

Iowa State Championships 3A HS

IN PROGRESS  Fri, Oct 31, 2025  Lakeside Municipal Golf Course, IA US

Deadline was  Mon Oct 20, 2025 @ 10:29 AM

Mens Results

Womens Results

5,000 Meters Varsity

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Official Team Scores

1. Gilbert	71
2. Mount Vernon-Lisbon	101
3. Pella	109
4. Des Moines Christian	139
5. Central DeWitt	184
6. Decorah	202
7. Sioux Center	202
8. Grinnell	206
9. Assumption Davenport	207
10. ADM Adel	247
11. Bondurant-Farrar	251
12. Epworth Western Dubuque	263
13. Clear Creek-Amana	280
14. Moc-Floyd Valley	287
15. Storm Lake	295

Official Team Scores

1. Pella	31
2. Des Moines Christian	113
3. Mount Vernon-Lisbon	136
4. Sioux Center	165
5. Winterset	181
6. Solon	201
7. Williamsburg	223
8. Center Point-Urbana	232
9. Harlan	248
10. Gilbert	253
11. ADM Adel	255
12. Xavier Cedar Rapids	262
13. Wahlert Dubuque	268
14. Ballard	281
15. Moc-Floyd Valley	288

1.	12	Quentin Nauman	14:48.3	Epworth Western Dubuque
2.	12	Canaan Dunham	15:02.9	Pella
3.	12	Caleb Ten Pas	15:18.4	Des Moines Christian
4.	11	Logan Bleich	15:31.9	Gilbert
5.	11	Jacob Tallman	15:38.7	Gilbert
6.	12	Carson Squiers	15:47.8	Gilbert
7.	12	Cadel Conner	15:57.3	Grinnell

1.	12	Marissa Ferebee	17:47.9	Pella
2.	12	Izzy Hardin	18:02.8	Maquoketa
3.	11	Evelyn Moeller	18:06.5	Mount Vernon-Lisbon
4.	11	Elsie Brenneman	18:11.3	Pella
5.	10	Elyse Erzen	18:28.6	Des Moines Christian
6.	11	Natalie Anderson	18:38.7	Moc-Floyd Valley
7.	10	Lizzy Vande Voort	18:41.8	Pella

