

2025 WAUKON INVITATIONAL

Waukon, IA

Tuesday, September 23, 2025

MEET OFFICIALS**Meet Director:**

Brian Hillsabeck

Timing:

Shannon Event Timing

**OFFICIAL MEET REPORT**

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Race #1
Junior High Boys 2 Mile
Final Results**RACE SUMMARY****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 MS_Decorah ms	24	2-3-5-6-8(10)(13)	1:02:35	12:31	0:51.3
2 MS_North Fayette Valley	68	1-11-12-20-24(25)(32)	1:10:11	14:03	3:26.8
3 MS_Central Ekader	78	4-7-9-28-30(34)	1:11:32	14:19	4:10.3
4 MS_Osage	106	14-16-19-22-35(40)	1:16:57	15:24	4:01.6
5 MS_New Hampton	133	15-26-27-29-36	1:21:29	16:18	4:26.8
6 MS_Clayton Ridge	134	17-18-23-37-39	1:23:49	16:46	5:42.0
7 MS_MFL Marmac	164	21-31-33-38-41(42)	1:35:42	19:09	11:31.9
DNP MS_Starmont West Central					
DNP MS_Postville					
DNP MS_Waukon					
DNP MS_Turkey Valley					
DNP MS_Lansing					
DNP MS_Crestwood					
DNP MS_De Soto					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 WEST, Griffin	8	438	MS_Starmont West	-	11:43.38	---	5:51.7	3:38.4
2 BILDEN, Jensen	8	397	MS_North Fayette	1	11:59.31	15.93	5:59.7	3:43.4
3 DANIELSON, Gabe	7	311	MS_Decorah ms	2	12:09.81	26.43	6:04.9	3:46.6
4 DODD, Brecklin	8	329	MS_Decorah ms	3	12:19.91	36.53	6:10.0	3:49.8
5 ZITTERGRUEN, Cade	8	279	MS_Central Ekader	4	12:21.20	37.82	6:10.6	3:50.2
6 CASTERTON, Drake	8	325	MS_Decorah ms	5	12:28.88	45.50	6:14.4	3:52.6
7 DELANEY, Hudson	7	313	MS_Decorah ms	6	12:35.11	51.73	6:17.6	3:54.5
8 HOLDSWERTH, Oliver	8	277	MS_Central Ekader	7	12:48.33	1:04.95	6:24.2	3:58.6
9 WICKS, Karl	7	322	MS_Decorah ms	8	13:01.07	1:17.69	6:30.5	4:02.6
10 KOEHN, Mason	7	274	MS_Central Ekader	9	13:36.38	1:53.00	6:48.2	4:13.5
11 DIETZENBACH, Cooper	8	447	MS_Turkey Valley	-	13:37.02	1:53.64	6:48.5	4:13.7
12 COOPER, Camden	7	310	MS_Decorah ms	(10)	13:41.88	1:58.50	6:50.9	4:15.2
13 WHITE, Declan	8	400	MS_North Fayette	11	13:47.26	2:03.88	6:53.6	4:16.9
14 TRINIDAD, Giovane	7	395	MS_North Fayette	12	13:56.08	2:12.70	6:58.0	4:19.7
15 MCGEE, Kellan	8	334	MS_Decorah ms	(13)	13:59.49	2:16.11	6:59.7	4:20.7
16 TESLOW, Brock	7	321	MS_Decorah ms	-	14:06.07	2:22.69	7:03.0	4:22.8
17 YOUNG, Colton	8	336	MS_Decorah ms	-	14:07.98	2:24.60	7:04.0	4:23.3
18 GILLIAM, Connor	8	290	MS_Crestwood	-	14:09.87	2:26.49	7:04.9	4:23.9
19 MARTIN, Edson	7	426	MS_Postville	-	14:09.88	2:26.50	7:04.9	4:23.9
20 KUENY, Liam	7	316	MS_Decorah ms	-	14:10.94	2:27.56	7:05.5	4:24.3
21 KUBOUSHEK, Kaden	8	333	MS_Decorah ms	-	14:15.38	2:32.00	7:07.7	4:25.6
22 SCHORG, Gunner	8	417	MS_Osage	14	14:17.74	2:34.36	7:08.9	4:26.4
23 WEGNER, Kuennen	8	385	MS_New Hampton	15	14:18.53	2:35.15	7:09.3	4:26.6
24 CLARK, Owen	8	413	MS_Osage	16	14:22.20	2:38.82	7:11.1	4:27.8
25 DYER, Rufus	7	314	MS_Decorah ms	-	14:28.38	2:45.00	7:14.2	4:29.7

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**Race #1
Junior High Boys 2 Mile****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
26 REIMER, Cruz	8	283	MS_Clayton Ridge	17	14:30.44	2:47.06	7:15.2	4:30.3
27 HOMEWOOD, Spencer	7	449	MS_Waukon	-	14:30.65	2:47.27	7:15.3	4:30.4
28 GULLEKSON, Jack	8	332	MS_Decorah ms	-	14:31.94	2:48.56	7:16.0	4:30.8
29 ZOOK, James	8	337	MS_Decorah ms	-	14:33.62	2:50.24	7:16.8	4:31.3
30 SPERFSLAGE, Keegan	7	282	MS_Clayton Ridge	18	14:41.86	2:58.48	7:20.9	4:33.9
31 PENNEY, Holden	8	416	MS_Osage	19	14:41.89	2:58.51	7:20.9	4:33.9
32 GJERDE, Tommy	8	331	MS_Decorah ms	-	14:48.89	3:05.51	7:24.4	4:36.1
33 BALK, Matt	8	446	MS_Turkey Valley	-	14:50.49	3:07.11	7:25.2	4:36.5
34 CROSE, Jonathan	8	328	MS_Decorah ms	-	14:51.89	3:08.51	7:25.9	4:37.0
35 RINKOL, Maximus	7	320	MS_Decorah ms	-	15:00.45	3:17.07	7:30.2	4:39.6
36 HUCK, Lewis	7	394	MS_North Fayette	20	15:01.65	3:18.27	7:30.8	4:40.0
37 ZITTERGRUEN, Soren	7	324	MS_Decorah ms	-	15:02.16	3:18.78	7:31.1	4:40.2
38 ERICKSON, Austin	8	330	MS_Decorah ms	-	15:02.91	3:19.53	7:31.5	4:40.4
39 GRAU, Leo	7	366	MS_MFL Marmac	21	15:06.45	3:23.07	7:33.2	4:41.5
40 THEIS, Penton	8	291	MS_Crestwood	-	15:09.22	3:25.84	7:34.6	4:42.4
41 STOREY, Marshall	7	360	MS_Lansing	-	15:11.00	3:27.62	7:35.5	4:42.9
42 PENNEY, Hayden	8	415	MS_Osage	22	15:15.82	3:32.44	7:37.9	4:44.4
43 GREVE, Easton	7	280	MS_Clayton Ridge	23	15:16.83	3:33.45	7:38.4	4:44.7
44 BURROW, Rowan	8	398	MS_North Fayette	24	15:26.07	3:42.69	7:43.0	4:47.6
45 SWEENEY, Elliott	8	451	MS_Waukon	-	15:30.65	3:47.27	7:45.3	4:49.0
46 MARTIN, Yeicon	7	427	MS_Postville	-	15:34.91	3:51.53	7:47.5	4:50.3
47 PRESTEMON, Hoyt	7	450	MS_Waukon	-	15:38.18	3:54.80	7:49.1	4:51.4
48 SWANSON, Henrik	8	335	MS_Decorah ms	-	15:41.73	3:58.35	7:50.9	4:52.5
49 ANDERSON, Sam	8	396	MS_North Fayette	(25)	15:51.17	4:07.79	7:55.6	4:55.4
50 RAFAEL, Yael	7	428	MS_Postville	-	15:52.80	4:09.42	7:56.4	4:55.9
51 MULUMBY, Finn	8	437	MS_Starmont West	-	15:53.09	4:09.71	7:56.5	4:56.0
52 MORRISON, Clayton	7	308	MS_De Soto	-	15:55.39	4:12.01	7:57.7	4:56.7
53 BERNS, Caden	8	381	MS_New Hampton	26	15:56.54	4:13.16	7:58.3	4:57.1
54 MEIER, Chase	8	384	MS_New Hampton	27	16:02.26	4:18.88	8:01.1	4:58.8
55 THIESE, Arthur	8	278	MS_Central Ekader	28	16:14.27	4:30.89	8:07.1	5:02.6
56 MCCONNELL, McCoy	7	317	MS_Decorah ms	-	16:22.62	4:39.24	8:11.3	5:05.2
57 CRAIN, Jace	8	327	MS_Decorah ms	-	16:25.99	4:42.61	8:13.0	5:06.2
58 FINN, Jack	8	382	MS_New Hampton	29	16:26.10	4:42.72	8:13.1	5:06.2
59 CLARK, Ayce	8	276	MS_Central Ekader	30	16:31.46	4:48.08	8:15.7	5:07.9
60 MOELLERS, Henry	7	318	MS_Decorah ms	-	16:54.89	5:11.51	8:27.4	5:15.2
61 TORKELSON, Oliver	7	369	MS_MFL Marmac	31	16:57.32	5:13.94	8:28.7	5:15.9
62 FRIEDEN, Garrett	7	393	MS_North Fayette	(32)	16:59.22	5:15.84	8:29.6	5:16.5
63 SCHULTZ, Adrian	7	429	MS_Postville	-	17:14.83	5:31.45	8:37.4	5:21.4
64 MURRAY, Westen	7	359	MS_Lansing	-	17:15.53	5:32.15	8:37.8	5:21.6
65 BREUER, Noah	8	370	MS_MFL Marmac	33	17:19.77	5:36.39	8:39.9	5:22.9
66 WILMES, Alex	7	323	MS_Decorah ms	-	17:37.85	5:54.47	8:48.9	5:28.5
67 FRIEDLEIN, Nathan	7	273	MS_Central Ekader	(34)	17:47.63	6:04.25	8:53.8	5:31.6
68 DAVIS, Jeremiah	7	312	MS_Decorah ms	-	17:50.37	6:06.99	8:55.2	5:32.4
69 BIELEFELD, Weston	7	412	MS_Osage	35	18:19.28	6:35.90	9:09.6	5:41.4
70 KEPPLER, Wyatt	7	436	MS_Starmont West	-	18:39.31	6:55.93	9:19.7	5:47.6
71 ELSINGER, Quinn	7	435	MS_Starmont West	-	18:44.39	7:01.01	9:22.2	5:49.2

