

HEART OF AMERICA CROSS COUNTRY CHAMPIONSHIPS

Cedar Rapids, IA
Seminole Valley Cross Country Course
Weather: Cloudy, Wind ESE 10-20mph, 80% Humidity & 50
Host: Mount Mercy
Saturday, November 9, 2024

MEET OFFICIALS

Meet Director:
Jeffrey Barker
Meet Referee:
Tom Cahalan
Timing:
Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

OFFICIAL MEET REPORT

printed: 11/9/2024 11:41 AM

Race #1
Women's 6K

Final Results

RACE SUMMARY

Start Time: 11:00
am

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Mount Mercy	36	2-3-8-11-12(19)(28)	1:54:18	22:52	0:29.4
2 Benedictine (Kan.)	49	5-6-7-15-16(18)(20)	1:55:10	23:02	0:52.7
3 Baker	104	10-17-22-26-29(42)(56)	1:59:45	23:57	1:27.5
4 Central Methodist	130	4-21-30-34-41(63)(70)	2:01:39	24:20	2:56.2
5 Clarke	161	1-9-37-38-76(78)	2:06:03	25:13	7:40.2
6 MidAmerica Nazarene	182	23-33-39-43-44(48)(49)	2:06:00	25:12	1:33.5
7 Park U.	193	14-32-46-50-51(55)(59)	2:06:22	25:17	3:08.7
8 Graceland	212	31-36-40-52-53(57)(58)	2:08:22	25:41	2:02.3
9 Culver-Stockton	220	13-35-45-54-73(75)(77)	2:10:05	26:01	6:14.7
10 Grand View	262	24-25-60-74-79(81)	2:17:19	27:28	7:01.8
11 William Penn	286	27-62-64-66-67(80)(82)	2:17:14	27:27	4:05.3
12 Peru State	310	47-61-65-68-69(71)(72)	2:19:19	27:52	2:39.6
DNP Missouri Valley					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	2.8K
1 BICKLER, Rory	SR	77	Clarke	1	22:27.5	6:01.2	3:44.6	10:18.7
2 KNEPPER, Abby	SO	176	Mount Mercy	2	22:37.1	6:03.8	3:46.2	10:12.9
3 ROTZOLL, Kalin	SO	184	Mount Mercy	3	22:38.8	6:04.3	3:46.5	10:24.7
4 OZINGA, Tara	FR	66	Central Methodist	4	22:39.5	6:04.5	3:46.6	10:24.8
5 NELSON, Emilie	JR	37	Benedictine (Kan.)	5	22:39.6	6:04.5	3:46.6	10:39.4
6 AARON, Catherine	JR	27	Benedictine (Kan.)	6	22:40.7	6:04.8	3:46.8	10:24.7
7 MCLAUGHLIN, Julia	SR	35	Benedictine (Kan.)	7	22:49.4	6:07.1	3:48.2	10:25.1
8 OVERTON, Kayla	JR	183	Mount Mercy	8	22:49.7	6:07.2	3:48.3	10:25.3
9 FRANCO, Jaycie	JR	80	Clarke	9	22:55.5	6:08.8	3:49.2	10:25.2
10 BARNARD, Ellie	JR	1	Baker	10	23:03.6	6:10.9	3:50.6	10:27.3
11 ALTHOFF, Emma	SO	170	Mount Mercy	11	23:05.2	6:11.3	3:50.9	10:24.8
12 JENNINGS, Ruth	JR	175	Mount Mercy	12	23:06.4	6:11.7	3:51.1	10:37.9
13 STRAUS, Delaney	SO	99	Culver-Stockton	13	23:06.7	6:11.7	3:51.1	10:26.4
14 BRECHEISEN, Lily	FR	196	Park U.	14	23:09.7	6:12.5	3:51.6	10:34.9
15 GOLDEN, Mary Cate	JR	31	Benedictine (Kan.)	15	23:28.0	6:17.5	3:54.7	10:41.2
16 ULLRICH, Helen	SO	40	Benedictine (Kan.)	16	23:32.3	6:18.6	3:55.4	10:54.0
17 CHAMBERS, Kristi	SR	3	Baker	17	23:38.8	6:20.4	3:56.5	10:46.2
18 LAMB, Alexa	JR	34	Benedictine (Kan.)	(18)	23:46.4	6:22.4	3:57.7	10:40.3
19 OROZCO, Kendall	FR	182	Mount Mercy	(19)	23:47.9	6:22.8	3:58.0	10:51.7
20 CAMPOS, Cecelia	FR	28	Benedictine (Kan.)	(20)	23:49.9	6:23.3	3:58.3	10:57.3
21 GUTIERREZ, Ali	JR	63	Central Methodist	21	23:55.7	6:24.9	3:59.3	10:40.7
22 MERTZ, Julia	FR	36	Benedictine (Kan.)	-	24:00.9	6:26.3	4:00.1	10:57.7
23 LANDRETH, Jana	JR	6	Baker	22	24:04.4	6:27.2	4:00.7	10:59.6
24 MEILI, Isabella	FR	144	MidAmerica Nazarene	23	24:16.6	6:30.5	4:02.8	11:03.6

