5:38.28 (6)        | 11:43.35 (8)  |
| 5              | Keelee Leitzen          | Dubuque Hempstead      | 4           | 18:24.73      | 5:38.24 (5)        | 11:42.48 (6)  |
| 6              | Julia Gehl              | Dubuque Hempstead      | 5           | 18:30.20      | 5:38.92 (8)        | 11:42.91 (7)  |
| 7              | Ashlyn Keeney           | Iowa City Liberty      | --          | 18:35.44      | 5:46.55 (12)       | 12:03.11 (12) |
| 8              | Rondi Quass             | Ankeny Centennial      | 6           | 18:44.35      | 5:51.79 (16)       | 12:00.98 (11) |
| 9              | Abi Hahn                | Des Moines Roosevelt   | 7           | 18:55.31      | 5:41.90 (10)       | 12:00.23 (10) |
| 10             | Claire Helmers          | Ames                   | 8           | 18:57.87      | 5:42.54 (11)       | 12:06.43 (14) |
| 11             | Drew Beason             | Ankeny                 | 9           | 18:59.66      | 5:47.26 (13)       | 12:05.79 (13) |
| 12             | Adrienne Buettner-Cable | Des Moines Roosevelt   | 10          | 19:02.03      | 5:55.88 (20)       | 12:12.04 (15) |
| 13             | Keirra Hess             | Prairie Cedar Rapids   | 11          | 19:03.06      | 5:53.88 (18)       | 12:15.74 (17) |
| 14             | Josie Case              | Pleasant Valley        | 12          | 19:10.57      | 5:56.54 (24)       | 12:19.04 (21) |
| 15             | Leah Klapatauskas       | Dubuque Senior         | 13          | 19:13.79      | 5:56.88 (27)       | 12:19.98 (24) |
| 16             | Lizzie McVey            | Pleasant Valley        | 14          | 19:13.99      | 5:56.70 (25)       | 12:18.85 (20) |
| 17             | Marley Turk             | Ames                   | 15          | 19:14.24      | 5:47.66 (14)       | 12:12.91 (16) |
| 18             | Alli Macke              | Ankeny                 | 16          | 19:17.69      | 5:38.09 (4)        | 11:42.03 (4)  |
| 19             | Gabrielle Cortez        | Prairie Cedar Rapids   | 17          | 19:19.35      | 5:53.24 (17)       | 12:19.57 (23) |
| 20             | Faith Nead              | North Scott Eldridge   | --          | 19:19.90      | 5:56.24 (21)       | 12:20.12 (25) |
| 21             | Aleah Tenpas            | Johnston               | 18          | 19:24.61      | 5:40.82 (9)        | 12:16.71 (18) |
| 22             | Rowan Boulder           | Iowa City City High    | 19          | 19:27.08      | 5:58.04 (31)       | 12:26.58 (28) |

| <b>Athlete</b> | <b>Team</b>         | <b>Score</b>                     | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |               |
|----------------|---------------------|----------------------------------|-------------|---------------|---------------|---------------|
| 23             | Brooke O'Brien      | Dubuque Hempstead                | 20          | 19:27.68      | 5:56.84 (26)  | 12:19.46 (22) |
| 24             | Arianna Jackson     | Des Moines Roosevelt             | 21          | 19:28.74      | 5:54.27 (19)  | 12:23.19 (27) |
| 25             | Sally Gaskell       | Dowling Catholic West Des Moines | 22          | 19:29.52      | 5:49.29 (15)  | 12:20.95 (26) |
| 26             | Mallory Wurth       | Waukee                           | --          | 19:30.77      | 5:58.24 (32)  | 12:31.06 (32) |
| 27             | Lexi Minard         | Pleasant Valley                  | 23          | 19:31.05      | 6:00.92 (39)  | 12:27.73 (29) |
| 28             | Lauren Risdal       | Ames                             | 24          | 19:31.92      | 5:56.48 (22)  | 12:18.41 (19) |
| 29             | Liv Hall            | Dowling Catholic West Des Moines | 25          | 19:32.59      | 5:56.48 (23)  | 12:29.62 (31) |
| 30             | Evie Henneberry     | Dubuque Hempstead                | 26          | 19:33.29      | 5:58.97 (35)  | 12:28.47 (30) |
| 31             | Ani Wedemeyer       | Iowa City City High              | 27          | 19:42.59      | 5:57.98 (30)  | 12:39.23 (40) |
| 32             | Lauryn Frerichs     | Dowling Catholic West Des Moines | 28          | 19:42.84      | 6:04.26 (47)  | 12:37.89 (39) |
| 33             | Camryn Sattler      | Clinton                          | --          | 19:44.06      | 5:58.42 (33)  | 12:32.69 (34) |
| 34             | Cindy Wang          | Iowa City West                   | --          | 19:44.58      | 5:59.92 (38)  | 12:31.54 (33) |
| 35             | Abigail Wharton     | Johnston                         | 29          | 19:44.98      | 6:03.84 (46)  | 12:37.02 (37) |
| 36             | Iris Wedemeyer      | Iowa City City High              | 30          | 19:45.34      | 5:57.78 (29)  | 12:36.04 (36) |
| 37             | Kaitlyn Miller      | Dubuque Senior                   | 31          | 19:47.53      | 6:06.56 (50)  | 12:37.38 (38) |
| 38             | Claire Hoyer        | Dubuque Senior                   | 32          | 19:48.56      | 6:09.46 (60)  | 12:43.76 (45) |
| 39             | Anika Mohrhauser    | Ankeny Centennial                | 33          | 19:49.31      | 6:09.62 (64)  | 12:42.36 (42) |
| 40             | Grace Boleyn        | Pleasant Valley                  | 34          | 19:49.94      | 5:38.75 (7)   | 11:42.33 (5)  |
| 41             | Zoe Zylstra         | Cedar Falls                      | --          | 19:50.58      | 6:01.56 (40)  | 12:43.23 (44) |
| 42             | Rachel Adamson      | Linn-Mar Marion                  | 35          | 19:54.86      | 6:09.51 (62)  | 12:45.22 (51) |
| 43             | Lauren Jackson      | Ankeny                           | 36          | 19:57.48      | 6:10.41 (71)  | 12:45.92 (55) |
| 44             | Lily Johannes       | Prairie Cedar Rapids             | 37          | 20:00.12      | 6:08.20 (53)  | 12:48.96 (59) |
| 45             | Sydney Turk         | Ames                             | 38          | 20:02.47      | 6:06.08 (48)  | 12:45.54 (53) |
| 46             | Norah Seeley        | Urbandale                        | 39          | 20:03.27      | 5:59.74 (37)  | 12:42.68 (43) |
| 47             | Elly Shipley        | Linn-Mar Marion                  | 40          | 20:03.46      | 6:10.75 (72)  | 12:52.75 (65) |
| 48             | Bella Hodges        | Ankeny Centennial                | 41          | 20:04.85      | 6:10.19 (69)  | 12:44.80 (47) |
| 49             | Emily See           | Bettendorf                       | --          | 20:05.15      | 6:13.35 (83)  | 12:51.66 (63) |
| 50             | Bailey Vaughan      | Johnston                         | 42          | 20:06.48      | 5:58.42 (34)  | 12:45.46 (52) |
| 51             | Anja Peck           | Ankeny Centennial                | 43          | 20:07.10      | 6:10.97 (74)  | 12:45.00 (48) |
| 52             | Jordyn Brown        | Indianola                        | 44          | 20:07.81      | 6:08.52 (55)  | 12:45.65 (54) |
| 53             | Cohen Kooker        | Valley West Des Moines           | 45          | 20:08.12      | 6:07.51 (51)  | 12:45.00 (49) |
| 54             | Ally Buck           | Linn-Mar Marion                  | 46          | 20:08.81      | 6:09.69 (66)  | 12:52.04 (64) |
| 55             | Lourdes Mason       | Prairie Cedar Rapids             | 47          | 20:08.91      | 5:59.54 (36)  | 12:33.29 (35) |
| 56             | Bailey Boddicker    | North Scott Eldridge             | --          | 20:11.87      | 6:02.41 (42)  | 12:49.14 (60) |
| 57             | Emily Gorton        | Dubuque Senior                   | 48          | 20:12.31      | 6:08.80 (57)  | 12:48.56 (58) |
| 58             | Elizabeth Jordan    | Sioux City North                 | --          | 20:12.63      | 5:57.46 (28)  | 12:39.84 (41) |
| 59             | Lydia Sommer        | Pleasant Valley                  | 49          | 20:15.08      | 6:03.32 (44)  | 12:45.08 (50) |
| 60             | Gretchen Highberger | Pleasant Valley                  | 50          | 20:15.73      | 6:16.25 (91)  | 13:00.46 (78) |
| 61             | Savannah Gage       | Ankeny                           | 51          | 20:18.73      | 6:10.31 (70)  | 12:46.00 (57) |
| 62             | Lois Blackman       | Davenport Central                | --          | 20:21.28      | 6:03.00 (43)  | 12:51.14 (62) |
| 63             | Hannah Beintema     | Bettendorf                       | --          | 20:21.59      | 6:14.26 (86)  | 13:11.19 (89) |
| 64             | Alyza Koppes        | Prairie Cedar Rapids             | 52          | 20:21.71      | 6:06.48 (49)  | 12:53.65 (66) |
| 65             | Jenna Francois      | Southeast Polk                   | --          | 20:23.03      | 6:08.40 (54)  | 12:57.60 (73) |
| 66             | Natalie Schlichte   | Dubuque Hempstead                | 53          | 20:24.03      | 6:09.47 (61)  | 12:56.31 (70) |
| 67             | Talia Dosh          | Ankeny                           | 54          | 20:24.45      | 6:09.81 (67)  | 12:51.01 (61) |
| 68             | Megan Carmell       | Urbandale                        | 55          | 20:25.79      | 6:12.11 (81)  | 12:58.93 (76) |
| 69             | Rachel Mandt        | Cedar Falls                      | --          | 20:28.14      | 6:10.81 (73)  | 13:00.81 (79) |

| <b>Athlete</b> | <b>Team</b>         | <b>Score</b>                     | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |                |
|----------------|---------------------|----------------------------------|-------------|---------------|---------------|----------------|
| 70             | Payton Stewart      | Ames                             | 56          | 20:28.55      | 6:09.09 (59)  | 12:53.78 (67)  |
| 71             | Bree Tenges         | Indianola                        | 57          | 20:30.44      | 6:11.65 (80)  | 12:55.09 (68)  |
| 72             | Elena Gentry        | Des Moines Roosevelt             | 58          | 20:31.17      | 6:12.25 (82)  | 12:44.53 (46)  |
| 73             | Emily Bright        | Valley West Des Moines           | 59          | 20:31.50      | 6:14.72 (88)  | 13:01.13 (80)  |
| 74             | Jayda Gooch         | Dubuque Senior                   | 60          | 20:32.20      | 6:11.23 (77)  | 12:57.44 (72)  |
| 75             | Janae Hansen        | Mason City                       | --          | 20:34.09      | 6:24.48 (108) | 13:19.80 (101) |
| 76             | Bria Martell        | Pleasant Valley                  | 61          | 20:34.79      | 6:11.05 (76)  | 12:59.86 (77)  |
| 77             | Sophia Graber       | Ankeny                           | 62          | 20:35.18      | 6:17.70 (93)  | 13:16.48 (93)  |
| 78             | Paige Beason        | Ankeny                           | 63          | 20:35.94      | 6:19.40 (95)  | 13:16.48 (94)  |
| 79             | Marissa Pewe        | Johnston                         | 64          | 20:36.09      | 6:15.38 (89)  | 13:06.73 (83)  |
| 80             | Tillie Smith        | Ankeny Centennial                | 65          | 20:37.05      | 6:11.38 (78)  | 13:05.28 (82)  |
| 81             | Gracie Foster       | Indianola                        | 66          | 20:37.31      | 6:16.66 (92)  | 13:09.12 (87)  |
| 82             | Maddie Digman       | Dubuque Hempstead                | 67          | 20:38.42      | 6:09.54 (63)  | 12:56.66 (71)  |
| 83             | Breelie Mauro       | Norwalk Community                | --          | 20:39.01      | 6:03.54 (45)  | 12:56.00 (69)  |
| 84             | Jacie Mitchell      | Southeast Polk                   | --          | 20:40.41      | 6:08.75 (56)  | 13:08.91 (86)  |
| 85             | Alex Mackie         | Urbandale                        | 68          | 20:41.28      | 6:11.03 (75)  | 13:03.81 (81)  |
| 86             | Emma Baumgart       | Waukee                           | --          | 20:42.49      | 6:15.70 (90)  | 13:11.44 (90)  |
| 87             | Julia Flick         | Ankeny Centennial                | 69          | 20:46.32      | 6:11.65 (79)  | 13:08.76 (85)  |
| 88             | Ava Hall            | Valley West Des Moines           | 70          | 20:46.66      | 6:20.32 (97)  | 13:17.24 (96)  |
| 89             | Avery Muller        | Dowling Catholic West Des Moines | 71          | 20:48.87      | 6:21.04 (100) | 13:19.30 (100) |
| 90             | Molly O'Halloran    | Dowling Catholic West Des Moines | 72          | 20:49.19      | 6:14.52 (87)  | 13:15.92 (91)  |
| 91             | Megan Wainright     | Dowling Catholic West Des Moines | 73          | 20:49.22      | 6:21.40 (102) | 13:19.90 (102) |
| 92             | Krissy Spear        | Johnston                         | 74          | 20:51.34      | 6:14.06 (85)  | 13:08.27 (84)  |
| 93             | Ivy Mehlhaff        | Sioux City East                  | --          | 20:54.90      | 6:25.68 (109) | 13:18.88 (99)  |
| 94             | Emily Naughton      | Indianola                        | 75          | 20:57.00      | 6:08.14 (52)  | 13:09.43 (88)  |
| 95             | Crystal Ruden       | Urbandale                        | 76          | 20:59.25      | 6:13.82 (84)  | 13:17.80 (97)  |
| 96             | Kendall Jorgensen   | Ankeny Centennial                | 77          | 21:01.06      | 6:21.14 (101) | 13:16.52 (95)  |
| 97             | Abbey Vezina        | Linn-Mar Marion                  | 78          | 21:01.25      | 6:21.80 (103) | 13:18.60 (98)  |
| 98             | Julia Martinez-Lohf | Urbandale                        | 79          | 21:04.54      | 6:08.86 (58)  | 13:16.14 (92)  |
| 99             | Madeline Hollander  | Valley West Des Moines           | 80          | 21:08.40      | 6:18.77 (94)  | 13:24.22 (103) |
| 100            | Sarah Webster       | Urbandale                        | 81          | 21:09.48      | 6:19.80 (96)  | 13:26.21 (104) |
| 101            | Bethany Smeed       | Cedar Rapids Kennedy             | --          | 21:09.77      | 6:02.02 (41)  | 12:45.98 (56)  |
| 102            | Lucy Corbin         | Iowa City City High              | 82          | 21:17.28      | 6:30.54 (112) | 13:39.24 (112) |
| 103            | Sophia Huber        | Urbandale                        | 83          | 21:23.41      | 6:09.99 (68)  | 12:58.10 (75)  |
| 104            | Maddy Hall          | Dowling Catholic West Des Moines | 84          | 21:23.97      | 6:20.92 (99)  | 13:27.58 (105) |
| 105            | Kiah Synder         | Ames                             | 85          | 21:24.30      | 6:39.08 (121) | 13:42.65 (114) |
| 106            | Ava Scott           | Des Moines Roosevelt             | 86          | 21:27.17      | 6:28.80 (111) | 13:37.94 (109) |
| 107            | Lauryn Johannsen    | Johnston                         | 87          | 21:28.53      | 6:24.30 (107) | 13:38.87 (111) |
| 108            | Amanda Overton      | Valley West Des Moines           | 88          | 21:29.35      | 6:23.40 (105) | 13:37.04 (107) |
| 109            | Shaye Sullivan      | Linn-Mar Marion                  | 89          | 21:29.98      | 6:22.88 (104) | 13:34.40 (106) |
| 110            | Karlee Hamilton     | Prairie Cedar Rapids             | 90          | 21:30.81      | 6:25.72 (110) | 13:38.38 (110) |
| 111            | Nyadio Chan         | Ames                             | 91          | 21:31.37      | 6:35.54 (119) | 13:42.95 (115) |
| 112            | Tatum Frazier       | Iowa City City High              | 92          | 21:34.52      | 6:23.73 (106) | 13:37.04 (108) |
| 113            | Elle Green          | Des Moines Roosevelt             | 93          | 21:37.53      | 6:32.80 (115) | 13:46.88 (117) |
| 114            | Remy Sivertsen      | Indianola                        | 94          | 21:42.17      | 6:35.28 (118) | 13:49.75 (118) |
| 115            | Nina Kuhlmann       | Iowa City City High              | 95          | 21:43.38      | 6:32.04 (114) | 13:50.91 (120) |
| 116            | Ella Dorman         | Linn-Mar Marion                  | 96          | 21:43.90      | 6:41.28 (122) | 13:50.71 (119) |



| <b>Athlete</b>      | <b>Team</b>          | <b>Score</b> | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>  |
|---------------------|----------------------|--------------|-------------|---------------|----------------|
| 117 Taylor Hoger    | Indianola            | 97           | 21:44.85    | 6:30.54 (113) | 13:45.06 (116) |
| 118 Proserpi Mia    | Des Moines Roosevelt | 98           | 21:47.37    | 6:34.48 (117) | 13:51.74 (121) |
| 119 Eva Reynolds    | Iowa City City High  | 99           | 21:50.52    | 6:32.80 (116) | 13:54.10 (123) |
| 120 Joey Werling    | Indianola            | 100          | 21:52.44    | 6:36.22 (120) | 13:52.63 (122) |
| 121 Gabby Mauren    | Linn-Mar Marion      | 101          | 22:00.94    | 6:41.88 (123) | 13:59.78 (124) |
| 122 Emma Chambers   | Dubuque Senior       | 102          | 22:40.63    | 6:46.18 (125) | 14:20.82 (125) |
| 123 Ellie Hermiston | Dubuque Hempstead    | 103          | 24:07.13    | 6:20.84 (98)  | 13:41.62 (113) |
| Georgia Harms       | Dubuque Senior       | --           | DNF         | 6:09.63 (65)  | 12:57.73 (74)  |
| Bridget Canton      | Prairie Cedar Rapids | --           | DNF         | 6:41.88 (124) | <b>(1)</b>     |

**Race #2**  
**Class 4A Boys 5000M**
**FINAL RESULTS**
**TEAM SCORING SUMMARY**

| <b>Final Standings</b>             | <b>Score</b> | <b>Total</b> | <b>Avg.</b> | <b>Division</b> |
|------------------------------------|--------------|--------------|-------------|-----------------|
| 1 Dowling Catholic West Des Moines | 56           | 1:20:29      | 16:06       |                 |
| 2 Sioux City North                 | 62           | 1:20:17      | 16:04       |                 |
| 3 Iowa City City High              | 72           | 1:21:04      | 16:13       |                 |
| 4 Johnston                         | 140          | 1:23:03      | 16:37       |                 |
| 5 Cedar Falls                      | 158          | 1:23:41      | 16:45       |                 |
| 6 Norwalk Community                | 179          | 1:24:03      | 16:49       |                 |
| 7 Dubuque Hempstead                | 196          | 1:24:05      | 16:49       |                 |
| 8 Iowa City West                   | 200          | 1:23:44      | 16:45       |                 |
| 9 Pleasant Valley                  | 241          | 1:25:02      | 17:01       |                 |
| 10 Waukee Northwest                | 254          | 1:25:34      | 17:07       |                 |
| 11 Urbandale                       | 282          | 1:25:59      | 17:12       |                 |
| 12 Iowa City Liberty               | 293          | 1:26:12      | 17:15       |                 |
| 13 Ankeny                          | 299          | 1:26:35      | 17:19       |                 |
| 14 Ankeny Centennial               | 307          | 1:26:31      | 17:19       |                 |
| 15 Prairie Cedar Rapids            | 333          | 1:26:56      | 17:24       |                 |

**SPLIT SCORING SUMMARY**
**1 MILE**

| <b>UNOFFICIAL Standings</b>        | <b>Score</b> |
|------------------------------------|--------------|
| 1 Sioux City North                 | 80           |
| 2 Dubuque Hempstead                | 93           |
| 3 Iowa City City High              | 107          |
| 4 Dowling Catholic West Des Moines | 110          |
| 5 Norwalk Community                | 138          |
| 6 Cedar Falls                      | 164          |
| 7 Johnston                         | 175          |
| 8 Iowa City West                   | 193          |
| 9 Iowa City Liberty                | 231          |
| 10 Pleasant Valley                 | 266          |
| 11 Prairie Cedar Rapids            | 270          |
| 12 Waukee Northwest                | 288          |
| 13 Urbandale                       | 294          |
| 14 Ankeny Centennial               | 347          |
| 15 Ankeny                          | 399          |

**2 MILE**

| <b>UNOFFICIAL Standings</b>        | <b>Score</b> |
|------------------------------------|--------------|
| 1 Dowling Catholic West Des Moines | 75           |

| UNOFFICIAL Standings |                      | Score |
|----------------------|----------------------|-------|
| 2                    | Iowa City City High  | 77    |
| 2                    | Sioux City North     | 77    |
| 4                    | Dubuque Hempstead    | 122   |
| 5                    | Johnston             | 140   |
| 6                    | Cedar Falls          | 172   |
| 6                    | Iowa City West       | 172   |
| 8                    | Norwalk Community    | 175   |
| 9                    | Waukee Northwest     | 259   |
| 10                   | Pleasant Valley      | 265   |
| 11                   | Iowa City Liberty    | 278   |
| 12                   | Urbandale            | 303   |
| 13                   | Prairie Cedar Rapids | 311   |
| 14                   | Ankeny               | 327   |
| 15                   | Ankeny Centennial    | 342   |

