

MVC VALLEY DIVISIONAL 2025

Cedar Falls, IA

Birdsall Park

Weather: Sunny 70°, SSE 13°, 74% Humidity

Host: Cedar Falls High School

Thursday, October 16, 2025

MEET OFFICIALS**Meet Director:**

Justin Urbanek

Meet Referee:

Kevin Long

Timing:

B&W Racing Services

**OFFICIAL MEET REPORT**

printed: 10/16/2025 5:23 PM

Race #1
Girls Fr-So & JV Fr-So**Final Results****TEAM SCORING SUMMARY****Fr-So**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Falls	27	3-4-5-7-8(9)(12)	1:46:55	21:23	1:10.3
2 Iowa City City High	30	1-2-6-10-11(13)(14)	1:48:07	21:38	2:06.7
3 Dubuque Hempstead	85	15-16-17-18-19(20)(21)	2:03:12	24:39	1:16.9
4 Cedar Rapids Jefferson	120	22-23-24-25-26(27)(28)	2:28:04	29:37	5:11.6
DNP Wahlert Dubuque					
DNP Cedar Rapids Washington					

INDIVIDUAL RESULTS

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
1 DORAN, Charlotte	FR	619	Iowa City City High	1	20:39.3	5.9	6:38.5	4:07.9
2 LECLAIR, Nadia	SO	626	Iowa City City High	2	20:46.4	13.0	6:40.8	4:09.3
3 YACKLEY, Hannah	FR	593	Cedar Falls (1)	3	20:55.5	22.1	6:43.7	4:11.1
4 STOPPEL, Braelyn	FR	590	Cedar Falls (2)	4	20:59.1	25.7	6:44.9	4:11.8
5 BERGER, Zoey	FR	575	Cedar Falls (3)	5	21:06.6	33.2	6:47.3	4:13.3
6 NORDLUND, Maeve	FR	632	Iowa City City High	6	21:35.0	1:00.6	6:56.4	4:19.0
7 HAHN, Emma	SO	581	Cedar Falls (4)	7	21:47.9	1:14.5	7:00.5	4:21.6
8 SEARFOSS, Ainsley	SO	589	Cedar Falls (5)	8	22:05.7	1:32.3	7:06.3	4:25.1
9 FROMM, Ruby	FR	580	Cedar Falls (6)	(9)	22:06.3	1:32.9	7:06.5	4:25.3
10 GALLUZZO, Lucia	SO	622	Iowa City City High	10	22:19.9	1:46.5	7:10.8	4:28.0
11 LEMAN, Camille	SO	627	Iowa City City High	11	22:45.9	2:12.5	7:19.2	4:33.2
12 FREIBERG, Leah	SO	579	Cedar Falls (7)	(12)	22:46.4	2:13.0	7:19.4	4:33.3
13 FITZGERALD, Madelyn	SO	621	Iowa City City High	(13)	22:47.0	2:12.6	7:19.5	4:33.4
14 TERRILL, Amelia	SO	635	Iowa City City High	(14)	23:01.0	2:26.6	7:24.0	4:36.2
15 HENNINGER, Madisen	FR	584	Cedar Falls	-	23:01.6	2:28.2	7:24.2	4:36.3
16 MANGAN, Addison	FR	628	Iowa City City High	-	23:03.9	2:30.5	7:25.0	4:36.8
17 PENG, Helen	SO	587	Cedar Falls	-	23:06.8	2:33.4	7:25.9	4:37.4
18 HANNAM, Jenna	SO	583	Cedar Falls	-	23:14.8	2:41.4	7:28.5	4:38.9
19 REICKS, Norah	FR	634	Iowa City City High	-	23:17.8	2:44.4	7:29.4	4:39.5
20 RILEY, Kamryn	FR	588	Cedar Falls	-	23:18.1	2:44.7	7:29.5	4:39.6
21 BRANDENBURG, Madison	SO	647	Wahlert Dubuque	-	23:34.6	3:01.2	7:34.9	4:42.9
22 CUSHMAN, Grace	FR	648	Wahlert Dubuque	-	23:39.0	3:04.6	7:36.3	4:43.8
23 EGGERS, Elly	FR	578	Cedar Falls	-	23:56.4	3:23.0	7:41.9	4:47.3
24 FETHKE, Paige	FR	620	Iowa City City High	-	24:01.8	3:28.4	7:43.6	4:48.3
25 WITTENKELLER, Nora	SO	637	Iowa City City High	-	24:04.4	3:31.0	7:44.4	4:48.9
26 SCHNEIDER, Stella	FR	649	Wahlert Dubuque	-	24:09.0	3:34.6	7:45.9	4:49.8
27 HOUSELOG, Stella	SO	609	Dubuque Hempstea	15	24:09.7	3:36.3	7:46.1	4:49.9
28 SHEDEK, Addy	FR	613	Dubuque Hempstea	16	24:16.4	3:43.0	7:48.3	4:51.3
29 HALLER, Sarah	FR	582	Cedar Falls	-	24:26.4	3:53.0	7:51.5	4:53.3
30 SAUL, Abigail	FR	612	Dubuque Hempstea	17	24:29.7	3:56.3	7:52.5	4:53.9
31 BELKEN, Tessa	SO	646	Wahlert Dubuque	-	24:36.4	4:03.0	7:54.7	4:55.3
32 BECHTEL, Amelie	SO	617	Iowa City City High	-	24:38.7	4:05.3	7:55.5	4:55.7
33 BAXTER, Alaina	FR	616	Iowa City City High	-	24:48.3	4:14.9	7:58.5	4:57.6
34 TROFTGRUBIN, Teresa	SO	614	Dubuque Hempstea	18	24:49.2	4:15.8	7:58.8	4:57.8
35 CHARLTON, Evalie	FR	577	Cedar Falls	-	24:52.4	4:19.0	7:59.8	4:58.5

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Birdsall Park

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

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
36 PEAT, Kailyn	FR	610	Dubuque Hempstea	19	25:26.6	4:53.2	8:10.8	5:05.3
37 NASH, Sydney	FR	631	Iowa City City High	-	25:33.2	4:59.8	8:13.0	5:06.6
38 NOTTGER, Alayna	FR	586	Cedar Falls	-	25:41.7	5:08.3	8:15.7	5:08.3
39 HERRIG, Kelsey	SO	625	Iowa City City High	-	25:54.4	5:21.0	8:19.8	5:10.9
40 PLATTE, Anna	SO	633	Iowa City City High	-	26:13.1	5:39.7	8:25.8	5:14.6
41 ROLING, Carsyn	SO	611	Dubuque Hempstea	(20)	26:17.3	5:43.9	8:27.1	5:15.4
42 TREPANIER, Clancy	FR	636	Iowa City City High	-	26:42.7	6:09.3	8:35.3	5:20.5
43 BELLMAN, Rebecca	SO	607	Dubuque Hempstea	(21)	26:56.9	6:23.5	8:39.9	5:23.4
44 HAREL, Emilia	FR	623	Iowa City City High	-	27:05.2	6:31.8	8:42.6	5:25.0
45 BATIGE, Lise	FR	594	Cedar Rapids Jeffer	22	27:12.7	6:39.3	8:45.0	5:26.5
46 BECKER, Olivia	SO	618	Iowa City City High	-	27:26.6	6:53.2	8:49.4	5:29.3
47 BLAHNIK, Brianna	FR	606	Cedar Rapids Wash	-	28:27.9	7:54.5	9:09.2	5:41.6
48 ESQUEDA, Jazmin	FR	599	Cedar Rapids Jeffer	23	28:28.1	7:54.7	9:09.2	5:41.6
49 JANSSEN, Kaylee	FR	585	Cedar Falls	-	28:55.5	8:22.1	9:18.0	5:47.1
50 MARTINEZ-WHITE, Josie	FR	602	Cedar Rapids Jeffer	24	29:47.9	9:14.5	9:34.9	5:57.6
51 DAVIS, Aubrey	FR	608	Dubuque Hempstea	-	29:51.8	9:18.4	9:36.1	5:58.3
52 BOLINGER, Aliana	FR	595	Cedar Rapids Jeffer	25	30:10.8	9:37.4	9:42.2	6:02.1
53 VERDUGHT, Leah	FR	592	Cedar Falls	-	30:38.7	10:05.3	9:51.2	6:07.7
54 VAN REES, Morgan	FR	591	Cedar Falls	-	31:06.3	10:32.9	10:00.1	6:13.3
55 AYERS, Zelda	SO	615	Iowa City City High	-	32:06.0	11:31.6	10:19.3	6:25.2
56 TSHIBANGU, Joice	FR	605	Cedar Rapids Jeffer	26	32:24.2	11:50.8	10:25.1	6:28.8
57 DELGADO, Irene	SO	597	Cedar Rapids Jeffer	(27)	32:46.9	12:13.5	10:32.4	6:33.4
58 CAMPBELL, Paityn	SO	596	Cedar Rapids Jeffer	(28)	32:51.4	12:18.0	10:33.9	6:34.3
59 FORMICONI, Victoria	SO	600	Cedar Rapids Jeffer	-	33:49.8	13:16.4	10:52.7	6:46.0
60 LUND, Sofie	FR	601	Cedar Rapids Jeffer	-	34:04.4	13:31.0	10:57.4	6:48.9
61 MOLSBERY, Molly	SO	630	Iowa City City High	-	34:13.7	13:40.3	11:00.3	6:50.7

