

2026 WAUKON INVITATIONAL

Waukon, IA
Waukon Golf and Country Club
Tuesday, September 22, 2026

MEET OFFICIALS

Meet Director:
Brian Hillsabeck
Meet Referee:
Howard Simpson
Timing:
Shannon Event Timing



OFFICIAL MEET REPORT
printed: 9/22/2026 6:02 PM

Race #1
JH Boys 2 Mile

Final Results**RACE SUMMARY**

Start Time: 4:00 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 MS_Decorah ms	15	1-2-3-4-5(7)(12)	1:00:11	12:03	0:49.5
2 MS_Denver ms	63	8-9-13-15-18(21)(25)	1:05:14	13:03	0:42.9
3 MS_Waukon	93	11-17-19-22-24(27)(50)	1:07:35	13:31	1:06.6
4 MS_Starmont West Central	109	10-14-16-31-38(40)(49)	1:09:54	13:59	2:39.3
5 MS_Osage	151	6-20-33-45-47(48)(55)	1:13:36	14:44	3:40.9
6 MS_MFL Marmac	156	23-26-30-35-42(52)(54)	1:14:27	14:54	1:39.1
7 MS_Central Elkader	180	28-34-36-39-43(51)	1:16:38	15:20	1:05.2
8 MS_North Fayette Valley	183	29-32-37-41-44(46)(53)	1:16:49	15:22	1:04.2
DNP MS_Crestwood					
DNP MS_Lansing					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 DANIELSON, Gabe	8	2805	MS_Decorah ms	1	11:37.34	---	5:48.7	3:36.6
2 WICKS, Karl	8	2814	MS_Decorah ms	2	11:53.79	16.45	5:56.9	3:41.7
3 MUTSUNE, Judah	7	2796	MS_Decorah ms	3	12:03.36	26.02	6:01.7	3:44.6
4 DELANEY, Hudson	8	2807	MS_Decorah ms	4	12:09.16	31.82	6:04.6	3:46.4
5 JENSEN, Charlie	7	2792	MS_Decorah ms	5	12:26.78	49.44	6:13.4	3:51.9
6 LARRISON, Blake	7	2886	MS_Osage	6	12:36.93	59.59	6:18.5	3:55.1
7 TESLOW, Brock	8	2813	MS_Decorah ms	(7)	12:38.38	1:01.04	6:19.2	3:55.5
8 THURM, Kail	7	2352	MS_Denver ms	8	12:43.03	1:05.69	6:21.5	3:57.0
9 SKAAR, Luke	8	2346	MS_Denver ms	9	12:49.10	1:11.76	6:24.6	3:58.9
10 RIECHERS, Ross	7	2899	MS_Starmont West	10	12:54.39	1:17.05	6:27.2	4:00.5
11 HOMEWOOD, Spencer	8	2916	MS_Waukon	11	12:54.51	1:17.17	6:27.3	4:00.5
12 ADAMS, Kaden	8	2804	MS_Decorah ms	(12)	12:58.40	1:21.06	6:29.2	4:01.7
13 LOCKARD, Jack	8	2344	MS_Denver ms	13	13:01.41	1:24.07	6:30.7	4:02.7
14 MEYER, Adam	7	2898	MS_Starmont West	14	13:09.20	1:31.86	6:34.6	4:05.1
15 ELLITHORPE, Evan	8	2343	MS_Denver ms	15	13:13.79	1:36.45	6:36.9	4:06.5
16 SOVEREIGN, Jack	8	2768	MS_Crestwood	-	13:16.22	1:38.88	6:38.1	4:07.3
17 BURNS, Andrew	7	2895	MS_Starmont West	16	13:16.56	1:39.22	6:38.3	4:07.4
18 BURNS, Ben	8	2915	MS_Waukon	17	13:16.89	1:39.55	6:38.4	4:07.5
19 LEDTJE, Julian	7	2349	MS_Denver ms	18	13:25.93	1:48.59	6:43.0	4:10.3
20 KNOX, Logan	7	2910	MS_Waukon	19	13:32.47	1:55.13	6:46.2	4:12.3
21 EVENS, Nolan	7	2884	MS_Osage	20	13:40.17	2:02.83	6:50.1	4:14.7
22 THOMAS, Llewyn	7	2351	MS_Denver ms	(21)	13:40.36	2:03.02	6:50.2	4:14.8
23 DYER, Rufus	8	2808	MS_Decorah ms	-	13:44.67	2:07.33	6:52.3	4:16.1
24 PRESTEMON, Hoyt	8	2917	MS_Waukon	22	13:49.42	2:12.08	6:54.7	4:17.6
25 KUENY, Liam	8	2809	MS_Decorah ms	-	13:51.53	2:14.19	6:55.8	4:18.2
26 WASKOW, Chance	7	2801	MS_Decorah ms	-	13:55.98	2:18.64	6:58.0	4:19.6
27 GRAU, Leo	8	2849	MS_MFL Marmac	23	13:57.15	2:19.81	6:58.6	4:20.0
28 WILKINS, Liam	7	2914	MS_Waukon	24	14:01.09	2:23.75	7:00.5	4:21.2
29 HUINKER, Grady	7	2791	MS_Decorah ms	-	14:03.07	2:25.73	7:01.5	4:21.8

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Race #1
JH Boys 2 Mile

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
30 SCOTT, Peyton	7	2350	MS Denver ms	(25)	14:10.57	2:33.23	7:05.3	4:24.2
31 DAHLAGER, Greyson	7	2347	MS_Denver ms	-	14:14.97	2:37.63	7:07.5	4:25.5
32 NOVAK, Zane	8	2811	MS_Decorah ms	-	14:16.83	2:39.49	7:08.4	4:26.1
33 ANDERSON, Hawkins	7	2782	MS_Decorah ms	-	14:18.00	2:40.66	7:09.0	4:26.5
34 HENDERSON, Aiden	7	2846	MS_MFL Marmac	26	14:30.46	2:53.12	7:15.2	4:30.3
35 MCCONNELL, Riley	7	2794	MS Decorah ms	-	14:31.62	2:54.28	7:15.8	4:30.7
36 MCCORMICK, Leo	7	2911	MS_Waukon	(27)	14:31.78	2:54.44	7:15.9	4:30.7
37 BINDERT, Bradley	7	2762	MS_Central Elkader	28	14:34.06	2:56.72	7:17.0	4:31.4
38 MCCREADY, Lochlan	7	2868	MS_North Fayette	29	14:45.23	3:07.89	7:22.6	4:34.9
39 CHRISTOPHER, Anthony	7	2784	MS_Decorah ms	-	14:47.25	3:09.91	7:23.6	4:35.5
40 WOLFSKILL, Mordecai	7	2803	MS Decorah ms	-	14:51.69	3:14.35	7:25.8	4:36.9
41 SANDSTROM, Lyndon	7	2847	MS_MFL Marmac	30	14:58.60	3:21.26	7:29.3	4:39.1
42 GRONOWSKI, Cason	7	2896	MS_Starmont West	31	14:59.94	3:22.60	7:30.0	4:39.5
43 HARLESS, Leo	7	2790	MS_Decorah ms	-	15:01.35	3:24.01	7:30.7	4:39.9
44 HANSEL, Thaddeus	7	2865	MS_North Fayette	32	15:05.47	3:28.13	7:32.7	4:41.2
45 NEWTON, Blake	7	2887	MS Osage	33	15:08.07	3:30.73	7:34.0	4:42.0
46 JOHNSON, Leo	7	2793	MS_Decorah ms	-	15:19.05	3:41.71	7:39.5	4:45.4
47 WHITFORD, James	8	2766	MS_Central Elkader	34	15:20.11	3:42.77	7:40.1	4:45.7
48 RINKOL, Maximus	8	2812	MS_Decorah ms	-	15:22.50	3:45.16	7:41.3	4:46.5
49 ZITTERGRUEN, Soren	8	2816	MS_Decorah ms	-	15:22.59	3:45.25	7:41.3	4:46.5
50 TORKELOSON, Oliver	8	2852	MS_MFL Marmac	35	15:23.85	3:46.51	7:41.9	4:46.9
51 PIPHO, Max	8	2345	MS_Denver ms	-	15:26.92	3:49.58	7:43.5	4:47.9
52 WHITFORD, Josiah	7	2764	MS_Central Elkader	36	15:30.13	3:52.79	7:45.1	4:48.9
53 HUCK, Lewis	8	2870	MS_North Fayette	37	15:32.32	3:54.98	7:46.2	4:49.5
54 ELSINGER, Quinn	8	2901	MS_Starmont West	38	15:33.64	3:56.30	7:46.8	4:50.0
55 FRIEDLEIN, Nathan	8	2765	MS_Central Elkader	39	15:33.86	3:56.52	7:46.9	4:50.0
56 ROBINSON, Jacob	7	2900	MS_Starmont West	(40)	15:35.60	3:58.26	7:47.8	4:50.6
57 DAVIS, Gunner	7	2863	MS_North Fayette	41	15:35.94	3:58.60	7:48.0	4:50.7
58 SWATEK, Mason	8	2851	MS_MFL Marmac	42	15:36.17	3:58.83	7:48.1	4:50.7
59 CASPER, Theron	7	2763	MS_Central Elkader	43	15:39.26	4:01.92	7:49.6	4:51.7
60 MILBRANDT, Jackson	7	2795	MS Decorah ms	-	15:45.59	4:08.25	7:52.8	4:53.7
61 HINES, Austin	8	2869	MS_North Fayette	44	15:49.42	4:12.08	7:54.7	4:54.9
62 ADAMS, Boone	7	2882	MS_Osage	45	15:52.95	4:15.61	7:56.5	4:55.9
63 ONSAGER, Colton	7	2797	MS_Decorah ms	-	16:00.93	4:23.59	8:00.5	4:58.4
64 BILLS, Sam	7	2783	MS_Decorah ms	-	16:13.15	4:35.81	8:06.6	5:02.2
65 KLUSMAN, Cortlen	7	2867	MS_North Fayette	(46)	16:14.16	4:36.82	8:07.1	5:02.5
66 WILMES, Alex	8	2815	MS_Decorah ms	-	16:16.03	4:38.69	8:08.0	5:03.1
67 CLARK, Brooks	7	2883	MS_Osage	47	16:17.82	4:40.48	8:08.9	5:03.7
68 BIELEFELD, Weston	8	2889	MS_Osage	(48)	16:22.09	4:44.75	8:11.0	5:05.0
69 DAVIS, Jeremiah	8	2806	MS_Decorah ms	-	16:28.57	4:51.23	8:14.3	5:07.0
70 MOELLERS, Henry	8	2810	MS Decorah ms	-	16:30.97	4:53.63	8:15.5	5:07.8
71 MURRAY, Westen	8	2841	MS_Lansing	-	16:35.53	4:58.19	8:17.8	5:09.2
72 JENSEN, Alexander	7	2897	MS_Starmont West	(49)	16:36.14	4:58.80	8:18.1	5:09.4
73 SMITH, Liam	7	2913	MS_Waukon	(50)	16:36.67	4:59.33	8:18.3	5:09.5
74 BECK, Abram	7	2761	MS_Central Elkader	(51)	16:47.90	5:10.56	8:24.0	5:13.0
75 BENTIEN, Maverick	7	2844	MS_MFL Marmac	(52)	17:37.66	6:00.32	8:48.8	5:28.5

