

**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, WindSSE 5-10mph, 34% Humidity &amp; 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #1**  
**Fr-So Girls 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	20	1-2-3-6-8(9)(16)	1:45:20	21:04	1:14.8
2 Dubuque Senior	43	4-5-7-13-14(15)(30)	1:48:31	21:43	1:18.9
3 Cedar Falls	68	10-11-12-17-18(22)(23)	1:51:33	22:19	0:49.7
4 Linn-Mar Marion	137	19-20-31-33-34(38)(39)	1:59:32	23:55	1:45.3
5 Wahlert Dubuque	142	24-25-28-29-36	2:00:54	24:11	2:41.0
6 Dubuque Hempstead	159	21-26-27-42-43(45)(52)	2:05:05	25:01	4:23.5
7 Xavier Cedar Rapids	211	32-37-41-47-54	2:19:28	27:54	8:09.0
8 Epworth Western Dubuque	216	35-40-44-48-49(50)(51)	2:18:01	27:37	4:22.7
9 Cedar Rapids Jefferson	267	46-53-55-56-57(58)	2:45:10	33:02	7:18.2
DNP Cedar Rapids Washington					
DNP Cedar Rapids Kennedy					

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 LEMAN, Camille	FR	Iowa City City High	1	20:30.4	6:35.6	4:06.1
2 RILEY-POMA, Brooklyn	SO	Iowa City City High	2	20:45.7	6:40.5	4:09.1
3 SHERBURNE, Lucy	SO	Iowa City City High	3	20:54.3	6:43.3	4:10.9
4 CARPENTER, Skyler	FR	Dubuque Senior	4	21:03.3	6:46.2	4:12.7
5 SCHAEFER, Mallory	FR	Dubuque Senior	5	21:04.0	6:46.4	4:12.8
6 ROMERO, Ella	SO	Iowa City City High	6	21:24.5	6:53.0	4:16.9
7 EIKAMP, Millie	SO	Dubuque Senior	7	21:41.7	6:58.5	4:20.3
8 LECLAIR, Nadia	FR	Iowa City City High	8	21:45.2	6:59.7	4:21.0
9 WILLARD, Martha	SO	Iowa City City High	(9)	21:57.2	7:03.5	4:23.4
10 WENZEL, Alexa	SO	Cedar Falls	10	21:59.9	7:04.4	4:24.0
11 MCNALLY, Emerlyn	FR	Cedar Falls	11	22:01.4	7:04.9	4:24.3
12 FREIBERG, Leah	FR	Cedar Falls	12	22:04.5	7:05.9	4:24.9
13 HOLDENER, Audrey	SO	Dubuque Senior	13	22:19.9	7:10.8	4:28.0
14 BEARD, Josie	FR	Dubuque Senior	14	22:22.2	7:11.5	4:28.4
15 TIGGES, Sophie	FR	Dubuque Senior	(15)	22:32.1	7:14.8	4:30.4
16 GALLUZZO, Lucia	FR	Iowa City City High	(16)	22:33.9	7:15.3	4:30.8
17 HANNAM, Jenna	FR	Cedar Falls	17	22:37.4	7:16.5	4:31.5
18 VERDUGHT, Maggie	SO	Cedar Falls	18	22:49.5	7:20.3	4:33.9
19 BACKES, Elayna	FR	Linn-Mar Marion	19	22:56.2	7:22.5	4:35.2
20 SPRAGG, Nadia	SO	Iowa City City High	-	22:59.9	7:23.7	4:36.0
21 BLOTT, Kamille	FR	Linn-Mar Marion	20	23:01.8	7:24.3	4:36.4
22 BELLMAN, Rebecca	FR	Dubuque Hempstea	21	23:06.5	7:25.8	4:37.3
23 FRERICHS, Alison	SO	Cedar Falls	(22)	23:06.6	7:25.9	4:37.3
24 TINK, Esther	FR	Cedar Falls	(23)	23:12.0	7:27.6	4:38.4
25 UNSEN, Mallory	SO	Wahlert Dubuque	24	23:14.9	7:28.5	4:39.0
26 KLEIN, Addison	SO	Iowa City City High	-	23:24.5	7:31.6	4:40.9
27 THIELEN, Claire	SO	Wahlert Dubuque	25	23:26.7	7:32.3	4:41.3
28 BECHTEL, Amelie	FR	Iowa City City High	-	23:27.5	7:32.5	4:41.5
29 HOUSELOG, Stella	FR	Dubuque Hempstea	26	23:28.8	7:33.0	4:41.7
30 COUSIN, June	SO	Cedar Falls	-	23:34.3	7:34.7	4:42.9

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**Race #1  
Fr-So Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. KM</b>
31 TERRILL, Amelia	FR	Iowa City City High	-	23:35.1	7:35.0	4:43.0
32 WELTER, Sophie	FR	Dubuque Hempstea	27	23:42.2	7:37.3	4:44.4
33 WENZEL, Isabel	SO	Cedar Falls	-	23:52.7	7:40.6	4:46.5
34 PLATTE, Anna	FR	Iowa City City High	-	24:01.7	7:43.6	4:48.3
35 PENG, Helen	FR	Cedar Falls	-	24:05.4	7:44.8	4:49.1
36 ROGERS, Avery	SO	Cedar Falls	-	24:06.0	7:44.9	4:49.2
37 SELL, Everlie	SO	Wahlert Dubuque	28	24:06.5	7:45.1	4:49.3
38 BELKEN, Tessa	FR	Wahlert Dubuque	29	24:09.9	7:46.2	4:50.0
39 SPRAGUE, Chloe	SO	Dubuque Senior	(30)	24:10.8	7:46.5	4:50.1
40 DAUBS, Olivia	FR	Linn-Mar Marion	31	24:15.6	7:48.0	4:51.1
41 WARBY, Claire	SO	Cedar Falls	-	24:27.8	7:51.9	4:53.5
42 TYLER, Calli	FR	Cedar Rapids Wash	-	24:30.9	7:52.9	4:54.2
43 SWISHER, Cassie	SO	Iowa City City High	-	24:33.0	7:53.6	4:54.6
44 KUCHARSKI, Claire	FR	Xavier Cedar Rapid	32	24:36.3	7:54.7	4:55.3
45 WILDMAN, Haylie	FR	Linn-Mar Marion	33	24:37.0	7:54.9	4:55.4
46 MOCHAL, Emma	FR	Linn-Mar Marion	34	24:41.5	7:56.3	4:56.3
47 EVANS, Jolie	SO	Iowa City City High	-	24:51.8	7:59.7	4:58.3
48 CASTO, Amari	SO	Iowa City City High	-	25:04.1	8:03.6	5:00.8
49 VASKE, Claire	SO	Epworth Western D	35	25:07.5	8:04.7	5:01.5
50 HERRIG, Kelsey	FR	Iowa City City High	-	25:32.2	8:12.7	5:06.4
51 MORRISON, Sophia	FR	Dubuque Senior	-	25:43.5	8:16.3	5:08.7
52 JENSEN, Alena	SO	Cedar Rapids Wash	-	25:43.7	8:16.3	5:08.7
53 JAEGER, Kambry	SO	Cedar Falls	-	25:53.4	8:19.5	5:10.7
54 BURKE, Grace	FR	Wahlert Dubuque	36	25:55.9	8:20.3	5:11.2
55 ANDERSON, Laela	SO	Xavier Cedar Rapid	37	26:06.4	8:23.6	5:13.3
56 CARPENTER, Heather	FR	Linn-Mar Marion	(38)	26:07.5	8:24.0	5:13.5
57 SAKOLKAR, Vasudha	FR	Linn-Mar Marion	(39)	26:14.9	8:26.4	5:15.0
58 HADZIC, Hana	FR	Iowa City City High	-	26:23.5	8:29.2	5:16.7
59 SWITZER, Cadia	SO	Cedar Falls	-	26:30.9	8:31.5	5:18.2
60 HODGSON, Olivia	SO	Epworth Western D	40	26:48.3	8:37.1	5:21.7
61 PFAB, Hannah	SO	Xavier Cedar Rapid	41	27:01.0	8:41.2	5:24.2
62 ROLAND, Frances	SO	Cedar Rapids Wash	-	27:09.3	8:43.9	5:25.9
63 BLOCK, Piper	FR	Cedar Falls	-	27:12.9	8:45.0	5:26.6
64 KIEFFER, Kenzie	FR	Dubuque Hempstea	42	27:17.2	8:46.4	5:27.4
65 KALLBACK, Josie	SO	Dubuque Hempstea	43	27:29.9	8:50.5	5:30.0
66 ZIMMERMAN, Anna	FR	Epworth Western D	44	27:31.9	8:51.1	5:30.4
67 ROLING, Carsyn	FR	Dubuque Hempstea	(45)	27:32.4	8:51.3	5:30.5
68 GOOD, Elise	SO	Iowa City City High	-	27:41.1	8:54.1	5:32.2
69 MOLSBERRY, Molly	FR	Iowa City City High	-	27:53.8	8:58.2	5:34.8
70 FEIT, Sadie	FR	Cedar Rapids Kenn	-	28:10.4	9:03.5	5:38.1
71 ROUSSI, Chancelline	SO	Cedar Rapids Jeffer	46	28:19.5	9:06.5	5:39.9
72 ARENS, Ella	SO	Xavier Cedar Rapid	47	28:58.7	9:19.1	5:47.7
73 ARNOLD, Madeline	SO	Epworth Western D	48	29:02.9	9:20.4	5:48.6
74 NEAL, Ruby	SO	Dubuque Senior	-	29:22.6	9:26.7	5:52.5
75 NAUMAN, Jaclyn	FR	Epworth Western D	49	29:30.2	9:29.2	5:54.0
76 PHUKE, Aarya	SO	Cedar Falls	-	30:10.8	9:42.2	6:02.2

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<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
77 AYALA, Haylie	SO	Cedar Rapids Kenn	-	30:11.5	9:42.5	6:02.3
78 DIGMANN, Ella	SO	Epworth Western D	(50)	30:14.1	9:43.3	6:02.8
79 NACE, Avery	SO	Iowa City City High	-	30:16.1	9:43.9	6:03.2
80 HOLMES, Raina	SO	Cedar Rapids Kenn	-	30:44.7	9:53.1	6:08.9
81 VASKE, Kaitlyn	FR	Epworth Western D	(51)	31:00.4	9:58.2	6:12.1
82 WAGENER, Lily	SO	Dubuque Hempstea	(52)	31:05.9	10:00.0	6:13.2
83 DOLAN, Addilyn	SO	Dubuque Hempstea	-	31:59.5	10:17.2	6:23.9
84 CARPENTER, Ava	SO	Cedar Rapids Jeffer	53	32:31.4	10:27.4	6:30.3
85 PARK, Soyeon	SO	Xavier Cedar Rapid	54	32:45.3	10:31.9	6:33.0
86 SANDERS, Curstin	SO	Cedar Rapids Jeffer	55	33:43.5	10:50.6	6:44.7
87 FERNANDEZ, Nalani	FR	Cedar Rapids Wash	-	34:50.9	11:12.3	6:58.2
88 POWERS, Elizabeth	SO	Iowa City City High	-	34:53.0	11:13.0	6:58.6
89 REGALADO, Daisy	SO	Cedar Rapids Jeffer	56	34:58.2	11:14.6	6:59.6
90 COINER, Adrianna	SO	Iowa City City High	-	35:29.8	11:24.8	7:05.9
91 WILLIAMS, Alijah	SO	Cedar Rapids Jeffer	57	35:37.6	11:27.3	7:07.5
92 ALLEN, Gabby	SO	Cedar Rapids Jeffer	(58)	35:46.4	11:30.2	7:09.3
93 KROGER, Lilly	FR	Dubuque Senior	-	42:19.6	13:36.6	8:27.9

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KAUDER RACING

OFFICIAL MEET REPORT

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**Race #2**  
**Fr-So Boys 5K**

# Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	20	1-2-3-6-8(9)(19)	1:25:37	17:08	0:25.9
2 Cedar Falls	41	4-5-7-12-13(21)(22)	1:27:21	17:29	0:32.8
3 Cedar Rapids Kennedy	127	16-17-18-30-46(50)(61)	1:31:11	18:15	1:08.6
4 Iowa City West	131	14-26-28-29-34(37)(43)	1:31:19	18:16	0:48.1
5 Linn-Mar Marion	153*	23-24-33-35-38(44)(49)	1:31:58	18:24	0:42.4
6 Dubuque Senior	153*	10-27-32-39-45(48)(51)	1:31:54	18:23	1:20.0
7 Prairie Cedar Rapids	184	11-31-36-52-54(55)(56)	1:33:41	18:45	1:48.5
8 Iowa City Liberty	193	15-20-42-57-59(60)(63)	1:34:02	18:49	1:56.9
9 Dubuque Hempstead	206	25-40-41-47-53(58)(62)	1:34:02	18:49	1:23.0
10 Wahlert Dubuque	334	64-66-67-68-69(71)(72)	1:46:52	21:23	1:12.0
11 Cedar Rapids Jefferson	357	65-70-73-74-75(76)(77)	1:56:42	23:21	3:23.9
DNP Epworth Western Dubuque					
DNP Xavier Cedar Rapids					

