



# MVC DIVISIONAL

Cedar Falls, IA

Birdsall Park

10/14/2021

## Race #1

### Girls 9th/10th Grade 5000M

## FINAL RESULTS

### TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1 Iowa City City High	48	2:03:40	24:44	
2 Wahlert Dubuque	59	2:05:12	25:03	
3 Cedar Falls	60	2:05:45	25:09	
4 Linn-Mar Marion	70	2:04:36	24:56	
5 Prairie Cedar Rapids	125	2:12:04	26:25	
6 Cedar Rapids Washington	155	2:15:12	27:03	

### INDIVIDUAL RESULTS

Athlete	Team	Score	Time
1 Nina Torkelson	Iowa City City High	1	22:49.42
2 Rita Sourwine	Linn-Mar Marion	2	23:01.04
3 Katie Christenson	Linn-Mar Marion	3	23:24.06
4 Rylee Steffen	Wahlert Dubuque	4	24:08.24
5 Natalie Blake	Cedar Falls	5	24:16.30
6 Laura Cushman	Wahlert Dubuque	6	24:44.58
7 Josie LeClair	Iowa City City High	7	24:47.87
8 Tori Allard	Prairie Cedar Rapids	8	24:50.21
9 Isabelle Cuhat	Cedar Falls	9	24:53.64
10 Lucy Thompson	Iowa City City High	10	24:57.81
11 Zoe Scott	Linn-Mar Marion	11	24:58.64
12 Lilian Graham	Wahlert Dubuque	12	24:59.15
13 Olivia Carter	Cedar Falls	13	25:25.60
14 Nora Ziehr	Iowa City City High	14	25:29.58
15 Catherine Dierks	Cedar Falls	15	25:31.26
16 Joanna Galluzzo	Iowa City City High	16	25:34.48
17 Alison Munshower	Wahlert Dubuque	17	25:36.25
18 Ellie Anton	Cedar Falls	18	25:38.01
19 Rachel Matel	Iowa City City High	19	25:38.50
20 Anna Dehn	Wahlert Dubuque	20	25:43.08
21 Marley Pape	Wahlert Dubuque	21	25:54.03
22 Megan Mallicoat	Prairie Cedar Rapids	22	26:15.07
23 Ellen Angerer-Sueppel	Iowa City City High	23	26:23.26
24 Hattie Conover	Iowa City City High	--	26:28.82

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
25 Thanh Beech	Linn-Mar Marion	24	26:28.83
26 Lydia Appleby-Sparrow	Cedar Rapids Washington	25	26:29.04
27 Melanie Ernst	Cedar Falls	26	26:31.14
28 Rya McFarland	Cedar Rapids Washington	27	26:32.12
29 Noe Richman	Iowa City City High	--	26:32.62
30 Haley Larsen	Prairie Cedar Rapids	28	26:32.79
31 Liv Leman	Iowa City City High	--	26:39.61
32 Frannie Stilwell	Cedar Rapids Washington	29	26:39.77
33 Audrey Swanson	Linn-Mar Marion	30	26:42.80
34 Raegan Speck	Cedar Falls	31	26:44.83
35 Addie Brooks	Linn-Mar Marion	32	26:46.47
36 Kelsey Dighton	Prairie Cedar Rapids	33	26:58.40
37 Savannah Pisarik	Iowa City City High	--	26:59.03
38 Avery Provorse	Iowa City City High	--	27:02.12
39 Greta Boerner	Iowa City City High	--	27:10.82
40 Morgan Burch	Prairie Cedar Rapids	34	27:26.69
41 Sarah Sanders	Prairie Cedar Rapids	35	27:27.43
42 Reagan Stock	Cedar Rapids Washington	36	27:33.58
43 Hannah Kendall	Cedar Falls	--	27:50.31
44 Hailey Gammon	Prairie Cedar Rapids	37	27:55.62
45 Maya Hoffman	Iowa City City High	--	27:56.12
46 Samantha Heldt	Cedar Rapids Washington	38	27:56.82
47 Haley Graw	Cedar Rapids Washington	39	27:58.79
48 Paige Koehn	Cedar Falls	--	28:16.87
49 Brianna Dotzler	Cedar Falls	--	28:45.09
50 Lydia Virtue	Wahlert Dubuque	40	29:01.44
51 Kayden Jensen	Iowa City City High	--	29:07.94
52 Ashley Bentler	Iowa City City High	--	29:20.99
53 Megan Gonnerman	Cedar Falls	--	31:04.99
54 Hawa Omari	Iowa City City High	--	31:23.50
55 Ada Gilchrist	Iowa City City High	--	31:31.23
56 Kimberly Apolonio-Gemartino	Iowa City City High	--	31:34.05
57 Evelyn Powers	Iowa City City High	--	46:42.00