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Race #1
JH Boys 2 Mile

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
76 COCHRANE, Odin	7	2786	MS_Decorah ms	-	17:38.89	6:01.55	8:49.4	5:28.8
77 SACQUITNE, Odin	7	2800	MS_Decorah ms	-	17:56.43	6:19.09	8:58.2	5:34.3
78 PETERSON, Kolten	7	2798	MS_Decorah ms	-	18:06.18	6:28.84	9:03.1	5:37.3
79 MILLER, Kaden	8	2871	MS_North Fayette	(53)	18:14.06	6:36.72	9:07.0	5:39.8
80 CINA, Jasper	7	2862	MS_North Fayette	-	19:12.11	7:34.77	9:36.1	5:57.8
81 DIRKSEN, Joshua	7	2864	MS_North Fayette	-	19:26.53	7:49.19	9:43.3	6:02.3
82 DUFFY, Jonas	7	2787	MS_Decorah ms	-	19:27.10	7:49.76	9:43.6	6:02.5
83 FREILINGER, James	7	2788	MS_Decorah ms	-	20:02.55	8:25.21	10:01.3	6:13.5
84 TORKELSON, Vincent	7	2848	MS_MFL Marmac	(54)	20:04.71	8:27.37	10:02.4	6:14.1
85 GOEDKEN, Hunter	7	2789	MS_Decorah ms	-	20:06.84	8:29.50	10:03.4	6:14.8
86 KUENNEN, Logan	7	2885	MS_Osage	(55)	20:19.45	8:42.11	10:09.7	6:18.7
87 POWER, Seth	7	2888	MS_Osage	-	20:58.84	9:21.50	10:29.4	6:30.9
88 CLAYTON, Alexander	7	2785	MS_Decorah ms	-	22:40.44	11:03.1	11:20.2	7:02.5
89 GENZ, Roger	7	2845	MS_MFL Marmac	-	23:00.20	11:22.8	11:30.1	7:08.6
90 PROPSON, Hans	7	2799	MS_Decorah ms	-	23:52.28	12:14.9	11:56.1	7:24.8
91 ROSS, Carson	8	2850	MS_MFL Marmac	-	24:02.79	12:25.4	12:01.4	7:28.1
92 GOVERN, Luther	7	2767	MS_Crestwood	-	28:09.65	16:32.3	14:04.8	8:44.7

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Race #2
JH Girls 2 Mile

Final Results**RACE SUMMARY**

Start Time: 4:05 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 MS_Decorah ms	68	9-10-12-18-19(33)(40)	1:12:45	14:33	0:33.9
2 MS_Denver ms	81	5-6-20-21-29(30)(31)	1:14:24	14:53	2:14.8
3 MS_Crestwood	90	13-15-16-22-24(25)(26)	1:14:12	14:51	0:36.2
4 MS_North Fayette Valley	100	2-11-17-28-42(43)(44)	1:16:06	15:14	4:27.9
5 MS_Osage	101	4-7-8-32-50	1:19:02	15:49	6:08.9
6 MS_MFL Marmac	122	1-14-34-36-37(39)(49)	1:17:43	15:33	3:32.6
7 MS_Waukon	140	3-23-27-41-46(47)(48)	1:21:20	16:16	5:06.9
8 MS_Starmont West Central	221	35-38-45-51-52	1:35:24	19:05	6:38.0
DNP MS_Turkey Valley					
DNP MS_Lansing					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 SHIELDS, Lily	8	2861	MS_MFL Marmac	1	13:09.33	---	6:34.7	4:05.1
2 STEIN, Kaili	7	2842	MS_Lansing	-	13:20.05	10.72	6:40.0	4:08.5
3 ELLIOTT, Shay	8	2877	MS_North Fayette	2	13:25.03	15.70	6:42.5	4:10.0
4 STREEPER, Ivy	8	2924	MS_Waukon	3	13:59.11	49.78	6:59.6	4:20.6
5 KUPER, McKenna	8	2893	MS_Osage	4	14:00.82	51.49	7:00.4	4:21.1
6 MULERT, Chloe	7	2358	MS_Denver ms	5	14:01.39	52.06	7:00.7	4:21.3
7 BEENKEN, Anna	7	2355	MS_Denver ms	6	14:13.07	1:03.74	7:06.5	4:24.9
8 TAETS, Kora	7	2890	MS_Osage	7	14:14.59	1:05.26	7:07.3	4:25.4
9 JANSSEN, Hayden	8	2892	MS_Osage	8	14:14.81	1:05.48	7:07.4	4:25.5
10 SLESSOR, Harper	7	2831	MS_Decorah ms	9	14:16.61	1:07.28	7:08.3	4:26.0
11 GEENEN, Violet	8	2836	MS_Decorah ms	10	14:20.84	1:11.51	7:10.4	4:27.3
12 BRINCKS, Eve	7	2872	MS_North Fayette	11	14:25.55	1:16.22	7:12.8	4:28.8
13 PETERSON, Alice	8	2839	MS_Decorah ms	12	14:34.34	1:25.01	7:17.2	4:31.5
14 LICKTEIG, Nevie	7	2774	MS_Crestwood	13	14:37.30	1:27.97	7:18.7	4:32.5
15 JIRAK, Aria	7	2909	MS_Turkey Valley	-	14:37.42	1:28.09	7:18.7	4:32.5
16 DIETZENBACH, Kinley	7	2908	MS_Turkey Valley	-	14:37.45	1:28.12	7:18.7	4:32.5
17 KEEHNER, Swayzie	7	2855	MS_MFL Marmac	14	14:38.43	1:29.10	7:19.2	4:32.8
18 FRITCHER-LARSON, Charli	7	2771	MS_Crestwood	15	14:38.77	1:29.44	7:19.4	4:32.9
19 ELLINGSON, Ella	8	2775	MS_Crestwood	16	14:41.24	1:31.91	7:20.6	4:33.7
20 BAKER, Paxten	8	2876	MS_North Fayette	17	14:41.59	1:32.26	7:20.8	4:33.8
21 NIKKEL, Sloan	7	2827	MS_Decorah ms	18	14:42.29	1:32.96	7:21.1	4:34.0
22 YU, Charlotte	7	2833	MS_Decorah ms	19	14:50.42	1:41.09	7:25.2	4:36.5
23 STEEGE, Annika	8	2354	MS_Denver ms	20	14:56.30	1:46.97	7:28.2	4:38.4
24 CORELL, Paige	7	2356	MS_Denver ms	21	14:56.66	1:47.33	7:28.3	4:38.5
25 OLSEN, Kinleigh	8	2778	MS_Crestwood	22	15:00.86	1:51.53	7:30.4	4:39.8
26 JOHNSON, Bentley	8	2922	MS_Waukon	23	15:00.90	1:51.57	7:30.5	4:39.8
27 FRIEDGES, Caroline	7	2770	MS_Crestwood	24	15:13.45	2:04.12	7:36.7	4:43.7
28 GILLIAM, Tilly	8	2776	MS_Crestwood	(25)	15:14.10	2:04.77	7:37.1	4:43.9
29 RUEPKE, Sophiee	8	2779	MS_Crestwood	(26)	15:28.46	2:19.13	7:44.2	4:48.3