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Race #1
Junior High Boys 2 Mile

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
72 MERRILL, Cooper	7	380	MS_New Hampton	36	18:45.30	7:01.92	9:22.7	5:49.5
73 SADEWASSER, Lucas	8	284	MS_Clayton Ridge	37	19:06.58	7:23.20	9:33.3	5:56.1
74 SWATEK, Mason	7	368	MS_MFL Marmac	38	19:39.62	7:56.24	9:49.8	6:06.3
75 LACY, Peyton	7	281	MS_Clayton Ridge	39	20:12.36	8:28.98	10:06.2	6:16.5
76 PENFOLD, Alston	8	414	MS_Osage	(40)	20:28.55	8:45.17	10:14.3	6:21.5
77 GRAHAM, West	7	315	MS_Decorah ms	-	23:54.32	12:10.9	11:57.2	7:25.4
78 BARK, Brayden	7	365	MS_MFL Marmac	41	26:38.32	14:54.9	13:19.2	8:16.4
79 ROSS, Carson	7	367	MS_MFL Marmac	(42)	26:50.34	15:06.9	13:25.2	8:20.1

MEET OFFICIALS

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Timing:
Shannon Event Timing



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Race #2
Junior High Girls 2 Mile

Final Results

RACE SUMMARY

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 MS_Decorah ms	27	2-3-4-8-10(11)(13)	1:08:38	13:44	0:51.0
2 MS_Osage	78	6-7-16-17-32(34)(53)	1:13:47	14:46	2:09.8
3 MS_Crestwood	93	5-14-21-22-31(33)(39)	1:15:08	15:02	2:27.9
4 MS_Waukon	99	9-19-20-23-28(36)(37)	1:16:14	15:15	1:55.9
5 MS_North Fayette Valley	115	12-18-26-29-30(40)(41)	1:16:58	15:24	1:50.4
6 MS_MFL Marmac	172*	15-27-38-45-47(49)(54)	1:26:18	17:16	6:01.6
7 MS_Clayton Ridge	172*	1-24-44-51-52	1:35:16	19:04	11:37.3
8 MS_Starmont West Central	191	25-35-42-43-46(48)(50)	1:27:55	17:35	3:50.9
DNP MS_New Hampton					
DNP MS_Lansing					
DNP MS_Postville					
DNP MS_De Soto					

*Tiebreakers

MS_MFL Marmac	15	27	38	45	47	49
MS_Clayton Ridge	1	24	44	51	52	

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 DUGAN, Viviana	7	285	MS_Clayton Ridge	1	12:45.70	---	6:22.9	3:57.8
2 HAMMEL, Sophia	8	347	MS_Decorah ms	2	13:14.68	28.98	6:37.3	4:06.8
3 SAUER, Hattie	8	353	MS_Decorah ms	3	13:34.56	48.86	6:47.3	4:13.0
4 SCHISSEL, Vienna	8	354	MS_Decorah ms	4	13:38.09	52.39	6:49.0	4:14.1
5 CUMMINGS, Jaclyn	8	301	MS_Crestwood	5	13:40.20	54.50	6:50.1	4:14.7
6 WILSON, Brooklyn	8	424	MS_Osage	6	13:59.90	1:14.20	6:59.9	4:20.8
7 KUPER, McKenna	7	420	MS_Osage	7	14:01.17	1:15.47	7:00.6	4:21.2
8 LEE-JUVE, Jorgan	8	348	MS_Decorah ms	8	14:04.72	1:19.02	7:02.4	4:22.3
9 STREEPER, Ivy	7	457	MS_Waukon	9	14:04.90	1:19.20	7:02.4	4:22.4
10 FULLHART, Jodi	7	358	MS_Decorah ms	10	14:05.64	1:19.94	7:02.8	4:22.6
11 COPPOLA, Nina	7	338	MS_Decorah ms	(11)	14:10.12	1:24.42	7:05.1	4:24.0
12 ELLIOTT, Shay	7	402	MS_North Fayette	12	14:12.32	1:26.62	7:06.2	4:24.7
13 VOLKMANN, Anya	8	356	MS_Decorah ms	(13)	14:18.08	1:32.38	7:09.0	4:26.5
14 KAPLER, Carley	8	305	MS_Crestwood	14	14:25.51	1:39.81	7:12.8	4:28.8
15 SHIELDS, Lily	7	373	MS_MFL Marmac	15	14:31.58	1:45.88	7:15.8	4:30.7
16 HARRELL, Nora	7	418	MS_Osage	16	14:47.35	2:01.65	7:23.7	4:35.6
17 JANSSEN, Hayden	7	419	MS_Osage	17	14:48.21	2:02.51	7:24.1	4:35.8
18 CRANDALL, Ellyn	8	407	MS_North Fayette	18	14:54.31	2:08.61	7:27.2	4:37.7
19 OLSGARD, Graci	8	349	MS_Decorah ms	-	15:11.36	2:25.66	7:35.7	4:43.0
20 RETALLICK, Elsie	7	456	MS_Waukon	19	15:15.81	2:30.11	7:37.9	4:44.4
21 WADSWORTH, Iris	8	357	MS_Decorah ms	-	15:15.89	2:30.19	7:37.9	4:44.4
22 OLSON, Mara	8	350	MS_Decorah ms	-	15:17.78	2:32.08	7:38.9	4:45.0
23 JOHNSON, Bentley	7	454	MS_Waukon	20	15:19.63	2:33.93	7:39.8	4:45.6