**Race #2****Boys 9th/10th Grade 5000M****FINAL RESULTS****TEAM SCORING SUMMARY**

<b>Final Standings</b>	<b>Score</b>	<b>Total</b>	<b>Avg.</b>	<b>Division</b>
1 Cedar Falls	25	1:33:18	18:40	
2 Prairie Cedar Rapids	78	1:36:50	19:22	
3 Iowa City City High	84	1:37:24	19:29	
4 Linn-Mar Marion	88	1:37:23	19:29	
5 Iowa City Liberty	137	1:39:53	19:59	
6 Cedar Rapids Washington	151	1:42:02	20:25	
7 Wahlert Dubuque	159	1:40:57	20:12	
8 Epworth Western Dubuque	241	1:53:25	22:41	

**INDIVIDUAL RESULTS**

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
1 John Ferguson	Cedar Falls	1	18:09.59
2 Jack Considine	Cedar Falls	2	18:18.99
3 Tyler Bailey	Cedar Falls	3	18:30.19
4 Kriene Schneidermann	Cedar Rapids Washington	4	18:30.73
5 Landon Kahler	Prairie Cedar Rapids	5	18:34.77
6 Ezra Crandall	Linn-Mar Marion	6	18:49.17
7 Tate Whittaker-Smith	Linn-Mar Marion	7	19:01.54
8 Alex Warden	Prairie Cedar Rapids	8	19:03.42
9 Rentse DeJong	Cedar Falls	9	19:06.64
10 Collin O'Bryon	Cedar Falls	10	19:11.79
11 Bennett Allred	Prairie Cedar Rapids	11	19:12.86
12 Jonah Bowen-Burt	Iowa City City High	12	19:14.04
13 George Karr	Iowa City City High	13	19:17.23
14 Owen Hanson	Linn-Mar Marion	14	19:17.65
15 Kyle Powers	Wahlert Dubuque	15	19:19.70
16 Will Karr	Iowa City City High	16	19:21.80
17 Maddux Johnson	Iowa City Liberty	17	19:25.78
18 Chase Kies	Cedar Falls	18	19:32.23
19 Greyson Veiseth	Cedar Falls	19	19:33.07
20 Vincent Frederiksen	Cedar Falls	--	19:33.13
21 Thomas Fowler	Iowa City Liberty	20	19:34.66
22 Max Mills	Cedar Falls	--	19:37.92
23 William Pease	Cedar Falls	--	19:41.16
24 Ephram Byler	Iowa City City High	21	19:44.36
25 Adam Schaefer	Iowa City City High	22	19:45.98
26 Easton Mai	Prairie Cedar Rapids	23	19:50.62
27 Trevor Huegerich	Cedar Falls	--	19:54.61
28 Jack Degner	Iowa City City High	24	19:55.29
29 Ethan Hill	Iowa City City High	25	19:59.44

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	
30	Lucas Burkamper	Cedar Rapids Washington	26	20:00.21
31	Braxton Klein	Iowa City Liberty	27	20:00.36
32	Dylan Beerends	Iowa City City High	--	20:00.68
33	Riley Kuhn	Linn-Mar Marion	28	20:02.18
34	Kyle Reisinger	Cedar Rapids Washington	29	20:05.50
35	Liam McGrane	Cedar Falls	--	20:05.80
36	Sullivan Newlin	Wahlert Dubuque	30	20:05.86
37	Kurtis Petersen	Prairie Cedar Rapids	31	20:07.62
38	Vincent Hesselink	Cedar Falls	--	20:08.92
39	Julien Benesh	Prairie Cedar Rapids	32	20:10.83
40	Landon Lukes	Linn-Mar Marion	33	20:12.02
41	Griffin Adamson	Linn-Mar Marion	34	20:14.70
42	Christopher Schmitt	Wahlert Dubuque	35	20:14.73
43	Needal Arbid	Iowa City Liberty	36	20:24.35
44	Will Thompson	Iowa City Liberty	37	20:27.31
45	Jamison Tressler	Cedar Falls	--	20:30.66
46	Connor Martin	Cedar Falls	--	20:32.85
47	Will Roelfs	Prairie Cedar Rapids	38	20:32.90
48	Nolan Reese	Cedar Falls	--	20:33.19
49	Braden Clark	Iowa City City High	--	20:33.22
50	Jace Arends	Cedar Falls	--	20:33.23
51	Nick Klapatauskas	Wahlert Dubuque	39	20:34.05
52	Kieran DeGroote	Cedar Falls	--	20:34.11
53	Gavin VanBrocklin	Cedar Falls	--	20:40.73
54	Hero Winterburg	Prairie Cedar Rapids	--	20:41.41
55	Brady Gluba	Iowa City City High	--	20:41.42
56	Joplin Hallstoos	Wahlert Dubuque	40	20:42.32
57	Henry Wiering	Cedar Falls	--	20:43.23
58	Austin Hagerty	Epworth Western Dubuque	41	20:44.13
59	Louis Dew	Cedar Rapids Washington	42	20:44.70
60	Walter Freund	Wahlert Dubuque	43	20:45.88
61	Truman Bright	Iowa City City High	--	20:46.09
62	Sam Smith	Cedar Falls	--	20:46.48
63	Bhargava Mayla	Linn-Mar Marion	44	20:47.95
64	Jake Gray	Cedar Falls	--	20:49.16
65	Hayden Johnson	Iowa City Liberty	45	20:54.60
66	Coy Messer	Epworth Western Dubuque	46	20:55.15
67	Ben White	Linn-Mar Marion	--	20:58.13
68	Lucas Riley	Iowa City City High	--	20:58.91
69	Eden Schrack	Wahlert Dubuque	47	21:00.66
70	Brayden Leis	Prairie Cedar Rapids	--	21:00.99
71	Seth Yoder	Iowa City City High	--	21:03.37
72	Jaylon Catron	Prairie Cedar Rapids	--	21:08.20
73	Angel Paredes Ruiz	Iowa City Liberty	48	21:20.58
74	Weston Koch	Prairie Cedar Rapids	--	21:21.72
75	Samuel O'Hair	Cedar Falls	--	21:25.15
76	Andrew Johnson	Prairie Cedar Rapids	--	21:30.21

