

## 2022 STARMONT INVITATIONAL

Arlington, IA  
 Starmont High School  
 Host: Starmont  
 Tuesday, September 13, 2022

### MEET OFFICIALS

Meet Director:  
 Charlie Gruman  
 Meet Referee:  
 Howard Simpson  
 Timing:  
 Shannon Event Timings



OFFICIAL MEET REPORT  
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Race #5  
 Girls Varsity 5K

## Final Results

### RACE SUMMARY

Start Time: 5:40 pm

### TEAM SCORING SUMMARY

#### Class 2A/3A/4A

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Beckman Catholic Dyersvil	38	3-4-9-10-12(54)(64)	1:47:48	21:34	1:01.9
2 Denver	42	2-6-7-13-14(15)(18)	1:47:57	21:36	1:29.7
3 Sumner-Fredericksburg	102	1-19-23-24-35(40)(44)	1:51:20	22:16	4:09.4
4 Waukon	133	11-16-30-33-43(57)(63)	1:55:39	23:08	2:47.8
5 North Fayette Valley	145	5-27-28-29-56(58)	1:56:43	23:21	4:11.0
6 Dike-New Hartford	155	8-22-32-46-47(48)(53)	1:57:31	23:31	3:04.6
7 West Delaware Mancheste	176	31-34-36-37-38(39)(52)	1:58:30	23:42	0:22.0
8 Aplington-Parkersburg	188	17-20-42-49-60(62)	2:00:19	24:04	3:51.6
9 Oelwein	197	25-26-41-50-55(59)(61)	2:01:28	24:18	2:24.5
10 Vinton-Shellsburg	248	21-45-51-65-66(67)(68)	2:13:19	26:40	8:39.8
DNP Center Point-Urbana					
DNP Waterloo East					
DNP Independence					
DNP Aplington-Parkersburg					
DNP North Fayette Valley					
DNP Oelwein					

#### Class 1A

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 North Linn Troy Mills	50	1-6-10-16-17(27)(28)	1:50:34	22:07	4:19.7
2 Hudson	59	5-7-9-18-20(22)(25)	1:53:06	22:38	3:00.7
3 Wapsie Valley Fairbank	64	3-4-13-14-30(34)	1:54:16	22:52	4:41.0
4 Union La Porte City	79	2-8-19-21-29(31)(35)	1:56:55	23:23	4:33.0
5 MFL MarMac	113	11-15-24-26-37(38)	2:03:51	24:47	4:18.8
6 Alburnett	152	12-32-33-36-39(42)(45)	2:09:46	25:58	4:47.5
7 East Buchanan Winthrop	191	23-40-41-43-44	2:18:16	27:40	4:02.8
DNP Dunkerton					
DNP Springville					
DNP Edgewood-Colesburg					
DNP Starmont West Central					
DNP Wapsie Valley Fairbank					
DNP Janesville					
DNP Tripoli					

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**Race #5**  
**Girls Varsity 5K**