## INDIVIDUAL RESULTS

| Athlete | Team             | Score                            | Time | 1 Mile   | 2 Mile             |                     |
|---------|------------------|----------------------------------|------|----------|--------------------|---------------------|
| 1       | Jackson Heidesch | Dowling Catholic West Des Moines | 1    | 15:24.37 | 4:58.00 (3)        | 10:01.12 (3)        |
| 2       | Alexander McKane | Iowa City West                   | 2    | 15:30.65 | 4:57.98 (2)        | 10:00.86 (2)        |
| 3       | Gabe Nash        | Sioux City North                 | 3    | 15:32.74 | 4:59.33 (17)       | 10:01.56 (4)        |
| 4       | Ford Washburn    | Iowa City City High              | 4    | 15:32.88 | <b>4:57.81 (1)</b> | <b>10:00.79 (1)</b> |
| 5       | Will Lohr        | Sioux City North                 | 5    | 15:36.71 | 4:58.08 (4)        | 10:02.14 (5)        |
| 6       | Jaxson Plumb     | Johnston                         | 6    | 15:55.87 | 4:59.56 (18)       | 10:13.55 (12)       |
| 7       | Will Ryan        | Dowling Catholic West Des Moines | 7    | 15:57.15 | 4:59.07 (15)       | 10:04.79 (6)        |
| 8       | Natnael Kifle    | Sioux City North                 | 8    | 16:00.39 | 4:58.41 (8)        | 10:11.04 (8)        |
| 9       | Hayden Kuhn      | Linn-Mar Marion                  | --   | 16:01.22 | 4:59.96 (21)       | 10:13.14 (11)       |
| 10      | Tyler Schweizer  | Dowling Catholic West Des Moines | 9    | 16:06.01 | 4:58.57 (10)       | 10:12.14 (9)        |
| 11      | Ammon Smith      | Iowa City City High              | 10   | 16:06.13 | 4:58.92 (13)       | 10:19.68 (16)       |
| 12      | Brayden Burnett  | Cedar Falls                      | 11   | 16:10.73 | 4:58.67 (11)       | 10:17.80 (14)       |
| 13      | Ethan Eichhorn   | Lewis Central                    | --   | 16:10.89 | 4:58.34 (7)        | 10:12.58 (10)       |
| 14      | Carson Owens     | Southeast Polk                   | --   | 16:12.29 | 4:58.16 (5)        | 10:16.88 (13)       |
| 15      | Derek Leicht     | Dubuque Hempstead                | 12   | 16:12.89 | 4:58.16 (6)        | 10:10.55 (7)        |
| 16      | Elliot Dunnwald  | Iowa City City High              | 13   | 16:14.95 | 5:01.62 (24)       | 10:21.04 (20)       |
| 17      | Jacob Mumey      | Pleasant Valley                  | 14   | 16:15.53 | 5:00.54 (22)       | 10:25.25 (22)       |
| 18      | Curtis Johnson   | Indianola                        | --   | 16:16.75 | 4:59.77 (20)       | 10:26.74 (23)       |
| 19      | Miles Wilson     | Cedar Rapids Kennedy             | --   | 16:17.04 | 4:58.41 (9)        | 10:19.46 (15)       |
| 20      | Yemane Kifle     | Sioux City North                 | 15   | 16:20.17 | 4:58.74 (12)       | 10:20.18 (17)       |
| 21      | John Maloney     | Dubuque Hempstead                | 16   | 16:23.44 | 4:59.57 (19)       | 10:22.58 (21)       |
| 22      | Carter Eckhoff   | Johnston                         | 17   | 16:25.14 | 4:59.25 (16)       | 10:20.52 (18)       |
| 23      | Conner Smith     | Marshalltown                     | --   | 16:26.12 | 4:58.93 (14)       | 10:20.62 (19)       |
| 24      | Flynn Milligan   | Dowling Catholic West Des Moines | 18   | 16:27.21 | 5:10.55 (56)       | 10:38.81 (35)       |
| 25      | Seth Cheney      | Iowa City West                   | 19   | 16:31.86 | 5:04.91 (33)       | 10:31.22 (26)       |
| 26      | Alex Horstman    | Cedar Falls                      | 20   | 16:33.23 | 5:01.32 (23)       | 10:29.85 (24)       |
| 27      | Jack Flori       | Dowling Catholic West Des Moines | 21   | 16:33.67 | 5:11.27 (63)       | 10:39.49 (37)       |
| 28      | Noah Carey       | Iowa City City High              | 22   | 16:34.60 | 5:05.68 (34)       | 10:34.96 (30)       |

| <b>Athlete</b> | <b>Team</b>        | <b>Score</b>                     | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |               |
|----------------|--------------------|----------------------------------|-------------|---------------|---------------|---------------|
| 29             | Truman Thompson    | Iowa City City High              | 23          | 16:35.14      | 5:11.27 (64)  | 10:36.21 (32) |
| 30             | Donovan Card       | Norwalk Community                | 24          | 16:35.51      | 5:02.23 (28)  | 10:38.29 (34) |
| 31             | Logan Hoger        | Indianola                        | --          | 16:36.09      | 5:05.92 (36)  | 10:32.13 (27) |
| 32             | Brady Blean        | Dubuque Hempstead                | 25          | 16:36.57      | 5:02.23 (27)  | 10:30.16 (25) |
| 33             | Matthew Bootman    | Dowling Catholic West Des Moines | 26          | 16:36.57      | 5:11.07 (61)  | 10:39.22 (36) |
| 34             | Will Chase         | Norwalk Community                | 27          | 16:37.24      | 5:02.56 (30)  | 10:32.88 (29) |
| 35             | Evan McClinton     | Valley West Des Moines           | --          | 16:40.03      | 5:06.89 (40)  | 10:41.15 (40) |
| 36             | Jack Brown         | Norwalk Community                | 28          | 16:41.59      | 5:02.13 (26)  | 10:32.77 (28) |
| 37             | Ethan Smith        | Urbandale                        | 29          | 16:43.43      | 5:09.95 (54)  | 10:43.33 (42) |
| 38             | Carson Lane        | Johnston                         | 30          | 16:45.46      | 5:09.04 (47)  | 10:36.21 (33) |
| 39             | Garrett Weber      | Waukee                           | --          | 16:46.12      | 5:02.44 (29)  | 10:39.53 (38) |
| 40             | Beshanena Gutema   | Sioux City North                 | 31          | 16:46.58      | 5:11.00 (60)  | 10:48.43 (58) |
| 41             | Levi Hill          | Ankeny                           | 32          | 16:50.89      | 5:09.12 (48)  | 10:40.09 (39) |
| 42             | Aidan Decker       | Iowa City Liberty                | 33          | 16:51.14      | 5:07.72 (43)  | 10:44.25 (43) |
| 43             | Luke Hartman       | Cedar Falls                      | 34          | 16:52.34      | 5:09.82 (52)  | 10:47.30 (51) |
| 44             | Jake Bosch         | Ankeny                           | 35          | 16:54.06      | 5:17.28 (95)  | 10:49.14 (61) |
| 45             | Colin Johnson      | Cedar Falls                      | 36          | 16:54.90      | 5:10.92 (58)  | 10:48.12 (56) |
| 46             | Tommy Hensley      | Urbandale                        | 37          | 16:55.26      | 5:06.58 (39)  | 10:46.09 (48) |
| 47             | Kal Hoppe          | Waukee Northwest                 | 38          | 16:55.28      | 5:11.76 (71)  | 10:47.74 (54) |
| 48             | Henry McMahan      | Cedar Rapids Kennedy             | --          | 16:55.53      | 5:06.06 (37)  | 10:42.41 (41) |
| 49             | Tyler Schermerhorn | Ankeny Centennial                | 39          | 16:56.25      | 5:12.49 (76)  | 10:53.10 (72) |
| 50             | Anthony Lee        | Prairie Cedar Rapids             | 40          | 16:56.54      | 5:04.43 (31)  | 10:35.90 (31) |
| 51             | Christian Montover | Iowa City Liberty                | 41          | 16:56.59      | 5:07.06 (41)  | 10:44.71 (45) |
| 52             | Stephen Beaman     | Johnston                         | 42          | 16:56.67      | 5:11.66 (70)  | 10:47.72 (53) |
| 53             | Sullivan Hall      | Iowa City City High              | 43          | 16:56.70      | 5:11.51 (67)  | 10:48.12 (57) |
| 54             | Parker Max         | Iowa City City High              | 44          | 16:58.95      | 5:12.17 (74)  | 10:46.75 (50) |
| 55             | Jake Wagner        | Johnston                         | 45          | 16:59.23      | 5:11.59 (69)  | 10:49.01 (60) |
| 56             | Noah Buhrow        | Norwalk Community                | 46          | 16:59.52      | 5:09.37 (49)  | 10:50.41 (63) |
| 57             | Karsten Peters     | Ankeny Centennial                | 47          | 17:00.47      | 5:12.35 (75)  | 10:52.90 (71) |
| 58             | Brady Cortez       | Prairie Cedar Rapids             | 48          | 17:00.92      | 5:10.12 (55)  | 10:48.47 (59) |
| 59             | Luke Crawford      | North Scott Eldridge             | --          | 17:03.70      | 5:11.59 (68)  | 10:53.61 (73) |
| 60             | David Parks        | Waukee Northwest                 | 49          | 17:04.98      | 5:12.49 (77)  | 10:51.81 (66) |
| 61             | Gavin Hall         | Cedar Rapids Jefferson           | --          | 17:06.04      | 5:07.24 (42)  | 10:47.52 (52) |
| 62             | Luke Knepp         | Pleasant Valley                  | 50          | 17:07.10      | 5:11.47 (66)  | 10:52.52 (69) |
| 63             | Kon Dut            | Waukee Northwest                 | 51          | 17:07.24      | 5:05.87 (35)  | 10:44.67 (44) |
| 64             | Drew Lehman        | Waukee Northwest                 | 52          | 17:07.67      | 5:15.47 (86)  | 10:56.67 (77) |
| 65             | Cooper Majors      | Ankeny Centennial                | 53          | 17:08.50      | 5:12.09 (73)  | 10:54.86 (74) |
| 66             | Henry Groos        | Norwalk Community                | 54          | 17:08.80      | 5:09.53 (51)  | 10:51.53 (64) |
| 67             | Cameron Gotto      | Pleasant Valley                  | 55          | 17:08.83      | 5:16.13 (90)  | 10:58.66 (81) |
| 68             | Marcus Leitzen     | Dubuque Hempstead                | 56          | 17:09.03      | 5:09.88 (53)  | 10:47.91 (55) |
| 69             | Gavin Denholm      | Cedar Falls                      | 57          | 17:09.62      | 5:11.30 (65)  | 10:52.13 (67) |
| 70             | Aidan Limback      | Valley West Des Moines           | --          | 17:09.92      | 5:14.88 (84)  | 10:55.10 (75) |
| 71             | Caden Noeller      | Iowa City West                   | 58          | 17:12.26      | 5:06.21 (38)  | 10:45.69 (47) |
| 72             | Matt Bender        | Pleasant Valley                  | 59          | 17:12.89      | 5:11.21 (62)  | 10:51.73 (65) |
| 73             | Moustafa Tiew      | Iowa City West                   | 60          | 17:13.54      | 5:13.57 (82)  | 10:55.26 (76) |
| 74             | Michael Lee        | Iowa City West                   | 61          | 17:14.83      | 5:12.94 (80)  | 10:50.00 (62) |
| 75             | Ben Hanson         | Norwalk Community                | 62          | 17:16.37      | 5:08.98 (46)  | 11:02.88 (88) |

| <b>Athlete</b> | <b>Team</b>       | <b>Score</b>                     | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |                |
|----------------|-------------------|----------------------------------|-------------|---------------|---------------|----------------|
| 76             | Ryan Campbell     | Sioux City East                  | --          | 17:16.90      | 5:09.52 (50)  | 10:52.39 (68)  |
| 77             | Max Sorgenfrey    | Pleasant Valley                  | 63          | 17:17.04      | 5:16.20 (91)  | 11:01.08 (85)  |
| 78             | Aidan Cooper      | Waukee Northwest                 | 64          | 17:18.70      | 5:13.20 (81)  | 10:57.32 (78)  |
| 79             | Joel Bloomer      | Waukee Northwest                 | 65          | 17:22.24      | 5:15.99 (89)  | 11:02.08 (86)  |
| 80             | Gabe Shaw         | Dowling Catholic West Des Moines | 66          | 17:22.69      | 5:10.73 (57)  | 10:46.41 (49)  |
| 81             | Logan Nelson      | Iowa City Liberty                | 67          | 17:23.12      | 5:10.98 (59)  | 10:52.77 (70)  |
| 82             | Abel Squires      | Ankeny                           | 68          | 17:23.86      | 5:23.67 (113) | 11:02.67 (87)  |
| 83             | Cole Leggett      | Urbandale                        | 69          | 17:23.93      | 5:16.66 (93)  | 11:09.73 (96)  |
| 84             | Charlie Bennett   | Ames                             | --          | 17:24.05      | 5:15.83 (87)  | 10:59.57 (82)  |
| 85             | Jack Coen         | Johnston                         | 70          | 17:24.88      | 5:12.03 (72)  | 11:06.96 (92)  |
| 86             | Tate Severs       | Johnston                         | 71          | 17:26.95      | 5:12.87 (79)  | 11:00.67 (84)  |
| 87             | Christian Rathje  | Ankeny                           | 72          | 17:27.35      | 5:21.35 (107) | 11:07.16 (93)  |
| 88             | Kyler Peck        | Urbandale                        | 73          | 17:27.63      | 5:12.50 (78)  | 11:03.98 (89)  |
| 89             | Blake Smith       | Urbandale                        | 74          | 17:27.85      | 5:18.35 (99)  | 11:09.32 (95)  |
| 90             | Jordan Robinson   | Iowa City Liberty                | 75          | 17:28.13      | 5:08.38 (45)  | 11:00.03 (83)  |
| 91             | Robert Howes      | Dubuque Senior                   | --          | 17:29.66      | 5:14.27 (83)  | 11:05.69 (91)  |
| 92             | Jose Gutierrez    | Sioux City North                 | 76          | 17:32.58      | 5:19.24 (101) | 11:08.69 (94)  |
| 93             | Ethan Keeney      | Iowa City Liberty                | 77          | 17:32.68      | 5:20.55 (104) | 11:13.75 (102) |
| 94             | Tyler Merhar      | Waukee Northwest                 | 78          | 17:34.79      | 5:17.77 (97)  | 11:09.78 (97)  |
| 95             | Jaxon Sickles     | Prairie Cedar Rapids             | 79          | 17:36.89      | 5:22.59 (109) | 11:14.77 (104) |
| 96             | Samuel Morehead   | Burlington                       | --          | 17:38.32      | 5:27.88 (117) | 11:14.87 (105) |
| 97             | Aj Schermerhorn   | Ankeny Centennial                | 80          | 17:38.66      | 5:15.08 (85)  | 11:05.24 (90)  |
| 98             | Tarun Vedula      | Pleasant Valley                  | 81          | 17:38.89      | 5:15.83 (88)  | 11:11.16 (98)  |
| 99             | Anson Fauchier    | Prairie Cedar Rapids             | 82          | 17:39.40      | 5:20.11 (103) | 11:13.23 (100) |
| 100            | Corbin Oswald     | Norwalk Community                | 83          | 17:40.83      | 5:18.74 (100) | 11:11.36 (99)  |
| 101            | Bryson Canton     | Prairie Cedar Rapids             | 84          | 17:41.35      | 5:04.84 (32)  | 10:58.18 (80)  |
| 102            | Zach Cooper       | Prairie Cedar Rapids             | 85          | 17:42.17      | 5:24.28 (114) | 11:24.63 (111) |
| 103            | Colby Cryer       | Cedar Falls                      | 86          | 17:42.22      | 5:19.38 (102) | 11:15.36 (106) |
| 104            | Johnathan O'Brien | Dubuque Hempstead                | 87          | 17:42.32      | 5:01.77 (25)  | 10:45.62 (46)  |
| 105            | Carter Lust       | Ankeny Centennial                | 88          | 17:46.37      | 5:21.87 (108) | 11:14.06 (103) |
| 106            | Ethan Cole        | Bettendorf                       | --          | 17:47.22      | 5:16.26 (92)  | 11:16.10 (107) |
| 107            | Noah Gregoire     | Iowa City Liberty                | 89          | 17:47.36      | 5:20.62 (105) | 11:13.23 (101) |
| 108            | Evan Leggett      | Urbandale                        | 90          | 17:48.62      | 5:18.29 (98)  | 11:16.93 (108) |
| 109            | Gavin Keeney      | Iowa City Liberty                | 91          | 17:56.25      | 5:21.21 (106) | 11:27.30 (114) |
| 110            | London Schuchart  | Ankeny                           | 92          | 17:58.30      | 5:27.80 (116) | 11:28.59 (115) |
| 111            | Asher Overholt    | Iowa City West                   | 93          | 18:02.93      | 5:17.29 (96)  | 11:19.71 (109) |
| 112            | Levi Stember      | Ankeny                           | 94          | 18:05.42      | 5:32.31 (119) | 11:41.01 (119) |
| 113            | Andrew Donoho     | Urbandale                        | 95          | 18:07.65      | 5:22.99 (112) | 11:31.86 (116) |
| 114            | Kyle Duehr        | Dubuque Hempstead                | 96          | 18:09.33      | 5:22.85 (111) | 11:27.13 (113) |
| 115            | Noah Segar        | Ankeny Centennial                | 97          | 18:10.52      | 5:32.68 (121) | 11:37.28 (117) |
| 116            | Rocco D'Antico    | Pleasant Valley                  | 98          | 18:20.83      | 5:22.72 (110) | 11:26.91 (112) |
| 117            | Robert Stong      | Iowa City West                   | 99          | 18:26.52      | 5:16.91 (94)  | 11:20.32 (110) |
| 118            | Carson Nove       | Prairie Cedar Rapids             | 100         | 18:29.96      | 5:29.33 (118) | 11:42.09 (120) |
| 119            | Parker Lundberg   | Ankeny Centennial                | 101         | 18:40.17      | 5:32.63 (120) | 11:37.41 (118) |
| 120            | Truman Patterson  | Ankeny                           | 102         | 18:41.33      | 5:25.57 (115) | 11:47.07 (121) |
| 121            | Joshua Burjes     | Cedar Falls                      | 103         | 18:41.82      | 5:33.73 (123) | 11:51.69 (122) |
| 122            | Raul Gomez        | Sioux City North                 | 104         | 18:42.62      | 5:33.46 (122) | 11:53.94 (123) |

| <b>Athlete</b> | <b>Team</b>       | <b>Score</b> | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |
|----------------|-------------------|--------------|-------------|---------------|---------------|
| 123 Caleb Kass | Dubuque Hempstead | 105          | 18:51.57    | 5:08.05 (44)  | 10:57.46 (79) |

**Race #3**  
**Class 3A Girls 5000M**
**FINAL RESULTS**
**TEAM SCORING SUMMARY**

| <b>Final Standings</b> | <b>Score</b>            | <b>Total</b> | <b>Avg.</b> | <b>Division</b> |
|------------------------|-------------------------|--------------|-------------|-----------------|
| 1                      | Solon                   | 77           | 1:39:21     | 19:53           |
| 2                      | Ballard                 | 103          | 1:39:20     | 19:52           |
| 3                      | Dallas Center-Grimes    | 127          | 1:41:39     | 20:20           |
| 4                      | Epworth Western Dubuque | 165          | 1:41:56     | 20:24           |
| 5                      | Mount Vernon-Lisbon     | 199          | 1:43:41     | 20:45           |
| 6                      | Carlisle                | 205          | 1:43:58     | 20:48           |
| 7                      | Harlan                  | 212          | 1:43:26     | 20:42           |
| 8                      | Moc-Floyd Valley        | 221          | 1:44:08     | 20:50           |
| 9                      | North Polk Alleman      | 222          | 1:44:12     | 20:51           |
| 10                     | Spencer                 | 232          | 1:44:04     | 20:49           |
| 11                     | Glenwood                | 239          | 1:44:50     | 20:58           |
| 12                     | Center Point-Urbana     | 242          | 1:44:53     | 20:59           |
| 13                     | Gilbert                 | 249          | 1:44:54     | 20:59           |
| 14                     | Wahlert Dubuque         | 265          | 1:45:47     | 21:10           |
| 15                     | Marion                  | 267          | 1:45:46     | 21:10           |

**SPLIT SCORING SUMMARY**
**1 MILE**

| <b>UNOFFICIAL Standings</b> | <b>Score</b>            |     |
|-----------------------------|-------------------------|-----|
| 1                           | Solon                   | 84  |
| 2                           | Epworth Western Dubuque | 126 |
| 3                           | Dallas Center-Grimes    | 145 |
| 4                           | Ballard                 | 167 |
| 5                           | Harlan                  | 182 |
| 6                           | North Polk Alleman      | 191 |
| 7                           | Spencer                 | 202 |
| 7                           | Wahlert Dubuque         | 202 |
| 9                           | Center Point-Urbana     | 226 |
| 10                          | Mount Vernon-Lisbon     | 232 |
| 11                          | Marion                  | 249 |
| 12                          | Glenwood                | 262 |
| 12                          | Carlisle                | 262 |
| 14                          | Moc-Floyd Valley        | 289 |
| 15                          | Gilbert                 | 295 |

**2 MILE**

| <b>UNOFFICIAL Standings</b> | <b>Score</b> |    |
|-----------------------------|--------------|----|
| 1                           | Solon        | 75 |

| <b>UNOFFICIAL Standings</b> |                         | <b>Score</b> |
|-----------------------------|-------------------------|--------------|
| 2                           | Dallas Center-Grimes    | 130          |
| 3                           | Ballard                 | 131          |
| 4                           | Epworth Western Dubuque | 138          |
| 5                           | North Polk Alleman      | 198          |
| 6                           | Mount Vernon-Lisbon     | 204          |
| 7                           | Harlan                  | 210          |
| 8                           | Carlisle                | 229          |
| 9                           | Wahlert Dubuque         | 233          |
| 10                          | Spencer                 | 239          |
| 11                          | Moc-Floyd Valley        | 245          |
| 11                          | Center Point-Urbana     | 245          |
| 13                          | Marion                  | 259          |
| 14                          | Glenwood                | 264          |
| 15                          | Gilbert                 | 269          |