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**Race #2
Junior High Girls 2 Mile****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
24 DODA, Brooklynn	8	302	MS_Crestwood	21	15:22.43	2:36.73	7:41.2	4:46.5
25 WINTERS, Ella	7	362	MS_Lansing	-	15:30.85	2:45.15	7:45.4	4:49.1
26 RUEPKE, Sophiee	7	297	MS_Crestwood	22	15:30.97	2:45.27	7:45.5	4:49.1
27 CLARK, Malia	7	452	MS_Waukon	23	15:32.40	2:46.70	7:46.2	4:49.6
28 ALLYN, Bristol	8	286	MS_Clayton Ridge	24	15:33.24	2:47.54	7:46.6	4:49.8
29 PROPSON, Elsa	8	351	MS_Decorah ms	-	15:38.20	2:52.50	7:49.1	4:51.4
30 GELNER, Lillian	8	445	MS_Starmont West	25	15:45.51	2:59.81	7:52.8	4:53.6
31 KAMSTRA, Kayci	7	403	MS_North Fayette	26	15:47.13	3:01.43	7:53.6	4:54.1
32 TRAPPE, Kinley	8	377	MS_MFL Marmac	27	15:47.20	3:01.50	7:53.6	4:54.2
33 SEARCY, Audrey	8	355	MS_Decorah ms	-	15:57.02	3:11.32	7:58.5	4:57.2
34 PETERSON, Alice	7	343	MS_Decorah ms	-	16:00.35	3:14.65	8:00.2	4:58.2
35 DOWNING, Melea	7	453	MS_Waukon	28	16:00.75	3:15.05	8:00.4	4:58.4
36 WEGNER, Ava	8	411	MS_North Fayette	29	16:01.40	3:15.70	8:00.7	4:58.6
37 BAKER, Paxten	7	401	MS_North Fayette	30	16:02.67	3:16.97	8:01.3	4:59.0
38 SIME, Ivy	7	344	MS_Decorah ms	-	16:02.88	3:17.18	8:01.4	4:59.0
39 OLSEN, Kinleigh	7	296	MS_Crestwood	31	16:08.08	3:22.38	8:04.0	5:00.6
40 PETERSON, Elise	7	421	MS_Osage	32	16:09.70	3:24.00	8:04.9	5:01.1
41 GILLIAM, Tilly	7	294	MS_Crestwood	(33)	16:10.16	3:24.46	8:05.1	5:01.3
42 THURNAU, Kessah	8	423	MS_Osage	(34)	16:17.52	3:31.82	8:08.8	5:03.6
43 OTDOERFER, Katelyn	7	441	MS_Starmont West	35	16:22.70	3:37.00	8:11.4	5:05.2
44 WEDO, Kendyl	8	459	MS_Waukon	(36)	16:27.94	3:42.24	8:14.0	5:06.8
45 KURTH, Maren	8	458	MS_Waukon	(37)	16:30.72	3:45.02	8:15.4	5:07.7
46 POMMERSHEIM, Sophia	7	455	MS_Waukon	-	16:31.38	3:45.68	8:15.7	5:07.9
47 CAROLL, Isabell	7	608	MS_MFL Marmac	38	16:35.19	3:49.49	8:17.6	5:09.1
48 GAUL, Peyton	8	303	MS_Crestwood	(39)	16:39.85	3:54.15	8:19.9	5:10.5
49 CORD, Sadie	7	339	MS_Decorah ms	-	16:56.10	4:10.40	8:28.1	5:15.6
50 HOLTSNIDER, Maud	8	304	MS_Crestwood	-	16:59.78	4:14.08	8:29.9	5:16.7
51 NEVILLE, Brooklyn	7	390	MS_New Hampton	-	17:09.36	4:23.66	8:34.7	5:19.7
52 ELLINGSON, Ella	7	293	MS_Crestwood	-	17:15.88	4:30.18	8:37.9	5:21.7
53 GODMAN, Lily	7	295	MS_Crestwood	-	17:17.64	4:31.94	8:38.8	5:22.2
54 STAGGS, Cora	7	299	MS_Crestwood	-	17:20.86	4:35.16	8:40.4	5:23.2
55 MATEO, Natalia	8	433	MS_Postville	-	17:31.43	4:45.73	8:45.7	5:26.5
56 STEIN, Ashlyn	8	364	MS_Lansing	-	17:31.80	4:46.10	8:45.9	5:26.6
57 WARD, Tamera	7	406	MS_North Fayette	(40)	17:38.51	4:52.81	8:49.3	5:28.7
58 DIRKSEN, Brailyn	8	408	MS_North Fayette	(41)	17:40.74	4:55.04	8:50.4	5:29.4
59 KADLEC, Emma	7	341	MS_Decorah ms	-	17:48.42	5:02.72	8:54.2	5:31.8
60 FRANKHAUSER, Lydia	8	345	MS_Decorah ms	-	17:56.01	5:10.31	8:58.0	5:34.2
61 MCDERMOTT, Taylor	7	440	MS_Starmont West	42	18:03.07	5:17.37	9:01.5	5:36.4
62 REA, Brinnly	7	361	MS_Lansing	-	18:06.75	5:21.05	9:03.4	5:37.5
63 WALTER, Ariella	7	444	MS_Starmont West	43	18:06.80	5:21.10	9:03.4	5:37.5
64 PATZNER, Stormy	8	288	MS_Clayton Ridge	44	18:44.14	5:58.44	9:22.1	5:49.1
65 DONLON, Cora	7	372	MS_MFL Marmac	45	18:50.40	6:04.70	9:25.2	5:51.1
66 NICHOLS, Roxie	7	342	MS_Decorah ms	-	18:51.65	6:05.95	9:25.8	5:51.4
67 PERKINS, Harper	7	391	MS_New Hampton	-	19:04.99	6:19.29	9:32.5	5:55.6
68 SCOTT, Kathryn	7	442	MS_Starmont West	46	19:36.41	6:50.71	9:48.2	6:05.3
69 DARLAND, Kynslee	7	292	MS_Crestwood	-	19:50.41	7:04.71	9:55.2	6:09.7

2025 WAUKON INVITATIONAL

Waukon, IA

Tuesday, September 23, 2025

MEET OFFICIALS**Meet Director:**

Brian Hillsabeck

Timing:

Shannon Event Timing

**OFFICIAL MEET REPORT**

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**Race #2
Junior High Girls 2 Mile****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
70 SCHATZ, Lily	7	298	MS Crestwood	-	19:54.42	7:08.72	9:57.2	6:10.9
71 MURRAY, Joslyn	7	405	MS_North Fayette	-	20:12.97	7:27.27	10:06.5	6:16.7
72 WILTSE, Addison	7	392	MS_New Hampton	-	20:22.60	7:36.90	10:11.3	6:19.7
73 KOETHER, Maeve	8	375	MS_MFL Marmac	47	20:33.10	7:47.40	10:16.6	6:23.0
74 RICHMOND, Lilly	8	352	MS_Decorah ms	-	20:46.32	8:00.62	10:23.2	6:27.1
75 RAKSHIT, Punната	8	409	MS_North Fayette	-	21:15.61	8:29.91	10:37.8	6:36.2
76 KRAUSE, Lydia	6	309	MS_De Soto	-	21:47.22	9:01.52	10:53.6	6:46.0
77 VARGASON, Myree	7	443	MS_Starmont West	(48)	21:51.22	9:05.52	10:55.6	6:47.2
78 ABY, Eva	8	300	MS_Crestwood	-	22:19.60	9:33.90	11:09.8	6:56.0
79 SCHLEIN, Brenna	8	376	MS_MFL Marmac	(49)	22:42.06	9:56.36	11:21.0	7:03.0
80 JONES, Hayden	7	439	MS_Starmont West	(50)	22:44.48	9:58.78	11:22.2	7:03.8
81 MOELLERING, Chapin	7	404	MS_North Fayette	-	23:12.55	10:26.8	11:36.3	7:12.5
82 VAGTS, Charlotte	8	410	MS_North Fayette	-	23:13.11	10:27.4	11:36.6	7:12.6
83 FINN, Josie	7	388	MS_New Hampton	-	23:15.92	10:30.2	11:38.0	7:13.5
84 HYDE, Blair	8	287	MS_Clayton Ridge	51	23:49.63	11:03.9	11:54.8	7:24.0
85 PRINCE, Ayva	8	289	MS_Clayton Ridge	52	24:22.92	11:37.2	12:11.5	7:34.3
86 PICKAR, Becca	8	422	MS_Osage	(53)	24:27.66	11:41.9	12:13.8	7:35.8
87 HASTERT, Aime	8	374	MS_MFL Marmac	(54)	29:00.08	16:14.3	14:30.0	9:00.4

2025 WAUKON INVITATIONAL

Waukon, IA

Tuesday, September 23, 2025

MEET OFFICIALS**Meet Director:**

Brian Hillsabeck

Timing:

