



# NORTHEAST IOWA CONFERENCE CHAMPIONSHIPS

Fredericksburg, IA  
Plum Creek Golf Course  
10/11/2022

**Race #1**  
**Girls Jr High 2 Mile**

## FINAL RESULTS

### TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1 MS_Crestwood	46	1:11:55	14:23	
2 MS_Waverly-Shell Rock	49	1:12:06	14:26	
3 MS_Decorah	52	1:11:59	14:24	
4 Waukon	79	1:14:18	14:52	
5 MS_Charles City	131	1:19:57	16:00	

### INDIVIDUAL RESULTS

Athlete	Team	Score	Time
1 Sophie Glaser	New Hampton	--	12:32.18
2 Ava Daley	MS_Crestwood	1	13:14.96
3 Miriam Downing	Waukon	2	13:22.97
4 Olivia Volkmann	MS_Decorah	3	13:36.84
5 Aliya Gritters	MS_Waverly-Shell Rock	4	13:53.89
6 Lexus Dohlman	MS_Crestwood	5	13:57.49
7 Brinlee Courtney	MS_Decorah	6	14:11.74
8 Ella Dennler	MS_Crestwood	7	14:17.96
9 Bella Engelhardt	MS_Waverly-Shell Rock	8	14:24.48
10 Mea Shelton	MS_Crestwood	9	14:24.53
11 Kate Nelson	MS_Waverly-Shell Rock	10	14:28.74
12 Makenna Kurth	Waukon	11	14:30.97
13 Vivian Searcy	MS_Decorah	12	14:35.33
14 Taylor Sikora	MS_Waverly-Shell Rock	13	14:38.27
15 Joyce Bittinger	MS_Waverly-Shell Rock	14	14:40.55
16 Alandra Mercado-Arneson	MS_Decorah	15	14:41.25
17 Tori Stammeyer	MS_Decorah	16	14:53.65
18 Maggie Gavle	MS_Decorah	17	14:56.92
19 Cassie Stammeyer	MS_Decorah	18	14:58.88
20 Willow Blair	MS_Decorah	--	14:59.01
21 Bryiah Stewart	Waukon	19	15:04.46
22 Lulu Bellrichard	MS_Decorah	--	15:08.85
23 Lillian Dahlen	MS_Decorah	--	15:09.52
24 Claire Storhoff	MS_Decorah	--	15:10.32

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	
25	Jesa Trainor	MS_Waverly-Shell Rock	20	15:12.46
26	Kara Helgerson	Waukon	21	15:12.87
27	Natalie Holthaus	MS_Decorah	--	15:14.31
28	Sophia Calpito	MS_Charles City	22	15:17.59
29	Mallory Cook	MS_Charles City	23	15:17.60
30	Addison Neville	New Hampton	--	15:20.45
31	Jillian Volz	MS_Decorah	--	15:22.56
32	Rachel Weis	MS_Decorah	--	15:24.54
33	Adeline Bollinger	MS_Decorah	--	15:36.29
34	Simone Downing	MS_Decorah	--	15:36.83
35	Camryn Quandahl	MS_Decorah	--	15:42.17
36	Tegyn Sanderman	MS_Decorah	--	15:49.96
37	Kassidy Meyerhoff	New Hampton	--	15:59.54
38	Lola Millage	MS_Crestwood	24	15:59.93
39	Kelsey Adams	MS_Crestwood	25	16:04.75
40	Marissa Schullo	Waukon	26	16:05.96
41	McKinley Stowe	MS_Charles City	27	16:09.10
42	Eryana Whitney	MS_Waverly-Shell Rock	28	16:15.01
43	Teagan Menke	MS_Decorah	--	16:17.51
44	Kennedy Carlson	MS_Decorah	--	16:25.17
45	Karina Ibarra	MS_Charles City	29	16:34.25
46	Elizah Causey	MS_Charles City	30	16:37.64
47	Paige Pickar	MS_Charles City	31	16:37.92
48	Katherine Pattison	MS_Decorah	--	16:39.09
49	Liv Anderson	MS_Decorah	--	16:39.33
50	Sophia McGee	MS_Decorah	--	16:39.69
51	Poppy Bellrichard	MS_Decorah	--	16:43.71
52	Megan Babcock	MS_Charles City	32	16:47.10
53	Emmeline Jerome	MS_Waverly-Shell Rock	--	16:51.12
54	Harper Winter	Waukon	33	16:53.34
55	Cameron Thiele	MS_Decorah	--	17:01.31
56	Alana Babbit	MS_Charles City	--	17:03.68
57	Nina Sessions	MS_Decorah	--	17:05.62
58	Raelyn Newhouse	MS_Decorah	--	17:11.29
59	Myla Leitz	MS_Decorah	--	17:17.77
60	Braelyn Zuercher	Waukon	34	17:24.10
61	Addisyn Berns	Waukon	--	17:32.68
62	Mazie Bruening	MS_Charles City	--	17:34.89
63	Kinley Roths	MS_Charles City	--	17:35.72
64	Michellie Luebbers	MS_Waverly-Shell Rock	--	17:37.81
65	Evelyn Opheim	MS_Decorah	--	17:48.94
66	Madi Fritcher-Larson	MS_Crestwood	35	17:53.53
67	Brandi Nehls	MS_Decorah	--	18:03.66
68	Kylie Lemke	MS_Decorah	--	18:11.24
69	Tanner Burrichter	Waukon	--	18:22.12

