

**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 12:30 PM

**Race #2**  
**Men's 8K**

**Final Results****RACE SUMMARY**

**Start Time: 11:45**  
**am**

**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Mount Mercy	69	8-9-10-19-23(29)(38)	2:07:42	25:33	0:51.4
2 Park U.	81	5-6-17-21-32(34)(37)	2:08:41	25:45	1:35.6
3 Benedictine (Kan.)	83	11-12-14-22-24(25)(30)	2:08:39	25:44	0:51.9
4 William Penn	97	1-3-13-36-44(53)(54)	2:09:26	25:54	2:40.2
5 Baker	112	2-15-27-33-35(40)(45)	2:10:19	26:04	1:56.9
6 Central Methodist	182	16-18-42-50-56(58)(69)	2:15:06	27:02	2:54.9
7 Clarke	184	26-31-39-41-47(49)(52)	2:14:42	26:57	1:15.4
8 MidAmerica Nazarene	186	7-20-43-57-59(64)(66)	2:15:48	27:10	3:41.5
9 Grand View	238	28-46-48-51-65(76)	2:18:56	27:48	3:08.7
10 Culver-Stockton	264	4-60-63-67-70(78)(80)	2:23:46	28:46	5:24.0
11 Graceland	344	55-61-72-77-79	2:32:48	30:34	3:53.9
12 Peru State	370	62-71-74-81-82(83)(84)	2:40:53	32:11	6:15.4
13 Missouri Valley	387	68-73-75-85-86	2:48:15	33:39	8:42.3
DNP Peru State					

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	5K
1 BEAVER, D'Artagnon	SR	257	William Penn	1	24:43.2	4:58.4	3:05.4	15:29.9
2 MASSEY, Aidan	SR	21	Baker	2	24:49.1	4:59.6	3:06.1	15:29.7
3 WILLIAMS, Brandon	SR	267	William Penn	3	24:59.0	5:01.6	3:07.4	15:46.0
4 LUCAS, Logan	SR	104	Culver-Stockton	4	25:01.6	5:02.1	3:07.7	15:37.3
5 MEHL, Lukas	SO	217	Park U.	5	25:05.4	5:02.9	3:08.2	15:49.8
6 WALKER, Cayden	FR	222	Park U.	6	25:06.9	5:03.2	3:08.4	15:49.7
7 MWIHAKI, James	SR	155	MidAmerica Nazarene	7	25:07.7	5:03.3	3:08.5	15:49.7
8 MITCHELL, Ryan	JR	190	Mount Mercy	8	25:12.7	5:04.4	3:09.1	15:49.7
9 CORTEZ, Brady	JR	187	Mount Mercy	9	25:15.0	5:04.8	3:09.4	15:50.1
10 CLANCY, Ryan	SR	186	Mount Mercy	10	25:18.7	5:05.6	3:09.8	15:49.5
11 MUNOZ, Micah	JR	59	Benedictine (Kan.)	11	25:22.8	5:06.4	3:10.3	16:04.2
12 ACCURSO, Joseph	JR	43	Benedictine (Kan.)	12	25:25.6	5:07.0	3:10.7	15:50.1
13 MILLER, Andrew	SO	261	William Penn	13	25:31.2	5:08.1	3:11.4	15:49.9
14 MICHAEL, Sebastian	JR	58	Benedictine (Kan.)	14	25:32.2	5:08.3	3:11.5	15:50.3
15 DAVIS, Anthony	SR	15	Baker	15	25:36.8	5:09.2	3:12.1	16:04.5
16 NEWBERRY, Kyle	JR	74	Central Methodist	16	25:38.5	5:09.5	3:12.3	15:51.3
17 O'CONNOR, Palmer	FR	219	Park U.	17	25:47.2	5:11.3	3:13.4	16:04.5
18 ENGEL, Grant	SR	70	Central Methodist	18	25:48.0	5:11.5	3:13.5	15:53.2
19 LAMPAREK, Lukas	SR	189	Mount Mercy	19	25:51.1	5:12.1	3:13.9	16:11.9
20 KOSGEI, Ray	SO	153	MidAmerica Nazarene	20	25:53.9	5:12.6	3:14.2	15:47.2
21 KUEHNEL, Tom	SO	216	Park U.	21	25:59.9	5:13.9	3:15.0	15:53.6
22 JOERGER, Gabriel	SR	53	Benedictine (Kan.)	22	26:03.7	5:14.6	3:15.5	16:21.6
23 BLEDSOE, Dylan	JR	185	Mount Mercy	23	26:04.0	5:14.7	3:15.5	16:23.8