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	
77	Ryan McDermott	Iowa City Liberty	--	21:31.55
78	Alex Christ	Cedar Falls	--	21:35.66
79	Hudson Decklever	Linn-Mar Marion	--	21:35.99
80	Gavin Nelson	Iowa City Liberty	--	21:36.23
81	Lucas Tentinger	Linn-Mar Marion	--	21:37.25
82	Brien Smith	Cedar Falls	--	21:40.72
83	Mikolai Patterson	Cedar Falls	--	21:41.40
84	Isaiah Mayfield	Cedar Falls	--	21:41.43
85	Peter Strathman	Iowa City Liberty	--	21:41.60
86	Jensen White	Prairie Cedar Rapids	--	21:44.90
87	Isaac Pence	Cedar Falls	--	21:46.94
88	Caden Beland	Cedar Falls	--	21:48.55
89	Carter Halvorson	Cedar Falls	--	21:48.84
90	Ben Kaczka	Iowa City Liberty	--	21:50.22
91	Sawyer Miller	Prairie Cedar Rapids	--	21:57.44
92	JT Lucious	Epworth Western Dubuque	49	21:58.88
93	Eli Weimer	Cedar Falls	--	21:59.93
94	Trevor Leitheiser	Prairie Cedar Rapids	--	22:07.28
95	Sam Kennedy	Wahlert Dubuque	--	22:08.74
96	Keegan Erickson	Prairie Cedar Rapids	--	22:21.40
97	Evan Pavolvec	Iowa City Liberty	--	22:22.36
98	Garrett Franklin	Prairie Cedar Rapids	--	22:26.94
99	Isaac Rodemeyer	Prairie Cedar Rapids	--	22:29.94
100	Spencer Eldridge	Cedar Falls	--	22:30.56
101	Noam Morton	Iowa City City High	--	22:35.41
102	Sammy Labath	Linn-Mar Marion	--	22:38.35
103	Connor Rogahn	Cedar Rapids Washington	50	22:40.82
104	Nick Moroney	Wahlert Dubuque	--	22:41.75
105	Hayden Wildman	Linn-Mar Marion	--	22:47.74
106	Jimmy Hoover	Epworth Western Dubuque	51	23:10.93
107	Cole Kerns	Iowa City Liberty	--	23:12.77
108	Anderson Block	Cedar Falls	--	23:14.15
109	Luke Locher	Iowa City City High	--	23:14.32
110	Evan Felton	Linn-Mar Marion	--	23:16.64
111	Carver Hague	Cedar Rapids Washington	52	23:19.74
112	Adam Schultz	Iowa City Liberty	--	23:20.14
113	Charlie Pfohl	Iowa City City High	--	23:20.48
114	Micah Rees	Iowa City Liberty	--	23:22.99
115	Adam Kmetz	Linn-Mar Marion	--	23:42.57
116	Carlos Morales	Linn-Mar Marion	--	23:44.44
117	Cole Younger	Prairie Cedar Rapids	--	23:47.79
118	Elliot Olsen	Cedar Falls	--	23:55.15
119	Bassil Elshiekh	Linn-Mar Marion	--	23:56.52
120	Hayden Palmer	Linn-Mar Marion	--	23:57.14
121	Evan Tominsky	Cedar Rapids Washington	53	23:58.07
122	Nash Hayek	Prairie Cedar Rapids	--	24:03.17
123	Riley Dorman	Iowa City Liberty	--	24:07.50