## INDIVIDUAL RESULTS

| <b>Athlete</b> | <b>Team</b>       | <b>Score</b>                      | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>      |                     |
|----------------|-------------------|-----------------------------------|-------------|---------------|--------------------|---------------------|
| 1              | Paityn Noe        | Ballard                           | 1           | 18:12.74      | <b>5:32.41 (1)</b> | <b>11:34.49 (1)</b> |
| 2              | Geneva Timmerman  | ADM Adel                          | --          | 19:06.41      | 5:41.80 (2)        | 12:04.34 (3)        |
| 3              | Ainsley Erzen     | Carlisle                          | 2           | 19:13.86      | 5:47.76 (3)        | 11:58.12 (2)        |
| 4              | Emily Haverdink   | Moc-Floyd Valley                  | 3           | 19:16.78      | 5:51.35 (7)        | 12:15.27 (4)        |
| 5              | Kayla Young       | Solon                             | 4           | 19:19.68      | 5:58.36 (13)       | 12:25.17 (12)       |
| 6              | Raegan Snieder    | Pella                             | --          | 19:27.26      | 5:58.73 (17)       | 12:23.38 (10)       |
| 7              | Kaia Bieker       | Harlan                            | 5           | 19:29.18      | 5:48.78 (4)        | 12:22.73 (8)        |
| 8              | Kora Katcher      | Center Point-Urbana               | 6           | 19:29.64      | 5:50.27 (6)        | 12:19.94 (6)        |
| 9              | Emma Bock         | Solon                             | 7           | 19:30.70      | 5:58.46 (15)       | 12:30.39 (17)       |
| 10             | Lilly Boge        | Epworth Western Dubuque           | 8           | 19:30.95      | 5:53.90 (9)        | 12:18.24 (5)        |
| 11             | Ava Vance         | Ballard                           | 9           | 19:32.16      | 5:57.50 (12)       | 12:22.93 (9)        |
| 12             | Peyton Morey      | Spencer                           | 10          | 19:34.32      | 5:58.53 (16)       | 12:27.39 (15)       |
| 13             | Moriah Knapp      | Algona                            | --          | 19:35.52      | 5:53.58 (8)        | 12:24.77 (11)       |
| 14             | Alyssa Klein      | Epworth Western Dubuque           | 11          | 19:36.07      | 5:56.66 (11)       | 12:26.93 (13)       |
| 15             | Ellie Meyer       | Wahlert Dubuque                   | 12          | 19:36.76      | 5:58.99 (18)       | 12:27.05 (14)       |
| 16             | Lindsey Sonderman | Harlan                            | 13          | 19:41.95      | 5:49.06 (5)        | 12:22.03 (7)        |
| 17             | Kinze Shea        | Crestwood Cresco                  | --          | 19:45.92      | 6:02.02 (28)       | 12:37.90 (19)       |
| 18             | Laura Swart       | Mount Vernon-Lisbon               | 14          | 19:46.99      | 5:58.36 (14)       | 12:29.42 (16)       |
| 19             | Anna Quillin      | Solon                             | 15          | 19:49.30      | 5:59.51 (20)       | 12:38.04 (20)       |
| 20             | Haidyn Barker     | Clear Creek-Amana                 | --          | 19:49.90      | 6:02.77 (32)       | 12:32.17 (18)       |
| 21             | Anna Hoffman      | Mount Vernon-Lisbon               | 16          | 19:53.70      | 6:07.35 (40)       | 12:40.41 (23)       |
| 22             | Tessa Erzen       | Carlisle                          | 17          | 19:57.58      | 6:03.78 (35)       | 12:43.41 (26)       |
| 23             | Maddy Stevens     | Dallas Center-Grimes              | 18          | 20:02.09      | 6:01.62 (26)       | 12:47.06 (27)       |
| 24             | Sydney Bochmann   | Waverly-Shell Rock                | --          | 20:03.14      | 6:02.16 (29)       | 12:39.20 (21)       |
| 25             | Teah Miller       | Iowa Falls-Alden/AGWSR            | --          | 20:03.34      | 6:00.31 (22)       | 12:42.57 (24)       |
| 26             | Abby Harding      | Iowa Falls-Alden/AGWSR            | --          | 20:05.22      | 6:00.69 (23)       | 12:42.86 (25)       |
| 27             | Brooklyn Stanley  | Bishop Heelan Catholic Sioux City | --          | 20:07.12      | 6:01.17 (25)       | 12:47.87 (28)       |
| 28             | Katelyn Krieger   | Spirit Lake Park                  | --          | 20:07.86      | 6:02.34 (30)       | 12:48.46 (30)       |



| <b>Athlete</b> | <b>Team</b>        | <b>Score</b>                      | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |               |
|----------------|--------------------|-----------------------------------|-------------|---------------|---------------|---------------|
| 29             | Mendlik Lola       | Denison-Schleswig                 | --          | 20:08.38      | 6:01.96 (27)  | 12:47.92 (29) |
| 30             | Annika Larson      | Ballard                           | 19          | 20:08.49      | 6:13.27 (52)  | 12:56.45 (41) |
| 31             | Madelyn Berglund   | Glenwood                          | 20          | 20:09.47      | 6:07.16 (39)  | 12:54.23 (37) |
| 32             | Hannah Little      | Dallas Center-Grimes              | 21          | 20:09.65      | 6:05.71 (37)  | 12:53.79 (36) |
| 33             | Meghan O'Neill     | Solon                             | 22          | 20:10.19      | 6:09.78 (42)  | 12:49.94 (32) |
| 34             | Rebecca Anderson   | Decorah                           | --          | 20:11.06      | 6:11.06 (47)  | 12:50.47 (33) |
| 35             | Autumn Blink       | Pella                             | --          | 20:17.88      | 6:10.48 (45)  | 12:57.17 (43) |
| 36             | Madison Prier      | Marion                            | 23          | 20:19.20      | 6:02.60 (31)  | 12:49.22 (31) |
| 37             | Elin Van Der Werff | Moc-Floyd Valley                  | 24          | 20:21.33      | 6:18.22 (72)  | 13:03.47 (47) |
| 38             | Meredith McDermott | Dallas Center-Grimes              | 25          | 20:22.39      | 6:11.66 (48)  | 12:51.82 (34) |
| 39             | Abbey Angus        | Dallas Center-Grimes              | 26          | 20:23.62      | 6:15.00 (60)  | 12:56.98 (42) |
| 40             | Peyton Steffen     | Marion                            | 27          | 20:24.06      | 6:00.75 (24)  | 12:53.77 (35) |
| 41             | Dyllan Kaufman     | Winterset                         | --          | 20:24.84      | 6:02.88 (34)  | 12:54.49 (38) |
| 42             | Emrie Johnson      | Mount Vernon-Lisbon               | 28          | 20:29.78      | 6:15.96 (66)  | 13:01.46 (46) |
| 43             | Mara Duster        | Solon                             | 29          | 20:30.62      | 6:05.78 (38)  | 13:03.57 (48) |
| 44             | Abby Bell          | North Polk Alleman                | 30          | 20:31.82      | 6:11.66 (49)  | 13:06.89 (50) |
| 45             | Breckyn Petersen   | Glenwood                          | 31          | 20:34.76      | 6:14.40 (55)  | 13:07.49 (51) |
| 46             | Nicole Carmona     | Assumption Davenport              | --          | 20:34.77      | 6:17.12 (70)  | 13:04.12 (49) |
| 47             | Kate Huisinga      | Ballard                           | 32          | 20:34.79      | 6:22.85 (86)  | 13:11.29 (61) |
| 48             | Ava Rush           | Atlantic                          | --          | 20:35.90      | 6:02.80 (33)  | 12:55.74 (39) |
| 49             | Brenna Fisher      | Spencer                           | 33          | 20:37.68      | 5:55.05 (10)  | 12:57.32 (44) |
| 50             | Aleah McBee        | North Polk Alleman                | 34          | 20:38.19      | 6:15.32 (63)  | 13:08.11 (56) |
| 51             | Clare Stahr        | Gilbert                           | 35          | 20:38.36      | 6:21.26 (81)  | 13:20.38 (72) |
| 52             | Aubrie Kiesling    | North Polk Alleman                | 36          | 20:38.83      | 6:14.66 (57)  | 13:07.79 (52) |
| 53             | Dakota Newcomb     | Dallas Center-Grimes              | 37          | 20:40.34      | 6:10.36 (44)  | 13:08.05 (55) |
| 54             | Kalin Rotzoll      | Clear Creek-Amana                 | --          | 20:46.61      | 6:13.86 (53)  | 13:07.79 (53) |
| 55             | Mia Kautman        | Gilbert                           | 38          | 20:47.44      | 6:21.49 (82)  | 13:21.56 (75) |
| 56             | Olivia Thul        | Epworth Western Dubuque           | 39          | 20:47.70      | 6:15.86 (65)  | 13:08.71 (58) |
| 57             | Emma Wilkerson     | Center Point-Urbana               | 40          | 20:48.06      | 6:11.86 (50)  | 13:09.33 (59) |
| 58             | Alyssa Shannon     | Newton                            | --          | 20:49.88      | 6:14.22 (54)  | 13:15.17 (65) |
| 59             | Vanessa Bickford   | Dallas Center-Grimes              | 41          | 20:50.20      | 6:16.50 (68)  | 13:14.59 (64) |
| 60             | Lydia Staudt       | Charles City                      | --          | 20:50.68      | 6:18.54 (73)  | 13:17.32 (69) |
| 61             | Ava Richardson     | Ballard                           | 42          | 20:50.91      | 6:23.68 (89)  | 13:21.89 (77) |
| 62             | Ellie Kirby        | Wahlert Dubuque                   | 43          | 20:51.08      | 6:07.42 (41)  | 12:59.81 (45) |
| 63             | Lydia Maas         | Hampton-Dumont-CAL                | --          | 20:51.87      | 6:17.96 (71)  | 13:11.84 (62) |
| 64             | Kendel Slavin      | Crestwood Cresco                  | --          | 20:51.88      | 6:24.01 (92)  | 13:20.38 (71) |
| 65             | Delaney Saulsbury  | Bishop Heelan Catholic Sioux City | --          | 20:52.38      | 6:20.23 (78)  | 13:24.23 (85) |
| 66             | Hannah Fruehling   | Notre Dame / West Burlington      | --          | 20:52.89      | 6:10.81 (46)  | 13:07.99 (54) |
| 67             | Morgan Jennings    | Assumption Davenport              | --          | 20:53.14      | 6:10.36 (43)  | 13:15.45 (66) |
| 68             | Marie Daggett      | Carlisle                          | 44          | 20:53.22      | 6:31.07 (99)  | 13:23.77 (84) |
| 69             | Abby Patel         | Gilbert                           | 45          | 20:53.24      | 6:21.53 (83)  | 13:20.04 (70) |
| 70             | Maya Bergstrom     | Carlisle                          | 46          | 20:53.38      | 6:31.07 (100) | 13:23.65 (83) |
| 71             | Ellie Gross        | Harlan                            | 47          | 20:53.92      | 6:16.58 (69)  | 13:20.56 (73) |
| 72             | Audrey Biermann    | Epworth Western Dubuque           | 48          | 20:54.70      | 6:05.64 (36)  | 13:08.67 (57) |
| 73             | Lilah Takes        | Wahlert Dubuque                   | 49          | 20:55.68      | 6:12.33 (51)  | 13:10.09 (60) |
| 74             | Brooklyn Schultz   | Glenwood                          | 50          | 20:59.96      | 6:23.56 (88)  | 13:30.57 (89) |
| 75             | Gracie Federspiel  | Solon                             | 51          | 21:00.87      | 5:59.73 (21)  | 12:39.32 (22) |

| <b>Athlete</b> | <b>Team</b>        | <b>Score</b>                 | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |                |
|----------------|--------------------|------------------------------|-------------|---------------|---------------|----------------|
| 76             | Aryana Dokter      | Moc-Floyd Valley             | 52          | 21:01.99      | 6:26.62 (94)  | 13:22.59 (80)  |
| 77             | Emily Bowe         | Center Point-Urbana          | 53          | 21:03.68      | 6:20.42 (79)  | 13:24.83 (86)  |
| 78             | Hadley Augustine   | Notre Dame / West Burlington | --          | 21:03.87      | 6:14.66 (56)  | 13:17.05 (67)  |
| 79             | Kaia Holtkamp      | Solon                        | 54          | 21:03.97      | 6:14.74 (58)  | 13:21.64 (76)  |
| 80             | Emma Morey         | Spencer                      | 55          | 21:04.33      | 6:19.00 (77)  | 13:23.12 (82)  |
| 81             | Abbie Moss         | Mount Vernon-Lisbon          | 56          | 21:04.40      | 6:23.44 (87)  | 13:23.01 (81)  |
| 82             | Liza Schaffer      | North Polk Alleman           | 57          | 21:05.54      | 5:59.05 (19)  | 12:56.26 (40)  |
| 83             | Bianca Dokter      | Moc-Floyd Valley             | 58          | 21:05.71      | 6:36.28 (107) | 13:42.23 (100) |
| 84             | Leah Digmann       | Epworth Western Dubuque      | 59          | 21:06.16      | 6:15.58 (64)  | 13:17.22 (68)  |
| 85             | Bella Meyers       | Epworth Western Dubuque      | 60          | 21:07.16      | 6:18.86 (76)  | 13:21.10 (74)  |
| 86             | Kira Barker        | Clear Creek-Amana            | --          | 21:08.32      | 6:16.02 (67)  | 13:13.63 (63)  |
| 87             | Claire Pellett     | Atlantic                     | --          | 21:08.89      | 6:15.20 (62)  | 13:22.03 (78)  |
| 88             | Rachel Mullennax   | Glenwood                     | 61          | 21:09.60      | 6:29.00 (97)  | 13:34.69 (93)  |
| 89             | Sydney McCormick   | Center Point-Urbana          | 62          | 21:11.44      | 6:18.74 (75)  | 13:22.53 (79)  |
| 90             | Abby McGuire       | Gilbert                      | 63          | 21:11.96      | 6:20.88 (80)  | 13:25.61 (87)  |
| 91             | Lexi Johnson       | Spencer                      | 64          | 21:12.63      | 6:25.35 (93)  | 13:38.12 (97)  |
| 92             | Riley DeGonna      | Creston                      | --          | 21:15.26      | 6:34.94 (106) | 13:41.40 (99)  |
| 93             | Bailey Knights     | North Polk Alleman           | 65          | 21:17.10      | 6:23.94 (91)  | 13:31.55 (92)  |
| 94             | Sydney Andresen    | Marion                       | 66          | 21:18.79      | 6:26.92 (95)  | 13:37.82 (96)  |
| 95             | Isabella Graber    | Epworth Western Dubuque      | 67          | 21:20.56      | 6:21.68 (84)  | 13:30.65 (90)  |
| 96             | Sophie Vanderpool  | Gilbert                      | 68          | 21:22.99      | 6:31.74 (101) | 13:37.34 (94)  |
| 97             | Taylor Bieker      | Harlan                       | 69          | 21:23.31      | 6:18.62 (74)  | 13:38.84 (98)  |
| 98             | Sage Adam          | Oskaloosa                    | --          | 21:26.12      | 6:21.80 (85)  | 13:30.93 (91)  |
| 99             | Aliza Edwards      | Spencer                      | 70          | 21:34.15      | 6:23.88 (90)  | 13:47.05 (102) |
| 100            | Skyler Blessman    | Dallas Center-Grimes         | 71          | 21:34.22      | 6:15.06 (61)  | 13:30.26 (88)  |
| 101            | Brooke Loewe       | Ballard                      | 72          | 21:35.71      | 6:34.76 (105) | 13:50.54 (104) |
| 102            | Raegan Loewe       | Ballard                      | 73          | 21:36.13      | 6:47.68 (123) | 14:00.49 (107) |
| 103            | Adi Siegel         | Gilbert                      | 74          | 21:43.94      | 6:38.73 (110) | 13:49.37 (103) |
| 104            | Kendall Orozco     | Marion                       | 75          | 21:50.10      | 6:32.11 (102) | 13:51.98 (105) |
| 105            | Audra Meyer        | Marion                       | 76          | 21:53.25      | 6:26.92 (96)  | 13:43.69 (101) |
| 106            | Lauren Hughes      | Glenwood                     | 77          | 21:56.10      | 6:29.99 (98)  | 13:52.58 (106) |
| 107            | Jenna Gessert      | Harlan                       | 78          | 21:57.63      | 6:36.36 (108) | 14:00.83 (108) |
| 108            | Laney Duggan       | Wahlert Dubuque              | 79          | 22:02.49      | 6:14.86 (59)  | 13:37.59 (95)  |
| 109            | Kate Hughes        | Glenwood                     | 80          | 22:13.13      | 6:40.42 (112) | 14:14.69 (115) |
| 110            | Julia Paine        | Center Point-Urbana          | 81          | 22:19.24      | 6:42.13 (114) | 14:15.85 (116) |
| 111            | Josie Belken       | Wahlert Dubuque              | 82          | 22:20.54      | 6:42.19 (115) | 14:13.69 (112) |
| 112            | Natalie McAllister | Marion                       | 83          | 22:20.72      | 6:33.82 (104) | 14:06.91 (109) |
| 113            | Sarah May          | Moc-Floyd Valley             | 84          | 22:21.33      | 6:45.65 (120) | 14:14.57 (114) |
| 114            | Nadia Telecky      | Mount Vernon-Lisbon          | 85          | 22:25.95      | 6:43.91 (117) | 14:16.23 (117) |
| 115            | Kyra Cordes        | Marion                       | 86          | 22:26.12      | 6:33.82 (103) | 14:07.25 (110) |
| 116            | Kayla Anderson     | Harlan                       | 87          | 22:28.65      | 6:41.10 (113) | 14:14.37 (113) |
| 117            | Payge Bahrke       | Moc-Floyd Valley             | 88          | 22:37.13      | 6:55.35 (128) | 14:31.75 (124) |
| 118            | Sophia Campbell    | North Polk Alleman           | 89          | 22:37.39      | 6:44.27 (118) | 14:08.66 (111) |
| 119            | Sophia Bleich      | Gilbert                      | 90          | 22:42.31      | 6:38.65 (109) | 14:20.39 (119) |
| 120            | Hailey Volz        | North Polk Alleman           | 91          | 22:43.65      | 6:45.14 (119) | 14:21.40 (121) |
| 121            | Ana Olson          | Spencer                      | 92          | 22:44.50      | 6:42.75 (116) | 14:22.11 (122) |
| 122            | Sierra Snyder      | Mount Vernon-Lisbon          | 93          | 22:47.07      | 6:46.31 (121) | 14:17.33 (118) |

| <b>Athlete</b>          | <b>Team</b>         | <b>Score</b> | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>  |
|-------------------------|---------------------|--------------|-------------|---------------|----------------|
| 123 Ivy Hamilton        | Spencer             | 94           | 22:49.17    | 6:40.10 (111) | 14:20.71 (120) |
| 124 Madison Bockenstedt | Center Point-Urbana | 95           | 22:56.88    | 6:56.82 (130) | 14:35.89 (126) |
| 125 Kira Fisk           | Carlisle            | 96           | 22:59.30    | 6:51.37 (126) | 14:31.11 (123) |
| 126 Emily Schechinger   | Harlan              | 97           | 23:01.76    | 6:46.68 (122) | 14:40.18 (129) |
| 127 Emerson Griffin     | Glenwood            | 98           | 23:02.54    | 6:52.82 (127) | 14:34.72 (125) |
| 128 Kambree Hultquist   | Mount Vernon-Lisbon | 99           | 23:03.81    | 6:56.14 (129) | 14:36.48 (127) |
| 129 Laura Downs         | Carlisle            | 100          | 23:19.83    | 6:51.18 (125) | 14:39.12 (128) |
| 130 Leah Taylor         | Center Point-Urbana | 101          | 23:23.68    | 6:57.35 (131) | 14:47.74 (130) |
| 131 Anna Van Otterloo   | Wahlert Dubuque     | 102          | 23:36.28    | 6:57.48 (132) | 14:56.55 (131) |
| 132 Hannah McGraw       | Carlisle            | 103          | 23:39.15    | 6:50.73 (124) | 15:01.53 (132) |
| 133 Kennedy Fernstrum   | Moc-Floyd Valley    | 104          | 23:55.95    | 7:00.50 (133) | 15:03.74 (133) |

**Race #4**  
**Class 3A Boys 5000M**
**FINAL RESULTS**
**TEAM SCORING SUMMARY**

| <b>Final Standings</b> | <b>Score</b>            | <b>Total</b> | <b>Avg.</b> | <b>Division</b> |
|------------------------|-------------------------|--------------|-------------|-----------------|
| 1                      | Dallas Center-Grimes    | 60           | 1:22:54     | 16:35           |
| 2                      | Marion                  | 62           | 1:22:57     | 16:36           |
| 3                      | North Polk Alleman      | 153          | 1:26:12     | 17:15           |
| 4                      | Pella                   | 161          | 1:27:03     | 17:25           |
| 5                      | Solon                   | 190          | 1:26:55     | 17:23           |
| 6                      | Moc-Floyd Valley        | 191          | 1:26:53     | 17:23           |
| 7                      | Carlisle                | 205          | 1:28:19     | 17:40           |
| 8                      | Epworth Western Dubuque | 224          | 1:27:42     | 17:33           |
| 9                      | Decorah                 | 234          | 1:28:44     | 17:45           |
| 10                     | Glenwood                | 235          | 1:28:00     | 17:36           |
| 11                     | Mount Vernon-Lisbon     | 243          | 1:28:57     | 17:48           |
| 12                     | Newton                  | 251          | 1:28:19     | 17:40           |
| 13                     | ADM Adel                | 257          | 1:28:35     | 17:43           |
| 14                     | Sioux Center            | 261          | 1:29:13     | 17:51           |
| 15                     | Charles City            | 365          | 1:31:17     | 18:16           |

**SPLIT SCORING SUMMARY**
**1 MILE**

| <b>UNOFFICIAL Standings</b> | <b>Score</b>            |     |
|-----------------------------|-------------------------|-----|
| 1                           | Marion                  | 71  |
| 2                           | Dallas Center-Grimes    | 73  |
| 3                           | Pella                   | 124 |
| 4                           | North Polk Alleman      | 159 |
| 5                           | Epworth Western Dubuque | 199 |
| 6                           | ADM Adel                | 218 |
| 7                           | Carlisle                | 219 |
| 8                           | Glenwood                | 224 |
| 9                           | Newton                  | 230 |
| 10                          | Solon                   | 232 |
| 11                          | Mount Vernon-Lisbon     | 245 |
| 12                          | Moc-Floyd Valley        | 248 |
| 13                          | Decorah                 | 259 |
| 14                          | Charles City            | 292 |
| 15                          | Sioux Center            | 329 |

**2 MILE**

| <b>UNOFFICIAL Standings</b> | <b>Score</b>         |    |
|-----------------------------|----------------------|----|
| 1                           | Dallas Center-Grimes | 66 |

| UNOFFICIAL Standings |                         | Score |
|----------------------|-------------------------|-------|
| 2                    | Marion                  | 71    |
| 3                    | North Polk Alleman      | 125   |
| 4                    | Pella                   | 129   |
| 5                    | Epworth Western Dubuque | 191   |
| 6                    | Solon                   | 198   |
| 7                    | Carlisle                | 219   |
| 8                    | Moc-Floyd Valley        | 227   |
| 9                    | Glenwood                | 230   |
| 10                   | ADM Adel                | 242   |
| 11                   | Decorah                 | 252   |
| 12                   | Newton                  | 254   |
| 13                   | Mount Vernon-Lisbon     | 256   |
| 14                   | Sioux Center            | 286   |
| 15                   | Charles City            | 344   |

## INDIVIDUAL RESULTS

| Athlete | Team                 | Score                    | Time | 1 Mile   | 2 Mile             |                     |
|---------|----------------------|--------------------------|------|----------|--------------------|---------------------|
| 1       | Aidan Ramsey         | Dallas Center-Grimes     | 1    | 15:36.08 | 4:54.22 (3)        | 10:05.60 (2)        |
| 2       | Eli Larson           | Center Point-Urbana      | --   | 15:44.16 | 4:54.08 (2)        | <b>10:05.50 (1)</b> |
| 3       | Shane ERB            | Marion                   | 2    | 15:48.28 | 4:54.28 (4)        | 10:05.99 (3)        |
| 4       | Jackson Mace-Maynard | Newton                   | 3    | 16:06.47 | 4:55.38 (7)        | 10:19.49 (7)        |
| 5       | Jedidiah Osgood      | Marion                   | 4    | 16:06.86 | 4:54.74 (5)        | 10:13.70 (5)        |
| 6       | Eli Naumann          | Epworth Western Dubuque  | 5    | 16:11.10 | <b>4:48.28 (1)</b> | 10:06.31 (4)        |
| 7       | Sam May              | Moc-Floyd Valley         | 6    | 16:12.78 | 4:55.88 (9)        | 10:19.29 (6)        |
| 8       | Lance Sobaski        | Washington               | --   | 16:20.15 | 4:55.52 (8)        | 10:20.03 (8)        |
| 9       | Zach Spora           | North Polk Alleman       | 7    | 16:27.11 | 4:59.96 (14)       | 10:27.48 (9)        |
| 10      | Tate McDermott       | Dallas Center-Grimes     | 8    | 16:28.51 | 4:59.96 (13)       | 10:30.76 (12)       |
| 11      | Bryant Keller        | Glenwood                 | 9    | 16:31.91 | 4:59.88 (12)       | 10:31.25 (13)       |
| 12      | Cooper Greenslade    | ADM Adel                 | 10   | 16:35.22 | 4:54.98 (6)        | 10:28.95 (10)       |
| 13      | Blake Roling         | Marion                   | 11   | 16:35.25 | 5:05.66 (23)       | 10:38.25 (16)       |
| 14      | Brick Kabel          | Solon                    | 12   | 16:35.76 | 5:10.30 (29)       | 10:39.09 (17)       |
| 15      | Max Spora            | North Polk Alleman       | 13   | 16:35.96 | 5:03.60 (20)       | 10:37.28 (14)       |
| 16      | Patrick DeRonde      | Oskaloosa                | --   | 16:36.32 | 4:56.48 (11)       | 10:30.14 (11)       |
| 17      | Josiah Wittenberg    | Pella                    | 14   | 16:39.90 | 5:02.36 (16)       | 10:37.98 (15)       |
| 18      | Gabe Hinman          | Solon                    | 15   | 16:44.29 | 5:15.03 (50)       | 10:51.54 (31)       |
| 19      | Jacob Ewers          | Dallas Center-Grimes     | 16   | 16:49.67 | 5:02.32 (15)       | 10:39.93 (20)       |
| 20      | Luiz Martinez        | Storm Lake               | --   | 16:50.64 | 5:14.94 (49)       | 10:48.76 (25)       |
| 21      | Michael Pottebaum    | Kuemper Catholic Carroll | --   | 16:57.06 | 5:04.82 (22)       | 10:43.56 (22)       |
| 22      | Owen Pries           | Dallas Center-Grimes     | 17   | 16:59.66 | 5:12.41 (34)       | 10:50.45 (28)       |
| 23      | Tommy Tyynismaa      | South Tama County Tama   | --   | 16:59.77 | 5:11.61 (32)       | 10:50.86 (30)       |
| 24      | Ben Every            | Dallas Center-Grimes     | 18   | 16:59.82 | 5:13.52 (44)       | 10:51.54 (32)       |
| 25      | Tad Hatfield         | Gilbert                  | --   | 16:59.98 | 5:05.98 (24)       | 10:47.76 (24)       |
| 26      | Carter Hancock       | Wahlert Dubuque          | --   | 17:02.71 | 5:02.74 (17)       | 10:39.63 (18)       |
| 27      | Chris Oberbrockling  | Marion                   | 19   | 17:03.26 | 5:13.52 (43)       | 10:53.01 (34)       |
| 28      | Aj Angus             | Dallas Center-Grimes     | 20   | 17:05.02 | 5:12.88 (40)       | 10:52.70 (33)       |