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**Race #1
Women's 6K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	2.8K
25 LEIS, Liberty	SR	128	Grand View	24	24:17.0	6:30.6	4:02.8	11:00.6
26 DOWNEY, Gemma	SR	29	Benedictine (Kan.)	-	24:20.4	6:31.5	4:03.4	11:01.2
27 NEELEY, Faith	JR	130	Grand View	25	24:26.7	6:33.2	4:04.4	10:59.2
28 PETERSON, Peyton	SR	9	Baker	26	24:27.1	6:33.3	4:04.5	11:03.3
29 ADMIRE, Briana	SO	249	William Penn	27	24:27.1	6:33.3	4:04.5	11:01.1
30 DUDZIK, Maria	FR	173	Mount Mercy	(28)	24:29.3	6:33.9	4:04.9	11:00.9
31 KENNEDY, Natalie	SO	5	Baker	29	24:31.0	6:34.4	4:05.2	11:06.6
32 STREHLOW, Ella	SR	68	Central Methodist	30	24:33.9	6:35.1	4:05.6	11:08.6
33 FISCHER, Jordyn	SR	114	Graceland	31	24:37.5	6:36.1	4:06.2	11:10.9
34 MAND, Hannah	SO	205	Park U.	32	24:39.9	6:36.8	4:06.6	11:09.2
35 KUHN, Leah	SO	33	Benedictine (Kan.)	-	24:40.6	6:36.9	4:06.8	11:06.3
36 STARRS, Catherine	SO	39	Benedictine (Kan.)	-	24:40.6	6:36.9	4:06.8	11:19.4
37 LOPEZ, Ariana	SR	178	Mount Mercy	-	24:44.4	6:38.0	4:07.4	11:26.4
38 GRIFFIN, Joslyn	FR	140	MidAmerica Nazare	33	24:52.3	6:40.1	4:08.7	11:18.7
39 WALTMIRE, Morgan	JR	69	Central Methodist	34	24:53.8	6:40.5	4:09.0	11:10.5
40 NEAL, Annabelle	FR	181	Mount Mercy	-	24:58.5	6:41.7	4:09.7	11:10.2
41 YOUNCE, Faith	SR	100	Culver-Stockton	35	25:00.7	6:42.3	4:10.1	11:16.2
42 SCHMIDT, Paige	FR	38	Benedictine (Kan.)	-	25:05.8	6:43.7	4:11.0	11:22.3
43 CARUSO, Alissa	SO	111	Graceland	36	25:07.0	6:44.0	4:11.2	11:20.7
44 RADEKE, Lydia	SR	82	Clarke	37	25:10.1	6:44.8	4:11.7	11:31.2
45 BRACY, Bridget	FR	79	Clarke	38	25:22.1	6:48.1	4:13.7	11:31.6
46 REYES, Casandra	SR	145	MidAmerica Nazare	39	25:22.7	6:48.2	4:13.8	11:21.6