### \*Tiebreakers

Linn-Mar Marion	23	24	33	35	38	44
Dubuque Senior	10	27	32	39	45	48

### INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 EASTLUND, Leif	FR	Iowa City City High	1	16:55.6	5:26.5	3:23.1
2 MCROBERTS, Jasper	FR	Iowa City City High	2	16:58.6	5:27.5	3:23.7
3 HOWARD, Zach	FR	Iowa City City High	3	17:03.9	5:29.2	3:24.8
4 AHRENS, Brody	SO	Cedar Falls	4	17:14.5	5:32.6	3:26.9
5 KIES, Ryne	SO	Cedar Falls	5	17:17.0	5:33.4	3:27.4
6 ARNOLD, Malcolm	SO	Iowa City City High	6	17:17.0	5:33.4	3:27.4
7 STROHMAN, Cody	FR	Cedar Falls	7	17:21.1	5:34.7	3:28.2
8 VANDE BERG, Henry	SO	Iowa City City High	8	17:21.4	5:34.8	3:28.3
9 CAREY, Will	SO	Iowa City City High	(9)	17:24.9	5:36.0	3:29.0
10 BROCK, Beckett	SO	Dubuque Senior	10	17:35.1	5:39.3	3:31.0
11 NOVE, Mason	SO	Prairie Cedar Rapid	11	17:39.0	5:40.5	3:31.8
12 HUDSON, Jace	FR	Cedar Falls	12	17:41.1	5:41.2	3:32.2
13 JACOBSEN, Ethan	SO	Cedar Falls	13	17:47.2	5:43.1	3:33.4
14 PRESSLER, Lars	SO	Iowa City West	14	17:47.9	5:43.3	3:33.6
15 STRAND, Jens	FR	Iowa City Liberty	15	17:50.3	5:44.1	3:34.1
16 HALLAM, Finn	FR	Cedar Rapids Kenn	16	17:51.6	5:44.6	3:34.3
17 COGDILL, Neil	SO	Cedar Rapids Kenn	17	17:53.6	5:45.2	3:34.7
18 ALI, Arefat	SO	Cedar Rapids Kenn	18	17:58.3	5:46.7	3:35.6
19 MILLER, Soren	FR	Iowa City City High	(19)	17:58.4	5:46.7	3:35.7
20 KONRARDY, Carter	FR	Iowa City Liberty	20	17:58.8	5:46.9	3:35.7
21 FAUSER, Judah	SO	Cedar Falls	(21)	17:58.8	5:46.9	3:35.8
22 AVILA, Rodrigo	SO	Cedar Falls	(22)	17:59.6	5:47.1	3:35.9
23 KENNEDY, Will	SO	Linn-Mar Marion	23	18:00.0	5:47.3	3:36.0

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<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. km</b>
24 PETERSEN, Charlie	SO	Linn-Mar Marion	24	18:00.4	5:47.4	3:36.1
25 RISMA, Nolan	FR	Dubuque Hempstea	25	18:03.4	5:48.4	3:36.7
26 ELBESHTI, Ahmed	FR	Iowa City West	26	18:07.7	5:49.7	3:37.5
27 NEUHAUS, Elijah	SO	Dubuque Senior	27	18:09.2	5:50.2	3:37.8
28 WALLACE, Landon	SO	Cedar Falls	-	18:16.8	5:52.7	3:39.4
29 SAUDER, Ben	FR	Iowa City City High	-	18:20.9	5:54.0	3:40.2
30 DUNHAM, Cael	FR	Iowa City West	28	18:22.7	5:54.6	3:40.5
31 BRUZEK, Zach	SO	Iowa City West	29	18:25.0	5:55.3	3:41.0
32 PITCHER, Maddox	SO	Cedar Rapids Kenn	30	18:27.4	5:56.1	3:41.5
33 DAHLEM, Eli	FR	Prairie Cedar Rapid	31	18:28.6	5:56.5	3:41.7
34 SINDT, Ian	SO	Dubuque Senior	32	18:30.8	5:57.2	3:42.2
35 LANDHERR, Ashton	FR	Linn-Mar Marion	33	18:34.9	5:58.5	3:43.0
36 LAWLER, Henry	SO	Iowa City West	34	18:36.0	5:58.8	3:43.2
37 SEAMANS, John	FR	Iowa City City High	-	18:38.6	5:59.7	3:43.7
38 LALOR, Quinn	FR	Iowa City City High	-	18:38.7	5:59.7	3:43.7
39 HISCOCK, Thomas	SO	Linn-Mar Marion	35	18:39.9	6:00.1	3:44.0
40 SAUSER, Grady	FR	Prairie Cedar Rapid	36	18:40.6	6:00.3	3:44.1
41 OLALEYE, Oluwadara	SO	Iowa City West	(37)	18:41.9	6:00.7	3:44.4
42 KALAVER, Advait	SO	Linn-Mar Marion	38	18:42.4	6:00.9	3:44.5
43 HESSELMAN, Cody	SO	Dubuque Senior	39	18:43.8	6:01.3	3:44.8
44 BLANCHARD, Aaron	SO	Dubuque Hempstea	40	18:43.8	6:01.3	3:44.8
45 SPAHN, Charlie	FR	Dubuque Hempstea	41	18:46.6	6:02.2	3:45.3
46 BEERENDS, Colin	FR	Iowa City City High	-	18:47.6	6:02.6	3:45.5
47 LANXON, Ben	FR	Iowa City Liberty	42	18:49.9	6:03.3	3:46.0
48 MAYHEW, Preston	SO	Iowa City City High	-	18:52.0	6:04.0	3:46.4
49 JORDAN, Leo	FR	Iowa City West	(43)	18:53.0	6:04.3	3:46.6
50 WENDLING, Colin	SO	Linn-Mar Marion	(44)	18:53.2	6:04.4	3:46.6
51 WERNIMONT, Aiden	FR	Dubuque Senior	45	18:55.1	6:05.0	3:47.0
52 BENSON, Drew	SO	Iowa City West	-	18:55.5	6:05.1	3:47.1
53 JONES, Liam	FR	Cedar Rapids Kenn	46	19:00.2	6:06.6	3:48.0
54 STEWART, Turner	SO	Cedar Falls	-	19:01.1	6:06.9	3:48.2
55 PETERSON, Christopher	FR	Dubuque Hempstea	47	19:01.3	6:06.9	3:48.2
56 ARLING, Grant	SO	Dubuque Senior	(48)	19:02.4	6:07.3	3:48.5
57 LEE, Adam	FR	Iowa City West	-	19:05.6	6:08.3	3:49.1
58 KODIAGA, Israel	FR	Cedar Falls	-	19:07.1	6:08.8	3:49.4
59 ROWRAY, Aiden	FR	Linn-Mar Marion	(49)	19:08.2	6:09.2	3:49.6
60 LINDSAY, Christopher	SO	Linn-Mar Marion	-	19:09.3	6:09.5	3:49.9
61 PARR, Jackson	SO	Linn-Mar Marion	-	19:11.3	6:10.2	3:50.2
62 MOSS, Xander	FR	Iowa City West	-	19:16.0	6:11.7	3:51.2
63 EDABURN, Jace	FR	Linn-Mar Marion	-	19:19.4	6:12.8	3:51.9
64 BACKES, Logan	SO	Cedar Falls	-	19:21.2	6:13.4	3:52.2
65 WILKINSON, Jude	FR	Cedar Rapids Kenn	(50)	19:21.7	6:13.5	3:52.3
66 BLANCHARD, Kyler	SO	Cedar Falls	-	19:22.6	6:13.8	3:52.5
67 HOHMANN, Andy	FR	Dubuque Senior	(51)	19:23.5	6:14.1	3:52.7
68 SEAMANS, Mike	SO	Prairie Cedar Rapid	52	19:25.0	6:14.6	3:53.0
69 HUGHES, Jackson	FR	Iowa City West	-	19:25.6	6:14.8	3:53.1

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**Timing:**  
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**Fr-So Boys 5K**

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

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. km</b>
70 LYONS, Archer	FR	Linn-Mar Marion	-	19:25.8	6:14.8	3:53.1
71 DETWEILER, Jonah	SO	Linn-Mar Marion	-	19:26.2	6:15.0	3:53.2
72 SPRIGGS, Mason	SO	Dubuque Hempstea	53	19:26.4	6:15.0	3:53.3
73 DELOACH, Devin	SO	Linn-Mar Marion	-	19:27.2	6:15.3	3:53.4
74 HAIGHT, Max	FR	Prairie Cedar Rapid	54	19:27.4	6:15.4	3:53.5
75 FORMANEK, Matthew	FR	Prairie Cedar Rapid	(55)	19:27.5	6:15.4	3:53.5
76 VETTER, Quinn	FR	Prairie Cedar Rapid	(56)	19:29.8	6:16.1	3:54.0
77 BENSEMA, Miles	SO	Cedar Falls	-	19:30.5	6:16.4	3:54.1
78 ELSHIEKH, Ahmad	SO	Linn-Mar Marion	-	19:31.1	6:16.5	3:54.2
79 ERICKSON, Beckham	SO	Linn-Mar Marion	-	19:32.1	6:16.9	3:54.4
80 SHIELDS, Patrick	FR	Cedar Falls	-	19:33.5	6:17.3	3:54.7
81 FRIESNER, Jason	FR	Cedar Falls	-	19:35.1	6:17.8	3:55.0
82 BRUST, Charlie	FR	Iowa City Liberty	57	19:36.0	6:18.1	3:55.2
83 SELL, Maxwell	SO	Cedar Falls	-	19:36.1	6:18.2	3:55.2
84 SACCO, Joe	FR	Cedar Falls	-	19:37.0	6:18.4	3:55.4
85 GOLDSMITH, Sam	SO	Dubuque Hempstea	(58)	19:37.5	6:18.6	3:55.5
86 GIBSON, Alexander	FR	Iowa City West	-	19:40.0	6:19.4	3:56.0
87 BUDZINSKI, Nicholas	SO	Linn-Mar Marion	-	19:40.4	6:19.5	3:56.1
88 SMITH, Lucas	FR	Dubuque Senior	-	19:41.4	6:19.8	3:56.3
89 WOOD, Deegan	FR	Iowa City Liberty	59	19:47.1	6:21.7	3:57.4
90 WAGNER, Connor	FR	Iowa City West	-	19:48.2	6:22.0	3:57.6
91 SILVIA, Ian	SO	Dubuque Senior	-	19:49.2	6:22.4	3:57.8
92 HOFFMAN, Joey	SO	Dubuque Senior	-	19:49.7	6:22.5	3:57.9
93 BOYLE, Logan	FR	Cedar Falls	-	19:50.1	6:22.6	3:58.0
94 VENKATESAN, Siddharth	JR	Iowa City West	-	19:51.1	6:23.0	3:58.2
95 REISCH, Royal	SO	Dubuque Senior	-	19:53.2	6:23.6	3:58.6
96 CAULK, Mose	SO	Iowa City City High	-	19:54.3	6:24.0	3:58.9
97 SCHEIRER, Aaron	SO	Dubuque Senior	-	19:56.0	6:24.6	3:59.2
98 GREENLEE, Colin	FR	Iowa City West	-	19:57.8	6:25.1	3:59.6
99 WEDEMEYER, Gavin	FR	Iowa City City High	-	19:58.7	6:25.4	3:59.7
100 CUMMER, Graham	FR	Iowa City City High	-	20:00.6	6:26.0	4:00.1
101 BENEKE, Jacob	SO	Iowa City West	-	20:04.2	6:27.2	4:00.8
102 NAPOLI, Joey	SO	Iowa City City High	-	20:04.4	6:27.2	4:00.9
103 NEWLAND, Cooper	FR	Iowa City Liberty	(60)	20:05.3	6:27.5	4:01.0
104 SUZUKI, Soma	FR	Iowa City West	-	20:06.2	6:27.8	4:01.2
105 GOETSCH, Joey	FR	Cedar Falls	-	20:06.6	6:27.9	4:01.3
106 PRIMROSE, Kevin	FR	Cedar Rapids Kenn	(61)	20:07.4	6:28.2	4:01.5
107 LONG, Gage	FR	Dubuque Hempstea	(62)	20:08.3	6:28.5	4:01.7
108 MILES, Dylan	FR	Linn-Mar Marion	-	20:12.7	6:29.9	4:02.5
109 RUNDE, Devin	SO	Dubuque Hempstea	-	20:13.1	6:30.1	4:02.6
110 SCHWICKERARTH, Parker	FR	Iowa City Liberty	(63)	20:14.8	6:30.6	4:03.0
111 MISIAGBECKLER, Pierce	SO	Dubuque Hempstea	-	20:17.1	6:31.3	4:03.4
112 LEYSER, Gustavo	SO	Iowa City City High	-	20:24.2	6:33.6	4:04.8
113 SHARON, Parker	FR	Cedar Rapids Kenn	-	20:25.1	6:33.9	4:05.0
114 KOLBRAK, Jonathan	FR	Linn-Mar Marion	-	20:28.8	6:35.1	4:05.8
115 BLOCK, Parker	SO	Dubuque Senior	-	20:31.5	6:36.0	4:06.3