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
30 DARLAND, Kierra	7	2769	MS Crestwood	-	15:33.66	2:24.33	7:46.8	4:50.0
31 RETALLICK, Elsie	8	2923	MS_Waukon	27	15:35.42	2:26.09	7:47.7	4:50.5
32 HENRY, Malia	7	2772	MS_Crestwood	-	15:39.68	2:30.35	7:49.8	4:51.8
33 ROTHLSBERGER, Eden	8	2880	MS_North Fayette	28	15:40.03	2:30.70	7:50.0	4:51.9
34 SCHULTE, Kamery	7	2360	MS_Denver ms	29	16:16.10	3:06.77	8:08.1	5:03.1
35 KLEINHEKSEL, Kinley	7	2357	MS_Denver ms	(30)	16:18.82	3:09.49	8:09.4	5:04.0
36 PAVELEC, Joanna	7	2359	MS_Denver ms	(31)	16:21.58	3:12.25	8:10.8	5:04.8
37 TRETTIN, Braelynn	7	2891	MS_Osage	32	16:21.77	3:12.44	8:10.9	5:04.9
38 HRDLICKA, Lillian	8	2777	MS_Crestwood	-	16:22.03	3:12.70	8:11.0	5:05.0
39 NICHOLS, Roxie	8	2838	MS_Decorah ms	(33)	16:29.13	3:19.80	8:14.6	5:07.2
40 CAROLL, Isabell	8	2859	MS_MFL Marmac	34	16:31.48	3:22.15	8:15.7	5:07.9
41 OSWEILER, Violet	7	2906	MS_Starmont West	35	16:32.27	3:22.94	8:16.1	5:08.2
42 REA, Brinnly	8	2843	MS_Lansing	-	16:37.84	3:28.51	8:18.9	5:09.9
43 SIMON, Kyra	7	2858	MS_MFL Marmac	36	16:41.52	3:32.19	8:20.8	5:11.0
44 JONES, Evelyn	7	2854	MS_MFL Marmac	37	16:41.86	3:32.53	8:20.9	5:11.1
45 PAGEL, Emma	8	2353	MS_Denver ms	-	16:49.14	3:39.81	8:24.6	5:13.4
46 WALTER, Ariella	8	2907	MS_Starmont West	38	16:50.27	3:40.94	8:25.1	5:13.7
47 HUISKAMP, Paysen	7	2853	MS_MFL Marmac	(39)	16:51.05	3:41.72	8:25.5	5:14.0
48 ZIELINSKI, Frances	7	2834	MS_Decorah ms	(40)	17:05.58	3:56.25	8:32.8	5:18.5
49 DODD, Jaylah	7	2820	MS_Decorah ms	-	17:06.86	3:57.53	8:33.4	5:18.9
50 CORD, Sadie	8	2835	MS_Decorah ms	-	17:07.21	3:57.88	8:33.6	5:19.0
51 SHIMEK, Jocelynn	8	2781	MS_Crestwood	-	17:18.33	4:09.00	8:39.2	5:22.5
52 KADLEC, Emma	8	2837	MS_Decorah ms	-	17:18.40	4:09.07	8:39.2	5:22.5
53 LYONS, Katie	7	2919	MS_Waukon	41	17:38.20	4:28.87	8:49.1	5:28.6
54 VRTIS, Viola	8	2840	MS_Decorah ms	-	17:39.63	4:30.30	8:49.8	5:29.1
55 MURRAY, Joslyn	8	2879	MS_North Fayette	42	17:52.93	4:43.60	8:56.5	5:33.2
56 MUGGLI-TOYLOY, Olive	7	2825	MS_Decorah ms	-	17:54.47	4:45.14	8:57.2	5:33.7
57 SCHATZ, Lily	8	2780	MS_Crestwood	-	17:55.20	4:45.87	8:57.6	5:33.9
58 STROHMAN, Haizley	7	2875	MS_North Fayette	(43)	18:00.75	4:51.42	9:00.4	5:35.6
59 SCHULTZ, Aubree	7	2874	MS_North Fayette	(44)	18:00.91	4:51.58	9:00.5	5:35.7
60 THORSON, Brynlee	8	2881	MS_North Fayette	-	18:04.02	4:54.69	9:02.0	5:36.7
61 BECKER, Kinsley	7	2902	MS_Starmont West	45	18:21.53	5:12.20	9:10.8	5:42.1
62 KUEHNER, Maya	7	2824	MS_Decorah ms	-	18:31.04	5:21.71	9:15.5	5:45.0
63 SICKLES, Alice	7	2921	MS_Waukon	46	19:05.97	5:56.64	9:33.0	5:55.9
64 MOORE, Abigail	7	2920	MS_Waukon	(47)	19:06.14	5:56.81	9:33.1	5:55.9
65 CERISE, Tenley	7	2918	MS_Waukon	(48)	19:10.34	6:01.01	9:35.2	5:57.2
66 ELSBERND, Claire	7	2821	MS_Decorah ms	-	19:14.00	6:04.67	9:37.0	5:58.4
67 DAHL, Lydia	7	2819	MS_Decorah ms	-	19:14.64	6:05.31	9:37.3	5:58.6
68 SIMON, Petra	7	2830	MS_Decorah ms	-	19:14.64	6:05.31	9:37.3	5:58.6
69 DONLON, Cora	8	2860	MS_MFL Marmac	(49)	19:27.74	6:18.41	9:43.9	6:02.7
70 MOSER, Gretel	7	2856	MS_MFL Marmac	-	19:47.56	6:38.23	9:53.8	6:08.8
71 MARSALA, Scarlett	7	2873	MS_North Fayette	-	19:52.19	6:42.86	9:56.1	6:10.2
72 MARKS, Alyssa	8	2894	MS_Osage	50	20:09.72	7:00.39	10:04.9	6:15.7
73 ELSINGER, Rory	7	2904	MS_Starmont West	51	20:29.06	7:19.73	10:14.5	6:21.7
74 SAUER, Ida	7	2828	MS_Decorah ms	-	20:42.51	7:33.18	10:21.3	6:25.9
75 SCHLEIN, Norah	7	2857	MS_MFL Marmac	-	22:22.71	9:13.38	11:11.4	6:57.0

2026 WAUKON INVITATIONAL
Waukon, IA
Waukon Golf and Country Club
Tuesday, September 22, 2026

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Race #2
JH Girls 2 Mile

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
76 MOELLERING, Chapin	8	2878	MS_North Fayette	-	22:52.10	9:42.77	11:26.1	7:06.1
77 XIE, Dora	7	2832	MS_Decorah ms	-	22:58.50	9:49.17	11:29.3	7:08.1
78 NICHOLLS, Isabelle	7	2826	MS_Decorah ms	-	22:58.55	9:49.22	11:29.3	7:08.1
79 JOHNSON, Natalie	7	2905	MS_Starmont West	52	23:10.21	10:00.8	11:35.1	7:11.7
80 SCHWICKERATH, Ellery	7	2829	MS_Decorah ms	-	23:35.79	10:26.4	11:47.9	7:19.7
81 JIMENEZ, Emily	7	2773	MS_Crestwood	-	24:01.75	10:52.4	12:00.9	7:27.7
82 FORNASIERO, Lillian	7	2822	MS_Decorah ms	-	24:49.66	11:40.3	12:24.8	7:42.6

2026 WAUKON INVITATIONAL

Waukon, IA
Waukon Golf and Country Club
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Race #3
HS Boys 5K Varsity

Final Results**RACE SUMMARY**

Start Time: 4:30 pm

TEAM SCORING SUMMARY**Varsity**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Decorah	26	2-4-5-6-9(13)(14)	1:25:09	17:02	1:18.0
2 Denver	61	3-10-12-16-20(21)(23)	1:28:55	17:47	1:25.0
3 Oelwein	116	1-18-28-33-36(62)(67)	1:31:57	18:24	3:11.3
4 Starmont West Central	120	8-11-19-34-48(59)(75)	1:33:07	18:38	2:31.8
5 Waukon	144	15-17-22-40-50(63)	1:34:51	18:59	2:06.3
6 North Fayette Valley	173	27-29-37-39-41(46)(61)	1:36:35	19:19	1:09.0
7 Osage	185	25-30-31-45-54(64)(69)	1:36:55	19:23	1:47.6
8 New Hampton	188	7-24-44-56-57(65)(76)	1:36:53	19:23	3:00.1
9 Clayton Ridge Guttenberg	212	35-38-43-47-49(52)(53)	1:39:14	19:51	0:39.1
10 MFL MarMac	252	32-42-51-55-72(73)	1:40:57	20:12	2:26.1
11 Crestwood Cresco	307	26-58-71-74-78(79)(80)	1:45:21	21:05	4:15.9
12 Turkey Valley Jackson Jun	341	60-66-68-70-77	1:46:21	21:17	1:42.5
DNP Kee Lansing					
DNP Central Elkader					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 IRVINE, Kaiden	JR	2493	Oelwein	1	16:17.16	---	5:14.2	3:15.4
2 NIMROD, Clarence	SR	2642	Decorah	2	16:18.04	.88	5:14.5	3:15.6
3 GOMEZ, Jesse	JR	2211	Denver	3	16:50.36	33.20	5:24.9	3:22.1
4 HRDLICKA, Derek	JR	2638	Decorah	4	16:56.50	39.34	5:26.8	3:23.3
5 PASCHE, Oak	JR	2640	Decorah	5	17:08.57	51.41	5:30.7	3:25.7
6 CHRISTENSEN, Spencer	SR	2641	Decorah	6	17:09.03	51.87	5:30.9	3:25.8
7 MANSON, Braden	SR	2930	New Hampton	7	17:27.04	1:09.88	5:36.7	3:29.4
8 TIMMERMAN, Jagger	SR	4	Starmont West Cen	8	17:34.01	1:16.85	5:38.9	3:30.8
9 NALEAN-CARLSON, Logan	JR	2639	Decorah	9	17:35.95	1:18.79	5:39.5	3:31.2
10 PAGEL, Ethan	JR	2212	Denver	10	17:46.46	1:29.30	5:42.9	3:33.3
11 WEST, Griffin	FR	2999	Starmont West Cen	11	17:47.40	1:30.24	5:43.2	3:33.5
12 DAHLAGER, Kale	SO	2216	Denver	12	17:52.67	1:35.51	5:44.9	3:34.5
13 NIMROD, Leonard	SO	2664	Decorah	(13)	17:52.97	1:35.81	5:45.0	3:34.6
14 HUANG, Liam	SR	2681	Decorah	(14)	18:01.65	1:44.49	5:47.8	3:36.3
15 KEELING, Silas	JR	28	Waukon	15	18:07.99	1:50.83	5:49.8	3:37.6
16 WOOLDRIK, Scout	SO	2220	Denver	16	18:09.49	1:52.33	5:50.3	3:37.9
17 LANGE, Garner	SR	31	Waukon	17	18:12.50	1:55.34	5:51.3	3:38.5
18 STEINLAGE, Drake	JR	2499	Oelwein	18	18:12.96	1:55.80	5:51.4	3:38.6
19 GELNER, Ben	JR	1	Starmont West Cen	19	18:14.26	1:57.10	5:51.9	3:38.9
20 MILLER, Caleb	SR	2207	Denver	20	18:15.35	1:58.19	5:52.2	3:39.1
21 BREITBACH, Sean	SO	2215	Denver	(21)	18:19.04	2:01.88	5:53.4	3:39.8
22 KNOX, Parker	JR	29	Waukon	22	18:28.29	2:11.13	5:56.4	3:41.7
23 COOPER, Sam	FR	2222	Denver	(23)	18:32.15	2:14.99	5:57.6	3:42.4

2026 WAUKON INVITATIONAL

Waukon, IA
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Race #3
HS Boys 5K Varsity

