

**2025 RIVER VALLEY CONFERENCE XC MEET**

Iowa City, IA  
 Kickers Soccer Complex  
 Host: River Valley Conference  
 Tuesday, October 14, 2025

**MEET OFFICIALS**

**Meet Director:**  
 Cascade High School  
**Timing:**  
 B&W Racing Services



**OFFICIAL MEET REPORT**  
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**Race #1**  
**MS Girls 2 Miles**

**Final Results****TEAM SCORING SUMMARY**

| Final Standings             | Score | Scoring Order      | Total   | Spread |
|-----------------------------|-------|--------------------|---------|--------|
| 1 MS_Tipton ms              | 12    | 1-2-4-5(10)(24)    | 51:06   | 0:31.4 |
| 2 MS_Maquoketa              | 44    | 7-9-12-16(18)      | 54:36   | 1:03.3 |
| 3 MS_Regina                 | 49    | 8-11-13-17(19)(21) | 55:04   | 1:02.4 |
| 4 MS_Cascade                | 70    | 3-15-23-29(33)     | 57:02   | 2:37.0 |
| 5 MS_Mid-Prairie            | 80    | 6-22-25-27(31)(32) | 57:41   | 2:05.0 |
| 6 MS_Anamosa                | 97    | 14-20-26-37(38)    | 1:01:48 | 4:28.7 |
| 7 MS_Monticello             | 127   | 28-30-34-35(36)    | 1:05:44 | 2:00.9 |
| DNP MS_Beckman Catholic     |       |                    |         |        |
| DNP MS_Durant               |       |                    |         |        |
| DNP MS_West Liberty         |       |                    |         |        |
| DNP MS_Bellevue             |       |                    |         |        |
| DNP MS_Wilton               |       |                    |         |        |
| DNP MS_Northeast Goose Lake |       |                    |         |        |
| DNP MS_Alburnett            |       |                    |         |        |

**INDIVIDUAL RESULTS**

| Athlete              | YR | Team            | Score | Time    | Gap    | Avg. Mile | Avg. km |
|----------------------|----|-----------------|-------|---------|--------|-----------|---------|
| 1 MILLER, Abigail    | 7  | MS_Durant       | -     | 12:11.6 | ---    | 6:07.6    | 3:48.6  |
| 2 MENTE, Avery       | 8  | MS_Tipton ms    | 1     | 12:29.2 | 17.6   | 6:16.5    | 3:54.1  |
| 3 EVELAND, Tesla     | 8  | MS_Tipton ms    | 2     | 12:36.7 | 25.1   | 6:20.3    | 3:56.5  |
| 4 TRUMM, Katelyn     | 8  | MS_Cascade      | 3     | 12:51.5 | 39.9   | 6:27.7    | 4:01.1  |
| 5 FITZGERALD, Hallie | 8  | MS_Tipton ms    | 4     | 12:58.9 | 47.3   | 6:31.4    | 4:03.4  |
| 6 THOLEN, Ellie      | 8  | MS_Tipton ms    | 5     | 13:00.6 | 49.0   | 6:32.3    | 4:03.9  |
| 7 FLEMING, Keilah    | 7  | MS_Mid-Prairie  | 6     | 13:08.0 | 56.4   | 6:36.0    | 4:06.3  |
| 8 EGGERS, Briley     | 8  | MS_Maquoketa    | 7     | 13:09.0 | 57.4   | 6:36.5    | 4:06.6  |
| 9 KAEDING, Tess      | 7  | MS_Regina       | 8     | 13:14.9 | 1:03.3 | 6:39.4    | 4:08.4  |
| 10 HARDIN, Adalyn    | 8  | MS_Maquoketa    | 9     | 13:24.7 | 1:13.1 | 6:44.4    | 4:11.5  |
| 11 WOMER, Rachel     | 7  | MS_Beckman Cath | -     | 13:26.4 | 1:14.8 | 6:45.2    | 4:12.0  |
| 12 BOHLMANN, Callie  | 8  | MS_Tipton ms    | (10)  | 13:34.3 | 1:22.7 | 6:49.2    | 4:14.5  |
| 13 FOLEY, Julia      | 8  | MS_Regina       | 11    | 13:40.2 | 1:28.6 | 6:52.2    | 4:16.3  |
| 14 WAGNER, Iris      | 8  | MS_Maquoketa    | 12    | 13:49.6 | 1:38.0 | 6:56.9    | 4:19.3  |
| 15 FRAVEL, Willow    | 8  | MS_Regina       | 13    | 13:51.0 | 1:39.4 | 6:57.6    | 4:19.7  |
| 16 MORMANN, Sophia   | 8  | MS_Anamosa      | 14    | 13:54.4 | 1:42.8 | 6:59.3    | 4:20.8  |
| 17 KEDLEY, Addie     | 7  | MS_Cascade      | 15    | 14:02.4 | 1:50.8 | 7:03.3    | 4:23.3  |
| 18 IRWIN, Natalie    | 8  | MS_Maquoketa    | 16    | 14:12.3 | 2:00.7 | 7:08.3    | 4:26.3  |
| 19 TEAGLE, Jersey    | 8  | MS_Regina       | 17    | 14:17.3 | 2:05.7 | 7:10.8    | 4:27.9  |
| 20 TAYLOR, Skylar    | 8  | MS_Maquoketa    | (18)  | 14:21.2 | 2:09.6 | 7:12.8    | 4:29.1  |
| 21 SCHWARTEN, Grace  | 8  | MS_Beckman Cath | -     | 14:21.4 | 2:09.8 | 7:12.9    | 4:29.2  |
| 22 MCGRANE, Hannah   | 8  | MS_Regina       | (19)  | 14:23.4 | 2:11.8 | 7:13.9    | 4:29.8  |
| 23 DIGMANN, Rebecca  | 8  | MS_Beckman Cath | -     | 14:24.5 | 2:12.9 | 7:14.4    | 4:30.2  |
| 24 BESLER, Emery     | 7  | MS_Anamosa      | 20    | 14:32.7 | 2:21.1 | 7:18.5    | 4:32.7  |
| 25 KULLBOM, Avery    | 8  | MS_Regina       | (21)  | 14:34.2 | 2:22.6 | 7:19.3    | 4:33.2  |
| 26 BRENNEMAN, Keziah | 8  | MS_Mid-Prairie  | 22    | 14:35.8 | 2:24.2 | 7:20.1    | 4:33.7  |

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**Race #1**  
**MS Girls 2 Miles**

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

| Athlete               | YR | Team             | Score | Time    | Gap     | Avg. Mile | Avg. kM |
|-----------------------|----|------------------|-------|---------|---------|-----------|---------|
| 27 BOFFELI, Lauren    | 8  | MS_Cascade       | 23    | 14:39.6 | 2:28.0  | 7:22.0    | 4:34.9  |
| 28 EHLERS, Addyson    | 7  | MS_Tipton ms     | (24)  | 14:41.7 | 2:30.1  | 7:23.1    | 4:35.5  |
| 29 LITTON, Harper     | 7  | MS_Regina        | -     | 14:42.8 | 2:31.2  | 7:23.6    | 4:35.9  |
| 30 GONZALEZ, Natalie  | 7  | MS_Mid-Prairie   | 25    | 14:43.5 | 2:31.9  | 7:24.0    | 4:36.1  |
| 31 POOLE, Gianna      | 7  | MS_Anamosa       | 26    | 14:57.2 | 2:45.6  | 7:30.9    | 4:40.4  |
| 32 MANDERS, Camiel    | 7  | MS_Bellevue      | -     | 15:04.3 | 2:52.7  | 7:34.4    | 4:42.6  |
| 33 HATFIELD, Leah     | 7  | MS_Regina        | -     | 15:07.1 | 2:55.5  | 7:35.8    | 4:43.5  |
| 34 HUBER, Audrey      | 8  | MS_Mid-Prairie   | 27    | 15:13.0 | 3:01.4  | 7:38.8    | 4:45.3  |
| 35 CHAPMAN, Peytonn   | 8  | MS_Monticello    | 28    | 15:25.4 | 3:13.8  | 7:45.0    | 4:49.2  |
| 36 SUPPLE, Eloise     | 8  | MS_Cascade       | 29    | 15:28.5 | 3:16.9  | 7:46.6    | 4:50.2  |
| 37 FOSTER, Rose       | 8  | MS_Monticello    | 30    | 15:28.8 | 3:17.2  | 7:46.7    | 4:50.2  |
| 38 FAY, Chloe         | 8  | MS_Mid-Prairie   | (31)  | 15:29.3 | 3:17.7  | 7:47.0    | 4:50.4  |
| 39 LITTLE, Dani       | 7  | MS_Tipton ms     | -     | 15:31.9 | 3:20.3  | 7:48.3    | 4:51.2  |
| 40 GUSTAFSON, Willa   | 7  | MS_Alburnett     | -     | 15:37.7 | 3:26.1  | 7:51.2    | 4:53.0  |
| 41 BOORN, Kinley      | 8  | MS_Wilton        | -     | 15:38.6 | 3:27.0  | 7:51.7    | 4:53.3  |
| 42 MCCARTNEY, Mia     | 8  | MS_Tipton ms     | -     | 15:49.1 | 3:37.5  | 7:56.9    | 4:56.6  |
| 43 WATERS, Zoe        | 8  | MS_Mid-Prairie   | (32)  | 15:51.4 | 3:39.8  | 7:58.1    | 4:57.3  |
| 44 MOREAU, Brooklynn  | 7  | MS_Regina        | -     | 16:07.0 | 3:55.4  | 8:05.9    | 5:02.2  |
| 45 CUROE, Keira       | 7  | MS_Cascade       | (33)  | 16:09.1 | 3:57.5  | 8:07.0    | 5:02.8  |
| 46 DRISCOLL, Kaylee   | 7  | MS_Tipton ms     | -     | 16:09.4 | 3:57.8  | 8:07.1    | 5:02.9  |
| 47 WHITE, Lucy        | 8  | MS_Regina        | -     | 16:15.2 | 4:03.6  | 8:10.1    | 5:04.8  |
| 48 LAUBSCHER, Nora    | 8  | MS_Regina        | -     | 16:16.7 | 4:05.1  | 8:10.8    | 5:05.2  |
| 49 CARRANZA, Ariel    | 8  | MS_Mid-Prairie   | -     | 16:28.7 | 4:17.1  | 8:16.8    | 5:09.0  |
| 50 HALL, Rebecca      | 7  | MS_West Liberty  | -     | 16:36.2 | 4:24.6  | 8:20.6    | 5:11.3  |
| 51 BUSARD, Anna       | 8  | MS_Regina        | -     | 17:09.7 | 4:58.1  | 8:37.4    | 5:21.8  |
| 52 CONNER, Ada        | 7  | MS_Monticello    | 34    | 17:22.7 | 5:11.1  | 8:44.0    | 5:25.8  |
| 53 RICHMAN, Leiton    | 7  | MS_Durant        | -     | 17:23.1 | 5:11.5  | 8:44.2    | 5:26.0  |
| 54 CUPPLES, Lily      | 7  | MS_Monticello    | 35    | 17:26.3 | 5:14.7  | 8:45.8    | 5:27.0  |
| 55 LOENING, Annemarie | 8  | MS_Regina        | -     | 17:31.3 | 5:19.7  | 8:48.3    | 5:28.5  |
| 56 HERMISTON, Piper   | 7  | MS_Durant        | -     | 17:34.6 | 5:23.0  | 8:49.9    | 5:29.6  |
| 57 FARROWE, Otilie    | 7  | MS_Monticello    | (36)  | 17:36.7 | 5:25.1  | 8:51.0    | 5:30.2  |
| 58 GUMPPER, Sarah     | 8  | MS_Regina        | -     | 18:02.2 | 5:50.6  | 9:03.8    | 5:38.2  |
| 59 LITTLE, Jasmine    | 8  | MS_Tipton ms     | -     | 18:02.9 | 5:51.3  | 9:04.2    | 5:38.4  |
| 60 STAAB, Joanna      | 8  | MS_Regina        | -     | 18:13.4 | 6:01.8  | 9:09.4    | 5:41.7  |
| 61 SUNDSTROM, Kaylin  | 7  | MS_Anamosa       | 37    | 18:23.1 | 6:11.5  | 9:14.3    | 5:44.7  |
| 62 LANGE, Sophie      | 7  | MS_Northeast Goo | -     | 18:34.7 | 6:23.1  | 9:20.2    | 5:48.3  |
| 63 KIMANI, Jasmine    | 7  | MS_Regina        | -     | 19:06.3 | 6:54.7  | 9:36.0    | 5:58.2  |
| 64 CRONK, Avonlea     | 8  | MS_Regina        | -     | 19:07.2 | 6:55.6  | 9:36.5    | 5:58.5  |
| 65 OWENS, Sarah       | 7  | MS_Regina        | -     | 19:17.7 | 7:06.1  | 9:41.8    | 6:01.8  |
| 66 LALAGA, Leilani    | 7  | MS_Regina        | -     | 19:53.7 | 7:42.1  | 9:59.8    | 6:13.0  |
| 67 O'CONNER, Claire   | 7  | MS_Mid-Prairie   | -     | 21:23.0 | 9:11.4  | 10:44.7   | 6:40.9  |
| 68 HERRICK, Chavah    | 8  | MS_Anamosa       | (38)  | 23:29.5 | 11:17.9 | 11:48.3   | 7:20.5  |
| 69 SHINGIRO, Olgan    | 7  | MS_West Liberty  | -     | 24:35.0 | 12:23.4 | 12:21.2   | 7:40.9  |

