

2022 IOWA CLASS 3A STATE QUALIFIER - WEST
DELAWARE

Manchester, IA

Host: West Delaware

Wednesday, October 19, 2022

MEET OFFICIALS

Meet Director:

Matt Weis

Timing:

Shannon Event Timings



OFFICIAL MEET REPORT

printed: 10/19/2022 4:30 PM

Race #1
HS Girls 5K

Final Results

RACE SUMMARY

Start Time: 4:00 pm

TEAM SCORING SUMMARY

| Final Standings | Score | Scoring Order | Total | Avg. | Spread |
|-----------------------------|-------|------------------------|---------|-------|--------|
| 1 Solon | 40 | 1-6-7-11-15(20)(44) | 1:39:24 | 19:53 | 2:00.1 |
| 2 Clear Creek-Amana | 76 | 2-9-13-24-28(39)(50) | 1:41:51 | 20:23 | 2:00.1 |
| 3 Clear Lake | 83 | 3-12-18-19-31(33)(34) | 1:41:50 | 20:22 | 2:05.0 |
| 4 Wahlert Dubuque | 107 | 5-8-10-36-48(65)(70) | 1:43:39 | 20:44 | 2:04.0 |
| 5 Decorah | 126 | 16-17-26-32-35(41)(42) | 1:45:02 | 21:01 | 0:54.0 |
| 6 Marion | 162 | 22-25-37-38-40(43)(60) | 1:46:34 | 21:19 | 0:31.9 |
| 7 Xavier Cedar Rapids | 164 | 4-21-23-55-61(64)(67) | 1:47:19 | 21:28 | 3:28.8 |
| 8 Waverly-Shell Rock | 165 | 14-29-30-45-47(53)(59) | 1:46:18 | 21:16 | 1:32.2 |
| 9 Charles City | 260 | 27-51-54-62-66(68)(69) | 1:52:11 | 22:27 | 2:19.7 |
| 10 West Delaware Mancheste | 277 | 49-52-56-57-63(72) | 1:52:33 | 22:31 | 1:19.4 |
| 11 Vinton-Shellsburg | 322 | 46-58-71-73-74(75) | 2:01:27 | 24:18 | 5:00.4 |
| DNP Hampton-Dumont-CAL | | | | | |
| DNP Independence | | | | | |
| DNP West Delaware Mancheste | | | | | |
| DNP Vinton-Shellsburg | | | | | |