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
124 Ash Chandak	Linn-Mar Marion	--	24:12.53
125 Alex Erger	Prairie Cedar Rapids	--	24:18.22
126 Sam Nelson	Wahlert Dubuque	--	24:18.64
127 Braden Stewart	Cedar Falls	--	24:24.58
128 Vincent Sacco	Cedar Falls	--	24:24.68
129 Cameron Andrews	Cedar Rapids Washington	--	25:18.00
130 Cade Smith	Cedar Rapids Washington	--	25:29.02
131 Jacob Dixon	Iowa City City High	--	25:38.10
132 Nate Roberts	Prairie Cedar Rapids	--	25:39.61
133 Walker Taylor	Cedar Falls	--	26:09.48
134 Brandon Vaske	Epworth Western Dubuque	54	26:35.52
135 Sawyer Danforth	Cedar Falls	--	26:40.89
136 Arav Parandkar	Iowa City City High	--	26:43.50
137 Sam Holub	Cedar Rapids Washington	--	27:39.71
138 Tommy Rogers	Iowa City Liberty	--	28:43.53
139 Charles Schrader	Cedar Rapids Washington	--	30:28.44

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

	<b>Final Standings</b>	<b>Score</b>	<b>Total</b>	<b>Avg.</b>	<b>Division</b>
1	Prairie Cedar Rapids	54	1:40:52	20:11	
2	Linn-Mar Marion	68	1:42:00	20:24	
3	Iowa City City High	73	1:42:38	20:32	
4	Iowa City Liberty	94	1:43:23	20:41	
5	Epworth Western Dubuque	97	1:44:16	20:52	
6	Cedar Falls	141	1:47:43	21:33	
7	Wahlert Dubuque	145	1:47:54	21:35	

**INDIVIDUAL RESULTS**

	<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
1	Ashlyn Keeney	Iowa City Liberty	1	18:39.80
2	Keirra Hess	Prairie Cedar Rapids	2	19:22.65
3	Elly Shipley	Linn-Mar Marion	3	19:28.99
4	Lourdes Mason	Prairie Cedar Rapids	4	19:42.18
5	Iris Wedemeyer	Iowa City City High	5	19:45.81
6	Alyssa Klein	Epworth Western Dubuque	6	19:51.76
7	Cori Mac	Iowa City Liberty	7	19:51.79
8	Rowan Boulter	Iowa City City High	8	19:54.52
9	Ani Wedemeyer	Iowa City City High	9	20:02.52
10	Gabrielle Cortez	Prairie Cedar Rapids	10	20:04.67
11	Lilly Boge	Epworth Western Dubuque	11	20:05.64
12	Ellie Meyer	Wahlert Dubuque	12	20:17.66
13	Abi Roberts	Linn-Mar Marion	13	20:28.03
14	Zoe Zylstra	Cedar Falls	14	20:30.23
15	Lily Johannes	Prairie Cedar Rapids	15	20:31.08
16	Rachel Adamson	Linn-Mar Marion	16	20:36.41
17	Abbey Vezina	Linn-Mar Marion	17	20:38.59
18	Rachel Mandt	Cedar Falls	18	20:40.89
19	Ally Buck	Linn-Mar Marion	19	20:47.42
20	Ellen Kirby	Wahlert Dubuque	20	20:53.86
21	Jordyn Beck	Linn-Mar Marion	21	20:54.94
22	Audrey Biermann	Epworth Western Dubuque	22	21:00.39
23	Alyza Koppes	Prairie Cedar Rapids	23	21:11.23
24	Tatum Frazier	Iowa City City High	24	21:19.76
25	Hannah Ramsey	Iowa City Liberty	25	21:25.36
26	Madelyn Johnson	Iowa City Liberty	26	21:25.99
27	Makenna Hetrick	Cedar Rapids Washington	--	21:27.98
28	Lucy Corbin	Iowa City City High	27	21:35.31
29	Olivia Thul	Epworth Western Dubuque	28	21:37.26
30	Nicole Peterson	Iowa City City High	29	21:38.43

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
31 Leah Digmann	Epworth Western Dubuque	30	21:39.96
32 Isabella Graber	Epworth Western Dubuque	31	21:41.85
33 Jaden Swarts	Cedar Falls	32	21:43.71
34 Lilah Takes	Wahlert Dubuque	33	21:47.72
35 Brooklyn Francis	Cedar Falls	34	21:56.93
36 Malia Taylor	Iowa City Liberty	35	21:59.27
37 Alana Duggan	Wahlert Dubuque	36	22:01.34
38 Ella Dorman	Linn-Mar Marion	37	22:08.19
39 Gabby Mauren	Linn-Mar Marion	--	22:08.40
40 Nina Kuhlmann	Iowa City City High	38	22:09.21
41 Grace Ceynar	Iowa City Liberty	39	22:12.95
42 Bridget Canton	Prairie Cedar Rapids	40	22:28.42
43 Shaye Sullivan	Linn-Mar Marion	--	22:34.80
44 Sam Estrada	Iowa City Liberty	41	22:39.02
45 Anna Buchholz	Linn-Mar Marion	--	22:43.24
46 Karlee Hamilton	Prairie Cedar Rapids	42	22:46.62
47 Lainey Schreiber	Cedar Falls	43	22:50.74
48 Josie Belken	Wahlert Dubuque	44	22:52.49
49 Apryl Halsor	Cedar Falls	45	22:59.18
50 Brie Klein	Iowa City Liberty	--	23:18.82
51 Clara Welch	Iowa City Liberty	--	23:22.44
52 Bella Reiseck	Prairie Cedar Rapids	--	23:26.12
53 Maya Shelangoski	Prairie Cedar Rapids	--	23:41.79
54 Ella Hertz	Cedar Falls	46	23:49.07
55 Emily Meyer	Cedar Falls	--	23:57.21
56 Anna Van Otterloo	Wahlert Dubuque	47	24:00.95
57 Grace Long	Prairie Cedar Rapids	--	24:02.73
58 Sage Slessor	Cedar Rapids Washington	--	24:14.66
59 Gabby Kaiser	Epworth Western Dubuque	48	24:21.05
60 Ashley Bernardy	Cedar Falls	--	24:22.45
61 Carly Sulwer	Iowa City Liberty	--	24:28.87
62 Haylee DeLong	Epworth Western Dubuque	--	24:39.23
63 Anna Tarvestad	Cedar Rapids Washington	--	26:09.88
64 Maggie Gorman	Cedar Rapids Washington	--	26:10.01