**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, Wind SSE 5-10mph, 34% Humidity &amp; 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #2  
Fr-So Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
116 WARD, Michael	FR	Cedar Falls	-	20:34.3	6:36.9	4:06.8
117 TIMMERMAN, Ty	SO	Cedar Falls	-	20:35.9	6:37.4	4:07.2
118 AUER, JP	SO	Wahlert Dubuque	64	20:36.9	6:37.7	4:07.4
119 DONOVAN, Alex	SO	Iowa City City High	-	20:43.0	6:39.7	4:08.6
120 BIHL, John	FR	Epworth Western D	-	20:45.1	6:40.4	4:09.0
121 BENSON, Eli	FR	Iowa City West	-	20:46.4	6:40.7	4:09.3
122 RICHMAN, Sam	SO	Iowa City City High	-	20:51.9	6:42.5	4:10.4
123 GARVIN, Josiah	FR	Linn-Mar Marion	-	20:53.1	6:42.9	4:10.6
124 SCHEBEL, Max	JR	Iowa City West	-	20:53.3	6:43.0	4:10.7
125 HOWES, Wyatt	FR	Iowa City City High	-	20:55.7	6:43.7	4:11.1
126 CHRIST, Ben	SO	Cedar Falls	-	21:02.2	6:45.8	4:12.4
127 GIANNAKOUROS, Paul	SO	Dubuque Hempstea	-	21:03.8	6:46.4	4:12.8
128 HAND, Thomas	FR	Iowa City City High	-	21:06.7	6:47.3	4:13.3
129 MESCH, Greyson	SO	Cedar Rapids Kenn	-	21:07.4	6:47.5	4:13.5
130 GOLDSMITH, Noah	FR	Prairie Cedar Rapid	-	21:09.6	6:48.2	4:13.9
131 CORRAL CARABANTES, Na	SO	Iowa City City High	-	21:10.8	6:48.6	4:14.2
132 MORTON, Jasper	SO	Iowa City City High	-	21:11.0	6:48.7	4:14.2
133 SEGOVIA, Andy	SO	Cedar Rapids Jeffer	65	21:13.4	6:49.4	4:14.7
134 SCHLITZ, Joe	SO	Iowa City City High	-	21:17.4	6:50.7	4:15.5
135 PERAIRE, Diego	SO	Wahlert Dubuque	66	21:20.9	6:51.9	4:16.2
136 PAVLOVEC, Riehle	FR	Iowa City Liberty	-	21:21.2	6:52.0	4:16.2
137 STOLL, Warner	FR	Prairie Cedar Rapid	-	21:21.4	6:52.0	4:16.3
138 STEPHENS, MacBain	SO	Iowa City West	-	21:21.8	6:52.1	4:16.3
139 ABDO, Caleb	SO	Iowa City West	-	21:21.9	6:52.2	4:16.4
140 KENLIN, Soren	SO	Iowa City City High	-	21:23.4	6:52.7	4:16.7
141 MULLIGAN, Eli	SO	Wahlert Dubuque	67	21:28.0	6:54.1	4:17.6
142 NOSKA, Calvin	FR	Prairie Cedar Rapid	-	21:29.6	6:54.7	4:17.9
143 WOODHOUSE, George	SO	Dubuque Senior	-	21:30.1	6:54.8	4:18.0
144 PIPER, Jack	FR	Iowa City Liberty	-	21:32.9	6:55.7	4:18.6
145 BRUNKHORST, Logan	FR	Iowa City Liberty	-	21:35.5	6:56.5	4:19.1
146 BABLER, Mason	FR	Wahlert Dubuque	68	21:36.9	6:57.0	4:19.4
147 PATTEN, Tyler	SO	Prairie Cedar Rapid	-	21:37.6	6:57.2	4:19.5
148 MARTIN, Max	FR	Iowa City West	-	21:37.7	6:57.2	4:19.5
149 MYERS, Max	SO	Prairie Cedar Rapid	-	21:45.9	6:59.9	4:21.2
150 ALLRED, Wilson	SO	Prairie Cedar Rapid	-	21:47.8	7:00.5	4:21.6
151 BECK, Harper	SO	Cedar Rapids Kenn	-	21:48.5	7:00.7	4:21.7
152 REICKS, Joel	FR	Wahlert Dubuque	69	21:48.9	7:00.9	4:21.8
153 DUFFY, Sylas	FR	Dubuque Senior	-	21:56.8	7:03.4	4:23.3
154 SCHULTE, Josh	SO	Dubuque Senior	-	21:56.8	7:03.4	4:23.3
155 CHAN, Leo	FR	Iowa City West	-	21:58.5	7:03.9	4:23.7
156 BUDR, Abdulrahim	FR	Iowa City West	-	22:01.2	7:04.8	4:24.2
157 ZHANG, Aidan	SO	Iowa City West	-	22:04.7	7:05.9	4:24.9
158 DONALD, Ben	SO	Iowa City West	-	22:05.5	7:06.2	4:25.1
159 ACKERMANN, Asher	FR	Iowa City City High	-	22:07.7	7:06.9	4:25.5
160 KRAMER, Dustin	FR	Iowa City Liberty	-	22:10.4	7:07.8	4:26.1
161 GASS, Brandon	SO	Cedar Rapids Jeffer	70	22:21.3	7:11.3	4:28.3

**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, Wind SSE 5-10mph, 34% Humidity &amp; 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #2**  
**Fr-So Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. KM</b>
162 ANDERSON, Jack	FR	Linn-Mar Marion	-	22:23.2	7:11.9	4:28.6
163 OTIS, Jayden	SO	Iowa City West	-	22:24.5	7:12.3	4:28.9
164 HALVERSON, Bennett	FR	Iowa City Liberty	-	22:27.7	7:13.3	4:29.5
165 ALLRED, Theo	SO	Iowa City City High	-	22:30.3	7:14.2	4:30.1
166 BLASBERG, Andrew	FR	Cedar Falls	-	22:30.9	7:14.3	4:30.2
167 HOOVER, Johnny	SO	Epworth Western D	-	22:33.1	7:15.1	4:30.6
168 DEAHL, Kellan	FR	Prairie Cedar Rapid	-	22:35.3	7:15.8	4:31.0
169 NEWLIN, Finnegan	SO	Wahlert Dubuque	(71)	22:36.8	7:16.3	4:31.4
170 MEUKIRCH, Maddux	SO	Iowa City West	-	22:45.7	7:19.1	4:33.1
171 MULFORD, Hudson	FR	Iowa City West	-	23:00.2	7:23.8	4:36.0
172 ZACHAR, Timmy	FR	Cedar Rapids Kenn	-	23:03.8	7:24.9	4:36.8
173 HARTMANN, Michael	SO	Wahlert Dubuque	(72)	23:08.2	7:26.3	4:37.6
174 NORBY, James	FR	Cedar Falls	-	23:09.6	7:26.8	4:37.9
175 SUN, Jack	SO	Iowa City West	-	23:14.6	7:28.4	4:38.9
176 BARNARD, Logan	SO	Prairie Cedar Rapid	-	23:17.2	7:29.2	4:39.4
177 HEMMER, Silas	FR	Cedar Falls	-	23:17.8	7:29.4	4:39.5
178 WENZEL, Mason	SO	Cedar Falls	-	23:18.6	7:29.7	4:39.7
179 SIMPSON, Chad	FR	Cedar Rapids Kenn	-	23:20.5	7:30.3	4:40.1
180 NUS, Camden	FR	Cedar Falls	-	23:20.8	7:30.4	4:40.1
181 WAGNER, Elijah	FR	Dubuque Hempstea	-	23:27.5	7:32.6	4:41.5
182 FARLEY, Thomas	FR	Iowa City Liberty	-	23:31.9	7:34.0	4:42.4
183 FLANAGAN, Daniel	SO	Wahlert Dubuque	-	23:33.5	7:34.5	4:42.7
184 JABLONSKY, Liam	FR	Dubuque Senior	-	23:38.6	7:36.1	4:43.7
185 NEDERHOFF, Aedric	SO	Prairie Cedar Rapid	-	23:41.5	7:37.0	4:44.3
186 STEFFEN, Parker	FR	Cedar Falls	-	23:44.7	7:38.1	4:44.9
187 WEBER, Kaden	FR	Prairie Cedar Rapid	-	23:46.8	7:38.8	4:45.3
188 FESSLER, Ian	FR	Cedar Rapids Kenn	-	23:53.3	7:40.8	4:46.6
189 COLESON, Sebastian	SO	Cedar Rapids Jeffer	73	24:02.2	7:43.7	4:48.4
190 BENEKE, Vitali	FR	Iowa City Liberty	-	24:02.9	7:43.9	4:48.6
191 PLUNKETT, Ernie	FR	Cedar Falls	-	24:05.9	7:44.9	4:49.2
192 NOEL, Trae	FR	Dubuque Senior	-	24:07.7	7:45.5	4:49.5
193 HELGENS, Lane	FR	Cedar Falls	-	24:23.7	7:50.6	4:52.7
194 NSHIMIRIMANA, Jaques	SO	Cedar Rapids Jeffer	74	24:27.3	7:51.8	4:53.4
195 SCHEFFERT, Aiden	FR	Iowa City City High	-	24:28.5	7:52.2	4:53.7
196 HOLMAN, Brian	SO	Iowa City Liberty	-	24:30.2	7:52.7	4:54.0
197 VIVEROS, Abraham	FR	Cedar Rapids Jeffer	75	24:37.2	7:55.0	4:55.4
198 TRAN, Henderson	FR	Wahlert Dubuque	-	24:39.2	7:55.6	4:55.8
199 BACKEN, Cameron	FR	Cedar Rapids Kenn	-	24:39.8	7:55.8	4:56.0
200 HARMON, Duncan	FR	Iowa City City High	-	25:04.2	8:03.7	5:00.8
201 EHRlich, Joey	FR	Epworth Western D	-	25:04.3	8:03.7	5:00.9
202 EMRY, Elisha	FR	Iowa City City High	-	25:07.9	8:04.8	5:01.6
203 LESTINA, Chase	FR	Iowa City City High	-	25:07.9	8:04.8	5:01.6
204 FISHER, Chase	FR	Prairie Cedar Rapid	-	25:17.4	8:07.9	5:03.5
205 LONG, Jacob	FR	Cedar Rapids Jeffer	(76)	25:18.5	8:08.3	5:03.7
206 ALT, Christian	FR	Wahlert Dubuque	-	25:46.3	8:17.2	5:09.2
207 MILLER, Evan	SO	Iowa City Liberty	-	25:54.4	8:19.8	5:10.9



**2024 MVC SUPER MEET**

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Seminole Valley Park

Weather: Sunny, Wind SSE 5-10mph, 34% Humidity &amp; 79

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Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

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**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #2**  
**Fr-So Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
208 GOTTSCHALK, Henry	FR	Cedar Rapids Kenn	-	25:56.2	8:20.4	5:11.2
209 MEYER, Jude	FR	Epworth Western D	-	25:57.1	8:20.6	5:11.4
210 ERNZEN, Zachary	FR	Wahlert Dubuque	-	26:16.2	8:26.8	5:15.2
211 PALMER, Landon	SO	Cedar Rapids Jeffer	(77)	26:48.6	8:37.2	5:21.7
212 KRETZ, Broden	FR	Dubuque Hempstea	-	27:15.3	8:45.8	5:27.1
213 OLMSTEAD, Cullan	FR	Prairie Cedar Rapid	-	27:30.8	8:50.8	5:30.1
214 CHEYNEY, Reed	FR	Iowa City City High	-	29:22.3	9:26.6	5:52.4
215 EVANS, Kei	SO	Xavier Cedar Rapid	-	29:44.0	9:33.6	5:56.8
216 PEDERSON, Micah	FR	Linn-Mar Marion	-	29:51.5	9:36.0	5:58.3
217 STALLMAN, Michael	FR	Xavier Cedar Rapid	-	30:02.2	9:39.5	6:00.4
218 BAHL, Luke	SO	Wahlert Dubuque	-	30:56.0	9:56.8	6:11.2

**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, WindSSE 5-10mph, 34% Humidity &amp; 79

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Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #3  
Varsity Girls 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Dubuque Senior	34	2-5-6-8-13(22)(37)	1:34:17	18:52	0:50.8
2 Iowa City City High	57	3-9-10-14-21(27)(32)	1:35:36	19:08	1:01.4
3 Cedar Falls	95	1-15-25-26-28(29)(31)	1:36:55	19:23	1:49.2
4 Dubuque Hempstead	98	4-18-20-23-33(43)(59)	1:37:32	19:31	1:34.4
5 Linn-Mar Marion	147	7-30-34-35-41(47)(48)	1:40:08	20:02	1:36.7
6 Iowa City Liberty	180	17-24-38-49-52(54)(61)	1:41:42	20:21	1:42.4
7 Prairie Cedar Rapids	200	11-36-40-53-60(65)(71)	1:43:10	20:38	2:30.5
8 Wahlert Dubuque	210	12-42-44-45-67(70)(89)	1:43:35	20:43	2:50.7
9 Iowa City West	255	16-46-51-66-76(80)(87)	1:46:22	21:17	3:36.3
10 Xavier Cedar Rapids	290	19-50-57-81-83(86)(93)	1:48:26	21:42	3:51.2
11 Cedar Rapids Kennedy	318	39-64-69-72-74(91)(94)	1:49:23	21:53	1:53.3
12 Epworth Western Dubuque	319	56-58-62-68-75(82)(84)	1:49:46	21:58	1:23.2
13 Cedar Rapids Washington	371	55-73-77-78-88(92)(98)	1:53:37	22:44	2:32.4
14 Cedar Rapids Jefferson	412	63-79-85-90-95(96)(97)	1:57:36	23:32	3:14.5
DNP Waterloo West					