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**Race #3
Junior Varsity Boys 5K****Final Results****RACE SUMMARY****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Decorah	15	1-2-3-4-5(6)(7)	1:33:01	18:37	0:44.5
2 Central Elkader	60	8-9-11-15-17(27)(35)	1:46:23	21:17	2:38.2
3 Waukon	76	10-12-13-19-22(23)(33)	1:51:05	22:13	2:59.0
4 North Fayette Valley	101	14-18-20-24-25(29)(32)	1:56:33	23:19	1:43.9
5 Osage	121	16-21-26-28-30(31)(34)	1:59:10	23:50	2:18.9
DNP Kee Lansing					
DNP Postville Community					
DNP Starmont West Central					
DNP MFL MarMac					
DNP Clayton Ridge Guttenberg					
DNP De Soto					
DNP New Hampton					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 CHRISTIANSEN, Spencer	JR	181	Decorah	1	18:10.63	---	5:50.7	3:38.1
2 GRIMSTAD, Max	SR	197	Decorah	2	18:30.41	19.78	5:57.0	3:42.1
3 HUANG, Liam	JR	185	Decorah	3	18:35.56	24.93	5:58.7	3:43.1
4 NALEAN-CARLSON, Logan	SO	175	Decorah	4	18:48.58	37.95	6:02.9	3:45.7
5 BOLLINGER, Oliver	SR	196	Decorah	5	18:55.05	44.42	6:05.0	3:47.0
6 OFTEDAHL, Kyan	JR	188	Decorah	(6)	18:57.06	46.43	6:05.6	3:47.4
7 NIMROD, Leonard	FR	161	Decorah	(7)	19:16.85	1:06.22	6:12.0	3:51.4
8 FANKHAUSER, Lucas	FR	158	Decorah	-	19:29.02	1:18.39	6:15.9	3:53.8
9 FERNADEZ, Esteban	JR	184	Decorah	-	19:45.39	1:34.76	6:21.2	3:57.1
10 PATTISON, Kyle	SR	198	Decorah	-	19:50.50	1:39.87	6:22.8	3:58.1
11 POLKINGHORN, Jesse	JR	94	Central Elkader	8	19:55.87	1:45.24	6:24.5	3:59.2
12 MEYER, Brody	FR	243	Kee Lansing	-	20:12.38	2:01.75	6:29.8	4:02.5
13 DELAROSA, Jack	JR	183	Decorah	-	20:15.20	2:04.57	6:30.7	4:03.0
14 ZITTERGRUEN, Tyce	SO	93	Central Elkader	9	20:15.57	2:04.94	6:30.9	4:03.1
15 DAVIS, Robert	FR	157	Decorah	-	20:19.40	2:08.77	6:32.1	4:03.9
16 NEUBAUER, Jayven	SO	176	Decorah	-	20:23.33	2:12.70	6:33.4	4:04.7
17 COTE, Weston	SO	171	Decorah	-	20:31.72	2:21.09	6:36.1	4:06.3
18 GOODNER, Max	SO	172	Decorah	-	20:33.05	2:22.42	6:36.5	4:06.6
19 KOVARIK, Isaak	SR	582	Waukon	10	20:36.63	2:26.00	6:37.6	4:07.3
20 JOYCE, Keagan	FR	159	Decorah	-	20:40.03	2:29.40	6:38.7	4:08.0
21 BERNIS, Riley	SR	194	Decorah	-	20:40.48	2:29.85	6:38.9	4:08.1
22 MOSER, Trace	FR	247	MFL MarMac	-	20:47.76	2:37.13	6:41.2	4:09.6
23 HEALY, Cruz	FR	89	Central Elkader	11	21:14.34	3:03.71	6:49.8	4:14.9
24 MCCONNELL, James	FR	160	Decorah	-	21:14.60	3:03.97	6:49.8	4:14.9
25 PETERSON, Nils	SO	178	Decorah	-	21:19.53	3:08.90	6:51.4	4:15.9
26 ROBINSON, Will	SR	199	Decorah	-	21:28.11	3:17.48	6:54.2	4:17.6
27 POTVIN, Simon	FR	163	Decorah	-	21:29.69	3:19.06	6:54.7	4:17.9

2025 WAUKON INVITATIONAL

Waukon, IA

Tuesday, September 23, 2025

MEET OFFICIALS**Meet Director:**

Brian Hillsabeck

Timing:

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**OFFICIAL MEET REPORT**

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
28 JONES, Daniel	JR	245	Kee Lansing	-	21:31.19	3:20.56	6:55.2	4:18.2
29 HARRINGTON, Cody	FR	567	Waukon	12	21:43.00	3:32.37	6:59.0	4:20.6
30 BRAUER, Griffin	JR	180	Decorah	-	21:43.96	3:33.33	6:59.3	4:20.8
31 BOHNER, Carson	SR	195	Decorah	-	21:45.25	3:34.62	6:59.7	4:21.1
32 HENKEL, Wyatt	FR	242	Kee Lansing	-	21:48.44	3:37.81	7:00.7	4:21.7
33 ONKEN, Jude	FR	248	MFL MarMac	-	21:48.54	3:37.91	7:00.8	4:21.7
34 CATON, Pranav	SO	169	Decorah	-	21:48.80	3:38.17	7:00.8	4:21.8
35 MADSEN, Evan	JR	186	Decorah	-	21:49.13	3:38.50	7:00.9	4:21.8
36 MUSUS, Alixander	FR	538	Postville Communit	-	21:52.62	3:41.99	7:02.1	4:22.5
37 CROSE, Nathaniel	FR	156	Decorah	-	21:54.14	3:43.51	7:02.6	4:22.8
38 BERNS, Reid	SR	193	Decorah	-	21:56.73	3:46.10	7:03.4	4:23.3
39 BENJEGERDES, Gus	SO	572	Waukon	13	22:13.16	4:02.53	7:08.7	4:26.6
40 WHITE, Bjorn	SO	490	North Fayette Valle	14	22:16.36	4:05.73	7:09.7	4:27.3
41 REYNOLDS, Adain	JR	249	MFL MarMac	-	22:19.19	4:08.56	7:10.6	4:27.8
42 RENK, Elliott	FR	244	Kee Lansing	-	22:22.27	4:11.64	7:11.6	4:28.5
43 HOLST, Breckon	SO	91	Central Elkader	15	22:22.43	4:11.80	7:11.6	4:28.5
44 TICHY, Aaron	SO	520	Osage	16	22:26.63	4:16.00	7:13.0	4:29.3
45 HILL, Michael	JR	541	Postville Communit	-	22:33.13	4:22.50	7:15.1	4:30.6
46 FRIEDLEIN, Lukas	FR	88	Central Elkader	17	22:34.07	4:23.44	7:15.4	4:30.8
47 FRANCOIS, Clint	FR	546	Starmont West Cen	-	22:40.38	4:29.75	7:17.4	4:32.1
48 ORTIZ, Evan	FR	539	Postville Communit	-	22:40.49	4:29.86	7:17.5	4:32.1
49 CHRISTMAN, Lawrence	JR	182	Decorah	-	22:46.53	4:35.90	7:19.4	4:33.3
50 BOARDMAN, Caleb	SR	553	Starmont West Cen	-	22:46.65	4:36.02	7:19.4	4:33.3
51 SASS, Sam	SO	488	North Fayette Valle	18	22:55.76	4:45.13	7:22.4	4:35.2
52 KIDD, Christopher	JR	579	Waukon	19	22:55.98	4:45.35	7:22.4	4:35.2
53 SWANSON, Oskar	JR	192	Decorah	-	23:18.47	5:07.84	7:29.7	4:39.7
54 MARTINS-SABRINA, Wolfga	SR	250	MFL MarMac	-	23:27.63	5:17.00	7:32.6	4:41.5
55 GRIFFITH, Holden	SO	483	North Fayette Valle	20	23:28.26	5:17.63	7:32.8	4:41.7
56 ARCINIEGA, Emory	SO	514	Osage	21	23:33.95	5:23.32	7:34.6	4:42.8
57 GEBEL, Marcus	SO	573	Waukon	22	23:35.60	5:24.97	7:35.2	4:43.1
58 DOWNING, James	FR	566	Waukon	(23)	23:36.60	5:25.97	7:35.5	4:43.3
59 BRINCKS, Isaac	SO	481	North Fayette Valle	24	23:52.29	5:41.66	7:40.5	4:46.5
60 KOVARIK, Andrew	SO	485	North Fayette Valle	25	24:00.22	5:49.59	7:43.1	4:48.0
61 HEMANN, Bennett	SO	516	Osage	26	24:04.15	5:53.52	7:44.4	4:48.8
62 BONNET, Isaiah	FR	154	Decorah	-	24:04.46	5:53.83	7:44.5	4:48.9
63 CLARK, Corbyn	SO	90	Central Elkader	(27)	24:05.55	5:54.92	7:44.8	4:49.1
64 CLAYTON, Nick	FR	155	Decorah	-	24:06.83	5:56.20	7:45.2	4:49.4
65 THOMPSON, Ellis	FR	164	Decorah	-	24:07.37	5:56.74	7:45.4	4:49.5
66 ANDERSON, Wade	FR	511	Osage	28	24:19.12	6:08.49	7:49.2	4:51.8
67 BERNS, Kael	JR	109	Clayton Ridge Gutt	-	24:28.52	6:17.89	7:52.2	4:53.7
68 BASSFORD, Van	SO	166	Decorah	-	24:30.39	6:19.76	7:52.8	4:54.1
69 BIRDELL, Wyatt	SO	167	Decorah	-	24:34.46	6:23.83	7:54.1	4:54.9
70 STANSBERRY, Tytus	SO	489	North Fayette Valle	(29)	24:38.27	6:27.64	7:55.3	4:55.7
71 WEIR, Per	FR	165	Decorah	-	24:39.34	6:28.71	7:55.7	4:55.9
72 OLSON, Kolton	JR	524	Osage	30	24:45.45	6:34.82	7:57.6	4:57.1
73 BARTELS, Kenyon	FR	153	Decorah	-	24:45.81	6:35.18	7:57.8	4:57.2