INDIVIDUAL RESULTS

| Athlete | YR | Team | Score | Time | Gap | Avg. Mile | Avg. kM |
|-----------------------|----|--------------------|-------|----------|---------|-----------|---------|
| 1 YOUNG, Kayla | SR | Solon | 1 | 18:32.59 | --- | 5:58.1 | 3:42.5 |
| 2 BARKER, Haidyn | SR | Clear Creek-Amana | 2 | 19:08.81 | 36.22 | 6:09.7 | 3:49.8 |
| 3 DOUGHAN, Addison | SO | Clear Lake | 3 | 19:09.88 | 37.29 | 6:10.1 | 3:50.0 |
| 4 ARNOLD, Emma | SR | Xavier Cedar Rapid | 4 | 19:42.73 | 1:10.14 | 6:20.7 | 3:56.5 |
| 5 MURPHY, Lucy | FR | Wahlert Dubuque | 5 | 19:52.75 | 1:20.16 | 6:23.9 | 3:58.6 |
| 6 MAAS, Lydia | JR | Hampton-Dumont-C | - | 19:54.37 | 1:21.78 | 6:24.4 | 3:58.9 |
| 7 DEE, Sydney | SO | Solon | 6 | 20:00.94 | 1:28.35 | 6:26.5 | 4:00.2 |
| 8 FEDERSPIEL, Gracie | JR | Solon | 7 | 20:06.56 | 1:33.97 | 6:28.3 | 4:01.3 |
| 9 TAKES, Lilah | SR | Wahlert Dubuque | 8 | 20:10.18 | 1:37.59 | 6:29.5 | 4:02.0 |
| 10 KINZENBAW, Sara | SO | Clear Creek-Amana | 9 | 20:10.92 | 1:38.33 | 6:29.7 | 4:02.2 |
| 11 GRAHAM, Lilian | SO | Wahlert Dubuque | 10 | 20:11.01 | 1:38.42 | 6:29.8 | 4:02.2 |
| 12 FIALA, Mary | SR | Solon | 11 | 20:11.03 | 1:38.44 | 6:29.8 | 4:02.2 |
| 13 MCLAUGHLIN, Emily | JR | Clear Lake | 12 | 20:12.06 | 1:39.47 | 6:30.1 | 4:02.4 |
| 14 BARKER, Kira | SO | Clear Creek-Amana | 13 | 20:19.36 | 1:46.77 | 6:32.5 | 4:03.9 |
| 15 BOCHMANN, Sydney | JR | Waverly-Shell Rock | 14 | 20:21.10 | 1:48.51 | 6:33.0 | 4:04.2 |
| 16 WILLIAMS, Ashlyn | JR | Solon | 15 | 20:32.69 | 2:00.10 | 6:36.7 | 4:06.5 |
| 17 SIMON, Ana | FR | Decorah | 16 | 20:33.37 | 2:00.78 | 6:37.0 | 4:06.7 |
| 18 LOSEN, Danielle | JR | Decorah | 17 | 20:33.57 | 2:00.98 | 6:37.0 | 4:06.7 |
| 19 FEUERBACH, Anna | JR | Clear Lake | 18 | 20:34.83 | 2:02.24 | 6:37.4 | 4:07.0 |
| 20 STEINBRON, Rebekah | SO | Clear Lake | 19 | 20:37.53 | 2:04.94 | 6:38.3 | 4:07.5 |
| 21 DUSTER, Mara | SR | Solon | (20) | 20:51.48 | 2:18.89 | 6:42.8 | 4:10.3 |
| 22 DEEGAN, Mia | FR | Xavier Cedar Rapid | 21 | 20:55.62 | 2:23.03 | 6:44.1 | 4:11.1 |
| 23 ANDRESEN, Sydney | JR | Marion | 22 | 21:00.09 | 2:27.50 | 6:45.6 | 4:12.0 |