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**Race #2**  
**MS Boys 2 Miles**

**Final Results****TEAM SCORING SUMMARY**

| Final Standings           | Score | Scoring Order       | Total | Spread |
|---------------------------|-------|---------------------|-------|--------|
| 1 MS_Monticello           | 54    | 3-8-18-25(31)(32)   | 50:40 | 2:13.0 |
| 2 MS_Beckman Catholic     | 60    | 2-14-15-29(33)(49)  | 51:03 | 2:28.0 |
| 3 MS_Wilton               | 70    | 1-17-22-30(51)(52)  | 51:03 | 3:00.0 |
| 4 MS_Alburnett            | 79    | 12-13-26-28(38)(39) | 53:11 | 0:57.3 |
| 5 MS_Anamosa              | 90    | 5-19-20-46(47)(48)  | 52:59 | 2:25.3 |
| 6 MS_Mid-Prairie          | 93    | 6-23-24-40(42)(43)  | 53:13 | 2:07.9 |
| 7 MS_Tipton ms            | 94    | 11-21-27-35(50)(55) | 53:46 | 1:22.3 |
| 8 MS_Northeast Goose Lake | 112   | 4-10-45-53          | 55:47 | 4:49.7 |
| 9 MS_Regina               | 114   | 7-34-36-37(41)(44)  | 54:35 | 2:00.6 |
| 10 MS_Maquoketa           | 135   | 9-16-54-56(57)      | 59:32 | 4:46.0 |
| DNP MS_Camanche           |       |                     |       |        |
| DNP MS_Bellevue           |       |                     |       |        |
| DNP MS_West Liberty       |       |                     |       |        |
| DNP MS_Cascade            |       |                     |       |        |
| DNP MS_Durant             |       |                     |       |        |

**INDIVIDUAL RESULTS**

| Athlete             | YR | Team             | Score | Time    | Gap    | Avg. Mile | Avg. kM |
|---------------------|----|------------------|-------|---------|--------|-----------|---------|
| 1 FIELDS, Noble     | 8  | MS_Wilton        | 1     | 10:50.6 | ---    | 5:26.9    | 3:23.3  |
| 2 KRUSE, Theo       | 8  | MS_Beckman Cath  | 2     | 11:21.2 | 30.6   | 5:42.3    | 3:32.9  |
| 3 MCDONALD, Victor  | 7  | MS_Monticello    | 3     | 11:27.7 | 37.1   | 5:45.6    | 3:34.9  |
| 4 HEIER, Everett    | 8  | MS_Northeast Goo | 4     | 11:50.4 | 59.8   | 5:57.0    | 3:42.0  |
| 5 CALLAHAN, Tanner  | 8  | MS_Cascade       | -     | 11:57.2 | 1:06.6 | 6:00.4    | 3:44.1  |
| 6 DAWES, Trevor     | 7  | MS_Anamosa       | 5     | 12:07.8 | 1:17.2 | 6:05.7    | 3:47.4  |
| 7 LOTHAMER, Jacob   | 8  | MS_Mid-Prairie   | 6     | 12:12.1 | 1:21.5 | 6:07.9    | 3:48.8  |
| 8 PARKER, Everett   | 8  | MS_Regina        | 7     | 12:12.2 | 1:21.6 | 6:07.9    | 3:48.8  |
| 9 MILLER, Charlie   | 8  | MS_Bellevue      | -     | 12:12.3 | 1:21.7 | 6:08.0    | 3:48.8  |
| 10 RANDALL, Noah    | 8  | MS_Durant        | -     | 12:13.6 | 1:23.0 | 6:08.6    | 3:49.3  |
| 11 FARROWE, Finn    | 8  | MS_Monticello    | 8     | 12:23.5 | 1:32.9 | 6:13.6    | 3:52.3  |
| 12 BUTTZ, Kai       | 8  | MS_Maquoketa     | 9     | 12:25.6 | 1:35.0 | 6:14.7    | 3:53.0  |
| 13 LANGE, Kaleb     | 8  | MS_Northeast Goo | 10    | 12:43.5 | 1:52.9 | 6:23.7    | 3:58.6  |
| 14 BECTHOLD, Carter | 8  | MS_Tipton ms     | 11    | 12:44.8 | 1:54.2 | 6:24.3    | 3:59.0  |
| 15 TRENKAMP, Rowan  | 8  | MS_Bellevue      | -     | 12:46.9 | 1:56.3 | 6:25.4    | 3:59.7  |
| 16 FORD, Easton     | 8  | MS_Alburnett     | 12    | 12:49.7 | 1:59.1 | 6:26.8    | 4:00.5  |
| 17 SILVER, Jack     | 7  | MS_Alburnett     | 13    | 12:50.3 | 1:59.7 | 6:27.1    | 4:00.7  |
| 18 HOEGER, Noah     | 8  | MS_Beckman Cath  | 14    | 12:52.2 | 2:01.6 | 6:28.0    | 4:01.3  |
| 19 PITZ, Gordon     | 7  | MS_Beckman Cath  | 15    | 13:00.4 | 2:09.8 | 6:32.2    | 4:03.9  |
| 20 PORTZ, Jace      | 8  | MS_Maquoketa     | 16    | 13:00.7 | 2:10.1 | 6:32.3    | 4:04.0  |
| 21 CARPENTER, Cole  | 7  | MS_Wilton        | 17    | 13:07.4 | 2:16.8 | 6:35.7    | 4:06.1  |
| 22 SACRO, Ethan     | 7  | MS_Monticello    | 18    | 13:07.9 | 2:17.3 | 6:35.9    | 4:06.2  |
| 23 BIXLER, Jake     | 7  | MS_Anamosa       | 19    | 13:08.7 | 2:18.1 | 6:36.3    | 4:06.5  |
| 24 ABELL, Malachi   | 7  | MS_Anamosa       | 20    | 13:08.9 | 2:18.3 | 6:36.4    | 4:06.5  |
| 25 VIDAL, Angelo    | 7  | MS_Tipton ms     | 21    | 13:09.7 | 2:19.1 | 6:36.8    | 4:06.8  |