**Race #4**  
**Boys Varsity 5000M**
**FINAL RESULTS**
**TEAM SCORING SUMMARY**

<b>Final Standings</b>	<b>Score</b>	<b>Total</b>	<b>Avg.</b>	<b>Division</b>
1 Iowa City City High	33	1:23:13	16:39	
2 Cedar Falls	50	1:24:21	16:53	
3 Prairie Cedar Rapids	97	1:27:08	17:26	
4 Linn-Mar Marion	107	1:27:23	17:29	
5 Iowa City Liberty	110	1:28:04	17:37	
6 Epworth Western Dubuque	138	1:30:02	18:01	
7 Cedar Rapids Washington	212	1:38:37	19:44	

**INDIVIDUAL RESULTS**

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
1 Ford Washburn	Iowa City City High	1	16:03.50
2 Eli Naumann	Epworth Western Dubuque	2	16:16.34
3 Brayden Burnett	Cedar Falls	3	16:21.70
4 Hayden Kuhn	Linn-Mar Marion	4	16:24.85
5 Ammon Smith	Iowa City City High	5	16:36.38
6 Anthony Lee	Prairie Cedar Rapids	6	16:40.98
7 Noah Carey	Iowa City City High	7	16:41.92
8 Luke Hartman	Cedar Falls	8	16:42.03
9 Elliot Dunnwald	Iowa City City High	9	16:44.91
10 Alex Horstman	Cedar Falls	10	16:47.10
11 Truman Thompson	Iowa City City High	11	17:05.67
12 Carter Hancock	Wahlert Dubuque	--	17:11.53
13 Sullivan Hall	Iowa City City High	12	17:12.13
14 Christian Montover	Iowa City Liberty	13	17:12.31
15 Colin Johnson	Cedar Falls	14	17:14.63
16 Gavin Denholm	Cedar Falls	15	17:14.93
17 Isaiah Hammerand	Epworth Western Dubuque	16	17:18.31
18 Braeden Marker	Iowa City City High	17	17:21.88
19 Zach Cooper	Prairie Cedar Rapids	18	17:22.92
20 Parker Max	Iowa City City High	--	17:25.91
21 Logan Nelson	Iowa City Liberty	19	17:32.33
22 Graedyn Morrissey	Linn-Mar Marion	20	17:33.90
23 Gavin Keeney	Iowa City Liberty	21	17:35.82
24 Brady Cortez	Prairie Cedar Rapids	22	17:36.27
25 Luke Steffen	Linn-Mar Marion	23	17:40.45
26 Aidan Decker	Iowa City Liberty	24	17:40.68
27 Carson Nove	Prairie Cedar Rapids	25	17:43.47
28 Anson Fauchier	Prairie Cedar Rapids	26	17:43.68
29 Colby Cryer	Cedar Falls	27	17:44.36
30 Jaxon Sickles	Prairie Cedar Rapids	28	17:45.77

