

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
Justin Putz
Meet Referee:
Bill Neal
Timing:
Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #1
Boys Junior High 1.5 Mile

Final Results

RACE SUMMARY

Start Time: 4:15 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 MS_Mount Vernon	32	1-2-4-10-15(32)(37)	48:03	9:37	1:00.2
2 MS_Independence	51	3-9-12-13-14(19)(33)	49:17	9:52	0:35.8
3 MS_Waverly-Shell Rock	93	5-17-20-23-28(34)(35)	51:16	10:16	1:03.8
4 MS_Iowa Falls-Alden MS	95	7-18-21-22-27(30)(43)	51:17	10:16	0:56.8
5 MS_Union	134	8-11-29-39-47	55:45	11:09	3:34.9
6 MS_Charles City	150	16-25-26-41-42(44)(48)	55:49	11:10	2:06.1
7 MS_Edgewood-Colesburg	180	6-38-40-46-50(51)	1:00:01	12:01	4:41.0
8 MS_Wapsie Valley	185	24-31-36-45-49	59:33	11:55	3:35.1
DNP MS_New Hampton					
DNP MS_Nashua-Plainfield					
DNP MS_Janesville					
DNP MS_Mount Vernon					
DNP MS_Waverly-Shell Rock					
DNP MS_Iowa Falls-Alden MS					
DNP MS_Wapsie Valley					
DNP MS_Charles City					
DNP MS_East Buchanan					

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 DYE, Danny	8	MS_Mount Vernon	1	9:04.22	---	6:02.8	3:45.8
2 BOCK, Kyle	8	MS_Mount Vernon	2	9:22.48	18.26	6:15.0	3:53.4
3 SENNE, Niles	8	MS_Independence	3	9:25.50	21.28	6:17.0	3:54.6
4 TELECKY, Adler	7	MS_Mount Vernon	4	9:34.77	30.55	6:23.2	3:58.5
5 HOMMOWUN, Matthew	7	MS_Waverly-Shell	5	9:40.43	36.21	6:27.0	4:00.8
6 BAILEY, Eli	8	MS_Edgewood-Col	6	9:42.65	38.43	6:28.4	4:01.8
7 HERRIN, Andrew	7	MS_Iowa Falls-Alde	7	9:43.15	38.93	6:28.8	4:02.0
8 KEISTER, Tristan	8	MS_Union	8	9:50.64	46.42	6:33.8	4:05.1
9 LECLAIRE, Braidon	8	MS_Independence	9	9:53.12	48.90	6:35.4	4:06.1
10 RUPE, Charles	7	MS_Mount Vernon	10	9:57.10	52.88	6:38.1	4:07.8
11 MULLEN, Trevor	8	MS_Union	11	9:57.11	52.89	6:38.1	4:07.8
12 KNUDTSON, Miles	7	MS_Independence	12	9:58.07	53.85	6:38.7	4:08.2
13 PRICE, Hunter	8	MS_Independence	13	9:58.64	54.42	6:39.1	4:08.4
14 PUFFETT, Jacob	8	MS_Independence	14	10:01.29	57.07	6:40.9	4:09.5
15 WEDDINGTON, Cole	8	MS_Mount Vernon	15	10:04.33	1:00.11	6:42.9	4:10.8
16 ARMSTRONG, Justice	8	MS_Charles City	16	10:07.46	1:03.24	6:45.0	4:12.1
17 LORENZEN, Lincoln	8	MS_Waverly-Shell	17	10:07.79	1:03.57	6:45.2	4:12.2
18 KIRCHHOFF, Matthew	8	MS_Iowa Falls-Alde	18	10:09.19	1:04.97	6:46.1	4:12.8
19 PREUSS, Brody	8	MS_Independence (19)	19	10:13.39	1:09.17	6:48.9	4:14.5
20 HAYES, Connor	7	MS_Waverly-Shell	20	10:17.74	1:13.52	6:51.8	4:16.3

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
 Justin Putz
Meet Referee:
 Bill Neal
Timing:
 Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #1
Boys Junior High 1.5 Mile

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
21 LEHMANN, Boaz	8	MS_Iowa Falls-Alde	21	10:18.95	1:14.73	6:52.6	4:16.8
22 DEHART, Nicolas	7	MS_Janesville	-	10:21.79	1:17.57	6:54.5	4:18.0
23 NELSON, Isaiah	8	MS_Iowa Falls-Alde	22	10:25.11	1:20.89	6:56.7	4:19.4
24 WHITNEY, Caden	7	MS_Waverly-Shell	23	10:25.69	1:21.47	6:57.1	4:19.6
25 DIETZ, Braxton	7	MS_Nashua-Plainfi	-	10:37.04	1:32.82	7:04.7	4:24.3
26 HEASLEY-EIKE, Jace	8	MS_Wapsie Valley	24	10:37.20	1:32.98	7:04.8	4:24.4
27 BOSS, Tommy	8	MS_Charles City	25	10:38.42	1:34.20	7:05.6	4:24.9
28 TRACEY, Benny	7	MS_Charles City	26	10:38.58	1:34.36	7:05.7	4:25.0
29 SOBRADO VAZQUEZ, Angel	7	MS_Iowa Falls-Alde	27	10:39.95	1:35.73	7:06.6	4:25.5
30 CHRISTENSEN, Ben	7	MS_Waverly-Shell	28	10:44.23	1:40.01	7:09.5	4:27.3
31 BEERMANN, Phineas	7	MS_Union	29	10:49.23	1:45.01	7:12.8	4:29.4
32 AMMERMAN, Aiden	8	MS_Iowa Falls-Alde	(30)	10:51.29	1:47.07	7:14.2	4:30.2
33 SZURLEY, Bailey	8	MS_Wapsie Valley	31	10:51.68	1:47.46	7:14.5	4:30.4
34 JOHANNINGMEIER, Landon	8	MS_Mount Vernon	(32)	10:52.42	1:48.20	7:14.9	4:30.7
35 KOTH, Benson	7	MS_Independence	(33)	10:52.87	1:48.65	7:15.2	4:30.9
36 KRUTSINGER, Max	8	MS_Waverly-Shell	(34)	11:00.90	1:56.68	7:20.6	4:34.2
37 DEUR, Mason	8	MS_Waverly-Shell	(35)	11:01.93	1:57.71	7:21.3	4:34.7
38 VAN BROCKLIN, JOshua	7	MS_Waverly-Shell	-	11:03.58	1:59.36	7:22.4	4:35.3
39 TIEDT, Oliver	8	MS_Wapsie Valley	36	11:03.89	1:59.67	7:22.6	4:35.5
40 GANSEN, Noah	8	MS_Janesville	-	11:04.67	2:00.45	7:23.1	4:35.8
41 WELTER, Conner	7	MS_Waverly-Shell	-	11:06.02	2:01.80	7:24.0	4:36.4
42 WILLMS, Matthew	7	MS_Waverly-Shell	-	11:15.24	2:11.02	7:30.2	4:40.2
43 HOVE, Fletcher	7	MS_Mount Vernon	(37)	11:15.53	2:11.31	7:30.4	4:40.3
44 KEPPLER, Chase	8	MS_Edgewood-Col	38	11:16.17	2:11.95	7:30.8	4:40.6
45 FOREMAN, Graham	8	MS_Mount Vernon	-	11:18.59	2:14.37	7:32.4	4:41.6
46 WILKINS, Hagen	8	MS_Mount Vernon	-	11:19.40	2:15.18	7:32.9	4:41.9
47 GRENIS, Brinson	7	MS_Mount Vernon	-	11:23.07	2:18.85	7:35.4	4:43.4
48 POST, Corbin	7	MS_Waverly-Shell	-	11:34.76	2:30.54	7:43.2	4:48.3
49 STONEMAN, Cayden	8	MS_Union	39	11:42.09	2:37.87	7:48.1	4:51.3
50 BRUNS, Dominic	8	MS_Waverly-Shell	-	11:43.22	2:39.00	7:48.8	4:51.8
51 BURRICHTER, Wyatt	7	MS_Nashua-Plainfi	-	11:45.19	2:40.97	7:50.1	4:52.6
52 HANSEL, Isaac	7	MS_Edgewood-Col	40	11:46.73	2:42.51	7:51.2	4:53.2
53 LEHS, Carson	7	MS_East Buchanan	-	11:54.46	2:50.24	7:56.3	4:56.5
54 BOOTS, Brogan	7	MS_Mount Vernon	-	11:57.20	2:52.98	7:58.1	4:57.6
55 TEAGUE, Connor	7	MS_Mount Vernon	-	12:05.98	3:01.76	8:04.0	5:01.2
56 MCNULTY, Elliott	8	MS_Mount Vernon	-	12:09.69	3:05.47	8:06.5	5:02.8
57 NORTHROP, Samuel	7	MS_Charles City	41	12:10.75	3:06.53	8:07.2	5:03.2
58 MACK, Carter	7	MS_Charles City	42	12:13.52	3:09.30	8:09.0	5:04.4
59 UHLENHOPP, Ty	8	MS_Waverly-Shell	-	12:35.17	3:30.95	8:23.4	5:13.3
60 VALENCIA, Jonah	7	MS_Iowa Falls-Alde	(43)	12:35.85	3:31.63	8:23.9	5:13.6
61 SCOTT, Garrett	7	MS_Charles City	(44)	12:44.30	3:40.08	8:29.5	5:17.1
62 MATTHIAS, Daniel	8	MS_Wapsie Valley	45	12:47.87	3:43.65	8:31.9	5:18.6
63 TEKIPPE, Cohen	8	MS_Edgewood-Col	46	12:50.90	3:46.68	8:33.9	5:19.9
64 MOHAN, Aidan	7	MS_Waverly-Shell	-	12:56.93	3:52.71	8:38.0	5:22.4
65 HANSON, Isaiah	8	MS_Mount Vernon	-	13:00.65	3:56.43	8:40.4	5:23.9
66 ALTHOF, Liam	8	MS_Union	47	13:25.46	4:21.24	8:57.0	5:34.2