| <b>Athlete</b> | <b>Team</b>       | <b>Score</b>             | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |                |
|----------------|-------------------|--------------------------|-------------|---------------|---------------|----------------|
| 29             | Isaiah Hammerand  | Epworth Western Dubuque  | 21          | 17:06.15      | 5:03.28 (19)  | 10:39.81 (19)  |
| 30             | Isaiah Hulshof    | Moc-Floyd Valley         | 22          | 17:07.59      | 5:13.92 (46)  | 10:57.33 (40)  |
| 31             | James Brant       | South Tama County Tama   | --          | 17:11.53      | 5:12.61 (36)  | 10:56.27 (36)  |
| 32             | Ryan Stundahl     | Algona                   | --          | 17:12.53      | 5:06.37 (25)  | 10:49.09 (26)  |
| 33             | Quinton Kimrey    | ADM Adel                 | 23          | 17:14.03      | 5:02.87 (18)  | 10:41.87 (21)  |
| 34             | Treycen Garton    | Newton                   | 24          | 17:15.20      | 5:12.16 (33)  | 11:00.97 (43)  |
| 35             | Andrew Smith      | Glenwood                 | 25          | 17:16.27      | 5:16.46 (56)  | 11:06.81 (50)  |
| 36             | Micah Rees        | Washington               | --          | 17:17.50      | 5:14.83 (48)  | 10:56.35 (37)  |
| 37             | Gavin Zillyette   | Clear Creek-Amana        | --          | 17:18.30      | 5:06.96 (27)  | 10:50.45 (29)  |
| 38             | Cooper Cook       | Marion                   | 26          | 17:22.44      | 5:18.20 (63)  | 11:02.43 (45)  |
| 39             | Arlo Hayes        | Decorah                  | 27          | 17:25.90      | 5:13.57 (45)  | 11:06.22 (49)  |
| 40             | Drew Engler       | Atlantic                 | --          | 17:26.58      | 5:16.87 (59)  | 11:08.59 (54)  |
| 41             | Carlos Rodriguez  | Sergeant Bluff-Luton     | --          | 17:26.88      | 5:09.92 (28)  | 10:55.10 (35)  |
| 42             | Akira Lopez       | Pella                    | 28          | 17:27.11      | 5:13.18 (42)  | 10:57.09 (39)  |
| 43             | Trevor Jacobson   | Humboldt                 | --          | 17:28.09      | 5:13.12 (41)  | 11:00.83 (42)  |
| 44             | Alik McIlravy     | North Polk Alleman       | 29          | 17:28.68      | 5:12.85 (38)  | 10:56.85 (38)  |
| 45             | Nathan VanderWaal | Pella                    | 30          | 17:29.69      | 5:17.06 (61)  | 11:08.03 (52)  |
| 46             | Brenden Begle     | Epworth Western Dubuque  | 31          | 17:29.98      | 5:18.66 (66)  | 11:02.73 (46)  |
| 47             | Trey Schulte      | Benton Community         | --          | 17:31.17      | 5:18.74 (67)  | 11:08.73 (55)  |
| 48             | Chase Gach        | Carlisle                 | 32          | 17:31.85      | 5:10.82 (30)  | 10:58.94 (41)  |
| 49             | Tyler Moon        | Storm Lake               | --          | 17:32.37      | 5:15.28 (51)  | 11:03.41 (47)  |
| 50             | Larson Shockey    | Decorah                  | 33          | 17:33.43      | 5:21.46 (76)  | 11:10.55 (59)  |
| 51             | Graham VandeVegte | Sioux Center             | 34          | 17:33.84      | 5:22.50 (86)  | 11:13.11 (65)  |
| 52             | Blake Freese      | Winterset                | --          | 17:34.99      | 5:21.97 (81)  | 17:36.16 (135) |
| 53             | Hudson Vonk       | Sioux Center             | 35          | 17:35.27      | 5:17.06 (60)  | 11:12.57 (64)  |
| 54             | Luke Stephens     | Mount Vernon-Lisbon      | 36          | 17:35.58      | 5:21.12 (75)  | 11:17.87 (75)  |
| 55             | Hayden Gamble     | Sergeant Bluff-Luton     | --          | 17:35.74      | 5:11.16 (31)  | 11:01.33 (44)  |
| 56             | Brayden Kessler   | Carlisle                 | 37          | 17:35.98      | 5:16.52 (58)  | 11:10.03 (57)  |
| 57             | Zach Streeter     | Carlisle                 | 38          | 17:36.72      | 5:20.80 (72)  | 11:11.66 (62)  |
| 58             | Jacob Vais        | Charles City             | 39          | 17:37.36      | 5:12.73 (37)  | 11:04.63 (48)  |
| 59             | Jordan Fischer    | Marion                   | 40          | 17:39.74      | 5:18.35 (64)  | 11:15.13 (70)  |
| 60             | Cutler Turner     | Pella                    | 41          | 17:40.34      | 5:16.40 (55)  | 11:10.98 (60)  |
| 61             | Grant Bumsted     | Solon                    | 42          | 17:41.74      | 5:23.40 (93)  | 11:16.59 (73)  |
| 62             | Ethan Stierman    | North Polk Alleman       | 43          | 17:43.27      | 5:22.43 (83)  | 11:14.71 (69)  |
| 63             | Jack Every        | Dallas Center-Grimes     | 44          | 17:43.44      | 5:17.98 (62)  | 11:12.41 (63)  |
| 64             | Carter Hall       | Mount Vernon-Lisbon      | 45          | 17:44.49      | 5:16.47 (57)  | 11:11.21 (61)  |
| 65             | Kamden Brown      | Carlisle                 | 46          | 17:44.54      | 5:23.29 (92)  | 11:21.25 (83)  |
| 66             | David Lochner     | Assumption Davenport     | --          | 17:44.56      | 5:23.20 (91)  | 11:15.73 (72)  |
| 67             | Landon Menninga   | Newton                   | 47          | 17:45.06      | 5:12.53 (35)  | 11:07.89 (51)  |
| 68             | Chase Lauman      | Pella                    | 48          | 17:45.10      | 4:56.18 (10)  | 10:45.03 (23)  |
| 69             | Jonas Conner      | Grinnell                 | --          | 17:45.38      | 5:12.85 (39)  | 11:09.37 (56)  |
| 70             | Jacob Greving     | Kuemper Catholic Carroll | --          | 17:45.90      | 5:22.95 (89)  | 11:24.57 (89)  |
| 71             | Bennett Schutte   | Decorah                  | 49          | 17:46.27      | 5:15.66 (53)  | 11:15.49 (71)  |
| 72             | Tyson Blom        | Moc-Floyd Valley         | 50          | 17:46.48      | 5:21.92 (79)  | 11:22.25 (84)  |
| 73             | Caleb Hoins       | Waverly-Shell Rock       | --          | 17:47.19      | 5:19.19 (68)  | 11:10.34 (58)  |
| 74             | Carson Sansenbach | Mount Vernon-Lisbon      | 51          | 17:49.01      | 5:19.91 (70)  | 11:20.27 (81)  |
| 75             | Mattix Benefiel   | Carlisle                 | 52          | 17:49.43      | 5:26.06 (98)  | 11:27.46 (96)  |

| <b>Athlete</b>        | <b>Team</b>             | <b>Score</b> | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>  |
|-----------------------|-------------------------|--------------|-------------|---------------|----------------|
| 76 Tommy Tracy        | Moc-Floyd Valley        | 53           | 17:49.77    | 5:24.64 (97)  | 11:22.68 (85)  |
| 77 Logan Howard       | Carlisle                | 54           | 17:51.73    | 5:24.48 (96)  | 11:23.03 (86)  |
| 78 Seth Walraven      | Knoxville               | --           | 17:51.97    | 5:28.29 (110) | 11:23.79 (88)  |
| 79 Eli Dickson        | Mount Vernon-Lisbon     | 55           | 17:53.54    | 5:21.64 (77)  | 11:18.98 (77)  |
| 80 Quincy Happel      | Mount Vernon-Lisbon     | 56           | 17:53.72    | 5:21.01 (73)  | 11:18.51 (76)  |
| 81 Randall Kinner     | Xavier Cedar Rapids     | --           | 17:54.03    | 5:15.34 (52)  | 11:13.93 (67)  |
| 82 Micah Truesdell    | Sioux Center            | 57           | 17:54.47    | 5:31.51 (116) | 11:32.77 (108) |
| 83 Michael Yeomans    | Solon                   | 58           | 17:54.68    | 5:21.07 (74)  | 11:20.48 (82)  |
| 84 Owen Freeman       | Nevada                  | --           | 17:55.27    | 5:28.22 (109) | 11:26.33 (93)  |
| 85 Izaak Eichinger    | Decorah                 | 59           | 17:55.34    | 5:24.08 (95)  | 11:23.47 (87)  |
| 86 Micah DeYoung      | Moc-Floyd Valley        | 60           | 17:55.45    | 5:30.76 (113) | 11:30.04 (104) |
| 87 Austin Stierman    | North Polk Alleman      | 61           | 17:56.07    | 5:20.60 (71)  | 11:08.27 (53)  |
| 88 Torin Timmerman    | ADM Adel                | 62           | 17:57.02    | 5:19.90 (69)  | 11:14.51 (68)  |
| 89 Ty Becicka         | Solon                   | 63           | 17:58.11    | 5:22.86 (87)  | 11:20.17 (80)  |
| 90 Jackson Chambers   | Humboldt                | --           | 17:59.46    | 5:22.43 (84)  | 11:19.18 (78)  |
| 91 Jackson Griffin    | Glenwood                | 64           | 18:00.40    | 5:26.52 (99)  | 11:25.03 (91)  |
| 92 Easton VanDenBerg  | Sioux Center            | 65           | 18:00.79    | 5:21.85 (78)  | 11:17.33 (74)  |
| 93 Cade Olson         | Decorah                 | 66           | 18:02.40    | 5:26.66 (100) | 11:29.14 (101) |
| 94 Ian Van Der Werff  | Moc-Floyd Valley        | 67           | 18:03.49    | 5:38.69 (128) | 11:36.60 (112) |
| 95 Ashton Wiese       | Glenwood                | 68           | 18:05.12    | 5:31.82 (117) | 11:30.44 (106) |
| 96 Gavin Van Veen     | Fairfield               | --           | 18:05.57    | 5:21.97 (80)  | 11:25.57 (92)  |
| 97 Liam Hays          | Glenwood                | 69           | 18:05.97    | 5:14.58 (47)  | 11:13.85 (66)  |
| 98 Caden Schouten     | Sioux Center            | 70           | 18:07.97    | 5:31.43 (115) | 11:28.43 (98)  |
| 99 Andrew Cummer      | Waverly-Shell Rock      | --           | 18:09.01    | 5:27.30 (102) | 11:28.19 (97)  |
| 100 Zack Neumann      | Pella                   | 71           | 18:09.83    | 5:22.92 (88)  | 11:24.71 (90)  |
| 101 Nick Williams     | Charles City            | 72           | 18:10.33    | 5:27.89 (107) | 11:29.40 (102) |
| 102 Mason Ramsey      | Carlisle                | 73           | 18:11.74    | 5:18.46 (65)  | 11:19.62 (79)  |
| 103 Kaiden Browne     | Pella                   | 74           | 18:12.23    | 5:22.16 (82)  | 11:28.94 (100) |
| 104 Drew Meyer        | Epworth Western Dubuque | 75           | 18:13.72    | 5:27.85 (106) | 11:30.05 (105) |
| 105 Preston Slayman   | Glenwood                | 76           | 18:13.90    | 5:27.18 (101) | 11:31.29 (107) |
| 106 Henry Weis        | Decorah                 | 77           | 18:17.31    | 5:27.37 (103) | 11:28.53 (99)  |
| 107 Ryan Entriken     | ADM Adel                | 78           | 18:19.86    | 5:32.13 (118) | 11:44.25 (119) |
| 108 Ethan McLaughlin  | Solon                   | 79           | 18:20.13    | 5:33.76 (120) | 11:45.71 (120) |
| 109 Leo Friedman      | Newton                  | 80           | 18:21.32    | 5:38.82 (129) | 11:42.03 (116) |
| 110 Xander Graeser    | Charles City            | 81           | 18:25.45    | 5:16.35 (54)  | 11:29.52 (103) |
| 111 AJ Bomgaars       | Moc-Floyd Valley        | 82           | 18:27.22    | 5:36.28 (125) | 11:42.60 (117) |
| 112 Dillon Anderson   | Glenwood                | 83           | 18:27.43    | 5:28.09 (108) | 11:37.01 (113) |
| 113 Grant Vandevoorde | ADM Adel                | 84           | 18:28.57    | 5:40.48 (131) | 11:47.53 (123) |
| 114 Jared Johnson     | Charles City            | 85           | 18:29.56    | 5:27.65 (104) | 11:35.49 (109) |
| 115 Hunter Landphair  | ADM Adel                | 86           | 18:30.93    | 5:39.60 (130) | 11:47.13 (122) |
| 116 Logan Foltz       | Sioux Center            | 87           | 18:32.54    | 5:37.85 (127) | 11:46.65 (121) |
| 117 Isaac Thompson    | Charles City            | 88           | 18:33.76    | 5:30.15 (112) | 11:43.43 (118) |
| 118 Hubie Chaplin     | ADM Adel                | 89           | 18:35.26    | 5:23.05 (90)  | 11:36.33 (110) |
| 119 Joshua Perez      | Sioux Center            | 90           | 18:36.02    | 5:35.83 (123) | 11:50.07 (126) |
| 120 Malcolm Lopez     | Charles City            | 91           | 18:36.46    | 5:27.85 (105) | 11:40.41 (115) |
| 121 Derek Fangmann    | Epworth Western Dubuque | 92           | 18:40.73    | 5:22.43 (85)  | 11:27.19 (95)  |
| 122 Brody Staner      | Epworth Western Dubuque | 93           | 18:40.78    | 5:35.31 (122) | 11:51.03 (127) |

| <b>Athlete</b>        | <b>Team</b>             | <b>Score</b> | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>  |
|-----------------------|-------------------------|--------------|-------------|---------------|----------------|
| 123 Jake Magner       | Decorah                 | 94           | 18:41.09    | 5:42.94 (132) | 11:54.94 (129) |
| 124 Klayten Perreault | Mount Vernon-Lisbon     | 95           | 18:42.83    | 5:37.13 (126) | 11:49.40 (124) |
| 125 Nate Ferguson     | Solon                   | 96           | 18:46.10    | 5:31.35 (114) | 11:49.60 (125) |
| 126 Jared Smith       | Newton                  | 97           | 18:50.27    | 5:34.71 (121) | 11:52.47 (128) |
| 127 Cole Haverman     | North Polk Alleman      | 98           | 19:04.30    | 5:36.11 (124) | 11:58.18 (130) |
| 128 Levi Meyer        | Epworth Western Dubuque | 99           | 19:06.78    | 5:28.82 (111) | 11:39.71 (114) |
| 129 Jakob Regennitter | Marion                  | 100          | 19:26.98    | 5:06.83 (26)  | 11:26.76 (94)  |
| 130 Nate Bergerson    | North Polk Alleman      | 101          | 19:29.00    | 5:45.28 (133) | 12:13.72 (132) |
| 131 Derek Beiner      | Newton                  | 102          | 19:34.00    | 5:32.64 (119) | 12:02.27 (131) |
| 132 Clayton Rand      | Charles City            | 103          | 19:47.60    | 5:46.42 (134) | 12:25.95 (133) |
| 133 Collin Buchli     | Newton                  | 104          | 20:07.42    | 5:46.98 (135) | 12:29.71 (134) |
| 134 Nick Kepford      | Waverly-Shell Rock      | --           | 21:08.55    | 5:04.43 (21)  | 10:49.67 (27)  |
| 135 Junior Krob       | Mount Vernon-Lisbon     | 105          | 21:58.40    | 5:23.90 (94)  | 11:36.40 (111) |



**Race #5**  
**Class 2A Girls 5000M**
**FINAL RESULTS**
**TEAM SCORING SUMMARY**

| Final Standings | Score                       | Total | Avg.    | Division |
|-----------------|-----------------------------|-------|---------|----------|
| 1               | Mid-Prairie Wellman         | 50    | 1:37:43 | 19:33    |
| 2               | Denver                      | 111   | 1:41:19 | 20:16    |
| 3               | Monticello                  | 146   | 1:42:57 | 20:36    |
| 4               | Jesup                       | 153   | 1:42:19 | 20:28    |
| 5               | Cherokee Washington         | 192   | 1:44:27 | 20:54    |
| 6               | Tipton                      | 200   | 1:44:45 | 20:57    |
| 7               | Van Meter                   | 210   | 1:45:30 | 21:06    |
| 8               | Clarinda                    | 221*  | 1:45:09 | 21:02    |
| 9               | Beckman Catholic Dyersville | 221*  | 1:45:23 | 21:05    |
| 10              | Sibley-Ocheyedan            | 223   | 1:45:06 | 21:02    |
| 11              | Williamsburg                | 225   | 1:45:26 | 21:06    |
| 12              | Unity Christian Orange City | 238   | 1:45:56 | 21:12    |
| 13              | Albia                       | 269   | 1:47:26 | 21:30    |
| 14              | Des Moines Christian        | 306   | 1:48:15 | 21:39    |
| 15              | Roland-Story Story City     | 318   | 1:49:23 | 21:53    |

**\*Tiebreakers**

|                             |    |    |    |    |    |     |
|-----------------------------|----|----|----|----|----|-----|
| Clarinda                    | 9  | 30 | 54 | 56 | 72 | 93  |
| Beckman Catholic Dyersville | 20 | 33 | 34 | 60 | 74 | 101 |

**SPLIT SCORING SUMMARY**
**1 MILE**

| UNOFFICIAL Standings | Score                       |     |
|----------------------|-----------------------------|-----|
| 1                    | Denver                      | 105 |
| 2                    | Monticello                  | 106 |
| 3                    | Mid-Prairie Wellman         | 110 |
| 4                    | Jesup                       | 127 |
| 5                    | Tipton                      | 165 |
| 6                    | Van Meter                   | 172 |
| 7                    | Sibley-Ocheyedan            | 184 |
| 8                    | Cherokee Washington         | 187 |
| 9                    | Clarinda                    | 211 |
| 10                   | Beckman Catholic Dyersville | 233 |
| 11                   | Unity Christian Orange City | 248 |
| 12                   | Williamsburg                | 279 |
| 13                   | Roland-Story Story City     | 313 |
| 14                   | Des Moines Christian        | 326 |
| 15                   | Albia                       | 355 |

## 2 MILE

| UNOFFICIAL Standings |                             | Score |
|----------------------|-----------------------------|-------|
| 1                    | Mid-Prairie Wellman         | 65    |
| 2                    | Denver                      | 102   |
| 3                    | Monticello                  | 129   |
| 4                    | Jesup                       | 158   |
| 5                    | Cherokee Washington         | 177   |
| 6                    | Tipton                      | 198   |
| 7                    | Van Meter                   | 211   |
| 8                    | Sibley-Ocheyedan            | 214   |
| 9                    | Clarinda                    | 217   |
| 10                   | Beckman Catholic Dyersville | 220   |
| 11                   | Unity Christian Orange City | 241   |
| 12                   | Williamsburg                | 248   |
| 13                   | Albia                       | 294   |
| 14                   | Des Moines Christian        | 314   |
| 15                   | Roland-Story Story City     | 318   |

## INDIVIDUAL RESULTS

| Athlete | Team               | Score                       | Time | 1 Mile   | 2 Mile       |               |
|---------|--------------------|-----------------------------|------|----------|--------------|---------------|
| 1       | Danielle Hostetler | Mid-Prairie Wellman         | 1    | 18:27.23 | 5:43.09 (1)  | 11:47.37 (1)  |
| 2       | Madison Brouwer    | Sibley-Ocheyedan            | 2    | 18:49.91 | 5:48.38 (3)  | 11:59.22 (2)  |
| 3       | Katelyn Johnston   | Osage                       | --   | 18:51.04 | 5:48.97 (4)  | 12:02.63 (3)  |
| 4       | Addison Doughan    | Clear Lake                  | --   | 19:04.88 | 5:56.87 (7)  | 12:16.45 (6)  |
| 5       | Reeve Ristau       | Denver                      | 3    | 19:05.69 | 5:53.71 (5)  | 12:10.44 (5)  |
| 6       | Mackenzie Wilson   | Jesup                       | 4    | 19:20.20 | 5:57.09 (8)  | 12:21.96 (8)  |
| 7       | Sydney Yoder       | Mid-Prairie Wellman         | 5    | 19:22.98 | 6:16.80 (29) | 12:34.06 (15) |
| 8       | Kyrstin Agnitsch   | Cherokee Washington         | 6    | 19:25.95 | 5:56.08 (6)  | 12:21.75 (7)  |
| 9       | Amanda Treptow     | Jesup                       | 7    | 19:34.22 | 5:57.09 (9)  | 12:22.16 (9)  |
| 10      | Clare Kelly        | Van Meter                   | 8    | 19:39.17 | 5:58.04 (12) | 12:31.10 (12) |
| 11      | Mayson Hartley     | Clarinda                    | 9    | 19:41.48 | 5:57.21 (10) | 12:29.37 (10) |
| 12      | Madison Marco      | Sibley-Ocheyedan            | 10   | 19:41.74 | 5:58.12 (13) | 12:33.80 (13) |
| 13      | Jaden Yoder        | Mid-Prairie Wellman         | 11   | 19:41.94 | 6:23.19 (51) | 12:51.59 (21) |
| 14      | Amaya Van Essen    | Unity Christian Orange City | 12   | 19:52.06 | 5:57.60 (11) | 12:30.48 (11) |
| 15      | Mary Kelly         | Van Meter                   | 13   | 19:57.60 | 6:03.58 (15) | 12:46.79 (18) |
| 16      | Mitzi Evans        | Mid-Prairie Wellman         | 14   | 19:59.55 | 6:17.64 (31) | 12:43.12 (16) |
| 17      | Emma Althoff       | Monticello                  | 15   | 20:03.12 | 5:58.36 (14) | 12:33.80 (14) |
| 18      | Amber Homan        | Denver                      | 16   | 20:07.90 | 6:07.07 (17) | 12:44.30 (17) |
| 19      | Clare Wright       | Jesup                       | 17   | 20:09.36 | 6:10.77 (23) | 12:54.39 (24) |
| 20      | Ava Capron         | Monticello                  | 18   | 20:09.84 | 6:09.40 (18) | 12:47.28 (19) |
| 21      | Abby Fleming       | Mid-Prairie Wellman         | 19   | 20:11.30 | 6:29.85 (75) | 13:01.18 (31) |
| 22      | Maria Kruse        | Beckman Catholic Dyersville | 20   | 20:12.52 | 6:17.94 (33) | 13:00.08 (28) |
| 23      | Reese Brownlee     | Clear Lake                  | --   | 20:19.84 | 6:21.89 (40) | 13:16.54 (50) |
| 24      | Lauryn Kilstofte   | Roland-Story Story City     | 21   | 20:20.37 | 6:10.46 (22) | 12:55.03 (25) |
| 25      | Chloe Ristau       | Denver                      | 22   | 20:22.87 | 6:09.68 (20) | 12:54.21 (23) |
| 26      | Mckenzie Robinson  | East Marshall LeGrand       | --   | 20:24.25 | 6:09.60 (19) | 12:51.47 (20) |