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Race #1
Girls Fr-So & JV JV

Final Results

TEAM SCORING SUMMARY

JV

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	21	1-2-4-6-8(9)(16)	1:49:46	21:58	2:11.3
2 Cedar Falls	52	5-10-11-12-14(18)(20)	1:54:29	22:54	1:00.7
3 Prairie Cedar Rapids	59	3-7-13-15-21(23)	1:55:45	23:09	2:37.9
4 Dubuque Hempstead	107	17-19-22-24-25(26)(27)	2:06:52	25:23	3:11.8
DNP Cedar Rapids Jefferson					
DNP Waterloo West					
DNP Wahlert Dubuque					
DNP Cedar Rapids Washington					

INDIVIDUAL RESULTS

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
1 LOCHER, Claire	SR	970	Iowa City City High	1	20:33.4	---	6:36.6	4:06.7
2 SCHULTZ, Willow	JR	977	Iowa City City High	2	21:53.2	1:19.8	7:02.2	4:22.6
3 VOLDASE, Arden	FR	645	Prairie Cedar Rapid	3	21:55.6	1:22.2	7:03.0	4:23.1
4 WILLARD, Martha Jane	JR	979	Iowa City City High	4	22:06.2	1:32.8	7:06.4	4:25.2
5 WENZEL, Alexa	JR	931	Cedar Falls (1)	5	22:20.2	1:46.8	7:10.9	4:28.0
6 ELLERMEIER, Katiya	SR	962	Iowa City City High	6	22:28.0	1:53.6	7:13.4	4:29.6
7 DECKER, Isabelle	SR	980	Prairie Cedar Rapid	7	22:39.3	2:05.9	7:17.1	4:31.9
8 SCHNOEBELEN, Noelle	SR	975	Iowa City City High	8	22:44.6	2:11.2	7:18.8	4:32.9
9 KLEIN, Addison	JR	968	Iowa City City High	(9)	22:48.2	2:14.8	7:19.9	4:33.6
10 REICHERTS, Eden	SR	924	Cedar Falls (2)	10	22:50.9	2:17.5	7:20.8	4:34.2
11 VERDUGHT, Maggie	JR	929	Cedar Falls (3)	11	22:55.4	2:22.0	7:22.2	4:35.1
12 SWITZER, Cadia	JR	926	Cedar Falls (4)	12	23:01.7	2:28.3	7:24.3	4:36.3
13 DEAN, Emma	JR	984	Wahlert Dubuque	-	23:07.7	2:34.3	7:26.2	4:37.5
14 DIVOKY, Olivia	SR	981	Prairie Cedar Rapid	13	23:09.5	2:36.1	7:26.8	4:37.9
15 CHARLTON, Alissa	SR	918	Cedar Falls (5)	14	23:20.9	2:47.5	7:30.4	4:40.2
16 JOHNSON, Sienna	FR	640	Prairie Cedar Rapid	15	23:27.0	2:52.6	7:32.4	4:41.4
17 CASTO, Amari	JR	959	Iowa City City High	(16)	23:47.8	3:14.4	7:39.1	4:45.6
18 PHO, Laila	JR	973	Iowa City City High	-	23:53.9	3:20.5	7:41.1	4:46.8
19 ROMERO, Ella	JR	974	Iowa City City High	-	23:54.1	3:20.7	7:41.1	4:46.8
20 STEVENSON, Eva	SR	954	Dubuque Hempstea	17	23:57.1	3:23.7	7:42.1	4:47.4
21 TOL, Prisha	SR	927	Cedar Falls (6)	(18)	24:07.6	3:34.2	7:45.5	4:49.5
22 HRUSKA, Bella	SR	950	Dubuque Hempstea	19	24:23.1	3:49.7	7:50.4	4:52.6
23 DARST, Marie	SR	919	Cedar Falls (7)	(20)	24:26.4	3:53.0	7:51.5	4:53.3
24 SICKELS, Jaelyn	SO	642	Prairie Cedar Rapid	21	24:33.5	4:00.1	7:53.8	4:54.7
25 ASKLOF, Elizabeth	SR	956	Iowa City City High	-	24:37.8	4:04.4	7:55.2	4:55.5
26 GUNDERSON, Madelyn (Ma	SR	965	Iowa City City High	-	24:40.6	4:07.2	7:56.1	4:56.1
27 PULS, Sofia	JR	923	Cedar Falls	-	24:43.8	4:10.4	7:57.1	4:56.8
28 ROGERS, Avery	JR	925	Cedar Falls	-	24:44.2	4:10.8	7:57.2	4:56.8
29 BIRKENHOLZ, Piper	SR	947	Dubuque Hempstea	22	24:51.5	4:18.1	7:59.6	4:58.3
30 SWISHER, Cassandra (Cass	JR	978	Iowa City City High	-	24:54.1	4:20.7	8:00.4	4:58.8
31 SELL, Everlie	JR	985	Wahlert Dubuque	-	24:56.8	4:23.4	8:01.3	4:59.4
32 COOK-MCCORMICK, Ariann	SO	638	Prairie Cedar Rapid	(23)	24:59.0	4:25.6	8:02.0	4:59.8

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Birdsall Park

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

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
33 VOSS, Claire	FR	987	Wahlert Dubuque	-	25:07.9	4:34.5	8:04.9	5:01.6
34 WENZEL, Isabel	JR	932	Cedar Falls	-	25:30.4	4:57.0	8:12.1	5:06.1
35 HAMILTON, Cooper	SR	966	Iowa City City High	-	25:33.8	5:00.4	8:13.2	5:06.8
36 TORREZ, Lyvia	SR	928	Cedar Falls	-	25:34.6	5:01.2	8:13.4	5:06.9
37 BRODAHL, Anna	SR	916	Cedar Falls	-	25:34.6	5:01.2	8:13.4	5:06.9
38 FRERICH, Alison	JR	921	Cedar Falls	-	25:42.4	5:09.0	8:15.9	5:08.5
39 WARBY, Claire	JR	930	Cedar Falls	-	25:44.9	5:11.5	8:16.7	5:09.0
40 CASTRO, Riley	SR	917	Cedar Falls	-	25:48.9	5:15.5	8:18.0	5:09.8
41 GOOD, Elise	JR	964	Iowa City City High	-	25:52.4	5:19.0	8:19.2	5:10.5
42 MONFORT FELIP, Maria	SR	971	Iowa City City High	-	25:56.6	5:23.2	8:20.5	5:11.3
43 BHANDARY-NARAYANAN,	SR	958	Iowa City City High	-	26:19.5	5:46.1	8:27.8	5:15.9
44 KALLBACK, Josie	JR	951	Dubuque Hempstea	24	26:31.1	5:57.7	8:31.6	5:18.2
45 JENSEN, Alena	JR	942	Cedar Rapids Wash	-	26:45.2	6:11.8	8:36.1	5:21.0
46 MORRISON, Mady	SR	952	Dubuque Hempstea	25	27:08.9	6:35.5	8:43.7	5:25.8
47 EVANS, Jolie	JR	963	Iowa City City High	-	27:10.4	6:37.0	8:44.2	5:26.1
48 SANDERS, Curstin	JR	939	Cedar Rapids Jeffer	-	27:15.8	6:42.4	8:46.0	5:27.2
49 HARRISON, Caitlyn	SR	967	Iowa City City High	-	27:39.8	7:06.4	8:53.7	5:32.0
50 TELLEZ-MARCELENO, Mar	SR	990	Waterloo West	-	27:41.6	7:08.2	8:54.3	5:32.3
51 LEMKE, Lilly	JR	943	Cedar Rapids Wash	-	27:50.2	7:16.8	8:57.0	5:34.0
52 COSNER, Brooke	SR	961	Iowa City City High	-	27:56.3	7:22.9	8:59.0	5:35.3
53 BARTLETT, Emerson	SR	915	Cedar Falls	-	28:00.5	7:27.1	9:00.3	5:36.1
54 BURT, Phinn	SR	988	Waterloo West	-	29:42.4	9:09.0	9:33.1	5:56.5
55 COINER, Adrianna	JR	960	Iowa City City High	-	30:01.2	9:27.8	9:39.2	6:00.2
56 BAILEY, Harper	SR	957	Iowa City City High	-	30:04.5	9:31.1	9:40.2	6:00.9
57 JARA, Melany	JR	941	Cedar Rapids Wash	-	30:26.5	9:53.1	9:47.3	6:05.3
58 JENNINGS, Payton	SR	989	Waterloo West	-	31:07.6	10:34.2	10:00.5	6:13.5
59 RUNDE, Breanna	SR	953	Dubuque Hempstea	(26)	31:32.9	10:59.5	10:08.6	6:18.6
60 CARPENTER, Ava	JR	934	Cedar Rapids Jeffer	-	31:41.1	11:07.7	10:11.3	6:20.2
61 DAWSON, Mackenzie	JR	920	Cedar Falls	-	31:46.6	11:13.2	10:13.0	6:21.3
62 ROUSSI, Chancelline	JR	938	Cedar Rapids Jeffer	-	31:52.7	11:19.3	10:15.0	6:22.5
63 NACE, Avery	JR	972	Iowa City City High	-	32:16.0	11:41.6	10:22.5	6:27.2
64 VODJOGBE, Deborah	SO	991	Waterloo West	-	32:42.9	12:09.5	10:31.1	6:32.6
65 WAGENER, Lily	JR	955	Dubuque Hempstea	(27)	33:36.5	13:03.1	10:48.4	6:43.3
66 REGALADO, Daisy	JR	937	Cedar Rapids Jeffer	-	33:44.7	13:11.3	10:51.0	6:44.9