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
1 GALL, Charlee	FR	Cedar Falls	1	18:07.9	5:49.8	3:37.6
2 OLIVIERRE, Nakia	JR	Waterloo West	-	18:24.4	5:55.1	3:40.9
3 CHESTERMAN, Emma	JR	Dubuque Senior	2	18:25.4	5:55.4	3:41.1
4 BURNS, Abigail	JR	Iowa City City High	3	18:28.8	5:56.5	3:41.8
5 HENNEBERRY, Evie	SR	Dubuque Hempstea	4	18:40.6	6:00.3	3:44.1
6 HOYER, Claire	SR	Dubuque Senior	5	18:44.9	6:01.7	3:45.0
7 GORTON, Emily	SR	Dubuque Senior	6	18:49.3	6:03.1	3:45.9
8 KOZLOSKI, Hailey	SO	Linn-Mar Marion	7	18:58.5	6:06.1	3:47.7
9 KESSLER, Nevaeh	JR	Dubuque Senior	8	19:00.6	6:06.7	3:48.1
10 HAMANN, Grace	SO	Iowa City City High	9	19:09.5	6:09.6	3:49.9
11 DOSTER, Eliza	FR	Iowa City City High	10	19:09.9	6:09.7	3:50.0
12 GROTELUSCHEN, Harper	FR	Prairie Cedar Rapid	11	19:12.5	6:10.6	3:50.5
13 MURPHY, Lucy	JR	Wahlert Dubuque	12	19:13.5	6:10.9	3:50.7
14 BECHEN, Briel	JR	Dubuque Senior	13	19:16.2	6:11.7	3:51.2
15 PETERSON, Nina	SR	Iowa City City High	14	19:16.8	6:11.9	3:51.4
16 SIMONSON, Josee	SR	Cedar Falls	15	19:16.8	6:12.0	3:51.4
17 VAN WANING, Kate	JR	Iowa City West	16	19:21.9	6:13.6	3:52.4
18 VEDEPO, Chelsea	SO	Iowa City Liberty	17	19:24.2	6:14.3	3:52.8
19 HENNEBERRY, Maggie	SO	Dubuque Hempstea	18	19:25.8	6:14.8	3:53.1
20 DEEGAN, Mia	JR	Xavier Cedar Rapid	19	19:27.3	6:15.3	3:53.5
21 LANGE, Mylee	SR	Dubuque Hempstea	20	19:29.1	6:15.9	3:53.8
22 PETERSON, Nicole	SR	Iowa City City High	21	19:30.2	6:16.3	3:54.0
23 HOYER, Lise	SO	Dubuque Senior	(22)	19:34.4	6:17.6	3:54.9
24 PITZ, Paige	SO	Dubuque Hempstea	23	19:41.5	6:19.9	3:56.3
25 MARQUARDT, Mimi	SR	Iowa City Liberty	24	19:42.9	6:20.3	3:56.6

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Cedar Rapids, IA

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**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

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**Race #3  
Varsity Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
26 TOMLYANOVICH, Kate	FR	Cedar Falls	25	19:46.4	6:21.5	3:57.3
27 LEEHEY, Olivia	FR	Cedar Falls	26	19:46.8	6:21.6	3:57.3
28 FRUIN, Calissa	FR	Iowa City City High	(27)	19:51.7	6:23.2	3:58.3
29 MEYER, Emily	SR	Cedar Falls	28	19:57.0	6:24.9	3:59.4
30 FONLEY, Emersyn	SO	Cedar Falls	(29)	20:00.9	6:26.1	4:00.2
31 TEMPLE, Anna	FR	Linn-Mar Marion	30	20:02.3	6:26.6	4:00.4
32 BLOUGH, Katie	SO	Cedar Falls	(31)	20:05.7	6:27.7	4:01.1
33 FISCHER, Madeline	SO	Iowa City City High	(32)	20:07.4	6:28.2	4:01.5
34 LEITZEN, Natalie	SO	Dubuque Hempstea	33	20:15.0	6:30.7	4:03.0
35 MAUREN, Gabby	SR	Linn-Mar Marion	34	20:15.1	6:30.7	4:03.0
36 DOMER, Addie	JR	Linn-Mar Marion	35	20:16.9	6:31.3	4:03.4
37 HUGHES, Hannah	SR	Prairie Cedar Rapid	36	20:25.1	6:33.9	4:05.0
38 WEBER, Stella	JR	Dubuque Senior	(37)	20:26.6	6:34.4	4:05.3
39 WELCH, Clara	SR	Iowa City Liberty	38	20:31.1	6:35.8	4:06.2
40 COGDILL, Lillian	SR	Cedar Rapids Kenn	39	20:33.4	6:36.6	4:06.7
41 WILEY, Reese	SO	Prairie Cedar Rapid	40	20:33.9	6:36.7	4:06.8
42 PAULSON, Leah	JR	Linn-Mar Marion	41	20:35.2	6:37.1	4:07.0
43 BORMANN, Maya	SO	Wahlert Dubuque	42	20:42.1	6:39.4	4:08.4
44 HEIBERGER, Chelsea	FR	Dubuque Hempstea	(43)	20:43.0	6:39.7	4:08.6
45 BERNING, Willa	SO	Wahlert Dubuque	44	20:44.0	6:40.0	4:08.8
46 ROHNER, Ella	SO	Wahlert Dubuque	45	20:50.8	6:42.2	4:10.1
47 TITUS, Kalli	SR	Iowa City West	46	20:53.7	6:43.1	4:10.7
48 GANDER, Brynna	FR	Linn-Mar Marion	(47)	20:55.3	6:43.6	4:11.1
49 TRISTAN, Mackenzie	FR	Linn-Mar Marion	(48)	20:56.1	6:43.9	4:11.2
50 BISGARD, Elsie	FR	Iowa City Liberty	49	20:56.9	6:44.1	4:11.4
51 MUSICK, Sofia	SO	Xavier Cedar Rapid	50	20:57.5	6:44.3	4:11.5
52 SEARFOSS, Ainsley	FR	Cedar Falls	-	21:00.6	6:45.3	4:12.1
53 OLSON, Susanna	SO	Iowa City West	51	21:04.7	6:46.6	4:12.9
54 COLE, Bella	SO	Linn-Mar Marion	-	21:06.1	6:47.1	4:13.2
55 EIDE, Peyton	JR	Iowa City Liberty	52	21:06.6	6:47.2	4:13.3
56 AJRAM, Lamise	SO	Prairie Cedar Rapid	53	21:15.4	6:50.1	4:15.1
57 BERNARDY, Ashley	SR	Cedar Falls	-	21:16.6	6:50.5	4:15.3
58 MAHER, Carleigh	JR	Iowa City Liberty	(54)	21:17.5	6:50.8	4:15.5
59 LEVAKE, Haddie	JR	Cedar Rapids Wash	55	21:21.9	6:52.2	4:16.4
60 MCILRATH, Kasey	SR	Epworth Western D	56	21:24.1	6:52.9	4:16.8
61 O'BRIEN, Cayleigh	SO	Xavier Cedar Rapid	57	21:25.8	6:53.4	4:17.2
62 MCKENNA, Katie	SR	Epworth Western D	58	21:38.4	6:57.5	4:19.7
63 DRISCOLL, Gracie	SO	Dubuque Hempstea	(59)	21:41.0	6:58.3	4:20.2
64 ROE, Anika	SO	Prairie Cedar Rapid	60	21:43.0	6:58.9	4:20.6
65 JOHNSON, Madelyn	SR	Iowa City Liberty	(61)	21:46.9	7:00.2	4:21.4
66 SPRANK, Ella	SO	Epworth Western D	62	21:51.9	7:01.8	4:22.4
67 ESQUEDA, Lizeth	SR	Cedar Rapids Jeffer	63	21:55.3	7:02.9	4:23.0
68 MANTHE, Emma	SO	Cedar Rapids Kenn	64	21:56.3	7:03.2	4:23.2
69 ADAMS, Emerson	JR	Iowa City Liberty	-	21:57.3	7:03.5	4:23.4
70 BROWN, Nora	JR	Iowa City Liberty	-	21:57.8	7:03.7	4:23.5
71 GOUDIE, Lillian	SO	Prairie Cedar Rapid	(65)	21:59.7	7:04.3	4:23.9

**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

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Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #3  
Varsity Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. km</b>
72 AHN, Mia	FR	Iowa City West	66	22:03.4	7:05.5	4:24.7
73 DEAN, Emma	SO	Wahlert Dubuque	67	22:04.2	7:05.8	4:24.8
74 HART, Maria	JR	Dubuque Hempstea	-	22:04.3	7:05.8	4:24.8
75 MEYERS, Bella	SR	Epworth Western D	68	22:04.6	7:05.9	4:24.9
76 ARNOLD, Erin	JR	Cedar Rapids Kenn	69	22:11.6	7:08.1	4:26.3
77 GRAHAM, Lilly	SR	Wahlert Dubuque	(70)	22:12.4	7:08.4	4:26.5
78 ROSE, Stella	JR	Prairie Cedar Rapid	(71)	22:14.4	7:09.1	4:26.9
79 HALLAM, Olivia	JR	Cedar Rapids Kenn	72	22:14.7	7:09.2	4:26.9
80 BUCHHOLZ, Anna	SR	Linn-Mar Marion	-	22:15.5	7:09.4	4:27.1
81 BRUBAKER, Ashlyn	SO	Iowa City Liberty	-	22:15.7	7:09.5	4:27.1
82 LINDWALL, Maya	SO	Cedar Rapids Wash	73	22:22.9	7:11.8	4:28.6
83 GEATER, Ramsay	JR	Cedar Rapids Kenn	74	22:26.6	7:13.0	4:29.3
84 VAN VOORST, Addy	SO	Prairie Cedar Rapid	-	22:27.7	7:13.3	4:29.5
85 O'BRIEN, Taniya	SO	Waterloo West	-	22:45.0	7:18.9	4:33.0
86 DASILVA, Peyton	FR	Epworth Western D	75	22:47.2	7:19.6	4:33.4
87 ABBAS, Sadie	SO	Iowa City West	76	22:58.1	7:23.1	4:35.6
88 LAHART, Alanna	SO	Cedar Rapids Wash	77	22:58.4	7:23.2	4:35.7
89 LAHART, Maya	SO	Cedar Rapids Wash	78	22:59.2	7:23.5	4:35.8
90 MORRIS, Emily	FR	Cedar Rapids Jeffer	79	23:05.3	7:25.4	4:37.1
91 HUNTER, Stella	SR	Iowa City West	(80)	23:07.1	7:26.0	4:37.4
92 SICKELS, Jaelyn	FR	Prairie Cedar Rapid	-	23:10.0	7:26.9	4:38.0
93 BRUNS, Grace	SR	Xavier Cedar Rapid	81	23:16.4	7:29.0	4:39.3
94 MEIER, Grace	SO	Linn-Mar Marion	-	23:17.0	7:29.2	4:39.4
95 DRONE, Alli	SO	Epworth Western D	(82)	23:17.0	7:29.2	4:39.4
96 ROZEBOOM, Lulu	JR	Xavier Cedar Rapid	83	23:18.4	7:29.6	4:39.7
97 BRUNSMAN, Katy	JR	Epworth Western D	(84)	23:24.2	7:31.5	4:40.8
98 PETERSON, Thursday	SR	Cedar Rapids Jeffer	85	23:26.2	7:32.2	4:41.2
99 AINSWORTH, Maeve	FR	Xavier Cedar Rapid	(86)	23:30.1	7:33.4	4:42.0
100 MATHIAS, Savannah	FR	Iowa City West	(87)	23:49.9	7:39.8	4:46.0
101 STILWELL, Sophie	SR	Cedar Rapids Wash	88	23:54.2	7:41.2	4:46.8
102 TUTHILL, Lilyan	JR	Wahlert Dubuque	(89)	23:54.5	7:41.2	4:46.9
103 MCNABB, Sophie	JR	Prairie Cedar Rapid	-	23:54.7	7:41.3	4:46.9
104 SMITH, Lorilei	SO	Epworth Western D	-	23:54.9	7:41.4	4:47.0
105 DALE, Peyton	SO	Cedar Rapids Jeffer	90	23:59.3	7:42.8	4:47.8
106 CAMPBELL, Avery	SO	Cedar Rapids Kenn	(91)	24:04.4	7:44.4	4:48.9
107 HETRICK, Maddy	JR	Cedar Rapids Wash	(92)	24:15.9	7:48.1	4:51.2
108 PFAB, Eleanor	SO	Xavier Cedar Rapid	(93)	24:19.2	7:49.2	4:51.8
109 BLOCKER, Emerson	JR	Cedar Rapids Kenn	(94)	24:52.0	7:59.7	4:58.4
110 OEHLER, Lucy	SR	Xavier Cedar Rapid	-	24:53.5	8:00.2	4:58.7
111 JANDA, Mia	SO	Cedar Rapids Jeffer	95	25:09.7	8:05.4	5:01.9
112 KEVITT, Sophia	SR	Cedar Rapids Jeffer	(96)	25:14.6	8:07.0	5:02.9
113 HERNANDEZ, Semani	JR	Waterloo West	-	25:31.4	8:12.4	5:06.3
114 PRUETT, Audrey	JR	Cedar Rapids Kenn	-	25:49.8	8:18.3	5:10.0
115 COLEMAN, Layla	FR	Cedar Rapids Jeffer	(97)	26:15.1	8:26.4	5:15.0
116 PIERCE, Ellison	JR	Cedar Rapids Kenn	-	26:16.1	8:26.8	5:15.2
117 DWYER, Scarlett	SO	Cedar Rapids Wash	(98)	26:57.4	8:40.0	5:23.5