2025 WAUKON INVITATIONAL

Waukon, IA

Tuesday, September 23, 2025

MEET OFFICIALS**Meet Director:**

Brian Hillsabeck

Timing:

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**OFFICIAL MEET REPORT**

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
74 WEBER, Ezra	FR	513	Osage	(31)	24:53.83	6:43.20	8:00.3	4:58.8
75 WILKINS, Gavin	SO	179	Decorah	-	25:06.06	6:55.43	8:04.3	5:01.2
76 GRAWE, Brayden	JR	549	Starmont West Cen	-	25:08.98	6:58.35	8:05.2	5:01.8
77 GEARHART, Aleczander	SO	482	North Fayette Valle	(32)	25:14.34	7:03.71	8:06.9	5:02.9
78 RIX, Owen	JR	190	Decorah	-	25:53.58	7:42.95	8:19.5	5:10.7
79 KOSSMAN, Tuck	FR	570	Waukon	(33)	25:59.92	7:49.29	8:21.6	5:12.0
80 TZUNUX TZUNUX, Hector	FR	540	Postville Communit	-	26:00.68	7:50.05	8:21.8	5:12.1
81 LYONS, Matthew	FR	571	Waukon	-	26:01.86	7:51.23	8:22.2	5:12.4
82 STEINES, Keagan	JR	191	Decorah	-	26:04.39	7:53.76	8:23.0	5:12.9
83 SMEDSRUD, Cole	SO	578	Waukon	-	26:09.86	7:59.23	8:24.8	5:14.0
84 HORNS, Spencer	SR	115	Clayton Ridge Gutt	-	26:23.83	8:13.20	8:29.3	5:16.8
85 YAKTIN, Brad	JR	147	De Soto	-	26:52.01	8:41.38	8:38.3	5:22.4
86 BROWN, Jakobi	SO	515	Osage	(34)	26:56.13	8:45.50	8:39.7	5:23.2
87 KOEHN, Griffin	SO	92	Central Elkader	(35)	26:57.45	8:46.82	8:40.1	5:23.5
88 RASMUSSEN, Cayden	SO	577	Waukon	-	27:15.73	9:05.10	8:46.0	5:27.1
89 MEYERHOFF, Landon	FR	462	New Hampton	-	27:23.60	9:12.97	8:48.5	5:28.7
90 GUYER, Cam	JR	491	North Fayette Valle	-	28:02.46	9:51.83	9:01.0	5:36.5
91 BOEHMER, Phoenix	FR	460	New Hampton	-	28:07.23	9:56.60	9:02.5	5:37.4
92 BAILEY, Brewer	SO	145	De Soto	-	28:10.52	9:59.89	9:03.6	5:38.1
93 DARROW, Dace	JR	521	Osage	-	29:52.60	11:41.9	9:36.4	5:58.5
94 GEARHART, Jayden	SO	547	Starmont West Cen	-	38:09.55	19:58.9	12:16.2	7:37.9

MEET OFFICIALS

Meet Director:
Brian Hillsabeck
Timing:
Shannon Event Timing



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Race #4
Junior Varsity Girls 5K

Final Results

RACE SUMMARY

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Decorah	18	1-2-4-5-6(10)(11)	1:56:51	23:23	1:17.2
2 Waukon	56	7-9-12-13-15(17)(19)	2:04:29	24:54	1:29.2
3 MFL MarMac	64	3-8-14-18-21(24)(25)	2:05:47	25:10	3:20.2
4 Clayton Ridge Guttenberg	122	16-22-23-30-31(32)	2:20:03	28:01	4:51.9
5 North Fayette Valley	130	20-26-27-28-29(33)(34)	2:21:02	28:13	2:13.5
DNP Crestwood Cresco					
DNP De Soto					
DNP Central Elkader					
DNP New Hampton					
DNP Postville Community					
DNP Osage					
DNP Turkey Valley Jackson Jun					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 SEARCY, Vivian	JR	231	Decorah	1	22:38.63	---	7:16.9	4:31.7
2 COURTNEY, Brinlee	JR	224	Decorah	2	23:02.93	24.30	7:24.7	4:36.6
3 SCHERF, Blair	SO	101	Central Elkader	-	23:14.23	35.60	7:28.3	4:38.8
4 CORCORAN, Aaliyah	SO	256	MFL MarMac	3	23:20.39	41.76	7:30.3	4:40.1
5 RISSMAN, Olivia	JR	230	Decorah	4	23:21.37	42.74	7:30.6	4:40.3
6 SCHEIDEL, Annebelle	FR	563	Turkey Valley Jacks	-	23:39.37	1:00.74	7:36.4	4:43.9
7 HURLEY, Eva	SO	214	Decorah	5	23:51.48	1:12.85	7:40.3	4:46.3
8 HOLTHAUS, Natalie	SO	213	Decorah	6	23:55.74	1:17.11	7:41.7	4:47.1
9 DUGAN, Tatum	FR	587	Waukon	7	24:08.57	1:29.94	7:45.8	4:49.7
10 FISK, Skylar	JR	261	MFL MarMac	8	24:13.30	1:34.67	7:47.3	4:50.7
11 PEAKE, Leah	FR	589	Waukon	9	24:18.53	1:39.90	7:49.0	4:51.7
12 BLAIR, Willow	JR	223	Decorah	(10)	24:26.56	1:47.93	7:51.6	4:53.3
13 SPILDE-MAKI, Rachel	JR	234	Decorah	(11)	24:36.95	1:58.32	7:54.9	4:55.4
14 DAHLEN, Lillian	JR	225	Decorah	-	24:37.40	1:58.77	7:55.0	4:55.5
15 DAVIS, Laura	FR	586	Waukon	12	25:04.98	2:26.35	8:03.9	5:01.0
16 KURTH, Makenna	JR	603	Waukon	13	25:18.60	2:39.97	8:08.3	5:03.7
17 KOETHER, Emma	SR	270	MFL MarMac	14	25:30.86	2:52.23	8:12.2	5:06.2
18 HANSON, Kayler	SO	593	Waukon	15	25:37.74	2:59.11	8:14.5	5:07.5
19 STANNARD, Payton	SO	102	Central Elkader	-	25:41.28	3:02.65	8:15.6	5:08.3
20 THOMAS, Paige	SO	123	Clayton Ridge Gutt	16	25:43.98	3:05.35	8:16.5	5:08.8
21 COOK, Hailey	FR	585	Waukon	(17)	25:49.44	3:10.81	8:18.2	5:09.9
22 WHITE, Isabelle	JR	545	Postville Communit	-	25:52.74	3:14.11	8:19.3	5:10.5
23 ADAMS, Ellie	JR	222	Decorah	-	25:58.58	3:19.95	8:21.2	5:11.7
24 PICHA, Kacie	JR	265	MFL MarMac	18	26:01.14	3:22.51	8:22.0	5:12.2
25 SEVERTSON, Lauren	JR	233	Decorah	-	26:03.99	3:25.36	8:22.9	5:12.8
26 DOWNING, Moriah	SR	605	Waukon	(19)	26:05.84	3:27.21	8:23.5	5:13.2
27 QUANDAHL, Camryn	SO	220	Decorah	-	26:11.85	3:33.22	8:25.4	5:14.4