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
24 TROWER, Kamdyn	JR	2929	New Hampton	24	18:36.20	2:19.04	5:58.9	3:43.2
25 MESSERSMITH, Nicholas	SR	2982	Osage	25	18:37.76	2:20.60	5:59.4	3:43.6
26 VOBR, Keaton	SR	2615	Crestwood Cresco	26	18:38.46	2:21.30	5:59.6	3:43.7
27 BILDEN, Jensen	FR	2945	North Fayette Valle	27	18:38.84	2:21.68	5:59.8	3:43.8
28 RAEL, Brandon	JR	2498	Oelwein	28	18:41.54	2:24.38	6:00.6	3:44.3
29 TRINIDAD, Elmer	SR	2950	North Fayette Valle	29	18:47.28	2:30.12	6:02.5	3:45.5
30 POLKINGHORN, Jesse	SR	2561	Central Elkader	-	18:48.22	2:31.06	6:02.8	3:45.6
31 JENSEN, Colton	SO	2977	Osage	30	18:57.53	2:40.37	6:05.8	3:47.5
32 MARKS, Robert	JR	2979	Osage	31	18:58.64	2:41.48	6:06.1	3:47.7
33 MOSER, Trace	SO	2734	MFL MarMac	32	18:59.15	2:41.99	6:06.3	3:47.8
34 BUSHAW, Jaxson	SO	2500	Oelwein	33	19:16.56	2:59.40	6:11.9	3:51.3
35 ZITTERGRUEN, Tyce	JR	2560	Central Elkader	-	19:21.61	3:04.45	6:13.5	3:52.3
36 SWALES, Maison	SR	3	Starmont West Cen	34	19:25.27	3:08.11	6:14.7	3:53.1
37 FLORES, Fernando	SR	2589	Clayton Ridge Gutt	35	19:27.88	3:10.72	6:15.5	3:53.6
38 DOWD, Liam	JR	2490	Oelwein	36	19:28.45	3:11.29	6:15.7	3:53.7
39 PIZANO, Jesus	SR	2949	North Fayette Valle	37	19:34.52	3:17.36	6:17.7	3:54.9
40 DEMPSTER, Josiah	8	2584	Clayton Ridge Gutt	38	19:43.52	3:26.36	6:20.6	3:56.7
41 TRINIDAD, Giovane	8	2944	North Fayette Valle	39	19:46.57	3:29.41	6:21.5	3:57.3
42 HARRINGTON, Cody	SO	26	Waukon	40	19:47.22	3:30.06	6:21.7	3:57.4
43 GROVE, Brody	JR	2947	North Fayette Valle	41	19:47.75	3:30.59	6:21.9	3:57.6
44 ONKEN, Jude	SO	2735	MFL MarMac	42	19:50.24	3:33.08	6:22.7	3:58.0
45 SCHMIT, Matthew	SR	2590	Clayton Ridge Gutt	43	19:50.46	3:33.30	6:22.8	3:58.1
46 STUMME, Connor	SR	2931	New Hampton	44	19:55.10	3:37.94	6:24.3	3:59.0
47 MULLAN, Duncan	JR	2980	Osage	45	19:55.45	3:38.29	6:24.4	3:59.1
48 BURROW, Rowen	FR	2946	North Fayette Valle	(46)	20:02.24	3:45.08	6:26.6	4:00.4
49 CLAYCAMP, Evan	JR	2588	Clayton Ridge Gutt	47	20:04.23	3:47.07	6:27.2	4:00.8
50 SIECK, Lincoln	SR	2	Starmont West Cen	48	20:05.74	3:48.58	6:27.7	4:01.1
51 BITTNER, Cole	FR	2585	Clayton Ridge Gutt	49	20:06.96	3:49.80	6:28.1	4:01.4
52 SMEDSRUD, Cole	JR	30	Waukon	50	20:14.29	3:57.13	6:30.4	4:02.9
53 KUEHL, Cooper	SO	2733	MFL MarMac	51	20:15.81	3:58.65	6:30.9	4:03.2
54 REIMER, Cruz	FR	2586	Clayton Ridge Gutt	(52)	20:19.56	4:02.40	6:32.1	4:03.9
55 CHMELAR, Russell	JR	2587	Clayton Ridge Gutt	(53)	20:22.33	4:05.17	6:33.0	4:04.5
56 ROLL, Slader	JR	2981	Osage	54	20:25.27	4:08.11	6:34.0	4:05.1
57 BACON, Tristan	SR	2736	MFL MarMac	55	20:26.59	4:09.43	6:34.4	4:05.3
58 BERNS, Riley	JR	2928	New Hampton	56	20:27.02	4:09.86	6:34.5	4:05.4
59 CARLTON, Ben	SO	2927	New Hampton	57	20:27.13	4:09.97	6:34.6	4:05.4
60 MUSUS, Alix	SO	2613	Crestwood Cresco	58	20:27.78	4:10.62	6:34.8	4:05.6
61 FRANCOIS, Clint	SO	3000	Starmont West Cen	(59)	20:29.69	4:12.53	6:35.4	4:05.9
62 JIRAK, Kaden	SR	19	Turkey Valley Jacks	60	20:32.32	4:15.16	6:36.2	4:06.5
63 HUCK, Robert	SR	2948	North Fayette Valle	(61)	20:34.65	4:17.49	6:37.0	4:06.9
64 KRAL, Kysen	JR	2495	Oelwein	(62)	20:44.93	4:27.77	6:40.3	4:09.0
65 JONES, Daniel	SR	2730	Kee Lansing	-	20:45.66	4:28.50	6:40.5	4:09.1
66 MEINHOLZ, Theo	FR	25	Waukon	(63)	20:46.21	4:29.05	6:40.7	4:09.2
67 SMITH, Finn	SR	2983	Osage	(64)	20:51.41	4:34.25	6:42.4	4:10.3
68 MUNS, Brennen	FR	2925	New Hampton	(65)	20:53.81	4:36.65	6:43.2	4:10.8
69 RAUSCH, Jayden	SR	20	Turkey Valley Jacks	66	21:03.85	4:46.69	6:46.4	4:12.8

2026 WAUKON INVITATIONAL

Waukon, IA
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Race #3
HS Boys 5K Varsity

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
70 BERRYMAN, Grant	SR	2488	Oelwein	(67)	21:05.34	4:48.18	6:46.9	4:13.1
71 REICKS, Tate	FR	18	Turkey Valley Jacks	68	21:08.90	4:51.74	6:48.0	4:13.8
72 ELGIN, Garrett	JR	2978	Osage	(69)	21:09.50	4:52.34	6:48.2	4:13.9
73 HAYEK, Brody	FR	17	Turkey Valley Jacks	70	21:20.44	5:03.28	6:51.7	4:16.1
74 RENK, Elliott	SO	2729	Kee Lansing	-	21:22.89	5:05.73	6:52.5	4:16.6
75 GILLIAM, Connor	FR	2609	Crestwood Cresco	71	21:23.15	5:05.99	6:52.6	4:16.6
76 KISHMAN, Gavin	SR	2738	MFL MarMac	72	21:25.17	5:08.01	6:53.2	4:17.0
77 REYNOLDS, Adain	SR	2739	MFL MarMac	(73)	21:39.02	5:21.86	6:57.7	4:19.8
78 DIETZENBACH, Noah	SR	2614	Crestwood Cresco	74	21:56.95	5:39.79	7:03.5	4:23.4
79 MOLUMBY, Finn	FR	2998	Starmont West Cen	(75)	21:58.69	5:41.53	7:04.0	4:23.7
80 WEGNER, Kuennen	FR	2926	New Hampton	(76)	22:01.77	5:44.61	7:05.0	4:24.4
81 DIETZENBACH, Cooper	FR	16	Turkey Valley Jacks	77	22:14.74	5:57.58	7:09.2	4:26.9
82 THEIS, Penton	FR	2610	Crestwood Cresco	78	22:54.27	6:37.11	7:21.9	4:34.9
83 KNOX, Cash	SO	2612	Crestwood Cresco	(79)	23:24.01	7:06.85	7:31.5	4:40.8
84 JOHNSON, Karter	SO	2611	Crestwood Cresco	(80)	23:27.90	7:10.74	7:32.7	4:41.6

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Race #3
HS Boys 5K Junior Varsity

