

**2024 MVC SUPER MEET**

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, WindSSE 5-10mph, 34% Humidity &amp; 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 6:04 PM

**Race #5  
JV Girls 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	35	1-3-9-10-12(14)(16)	1:47:25	21:29	2:37.6
2 Cedar Falls	72	4-11-18-19-20(23)(26)	1:52:18	22:28	2:19.2
3 Dubuque Senior	108	2-5-13-21-67	1:57:21	23:29	8:11.8
4 Dubuque Hempstead	114	6-22-24-28-34(35)(44)	1:57:00	23:24	2:24.8
5 Iowa City Liberty	124	8-15-25-37-39(48)(57)	1:58:24	23:41	3:28.4
6 Prairie Cedar Rapids	165*	29-30-31-32-43(46)(55)	2:02:03	24:25	1:53.5
7 Linn-Mar Marion	165*	7-17-36-49-56(58)(60)	2:03:11	24:39	5:25.5
8 Iowa City West	188	27-38-40-41-42	2:05:33	25:07	1:56.5
9 Epworth Western Dubuque	288	33-59-63-64-69(70)(72)	2:18:35	27:43	5:06.1
10 Waterloo West	299	50-51-62-65-71(74)(83)	2:20:08	28:02	3:07.1
11 Cedar Rapids Jefferson	303	47-54-61-66-75(82)	2:20:59	28:12	3:41.1
12 Xavier Cedar Rapids	306	45-52-53-76-80(81)	2:23:31	28:43	7:21.7
13 Cedar Rapids Kennedy	375	68-73-77-78-79	2:34:26	30:54	2:34.7
DNP Cedar Rapids Washington					
DNP Wahlert Dubuque					

**\*Tiebreakers**

Prairie Cedar Rapids	29	30	31	32	43	46
Linn-Mar Marion	7	17	36	49	56	58

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 LOCHER, Claire	JR	Iowa City City High	1	19:54.2	6:24.0	3:58.8
2 WULLWEBER, Braeley	JR	Dubuque Senior	2	20:45.7	6:40.5	4:09.1
3 ASKLOF, Elizabeth	JR	Iowa City City High	3	20:56.0	6:43.8	4:11.2
4 HANSEN, Rylee	SR	Cedar Falls	4	20:59.6	6:45.0	4:11.9
5 KILGORE, Audrey	SR	Dubuque Senior	5	21:42.6	6:58.8	4:20.5
6 STEVENSON, Eva	JR	Dubuque Hempstea	6	21:54.0	7:02.5	4:22.8
7 SCOTT, Ellie	JR	Linn-Mar Marion	7	21:55.7	7:03.0	4:23.1
8 BECKER, Marissa	SR	Iowa City Liberty	8	21:59.1	7:04.1	4:23.8
9 BHANDARY-NARAYANAN,	JR	Iowa City City High	9	21:59.8	7:04.4	4:24.0
10 SCHULTES, Addi	JR	Iowa City City High	10	22:02.8	7:05.3	4:24.5
11 CHARLTON, Alissa	JR	Cedar Falls	11	22:13.0	7:08.6	4:26.6
12 KUHLMANN, Nina	SR	Iowa City City High	12	22:31.8	7:14.6	4:30.3
13 NORMAN, Gabby	JR	Dubuque Senior	13	22:32.8	7:15.0	4:30.6
14 ELLERMEIER, Katiya	JR	Iowa City City High	(14)	22:39.1	7:17.0	4:31.8
15 MCDERMOTT, Raegan	SO	Iowa City Liberty	15	22:42.0	7:17.9	4:32.4
16 SCHNOEBELEN, Noelle	JR	Iowa City City High	(16)	22:46.5	7:19.4	4:33.3
17 KOZLOSKI, Chloe	JR	Linn-Mar Marion	17	22:49.7	7:20.4	4:33.9
18 BARTELT, Olivia	SR	Cedar Falls	18	22:51.6	7:21.0	4:34.3
19 TOL, Prisha	JR	Cedar Falls	19	22:55.2	7:22.2	4:35.0
20 LECLAIR, Josephine	SR	Iowa City City High	-	22:59.0	7:23.4	4:35.8
21 DARST, Marie	JR	Cedar Falls	20	23:18.7	7:29.7	4:39.7