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
70 Taylor Badura	MS_Waverly-Shell Rock	--	18:31.26
71 Emi Borglum	MS_Waverly-Shell Rock	--	18:39.95
72 Fizza Ahmed	MS_Charles City	--	18:40.12
73 Ava Hanson	MS_Decorah	--	18:55.94
74 Rylie Soldwisch	MS_Waverly-Shell Rock	--	19:03.67
75 Hayden Dybevik	MS_Charles City	--	19:09.78
76 Avery Church	MS_Crestwood	--	19:13.53
77 Brielle Munkel	MS_Crestwood	--	19:18.62
78 Erin Gassman	MS_Charles City	--	19:47.55
79 Emma Leohr	MS_Waverly-Shell Rock	--	20:39.43
80 Laila Northrop	MS_Charles City	--	21:08.46
81 Athena Dittmer	MS_Charles City	--	21:12.78
82 Everly Beam	MS_Waverly-Shell Rock	--	22:38.49
83 Monica Perez Mejia	MS_Waverly-Shell Rock	--	22:45.12
84 Caiya Otis	MS_Waverly-Shell Rock	--	22:45.13
85 Frankie Kollasch	MS_Decorah	--	23:41.91
86 Vivian Soifer	MS_Charles City	--	25:23.35
87 Kylie Pickar	MS_Charles City	--	25:30.08
88 Bella Moses	MS_Charles City	--	25:42.08
89 Jeslyn Hester	MS_Charles City	--	25:46.52
90 Kaya Johnson	MS_Decorah	--	26:09.52

**Race #2**  
**Boys Jr High 2 Mile**
**FINAL RESULTS**
**TEAM SCORING SUMMARY**

Final Standings	Score	Total	Avg.	Division
1 MS_Decorah	28	1:00:33	12:07	
2 MS_Waverly-Shell Rock	37	1:01:02	12:13	
3 MS_Waukon	76	1:05:12	13:03	
4 MS_Charles City	102	1:24:21	16:53	

**INDIVIDUAL RESULTS**

Athlete	Team	Score	Time
1 Hunter Telleen	MS_Waverly-Shell Rock	1	11:21.98
2 Liam Huang	MS_Decorah	2	11:49.51
3 Connor Stumme	New Hampton	--	11:52.81
4 Lincoln Wheelan	MS_Waverly-Shell Rock	3	11:59.08
5 Kyan Oftedahl	MS_Decorah	4	12:02.95
6 Taylor Petersen	MS_Waverly-Shell Rock	5	12:05.88
7 Spencer Christensen	MS_Decorah	6	12:08.02
8 Oak Pasche	MS_Decorah	7	12:11.96
9 Keaton Vobr	MS_Crestwood	--	12:12.91
10 Sawyer Breitsprecher	MS_Waukon	8	12:13.86
11 Kelton Casterton	MS_Decorah	9	12:20.40
12 Jack DeLaRosa	MS_Decorah	10	12:21.02
13 Oscar Grimstad	MS_Decorah	11	12:26.94
14 Baily Schara	MS_Waverly-Shell Rock	12	12:35.23
15 Andy Lemke	MS_Charles City	13	12:35.42
16 Jacob Baxter	MS_Waukon	14	12:46.54
17 Logan Nalean-Carlson	MS_Decorah	--	12:47.60
18 Angel Dominguez-Payan	MS_Charles City	15	12:56.75
19 Gage Mueller	MS_Waverly-Shell Rock	16	12:58.89
20 Garner Lange	MS_Waukon	17	13:03.57
21 Derek Hrdlicka	MS_Decorah	--	13:05.83
22 Weston Cote	MS_Decorah	--	13:08.25
23 Owen Rix	MS_Decorah	--	13:13.79
24 Zeke Retallick	MS_Waukon	18	13:33.08
25 Parker Knox	MS_Waukon	19	13:34.12
26 Cayden Rasmussen	MS_Waukon	20	13:43.86
27 Oliver Gibson	MS_Waverly-Shell Rock	21	13:47.00
28 Maxwell Goodner	MS_Decorah	--	14:28.31
29 Caleb Schnell	MS_Waverly-Shell Rock	22	14:29.54
30 Nils Peterson	MS_Decorah	--	14:32.55
31 Evan Madsen	MS_Decorah	--	14:38.42