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**Race #2
Boys Fr-So & JV Fr-So****Final Results****TEAM SCORING SUMMARY****Fr-So**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	25	2-4-5-6-8(13)(15)	1:28:05	17:37	0:39.3
2 Cedar Falls	55	3-9-12-14-17(19)(20)	1:30:51	18:11	1:16.2
3 Prairie Cedar Rapids	58	1-7-10-18-22(23)(24)	1:30:58	18:12	1:57.7
4 Dubuque Hempstead	99	11-16-21-25-26(28)(29)	1:34:23	18:53	1:08.7
5 Wahlert Dubuque	158	27-30-32-33-36(37)(39)	1:44:21	20:53	2:57.8
6 Cedar Rapids Jefferson	178	31-34-35-38-40(41)	1:51:41	22:21	3:50.7

INDIVIDUAL RESULTS

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
1 FORMANEK, Matthew	SO	763	Prairie Cedar Rapid	1	17:06.1	---	5:29.9	3:25.2
2 HOWARD, Zach	SO	741	Iowa City City High	2	17:19.4	13.3	5:34.2	3:27.9
3 STROHMAN, Cody	SO	685	Cedar Falls (1)	3	17:22.4	16.3	5:35.2	3:28.5
4 HAMILTON, Andrew	SO	738	Iowa City City High	4	17:23.8	17.7	5:35.6	3:28.8
5 WELTER, Andrew	FR	757	Iowa City City High	5	17:37.5	31.4	5:40.0	3:31.5
6 MILLER, Soren	SO	748	Iowa City City High	6	17:45.3	39.2	5:42.5	3:33.1
7 STOLLEY, Tristan	SO	773	Prairie Cedar Rapid	7	17:56.4	50.3	5:46.1	3:35.3
8 ELWELL, Ben	FR	733	Iowa City City High	8	17:58.6	52.5	5:46.8	3:35.7
9 HUDSON, Jace	SO	665	Cedar Falls (2)	9	18:03.9	57.8	5:48.5	3:36.8
10 SAUSER, Grady	SO	771	Prairie Cedar Rapid	10	18:09.3	1:03.2	5:50.2	3:37.8
11 ELLERBECK, Zenner	FR	702	Dubuque Hempstea	11	18:11.3	1:05.2	5:50.9	3:38.2
12 SACCO, Joe	SO	681	Cedar Falls (3)	12	18:18.4	1:12.3	5:53.2	3:39.7
13 ELLIOTT, Sam	FR	732	Iowa City City High	(13)	18:23.3	1:17.2	5:54.7	3:40.7
14 LENA, Sebastian	FR	671	Cedar Falls (4)	14	18:26.9	1:20.8	5:55.9	3:41.4
15 SAUDER, Ben	SO	753	Iowa City City High	(15)	18:28.1	1:22.0	5:56.3	3:41.6
16 RISMA, Nolan	SO	713	Dubuque Hempstea	16	18:31.7	1:25.6	5:57.5	3:42.3
17 KODIAGA, Israel	SO	669	Cedar Falls (5)	17	18:38.6	1:32.5	5:59.7	3:43.7
18 FROST, Jonah	FR	764	Prairie Cedar Rapid	18	18:42.5	1:36.4	6:00.9	3:44.5
19 SHIELDS, Patrick	SO	683	Cedar Falls (6)	(19)	18:49.4	1:43.3	6:03.1	3:45.9
20 TJADEN, Caleb	FR	687	Cedar Falls (7)	(20)	18:57.1	1:51.0	6:05.6	3:47.4
21 JORGENSEN, Cruz	FR	667	Cedar Falls	-	18:57.4	1:51.3	6:05.7	3:47.5
22 KALLBACK, Andrew	FR	709	Dubuque Hempstea	21	19:00.7	1:54.6	6:06.8	3:48.1
23 NOVE, Cooper	FR	770	Prairie Cedar Rapid	22	19:03.8	1:57.7	6:07.8	3:48.7
24 FARLEY, Evan	FR	735	Iowa City City High	-	19:08.1	2:02.0	6:09.2	3:49.6
25 WEBER, Kaden	SO	775	Prairie Cedar Rapid	(23)	19:11.3	2:05.2	6:10.2	3:50.2
26 FRIESNER, Jason	SO	656	Cedar Falls	-	19:15.7	2:09.6	6:11.6	3:51.1
27 TAYLOR, Boston	FR	686	Cedar Falls	-	19:17.7	2:11.6	6:12.2	3:51.5
28 HAIGHT, Max	SO	766	Prairie Cedar Rapid	(24)	19:18.4	2:12.3	6:12.5	3:51.7
29 LONG, Gage	SO	711	Dubuque Hempstea	25	19:19.2	2:13.1	6:12.7	3:51.8
30 NOEL, Austin	FR	712	Dubuque Hempstea	26	19:19.9	2:13.8	6:13.0	3:52.0
31 WARD, Michael	SO	689	Cedar Falls	-	19:20.9	2:14.8	6:13.3	3:52.2
32 CUMMER, Graham	SO	730	Iowa City City High	-	19:22.1	2:16.0	6:13.7	3:52.4
33 KENKEL, Will	FR	668	Cedar Falls	-	19:22.8	2:16.7	6:13.9	3:52.6
34 KODIAGA, Tito	FR	670	Cedar Falls	-	19:23.4	2:17.3	6:14.1	3:52.7
35 CHAMBERS, Charlie	FR	725	Iowa City City High	-	19:25.0	2:17.9	6:14.6	3:53.0

MVC VALLEY DIVISIONAL 2025

Cedar Falls, IA

Birdsall Park

Weather: Sunny 70°, SSE 13°, 74% Humidity

Host: Cedar Falls High School

Thursday, October 16, 2025

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Justin Urbanek

Meet Referee:

Kevin Long

Timing:

