

2024 MVC SUPER MEET

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, WindSSE 5-10mph, 34% Humidity & 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

MEET OFFICIALS**Meet Director:**

Tom Cahalan

Meet Referee:

Chris Deam

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

printed: 10/10/2024 5:22 PM

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

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Falls	83	1-12-15-20-35(38)(39)	1:18:56	15:48	1:33.4
2 Iowa City City High	84	6-11-16-25-26(29)(33)	1:19:19	15:52	0:39.4
3 Prairie Cedar Rapids	89	9-17-18-21-24(27)(44)	1:19:34	15:55	0:32.0
4 Cedar Rapids Kennedy	129	4-5-23-48-49(55)(74)	1:20:39	16:08	1:32.3
5 Dubuque Senior	149	19-22-31-34-43(46)(50)	1:21:34	16:19	0:47.5
6 Iowa City Liberty	151	3-8-41-47-52(59)	1:21:08	16:14	1:53.2
7 Iowa City West	181	7-28-42-51-53(57)(68)	1:22:30	16:30	1:28.0
8 Linn-Mar Marion	188	10-14-37-63-64(65)(70)	1:22:34	16:31	1:36.7
9 Dubuque Hempstead	207	32-36-40-45-54(71)(77)	1:23:23	16:41	0:33.4
10 Epworth Western Dubuque	271	2-58-60-75-76(79)(83)	1:24:50	16:58	2:39.9
11 Wahlert Dubuque	332	13-66-80-86-87(91)(94)	1:28:12	17:39	2:50.6
12 Waterloo West	342	56-61-62-73-90(97)(99)	1:27:59	17:36	1:44.2
13 Xavier Cedar Rapids	346	30-69-81-82-84(85)(88)	1:28:11	17:39	2:01.4
14 Cedar Rapids Jefferson	439	67-78-96-98-100(101)(102)	1:33:26	18:42	2:32.8
15 Cedar Rapids Washington	441	72-89-92-93-95(103)	1:33:06	18:38	1:21.6

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
1 MERRICK, Jaden	JR	Cedar Falls	1	14:55.4	4:47.9	2:59.1
2 NAUMAN, Quentin	JR	Epworth Western D	2	15:04.9	4:51.0	3:01.0
3 DECKER, Keegan	SO	Iowa City Liberty	3	15:05.8	4:51.2	3:01.1
4 BUCKHEISTER, Slader	JR	Cedar Rapids Kenn	4	15:20.6	4:56.0	3:04.1
5 GRAY, Adam	JR	Cedar Rapids Kenn	5	15:26.7	4:57.9	3:05.3
6 MCROBERTS, Linus	JR	Iowa City City High	6	15:30.2	4:59.1	3:06.0
7 TIEA, Moustafa	SR	Iowa City West	7	15:31.5	4:59.5	3:06.3
8 GREGOIRE, Noah	SR	Iowa City Liberty	8	15:32.2	4:59.7	3:06.4
9 CARRIZALES, Cole	SO	Prairie Cedar Rapid	9	15:36.0	5:01.0	3:07.2
10 CHENEY, Ethan	JR	Linn-Mar Marion	10	15:40.1	5:02.3	3:08.0
11 KARR, George	SR	Iowa City City High	11	15:41.3	5:02.7	3:08.3
12 DEGROOTE, Kieran	SR	Cedar Falls	12	15:42.5	5:03.0	3:08.5
13 BROOKINS, Jayden	JR	Wahlert Dubuque	13	15:45.1	5:03.9	3:09.0
14 BOSTON, Ethan	SR	Linn-Mar Marion	14	15:47.1	5:04.5	3:09.4
15 WILLIAMS, Dominic	SO	Cedar Falls	15	15:48.3	5:04.9	3:09.7
16 MCDOWELL, Max	JR	Iowa City City High	16	15:49.2	5:05.2	3:09.8
17 LEE, Nick	SR	Prairie Cedar Rapid	17	15:52.5	5:06.3	3:10.5
18 JOHNSON, Kyle	JR	Prairie Cedar Rapid	18	15:53.3	5:06.5	3:10.7
19 HAUG, Jacob	SR	Dubuque Senior	19	15:56.2	5:07.4	3:11.2
20 MARTIN, Connor	SR	Cedar Falls	20	16:00.4	5:08.8	3:12.1
21 MILLER, Owen	JR	Prairie Cedar Rapid	21	16:03.8	5:09.9	3:12.7
22 ROTHERT, Danny	SR	Dubuque Senior	22	16:04.0	5:10.0	3:12.8
23 MCMAHAN, Lincoln	JR	Cedar Rapids Kenn	23	16:07.2	5:11.0	3:13.4
24 MULFORD, Carter	SR	Prairie Cedar Rapid	24	16:07.9	5:11.2	3:13.6
25 PALMBERG, Emmett	SO	Iowa City City High	25	16:08.8	5:11.5	3:13.8