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
 Justin Putz
Meet Referee:
 Bill Neal
Timing:
 Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #1
Boys Junior High 1.5 Mile

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
67 KOSTKA, Noah	7	MS_Charles City	(48)	13:26.18	4:21.96	8:57.5	5:34.5
68 MCCABE, Jayden	7	MS_Waverly-Shell	-	13:40.50	4:36.28	9:07.0	5:40.5
69 VALLEBO, Ivan	8	MS_Charles City	-	13:53.21	4:48.99	9:15.5	5:45.7
70 VIEROW, James	7	MS_Waverly-Shell	-	13:59.61	4:55.39	9:19.7	5:48.4
71 GRIFFIN, Dawson	7	MS_Charles City	-	14:10.89	5:06.67	9:27.3	5:53.1
72 BRODIGAN, Jack	8	MS_Wapsie Valley	49	14:12.25	5:08.03	9:28.2	5:53.6
73 ROBBINS, Kinnick	8	MS_Edgewood-Col	50	14:23.63	5:19.41	9:35.8	5:58.4
74 BOTTORFF, Sawyer	8	MS_Nashua-Plainfi	-	14:39.89	5:35.67	9:46.6	6:05.1
75 BISHOP, JiSeob	7	MS_Mount Vernon	-	14:44.95	5:40.73	9:50.0	6:07.2
76 WESSELS, Creighton	7	MS_Edgewood-Col	(51)	14:52.54	5:48.32	9:55.0	6:10.3
77 MARSHALL, Everett	8	MS_Mount Vernon	-	15:00.54	5:56.32	10:00.4	6:13.7
78 AUSTERMAN, Zay	8	MS_Mount Vernon	-	15:05.07	6:00.85	10:03.4	6:15.5
79 MUELLER, Henry	7	MS_Mount Vernon	-	15:07.84	6:03.62	10:05.2	6:16.7
80 STROPE, Deacon	7	MS_Mount Vernon	-	15:35.41	6:31.19	10:23.6	6:28.1
81 STEINE, Holden	8	MS_Mount Vernon	-	15:39.43	6:35.21	10:26.3	6:29.8
82 GOHR, Ian	7	MS_Charles City	-	20:52.26	11:48.0	13:54.8	8:39.6
83 SCHMIDT, Hayden	8	MS_Charles City	-	20:53.32	11:49.1	13:55.5	8:40.0

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
Justin Putz
Meet Referee:
Bill Neal
Timing:
Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #2
Girls Junior High 1.5 Mile

Final Results**RACE SUMMARY**

Start Time: 4:16 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 MS_Mount Vernon	32	3-4-6-8-11(12)(13)	54:12	10:51	0:59.1
2 MS_East Buchanan	48	1-7-10-14-16(17)(19)	55:55	11:11	1:50.9
3 MS_Iowa Falls-Alden MS	87	5-15-18-20-29(31)(37)	59:10	11:50	1:58.6
4 MS_Wapsie Valley	128	21-22-26-27-32(33)(34)	1:02:36	12:32	0:25.1
5 MS_Waverly-Shell Rock	142	2-25-35-38-42(44)	1:06:14	13:15	5:55.5
6 MS_Union	152	9-23-36-41-43	1:09:54	13:59	6:32.5
7 MS_Charles City	161	24-28-30-39-40	1:06:02	13:13	1:43.2
DNP MS_Nashua-Plainfield					
DNP MS_Edgewood-Colesburg					
DNP MS_Janesville					
DNP MS_Independence					