**Final Results****INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km	
1	WHEATLEY, Meghan	JR	North Linn Troy Mill	1	19:22.55	---	6:14.2	3:52.5
2	TRAINOR, Hillary	JR	Sumner-Fredericks	1	19:30.99	8.44	6:16.9	3:54.2
3	RISTAU, Reeve	SO	Denver	2	20:37.33	1:14.78	6:38.2	4:07.5
4	WILKERSON, Emma	JR	Center Point-Urban	-	20:54.18	1:31.63	6:43.7	4:10.8
5	KRUSE, Maria	JR	Beckman Catholic	3	20:56.82	1:34.27	6:44.5	4:11.4
6	CONDON, Amilia	SO	Union La Porte City	2	20:57.55	1:35.00	6:44.7	4:11.5
7	BELLIS, Brylee	SR	Wapsie Valley Fairb	3	20:58.22	1:35.67	6:45.0	4:11.6
8	VANDAELE, Ava	JR	Wapsie Valley Fairb	4	21:01.08	1:38.53	6:45.9	4:12.2
9	LANG, Desi	FR	Hudson	5	21:09.14	1:46.59	6:48.5	4:13.8
10	MILLER, Lily	FR	Center Point-Urban	-	21:09.54	1:46.99	6:48.6	4:13.9
11	MERTZ, Julia	JR	Beckman Catholic	4	21:14.80	1:52.25	6:50.3	4:15.0
12	COLLUM, Bryn	SO	North Linn Troy Mill	6	21:16.32	1:53.77	6:50.8	4:15.3
13	MEYER, Braelyn	SO	North Fayette Valle	5	21:21.70	1:59.15	6:52.5	4:16.3
14	TRUNKHILL, Avery	FR	Denver	6	21:24.50	2:01.95	6:53.4	4:16.9
15	KATCHER, Deni	FR	Center Point-Urban	-	21:27.27	2:04.72	6:54.3	4:17.5
16	HANSEN, Mollie	FR	Hudson	7	21:35.60	2:13.05	6:57.0	4:19.1
17	MCCORMICK, Sydney	SO	Center Point-Urban	-	21:39.65	2:17.10	6:58.3	4:19.9
18	HOMAN, Hailey	SO	Denver	7	21:41.01	2:18.46	6:58.7	4:20.2
19	HOUTS, Izzy	JR	Dike-New Hartford	8	21:42.46	2:19.91	6:59.2	4:20.5
20	KNEPPER, Abby	SR	Beckman Catholic	9	21:46.96	2:24.41	7:00.7	4:21.4
21	REITER, Madelyn	SO	Beckman Catholic	10	21:50.22	2:27.67	7:01.7	4:22.0
22	JOHNSON, Cameron	JR	Waukon	11	21:53.42	2:30.87	7:02.7	4:22.7
23	DUDZIK, Maria	JR	Beckman Catholic	12	21:58.70	2:36.15	7:04.4	4:23.7
24	HOMAN, Amber	SR	Denver	13	22:06.18	2:43.63	7:06.8	4:25.2
25	DECKER, Aubrey	JR	Denver	14	22:07.02	2:44.47	7:07.1	4:25.4
26	MULERT, Anna	SO	Denver	(15)	22:07.38	2:44.83	7:07.2	4:25.5
27	KURTH, Mia	JR	Waukon	16	22:07.43	2:44.88	7:07.2	4:25.5
28	LORENZEN, Lily	SO	Union La Porte City	8	22:08.75	2:46.20	7:07.7	4:25.8
29	HOVENGA, Lia	SR	Aplington-Parkersb	17	22:12.98	2:50.43	7:09.0	4:26.6
30	EVEN, Laci	SR	Denver	(18)	22:14.65	2:52.10	7:09.6	4:26.9
31	STEEGE, Saela	SO	Sumner-Fredericks	19	22:20.06	2:57.51	7:11.3	4:28.0
32	MOORE, Kennedy	JR	Springville	-	22:20.56	2:58.01	7:11.5	4:28.1
33	SCHNEIDER, Savannah	JR	Hudson	9	22:23.34	3:00.79	7:12.4	4:28.7
34	SCHIPPER, Ashley	JR	Aplington-Parkersb	20	22:27.33	3:04.78	7:13.6	4:29.5
35	MCMAHON, Peyton	FR	North Linn Troy Mill	10	22:32.11	3:09.56	7:15.2	4:30.4
36	PRIMROSE, Olivia	SO	Vinton-Shellsburg	21	22:41.53	3:18.98	7:18.2	4:32.3
37	FOLKERTS, Elyse	SO	Dike-New Hartford	22	22:44.41	3:21.86	7:19.1	4:32.9
38	KEEHNER, Cora	FR	MFL MarMac	11	22:44.97	3:22.42	7:19.3	4:33.0
39	MCGRAW, Carly	FR	Alburnett	12	22:46.57	3:24.02	7:19.8	4:33.3
40	BOEHLER, Sophie	JR	Sumner-Fredericks	23	22:49.07	3:26.52	7:20.6	4:33.8
41	MAYO, Lily	SR	Sumner-Fredericks	24	22:59.27	3:36.72	7:23.9	4:35.9
42	MILLER, London	FR	Tripoli	-	23:00.34	3:37.79	7:24.3	4:36.1
43	RULAPAUGH, Rachel	JR	Oelwein	25	23:05.68	3:43.13	7:26.0	4:37.1
44	ETRINGER, Brooklyn	SR	Wapsie Valley Fairb	13	23:10.21	3:47.66	7:27.4	4:38.0
45	GEARHART, Libby	JR	Oelwein	26	23:12.39	3:49.84	7:28.1	4:38.5
46	ZURBRIGGEN, Hope	FR	North Fayette Valle	27	23:15.39	3:52.84	7:29.1	4:39.1