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

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
26 RANDALL, David	SO	Iowa City City High	26	16:09.5	5:11.7	3:13.9
27 ALLRED, Bennett	SR	Prairie Cedar Rapid	(27)	16:18.5	5:14.6	3:15.7
28 HANNA, Michael	FR	Iowa City West	28	16:18.9	5:14.7	3:15.8
29 PROTTSMAN, Jarris	JR	Iowa City City High	(29)	16:19.8	5:15.0	3:15.9
30 ALLEN, Andrew	FR	Xavier Cedar Rapid	30	16:21.7	5:15.6	3:16.3
31 KIRMAN, Jack	JR	Dubuque Senior	31	16:22.8	5:16.0	3:16.6
32 MALONEY, Henry	SO	Dubuque Hempstea	32	16:26.4	5:17.2	3:17.3
33 SCHAEFER, Adam	SR	Iowa City City High	(33)	16:26.7	5:17.2	3:17.3
34 KROGER, Liam	JR	Dubuque Senior	34	16:27.2	5:17.4	3:17.4
35 HOYER, Brennan	JR	Cedar Falls	35	16:28.8	5:17.9	3:17.7
36 COOLEY, Aidan	SO	Dubuque Hempstea	36	16:29.8	5:18.3	3:18.0
37 HANSON, Owen	SR	Linn-Mar Marion	37	16:33.8	5:19.5	3:18.7
38 FERGUSON, John	SR	Cedar Falls	(38)	16:39.6	5:21.4	3:19.9
39 MYERS, Porter	SO	Cedar Falls	(39)	16:40.3	5:21.6	3:20.0
40 LEITZEN, Owen	SR	Dubuque Hempstea	40	16:41.2	5:21.9	3:20.2
41 MADSEN, Jacob	SR	Iowa City Liberty	41	16:41.4	5:22.0	3:20.3
42 BRUSS, Maxwell	SR	Iowa City West	42	16:41.9	5:22.1	3:20.4
43 ANDERSON, Owen	SO	Dubuque Senior	43	16:43.7	5:22.7	3:20.7
44 LANGE, Sammy	SO	Prairie Cedar Rapid	(44)	16:44.2	5:22.9	3:20.8
45 HENN, Colin	JR	Dubuque Hempstea	45	16:45.5	5:23.3	3:21.1
46 MANDT, James	JR	Cedar Falls	-	16:47.4	5:23.9	3:21.5
47 KROGER, Grady	JR	Dubuque Senior	(46)	16:47.9	5:24.1	3:21.6
48 HILDEBRAND, Lars	SO	Iowa City Liberty	47	16:49.5	5:24.6	3:21.9
49 GOFF, Nathaniel	JR	Cedar Rapids Kenn	48	16:51.7	5:25.3	3:22.3
50 SCHLAAK, Reuben	SR	Cedar Rapids Kenn	49	16:52.9	5:25.7	3:22.6
51 HOHMANN, Ben	JR	Dubuque Senior	(50)	16:55.2	5:26.4	3:23.0
52 WIELER, Jake	FR	Iowa City West	51	16:57.8	5:27.3	3:23.6
53 FINCH, Colin	SO	Iowa City Liberty	52	16:58.9	5:27.6	3:23.8
54 MERRILL, Evan	SO	Iowa City West	53	16:59.4	5:27.8	3:23.9
55 KASS, Brandon	SR	Dubuque Hempstea	54	16:59.7	5:27.9	3:23.9
56 DENHAM, Matthew	SO	Dubuque Senior	-	16:59.8	5:27.9	3:23.9
57 STOCKERT, Tanner	FR	Cedar Rapids Kenn	(55)	17:00.1	5:28.0	3:24.0
58 BERNS, Presley	SR	Waterloo West	56	17:01.8	5:28.5	3:24.3
59 SHOWERS, Sam	SR	Iowa City West	(57)	17:03.1	5:28.9	3:24.6
60 LUEKEN, Calvin	SR	Dubuque Senior	-	17:06.3	5:30.0	3:25.2
61 STANER, Brody	SR	Epworth Western D	58	17:07.7	5:30.4	3:25.5
62 CHO, Tayson	SO	Iowa City Liberty	(59)	17:08.1	5:30.6	3:25.6
63 JONES, Gabe	FR	Epworth Western D	60	17:09.5	5:31.0	3:25.9
64 RITTER, Ben	SR	Waterloo West	61	17:14.6	5:32.7	3:26.9
65 FULLER, Brayden	JR	Waterloo West	62	17:15.7	5:33.0	3:27.1
66 ROOS, Grayson	FR	Linn-Mar Marion	63	17:16.1	5:33.1	3:27.2
67 ADAMS, Cooper	SO	Linn-Mar Marion	64	17:16.7	5:33.3	3:27.3
68 LORENZ, Cade	FR	Linn-Mar Marion	(65)	17:18.5	5:33.9	3:27.7
69 HAUG, Matthew	SO	Dubuque Senior	-	17:20.2	5:34.4	3:28.0
70 POWERS, Kyle	SR	Wahlert Dubuque	66	17:24.6	5:35.9	3:28.9
71 KABULA, Gracia	FR	Cedar Rapids Jeffer	67	17:25.5	5:36.2	3:29.1

