

2026 WAVERLY-SHELL ROCK EARLYBIRD INVITATIONAL

Waverly, IA
 Wartburg Max Championship XC Course
 Host: Waverly-Shell Rock
 Monday, August 24, 2026

MEET OFFICIALS

Meet Director:
 Austin Cole
Timing:
 Shannon Event Timings



OFFICIAL MEET REPORT
 printed: 8/24/2026 6:22 PM

Race #1
HS Girls 5K

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

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Decorah	21	1-2-4-6-8(9)(12)	1:45:27	21:06	1:39.5
2 West Marshall State Center	43	3-5-10-11-14(20)(21)	1:52:14	22:27	4:10.3
3 Waverly-Shell Rock	68	7-13-15-16-17(18)(19)	2:00:31	24:07	3:41.4
DNP Waverly-Shell Rock					
DNP West Marshall State Center					
DNP Decorah					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 VOLKMANN, Olivia	SR	1802	Decorah	1	20:14.54	---	6:30.5	4:02.9
2 IVY, Addisyn	JR	1785	Decorah	2	20:24.39	9.85	6:33.7	4:04.9
3 ELDRIDGE, Dalaney	JR	1866	West Marshall State	3	21:03.75	49.21	6:46.4	4:12.8
4 NEWHOUSE, Raelyn	JR	1787	Decorah	4	21:14.08	59.54	6:49.7	4:14.8
5 WIGNALL, Zoey	SO	1864	West Marshall State	5	21:24.96	1:10.42	6:53.2	4:17.0
6 KUENY, Ruth	SO	1776	Decorah	6	21:39.24	1:24.70	6:57.8	4:19.8
7 NELSON, Kate	SR	1848	Waverly-Shell Rock	7	21:41.65	1:27.11	6:58.5	4:20.3
8 LUJAN, Sophia	FR	1767	Decorah	8	21:54.03	1:39.49	7:02.5	4:22.8
9 CHRISTOPHER, Riley	JR	1781	Decorah	(9)	21:57.48	1:42.94	7:03.6	4:23.5
10 KASAL, Kielly	SO	1860	West Marshall State	10	22:01.95	1:47.41	7:05.1	4:24.4
11 RANDALL, Ella	SO	1862	West Marshall State	11	22:29.16	2:14.62	7:13.8	4:29.8
12 HAMMEL, Sophia	FR	1764	Decorah	(12)	22:44.65	2:30.11	7:18.8	4:32.9
13 KAY, Allison	JR	1843	Waverly-Shell Rock	13	22:51.96	2:37.42	7:21.1	4:34.4