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**MEET OFFICIALS****Meet Director:**

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**Meet Referee:**

Chris Deam

**Timing:**

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**Race #3**  
**Varsity Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
118 ESCORCIA, Daelyn	SR	Cedar Rapids Jeffer	-	27:10.3	8:44.2	5:26.0
119 COLEMAN, Willa	FR	Cedar Rapids Jeffer	-	27:16.6	8:46.2	5:27.3
120 MERCIL, Kate	FR	Cedar Rapids Jeffer	-	27:53.0	8:57.9	5:34.6

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**Race #4**  
**Varsity Boys 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Falls	83	1-12-15-20-35(38)(39)	1:18:56	15:48	1:33.4
2 Iowa City City High	84	6-11-16-25-26(29)(33)	1:19:19	15:52	0:39.4
3 Prairie Cedar Rapids	89	9-17-18-21-24(27)(44)	1:19:34	15:55	0:32.0
4 Cedar Rapids Kennedy	129	4-5-23-48-49(55)(74)	1:20:39	16:08	1:32.3
5 Dubuque Senior	149	19-22-31-34-43(46)(50)	1:21:34	16:19	0:47.5
6 Iowa City Liberty	151	3-8-41-47-52(59)	1:21:08	16:14	1:53.2
7 Iowa City West	181	7-28-42-51-53(57)(68)	1:22:30	16:30	1:28.0
8 Linn-Mar Marion	188	10-14-37-63-64(65)(70)	1:22:34	16:31	1:36.7
9 Dubuque Hempstead	207	32-36-40-45-54(71)(77)	1:23:23	16:41	0:33.4
10 Epworth Western Dubuque	271	2-58-60-75-76(79)(83)	1:24:50	16:58	2:39.9
11 Wahlert Dubuque	332	13-66-80-86-87(91)(94)	1:28:12	17:39	2:50.6
12 Waterloo West	342	56-61-62-73-90(97)(99)	1:27:59	17:36	1:44.2
13 Xavier Cedar Rapids	346	30-69-81-82-84(85)(88)	1:28:11	17:39	2:01.4
14 Cedar Rapids Jefferson	439	67-78-96-98-100(101)(102)	1:33:26	18:42	2:32.8
15 Cedar Rapids Washington	441	72-89-92-93-95(103)	1:33:06	18:38	1:21.6

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
1 MERRICK, Jaden	JR	Cedar Falls	1	14:55.4	4:47.9	2:59.1
2 NAUMAN, Quentin	JR	Epworth Western D	2	15:04.9	4:51.0	3:01.0
3 DECKER, Keegan	SO	Iowa City Liberty	3	15:05.8	4:51.2	3:01.1
4 BUCKHEISTER, Slader	JR	Cedar Rapids Kenn	4	15:20.6	4:56.0	3:04.1
5 GRAY, Adam	JR	Cedar Rapids Kenn	5	15:26.7	4:57.9	3:05.3
6 MCROBERTS, Linus	JR	Iowa City City High	6	15:30.2	4:59.1	3:06.0
7 TIEA, Moustafa	SR	Iowa City West	7	15:31.5	4:59.5	3:06.3
8 GREGOIRE, Noah	SR	Iowa City Liberty	8	15:32.2	4:59.7	3:06.4
9 CARRIZALES, Cole	SO	Prairie Cedar Rapid	9	15:36.0	5:01.0	3:07.2
10 CHENEY, Ethan	JR	Linn-Mar Marion	10	15:40.1	5:02.3	3:08.0
11 KARR, George	SR	Iowa City City High	11	15:41.3	5:02.7	3:08.3
12 DEGROOTE, Kieran	SR	Cedar Falls	12	15:42.5	5:03.0	3:08.5
13 BROOKINS, Jayden	JR	Wahlert Dubuque	13	15:45.1	5:03.9	3:09.0
14 BOSTON, Ethan	SR	Linn-Mar Marion	14	15:47.1	5:04.5	3:09.4
15 WILLIAMS, Dominic	SO	Cedar Falls	15	15:48.3	5:04.9	3:09.7
16 MCDOWELL, Max	JR	Iowa City City High	16	15:49.2	5:05.2	3:09.8
17 LEE, Nick	SR	Prairie Cedar Rapid	17	15:52.5	5:06.3	3:10.5
18 JOHNSON, Kyle	JR	Prairie Cedar Rapid	18	15:53.3	5:06.5	3:10.7
19 HAUG, Jacob	SR	Dubuque Senior	19	15:56.2	5:07.4	3:11.2
20 MARTIN, Connor	SR	Cedar Falls	20	16:00.4	5:08.8	3:12.1
21 MILLER, Owen	JR	Prairie Cedar Rapid	21	16:03.8	5:09.9	3:12.7
22 ROTHERT, Danny	SR	Dubuque Senior	22	16:04.0	5:10.0	3:12.8
23 MCMAHAN, Lincoln	JR	Cedar Rapids Kenn	23	16:07.2	5:11.0	3:13.4
24 MULFORD, Carter	SR	Prairie Cedar Rapid	24	16:07.9	5:11.2	3:13.6
25 PALMBERG, Emmett	SO	Iowa City City High	25	16:08.8	5:11.5	3:13.8

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**Race #4  
Varsity Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. KM</b>
26 RANDALL, David	SO	Iowa City City High	26	16:09.5	5:11.7	3:13.9
27 ALLRED, Bennett	SR	Prairie Cedar Rapid	(27)	16:18.5	5:14.6	3:15.7
28 HANNA, Michael	FR	Iowa City West	28	16:18.9	5:14.7	3:15.8
29 PROTTSMAN, Jarris	JR	Iowa City City High	(29)	16:19.8	5:15.0	3:15.9
30 ALLEN, Andrew	FR	Xavier Cedar Rapid	30	16:21.7	5:15.6	3:16.3
31 KIRMAN, Jack	JR	Dubuque Senior	31	16:22.8	5:16.0	3:16.6
32 MALONEY, Henry	SO	Dubuque Hempstea	32	16:26.4	5:17.2	3:17.3
33 SCHAEFER, Adam	SR	Iowa City City High	(33)	16:26.7	5:17.2	3:17.3
34 KROGER, Liam	JR	Dubuque Senior	34	16:27.2	5:17.4	3:17.4
35 HOYER, Brennen	JR	Cedar Falls	35	16:28.8	5:17.9	3:17.7
36 COOLEY, Aidan	SO	Dubuque Hempstea	36	16:29.8	5:18.3	3:18.0
37 HANSON, Owen	SR	Linn-Mar Marion	37	16:33.8	5:19.5	3:18.7
38 FERGUSON, John	SR	Cedar Falls	(38)	16:39.6	5:21.4	3:19.9
39 MYERS, Porter	SO	Cedar Falls	(39)	16:40.3	5:21.6	3:20.0
40 LEITZEN, Owen	SR	Dubuque Hempstea	40	16:41.2	5:21.9	3:20.2
41 MADSEN, Jacob	SR	Iowa City Liberty	41	16:41.4	5:22.0	3:20.3
42 BRUSS, Maxwell	SR	Iowa City West	42	16:41.9	5:22.1	3:20.4
43 ANDERSON, Owen	SO	Dubuque Senior	43	16:43.7	5:22.7	3:20.7
44 LANGE, Sammy	SO	Prairie Cedar Rapid	(44)	16:44.2	5:22.9	3:20.8
45 HENN, Colin	JR	Dubuque Hempstea	45	16:45.5	5:23.3	3:21.1
46 MANDT, James	JR	Cedar Falls	-	16:47.4	5:23.9	3:21.5
47 KROGER, Grady	JR	Dubuque Senior	(46)	16:47.9	5:24.1	3:21.6
48 HILDEBRAND, Lars	SO	Iowa City Liberty	47	16:49.5	5:24.6	3:21.9
49 GOFF, Nathaniel	JR	Cedar Rapids Kenn	48	16:51.7	5:25.3	3:22.3
50 SCHLAAK, Reuben	SR	Cedar Rapids Kenn	49	16:52.9	5:25.7	3:22.6
51 HOHMANN, Ben	JR	Dubuque Senior	(50)	16:55.2	5:26.4	3:23.0
52 WIELER, Jake	FR	Iowa City West	51	16:57.8	5:27.3	3:23.6
53 FINCH, Colin	SO	Iowa City Liberty	52	16:58.9	5:27.6	3:23.8
54 MERRILL, Evan	SO	Iowa City West	53	16:59.4	5:27.8	3:23.9
55 KASS, Brandon	SR	Dubuque Hempstea	54	16:59.7	5:27.9	3:23.9
56 DENHAM, Matthew	SO	Dubuque Senior	-	16:59.8	5:27.9	3:23.9
57 STOCKERT, Tanner	FR	Cedar Rapids Kenn	(55)	17:00.1	5:28.0	3:24.0
58 BERNS, Presley	SR	Waterloo West	56	17:01.8	5:28.5	3:24.3
59 SHOWERS, Sam	SR	Iowa City West	(57)	17:03.1	5:28.9	3:24.6
60 LUEKEN, Calvin	SR	Dubuque Senior	-	17:06.3	5:30.0	3:25.2
61 STANER, Brody	SR	Epworth Western D	58	17:07.7	5:30.4	3:25.5
62 CHO, Tayson	SO	Iowa City Liberty	(59)	17:08.1	5:30.6	3:25.6
63 JONES, Gabe	FR	Epworth Western D	60	17:09.5	5:31.0	3:25.9
64 RITTER, Ben	SR	Waterloo West	61	17:14.6	5:32.7	3:26.9
65 FULLER, Brayden	JR	Waterloo West	62	17:15.7	5:33.0	3:27.1
66 ROOS, Grayson	FR	Linn-Mar Marion	63	17:16.1	5:33.1	3:27.2
67 ADAMS, Cooper	SO	Linn-Mar Marion	64	17:16.7	5:33.3	3:27.3
68 LORENZ, Cade	FR	Linn-Mar Marion	(65)	17:18.5	5:33.9	3:27.7
69 HAUG, Matthew	SO	Dubuque Senior	-	17:20.2	5:34.4	3:28.0
70 POWERS, Kyle	SR	Wahlert Dubuque	66	17:24.6	5:35.9	3:28.9
71 KABULA, Gracia	FR	Cedar Rapids Jeffer	67	17:25.5	5:36.2	3:29.1