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**Race #2  
MS Boys 2 Miles****Final Results****INDIVIDUAL RESULTS (cont'd)**

| <b>Athlete</b>            | <b>YR</b> | <b>Team</b>      | <b>Score</b> | <b>Time</b> | <b>Gap</b> | <b>Avg. Mile</b> | <b>Avg. kM</b> |
|---------------------------|-----------|------------------|--------------|-------------|------------|------------------|----------------|
| 26 CARPENTER, Cash        | 7         | MS_Wilton        | 22           | 13:13.9     | 2:23.3     | 6:38.9           | 4:08.1         |
| 27 SWARTZENTRUBER, Leo    | 7         | MS_Mid-Prairie   | 23           | 13:19.2     | 2:28.6     | 6:41.6           | 4:09.8         |
| 28 POLL, Berk             | 7         | MS_Mid-Prairie   | 24           | 13:20.8     | 2:30.2     | 6:42.4           | 4:10.2         |
| 29 WEGNER, Graham         | 7         | MS_Monticello    | 25           | 13:40.7     | 2:50.1     | 6:52.4           | 4:16.5         |
| 30 LYNN, Cruz             | 7         | MS_Alburnett     | 26           | 13:43.3     | 2:52.7     | 6:53.7           | 4:17.3         |
| 31 JEFFRIES, Mason        | 7         | MS_Tipton ms     | 27           | 13:44.4     | 2:53.8     | 6:54.3           | 4:17.6         |
| 32 BAXTER, Owen           | 7         | MS_Alburnett     | 28           | 13:47.0     | 2:56.4     | 6:55.6           | 4:18.4         |
| 33 KNIPPER, Caleb         | 7         | MS_Beckman Cath  | 29           | 13:49.2     | 2:58.6     | 6:56.7           | 4:19.1         |
| 34 MAROLF, Raylan         | 8         | MS_Wilton        | 30           | 13:50.6     | 3:00.0     | 6:57.4           | 4:19.6         |
| 35 READE, Isaac           | 7         | MS_Monticello    | (31)         | 13:51.3     | 3:00.7     | 6:57.7           | 4:19.8         |
| 36 ALTHOFF, Higdon        | 7         | MS_Monticello    | (32)         | 13:52.2     | 3:01.6     | 6:58.2           | 4:20.1         |
| 37 CHERRYHOLMES, Gavin    | 7         | MS_Beckman Cath  | (33)         | 13:52.5     | 3:01.9     | 6:58.3           | 4:20.2         |
| 38 HINCKLEY, Andrew       | 8         | MS_Regina        | 34           | 13:57.9     | 3:07.3     | 7:01.1           | 4:21.8         |
| 39 KNOX, Jaxson           | 7         | MS_Tipton ms     | 35           | 14:07.1     | 3:16.5     | 7:05.7           | 4:24.7         |
| 40 JOHNSON, Charlie       | 8         | MS_Regina        | 36           | 14:11.7     | 3:21.1     | 7:08.0           | 4:26.2         |
| 41 SHAHI, Satvik          | 8         | MS_Regina        | 37           | 14:12.8     | 3:22.2     | 7:08.5           | 4:26.5         |
| 42 FRANK, Lincoln         | 7         | MS_Alburnett     | (38)         | 14:17.1     | 3:26.5     | 7:10.7           | 4:27.8         |
| 43 LARIMER, Dalton        | 8         | MS_Alburnett     | (39)         | 14:17.9     | 3:27.3     | 7:11.1           | 4:28.1         |
| 44 MARTINEZ, Jean         | 7         | MS_West Liberty  | -            | 14:19.2     | 3:28.6     | 7:11.8           | 4:28.5         |
| 45 LIDDELL, Josiah        | 7         | MS_Mid-Prairie   | 40           | 14:20.0     | 3:29.4     | 7:12.2           | 4:28.8         |
| 46 BACON, Knox            | 7         | MS_Monticello    | -            | 14:20.0     | 3:29.4     | 7:12.2           | 4:28.8         |
| 47 BENNION, Donovan       | 8         | MS_Regina        | (41)         | 14:20.9     | 3:30.3     | 7:12.6           | 4:29.0         |
| 48 FELTES, Soloman        | 7         | MS_Mid-Prairie   | (42)         | 14:22.2     | 3:31.6     | 7:13.3           | 4:29.4         |
| 49 GRAVERT, Cody          | 7         | MS_Camanche      | -            | 14:25.8     | 3:35.2     | 7:15.1           | 4:30.6         |
| 50 RODGERS, Jackson       | 8         | MS_Mid-Prairie   | (43)         | 14:27.1     | 3:36.5     | 7:15.7           | 4:31.0         |
| 51 JENNINGS, Kellan       | 7         | MS_Regina        | (44)         | 14:30.3     | 3:39.7     | 7:17.3           | 4:32.0         |
| 52 DOTY, Kayden           | 8         | MS_Northeast Goo | 45           | 14:32.5     | 3:41.9     | 7:18.4           | 4:32.7         |
| 53 CULVER, Tripp          | 7         | MS_Anamosa       | 46           | 14:33.1     | 3:42.5     | 7:18.7           | 4:32.8         |
| 54 ANDREESSEN, Conner     | 7         | MS_Anamosa       | (47)         | 14:37.8     | 3:47.2     | 7:21.1           | 4:34.3         |
| 55 WEAVER, Aydin          | 7         | MS_Anamosa       | (48)         | 14:41.4     | 3:50.8     | 7:22.9           | 4:35.4         |
| 56 HOFFMAN, Isaak         | 7         | MS_Regina        | -            | 14:50.5     | 3:59.9     | 7:27.5           | 4:38.3         |
| 57 VELASCO VARGAS, Adrian | 7         | MS_West Liberty  | -            | 14:51.1     | 4:00.5     | 7:27.8           | 4:38.5         |
| 58 KEISTER, Liam          | 7         | MS_Anamosa       | -            | 14:53.8     | 4:03.2     | 7:29.1           | 4:39.3         |
| 59 WEAVER, Bruce          | 7         | MS_Anamosa       | -            | 14:55.9     | 4:05.3     | 7:30.2           | 4:40.0         |
| 60 WILHELM, Henry         | 8         | MS_Regina        | -            | 14:56.1     | 4:05.5     | 7:30.3           | 4:40.0         |
| 61 KOPPES, Cade           | 8         | MS_Alburnett     | -            | 15:02.0     | 4:11.4     | 7:33.3           | 4:41.9         |
| 62 NAZARALA, Karim        | 8         | MS_Mid-Prairie   | -            | 15:02.8     | 4:12.2     | 7:33.7           | 4:42.1         |
| 63 KENT, Ollie            | 7         | MS_Anamosa       | -            | 15:10.8     | 4:20.2     | 7:37.7           | 4:44.6         |
| 64 JASPERING, Aven        | 8         | MS_Mid-Prairie   | -            | 15:11.4     | 4:20.8     | 7:38.0           | 4:44.8         |
| 65 OVERY, Jeremy          | 8         | MS_Mid-Prairie   | -            | 15:13.5     | 4:22.9     | 7:39.0           | 4:45.5         |
| 66 SALRIN, Nathan         | 8         | MS_Beckman Cath  | (49)         | 15:15.2     | 4:24.6     | 7:39.9           | 4:46.0         |
| 67 MILLER, Easton         | 8         | MS_Mid-Prairie   | -            | 15:15.2     | 4:24.6     | 7:39.9           | 4:46.0         |
| 68 MYERS, Eli             | 8         | MS_Alburnett     | -            | 15:16.5     | 4:25.9     | 7:40.6           | 4:46.4         |
| 69 FERRY, Vincent         | 7         | MS_Monticello    | -            | 15:17.4     | 4:26.8     | 7:41.0           | 4:46.7         |
| 70 TURNER, Manny          | 7         | MS_Tipton ms     | (50)         | 15:21.8     | 4:31.2     | 7:43.2           | 4:48.1         |
| 71 THOMAS, Paul           | 7         | MS_Regina        | -            | 15:26.1     | 4:35.5     | 7:45.4           | 4:49.4         |

**2025 RIVER VALLEY CONFERENCE XC MEET**

Iowa City, IA  
 Kickers Soccer Complex  
 Host: River Valley Conference  
 Tuesday, October 14, 2025

**MEET OFFICIALS**

**Meet Director:**  
 Cascade High School  
**Timing:**  
 B&W Racing Services



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**Race #2**  
**MS Boys 2 Miles**

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

| Athlete              | YR | Team             | Score | Time    | Gap    | Avg. Mile | Avg. kM |
|----------------------|----|------------------|-------|---------|--------|-----------|---------|
| 72 EDWARDS, Kade     | 8  | MS_Wilton        | (51)  | 15:45.1 | 4:54.5 | 7:54.9    | 4:55.3  |
| 73 GROEN, Levi       | 8  | MS_Alburnett     | -     | 15:47.6 | 4:57.0 | 7:56.2    | 4:56.1  |
| 74 HUNT, Cole        | 7  | MS_Alburnett     | -     | 15:49.1 | 4:58.5 | 7:56.9    | 4:56.6  |
| 75 ANDERSON, Ricky   | 7  | MS_Alburnett     | -     | 15:56.2 | 5:05.6 | 8:00.5    | 4:58.8  |
| 76 POPEJOY, David    | 7  | MS_Mid-Prairie   | -     | 16:05.1 | 5:14.5 | 8:05.0    | 5:01.6  |
| 77 FRIEDERICK, Sven  | 7  | MS_Monticello    | -     | 16:14.3 | 5:23.7 | 8:09.6    | 5:04.5  |
| 78 BRAUN, Tim        | 7  | MS_Beckman Cath  | -     | 16:15.6 | 5:25.0 | 8:10.3    | 5:04.9  |
| 79 MARQUIS, Jordan   | 7  | MS_Wilton        | (52)  | 16:16.3 | 5:25.7 | 8:10.6    | 5:05.1  |
| 80 HARTZLER, Charlie | 7  | MS_Regina        | -     | 16:20.6 | 5:30.0 | 8:12.8    | 5:06.4  |
| 81 SMITH, Bodin      | 8  | MS_Monticello    | -     | 16:20.8 | 5:30.2 | 8:12.9    | 5:06.5  |
| 82 CARSTENSEN, Dax   | 7  | MS_Camanche      | -     | 16:22.1 | 5:31.5 | 8:13.5    | 5:06.9  |
| 83 LUECK, Wyatt      | 8  | MS_Beckman Cath  | -     | 16:31.7 | 5:41.1 | 8:18.3    | 5:09.9  |
| 84 MOHLING, Nolan    | 8  | MS_Mid-Prairie   | -     | 16:35.6 | 5:45.0 | 8:20.3    | 5:11.1  |
| 85 MILLER, Bryce     | 7  | MS_Mid-Prairie   | -     | 16:39.4 | 5:48.8 | 8:22.2    | 5:12.3  |
| 86 HOUZENG, Jaxson   | 7  | MS_Northeast Goo | 53    | 16:40.1 | 5:49.5 | 8:22.6    | 5:12.5  |
| 87 JOHNSON, Corey    | 8  | MS_Maquoketa     | 54    | 16:53.9 | 6:03.3 | 8:29.5    | 5:16.8  |
| 88 WHITLATCH, Dylan  | 7  | MS_Tipton ms     | (55)  | 16:59.1 | 6:08.5 | 8:32.1    | 5:18.5  |
| 89 LECKBAND, Finn    | 8  | MS_Regina        | -     | 16:59.8 | 6:09.2 | 8:32.5    | 5:18.7  |
| 90 DETERMAN, Joel    | 7  | MS_Camanche      | -     | 17:05.8 | 6:15.2 | 8:35.5    | 5:20.6  |
| 91 YOUNG, Greg       | 7  | MS_Maquoketa     | 56    | 17:11.6 | 6:21.0 | 8:38.4    | 5:22.4  |
| 92 SCHNEIDER, Victor | 7  | MS_Beckman Cath  | -     | 17:22.6 | 6:32.0 | 8:43.9    | 5:25.8  |
| 93 MOORE, Cassidy    | 7  | MS_Maquoketa     | (57)  | 17:35.0 | 6:44.4 | 8:50.2    | 5:29.7  |
| 94 SEALE, Joshua     | 7  | MS_Mid-Prairie   | -     | 17:41.4 | 6:50.8 | 8:53.4    | 5:31.7  |
| 95 NISSLEY, Moses    | 7  | MS_Tipton ms     | -     | 17:44.5 | 6:53.9 | 8:54.9    | 5:32.7  |
| 96 WESTHOFF, Elijah  | 8  | MS_Beckman Cath  | -     | 17:46.5 | 6:55.9 | 8:55.9    | 5:33.3  |
| 97 HARTWIG, Luke     | 7  | MS_Anamosa       | -     | 18:26.7 | 7:36.1 | 9:16.1    | 5:45.8  |
| 98 DUDZIK, Jimmy     | 7  | MS_Beckman Cath  | -     | 18:50.9 | 8:00.3 | 9:28.3    | 5:53.4  |