	<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
31	Tyler Tiefel	Linn-Mar Marion	29	17:46.30
32	Nick Lee	Prairie Cedar Rapids	30	17:56.10
33	Ethan Cozine	Linn-Mar Marion	31	17:56.97
34	Kyle Westhoff	Cedar Falls	32	17:57.20
35	Jordan Robinson	Iowa City Liberty	33	18:02.02
36	John Lorenz	Cedar Rapids Washington	34	18:03.88
37	Noah Gregoire	Iowa City Liberty	35	18:06.95
38	Harrison Allard	Prairie Cedar Rapids	--	18:08.42
39	Pascal Cuhat	Cedar Falls	--	18:08.78
40	Cameron Switzer	Cedar Falls	--	18:09.80
41	Ethan Bartachek	Iowa City Liberty	36	18:10.69
42	Nolan Martineau	Wahlert Dubuque	--	18:17.98
43	Nicholas Gorsich	Linn-Mar Marion	37	18:23.33
44	Joshua Burjes	Cedar Falls	--	18:23.75
45	Brendan Bakker	Linn-Mar Marion	38	18:24.60
46	Drew Meyer	Epworth Western Dubuque	39	18:33.64
47	Miles Matson	Linn-Mar Marion	--	18:38.03
48	Creighton Fairley	Linn-Mar Marion	--	18:40.84
49	Jonathan Kamba Kaleka	Iowa City Liberty	--	18:42.96
50	Brenden Begle	Epworth Western Dubuque	40	18:52.32
51	Levi Meyer	Epworth Western Dubuque	41	19:01.38
52	Gabriel Auer	Wahlert Dubuque	--	19:13.28
53	Henry Schoon	Iowa City City High	--	19:18.87
54	Lucas McCarley	Cedar Rapids Washington	42	19:21.92
55	Joe Chapman	Wahlert Dubuque	--	19:33.79
56	Patrick Sarsfield	Iowa City City High	--	19:36.54
57	Brody Staner	Epworth Western Dubuque	43	19:36.77
58	Finn DeBoom	Cedar Rapids Washington	44	20:03.20
59	Cameron Smeby	Cedar Rapids Washington	45	20:04.03
60	Brady Horsfall	Epworth Western Dubuque	46	20:06.99
61	Preston Kremers	Epworth Western Dubuque	--	20:20.60
62	Jack Bierbaum	Cedar Rapids Washington	47	21:03.07

**Race #5**  
**Girls JV 5000M**
**FINAL RESULTS**
**TEAM SCORING SUMMARY**

	<b>Final Standings</b>	<b>Score</b>	<b>Total</b>	<b>Avg.</b>	<b>Division</b>
1	Iowa City City High	15	1:51:09	22:14	
2	Iowa City Liberty	67	2:03:03	24:37	
3	Prairie Cedar Rapids	79	2:06:29	25:18	
4	Cedar Falls	103	2:10:08	26:02	
5	Linn-Mar Marion	115	2:12:03	26:25	
6	Epworth Western Dubuque	154	2:20:41	28:09	

**INDIVIDUAL RESULTS**

	<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
1	Eva Reynolds	Iowa City City High	1	21:22.88
2	Erin Anderson	Iowa City City High	2	22:01.82
3	Avery Schultes	Iowa City City High	3	22:12.78
4	Nina Peterson	Iowa City City High	4	22:28.66
5	Natalie Kuhlmann	Iowa City City High	5	23:02.14
6	Sophie Stumbo	Iowa City City High	6	23:06.27
7	Sydney Wilkes	Iowa City City High	7	23:14.44
8	Jillian Christensen	Linn-Mar Marion	8	23:14.46
9	Sophie Faga	Iowa City Liberty	9	23:25.27
10	Annika Veit	Iowa City City High	--	24:08.24
11	Aubrey Meyer	Iowa City Liberty	10	24:16.58
12	Elaina McDonald	Iowa City Liberty	11	24:17.40
13	Kaitlyn Leitheiser	Prairie Cedar Rapids	12	24:52.44
14	Hannah Roe	Prairie Cedar Rapids	13	24:56.29
15	Lindsey Stabenow	Cedar Falls	14	24:57.99
16	Marisa Kelsey	Prairie Cedar Rapids	15	24:58.47
17	Bella Skay	Iowa City City High	--	25:11.48
18	Rachel Marsh	Iowa City City High	--	25:12.16
19	Kilee Flockhart	Prairie Cedar Rapids	16	25:13.50
20	Erii Sawada	Cedar Falls	17	25:14.96
21	Avery Riehl	Iowa City Liberty	18	25:20.03
22	Tatum Manternach	Wahlert Dubuque	--	25:26.77
23	Sophia Doorn	Iowa City Liberty	19	25:42.88
24	Kylie Nauman	Epworth Western Dubuque	20	25:45.15
25	Rebecca Funk	Cedar Falls	21	25:54.74
26	Wendy Buchanan	Iowa City City High	--	25:55.88
27	Jennie Gidal	Iowa City City High	--	25:58.03
28	Cassidy Craig	Cedar Falls	22	26:07.33
29	Kenna Prottzman	Iowa City City High	--	26:25.93
30	Cora Becker	Iowa City City High	--	26:25.95
31	Makenna Eadie	Prairie Cedar Rapids	23	26:27.75