| <b>Athlete</b> | <b>Team</b>        | <b>Score</b>                | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |               |
|----------------|--------------------|-----------------------------|-------------|---------------|---------------|---------------|
| 27             | Mary Schriever     | GLR-CL                      | --          | 20:24.51      | 6:14.77 (26)  | 13:00.88 (30) |
| 28             | Alivia Edens       | Tipton                      | 23          | 20:26.21      | 6:19.20 (35)  | 13:02.12 (33) |
| 29             | Phoebe Shetler     | Mid-Prairie Wellman         | 24          | 20:26.65      | 6:22.47 (44)  | 13:00.78 (29) |
| 30             | Ashley Flansburg   | Springville-Central         | --          | 20:30.11      | 6:11.46 (24)  | 12:51.89 (22) |
| 31             | Serene Thompson    | Albia                       | 25          | 20:32.62      | 6:34.40 (88)  | 13:15.62 (49) |
| 32             | Emma McCoy         | Van Meter                   | 26          | 20:34.57      | 6:19.20 (34)  | 13:09.85 (38) |
| 33             | Olivia Hoogland    | Unity Christian Orange City | 27          | 20:35.36      | 6:15.71 (27)  | 13:01.48 (32) |
| 34             | Lauren Youngblut   | Union La Porte City         | --          | 20:35.51      | 6:10.20 (21)  | 12:59.80 (27) |
| 35             | Natalie Nosbisch   | New Hampton                 | --          | 20:38.66      | 6:30.88 (78)  | 13:10.59 (40) |
| 36             | Hailey Homan       | Denver                      | 28          | 20:38.76      | 6:25.13 (65)  | 13:07.88 (35) |
| 37             | Ruth Jennings      | Williamsburg                | 29          | 20:39.85      | 6:26.00 (68)  | 13:13.15 (45) |
| 38             | Amilia Condon      | Union La Porte City         | --          | 20:40.37      | 6:20.47 (37)  | 13:06.78 (34) |
| 39             | Raenna Henke       | Clarinda                    | 30          | 20:41.44      | 6:24.75 (62)  | 13:16.68 (51) |
| 40             | Lexi Duffy         | Okoboji Milford             | --          | 20:42.05      | 6:21.49 (38)  | 13:14.71 (48) |
| 41             | Karle Kramer       | Monticello                  | 31          | 20:43.11      | 6:20.15 (36)  | 13:09.04 (37) |
| 42             | Riley Lubeck       | Cherokee Washington         | 32          | 20:43.38      | 6:22.09 (41)  | 13:08.55 (36) |
| 43             | Madelyn Reiter     | Beckman Catholic Dyersville | 33          | 20:43.75      | 6:23.71 (54)  | 13:12.73 (43) |
| 44             | Taitlin Koch       | West Central Valley Stuart  | --          | 20:44.46      | 6:23.71 (56)  | 13:14.59 (47) |
| 45             | Julia Mertz        | Beckman Catholic Dyersville | 34          | 20:46.83      | 6:23.51 (53)  | 13:12.79 (44) |
| 46             | Lili Nelson        | Forest City                 | --          | 20:48.20      | 6:03.63 (16)  | 12:59.01 (26) |
| 47             | Cenady Soenksen    | Northeast Goose Lake        | --          | 20:48.86      | 6:25.27 (66)  | 13:17.60 (54) |
| 48             | Megan Courtright   | Cherokee Washington         | 35          | 20:51.15      | 6:23.91 (58)  | 13:11.51 (41) |
| 49             | Marisa Kehoe       | Monticello                  | 36          | 20:52.84      | 6:17.12 (30)  | 13:10.44 (39) |
| 50             | Emerson Fehrer     | Chariton                    | --          | 20:54.92      | 6:26.74 (69)  | 13:24.01 (62) |
| 51             | Chloe Klabo        | Tipton                      | 37          | 20:55.32      | 6:24.31 (59)  | 13:17.06 (53) |
| 52             | Maelyn Parsons     | Williamsburg                | 38          | 20:56.90      | 6:32.84 (83)  | 13:26.90 (64) |
| 53             | London Rogge       | Cherokee Washington         | 39          | 20:56.99      | 6:23.71 (55)  | 13:14.37 (46) |
| 54             | Coryn Wallick      | Tipton                      | 40          | 20:57.55      | 6:22.55 (45)  | 13:17.01 (52) |
| 55             | Afton Schlumbohm   | GLR-CL                      | --          | 20:58.14      | 6:23.90 (57)  | 13:18.13 (55) |
| 56             | Gabby Grove        | Des Moines Christian        | 41          | 21:00.90      | 6:27.02 (71)  | 13:22.04 (58) |
| 57             | Laci Even          | Denver                      | 42          | 21:03.78      | 6:21.61 (39)  | 13:18.58 (56) |
| 58             | Bria Wasmund       | Sibley-Ocheyedan            | 43          | 21:06.22      | 6:13.95 (25)  | 13:12.41 (42) |
| 59             | Avery Major        | Albia                       | 44          | 21:06.57      | 6:34.40 (87)  | 13:28.82 (66) |
| 60             | Olivia Sheffield   | Albia                       | 45          | 21:07.18      | 6:37.40 (97)  | 13:33.52 (74) |
| 61             | Ellie Hull         | East Marshall LeGrand       | --          | 21:07.19      | 6:29.34 (73)  | 13:35.20 (80) |
| 62             | Leah Koehler       | Monticello                  | 46          | 21:07.99      | 6:22.93 (48)  | 13:23.71 (60) |
| 63             | Addie Nerem        | Tipton                      | 47          | 21:08.47      | 6:24.37 (60)  | 13:29.16 (67) |
| 64             | Lydia Recker       | Monticello                  | 48          | 21:09.15      | 6:23.13 (50)  | 13:27.21 (65) |
| 65             | Katelyn Knoll      | Garner-Hayfield-Ventura     | --          | 21:11.23      | 6:22.41 (43)  | 13:23.47 (59) |
| 66             | Triniti Etzel      | Monticello                  | 49          | 21:11.67      | 6:30.59 (77)  | 13:35.33 (81) |
| 67             | MacEy Marovets     | Williamsburg                | 50          | 21:11.74      | 6:30.44 (76)  | 13:29.28 (68) |
| 68             | April Phillips     | Williamsburg                | 51          | 21:12.96      | 6:33.22 (84)  | 13:30.28 (72) |
| 69             | Taylor Kvale       | Dike-New Hartford           | --          | 21:13.35      | 6:15.76 (28)  | 13:23.87 (61) |
| 70             | Reagan Zimmer      | Des Moines Christian        | 52          | 21:16.31      | 6:35.63 (92)  | 13:34.90 (79) |
| 71             | Rebecca Hinderaker | Tipton                      | 53          | 21:16.76      | 6:24.77 (63)  | 13:26.84 (63) |
| 72             | Ashlyn Eberly      | Clarinda                    | 54          | 21:19.33      | 6:24.49 (61)  | 13:21.92 (57) |
| 73             | Claire Truesdell   | Roland-Story Story City     | 55          | 21:21.45      | 6:26.82 (70)  | 13:31.35 (73) |

| <b>Athlete</b> | <b>Team</b>        | <b>Score</b>                | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |                |
|----------------|--------------------|-----------------------------|-------------|---------------|---------------|----------------|
| 74             | Callie King        | Clarinda                    | 56          | 21:22.42      | 6:27.50 (72)  | 13:33.94 (76)  |
| 75             | Taylor Winegarden  | Williamsburg                | 57          | 21:23.78      | 6:32.72 (82)  | 13:40.41 (87)  |
| 76             | Maddie Tomson      | Jesup                       | 58          | 21:25.00      | 6:36.83 (95)  | 13:40.40 (86)  |
| 77             | Addi Tholen        | Tipton                      | 59          | 21:25.66      | 6:22.81 (46)  | 13:29.42 (69)  |
| 78             | Abby Knepper       | Beckman Catholic Dyersville | 60          | 21:27.24      | 6:29.78 (74)  | 13:33.86 (75)  |
| 79             | Jaidyn De Jong     | Unity Christian Orange City | 61          | 21:29.24      | 6:35.55 (91)  | 13:39.51 (85)  |
| 80             | Annika Poll        | Mid-Prairie Wellman         | 62          | 21:30.50      | 6:31.61 (80)  | 13:34.79 (78)  |
| 81             | Charlotte Brown    | Wilton                      | --          | 21:32.51      | 6:23.33 (52)  | 13:29.60 (71)  |
| 82             | Emma Schroeder     | East Sac County             | --          | 21:38.46      | 6:24.87 (64)  | 13:34.59 (77)  |
| 83             | Makenzie Plagman   | Starmont West Centra        | --          | 21:40.81      | 6:31.24 (79)  | 13:36.36 (83)  |
| 84             | Amy De Groot       | Unity Christian Orange City | 63          | 21:42.81      | 6:40.41 (103) | 13:48.47 (92)  |
| 85             | Anna Mulert        | Denver                      | 64          | 21:44.36      | 6:38.64 (98)  | 13:50.41 (94)  |
| 86             | Saidee Hamilton    | Tipton                      | 65          | 21:45.54      | 6:23.13 (49)  | 13:29.56 (70)  |
| 87             | Abby Ten Pas       | Des Moines Christian        | 66          | 21:46.25      | 6:32.32 (81)  | 13:43.29 (89)  |
| 88             | Natalie O'Connor   | Jesup                       | 67          | 21:49.50      | 6:40.35 (102) | 13:52.81 (96)  |
| 89             | Brooklyn Fryar     | Van Meter                   | 68          | 21:51.26      | 6:22.87 (47)  | 13:36.18 (82)  |
| 90             | Erika Kuntz        | WC-KP                       | --          | 21:51.30      | 6:17.94 (32)  | 13:37.90 (84)  |
| 91             | Reece Johnson      | Roland-Story Story City     | 69          | 21:52.34      | 6:39.05 (99)  | 13:44.20 (90)  |
| 92             | Ella Jicinsky      | Des Moines Christian        | 70          | 21:52.76      | 6:36.18 (93)  | 13:52.28 (95)  |
| 93             | Lily Buckingham    | Albia                       | 71          | 21:57.35      | 6:36.23 (94)  | 13:46.33 (91)  |
| 94             | Izzy Houts         | Dike-New Hartford           | --          | 22:01.45      | 6:37.01 (96)  | 13:55.85 (97)  |
| 95             | Cheyenne Sunderman | Clarinda                    | 72          | 22:03.91      | 6:34.98 (90)  | 13:56.76 (98)  |
| 96             | Kaitlynn Schuler   | Pocahontas Area             | --          | 22:03.99      | 6:25.95 (67)  | 13:49.66 (93)  |
| 97             | Janae Minderhoud   | Western Christian Hull      | --          | 22:06.77      | 6:39.45 (100) | 13:59.02 (100) |
| 98             | Katelyn Zelle      | Jesup                       | 73          | 22:07.84      | 6:22.09 (42)  | 13:42.85 (88)  |
| 99             | Maria Dudzik       | Beckman Catholic Dyersville | 74          | 22:12.41      | 6:43.95 (108) | 14:04.65 (103) |
| 100            | Taylor Stahl       | GCGR Grundy Center          | --          | 22:15.65      | 6:33.94 (85)  | 14:00.07 (101) |
| 101            | Autumn Bousema     | Unity Christian Orange City | 75          | 22:15.76      | 6:42.89 (106) | 14:09.43 (105) |
| 102            | Macey Hoekstra     | Sibley-Ocheyedan            | 76          | 22:17.54      | 6:34.98 (89)  | 14:07.52 (104) |
| 103            | Ali Pieper         | Des Moines Christian        | 77          | 22:18.45      | 6:54.82 (119) | 14:13.80 (107) |
| 104            | Amelia Samuelson   | Des Moines Christian        | 78          | 22:22.33      | 6:46.60 (111) | 14:03.94 (102) |
| 105            | Tori Yunggebauer   | Williamsburg                | 79          | 22:27.71      | 6:47.90 (112) | 14:21.72 (111) |
| 106            | McKenna Benson     | Cherokee Washington         | 80          | 22:29.39      | 6:41.81 (105) | 14:10.29 (106) |
| 107            | Natalie Bemer      | Williamsburg                | 81          | 22:29.56      | 6:34.18 (86)  | 13:58.76 (99)  |
| 108            | Amaya Trebon-Boyd  | Jesup                       | 82          | 22:30.66      | 6:50.05 (113) | 14:19.89 (110) |
| 109            | Courtney Joiner    | Unity Christian Orange City | 83          | 22:34.06      | 6:45.43 (109) | 14:16.88 (108) |
| 110            | Juliana Brown      | Albia                       | 84          | 22:41.48      | 6:53.00 (118) | 14:27.48 (113) |
| 111            | Megan Te Krony     | Unity Christian Orange City | 85          | 22:46.27      | 6:45.83 (110) | 14:19.06 (109) |
| 112            | Mckena Carlson     | Roland-Story Story City     | 86          | 22:52.32      | 6:50.25 (115) | 14:28.57 (116) |
| 113            | Ellie Erickson     | Roland-Story Story City     | 87          | 22:55.87      | 7:01.28 (127) | 14:36.83 (118) |
| 114            | Julia Letsche      | Cherokee Washington         | 88          | 22:59.61      | 6:39.95 (101) | 14:27.94 (114) |
| 115            | Aubrey Decker      | Denver                      | 89          | 23:03.56      | 6:40.57 (104) | 14:22.29 (112) |
| 116            | Lydia Hart         | Cherokee Washington         | 90          | 23:06.73      | 7:00.85 (126) | 14:38.76 (119) |
| 117            | Brooke Thompson    | Roland-Story Story City     | 91          | 23:08.11      | 7:02.55 (128) | 14:42.59 (121) |
| 118            | Rachel Rusche      | Sibley-Ocheyedan            | 92          | 23:10.39      | 6:55.09 (120) | 14:39.42 (120) |
| 119            | Amelia Hesse       | Clarinda                    | 93          | 23:15.95      | 6:43.32 (107) | 14:36.46 (117) |
| 120            | Olivia Hensch      | Sibley-Ocheyedan            | 94          | 23:20.05      | 6:57.80 (123) | 14:47.16 (123) |

| <b>Athlete</b>       | <b>Team</b>                 | <b>Score</b> | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>  |
|----------------------|-----------------------------|--------------|-------------|---------------|----------------|
| 121 Reagan Wiedman   | Van Meter                   | 95           | 23:26.78    | 6:56.93 (122) | 14:47.81 (124) |
| 122 Elizabeth Ihle   | Roland-Story Story City     | 96           | 23:32.14    | 6:50.13 (114) | 14:28.52 (115) |
| 123 Makenna Cronin   | Albia                       | 97           | 23:32.49    | 7:00.37 (124) | 14:53.62 (126) |
| 124 Alayna Wingate   | Sibley-Ocheyedan            | 98           | 23:45.21    | 6:51.03 (116) | 14:46.73 (122) |
| 125 Jaselyn Anderson | Estherville Lincoln Central | --           | 24:10.93    | 6:51.23 (117) | 14:53.03 (125) |
| 126 Ellie Martin     | Albia                       | 99           | 24:22.40    | 7:07.70 (129) | 15:21.07 (127) |
| 127 Eve Hyer         | Van Meter                   | 100          | 24:27.24    | 7:12.60 (130) | 15:24.95 (128) |
| 128 Sydney Reiter    | Beckman Catholic Dyersville | 101          | 24:31.65    | 7:39.57 (132) | 15:52.92 (130) |
| 129 Ellie Recker     | Beckman Catholic Dyersville | 102          | 25:12.11    | 7:22.33 (131) | 15:47.21 (129) |
| 130 Madison Shimp    | Des Moines Christian        | 103          | 25:40.59    | 7:00.73 (125) | 25:41.97 (131) |
| Maddie Waldorf       | Van Meter                   | --           | DNF         | 6:55.65 (121) |                |
| Ellie Rathe          | Union La Porte City         | --           | DNF         | 5:43.19 (2)   | 12:05.77 (4)   |

**Race #6**  
**Class 2A Boys 5000M**
**FINAL RESULTS**
**TEAM SCORING SUMMARY**

| Final Standings | Score                       | Total | Avg.    | Division |
|-----------------|-----------------------------|-------|---------|----------|
| 1               | Tipton                      | 60    | 1:25:31 | 17:07    |
| 2               | Danville/New London         | 101   | 1:26:36 | 17:20    |
| 3               | Western Christian Hull      | 144   | 1:27:43 | 17:33    |
| 4               | Oelwein                     | 171*  | 1:28:31 | 17:43    |
| 5               | Des Moines Christian        | 171*  | 1:26:56 | 17:24    |
| 6               | Mid-Prairie Wellman         | 174   | 1:28:38 | 17:44    |
| 7               | Waukon                      | 185   | 1:29:13 | 17:51    |
| 8               | East Marshall LeGrand       | 199   | 1:29:29 | 17:54    |
| 9               | Okoboji Milford             | 213   | 1:29:29 | 17:54    |
| 10              | Williamsburg                | 215   | 1:29:33 | 17:55    |
| 11              | GCGR Grundy Center          | 238   | 1:30:34 | 18:07    |
| 12              | Clear Lake                  | 242   | 1:30:17 | 18:04    |
| 13              | Unity Christian Orange City | 275*  | 1:30:54 | 18:11    |
| 14              | Monticello                  | 275*  | 1:31:14 | 18:15    |
| 15              | Jesup                       | 286   | 1:30:24 | 18:05    |

**\*Tiebreakers**

|                      |   |    |    |    |    |    |     |
|----------------------|---|----|----|----|----|----|-----|
| Oelwein              | 9 | 16 | 41 | 50 | 55 | 56 | 105 |
| Des Moines Christian | 1 | 4  | 19 | 71 | 76 | 82 | 87  |

|                             |    |    |    |    |    |    |     |
|-----------------------------|----|----|----|----|----|----|-----|
| Unity Christian Orange City | 39 | 40 | 62 | 65 | 69 | 89 | 103 |
| Monticello                  | 44 | 45 | 48 | 59 | 79 | 93 | 102 |

**SPLIT SCORING SUMMARY**
**1 MILE**

| UNOFFICIAL Standings | Score                       |     |
|----------------------|-----------------------------|-----|
| 1                    | Danville/New London         | 78  |
| 2                    | Tipton                      | 79  |
| 3                    | Western Christian Hull      | 98  |
| 4                    | Oelwein                     | 166 |
| 5                    | Des Moines Christian        | 170 |
| 6                    | Williamsburg                | 178 |
| 7                    | Waukon                      | 204 |
| 8                    | East Marshall LeGrand       | 206 |
| 9                    | Unity Christian Orange City | 223 |
| 10                   | Okoboji Milford             | 225 |
| 11                   | Monticello                  | 232 |
| 12                   | Jesup                       | 249 |
| 13                   | GCGR Grundy Center          | 263 |

| <b>UNOFFICIAL Standings</b> |                     | <b>Score</b> |
|-----------------------------|---------------------|--------------|
| 14                          | Mid-Prairie Wellman | 282          |
| 15                          | Clear Lake          | 337          |

## 2 MILE

| <b>UNOFFICIAL Standings</b> |                             | <b>Score</b> |
|-----------------------------|-----------------------------|--------------|
| 1                           | Tipton                      | 65           |
| 2                           | Danville/New London         | 96           |
| 3                           | Western Christian Hull      | 134          |
| 4                           | Des Moines Christian        | 158          |
| 5                           | Williamsburg                | 169          |
| 6                           | Oelwein                     | 177          |
| 7                           | Waukon                      | 193          |
| 8                           | Okoboji Milford             | 200          |
| 9                           | East Marshall LeGrand       | 211          |
| 10                          | Mid-Prairie Wellman         | 222          |
| 11                          | GCGR Grundy Center          | 223          |
| 12                          | Clear Lake                  | 265          |
| 13                          | Monticello                  | 267          |
| 14                          | Unity Christian Orange City | 272          |
| 15                          | Jesup                       | 287          |

## INDIVIDUAL RESULTS

| <b>Athlete</b> | <b>Team</b>      | <b>Score</b>               | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>      |                     |
|----------------|------------------|----------------------------|-------------|---------------|--------------------|---------------------|
| 1              | Aaron Fynaardt   | Des Moines Christian       | 1           | 15:56.58      | <b>4:51.08 (1)</b> | <b>10:10.08 (1)</b> |
| 2              | Nolan Evans      | Jesup                      | 2           | 16:09.75      | 4:58.42 (4)        | 10:25.40 (3)        |
| 3              | Tage Hulstein    | Western Christian Hull     | 3           | 16:26.23      | 4:59.00 (5)        | 10:25.74 (4)        |
| 4              | Carson Houg      | Des Moines Christian       | 4           | 16:32.71      | 4:51.38 (2)        | 10:18.04 (2)        |
| 5              | Ty Carr          | Danville/New London        | 5           | 16:34.96      | 5:06.43 (8)        | 10:37.77 (7)        |
| 6              | Charlie Sieck    | Starmont West Centra       | --          | 16:35.38      | 5:06.63 (10)       | 10:37.98 (8)        |
| 7              | Joey Hovinga     | Forest City                | --          | 16:39.87      | 4:58.21 (3)        | 10:29.34 (5)        |
| 8              | Carson Shively   | Davis County Bloomfield    | --          | 16:42.30      | 4:59.47 (6)        | 10:35.12 (6)        |
| 9              | Clay Bohlmann    | Tipton                     | 6           | 16:48.52      | 5:06.43 (9)        | 10:38.94 (9)        |
| 10             | Troy Butler      | Tipton                     | 7           | 16:50.09      | 5:09.10 (18)       | 10:44.96 (12)       |
| 11             | Evan Osler       | Okoboji Milford            | 8           | 16:52.82      | 5:20.29 (40)       | 10:58.22 (24)       |
| 12             | Ray Gearhart     | Oelwein                    | 9           | 16:53.22      | 5:07.71 (13)       | 10:48.32 (14)       |
| 13             | Nicolas Thompson | West Marshall State Center | --          | 16:54.57      | 5:07.78 (14)       | 10:44.56 (11)       |
| 14             | Thaddeus Shetler | Mid-Prairie Wellman        | 10          | 16:55.73      | 5:15.15 (25)       | 10:42.18 (10)       |
| 15             | Alexander Julian | Danville/New London        | 11          | 17:03.59      | 5:08.84 (16)       | 10:47.00 (13)       |
| 16             | Damon VandenBerg | Spirit Lake                | --          | 17:05.70      | 5:09.84 (19)       | 10:53.56 (19)       |
| 17             | Alejandro Bernal | Sibley-Ocheyedan           | --          | 17:05.92      | 5:09.03 (17)       | 10:53.42 (18)       |
| 18             | Joe Terrones     | East Marshall LeGrand      | 12          | 17:08.80      | 5:03.01 (7)        | 10:48.65 (15)       |
| 19             | Mason Maiers     | Interstate 35 Truro        | --          | 17:09.06      | 5:08.71 (15)       | 10:54.33 (20)       |
| 20             | Dylan Usher      | New Hampton                | --          | 17:09.24      | 5:20.43 (41)       | 10:59.76 (27)       |
| 21             | Sam Rich         | Williamsburg               | 13          | 17:09.78      | 5:17.02 (31)       | 10:57.63 (22)       |

