

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**

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Race #1
Fr-So Girls 5K**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	20	1-2-3-6-8(9)(16)	1:45:20	21:04	1:14.8
2 Dubuque Senior	43	4-5-7-13-14(15)(30)	1:48:31	21:43	1:18.9
3 Cedar Falls	68	10-11-12-17-18(22)(23)	1:51:33	22:19	0:49.7
4 Linn-Mar Marion	137	19-20-31-33-34(38)(39)	1:59:32	23:55	1:45.3
5 Wahlert Dubuque	142	24-25-28-29-36	2:00:54	24:11	2:41.0
6 Dubuque Hempstead	159	21-26-27-42-43(45)(52)	2:05:05	25:01	4:23.5
7 Xavier Cedar Rapids	211	32-37-41-47-54	2:19:28	27:54	8:09.0
8 Epworth Western Dubuque	216	35-40-44-48-49(50)(51)	2:18:01	27:37	4:22.7
9 Cedar Rapids Jefferson	267	46-53-55-56-57(58)	2:45:10	33:02	7:18.2
DNP Cedar Rapids Washington					
DNP Cedar Rapids Kennedy					

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 LEMAN, Camille	FR	Iowa City City High	1	20:30.4	6:35.6	4:06.1
2 RILEY-POMA, Brooklyn	SO	Iowa City City High	2	20:45.7	6:40.5	4:09.1
3 SHERBURNE, Lucy	SO	Iowa City City High	3	20:54.3	6:43.3	4:10.9
4 CARPENTER, Skyler	FR	Dubuque Senior	4	21:03.3	6:46.2	4:12.7
5 SCHAEFER, Mallory	FR	Dubuque Senior	5	21:04.0	6:46.4	4:12.8
6 ROMERO, Ella	SO	Iowa City City High	6	21:24.5	6:53.0	4:16.9
7 EIKAMP, Millie	SO	Dubuque Senior	7	21:41.7	6:58.5	4:20.3
8 LECLAIR, Nadia	FR	Iowa City City High	8	21:45.2	6:59.7	4:21.0
9 WILLARD, Martha	SO	Iowa City City High	(9)	21:57.2	7:03.5	4:23.4
10 WENZEL, Alexa	SO	Cedar Falls	10	21:59.9	7:04.4	4:24.0
11 MCNALLY, Emerlyn	FR	Cedar Falls	11	22:01.4	7:04.9	4:24.3
12 FREIBERG, Leah	FR	Cedar Falls	12	22:04.5	7:05.9	4:24.9
13 HOLDENER, Audrey	SO	Dubuque Senior	13	22:19.9	7:10.8	4:28.0
14 BEARD, Josie	FR	Dubuque Senior	14	22:22.2	7:11.5	4:28.4
15 TIGGES, Sophie	FR	Dubuque Senior	(15)	22:32.1	7:14.8	4:30.4
16 GALLUZZO, Lucia	FR	Iowa City City High	(16)	22:33.9	7:15.3	4:30.8
17 HANNAM, Jenna	FR	Cedar Falls	17	22:37.4	7:16.5	4:31.5
18 VERDUGHT, Maggie	SO	Cedar Falls	18	22:49.5	7:20.3	4:33.9
19 BACKES, Elayna	FR	Linn-Mar Marion	19	22:56.2	7:22.5	4:35.2
20 SPRAGG, Nadia	SO	Iowa City City High	-	22:59.9	7:23.7	4:36.0
21 BLOTT, Kamille	FR	Linn-Mar Marion	20	23:01.8	7:24.3	4:36.4
22 BELLMAN, Rebecca	FR	Dubuque Hempstea	21	23:06.5	7:25.8	4:37.3
23 FRERICHS, Alison	SO	Cedar Falls	(22)	23:06.6	7:25.9	4:37.3
24 TINK, Esther	FR	Cedar Falls	(23)	23:12.0	7:27.6	4:38.4
25 UNSEN, Mallory	SO	Wahlert Dubuque	24	23:14.9	7:28.5	4:39.0
26 KLEIN, Addison	SO	Iowa City City High	-	23:24.5	7:31.6	4:40.9
27 THIELEN, Claire	SO	Wahlert Dubuque	25	23:26.7	7:32.3	4:41.3
28 BECHTEL, Amelie	FR	Iowa City City High	-	23:27.5	7:32.5	4:41.5
29 HOUSELOG, Stella	FR	Dubuque Hempstea	26	23:28.8	7:33.0	4:41.7
30 COUSIN, June	SO	Cedar Falls	-	23:34.3	7:34.7	4:42.9