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Varsity Boys 5K

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

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
72 WAHE, Brice	SR	Iowa City West	(68)	17:27.1	5:36.7	3:29.4
73 WILGENBUSCH, Kaleb	SR	Xavier Cedar Rapid	69	17:27.5	5:36.8	3:29.5
74 HOKE, Daniel	FR	Linn-Mar Marion	(70)	17:31.9	5:38.2	3:30.4
75 GOPINATH, Aadi	FR	Iowa City West	-	17:34.0	5:38.9	3:30.8
76 STEGEMOLLER, Tyler	SR	Prairie Cedar Rapid	-	17:35.8	5:39.5	3:31.2
77 HOFFMAN, Treyton	FR	Linn-Mar Marion	-	17:36.5	5:39.7	3:31.3
78 TENTINGER, Lucas	SR	Linn-Mar Marion	-	17:38.3	5:40.3	3:31.7
79 LANGE, Aiden	SR	Dubuque Hempstea	(71)	17:38.6	5:40.4	3:31.7
80 DEW, Louis	SR	Cedar Rapids Wash	72	17:38.7	5:40.4	3:31.7
81 YOUNGER, Cole	SR	Prairie Cedar Rapid	-	17:39.6	5:40.7	3:31.9
82 KERKOVE, Josh	SO	Waterloo West	73	17:40.5	5:41.0	3:32.1
83 PENN, Noah	JR	Cedar Rapids Kenn	(74)	17:41.9	5:41.4	3:32.4
84 HAMMERAND, Dominic	SO	Epworth Western D	75	17:42.6	5:41.7	3:32.5
85 MESSER, Coy	SR	Epworth Western D	76	17:44.8	5:42.4	3:32.9
86 FROISTAD, Talon	SO	Dubuque Hempstea	(77)	17:45.8	5:42.7	3:33.2
87 TRAVAGIAKIS, Rexton	SO	Cedar Rapids Jeffer	78	17:48.5	5:43.6	3:33.7
88 KLEIN, Joel	FR	Epworth Western D	(79)	17:54.1	5:45.3	3:34.8
89 CONNELLY, Niles	SO	Wahlert Dubuque	80	17:55.2	5:45.7	3:35.0
90 MUEGGENBERG, Lance	FR	Xavier Cedar Rapid	81	17:56.9	5:46.2	3:35.4
91 LAMMERS, Jack	SO	Xavier Cedar Rapid	82	18:01.6	5:47.8	3:36.3
92 MCDERMOTT, Symon	JR	Epworth Western D	(83)	18:01.7	5:47.8	3:36.3
93 HESS, Tyler	SO	Epworth Western D	-	18:05.3	5:49.0	3:37.1
94 KREMERS, Preston	SR	Epworth Western D	-	18:10.2	5:50.5	3:38.0
95 LANG, Dylan	JR	Xavier Cedar Rapid	84	18:23.0	5:54.7	3:40.6
96 LANG, Caleb	FR	Xavier Cedar Rapid	(85)	18:29.0	5:56.6	3:41.8