	<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
32	Ava Kline	Linn-Mar Marion	24	26:35.22
33	Madi Wells	Linn-Mar Marion	25	26:49.43
34	Jocelyn Ankenmann	Iowa City City High	--	26:59.77
35	Ashley Siech	Prairie Cedar Rapids	26	27:19.19
36	Sharini Rao	Linn-Mar Marion	27	27:22.21
37	Jenna Uden	Iowa City Liberty	28	27:25.04
38	Maren Denison	Cedar Falls	29	27:52.25
39	Samantha Burds	Epworth Western Dubuque	30	27:55.43
40	Danielle Sunseri	Linn-Mar Marion	31	28:00.98
41	Reagan Wilson	Prairie Cedar Rapids	32	28:02.71
42	Rachel Tornblom	Iowa City City High	--	28:04.81
43	Ana Laura Leyser	Iowa City City High	--	28:12.85
44	Maggie Scherbring	Epworth Western Dubuque	33	28:17.59
45	Jaedyn Berryman	Cedar Rapids Washington	--	28:24.06
46	Brittney Opitz	Prairie Cedar Rapids	--	28:30.61
47	Natalie Meyers	Epworth Western Dubuque	34	28:31.39
48	Maddie Knock	Cedar Falls	35	28:39.72
49	Delaney Keenan	Prairie Cedar Rapids	--	28:42.42
50	Molly Boevers	Cedar Falls	36	28:48.24
51	Riley Gesell	Cedar Falls	--	29:55.50
52	Madison Gille	Wahlert Dubuque	--	30:04.08
53	Lydia Foy	Wahlert Dubuque	--	30:04.12
54	Claire Neumann	Epworth Western Dubuque	37	30:10.89
55	Shelby Rice	Epworth Western Dubuque	38	30:10.90
56	Macy Kazmierczak	Iowa City Liberty	39	30:48.68
57	Lejla Mehmedovic	Cedar Falls	--	31:36.65
58	Ellie McDermott	Epworth Western Dubuque	40	33:19.82
59	Keiko Radley	Iowa City City High	--	36:18.32

**Race #6**  
**Boys JV 5000M**
**FINAL RESULTS**
**TEAM SCORING SUMMARY**

<b>Final Standings</b>	<b>Score</b>	<b>Total</b>	<b>Avg.</b>	<b>Division</b>
1 Iowa City City High	20	1:30:29	18:06	
2 Cedar Falls	62	1:32:47	18:34	
3 Iowa City Liberty	67	1:33:18	18:40	
4 Linn-Mar Marion	105	1:35:57	19:12	
5 Prairie Cedar Rapids	135	1:38:10	19:38	
6 Epworth Western Dubuque	181	1:44:23	20:53	
7 Cedar Rapids Washington	222	1:59:44	23:57	

**INDIVIDUAL RESULTS**

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
1 Sam Schaefer	Iowa City City High	1	17:53.52
2 Owen VanderLinden	Iowa City City High	2	18:03.43
3 Lohman Provorse	Iowa City City High	3	18:05.29
4 Paxton Hummer	Linn-Mar Marion	4	18:09.81
5 Salem Strohbeen	Cedar Falls	5	18:10.34
6 Jonas Ackerman	Iowa City City High	6	18:12.73
7 Jack Abel	Iowa City Liberty	7	18:13.24
8 Ayman Noreldaim	Iowa City City High	8	18:13.72
9 Jonathan Squires	Cedar Falls	9	18:14.50
10 Sumner Codd	Iowa City City High	10	18:30.19
11 Cal Henk	Iowa City Liberty	11	18:32.47
12 Lane Wunderlich	Cedar Falls	12	18:34.39
13 Matt Schaeckenbach	Iowa City City High	13	18:37.26
14 Michael Reyes	Prairie Cedar Rapids	14	18:47.22
15 Maxwell Thompson	Iowa City Liberty	15	18:47.55
16 Andrew Kaczka	Iowa City Liberty	16	18:49.02
17 Reece Gallagher	Cedar Falls	17	18:51.15
18 Boden Bisgard	Iowa City Liberty	18	18:54.92
19 Xavier Uhrmacher	Cedar Falls	19	18:56.38
20 Joey Banowetz	Linn-Mar Marion	20	18:56.69
21 Xander Steele	Cedar Falls	21	19:02.25
22 Austin Haworth	Cedar Falls	22	19:02.67
23 Nathan Kinzer	Iowa City Liberty	23	19:06.27
24 Tommy Le	Iowa City City High	--	19:10.99
25 Tyson Baker	Iowa City Liberty	24	19:15.83
26 Luke Gage	Iowa City Liberty	--	19:15.94
27 Connor Ahrens	Iowa City Liberty	--	19:21.90
28 Akshat Mehta	Cedar Falls	--	19:21.98
29 Will Dickson	Iowa City City High	--	19:23.97
30 Aiden McDermott	Linn-Mar Marion	25	19:27.73