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**Race #4  
Varsity Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
72 WAHE, Brice	SR	Iowa City West	(68)	17:27.1	5:36.7	3:29.4
73 WILGENBUSCH, Kaleb	SR	Xavier Cedar Rapid	69	17:27.5	5:36.8	3:29.5
74 HOKE, Daniel	FR	Linn-Mar Marion	(70)	17:31.9	5:38.2	3:30.4
75 GOPINATH, Aadi	FR	Iowa City West	-	17:34.0	5:38.9	3:30.8
76 STEGEMOLLER, Tyler	SR	Prairie Cedar Rapid	-	17:35.8	5:39.5	3:31.2
77 HOFFMAN, Treyton	FR	Linn-Mar Marion	-	17:36.5	5:39.7	3:31.3
78 TENTINGER, Lucas	SR	Linn-Mar Marion	-	17:38.3	5:40.3	3:31.7
79 LANGE, Aiden	SR	Dubuque Hempstea	(71)	17:38.6	5:40.4	3:31.7
80 DEW, Louis	SR	Cedar Rapids Wash	72	17:38.7	5:40.4	3:31.7
81 YOUNGER, Cole	SR	Prairie Cedar Rapid	-	17:39.6	5:40.7	3:31.9
82 KERKOVE, Josh	SO	Waterloo West	73	17:40.5	5:41.0	3:32.1
83 PENN, Noah	JR	Cedar Rapids Kenn	(74)	17:41.9	5:41.4	3:32.4
84 HAMMERAND, Dominic	SO	Epworth Western D	75	17:42.6	5:41.7	3:32.5
85 MESSER, Coy	SR	Epworth Western D	76	17:44.8	5:42.4	3:32.9
86 FROISTAD, Talon	SO	Dubuque Hempstea	(77)	17:45.8	5:42.7	3:33.2
87 TRAVAGIAKIS, Rexton	SO	Cedar Rapids Jeffer	78	17:48.5	5:43.6	3:33.7
88 KLEIN, Joel	FR	Epworth Western D	(79)	17:54.1	5:45.3	3:34.8
89 CONNELLY, Niles	SO	Wahlert Dubuque	80	17:55.2	5:45.7	3:35.0
90 MUEGGENBERG, Lance	FR	Xavier Cedar Rapid	81	17:56.9	5:46.2	3:35.4
91 LAMMERS, Jack	SO	Xavier Cedar Rapid	82	18:01.6	5:47.8	3:36.3
92 MCDERMOTT, Symon	JR	Epworth Western D	(83)	18:01.7	5:47.8	3:36.3
93 HESS, Tyler	SO	Epworth Western D	-	18:05.3	5:49.0	3:37.1
94 KREMERS, Preston	SR	Epworth Western D	-	18:10.2	5:50.5	3:38.0
95 LANG, Dylan	JR	Xavier Cedar Rapid	84	18:23.0	5:54.7	3:40.6
96 LANG, Caleb	FR	Xavier Cedar Rapid	(85)	18:29.0	5:56.6	3:41.8
97 KENNEDY, Sam	SR	Wahlert Dubuque	86	18:31.4	5:57.4	3:42.3
98 KLAPATAUSKAS, Nick	SR	Wahlert Dubuque	87	18:35.6	5:58.7	3:43.1
99 CRIPE, Brady	SO	Xavier Cedar Rapid	(88)	18:36.1	5:58.9	3:43.2
100 DAMISCH, Austin	JR	Cedar Rapids Wash	89	18:45.4	6:01.8	3:45.1
101 CORDELL, Kayson	SO	Waterloo West	90	18:46.0	6:02.0	3:45.2
102 FREUND, Walter	SR	Wahlert Dubuque	(91)	18:49.7	6:03.2	3:45.9
103 DEW, Owen	SO	Cedar Rapids Wash	92	18:49.8	6:03.3	3:46.0
104 PACE, Kolt	JR	Epworth Western D	-	18:50.6	6:03.5	3:46.1
105 REILLY, Hayden	SO	Cedar Rapids Wash	93	18:51.8	6:03.9	3:46.3
106 KIRBY, Will	SO	Wahlert Dubuque	(94)	18:57.8	6:05.8	3:47.5
107 HANNA, Laird	JR	Cedar Rapids Wash	95	19:00.2	6:06.6	3:48.0
108 MITTELSTEADT, Jonathan	JR	Cedar Rapids Jeffer	96	19:02.7	6:07.4	3:48.5
109 MINEART, Ramsey	JR	Waterloo West	(97)	19:09.1	6:09.5	3:49.8
110 ASCHENBRENNER, Alec	SR	Cedar Rapids Jeffer	98	19:10.9	6:10.1	3:50.2
111 KELLY, Sean	FR	Xavier Cedar Rapid	-	19:11.7	6:10.3	3:50.3
112 MILLER, Tyler	SO	Xavier Cedar Rapid	-	19:12.3	6:10.5	3:50.5
113 HERTEL, Dane	SO	Waterloo West	(99)	19:21.7	6:13.5	3:52.3
114 MARTINO, Gus	SO	Xavier Cedar Rapid	-	19:56.8	6:24.8	3:59.4
115 SCHILLING, Jack	JR	Cedar Rapids Jeffer	100	19:58.3	6:25.3	3:59.6
116 MENDOZA, Justin	SO	Cedar Rapids Jeffer	(101)	20:12.0	6:29.7	4:02.4
117 WRIGHT, Roman	JR	Cedar Rapids Jeffer	(102)	20:24.3	6:33.6	4:04.8



**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, Wind SSE 5-10mph, 34% Humidity &amp; 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #4**  
**Varsity Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
118 KNIGHT, James	JR	Waterloo West	-	20:29.6	6:35.4	4:05.9
119 APPLEBY-SPARROW, Henr	JR	Cedar Rapids Wash	(103)	20:45.4	6:40.4	4:09.1
120 DIXON, Jacob	SR	Iowa City City High	-	21:17.6	6:50.8	4:15.5
121 KNAPP, Joshua	JR	Linn-Mar Marion	-	21:35.1	6:56.4	4:19.0

**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, WindSSE 5-10mph, 34% Humidity &amp; 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #5  
JV Girls 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	35	1-3-9-10-12(14)(16)	1:47:25	21:29	2:37.6
2 Cedar Falls	72	4-11-18-19-20(23)(26)	1:52:18	22:28	2:19.2
3 Dubuque Senior	108	2-5-13-21-67	1:57:21	23:29	8:11.8
4 Dubuque Hempstead	114	6-22-24-28-34(35)(44)	1:57:00	23:24	2:24.8
5 Iowa City Liberty	124	8-15-25-37-39(48)(57)	1:58:24	23:41	3:28.4
6 Prairie Cedar Rapids	165*	29-30-31-32-43(46)(55)	2:02:03	24:25	1:53.5
7 Linn-Mar Marion	165*	7-17-36-49-56(58)(60)	2:03:11	24:39	5:25.5
8 Iowa City West	188	27-38-40-41-42	2:05:33	25:07	1:56.5
9 Epworth Western Dubuque	288	33-59-63-64-69(70)(72)	2:18:35	27:43	5:06.1
10 Waterloo West	299	50-51-62-65-71(74)(83)	2:20:08	28:02	3:07.1
11 Cedar Rapids Jefferson	303	47-54-61-66-75(82)	2:20:59	28:12	3:41.1
12 Xavier Cedar Rapids	306	45-52-53-76-80(81)	2:23:31	28:43	7:21.7
13 Cedar Rapids Kennedy	375	68-73-77-78-79	2:34:26	30:54	2:34.7
DNP Cedar Rapids Washington					
DNP Wahlert Dubuque					

**\*Tiebreakers**

Prairie Cedar Rapids	29	30	31	32	43	46
Linn-Mar Marion	7	17	36	49	56	58

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 LOCHER, Claire	JR	Iowa City City High	1	19:54.2	6:24.0	3:58.8
2 WULLWEBER, Braeley	JR	Dubuque Senior	2	20:45.7	6:40.5	4:09.1
3 ASKLOF, Elizabeth	JR	Iowa City City High	3	20:56.0	6:43.8	4:11.2
4 HANSEN, Rylee	SR	Cedar Falls	4	20:59.6	6:45.0	4:11.9
5 KILGORE, Audrey	SR	Dubuque Senior	5	21:42.6	6:58.8	4:20.5
6 STEVENSON, Eva	JR	Dubuque Hempstea	6	21:54.0	7:02.5	4:22.8
7 SCOTT, Ellie	JR	Linn-Mar Marion	7	21:55.7	7:03.0	4:23.1
8 BECKER, Marissa	SR	Iowa City Liberty	8	21:59.1	7:04.1	4:23.8
9 BHANDARY-NARAYANAN,	JR	Iowa City City High	9	21:59.8	7:04.4	4:24.0
10 SCHULTES, Addi	JR	Iowa City City High	10	22:02.8	7:05.3	4:24.5
11 CHARLTON, Alissa	JR	Cedar Falls	11	22:13.0	7:08.6	4:26.6
12 KUHLMANN, Nina	SR	Iowa City City High	12	22:31.8	7:14.6	4:30.3
13 NORMAN, Gabby	JR	Dubuque Senior	13	22:32.8	7:15.0	4:30.6
14 ELLERMEIER, Katiya	JR	Iowa City City High	(14)	22:39.1	7:17.0	4:31.8
15 MCDERMOTT, Raegan	SO	Iowa City Liberty	15	22:42.0	7:17.9	4:32.4
16 SCHNOEBELEN, Noelle	JR	Iowa City City High	(16)	22:46.5	7:19.4	4:33.3
17 KOZLOSKI, Chloe	JR	Linn-Mar Marion	17	22:49.7	7:20.4	4:33.9
18 BARTELT, Olivia	SR	Cedar Falls	18	22:51.6	7:21.0	4:34.3
19 TOL, Prisha	JR	Cedar Falls	19	22:55.2	7:22.2	4:35.0
20 LECLAIR, Josephine	SR	Iowa City City High	-	22:59.0	7:23.4	4:35.8
21 DARST, Marie	JR	Cedar Falls	20	23:18.7	7:29.7	4:39.7

**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, WindSSE 5-10mph, 34% Humidity &amp; 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #5  
JV Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. km</b>
22 HESSELMAN, Grace	JR	Dubuque Senior	21	23:22.1	7:30.8	4:40.4
23 MCFADDEN, Hannah	SR	Dubuque Hempstea	22	23:23.5	7:31.3	4:40.7
24 ANTON, Ellie	SR	Cedar Falls	(23)	23:30.6	7:33.6	4:42.1
25 HRUSKA, Bella	JR	Dubuque Hempstea	24	23:31.6	7:33.9	4:42.3
26 REYES, Genesis	SR	Iowa City Liberty	25	23:31.9	7:34.0	4:42.4
27 WESSELS, Jacie	SR	Cedar Falls	(26)	23:41.9	7:37.2	4:44.4
28 HONG, Tina	SR	Iowa City West	27	23:44.6	7:38.1	4:44.9
29 BLAKE, Natalie	SR	Cedar Falls	-	23:48.0	7:39.1	4:45.6
30 MICKELSON, Paris	SR	Dubuque Hempstea	28	23:52.2	7:40.5	4:46.4
31 BURESH, Melanie	SR	Prairie Cedar Rapid	29	23:54.2	7:41.1	4:46.8
32 HARRISON, Caitlyn	JR	Iowa City City High	-	23:56.5	7:41.9	4:47.3
33 DIERKS, Catherine	SR	Cedar Falls	-	24:02.3	7:43.7	4:48.4
34 FAUL, Ella	SO	Prairie Cedar Rapid	30	24:05.8	7:44.9	4:49.1
35 RAUSCH, Chloe	SO	Prairie Cedar Rapid	31	24:07.4	7:45.4	4:49.5
36 COOK-MCCORMICK, Ariann	FR	Prairie Cedar Rapid	32	24:08.1	7:45.6	4:49.6
37 HERRIG, Bella	SR	Epworth Western D	33	24:17.1	7:48.5	4:51.4
38 BIRKENHOLZ, Piper	JR	Dubuque Hempstea	34	24:18.7	7:49.0	4:51.7
39 GAMMAGE, Greta	JR	Dubuque Hempstea	(35)	24:19.5	7:49.3	4:51.9
40 HAMILTON, Cooper	JR	Iowa City City High	-	24:23.1	7:50.4	4:52.6
41 HAUGEN, Anika	JR	Linn-Mar Marion	36	24:25.8	7:51.3	4:53.1
42 BRODAHL, Anna	JR	Cedar Falls	-	24:33.6	7:53.8	4:54.7
43 DANIELS, Greta	FR	Iowa City Liberty	37	24:43.7	7:57.1	4:56.7
44 HENDRICKSON, Ivy	SR	Iowa City West	38	24:46.9	7:58.1	4:57.4
45 RICHMAN, Noe	SR	Iowa City City High	-	24:55.6	8:00.9	4:59.1
46 GALLUZZO, Joanna	SR	Iowa City City High	-	25:15.8	8:07.4	5:03.2
47 ZIEHR, Nora	SR	Iowa City City High	-	25:26.8	8:10.9	5:05.4
48 SABIN, Ashley	JR	Iowa City Liberty	39	25:27.4	8:11.1	5:05.5
49 GUNDERSON, Maddie	JR	Iowa City City High	-	25:33.5	8:13.1	5:06.7
50 DUPUICH, Kate	SR	Iowa City West	40	25:40.0	8:15.2	5:08.0
51 TRANEL, Sidney	SR	Iowa City West	41	25:40.7	8:15.4	5:08.1
52 MCCONNELL, Lily	SR	Iowa City West	42	25:41.0	8:15.5	5:08.2
53 TEDROW, Kelsee	FR	Prairie Cedar Rapid	43	25:47.6	8:17.6	5:09.5
54 MATEL, Rachel	SR	Iowa City City High	-	25:56.8	8:20.6	5:11.3
55 MORRISON, Mady	JR	Dubuque Hempstea	(44)	26:04.2	8:22.9	5:12.8
56 MEZA, Melissa	JR	Cedar Falls	-	26:05.3	8:23.3	5:13.1
57 O'BRIEN, Ciara	SR	Xavier Cedar Rapid	45	26:07.6	8:24.0	5:13.5
58 NOVAK, Sarah	JR	Cedar Rapids Wash	-	26:08.0	8:24.2	5:13.6
59 YOUNG, Lillee	SO	Prairie Cedar Rapid	(46)	26:18.1	8:27.4	5:15.6
60 LONG, Lydia	SR	Cedar Rapids Jeffer	47	26:31.3	8:31.6	5:18.2
61 WEINMAN, Lola	SR	Iowa City City High	-	26:31.7	8:31.8	5:18.3
62 TORREZ, Lyvia	JR	Cedar Falls	-	26:33.0	8:32.2	5:18.6
63 DILLION, Charlotte	SO	Iowa City Liberty	(48)	26:36.8	8:33.4	5:19.3
64 BEECH, Thanh	SR	Linn-Mar Marion	49	26:38.0	8:33.8	5:19.6
65 MARLIN, Grace	SR	Waterloo West	50	26:38.3	8:33.9	5:19.7
66 BARTLETT, Emerson	JR	Cedar Falls	-	26:38.3	8:33.9	5:19.7
67 LITTLE, Amira	JR	Waterloo West	51	26:40.1	8:34.5	5:20.0

**2024 MVC SUPER MEET**

Cedar Rapids, IA  
 Seminole Valley Park  
 Weather: Sunny, WindSSE 5-10mph, 34% Humidity & 79  
 Host: Cedar Rapids Jefferson  
 Thursday, October 10, 2024