2025 WAUKON INVITATIONAL

Waukon, IA

Tuesday, September 23, 2025

MEET OFFICIALS**Meet Director:**

Brian Hillsabeck

Timing:

Shannon Event Timing

**OFFICIAL MEET REPORT**

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
28 WEIS, Rachel	SO	221	Decorah	-	26:16.16	3:37.53	8:26.8	5:15.2
29 GARCIA-PRATS, Leah	SO	212	Decorah	-	26:20.16	3:41.53	8:28.1	5:16.0
30 HARMENING, Marley	JR	226	Decorah	-	26:23.74	3:45.11	8:29.2	5:16.7
31 MERCADO-ARNESON, Alan	SO	241	Decorah	-	26:25.32	3:46.69	8:29.7	5:17.1
32 HOUGEN, Regine	JR	227	Decorah	-	26:25.49	3:46.86	8:29.8	5:17.1
33 SESSIONS, Nina	JR	232	Decorah	-	26:30.59	3:51.96	8:31.4	5:18.1
34 MUELLER, Alivia	SR	509	North Fayette Valle	20	26:35.14	3:56.51	8:32.9	5:19.0
35 ADAMS, Sophie	FR	202	Decorah	-	26:38.68	4:00.05	8:34.0	5:19.7
36 RUFF, Samantha	JR	266	MFL MarMac	21	26:40.58	4:01.95	8:34.7	5:20.1
37 DENNLER, Ella	JR	137	Crestwood Cresco	-	26:41.52	4:02.89	8:35.0	5:20.3
38 OPHEIM, Evelyn	SO	217	Decorah	-	26:47.61	4:08.98	8:36.9	5:21.5
39 DICKSON, Audrey	JR	119	Clayton Ridge Gutt	22	27:07.65	4:29.02	8:43.4	5:25.5
40 BURRICHTER, Tanner	SO	591	Waukon	-	27:10.09	4:31.46	8:44.1	5:26.0
41 O'NEILL, Callie	SO	595	Waukon	-	27:11.74	4:33.11	8:44.7	5:26.3
42 MCGEE, Sophia	SO	215	Decorah	-	27:25.43	4:46.80	8:49.1	5:29.1
43 BECWAR, Lilly	JR	103	Central Elkader	-	27:30.27	4:51.64	8:50.6	5:30.1
44 WILKER, Morgan	SO	118	Clayton Ridge Gutt	23	27:39.47	5:00.84	8:53.6	5:31.9
45 VENNER, Sadie	SR	152	De Soto	-	27:41.47	5:02.84	8:54.2	5:32.3
46 TELEGUARIO-ORTIZ, Sherl	JR	544	Postville Communit	-	27:44.64	5:06.01	8:55.3	5:32.9
47 MOELLERS, Addison	SO	135	Crestwood Cresco	-	27:48.57	5:09.94	8:56.5	5:33.7
48 SAYER, Addy	SR	537	Osage	-	27:50.49	5:11.86	8:57.1	5:34.1
49 KOLBET, Alexis	JR	532	Osage	-	27:54.42	5:15.79	8:58.4	5:34.9
50 LUNDTVEDT, Jayden	JR	228	Decorah	-	28:06.09	5:27.46	9:02.2	5:37.2
51 SANDSTROM, Lauryn	JR	267	MFL MarMac	(24)	28:10.01	5:31.38	9:03.4	5:38.0
52 ZUERCHER, Braelyn	SO	597	Waukon	-	28:12.75	5:34.12	9:04.3	5:38.6
53 DRISCOLL, Emma	JR	260	MFL MarMac	(25)	28:13.47	5:34.84	9:04.5	5:38.7
54 SWENSEN, Anna	SO	501	North Fayette Valle	26	28:15.47	5:36.84	9:05.2	5:39.1
55 KLUSMAN, Ashlynn	SO	499	North Fayette Valle	27	28:33.42	5:54.79	9:10.9	5:42.7
56 KANE, Nessa	FR	203	Decorah	-	28:39.89	6:01.26	9:13.0	5:44.0
57 SHIMEK, Veda	FR	208	Decorah	-	28:40.72	6:02.09	9:13.3	5:44.1
58 BENDA, Nalia	SO	590	Waukon	-	28:45.47	6:06.84	9:14.8	5:45.1
59 HANSON, Finley	SO	150	De Soto	-	28:47.10	6:08.47	9:15.3	5:45.4
60 SCHUPBACH, Jisela	JR	506	North Fayette Valle	28	28:48.46	6:09.83	9:15.8	5:45.7
61 OLMSTEAD, Mallory	FR	496	North Fayette Valle	29	28:48.55	6:09.92	9:15.8	5:45.7
62 HORNS, Pfeiffer	JR	120	Clayton Ridge Gutt	30	28:55.71	6:17.08	9:18.1	5:47.1
63 SLAVIN, Bryleigh	JR	142	Crestwood Cresco	-	29:00.98	6:22.35	9:19.8	5:48.2
64 KRAUSE, Maci	FR	149	De Soto	-	29:13.58	6:34.95	9:23.9	5:50.7
65 KOETHER, Charlotte	FR	255	MFL MarMac	-	29:13.85	6:35.22	9:23.9	5:50.8
66 FRIEDLEIN, Hannah	JR	104	Central Elkader	-	29:20.69	6:42.06	9:26.1	5:52.1
67 WICKMAN, Karley	SO	473	New Hampton	-	29:39.79	7:01.16	9:32.3	5:56.0
68 MENKE, Teagan	JR	229	Decorah	-	29:41.46	7:02.83	9:32.8	5:56.3
69 HELGERSON, Kara	SO	594	Waukon	-	29:50.06	7:11.43	9:35.6	5:58.0
70 WILLIAMS, Rosy	FR	116	Clayton Ridge Gutt	31	30:35.82	7:57.19	9:50.3	6:07.2
71 JERICA, Wille	SR	268	MFL MarMac	-	31:21.30	8:42.67	10:04.9	6:16.3
72 BERNS, Addisyn	JR	599	Waukon	-	31:44.89	9:06.26	10:12.5	6:21.0
73 VENNER, Lydia	SO	151	De Soto	-	31:48.57	9:09.94	10:13.7	6:21.7

2025 WAUKON INVITATIONAL
Waukon, IA

Tuesday, September 23, 2025

MEET OFFICIALS

Meet Director:
Brian Hillsabeck
Timing:
Shannon Event Timing



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Race #4
Junior Varsity Girls 5K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
74 FRITCHER-LARSON, Madi	JR	139	Crestwood Cresco	-	32:31.94	9:53.31	10:27.6	6:30.4
75 MEYERHOFF, Cassidy	JR	476	New Hampton	-	33:14.60	10:35.9	10:41.4	6:38.9
76 ROHNER, Caylee	JR	121	Clayton Ridge Gutt	(32)	33:39.23	11:00.6	10:49.3	6:43.8
77 HERZBERG, McKenzie	SR	479	New Hampton	-	33:43.31	11:04.6	10:50.6	6:44.7
78 STEINES, Cora	JR	507	North Fayette Valle	(33)	35:19.11	12:40.4	11:21.4	7:03.8
79 MOSER, Mariah	SR	271	MFL MarMac	-	35:51.49	13:12.8	11:31.8	7:10.3
80 POPENHAGEN, Alexa	SR	510	North Fayette Valle	(34)	37:00.22	14:21.5	11:53.9	7:24.0

MEET OFFICIALS

Meet Director:
Brian Hillsabeck
Timing:
Shannon Event Timing



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Race #5
Varsity Boys 5K

Final Results

RACE SUMMARY

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Decorah	19	1-3-4-5-6(7)(8)	1:27:17	17:28	0:25.1
2 Waukon	55	2-9-12-15-17(18)(35)	1:31:57	18:24	1:41.7
3 Starmont West Central	90	10-11-19-20-30(37)(46)	1:35:49	19:10	2:14.9
4 North Fayette Valley	117	14-22-23-26-32(33)	1:38:24	19:41	1:37.9
5 New Hampton	142	13-28-29-34-38(40)	1:41:16	20:16	2:39.6
6 Osage	179*	21-36-39-41-42(43)(45)	1:46:03	21:13	2:35.6
7 Clayton Ridge Guttenberg	179*	24-27-31-48-49(51)(53)	1:48:21	21:41	4:33.5
8 Crestwood Cresco	182	16-25-44-47-50(52)	1:49:19	21:52	6:01.7
DNP Central Elkader					
DNP De Soto					
DNP Kee Lansing					
DNP North Fayette Valley					
DNP Postville Community					