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**Race #5**  
**Girls Varsity 5K**

# Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
47 BILDEN, Ava	JR	North Fayette Valle	28	23:16.31	3:53.76	7:29.4	4:39.3
48 CHAPMAN, Addison	SR	North Fayette Valle	29	23:16.41	3:53.86	7:29.4	4:39.3
49 HANSMEIER, Paige	SR	Waukon	30	23:23.65	4:01.10	7:31.8	4:40.7
50 MAY, Jaylin	SO	Wapsie Valley Fairb	14	23:26.38	4:03.83	7:32.6	4:41.3
51 RICH, Faith	SR	West Delaware Ma	31	23:29.35	4:06.80	7:33.6	4:41.9
52 RESSLER, Reaghan	SO	Independence	-	23:31.40	4:08.85	7:34.3	4:42.3
53 STARBUCK, Allison	FR	Dike-New Hartford	32	23:31.43	4:08.88	7:34.3	4:42.3
54 MARTI, Olivia	JR	Waukon	33	23:33.21	4:10.66	7:34.8	4:42.6
55 HOGAN, Emma	JR	West Delaware Ma	34	23:33.53	4:10.98	7:35.0	4:42.7
56 GRAU, Clare	JR	MFL MarMac	15	23:36.80	4:14.25	7:36.0	4:43.4
57 BRIDGEWATER, Mackenzie	SO	North Linn Troy Mill	16	23:40.26	4:17.71	7:37.1	4:44.1
58 PITZ, Ella	SO	Sumner-Fredericks	35	23:40.31	4:17.76	7:37.1	4:44.1
59 RIES, Carly	FR	North Linn Troy Mill	17	23:42.22	4:19.67	7:37.7	4:44.4
60 SCHMITZ, Izzy	JR	West Delaware Ma	36	23:45.54	4:22.99	7:38.8	4:45.1
61 OLESON, Jasmine	SR	Hudson	18	23:47.61	4:25.06	7:39.5	4:45.5
62 BARDGETT, Noelle	JR	West Delaware Ma	37	23:49.70	4:27.15	7:40.2	4:45.9
63 LEWIN, Brooke	SR	West Delaware Ma	38	23:51.33	4:28.78	7:40.7	4:46.3
64 ANTON, Sydney	JR	Union La Porte City	19	23:53.17	4:30.62	7:41.3	4:46.6
65 MCMAHON, Josie	SO	West Delaware Ma	(39)	23:57.16	4:34.61	7:42.6	4:47.4
66 HOLTON, Kate	FR	Hudson	20	24:09.82	4:47.27	7:46.6	4:50.0
67 HENNINGER, Grace	SO	Dunkerton	-	24:12.11	4:49.56	7:47.4	4:50.4
68 HAMLETT, Natalie	SO	Starmont West Cen	-	24:15.91	4:53.36	7:48.6	4:51.2