14 DOWNING, Simone	JR	1783	Decorah	-	22:55.84	2:41.30	7:22.4	4:35.2
15 SPILDE-MAKI, Rachel	SR	1800	Decorah	-	23:26.61	3:12.07	7:32.3	4:41.3
16 SEARCY, Vivian	SR	1797	Decorah	-	23:36.01	3:21.47	7:35.3	4:43.2
17 SAUER, Hattie	FR	1769	Decorah	-	23:44.06	3:29.52	7:37.9	4:44.8
18 COURTNEY, Brinlee	SR	1792	Decorah	-	23:46.72	3:32.18	7:38.8	4:45.3
19 LUJAN, Olivia	FR	1766	Decorah	-	23:48.82	3:34.28	7:39.4	4:45.8
20 DIXON, Claudia	JR	1782	Decorah	-	23:52.27	3:37.73	7:40.5	4:46.5
21 MERCADO-ARNESON, Alan	JR	1804	Decorah	-	24:59.05	4:44.51	8:02.0	4:59.8
22 KURTH, Summer	SR	1870	West Marshall State	14	25:14.02	4:59.48	8:06.8	5:02.8
23 BUCHANAN, Emma	SR	1846	Waverly-Shell Rock	15	25:15.25	5:00.71	8:07.2	5:03.1
24 ENGELHARDT, Bella	SR	1847	Waverly-Shell Rock	16	25:18.94	5:04.40	8:08.4	5:03.8
25 HOLTHAUS, Natalie	JR	1784	Decorah	-	25:21.87	5:07.33	8:09.3	5:04.4
26 ZART, Esther	SO	1840	Waverly-Shell Rock	17	25:23.04	5:08.50	8:09.7	5:04.6
27 WADSWORTH, Iris	FR	1771	Decorah	-	25:27.62	5:13.08	8:11.2	5:05.5
28 QUANDAHL, Brinley	JR	1788	Decorah	-	25:29.47	5:14.93	8:11.8	5:05.9
29 RISSMAN, Olivia	SR	1796	Decorah	-	25:39.53	5:24.99	8:15.0	5:07.9
30 LEE-JUVE, Jorgan	FR	1765	Decorah	-	25:46.20	5:31.66	8:17.2	5:09.2
31 DOLASH, Holland	FR	1834	Waverly-Shell Rock	(18)	25:49.06	5:34.52	8:18.1	5:09.8
32 VOLKMANN, Anya	FR	1770	Decorah	-	25:50.31	5:35.77	8:18.5	5:10.1
33 OLSGARD, Graci	FR	1768	Decorah	-	25:57.21	5:42.67	8:20.7	5:11.4
34 MOORE, Holly	FR	1835	Waverly-Shell Rock	(19)	25:59.89	5:45.35	8:21.6	5:12.0
35 CHRISTIANSON, Mia	SR	1869	West Marshall State	(20)	26:00.71	5:46.17	8:21.8	5:12.1