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**Race #5**  
**JV Girls 5K**

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

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
22 HESSELMAN, Grace	JR	Dubuque Senior	21	23:22.1	7:30.8	4:40.4
23 MCFADDEN, Hannah	SR	Dubuque Hempstea	22	23:23.5	7:31.3	4:40.7
24 ANTON, Ellie	SR	Cedar Falls	(23)	23:30.6	7:33.6	4:42.1
25 HRUSKA, Bella	JR	Dubuque Hempstea	24	23:31.6	7:33.9	4:42.3
26 REYES, Genesis	SR	Iowa City Liberty	25	23:31.9	7:34.0	4:42.4
27 WESSELS, Jacie	SR	Cedar Falls	(26)	23:41.9	7:37.2	4:44.4
28 HONG, Tina	SR	Iowa City West	27	23:44.6	7:38.1	4:44.9
29 BLAKE, Natalie	SR	Cedar Falls	-	23:48.0	7:39.1	4:45.6
30 MICKELSON, Paris	SR	Dubuque Hempstea	28	23:52.2	7:40.5	4:46.4
31 BURESH, Melanie	SR	Prairie Cedar Rapid	29	23:54.2	7:41.1	4:46.8
32 HARRISON, Caitlyn	JR	Iowa City City High	-	23:56.5	7:41.9	4:47.3
33 DIERKS, Catherine	SR	Cedar Falls	-	24:02.3	7:43.7	4:48.4
34 FAUL, Ella	SO	Prairie Cedar Rapid	30	24:05.8	7:44.9	4:49.1
35 RAUSCH, Chloe	SO	Prairie Cedar Rapid	31	24:07.4	7:45.4	4:49.5
36 COOK-MCCORMICK, Ariann	FR	Prairie Cedar Rapid	32	24:08.1	7:45.6	4:49.6
37 HERRIG, Bella	SR	Epworth Western D	33	24:17.1	7:48.5	4:51.4
38 BIRKENHOLZ, Piper	JR	Dubuque Hempstea	34	24:18.7	7:49.0	4:51.7
39 GAMMAGE, Greta	JR	Dubuque Hempstea	(35)	24:19.5	7:49.3	4:51.9
40 HAMILTON, Cooper	JR	Iowa City City High	-	24:23.1	7:50.4	4:52.6
41 HAUGEN, Anika	JR	Linn-Mar Marion	36	24:25.8	7:51.3	4:53.1
42 BRODAHL, Anna	JR	Cedar Falls	-	24:33.6	7:53.8	4:54.7
43 DANIELS, Greta	FR	Iowa City Liberty	37	24:43.7	7:57.1	4:56.7
44 HENDRICKSON, Ivy	SR	Iowa City West	38	24:46.9	7:58.1	4:57.4
45 RICHMAN, Noe	SR	Iowa City City High	-	24:55.6	8:00.9	4:59.1
46 GALLUZZO, Joanna	SR	Iowa City City High	-	25:15.8	8:07.4	5:03.2
47 ZIEHR, Nora	SR	Iowa City City High	-	25:26.8	8:10.9	5:05.4
48 SABIN, Ashley	JR	Iowa City Liberty	39	25:27.4	8:11.1	5:05.5
49 GUNDERSON, Maddie	JR	Iowa City City High	-	25:33.5	8:13.1	5:06.7
50 DUPUICH, Kate	SR	Iowa City West	40	25:40.0	8:15.2	5:08.0
51 TRANEL, Sidney	SR	Iowa City West	41	25:40.7	8:15.4	5:08.1
52 MCCONNELL, Lily	SR	Iowa City West	42	25:41.0	8:15.5	5:08.2
53 TEDROW, Kelsee	FR	Prairie Cedar Rapid	43	25:47.6	8:17.6	5:09.5
54 MATEL, Rachel	SR	Iowa City City High	-	25:56.8	8:20.6	5:11.3
55 MORRISON, Mady	JR	Dubuque Hempstea	(44)	26:04.2	8:22.9	5:12.8
56 MEZA, Melissa	JR	Cedar Falls	-	26:05.3	8:23.3	5:13.1
57 O'BRIEN, Ciara	SR	Xavier Cedar Rapid	45	26:07.6	8:24.0	5:13.5
58 NOVAK, Sarah	JR	Cedar Rapids Wash	-	26:08.0	8:24.2	5:13.6
59 YOUNG, Lililee	SO	Prairie Cedar Rapid	(46)	26:18.1	8:27.4	5:15.6
60 LONG, Lydia	SR	Cedar Rapids Jeffer	47	26:31.3	8:31.6	5:18.2
61 WEINMAN, Lola	SR	Iowa City City High	-	26:31.7	8:31.8	5:18.3
62 TORREZ, Lyvia	JR	Cedar Falls	-	26:33.0	8:32.2	5:18.6
63 DILLION, Charlotte	SO	Iowa City Liberty	(48)	26:36.8	8:33.4	5:19.3
64 BEECH, Thanh	SR	Linn-Mar Marion	49	26:38.0	8:33.8	5:19.6
65 MARLIN, Grace	SR	Waterloo West	50	26:38.3	8:33.9	5:19.7
66 BARTLETT, Emerson	JR	Cedar Falls	-	26:38.3	8:33.9	5:19.7
67 LITTLE, Amira	JR	Waterloo West	51	26:40.1	8:34.5	5:20.0