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Iowa City, IA  
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**MEET OFFICIALS**

**Meet Director:**  
Cascade High School  
**Timing:**  
B&W Racing Services



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**Race #3**  
**High School Girls 5K**

**Final Results****TEAM SCORING SUMMARY**

| Final Standings              | Score | Scoring Order          | Total   | Spread |
|------------------------------|-------|------------------------|---------|--------|
| 1 Mid-Prairie Wellman        | 45    | 2-7-10-12-14(17)(30)   | 1:45:00 | 1:50.1 |
| 2 Tipton                     | 74    | 5-8-13-20-28(38)(47)   | 1:48:30 | 1:55.9 |
| 3 Monticello                 | 79    | 1-6-22-23-27(36)(40)   | 1:47:59 | 3:22.5 |
| 4 Wilton                     | 140   | 9-11-26-41-53(60)(73)  | 1:53:55 | 3:32.6 |
| 5 Alburnett                  | 141   | 16-19-33-34-39(44)(51) | 1:53:26 | 1:25.7 |
| 6 Cascade Western Dubuqu     | 174   | 3-24-43-49-55(56)      | 1:55:56 | 5:28.4 |
| 7 Anamosa                    | 181   | 4-31-32-52-62(63)(64)  | 1:57:31 | 5:07.1 |
| 8 Northeast Goose Lake       | 188   | 18-29-37-45-59(74)     | 1:57:45 | 3:40.4 |
| 9 Regina Iowa City           | 219   | 21-35-48-57-58(61)(65) | 2:01:02 | 3:21.3 |
| 10 Beckman Catholic Dyersvil | 220   | 15-42-46-50-67(68)(69) | 2:00:43 | 5:12.5 |
| 11 Bellevue                  | 286   | 25-54-66-70-71(72)     | 2:09:53 | 4:58.7 |
| DNP West Liberty             |       |                        |         |        |
| DNP Maquoketa                |       |                        |         |        |
| DNP Durant                   |       |                        |         |        |
| DNP Camanche                 |       |                        |         |        |

**INDIVIDUAL RESULTS**

| Athlete                | YR | Team               | Score | Time    | Gap    | Avg. Mile | Avg. kM |
|------------------------|----|--------------------|-------|---------|--------|-----------|---------|
| 1 HARDIN, Izzy         | SR | Maquoketa          | -     | 17:58.6 | ---    | 5:46.8    | 3:35.7  |
| 2 LYONS, Mary Grace    | FR | Monticello         | 1     | 19:23.9 | 1:25.3 | 6:14.2    | 3:52.8  |
| 3 STUTZMAN, Brooklyn   | JR | Mid-Prairie Wellma | 2     | 19:43.3 | 1:44.7 | 6:20.5    | 3:56.7  |
| 4 KELCHEN, Hallie      | SR | Cascade Western D  | 3     | 19:58.5 | 1:59.9 | 6:25.4    | 3:59.7  |
| 5 HOMAN, Delany        | JR | Camanche           | -     | 20:07.1 | 2:08.5 | 6:28.1    | 4:01.4  |
| 6 LLOYD, Mason         | FR | Anamosa            | 4     | 20:50.8 | 2:52.2 | 6:42.2    | 4:10.2  |
| 7 HEIN, Ella           | JR | Tipton             | 5     | 20:51.3 | 2:52.7 | 6:42.3    | 4:10.3  |
| 8 RIES, Peyton         | JR | Monticello         | 6     | 20:57.8 | 2:59.2 | 6:44.4    | 4:11.6  |
| 9 BUTTZ, Riley         | SO | Maquoketa          | -     | 20:58.0 | 2:59.4 | 6:44.5    | 4:11.6  |
| 10 BROKAW, Tessa       | SO | Mid-Prairie Wellma | 7     | 20:58.6 | 3:00.0 | 6:44.7    | 4:11.7  |
| 11 BODECKER, Mya       | JR | Tipton             | 8     | 21:06.5 | 3:07.9 | 6:47.2    | 4:13.3  |
| 12 GUERRA, Addison     | JR | West Liberty       | -     | 21:07.3 | 3:08.7 | 6:47.5    | 4:13.5  |
| 13 CUMMINGS, Audrey    | SR | Wilton             | 9     | 21:17.8 | 3:19.2 | 6:50.9    | 4:15.6  |
| 14 HOSTETLER, Rachel   | SO | Mid-Prairie Wellma | 10    | 21:22.2 | 3:23.6 | 6:52.3    | 4:16.4  |
| 15 WAGAMAN, Natalie    | FR | Wilton             | 11    | 21:22.3 | 3:23.7 | 6:52.3    | 4:16.5  |
| 16 WALLINGTON, Rebekah | SR | Mid-Prairie Wellma | 12    | 21:22.4 | 3:23.8 | 6:52.3    | 4:16.5  |
| 17 COSTELLO, Lucy      | FR | Tipton             | 13    | 21:30.9 | 3:32.3 | 6:55.1    | 4:18.2  |
| 18 RODGERS, Hannah     | SR | Mid-Prairie Wellma | 14    | 21:33.4 | 3:34.8 | 6:55.9    | 4:18.7  |
| 19 DOMEYER, Autumn     | JR | Beckman Catholic   | 15    | 21:43.8 | 3:45.2 | 6:59.2    | 4:20.8  |
| 20 WICKMAN, Morgan     | SO | Alburnett          | 16    | 21:52.5 | 3:53.9 | 7:02.0    | 4:22.5  |
| 21 POLL, Kyrie         | JR | Mid-Prairie Wellma | (17)  | 22:01.9 | 4:03.3 | 7:05.0    | 4:24.4  |
| 22 CASELLAS, Jana      | JR | Northeast Goose La | 18    | 22:03.3 | 4:04.7 | 7:05.5    | 4:24.7  |
| 23 MCGRAW, Josie       | SO | Alburnett          | 19    | 22:09.3 | 4:10.7 | 7:07.4    | 4:25.9  |
| 24 FITZGERALD, Alexa   | JR | Tipton             | 20    | 22:13.9 | 4:15.3 | 7:08.9    | 4:26.8  |
| 25 ERWIN, Harper       | SR | Regina Iowa City   | 21    | 22:21.0 | 4:22.4 | 7:11.2    | 4:28.2  |

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**Race #3**  
**High School Girls 5K**