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HS Girls 5K

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
36 JACKSON, Kennedy	FR	1858	West Marshall State	(21)	26:13.22	5:58.68	8:25.9	5:14.6
37 STORHOFF, Claire	SR	1801	Decorah	-	26:25.82	6:11.28	8:29.9	5:17.2
38 REMINGTON, Audrey	SO	1778	Decorah	-	26:32.25	6:17.71	8:32.0	5:18.5
39 ADAMS, Ellie	SR	1790	Decorah	-	26:38.63	6:24.09	8:34.0	5:19.7
40 MENKE, Harper	SO	1777	Decorah	-	26:54.11	6:39.57	8:39.0	5:22.8
41 BLAIR, Willow	SR	1791	Decorah	-	27:29.92	7:15.38	8:50.5	5:30.0
42 RANDALL, Olivia	SR	1871	West Marshall State	-	27:30.00	7:14.46	8:50.5	5:30.0
43 SIKORA, Taylor	SR	1850	Waverly-Shell Rock	-	27:45.08	7:30.54	8:55.4	5:33.0
44 CLARK, Ensly	FR	1857	West Marshall State	-	27:46.21	7:31.67	8:55.8	5:33.2
45 WEIS, Rachel	JR	1789	Decorah	-	27:52.56	7:38.02	8:57.8	5:34.5
46 BUCK, Avery	SR	1868	West Marshall State	-	28:00.25	7:45.71	9:00.3	5:36.1
47 SESSIONS, Nina	SR	1798	Decorah	-	28:05.68	7:51.14	9:02.0	5:37.1
48 DAHLEN, Lillian	SR	1793	Decorah	-	28:12.55	7:58.01	9:04.2	5:38.5
49 ADAMS, Sophie	SO	1772	Decorah	-	28:24.24	8:09.70	9:08.0	5:40.8
50 KANE, Nessa	SO	1775	Decorah	-	28:32.44	8:17.90	9:10.6	5:42.5
51 ZORTMAN, Audrey	FR	1837	Waverly-Shell Rock	-	28:49.65	8:35.11	9:16.2	5:45.9
52 ALBERT, Chloe	SO	1773	Decorah	-	29:03.76	8:49.22	9:20.7	5:48.8
53 ERICSON, Kaydence	JR	1841	Waverly-Shell Rock	-	29:04.48	8:49.94	9:20.9	5:48.9
54 VOLZ, Jillian	SR	1803	Decorah	-	29:10.05	8:55.51	9:22.7	5:50.0
55 MENKE, Teagan	SR	1795	Decorah	-	29:10.48	8:55.94	9:22.9	5:50.1
56 NIXT, Alana	FR	1836	Waverly-Shell Rock	-	29:27.09	9:12.55	9:28.2	5:53.4
57 MCGEE, Sophia	JR	1786	Decorah	-	29:54.37	9:39.83	9:37.0	5:58.9
58 SEVERTSON, Lauren	SR	1799	Decorah	-	30:02.27	9:47.73	9:39.5	6:00.5
59 CLARK, McKenna	JR	1865	West Marshall State	-	30:03.43	9:48.89	9:39.9	6:00.7
60 CHRISTIANSON, Maci	FR	1856	West Marshall State	-	30:47.67	10:33.1	9:54.1	6:09.5
61 HARMENING, Marley	SR	1794	Decorah	-	30:52.49	10:37.9	9:55.7	6:10.5
62 CARLSON, Kennedy	JR	1780	Decorah	-	31:09.42	10:54.8	10:01.1	6:13.9
63 KENDALL, Bailey	JR	1867	West Marshall State	-	31:32.97	11:18.4	10:08.7	6:18.6
64 WHITE, Georgia	SO	1863	West Marshall State	-	32:14.92	12:00.3	10:22.2	6:27.0
65 MAKARIOS, Maggie	SO	1838	Waverly-Shell Rock	-	33:42.48	13:27.9	10:50.3	6:44.5
66 FASSBINDER, June	SO	1774	Decorah	-	34:17.07	14:02.5	11:01.4	6:51.4
67 YOUNG, Ava	SR	1872	West Marshall State	-	35:21.72	15:07.1	11:22.2	7:04.3
68 WHITNEY, Eryana	JR	1845	Waverly-Shell Rock	-	35:40.11	15:25.5	11:28.1	7:08.0
69 KEMMERER, Brynn	SO	1861	West Marshall State	-	36:34.74	16:20.2	11:45.7	7:18.9
70 PATTENGILL, Ella	SO	1839	Waverly-Shell Rock	-	38:49.25	18:34.7	12:29.0	7:45.9
-- GRITTERS, Aliya	JR	1842	Waverly-Shell Rock	-			---	---
-- AHRENS, Rebekah	SO	1859	West Marshall State	-			---	---
-- SHIMEK, Veda	SO	1779	Decorah	-			---	---
-- SCHULDT, Lara	JR	1844	Waverly-Shell Rock	-			---	---
-- SCHWARTZ, Amri	SR	1849	Waverly-Shell Rock	-			---	---