69 JEFFRIES, Brooklynne	SO	Union La Porte City	21	24:24.78	5:02.23	7:51.4	4:53.0
70 AMLING, Brooke	JR	Edgewood-Colesbu	-	24:30.71	5:08.16	7:53.4	4:54.1
71 RUCKER, Claire	JR	Sumner-Fredericks	(40)	24:31.24	5:08.69	7:53.5	4:54.2
72 BERRYMAN, Alexa	JR	Oelwein	41	24:36.82	5:14.27	7:55.3	4:55.4
73 WILLIAMSON, Adison	SR	Aplington-Parkersb	42	24:37.37	5:14.82	7:55.5	4:55.5
74 BAXTER, Trudy	FR	Waukon	43	24:41.16	5:18.61	7:56.7	4:56.2
75 MEYER, Jana	JR	Sumner-Fredericks	(44)	24:41.58	5:19.03	7:56.9	4:56.3
76 WEETS, Ellie	SO	Vinton-Shellsburg	45	24:42.88	5:20.33	7:57.3	4:56.6
77 COSTELLO, Ella	SR	Dike-New Hartford	46	24:44.93	5:22.38	7:57.9	4:57.0
78 STEFFEN, Hanna	SO	Dike-New Hartford	47	24:47.04	5:24.49	7:58.6	4:57.4
79 SYHLMANN, Josey	FR	Dike-New Hartford	(48)	24:48.49	5:25.94	7:59.1	4:57.7
80 STEELE, Ella	FR	Hudson	(22)	24:54.63	5:32.08	8:01.1	4:58.9
81 LUEBBERS, Ella	SR	Aplington-Parkersb	49	24:56.62	5:34.07	8:01.7	4:59.3
82 BEYER, Lindsay	SO	East Buchanan Win	23	24:57.22	5:34.67	8:01.9	4:59.4
83 BAHE, Jenna	FR	Oelwein	50	25:02.10	5:39.55	8:03.5	5:00.4
84 HAISMAN, Molly	SR	Vinton-Shellsburg	51	25:02.43	5:39.88	8:03.6	5:00.5
85 KOETHER, Emma	FR	MFL MarMac	24	25:04.86	5:42.31	8:04.3	5:01.0
86 RIDENOUR, Claire	SR	West Delaware Ma	(52)	25:05.43	5:42.88	8:04.5	5:01.1
87 STEELE, Megan	FR	Hudson	(25)	25:10.80	5:48.25	8:06.3	5:02.2
88 RUFF, Evelyn	SO	MFL MarMac	26	25:20.17	5:57.62	8:09.3	5:04.0
89 ROEDER, Katelyn	SR	Dike-New Hartford	(53)	25:20.64	5:58.09	8:09.4	5:04.1
90 MICHAEL, Abby	FR	North Linn Troy Mill	(27)	25:25.22	6:02.67	8:10.9	5:05.0
91 MYERS, Carly	JR	North Linn Troy Mill	(28)	25:28.40	6:05.85	8:11.9	5:05.7
92 RECKER, Ellie	SR	Beckman Catholic	(54)	25:28.85	6:06.30	8:12.1	5:05.8