| <b>Athlete</b>           | <b>Team</b>                 | <b>Score</b> | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |
|--------------------------|-----------------------------|--------------|-------------|---------------|---------------|
| 22 Ty Nichols            | Tipton                      | 14           | 17:11.88    | 5:18.60 (35)  | 10:58.94 (26) |
| 23 Parker Duitsman       | Estherville Lincoln Central | --           | 17:14.48    | 5:15.86 (27)  | 10:57.43 (21) |
| 24 Nathan Limas          | Roland-Story Story City     | --           | 17:16.12    | 5:07.19 (12)  | 10:49.04 (16) |
| 25 Cody Bohlmann         | Tipton                      | 15           | 17:16.86    | 5:13.77 (23)  | 11:03.42 (34) |
| 26 Dawson Bonnett        | Albia                       | --           | 17:18.70    | 5:16.03 (28)  | 10:57.89 (23) |
| 27 Brennan Sauser        | Oelwein                     | 16           | 17:18.73    | 5:11.46 (21)  | 10:58.54 (25) |
| 28 Baylor Bergren        | Red Oak                     | --           | 17:19.96    | 5:06.93 (11)  | 10:51.08 (17) |
| 29 Rylan Martin          | Danville/New London         | 17           | 17:19.97    | 5:17.17 (32)  | 11:02.82 (33) |
| 30 Maxson Fogg           | Tipton                      | 18           | 17:22.80    | 5:20.93 (45)  | 11:02.62 (32) |
| 31 Collin Houg           | Des Moines Christian        | 19           | 17:22.93    | 5:19.81 (38)  | 11:02.13 (31) |
| 32 Noah DeWeerd          | Western Christian Hull      | 20           | 17:24.51    | 5:19.81 (37)  | 11:06.33 (36) |
| 33 Alex Razee            | Shenandoah                  | --           | 17:26.34    | 5:15.55 (26)  | 11:01.66 (29) |
| 34 Nathan O'Neill        | Waukon                      | 21           | 17:29.06    | 5:20.87 (43)  | 11:11.10 (42) |
| 35 Emmett Swartzentruber | Mid-Prairie Wellman         | 22           | 17:29.38    | 5:34.29 (94)  | 11:14.28 (47) |
| 36 Kyle Wagoner          | Clarinda                    | --           | 17:32.26    | 5:20.23 (39)  | 11:07.04 (37) |
| 37 Logan Delaney         | Waukon                      | 23           | 17:35.84    | 5:21.35 (46)  | 11:10.98 (41) |
| 38 Brennen Sager         | GCGR Grundy Center          | 24           | 17:37.58    | 5:33.14 (83)  | 11:16.64 (50) |
| 39 Caleb Douma           | Western Christian Hull      | 25           | 17:38.03    | 5:16.31 (30)  | 11:09.82 (39) |
| 40 Bryce Patten          | Underwood                   | --           | 17:39.80    | 5:12.25 (22)  | 11:01.92 (30) |
| 41 Oscar Hanson          | Southeast Valley Gowrie     | --           | 17:40.64    | 5:15.02 (24)  | 11:01.06 (28) |
| 42 Chandler Hershberger  | Mid-Prairie Wellman         | 26           | 17:41.04    | 5:25.75 (62)  | 11:27.47 (68) |
| 43 Wyatt Gulla           | Waukon                      | 27           | 17:41.29    | 5:21.69 (48)  | 11:11.62 (44) |
| 44 Patrick Slifer        | East Marshall LeGrand       | 28           | 17:41.37    | 5:24.13 (57)  | 11:08.58 (38) |
| 45 Carter Jargo          | Northeast Goose Lake        | --           | 17:42.23    | 5:21.35 (47)  | 11:17.72 (53) |
| 46 Jack Crane            | Clear Lake                  | 29           | 17:42.59    | 5:31.12 (75)  | 11:21.06 (56) |
| 47 Harrison Garber       | Williamsburg                | 30           | 17:42.87    | 5:22.85 (53)  | 11:05.98 (35) |
| 48 Seth Bailey           | Danville/New London         | 31           | 17:43.57    | 5:20.59 (42)  | 11:17.40 (52) |
| 49 Leo Tolentino         | Clear Lake                  | 32           | 17:47.44    | 5:32.14 (77)  | 11:23.86 (61) |
| 50 Kaleb Grant           | East Marshall LeGrand       | 33           | 17:48.53    | 5:34.23 (92)  | 11:23.19 (60) |
| 51 Treyton Schaapherder  | Clarinda                    | --           | 17:48.75    | 5:35.08 (99)  | 11:29.07 (72) |
| 52 Kaden Lynch           | GCGR Grundy Center          | 34           | 17:49.70    | 5:23.43 (56)  | 11:11.70 (45) |
| 53 Kile Rottinghaus      | Jesup                       | 35           | 17:51.93    | 5:17.65 (33)  | 11:10.00 (40) |
| 54 Gavin Grove           | Cardinal Eldon              | --           | 17:52.98    | 5:18.62 (36)  | 11:11.30 (43) |
| 55 Ethan Sadler          | GCGR Grundy Center          | 36           | 17:53.21    | 5:26.66 (65)  | 11:16.37 (49) |
| 56 AJ Bonnesen           | Danville/New London         | 37           | 17:53.29    | 5:17.75 (34)  | 11:12.25 (46) |
| 57 Caleb Jones           | Okoboji Milford             | 38           | 17:53.57    | 5:34.23 (91)  | 11:24.12 (62) |
| 58 Blane Wallace         | Chariton                    | --           | 17:53.69    | 5:24.43 (58)  | 11:24.26 (63) |
| 59 Lane Henrichs         | GLR-CL                      | --           | 17:53.92    | 5:23.29 (55)  | 11:18.11 (54) |
| 60 Daylen Mulder         | Unity Christian Orange City | 39           | 17:55.27    | 5:20.87 (44)  | 11:22.63 (58) |
| 61 Ethan Wynia           | Unity Christian Orange City | 40           | 17:56.31    | 5:24.61 (60)  | 11:22.76 (59) |
| 62 Drake Weland          | Eagle Grove                 | --           | 17:56.69    | 5:30.04 (71)  | 11:29.40 (73) |
| 63 Conall Sauser         | Oelwein                     | 41           | 17:58.73    | 5:30.43 (73)  | 11:27.34 (67) |
| 64 Hunter Hughlette      | East Marshall LeGrand       | 42           | 17:59.46    | 5:26.54 (64)  | 11:30.48 (77) |
| 65 PJ Anderson           | New Hampton                 | --           | 17:59.74    | 5:39.02 (111) | 11:37.56 (93) |
| 66 Shea Keister          | Anamosa                     | --           | 18:01.65    | 5:26.86 (66)  | 11:27.81 (70) |
| 67 Ethan Stalzer         | Albia                       | --           | 18:02.23    | 5:25.50 (61)  | 11:26.93 (66) |
| 68 Akron Jostand         | Okoboji Milford             | 43           | 18:03.11    | 5:24.48 (59)  | 11:18.61 (55) |



| <b>Athlete</b> | <b>Team</b>          | <b>Score</b>                | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |                |
|----------------|----------------------|-----------------------------|-------------|---------------|---------------|----------------|
| 69             | Chesney Capron       | Monticello                  | 44          | 18:03.75      | 5:22.53 (52)  | 11:25.26 (64)  |
| 70             | Jacob Miller         | Monticello                  | 45          | 18:03.90      | 5:32.82 (80)  | 11:32.26 (82)  |
| 71             | Drew Pate            | Anamosa                     | --          | 18:03.97      | 5:21.91 (49)  | 11:30.81 (78)  |
| 72             | Preston Yutzy        | Mid-Prairie Wellman         | 46          | 18:04.90      | 5:40.65 (115) | 11:37.62 (94)  |
| 73             | Aric DeKam           | Western Christian Hull      | 47          | 18:06.42      | 5:16.19 (29)  | 11:15.92 (48)  |
| 74             | Walker Spence        | Monticello                  | 48          | 18:07.48      | 5:36.98 (106) | 11:32.46 (84)  |
| 75             | Kalen Hartbecke      | Western Christian Hull      | 49          | 18:07.80      | 5:26.54 (63)  | 11:32.27 (83)  |
| 76             | Ben Reyes            | Interstate 35 Truro         | --          | 18:07.95      | 5:22.41 (51)  | 11:29.58 (74)  |
| 77             | Andrew Rownd         | Oelwein                     | 50          | 18:08.65      | 5:30.12 (72)  | 11:27.53 (69)  |
| 78             | Caleb Helgerson      | Waukon                      | 51          | 18:08.66      | 5:34.09 (89)  | 11:33.78 (86)  |
| 79             | Dylan Jones          | Okoboji Milford             | 52          | 18:10.27      | 5:23.23 (54)  | 11:25.85 (65)  |
| 80             | Bryson Mumm          | Williamsburg                | 53          | 18:10.93      | 5:33.52 (87)  | 11:35.28 (90)  |
| 81             | Paul Brockett        | GCGR Grundy Center          | 54          | 18:11.05      | 5:41.19 (120) | 11:46.05 (113) |
| 82             | Jacob Sullivan       | Oelwein                     | 55          | 18:11.11      | 5:33.24 (84)  | 11:34.88 (88)  |
| 83             | Benjamin Driscoll    | Oelwein                     | 56          | 18:11.26      | 5:49.84 (136) | 11:49.64 (116) |
| 84             | Joe Faber            | Clear Lake                  | 57          | 18:12.24      | 5:35.26 (100) | 11:31.04 (79)  |
| 85             | Neal Pinter          | Denver                      | --          | 18:12.26      | 5:31.44 (76)  | 11:30.08 (76)  |
| 86             | Trenton Iburg        | Williamsburg                | 58          | 18:12.69      | 5:32.66 (79)  | 11:29.88 (75)  |
| 87             | Carter Kurt          | Monticello                  | 59          | 18:15.61      | 5:09.84 (20)  | 11:21.73 (57)  |
| 88             | Andrew Mixdorf       | Clear Lake                  | 60          | 18:15.67      | 5:43.87 (127) | 11:45.63 (111) |
| 89             | Wes Hulseberg        | Williamsburg                | 61          | 18:16.11      | 5:28.85 (68)  | 11:17.10 (51)  |
| 90             | Ezra Landman         | Unity Christian Orange City | 62          | 18:17.16      | 5:32.92 (82)  | 11:35.15 (89)  |
| 91             | Josh Keenan          | Waukon                      | 63          | 18:17.41      | 5:34.48 (95)  | 11:34.24 (87)  |
| 92             | Connor Hammitt       | Garner-Hayfield-Ventura     | --          | 18:18.35      | 5:33.71 (88)  | 11:41.42 (97)  |
| 93             | Christopher Molander | Clear Lake                  | 64          | 18:18.94      | 5:41.11 (118) | 11:38.49 (95)  |
| 94             | Stephen Schreurs     | Unity Christian Orange City | 65          | 18:19.95      | 5:33.30 (86)  | 11:40.66 (96)  |
| 95             | Seth Countryman      | Anamosa                     | --          | 18:21.15      | 5:22.09 (50)  | 11:31.66 (81)  |
| 96             | Jaden Wright         | Clear Lake                  | 66          | 18:21.72      | 5:41.31 (121) | 11:42.74 (101) |
| 97             | Trey O'Neil          | Williamsburg                | 67          | 18:23.53      | 5:27.23 (67)  | 11:31.22 (80)  |
| 98             | Carter Fesler        | Danville/New London         | 68          | 18:23.88      | 5:34.93 (98)  | 11:43.76 (104) |
| 99             | Levi Landman         | Unity Christian Orange City | 69          | 18:25.24      | 5:37.52 (108) | 11:45.40 (109) |
| 100            | Jayse Yoder          | Mid-Prairie Wellman         | 70          | 18:26.09      | 5:41.75 (123) | 11:44.13 (106) |
| 101            | Josh Hagenberg       | Des Moines Christian        | 71          | 18:27.17      | 5:38.28 (109) | 11:42.88 (103) |
| 102            | Trigg Heimdal        | Okoboji Milford             | 72          | 18:29.09      | 5:35.77 (101) | 11:37.28 (92)  |
| 103            | Drew Sandven         | Okoboji Milford             | 73          | 18:33.20      | 5:36.91 (105) | 11:45.82 (112) |
| 104            | Cowan Van Kley       | Western Christian Hull      | 74          | 18:33.91      | 5:39.02 (110) | 11:44.86 (108) |
| 105            | Jack Mulert          | Denver                      | --          | 18:35.38      | 5:29.80 (70)  | 11:33.56 (85)  |
| 106            | Vladimir Starrett    | Clear Lake                  | 75          | 18:35.66      | 5:41.19 (119) | 11:42.74 (102) |
| 107            | Carter Mann          | Des Moines Christian        | 76          | 18:35.80      | 5:34.86 (97)  | 11:42.42 (100) |
| 108            | Devin Busch          | Williamsburg                | 77          | 18:36.04      | 5:29.39 (69)  | 11:36.30 (91)  |
| 109            | Brandon Hughes       | Spirit Lake                 | --          | 18:38.18      | 5:32.86 (81)  | 11:42.22 (99)  |
| 110            | Logan Zuck           | Jesup                       | 78          | 18:38.20      | 5:37.50 (107) | 11:53.77 (117) |
| 111            | Colton Samsel        | Cherokee Washington         | --          | 18:41.42      | 5:40.37 (114) | 11:56.75 (123) |
| 112            | Dylan Ponder         | Monticello                  | 79          | 18:42.38      | 5:34.23 (93)  | 11:44.48 (107) |
| 113            | Bob Ryan             | Tipton                      | 80          | 18:43.04      | 5:43.39 (126) | 11:55.75 (122) |
| 114            | Christian Hesse      | Okoboji Milford             | 81          | 18:45.69      | 5:35.95 (103) | 11:46.69 (114) |
| 115            | Jaden Sisler         | Des Moines Christian        | 82          | 18:46.96      | 5:44.13 (128) | 11:58.21 (124) |

| <b>Athlete</b>         | <b>Team</b>                 | <b>Score</b> | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>  |
|------------------------|-----------------------------|--------------|-------------|---------------|----------------|
| 116 Nathan Wallington  | Mid-Prairie Wellman         | 83           | 18:49.53    | 5:41.61 (122) | 11:45.48 (110) |
| 117 Austin Burke       | East Marshall LeGrand       | 84           | 18:50.80    | 5:42.87 (125) | 11:53.88 (118) |
| 118 Silas Wehrspan     | Jesup                       | 85           | 18:51.59    | 5:35.84 (102) | 11:54.15 (119) |
| 119 Nathan Pint        | Jesup                       | 86           | 18:52.12    | 5:39.21 (112) | 11:54.53 (120) |
| 120 Jack McPartland    | Des Moines Christian        | 87           | 18:53.00    | 5:45.38 (130) | 11:58.96 (126) |
| 121 Nate Keenan        | Waukon                      | 88           | 19:01.49    | 5:34.17 (90)  | 11:47.41 (115) |
| 122 Jonathon Breems    | Unity Christian Orange City | 89           | 19:01.57    | 5:32.21 (78)  | 11:43.90 (105) |
| 123 Soren Cleveland    | GCGR Grundy Center          | 90           | 19:01.64    | 5:31.06 (74)  | 11:28.19 (71)  |
| 124 Cale Hungerford    | East Marshall LeGrand       | 91           | 19:02.96    | 5:42.49 (124) | 11:59.58 (128) |
| 125 Ayden Gonzalez     | Jesup                       | 92           | 19:04.57    | 5:39.21 (113) | 11:59.40 (127) |
| 126 Grant Hospodarsky  | Monticello                  | 93           | 19:10.02    | 5:40.65 (116) | 12:02.36 (129) |
| 127 Tyler Venenga      | GCGR Grundy Center          | 94           | 19:10.25    | 5:45.38 (129) | 12:03.20 (130) |
| 128 Robert Nagy        | Mid-Prairie Wellman         | 95           | 19:14.29    | 5:40.98 (117) | 11:55.31 (121) |
| 129 Talan Whaley       | Danville/New London         | 96           | 19:17.84    | 5:45.38 (131) | 12:16.13 (133) |
| 130 Brody Deerberg     | Tipton                      | 97           | 19:18.48    | 5:49.34 (135) | 12:16.80 (134) |
| 131 Zachary Minderhoud | Western Christian Hull      | 98           | 19:25.26    | 5:36.04 (104) | 11:58.80 (125) |
| 132 Tyler Nolan        | Jesup                       | 99           | 19:27.20    | 5:47.31 (133) | 12:13.34 (132) |
| 133 Kordell Negrete    | East Marshall LeGrand       | 100          | 19:39.33    | 5:34.80 (96)  | 12:09.48 (131) |
| 134 Isaac Reisinger    | Waukon                      | 101          | 19:41.38    | 5:48.46 (134) | 12:18.74 (135) |
| 135 Alex Oswald        | Monticello                  | 102          | 19:41.51    | 5:46.41 (132) | 12:23.83 (136) |
| 136 Caleb Te Krony     | Unity Christian Orange City | 103          | 20:03.70    | 5:33.24 (85)  | 11:41.70 (98)  |
| 137 Jeryn Spear        | GCGR Grundy Center          | 104          | 20:22.47    | 6:07.18 (138) | 12:48.20 (137) |
| 138 Caleb Schunk       | Oelwein                     | 105          | 20:23.07    | 5:58.65 (137) | 12:48.26 (138) |

**Race #7**  
**Class 1A Girls 5000M**
**FINAL RESULTS**
**TEAM SCORING SUMMARY**

| <b>Final Standings</b> | <b>Score</b>               | <b>Total</b> | <b>Avg.</b> | <b>Division</b> |
|------------------------|----------------------------|--------------|-------------|-----------------|
| 1                      | South Winneshiek           | 104          | 1:45:58     | 21:12           |
| 2                      | Logan-Magnolia             | 121          | 1:45:48     | 21:10           |
| 3                      | St. Edmond Fort Dodge      | 167          | 1:49:19     | 21:52           |
| 4                      | Hudson                     | 170          | 1:48:33     | 21:43           |
| 5                      | Pekin                      | 177          | 1:49:51     | 21:59           |
| 6                      | Regina Iowa City           | 204          | 1:50:43     | 22:09           |
| 7                      | Sumner-Fredericksburg      | 219          | 1:50:14     | 22:03           |
| 8                      | North Tama Traer           | 226          | 1:52:29     | 22:30           |
| 9                      | North Linn Troy Mills      | 227          | 1:50:32     | 22:07           |
| 10                     | Woodbine Community         | 232          | 1:52:08     | 22:26           |
| 11                     | Earlham                    | 235          | 1:52:07     | 22:26           |
| 12                     | Newman Catholic Mason City | 255          | 1:52:29     | 22:30           |
| 13                     | Wapsie Valley Fairbank     | 257          | 1:54:57     | 23:00           |
| 14                     | St. Albert Council Bluffs  | 263          | 1:53:05     | 22:37           |
| 15                     | ACGC                       | 267          | 1:54:26     | 22:54           |
| 16                     | Central Decatur Leon       | 368          | 1:57:34     | 23:31           |

**SPLIT SCORING SUMMARY**
**1 MILE**

| <b>UNOFFICIAL Standings</b> | <b>Score</b>               |     |
|-----------------------------|----------------------------|-----|
| 1                           | Logan-Magnolia             | 102 |
| 2                           | Pekin                      | 134 |
| 3                           | Hudson                     | 148 |
| 4                           | Sumner-Fredericksburg      | 185 |
| 5                           | North Linn Troy Mills      | 187 |
| 6                           | South Winneshiek           | 199 |
| 7                           | Woodbine Community         | 207 |
| 8                           | Regina Iowa City           | 210 |
| 9                           | St. Albert Council Bluffs  | 220 |
| 10                          | ACGC                       | 221 |
| 11                          | North Tama Traer           | 225 |
| 12                          | Wapsie Valley Fairbank     | 229 |
| 13                          | Newman Catholic Mason City | 235 |
| 14                          | Earlham                    | 282 |
| 15                          | St. Edmond Fort Dodge      | 291 |
| 16                          | Central Decatur Leon       | 315 |

**2 MILE**

| <b>UNOFFICIAL Standings</b> |                            | <b>Score</b> |
|-----------------------------|----------------------------|--------------|
| 1                           | Logan-Magnolia             | 120          |
| 2                           | South Winneshiek           | 135          |
| 3                           | Pekin                      | 171          |
| 4                           | Hudson                     | 174          |
| 5                           | Regina Iowa City           | 196          |
| 6                           | St. Edmond Fort Dodge      | 202          |
| 7                           | Sumner-Fredericksburg      | 214          |
| 7                           | North Linn Troy Mills      | 214          |
| 9                           | Woodbine Community         | 221          |
| 10                          | North Tama Traer           | 225          |
| 11                          | Newman Catholic Mason City | 232          |
| 12                          | Wapsie Valley Fairbank     | 239          |
| 13                          | St. Albert Council Bluffs  | 248          |
| 14                          | Earlham                    | 254          |
| 15                          | ACGC                       | 263          |
| 16                          | Central Decatur Leon       | 359          |