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| Athlete | YR | Team | Score | Time | Gap | Avg. Mile | Avg. kM |
|-------------------------|-----------|--------------------|--------------|-------------|------------|------------------|----------------|
| 24 RICHMOND, Keira | SO | Xavier Cedar Rapid | 23 | 21:00.39 | 2:27.80 | 6:45.7 | 4:12.1 |
| 25 TECKLENBURG, Harper | SO | Clear Creek-Amana | 24 | 21:02.29 | 2:29.70 | 6:46.3 | 4:12.5 |
| 26 OROZCO, Kendall | JR | Marion | 25 | 21:02.74 | 2:30.15 | 6:46.4 | 4:12.5 |
| 27 STORHOFF, Brynn | JR | Decorah | 26 | 21:04.73 | 2:32.14 | 6:47.1 | 4:12.9 |
| 28 MCINROY, Harper | SR | Charles City | 27 | 21:06.59 | 2:34.00 | 6:47.7 | 4:13.3 |
| 29 ROGERS, Kiera | JR | Clear Creek-Amana | 28 | 21:08.90 | 2:36.31 | 6:48.4 | 4:13.8 |
| 30 SMITH, Emma | SO | Waverly-Shell Rock | 29 | 21:09.15 | 2:36.56 | 6:48.5 | 4:13.8 |
| 31 DAHLQUIST, Ramey | JR | Waverly-Shell Rock | 30 | 21:12.26 | 2:39.67 | 6:49.5 | 4:14.5 |
| 32 HEESCH, Jady | SR | Clear Lake | 31 | 21:14.82 | 2:42.23 | 6:50.3 | 4:15.0 |
| 33 SANDHORST, Lily | SO | Decorah | 32 | 21:22.78 | 2:50.19 | 6:52.9 | 4:16.6 |
| 34 ENGLIN, Lauren | FR | Clear Lake | (33) | 21:23.86 | 2:51.27 | 6:53.2 | 4:16.8 |
| 35 HAUGE, Alexis | JR | Clear Lake | (34) | 21:25.58 | 2:52.99 | 6:53.8 | 4:17.1 |
| 36 SKRADE, Annalise | SR | Decorah | 35 | 21:27.33 | 2:54.74 | 6:54.3 | 4:17.5 |
| 37 BELLINI, Olivia | FR | Wahlert Dubuque | 36 | 21:27.49 | 2:54.90 | 6:54.4 | 4:17.5 |
| 38 DIETZ, Alena | SO | Marion | 37 | 21:28.21 | 2:55.62 | 6:54.6 | 4:17.6 |
| 39 MOORE, Elise | FR | Marion | 38 | 21:30.07 | 2:57.48 | 6:55.2 | 4:18.0 |
| 40 WYANT, Raegan | SO | Clear Creek-Amana | (39) | 21:30.78 | 2:58.19 | 6:55.4 | 4:18.2 |
| 41 CORDES, Kyra | SO | Marion | 40 | 21:31.98 | 2:59.39 | 6:55.8 | 4:18.4 |
| 42 ANDERSON, Rebecca | SR | Decorah | (41) | 21:37.05 | 3:04.46 | 6:57.5 | 4:19.4 |
| 43 STEVENS, Natalie | FR | Decorah | (42) | 21:38.98 | 3:06.39 | 6:58.1 | 4:19.8 |
| 44 FITCH, Laura | SO | Marion | (43) | 21:39.36 | 3:06.77 | 6:58.2 | 4:19.9 |
| 45 SHEELEY, Ella | SO | Solon | (44) | 21:39.81 | 3:07.22 | 6:58.3 | 4:20.0 |
| 46 KENT, Jailyn | SO | Waverly-Shell Rock | 45 | 21:41.47 | 3:08.88 | 6:58.9 | 4:20.3 |
| 47 PRIMROSE, Olivia | SO | Vinton-Shellsburg | 46 | 21:49.72 | 3:17.13 | 7:01.5 | 4:21.9 |
| 48 RESSLER, Reaghan | SO | Independence | - | 21:51.81 | 3:19.22 | 7:02.2 | 4:22.4 |
| 49 BODENSTEINER, Brenna | JR | Waverly-Shell Rock | 47 | 21:53.22 | 3:20.63 | 7:02.7 | 4:22.6 |
| 50 KING, Claire | FR | Wahlert Dubuque | 48 | 21:56.69 | 3:24.10 | 7:03.8 | 4:23.3 |
| 51 LEWIN, Brooke | SR | West Delaware Ma | 49 | 21:58.89 | 3:26.30 | 7:04.5 | 4:23.8 |
| 52 LEIGHTON-DICK, Eva | SO | Clear Creek-Amana | (50) | 22:03.92 | 3:31.33 | 7:06.1 | 4:24.8 |
| 53 USHER, Cloey | SR | Charles City | 51 | 22:04.92 | 3:32.33 | 7:06.4 | 4:25.0 |
| 54 HOGAN, Emma | JR | West Delaware Ma | 52 | 22:04.98 | 3:32.39 | 7:06.4 | 4:25.0 |
| 55 ROHNE, Jenna | FR | Waverly-Shell Rock | (53) | 22:14.71 | 3:42.12 | 7:09.6 | 4:26.9 |
| 56 STAUDT, Lauren | JR | Charles City | 54 | 22:18.25 | 3:45.66 | 7:10.7 | 4:27.7 |
| 57 BIRD, Teaghan | JR | Hampton-Dumont-C | - | 22:24.83 | 3:52.24 | 7:12.8 | 4:29.0 |
| 58 MALONEY, Nora | JR | Xavier Cedar Rapid | 55 | 22:27.84 | 3:55.25 | 7:13.8 | 4:29.6 |
| 59 SCHMITZ, Izzy | JR | West Delaware Ma | 56 | 22:33.66 | 4:01.07 | 7:15.7 | 4:30.7 |
| 60 RICH, Faith | SR | West Delaware Ma | 57 | 22:37.08 | 4:04.49 | 7:16.8 | 4:31.4 |
| 61 WEETS, Ellie | SO | Vinton-Shellsburg | 58 | 22:37.37 | 4:04.78 | 7:16.9 | 4:31.5 |
| 62 JEROME, Cece | JR | Waverly-Shell Rock | (59) | 22:39.05 | 4:06.46 | 7:17.4 | 4:31.8 |
| 63 MEYER, AudreyElla | SO | Marion | (60) | 22:39.90 | 4:07.31 | 7:17.7 | 4:32.0 |
| 64 HAMBLY, Lily | SO | Hampton-Dumont-C | - | 23:03.08 | 4:30.49 | 7:25.1 | 4:36.6 |
| 65 COSGROVE, Alma | SR | Xavier Cedar Rapid | 61 | 23:11.47 | 4:38.88 | 7:27.9 | 4:38.3 |
| 66 BOSS, Maggie | JR | Charles City | 62 | 23:14.72 | 4:42.13 | 7:28.9 | 4:38.9 |
| 67 LITTERER, Faith | SR | West Delaware Ma | 63 | 23:18.21 | 4:45.62 | 7:30.0 | 4:39.6 |
| 68 MEYER, Jaclyn | SR | Xavier Cedar Rapid | (64) | 23:22.33 | 4:49.74 | 7:31.3 | 4:40.5 |
| 69 VAN OTTERLOO, Anna | SR | Wahlert Dubuque | (65) | 23:23.91 | 4:51.32 | 7:31.9 | 4:40.8 |

