

# IOWA STATE QUALIFIER 1A - CENTRAL SPRINGS

Manly, IA  
Pioneer Town & Country Club  
Thursday, October 20, 2022



OFFICIAL MEET REPORT  
printed: 10/20/2022 5:08 PM

**Race #1**  
**Girls 5000M**

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.
1 St. Edmond Fort Dod	49	3-8-9-10-19(33)(47)	1:46:06	21:14
2 North Iowa Buffalo C	80	5-6-14-15-40(59)	1:49:42	21:57
3 Newman Catholic Ma	88	11-16-17-20-24(37)(57)	1:52:16	22:28
4 Manson Northwest W	93	1-4-21-23-44(52)(53)	1:49:46	21:58
5 Central Springs	114	7-13-22-26-46	1:53:35	22:43
6 Nashua-Plainfield	160	2-27-28-48-55(61)(66)	1:56:41	23:21
7 Clarksville	185	34-35-36-38-42(64)	2:00:35	24:07
8 Belmont-Klemme	192	18-31-32-49-62	2:04:22	24:53
9 Saint Ansgar	210	12-41-43-51-63	2:06:24	25:17
10 Lake Mills	223*	29-39-45-50-60(65)	2:04:30	24:54
11 West Hancock Britt	223*	25-30-54-56-58(67)	2:05:17	25:04

#### \*Tiebreakers

Lake Mills	29	39	45	50	60	65
West Hancock Britt	25	30	54	56	58	67

### INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Alyssa Richman I	SO	1418	Manson Northw	1	19:15.3	---
2 Kadence Huck I	SO	1430	Nashua-Plainfie	2	19:16.7	1.4
3 Anna Lursen I	FR	1504	St. Edmond For	3	20:03.0	46.7
4 Jacey Welbig I	SO	1467	North Union	-	20:04.0	47.7
5 Tyra Schupbach I	FR	1509	West Bend-Mall	-	20:07.4	52.1
6 Preslie Oswald I	SR	1416	Manson Northw	4	20:09.3	54.0
7 Lauren Hillesland I	FR	1455	North Iowa Buff	5	20:20.2	1:04.9
8 Becca Hofmann I	JR	1456	North Iowa Buff	6	20:36.4	1:21.1
9 Claire Rye I	SO	1375	Central Springs	7	20:37.6	1:22.3
10 Michaela Leiting I	JR	1503	St. Edmond For	8	20:48.9	1:33.6
11 Ellie Knox T	SO	1500	St. Edmond For	9	21:09.8	1:54.5
12 Hannah Landwehr T	JR	1502	St. Edmond For	10	21:24.3	2:09.0
13 Claire Zweibohmer	FR	1479	Riceville	-	21:39.9	2:24.6
14 Kenna Hemann	JR	1444	Newman Cathol	11	21:43.7	2:28.4
15 Lila Powers	FR	1488	Saint Ansgar	12	22:00.1	2:44.8
16 Ella Pippert	SR	1374	Central Springs	13	22:03.9	2:48.6
17 Ava Meinders T	FR	1457	North Iowa Buff	14	22:06.0	2:49.7
18 Megan Ocel	JR	1473	Northwood-Ken	-	22:10.6	2:55.3
19 Tarah Ruckdashel	SO	1520	West Fork Shef	-	22:17.5	3:02.2
20 Lilly Morey	FR	1508	West Bend-Mall	-	22:20.0	3:03.7
21 Miriam Beenken T	JR	1454	North Iowa Buff	15	22:21.8	3:06.5
22 Ella Petree	JR	1446	Newman Cathol	16	22:23.6	3:08.3
23 Jayce Weiner	JR	1447	Newman Cathol	17	22:25.2	3:09.9
24 Hannah Morphew	SR	1465	North Union	-	22:25.8	3:10.5
25 Jana Harms	SO	1518	West Fork Shef	-	22:34.9	3:19.6
26 Lillyann Aguilera	SO	1350	Belmond-Klem	18	22:39.1	3:23.8
27 Anna Kolacia T	SR	1501	St. Edmond For	19	22:40.1	3:24.8
28 Grace Gabriel	SR	1442	Newman Cathol	20	22:41.3	3:26.0

### TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
29 Raygin Anderson	FR	1414	Manson Northw	21	22:46.0	3:29.7
30 Addyson Main	FR	1373	Central Springs	22	22:52.2	3:36.9
31 Amber Aljets	JR	1413	Manson Northw	23	22:54.2	3:38.9
32 Madelynn Welbus	SR	1521	West Fork Shef	-	22:59.3	3:44.0
33 RaeLynn Nash	SR	1519	West Fork Shef	-	23:01.1	3:45.8
34 Sydney Andersen	JR	1441	Newman Cathol	24	23:02.2	3:46.9
35 Elli Christensen	SO	1524	West Hancock	25	23:04.7	3:49.4
36 Whitney Davis	FR	1372	Central Springs	26	23:09.4	3:54.1
37 Ellie Eick	JR	1428	Nashua-Plainfie	27	23:11.9	3:56.6
38 Jalissa White	FR	1433	Nashua-Plainfie	28	23:16.7	4:01.4
39 Josie Helgeson	SR	1399	Lake Mills	29	23:22.3	4:07.0
40 Sienna Weiland	SO	1529	West Hancock	30	23:24.9	4:09.6
41 Clementine Sifert	FR	1353	Belmond-Klem	31	23:27.9	4:12.6
42 Lexi Welter	SO	1510	West Bend-Mall	-	23:30.2	4:14.9
43 Lila Swenson	FR	1354	Belmond-Klem	32	23:35.2	4:19.9
44 Klara Baker T	SR	1498	St. Edmond For	(33)	23:40.2	4:24.9
45 Lauren Swift	JR	1364	Bishop Garriga	-	23:41.3	4:26.0
46 Addy Johnson	SO	1381	Clarksville	34	23:49.4	4:34.1
47 Ceanna Capper	JR	1380	Clarksville	35	23:57.0	4:40.7
48 Paige Kampman	FR	1382	Clarksville	36	23:58.9	4:43.6
49 Macy Thorson	SO	1474	Northwood-Ken	-	24:00.1	4:44.8
50 Hailey Heinselmann	SO	1443	Newman Cathol	(37)	24:03.8	4:48.5
51 Mollie Bloker	JR	1379	Clarksville	38	24:12.8	4:57.5
52 Anna Stene	SO	1404	Lake Mills	39	24:15.2	4:59.9
53 Elizabeth Beenken T	SR	1453	North Iowa Buff	40	24:17.5	5:02.2
54 Lanie Hanna	FR	1486	Saint Ansgar	41	24:32.8	5:17.5
55 Hannah Wangsness	FR	1384	Clarksville	42	24:36.4	5:21.1
56 Khari Young	SR	1490	Saint Ansgar	43	24:36.6	5:21.3
57 Bianca Aquino	FR	1415	Manson Northw	44	24:41.2	5:25.9
58 Ashley Koenigs	SR	1478	Riceville	-	24:49.7	5:34.4
59 Jennifer Carranza	SO	1464	North Union	-	24:50.8	5:35.5
60 Kyla Johanson	JR	1400	Lake Mills	45	24:51.0	5:34.7
61 Julia Whipple	JR	1376	Central Springs	46	24:51.3	5:36.0
62 Grace Muller	JR	1482	Rockford	-	24:51.6	5:36.3
63 Andee Barwin T	JR	1499	St. Edmond For	(47)	25:00.9	5:45.6
64 Amberley Gerholdt	SO	1429	Nashua-Plainfie	48	25:05.9	5:50.6
65 Kendra Huedepohl	FR	1351	Belmond-Klem	49	25:06.4	5:51.1
66 Emma Taft	SO	1405	Lake Mills	50	25:07.1	5:51.8
67 Abbey Muller	SO	1487	Saint Ansgar	51	25:25.6	6:10.3
68 Abi Shannon	SR	1419	Manson Northw	(52)	25:27.7	6:12.4
69 Miranda Pohlman	SR	1417	Manson Northw	(53)	25:28.9	6:13.6
70 Olivia Moore	SR	1528	West Hancock	54	25:47.7	6:32.4
71 Alexis Weiss	JR	1432	Nashua-Plainfie	55	25:49.1	6:33.8
72 Vanessa Mendez	FR	1527	West Hancock	56	26:17.3	7:02.0
73 Maggie McMichael	FR	1445	Newman Cathol	(57)	26:18.2	7:02.9
74 Brinley Hiscocks	FR	1525	West Hancock	58	26:42.4	7:27.1