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 DIERS, Josie	7	MS_Edgewood-Col	-	9:14.72	---	6:09.8	3:50.2
2 CONNELLY, Jaden	8	MS_East Buchanan	1	10:08.21	53.49	6:45.5	4:12.4
3 GRITTERS, Aliya	8	MS_Waverly-Shell	2	10:17.24	1:02.52	6:51.5	4:16.1
4 JENSEN, Lexi	7	MS_Mount Vernon	3	10:21.08	1:06.36	6:54.1	4:17.7
5 TELECKY, Sorell	8	MS_Mount Vernon	4	10:23.18	1:08.46	6:55.5	4:18.6
6 RIEKS, Dryver	7	MS_Iowa Falls-Alde	5	10:37.72	1:23.00	7:05.1	4:24.6
7 KALVIG, Elizabeth	7	MS_Nashua-Plainfi	-	10:54.31	1:39.59	7:16.2	4:31.5
8 HEIDEMANN, Maggie	8	MS_Janesville	-	10:59.92	1:45.20	7:19.9	4:33.8
9 LIU, Lexi	8	MS_Mount Vernon	6	11:00.68	1:45.96	7:20.5	4:34.1
10 COOK, Evelyn	7	MS_East Buchanan	7	11:03.13	1:48.41	7:22.1	4:35.2
11 VAVRICEK, Clara	8	MS_Mount Vernon	8	11:06.49	1:51.77	7:24.3	4:36.6
12 KEEGAN, Finley	7	MS_Union	9	11:13.08	1:58.36	7:28.7	4:39.3
13 STIEFEL, Lyla	8	MS_East Buchanan	10	11:14.41	1:59.69	7:29.6	4:39.8
14 ROBINSON, Josie	7	MS_Mount Vernon	11	11:20.10	2:05.38	7:33.4	4:42.2
15 EHRLE, Rae	8	MS_Mount Vernon	(12)	11:21.04	2:06.32	7:34.0	4:42.6
16 SUDOL, Ellie	7	MS_Nashua-Plainfi	-	11:21.35	2:06.63	7:34.2	4:42.7
17 COX, Kayla	7	MS_Janesville	-	11:23.43	2:08.71	7:35.6	4:43.6
18 FOELSKE, Isabelle	8	MS_Janesville	-	11:25.45	2:10.73	7:37.0	4:44.4
19 PREUSS, Libby	8	MS_Independence	-	11:26.91	2:12.19	7:37.9	4:45.0
20 CALCARA, Fiona	8	MS_Mount Vernon	(13)	11:27.41	2:12.69	7:38.3	4:45.2
21 THURN, Evie	8	MS_East Buchanan	14	11:29.64	2:14.92	7:39.8	4:46.2
22 CAMPBELL, Liza	7	MS_Iowa Falls-Alde	15	11:38.24	2:23.52	7:45.5	4:49.7
23 WULFEKUHLE, Annabelle	8	MS_Edgewood-Col	-	11:39.97	2:25.25	7:46.6	4:50.4
24 GLAZA, Lexi	8	MS_Mount Vernon	-	11:58.89	2:44.17	7:59.3	4:58.3
25 GRISWOLD, Olyvia	7	MS_East Buchanan	16	11:59.08	2:44.36	7:59.4	4:58.4
26 BEYER, LeAnn	7	MS_East Buchanan	(17)	12:02.82	2:48.10	8:01.9	4:59.9
27 MOEHLMAN, Eliza	7	MS_Mount Vernon	-	12:04.01	2:49.29	8:02.7	5:00.4
28 MARTIN, Kate	8	MS_Mount Vernon	-	12:04.53	2:49.81	8:03.0	5:00.6

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
 Justin Putz
Meet Referee:
 Bill Neal
Timing:
 Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #2
Girls Junior High 1.5 Mile

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
29 LOZANO, Susana	8	MS_Iowa Falls-Alde	18	12:05.86	2:51.14	8:03.9	5:01.2
30 CERWINSKE, Kelly	8	MS_Nashua-Plainfi	-	12:08.34	2:53.62	8:05.6	5:02.2
31 RIES, Kambria	8	MS_East Buchanan	(19)	12:08.43	2:53.71	8:05.6	5:02.3
32 KRUM, Natalie	8	MS_East Buchanan	-	12:08.46	2:53.74	8:05.6	5:02.3
33 HOVERSTEN, Finley	7	MS_Iowa Falls-Alde	20	12:11.86	2:57.14	8:07.9	5:03.7
34 SHANNON, Emry	7	MS_Wapsie Valley	21	12:21.69	3:06.97	8:14.5	5:07.8
35 STUBER, Elly	7	MS_Wapsie Valley	22	12:21.81	3:07.09	8:14.5	5:07.8
36 GARCIA, Brooklyn	7	MS_Union	23	12:23.74	3:09.02	8:15.8	5:08.6
37 STOWE, McKinley	8	MS_Charles City	24	12:30.45	3:15.73	8:20.3	5:11.4
38 OLMSTEAD, Mallory	7	MS_Waverly-Shell	25	12:30.81	3:16.09	8:20.5	5:11.5
39 HAGGARD, Zoe	8	MS_Mount Vernon	-	12:31.50	3:16.78	8:21.0	5:11.8
40 BOHEME, Brinley	8	MS_Wapsie Valley	26	12:32.76	3:18.04	8:21.8	5:12.3
41 KANE, Adalynn	8	MS_Wapsie Valley	27	12:32.79	3:18.07	8:21.9	5:12.4
42 WITTMAN, Clara	7	MS_Edgewood-Col	-	12:34.12	3:19.40	8:22.7	5:12.9
43 ROTH, Kinley	8	MS_Charles City	28	12:34.24	3:19.52	8:22.8	5:13.0
44 KINION, Elliotte	8	MS_Mount Vernon	-	12:34.38	3:19.66	8:22.9	5:13.0
45 MORF, Hannah	8	MS_Mount Vernon	-	12:35.15	3:20.43	8:23.4	5:13.3
46 CHRISTENSEN, Hattie	7	MS_Iowa Falls-Alde	29	12:36.28	3:21.56	8:24.2	5:13.8
47 DIZON, Jershey	7	MS_Charles City	30	12:38.70	3:23.98	8:25.8	5:14.8
48 BORBON, Issa	8	MS_Iowa Falls-Alde	(31)	12:44.19	3:29.47	8:29.5	5:17.1
49 MICHEEL, Addie	7	MS_Mount Vernon	-	12:45.41	3:30.69	8:30.3	5:17.6
50 RULAPAUGH, Martha	8	MS_Wapsie Valley	32	12:46.77	3:32.05	8:31.2	5:18.2
51 DEVLIN, Claire	8	MS_East Buchanan	-	12:46.97	3:32.25	8:31.3	5:18.2
52 MEYER, Eliza	7	MS_Wapsie Valley	(33)	12:50.22	3:35.50	8:33.5	5:19.6
53 FRANCK, Addison	7	MS_Wapsie Valley	(34)	13:12.23	3:57.51	8:48.2	5:28.7
54 WHITNEY, Eryana	8	MS_Waverly-Shell	35	13:12.28	3:57.56	8:48.2	5:28.7
55 SANDER, Carizma	8	MS_Wapsie Valley	-	13:14.11	3:59.39	8:49.4	5:29.5
56 HAMANN, Jenna	7	MS_Edgewood-Col	-	13:18.62	4:03.90	8:52.4	5:31.4
57 FRANCK, Arizona	7	MS_Wapsie Valley	-	13:29.18	4:14.46	8:59.5	5:35.8
58 SCHMITT, Ava	7	MS_Nashua-Plainfi	-	13:46.33	4:31.61	9:10.9	5:42.9
59 TOENGES, Kayla	7	MS_Union	36	13:51.29	4:36.57	9:14.2	5:44.9
60 COOK, AnnaLeah	7	MS_Iowa Falls-Alde	(37)	13:55.57	4:40.85	9:17.0	5:46.7
61 BORGLUM, Emi	8	MS_Waverly-Shell	38	14:00.24	4:45.52	9:20.2	5:48.6
62 IBARRA, Karina	8	MS_Charles City	39	14:04.75	4:50.03	9:23.2	5:50.5
63 STEWART, Charlie	7	MS_Mount Vernon	-	14:04.94	4:50.22	9:23.3	5:50.6
64 MASON, Ellie	7	MS_Charles City	40	14:13.58	4:58.86	9:29.1	5:54.2
65 COOK, Sara	8	MS_East Buchanan	-	14:16.20	5:01.48	9:30.8	5:55.3
66 RUHLAND, Adrienne	8	MS_Mount Vernon	-	14:17.25	5:02.53	9:31.5	5:55.7
67 MURPHY, Clare	7	MS_Wapsie Valley	-	14:19.66	5:04.94	9:33.1	5:56.7
68 BEHNKE, Mira	8	MS_Wapsie Valley	-	14:38.03	5:23.31	9:45.4	6:04.3
69 STOCKS, Morgan	7	MS_Union	41	14:39.81	5:25.09	9:46.5	6:05.1
70 PATTEN, Sophia	8	MS_Mount Vernon	-	14:59.13	5:44.41	9:59.4	6:13.1
71 LEONARD, Leah	8	MS_Mount Vernon	-	15:00.24	5:45.52	10:00.2	6:13.5
72 SCHNOOR, Emily	8	MS_Mount Vernon	-	15:00.56	5:45.84	10:00.4	6:13.7
73 BARBER, Gracie	7	MS_Iowa Falls-Alde	-	15:45.01	6:30.29	10:30.0	6:32.1
74 JOHNSON, Brylie	8	MS_Waverly-Shell	42	16:12.70	6:57.98	10:48.5	6:43.6