**MEET OFFICIALS**

**Meet Director:**  
 Tom Cahalan  
**Meet Referee:**  
 Chris Deam  
**Timing:**  
 Andrew Kauder - Kauder Racing, LLC



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**Race #5**  
**JV Girls 5K**

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

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
68 LINN, Ava	SR	Xavier Cedar Rapid	52	26:40.4	8:34.6	5:20.1
69 EID, Thea	JR	Xavier Cedar Rapid	53	26:40.8	8:34.7	5:20.2
70 HENDON, Nevaeh	SR	Cedar Falls	-	26:58.3	8:40.3	5:23.7
71 MALKO, Rashele	JR	Cedar Rapids Jeffer	54	27:15.2	8:45.8	5:27.0
72 MAHONEY, Emma	SR	Prairie Cedar Rapid	(55)	27:17.9	8:46.7	5:27.6
73 BROOKS, Addie	SR	Linn-Mar Marion	56	27:21.2	8:47.7	5:28.2
74 CUMMINGS, Riley	JR	Prairie Cedar Rapid	-	27:32.3	8:51.3	5:30.5
75 HAZEN, Hope	SO	Prairie Cedar Rapid	-	27:32.8	8:51.4	5:30.6
76 FERN, Evelyn	SR	Dubuque Hempstea	-	27:42.9	8:54.7	5:32.6
77 FERNANDES DE SOUZA, Ni	SR	Iowa City City High	-	27:49.5	8:56.8	5:33.9
78 ECKHARDT, Cindy	JR	Iowa City Liberty	(57)	27:50.9	8:57.2	5:34.2
79 MCDERMOTT, Addy	JR	Linn-Mar Marion	(58)	27:53.6	8:58.1	5:34.7
80 SCHUSTER, Val	SR	Epworth Western D	59	27:55.2	8:58.6	5:35.0
81 KOPPE, Mya	SR	Linn-Mar Marion	(60)	28:03.2	9:01.2	5:36.6
82 NICKELL, Ryiah	SR	Cedar Rapids Jeffer	61	28:13.4	9:04.5	5:38.7
83 VODJOGBE, Deborah	FR	Waterloo West	62	28:27.2	9:08.9	5:41.4
84 SCHINDLER, Olivia	SR	Epworth Western D	63	28:28.8	9:09.4	5:41.7
85 BOLES, Aaleah	SR	Epworth Western D	64	28:30.9	9:10.1	5:42.2
86 TELLEZ-MARCELENO, Mar	JR	Waterloo West	65	28:36.9	9:12.1	5:43.4
87 BAILEY, Harper	JR	Iowa City City High	-	28:38.6	9:12.6	5:43.7
88 TORRES, Fatima	JR	Cedar Rapids Jeffer	66	28:46.0	9:15.0	5:45.2
89 HOFFMAN, Maya	SR	Iowa City City High	-	28:48.7	9:15.9	5:45.7
90 ORR, Katelyn	SR	Linn-Mar Marion	-	28:49.2	9:16.0	5:45.8
91 CHERRY, Alex	SR	Cedar Rapids Wash	-	28:52.3	9:17.0	5:46.5
92 ANDERSON, Lilly	SR	Dubuque Senior	67	28:57.4	9:18.6	5:47.5
93 CEARLOCK, Annebelle	JR	Wahlert Dubuque	-	29:01.0	9:19.8	5:48.2
94 JOHNSEN, Tilly	FR	Iowa City Liberty	-	29:07.1	9:21.8	5:49.4
95 VIRTUE, Lydia	SR	Wahlert Dubuque	-	29:11.5	9:23.2	5:50.3
96 BRUNS, Julia	JR	Cedar Rapids Kenn	68	29:21.9	9:26.5	5:52.4
97 PITZ, Cambrie	SR	Epworth Western D	69	29:23.1	9:26.9	5:52.6
98 SMITH, Cecilia	SR	Epworth Western D	(70)	29:29.0	9:28.8	5:53.8
99 AHMAD, Fatima	SR	Iowa City City High	-	29:33.4	9:30.2	5:54.7
100 KESTEL, Bailey	SR	Waterloo West	71	29:45.3	9:34.0	5:57.1
101 CASTRO, Rachel	SR	Epworth Western D	(72)	29:48.2	9:35.0	5:57.6
102 CHITTENDEN, Ryan	JR	Cedar Rapids Kenn	73	29:53.9	9:36.8	5:58.8
103 EVANS, Halle	JR	Waterloo West	(74)	30:02.3	9:39.5	6:00.5
104 YORK, Emma	SR	Cedar Rapids Jeffer	75	30:12.3	9:42.7	6:02.5
105 WILLENBORG, Kayley	JR	Xavier Cedar Rapid	76	30:33.1	9:49.4	6:06.6
106 GONNERMAN, Megan	SR	Cedar Falls	-	31:01.7	9:58.6	6:12.3
107 STEENBLOCK, Jenna	SR	Cedar Rapids Kenn	77	31:17.3	10:03.6	6:15.5
108 SMITH, Taylor	JR	Iowa City Liberty	-	31:26.9	10:06.7	6:17.4
109 NEAL, Vera	FR	Prairie Cedar Rapid	-	31:36.2	10:09.7	6:19.2
110 MCMORRIS, Larkin	JR	Iowa City Liberty	-	31:36.4	10:09.8	6:19.3
111 GRIFFIN, Isabella	SR	Cedar Rapids Kenn	78	31:56.0	10:16.0	6:23.2
112 CLARK, Stephanie	JR	Cedar Rapids Kenn	79	31:56.5	10:16.2	6:23.3
113 WILKEN, Kendra	JR	Xavier Cedar Rapid	80	33:29.3	10:46.0	6:41.8

**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, Wind SSE 5-10mph, 34% Humidity &amp; 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

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**Race #5**  
**JV Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
114 KETTMANN, Claire	SR	Xavier Cedar Rapid	(81)	33:38.8	10:49.1	6:43.8
115 BUDEDERI, Josephine	JR	Cedar Rapids Jeffer	(82)	33:49.8	10:52.7	6:46.0
116 SCHEPANSKI, Tasha	SR	Iowa City Liberty	-	34:06.5	10:58.0	6:49.3
117 HAMILTON, Maysa	SR	Cedar Rapids Wash	-	35:30.2	11:24.9	7:06.0
118 MEEHAN, Raygan	SR	Dubuque Hempstea	-	35:55.5	11:33.1	7:11.1
119 MATIT, Agum	JR	Waterloo West	(83)	41:43.2	13:24.9	8:20.6
120 WESTPHAL, Reagan	SR	Waterloo West	-	43:06.1	13:51.5	8:37.2

**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, WindSSE 5-10mph, 34% Humidity &amp; 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #6  
JV Boys 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	48	2-3-8-17-18(19)(23)	1:25:25	17:05	0:46.3
2 Cedar Falls	69	1-4-10-20-34(42)(52)	1:26:08	17:14	1:25.3
3 Iowa City West	74	9-11-13-15-26(35)(62)	1:26:43	17:21	0:27.3
4 Iowa City Liberty	89	6-7-21-22-33(43)(49)	1:27:05	17:25	0:49.6
5 Prairie Cedar Rapids	119	5-16-29-32-37(45)(47)	1:28:01	17:37	1:07.4
6 Linn-Mar Marion	120	14-24-25-27-30(39)(40)	1:28:01	17:37	0:28.3
7 Dubuque Hempstead	192	12-28-44-53-55(59)(60)	1:31:04	18:13	1:37.9
8 Dubuque Senior	231	31-36-50-51-63(70)(71)	1:32:32	18:31	1:21.2
9 Cedar Rapids Kennedy	262	46-48-54-56-58(61)(78)	1:34:01	18:49	0:21.0
10 Epworth Western Dubuque	268	38-41-57-65-67(69)(79)	1:34:34	18:55	1:27.7
11 Wahlert Dubuque	343	64-66-68-72-73	1:40:34	20:07	1:58.6
12 Cedar Rapids Washington	382	74-75-76-77-80(81)(82)	1:48:39	21:44	0:47.2
DNP Cedar Rapids Jefferson					
DNP Waterloo West					
DNP Xavier Cedar Rapids					

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 MARTIN, Gaige	JR	Cedar Falls	1	16:32.2	5:19.0	3:18.4
2 NORELDAIM, Mustafa	SR	Iowa City City High	2	16:36.0	5:20.2	3:19.2
3 LEMAN, Jack	JR	Iowa City City High	3	16:55.9	5:26.7	3:23.2
4 KIES, Chase	SR	Cedar Falls	4	16:58.2	5:27.4	3:23.6
5 MAI, Easton	SR	Prairie Cedar Rapid	5	16:59.2	5:27.7	3:23.8
6 VIDAL, Julius	JR	Iowa City Liberty	6	17:06.7	5:30.1	3:25.3
7 SQUIRES, Yuma	JR	Iowa City Liberty	7	17:06.8	5:30.2	3:25.4
8 BYLER, Ephram	SR	Iowa City City High	8	17:09.2	5:30.9	3:25.8
9 CHAN, Casandro	SR	Iowa City West	9	17:12.0	5:31.8	3:26.4
10 MCKEE, Ethan	JR	Cedar Falls	10	17:14.6	5:32.7	3:26.9
11 ALI, Asif	JR	Iowa City West	11	17:15.6	5:33.0	3:27.1
12 SCHERR, Vincent	SR	Dubuque Hempstea	12	17:15.9	5:33.1	3:27.2
13 TONG, Thomas	JR	Iowa City West	13	17:16.9	5:33.4	3:27.4
14 MALYA, Bhargava	SR	Linn-Mar Marion	14	17:17.9	5:33.7	3:27.6
15 EASTVOLD, Jack	JR	Iowa City West	15	17:19.0	5:34.1	3:27.8
16 WIETHORN, Dillon	JR	Prairie Cedar Rapid	16	17:20.9	5:34.7	3:28.2
17 BEERENDS, Dylan	SR	Iowa City City High	17	17:21.2	5:34.8	3:28.2
18 RENAUD, Henri	SR	Iowa City City High	18	17:22.2	5:35.1	3:28.4
19 MACGILLIVRAY, Lynden	JR	Iowa City City High	(19)	17:25.2	5:36.1	3:29.0
20 VEISETH, Greyson	SR	Cedar Falls	20	17:25.3	5:36.1	3:29.1
21 SCHEPANSKI, Trevor	SR	Iowa City Liberty	21	17:26.3	5:36.4	3:29.3
22 SCHEPANSKI, Tyler	SR	Iowa City Liberty	22	17:29.1	5:37.3	3:29.8
23 EDWARDS, Jack	JR	Iowa City City High	(23)	17:32.5	5:38.4	3:30.5
24 ADAMSON, Griffin	SR	Linn-Mar Marion	24	17:37.7	5:40.1	3:31.5
25 HARTWIG, Theo	SR	Linn-Mar Marion	25	17:39.0	5:40.5	3:31.8

**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, Wind SSE 5-10mph, 34% Humidity &amp; 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