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**Race #1**  
**Girls 5000M**

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
75 Alyssa Olson T	SO	1458	North Iowa Buff	(59)	26:53.5	7:38.2
76 Madison Johnson	FR	1401	Lake Mills	60	26:54.2	7:38.9
77 Allyson Nelson	SO	1466	North Union	-	27:28.6	8:13.3
78 Rosanne Curtis	FR	1362	Bishop Garriga	-	27:32.7	8:17.4
79 Merrin Hansen	FR	1472	Northwood-Ken	-	27:51.0	8:34.7
80 Liberty Ellis	FR	1390	GTRA	-	29:16.1	10:00.
81 Emma O'Neill	JR	1431	Nashua-Plainfie	(61)	29:24.6	10:09.
82 Kaylen Morris	FR	1352	Belmond-Klem	62	29:33.7	10:18.
83 Sophia Squire	FR	1489	Saint Ansgar	63	29:48.6	10:33.
84 Sydney Lovrien	FR	1383	Clarksville	(64)	30:10.0	10:53.
85 Emma Chapin	FR	1389	GTRA	-	30:10.1	10:54.
86 Breylnne Rogne	SR	1403	Lake Mills	(65)	32:20.5	13:05.
87 Sheyenne Bergmann	SR	1427	Nashua-Plainfie	(66)	34:08.2	14:52.
88 Eidann Squires	SO	1391	GTRA	-	34:20.7	15:05.
89 Claire Hiscocks	FR	1526	West Hancock	(67)	35:00.8	15:45.

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**Race #2**  
**Boys 5000M**

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.
1 St. Edmond Fort Dod	56	3-10-12-15-16(25)(48)	1:28:26	17:42
2 Lake MillsT	69	2-6-14-21-26(33)(46)	1:29:39	17:56
3 Newman Catholic Ma	70	1-5-17-19-28(29)(32)	1:30:09	18:02
4 Manson Northwest W	121	9-23-24-30-35(42)(60)	1:34:24	18:53
5 Belmont-Klemme	144	7-20-27-41-49(66)(69)	1:36:11	19:15
6 Central Springs	152	13-22-31-36-50(53)(57)	1:37:00	19:24
7 Nashua-Plainfield	197	18-34-44-45-56(65)(67)	1:39:47	19:58
8 North Iowa Buffalo C	203	4-39-47-55-58	1:39:31	19:55
9 North Union	222	11-37-52-59-63	1:41:20	20:16
10 Bishop Garrigan Algo	223	8-38-54-61-62(64)(70)	1:41:48	20:22
11 West Fork Sheffield	273	40-43-51-68-71	1:49:49	21:58

### TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
34 Austin Lloyd	SR	1368	Central Springs	31	19:30.7	3:07.4
35 Noah O'Connell	SO	1437	Newman Cathol	(32)	19:31.8	3:08.5
36 Howard Clark	JR	1377	Clarksville	-	19:32.2	3:08.9
37 Lucas Oldenkamp T	SO	1393	Lake Mills	(33)	19:36.9	3:13.6
38 Caleb Sinnwell	SO	1425	Nashua-Plainfie	34	19:38.3	3:15.0
39 Owen Eldridge	JR	1407	Manson Northw	35	19:41.5	3:18.2
40 Thomas Haas	SO	1366	Central Springs	36	19:47.1	3:23.8
41 Chase Cummins	SR	1461	North Union	37	19:49.3	3:26.0
42 Ethan Kuper	JR	1356	Bishop Garriga	38	19:52.1	3:28.8
43 Isaac Hillesland	JR	1451	North Iowa Buff	39	19:55.6	3:32.3
44 Ashyr Wiseman	SO	1517	West Fork Shef	40	20:03.8	3:40.5
45 Ryan Hartwig	FR	1344	Belmond-Klem	41	20:06.5	3:43.2

### INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Ryan Kelly I	SR	1435	Newman Cathol	1	16:23.3	---
2 Justin Rygh I	JR	1395	Lake Mills	2	16:24.6	1.3
3 Aaron Lursen I	SR	1493	St. Edmond For	3	16:40.2	16.9
4 Gavin Grunhovd I	SO	1448	North Iowa Buff	4	17:00.8	37.5
5 Joey Ringo I	SR	1438	Newman Cathol	5	17:19.3	56.0
6 Knute Rogne I	FR	1394	Lake Mills	6	17:21.4	58.1
7 Isaac Swenson I	SR	1349	Belmond-Klem	7	17:22.0	57.7
8 Gavin Swift I	SR	1360	Bishop Garriga	8	17:27.9	1:04.6
9 Lane Moline I	SR	1409	Manson Northw	9	17:28.0	1:03.7
10 Sam Mericle I	JR	1494	St. Edmond For	10	17:28.1	1:04.8
11 Gavyn Morphew	JR	1462	North Union	11	17:28.9	1:05.6
12 Liam Shannon T	SO	1496	St. Edmond For	12	17:47.2	1:23.9
13 Aiden Egertson	SR	1386	GTRA	-	17:48.5	1:25.2
14 Carter Lanphere	JR	1367	Central Springs	13	18:01.5	1:38.2
15 Kade Van Roekel T	SO	1397	Lake Mills	14	18:04.4	1:41.1
16 Anthony Valles T	FR	1497	St. Edmond For	15	18:06.4	1:43.1
17 Thomas Cosgrove T	JR	1491	St. Edmond For	16	18:23.9	2:00.6
18 Adam Henrich	SO	1434	Newman Cathol	17	18:30.6	2:07.3
19 Jase Hansen	FR	1421	Nashua-Plainfie	18	18:37.5	2:14.2
20 Liam Stockberger	JR	1440	Newman Cathol	19	18:41.5	2:18.2
21 Bradan Gabrielson	SR	1343	Belmond-Klem	20	18:46.9	2:23.6
22 Hayden Thompson T	FR	1396	Lake Mills	21	18:48.4	2:25.1
23 Gavin Ryner	SO	1370	Central Springs	22	18:50.9	2:27.6
24 Carson Widlund	JR	1412	Manson Northw	23	18:52.7	2:29.4
25 Thatcher Oswald	FR	1410	Manson Northw	24	18:53.7	2:30.4
26 Carter Rial T	SR	1495	St. Edmond For	(25)	18:55.5	2:32.2
27 Stephen Brandenburg	FR	1392	Lake Mills	26	19:00.2	2:36.9
28 Cole Hansen	SR	1483	Saint Ansgar	-	19:01.1	2:37.8
29 Isaiah Collins	FR	1522	West Hancock	-	19:05.0	2:40.7
30 Griffin Paulsen	FR	1347	Belmond-Klem	27	19:10.5	2:47.2
31 Landon Kohler	SR	1436	Newman Cathol	28	19:13.8	2:50.5
32 Sam Steidl	SO	1439	Newman Cathol	(29)	19:20.6	2:57.3
33 Korbin Jensen	SR	1408	Manson Northw	30	19:28.2	3:04.9
46 Tysin Anderson	SO	1406	Manson Northw	(42)	20:09.3	3:46.0
47 Edison Maske	JR	1512	West Fork Shef	43	20:10.5	3:47.2
48 Levi Winters	SR	1426	Nashua-Plainfie	44	20:12.3	3:49.0
49 Luke Paplow	SO	1424	Nashua-Plainfie	45	20:12.7	3:49.4
50 Alejandro Vazquez-Per	SO	1398	Lake Mills	(46)	20:17.7	3:54.4
51 Jackson Potter	SO	1452	North Iowa Buff	47	20:23.1	3:59.8
52 Eric Laures	SR	1378	Clarksville	-	20:29.4	4:06.1
53 Thomas Knobbe T	FR	1492	St. Edmond For	(48)	20:38.1	4:14.8
54 Kaden VanEpps	FR	1523	West Hancock	-	20:43.8	4:20.5
55 Alec Herrold	FR	1345	Belmond-Klem	49	20:45.0	4:20.7
56 Jack Pruin	SO	1369	Central Springs	50	20:49.1	4:25.8
57 Cody Hart	FR	1477	Riceville	-	20:52.3	4:29.0
58 Josh Hagin	SR	1511	West Fork Shef	51	20:53.4	4:30.1
59 Nicholas Arndorfer	JR	1459	North Union	52	20:54.8	4:31.5
60 Blake Barker	JR	1365	Central Springs	(53)	20:56.5	4:33.2
61 Daniel Meis	SO	1357	Bishop Garriga	54	20:57.0	4:32.7
62 Noah Hanson	SO	1450	North Iowa Buff	55	20:58.6	4:35.3
63 Caleb Lentz	JR	1423	Nashua-Plainfie	56	21:05.5	4:42.2
64 Owen Wetter	JR	1371	Central Springs	(57)	21:09.9	4:46.6
65 Jaycob Guthart	SO	1449	North Iowa Buff	58	21:12.8	4:49.5
66 Dalton Tobin	SR	1463	North Union	59	21:15.4	4:52.1
67 Aiden Bice	SO	1468	Northwood-Ken	-	21:16.2	4:52.9
68 Brody Proctor	JR	1411	Manson Northw	(60)	21:24.4	5:01.1
69 Zach Heiken	FR	1469	Northwood-Ken	-	21:25.2	5:01.9
70 Amaury Thomas	FR	1361	Bishop Garriga	61	21:45.1	5:21.8
71 Schyler Morse	SO	1358	Bishop Garriga	62	21:46.1	5:22.8
72 Lucan Knutson	SO	1484	Saint Ansgar	-	21:47.4	5:24.1
73 Zach Borchers	JR	1385	GTRA	-	21:50.1	5:26.8
74 Aiden Bauer	FR	1460	North Union	63	21:50.9	5:27.6
75 Nathaniel Darling	JR	1355	Bishop Garriga	(64)	21:55.8	5:32.5
76 Brexton Bird	FR	1420	Nashua-Plainfie	(65)	21:55.9	5:32.6
77 Ryker Hoffman	SO	1481	Rockford	-	22:03.4	5:40.1
78 Brian Nunez	SO	1485	Saint Ansgar	-	22:05.8	5:42.5
79 Elijah Dwine	FR	1475	Riceville	-	22:16.6	5:53.3