Final Results

RACE SUMMARY
Start Time: 4:30 pm

TEAM SCORING SUMMARY

Junior Varsity					
Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Decorah	15	1-2-3-4-5(6)(8)	1:33:18	18:40	0:52.6
2 Denver	58	9-10-11-13-15(16)(20)	1:38:18	19:40	0:56.7
3 Central Elkader	93	7-18-19-23-26(46)(51)	1:42:07	20:26	1:45.5
4 North Fayette Valley	95	12-14-17-22-30(32)(49)	1:42:41	20:33	1:16.9
5 Waukon	137	24-25-28-29-31(53)(57)	1:45:34	21:07	0:30.2
6 Osage	182	33-34-36-39-40(42)(43)	1:51:42	22:21	0:32.0
7 Oelwein	190	27-35-37-41-50(52)(58)	1:51:46	22:22	2:29.1
8 Clayton Ridge Guttenberg	218	21-38-48-55-56(59)	1:56:41	23:21	4:25.6
9 New Hampton	250	44-45-47-54-60	2:12:28	26:30	15:34.4
DNP Starmont West Central					
DNP Crestwood Cresco					
DNP MFL MarMac					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 PETERSON, Quinn	SO	2665	Decorah	1	18:11.77	1:54.61	5:51.1	3:38.4
2 OFTEDAHL, Kyan	SR	2684	Decorah	2	18:23.50	2:06.34	5:54.8	3:40.7
3 DODD, Brecklin	FR	2645	Decorah	3	18:46.35	2:29.19	6:02.2	3:45.3
4 FANKHAUSER, Lucas	SO	2661	Decorah	4	18:51.32	2:34.16	6:03.8	3:46.3
5 DAVIS, Robert	SO	2660	Decorah	5	19:04.37	2:47.21	6:08.0	3:48.9
6 FERNADEZ, Esteban	SR	2679	Decorah	(6)	19:09.56	2:52.40	6:09.6	3:49.9
7 ZITTERGRUEN, Cade	FR	2568	Central Elkader	7	19:12.57	2:55.41	6:10.6	3:50.5
8 JOYCE, Keegan	SO	2662	Decorah	(8)	19:12.66	2:55.50	6:10.6	3:50.5
9 WALTON, Cy	SR	2210	Denver	9	19:14.47	2:57.31	6:11.2	3:50.9
10 TIEDT, Oliver	JR	2214	Denver	10	19:15.27	2:58.11	6:11.5	3:51.1
11 DELAROSA, Jack	SR	2678	Decorah	-	19:15.30	2:58.14	6:11.5	3:51.1
12 GOODNER, Max	JR	2674	Decorah	-	19:18.81	3:01.65	6:12.6	3:51.8
13 CASTERTON, Drake	FR	2643	Decorah	-	19:30.90	3:13.74	6:16.5	3:54.2
14 ARWINE, Axel	FR	2221	Denver	11	19:33.82	3:16.66	6:17.4	3:54.8
15 CHRISTMAN, Lawrence	SR	2677	Decorah	-	19:56.69	3:39.53	6:24.8	3:59.3
16 MCCONNELL, James	SO	2663	Decorah	-	19:57.06	3:39.90	6:24.9	3:59.4
17 BARTLET, Colton	SO	2656	Decorah	-	19:57.39	3:40.23	6:25.0	3:59.5
18 MOELLERING, Esten	JR	2956	North Fayette Valle	12	19:58.62	3:41.46	6:25.4	3:59.7
19 OLTMANN, Austin	SR	2208	Denver	13	20:02.33	3:45.17	6:26.6	4:00.5
20 MADSEN, Evan	SR	2682	Decorah	-	20:05.10	3:47.94	6:27.5	4:01.0
21 STANSBERY, Tytus	JR	2958	North Fayette Valle	14	20:09.00	3:51.84	6:28.7	4:01.8
22 BONNET, Isaiah	SO	2657	Decorah	-	20:10.60	3:53.44	6:29.3	4:02.1
23 TUCKER, Colby	SR	2209	Denver	15	20:11.14	3:53.98	6:29.4	4:02.2
24 POTVIN, Simon	SO	2666	Decorah	-	20:16.46	3:59.30	6:31.1	4:03.3
25 KIMMICH, Wilson	SO	2217	Denver	(16)	20:19.87	4:02.71	6:32.2	4:04.0

2026 WAUKON INVITATIONAL

Waukon, IA
Waukon Golf and Country Club
Tuesday, September 22, 2026

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Meet Referee:
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Timing:
Shannon Event Timing



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Race #3
HS Boys 5K Junior Varsity

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
26 GJERDE, Thomas	FR	2647	Decorah	-	20:21.05	4:03.89	6:32.6	4:04.2
27 COTE, Weston	JR	2673	Decorah	-	20:23.05	4:05.89	6:33.3	4:04.6
28 SASS, Sam	JR	2957	North Fayette Valle	17	20:24.48	4:07.32	6:33.7	4:04.9
29 HEALY, Cruz	SO	2570	Central Elkader	18	20:27.73	4:10.57	6:34.8	4:05.5
30 SWANSON, Oskar	SR	2687	Decorah	-	20:28.07	4:10.91	6:34.9	4:05.6
31 NEUBAUER, Jayven	JR	2675	Decorah	-	20:29.53	4:12.37	6:35.3	4:05.9
32 ZOOK, James	FR	2654	Decorah	-	20:32.85	4:15.69	6:36.4	4:06.6
33 CATON, Pranav	JR	2672	Decorah	-	20:32.96	4:15.80	6:36.5	4:06.6
34 HOLDSWERTH, Oliver	FR	2566	Central Elkader	19	20:35.52	4:18.36	6:37.3	4:07.1
35 MITISI, Tinashe	SR	2683	Decorah	-	20:39.73	4:22.57	6:38.6	4:07.9
36 CROSE, Nathaniel	SO	2659	Decorah	-	20:40.77	4:23.61	6:39.0	4:08.2
37 KUBOUSHEK, Kaden	FR	2649	Decorah	-	20:45.13	4:27.97	6:40.4	4:09.0
38 PINTER, Donald	FR	2223	Denver	(20)	20:47.43	4:30.27	6:41.1	4:09.5
39 JUDKINS, Carter	SR	2597	Clayton Ridge Gutt	21	20:47.60	4:30.44	6:41.2	4:09.5
40 CAMPOS-MORALES, Josue	FR	2951	North Fayette Valle	22	20:52.60	4:35.44	6:42.8	4:10.5
41 SYLVESTER, Keegan	8	2563	Central Elkader	23	20:52.97	4:35.81	6:42.9	4:10.6
42 HOLLAR, Luka	JR	38	Waukon	24	20:53.62	4:36.46	6:43.1	4:10.7
43 GEBEL, Marcus	JR	36	Waukon	25	20:57.38	4:40.22	6:44.3	4:11.5
44 ERICKSON, Austin	FR	2646	Decorah	-	20:57.39	4:40.23	6:44.3	4:11.5
45 FRIEDLEIN, Lukas	SO	2569	Central Elkader	26	20:58.06	4:40.90	6:44.5	4:11.6
46 GIESELMAN, Simon	JR	2492	Oelwein	27	21:00.02	4:42.86	6:45.2	4:12.0
47 WHALEN, Ethan	SR	39	Waukon	28	21:03.60	4:46.44	6:46.3	4:12.7
48 SCOTT, Kinnick	SO	2219	Denver	-	21:06.91	4:49.75	6:47.4	4:13.4
49 THORNLEY, Vincent	SR	2688	Decorah	-	21:13.17	4:56.01	6:49.4	4:14.6
50 BENJEGERDES, Gus	JR	35	Waukon	29	21:14.91	4:57.75	6:49.9	4:15.0
51 WHITE, Bjorn	JR	2959	North Fayette Valle	30	21:15.44	4:58.28	6:50.1	4:15.1
52 HAMMELL, Jack	SR	2680	Decorah	-	21:15.73	4:58.57	6:50.2	4:15.1
53 DOWNING, James	SO	33	Waukon	31	21:23.74	5:06.58	6:52.8	4:16.7
54 THOMPSON, Ellis	SO	2667	Decorah	-	21:28.66	5:11.50	6:54.4	4:17.7
55 BIRDELL, Wyatt	JR	2670	Decorah	-	21:45.17	5:28.01	6:59.7	4:21.0
56 WHITE, Declan	FR	2952	North Fayette Valle	(32)	22:01.18	5:44.02	7:04.8	4:24.2
57 WEBER, Isaac	SR	2997	Osage	33	22:03.42	5:46.26	7:05.5	4:24.7
58 MCGEE, Kellan	FR	2650	Decorah	-	22:07.98	5:50.82	7:07.0	4:25.6
59 CLAYTON, Nick	SO	2658	Decorah	-	22:08.56	5:51.40	7:07.2	4:25.7
60 WEBER, Ezra	SO	2990	Osage	34	22:12.14	5:54.98	7:08.3	4:26.4
61 BRINCKS, Dylan	JR	2671	Decorah	-	22:13.77	5:56.61	7:08.9	4:26.8
62 PROUTY, Ryne	JR	2496	Oelwein	35	22:17.08	5:59.92	7:09.9	4:27.4
63 OLSON, Kolton	SR	2996	Osage	36	22:17.43	6:00.27	7:10.0	4:27.5
64 ELDER, Garrett	SO	2502	Oelwein	37	22:19.59	6:02.43	7:10.7	4:27.9
65 BERNS, Kael	SR	2595	Clayton Ridge Gutt	38	22:22.28	6:05.12	7:11.6	4:28.5
66 WEIR, Per	SO	2668	Decorah	-	22:24.99	6:07.83	7:12.5	4:29.0
67 YOUNG, Colton	FR	2653	Decorah	-	22:26.08	6:08.92	7:12.8	4:29.2
68 BARTELS, Kenyon	SO	2655	Decorah	-	22:31.19	6:14.03	7:14.5	4:30.2
69 CLARK, Owen	FR	2984	Osage	39	22:33.50	6:16.34	7:15.2	4:30.7
70 ANDERSON, Wade	SO	2988	Osage	40	22:35.36	6:18.20	7:15.8	4:31.1
71 KOOB, Wes	JR	2494	Oelwein	41	22:39.52	6:22.36	7:17.1	4:31.9

2026 WAUKON INVITATIONAL

Waukon, IA
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Race #3
HS Boys 5K Junior Varsity