**MEET OFFICIALS****Meet Director:**

Tom Cahalan

**Meet Referee:**

Chris Deam

**Timing:**

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #6  
JV Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. KM</b>
26 RASTOGI, Praneel	JR	Iowa City West	26	17:39.2	5:40.6	3:31.8
27 LIMBERT, Brady	JR	Linn-Mar Marion	27	17:40.2	5:40.9	3:32.0
28 SCHULTZ, Charles	JR	Dubuque Hempstea	28	17:41.0	5:41.1	3:32.2
29 LEIS, Brayden	SR	Prairie Cedar Rapid	29	17:42.6	5:41.6	3:32.5
30 YODER, Seth	SR	Iowa City City High	-	17:45.3	5:42.5	3:33.0
31 STRADT, Talan	SR	Linn-Mar Marion	30	17:46.2	5:42.8	3:33.2
32 LIDDLE, Mason	SR	Dubuque Senior	31	17:48.9	5:43.7	3:33.8
33 VALDE, Eric	JR	Prairie Cedar Rapid	32	17:51.2	5:44.4	3:34.2
34 JOHNSEN, Hayden	SR	Iowa City Liberty	33	17:56.2	5:46.0	3:35.2
35 KREMER, Will	JR	Cedar Falls	34	17:57.5	5:46.4	3:35.5
36 KARR, William	SR	Iowa City City High	-	18:02.3	5:48.0	3:36.4
37 OLSON, Brady	SR	Iowa City West	(35)	18:04.0	5:48.5	3:36.8
38 ROACH, Elijah	JR	Dubuque Senior	36	18:05.8	5:49.1	3:37.2
39 DAVIS, Dade	JR	Prairie Cedar Rapid	37	18:06.5	5:49.3	3:37.3
40 HOOVER, Jimmy	SR	Epworth Western D	38	18:14.4	5:51.9	3:38.9
41 HOKE, Robbie	JR	Linn-Mar Marion	(39)	18:15.6	5:52.3	3:39.1
42 PERSON, Tyler	SR	Linn-Mar Marion	(40)	18:16.6	5:52.6	3:39.3
43 KAMPHAUGH, Ethan	SR	Linn-Mar Marion	-	18:19.0	5:53.4	3:39.8
44 BOGE, Jake	JR	Epworth Western D	41	18:20.8	5:53.9	3:40.2
45 WUNDERLICH, Cameron	JR	Cedar Falls	(42)	18:22.8	5:54.6	3:40.6
46 PETERSEN, Trevor	JR	Iowa City Liberty	(43)	18:23.5	5:54.8	3:40.7
47 HOUSELOG, Will	SR	Dubuque Hempstea	44	18:24.7	5:55.2	3:40.9
48 HYNEK, John	SR	Prairie Cedar Rapid	(45)	18:25.1	5:55.3	3:41.0
49 FELTON, Evan	SR	Linn-Mar Marion	-	18:30.7	5:57.1	3:42.1
50 KLINKENBERG, Caleb	JR	Linn-Mar Marion	-	18:31.1	5:57.3	3:42.2
51 CLARK, Jonathan	SR	Linn-Mar Marion	-	18:31.6	5:57.4	3:42.3
52 PATTRIDGE, Grant	JR	Cedar Rapids Kenn	46	18:36.4	5:58.9	3:43.3
53 GOLLINCK, Silas	JR	Iowa City City High	-	18:36.8	5:59.1	3:43.3
54 KRAMBEER, Jacob	JR	Prairie Cedar Rapid	(47)	18:38.6	5:59.7	3:43.7
55 WAWERU, David	SR	Cedar Rapids Kenn	48	18:40.6	6:00.3	3:44.1
56 DORMAN, Riley	SR	Iowa City Liberty	(49)	18:41.2	6:00.5	3:44.2
57 FREUND, Colton	JR	Dubuque Senior	50	18:42.1	6:00.8	3:44.4
58 STARK, Harrison	JR	Prairie Cedar Rapid	-	18:42.3	6:00.9	3:44.5
59 REINERT, Sebastian	SR	Dubuque Senior	51	18:45.3	6:01.8	3:45.0
60 WESTHOFF, Jace	JR	Cedar Falls	(52)	18:45.8	6:02.0	3:45.1
61 WELBES, Parker	JR	Dubuque Hempstea	53	18:48.7	6:02.9	3:45.7
62 SCHECKEL, Ryker	JR	Cedar Rapids Kenn	54	18:50.9	6:03.6	3:46.2
63 FAGAN, Jackson	JR	Linn-Mar Marion	-	18:53.6	6:04.5	3:46.7
64 ZHENG, Brendon	SR	Dubuque Hempstea	55	18:53.8	6:04.5	3:46.7
65 ANDERSON, Austin	SR	Iowa City Liberty	-	18:54.3	6:04.7	3:46.9
66 ISPENTCHIAN, Zachary	SR	Cedar Rapids Kenn	56	18:55.9	6:05.2	3:47.2
67 BASTIAN, Matthew	JR	Epworth Western D	57	18:56.0	6:05.2	3:47.2
68 WHITE, Ethan	JR	Cedar Rapids Kenn	58	18:57.3	6:05.7	3:47.5
69 HICKEY, Paxton	JR	Dubuque Hempstea	(59)	19:03.6	6:07.7	3:48.7
70 BREITBACH, Cohen	SR	Dubuque Hempstea	(60)	19:04.0	6:07.8	3:48.8
71 WILSON, Tanner	SR	Cedar Rapids Kenn	(61)	19:04.9	6:08.1	3:49.0

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**Race #6  
JV Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
72 MERRIL, Kai	SR	Iowa City West	(62)	19:08.7	6:09.3	3:49.7
73 MCDONALD, Shea	JR	Dubuque Senior	63	19:10.1	6:09.8	3:50.0
74 HACKETT, Leo	JR	Linn-Mar Marion	-	19:10.9	6:10.1	3:50.2
75 STOLLEY, Tristan	FR	Prairie Cedar Rapid	-	19:11.4	6:10.2	3:50.3
76 WOLBERS, Gavin	SO	Wahlert Dubuque	64	19:11.9	6:10.4	3:50.4
77 MISKELL, Parker	SR	Linn-Mar Marion	-	19:12.3	6:10.5	3:50.5
78 FALK, Zach	SR	Iowa City City High	-	19:13.3	6:10.8	3:50.7
79 HLUBEK, Nicholas	FR	Xavier Cedar Rapid	-	19:13.8	6:11.0	3:50.7
80 MORTON, Noam	SR	Iowa City City High	-	19:14.8	6:11.3	3:50.9
81 GAHN, Owen	SR	Iowa City City High	-	19:15.2	6:11.4	3:51.0
82 BUSCHE, Cooper	JR	Iowa City Liberty	-	19:15.5	6:11.5	3:51.1
83 WOODS, Liam	JR	Cedar Falls	-	19:15.8	6:11.6	3:51.2
84 LANDA, Kevin	JR	Epworth Western D	65	19:20.2	6:13.0	3:52.0
85 TEMPEL, Alexander	JR	Linn-Mar Marion	-	19:21.0	6:13.3	3:52.2
86 MAZE, Eli	SR	Iowa City West	-	19:24.1	6:14.3	3:52.8
87 KOSIKAS, Bradyn	SR	Linn-Mar Marion	-	19:27.7	6:15.4	3:53.5
88 ELSHIEKH, Bassil	SR	Linn-Mar Marion	-	19:28.9	6:15.8	3:53.8
89 MOORE, Aiden	JR	Linn-Mar Marion	-	19:29.1	6:15.9	3:53.8
90 HANSEN, Cole	JR	Cedar Falls	-	19:29.7	6:16.1	3:53.9
91 SEEKS, Aidan	SR	Cedar Falls	-	19:30.8	6:16.4	3:54.1
92 FITZPATRICK, William	JR	Wahlert Dubuque	66	19:34.6	6:17.7	3:54.9
93 DIDELOT, Jett	SR	Dubuque Hempstea	-	19:35.5	6:18.0	3:55.1
94 WARBY, Gene	SR	Cedar Falls	-	19:41.1	6:19.8	3:56.2
95 ZIMMERMAN, Charlie	JR	Epworth Western D	67	19:42.0	6:20.1	3:56.4
96 HOLLAND, John	SR	Cedar Falls	-	19:43.8	6:20.6	3:56.7
97 TJADEN, Drew	SR	Cedar Falls	-	19:49.1	6:22.3	3:57.8
98 NELSON, Sam	SR	Wahlert Dubuque	68	19:50.3	6:22.7	3:58.0
99 PAVLOVEC, Evan	SR	Iowa City Liberty	-	19:51.4	6:23.1	3:58.3
100 ARMON, Malachi	JR	Cedar Rapids Jeffer	-	19:52.8	6:23.5	3:58.5
101 LEE, Ethan	JR	Iowa City West	-	19:57.9	6:25.1	3:59.6
102 LUCAS, Zach	JR	Epworth Western D	(69)	20:02.8	6:26.7	4:00.6
103 SCHAEFER, Ben	JR	Dubuque Senior	(70)	20:05.8	6:27.7	4:01.1
104 FOHT, Derek	SR	Dubuque Senior	(71)	20:06.4	6:27.9	4:01.3
105 MENDOZA, Sonny	SO	Waterloo West	-	20:06.8	6:28.0	4:01.3
106 BELCHER, Vincent	SO	Iowa City West	-	20:07.6	6:28.3	4:01.5
107 HOCKETT, Ashton	SR	Dubuque Hempstea	-	20:10.2	6:29.1	4:02.0
108 VANVANG, Brady	SR	Iowa City City High	-	20:12.5	6:29.9	4:02.5
109 MCDERMOTT, Ryan	SR	Iowa City Liberty	-	20:16.0	6:31.0	4:03.2
110 RAMSEY, Xavier	SR	Waterloo West	-	20:18.8	6:31.9	4:03.7
111 GESELL, Kyle	SR	Iowa City Liberty	-	20:26.7	6:34.4	4:05.3
112 HANDY, Orion	JR	Dubuque Hempstea	-	20:28.0	6:34.8	4:05.6
113 HOOVER, George	JR	Iowa City Liberty	-	20:38.1	6:38.1	4:07.6
114 CAVANAGH, Sam	JR	Dubuque Senior	-	20:38.2	6:38.1	4:07.6
115 MAYFIELD, Isaiah	SR	Cedar Falls	-	20:44.5	6:40.1	4:08.9
116 FREUND, Duncan	JR	Wahlert Dubuque	72	20:46.0	6:40.6	4:09.2
117 BALMER, Nolan	SR	Iowa City City High	-	20:51.0	6:42.2	4:10.2



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Thursday, October 10, 2024

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**Race #6  
JV Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. km</b>
118 BLOCK, Preston	SR	Dubuque Senior	-	20:55.4	6:43.6	4:11.1
119 DAVIS, Jackson	JR	Dubuque Senior	-	20:57.9	6:44.4	4:11.6
120 CUMMINGS, Pierce	SR	Iowa City City High	-	20:58.2	6:44.5	4:11.6
121 KOEPNICK, Dylan	SR	Linn-Mar Marion	-	20:59.2	6:44.9	4:11.8
122 YANG, Richard	SR	Iowa City West	-	21:07.4	6:47.5	4:13.5
123 VAN OTTERLOO, Josh	JR	Wahlert Dubuque	73	21:10.5	6:48.5	4:14.1
124 GRAY, Jake	SR	Cedar Falls	-	21:18.4	6:51.0	4:15.7
125 MERSCHBROCK, August	FR	Cedar Rapids Wash	74	21:22.9	6:52.5	4:16.6
126 TIMMER HACKERT, Henry	JR	Iowa City West	-	21:23.6	6:52.7	4:16.7
127 WAECHTER, Charlie	JR	Cedar Rapids Jeffer	-	21:28.7	6:54.4	4:17.7
128 KOLDER, Joel	SO	Cedar Rapids Wash	75	21:37.5	6:57.2	4:19.5
129 MESSENGER, Caden	JR	Cedar Rapids Wash	76	21:39.2	6:57.7	4:19.8
130 HUGHES, Andrew	SR	Cedar Falls	-	21:42.8	6:58.9	4:20.5
131 EISELSTEIN, Luke	SR	Prairie Cedar Rapid	-	21:48.9	7:00.9	4:21.8
132 MITCHELL, Henri	SO	Cedar Rapids Wash	77	21:49.6	7:01.1	4:21.9
133 CORREA LEIBFRIED, Lucas	JR	Iowa City West	-	21:50.3	7:01.3	4:22.0
134 ZACHAR, Anthony	JR	Cedar Rapids Kenn	(78)	21:53.3	7:02.3	4:22.6
135 BEALS, Bronson	JR	Linn-Mar Marion	-	21:56.7	7:03.4	4:23.3
136 HORI, Shota	SR	Cedar Falls	-	21:56.8	7:03.4	4:23.3
137 MYROM, Matthew	SO	Linn-Mar Marion	-	21:58.6	7:04.0	4:23.7
138 TRAN, Donovan	SR	Epworth Western D	(79)	21:59.0	7:04.1	4:23.8
139 MITCHELL, Jasper	FR	Cedar Rapids Wash	80	22:10.0	7:07.6	4:26.0
140 REISINGER, Nicholas	SO	Cedar Rapids Wash	(81)	22:27.4	7:13.2	4:29.5
141 STOLLENWERK, Quincy	SO	Waterloo West	-	22:33.0	7:15.0	4:30.6
142 KAHIKU, Joseph	SO	Cedar Rapids Wash	(82)	22:41.3	7:17.7	4:32.3
143 MCLAUGHLIN, Owen	JR	Cedar Rapids Kenn	-	22:47.5	7:19.7	4:33.5
144 DALLNER, Connor	SR	Iowa City Liberty	-	23:11.5	7:27.4	4:38.3
145 MCCLOE, Kaden	SR	Linn-Mar Marion	-	23:20.1	7:30.2	4:40.0
146 HERNANDEZ LEON, Luis	JR	Cedar Rapids Jeffer	-	23:23.2	7:31.2	4:40.6
147 SAUL, Owen	SR	Dubuque Hempstea	-	23:32.6	7:34.2	4:42.5
148 SIMANEK, Killian	JR	Xavier Cedar Rapid	-	23:46.9	7:38.8	4:45.4
149 HLUBEK, Owen	JR	Xavier Cedar Rapid	-	24:01.2	7:43.4	4:48.2
150 PINS, Liam	FR	Cedar Rapids Wash	-	24:02.2	7:43.7	4:48.4
151 PYDIPALLI, Piyush	SR	Iowa City Liberty	-	24:09.4	7:46.0	4:49.9
152 NYGUEN, Vincent	SR	Iowa City West	-	25:43.0	8:16.1	5:08.6
153 CHO, Sean	JR	Iowa City Liberty	-	26:05.8	8:23.4	5:13.1
154 MUENSTER, Ryan	SR	Dubuque Hempstea	-	26:38.4	8:33.9	5:19.7
155 RUMSEY, Caleb	JR	Cedar Falls	-	27:12.6	8:44.9	5:26.5
156 BILES, Sam	SR	Linn-Mar Marion	-	27:31.6	8:51.0	5:30.3
157 THOMS, Jaxon	SO	Waterloo West	-	27:48.2	8:56.4	5:33.6
158 PELZEL, Asa	SR	Iowa City Liberty	-	28:28.5	9:09.3	5:41.7
159 LAW, Chase	JR	Cedar Rapids Wash	-	33:23.9	10:44.3	6:40.8
160 SCOTT, Gabe	FR	Cedar Rapids Jeffer	-	35:14.6	11:19.9	7:02.9