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## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
80 Tristan Harvey	JR	1387	GTRA	-	22:22.8	5:59.5
81 Daniel Rodriguez	FR	1348	Belmond-Klem	(66)	22:30.7	6:07.4
82 Brady Lensing	FR	1422	Nashua-Plainfie	(67)	22:33.8	6:10.5
83 Eli Muhlenbruch	FR	1513	West Fork Shef	68	22:44.2	6:20.9
84 Quentin Scott	SR	1388	GTRA	-	22:52.2	6:28.9
85 Christopher Madsen	JR	1470	Northwood-Ken	-	23:02.4	6:39.1
86 Mac Hirv	JR	1480	Rockford	-	23:24.0	6:59.7
87 Trevor Sabin	SR	1507	West Bend-Mall	-	23:26.3	7:03.0
88 Grayden Forsythe	SO	1505	West Bend-Mall	-	24:29.1	8:05.8
89 Callum Sifert	FR	1346	Belmond-Klem	(69)	25:05.7	8:42.4
90 Klayton Jones	JR	1506	West Bend-Mall	-	25:31.5	9:08.2
91 Gabe Swift	FR	1359	Bishop Garriga	(70)	25:35.9	9:12.6
92 Jake Swenson	SR	1515	West Fork Shef	71	25:56.8	9:33.5