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
72 MINER, Maxwel	SR	2995	Osage	(42)	22:41.56	6:24.40	7:17.8	4:32.3
73 HEMANN, Bennett	JR	2992	Osage	(43)	22:41.88	6:24.72	7:17.9	4:32.4
74 TICHY, Aaron	JR	2993	Osage	-	22:57.31	6:40.15	7:22.9	4:35.5
75 FINN, Jack	FR	2935	New Hampton	44	23:01.14	6:43.98	7:24.1	4:36.2
76 BOEHMER, Bryce	FR	2934	New Hampton	45	23:02.82	6:45.66	7:24.6	4:36.6
77 SPERFSLAGE, Keegan	8	2562	Central Elkader	(46)	23:07.33	6:50.17	7:26.1	4:37.5
78 JACOBS, Cameron	SR	7	Starmont West Cen	-	23:12.06	6:54.90	7:27.6	4:38.4
79 PENNEY, Holden	FR	2985	Osage	-	23:12.67	6:55.51	7:27.8	4:38.5
80 MEIER, Chase	FR	2936	New Hampton	47	23:17.26	7:00.10	7:29.3	4:39.5
81 ARCINIEGA, Emory	JR	2991	Osage	-	23:19.97	7:02.81	7:30.2	4:40.0
82 GULLEKSON, Jack	FR	2648	Decorah	-	23:21.02	7:03.86	7:30.5	4:40.2
83 COOK, Luke	SR	2596	Clayton Ridge Gutt	48	23:22.62	7:05.46	7:31.0	4:40.5
84 BRINCKS, Isaac	JR	2954	North Fayette Valle	(49)	23:23.39	7:06.23	7:31.3	4:40.7
85 RADER, Jeremy	FR	2504	Oelwein	50	23:29.08	7:11.92	7:33.1	4:41.8
86 KLEINHEKSEL, Kaden	SO	2218	Denver	-	23:32.93	7:15.77	7:34.3	4:42.6
87 O'MALLEY, Charlie	SO	2989	Osage	-	23:33.03	7:15.87	7:34.4	4:42.6
88 CRAIN, Jace	FR	2669	Decorah	-	23:35.44	7:18.28	7:35.1	4:43.1
89 SWANSON, Henrik	FR	2652	Decorah	-	23:37.29	7:20.13	7:35.7	4:43.5
90 RUGGEBERG, Braxton	FR	2616	Crestwood Cresco	-	23:38.97	7:21.81	7:36.3	4:43.8
91 THIESE, Arthur	FR	2567	Central Elkader	(51)	23:43.98	7:26.82	7:37.9	4:44.8
92 CLARK, Ayce	FR	2565	Central Elkader	-	23:51.99	7:34.83	7:40.4	4:46.4
93 EDE-LOUCKS, Jackson	JR	2491	Oelwein	(52)	23:54.56	7:37.40	7:41.3	4:46.9
94 LYONS, Matthew	SO	34	Waukon	(53)	24:02.52	7:45.36	7:43.8	4:48.5
95 CROSE, Johnny	FR	2644	Decorah	-	24:15.23	7:58.07	7:47.9	4:51.0
96 KOVARIK, Andrew	JR	2955	North Fayette Valle	-	24:15.70	7:58.54	7:48.1	4:51.1
97 POPE, Jackson	SR	8	Starmont West Cen	-	24:19.10	8:01.94	7:49.2	4:51.8
98 BERNS, Caden	FR	2933	New Hampton	54	24:31.01	8:13.85	7:53.0	4:54.2
99 SCHORG, Gunner	FR	2986	Osage	-	24:35.19	8:18.03	7:54.3	4:55.0
100 BREUER, Noah	FR	2740	MFL MarMac	-	24:49.21	8:32.05	7:58.8	4:57.8
101 HERNANDEZ, Jose	FR	2591	Clayton Ridge Gutt	55	24:54.38	8:37.22	8:00.5	4:58.9
102 WIRTJES, Brody	FR	2224	Denver	-	24:55.63	8:38.47	8:00.9	4:59.1
103 LATWESEN, Karson	SR	2617	Crestwood Cresco	-	24:58.84	8:41.68	8:01.9	4:59.8
104 ARMSTRONG, Tate	JR	2593	Clayton Ridge Gutt	56	25:13.15	8:55.99	8:06.5	5:02.6
105 WILKINS, Gavin	JR	2676	Decorah	-	25:13.64	8:56.48	8:06.7	5:02.7
106 SCHULTZ, Payton	JR	2741	MFL MarMac	-	25:19.57	9:02.41	8:08.6	5:03.9
107 NAHAN, Axel	FR	2651	Decorah	-	25:46.67	9:29.51	8:17.3	5:09.3
108 WILKES, Thomas	FR	32	Waukon	(57)	25:48.93	9:31.77	8:18.0	5:09.8
109 THOMAS, Emery	JR	2213	Denver	-	25:58.66	9:41.50	8:21.2	5:11.7
110 KOEHN, Griffin	JR	2572	Central Elkader	-	26:05.47	9:48.31	8:23.4	5:13.1
111 GRAWE, Brayden	SR	6	Starmont West Cen	-	26:26.65	10:09.4	8:30.2	5:17.3
112 SCHAEFERS, Lucas	SO	2953	North Fayette Valle	-	26:32.77	10:15.6	8:32.1	5:18.6
113 SOUDER, Charlie	FR	2987	Osage	-	26:34.50	10:17.3	8:32.7	5:18.9
114 RADER, Silas	SR	2489	Oelwein	(58)	26:38.53	10:21.3	8:34.0	5:19.7
115 SADEWASSER, Lucas	JR	2594	Clayton Ridge Gutt	(59)	26:51.49	10:34.3	8:38.2	5:22.3
116 BANKS, Bently	FR	2564	Central Elkader	-	27:27.47	11:10.3	8:49.7	5:29.5
117 DARROW, Dace	SR	2994	Osage	-	28:20.07	12:02.9	9:06.6	5:40.0

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Race #3
HS Boys 5K Junior Varsity

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
118 ROTH, Wyatt	FR	2505	Oelwein	-	29:54.19	13:37.0	9:36.9	5:58.8
119 POTVIN, Noah	SR	2685	Decorah	-	29:59.91	13:42.7	9:38.7	6:00.0
120 GEARHART, Jayden	JR	5	Starmont West Cen	-	36:27.32	20:10.1	11:43.3	7:17.5
121 ANTONIO, Gael	FR	2932	New Hampton	60	38:35.47	22:18.3	12:24.5	7:43.1

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Race #4
HS Girls 5K Varsity

Final Results**RACE SUMMARY**

Start Time: 4:35 pm

TEAM SCORING SUMMARY**Varsity**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Decorah	52	5-6-9-15-17(18)(29)	1:42:29	20:30	0:52.5
2 Crestwood Cresco	104	4-12-20-32-36(42)(43)	1:46:39	21:20	2:28.0
3 MFL MarMac	105	8-14-25-28-30(34)(40)	1:47:02	21:25	1:45.4
4 Denver	111	1-19-22-31-38(45)(47)	1:47:16	21:28	2:46.0
5 Waukon	114	10-21-23-27-33(35)(41)	1:47:12	21:27	1:49.2
6 Oelwein	131	11-13-24-37-46(54)(56)	1:49:12	21:51	2:56.0
7 Starmont West Central	204	2-16-58-60-68(72)	1:57:39	23:32	6:56.6
8 North Fayette Valley	232	26-49-50-52-55(57)(62)	1:58:14	23:39	2:37.9
9 New Hampton	250	7-53-61-64-65(69)	2:00:32	24:07	5:32.4
10 Clayton Ridge Guttenberg	254	3-51-63-67-70(71)	2:04:11	24:51	8:35.6
11 Osage	256	39-44-48-59-66	2:00:16	24:04	3:07.1
DNP Turkey Valley Jackson Jun					
DNP Kee Lansing					
DNP Central Elkader					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 GOMEZ, Txori	FR	2243	Denver	1	19:53.01	---	6:23.6	3:58.6
2 KROGMANN, Lauren	SR	15	Starmont West Cen	2	20:03.35	10.34	6:26.9	4:00.7
3 DUGAN, Viviana	8	2598	Clayton Ridge Gutt	3	20:03.94	10.93	6:27.1	4:00.8
4 DOHLMAN, Lexus	JR	2620	Crestwood Cresco	4	20:04.37	11.36	6:27.3	4:00.9
5 NEWHOUSE, Raelyn	JR	2694	Decorah	5	20:04.74	11.73	6:27.4	4:00.9
6 VOLKMANN, Olivia	SR	2695	Decorah	6	20:05.36	12.35	6:27.6	4:01.1
7 GLASER, Sophie	SR	2941	New Hampton	7	20:13.65	20.64	6:30.2	4:02.7
8 MEYER, Charlotte	JR	2746	MFL MarMac	8	20:21.60	28.59	6:32.8	4:04.3
9 KUENY, Ruth	SO	2691	Decorah	9	20:25.91	32.90	6:34.2	4:05.2
10 DAVIS, Nora	SR	44	Waukon	10	20:25.99	32.98	6:34.2	4:05.2
11 SAUSER, Ashlynn	SR	2508	Oelwein	11	20:39.80	46.79	6:38.6	4:08.0
12 CUMMINGS, Jaclyn	FR	2618	Crestwood Cresco	12	20:43.13	50.12	6:39.7	4:08.6
13 BAHE, Julia	FR	2513	Oelwein	13	20:50.88	57.87	6:42.2	4:10.2
14 KOZELKA, McKenna	SR	2748	MFL MarMac	14	20:52.90	59.89	6:42.9	4:10.6
15 SAUER, Hattie	FR	2690	Decorah	15	20:55.25	1:02.24	6:43.6	4:11.1
16 BROWN, Abbigail	SO	12	Starmont West Cen	16	20:56.18	1:03.17	6:43.9	4:11.2
17 CHRISTOPHER, Riley	JR	2692	Decorah	17	20:57.19	1:04.18	6:44.2	4:11.4
18 HAMMEL, Sophia	FR	2689	Decorah	(18)	21:01.32	1:08.31	6:45.6	4:12.3
19 CARMAN, Lauren	FR	2241	Denver	19	21:01.65	1:08.64	6:45.7	4:12.3
20 MCCABE, Livia	SO	2619	Crestwood Cresco	20	21:05.46	1:12.45	6:46.9	4:13.1
21 BENZING, Reegan	SR	43	Waukon	21	21:08.41	1:15.40	6:47.8	4:13.7
22 PIPHO, Ellody	FR	2246	Denver	22	21:27.91	1:34.90	6:54.1	4:17.6
23 STIGLER, Lyla	SO	41	Waukon	23	21:29.31	1:36.30	6:54.6	4:17.9