8.	12	Dawson Scheil	16:00.3	Mount Vernon-Lisbon	8.	10	Aaliyah Causey	18:43.6	Center Point-Urbana
9.	12	Alex Torres	16:00.4	Vinton-Shellsburg	9.	11	Ruth Dunham	18:44.2	Pella
10.	12	Isaac Rankin	16:02.0	Knoxville	10.	10	Ashlyn Rau	18:45.6	Harlan
11.	10	Carson Meskimen	16:03.5	Clear Creek-Amana	11.	11	Audrina Jones	18:56.2	Sioux Center
12.	12	Gavin Weber	16:12.3	Algona	12.	9	Julia Heslink	18:56.5	Harlan
13.	11	Kyle Olson	16:15.5	Central DeWitt	13.	12	Tierney Carter	18:57.1	Oskaloosa
14.	12	Sawyer Feldman	16:15.8	Mount Vernon-Lisbon	14.	12	Lucy Murphy	18:59.8	Wahlert Dubuque
15.	11	Josiah Sisler	16:16.7	Des Moines Christian	15.	11	Alexis Hergenreter	19:01.5	North Polk Alleman
16.	11	Dillon Dorenkamp	16:20.7	Des Moines Christian	16.	10	Carleigh Altwine	19:04.7	Pella
17.	9	Benjamin Brinkmann	16:22.2	Mount Vernon-Lisbon	17.	11	Falyn Svalstad	19:11.3	Solon
18.	12	Andrew Rees	16:22.6	Washington	18.	10	Ava Hope	19:11.8	Winterset
19.	12	Joel Ramirez-Parra	16:28.2	Storm Lake	19.	12	Addison Dabroski	19:13.0	Marion
20.	11	Isaac Hummel	16:29.9	Moc-Floyd Valley	20.	12	Iris Dahl	19:16.8	Washington
21.	10	Ryler Hanson	16:29.9	Bondurant-Farrar	21.	12	Kiersten Swart	19:17.3	Mount Vernon-Lisbon
22.	12	Adam Wilke	16:32.5	Central DeWitt	22.	12	Mia Deegan	19:17.4	Xavier Cedar Rapids
23.	12	Mason Gaulke	16:35.3	Pella	23.	11	Grace Berglund	19:21.0	Glenwood
24.	12	Barrett Jesina	16:35.9	South Tama County Tama	24.	9	Avery Fedler	19:22.5	Mount Pleasant
25.	9	Luke McCormick	16:37.8	Des Moines Christian	25.	12	Avery Rump	19:22.6	Fort Madison
26.	11	Porter Carlton	16:38.9	Pella	26.	11	Brinkley Strickland	19:26.0	Bondurant-Farrar
27.	10	Matthew Dahm	16:39.1	Sioux Center	27.	10	Channing Becker	19:28.4	Williamsburg
28.	12	John Murphy	16:39.9	Assumption Davenport	28.	10	Mallory Back	19:32.5	Winterset
29.	9	Drew Cundy	16:40.9	Sioux Center	29.	12	Keira Andersen	19:34.3	Gilbert
30.	9	Cole Niemann	16:41.2	Central DeWitt	30.	9	Hallie Roberts	19:39.1	Des Moines Christian
31.	9	Zach Stevermer	16:42.2	Gilbert	31.	12	Morgan Back	19:39.6	Winterset
32.	9	Leo Knox	16:42.8	Assumption Davenport	32.	10	Dana McCulla	19:40.8	Pella
33.	11	Isaac Sandquist	16:42.8	Grinnell	33.	9	Emerson Dabroski	19:40.8	Marion
34.	12	Brady Sanger	16:43.1	Bondurant-Farrar	34.	9	Whitney Chesnut	19:41.2	Boone
35.	12	Emrick Ryan	16:44.4	Gilbert	35.	10	Avery Fisher	19:44.2	Humboldt
36.	11	Anthony Armstrong	16:45.3	Mount Vernon-Lisbon	36.	12	Addison Bertrand	19:44.6	Bishop Heelan Catholic Sioux ...
37.	12	Ty Landphair	16:48.0	ADM Adel	37.	9	Avilee Miller	19:45.6	Ballard
38.	11	Jonah Ebersole	16:48.6	Pella	38.	11	Maven Smith	19:47.0	Winterset
39.	10	Mason Betts	16:51.2	Atlantic	39.	11	Sienna Stec	19:47.5	Des Moines Christian