B&W Racing Services

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

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
36 KOPELMAN, Henry	SO	744	Iowa City City High	-	19:29.5	2:23.4	6:16.0	3:53.9
37 SEAMANS, John	SO	755	Iowa City City High	-	19:34.0	2:26.9	6:17.5	3:54.8
38 CASPERS, Hewitt	FR	760	Prairie Cedar Rapid	-	19:37.8	2:31.7	6:18.7	3:55.6
39 REICKS, Joel	SO	783	Wahlert Dubuque (1	27	19:43.3	2:37.2	6:20.5	3:56.6
40 GOETSCH, Joey	SO	657	Cedar Falls	-	19:44.5	2:38.4	6:20.8	3:56.9
41 ACKERMANN, Asher	SO	719	Iowa City City High	-	19:48.0	2:40.9	6:22.0	3:57.6
42 DAVIS, Carter	FR	701	Dubuque Hempstea	(28)	19:50.9	2:44.8	6:22.9	3:58.2
43 BAILEY, Sam	FR	653	Cedar Falls	-	19:53.1	2:47.0	6:23.6	3:58.6
44 FROISTAD, Nolan	FR	704	Dubuque Hempstea	(29)	19:54.0	2:47.9	6:23.9	3:58.8
45 ARNONE, Rocco	FR	721	Iowa City City High	-	19:54.1	2:48.0	6:23.9	3:58.8
46 THOMAS, Chase	FR	715	Dubuque Hempstea	-	19:57.5	2:51.4	6:25.0	3:59.5
47 NUNEZ, Victor	FR	677	Cedar Falls	-	19:59.8	2:53.7	6:25.8	4:00.0
48 HOOVER, Kenny	FR	664	Cedar Falls	-	20:05.1	2:59.0	6:27.5	4:01.0
49 LALOR, Quinn	SO	745	Iowa City City High	-	20:08.2	3:02.1	6:28.5	4:01.6
50 GOLDSMITH, Noah	SO	765	Prairie Cedar Rapid	-	20:09.7	3:03.6	6:29.0	4:01.9
51 BEERENDS, Colin	SO	722	Iowa City City High	-	20:11.9	3:05.8	6:29.7	4:02.4
52 HENN, Austin	FR	781	Wahlert Dubuque (2	30	20:14.4	3:08.3	6:30.5	4:02.9
53 HOWES, Wyatt	SO	743	Iowa City City High	-	20:24.3	3:18.2	6:33.6	4:04.8
54 IRONSIDE, Henry	SO	708	Dubuque Hempstea	-	20:25.5	3:19.4	6:34.0	4:05.1
55 YOUNG, Jack	FR	758	Iowa City City High	-	20:25.5	3:19.4	6:34.0	4:05.1
56 FERN, Emmett	FR	703	Dubuque Hempstea	-	20:26.0	3:18.9	6:34.2	4:05.2
57 KALOUS, Kael	SO	767	Prairie Cedar Rapid	-	20:26.3	3:20.2	6:34.3	4:05.2
58 JAMES, Jay	SO	695	Cedar Rapids Jeffer	31	20:27.8	3:21.7	6:34.8	4:05.5
59 GOODENBOUR, Aiden	FR	658	Cedar Falls	-	20:28.6	3:22.5	6:35.0	4:05.7
60 CEARLOCK, Liam	FR	778	Wahlert Dubuque (3	32	20:29.4	3:23.3	6:35.3	4:05.9
61 CONLON, Ben	FR	727	Iowa City City High	-	20:36.3	3:30.2	6:37.5	4:07.3
62 SCHULTZ, Rylan	FR	714	Dubuque Hempstea	-	20:38.4	3:32.3	6:38.2	4:07.7
63 NORBY, James	SO	676	Cedar Falls	-	20:44.5	3:38.4	6:40.2	4:08.9
64 COOK, Mj	FR	700	Dubuque Hempstea	-	20:46.2	3:40.1	6:40.7	4:09.2
65 GRIMES, Jack	FR	737	Iowa City City High	-	20:47.6	3:41.5	6:41.1	4:09.5
66 BARNARD, Talan	FR	759	Prairie Cedar Rapid	-	20:50.9	3:44.8	6:42.2	4:10.2
67 MONINGER, Sam	FR	749	Iowa City City High	-	20:51.6	3:45.5	6:42.4	4:10.3
68 BYLER, Asher	SO	723	Iowa City City High	-	20:57.4	3:51.3	6:44.3	4:11.5
69 HERBER, Silas	FR	707	Dubuque Hempstea	-	21:00.4	3:54.3	6:45.2	4:12.1
70 PARKER, Raleigh	SO	679	Cedar Falls	-	21:04.6	3:58.5	6:46.6	4:12.9
71 LESTINA, Riley	SO	672	Cedar Falls	-	21:08.3	4:02.2	6:47.8	4:13.6
72 HAND, Thomas	SO	739	Iowa City City High	-	21:08.4	4:02.3	6:47.8	4:13.7
73 BAILEY, Ben	FR	652	Cedar Falls	-	21:09.9	4:03.8	6:48.3	4:14.0
74 SCHMITT, Kael	FR	682	Cedar Falls	-	21:10.3	4:04.2	6:48.4	4:14.0
75 DODDS, Jude	FR	779	Wahlert Dubuque (4	33	21:12.9	4:06.8	6:49.3	4:14.6
76 SASA, Edison	FR	697	Cedar Rapids Jeffer	34	21:18.4	4:12.3	6:51.1	4:15.7
77 NOSKA, Calvin	SO	769	Prairie Cedar Rapid	-	21:23.6	4:17.5	6:52.7	4:16.7
78 NICHOLSON, Jesse	FR	674	Cedar Falls	-	21:32.8	4:26.7	6:55.7	4:18.6
79 HEMMER, Silas	SO	662	Cedar Falls	-	21:40.2	4:34.1	6:58.1	4:20.0
80 NUS, Camden	SO	678	Cedar Falls	-	21:45.5	4:39.4	6:59.8	4:21.1
81 STEFFEN, Parker	SO	684	Cedar Falls	-	21:55.9	4:49.8	7:03.1	4:23.2

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

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
82 CONNELL, Cole	FR	728	Iowa City City High	-	21:56.7	4:50.6	7:03.4	4:23.3
83 WILKINSON, Elliott	FR	690	Cedar Falls	-	22:16.5	5:10.4	7:09.7	4:27.3
84 IRWIN, Shea	FR	666	Cedar Falls	-	22:18.2	5:12.1	7:10.3	4:27.6
85 BUSCH, Mason	FR	699	Dubuque Hempstea	-	22:21.5	5:15.4	7:11.3	4:28.3
86 DICE, Parker	FR	655	Cedar Falls	-	22:23.2	5:17.1	7:11.9	4:28.6
87 CUMMINGS, Wesley	SO	731	Iowa City City High	-	22:24.9	5:18.8	7:12.4	4:29.0
88 HECKER, Gavin	SO	705	Dubuque Hempstea	-	22:26.5	5:20.4	7:13.0	4:29.3
89 BURCO, Tyler	FR	692	Cedar Rapids Jeffer	35	22:28.8	5:22.7	7:13.7	4:29.7
90 MILLER-PROUTY, Sidney	FR	673	Cedar Falls	-	22:32.3	5:26.2	7:14.8	4:30.5
91 WAGNER, Elijah	SO	717	Dubuque Hempstea	-	22:32.8	5:26.7	7:15.0	4:30.6
92 CARLSON, Wyatt	FR	724	Iowa City City High	-	22:40.0	5:32.9	7:17.3	4:32.0
93 KLAPATAUSKAS, Peter	FR	782	Wahlert Dubuque (5	36	22:41.0	5:33.9	7:17.6	4:32.2
94 KRETZ, Broden	SO	710	Dubuque Hempstea	-	22:41.3	5:35.2	7:17.7	4:32.2
95 SMITH, Lawrence	FR	785	Wahlert Dubuque (6	(37)	22:50.7	5:44.6	7:20.7	4:34.1
96 GOODWIN, Corbin	FR	659	Cedar Falls	-	22:51.7	5:45.6	7:21.0	4:34.3
97 VAVROCH, Ethan	FR	688	Cedar Falls	-	22:52.7	5:46.6	7:21.4	4:34.5
98 HARMON, Duncan	SO	740	Iowa City City High	-	23:00.7	5:54.6	7:23.9	4:36.1
99 KRUMM, Cashton	SO	768	Prairie Cedar Rapid	-	23:04.3	5:58.2	7:25.1	4:36.8
100 VIVEROS, Abraham	SO	698	Cedar Rapids Jeffer	38	23:07.2	6:01.1	7:26.0	4:37.4
101 HELGENS, Lane	SO	661	Cedar Falls	-	23:08.7	6:02.6	7:26.5	4:37.7
102 BLASBERG, Andrew	SO	654	Cedar Falls	-	23:08.9	6:02.8	7:26.6	4:37.8
103 SARTORI, Corbin	FR	784	Wahlert Dubuque (7	(39)	23:09.1	6:03.0	7:26.6	4:37.8
104 NOLTE, Louis	FR	675	Cedar Falls	-	23:38.7	6:32.6	7:36.2	4:43.7
105 TREPANIER, Julien	FR	756	Iowa City City High	-	23:39.6	6:33.5	7:36.4	4:43.9
106 EMRY, Elisha	SO	734	Iowa City City High	-	23:45.4	6:39.3	7:38.3	4:45.1
107 SCHEFFERT, Aiden	SO	754	Iowa City City High	-	24:08.7	7:02.6	7:45.8	4:49.7
108 TYLER, Noah	FR	716	Dubuque Hempstea	-	24:16.7	7:10.6	7:48.4	4:51.3
109 COOK, Quincy	SO	694	Cedar Rapids Jeffer	40	24:18.4	7:12.3	7:48.9	4:51.7
110 DEAHL, Kellan	SO	761	Prairie Cedar Rapid	-	25:18.4	8:12.3	8:08.2	5:03.7
111 FLEMING, Blaise	FR	736	Iowa City City High	-	25:48.2	8:42.1	8:17.8	5:09.6
112 ALT, Christian	SO	776	Wahlert Dubuque	-	26:28.5	9:22.4	8:30.8	5:17.7
113 COLY, Jean Louis	FR	693	Cedar Rapids Jeffer	(41)	26:49.2	9:43.1	8:37.4	5:21.8
114 MORTON, Renn	FR	750	Iowa City City High	-	27:00.1	9:54.0	8:40.9	5:24.0
115 BABER, Jackson	FR	650	Cedar Falls	-	28:03.8	10:57.7	9:01.4	5:36.7
116 CHEYNEY, Reed	SO	726	Iowa City City High	-	29:01.0	11:53.9	9:19.8	5:48.2
117 ACEVEDO, Donovan	FR	718	Iowa City City High	-	29:19.4	12:13.3	9:25.7	5:51.9
118 AHERN, Harrison	FR	720	Iowa City City High	-	30:24.7	13:18.6	9:46.7	6:04.9
119 LIE, Espen	FR	747	Iowa City City High	-	30:26.1	13:20.0	9:47.1	6:05.2