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Race #4
HS Girls 5K Varsity

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
24 GEARHART, Sara	FR	2517	Oelwein	24	21:29.84	1:36.83	6:54.7	4:18.0
25 DONLON, Brooke	SR	2747	MFL MarMac	25	21:39.33	1:46.32	6:57.8	4:19.9
26 MURRAY, Anabel	JR	2962	North Fayette Valle	26	21:41.60	1:48.59	6:58.5	4:20.3
27 GAVIN, Brielle	FR	2731	Kee Lansing	-	21:41.99	1:48.98	6:58.6	4:20.4
28 NIEMAN, Hazel	SR	23	Turkey Valley Jacks	-	21:52.66	1:59.65	7:02.1	4:22.5
29 MILLER, Cora	SR	46	Waukon	27	21:53.12	2:00.11	7:02.2	4:22.6
30 FRITZ, Evelyn	JR	2745	MFL MarMac	28	22:00.43	2:07.42	7:04.6	4:24.1
31 DOWNING, Simone	JR	2711	Decorah	(29)	22:00.74	2:07.73	7:04.7	4:24.1
32 TRAPPE, Trinly	FR	2742	MFL MarMac	30	22:06.96	2:13.95	7:06.7	4:25.4
33 RICKETTS, Elise	JR	2230	Denver	31	22:13.43	2:20.42	7:08.8	4:26.7
34 KACH, Claire	JR	2621	Crestwood Cresco	32	22:13.58	2:20.57	7:08.8	4:26.7
35 SWEENEY, Elsie	SO	42	Waukon	33	22:15.11	2:22.10	7:09.3	4:27.0
36 BROOKLYN, Landt	SO	2743	MFL MarMac	(34)	22:16.21	2:23.20	7:09.6	4:27.2
37 SCHEIDEL, Annebelle	SO	21	Turkey Valley Jacks	-	22:20.38	2:27.37	7:11.0	4:28.1
38 SCHERF, Blair	JR	2573	Central Elkader	-	22:21.32	2:28.31	7:11.3	4:28.3
39 KRUGER, Brielle	SO	40	Waukon	(35)	22:32.10	2:39.09	7:14.8	4:30.4
40 DALEY, Ava	SR	2622	Crestwood Cresco	36	22:32.30	2:39.29	7:14.8	4:30.5
41 BOUTIN, Bryleigh	FR	2514	Oelwein	37	22:35.37	2:42.36	7:15.8	4:31.1
42 GOMEZ, Nicole	SO	2233	Denver	38	22:39.01	2:46.00	7:17.0	4:31.8
43 WILSON, Brooklyn	FR	70	Osage	39	22:43.25	2:50.24	7:18.3	4:32.7
44 SWATEK, Grace	SO	2744	MFL MarMac	(40)	22:44.33	2:51.32	7:18.7	4:32.9
45 JOHANNINGMEIER, Jaelyn	SR	45	Waukon	(41)	22:54.92	3:01.91	7:22.1	4:35.0
46 SHELTON, Mea	SR	2624	Crestwood Cresco	(42)	22:58.06	3:05.05	7:23.1	4:35.6
47 REIS, Taylor	SR	2623	Crestwood Cresco	(43)	22:59.67	3:06.66	7:23.6	4:35.9
48 ADAMS, Lauren	SO	69	Osage	44	23:11.40	3:18.39	7:27.4	4:38.3
49 ROTHMEYER, Kenna	SR	2227	Denver	(45)	23:15.87	3:22.86	7:28.8	4:39.2
50 BAHE, June	SR	2506	Oelwein	46	23:35.78	3:42.77	7:35.2	4:43.2
51 DECKER, Cora	FR	2242	Denver	(47)	23:42.04	3:49.03	7:37.2	4:44.4
52 RACHUT, Abby	SR	67	Osage	48	23:43.51	3:50.50	7:37.7	4:44.7
53 BILDEN, Clara	SR	2965	North Fayette Valle	49	23:50.16	3:57.15	7:39.9	4:46.0
54 STEIN, Ashlyn	FR	2732	Kee Lansing	-	24:00.34	4:07.33	7:43.1	4:48.1
55 TUDAH, Megan	JR	2964	North Fayette Valle	50	24:05.62	4:12.61	7:44.8	4:49.1
56 KREGEL, Quinn	8	2599	Clayton Ridge Gutt	51	24:12.39	4:19.38	7:47.0	4:50.5
57 SWENSEN, Anna	JR	2963	North Fayette Valle	52	24:16.25	4:23.24	7:48.2	4:51.3
58 NEVILLE, Addison	JR	2940	New Hampton	53	24:17.11	4:24.10	7:48.5	4:51.4
59 SULLIVAN, Hannah	JR	2510	Oelwein	(54)	24:18.62	4:25.61	7:49.0	4:51.7
60 CRANDALL, Ellyn	FR	2960	North Fayette Valle	55	24:19.50	4:26.49	7:49.3	4:51.9
61 KUENNEN, Kendall	SR	22	Turkey Valley Jacks	-	24:31.67	4:38.66	7:53.2	4:54.3
62 MARTIN, Khloie	SR	2507	Oelwein	(56)	24:37.54	4:44.53	7:55.1	4:55.5
63 YASINOVSKA, Julia	FR	2961	North Fayette Valle	(57)	24:42.01	4:49.00	7:56.5	4:56.4
64 GELNER, Lillian	FR	9	Starmont West Cen	58	24:42.40	4:49.39	7:56.7	4:56.5
65 HARRELL, Nora	8	71	Osage	59	24:47.11	4:54.10	7:58.2	4:57.4
66 MILLER, Ava	FR	11	Starmont West Cen	60	24:57.05	5:04.04	8:01.4	4:59.4
67 MALTA, Maddie	JR	2939	New Hampton	61	24:57.45	5:04.44	8:01.5	4:59.5
68 MCGOWAN, Lexi	SR	2966	North Fayette Valle	(62)	25:11.41	5:18.40	8:06.0	5:02.3
69 REIMER, Hayden	JR	2600	Clayton Ridge Gutt	63	25:14.68	5:21.67	8:07.0	5:02.9

2026 WAUKON INVITATIONAL

Waukon, IA
Waukon Golf and Country Club
Tuesday, September 22, 2026

MEET OFFICIALS

Meet Director:
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Meet Referee:
Howard Simpson
Timing:
Shannon Event Timing



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Race #4
HS Girls 5K Varsity

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
70 THRONDSO, Lauren	FR	2938	New Hampton	64	25:17.28	5:24.27	8:07.9	5:03.5
71 SEARS, Gracy	FR	2937	New Hampton	65	25:46.03	5:53.02	8:17.1	5:09.2
72 DARROW, Tess	JR	68	Osage	66	25:50.30	5:57.29	8:18.5	5:10.1
73 WILKER, Morgan	JR	2602	Clayton Ridge Gutt	67	25:59.77	6:06.76	8:21.5	5:12.0
74 KNOX, Memphis	SO	13	Starmont West Cen	68	26:59.89	7:06.88	8:40.9	5:24.0
75 SINGEWALD, Josi	SR	2943	New Hampton	(69)	28:25.86	8:32.85	9:08.5	5:41.2
76 THOMAS, Paige	JR	2601	Clayton Ridge Gutt	70	28:39.49	8:46.48	9:12.9	5:43.9
77 HORNS, Pfeiffer	SR	2603	Clayton Ridge Gutt	(71)	31:20.05	11:27.0	10:04.5	6:16.0
78 GONZALEZ, Lesley	FR	10	Starmont West Cen	(72)	34:08.88	14:15.8	10:58.8	6:49.8

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Race #4
HS Girls 5K Junior Varsity

Final Results**RACE SUMMARY**

Start Time: 4:35 pm

TEAM SCORING SUMMARY**Junior Varsity**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Decorah	21	1-3-4-6-7(8)(12)	1:51:43	22:21	1:08.4
2 Denver	71	10-11-13-18-19(26)(27)	1:54:55	22:59	0:22.5
3 Waukon	77	5-9-17-21-25(29)(34)	1:55:58	23:12	1:20.4
4 MFL MarMac	82	2-14-15-20-31(37)(40)	1:56:21	23:17	2:35.9
5 Central Elkader	120	16-22-24-28-30(38)(47)	1:59:44	23:57	1:34.2
6 Crestwood Cresco	182	23-36-39-41-43(48)(49)	2:07:50	25:34	2:55.4
7 North Fayette Valley	186	32-33-35-42-44(45)(46)	2:08:05	25:37	1:54.0
DNP Oelwein					
DNP Clayton Ridge Guttenberg					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 LUJAN, Olivia	FR	2697	Decorah	1	21:33.31	1:40.30	6:55.9	4:18.7
2 BIRDNOW, Mackenzie	FR	2749	MFL MarMac	2	22:05.29	2:12.28	7:06.1	4:25.1
3 OLSGARD, Graci	FR	2699	Decorah	3	22:14.53	2:21.52	7:09.1	4:26.9
4 LEE-JUVE, Jorgan	FR	2696	Decorah	4	22:32.90	2:39.89	7:15.0	4:30.6
5 MELCHER, Ali	SO	56	Waukon	5	22:37.21	2:44.20	7:16.4	4:31.4
6 STORHOFF, Claire	SR	2727	Decorah	6	22:39.91	2:46.90	7:17.3	4:32.0
7 SPILDE-MAKI, Rachel	SR	2726	Decorah	7	22:41.64	2:48.63	7:17.8	4:32.3
8 HOLTHAUS, Natalie	JR	2712	Decorah	(8)	22:42.03	2:49.02	7:18.0	4:32.4
9 JOHNSON, Claire	SR	65	Waukon	9	22:43.25	2:50.24	7:18.3	4:32.7
10 TRUNKHILL, Teagan	SO	2238	Denver	10	22:46.45	2:53.44	7:19.4	4:33.3
11 WHITE, Finley	SO	2239	Denver	11	22:48.67	2:55.66	7:20.1	4:33.7
12 VOLKMANN, Anya	FR	2700	Decorah	(12)	22:49.13	2:56.12	7:20.2	4:33.8
13 RISSMAN, Olivia	SR	2722	Decorah	-	22:57.37	3:04.36	7:22.9	4:35.5
14 QUANDAHL, Brinley	JR	2714	Decorah	-	22:59.24	3:06.23	7:23.5	4:35.8
15 DECKER, Adeline	SR	2225	Denver	13	23:02.02	3:09.01	7:24.4	4:36.4
16 TRAPPE, Kinley	FR	2752	MFL MarMac	14	23:02.91	3:09.90	7:24.7	4:36.6
17 MOSER, Taryn	JR	2755	MFL MarMac	15	23:04.00	3:10.99	7:25.0	4:36.8
18 MUELLER, Hadley	8	2576	Central Elkader	16	23:04.79	3:11.78	7:25.3	4:37.0
19 MERCADO-ARNESON, Alan	JR	2713	Decorah	-	23:07.42	3:14.41	7:26.1	4:37.5
20 HANSON, Kayler	JR	59	Waukon	17	23:08.63	3:15.62	7:26.5	4:37.7
21 SKEIE, Evie	SR	2228	Denver	18	23:08.71	3:15.70	7:26.5	4:37.7
22 HONN, Brooklyn	SO	2234	Denver	19	23:08.94	3:15.93	7:26.6	4:37.8
23 ADAMS, Sophie	SO	2702	Decorah	-	23:26.90	3:33.89	7:32.4	4:41.4
24 DIXON, Claudia	JR	2710	Decorah	-	23:27.06	3:34.05	7:32.4	4:41.4
25 FISK, Skylar	SR	2757	MFL MarMac	20	23:27.62	3:34.61	7:32.6	4:41.5
26 PEAKE, Leah	SO	57	Waukon	21	23:30.55	3:37.54	7:33.6	4:42.1
27 FISHER, MacKenna	8	2575	Central Elkader	22	23:37.90	3:44.89	7:35.9	4:43.6
28 LOPEZ, Amberlena	JR	2628	Crestwood Cresco	23	23:41.12	3:48.11	7:37.0	4:44.2
29 STANNARD, Payton	JR	2581	Central Elkader	24	23:52.32	3:59.31	7:40.6	4:46.5