40.	12	Noah Schuknecht	16:52.1	Pella	40.	12	Lizzie Neumann	19:48.4	Pella
41.	11	Caden Kooiker	16:53.0	Sioux Center	41.	12	Brynn Malo	19:51.1	Humboldt
42.	10	Andrew Allen	16:55.8	Xavier Cedar Rapids	42.	11	Miranda Sellner	19:51.5	Mount Vernon-Lisbon
43.	12	Kael Streeter	16:57.2	Carlisle	43.	11	Saylor Schmitt	19:52.4	Clear Lake
44.	12	Mitchell Stemper	16:57.8	Decorah	44.	12	Kolby Oldenkamp	19:52.7	Sioux Center
45.	11	Chasen Caskey	16:58.5	Mount Vernon-Lisbon	45.	9	Evie Van Wyk	19:54.0	Des Moines Christian
46.	10	Derek Hrdlicka	16:59.6	Decorah	46.	9	Honorine (Honor) Jorgensen	19:56.5	Ballard
47.	12	Landon Lucht	17:00.5	Gilbert	47.	10	Aubry Fisher	19:57.5	Humboldt
48.	11	Clarence Nimrod	17:00.9	Decorah	48.	11	Annie Bruxvoort	19:58.4	Des Moines Christian
49.	12	Garrett See	17:01.9	Decorah	49.	9	Maddie Gorsh	20:02.7	Williamsburg
50.	11	Jeffrey Gross	17:02.2	Harlan	50.	9	Raleigh Barton	20:03.5	Xavier Cedar Rapids
51.	11	Jack Lange	17:02.2	Benton Community	51.	10	Addison Seamans	20:04.9	Solon
52.	11	Aden Wolfe	17:03.2	Grinnell	52.	11	Brynn Kartman	20:05.0	West Delaware Manchester
53.	11	Silas Hulett	17:03.4	Mount Pleasant	53.	10	Ashlyn Appleby	20:05.1	Central DeWitt
54.	12	Thatcher Doughan	17:06.9	Moc-Floyd Valley	54.	10	Elliotte Von Roden	20:06.5	ADM Adel
55.	11	Ryan Bang	17:08.5	Assumption Davenport	55.	11	Stella Pothoven	20:07.2	Des Moines Christian
56.	12	Liam Crites	17:08.6	Grinnell	56.	11	Grace Estling	20:08.0	Center Point-Urbana
57.	12	Robbie Hall	17:08.9	ADM Adel	57.	11	Kylee Wielenga	20:09.6	Sioux Center
58.	10	Bennett Coppola	17:09.4	Decorah	58.	11	Allie Eggleston	20:13.3	ADM Adel
59.	12	Spencer Michels	17:09.8	Solon	59.	9	Mailee Schmidt	20:14.0	Solon
60.	10	Lance Mueggenberg	17:10.2	Xavier Cedar Rapids	60.	11	Molly Isakson	20:17.6	Sioux Center
61.	10	Oak Pasche	17:10.5	Decorah	61.	10	Ella Otten	20:18.9	Bishop Heelan Catholic Sioux ...
62.	11	Alex Amaro	17:13.1	Bishop Heelan Catholic Sioux City	62.	11	Rose Pisarik	20:19.3	Mount Vernon-Lisbon
63.	11	Tim Bassier	17:13.5	Assumption Davenport	63.	12	Silvia Kampbell	20:19.5	Storm Lake
64.	12	Blake Herny	17:13.6	Oskaloosa	64.	11	Willa Berning	20:22.4	Wahlert Dubuque
65.	11	John Taylor	17:13.8	Winterset	65.	11	Adriel Bajema	20:22.8	Sioux Center
66.	10	Raymond Landegent	17:14.4	Sioux Center	66.	11	Kyliee Zylstra	20:26.0	Grinnell
67.	11	Max Marple	17:14.7	ADM Adel	67.	12	Kaitlyn Dear	20:27.8	Gilbert
68.	12	Riley Tripp	17:15.9	Fort Madison	68.	11	Alexis Sorensen	20:28.3	Newton
69.	10	Oscar Grimstad	17:15.9	Decorah	69.	11	Lily Myers	20:29.0	Perry
70.	12	Preston Stensland	17:16.3	Gilbert	70.	12	Edith Dawson	20:29.9	Mount Vernon-Lisbon
71.	10	Lane Smith	17:16.5	Oskaloosa	71.	11	Emmalyn Thomas	20:30.3	Boone