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**Race #2
Boys Fr-So & JV JV****Final Results****TEAM SCORING SUMMARY****JV**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	36	2-3-6-10-15(19)(21)	1:30:30	18:06	1:32.4
2 Cedar Falls	41	5-7-8-9-12(13)(14)	1:31:01	18:13	1:04.4
3 Prairie Cedar Rapids	49	1-4-11-16-17(22)(25)	1:32:24	18:29	1:56.7
4 Dubuque Hempstead	135	18-20-29-32-36(40)(43)	1:44:59	21:00	3:02.4
5 Cedar Rapids Jefferson	141	23-24-30-31-33(34)(35)	1:46:16	21:16	1:15.8
6 Waterloo West	172	27-28-37-38-42(45)(46)	1:51:15	22:15	3:05.2
7 Cedar Rapids Washington	197	26-39-41-44-47	2:01:01	24:13	8:31.0
DNP Wahlert Dubuque					

INDIVIDUAL RESULTS

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
1 MCMANUS, Ethan	SR	1070	Prairie Cedar Rapid	1	17:28.0	20.9	5:37.0	3:29.6
2 ARNOLD, Malcolm	JR	1044	Iowa City City High	2	17:30.0	22.9	5:37.6	3:30.0
3 VANDE BERG, Henry	JR	1061	Iowa City City High	3	17:31.8	25.7	5:38.2	3:30.4
4 KRAMBEER, Jacob	SR	1069	Prairie Cedar Rapid	4	17:40.8	34.7	5:41.1	3:32.1
5 AHRENS, Brody	JR	992	Cedar Falls (1)	5	17:43.6	37.5	5:42.0	3:32.7
6 CAREY, Will	JR	1045	Iowa City City High	6	17:55.9	49.8	5:45.9	3:35.2
7 BLANCHARD, Kyler	JR	995	Cedar Falls (2)	7	18:01.5	55.4	5:47.7	3:36.3
8 MCKEE, Ethan	SR	1003	Cedar Falls (3)	8	18:07.8	1:01.7	5:49.8	3:37.6
9 STEWART, Turner	JR	1092	Cedar Falls (4)	9	18:19.4	1:13.3	5:53.5	3:39.9
10 SUCHOMEL, Silas	JR	1059	Iowa City City High	10	18:29.7	1:23.6	5:56.8	3:41.9
11 VALDE, Eric	SR	1078	Prairie Cedar Rapid	11	18:31.4	1:25.3	5:57.4	3:42.3
12 REA, Ethan	JR	1004	Cedar Falls (5)	12	18:48.0	1:40.9	6:02.7	3:45.6
13 SCHOLTEN, Regan	JR	1007	Cedar Falls (6)	(13)	18:52.5	1:46.4	6:04.1	3:46.5
14 FAUSER, Judah	JR	997	Cedar Falls (7)	(14)	18:59.6	1:53.5	6:06.4	3:47.9
15 GOLLNICK, Silas	SR	1051	Iowa City City High	15	19:02.4	1:56.3	6:07.3	3:48.5
16 WALLACE, Landon	JR	1094	Cedar Falls	-	19:09.2	2:03.1	6:09.5	3:49.8
17 ZYLSTRA, Parker	JR	1015	Cedar Falls	-	19:12.7	2:06.6	6:10.6	3:50.5
18 DAVIS, Dade	SR	1067	Prairie Cedar Rapid	16	19:19.2	2:13.1	6:12.7	3:51.8
19 STARK, Harrison	SR	1077	Prairie Cedar Rapid	17	19:24.6	2:18.5	6:14.5	3:52.9
20 SPRIGGS, Mason	JR	1041	Dubuque Hempstea	18	19:30.6	2:24.5	6:16.4	3:54.1
21 MACGILLIVRAY, Lynden	SR	1054	Iowa City City High	(19)	19:34.3	2:28.2	6:17.6	3:54.9
22 WELBES, Parker	SR	1043	Dubuque Hempstea	20	19:49.5	2:43.4	6:22.5	3:57.9
23 VAN OTTERLOO, Josh	SR	1082	Wahlert Dubuque	-	19:49.9	2:43.8	6:22.6	3:58.0
24 EDWARDS, Jack	SR	1047	Iowa City City High	(21)	19:58.4	2:52.3	6:25.3	3:59.7
25 KREMER, Will	SR	1002	Cedar Falls	-	19:58.8	2:52.7	6:25.5	3:59.8
26 WUNDERLICH, Cameron	SR	1014	Cedar Falls	-	20:09.2	3:03.1	6:28.8	4:01.8
27 LEYSER, Gustavo	JR	1053	Iowa City City High	-	20:11.7	3:05.6	6:29.6	4:02.3
28 WESTHOFF, Jace	SR	1012	Cedar Falls	-	20:14.3	3:08.2	6:30.4	4:02.8
29 CHRIST, Ben	JR	996	Cedar Falls	-	20:16.3	3:10.2	6:31.1	4:03.2
30 MULFORD, Landon	JR	1071	Prairie Cedar Rapid	(22)	20:27.2	3:21.1	6:34.6	4:05.4
31 TOBIN, Beckett	JR	1060	Iowa City City High	-	20:39.5	3:33.4	6:38.6	4:07.9
32 GARTELOS, Niko	JR	1050	Iowa City City High	-	20:40.1	3:34.0	6:38.7	4:08.0