47 FISHER, Mickenzie	JR	115	Graceland	40	25:29.8	6:50.1	4:15.0	11:20.9
48 MILAZZO, Molly	FR	65	Central Methodist	41	25:35.6	6:51.7	4:15.9	11:15.8
49 STERNER, Rachel	SR	11	Baker	(42)	25:36.3	6:51.9	4:16.0	11:22.2
50 WOLF, Ave	FR	41	Benedictine (Kan.)	-	25:36.4	6:51.9	4:16.1	11:24.8
51 MCKNIGHT, Anna	FR	143	MidAmerica Nazare	43	25:38.6	6:52.5	4:16.4	11:20.5
52 SWEARENGIN, Julia	FR	146	MidAmerica Nazare	44	25:50.0	6:55.5	4:18.3	11:32.9
53 BERRY, Emma	FR	91	Culver-Stockton	45	25:54.8	6:56.8	4:19.1	11:30.8
54 PEARSON, Destiny	SO	206	Park U.	46	25:57.4	6:57.5	4:19.6	11:34.2
55 ZARYBNICKY, Michelle	SO	42	Benedictine (Kan.)	-	26:05.6	6:59.7	4:20.9	11:53.2
56 MOXEY, Amyra	JR	233	Peru State	47	26:06.8	7:00.0	4:21.1	11:55.6
57 ADAM, Sage	JR	138	MidAmerica Nazare	(48)	26:07.8	7:00.3	4:21.3	11:43.8
58 DAY, Jessa	SR	172	Mount Mercy	-	26:10.9	7:01.1	4:21.8	11:31.7
59 FILMORE, Riley	FR	139	MidAmerica Nazare	(49)	26:13.5	7:01.8	4:22.2	11:43.9
60 CAMARCHO, Lilly	FR	197	Park U.	50	26:16.5	7:02.6	4:22.7	12:07.7
61 CARTY, McKenzie	JR	198	Park U.	51	26:18.4	7:03.1	4:23.1	11:43.7
62 ECHAVARRIA, Thayadorra	SO	113	Graceland	52	26:27.4	7:05.6	4:24.6	12:17.2
63 GROVER, Caitlin	SO	117	Graceland	53	26:39.8	7:08.9	4:26.6	12:00.7
64 CARMACK, Malia	FR	93	Culver-Stockton	54	26:41.5	7:09.3	4:26.9	11:50.6
65 WILLIAMS, Jonnicia	FR	208	Park U.	(55)	26:43.6	7:09.9	4:27.3	12:07.6
66 BISHOP, Laura	JR	171	Mount Mercy	-	26:46.6	7:10.7	4:27.8	12:28.6
67 THOMPSON, Haley	JR	12	Baker	(56)	26:51.9	7:12.1	4:28.6	12:16.9
68 MERICAL, Nicole	SR	7	Baker	-	26:58.1	7:13.8	4:29.7	12:05.6
69 HUMPHREY, Camille	SR	158	Missouri Valley	-	27:08.1	7:16.5	4:31.3	12:17.7
70 SHARP, Cameron	FR	119	Graceland	(57)	27:08.9	7:16.7	4:31.5	12:26.2