72.	12	Rylei Koppie	17:16.9	Spencer	72.	10	Aubree Wilde	20:31.3	Williamsburg
73.	10	Gabe Jones	17:17.7	Epworth Western Dubuque	73.	12	Caitlin Hebel	20:33.5	Glenwood
74.	12	Gage Moreno	17:17.9	Saydel	74.	12	Kienna Lassen	20:34.0	Moc-Floyd Valley
75.	11	Jacob Mills	17:19.3	Storm Lake	75.	11	Addy Bjork	20:35.3	ADM Adel
76.	12	Caleb Biensen	17:22.3	Nevada	76.	10	Livya (Liv) Nelson	20:35.3	Solon
77.	12	Zachary Dickinson	17:23.0	Vinton-Shellsburg	77.	12	Norah Peyton	20:37.5	West Delaware Manchester
78.	12	Chase Gordon	17:23.7	Des Moines Hoover	78.	10	Ellie Bunnell	20:43.0	North Polk Alleman
79.	11	Trevor Nusbaum	17:26.2	Nevada	79.	12	Maggie Danilson	20:44.0	Gilbert
80.	11	Ty Miller	17:26.6	ADM Adel	80.	12	Cora Smith	20:46.5	Mount Vernon-Lisbon
81.	12	Jayden Brookins	17:26.8	Wahlert Dubuque	81.	11	Sofia Musick	20:48.9	Xavier Cedar Rapids
82.	11	Liam Kinrade	17:28.7	Central DeWitt	82.	10	Charlotta Dean	20:49.9	Sioux Center
83.	10	Clark Bennett	17:29.3	Bondurant-Farrar	83.	11	Edie Axmear	20:54.7	Williamsburg
84.	12	Alex Ortega	17:30.4	Storm Lake	84.	11	Raya Miller	20:55.7	Ballard
85.	12	Dane Paulsen	17:31.2	Pella	85.	9	Penny Cardo	20:56.2	Center Point-Urbana
86.	11	Mason Miller	17:31.5	Clear Creek-Amana	86.	12	Ella Popp	20:57.9	ADM Adel
87.	9	Andrew Collier	17:31.9	ADM Adel	87.	10	Quinn Armentrout	20:59.9	Solon
88.	11	Dominic Hammerand	17:32.0	Epworth Western Dubuque	88.	10	Aspen Bieker	21:01.7	Harlan
89.	9	Leo Murphy	17:35.1	Assumption Davenport	89.	11	Avanti Dunn	21:02.8	Center Point-Urbana
90.	12	Jack Rieck	17:35.3	Bondurant-Farrar	90.	12	Teagan Tracy	21:04.6	Moc-Floyd Valley
91.	11	Beckett Masters	17:35.5	Moc-Floyd Valley	91.	9	Anna Town	21:09.7	Des Moines Christian
92.	10	Joel Klein	17:36.0	Epworth Western Dubuque	92.	11	Ella Rohner	21:10.2	Wahlert Dubuque
93.	10	Micah Johnson	17:37.8	Clear Creek-Amana	93.	9	Clare Tallman	21:10.3	Gilbert
94.	12	Asher Schiebout	17:38.4	Pella	94.	10	Maci Kindschi	21:10.4	Center Point-Urbana
95.	12	Caden Burkle	17:39.9	Clear Creek-Amana	95.	11	Emma Horak	21:10.9	Washington
96.	11	Karson Work	17:40.0	Sioux Center	96.	12	Katrina Williams	21:12.7	Atlantic
97.	11	Hunter Wiegand	17:41.3	Fort Madison	97.	10	Leighton Maas	21:14.5	Williamsburg
98.	10	Kyle Vogel	17:41.6	Clear Creek-Amana	98.	9	Alexis Bleich	21:19.6	Gilbert
99.	11	Kyler Happel	17:41.8	Mount Vernon-Lisbon	99.	11	Lydia Georgick	21:20.2	ADM Adel
100.	9	Lane Johnston	17:42.6	Central DeWitt	100.	10	Brooklyn Nelson	21:21.3	Gilbert
101.	10	Austin Vance	17:48.0	Ballard	101.	9	Stella Beck	21:22.7	Solon
102.	9	Carter De Koster	17:49.3	Moc-Floyd Valley	102.	12	Lilyan Tuthill	21:28.2	Wahlert Dubuque
103.	10	Jack Leistikow	17:50.4	ADM Adel	103.	10	Grace Burke	21:31.9	Wahlert Dubuque