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Race #2
HS Boys 5K

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

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Decorah	18	1-2-3-5-7(8)(10)	1:26:58	17:24	0:59.1
2 Waverly-Shell Rock	42	4-6-9-11-12(13)(14)	1:31:08	18:14	1:37.9
3 West Marshall State Center	85	15-16-17-18-19	2:02:58	24:36	8:30.1
DNP Waverly-Shell Rock					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 NIMROD, Clarence	SR	1758	Decorah	1	16:53.82	---	5:26.0	3:22.8
2 PASCHE, Oak	JR	1751	Decorah	2	17:13.59	19.77	5:32.3	3:26.7
3 COPPOLA, Bennett	JR	1745	Decorah	3	17:25.31	31.49	5:36.1	3:29.1
4 CHAPMAN, Alex	FR	1807	Waverly-Shell Rock	4	17:29.87	36.05	5:37.6	3:30.0
5 CHRISTIANSEN, Spencer	SR	1752	Decorah	5	17:31.78	37.96	5:38.2	3:30.4
6 HOMMOWUN, Matthew	JR	1828	Waverly-Shell Rock	6	17:46.36	52.54	5:42.9	3:33.3
7 GRIMSTAD, Oscar	JR	1748	Decorah	7	17:52.88	59.06	5:45.0	3:34.6
8 NALEAN-CARLSON, Logan	JR	1749	Decorah	(8)	17:54.11	1:00.29	5:45.4	3:34.8
9 CALLAHAN, Landry	FR	1806	Waverly-Shell Rock	9	18:06.24	1:12.42	5:49.3	3:37.2
10 NIMROD, Leonard	SO	1738	Decorah	(10)	18:14.42	1:20.60	5:51.9	3:38.9
11 HUANG, Liam	SR	1756	Decorah	-	18:20.87	1:27.05	5:54.0	3:40.2
12 MEISGEIER, Birk	FR	1811	Waverly-Shell Rock	11	18:37.50	1:43.68	5:59.3	3:43.5
13 OFTEDAHL, Kyan	SR	1759	Decorah	-	18:52.54	1:58.72	6:04.2	3:46.5
14 PETERSON, Quinn	SO	1739	Decorah	-	18:54.74	2:00.92	6:04.9	3:46.9
15 SCHARA, Bailly	SR	1832	Waverly-Shell Rock	12	19:07.75	2:13.93	6:09.1	3:49.6
16 MUELLER, Gage	SR	1831	Waverly-Shell Rock	(13)	19:13.68	2:19.86	6:11.0	3:50.7
17 JOYCE, Keegan	SO	1736	Decorah	-	19:15.55	2:21.73	6:11.6	3:51.1
18 FANKHAUSER, Lucas	SO	1735	Decorah	-	19:27.57	2:33.75	6:15.4	3:53.5
19 KAY, Drew	FR	1809	Waverly-Shell Rock	(14)	19:31.52	2:37.70	6:16.7	3:54.3
20 BARTLET, Colton	SO	1718	Decorah	-	19:32.26	2:38.44	6:16.9	3:54.5
21 GREENE, Aaron	SO	1854	West Marshall State	15	19:52.10	2:58.28	6:23.3	3:58.4
22 DAVIS, Robert	SO	1734	Decorah	-	20:11.37	3:17.55	6:29.5	4:02.3
23 FREESE, Stevan	JR	1827	Waverly-Shell Rock	-	20:24.11	3:30.29	6:33.6	4:04.8
24 DELAROSA, Jack	SR	1754	Decorah	-	20:29.21	3:35.39	6:35.2	4:05.8
25 LORENZEN, Lincoln	JR	1829	Waverly-Shell Rock	-	20:31.44	3:37.62	6:36.0	4:06.3
26 NEUBAUER, Jayven	JR	1750	Decorah	-	20:31.47	3:37.65	6:36.0	4:06.3
27 KAHLER, Noah	SR	1830	Waverly-Shell Rock	-	20:32.88	3:39.06	6:36.4	4:06.6
28 BYERS, Josh	SO	1814	Waverly-Shell Rock	-	20:33.21	3:39.39	6:36.5	4:06.6
29 CHRISTMAN, Lawrence	SR	1753	Decorah	-	20:40.13	3:46.31	6:38.8	4:08.0
30 WHITNEY, Caden	SO	1822	Waverly-Shell Rock	-	20:53.97	4:00.15	6:43.2	4:10.8
31 CASTERTON, Drake	FR	1451	Decorah	-	20:57.93	4:04.11	6:44.5	4:11.6
32 HAYES, Connor	SO	1816	Waverly-Shell Rock	-	21:00.73	4:06.91	6:45.4	4:12.1
33 CHRISTENSEN, Ben	SO	1815	Waverly-Shell Rock	-	21:04.37	4:10.55	6:46.5	4:12.9
34 BONNET, Isaiah	SO	1731	Decorah	-	21:07.62	4:13.80	6:47.6	4:13.5
35 SWANSON, Oskar	SR	1762	Decorah	-	21:13.71	4:19.89	6:49.6	4:14.7
36 CATON, Pranav	JR	1744	Decorah	-	21:18.53	4:24.71	6:51.1	4:15.7
37 GOODNER, Max	JR	1747	Decorah	-	21:20.13	4:26.31	6:51.6	4:16.0