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Men's 8K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	5K
24 COZZI, Avery	SO	47	Benedictine (Kan.)	24	26:14.7	5:16.8	3:16.8	16:17.7
25 JOYCE, Johnny	FR	54	Benedictine (Kan.)	(25)	26:15.0	5:16.9	3:16.9	16:26.7
26 PATE, Drew	JR	89	Clarke	26	26:17.2	5:17.3	3:17.1	16:38.4
27 MCGLASSON, Jacob	JR	22	Baker	27	26:24.1	5:18.7	3:18.0	16:27.4
28 LIMAS, Nathan	JR	136	Grand View	28	26:24.8	5:18.9	3:18.1	16:05.2
29 WILLIAMS, Jonathon	FR	195	Mount Mercy	(29)	26:30.2	5:19.9	3:18.8	16:23.4
30 KLING, Nicholas	FR	56	Benedictine (Kan.)	(30)	26:33.9	5:20.7	3:19.2	16:32.4
31 SCHWARTZHOFF, Emmett	SR	90	Clarke	31	26:34.9	5:20.9	3:19.4	16:00.4
32 VEGA, A.J.	FR	221	Park U.	32	26:40.9	5:22.1	3:20.1	16:36.3
33 VOHS, Jaden	JR	26	Baker	33	26:42.7	5:22.5	3:20.3	16:34.0
34 WEGNER, Thore	SO	224	Park U.	(34)	26:45.4	5:23.0	3:20.7	16:38.1
35 KNAUSSMAN, Michael	FR	20	Baker	35	26:45.9	5:23.1	3:20.7	16:35.9
36 SPRINGER, Carson	SO	264	William Penn	36	26:49.4	5:23.8	3:21.2	16:32.1
37 NORRIS, William	FR	218	Park U.	(37)	26:49.5	5:23.8	3:21.2	16:38.6
38 NOLTE, Owen	FR	60	Benedictine (Kan.)	-	26:59.4	5:25.8	3:22.4	16:39.2
39 SCHULTE, Trey	SO	192	Mount Mercy	(38)	27:00.2	5:26.0	3:22.5	16:45.6
40 KONDOS, Bryce	JR	87	Clarke	39	27:02.2	5:26.4	3:22.8	16:57.0
41 JACKSON, Christopher	SR	19	Baker	(40)	27:10.3	5:28.0	3:23.8	16:33.6
42 CAINES, Alexander	JR	210	Park U.	-	27:14.8	5:28.9	3:24.3	16:54.4
43 HAVERLY, Kole	SR	85	Clarke	41	27:15.2	5:29.0	3:24.4	17:00.1
44 KIPTANUI, Meshack	SR	73	Central Methodist	42	27:16.5	5:29.3	3:24.6	16:53.9
45 HENDRICKSON, Jacob	FR	150	MidAmerica Nazare	43	27:18.2	5:29.6	3:24.8	16:57.9
46 PEREZ-RODRIGUEZ, Rube	SR	262	William Penn	44	27:23.3	5:30.6	3:25.4	16:56.7
47 BUERSCHEN, Sam	SO	45	Benedictine (Kan.)	-	27:24.7	5:30.9	3:25.6	16:48.0
48 MEADE, Cutter	SO	23	Baker	(45)	27:28.5	5:31.7	3:26.1	17:03.6
49 GUZMAN, Aaron	SR	52	Benedictine (Kan.)	-	27:29.3	5:31.8	3:26.2	16:59.9
50 CAMPBELL, Thomas	SR	46	Benedictine (Kan.)	-	27:31.3	5:32.2	3:26.4	15:49.5
51 BONNER, Matthew	SO	133	Grand View	46	27:31.4	5:32.3	3:26.4	16:56.3
52 FINK, Grayson	SO	16	Baker	-	27:31.6	5:32.3	3:26.4	16:50.7
53 CAPRON, Chesney	SO	83	Clarke	47	27:32.5	5:32.5	3:26.6	17:00.4
54 KLASINSKI, Bobby	FR	55	Benedictine (Kan.)	-	27:33.3	5:32.7	3:26.7	17:10.8
55 HADGU, Debas	FR	134	Grand View	48	27:33.9	5:32.8	3:26.7	17:13.8
56 REYES, Manuel	JR	220	Park U.	-	27:34.3	5:32.9	3:26.8	27:34.3
57 CHATHAM, Eric	SO	84	Clarke	(49)	27:35.3	5:33.0	3:26.9	17:15.2
58 SWIFT, Quinn	JR	194	Mount Mercy	-	27:40.3	5:34.1	3:27.5	17:02.2
59 KIPKOSGEI, Elvis	SR	72	Central Methodist	50	27:49.2	5:35.9	3:28.6	17:19.2
60 FELDKAMP, Joseph	SO	50	Benedictine (Kan.)	-	27:49.4	5:35.9	3:28.7	17:06.0
61 ALLEN, Wyatt	SR	13	Baker	-	27:50.4	5:36.1	3:28.8	17:12.6
62 ADUM, Ardadi	FR	132	Grand View	51	27:52.2	5:36.4	3:29.0	17:19.8
63 JUNTUNEN III, Charles	SO	86	Clarke	(52)	27:55.6	5:37.1	3:29.4	17:18.2
64 DAVIS, Jordan	SR	258	William Penn	(53)	27:59.0	5:37.8	3:29.9	17:22.1
65 GOGIS, Grant	FR	17	Baker	-	28:05.6	5:39.1	3:30.7	17:25.8
66 WILLMANN, Ethan	JR	225	Park U.	-	28:07.0	5:39.4	3:30.9	17:03.2
67 PERSSON, Luke	JR	24	Baker	-	28:08.2	5:39.7	3:31.0	17:21.7
68 SHIVELY, Sutton	FR	263	William Penn	(54)	28:10.0	5:40.0	3:31.2	17:22.6
69 VARVELO, Ethan	SR	265	William Penn	-	28:10.6	5:40.1	3:31.3	17:06.5