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

| Athlete                    | YR | Team               | Score | Time    | Gap    | Avg. Mile | Avg. kM |
|----------------------------|----|--------------------|-------|---------|--------|-----------|---------|
| 26 GOMEZ, Mia              | FR | Monticello         | 22    | 22:23.3 | 4:24.7 | 7:11.9    | 4:28.7  |
| 27 VERHAGEN, Emmy          | JR | Monticello         | 23    | 22:26.9 | 4:28.3 | 7:13.1    | 4:29.4  |
| 28 TOPPING, Addy           | SO | Cascade Western D  | 24    | 22:27.4 | 4:28.8 | 7:13.2    | 4:29.5  |
| 29 SCHECKEL, Kenzingten    | SO | Bellevue           | 25    | 22:36.7 | 4:38.1 | 7:16.2    | 4:31.3  |
| 30 KELLEY, Addyson         | SO | Wilton             | 26    | 22:45.9 | 4:47.3 | 7:19.2    | 4:33.2  |
| 31 SCHEMMEL, Leah          | SR | Monticello         | 27    | 22:46.4 | 4:47.8 | 7:19.4    | 4:33.3  |
| 32 SEYDEL, Chloeie         | SO | Tipton             | 28    | 22:47.2 | 4:48.6 | 7:19.6    | 4:33.4  |
| 33 HANSEN, Teryn           | SR | Northeast Goose La | 29    | 22:50.6 | 4:52.0 | 7:20.7    | 4:34.1  |
| 34 POLL, Nikkari           | FR | Mid-Prairie Wellma | (30)  | 22:52.4 | 4:53.8 | 7:21.3    | 4:34.5  |
| 35 OLTMANNS, Lauren        | JR | Anamosa            | 31    | 22:55.3 | 4:56.7 | 7:22.2    | 4:35.1  |
| 36 EBENSBERGER, Datonia    | SO | Camanche           | -     | 22:57.0 | 4:58.4 | 7:22.8    | 4:35.4  |
| 37 LADUE, Brylee           | FR | Anamosa            | 32    | 22:59.6 | 5:01.0 | 7:23.6    | 4:35.9  |
| 38 CRIST, Esme             | JR | Alburnett          | 33    | 22:59.6 | 5:01.0 | 7:23.6    | 4:35.9  |
| 39 KROHSE, Kaitlyn         | SO | Alburnett          | 34    | 23:05.9 | 5:07.3 | 7:25.6    | 4:37.2  |
| 40 WINDERS, Etta           | SO | Regina Iowa City   | 35    | 23:09.4 | 5:10.8 | 7:26.8    | 4:37.9  |
| 41 KEARNEY, Bri            | SR | Monticello         | (36)  | 23:12.6 | 5:14.0 | 7:27.8    | 4:38.5  |
| 42 SCHNEIDER, Eva          | FR | Northeast Goose La | 37    | 23:14.3 | 5:15.7 | 7:28.3    | 4:38.9  |
| 43 MENTE, Addison          | SO | Tipton             | (38)  | 23:16.5 | 5:17.9 | 7:29.0    | 4:39.3  |
| 44 MCGRAW, Carly           | SR | Alburnett          | 39    | 23:18.2 | 5:19.6 | 7:29.6    | 4:39.6  |
| 45 IHNS, Charlotte         | SO | Maquoketa          | -     | 23:26.0 | 5:27.4 | 7:32.1    | 4:41.2  |
| 46 STADTMUELLER, Katie     | JR | Monticello         | (40)  | 23:35.5 | 5:36.9 | 7:35.1    | 4:43.1  |
| 47 COSS, Audra             | SR | Wilton             | 41    | 23:38.1 | 5:39.5 | 7:36.0    | 4:43.6  |
| 48 CHIANG, Ella            | JR | Mid-Prairie Wellma | -     | 23:43.0 | 5:44.4 | 7:37.6    | 4:44.6  |
| 49 TRUMM, Vivian           | FR | Beckman Catholic   | 42    | 23:45.3 | 5:46.7 | 7:38.3    | 4:45.1  |
| 50 SUPPLE, Lilly           | SR | Cascade Western D  | 43    | 23:47.0 | 5:48.4 | 7:38.8    | 4:45.4  |
| 51 FORD, Nora              | SR | Alburnett          | (44)  | 23:52.1 | 5:53.5 | 7:40.5    | 4:46.4  |
| 52 BLANCHARD, Claire       | FR | Northeast Goose La | 45    | 23:53.0 | 5:54.4 | 7:40.8    | 4:46.6  |
| 53 WOMER, Lillian (Lillie) | SO | Beckman Catholic   | 46    | 23:53.1 | 5:54.5 | 7:40.8    | 4:46.6  |
| 54 DEHR, Madelyn           | JR | West Liberty       | -     | 23:53.6 | 5:55.0 | 7:41.0    | 4:46.7  |
| 55 JEFFRIES, Averi         | FR | Tipton             | (47)  | 24:10.0 | 6:11.4 | 7:46.2    | 4:50.0  |
| 56 JOHNSON, Ellie          | SR | Regina Iowa City   | 48    | 24:14.2 | 6:15.6 | 7:47.6    | 4:50.8  |
| 57 GREEN, Ella             | FR | Cascade Western D  | 49    | 24:15.9 | 6:17.3 | 7:48.1    | 4:51.2  |
| 58 DRISCOLL, Jaclynne      | FR | Tipton             | -     | 24:18.8 | 6:20.2 | 7:49.1    | 4:51.8  |
| 59 PITZ, Miya              | SO | Beckman Catholic   | 50    | 24:23.6 | 6:25.0 | 7:50.6    | 4:52.7  |
| 60 HEIN, Elise             | JR | Durant             | -     | 24:24.0 | 6:25.4 | 7:50.7    | 4:52.8  |
| 61 JANECEK, Averi          | SO | Mid-Prairie Wellma | -     | 24:39.0 | 6:40.4 | 7:55.6    | 4:55.8  |
| 62 KELLEY, Leah            | FR | Mid-Prairie Wellma | -     | 24:39.0 | 6:40.4 | 7:55.6    | 4:55.8  |
| 63 LANDA, Ingrid           | SR | Alburnett          | (51)  | 24:45.4 | 6:46.8 | 7:57.6    | 4:57.1  |
| 64 SUNDSTROM, Kjersten     | FR | Anamosa            | 52    | 24:47.0 | 6:48.4 | 7:58.1    | 4:57.4  |
| 65 KELLEY, Madison         | SO | Wilton             | 53    | 24:50.4 | 6:51.8 | 7:59.2    | 4:58.1  |
| 66 SCHECKEL, Makinley      | SO | Bellevue           | 54    | 25:17.7 | 7:19.1 | 8:08.0    | 5:03.5  |
| 67 BOYLE, Sarah            | SO | Cascade Western D  | 55    | 25:26.9 | 7:28.3 | 8:11.0    | 5:05.4  |
| 68 CONRAD, Carley          | SO | Cascade Western D  | (56)  | 25:27.2 | 7:28.6 | 8:11.1    | 5:05.4  |
| 69 O'ROURKE, Caroline      | FR | Regina Iowa City   | 57    | 25:34.4 | 7:35.8 | 8:13.4    | 5:06.9  |
| 70 CONTRERAS, Sofia        | FR | Regina Iowa City   | 58    | 25:42.3 | 7:43.7 | 8:15.9    | 5:08.5  |
| 71 BURKEN, Rieley          | SR | Northeast Goose La | 59    | 25:43.7 | 7:45.1 | 8:16.4    | 5:08.7  |

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**Race #3**  
**High School Girls 5K**

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

| Athlete                    | YR | Team               | Score | Time    | Gap     | Avg. Mile | Avg. kM |
|----------------------------|----|--------------------|-------|---------|---------|-----------|---------|
| 72 MCKITTRICK, Kiara       | FR | Wilton             | (60)  | 25:52.2 | 7:53.6  | 8:19.1    | 5:10.4  |
| 73 HARTZLER, Josie         | SO | Regina Iowa City   | (61)  | 25:57.7 | 7:59.1  | 8:20.9    | 5:11.5  |
| 74 MUELLER, Izzy           | SO | Alburnett          | -     | 25:57.7 | 7:59.1  | 8:20.9    | 5:11.5  |
| 75 GORMAN, Emily           | SO | Anamosa            | 62    | 25:57.9 | 7:59.3  | 8:20.9    | 5:11.6  |
| 76 SUNDSTROM, Kathryne     | JR | Anamosa            | (63)  | 26:03.9 | 8:05.3  | 8:22.9    | 5:12.8  |
| 77 EMBREE, Hadley          | SO | Anamosa            | (64)  | 26:07.6 | 8:09.0  | 8:24.1    | 5:13.5  |
| 78 GOLDSMITH, Ciara        | FR | Regina Iowa City   | (65)  | 26:16.6 | 8:18.0  | 8:26.9    | 5:15.3  |
| 79 GONZALEZ, Angelly       | SR | West Liberty       | -     | 26:32.7 | 8:34.1  | 8:32.1    | 5:18.5  |
| 80 RICHARDSON, Jocelynn    | JR | Durant             | -     | 26:36.3 | 8:37.7  | 8:33.3    | 5:19.3  |
| 81 ISKE, Elle              | SO | West Liberty       | -     | 26:41.3 | 8:42.7  | 8:34.9    | 5:20.3  |
| 82 SAFLY, Alaina           | SR | Mid-Prairie Wellma | -     | 26:44.0 | 8:45.4  | 8:35.8    | 5:20.8  |
| 83 SMITH, Adeline          | SO | Regina Iowa City   | -     | 26:47.4 | 8:48.8  | 8:36.8    | 5:21.5  |
| 84 LEIBFRIED, Bella        | JR | Bellevue           | 66    | 26:49.6 | 8:51.0  | 8:37.6    | 5:21.9  |
| 85 MILLER, Stella          | FR | Mid-Prairie Wellma | -     | 26:52.5 | 8:53.9  | 8:38.5    | 5:22.5  |
| 86 SCHNEIDER, Andrea       | JR | Beckman Catholic   | 67    | 26:56.3 | 8:57.7  | 8:39.7    | 5:23.3  |
| 87 DUDZIK, Sara            | FR | Beckman Catholic   | (68)  | 26:57.0 | 8:58.4  | 8:39.9    | 5:23.4  |
| 88 STORBECK, Hannah        | SR | Alburnett          | -     | 26:59.8 | 9:01.2  | 8:40.8    | 5:24.0  |
| 89 KATRICHIS, Isabella     | FR | Beckman Catholic   | (69)  | 27:08.0 | 9:09.4  | 8:43.5    | 5:25.6  |
| 90 TROLL, Claire           | FR | Regina Iowa City   | -     | 27:08.5 | 9:09.9  | 8:43.6    | 5:25.7  |
| 91 KNIPPER, Allison        | JR | Beckman Catholic   | -     | 27:15.7 | 9:17.1  | 8:45.9    | 5:27.1  |
| 92 ZIMMERMAN, Ava          | SR | Monticello         | -     | 27:17.7 | 9:19.1  | 8:46.6    | 5:27.5  |
| 93 BEANBLOSSUM, Jasmine    | FR | Monticello         | -     | 27:22.2 | 9:23.6  | 8:48.0    | 5:28.4  |
| 94 RECKER, Zoe             | JR | Beckman Catholic   | -     | 27:29.1 | 9:30.5  | 8:50.3    | 5:29.8  |
| 95 DUESING, Melanie        | FR | Bellevue           | 70    | 27:33.1 | 9:34.5  | 8:51.5    | 5:30.6  |
| 96 SPRANK, Brooke          | FR | Bellevue           | 71    | 27:35.4 | 9:36.8  | 8:52.3    | 5:31.1  |
| 97 BOHL, Isabella          | SO | Alburnett          | -     | 27:36.6 | 9:38.0  | 8:52.7    | 5:31.3  |
| 98 GILCHRIST, Ella         | SO | Alburnett          | -     | 27:37.3 | 9:38.7  | 8:52.9    | 5:31.5  |
| 99 KONRARDY, Elyse         | FR | Beckman Catholic   | -     | 27:37.4 | 9:38.8  | 8:52.9    | 5:31.5  |
| 100 GAVIN, Betsy           | SO | Regina Iowa City   | -     | 27:47.0 | 9:48.4  | 8:56.0    | 5:33.4  |
| 101 ROBERTS, Ariani        | FR | Bellevue           | (72)  | 27:48.6 | 9:50.0  | 8:56.5    | 5:33.7  |
| 102 ONKEN, Lorelai         | FR | Regina Iowa City   | -     | 28:16.8 | 10:18.2 | 9:05.6    | 5:39.4  |
| 103 FOGG, Larkyn           | JR | Tipton             | -     | 28:21.3 | 10:22.7 | 9:07.0    | 5:40.3  |
| 104 SARAZIN, Jenna         | FR | Alburnett          | -     | 28:25.7 | 10:27.1 | 9:08.5    | 5:41.1  |
| 105 BESLER, Meghan         | JR | Monticello         | -     | 29:44.5 | 11:45.9 | 9:33.8    | 5:56.9  |
| 106 WUNDERLICH, Samantha   | JR | Mid-Prairie Wellma | -     | 29:56.7 | 11:58.1 | 9:37.7    | 5:59.3  |
| 107 MILLER, Rylee          | FR | Wilton             | (73)  | 30:19.2 | 12:20.6 | 9:45.0    | 6:03.8  |
| 108 NELSON, Ella           | JR | Maquoketa          | -     | 30:26.3 | 12:27.7 | 9:47.2    | 6:05.3  |
| 109 LERMA, Delilah         | FR | Durant             | -     | 30:35.0 | 12:36.4 | 9:50.0    | 6:07.0  |
| 110 BESLER, Avary          | JR | Anamosa            | -     | 30:58.8 | 13:00.2 | 9:57.7    | 6:11.8  |
| 111 WHITSON, Leah          | SR | Anamosa            | -     | 30:58.9 | 13:00.3 | 9:57.7    | 6:11.8  |
| 112 FORT, Audrey           | SR | Anamosa            | -     | 30:59.0 | 13:00.4 | 9:57.7    | 6:11.8  |
| 113 ROSS, Paige            | FR | Camanche           | -     | 32:23.1 | 14:24.5 | 10:24.8   | 6:28.6  |
| 114 GEISTKEMPER, Gabrielle | FR | Beckman Catholic   | -     | 32:27.0 | 14:28.4 | 10:26.0   | 6:29.4  |
| 115 WUNDERLICH, Gwen       | SO | Mid-Prairie Wellma | -     | 32:51.7 | 14:53.1 | 10:34.0   | 6:34.3  |
| 116 SWIFT, Skyler          | SO | Mid-Prairie Wellma | -     | 34:22.1 | 16:23.5 | 11:03.1   | 6:52.4  |
| 117 KROHSE, Abigail        | SR | Alburnett          | -     | 36:53.8 | 18:55.2 | 11:51.8   | 7:22.8  |