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**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
93 STAAL, Katelynn	SO	Springville	-	25:29.75	6:07.20	8:12.4	5:06.0
94 DRISCOLL, Emma	SR	Oelwein	55	25:30.10	6:07.55	8:12.5	5:06.0
95 PETERSEN, Emily	JR	Union La Porte City	29	25:30.48	6:07.93	8:12.6	5:06.1
96 STEFFENS, Lexi	SR	North Fayette Valle	56	25:32.66	6:10.11	8:13.3	5:06.5
97 BUHR, Jayden	JR	Wapsie Valley Fairb	30	25:39.20	6:16.65	8:15.4	5:07.8
98 KRAMBEER, Katelyn	JR	Waukon	(57)	25:41.63	6:19.08	8:16.2	5:08.3
99 KUHSE, Tristen	FR	North Fayette Valle	(58)	25:51.09	6:28.54	8:19.2	5:10.2
100 HUBBARD, Brooklyn	JR	Union La Porte City	(31)	25:52.05	6:29.50	8:19.5	5:10.4
101 RESSLER, Bella	SR	Independence	-	25:57.19	6:34.64	8:21.2	5:11.4
102 OPPERMAN, Wendy	JR	Starmont West Cen	-	25:59.37	6:36.82	8:21.9	5:11.9
103 PROUTY, Claire	SO	Oelwein	(59)	26:00.65	6:38.10	8:22.3	5:12.1
104 BARRETT, Shayla	SR	Aplington-Parkersb	60	26:04.52	6:41.97	8:23.5	5:12.9
105 MARTIN, Gralynn	JR	Alburnett	32	26:14.00	6:51.45	8:26.6	5:14.8
106 STANLEY-JONES, Isabelle	SO	Alburnett	33	26:14.58	6:52.03	8:26.8	5:14.9
107 RAHE, Averie	SO	Oelwein	(61)	26:23.69	7:01.14	8:29.7	5:16.7
108 HYDE, Ashlyn	SR	Wapsie Valley Fairb	(34)	26:26.16	7:03.61	8:30.5	5:17.2
109 MILLS, Ava	JR	Union La Porte City	(35)	26:33.58	7:11.03	8:32.9	5:18.7
110 ASWEGEN, Lexi	JR	Aplington-Parkersb	(62)	26:34.57	7:12.02	8:33.2	5:18.9
111 STEJSKAL, Abi	SO	Springville	-	26:36.97	7:14.42	8:34.0	5:19.4
112 BERNS, Mallory	SO	Waukon	(63)	26:42.61	7:20.06	8:35.8	5:20.5
113 HOSPODARSKY, Lindsey	SR	Alburnett	36	26:56.23	7:33.68	8:40.2	5:23.2
114 MOSER, Mariah	FR	MFL MarMac	37	27:03.77	7:41.22	8:42.6	5:24.8
115 JOHNSON, Mya	SR	Waterloo East	-	27:10.10	7:47.55	8:44.7	5:26.0
116 NUEHRING, Kaylee	JR	MFL MarMac	(38)	27:11.50	7:48.95	8:45.1	5:26.3
117 ALLEN, Hailey	SO	Waterloo East	-	27:13.29	7:50.74	8:45.7	5:26.7
118 THIER, Jordan	SR	Beckman Catholic	(64)	27:15.22	7:52.67	8:46.3	5:27.0
119 MCINTOSH, Elsie	FR	Dunkerton	-	27:23.19	8:00.64	8:48.9	5:28.6
120 BANES, Haylee	SO	Alburnett	39	27:34.05	8:11.50	8:52.4	5:30.8
121 KELCHEN, Macy	FR	East Buchanan Win	40	27:43.06	8:20.51	8:55.3	5:32.6
122 WOLFENSBERGER, Lauren	JR	Dunkerton	-	28:02.92	8:40.37	9:01.7	5:36.6
123 CRAWFORD, Abigail	SO	East Buchanan Win	41	28:11.20	8:48.65	9:04.3	5:38.2
124 GRAUBARD, Isabelle	JR	Alburnett	(42)	28:14.07	8:51.52	9:05.2	5:38.8
125 PECK, Kreighton	FR	East Buchanan Win	43	28:23.78	9:01.23	9:08.4	5:40.8
126 KIPP, Hailey	FR	Dunkerton	-	28:40.00	9:17.45	9:13.6	5:44.0
127 TOALE, Gabby	JR	Independence	-	28:48.57	9:26.02	9:16.3	5:45.7
128 KRUM, Destiny	SO	East Buchanan Win	44	28:59.94	9:37.39	9:20.0	5:48.0
129 ROLLINGER, Rachel	JR	Vinton-Shellsburg	65	29:30.28	10:07.7	9:29.8	5:54.1
130 HULTON, Ruthie	SO	Waterloo East	-	30:12.49	10:49.9	9:43.4	6:02.5
131 BANES, Emma	SO	Alburnett	(45)	31:04.56	11:42.0	10:00.1	6:12.9
132 BIRKER, Isabel	SO	Vinton-Shellsburg	66	31:21.32	11:58.7	10:05.5	6:16.3
133 AHRENHOLZ, Aspen	SR	Vinton-Shellsburg	(67)	31:39.72	12:17.1	10:11.4	6:19.9
134 NEWTON, Annabelle	SR	Vinton-Shellsburg	(68)	31:39.95	12:17.4	10:11.5	6:20.0
135 HOFTENDER, Taylor	SO	Waterloo East	-	32:56.03	13:33.4	10:36.0	6:35.2
136 WEEKLEY, Izzy	SR	Janesville	-	37:20.79	17:58.2	12:01.2	7:28.2