97 KENNEDY, Sam	SR	Wahlert Dubuque	86	18:31.4	5:57.4	3:42.3
98 KLAPATAUSKAS, Nick	SR	Wahlert Dubuque	87	18:35.6	5:58.7	3:43.1
99 CRIPE, Brady	SO	Xavier Cedar Rapid	(88)	18:36.1	5:58.9	3:43.2
100 DAMISCH, Austin	JR	Cedar Rapids Wash	89	18:45.4	6:01.8	3:45.1
101 CORDELL, Kayson	SO	Waterloo West	90	18:46.0	6:02.0	3:45.2
102 FREUND, Walter	SR	Wahlert Dubuque	(91)	18:49.7	6:03.2	3:45.9
103 DEW, Owen	SO	Cedar Rapids Wash	92	18:49.8	6:03.3	3:46.0
104 PACE, Kolt	JR	Epworth Western D	-	18:50.6	6:03.5	3:46.1
105 REILLY, Hayden	SO	Cedar Rapids Wash	93	18:51.8	6:03.9	3:46.3
106 KIRBY, Will	SO	Wahlert Dubuque	(94)	18:57.8	6:05.8	3:47.5
107 HANNA, Laird	JR	Cedar Rapids Wash	95	19:00.2	6:06.6	3:48.0
108 MITTELSTEADT, Jonathan	JR	Cedar Rapids Jeffer	96	19:02.7	6:07.4	3:48.5
109 MINEART, Ramsey	JR	Waterloo West	(97)	19:09.1	6:09.5	3:49.8
110 ASCHENBRENNER, Alec	SR	Cedar Rapids Jeffer	98	19:10.9	6:10.1	3:50.2
111 KELLY, Sean	FR	Xavier Cedar Rapid	-	19:11.7	6:10.3	3:50.3
112 MILLER, Tyler	SO	Xavier Cedar Rapid	-	19:12.3	6:10.5	3:50.5
113 HERTEL, Dane	SO	Waterloo West	(99)	19:21.7	6:13.5	3:52.3
114 MARTINO, Gus	SO	Xavier Cedar Rapid	-	19:56.8	6:24.8	3:59.4
115 SCHILLING, Jack	JR	Cedar Rapids Jeffer	100	19:58.3	6:25.3	3:59.6
116 MENDOZA, Justin	SO	Cedar Rapids Jeffer	(101)	20:12.0	6:29.7	4:02.4
117 WRIGHT, Roman	JR	Cedar Rapids Jeffer	(102)	20:24.3	6:33.6	4:04.8

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Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
118 KNIGHT, James	JR	Waterloo West	-	20:29.6	6:35.4	4:05.9
119 APPLEBY-SPARROW, Henr	JR	Cedar Rapids Wash	(103)	20:45.4	6:40.4	4:09.1
120 DIXON, Jacob	SR	Iowa City City High	-	21:17.6	6:50.8	4:15.5
121 KNAPP, Joshua	JR	Linn-Mar Marion	-	21:35.1	6:56.4	4:19.0