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
38 MADSEN, Evan	SR	1757	Decorah	-	21:23.38	4:29.56	6:52.7	4:16.7
39 GJERDE, Thomas	FR	1699	Decorah	-	21:29.24	4:35.42	6:54.5	4:17.8
40 ERICKSON, Austin	FR	1454	Decorah	-	21:29.98	4:36.16	6:54.8	4:18.0
41 JONES, Grayson	SO	1817	Waverly-Shell Rock	-	21:31.00	4:37.18	6:55.1	4:18.2
42 ZOOK, James	FR	1713	Decorah	-	21:31.20	4:37.38	6:55.2	4:18.2
43 KUBOUSHEK, Kaden	FR	1706	Decorah	-	21:36.16	4:42.34	6:56.8	4:19.2
44 CROSE, Nathaniel	SO	1733	Decorah	-	21:45.51	4:51.69	6:59.8	4:21.1
45 THORNLEY, Vincent	SR	1763	Decorah	-	21:50.91	4:57.09	7:01.5	4:22.2
46 MCCONNELL, James	SO	1737	Decorah	-	21:51.46	4:57.64	7:01.7	4:22.3
47 NUS, Bennett	FR	1813	Waverly-Shell Rock	-	21:54.05	5:00.23	7:02.5	4:22.8
48 ANDERSON, Joah	FR	1805	Waverly-Shell Rock	-	21:54.47	5:00.65	7:02.7	4:22.9
49 POTVIN, Simon	SO	1740	Decorah	-	22:22.62	5:28.80	7:11.7	4:28.5
50 STEINES, Keagan	SR	1761	Decorah	-	22:28.69	5:34.87	7:13.7	4:29.7
51 MYRMO, Mason	FR	1812	Waverly-Shell Rock	-	22:39.83	5:46.01	7:17.2	4:32.0
52 YOUNG, Colton	FR	1712	Decorah	-	23:00.78	6:06.96	7:24.0	4:36.2
53 THOMPSON, Ellis	SO	1741	Decorah	-	23:03.32	6:09.50	7:24.8	4:36.7
54 WILLMS, Matthew	SO	1823	Waverly-Shell Rock	-	23:04.05	6:10.23	7:25.0	4:36.8
55 MCFALL, Jakota	SO	1855	West Marshall State	16	23:17.48	6:23.66	7:29.4	4:39.5
56 MOHAN, Aiden	SO	1819	Waverly-Shell Rock	-	23:39.02	6:45.20	7:36.3	4:43.8
57 LAMMERS, Evan	SO	1818	Waverly-Shell Rock	-	23:50.63	6:56.81	7:40.0	4:46.1
58 CLAYTON, Nick	SO	1732	Decorah	-	24:02.35	7:08.53	7:43.8	4:48.5
59 GULLEKSON, Jack	FR	1705	Decorah	-	24:02.82	7:09.00	7:43.9	4:48.6
60 HAMMELL, Jack	SR	1755	Decorah	-	24:04.86	7:11.04	7:44.6	4:49.0
61 CROSE, Johnny	FR	1453	Decorah	-	24:06.02	7:12.20	7:45.0	4:49.2
62 POST, Corbin	SO	1820	Waverly-Shell Rock	-	24:13.15	7:19.33	7:47.3	4:50.6
63 BIRDELL, Wyatt	JR	1743	Decorah	-	24:20.84	7:27.02	7:49.7	4:52.2
64 SORIA, Damien	FR	1852	West Marshall State	17	24:57.98	8:04.16	8:01.7	4:59.6
65 BARTELS, Kenyon	SO	1746	Decorah	-	24:59.08	8:05.26	8:02.0	4:59.8
66 BASKETT, Josiah	JR	1824	Waverly-Shell Rock	-	25:23.99	8:30.17	8:10.0	5:04.8
67 DIEHL, Parker	FR	1808	Waverly-Shell Rock	-	25:33.31	8:39.49	8:13.0	5:06.7
68 CRAIN, Jace	FR	1452	Decorah	-	25:59.89	9:06.07	8:21.6	5:12.0
69 SWANSON, Henrik	FR	1710	Decorah	-	26:01.19	9:07.37	8:22.0	5:12.2
70 DEUR, Mason	JR	1825	Waverly-Shell Rock	-	26:05.15	9:11.33	8:23.3	5:13.0
71 ETHINGTON, Noah	SO	1853	West Marshall State	18	26:27.41	9:33.59	8:30.4	5:17.5
72 WEIR, Per	SO	1742	Decorah	-	26:28.78	9:34.96	8:30.9	5:17.8
73 SCHMITZ, Wyatt	SR	1833	Waverly-Shell Rock	-	26:46.24	9:52.42	8:36.5	5:21.2
74 DEVRIES, Gustav	JR	1826	Waverly-Shell Rock	-	28:18.34	11:24.5	9:06.1	5:39.7
75 MALLOY, Korey	FR	1851	West Marshall State	19	28:22.16	11:28.3	9:07.3	5:40.4
76 POTVIN, Noah	SR	1760	Decorah	-	35:15.24	18:21.4	11:20.1	7:03.0
-- URIBE, Daniel	SO	1821	Waverly-Shell Rock	-			---	---
-- KROYMANN, Zion	FR	1810	Waverly-Shell Rock	-			---	---