2023 INDEPENDENCE INVITATIONAL

Independence, IA
MHI Cross Country Course
Host: Independence
Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
Justin Putz
Meet Referee:
Bill Neal
Timing:
Shannon Event Timings



OFFICIAL MEET REPORT
printed: 9/14/2023 6:44 PM

Race #2
Girls Junior High 1.5 Mile

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
75 SZURLEY, Reagan	7	MS_Wapsie Valley	-	16:24.59	7:09.87	10:56.4	6:48.5
76 PEARSON, Skylar	8	MS_Union	43	17:45.52	8:30.80	11:50.3	7:22.1
77 TAPPER, Shyla	7	MS_Iowa Falls-Alde	-	17:47.43	8:32.71	11:51.6	7:22.9
78 GILSTRAP, Amelia	7	MS_Waverly-Shell	(44)	18:07.23	8:52.51	12:04.8	7:31.1
79 FAUST, Jenta	8	MS_Wapsie Valley	-	19:04.98	9:50.26	12:43.3	7:55.1

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
Justin Putz
Meet Referee:
Bill Neal
Timing:
Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #3
Boys Junior Varsity 5K

Final Results**RACE SUMMARY**

Start Time: 4:40 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Clear Creek-Amana	15	1-2-3-4-5(6)(7)	1:37:24	19:29	0:51.9
2 Waverly-Shell Rock	50	8-9-10-11-12(18)(19)	1:51:38	22:20	0:39.4
3 Nashua-Plainfield	80	13-14-16-17-20(21)(23)	1:59:29	23:54	2:14.9
4 Wapsie Valley Fairbank	112	15-22-24-25-26	2:12:26	26:30	5:41.0
DNP New Hampton					
DNP Waverly-Shell Rock					
DNP Independence					
DNP Union La Porte City					
DNP Clear Creek-Amana					
DNP Wapsie Valley Fairbank					
DNP East Buchanan Winthrop					
DNP Iowa Falls-Alden					

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 VANHORN, Jackson	SO	Clear Creek-Amana	1	19:02.63	---	6:07.8	3:48.5
2 YOUNG, Luke	FR	Clear Creek-Amana	2	19:08.58	5.95	6:09.7	3:49.7
3 JENSEN, Shane	FR	Clear Creek-Amana	3	19:35.67	33.04	6:18.4	3:55.1
4 ROTZOLL, Andrew	JR	Clear Creek-Amana	4	19:42.25	39.62	6:20.5	3:56.5
5 BOESET, Beckett	FR	Clear Creek-Amana	5	19:54.45	51.82	6:24.4	3:58.9
6 SCHLOSS, Tate	JR	Clear Creek-Amana	(6)	20:02.07	59.44	6:26.9	4:00.4
7 HANKINS, Odin	SO	Clear Creek-Amana	(7)	20:25.15	1:22.52	6:34.3	4:05.0
8 DUNKIN, Kameron	SO	Clear Creek-Amana	-	20:52.28	1:49.65	6:43.1	4:10.5
9 BRAY, Bo	FR	Clear Creek-Amana	-	21:06.95	2:04.32	6:47.8	4:13.4
10 KENNE, Keegan	JR	Clear Creek-Amana	-	21:15.20	2:12.57	6:50.4	4:15.0
11 THOMPSON, Elijah	FR	Clear Creek-Amana	-	21:15.43	2:12.80	6:50.5	4:15.1
12 DECKER, Michael	JR	Independence	-	21:38.72	2:36.09	6:58.0	4:19.7
13 PUGH, Kiefer	SO	Waverly-Shell Rock	8	21:58.17	2:55.54	7:04.3	4:23.6
14 GIBSON, Oliver	FR	Waverly-Shell Rock	9	22:05.98	3:03.35	7:06.8	4:25.2
15 BRITT, Andy	JR	Waverly-Shell Rock	10	22:21.92	3:19.29	7:11.9	4:28.4
16 REULING, Wouter	SO	Waverly-Shell Rock	11	22:33.42	3:30.79	7:15.6	4:30.7
17 LEYDA, Cyrus	SO	Waverly-Shell Rock	12	22:37.55	3:34.92	7:16.9	4:31.5
18 O'NEILL, Sam	SO	Nashua-Plainfield	13	22:44.07	3:41.44	7:19.0	4:32.8
19 NEWBROUGH, Carter	SR	New Hampton	-	22:46.40	3:43.77	7:19.8	4:33.3
20 DAVIDSON, Henry	SO	Clear Creek-Amana	-	23:04.70	4:02.07	7:25.7	4:36.9
21 POST, Cael	JR	Independence	-	23:09.89	4:07.26	7:27.3	4:38.0
22 LENSING, Brady	SO	Nashua-Plainfield	14	23:19.60	4:16.97	7:30.5	4:39.9
23 LEE, Robert	JR	Wapsie Valley Fairb	15	23:30.75	4:28.12	7:34.1	4:42.2
24 MOODY, Danson	SR	Union La Porte City	-	23:50.31	4:47.68	7:40.4	4:46.1
25 SULLIVAN, Connor	FR	Nashua-Plainfield	16	24:03.33	5:00.70	7:44.5	4:48.7
26 BIRD, Brexton	SO	Nashua-Plainfield	17	24:22.22	5:19.59	7:50.6	4:52.4

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
 Justin Putz
Meet Referee:
 Bill Neal
Timing:
 Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #3
Boys Junior Varsity 5K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
27 MRAZ, Jackson	SR	Waverly-Shell Rock	(18)	24:43.28	5:40.65	7:57.4	4:56.7
28 GOLDENSTEIN, Ryan	SR	Independence	-	24:45.84	5:43.21	7:58.2	4:57.2
29 KAHLER, Noah	FR	Waverly-Shell Rock	(19)	24:45.93	5:43.30	7:58.3	4:57.2
30 DIETZ-MCDONALD, Maveric	JR	Nashua-Plainfield	20	24:58.95	5:56.32	8:02.4	4:59.8
31 KIRBY, Gus	FR	Union La Porte City	-	25:04.39	6:01.76	8:04.2	5:00.9
32 MUNDORF, Carson	FR	Nashua-Plainfield	(21)	25:19.43	6:16.80	8:09.0	5:03.9
33 BOURGET, Noah	FR	Clear Creek-Amana	-	25:30.38	6:27.75	8:12.6	5:06.1
34 BRYAN, Eric	SO	Wapsie Valley Fairb	22	25:46.24	6:43.61	8:17.7	5:09.2
35 KALVIG, Christopher	FR	Nashua-Plainfield	(23)	25:52.48	6:49.85	8:19.7	5:10.5
36 SZURLEY, Cameron	SO	Wapsie Valley Fairb	24	26:46.08	7:43.45	8:36.9	5:21.2
37 BATES, Dayne	SR	Wapsie Valley Fairb	25	27:11.21	8:08.58	8:45.0	5:26.2
38 PERCY, Benjamin	SO	Nashua-Plainfield	-	27:36.07	8:33.44	8:53.0	5:31.2
39 HULBERT, Nick	FR	Nashua-Plainfield	-	27:47.24	8:44.61	8:56.6	5:33.4
40 LEITZEN, Caleb	FR	Iowa Falls-Alden	-	27:52.78	8:50.15	8:58.4	5:34.6
41 MARTINEZ, Ricardo	FR	Iowa Falls-Alden	-	28:10.84	9:08.21	9:04.2	5:38.2
42 NELSON, Landry	FR	East Buchanan Win	-	28:25.86	9:23.23	9:09.0	5:41.2
43 SHATEK, Colin	SO	New Hampton	-	29:03.90	10:01.2	9:21.3	5:48.8
44 BURGART, Reyce	FR	Wapsie Valley Fairb	26	29:11.70	10:09.0	9:23.8	5:50.3