2025 RIVER VALLEY CONFERENCE XC MEET  
Iowa City, IA  
Kickers Soccer Complex  
Host: River Valley Conference  
Tuesday, October 14, 2025

MEET OFFICIALS  
Meet Director:  
Cascade High School  
Timing:  
B&W Racing Services



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**Race #3**  
**High School Girls 5K**

**Final Results**

INDIVIDUAL RESULTS (cont'd)

| Athlete           | YR | Team               | Score | Time    | Gap     | Avg. Mile | Avg. kM |
|-------------------|----|--------------------|-------|---------|---------|-----------|---------|
| 118 CUDNEY, Lilly | SR | Northeast Goose La | (74)  | 38:37.6 | 20:39.0 | 12:25.2   | 7:43.5  |

**2025 RIVER VALLEY CONFERENCE XC MEET**

Iowa City, IA  
 Kickers Soccer Complex  
 Host: River Valley Conference  
 Tuesday, October 14, 2025

**MEET OFFICIALS**

**Meet Director:**  
 Cascade High School  
**Timing:**  
 B&W Racing Services



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**Race #4**  
**High School Boys 5K**

**Final Results****TEAM SCORING SUMMARY**

| Final Standings             | Score | Scoring Order          | Total   | Spread |
|-----------------------------|-------|------------------------|---------|--------|
| 1 Beckman Catholic Dyersvil | 70    | 2-9-10-18-31(42)(56)   | 1:29:30 | 1:20.9 |
| 2 Tipton                    | 88    | 4-11-12-29-32(47)(50)  | 1:30:05 | 1:14.9 |
| 3 Anamosa                   | 98    | 7-8-15-20-48(64)(74)   | 1:30:46 | 1:31.7 |
| 4 Monticello                | 117   | 5-14-26-28-44(45)(46)  | 1:31:16 | 1:34.1 |
| 5 Alburnett                 | 131   | 6-16-19-39-51(65)(66)  | 1:31:43 | 1:43.3 |
| 6 West Liberty              | 137   | 3-17-22-41-54(70)(72)  | 1:31:54 | 2:01.8 |
| 7 Regina Iowa City          | 152   | 23-27-33-34-35(36)(38) | 1:32:53 | 0:12.1 |
| 8 Mid-Prairie Wellman       | 154   | 1-24-25-43-61(67)(71)  | 1:32:42 | 2:40.1 |
| 9 Bellevue                  | 241   | 21-52-53-55-60(69)(76) | 1:35:50 | 1:20.8 |
| 10 Maquoketa                | 287   | 30-37-59-75-86         | 1:43:37 | 6:50.7 |
| 11 Wilton                   | 302   | 13-58-73-78-80(84)     | 1:43:07 | 4:57.0 |
| 12 Durant                   | 319   | 49-62-63-68-77(81)(82) | 1:41:07 | 3:05.0 |
| 13 Northeast Goose Lake     | 344   | 40-57-79-83-85(87)(88) | 1:50:25 | 5:57.1 |
| DNP Cascade Western Dubuqu  |       |                        |         |        |
| DNP Camanche                |       |                        |         |        |

**INDIVIDUAL RESULTS**

| Athlete                 | YR | Team               | Score | Time    | Gap    | Avg. Mile | Avg. kM |
|-------------------------|----|--------------------|-------|---------|--------|-----------|---------|
| 1 SWARTZENTRUBER, Max   | JR | Mid-Prairie Wellma | 1     | 17:03.0 | ---    | 5:28.9    | 3:24.6  |
| 2 SCHLARMANN, Andrew    | SR | Beckman Catholic   | 2     | 17:11.0 | 8.0    | 5:31.5    | 3:26.2  |
| 3 MERAZ, Carlos         | SO | West Liberty       | 3     | 17:13.5 | 10.5   | 5:32.3    | 3:26.7  |
| 4 BOHLMANN, Caleb       | SR | Tipton             | 4     | 17:18.2 | 15.2   | 5:33.8    | 3:27.6  |
| 5 ALTHOFF, Aedan        | SR | Monticello         | 5     | 17:23.2 | 20.2   | 5:35.4    | 3:28.6  |
| 6 GUSTAFSON, Hayden     | SR | Alburnett          | 6     | 17:28.6 | 25.6   | 5:37.2    | 3:29.7  |
| 7 WEERS, Nolan          | SO | Anamosa            | 7     | 17:38.7 | 35.7   | 5:40.4    | 3:31.7  |
| 8 BURRELL, Jackson      | SO | Anamosa            | 8     | 17:40.5 | 37.5   | 5:41.0    | 3:32.1  |
| 9 DUDZIK, Danny         | SR | Beckman Catholic   | 9     | 17:47.1 | 44.1   | 5:43.1    | 3:33.4  |
| 10 GOERDT, Steffen      | JR | Beckman Catholic   | 10    | 17:48.9 | 45.9   | 5:43.7    | 3:33.8  |
| 11 GIESE, Everett       | SR | Tipton             | 11    | 17:49.6 | 46.6   | 5:43.9    | 3:33.9  |
| 12 MILLER, Cyson        | FR | Tipton             | 12    | 17:52.2 | 49.2   | 5:44.8    | 3:34.4  |
| 13 ALDLFINGER, Liam     | SR | Wilton             | 13    | 17:53.1 | 50.1   | 5:45.0    | 3:34.6  |
| 14 ARRIAGA-RANGEL, Alan | JR | Monticello         | 14    | 17:53.8 | 50.8   | 5:45.3    | 3:34.8  |
| 15 LASACK, Parker       | JR | Anamosa            | 15    | 17:56.9 | 53.9   | 5:46.3    | 3:35.4  |
| 16 OSSMAN, Logan        | SR | Alburnett          | 16    | 17:59.6 | 56.6   | 5:47.1    | 3:35.9  |
| 17 DAVIS, Carter        | JR | Camanche           | -     | 18:04.9 | 1:01.9 | 5:48.8    | 3:37.0  |
| 18 JUAREZ, Jonathan     | JR | West Liberty       | 17    | 18:09.5 | 1:06.5 | 5:50.3    | 3:37.9  |
| 19 SCHLARMANN, Nathan   | SO | Beckman Catholic   | 18    | 18:10.7 | 1:07.7 | 5:50.7    | 3:38.1  |
| 20 ELLIS, Cashton       | FR | Alburnett          | 19    | 18:17.0 | 1:14.0 | 5:52.7    | 3:39.4  |
| 21 APPELHANS, Garrett   | SO | Anamosa            | 20    | 18:18.9 | 1:15.9 | 5:53.3    | 3:39.8  |
| 22 SULLIVAN, Brody      | JR | Bellevue           | 21    | 18:20.2 | 1:17.2 | 5:53.8    | 3:40.0  |
| 23 MAURER, Maddex       | FR | West Liberty       | 22    | 18:25.2 | 1:22.2 | 5:55.4    | 3:41.0  |
| 24 DANIEL, Corbin       | JR | Regina Iowa City   | 23    | 18:27.8 | 1:24.8 | 5:56.2    | 3:41.6  |
| 25 BROKAW, Luke         | SR | Mid-Prairie Wellma | 24    | 18:29.2 | 1:26.2 | 5:56.7    | 3:41.8  |

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**Timing:**  
 B&W Racing Services



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**Race #4**  
**High School Boys 5K**