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|--------------------------|-----------|--------------------|--------------|-------------|------------|------------------|----------------|
| 70 ECKENROD, Claire | SR | Charles City | 66 | 23:26.25 | 4:53.66 | 7:32.6 | 4:41.3 |
| 71 NGUYEN, Teresa | JR | Xavier Cedar Rapid | (67) | 23:28.12 | 4:55.53 | 7:33.2 | 4:41.6 |
| 72 PRICHARD, Emma | FR | Charles City | (68) | 23:31.70 | 4:59.11 | 7:34.4 | 4:42.3 |
| 73 ZWEIBOHMER, Mackenzie | JR | Charles City | (69) | 23:33.72 | 5:01.13 | 7:35.0 | 4:42.7 |
| 74 DEHN, Anna | JR | Wahlert Dubuque | (70) | 24:01.63 | 5:29.04 | 7:44.0 | 4:48.3 |
| 75 HAISMAN, Molly | SR | Vinton-Shellsburg | 71 | 24:02.41 | 5:29.82 | 7:44.2 | 4:48.5 |
| 76 BARDGETT, Noelle | JR | West Delaware Ma | (72) | 24:30.72 | 5:58.13 | 7:53.4 | 4:54.1 |
| 77 RESSLER, Bella | SR | Independence | - | 24:38.93 | 6:06.34 | 7:56.0 | 4:55.8 |
| 78 ROLLINGER, Rachel | JR | Vinton-Shellsburg | 73 | 26:06.64 | 7:34.05 | 8:24.2 | 5:13.3 |
| 79 BIRKER, Isabel | SO | Vinton-Shellsburg | 74 | 26:50.03 | 8:17.44 | 8:38.2 | 5:22.0 |
| 80 SCHWARTZ, Sydney | SR | Independence | - | 27:30.55 | 8:57.96 | 8:51.2 | 5:30.1 |
| 81 NEWTON, Annabelle | SR | Vinton-Shellsburg | (75) | 27:55.56 | 9:22.97 | 8:59.3 | 5:35.1 |
| 82 DIETZ, Emma | FR | Hampton-Dumont-C | - | 28:27.16 | 9:54.57 | 9:09.5 | 5:41.4 |