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Race #4
HS Girls 5K Junior Varsity

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
30 SEARCY, Vivian	SR	2723	Decorah	-	23:55.53	4:02.52	7:41.6	4:47.1
31 DAVIS, Laira	SO	52	Waukon	25	23:57.59	4:04.58	7:42.2	4:47.5
32 TYLER, Emily	JR	2231	Denver	(26)	24:02.90	4:09.89	7:44.0	4:48.6
33 STEEGE, Emma	SO	2237	Denver	(27)	24:13.99	4:20.98	7:47.5	4:50.8
34 WILEY, Emersyn	8	2577	Central Elkader	28	24:29.93	4:36.92	7:52.6	4:54.0
35 WADSWORTH, Iris	FR	2701	Decorah	-	24:30.59	4:37.58	7:52.9	4:54.1
36 MENKE, Harper	SO	2705	Decorah	-	24:34.14	4:41.13	7:54.0	4:54.8
37 COOK, Hailey	SO	51	Waukon	(29)	24:38.25	4:45.24	7:55.3	4:55.7
38 BLAIR, Willow	SR	2717	Decorah	-	24:38.47	4:45.46	7:55.4	4:55.7
39 BENNINGTON, Harper	8	2574	Central Elkader	30	24:38.94	4:45.93	7:55.5	4:55.8
40 RUFF, Samantha	SR	2760	MFL MarMac	31	24:41.18	4:48.17	7:56.3	4:56.2
41 CLINE, Lille	SO	2970	North Fayette Valle	32	24:49.79	4:56.78	7:59.0	4:58.0
42 ELLIOTT, Kendall	JR	2973	North Fayette Valle	33	24:52.35	4:59.34	7:59.9	4:58.5
43 KURTH, Makenna	SR	66	Waukon	(34)	25:17.06	5:24.05	8:07.8	5:03.4
44 WEGNER, Ava	FR	2969	North Fayette Valle	35	25:19.70	5:26.69	8:08.6	5:03.9
45 DODA, Brooklynn	FR	2625	Crestwood Cresco	36	25:26.18	5:33.17	8:10.7	5:05.2
46 ANFINSON, Sophea	FR	2512	Oelwein	-	25:32.64	5:39.63	8:12.8	5:06.5
47 FRITZ, Brynlee	SR	2758	MFL MarMac	(37)	25:33.97	5:40.96	8:13.2	5:06.8
48 REMINGTON, Audrey	SO	2706	Decorah	-	25:35.84	5:42.83	8:13.8	5:07.2
49 WEIS, Rachel	JR	2715	Decorah	-	25:36.90	5:43.89	8:14.2	5:07.4
50 WHITTLE, Anya	SO	2580	Central Elkader	(38)	25:39.32	5:46.31	8:15.0	5:07.9
51 HOCKENSON, Madelyn	JR	2229	Denver	-	25:40.07	5:47.06	8:15.2	5:08.0
52 KURTH, Maren	FR	47	Waukon	-	25:41.64	5:48.63	8:15.7	5:08.3
53 DREES, Emma	SR	2632	Crestwood Cresco	39	25:53.26	6:00.25	8:19.4	5:10.7
54 DRISCOLL, Emma	SR	2756	MFL MarMac	(40)	25:53.32	6:00.31	8:19.5	5:10.7
55 HARMENING, Marley	SR	2720	Decorah	-	25:54.28	6:01.27	8:19.8	5:10.9
56 HOTH, Kaylee	SR	2759	MFL MarMac	-	26:01.74	6:08.73	8:22.2	5:12.3
57 SESSIONS, Nina	SR	2724	Decorah	-	26:08.25	6:15.24	8:24.3	5:13.7
58 SEVERTSON, Lauren	SR	2725	Decorah	-	26:09.68	6:16.67	8:24.7	5:13.9
59 DENNLER, Ella	SR	2631	Crestwood Cresco	41	26:12.23	6:19.22	8:25.5	5:14.4
60 WEDO, Kendyl	FR	49	Waukon	-	26:15.22	6:22.21	8:26.5	5:15.0
61 KLUSMAN, Ashlynn	JR	2975	North Fayette Valle	42	26:18.58	6:25.57	8:27.6	5:15.7
62 DETEMMERMAN, Maci	FR	2515	Oelwein	-	26:21.92	6:28.91	8:28.7	5:16.4
63 JEYS, Madison	SO	2235	Denver	-	26:33.82	6:40.81	8:32.5	5:18.8
64 SLAVIN, Bryleigh	SR	2635	Crestwood Cresco	43	26:36.50	6:43.49	8:33.3	5:19.3
65 EHN, Melissa	JR	2509	Oelwein	-	26:41.21	6:48.20	8:34.9	5:20.2
66 OLMSTEAD, Mallory	SO	2971	North Fayette Valle	44	26:43.75	6:50.74	8:35.7	5:20.8
67 DAHLEN, Lillian	SR	2719	Decorah	-	26:49.03	6:56.02	8:37.4	5:21.8
68 SHIMEK, Veda	SO	2708	Decorah	-	26:53.09	7:00.08	8:38.7	5:22.6
69 SCHUPBACH, Jisela	SR	2976	North Fayette Valle	(45)	26:55.19	7:02.18	8:39.4	5:23.0
70 MENKE, Teagan	SR	2721	Decorah	-	26:58.98	7:05.97	8:40.6	5:23.8
71 DUGAN, Tatum	SO	53	Waukon	-	27:02.51	7:09.50	8:41.7	5:24.5
72 DEAN, Taylor	JR	2972	North Fayette Valle	(46)	27:08.35	7:15.34	8:43.6	5:25.7
73 ECKHOFF, Madilin	FR	2516	Oelwein	-	27:09.72	7:16.71	8:44.0	5:25.9
74 ALBERT, Chloe	SO	2703	Decorah	-	27:15.03	7:22.02	8:45.7	5:27.0
75 FRERICKS, Lily	SO	2232	Denver	-	27:39.09	7:46.08	8:53.5	5:31.8

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Race #4
HS Girls 5K Junior Varsity

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

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
76 VOLZ, Jillian	SR	2728	Decorah	-	27:50.58	7:57.57	8:57.2	5:34.1
77 O'NEILL, Callie	JR	61	Waukon	-	27:53.09	8:00.08	8:58.0	5:34.6
78 FRIEDLEIN, Hannah	SR	2583	Central Elkader	(47)	28:03.72	8:10.71	9:01.4	5:36.7
79 MCCORMICK, Kennedy	FR	48	Waukon	-	28:06.86	8:13.85	9:02.4	5:37.4
80 KOETHER, Charlotte	SO	2754	MFL MarMac	-	28:19.43	8:26.42	9:06.4	5:39.9
81 BARTLING, Mary	FR	2240	Denver	-	28:43.95	8:50.94	9:14.3	5:44.8
82 ORR, Claire	SO	2579	Central Elkader	-	28:46.98	8:53.97	9:15.3	5:45.4
83 HELGERSON, Kara	JR	60	Waukon	-	28:48.89	8:55.88	9:15.9	5:45.8
84 KRUEGER, Emmaline	FR	2244	Denver	-	29:06.62	9:13.61	9:21.6	5:49.3
85 MOELLERS, Addison	JR	2629	Crestwood Cresco	(48)	29:16.21	9:23.20	9:24.7	5:51.2
86 CARLSON, Kennedy	JR	2709	Decorah	-	29:35.23	9:42.22	9:30.8	5:55.0
87 FRITCHER-LARSON, Madi	SR	2633	Crestwood Cresco	(49)	29:53.03	10:00.0	9:36.5	5:58.6
88 LAW, Lauren	SO	2236	Denver	-	29:56.48	10:03.4	9:37.6	5:59.3
89 GAU, Keira	SR	2607	Clayton Ridge Gutt	-	30:29.49	10:36.4	9:48.3	6:05.9
90 SCHLEIN, Brenna	FR	2751	MFL MarMac	-	30:34.64	10:41.6	9:49.9	6:06.9
91 RAKSHIT, Punната	FR	2968	North Fayette Valle	-	31:00.30	11:07.2	9:58.2	6:12.1
92 BLAKE, Cecilia	SR	64	Waukon	-	31:09.75	11:16.7	10:01.2	6:14.0
93 BERNS, Addisyn	SR	63	Waukon	-	31:19.18	11:26.1	10:04.2	6:15.8
94 FASSBINDER, June	SO	2704	Decorah	-	31:22.37	11:29.3	10:05.3	6:16.5
95 HERNANDEZ, Luz	SR	2608	Clayton Ridge Gutt	-	31:24.08	11:31.0	10:05.8	6:16.8
96 THOMAS, Ainsley	FR	2247	Denver	-	31:45.08	11:52.0	10:12.6	6:21.0
97 MOORE, Quinn	FR	2245	Denver	-	31:45.99	11:52.9	10:12.9	6:21.2
98 MEYER, Tenley	SO	2578	Central Elkader	-	32:15.93	12:22.9	10:22.5	6:27.2
99 WESTHOFF, Anna	FR	2604	Clayton Ridge Gutt	-	34:07.16	14:14.1	10:58.3	6:49.4
100 BAXTER, Lily	SO	50	Waukon	-	34:10.76	14:17.7	10:59.4	6:50.2
101 BENDA, Nalia	JR	58	Waukon	-	34:37.25	14:44.2	11:07.9	6:55.5
102 JIMENEZ, Michelle	JR	2627	Crestwood Cresco	-	37:59.91	18:06.9	12:13.1	7:36.0