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

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
33 WRIGHT, Roman	SR	1027	Cedar Rapids Jeffer	23	20:40.7	3:34.6	6:38.9	4:08.1
34 DVORSKY, Asher	SR	855	Cedar Rapids Jeffer	24	20:46.2	3:40.1	6:40.7	4:09.2
35 DAVIS, Beckett	JR	1066	Prairie Cedar Rapid	(25)	20:46.9	3:40.8	6:40.9	4:09.4
36 MITCHELL, Jasper	SO	1032	Cedar Rapids Wash	26	20:48.5	3:42.4	6:41.4	4:09.7
37 WENZEL, Mason	JR	1011	Cedar Falls	-	20:52.2	3:46.1	6:42.6	4:10.4
38 GRIEME, Caden	JR	1084	Waterloo West (1)	27	20:54.3	3:48.2	6:43.3	4:10.9
39 KENLIN, Soren	JR	1052	Iowa City City High	-	20:59.1	3:53.0	6:44.8	4:11.8
40 DOWNES, Ray	SR	1079	Wahlert Dubuque	-	21:05.7	3:59.6	6:47.0	4:13.1
41 FISCHER, Archie	JR	1049	Iowa City City High	-	21:11.6	4:05.5	6:48.9	4:14.3
42 KNIGHT, James	SR	1086	Waterloo West (2)	28	21:13.2	4:07.1	6:49.4	4:14.6
43 HANDY, Orion	SR	1037	Dubuque Hempstea	29	21:20.8	4:14.7	6:51.8	4:16.1
44 VELHO, Kaden	JR	1024	Cedar Rapids Jeffer	30	21:23.4	4:17.3	6:52.7	4:16.7
45 SCHILLING, Jack	SR	1021	Cedar Rapids Jeffer	31	21:29.4	4:23.3	6:54.6	4:17.9
46 MORTON, Jasper	JR	1056	Iowa City City High	-	21:37.4	4:31.3	6:57.2	4:19.5
47 SEAMANS, Mike	JR	1076	Prairie Cedar Rapid	-	21:41.7	4:35.6	6:58.5	4:20.3
48 WOODS, Liam	SR	1013	Cedar Falls	-	21:44.5	4:38.4	6:59.5	4:20.9
49 RUNDE, Devin	JR	1040	Dubuque Hempstea	32	21:45.1	4:39.0	6:59.6	4:21.0
50 OLSON, Canan	JR	1074	Prairie Cedar Rapid	-	21:51.9	4:45.8	7:01.8	4:22.4
51 SMITH, Eric	SR	1023	Cedar Rapids Jeffer	33	21:56.5	4:50.4	7:03.3	4:23.3
52 WAECHTER, Charlie	SR	1025	Cedar Rapids Jeffer	(34)	22:04.4	4:58.3	7:05.8	4:24.9
53 SEGOVIA, Andy	JR	1022	Cedar Rapids Jeffer	(35)	22:10.3	5:04.2	7:07.7	4:26.0
54 HOLLINGER, Benjamin	SR	1068	Prairie Cedar Rapid	-	22:12.5	5:06.4	7:08.5	4:26.5
55 HERROLD, Alec	SR	999	Cedar Falls	-	22:17.8	5:11.7	7:10.1	4:27.5
56 RIGGINS, Cam'Ron	JR	1020	Cedar Rapids Jeffer	-	22:30.2	5:24.1	7:14.1	4:30.0
57 WAGNER, Owen	SR	1042	Dubuque Hempstea	36	22:33.0	5:25.9	7:15.0	4:30.6
58 STOLLENWERK, Quincy	JR	1088	Waterloo West (3)	37	22:33.8	5:27.7	7:15.3	4:30.7
59 FELIPE-GUZMAN, Adolfo	JR	1083	Waterloo West (4)	38	22:34.3	5:28.2	7:15.4	4:30.8
60 ALLRED, Wilson	JR	1063	Prairie Cedar Rapid	-	22:36.7	5:30.6	7:16.2	4:31.3
61 PINS, Liam	SO	1033	Cedar Rapids Wash	39	22:54.1	5:48.0	7:21.8	4:34.8
62 BENNETT, Jesse	JR	1035	Dubuque Hempstea	(40)	23:07.7	6:01.6	7:26.2	4:37.5
63 ROHLFSEN, Trey	JR	1005	Cedar Falls	-	23:09.8	6:03.7	7:26.9	4:37.9
64 MYERS, Max	JR	1072	Prairie Cedar Rapid	-	23:29.1	6:23.0	7:33.1	4:41.8
65 NEWLIN, Finnegan	JR	1081	Wahlert Dubuque	-	23:35.0	6:27.9	7:35.0	4:43.0
66 PATTEN, Tyler	JR	1075	Prairie Cedar Rapid	-	23:38.8	6:32.7	7:36.2	4:43.7
67 ASLAM, Suhaib	JR	993	Cedar Falls	-	23:39.9	6:33.8	7:36.5	4:44.0
68 MESSENGER, Caden	SR	1031	Cedar Rapids Wash	41	23:45.1	6:39.0	7:38.2	4:45.0
69 FLANAGAN, Daniel	JR	1080	Wahlert Dubuque	-	23:49.7	6:43.6	7:39.7	4:45.9
70 HUNDLEY, Daniel	FR	1085	Waterloo West (5)	42	23:59.5	6:53.4	7:42.8	4:47.9
71 GIANNAKOUIROS, Paul	JR	1036	Dubuque Hempstea	(43)	24:07.2	7:01.1	7:45.3	4:49.4
72 KAHIKU, Joseph	JR	1029	Cedar Rapids Wash	44	24:13.9	7:07.8	7:47.5	4:50.8
73 NEDERHOFF, Aedric	JR	1073	Prairie Cedar Rapid	-	24:16.9	7:10.8	7:48.4	4:51.4
74 STONER, Richard	FR	1089	Waterloo West (6)	(45)	24:30.3	7:24.2	7:52.8	4:54.1
75 BROWN, Hayden	JR	1065	Prairie Cedar Rapid	-	24:50.5	7:44.4	7:59.2	4:58.1
76 THOMS, Jaxon	JR	1090	Waterloo West (7)	(46)	26:27.2	9:21.1	8:30.3	5:17.4
77 ROLIM, Toni	SR	1006	Cedar Falls	-	26:30.9	9:24.8	8:31.5	5:18.2
78 MATAMURA, Patrick	JR	1055	Iowa City City High	-	27:26.6	10:20.5	8:49.4	5:29.3

MVC VALLEY DIVISIONAL 2025

Cedar Falls, IA
Birdsall Park
Weather: Sunny 70°, SSE 13°, 74% Humidity
Host: Cedar Falls High School
Thursday, October 16, 2025

MEET OFFICIALS

Meet Director:
Justin Urbanek
Meet Referee:
Kevin Long
Timing:
B&W Racing Services



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Race #2
Boys Fr-So & JV JV

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
79 DAMISCH, Jackson	SO	1028	Cedar Rapids Wash	47	29:19.4	12:13.3	9:25.7	5:51.9
80 WHITE, Laekyn	SO	1091	Waterloo West	-	30:33.8	13:27.7	9:49.6	6:06.8

MVC VALLEY DIVISIONAL 2025

Cedar Falls, IA

Birdsall Park

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Host: Cedar Falls High School

Thursday, October 16, 2025

MEET OFFICIALS**Meet Director:**

Justin Urbanek

Meet Referee:

Kevin Long

Timing:

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

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	37	2-4-6-9-16(20)(25)	1:37:42	19:33	2:12.7
2 Cedar Falls	44	1-8-10-12-13(14)(15)	1:38:35	19:43	2:23.2
3 Prairie Cedar Rapids	90	5-19-21-22-23(26)(28)	1:43:19	20:40	2:05.6
4 Wahlert Dubuque	111	7-17-24-31-32(36)(37)	1:45:18	21:04	2:33.2
5 Dubuque Hempstead	119	11-18-27-29-34(35)(38)	1:46:35	21:19	1:59.3
6 Waterloo West	181	3-40-45-46-47	1:58:15	23:39	6:47.9
7 Cedar Rapids Washington	206	33-39-41-42-51(52)(54)	2:00:37	24:08	4:45.0
8 Cedar Rapids Jefferson	214	30-43-44-48-49(50)(53)	2:02:59	24:36	4:01.7