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Men's 8K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>	<b>5K</b>
70 NIETERT, Cord	SO	88	Clarke	-	28:13.2	5:40.7	3:31.6	17:34.3
71 PEUSTER, Thomas	SO	61	Benedictine (Kan.)	-	28:15.0	5:41.0	3:31.9	17:16.5
72 RAMIREZ, Isaac	FR	123	Graceland	55	28:24.7	5:43.0	3:33.1	17:24.5
73 CROSSETT, Daniel	SO	48	Benedictine (Kan.)	-	28:29.8	5:44.0	3:33.7	17:44.2
74 JACKSON, Doriye	SR	71	Central Methodist	56	28:33.3	5:44.7	3:34.2	17:31.6
75 HUFF, Gavin	FR	260	William Penn	-	28:36.8	5:45.4	3:34.6	17:48.3
76 MORGAN, Ken	SO	154	MidAmerica Nazare	57	28:38.8	5:45.8	3:34.8	17:46.3
77 TAYLOR, Jacchaeus	JR	76	Central Methodist	(58)	28:42.4	5:46.6	3:35.3	17:43.2
78 VAZQUEZ, Kevin	SR	266	William Penn	-	28:48.9	5:47.9	3:36.1	17:47.6
79 CHAMBERS, Donald	JR	147	MidAmerica Nazare	59	28:49.1	5:47.9	3:36.1	17:54.9
80 BROWN, Wrenner	SR	14	Baker	-	28:49.8	5:48.0	3:36.2	17:58.1
81 BAILEY, Will	FR	209	Park U.	-	28:57.5	5:49.6	3:37.2	17:58.9
82 HAMM, Drake	SO	259	William Penn	-	29:03.1	5:50.7	3:37.9	17:48.4
83 GRAHAM, Jude	SR	18	Baker	-	29:04.8	5:51.1	3:38.1	29:04.8
84 REYNAGA, Jailan	FR	107	Culver-Stockton	60	29:05.6	5:51.2	3:38.2	18:01.2
85 PHILBIN, Patrick	FR	62	Benedictine (Kan.)	-	29:13.3	5:52.8	3:39.2	18:09.5
86 RIDLEY, Moses	SO	124	Graceland	61	29:20.1	5:54.1	3:40.0	18:09.6
87 FELDKAMP, Matthew	SR	51	Benedictine (Kan.)	-	29:20.9	5:54.3	3:40.1	18:01.5
88 VANBOENING, Brady	SO	248	Peru State	62	29:26.5	5:55.4	3:40.8	18:12.6
89 MCNAMEE, Gannon	JR	106	Culver-Stockton	63	29:30.1	5:56.1	3:41.3	17:54.5
90 ELSEY, Jackson	SO	148	MidAmerica Nazare	(64)	29:31.9	5:56.5	3:41.5	18:10.5
91 KELLER, Connor	SR	135	Grand View	65	29:33.5	5:56.8	3:41.7	18:14.2
92 JACOBS, Patrick	JR	151	MidAmerica Nazare	(66)	29:40.3	5:58.2	3:42.5	18:29.0
93 DOWD, Kile	SR	101	Culver-Stockton	67	29:42.7	5:58.7	3:42.8	18:10.5
94 DAVIED, Mark	JR	49	Benedictine (Kan.)	-	29:49.7	6:00.1	3:43.7	18:47.9
95 KIPTOO, Evans	FR	167	Missouri Valley	68	29:52.2	6:00.6	3:44.0	18:34.4
96 REED, Elliott	SR	75	Central Methodist	(69)	29:59.8	6:02.1	3:45.0	18:39.1