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

| Athlete                 | YR | Team               | Score | Time    | Gap    | Avg. Mile | Avg. kM |
|-------------------------|----|--------------------|-------|---------|--------|-----------|---------|
| 26 STULTZ, Jesse        | SR | Mid-Prairie Wellma | 25    | 18:29.5 | 1:26.5 | 5:56.8    | 3:41.9  |
| 27 SCHRADER, Nicholas   | JR | Monticello         | 26    | 18:30.3 | 1:27.3 | 5:57.0    | 3:42.1  |
| 28 LOENING, Hugh        | JR | Regina Iowa City   | 27    | 18:30.5 | 1:27.5 | 5:57.1    | 3:42.1  |
| 29 MCDONALD, Bryce      | SO | Monticello         | 28    | 18:30.8 | 1:27.8 | 5:57.2    | 3:42.2  |
| 30 MCGEE, Sylis         | SO | Tipton             | 29    | 18:31.2 | 1:28.2 | 5:57.3    | 3:42.2  |
| 31 MACHAEL, Gavin       | SO | Maquoketa          | 30    | 18:31.8 | 1:28.8 | 5:57.5    | 3:42.4  |
| 32 GAUL, Adam           | SR | Beckman Catholic   | 31    | 18:31.9 | 1:28.9 | 5:57.5    | 3:42.4  |
| 33 COSTELLO, Gabriel    | SO | Tipton             | 32    | 18:33.1 | 1:30.1 | 5:57.9    | 3:42.6  |
| 34 POLYAK, Nik          | FR | Regina Iowa City   | 33    | 18:35.3 | 1:32.3 | 5:58.6    | 3:43.1  |
| 35 PRATT, Cristiano     | FR | Regina Iowa City   | 34    | 18:39.5 | 1:36.5 | 6:00.0    | 3:43.9  |
| 36 ZAHASKY, Huck        | SO | Regina Iowa City   | 35    | 18:39.9 | 1:36.9 | 6:00.1    | 3:44.0  |
| 37 WHITE, Evan          | SR | Regina Iowa City   | (36)  | 18:40.4 | 1:37.4 | 6:00.3    | 3:44.1  |
| 38 GERARDY, Brenden     | FR | Maquoketa          | 37    | 18:43.7 | 1:40.7 | 6:01.3    | 3:44.7  |
| 39 KAEDING, Wyatt       | SO | Regina Iowa City   | (38)  | 18:43.9 | 1:40.9 | 6:01.4    | 3:44.8  |
| 40 FRANCK, Collin       | SR | Alburnett          | 39    | 18:45.2 | 1:42.2 | 6:01.8    | 3:45.0  |
| 41 LANGE, Kellan        | SO | Northeast Goose La | 40    | 18:46.1 | 1:43.1 | 6:02.1    | 3:45.2  |
| 42 RANGEL, Ivan         | SR | West Liberty       | 41    | 18:49.9 | 1:46.9 | 6:03.3    | 3:46.0  |
| 43 LUENSMANN, Cole      | SR | Beckman Catholic   | (42)  | 18:52.3 | 1:49.3 | 6:04.1    | 3:46.5  |
| 44 WATERS, Reece        | JR | Mid-Prairie Wellma | 43    | 18:56.5 | 1:53.5 | 6:05.4    | 3:47.3  |
| 45 BURKLE, Mac          | SO | Monticello         | 44    | 18:57.3 | 1:54.3 | 6:05.7    | 3:47.5  |
| 46 SCHNOOR, Mace        | SR | Monticello         | (45)  | 18:57.8 | 1:54.8 | 6:05.9    | 3:47.6  |
| 47 GASSMAN, Grant       | SR | Monticello         | (46)  | 19:02.9 | 1:59.9 | 6:07.5    | 3:48.6  |
| 48 HEFFERNAN, Kendrick  | SR | Tipton             | (47)  | 19:05.1 | 2:02.1 | 6:08.2    | 3:49.0  |
| 49 OLNEY, Brendan       | SR | Regina Iowa City   | -     | 19:08.7 | 2:05.7 | 6:09.4    | 3:49.7  |
| 50 KAEDING, Jack        | JR | Regina Iowa City   | -     | 19:08.9 | 2:05.9 | 6:09.4    | 3:49.8  |
| 51 SCHAUF, Landry       | FR | Monticello         | -     | 19:09.2 | 2:06.2 | 6:09.5    | 3:49.8  |
| 52 SUNDSTROM, Kristofer | SR | Anamosa            | 48    | 19:10.4 | 2:07.4 | 6:09.9    | 3:50.1  |
| 53 MOSIER, Brayden      | SO | Durant             | 49    | 19:10.6 | 2:07.6 | 6:10.0    | 3:50.1  |
| 54 PLATTS, Bronin       | SO | Tipton             | (50)  | 19:10.7 | 2:07.7 | 6:10.0    | 3:50.1  |
| 55 FORD, Anson          | JR | Alburnett          | 51    | 19:11.9 | 2:08.9 | 6:10.4    | 3:50.4  |
| 56 KILBURG, Connor      | SR | Bellevue           | 52    | 19:12.4 | 2:09.4 | 6:10.5    | 3:50.5  |
| 57 STARK, Ayden         | JR | Bellevue           | 53    | 19:14.0 | 2:11.0 | 6:11.1    | 3:50.8  |
| 58 GONZALEZ, Damian     | SO | West Liberty       | 54    | 19:15.3 | 2:12.3 | 6:11.5    | 3:51.1  |
| 59 EICHHORN, Liam       | SO | Bellevue           | 55    | 19:22.4 | 2:19.4 | 6:13.8    | 3:52.5  |
| 60 BODECKER, Levi       | FR | Tipton             | -     | 19:23.9 | 2:20.9 | 6:14.2    | 3:52.8  |
| 61 ENGLER, Brenndan     | SR | Beckman Catholic   | (56)  | 19:24.6 | 2:21.6 | 6:14.5    | 3:52.9  |
| 62 SEEMANN, Trenton     | JR | Monticello         | -     | 19:25.1 | 2:22.1 | 6:14.6    | 3:53.0  |
| 63 LAUBSCHER, Colin     | SO | Regina Iowa City   | -     | 19:36.3 | 2:33.3 | 6:18.2    | 3:55.3  |
| 64 KRAUS, Gabe          | JR | Monticello         | -     | 19:37.4 | 2:34.4 | 6:18.6    | 3:55.5  |
| 65 SWANTON, David       | JR | Northeast Goose La | 57    | 19:38.9 | 2:35.9 | 6:19.1    | 3:55.8  |
| 66 MCKITTRICK, James    | JR | Wilton             | 58    | 19:39.0 | 2:36.0 | 6:19.1    | 3:55.8  |
| 67 WIEBENGA, Thomas     | SO | Maquoketa          | 59    | 19:39.5 | 2:36.5 | 6:19.3    | 3:55.9  |
| 68 GRIEBEL, Anderson    | JR | Bellevue           | 60    | 19:41.0 | 2:38.0 | 6:19.7    | 3:56.2  |
| 69 MANTERNACH, Benton   | FR | Cascade Western D  | -     | 19:42.5 | 2:39.5 | 6:20.2    | 3:56.5  |
| 70 PICKARD, Jonathon    | JR | Mid-Prairie Wellma | 61    | 19:43.1 | 2:40.1 | 6:20.4    | 3:56.6  |
| 71 BUESING, Hunter      | FR | Durant             | 62    | 19:45.6 | 2:42.6 | 6:21.2    | 3:57.1  |

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**Race #4**  
**High School Boys 5K**

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

| <b>Athlete</b>            | <b>YR</b> | <b>Team</b>        | <b>Score</b> | <b>Time</b> | <b>Gap</b> | <b>Avg. Mile</b> | <b>Avg. kM</b> |
|---------------------------|-----------|--------------------|--------------|-------------|------------|------------------|----------------|
| 72 RICHMAN, Royce         | SR        | Durant             | 63           | 19:48.2     | 2:45.2     | 6:22.1           | 3:57.6         |
| 73 RICKELS, Emmitt        | JR        | Monticello         | -            | 19:52.9     | 2:49.9     | 6:23.6           | 3:58.6         |
| 74 HUERTA-VAZQUEZ, Nelson | SO        | Anamosa            | (64)         | 19:54.3     | 2:51.3     | 6:24.0           | 3:58.9         |
| 75 PINO, Mateo            | SO        | Alburnett          | (65)         | 19:55.8     | 2:52.8     | 6:24.5           | 3:59.2         |
| 76 BOHL, Henry            | SO        | Alburnett          | (66)         | 19:56.0     | 2:53.0     | 6:24.6           | 3:59.2         |
| 77 WILLIAMS, Luke         | JR        | Beckman Catholic   | -            | 19:57.4     | 2:54.4     | 6:25.0           | 3:59.5         |
| 78 BROKAW, Griffin        | JR        | Monticello         | -            | 19:58.5     | 2:55.5     | 6:25.4           | 3:59.7         |
| 79 LOTHAMER, Ben          | JR        | Mid-Prairie Wellma | (67)         | 20:03.6     | 3:00.6     | 6:27.0           | 4:00.7         |
| 80 WILLIAMS, Nolan        | SR        | Durant             | 68           | 20:06.5     | 3:03.5     | 6:27.9           | 4:01.3         |
| 81 BRAET, Davis           | FR        | Bellevue           | (69)         | 20:06.6     | 3:03.6     | 6:28.0           | 4:01.3         |
| 82 NICHOLSON, Andre       | SO        | West Liberty       | (70)         | 20:06.8     | 3:03.8     | 6:28.0           | 4:01.4         |
| 83 DAMSCHEN, Archie       | FR        | Mid-Prairie Wellma | (71)         | 20:08.9     | 3:05.9     | 6:28.7           | 4:01.8         |
| 84 KLINE, Mason           | SO        | Tipton             | -            | 20:10.6     | 3:07.6     | 6:29.3           | 4:02.1         |
| 85 BRECEDA RODRIGUEZ, Di  | FR        | West Liberty       | (72)         | 20:11.6     | 3:08.6     | 6:29.6           | 4:02.3         |
| 86 HUBER, Tyson           | SO        | Mid-Prairie Wellma | -            | 20:13.3     | 3:10.3     | 6:30.1           | 4:02.7         |
| 87 KASKA, Dawson          | JR        | Wilton             | 73           | 20:15.6     | 3:12.6     | 6:30.9           | 4:03.1         |
| 88 MARQUEZ, Alex          | FR        | Camanche           | -            | 20:16.5     | 3:13.5     | 6:31.2           | 4:03.3         |
| 89 LADUE, Gus             | SO        | Anamosa            | (74)         | 20:18.1     | 3:15.1     | 6:31.7           | 4:03.6         |
| 90 GUSTAFSON, Carl        | JR        | Mid-Prairie Wellma | -            | 20:25.9     | 3:22.9     | 6:34.2           | 4:05.2         |
| 91 SPANGLER, Isaac        | SR        | Tipton             | -            | 20:30.5     | 3:27.5     | 6:35.7           | 4:06.1         |
| 92 MEIER, Caleb           | JR        | Tipton             | -            | 20:33.8     | 3:30.8     | 6:36.7           | 4:06.8         |
| 93 EMBREE, Griffin        | SR        | Anamosa            | -            | 20:36.8     | 3:33.8     | 6:37.7           | 4:07.4         |
| 94 DAMSCHEN, Cayce        | SO        | Mid-Prairie Wellma | -            | 20:39.7     | 3:36.7     | 6:38.6           | 4:07.9         |
| 95 ARAGON, Isaac          | JR        | West Liberty       | -            | 20:42.9     | 3:39.9     | 6:39.6           | 4:08.6         |
| 96 RAUCH, Gage            | SR        | Alburnett          | -            | 20:49.1     | 3:46.1     | 6:41.6           | 4:09.8         |
| 97 BEANBLOSSOM, Matthew   | JR        | Monticello         | -            | 20:49.3     | 3:46.3     | 6:41.7           | 4:09.9         |
| 98 DUDZIK, Tommy          | JR        | Beckman Catholic   | -            | 20:50.9     | 3:47.9     | 6:42.2           | 4:10.2         |
| 99 ROMAN, Aidan           | FR        | Regina Iowa City   | -            | 20:54.9     | 3:51.9     | 6:43.5           | 4:11.0         |
| 100 CRIGGER, Truman       | FR        | Regina Iowa City   | -            | 21:05.9     | 4:02.9     | 6:47.0           | 4:13.2         |
| 101 HAMILTON, Jax         | SO        | Tipton             | -            | 21:06.4     | 4:03.4     | 6:47.2           | 4:13.3         |
| 102 CARNEY, Kasen         | FR        | Tipton             | -            | 21:10.2     | 4:07.2     | 6:48.4           | 4:14.0         |
| 103 BONNEY, Jasper        | FR        | Maquoketa          | 75           | 21:19.2     | 4:16.2     | 6:51.3           | 4:15.8         |
| 104 BONEFAS, Cade         | FR        | Alburnett          | -            | 21:19.3     | 4:16.3     | 6:51.4           | 4:15.9         |
| 105 KLINGMAN, Luke        | JR        | Regina Iowa City   | -            | 21:24.1     | 4:21.1     | 6:52.9           | 4:16.8         |
| 106 CUTTER, Samuel        | FR        | Regina Iowa City   | -            | 21:24.5     | 4:21.5     | 6:53.0           | 4:16.9         |
| 107 HOUGH, Landon         | FR        | Mid-Prairie Wellma | -            | 21:35.6     | 4:32.6     | 6:56.6           | 4:19.1         |
| 108 ERNST, Brayden        | FR        | Bellevue           | (76)         | 21:38.0     | 4:35.0     | 6:57.4           | 4:19.6         |
| 109 JUAREZ, Xiovanni      | SO        | West Liberty       | -            | 21:38.9     | 4:35.9     | 6:57.7           | 4:19.8         |
| 110 MROZEK, Erik          | SO        | Alburnett          | -            | 21:41.7     | 4:38.7     | 6:58.6           | 4:20.3         |
| 111 SCOTT, Brady          | SR        | Alburnett          | -            | 21:43.3     | 4:40.3     | 6:59.1           | 4:20.7         |
| 112 GUSTAFSON, Eli        | FR        | Alburnett          | -            | 21:43.9     | 4:40.9     | 6:59.3           | 4:20.8         |
| 113 BROH, Sylvanus        | SO        | Regina Iowa City   | -            | 21:51.5     | 4:48.5     | 7:01.7           | 4:22.3         |
| 114 ZIRBEL, Eli           | SR        | Alburnett          | -            | 22:03.6     | 5:00.6     | 7:05.6           | 4:24.7         |
| 115 HEATH, Wesley         | SR        | West Liberty       | -            | 22:04.5     | 5:01.5     | 7:05.9           | 4:24.9         |
| 116 SCHUETT, Mason        | JR        | Durant             | 77           | 22:15.6     | 5:12.6     | 7:09.5           | 4:27.1         |
| 117 KEARNEY, Brevyn       | SO        | Monticello         | -            | 22:24.0     | 5:21.0     | 7:12.2           | 4:28.8         |