	<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
31	Connor Deahl	Linn-Mar Marion	26	19:29.58
32	Dylan Schwarz	Prairie Cedar Rapids	27	19:33.70
33	Dylan Schroeder	Epworth Western Dubuque	28	19:34.36
34	Isaiah Jennings	Cedar Falls	--	19:36.96
35	Adam Bywater	Iowa City City High	--	19:37.42
36	Hunter Wilson	Prairie Cedar Rapids	29	19:42.98
37	Rhys Zawojewski	Iowa City City High	--	19:46.34
38	Luis Hinkhouse	Iowa City City High	--	19:48.45
39	Iain Garfinkel	Iowa City City High	--	19:51.33
40	Lee Deloach	Linn-Mar Marion	30	19:53.02
41	Micah Waddell	Linn-Mar Marion	31	19:55.41
42	Brett Ehler	Prairie Cedar Rapids	32	20:00.12
43	Timothy Welch	Iowa City Liberty	--	20:04.80
44	Nathan Alldredge	Prairie Cedar Rapids	33	20:05.01
45	Jacob Rohr	Iowa City City High	--	20:06.30
46	Juma Amisi	Iowa City City High	--	20:06.32
47	Hal Seamans	Iowa City City High	--	20:10.34
48	Wilson Oberfoell	Wahlert Dubuque	--	20:11.54
49	Nathan Rudd	Prairie Cedar Rapids	34	20:12.41
50	Zach Bautista	Linn-Mar Marion	35	20:12.45
51	Hogan Fuessel	Cedar Falls	--	20:12.74
52	Chris O'Toole	Linn-Mar Marion	--	20:12.94
53	Jack Anderson	Iowa City Liberty	--	20:13.33
54	Andrew Cargin	Iowa City Liberty	--	20:14.09
55	Jaden Frantz	Iowa City Liberty	--	20:16.99
56	Caden Coyle	Epworth Western Dubuque	36	20:17.76
57	Kadon Harper	Linn-Mar Marion	--	20:28.90
58	Matthew Ulmer	Linn-Mar Marion	--	20:35.44
59	Max Quanrud	Prairie Cedar Rapids	37	20:36.18
60	Jens Lildholdt	Cedar Falls	--	20:37.46
61	Hassan Kieta	Iowa City City High	--	20:38.74
62	Carter Gage	Iowa City Liberty	--	20:41.02
63	Mike Rew	Iowa City City High	--	20:43.83
64	Connor McDowell	Iowa City City High	--	20:48.96
65	Murphy Newlin	Wahlert Dubuque	--	20:54.98
66	Henry Cooper	Iowa City City High	--	20:56.77
67	Tre Clemons	Iowa City City High	--	20:57.14
68	Andrew Herreweyers	Iowa City City High	--	20:57.47
69	Sam Hagedorn	Iowa City City High	--	20:58.22
70	Thomas Blair	Epworth Western Dubuque	38	21:00.51
71	Kaden Druecker	Prairie Cedar Rapids	--	21:12.91
72	Go Benesh	Prairie Cedar Rapids	--	21:19.28
73	Noah Reu	Prairie Cedar Rapids	--	21:20.46
74	Zach Whittlesey	Prairie Cedar Rapids	--	21:22.66
75	Elliott Lewis	Iowa City City High	--	21:27.74
76	Carson Anton	Cedar Falls	--	21:30.44
77	Brevin Kinard	Cedar Falls	--	21:32.70

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	
78	Damien Garrett	Iowa City Liberty	--	21:32.71
79	Chase Yoder	Prairie Cedar Rapids	--	21:34.73
80	Russell Miller	Epworth Western Dubuque	39	21:43.70
81	Timmy Horsfall	Epworth Western Dubuque	40	21:45.93
82	Ethan Long	Iowa City Liberty	--	21:45.97
83	Elianno Bowen-Burt	Iowa City City High	--	21:49.03
84	Jack Ayers	Iowa City City High	--	21:49.13
85	Connor Doyle	Cedar Falls	--	21:49.24
86	Sam Brown	Iowa City City High	--	21:54.50
87	Evan Strand	Linn-Mar Marion	--	22:15.04
88	Nathan Casey	Epworth Western Dubuque	41	22:17.35
89	Alexander Escorcica	Iowa City City High	--	22:19.33
90	Nathan McDermott	Cedar Rapids Washington	42	22:38.54
91	Nash Wertz	Prairie Cedar Rapids	--	22:41.26
92	Brom Leapold	Iowa City City High	--	22:50.04
93	Ryder Fleming	Cedar Rapids Washington	43	22:54.47
94	Dante Reyes	Prairie Cedar Rapids	--	23:03.04
95	Ben Hellman	Prairie Cedar Rapids	--	23:07.13
96	Carter Prull	Prairie Cedar Rapids	--	23:17.42
97	Jack Pieters	Cedar Falls	--	23:43.40
98	Alex Wittnebel	Cedar Rapids Washington	44	23:43.99
99	Aidan Kenaga	Cedar Falls	--	23:53.79
100	Carson Wirtz	Cedar Falls	--	24:02.36
101	Corbin Clasen	Prairie Cedar Rapids	--	24:03.45
102	Will Cosley	Epworth Western Dubuque	45	24:10.95
103	Jagger McCool	Epworth Western Dubuque	--	24:36.36
104	Seth Hansen	Cedar Falls	--	24:50.95
105	Asle Hagen	Cedar Rapids Washington	46	25:11.41
106	Linden Hague	Cedar Rapids Washington	47	25:15.55
107	Jonathan Reu	Prairie Cedar Rapids	--	25:38.25
108	Zane Heiderscheit	Epworth Western Dubuque	--	26:06.19
109	Lu Guetzko	Iowa City City High	--	26:20.68
110	Sean Reardon	Iowa City City High	--	26:52.37