INDIVIDUAL RESULTS

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
1 GALL, Charlee	SO	789	Cedar Falls (1)	1	18:02.3	---	5:48.0	3:36.5
2 BURNS, Abigail	SR	818	Iowa City City High	2	18:26.2	23.9	5:55.7	3:41.2
3 OLLIVIERRE, Nakia	SR	846	Waterloo West (1)	3	18:36.2	33.9	5:58.9	3:43.2
4 HAMANN, Grace	JR	823	Iowa City City High	4	19:06.4	1:04.1	6:08.6	3:49.3
5 WILEY, Reese	JR	831	Prairie Cedar Rapid	5	19:09.5	1:07.2	6:09.6	3:49.9
6 DOSTER, Eliza	SO	819	Iowa City City High	6	19:21.8	1:19.5	6:13.5	3:52.3
7 MURPHY, Lucy	SR	835	Wahlert Dubuque (1)	7	19:22.0	1:18.7	6:13.6	3:52.4
8 TOMLYANOVICH, Kate	SO	793	Cedar Falls (2)	8	19:47.3	1:45.0	6:21.8	3:57.5
9 FRUIN, Calissa	SO	822	Iowa City City High	9	20:08.4	2:06.1	6:28.5	4:01.7
10 MEYER, Shai	FR	792	Cedar Falls (3)	10	20:09.2	2:06.9	6:28.8	4:01.8
11 HEIBERGER, Chelsea	SO	812	Dubuque Hempstea	11	20:10.0	2:06.7	6:29.1	4:02.0
12 FONLEY, Emersyn	JR	788	Cedar Falls (4)	12	20:10.6	2:08.3	6:29.3	4:02.1
13 MCNALLY, Emerlyn	SO	791	Cedar Falls (5)	13	20:25.5	2:23.2	6:34.0	4:05.1
14 LEEHEY, Olivia	SO	790	Cedar Falls (6)	(14)	20:29.4	2:27.1	6:35.3	4:05.9
15 BLOUGH, Katie	JR	787	Cedar Falls (7)	(15)	20:31.2	2:28.9	6:35.9	4:06.2
16 FISCHER, Madeline	JR	821	Iowa City City High	16	20:38.8	2:36.5	6:38.3	4:07.8
17 BERNING, Willa	JR	832	Wahlert Dubuque (2)	17	20:42.4	2:40.1	6:39.5	4:08.5
18 HENNEBERRY, Maggie	JR	813	Dubuque Hempstea	18	20:44.6	2:42.3	6:40.2	4:08.9
19 AJRAM, Lamise	JR	825	Prairie Cedar Rapid	19	20:46.9	2:44.6	6:40.9	4:09.4
20 SHERBURNE, Lucy	JR	824	Iowa City City High	(20)	20:55.4	2:53.1	6:43.7	4:11.1
21 ROSE, Stella	SR	830	Prairie Cedar Rapid	21	21:00.0	2:56.7	6:45.1	4:12.0
22 ROE, Anika	JR	829	Prairie Cedar Rapid	22	21:06.8	3:04.5	6:47.3	4:13.3
23 FAUL, Ella	JR	826	Prairie Cedar Rapid	23	21:15.1	3:12.8	6:50.0	4:15.0
24 ROHNER, Ella	JR	836	Wahlert Dubuque (3)	24	21:24.0	3:20.7	6:52.9	4:16.8
25 DOWNING-SHERER, Naomi	JR	820	Iowa City City High	(25)	21:29.6	3:27.3	6:54.6	4:17.9
26 KAY, Addison	FR	828	Prairie Cedar Rapid	(26)	21:30.8	3:28.5	6:55.0	4:18.1
27 LEITZEN, Natalie	JR	814	Dubuque Hempstea	27	21:38.9	3:36.6	6:57.6	4:19.8
28 HUGHES, Sarah	FR	639	Prairie Cedar Rapid	(28)	21:42.8	3:40.5	6:58.9	4:20.5
29 PELEGRIN, Zoey	FR	815	Dubuque Hempstea	29	21:52.0	3:48.7	7:01.9	4:22.4
30 MORRIS, Emily	SO	799	Cedar Rapids Jeffer	30	21:53.2	3:50.9	7:02.3	4:22.6
31 BURKE, Grace	SO	833	Wahlert Dubuque (4)	31	21:54.1	3:51.8	7:02.5	4:22.8
32 ENGLEMAN, Sienna	FR	834	Wahlert Dubuque (5)	32	21:55.1	3:52.8	7:02.9	4:23.0
33 LEVAKE, Haddie	SR	805	Cedar Rapids Wash	33	21:59.1	3:56.8	7:04.1	4:23.8
34 FOUST, Willa	FR	809	Dubuque Hempstea	34	22:09.3	4:07.0	7:07.4	4:25.8

MVC VALLEY DIVISIONAL 2025

Cedar Falls, IA

Birdsall Park

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Host: Cedar Falls High School

Thursday, October 16, 2025

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Meet Referee:

Kevin Long

Timing:

B&W Racing Services

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

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
35 HART, Maria	SR	811	Dubuque Hempstea	(35)	22:13.7	4:11.4	7:08.8	4:26.7
36 UNSEN, Mallory	JR	841	Wahlert Dubuque (6)	(36)	22:14.2	4:11.9	7:09.0	4:26.8
37 TUTHILL, Lilyan	SR	840	Wahlert Dubuque (7)	(37)	22:21.2	4:18.9	7:11.2	4:28.2
38 WELTER, Sophie	SO	817	Dubuque Hempstea	(38)	22:37.8	4:35.5	7:16.6	4:31.6
39 THIELEN, Claire	JR	839	Wahlert Dubuque	-	22:38.5	4:36.2	7:16.8	4:31.7
40 FREUND, Hazel	FR	810	Dubuque Hempstea	-	22:39.9	4:37.6	7:17.3	4:32.0
41 ROHNER, Mya	FR	837	Wahlert Dubuque	-	22:53.5	4:51.2	7:21.6	4:34.7
42 LAHART, Maya	JR	804	Cedar Rapids Wash	39	23:30.5	5:28.2	7:33.5	4:42.1
43 O'BRIEN, Taniya	JR	845	Waterloo West (2)	40	23:56.3	5:54.0	7:41.8	4:47.3
44 LAHART, Alanna	JR	803	Cedar Rapids Wash	41	23:59.4	5:57.1	7:42.8	4:47.9
45 DYER, Madelyn	JR	802	Cedar Rapids Wash	42	24:23.7	6:21.4	7:50.6	4:52.7
46 COLEMAN, Layla	SO	794	Cedar Rapids Jeffer	43	24:30.3	6:28.0	7:52.8	4:54.1
47 COLEMAN, Willa	SO	795	Cedar Rapids Jeffer	44	24:51.1	6:48.8	7:59.4	4:58.2
48 HARNACK, Lucy	FR	842	Waterloo West (3)	45	25:01.7	6:59.4	8:02.8	5:00.3
49 HERNANDEZ, Semani	SR	843	Waterloo West (4)	46	25:16.7	7:14.4	8:07.7	5:03.3
50 LITTLE, Amira	SR	844	Waterloo West (5)	47	25:24.1	7:21.8	8:10.1	5:04.8
51 CREIGHTON, Evie	SO	796	Cedar Rapids Jeffer	48	25:49.2	7:46.9	8:18.1	5:09.8
52 STAUB, Mackenzie	SO	800	Cedar Rapids Jeffer	49	25:54.9	7:52.6	8:19.9	5:11.0
53 JANDA, Mia	JR	797	Cedar Rapids Jeffer	(50)	26:26.7	8:24.4	8:30.2	5:17.3
54 ROLAND, Frances	JR	807	Cedar Rapids Wash	51	26:44.1	8:41.8	8:35.8	5:20.8
55 NOVAK, Sarah	SR	806	Cedar Rapids Wash	(52)	26:57.0	8:53.7	8:39.9	5:23.4
56 MALKO, Rashele	SR	798	Cedar Rapids Jeffer	(53)	27:28.0	9:24.7	8:49.9	5:29.6
57 ZINSKI, Bella	SO	808	Cedar Rapids Wash	(54)	28:15.9	10:13.6	9:05.3	5:39.2

MVC VALLEY DIVISIONAL 2025

Cedar Falls, IA

Birdsall Park

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Thursday, October 16, 2025

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Justin Urbanek

Meet Referee:

Kevin Long

Timing:

B&W Racing Services

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

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Falls	36	1-2-7-8-18(24)	1:21:21	16:17	1:25.2
2 Prairie Cedar Rapids	46	3-4-5-11-23(26)(27)	1:22:08	16:26	0:52.2
3 Iowa City City High	57	6-9-13-14-15(17)(20)	1:23:00	16:36	0:28.2
4 Dubuque Hempstead	78	10-12-16-19-21(22)(28)	1:23:54	16:47	0:23.5
5 Wahlert Dubuque	164	25-31-33-37-38(39)(41)	1:30:39	18:08	1:12.9
6 Waterloo West	183	30-32-34-43-44(45)(49)	1:32:26	18:30	1:22.9
7 Cedar Rapids Jefferson	208	29-35-46-47-51(52)(54)	1:35:30	19:06	2:27.6
8 Cedar Rapids Washington	216	36-40-42-48-50(53)(55)	1:35:32	19:07	1:34.9