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**Race #1
Fr-So Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
31 TERRILL, Amelia	FR	Iowa City City High	-	23:35.1	7:35.0	4:43.0
32 WELTER, Sophie	FR	Dubuque Hempstea	27	23:42.2	7:37.3	4:44.4
33 WENZEL, Isabel	SO	Cedar Falls	-	23:52.7	7:40.6	4:46.5
34 PLATTE, Anna	FR	Iowa City City High	-	24:01.7	7:43.6	4:48.3
35 PENG, Helen	FR	Cedar Falls	-	24:05.4	7:44.8	4:49.1
36 ROGERS, Avery	SO	Cedar Falls	-	24:06.0	7:44.9	4:49.2
37 SELL, Everlie	SO	Wahlert Dubuque	28	24:06.5	7:45.1	4:49.3
38 BELKEN, Tessa	FR	Wahlert Dubuque	29	24:09.9	7:46.2	4:50.0
39 SPRAGUE, Chloe	SO	Dubuque Senior	(30)	24:10.8	7:46.5	4:50.1
40 DAUBS, Olivia	FR	Linn-Mar Marion	31	24:15.6	7:48.0	4:51.1
41 WARBY, Claire	SO	Cedar Falls	-	24:27.8	7:51.9	4:53.5
42 TYLER, Calli	FR	Cedar Rapids Wash	-	24:30.9	7:52.9	4:54.2
43 SWISHER, Cassie	SO	Iowa City City High	-	24:33.0	7:53.6	4:54.6
44 KUCHARSKI, Claire	FR	Xavier Cedar Rapid	32	24:36.3	7:54.7	4:55.3
45 WILDMAN, Haylie	FR	Linn-Mar Marion	33	24:37.0	7:54.9	4:55.4
46 MOCHAL, Emma	FR	Linn-Mar Marion	34	24:41.5	7:56.3	4:56.3
47 EVANS, Jolie	SO	Iowa City City High	-	24:51.8	7:59.7	4:58.3
48 CASTO, Amari	SO	Iowa City City High	-	25:04.1	8:03.6	5:00.8
49 VASKE, Claire	SO	Epworth Western D	35	25:07.5	8:04.7	5:01.5
50 HERRIG, Kelsey	FR	Iowa City City High	-	25:32.2	8:12.7	5:06.4
51 MORRISON, Sophia	FR	Dubuque Senior	-	25:43.5	8:16.3	5:08.7
52 JENSEN, Alena	SO	Cedar Rapids Wash	-	25:43.7	8:16.3	5:08.7
53 JAEGER, Kambry	SO	Cedar Falls	-	25:53.4	8:19.5	5:10.7
54 BURKE, Grace	FR	Wahlert Dubuque	36	25:55.9	8:20.3	5:11.2
55 ANDERSON, Laela	SO	Xavier Cedar Rapid	37	26:06.4	8:23.6	5:13.3
56 CARPENTER, Heather	FR	Linn-Mar Marion	(38)	26:07.5	8:24.0	5:13.5
57 SAKOLKAR, Vasudha	FR	Linn-Mar Marion	(39)	26:14.9	8:26.4	5:15.0
58 HADZIC, Hana	FR	Iowa City City High	-	26:23.5	8:29.2	5:16.7
59 SWITZER, Cadia	SO	Cedar Falls	-	26:30.9	8:31.5	5:18.2
60 HODGSON, Olivia	SO	Epworth Western D	40	26:48.3	8:37.1	5:21.7
61 PFAB, Hannah	SO	Xavier Cedar Rapid	41	27:01.0	8:41.2	5:24.2
62 ROLAND, Frances	SO	Cedar Rapids Wash	-	27:09.3	8:43.9	5:25.9
63 BLOCK, Piper	FR	Cedar Falls	-	27:12.9	8:45.0	5:26.6
64 KIEFFER, Kenzie	FR	Dubuque Hempstea	42	27:17.2	8:46.4	5:27.4
65 KALLBACK, Josie	SO	Dubuque Hempstea	43	27:29.9	8:50.5	5:30.0
66 ZIMMERMAN, Anna	FR	Epworth Western D	44	27:31.9	8:51.1	5:30.4
67 ROLING, Carsyn	FR	Dubuque Hempstea	(45)	27:32.4	8:51.3	5:30.5
68 GOOD, Elise	SO	Iowa City City High	-	27:41.1	8:54.1	5:32.2
69 MOLSBERRY, Molly	FR	Iowa City City High	-	27:53.8	8:58.2	5:34.8
70 FEIT, Sadie	FR	Cedar Rapids Kenn	-	28:10.4	9:03.5	5:38.1
71 ROUSSI, Chancelline	SO	Cedar Rapids Jeffer	46	28:19.5	9:06.5	5:39.9
72 ARENS, Ella	SO	Xavier Cedar Rapid	47	28:58.7	9:19.1	5:47.7
73 ARNOLD, Madeline	SO	Epworth Western D	48	29:02.9	9:20.4	5:48.6
74 NEAL, Ruby	SO	Dubuque Senior	-	29:22.6	9:26.7	5:52.5
75 NAUMAN, Jaclyn	FR	Epworth Western D	49	29:30.2	9:29.2	5:54.0
76 PHUKE, Aarya	SO	Cedar Falls	-	30:10.8	9:42.2	6:02.2