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>
32 Maxwel Miner	MS_Waverly-Shell Rock	--	14:53.29
33 Van Bassford	MS_Decorah	--	15:16.13
34 Dylan Brincks	MS_Decorah	--	15:30.38
35 Colton Chase	MS_Waverly-Shell Rock	--	15:39.49
36 Tommy Boss	MS_Charles City	23	15:43.16
37 Lincoln Lorenzen	MS_Waverly-Shell Rock	--	15:51.90
38 Wyatt Birdsell	MS_Decorah	--	16:18.79
39 Pranav Caton	MS_Decorah	--	16:26.47
40 Zach Strittmater	MS_Waukon	24	16:28.19
41 Brennan Drenkow	MS_Waverly-Shell Rock	--	16:35.98
42 Ole Hans Storlie	MS_Waverly-Shell Rock	--	16:39.99
43 Noah Potvin	MS_Decorah	--	17:10.16
44 Cody Sobolik	MS_Crestwood	--	17:23.46
45 Dominic Bruns	MS_Waverly-Shell Rock	--	17:58.39
46 Korbin Bouska	MS_Waverly-Shell Rock	--	18:35.74
47 Keagan Steines	MS_Decorah	--	18:41.15
48 Ty Uhlenhopp	MS_Waverly-Shell Rock	--	18:46.15
49 Isaac Bentley	MS_Decorah	--	18:53.78
50 Gavin Wilkins	MS_Decorah	--	19:02.30
51 Riley Duncan	MS_Waverly-Shell Rock	--	19:45.57
52 Mason Deur	MS_Waverly-Shell Rock	--	20:05.84
53 Noah Kahler	MS_Waverly-Shell Rock	--	20:19.71
54 Cruz Rodriguez	MS_Waverly-Shell Rock	--	20:22.00
55 Zachary Schoeck	MS_Charles City	25	20:37.15
56 Gustav DeVries	MS_Waverly-Shell Rock	--	20:40.67
57 Isaac Soifer	MS_Charles City	26	22:27.94
58 Leyton Duncan	MS_Waverly-Shell Rock	--	25:04.08
59 Hugo Helgevold	MS_Waverly-Shell Rock	--	25:56.23
60 Ivan Vallebo	MS_Charles City	27	26:07.34

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

Final Standings	Score	Total	Avg.	Division
1 Decorah	15	1:53:11	22:39	
2 Crestwood Cresco	57	2:03:42	24:45	
3 Waverly-Shell Rock	75	2:05:58	25:12	
4 Charles City	107	2:12:20	26:28	
5 Waukon	142	2:17:46	27:34	

**INDIVIDUAL RESULTS**

Athlete	Team	Score	Time	2.3k
1 Rebecca Anderson	Decorah	1	22:12.37	
2 Kamryn Steines	Decorah	2	22:35.39	
3 Grace Blikre	Decorah	3	22:36.12	
4 Grace Brynsaas	Decorah	4	22:51.45	
5 Deborah Hougen	Decorah	5	22:55.07	
6 Adali Borglum	Waverly-Shell Rock	6	23:12.22	
7 Natalie Goodner	Decorah	7	23:19.75	
8 Hailey Bower	Decorah	8	23:33.14	
9 Nora Lesmeister	Decorah	--	23:36.59	
10 Claire Schutte	Decorah	--	23:39.38	
11 Amy Jensen	Decorah	--	23:41.11	
12 Kathryn Kelly	Decorah	--	23:44.30	
13 Grace Neal	Decorah	--	23:58.93	
14 Erica Ollendick	Crestwood Cresco	9	24:05.61	
15 Madison Heim	Decorah	--	24:21.55	
16 Amelia Wadsworth	Decorah	--	24:22.75	
17 Payton Ruppert	Crestwood Cresco	10	24:33.54	
18 Mairi Sessions	Decorah	--	24:40.00	
19 Tara Koshatka	Crestwood Cresco	11	24:41.69	
20 McKenzie Tollefson	Decorah	--	24:52.70	
21 Heidi Mahr	Crestwood Cresco	12	24:56.48	
22 Sophia Christman	Decorah	--	25:00.50	
23 Lindee Rohne	Waverly-Shell Rock	13	25:01.05	
24 Madison Tollefson	Decorah	--	25:01.99	
25 Sylvia Sandhorst	Decorah	--	25:02.84	
26 Addison Lukes-Smith	Decorah	--	25:06.90	
27 Natalie White	Charles City	14	25:12.15	
28 Drew Zwart	Decorah	--	25:21.72	
29 Ella Bergan	Crestwood Cresco	15	25:23.75	
30 Rebecca Wickman	New Hampton	--	25:25.07	