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**Race #1
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Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	2.8K
71 DAVENPORT, Sierra	FR	112	Graceland	(58)	27:09.5	7:16.8	4:31.6	12:32.0
72 SLIFE, Samantha	JR	10	Baker	-	27:13.5	7:17.9	4:32.2	12:26.1
73 KLAUNIG, Jasmin	SO	203	Park U.	(59)	27:26.5	7:21.4	4:34.4	12:22.5
74 GERLACH, Ella	FR	116	Graceland	-	27:28.9	7:22.0	4:34.8	12:26.9
75 PLUM, Natalie	FR	129	Grand View	60	27:29.5	7:22.2	4:34.9	12:37.4
76 LANG, Lydia	JR	230	Peru State	61	27:36.0	7:23.9	4:36.0	12:08.1
77 HAYDEN, Adison	SO	199	Park U.	-	27:41.8	7:25.5	4:37.0	12:22.7
78 TAYLOR, Morgan	JR	252	William Penn	62	27:44.3	7:26.2	4:37.4	12:28.4
79 MCCLUNG, Josephine	FR	142	MidAmerica Nazare	-	27:51.7	7:28.2	4:38.6	12:52.2
80 HAWK, Kiley	SR	4	Baker	-	28:01.4	7:30.8	4:40.2	12:28.2
81 HORN, Madison	SO	64	Central Methodist	(63)	28:03.4	7:31.3	4:40.6	12:31.4
82 GIBSON, Juliana	FR	30	Benedictine (Kan.)	-	28:06.8	7:32.2	4:41.1	12:30.5
83 WATERHOUSE, Avery	SO	255	William Penn	64	28:09.2	7:32.8	4:41.5	12:49.1
84 KROTZINGER, Kennedy	FR	141	MidAmerica Nazare	-	28:15.2	7:34.5	4:42.5	12:40.4
85 O'NEIL, Sophie	FR	234	Peru State	65	28:16.4	7:34.8	4:42.7	12:41.7
86 WILSON, Abby	SR	256	William Penn	66	28:21.1	7:36.0	4:43.5	12:29.6
87 NELSON, Cassandra	SO	118	Graceland	-	28:24.1	7:36.9	4:44.0	12:40.8
88 FULLER, Roselaure	SR	250	William Penn	67	28:32.4	7:39.1	4:45.4	12:29.1
89 LARSON, Emma	SR	231	Peru State	68	28:33.3	7:39.3	4:45.5	13:03.9
90 CARLTON, Ashley	FR	226	Peru State	69	28:46.4	7:42.8	4:47.7	12:47.7
91 RESOR, Cynthia	FR	67	Central Methodist	(70)	28:52.3	7:44.4	4:48.7	12:42.7
92 FLOCKHART, Kilee	JR	174	Mount Mercy	-	29:10.6	7:49.3	4:51.8	13:21.3
93 LOFTON, Britany	FR	232	Peru State	(71)	29:11.3	7:49.5	4:51.9	13:36.9
94 WINGERT, Lauren	FR	236	Peru State	(72)	29:17.7	7:51.2	4:52.9	13:26.0
95 KEITH, Morgan	SO	96	Culver-Stockton	73	29:21.3	7:52.2	4:53.5	13:11.2
96 SIDIQUE, Neomi	FR	131	Grand View	74	29:47.3	7:59.2	4:57.9	13:25.7
97 SMITH, Zoi	SO	98	Culver-Stockton	(75)	29:56.2	8:01.5	4:59.4	13:21.3
98 PIERCE, Abigail	SO	81	Clarke	76	30:07.6	8:04.6	5:01.3	13:35.0
99 HARRINGTON, Cassie	FR	228	Peru State	-	30:19.7	8:07.8	5:03.3	13:41.9
100 LINDSEY, Caroline	JR	97	Culver-Stockton	(77)	30:32.8	8:11.3	5:05.5	14:02.5
101 BITTINGER, Jaide	SO	78	Clarke	(78)	30:41.7	8:13.7	5:06.9	13:28.7
102 NYASA, Faraja	FR	161	Missouri Valley	-	30:45.6	8:14.8	5:07.6	13:33.4
103 WENTLAND, Brynna	FR	162	Missouri Valley	-	30:50.9	8:16.2	5:08.5	13:47.5
104 WILSON, Phoebe	JR	235	Peru State	-	31:07.3	8:20.6	5:11.2	14:20.5
105 EYOB, Feven	FR	126	Grand View	79	31:18.8	8:23.7	5:13.1	14:12.5
106 WARREN, Rebecca	SR	254	William Penn	(80)	31:45.2	8:30.8	5:17.5	14:19.5
107 HRUSKA, Phoebe	FR	229	Peru State	-	31:47.1	8:31.3	5:17.8	14:55.0
108 GOROSTIZA, Kayla	FR	127	Grand View	(81)	31:47.3	8:31.3	5:17.9	14:33.5
109 KLAMM, Faith	JR	201	Park U.	-	31:58.5	8:34.3	5:19.7	14:13.3
110 WARREN, Crystal	SO	253	William Penn	(82)	34:43.9	9:18.7	5:47.3	15:29.5
111 WITTEWER, Madison	JR	237	Peru State	-	34:49.2	9:20.1	5:48.2	16:25.3
112 BLASZCZYK, Klaudia	SO	92	Culver-Stockton	-	34:57.3	9:22.3	5:49.5	15:41.3
113 KLAMM, Hope	JR	202	Park U.	-	35:13.6	9:26.6	5:52.3	15:04.9
114 DAVIS, Brena	SR	227	Peru State	-	38:13.8	10:14.9	6:22.3	17:04.7