*Tiebreakers

Osage	21	36	39	41	42	43
Clayton Ridge Guttenberg	24	27	31	48	49	51

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 SEE, Garrett	SR	200	Decorah	1	17:12.52	---	5:32.0	3:26.5
2 LEPPERT, Brandon	SR	583	Waukon	2	17:20.62	8.10	5:34.6	3:28.1
3 NIMROD, Clarence	JR	187	Decorah	3	17:22.79	10.27	5:35.3	3:28.6
4 STEMPER, Mitchell	SR	201	Decorah	4	17:31.03	18.51	5:38.0	3:30.2
5 PASCHE, Oak	SO	177	Decorah	5	17:32.80	20.28	5:38.5	3:30.6
6 HRDLICKA, Derek	SO	174	Decorah	6	17:37.57	25.05	5:40.1	3:31.5
7 GRIMSTAD, Oscar	SO	173	Decorah	(7)	17:43.99	31.47	5:42.1	3:32.8
8 WAGNER, Justin	SR	246	Kee Lansing	-	17:55.72	43.20	5:45.9	3:35.1
9 COPPOLA, Bennett	SO	170	Decorah	(8)	17:59.85	47.33	5:47.2	3:36.0
10 STOCK, Sam	SR	584	Waukon	9	18:03.70	51.18	5:48.5	3:36.7
11 TIMMERMAN, Jagger	JR	552	Starmont West Cen	10	18:07.82	55.30	5:49.8	3:37.6
12 CURTIS, Carson	SR	554	Starmont West Cen	11	18:35.41	1:22.89	5:58.7	3:43.1
13 LANGE, Garner	JR	580	Waukon	12	18:37.87	1:25.35	5:59.4	3:43.6
14 MANSON, Braden	JR	465	New Hampton	13	18:43.35	1:30.83	6:01.2	3:44.7
15 TRINIDAD, Elmer	JR	493	North Fayette Valle	14	18:50.62	1:38.10	6:03.5	3:46.1
16 KNOX, Parker	SO	576	Waukon	15	18:51.86	1:39.34	6:03.9	3:46.4
17 VOBR, Keaton	JR	126	Crestwood Cresco	16	18:55.83	1:43.31	6:05.2	3:47.2
18 KEELING, Silas	SO	575	Waukon	17	19:02.30	1:49.78	6:07.3	3:48.5
19 CAHALAN, Kelby	SR	581	Waukon	(18)	19:17.31	2:04.79	6:12.1	3:51.5
20 PINION, Caleb	SR	556	Starmont West Cen	19	19:19.04	2:06.52	6:12.7	3:51.8
21 BRUDOS, Logan	SR	148	De Soto	-	19:22.49	2:09.97	6:13.8	3:52.5
22 GELNER, Ben	SO	548	Starmont West Cen	20	19:23.43	2:10.91	6:14.1	3:52.7

2025 WAUKON INVITATIONAL

Waukon, IA

Tuesday, September 23, 2025

MEET OFFICIALS**Meet Director:**

Brian Hillsabeck

Timing:

Shannon Event Timing

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
23 MESSERSMITH, Nicholas	JR	522	Osage	21	19:29.18	2:16.66	6:15.9	3:53.8
24 MUELLER, Alexander	SO	487	North Fayette Valle	22	19:31.08	2:18.56	6:16.6	3:54.2
25 HUCK, Robert	JR	492	North Fayette Valle	23	19:36.73	2:24.21	6:18.4	3:55.3
26 RUEGNITZ, Carson	SR	98	Central Elkader	-	19:40.45	2:27.93	6:19.6	3:56.1
27 BACKES, Ethan	SR	113	Clayton Ridge Gutt	24	19:48.23	2:35.71	6:22.1	3:57.6
28 MACDUFF, Jack	SR	128	Crestwood Cresco	25	19:50.12	2:37.60	6:22.7	3:58.0
29 PETERS, Karl	SR	542	Postville Communit	-	19:53.15	2:40.63	6:23.6	3:58.6
30 ELLIOTT, Peyton	SR	494	North Fayette Valle	26	19:56.99	2:44.47	6:24.9	3:59.4
31 FLORES, Fernando	JR	111	Clayton Ridge Gutt	27	20:03.50	2:50.98	6:27.0	4:00.7
32 TROWER, Kamdyn	SO	464	New Hampton	28	20:08.62	2:56.10	6:28.6	4:01.7
33 SHATEK, Colin	SR	468	New Hampton	29	20:16.34	3:03.82	6:31.1	4:03.3
34 SWALES, Maison	JR	551	Starmont West Cen	30	20:22.70	3:10.18	6:33.2	4:04.5
35 REIMER, Henry	SR	97	Central Elkader	-	20:23.71	3:11.19	6:33.5	4:04.7
36 CHMELAR, Russell	SO	107	Clayton Ridge Gutt	31	20:25.80	3:13.28	6:34.1	4:05.2
37 GROVE, Brody	SO	484	North Fayette Valle	32	20:28.47	3:15.95	6:35.0	4:05.7
38 MOELLERING, Esten	SO	486	North Fayette Valle	(33)	20:37.42	3:24.90	6:37.9	4:07.5
39 STUMME, Connor	JR	466	New Hampton	34	20:44.29	3:31.77	6:40.1	4:08.9
40 FINLEY, Declan	SR	95	Central Elkader	-	20:54.85	3:42.33	6:43.5	4:11.0
41 KELLY, Cole	FR	569	Waukon	(35)	21:00.36	3:47.84	6:45.3	4:12.1
42 JOHNSON, Jackson	SR	527	Osage	36	21:15.70	4:03.18	6:50.2	4:15.1
43 GELNER, Noah	SR	555	Starmont West Cen	(37)	21:21.62	4:09.10	6:52.1	4:16.3
44 BERNS, Riley	SO	463	New Hampton	38	21:22.89	4:10.37	6:52.5	4:16.6
45 MARKS, Robert	SO	517	Osage	39	21:28.13	4:15.61	6:54.2	4:17.6
46 MONTEITH, Easton	SR	467	New Hampton	(40)	21:32.88	4:20.36	6:55.7	4:18.6
47 SMITH, Finn	JR	525	Osage	41	21:44.41	4:31.89	6:59.4	4:20.9
48 WHITE, Michael	SR	99	Central Elkader	-	21:46.92	4:34.40	7:00.2	4:21.4
49 ROLL, Slader	SO	519	Osage	42	22:04.76	4:52.24	7:06.0	4:25.0
50 GREENO, Kyle	SO	146	De Soto	-	22:07.78	4:55.26	7:06.9	4:25.6
51 MINER, Maxwel	JR	523	Osage	(43)	22:19.44	5:06.92	7:10.7	4:27.9
52 MCKUSKER, Richie	SR	129	Crestwood Cresco	44	22:19.54	5:07.02	7:10.7	4:27.9
53 JOHNSON, Riley	FR	512	Osage	(45)	22:22.90	5:10.38	7:11.8	4:28.6
54 POPE, Jackson	JR	550	Starmont West Cen	(46)	22:34.47	5:21.95	7:15.5	4:30.9
55 RICE, Collin	SR	130	Crestwood Cresco	47	23:15.79	6:03.27	7:28.8	4:39.2
56 ARMSTRONG, Tate	SO	106	Clayton Ridge Gutt	48	23:41.15	6:28.63	7:37.0	4:44.2
57 MUELLER, Leland	SR	114	Clayton Ridge Gutt	49	24:21.69	7:09.17	7:50.0	4:52.3
58 HOLTHAUS, Ethan	SR	127	Crestwood Cresco	50	24:57.52	7:45.00	8:01.5	4:59.5
59 COOK, Luke	JR	110	Clayton Ridge Gutt	(51)	25:49.14	8:36.62	8:18.1	5:09.8
60 BUCHHEIT, Caleb	JR	124	Crestwood Cresco	(52)	26:01.57	8:49.05	8:22.1	5:12.3
61 JUDKINS, Carter	JR	112	Clayton Ridge Gutt	(53)	26:14.80	9:02.28	8:26.4	5:15.0
-- STANSBERRY, Gabe	SR	495	North Fayette Valle	-	DQ		---	---