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
Justin Putz
Meet Referee:
Bill Neal
Timing:
Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #4
Girls Junior Varsity 5K

Final Results

RACE SUMMARY

Start Time: 5:10 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Waukon	25	1-2-4-6-12(14)(17)	1:57:21	23:29	1:46.6
2 Clear Creek-Amana	40	3-7-8-9-13(18)(19)	2:00:19	24:04	1:56.6
3 Waverly-Shell Rock	64	5-10-11-15-23(25)(35)	2:04:16	24:52	3:04.7
4 Union La Porte City	114	16-20-21-27-30(34)(36)	2:14:29	26:54	3:05.8
5 Independence	134	22-24-28-29-31	2:18:20	27:40	1:45.5
6 Wapsie Valley Fairbank	166	26-32-33-37-38(39)	2:28:59	29:48	4:36.9
DNP Iowa Falls-Alden					
DNP New Hampton					
DNP Nashua-Plainfield					
DNP Wapsie Valley Fairbank					
DNP Waverly-Shell Rock					
DNP Union La Porte City					
DNP Edgewood-Colesburg					
DNP East Buchanan Winthrop					
DNP Independence					

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 JOHANNINGMEIER, Jaelyn	FR	Waukon	1	22:46.52	---	7:19.8	4:33.3
2 BENZING, Reegan	FR	Waukon	2	22:48.49	1.97	7:20.5	4:33.7
3 LEIGHTON-DICK, Eva	JR	Clear Creek-Amana	3	22:57.04	10.52	7:23.2	4:35.4
4 DAVIS, Nora	FR	Waukon	4	23:13.30	26.78	7:28.4	4:38.7
5 BORGLUM, Adali	SO	Waverly-Shell Rock	5	23:32.05	45.53	7:34.5	4:42.4
6 JOHNSON, Claire	FR	Waukon	6	23:58.69	1:12.17	7:43.0	4:47.7
7 CARTIER, Kennedi	FR	Clear Creek-Amana	7	24:01.82	1:15.30	7:44.1	4:48.4
8 STOPKO, Olivia	JR	Clear Creek-Amana	8	24:08.22	1:21.70	7:46.1	4:49.6
9 STILTNER, Summer	FR	Clear Creek-Amana	9	24:17.80	1:31.28	7:49.2	4:51.6
10 SIKORA, Taylor	FR	Waverly-Shell Rock	10	24:32.18	1:45.66	7:53.8	4:54.4
11 JEROME, Emme	FR	Waverly-Shell Rock	11	24:32.71	1:46.19	7:54.0	4:54.5
12 KURTH, Makenna	FR	Waukon	12	24:33.07	1:46.55	7:54.1	4:54.6
13 SHOUNICK, Alyssa	FR	Clear Creek-Amana	13	24:53.59	2:07.07	8:00.7	4:58.7
14 KRAMBEER, Kaitlyn	SR	Waukon	(14)	24:57.21	2:10.69	8:01.9	4:59.4
15 HUNZELMAN, Mollie	SO	Waverly-Shell Rock	15	25:01.42	2:14.90	8:03.2	5:00.3
16 JACKSON, Katie	FR	Union La Porte City	16	25:13.53	2:27.01	8:07.1	5:02.7
17 ARCHER, Caitlyn	JR	Iowa Falls-Alden	-	25:13.73	2:27.21	8:07.2	5:02.7
18 DOWNING, Moriah	SO	Waukon	(17)	25:43.90	2:57.38	8:16.9	5:08.8
19 STEUART, Bryiah	FR	Waukon	-	25:51.45	3:04.93	8:19.3	5:10.3
20 KARSTEN, Emma	FR	Clear Creek-Amana	(18)	26:21.44	3:34.92	8:29.0	5:16.3
21 TONELLI, Madi	JR	Clear Creek-Amana	(19)	26:25.31	3:38.79	8:30.2	5:17.1
22 SORENSEN, Reagan	SR	Union La Porte City	20	26:27.74	3:41.22	8:31.0	5:17.5
23 HINEBAUGH, Lorolei	SO	Union La Porte City	21	26:33.16	3:46.64	8:32.8	5:18.6