## INDIVIDUAL RESULTS

| <b>Athlete</b> | <b>Team</b>       | <b>Score</b>                   | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>      |                     |
|----------------|-------------------|--------------------------------|-------------|---------------|--------------------|---------------------|
| 1              | Noelle Steines    | Calamus-Wheatland              | --          | 18:20.91      | <b>5:35.50 (1)</b> | <b>11:30.10 (1)</b> |
| 2              | Jalyssa Blazek    | Turkey Valley Jackson Junction | --          | 18:36.25      | 5:36.70 (2)        | 11:48.10 (2)        |
| 3              | Nora Peterson     | Alta-Aurelia                   | --          | 19:13.11      | 5:51.70 (3)        | 12:16.40 (3)        |
| 4              | Billie Wagner     | South Winneshiek               | 1           | 19:20.88      | 6:00.80 (11)       | 12:19.30 (4)        |
| 5              | Madison Sporrer   | Logan-Magnolia                 | 2           | 19:30.84      | 5:57.10 (8)        | 12:21.80 (5)        |
| 6              | Meghan Wheatley   | North Linn Troy Mills          | 3           | 19:34.90      | 5:57.00 (7)        | 12:26.10 (7)        |
| 7              | Haley Meyer       | Kee Lansing                    | --          | 19:38.87      | 5:56.50 (6)        | 12:26.70 (8)        |
| 8              | Addison Grady     | Hudson                         | 4           | 19:42.62      | 5:54.60 (4)        | 12:37.40 (10)       |
| 9              | Hillary Trainor   | Sumner-Fredericksburg          | 5           | 19:44.00      | 5:55.00 (5)        | 12:25.40 (6)        |
| 10             | Grace Lidgett     | North Tama Traer               | 6           | 19:50.19      | 6:03.50 (13)       | 12:39.20 (12)       |
| 11             | Courtney Sporrer  | Logan-Magnolia                 | 7           | 19:59.37      | 5:59.60 (9)        | 12:33.30 (9)        |
| 12             | Rylee Dunkin      | Twin Cedars Bussey             | --          | 20:06.17      | 5:59.90 (10)       | 12:37.40 (11)       |
| 13             | Greenlee Smock    | Lynnville-Sully                | --          | 20:09.76      | 6:21.20 (36)       | 13:05.00 (24)       |
| 14             | Holly Beauchamp   | Marquette Catholic Bellevue    | --          | 20:12.37      | 6:09.00 (19)       | 12:44.90 (13)       |
| 15             | Jolee Mesz        | Lawton-Bronson                 | --          | 20:15.24      | 6:08.90 (18)       | 12:48.70 (15)       |
| 16             | Elie Tuhn         | Baxter                         | --          | 20:22.89      | 6:04.20 (14)       | 12:49.50 (16)       |
| 17             | Hunter Jones      | North Cedar Stanwood           | --          | 20:26.81      | 6:08.60 (16)       | 12:59.10 (17)       |
| 18             | Stefi Beisswenger | Audubon                        | --          | 20:29.70      | 6:15.40 (25)       | 13:04.40 (23)       |
| 19             | Preslie Oswald    | Manson Northwest Webster       | --          | 20:30.16      | 6:10.90 (20)       | 13:00.10 (18)       |
| 20             | Olivia Spurling   | Earlham                        | 8           | 20:36.82      | 6:19.00 (31)       | 13:03.40 (22)       |
| 21             | Jacey Welbig      | North Union                    | --          | 20:37.76      | 6:13.10 (24)       | 13:00.40 (19)       |
| 22             | Addison Murdock   | Woodbine Community             | 9           | 20:40.34      | 6:11.40 (21)       | 13:02.90 (21)       |
| 23             | Michaela Leiting  | St. Edmond Fort Dodge          | 10          | 20:49.16      | 6:35.10 (68)       | 13:29.00 (36)       |
| 24             | Lauren Derscheid  | Pekin                          | 11          | 20:58.52      | 6:18.90 (30)       | 13:21.00 (31)       |
| 25             | Paige Condon      | Manson Northwest Webster       | --          | 21:01.53      | 6:15.80 (26)       | 13:17.50 (29)       |
| 26             | Lauren Steigleder | Pekin                          | 12          | 21:05.02      | 6:00.80 (12)       | 13:01.90 (20)       |

| <b>Athlete</b> | <b>Team</b>         | <b>Score</b>                   | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |               |
|----------------|---------------------|--------------------------------|-------------|---------------|---------------|---------------|
| 27             | Ava Campbell        | ACGC                           | 13          | 21:07.46      | 6:16.60 (27)  | 13:20.40 (30) |
| 28             | Jules Breakenridge  | North Tama Traer               | 14          | 21:09.97      | 6:08.70 (17)  | 13:13.60 (27) |
| 29             | Mya Whitaker        | Regina Iowa City               | 15          | 21:11.45      | 6:25.70 (41)  | 13:26.20 (33) |
| 30             | Jaycie Vohs         | Ridge View                     | --          | 21:12.38      | 6:19.60 (32)  | 13:13.10 (26) |
| 31             | Kayden Spencer      | Ogden                          | --          | 21:12.96      | 6:35.90 (70)  | 13:34.80 (42) |
| 32             | Brylee Bellis       | Wapsie Valley Fairbank         | 16          | 21:13.06      | 6:12.60 (23)  | 13:16.10 (28) |
| 33             | Alyssa Richman      | Manson Northwest Webster       | --          | 21:14.16      | 6:26.40 (42)  | 13:27.10 (34) |
| 34             | Emily Albertsen     | IKM-Manning                    | --          | 21:14.42      | 6:24.00 (39)  | 13:27.80 (35) |
| 35             | Jaclyn Holmes       | Pella Christian                | --          | 21:15.93      | 6:22.70 (38)  | 13:22.10 (32) |
| 36             | Eryn Sabelka        | South Winneshiek               | 17          | 21:16.77      | 6:44.70 (83)  | 13:47.30 (57) |
| 37             | Josie Tieskoetter   | South Winneshiek               | 18          | 21:20.10      | 6:36.20 (71)  | 13:34.30 (41) |
| 38             | Natalie Franklin    | Regina Iowa City               | 19          | 21:23.72      | 6:29.70 (52)  | 13:30.60 (38) |
| 39             | Leah Bontrager      | Hillcrest Academy              | --          | 21:23.89      | 6:44.00 (81)  | 13:41.00 (48) |
| 40             | Ava Vandaele        | Wapsie Valley Fairbank         | 20          | 21:26.55      | 6:11.80 (22)  | 13:06.90 (25) |
| 41             | Quincey Schneckloth | Tri-Center Neola               | --          | 21:28.12      | 6:21.10 (35)  | 13:33.90 (40) |
| 42             | Savannah Schneider  | Hudson                         | 21          | 21:29.91      | 6:26.90 (45)  | 13:34.80 (43) |
| 43             | Tyler Tingley       | St. Albert Council Bluffs      | 22          | 21:30.57      | 6:28.00 (47)  | 13:37.50 (46) |
| 44             | Bryn Collum         | North Linn Troy Mills          | 23          | 21:33.19      | 6:31.50 (58)  | 13:41.50 (49) |
| 45             | Lily Dixon          | Earlham                        | 24          | 21:34.36      | 6:34.50 (67)  | 13:45.20 (54) |
| 46             | Hannah Asche        | Central Elkader                | --          | 21:35.50      | 6:17.60 (28)  | 13:33.30 (39) |
| 47             | Lily Mayo           | Sumner-Fredericksburg          | 25          | 21:37.51      | 6:30.10 (54)  | 13:44.40 (52) |
| 48             | Kadence Huck        | Nashua-Plainfield              | --          | 21:38.26      | 6:21.50 (37)  | 13:29.80 (37) |
| 49             | Hayden Coffman      | ACGC                           | 26          | 21:39.27      | 6:31.00 (57)  | 13:43.70 (51) |
| 50             | Grace Steinmetz     | Heartland Christian            | --          | 21:40.27      | 6:24.80 (40)  | 13:37.20 (45) |
| 51             | Karissa Wenthold    | South Winneshiek               | 27          | 21:42.31      | 6:47.40 (94)  | 13:51.60 (62) |
| 52             | Elise Olson         | Woodbine Community             | 28          | 21:42.86      | 6:20.10 (33)  | 13:35.30 (44) |
| 53             | Kaylee Koos         | Marquette Catholic Bellevue    | --          | 21:42.86      | 6:33.40 (65)  | 13:47.10 (56) |
| 54             | Greylan Hornbeck    | Logan-Magnolia                 | 29          | 21:43.14      | 6:29.70 (53)  | 13:45.00 (53) |
| 55             | Hannah Landwehr     | St. Edmond Fort Dodge          | 30          | 21:43.38      | 6:57.10 (118) | 13:58.00 (69) |
| 56             | Sofia Brown         | Hudson                         | 31          | 21:43.97      | 6:45.20 (84)  | 13:55.30 (66) |
| 57             | Ellie Knox          | St. Edmond Fort Dodge          | 32          | 21:45.92      | 6:41.80 (79)  | 13:55.00 (64) |
| 58             | Sydney Martin       | Wapsie Valley Fairbank         | 33          | 21:45.96      | 6:26.70 (43)  | 13:37.90 (47) |
| 59             | Saela Steege        | Sumner-Fredericksburg          | 34          | 21:51.40      | 6:30.80 (55)  | 13:56.60 (67) |
| 60             | Cambree Kruse       | Turkey Valley Jackson Junction | --          | 21:52.58      | 6:47.30 (93)  | 14:03.70 (72) |
| 61             | Maggie McBride      | Newman Catholic Mason City     | 35          | 21:52.59      | 6:32.70 (62)  | 13:49.90 (58) |
| 62             | Faith Neeley        | Van Buren County               | --          | 21:53.38      | 6:28.10 (48)  | 13:55.00 (63) |
| 63             | Kenna Hemann        | Newman Catholic Mason City     | 36          | 21:54.63      | 6:33.10 (64)  | 13:50.90 (61) |
| 64             | Reese Duncan        | St. Albert Council Bluffs      | 37          | 21:55.87      | 6:28.20 (49)  | 13:43.30 (50) |
| 65             | Ellie Baker         | Martensdale-St. Marys          | --          | 21:59.26      | 6:28.60 (51)  | 13:45.60 (55) |
| 66             | Payten Poling       | Van Buren County               | --          | 22:00.29      | 6:32.40 (59)  | 14:06.50 (77) |
| 67             | Linnea Bloom        | Sioux Central Sioux Rapids     | --          | 22:03.92      | 6:27.80 (46)  | 13:50.80 (60) |
| 68             | Adyson Lapel        | Woodbine Community             | 38          | 22:11.47      | 6:28.40 (50)  | 13:50.00 (59) |
| 69             | Carly McKeever      | St. Albert Council Bluffs      | 39          | 22:13.05      | 6:32.70 (63)  | 13:57.30 (68) |
| 70             | Mariah Nolting      | Logan-Magnolia                 | 40          | 22:13.54      | 6:44.30 (82)  | 14:08.00 (80) |
| 71             | Anna Dietzenbach    | South Winneshiek               | 41          | 22:17.75      | 7:01.50 (121) | 14:21.70 (94) |
| 72             | Rylie Knop          | AHSTW Avoca                    | --          | 22:19.72      | 6:33.60 (66)  | 14:05.40 (75) |
| 73             | Megan Hageman       | South Winneshiek               | 42          | 22:20.43      | 6:45.90 (86)  | 14:13.30 (85) |

| Athlete | Team                  | Score                      | Time | 1 Mile   | 2 Mile        |                |
|---------|-----------------------|----------------------------|------|----------|---------------|----------------|
| 74      | Ellen Cook            | Montezuma                  | --   | 22:20.72 | 6:45.20 (85)  | 14:15.60 (89)  |
| 75      | Haedyn Hall           | Logan-Magnolia             | 43   | 22:20.98 | 6:37.20 (73)  | 14:07.10 (79)  |
| 76      | Caroline Shelly       | St. Edmond Fort Dodge      | 44   | 22:25.00 | 6:49.70 (102) | 14:13.60 (86)  |
| 77      | Mia Clark             | Pekin                      | 45   | 22:26.29 | 6:32.60 (60)  | 14:04.30 (73)  |
| 78      | Olivia Ketter         | North Tama Traer           | 46   | 22:27.88 | 6:46.40 (88)  | 14:09.90 (82)  |
| 79      | Mariah Falkena        | Boyer Valley Dunlap        | --   | 22:29.09 | 6:17.80 (29)  | 13:55.00 (65)  |
| 80      | Ella Petree           | Newman Catholic Mason City | 47   | 22:29.25 | 6:41.00 (77)  | 14:05.50 (76)  |
| 81      | Jaydin Dettman        | Central Elkader            | --   | 22:29.89 | 6:41.40 (78)  | 14:14.60 (88)  |
| 82      | Adalyn Benson         | ACGC                       | 48   | 22:32.43 | 6:40.00 (76)  | 14:12.90 (84)  |
| 83      | Maddie Hansen         | Hudson                     | 49   | 22:33.18 | 6:26.90 (44)  | 14:04.90 (74)  |
| 84      | Becca Cody            | Riverside Oakland          | --   | 22:33.41 | 6:35.80 (69)  | 14:14.50 (87)  |
| 85      | Harrison Bevan        | Central Decatur Leon       | 50   | 22:34.57 | 6:37.20 (72)  | 14:10.70 (83)  |
| 86      | Anna Kolacia          | St. Edmond Fort Dodge      | 51   | 22:35.46 | 7:05.90 (130) | 14:32.50 (105) |
| 87      | Sarah Eubanks         | Pekin                      | 52   | 22:37.18 | 6:32.60 (61)  | 14:06.50 (78)  |
| 88      | Josie Pursley         | Regina Iowa City           | 53   | 22:37.66 | 6:37.80 (74)  | 14:09.50 (81)  |
| 89      | Hannah Frank          | Earlham                    | 54   | 22:38.85 | 6:49.60 (101) | 14:19.60 (92)  |
| 90      | Jamie Jacobs          | North Tama Traer           | 55   | 22:38.99 | 6:47.70 (95)  | 14:15.70 (90)  |
| 91      | Kacie Eisentrager     | West Fork Sheffield        | --   | 22:40.39 | 6:21.10 (34)  | 13:59.60 (70)  |
| 92      | Kyla Bildstein        | North Linn Troy Mills      | 56   | 22:42.39 | 6:46.70 (90)  | 14:21.30 (93)  |
| 93      | Audrey Fariss         | Pekin                      | 57   | 22:43.06 | 6:51.70 (105) | 14:32.10 (103) |
| 94      | Allison Hein          | Regina Iowa City           | 58   | 22:44.92 | 6:56.10 (114) | 14:28.20 (100) |
| 95      | Cate Klitgaard        | Regina Iowa City           | 59   | 22:44.94 | 6:46.90 (91)  | 14:17.40 (91)  |
| 96      | Reese Lemberg         | St. Edmond Fort Dodge      | 60   | 22:45.78 | 6:52.80 (107) | 14:24.90 (97)  |
| 97      | Mya Moss              | Logan-Magnolia             | 61   | 22:49.39 | 6:30.80 (56)  | 14:03.00 (71)  |
| 98      | Alivia Cline          | Montezuma                  | --   | 22:54.95 | 6:46.50 (89)  | 14:23.70 (95)  |
| 99      | Zoey Johnson          | Pekin                      | 62   | 22:58.32 | 6:46.20 (87)  | 14:30.00 (102) |
| 100     | Taylor Jensen         | Earlham                    | 63   | 22:59.90 | 6:55.30 (112) | 14:44.70 (116) |
| 101     | Amberley Gerholdt     | Nashua-Plainfield          | --   | 23:00.69 | 6:48.60 (97)  | 14:25.80 (98)  |
| 102     | Carly Myers           | North Linn Troy Mills      | 64   | 23:00.91 | 6:47.00 (92)  | 14:29.00 (101) |
| 103     | Madison Willand       | Hudson                     | 65   | 23:02.81 | 6:48.80 (98)  | 14:35.60 (109) |
| 104     | Greta Regenwether     | Hudson                     | 66   | 23:03.36 | 6:56.10 (113) | 14:41.50 (111) |
| 105     | Miriam Beenken        | North Iowa Buffalo Center  | --   | 23:03.93 | 7:02.80 (126) | 14:50.40 (118) |
| 106     | Emma Weiner           | Newman Catholic Mason City | 67   | 23:04.18 | 6:50.90 (104) | 14:33.00 (106) |
| 107     | Kylie Neligh          | Woodbine Community         | 68   | 23:04.42 | 6:54.80 (110) | 14:35.30 (108) |
| 108     | Ella Willey           | South Winneshiek           | 69   | 23:04.62 | 7:02.00 (124) | 14:32.10 (104) |
| 109     | Grace Gabriel         | Newman Catholic Mason City | 70   | 23:08.16 | 6:48.10 (96)  | 14:24.60 (96)  |
| 110     | Gracie Harvey         | St. Edmond Fort Dodge      | 71   | 23:11.06 | 7:06.50 (131) | 14:43.90 (115) |
| 111     | Jasmine Oleson        | Hudson                     | 72   | 23:16.08 | 6:56.70 (115) | 14:41.30 (110) |
| 112     | Aniston Jones         | Central Decatur Leon       | 73   | 23:18.62 | 6:49.50 (100) | 14:43.10 (114) |
| 113     | Hadley Bell           | Central Decatur Leon       | 74   | 23:22.16 | 6:39.70 (75)  | 14:27.70 (99)  |
| 114     | Sophie Boehmler       | Sumner-Fredericksburg      | 75   | 23:22.61 | 6:48.90 (99)  | 14:42.20 (112) |
| 115     | Gwyneth Charlton      | Regina Iowa City           | 76   | 23:25.55 | 7:07.10 (133) | 14:54.70 (120) |
| 116     | Abigail Leahy         | Central Decatur Leon       | 77   | 23:30.59 | 7:02.00 (125) | 14:54.70 (121) |
| 117     | Jayce Weiner          | Newman Catholic Mason City | 78   | 23:31.35 | 7:07.80 (134) | 14:55.20 (122) |
| 118     | Alex Spies            | Regina Iowa City           | 79   | 23:34.55 | 6:56.70 (116) | 14:46.00 (117) |
| 119     | Emersen Warnke        | Sumner-Fredericksburg      | 80   | 23:38.03 | 6:54.80 (111) | 14:42.80 (113) |
| 120     | Mackenzie Bridgewater | North Linn Troy Mills      | 81   | 23:40.38 | 6:42.80 (80)  | 14:34.60 (107) |

| <b>Athlete</b>         | <b>Team</b>                | <b>Score</b> | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>  |
|------------------------|----------------------------|--------------|-------------|---------------|----------------|
| 121 Brenna Smith       | St. Albert Council Bluffs  | 82           | 23:40.73    | 6:50.30 (103) | 14:54.50 (119) |
| 122 Kirsten Piskorski  | St. Albert Council Bluffs  | 83           | 23:44.31    | 7:00.00 (119) | 15:04.50 (125) |
| 123 Carlie Jo Fusco    | Durant                     | --           | 23:51.31    | 6:52.90 (108) | 14:59.00 (123) |
| 124 Emily Laumeyer     | Pekin                      | 84           | 23:52.82    | 7:06.90 (132) | 15:11.60 (130) |
| 125 Kiera Hochstein    | Logan-Magnolia             | 85           | 23:58.82    | 7:01.70 (123) | 15:06.30 (126) |
| 126 Carly Schaffer     | Earlham                    | 86           | 24:16.09    | 7:17.00 (137) | 14:59.70 (124) |
| 127 Jaylin May         | Wapsie Valley Fairbank     | 87           | 24:19.53    | 7:03.90 (127) | 15:18.80 (133) |
| 128 Paige Van Meter    | ACGC                       | 88           | 24:22.95    | 6:57.00 (117) | 15:09.80 (128) |
| 129 Nicole Sherer      | Woodbine Community         | 89           | 24:28.69    | 7:04.00 (128) | 15:14.80 (131) |
| 130 Mia Terry          | Earlham                    | 90           | 24:32.46    | 7:18.40 (139) | 15:24.70 (134) |
| 131 Hailey Heinselman  | Newman Catholic Mason City | 91           | 24:33.66    | 7:00.80 (120) | 15:15.60 (132) |
| 132 Kiersten Knobbe    | ACGC                       | 92           | 24:43.13    | 6:51.80 (106) | 15:26.20 (135) |
| 133 Katelyn Schafer    | ACGC                       | 93           | 24:45.18    | 6:53.70 (109) | 15:10.10 (129) |
| 134 Addyson Schreck    | Central Decatur Leon       | 94           | 24:47.24    | 7:05.70 (129) | 15:31.90 (136) |
| 135 Abby Zabel         | Sumner-Fredericksburg      | 95           | 24:53.77    | 7:17.00 (138) | 15:36.40 (137) |
| 136 Mallory Daly       | St. Albert Council Bluffs  | 96           | 25:03.83    | 7:11.70 (136) | 15:44.40 (138) |
| 137 Jana Meyer         | Sumner-Fredericksburg      | 97           | 25:09.76    | 7:27.70 (142) | 15:57.40 (140) |
| 138 Riley Kerger       | Woodbine Community         | 98           | 25:13.30    | 7:10.00 (135) | 15:49.40 (139) |
| 139 Makenna Perkins    | Central Decatur Leon       | 99           | 25:42.88    | 7:32.90 (145) | 16:24.30 (145) |
| 140 Lucia Gracia       | Woodbine Community         | 100          | 26:00.56    | 7:35.30 (146) | 16:10.20 (143) |
| 141 Hailey Eitzenhefer | Wapsie Valley Fairbank     | 101          | 26:11.43    | 7:28.90 (144) | 16:17.60 (144) |
| 142 Jamie Oesch        | Central Decatur Leon       | 102          | 26:11.70    | 7:40.00 (148) | 16:41.70 (148) |
| 143 Dakota East        | Wapsie Valley Fairbank     | 103          | 26:12.07    | 7:27.80 (143) | 16:04.40 (141) |
| 144 Cady Sutcliffe     | North Linn Troy Mills      | 104          | 26:17.66    | 7:23.50 (141) | 16:09.40 (142) |
| 145 Daniela Moraru     | North Tama Traer           | 105          | 26:21.35    | 7:18.70 (140) | 16:37.80 (146) |
| 146 Mary Bodensteiner  | Wapsie Valley Fairbank     | 106          | 26:37.15    | 7:39.60 (147) | 16:40.90 (147) |
| 147 Kennedy Sanchez    | St. Albert Council Bluffs  | 107          | 27:00.92    | 7:48.70 (150) | 16:51.40 (150) |
| 148 Katie Steward      | Earlham                    | 108          | 27:27.55    | 7:46.30 (149) | 16:49.20 (149) |
| 149 Larissa Morrison   | North Tama Traer           | 109          | 27:36.50    | 7:56.70 (151) | 17:17.10 (151) |
| 150 Rachel Robinson    | North Tama Traer           | 110          | 27:54.32    | 8:11.40 (152) | 17:32.80 (152) |
| Joslyn Terpstra        | Pella Christian            | --           | DNF         | 6:08.60 (15)  | 12:46.40 (14)  |
| Jayla Hoover           | ACGC                       | --           | DNF         | 7:01.60 (122) | 15:08.00 (127) |

**Race #8**  
**Class 1A Boys 5000M**
**FINAL RESULTS**
**TEAM SCORING SUMMARY**

| <b>Final Standings</b> | <b>Score</b>                         | <b>Total</b> | <b>Avg.</b> | <b>Division</b> |
|------------------------|--------------------------------------|--------------|-------------|-----------------|
| 1                      | ACGC                                 | 75           | 1:26:46     | 17:22           |
| 2                      | Maquoketa Valley Delhi               | 112          | 1:27:52     | 17:35           |
| 3                      | Earlham                              | 134          | 1:27:23     | 17:29           |
| 4                      | Valley Lutheran                      | 161          | 1:29:15     | 17:51           |
| 5                      | Pella Christian                      | 178          | 1:30:17     | 18:04           |
| 6                      | Bellevue                             | 198          | 1:30:19     | 18:04           |
| 7                      | Central Decatur Leon                 | 199          | 1:31:04     | 18:13           |
| 8                      | Regina Iowa City                     | 202          | 1:30:59     | 18:12           |
| 9                      | Woodbine Community                   | 234          | 1:32:00     | 18:24           |
| 10                     | St. Edmond Fort Dodge                | 241          | 1:32:17     | 18:28           |
| 11                     | Ogden                                | 255          | 1:32:47     | 18:34           |
| 12                     | Central Springs                      | 263          | 1:32:41     | 18:33           |
| 13                     | Cascade Western Dubuque              | 297          | 1:33:46     | 18:46           |
| 14                     | St. Albert Council Bluffs            | 305          | 1:33:34     | 18:43           |
| 15                     | Newman Catholic Mason City           | 307          | 1:34:09     | 18:50           |
| 16                     | Columbus Community Columbus Junction | 314          | 1:34:12     | 18:51           |

**SPLIT SCORING SUMMARY**
**1 MILE**

| <b>UNOFFICIAL Standings</b> | <b>Score</b>                         |     |
|-----------------------------|--------------------------------------|-----|
| 1                           | ACGC                                 | 93  |
| 2                           | Central Decatur Leon                 | 131 |
| 3                           | Earlham                              | 149 |
| 4                           | Maquoketa Valley Delhi               | 184 |
| 5                           | Valley Lutheran                      | 189 |
| 6                           | Regina Iowa City                     | 198 |
| 7                           | Pella Christian                      | 199 |
| 8                           | Bellevue                             | 213 |
| 9                           | Ogden                                | 217 |
| 10                          | Woodbine Community                   | 231 |
| 11                          | Columbus Community Columbus Junction | 232 |
| 12                          | St. Albert Council Bluffs            | 258 |
| 13                          | Central Springs                      | 275 |
| 14                          | Newman Catholic Mason City           | 278 |
| 15                          | St. Edmond Fort Dodge                | 290 |
| 16                          | Cascade Western Dubuque              | 307 |

**2 MILE**



| <b>UNOFFICIAL Standings</b> |                                      | <b>Score</b> |
|-----------------------------|--------------------------------------|--------------|
| 1                           | ACGC                                 | 91           |
| 2                           | Earlham                              | 130          |
| 2                           | Maquoketa Valley Delhi               | 130          |
| 4                           | Valley Lutheran                      | 155          |
| 5                           | Central Decatur Leon                 | 172          |
| 6                           | Regina Iowa City                     | 196          |
| 7                           | Pella Christian                      | 198          |
| 8                           | Bellevue                             | 215          |
| 9                           | Woodbine Community                   | 231          |
| 10                          | Central Springs                      | 244          |
| 11                          | Ogden                                | 256          |
| 12                          | St. Edmond Fort Dodge                | 262          |
| 13                          | Columbus Community Columbus Junction | 273          |
| 14                          | St. Albert Council Bluffs            | 286          |
| 15                          | Cascade Western Dubuque              | 298          |
| 16                          | Newman Catholic Mason City           | 310          |