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Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
77 AYALA, Haylie	SO	Cedar Rapids Kenn	-	30:11.5	9:42.5	6:02.3
78 DIGMANN, Ella	SO	Epworth Western D	(50)	30:14.1	9:43.3	6:02.8
79 NACE, Avery	SO	Iowa City City High	-	30:16.1	9:43.9	6:03.2
80 HOLMES, Raina	SO	Cedar Rapids Kenn	-	30:44.7	9:53.1	6:08.9
81 VASKE, Kaitlyn	FR	Epworth Western D	(51)	31:00.4	9:58.2	6:12.1
82 WAGENER, Lily	SO	Dubuque Hempstea	(52)	31:05.9	10:00.0	6:13.2
83 DOLAN, Addilyn	SO	Dubuque Hempstea	-	31:59.5	10:17.2	6:23.9
84 CARPENTER, Ava	SO	Cedar Rapids Jeffer	53	32:31.4	10:27.4	6:30.3
85 PARK, Soyeon	SO	Xavier Cedar Rapid	54	32:45.3	10:31.9	6:33.0
86 SANDERS, Curstin	SO	Cedar Rapids Jeffer	55	33:43.5	10:50.6	6:44.7
87 FERNANDEZ, Nalani	FR	Cedar Rapids Wash	-	34:50.9	11:12.3	6:58.2
88 POWERS, Elizabeth	SO	Iowa City City High	-	34:53.0	11:13.0	6:58.6
89 REGALADO, Daisy	SO	Cedar Rapids Jeffer	56	34:58.2	11:14.6	6:59.6
90 COINER, Adrianna	SO	Iowa City City High	-	35:29.8	11:24.8	7:05.9
91 WILLIAMS, Alijah	SO	Cedar Rapids Jeffer	57	35:37.6	11:27.3	7:07.5
92 ALLEN, Gabby	SO	Cedar Rapids Jeffer	(58)	35:46.4	11:30.2	7:09.3
93 KROGER, Lilly	FR	Dubuque Senior	-	42:19.6	13:36.6	8:27.9