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

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
68 LINN, Ava	SR	Xavier Cedar Rapid	52	26:40.4	8:34.6	5:20.1
69 EID, Thea	JR	Xavier Cedar Rapid	53	26:40.8	8:34.7	5:20.2
70 HENDON, Nevaeh	SR	Cedar Falls	-	26:58.3	8:40.3	5:23.7
71 MALKO, Rashele	JR	Cedar Rapids Jeffer	54	27:15.2	8:45.8	5:27.0
72 MAHONEY, Emma	SR	Prairie Cedar Rapid	(55)	27:17.9	8:46.7	5:27.6
73 BROOKS, Addie	SR	Linn-Mar Marion	56	27:21.2	8:47.7	5:28.2
74 CUMMINGS, Riley	JR	Prairie Cedar Rapid	-	27:32.3	8:51.3	5:30.5
75 HAZEN, Hope	SO	Prairie Cedar Rapid	-	27:32.8	8:51.4	5:30.6
76 FERN, Evelyn	SR	Dubuque Hempstea	-	27:42.9	8:54.7	5:32.6
77 FERNANDES DE SOUZA, Ni	SR	Iowa City City High	-	27:49.5	8:56.8	5:33.9
78 ECKHARDT, Cindy	JR	Iowa City Liberty	(57)	27:50.9	8:57.2	5:34.2
79 MCDERMOTT, Addy	JR	Linn-Mar Marion	(58)	27:53.6	8:58.1	5:34.7
80 SCHUSTER, Val	SR	Epworth Western D	59	27:55.2	8:58.6	5:35.0
81 KOPPE, Mya	SR	Linn-Mar Marion	(60)	28:03.2	9:01.2	5:36.6
82 NICKELL, Ryiah	SR	Cedar Rapids Jeffer	61	28:13.4	9:04.5	5:38.7
83 VODJOGBE, Deborah	FR	Waterloo West	62	28:27.2	9:08.9	5:41.4
84 SCHINDLER, Olivia	SR	Epworth Western D	63	28:28.8	9:09.4	5:41.7
85 BOLES, Aaleah	SR	Epworth Western D	64	28:30.9	9:10.1	5:42.2
86 TELLEZ-MARCELENO, Mar	JR	Waterloo West	65	28:36.9	9:12.1	5:43.4
87 BAILEY, Harper	JR	Iowa City City High	-	28:38.6	9:12.6	5:43.7
88 TORRES, Fatima	JR	Cedar Rapids Jeffer	66	28:46.0	9:15.0	5:45.2
89 HOFFMAN, Maya	SR	Iowa City City High	-	28:48.7	9:15.9	5:45.7
90 ORR, Katelyn	SR	Linn-Mar Marion	-	28:49.2	9:16.0	5:45.8
91 CHERRY, Alex	SR	Cedar Rapids Wash	-	28:52.3	9:17.0	5:46.5
92 ANDERSON, Lilly	SR	Dubuque Senior	67	28:57.4	9:18.6	5:47.5
93 CEARLOCK, Annebelle	JR	Wahlert Dubuque	-	29:01.0	9:19.8	5:48.2
94 JOHNSEN, Tilly	FR	Iowa City Liberty	-	29:07.1	9:21.8	5:49.4