## INDIVIDUAL RESULTS

| <b>Athlete</b> | <b>Team</b>         | <b>Score</b>                         | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>      |                     |
|----------------|---------------------|--------------------------------------|-------------|---------------|--------------------|---------------------|
| 1              | Jayden Dickson      | Earlham                              | 1           | 16:06.46      | 5:03.78 (4)        | <b>10:22.09 (1)</b> |
| 2              | Dominic Braet       | Earlham                              | 2           | 16:18.50      | 5:04.08 (5)        | 10:22.37 (2)        |
| 3              | Isaac Natvig        | Valley Lutheran                      | 3           | 16:23.49      | 5:04.42 (6)        | 10:28.01 (3)        |
| 4              | Trevin Suhr         | ACGC                                 | 4           | 16:38.86      | 5:06.38 (8)        | 10:31.67 (6)        |
| 5              | Payton Griebel      | Bellevue                             | 5           | 16:40.69      | <b>5:02.98 (1)</b> | 10:30.84 (4)        |
| 6              | Bryce McDonough     | Central Springs                      | 6           | 16:46.75      | 5:04.54 (7)        | 10:30.95 (5)        |
| 7              | Ethan Loutzenheiser | Madrid                               | --          | 16:48.54      | 5:09.03 (13)       | 10:44.99 (10)       |
| 8              | Colin Lillie        | St. Albert Council Bluffs            | 7           | 16:54.96      | 5:03.44 (3)        | 10:38.21 (8)        |
| 9              | Cy Huber            | Maquoketa Valley Delhi               | 8           | 16:56.81      | 5:14.18 (19)       | 10:51.41 (16)       |
| 10             | Patrick Heffernan   | Boyer Valley Dunlap                  | --          | 16:58.27      | 5:08.32 (10)       | 10:40.63 (9)        |
| 11             | Isaiah Kruckman     | South Winneshiek                     | --          | 16:59.52      | 5:15.22 (22)       | 10:47.26 (11)       |
| 12             | Nolan Ries          | Maquoketa Valley Delhi               | 9           | 16:59.68      | 5:14.32 (20)       | 10:50.74 (15)       |
| 13             | Bryson Grove        | English Valleys North English        | --          | 17:00.35      | 5:16.00 (25)       | 10:48.43 (12)       |
| 14             | Aidan O'Neil        | Regina Iowa City                     | 10          | 17:01.61      | 5:17.32 (31)       | 10:50.09 (14)       |
| 15             | Noah Valenzuela     | East Buchanan Winthrop               | --          | 17:10.01      | 5:12.42 (15)       | 10:55.61 (17)       |
| 16             | Aaron Lursen        | St. Edmond Fort Dodge                | 11          | 17:18.70      | 5:13.60 (16)       | 10:56.52 (18)       |
| 17             | Andrew Mahaffey     | ACGC                                 | 12          | 17:19.49      | 5:20.69 (41)       | 11:04.67 (28)       |
| 18             | Aiden Onken         | Bellevue                             | 13          | 17:20.11      | 5:17.22 (30)       | 10:56.98 (19)       |
| 19             | Cody Gilpin         | Missouri Valley                      | --          | 17:20.82      | 5:13.94 (18)       | 10:58.15 (20)       |
| 20             | Doug Berg           | Nodaway Valley                       | --          | 17:22.97      | 5:08.52 (11)       | 10:49.32 (13)       |
| 21             | Justin Reinhart     | ACGC                                 | 14          | 17:23.05      | 5:18.60 (35)       | 11:03.50 (26)       |
| 22             | Kaden Thompson      | ACGC                                 | 15          | 17:23.33      | 5:21.81 (47)       | 11:06.26 (30)       |
| 23             | RC Hicks            | Wayne Corydon                        | --          | 17:24.97      | 5:16.20 (27)       | 11:01.85 (22)       |
| 24             | Freddy Vergara      | Columbus Community Columbus Junction | 16          | 17:25.51      | 5:15.42 (23)       | 11:02.45 (24)       |
| 25             | Kaden Van Wyngarden | Pella Christian                      | 17          | 17:25.96      | 5:21.57 (45)       | 11:07.89 (32)       |
| 26             | Isaac Swenson       | Belmond-Klemme                       | --          | 17:26.94      | 5:26.04 (60)       | 11:10.73 (36)       |

| <b>Athlete</b> | <b>Team</b>       | <b>Score</b>                     | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |               |
|----------------|-------------------|----------------------------------|-------------|---------------|---------------|---------------|
| 27             | Adam Knepper      | Cascade Western Dubuque          | 18          | 17:27.27      | 5:21.42 (44)  | 11:08.55 (34) |
| 28             | Marcus Blount     | Prince of Peace Catholic Clinton | --          | 17:31.20      | 5:11.72 (14)  | 11:01.08 (21) |
| 29             | Kaden Galles      | MMCRU                            | --          | 17:33.72      | 5:18.29 (33)  | 11:07.99 (33) |
| 30             | James Gruver      | Lynnvile-Sully                   | --          | 17:34.73      | 5:13.72 (17)  | 11:01.87 (23) |
| 31             | Ryan Kelly        | Newman Catholic Mason City       | 19          | 17:35.31      | 5:27.70 (65)  | 11:15.48 (43) |
| 32             | Michael Schaul    | Maquoketa Valley Delhi           | 20          | 17:36.03      | 5:32.02 (86)  | 11:17.58 (46) |
| 33             | Clay Warson       | Madrid                           | --          | 17:36.31      | 5:14.76 (21)  | 11:06.46 (31) |
| 34             | Riley Witt        | Saint Ansgar                     | --          | 17:36.74      | 5:03.12 (2)   | 10:33.63 (7)  |
| 35             | Gavin Moser       | Clayton Ridge Guttenberg         | --          | 17:36.79      | 5:23.20 (52)  | 11:13.15 (40) |
| 36             | Jacob Schellhorn  | MFL MarMac                       | --          | 17:37.47      | 5:21.95 (48)  | 11:13.64 (41) |
| 37             | Owen Michael      | Earlham                          | 21          | 17:37.52      | 5:20.91 (42)  | 11:05.79 (29) |
| 38             | Keaton Reimer     | Clayton Ridge Guttenberg         | --          | 17:39.16      | 5:23.62 (54)  | 11:18.62 (48) |
| 39             | Adric Schmitz     | Valley Lutheran                  | 22          | 17:40.11      | 5:30.00 (78)  | 11:18.17 (47) |
| 40             | William Gillis    | Central Decatur Leon             | 23          | 17:40.88      | 5:07.72 (9)   | 11:03.03 (25) |
| 41             | Quinn Swift       | Bishop Garrigan Algona           | --          | 17:42.71      | 5:28.96 (72)  | 11:11.14 (37) |
| 42             | Landon Bendgen    | Woodbine Community               | 24          | 17:43.15      | 5:29.24 (74)  | 11:23.78 (55) |
| 43             | Clayton McDonough | Central Springs                  | 25          | 17:44.06      | 5:18.54 (34)  | 11:03.80 (27) |
| 44             | Vincent Carcamo   | Central Decatur Leon             | 26          | 17:45.33      | 5:15.62 (24)  | 11:10.16 (35) |
| 45             | Caden Keller      | IKM-Manning                      | --          | 17:45.84      | 5:16.92 (28)  | 11:13.10 (39) |
| 46             | Ronan Jimenez     | Southeast Warren Liberty Center  | --          | 17:46.99      | 5:20.12 (39)  | 11:21.50 (52) |
| 47             | Gunner Wagner     | Woodbine Community               | 27          | 17:47.69      | 5:16.06 (26)  | 11:12.38 (38) |
| 48             | Lane Moline       | Manson Northwest Webster         | --          | 17:47.93      | 5:24.70 (57)  | 11:16.74 (44) |
| 49             | Zack Wise         | Pekin                            | --          | 17:49.73      | 5:17.12 (29)  | 11:13.87 (42) |
| 50             | Braeden Brough    | Grand View Christian School      | --          | 17:50.33      | 5:30.86 (81)  | 11:26.97 (62) |
| 51             | Carson Van Sickle | Ogden                            | 28          | 17:52.36      | 5:22.13 (49)  | 11:19.68 (51) |
| 52             | Aidan Gruver      | Easton Valley                    | --          | 17:53.63      | 5:20.61 (40)  | 11:19.01 (49) |
| 53             | Drew Wilken       | Nashua-Plainfield                | --          | 17:55.44      | 5:28.84 (70)  | 11:27.16 (64) |
| 54             | Ryan Natelborg    | Pella Christian                  | 29          | 17:58.59      | 5:25.74 (59)  | 11:24.60 (56) |
| 55             | Gage Heyne        | English Valleys North English    | --          | 18:00.55      | 5:26.48 (62)  | 11:23.18 (53) |
| 56             | Bo Arrasmith      | ACGC                             | 30          | 18:01.13      | 5:29.68 (77)  | 11:27.62 (65) |
| 57             | Joe Maley         | Regina Iowa City                 | 31          | 18:01.65      | 5:21.30 (43)  | 11:26.12 (59) |
| 58             | Payton Van Sickle | Ogden                            | 32          | 18:02.11      | 5:24.70 (58)  | 11:23.39 (54) |
| 59             | Daniel Schoening  | Ankeny Christian Academy         | --          | 18:02.26      | 5:30.86 (82)  | 11:27.06 (63) |
| 60             | George Livingston | Maquoketa Valley Delhi           | 33          | 18:02.33      | 5:38.78 (101) | 11:32.37 (74) |
| 61             | Westley Determan  | Valley Lutheran                  | 34          | 18:02.80      | 5:28.56 (68)  | 11:19.62 (50) |
| 62             | Nicholas Milner   | Heartland Christian              | --          | 18:02.87      | 5:08.66 (12)  | 11:26.32 (60) |
| 63             | Ben Steinbeck     | Bellevue                         | 35          | 18:04.15      | 5:27.82 (66)  | 11:28.01 (66) |
| 64             | Ryan Hopwood      | BGM Brooklyn                     | --          | 18:04.73      | 5:33.52 (90)  | 11:33.64 (76) |
| 65             | Gunnar Smith      | Central Decatur Leon             | 36          | 18:05.65      | 5:22.67 (50)  | 11:25.64 (58) |
| 66             | Thomas Tremel     | Woodbine Community               | 37          | 18:06.24      | 5:33.23 (89)  | 11:29.89 (69) |
| 67             | Mason McCready    | Riverside Oakland                | --          | 18:07.44      | 5:31.18 (83)  | 11:30.16 (70) |
| 68             | Lane Rogers       | Hudson                           | --          | 18:09.87      | 5:27.36 (63)  | 11:31.69 (73) |
| 69             | Liam Shannon      | St. Edmond Fort Dodge            | 38          | 18:11.88      | 5:28.14 (67)  | 11:35.20 (77) |
| 70             | Max Nadeau        | Cascade Western Dubuque          | 39          | 18:12.29      | 5:28.96 (71)  | 11:32.76 (75) |
| 71             | Levi Moss         | Wayne Corydon                    | --          | 18:13.98      | 5:24.10 (56)  | 11:25.52 (57) |
| 72             | Carson Maly       | Earlham                          | 40          | 18:14.78      | 5:37.00 (95)  | 11:39.74 (84) |
| 73             | Noah Kading       | ACGC                             | 41          | 18:15.42      | 5:20.11 (38)  | 11:26.71 (61) |

| <b>Athlete</b> | <b>Team</b>       | <b>Score</b>                         | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b> |                |
|----------------|-------------------|--------------------------------------|-------------|---------------|---------------|----------------|
| 74             | Cole Jorgenson    | Sidney                               | --          | 18:16.06      | 5:19.20 (36)  | 11:28.59 (67)  |
| 75             | Matthew Schaul    | Maquoketa Valley Delhi               | 42          | 18:16.54      | 5:39.87 (105) | 11:40.54 (85)  |
| 76             | Danny Andringa    | Pella Christian                      | 43          | 18:17.35      | 5:32.40 (87)  | 11:43.39 (90)  |
| 77             | Brant Vander Hart | Pella Christian                      | 44          | 18:17.41      | 5:30.46 (80)  | 11:39.50 (83)  |
| 78             | Ben Gosselink     | Pella Christian                      | 45          | 18:17.45      | 5:37.98 (96)  | 11:46.37 (94)  |
| 79             | Owen Almelien     | North Butler Greene                  | --          | 18:20.62      | 5:29.52 (76)  | 11:30.99 (72)  |
| 80             | Lance Bunde       | ACGC                                 | 46          | 18:21.74      | 5:36.10 (94)  | 11:42.76 (88)  |
| 81             | Gavin Grunhovd    | North Iowa Buffalo Center            | --          | 18:21.81      | 5:17.45 (32)  | 11:17.54 (45)  |
| 82             | Adam Boblenz      | Regina Iowa City                     | 47          | 18:22.24      | 5:36.10 (93)  | 11:38.04 (82)  |
| 83             | Braden Sonksen    | Alta-Aurelia                         | --          | 18:22.68      | 5:31.68 (85)  | 11:37.52 (81)  |
| 84             | Brek Boruff       | Missouri Valley                      | --          | 18:26.11      | 5:22.67 (51)  | 11:30.45 (71)  |
| 85             | Ethan L'Heureux   | Valley Lutheran                      | 48          | 18:27.51      | 5:29.30 (75)  | 11:36.25 (79)  |
| 86             | Sean McGee        | Tri-Center Neola                     | --          | 18:28.01      | 5:24.03 (55)  | 11:36.57 (80)  |
| 87             | Isaac Acosta      | Columbus Community Columbus Junction | 49          | 18:33.81      | 5:23.40 (53)  | 11:29.06 (68)  |
| 88             | Shaun Oosterheert | Pella Christian                      | 50          | 18:35.01      | 5:48.16 (131) | 12:02.26 (110) |
| 89             | Zach Morningstar  | Lynnvile-Sully                       | --          | 18:35.88      | 5:40.57 (112) | 11:43.94 (91)  |
| 90             | Tyson McDole      | Lamoni                               | --          | 18:36.24      | 5:29.24 (73)  | 11:41.81 (86)  |
| 91             | Joe Sheetz        | Central Decatur Leon                 | 51          | 18:37.42      | 5:42.44 (117) | 11:57.50 (105) |
| 92             | Tysen DeVries     | Pella Christian                      | 52          | 18:38.16      | 5:38.00 (97)  | 11:53.56 (103) |
| 93             | Sam Welter        | Regina Iowa City                     | 53          | 18:39.41      | 5:38.69 (100) | 11:48.18 (96)  |
| 94             | Isaac Dawson      | Valley Lutheran                      | 54          | 18:40.30      | 5:39.99 (106) | 11:49.21 (99)  |
| 95             | Joey Ringo        | Newman Catholic Mason City           | 55          | 18:40.61      | 5:26.04 (61)  | 11:45.80 (92)  |
| 96             | Arion Rave        | Maquoketa Valley Delhi               | 56          | 18:40.95      | 5:41.42 (116) | 11:48.72 (98)  |
| 97             | Adam Denny        | St. Albert Council Bluffs            | 57          | 18:42.26      | 5:27.62 (64)  | 11:43.01 (89)  |
| 98             | Nate Wright       | Woodbine Community                   | 58          | 18:43.44      | 5:35.09 (91)  | 11:48.57 (97)  |
| 99             | Ronnie Orres      | St. Edmond Fort Dodge                | 59          | 18:46.01      | 5:40.16 (109) | 11:52.07 (102) |
| 100            | Nick Schiltz      | North Union                          | --          | 18:46.80      | 5:30.39 (79)  | 11:45.98 (93)  |
| 101            | Jordan Ryner      | Central Springs                      | 60          | 18:50.99      | 5:41.16 (115) | 11:49.94 (100) |
| 102            | Riordan Smith     | Regina Iowa City                     | 61          | 18:53.51      | 5:38.44 (98)  | 11:51.04 (101) |
| 103            | Parker Trusler    | Ogden                                | 62          | 18:53.74      | 5:47.84 (130) | 12:03.46 (112) |
| 104            | Tate Swartz       | Central Decatur Leon                 | 63          | 18:54.02      | 5:21.60 (46)  | 11:35.20 (78)  |
| 105            | Gabriel Hemsworth | Winfield-Mt. Union                   | --          | 18:54.04      | 5:31.50 (84)  | 11:42.03 (87)  |
| 106            | Adam Henrich      | Newman Catholic Mason City           | 64          | 18:54.19      | 5:39.02 (102) | 11:56.00 (104) |
| 107            | Drew Szalat       | St. Edmond Fort Dodge                | 65          | 18:58.66      | 5:57.53 (141) | 12:15.09 (127) |
| 108            | Jude Benbow       | Ogden                                | 66          | 18:58.75      | 5:42.76 (118) | 12:00.92 (108) |
| 109            | Linden Seeger     | Ogden                                | 67          | 18:59.27      | 5:40.26 (110) | 12:02.68 (111) |
| 110            | Carver Ruhland    | Gehlen Catholic LeMars               | --          | 19:00.19      | 5:28.66 (69)  | 11:46.52 (95)  |
| 111            | Hayden Mayer      | St. Edmond Fort Dodge                | 68          | 19:01.01      | 5:57.84 (142) | 12:12.45 (120) |
| 112            | Carter Lanphere   | Central Springs                      | 69          | 19:03.78      | 5:45.82 (123) | 12:01.18 (109) |
| 113            | Blake Tiemeyer    | Earlham                              | 70          | 19:04.91      | 5:41.10 (114) | 11:59.61 (107) |
| 114            | Gabe Manders      | Bellevue                             | 71          | 19:05.38      | 5:49.61 (133) | 12:16.74 (129) |
| 115            | Davis Trumm       | Cascade Western Dubuque              | 72          | 19:05.58      | 5:45.28 (121) | 12:10.36 (116) |
| 116            | Thomas Cosgrove   | St. Edmond Fort Dodge                | 73          | 19:06.08      | 5:47.11 (128) | 12:11.97 (119) |
| 117            | Kaden Guenther    | Bellevue                             | 74          | 19:08.10      | 5:46.36 (126) | 12:13.34 (122) |
| 118            | Jordan King       | Ogden                                | 75          | 19:09.49      | 5:19.64 (37)  | 12:04.22 (113) |
| 119            | Lane Cook         | Cascade Western Dubuque              | 76          | 19:09.76      | 5:44.18 (120) | 12:10.88 (117) |
| 120            | Isaiah Wilson     | Sioux Central Sioux Rapids           | --          | 19:12.08      | 5:35.60 (92)  | 11:58.18 (106) |

| <b>Athlete</b>          | <b>Team</b>                          | <b>Score</b> | <b>Time</b> | <b>1 Mile</b> | <b>2 Mile</b>  |
|-------------------------|--------------------------------------|--------------|-------------|---------------|----------------|
| 121 Chase Morton        | St. Albert Council Bluffs            | 77           | 19:13.09    | 5:39.58 (103) | 12:11.35 (118) |
| 122 Joe Polyak          | Regina Iowa City                     | 78           | 19:15.85    | 5:49.23 (132) | 12:14.72 (125) |
| 123 Damian Vergara      | Columbus Community Columbus Junction | 79           | 19:18.83    | 5:40.00 (107) | 12:04.42 (114) |
| 124 Colin Olney         | Regina Iowa City                     | 80           | 19:20.06    | 5:45.57 (122) | 12:14.39 (124) |
| 125 Alex Gast           | St. Albert Council Bluffs            | 81           | 19:21.24    | 5:50.00 (134) | 12:13.08 (121) |
| 126 Eli Brinkley        | Newman Catholic Mason City           | 82           | 19:21.35    | 5:40.84 (113) | 12:16.14 (128) |
| 127 Owen Wise           | St. Albert Council Bluffs            | 83           | 19:21.80    | 5:44.12 (119) | 12:14.18 (123) |
| 128 Tim Hills-Carrier   | Columbus Community Columbus Junction | 84           | 19:22.54    | 5:40.52 (111) | 12:14.84 (126) |
| 129 Payton Harger       | Earlham                              | 85           | 19:29.34    | 5:50.99 (135) | 12:21.40 (134) |
| 130 Mason Hills-Carrier | Columbus Community Columbus Junction | 86           | 19:30.41    | 5:39.77 (104) | 12:06.38 (115) |
| 131 Landon Kohler       | Newman Catholic Mason City           | 87           | 19:37.52    | 5:56.66 (140) | 12:24.96 (135) |
| 132 Lane Vennink        | Woodbine Community                   | 88           | 19:39.18    | 5:46.74 (127) | 12:18.37 (131) |
| 133 Nolan Dunne         | Bellevue                             | 89           | 19:40.32    | 5:51.83 (136) | 12:19.10 (132) |
| 134 Liam Stockberger    | Newman Catholic Mason City           | 90           | 19:41.08    | 6:00.25 (146) | 12:27.64 (138) |
| 135 Evan Robertson      | Springville                          | --           | 19:46.05    | 5:32.54 (88)  | 12:18.21 (130) |
| 136 Xander Johnson      | Woodbine Community                   | 91           | 19:48.07    | 6:03.72 (148) | 12:41.87 (145) |
| 137 Ben Gehl            | Cascade Western Dubuque              | 92           | 19:50.69    | 5:53.13 (138) | 12:27.47 (137) |
| 138 Sage Seeger         | Ogden                                | 93           | 19:50.72    | 5:58.23 (143) | 12:34.62 (143) |
| 139 Keller Wilson       | Valley Lutheran                      | 94           | 19:53.64    | 5:52.23 (137) | 12:26.95 (136) |
| 140 Zach Loerts         | St. Edmond Fort Dodge                | 95           | 19:53.75    | 5:58.29 (145) | 12:33.98 (142) |
| 141 Jake Bormann        | Bellevue                             | 96           | 19:56.38    | 5:46.20 (125) | 12:20.51 (133) |
| 142 Tyler Humiston      | Columbus Community Columbus Junction | 97           | 19:56.67    | 5:46.12 (124) | 12:30.81 (141) |
| 143 Adam Barry          | Woodbine Community                   | 98           | 20:03.33    | 5:58.29 (144) | 12:38.04 (144) |
| 144 Isiah Brunk         | Central Decatur Leon                 | 99           | 20:06.01    | 5:40.00 (108) | 12:29.06 (139) |
| 145 Braydon Hamilton    | Earlham                              | 100          | 20:06.93    | 6:02.83 (147) | 12:44.01 (148) |
| 146 Bennett Suntken     | Newman Catholic Mason City           | 101          | 20:08.75    | 5:47.62 (129) | 12:29.44 (140) |
| 147 Toby Grimm          | Maquoketa Valley Delhi               | 102          | 20:10.46    | 6:09.52 (150) | 12:47.04 (149) |
| 148 Gavin Ryner         | Central Springs                      | 103          | 20:15.31    | 6:06.98 (149) | 12:42.06 (146) |
| 149 Glenn Oesch         | Central Decatur Leon                 | 104          | 20:41.43    | 5:38.44 (99)  | 12:43.03 (147) |
| 150 Micah Wilson        | Valley Lutheran                      | 105          | 20:46.22    | 6:12.57 (152) | 13:05.45 (150) |
| 151 Andrew Kaalberg     | Cascade Western Dubuque              | 106          | 21:04.42    | 6:31.26 (153) | 13:45.77 (151) |
| 152 Javier Panchillo    | Columbus Community Columbus Junction | 107          | 22:07.04    | 6:09.60 (151) | 13:48.50 (152) |
| 153 Jacob Bosuell       | St. Albert Council Bluffs            | 108          | 22:33.26    | 6:37.62 (155) | 14:09.85 (154) |
| 154 Payton Feldmann     | Cascade Western Dubuque              | 109          | 22:57.05    | 6:33.34 (154) | 14:19.56 (155) |
| 155 Spencer Beyer       | Central Springs                      | 110          | 23:00.08    | 6:52.66 (157) | 14:43.51 (156) |
| 156 Owen Wetter         | Central Springs                      | 111          | 23:59.92    | 6:52.63 (156) | 14:44.27 (157) |
| Hadyn Piskorski         | St. Albert Council Bluffs            | --           | DNF         | 5:56.16 (139) | 13:48.70 (153) |