2025 WAUKON INVITATIONAL

Waukon, IA

Tuesday, September 23, 2025

MEET OFFICIALS**Meet Director:**

Brian Hillsabeck

Timing:

Shannon Event Timing

**OFFICIAL MEET REPORT**

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Race #6
Varsity Girls 5K**Final Results****RACE SUMMARY****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Decorah	30	2-3-6-9-10(16)(25)	1:45:43	21:09	1:02.4
2 Waukon	57	5-8-12-14-18(20)(22)	1:49:11	21:51	1:17.7
3 MFL MarMac	91	4-19-21-23-24(27)(39)	1:52:33	22:31	2:16.7
4 Crestwood Cresco	109	7-15-17-29-41(42)	1:55:17	23:04	4:04.9
5 Osage	121	1-26-30-31-33(34)(37)	1:55:17	23:04	4:56.7
6 North Fayette Valley	137	11-13-35-38-40(43)	1:58:50	23:46	3:50.8
7 New Hampton	185	28-32-36-44-45	2:05:35	25:07	3:32.0
DNP Starmont West Central					
DNP Turkey Valley Jackson Jun					
DNP Postville Community					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 KROGMANN, Lauren	JR	561	Starmont West Cen	-	19:06.35	---	6:08.6	3:49.3
2 BYRNES, Scarlett	SR	535	Osage	1	19:24.84	18.49	6:14.5	3:53.0
3 VOLKMANN, Olivia	JR	235	Decorah	2	20:33.95	1:27.60	6:36.8	4:06.8
4 KUENY, Ruth	FR	204	Decorah	3	20:45.07	1:38.72	6:40.3	4:09.0
5 KOZELKA, McKenna	JR	264	MFL MarMac	4	20:54.61	1:48.26	6:43.4	4:10.9
6 DOWNING, Miriam	SO	592	Waukon	5	21:07.54	2:01.19	6:47.6	4:13.5
7 HOUGEN, Deborah	SR	237	Decorah	6	21:18.49	2:12.14	6:51.1	4:15.7
8 DOHLMAN, Lexus	SO	132	Crestwood Cresco	7	21:25.87	2:19.52	6:53.5	4:17.2
9 O'NEILL, Emma	SR	606	Waukon	8	21:25.90	2:19.55	6:53.5	4:17.2
10 CHRISTOPHER, Riley	SO	210	Decorah	9	21:28.98	2:22.63	6:54.5	4:17.8
11 NEWHOUSE, Raelyn	SO	216	Decorah	10	21:36.33	2:29.98	6:56.8	4:19.3
12 MCGOWAN, Lexi	JR	505	North Fayette Valle	11	21:37.89	2:31.54	6:57.3	4:19.6
13 STIKA, Isabella (Belle)	JR	565	Turkey Valley Jacks	-	21:52.47	2:46.12	7:02.0	4:22.5
14 DEERING, Tenley	FR	543	Postville Communit	-	22:03.84	2:57.49	7:05.7	4:24.8
15 BENZING, Reagan	JR	598	Waukon	12	22:04.59	2:58.24	7:05.9	4:24.9
16 NIEMAN, Hazel	JR	564	Turkey Valley Jacks	-	22:05.80	2:59.45	7:06.3	4:25.2
17 MURRAY, Annie	SO	500	North Fayette Valle	13	22:06.57	3:00.22	7:06.5	4:25.3
18 DAVIS, Nora	JR	600	Waukon	14	22:07.65	3:01.30	7:06.9	4:25.5
19 MCCABE, Livia	FR	131	Crestwood Cresco	15	22:10.19	3:03.84	7:07.7	4:26.0
20 ROE, Amelia	SR	239	Decorah	(16)	22:20.78	3:14.43	7:11.1	4:28.2
21 VOBR, Jaylee	SR	144	Crestwood Cresco	17	22:21.97	3:15.62	7:11.5	4:28.4
22 JOHNSON, Claire	JR	602	Waukon	18	22:25.19	3:18.84	7:12.5	4:29.0
23 DONLON, Brooke	JR	259	MFL MarMac	19	22:25.47	3:19.12	7:12.6	4:29.1
24 ROSBURG, Carley	FR	559	Starmont West Cen	-	22:28.20	3:21.85	7:13.5	4:29.6
25 MILLER, Cora	JR	604	Waukon	(20)	22:32.59	3:26.24	7:14.9	4:30.5
26 MEYER, Charlotte	SO	257	MFL MarMac	21	22:51.23	3:44.88	7:20.9	4:34.2
27 JOHANNINGMEIER, Jaelyn	JR	601	Waukon	(22)	22:59.88	3:53.53	7:23.7	4:36.0
28 KEEHNER, Cora	SR	269	MFL MarMac	23	23:09.81	4:03.46	7:26.9	4:38.0
29 EVIE, Fritz	FR	253	MFL MarMac	24	23:11.28	4:04.93	7:27.4	4:38.3
30 DOWNING, Simone	SO	211	Decorah	(25)	23:23.02	4:16.67	7:31.1	4:40.6

2025 WAUKON INVITATIONAL

Waukon, IA

Tuesday, September 23, 2025

MEET OFFICIALS**Meet Director:**

Brian Hillsabeck

Timing:

Shannon Event Timing

**OFFICIAL MEET REPORT**

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Race #6
Varsity Girls 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
31 POWER, Kendall	SR	536	Osage	26	23:26.49	4:20.14	7:32.2	4:41.3
32 BROOKLYN, Landt	FR	252	MFL MarMac	(27)	23:31.66	4:25.31	7:33.9	4:42.3
33 BROWN, Abbigail	FR	557	Starmont West Cen	-	23:32.21	4:25.86	7:34.1	4:42.4
34 CARDONA, Juanita	SR	478	New Hampton	28	23:38.34	4:31.99	7:36.1	4:43.7
35 REIS, Taylor	JR	141	Crestwood Cresco	29	23:47.69	4:41.34	7:39.1	4:45.5
36 ADAMS, Lauren	FR	528	Osage	30	23:55.70	4:49.35	7:41.6	4:47.1
37 DARROW, Tess	SO	530	Osage	31	24:07.75	5:01.40	7:45.5	4:49.6
38 HUMPAL, Harper	SO	471	New Hampton	32	24:21.29	5:14.94	7:49.9	4:52.3
39 BIELEFELD, Madeline	SR	534	Osage	33	24:21.50	5:15.15	7:49.9	4:52.3
40 KNOX, Memphis	FR	558	Starmont West Cen	-	24:22.60	5:16.25	7:50.3	4:52.5
41 KOLBET, Lily	FR	529	Osage	(34)	24:23.12	5:16.77	7:50.5	4:52.6
42 BILDEN, Clara	JR	504	North Fayette Valle	35	24:27.02	5:20.67	7:51.7	4:53.4
43 NEVILLE, Addison	SO	472	New Hampton	36	24:28.54	5:22.19	7:52.2	4:53.7
44 RACHUT, Abby	JR	533	Osage	(37)	24:49.14	5:42.79	7:58.8	4:57.8
45 KUHSE, Tristan	SR	508	North Fayette Valle	38	25:09.46	6:03.11	8:05.4	5:01.9
46 MOSER, Taryn	SO	272	MFL MarMac	(39)	25:15.34	6:08.99	8:07.2	5:03.1
47 ELLIOT, Kendall	SO	498	North Fayette Valle	40	25:28.61	6:22.26	8:11.5	5:05.7
48 LOPEZ, Amber	SO	134	Crestwood Cresco	41	25:30.77	6:24.42	8:12.2	5:06.2
49 KACH, Claire	SO	133	Crestwood Cresco	(42)	25:41.49	6:35.14	8:15.7	5:08.3
50 VAN GELDER, Lydia	SO	503	North Fayette Valle	(43)	25:43.62	6:37.27	8:16.3	5:08.7
51 KELLOGG, Zoey	JR	475	New Hampton	44	25:55.72	6:49.37	8:20.2	5:11.1
52 SINGEWALD, Josi	JR	477	New Hampton	45	27:10.34	8:03.99	8:44.2	5:26.1