**2025 RIVER VALLEY CONFERENCE XC MEET**

Iowa City, IA  
 Kickers Soccer Complex  
 Host: River Valley Conference  
 Tuesday, October 14, 2025

**MEET OFFICIALS**

**Meet Director:**  
 Cascade High School  
**Timing:**  
 B&W Racing Services



**OFFICIAL MEET REPORT**  
 printed: 10/14/2025 6:26 PM

**Race #4**  
**High School Boys 5K**

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

| <b>Athlete</b>             | <b>YR</b> | <b>Team</b>        | <b>Score</b> | <b>Time</b> | <b>Gap</b> | <b>Avg. Mile</b> | <b>Avg. kM</b> |
|----------------------------|-----------|--------------------|--------------|-------------|------------|------------------|----------------|
| 118 LEGRAND, Dallas        | FR        | Wilton             | 78           | 22:29.0     | 5:26.0     | 7:13.8           | 4:29.8         |
| 119 MCGRAW, Cam            | SR        | Alburnett          | -            | 22:32.3     | 5:29.3     | 7:14.8           | 4:30.5         |
| 120 WILLIAMS, Caleb        | SO        | Cascade Western D  | -            | 22:39.9     | 5:36.9     | 7:17.3           | 4:32.0         |
| 121 CULL, Ethan            | SR        | Alburnett          | -            | 22:48.0     | 5:45.0     | 7:19.9           | 4:33.6         |
| 122 STANLEY-JONES, Oliver  | JR        | Alburnett          | -            | 22:48.0     | 5:45.0     | 7:19.9           | 4:33.6         |
| 123 KLEINSCHMIDT, Jackson  | SO        | Northeast Goose La | 79           | 22:48.4     | 5:45.4     | 7:20.0           | 4:33.7         |
| 124 DERKSEN, Romann        | SO        | Wilton             | 80           | 22:50.1     | 5:47.1     | 7:20.5           | 4:34.0         |
| 125 FELTES, Oliver         | FR        | Mid-Prairie Wellma | -            | 22:52.3     | 5:49.3     | 7:21.3           | 4:34.5         |
| 126 HOFFMAN, Landon        | SO        | Regina Iowa City   | -            | 22:58.8     | 5:55.8     | 7:23.3           | 4:35.8         |
| 127 OLINGER, Wyatt         | JR        | Alburnett          | -            | 23:14.2     | 6:11.2     | 7:28.3           | 4:38.8         |
| 128 SHOEMAKER, Wesley      | JR        | Durant             | (81)         | 23:24.5     | 6:21.5     | 7:31.6           | 4:40.9         |
| 129 ELIZONDO, Cameron      | SR        | West Liberty       | -            | 23:26.1     | 6:23.1     | 7:32.1           | 4:41.2         |
| 130 VAN GORP, Jackson      | FR        | Bellevue           | -            | 23:26.2     | 6:23.2     | 7:32.2           | 4:41.2         |
| 131 MCCARRAHER, Ethan      | SR        | Beckman Catholic   | -            | 23:27.5     | 6:24.5     | 7:32.6           | 4:41.5         |
| 132 WETHINGTON, Cory       | SO        | Durant             | (82)         | 23:29.9     | 6:26.9     | 7:33.3           | 4:42.0         |
| 133 SCOTT, Jackson         | FR        | Alburnett          | -            | 23:59.6     | 6:56.6     | 7:42.9           | 4:47.9         |
| 134 ADAM, Andrew           | FR        | Mid-Prairie Wellma | -            | 24:02.8     | 6:59.8     | 7:43.9           | 4:48.6         |
| 135 MOESTCHEN, Eli         | SO        | Monticello         | -            | 24:16.1     | 7:13.1     | 7:48.2           | 4:51.2         |
| 136 KROYMAN, Mathias       | JR        | Northeast Goose La | 83           | 24:28.4     | 7:25.4     | 7:52.2           | 4:53.7         |
| 137 CRIST, Julius          | FR        | Alburnett          | -            | 24:29.7     | 7:26.7     | 7:52.6           | 4:53.9         |
| 138 LEGRAND, Gage          | FR        | Wilton             | (84)         | 24:39.5     | 7:36.5     | 7:55.7           | 4:55.9         |
| 139 MIDDENDORP, Ashton     | SO        | Northeast Goose La | 85           | 24:43.2     | 7:40.2     | 7:56.9           | 4:56.6         |
| 140 MALAGON, Gabriel       | JR        | West Liberty       | -            | 24:48.4     | 7:45.4     | 7:58.6           | 4:57.7         |
| 141 NISSLEY, Jaxon         | FR        | Tipton             | -            | 25:09.2     | 8:06.2     | 8:05.3           | 5:01.8         |
| 142 MCCONNELL, Shawn       | SO        | Tipton             | -            | 25:20.9     | 8:17.9     | 8:09.0           | 5:04.2         |
| 143 BOWLING, Jayden        | SO        | Maquoketa          | 86           | 25:22.5     | 8:19.5     | 8:09.5           | 5:04.5         |
| 144 HERRICK, Malachi       | JR        | Anamosa            | -            | 25:44.8     | 8:41.8     | 8:16.7           | 5:09.0         |
| 145 LANDA, Gabe            | FR        | Northeast Goose La | (87)         | 25:54.1     | 8:51.1     | 8:19.7           | 5:10.8         |
| 146 GARCIA, Damian         | FR        | Mid-Prairie Wellma | -            | 25:55.8     | 8:52.8     | 8:20.3           | 5:11.2         |
| 147 BENNETT, Connor        | FR        | Alburnett          | -            | 26:23.5     | 9:20.5     | 8:29.2           | 5:16.7         |
| 148 RENTERIA, Christian    | JR        | West Liberty       | -            | 26:24.8     | 9:21.8     | 8:29.6           | 5:17.0         |
| 149 SCHMITZ, Jacob         | SO        | Tipton             | -            | 26:27.7     | 9:24.7     | 8:30.5           | 5:17.5         |
| 150 COLCORD, Evan          | FR        | Tipton             | -            | 26:28.5     | 9:25.5     | 8:30.8           | 5:17.7         |
| 151 GOMEZ-VELASQUEZ, Chris | SR        | West Liberty       | -            | 26:38.6     | 9:35.6     | 8:34.0           | 5:19.7         |
| 152 THARP, Ben             | SR        | West Liberty       | -            | 27:43.5     | 10:40.5    | 8:54.9           | 5:32.7         |
| 153 STEINES, Troy          | FR        | Bellevue           | -            | 28:40.3     | 11:37.3    | 9:13.2           | 5:44.1         |
| 154 HOUZENGA, Julian       | SO        | Northeast Goose La | (88)         | 29:32.9     | 12:29.9    | 9:30.1           | 5:54.6         |
| 155 SCHUSTER, Roman        | SO        | Beckman Catholic   | -            | 31:30.8     | 14:27.8    | 10:08.0          | 6:18.2         |
| 156 WELCH, Shane           | SO        | Northeast Goose La | -            | 32:41.3     | 15:38.3    | 10:30.6          | 6:32.3         |