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
Justin Putz
Meet Referee:
Bill Neal
Timing:
Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #4
Girls Junior Varsity 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
24 BANGHART, Brooklyn	SO	Independence	22	26:36.59	3:50.07	8:33.9	5:19.3
25 ALEXANDER, Reagan	SR	Waverly-Shell Rock	23	26:36.67	3:50.15	8:33.9	5:19.3
26 EXCHANGE, Renee	JR	Independence	24	26:50.55	4:04.03	8:38.4	5:22.1
27 STAUFFER, Gabrielle	SO	Iowa Falls-Alden	-	26:56.34	4:09.82	8:40.2	5:23.3
28 OSE, Lila	FR	Iowa Falls-Alden	-	27:04.31	4:17.79	8:42.8	5:24.9
29 MOUDY, Bella	JR	Waukon	-	27:16.75	4:30.23	8:46.8	5:27.4
30 BERNS, Mallory	JR	Waukon	-	27:20.36	4:33.84	8:48.0	5:28.1
31 ROHNE, Lindee	SR	Waverly-Shell Rock	(25)	27:29.21	4:42.69	8:50.8	5:29.8
32 GRAY, Carly	FR	Wapsie Valley Fairb	26	27:51.28	5:04.76	8:57.9	5:34.3
33 HUBBARD, Brooklyn	SR	Union La Porte City	27	27:54.77	5:08.25	8:59.0	5:35.0
34 GROSS, Hannah	JR	Clear Creek-Amana	-	28:11.86	5:25.34	9:04.5	5:38.4
35 TOALE, Gabby	SR	Independence	28	28:14.57	5:28.05	9:05.4	5:38.9
36 WIELAND, Jasmine	JR	Independence	29	28:16.07	5:29.55	9:05.9	5:39.2
37 WOLFF, Willa	FR	Union La Porte City	30	28:19.28	5:32.76	9:06.9	5:39.9
38 FARLEY, Bella	FR	Independence	31	28:22.09	5:35.57	9:07.8	5:40.4
39 BYRNES, Natalie	SR	Waukon	-	28:48.25	6:01.73	9:16.2	5:45.7
40 COOK, Emily	FR	East Buchanan Win	-	28:52.64	6:06.12	9:17.7	5:46.5
41 MEYERHOFF, Kassidy	FR	New Hampton	-	28:54.12	6:07.60	9:18.1	5:46.8
42 HEIDEN, Maggie	FR	Iowa Falls-Alden	-	28:54.41	6:07.89	9:18.2	5:46.9
43 EAST, Dakota	SR	Wapsie Valley Fairb	32	28:56.55	6:10.03	9:18.9	5:47.3
44 O'NEILL, Ashlin	SR	Waukon	-	29:00.09	6:13.57	9:20.1	5:48.0
45 RETALLICK, Emma	JR	Waukon	-	29:06.45	6:19.93	9:22.1	5:49.3
46 WEDEMEIER, Mae	SO	Wapsie Valley Fairb	33	29:15.40	6:28.88	9:25.0	5:51.1
47 DRECKMAN, Zoey	JR	New Hampton	-	29:23.08	6:36.56	9:27.5	5:52.6
48 SMUTZ, Addie	SO	Clear Creek-Amana	-	29:26.61	6:40.09	9:28.6	5:53.3
49 KEEGAN, Charlie	SR	Union La Porte City	(34)	29:32.48	6:45.96	9:30.5	5:54.5
50 STEVENS, Lindi	JR	Waverly-Shell Rock	(35)	29:49.03	7:02.51	9:35.8	5:57.8
51 PARSON, Ruby	JR	Union La Porte City	(36)	29:58.87	7:12.35	9:39.0	5:59.8
52 MILLS, Ava	SR	Union La Porte City	-	30:19.69	7:33.17	9:45.7	6:03.9
53 HANSEL, Ella	JR	Waverly-Shell Rock	-	30:20.72	7:34.20	9:46.0	6:04.1
54 PARKES, Brielle	SR	Wapsie Valley Fairb	37	30:26.80	7:40.28	9:48.0	6:05.4
55 SCHNELL, Hannah	SO	Waverly-Shell Rock	-	30:42.85	7:56.33	9:53.1	6:08.6
56 NOSBISCH, Alexis	FR	New Hampton	-	30:45.24	7:58.72	9:53.9	6:09.0
57 HEINE, Ashley	JR	Waverly-Shell Rock	-	30:45.27	7:58.75	9:53.9	6:09.1
58 ELSAMILLER, Abby	SR	Waverly-Shell Rock	-	30:49.67	8:03.15	9:55.3	6:09.9
59 HEISDORFFER, Reese	JR	Clear Creek-Amana	-	31:10.05	8:23.53	10:01.9	6:14.0
60 EMICK, Mya	FR	Clear Creek-Amana	-	31:23.54	8:37.02	10:06.2	6:16.7
61 STOCKS, Natalie	FR	Union La Porte City	-	31:51.13	9:04.61	10:15.1	6:22.2
62 KEEGAN, Ellie	SR	Union La Porte City	-	31:56.88	9:10.36	10:17.0	6:23.4
63 SINGEWALD, Josi	FR	New Hampton	-	32:20.72	9:34.20	10:24.6	6:28.1
64 STUBER, Lydia	JR	Wapsie Valley Fairb	38	32:28.10	9:41.58	10:27.0	6:29.6
65 BERNS, Addisyn	FR	Waukon	-	33:31.54	10:45.0	10:47.4	6:42.3
66 BOND, Bailey	JR	Nashua-Plainfield	-	34:52.23	12:05.7	11:13.4	6:58.4
67 IHNEN, Emma	JR	Waverly-Shell Rock	-	38:03.29	15:16.7	12:14.9	7:36.7
68 PARKES, Emerie	SO	Wapsie Valley Fairb	(39)	39:02.42	16:15.9	12:33.9	7:48.5

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
Justin Putz
Meet Referee:
Bill Neal
Timing:
Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #5
Boys Varsity 5K

Final Results**RACE SUMMARY**

Start Time: 5:40 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Clear Creek-Amana	23	2-3-5-6-7(8)(9)	1:26:34	17:19	0:51.6
2 Waverly-Shell Rock	92	4-10-19-28-31(34)(41)	1:35:00	19:00	3:31.9
3 Union La Porte City	113	13-14-22-27-37(49)	1:38:10	19:38	2:25.4
4 Independence	119	17-18-21-24-39(43)(55)	1:39:23	19:53	2:39.2
5 Nashua-Plainfield	122	12-25-26-29-30(32)(35)	1:38:51	19:47	1:46.1
6 Wapsie Valley Fairbank	130	1-11-20-47-51(53)	1:39:21	19:53	6:26.3
7 New Hampton	161	16-23-38-40-44	1:43:53	20:47	3:07.2
8 Iowa Falls-Alden	188	15-33-36-48-56	1:46:51	21:23	4:41.9
9 Edgewood-Colesburg	262*	42-46-57-58-59(60)	1:58:23	23:41	4:03.9
10 Janesville	262*	45-50-52-54-61	2:02:12	24:27	9:19.6
DNP East Buchanan Winthrop					
DNP New Hampton					
DNP Union La Porte City					
DNP Iowa Falls-Alden					
DNP Wapsie Valley Fairbank					
DNP Waverly-Shell Rock					
DNP Independence					

***Tiebreakers**

Edgewood-Colesburg	42	46	57	58	59	60
Janesville	45	50	52	54	61	

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 SHANNON, Aidan	SR	Wapsie Valley Fairb	1	16:28.14	---	5:18.0	3:17.6
2 HILSMAN, Brock	JR	Clear Creek-Amana	2	16:52.26	24.12	5:25.8	3:22.5
3 STILTNER, Thomas	SR	Clear Creek-Amana	3	16:52.56	24.42	5:25.9	3:22.5
4 SOLDWISCH, Austin	JR	Waverly-Shell Rock	4	16:53.39	25.25	5:26.2	3:22.7
5 SORENSEN, Isaac	JR	Clear Creek-Amana	5	17:26.74	58.60	5:36.9	3:29.3
6 HAYES, Jamie	SR	Clear Creek-Amana	6	17:37.83	1:09.69	5:40.5	3:31.6
7 KAFER, Logan	SR	Clear Creek-Amana	7	17:43.86	1:15.72	5:42.4	3:32.8
8 YOST, Noah	SR	Clear Creek-Amana	(8)	17:59.40	1:31.26	5:47.4	3:35.9
9 SCHIELTZ, Nicholas	SO	Clear Creek-Amana	(9)	18:05.59	1:37.45	5:49.4	3:37.1
10 KNUDSEN, Colin	JR	Waverly-Shell Rock	10	18:09.78	1:41.64	5:50.7	3:38.0
11 BRADY, Aiden	SO	Wapsie Valley Fairb	11	18:15.06	1:46.92	5:52.4	3:39.0
12 HANSEN, Jase	SO	Nashua-Plainfield	12	18:36.20	2:08.06	5:59.3	3:43.2
13 MULLEN, Cameron	SO	Union La Porte City	13	18:45.87	2:17.73	6:02.4	3:45.2
14 SPENCE, Sawyer	SO	Union La Porte City	14	18:46.57	2:18.43	6:02.6	3:45.3
15 MILLER, Hunter	JR	Iowa Falls-Alden	15	18:53.28	2:25.14	6:04.8	3:46.7
16 STUMME, Connor	FR	New Hampton	16	18:54.25	2:26.11	6:05.1	3:46.8