INDIVIDUAL RESULTS

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
1 MERRICK, Jaden	SR	851	Cedar Falls (1)	1	15:29.8	---	4:58.9	3:05.9
2 WILLIAMS, Dominic	JR	853	Cedar Falls (2)	2	16:00.8	31.0	5:08.9	3:12.1
3 CARRIZALES, Cole	JR	888	Prairie Cedar Rapid	3	16:08.4	38.6	5:11.4	3:13.7
4 JOHNSON, Kyle	SR	890	Prairie Cedar Rapid	4	16:09.0	38.2	5:11.6	3:13.8
5 MILLER, Owen	SR	892	Prairie Cedar Rapid	5	16:13.7	43.9	5:13.1	3:14.7
6 MCROBERTS, Linus	SR	884	Iowa City City High	6	16:18.3	48.5	5:14.6	3:15.7
7 HOYER, Brennen	SR	848	Cedar Falls (3)	7	16:23.8	54.0	5:16.3	3:16.7
8 GALL, Jeremy	FR	847	Cedar Falls (4)	8	16:31.2	1:01.4	5:18.7	3:18.2
9 RANDALL, David	JR	887	Iowa City City High	9	16:33.1	1:03.3	5:19.3	3:18.6
10 HENN, Colin	SR	875	Dubuque Hempstea	10	16:33.7	1:03.9	5:19.5	3:18.7
11 LANGE, Sammy	JR	891	Prairie Cedar Rapid	11	16:35.6	1:05.8	5:20.1	3:19.1
12 MALONEY, Henry	JR	876	Dubuque Hempstea	12	16:37.0	1:06.2	5:20.6	3:19.4
13 LEMAN, Jack	SR	881	Iowa City City High	13	16:39.9	1:10.1	5:21.5	3:20.0
14 EASTLUND, Leif	SO	880	Iowa City City High	14	16:42.0	1:11.2	5:22.2	3:20.4
15 PALMBERG, Emmett	JR	885	Iowa City City High	15	16:46.5	1:16.7	5:23.6	3:21.3
16 FERN, Micah	SR	872	Dubuque Hempstea	16	16:50.7	1:20.9	5:25.0	3:22.1
17 PROTTSMAN, Jarris	SR	886	Iowa City City High (17)		16:51.6	1:21.8	5:25.3	3:22.3
18 MANDT, James	SR	849	Cedar Falls (5)	18	16:54.9	1:25.1	5:26.3	3:23.0
19 ELLERBACH, Ben	JR	871	Dubuque Hempstea	19	16:55.4	1:25.6	5:26.5	3:23.1
20 MCDOWELL, Max	SR	882	Iowa City City High (20)		16:56.0	1:25.2	5:26.7	3:23.2
21 COOLEY, Aidan	JR	870	Dubuque Hempstea	21	16:57.1	1:27.3	5:27.0	3:23.4
22 FROISTAD, Talon	JR	873	Dubuque Hempstea (22)		16:59.4	1:29.6	5:27.8	3:23.9
23 DAHLEM, Eli	SO	889	Prairie Cedar Rapid	23	17:00.5	1:30.7	5:28.1	3:24.1
24 MARTIN, Gage	SR	850	Cedar Falls (6) (24)		17:10.2	1:40.4	5:31.2	3:26.0
25 BROOKINS, Jayden	SR	896	Wahlert Dubuque (1	25	17:17.4	1:47.6	5:33.6	3:27.5
26 NOVE, Mason	JR	893	Prairie Cedar Rapid (26)		17:19.9	1:50.1	5:34.4	3:28.0
27 WIETHORN, Dillon	SR	894	Prairie Cedar Rapid (27)		17:22.5	1:52.7	5:35.2	3:28.5
28 MCROBERTS, Jasper	SO	883	Iowa City City High -		17:24.8	1:55.0	5:35.9	3:28.9
29 SCHULTZ, Charles	SR	878	Dubuque Hempstea (28)		17:29.3	1:59.5	5:37.4	3:29.8
30 TRAVAGIAKIS, Rexton	JR	860	Cedar Rapids Jeffer	29	17:49.6	2:19.8	5:43.9	3:33.9
31 FULLER, Brayden	SR	909	Waterloo West (1)	30	17:54.0	2:23.2	5:45.3	3:34.8
32 CONNELLY, Niles	JR	897	Wahlert Dubuque (2	31	18:00.5	2:30.7	5:47.4	3:36.1
33 CORDELL, Kayson	JR	906	Waterloo West (2)	32	18:00.9	2:31.1	5:47.5	3:36.2
34 SPAHN, Charlie	SO	879	Dubuque Hempstea -		18:01.1	2:31.3	5:47.6	3:36.2

MVC VALLEY DIVISIONAL 2025

Cedar Falls, IA

Birdsall Park

Weather: Sunny 70°, SSE 13°, 74% Humidity

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Thursday, October 16, 2025

MEET OFFICIALS**Meet Director:**

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Timing:

B&W Racing Services

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

Athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
35 MURPHY, Sam	FR	902	Wahlert Dubuque (3)	33	18:20.5	2:50.7	5:53.8	3:40.1
36 MOLINE, Isaak	SO	914	Waterloo West (3)	34	18:21.3	2:51.5	5:54.1	3:40.2
37 NIYOMUTABAZI, Peter	JR	859	Cedar Rapids Jeffer	35	18:26.6	2:56.8	5:55.8	3:41.3
38 MCATEE, Jack	SO	866	Cedar Rapids Wash	36	18:28.6	2:58.8	5:56.4	3:41.7
39 GOLDSMITH, Sam	JR	874	Dubuque Hempstea	-	18:28.9	2:59.1	5:56.5	3:41.8
40 MEYER, Tegan	FR	901	Wahlert Dubuque (4)	37	18:30.3	3:00.5	5:57.0	3:42.0
41 HOPPENJAN, Vincent	FR	898	Wahlert Dubuque (5)	38	18:30.3	3:00.5	5:57.0	3:42.1
42 WOLBERS, Gavin	JR	904	Wahlert Dubuque (6)	(39)	18:33.4	3:03.6	5:58.0	3:42.7
43 GURWELL, Grayson	FR	864	Cedar Rapids Wash	40	18:35.6	3:05.8	5:58.7	3:43.1
44 OBERFOELL, Truman	FR	903	Wahlert Dubuque (7)	(41)	18:39.6	3:09.8	6:00.0	3:43.9
45 REILLY, Hayden	JR	868	Cedar Rapids Wash	42	18:40.1	3:10.3	6:00.2	3:44.0
46 KIRBY, Will	JR	899	Wahlert Dubuque	-	18:50.5	3:20.7	6:03.5	3:46.1
47 ANDERSON, Storm	FR	905	Waterloo West (4)	43	18:52.9	3:23.1	6:04.3	3:46.6
48 PETERSON, Christopher	SO	877	Dubuque Hempstea	-	18:53.5	3:23.7	6:04.5	3:46.7
49 BERNING, Aloysius	FR	895	Wahlert Dubuque	-	19:00.4	3:30.6	6:06.7	3:48.1
50 MINEART, Ramsey	SR	913	Waterloo West (5)	44	19:16.8	3:47.0	6:12.0	3:51.4
51 FEDERSPIEL, Andrew	FR	908	Waterloo West (6)	(45)	19:21.7	3:51.9	6:13.5	3:52.3
52 MITTELSTEADT, Jonathan	SR	858	Cedar Rapids Jeffer	46	19:26.7	3:56.9	6:15.1	3:53.3
53 MENDOZA, Justin	JR	857	Cedar Rapids Jeffer	47	19:29.5	3:59.7	6:16.0	3:53.9
54 DAMISCH, Austin	SR	862	Cedar Rapids Wash	48	19:43.8	4:14.0	6:20.6	3:56.7
55 MENDOZA, Sonny	JR	912	Waterloo West (7)	(49)	19:47.4	4:17.6	6:21.8	3:57.5
56 HERTEL, Dane	JR	910	Waterloo West	-	19:51.2	4:21.4	6:23.0	3:58.2
57 MCNAMARA, Will	FR	900	Wahlert Dubuque	-	19:53.9	4:24.1	6:23.9	3:58.8
58 APPLEBY-SPARROW, Henr	SR	861	Cedar Rapids Wash	50	20:03.4	4:33.6	6:26.9	4:00.7
59 DUNKERTON, Jeremiah	JR	907	Waterloo West	-	20:05.8	4:36.0	6:27.7	4:01.1
60 HARVEY, Dane	SO	856	Cedar Rapids Jeffer	51	20:17.2	4:47.4	6:31.4	4:03.4
61 BATIGE, Harald	SR	854	Cedar Rapids Jeffer	(52)	20:21.2	4:51.4	6:32.7	4:04.2
62 FOSTER, Lewis	SO	863	Cedar Rapids Wash	(53)	20:22.4	4:52.6	6:33.0	4:04.5
63 ARMON, Malachi	SR	1016	Cedar Rapids Jeffer	(54)	20:27.9	4:58.1	6:34.8	4:05.6
64 MITCHELL, Henri	JR	867	Cedar Rapids Wash	(55)	20:28.8	4:59.0	6:35.1	4:05.8
65 PHILLIPE, Tanner	SO	696	Cedar Rapids Jeffer	-	20:49.0	5:18.2	6:41.6	4:09.8