	<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>2.3k</b>
31	Kaylin Patten	Charles City	16	25:25.38	
32	Gemma Beam	Waverly-Shell Rock	17	25:36.51	
33	Ramsey Zilka	Decorah	--	25:38.82	
34	Ella Grouws	Decorah	--	25:44.09	
35	Addie Isaacson	Crestwood Cresco	18	25:44.67	
36	Jenna Keller	Waverly-Shell Rock	19	25:52.10	
37	McKenzie Riley	Decorah	--	25:54.74	
38	Julia Garcia	Waverly-Shell Rock	20	26:15.57	
39	Olivia Huinker	Decorah	--	26:20.23	
40	Jaide Bittinger	Waverly-Shell Rock	21	26:29.77	
41	Naomi Simon	Decorah	--	26:50.25	
42	Ana Gibbs	Crestwood Cresco	22	26:59.62	
43	Lydia Muller	Charles City	23	27:00.03	
44	Alexis Gielau	Waverly-Shell Rock	24	27:00.80	
45	Elise Church	Crestwood Cresco	--	27:05.69	
46	Natalie King	Charles City	25	27:11.57	
47	Ashlin O'Neill	Waukon	26	27:14.20	
48	Megan Groth	Waverly-Shell Rock	--	27:16.32	
49	Ashley Heine	Waverly-Shell Rock	--	27:16.78	
50	Bella Moudy	Waukon	27	27:18.25	
51	Emma Retallick	Waukon	28	27:19.42	
52	Daniela Leon	New Hampton	--	27:21.03	
53	Allison Ferrie	Crestwood Cresco	--	27:29.69	
54	Fiona Pittman	Charles City	29	27:30.30	
55	Abby Elsamiller	Waverly-Shell Rock	--	27:33.60	
56	Hannah Crouch	Crestwood Cresco	--	27:43.38	
57	Alexis Pankow	Crestwood Cresco	--	27:45.67	
58	Azlynn Cota	Waukon	30	27:56.15	
59	Natalie Byrnes	Waukon	31	27:57.53	
60	Hannah DeVore	Charles City	32	28:00.82	
61	Kortni O'Connell	Decorah	--	28:15.80	
62	Addison Tracey	Charles City	33	28:20.86	
63	Hannah Schnitzler	Decorah	--	28:42.72	
64	Reagan Alexander	Waverly-Shell Rock	--	28:57.53	
65	Sawyer Heidemann	Waverly-Shell Rock	--	29:05.79	
66	Camryn Buseman	Waverly-Shell Rock	--	29:13.62	
67	Liz Oleson	Charles City	--	29:34.03	
68	Gwenyth Thompson	Decorah	--	29:54.60	
69	Diep Doan	Decorah	--	30:30.03	
70	Izzy Fisher	Charles City	--	30:33.80	
71	Megan Arjes	Waverly-Shell Rock	--	30:44.46	
72	Chloe Chyle	Decorah	--	30:53.82	
73	Maya Bruening	Charles City	--	30:58.28	
74	Klaara Short	Decorah	--	31:07.29	
75	Ella Carlson	Decorah	--	31:15.56	

<b>Athlete</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>2.3k</b>
76 Lillian Jensen	Decorah	--	31:27.11	
77 Zoey Dreckman	New Hampton	--	31:28.70	
78 Averie Freeman	Waverly-Shell Rock	--	32:02.59	
79 Sydney Hansal	Waverly-Shell Rock	--	32:21.43	
80 Ella Hansel	Waverly-Shell Rock	--	32:41.78	
81 Francisca Munoz Infante	Decorah	--	33:12.78	
82 Abigail Larson	Decorah	--	33:32.90	
83 Macie Johnson	Waverly-Shell Rock	--	33:38.08	
84 Hailey Bohr	Decorah	--	33:43.50	



**Race #4**  
**Boys JV 5000M**

## FINAL RESULTS

### TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1 Decorah	22	1:33:05	18:37	
2 Waukon	41	1:35:48	19:10	
3 Charles City	77	1:41:46	20:22	
4 Waverly-Shell Rock	107	1:45:14	21:03	
5 Crestwood Cresco	159	1:55:00	23:00	
6 New Hampton	161	1:58:28	23:42	

### INDIVIDUAL RESULTS

Athlete	Team	Score	Time	2.3k
1 Caleb Helgerson	Waukon	1	18:12.58	
2 D'mitry Lesser	Decorah	2	18:27.21	
3 Reid Berns	Decorah	3	18:33.01	
4 Riley Berns	Decorah	4	18:33.58	
5 Ethan Gibbs	Waukon	5	18:44.91	
6 Benson Newhouse	Decorah	6	18:45.28	
7 Mitchell Ste				