95 VIRTUE, Lydia	SR	Wahlert Dubuque	-	29:11.5	9:23.2	5:50.3
96 BRUNS, Julia	JR	Cedar Rapids Kenn	68	29:21.9	9:26.5	5:52.4
97 PITZ, Cambrie	SR	Epworth Western D	69	29:23.1	9:26.9	5:52.6
98 SMITH, Cecilia	SR	Epworth Western D	(70)	29:29.0	9:28.8	5:53.8
99 AHMAD, Fatima	SR	Iowa City City High	-	29:33.4	9:30.2	5:54.7
100 KESTEL, Bailey	SR	Waterloo West	71	29:45.3	9:34.0	5:57.1
101 CASTRO, Rachel	SR	Epworth Western D	(72)	29:48.2	9:35.0	5:57.6
102 CHITTENDEN, Ryan	JR	Cedar Rapids Kenn	73	29:53.9	9:36.8	5:58.8
103 EVANS, Halle	JR	Waterloo West	(74)	30:02.3	9:39.5	6:00.5
104 YORK, Emma	SR	Cedar Rapids Jeffer	75	30:12.3	9:42.7	6:02.5
105 WILLENBORG, Kayley	JR	Xavier Cedar Rapid	76	30:33.1	9:49.4	6:06.6
106 GONNERMAN, Megan	SR	Cedar Falls	-	31:01.7	9:58.6	6:12.3
107 STEENBLOCK, Jenna	SR	Cedar Rapids Kenn	77	31:17.3	10:03.6	6:15.5
108 SMITH, Taylor	JR	Iowa City Liberty	-	31:26.9	10:06.7	6:17.4
109 NEAL, Vera	FR	Prairie Cedar Rapid	-	31:36.2	10:09.7	6:19.2
110 MCMORRIS, Larkin	JR	Iowa City Liberty	-	31:36.4	10:09.8	6:19.3
111 GRIFFIN, Isabella	SR	Cedar Rapids Kenn	78	31:56.0	10:16.0	6:23.2
112 CLARK, Stephanie	JR	Cedar Rapids Kenn	79	31:56.5	10:16.2	6:23.3
113 WILKEN, Kendra	JR	Xavier Cedar Rapid	80	33:29.3	10:46.0	6:41.8

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<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
114 KETTMANN, Claire	SR	Xavier Cedar Rapid	(81)	33:38.8	10:49.1	6:43.8
115 BUDEDERI, Josephine	JR	Cedar Rapids Jeffer	(82)	33:49.8	10:52.7	6:46.0
116 SCHEPANSKI, Tasha	SR	Iowa City Liberty	-	34:06.5	10:58.0	6:49.3
117 HAMILTON, Maysa	SR	Cedar Rapids Wash	-	35:30.2	11:24.9	7:06.0
118 MEEHAN, Raygan	SR	Dubuque Hempstea	-	35:55.5	11:33.1	7:11.1
119 MATIT, Agum	JR	Waterloo West	(83)	41:43.2	13:24.9	8:20.6
120 WESTPHAL, Reagan	SR	Waterloo West	-	43:06.1	13:51.5	8:37.2