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
 Justin Putz
Meet Referee:
 Bill Neal
Timing:
 Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #5
Boys Varsity 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
17 NELSON, Hayden	SR	East Buchanan Win	-	18:54.96	2:26.82	6:05.3	3:47.0
18 FISH, Adam	SR	Independence	17	19:05.47	2:37.33	6:08.7	3:49.1
19 DECKER, Talan	JR	Independence	18	19:23.81	2:55.67	6:14.6	3:52.8
20 BRIDGES, Aiden	SR	Waverly-Shell Rock	19	19:29.58	3:01.44	6:16.4	3:53.9
21 SCHAEFER, Finn	SO	Wapsie Valley Fairb	20	19:30.01	3:01.87	6:16.6	3:54.0
22 WILSON, Tanner	JR	Independence	21	19:30.31	3:02.17	6:16.7	3:54.1
23 UCHIYAMA-HANSEN, Keng	JR	Union La Porte City	22	19:31.65	3:03.51	6:17.1	3:54.3
24 ZEIEN, Calyb	JR	New Hampton	23	19:33.20	3:05.06	6:17.6	3:54.6
25 WIELAND, Tyler	JR	Independence	24	19:38.51	3:10.37	6:19.3	3:55.7
26 SINNWELL, Caleb	JR	Nashua-Plainfield	25	19:43.95	3:15.81	6:21.1	3:56.8
27 PAPLOW, Luke	JR	Nashua-Plainfield	26	19:51.08	3:22.94	6:23.4	3:58.2
28 HERMAN, Mason	SR	Union La Porte City	27	19:54.64	3:26.50	6:24.5	3:58.9
29 CHRISTIANSEN, Zander	SO	Waverly-Shell Rock	28	20:01.70	3:33.56	6:26.8	4:00.3
30 MUELLER, Avery	SO	Nashua-Plainfield	29	20:16.97	3:48.83	6:31.7	4:03.4
31 SMITH, Jake	SO	Nashua-Plainfield	30	20:22.29	3:54.15	6:33.4	4:04.5
32 BIRD, Tsion	JR	Waverly-Shell Rock	31	20:25.23	3:57.09	6:34.3	4:05.0
33 LENTZ, Caleb	SR	Nashua-Plainfield	(32)	20:47.24	4:19.10	6:41.4	4:09.4
34 GRANZOW, Drew	FR	Iowa Falls-Alden	33	20:51.36	4:23.22	6:42.8	4:10.3
35 GEERTS, Lucas	SO	Waverly-Shell Rock	(34)	20:52.89	4:24.75	6:43.2	4:10.6
36 LEVI, Callahan	JR	Nashua-Plainfield	(35)	21:09.19	4:41.05	6:48.5	4:13.8
37 SPARKS, Nate	FR	Iowa Falls-Alden	36	21:11.06	4:42.92	6:49.1	4:14.2
38 DEWINTER, Maddux	SO	Union La Porte City	37	21:11.24	4:43.10	6:49.2	4:14.2
39 ORTIZ, Israel	FR	New Hampton	38	21:37.62	5:09.48	6:57.6	4:19.5
40 ELLEDGE, Trenton	FR	East Buchanan Win	-	21:38.05	5:09.91	6:57.8	4:19.6
41 JUSTASON, Kyle	SR	Independence	39	21:44.58	5:16.44	6:59.9	4:20.9
42 MEYERHOFF, Xander	JR	New Hampton	40	21:46.35	5:18.21	7:00.5	4:21.3
43 SCHARA, Baily	FR	Waverly-Shell Rock	(41)	21:47.04	5:18.90	7:00.7	4:21.4
44 REYNOLDS, Adian	FR	Edgewood-Colesbu	42	21:50.51	5:22.37	7:01.8	4:22.1
45 KILER, Chase	SR	Independence	(43)	21:56.26	5:28.12	7:03.6	4:23.3
46 MONTEITH, Easton	SO	New Hampton	44	22:01.44	5:33.30	7:05.3	4:24.3
47 HJELMELAND, Ethan	SR	Janesville	45	22:02.93	5:34.79	7:05.8	4:24.6
48 HELMRICHS, Cael	SO	Edgewood-Colesbu	46	22:07.38	5:39.24	7:07.2	4:25.5
49 HILSENBECK, Hayden	FR	Wapsie Valley Fairb	47	22:13.41	5:45.27	7:09.2	4:26.7
50 KUBE, Wilken	SR	Iowa Falls-Alden	48	22:19.89	5:51.75	7:11.2	4:28.0
51 GRIMM, Ian	FR	Union La Porte City	(49)	22:31.31	6:03.17	7:14.9	4:30.3
52 GREGORSOK, Seth	FR	Janesville	50	22:41.10	6:12.96	7:18.1	4:32.2
53 EIKE, Elijah	SO	Wapsie Valley Fairb	51	22:54.35	6:26.21	7:22.3	4:34.9
54 WESTENDORF, Jason	FR	Janesville	52	22:59.55	6:31.41	7:24.0	4:35.9
55 KANE, Madden	SO	Wapsie Valley Fairb	(53)	23:00.46	6:32.32	7:24.3	4:36.1
56 OLTMANN, Alex	SR	Janesville	54	23:04.99	6:36.85	7:25.8	4:37.0
57 GATES, Blake	SR	Independence	(55)	23:23.22	6:55.08	7:31.6	4:40.6
58 BLACKBURN, Aaron	SO	Iowa Falls-Alden	56	23:35.13	7:06.99	7:35.5	4:43.0
59 COLE, Kyler	JR	Edgewood-Colesbu	57	23:38.06	7:09.92	7:36.4	4:43.6
60 HAMANN, Dakota	SR	Edgewood-Colesbu	58	24:51.91	8:23.77	8:00.2	4:58.4
61 PHELPS, Alex	JR	Edgewood-Colesbu	59	25:54.38	9:26.24	8:20.3	5:10.9
62 OLIND, McCoy	SO	Edgewood-Colesbu	(60)	29:58.84	13:30.7	9:39.0	5:59.8

2023 INDEPENDENCE INVITATIONAL

Independence, IA
MHI Cross Country Course
Host: Independence
Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
Justin Putz
Meet Referee:
Bill Neal
Timing:
Shannon Event Timings



OFFICIAL MEET REPORT
printed: 9/14/2023 6:44 PM

Race #5
Boys Varsity 5K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
63 LITTLE, Aidan	FR	Janesville	61	31:22.49	14:54.3	10:05.9	6:16.5

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
Justin Putz
Meet Referee:
Bill Neal
Timing:
Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #6
Girls Varsity 5K

Final Results**RACE SUMMARY**

Start Time: 6:10 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Clear Creek-Amana	37	4-5-6-8-14(21)(22)	1:44:20	20:52	0:59.6
2 Waverly-Shell Rock	55	3-7-11-16-18(20)(26)	1:45:24	21:05	1:15.9
3 Union La Porte City	71	2-10-15-17-27(28)	1:46:16	21:16	3:31.0
4 Iowa Falls-Alden	89	9-13-19-23-25(32)(36)	1:49:19	21:52	1:46.9
5 New Hampton	150	12-30-33-35-40(45)	1:56:48	23:22	3:54.4
6 Nashua-Plainfield	165	1-37-38-42-47(48)(51)	2:01:53	24:23	8:22.0
7 Wapsie Valley Fairbank	171	24-29-34-41-43	2:02:00	24:24	3:39.4
8 East Buchanan Winthrop	209	31-39-44-46-49(50)	2:10:17	26:04	4:45.7
DNP Edgewood-Colesburg					
DNP Waukon					
DNP Wapsie Valley Fairbank					
DNP New Hampton					
DNP Union La Porte City					
DNP Independence					
DNP Iowa Falls-Alden					