97 BARTOSZEK, Sam	SO	44	Benedictine (Kan.)	-	30:09.0	6:04.0	3:46.1	18:38.2
98 SMITH, Josh	SO	193	Mount Mercy	-	30:19.2	6:06.0	3:47.4	18:59.5
99 LAKE, Chase	SO	103	Culver-Stockton	70	30:25.6	6:07.3	3:48.2	18:51.5
100 HEDDINGS, Paul	SR	149	MidAmerica Nazare	-	30:27.9	6:07.8	3:48.5	18:56.9
101 BROCKHAUS, Ty	SO	238	Peru State	71	30:38.6	6:09.9	3:49.8	18:57.5
102 CARCAMO, Vincent	FR	120	Graceland	72	30:46.8	6:11.6	3:50.8	19:20.7
103 FORD, Jabari	FR	213	Park U.	-	30:47.7	6:11.8	3:51.0	19:12.1
104 GRIFFITHS, Montique	FR	166	Missouri Valley	73	30:58.2	6:13.9	3:52.3	19:21.1
105 MAGES, Mitchell	FR	57	Benedictine (Kan.)	-	31:02.8	6:14.8	3:52.8	19:11.8
106 CARRAHER, Kyler	FR	239	Peru State	74	31:09.8	6:16.2	3:53.7	19:13.1
107 MORRIS, DeRel	SO	169	Missouri Valley	75	31:10.4	6:16.3	3:53.8	18:34.2
108 SIMMONS, Tobias	FR	137	Grand View	(76)	31:11.4	6:16.5	3:53.9	19:13.2
109 WALSH, Ian	JR	223	Park U.	-	31:32.5	6:20.8	3:56.6	18:19.1
110 PATIENCE, Matthew	JR	122	Graceland	77	31:57.3	6:25.8	3:59.7	19:33.0
111 TUCKER, Kenny	SR	110	Culver-Stockton	(78)	32:14.3	6:29.2	4:01.8	20:09.1
112 ROMERO, Rene	JR	125	Graceland	79	32:18.6	6:30.0	4:02.3	19:35.9
113 KING, Brenton	FR	152	MidAmerica Nazare	-	32:31.0	6:32.5	4:03.9	20:10.0
114 SCHOLL, Josh	SR	191	Mount Mercy	-	32:39.9	6:34.3	4:05.0	20:14.9
115 THOMPSON, Blake	JR	109	Culver-Stockton	(80)	33:33.4	6:45.1	4:11.7	20:35.4

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# Final Results

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116 SMITH, Gavin	SR	247	Peru State	81	33:56.3	6:49.7	4:14.5	20:33.2
117 ENRIQUEZ, Steve	FR	240	Peru State	82	35:41.9	7:11.0	4:27.7	22:14.5
118 RUTHERFORD, Kohl	SO	246	Peru State	(83)	35:54.7	7:13.5	4:29.3	22:36.4
119 KRISTENSEN, Brandon	JR	242	Peru State	(84)	37:37.9	7:34.3	4:42.2	22:32.1
120 GORDON, Dante	FR	165	Missouri Valley	85	37:39.4	7:34.6	4:42.4	23:07.7
121 JANSSEN, Austen	JR	241	Peru State	-	37:52.6	7:37.3	4:44.1	23:30.2
122 LOPEZ, Angel	SO	168	Missouri Valley	86	38:34.5	7:45.7	4:49.3	24:02.4
123 MORTON, Kaden	FR	244	Peru State	-	42:23.1	8:31.7	5:17.9	24:59.6
-- NGUYEN, Jason	FR	245	Peru State	-	DNF	---	---	22:48.1