104.	11	Drew Caldwell	17:51.2	Assumption Davenport	104.	9	Mya Rohner	21:32.3	Wahlert Dubuque
105.	11	Tyler Hess	17:51.6	Epworth Western Dubuque	105.	12	Alaina Nelson	21:36.4	ADM Adel
106.	10	Brock Lehman	17:51.7	Sioux Center	106.	9	Sienna Engleman	21:39.4	Wahlert Dubuque
107.	10	Heath Kampbell	17:51.7	Storm Lake	107.	9	Norah Mike	21:40.6	Xavier Cedar Rapids
108.	12	Jackson VanHorn	17:51.9	Clear Creek-Amana	108.	10	Maeve Ainsworth	21:43.2	Xavier Cedar Rapids
109.	9	Nolan Hemann	17:52.0	West Delaware Manchester	109.	11	Allie Anderson	21:45.4	Harlan
110.	11	Grady Gibson	17:53.1	Bondurant-Farrar	110.	10	Nora Showman	21:45.9	Ballard
111.	12	Lucas Johnston	17:55.7	Central DeWitt	111.	10	Kenzie Hulst	21:46.6	Moc-Floyd Valley
112.	12	Jacob McPherren	17:59.1	Saydel	112.	9	Torie Johnson	21:48.0	Mount Vernon-Lisbon
113.	11	Gideon Conner	18:00.2	Grinnell	113.	12	Grace Brosamle	21:53.2	Gilbert
114.	11	Jacoby Vermeer	18:00.5	Sioux Center	114.	9	Clara Uthe	21:54.8	ADM Adel
115.	11	Alex Placencia	18:00.6	Storm Lake	115.	11	Ava Rolwes	21:57.1	Solon
116.	11	Vlad Baranovslva	18:08.6	Moc-Floyd Valley	116.	11	Ava Freund	21:57.9	Harlan
117.	10	John Bihl	18:09.3	Epworth Western Dubuque	117.	9	Kaitlyn Dunn	21:58.0	Ballard
118.	12	Cade Happel	18:12.5	Mount Vernon-Lisbon	118.	10	Eliza Keller	21:59.8	Moc-Floyd Valley
119.	12	Nic Schieltz	18:13.5	Clear Creek-Amana	119.	9	Abigail Reed	22:04.5	Williamsburg
120.	12	Nathan Rodriguez	18:14.6	Spencer	120.	12	Rachel Haverdink	22:04.8	Moc-Floyd Valley
121.	9	Parker Van Steenis	18:14.6	Des Moines Christian	121.	10	Taylin Mouw	22:05.4	Moc-Floyd Valley
122.	10	John Schwint	18:15.1	Storm Lake	122.	10	Sydney Sage	22:07.1	Ballard
123.	12	Jake Boge	18:17.5	Epworth Western Dubuque	123.	11	Grace Grundmeyer	22:23.9	Ballard
124.	9	Ben Roetman	18:18.3	Moc-Floyd Valley	124.	12	Ellie Stephenson	22:38.0	Xavier Cedar Rapids
125.	12	Nick Subbert	18:29.5	ADM Adel	125.	11	Sadie Alberti	22:50.4	Harlan
126.	10	Hudson TerWee	18:32.6	Sergeant Bluff-Luton	126.	10	Ella Kleinmeyer	22:53.9	Williamsburg
127.	12	Smith Skouson	18:36.4	Grinnell	127.	10	Josie Sonderman	23:21.8	Harlan
128.	11	William Schalmo	18:39.2	Grinnell	128.	12	Macie Herting	23:35.7	Xavier Cedar Rapids
129.	10	Crystian Dokter	18:48.5	Moc-Floyd Valley	129.	12	Siena Evans	23:47.2	Winterset
130.	11	Preston Francois	18:51.2	Bondurant-Farrar	130.	12	Julianne Garlich	24:26.9	Winterset
131.	10	Cameron Zimmer	18:54.5	Central DeWitt	131.	11	Natalie Smith	24:36.9	Winterset
132.	10	Carson Denzin	19:06.4	Des Moines Christian	132.	12	Riley Sabin	25:55.5	Center Point-Urbana
133.	11	Andrew Gimbel	19:20.4	Assumption Davenport		9	Ali Seidl	DNF	Clear Creek-Amana
134.	10	Drew Hill	19:29.1	Bondurant-Farrar		10	Macyn Van Aartsen	DNF	Sioux Center
135.	9	Ryan Iwig	19:39.8	Des Moines Christian					