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 HUCK, Kadence	JR	Nashua-Plainfield	1	19:22.08	---	6:14.0	3:52.4
2 CONDON, Amilia	JR	Union La Porte City	2	19:24.00	1.92	6:14.6	3:52.8
3 BOCHMANN, Sydney	SR	Waverly-Shell Rock	3	20:16.28	54.20	6:31.5	4:03.3
4 BARKER, Kira	JR	Clear Creek-Amana	4	20:25.16	1:03.08	6:34.3	4:05.0
5 ROGERS, Kiera	SR	Clear Creek-Amana	5	20:44.03	1:21.95	6:40.4	4:08.8
6 KINZENBAW, Sara	JR	Clear Creek-Amana	6	20:45.29	1:23.21	6:40.8	4:09.1
7 SMITH, Emma	JR	Waverly-Shell Rock	7	20:58.47	1:36.39	6:45.0	4:11.7
8 WHITMER, Kadence	FR	Clear Creek-Amana	8	20:59.96	1:37.88	6:45.5	4:12.0
9 RIEKS, Dani	FR	Iowa Falls-Alden	9	21:00.89	1:38.81	6:45.8	4:12.2
10 ANTON, Sydney	SR	Union La Porte City	10	21:02.29	1:40.21	6:46.3	4:12.5
11 JEROME, Cece	SR	Waverly-Shell Rock	11	21:09.70	1:47.62	6:48.7	4:13.9
12 PICKAR, Megan	SR	New Hampton	12	21:12.68	1:50.60	6:49.6	4:14.5
13 KURTH, Mia	SR	Waukon	-	21:17.16	1:55.08	6:51.1	4:15.4
14 KIRBY, Ellie	JR	Edgewood-Colesbu	-	21:21.64	1:59.56	6:52.5	4:16.3
15 BEAUBIEN, Demi	SO	Iowa Falls-Alden	13	21:24.33	2:02.25	6:53.4	4:16.9
16 TECKLENBURG, Harper	JR	Clear Creek-Amana	14	21:24.67	2:02.59	6:53.5	4:16.9
17 ALBERTSEN, Brynn	SO	Union La Porte City	15	21:25.63	2:03.55	6:53.8	4:17.1
18 KENT, Jailyn	JR	Waverly-Shell Rock	16	21:26.82	2:04.74	6:54.2	4:17.4
19 LORENZEN, Lily	JR	Union La Porte City	17	21:28.13	2:06.05	6:54.6	4:17.6
20 NELSON, Kate	FR	Waverly-Shell Rock	18	21:32.18	2:10.10	6:55.9	4:18.4
21 KIELTY, Elizabeth	SR	Iowa Falls-Alden	19	21:42.96	2:20.88	6:59.4	4:20.6
22 ROHNE, Jenna	SO	Waverly-Shell Rock	(20)	21:43.46	2:21.38	6:59.5	4:20.7
23 STITNER, Sienna	FR	Clear Creek-Amana	(21)	21:50.07	2:27.99	7:01.7	4:22.0

2023 INDEPENDENCE INVITATIONAL

Independence, IA
 MHI Cross Country Course
 Host: Independence
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
 Justin Putz
Meet Referee:
 Bill Neal
Timing:
 Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 9/14/2023 6:44 PM

Race #6
Girls Varsity 5K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
24 WYANT, Raegan	JR	Clear Creek-Amana	(22)	21:52.99	2:30.91	7:02.6	4:22.6
25 JOHNSON, Cameron	SR	Waukon	-	22:04.65	2:42.57	7:06.3	4:24.9
26 NURRE, Amanda	FR	Edgewood-Colesbu	-	22:14.64	2:52.56	7:09.6	4:26.9
27 NACHAZEL, Lydia	JR	Iowa Falls-Alden	23	22:22.10	3:00.02	7:12.0	4:28.4
28 RESSLER, Reaghan	JR	Independence	-	22:27.44	3:05.36	7:13.7	4:29.5
29 BAXTER, Trudy	SO	Waukon	-	22:28.52	3:06.44	7:14.0	4:29.7
30 O'NEILL, Emma	SO	Waukon	-	22:30.54	3:08.46	7:14.7	4:30.1
31 MAY, Jaylin	JR	Wapsie Valley Fairb	24	22:45.50	3:23.42	7:19.5	4:33.1
32 STILWELL, Chloe	FR	Iowa Falls-Alden	25	22:47.72	3:25.64	7:20.2	4:33.5
33 DAHLQUIST, Ramey	SR	Waverly-Shell Rock	(26)	22:54.38	3:32.30	7:22.3	4:34.9
34 PETERSEN, Emily	SR	Union La Porte City	27	22:54.96	3:32.88	7:22.5	4:35.0
35 CARLSON, Kate	JR	Union La Porte City	(28)	23:05.47	3:43.39	7:25.9	4:37.1
36 MEYER, Ava	FR	Wapsie Valley Fairb	29	23:07.35	3:45.27	7:26.5	4:37.5
37 GEBEL, Kailynn	FR	New Hampton	30	23:12.23	3:50.15	7:28.1	4:38.4
38 BEYER, Lindsay	JR	East Buchanan Win	31	23:17.82	3:55.74	7:29.9	4:39.6
39 ANDREWS, Abbie	SR	Iowa Falls-Alden	(32)	23:21.65	3:59.57	7:31.1	4:40.3
40 KNUTSON, Ella	SO	New Hampton	33	23:23.82	4:01.74	7:31.8	4:40.8
41 BARNES, Maya	SO	Wapsie Valley Fairb	34	23:39.61	4:17.53	7:36.9	4:43.9
42 NOSBISCH, Natalie	JR	New Hampton	35	23:51.59	4:29.51	7:40.8	4:46.3
43 NELSON, Annika	JR	Iowa Falls-Alden	(36)	24:00.53	4:38.45	7:43.6	4:48.1
44 EICK, Ellie	SR	Nashua-Plainfield	37	24:02.92	4:40.84	7:44.4	4:48.6
45 WHITE, Jalissa	SO	Nashua-Plainfield	38	24:30.03	5:07.95	7:53.1	4:54.0
46 KRUM, Destiny	JR	East Buchanan Win	39	24:51.81	5:29.73	8:00.1	4:58.4
47 WICKMAN, Rebecca	SO	New Hampton	40	25:07.06	5:44.98	8:05.1	5:01.4
48 RULAPHAUGH, Miriam	SO	Wapsie Valley Fairb	41	26:02.31	6:40.23	8:22.8	5:12.5
49 HENNEY, Kallyn	SO	Edgewood-Colesbu	-	26:08.58	6:46.50	8:24.9	5:13.7
50 GERHOLDT, Amberley	JR	Nashua-Plainfield	42	26:13.46	6:51.38	8:26.4	5:14.7
51 LAMPE, Kali	SR	Wapsie Valley Fairb	43	26:24.83	7:02.75	8:30.1	5:17.0
52 KELCHEN, Macy	SO	East Buchanan Win	44	26:53.70	7:31.62	8:39.4	5:22.7
53 KELLOGG, Zoey	FR	New Hampton	(45)	26:59.73	7:37.65	8:41.3	5:23.9
54 CRAWFORD, Abigail	JR	East Buchanan Win	46	27:09.38	7:47.30	8:44.4	5:25.9
55 LOWE, Marleigh	JR	Nashua-Plainfield	47	27:44.05	8:21.97	8:55.6	5:32.8
56 WEISS, Lexi	SR	Nashua-Plainfield	(48)	27:45.83	8:23.75	8:56.2	5:33.2
57 CABALKA, Andelyn	SO	East Buchanan Win	49	28:03.44	8:41.36	9:01.8	5:36.7
58 PECK, Kreighton	SO	East Buchanan Win	(50)	29:17.40	9:55.32	9:25.6	5:51.5
59 O'NEILL, Emma	SR	Nashua-Plainfield	(51)	30:44.23	11:22.1	9:53.6	6:08.8