

**IOWA STATE QUALIFIER 1A - CENTRAL SPRINGS**

Manly, IA  
 Pioneer Town & Country Club  
 Thursday, October 19, 2023

**MEET OFFICIALS**

Timing:  
 Wayzata Results, LLC



**OFFICIAL MEET REPORT**  
 printed: 10/19/2023 5:24 PM

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

**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.
1 South Winneshiek T	39	3-5-9-10-12(15)(16)	1:45:53	21:11
2 Grundy Center T	78	8-11-14-22-23(24)(36)	1:51:42	22:21
3 North Iowa Buffalo C	90	2-7-17-27-37(41)	1:51:14	22:15
4 Newman Catholic Ma	101	6-13-18-31-33(39)(40)	1:53:48	22:46
5 Central Springs	124	4-21-25-28-46(48)(57)	1:55:14	23:03
6 Nashua-Plainfield	137	1-19-26-38-53(54)(59)	1:56:47	23:22
7 West Hancock Britt	179	20-30-32-47-50(52)	2:01:44	24:21
8 Lake Mills	185	29-34-35-43-44(49)(51)	2:01:43	24:21
9 Clarksville	256	42-45-55-56-58	2:13:06	26:38

**TEAM SCORING SUMMARY (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap
36 Jalissa White	SO	7486	Nashua-Plainfie	26	23:26.3	3:48.2
37 Miriam Beenken	SR	7506	North Iowa Buff	27	23:29.0	3:49.9
38 Ellie Harms	FR	7560	West Fork Shef	-	23:33.3	3:55.2
39 Dayton Berman	FR	7419	Central Springs	28	23:37.6	3:59.5
40 Mya Peterson	SO	7468	Lake Mills	29	23:38.9	4:00.8
41 Elli Christensen	JR	7572	West Hancock	30	23:53.2	4:15.1
42 Emma Hall	SR	7528	Saint Ansgar	-	23:55.8	4:17.7
43 Sydney Andersen	SR	7494	Newman Cathol	31	23:59.8	4:21.7
44 Vanessa Mendez	SO	7576	West Hancock	32	24:06.1	4:28.0
45 Addison Winters	SO	7458	Kee Lansing	-	24:08.1	4:30.0
46 Kate Knoll	FR	7496	Newman Cathol	33	24:13.7	4:35.6
47 Kaylie Sylvara	FR	7471	Lake Mills	34	24:14.4	4:36.3
48 Kara Renneker	FR	7469	Lake Mills	35	24:16.0	4:36.9
49 Emerson Lynch T	SO	7443	Grundy Center	(36)	24:17.7	4:39.6
50 Clementine Sifert	SO	7410	Belmond-Klem	-	24:19.7	4:41.6
51 Madeline Halberg	FR	7508	North Iowa Buff	37	24:22.5	4:44.4
52 Amberley Gerholdt	JR	7481	Nashua-Plainfie	38	24:23.6	4:45.5
53 Rachel Olsen	SR	7498	Newman Cathol	(39)	24:33.1	4:55.0
54 Jana Harms	JR	7561	West Fork Shef	-	24:37.3	4:59.2
55 Maggie McMichael	SO	7497	Newman Cathol	(40)	24:39.1	5:01.0
56 Alexis Gray	FR	7507	North Iowa Buff	(41)	24:39.4	5:01.3
57 Grace Muller	SR	7523	Rockford	-	24:39.9	5:01.8
58 Mollie Bloker	SR	7427	Clarksville	42	24:42.5	5:04.4
59 Annie Bloedel	FR	7466	Lake Mills	43	24:45.1	5:07.0
60 Kyla Johanson	SR	7467	Lake Mills	44	24:48.2	5:10.1
61 Paige Kampman	SO	7430	Clarksville	45	24:50.8	5:12.7
62 Whitney Davis	SO	7420	Central Springs	46	24:53.0	5:13.9
63 Tori Koenigs	SO	7520	Riceville	-	24:55.2	5:17.1
64 Elisabeth Nicholson	SR	7432	Clear Lake Clas	-	24:56.1	5:18.0
65 Isabelle Aitchison	FR	7570	West Hancock	47	24:59.0	5:19.9
66 Abbey Muller	JR	7530	Saint Ansgar	-	25:19.6	5:41.5
67 Mya Howes	SO	7421	Central Springs	(48)	25:26.2	5:48.1
68 Kendra Huedepohl	SO	7409	Belmond-Klem	-	25:31.0	5:51.9
69 Anna Stene	JR	7470	Lake Mills	(49)	25:37.2	5:59.1
70 Ava Keiper	FR	7574	West Hancock	50	25:40.1	6:02.0
71 Lillyann Aguilera	JR	7408	Belmond-Klem	-	25:43.5	6:05.4
72 Lexi Hanson-Brandsoy	SR	7516	Northwood-Ken	-	25:44.1	6:06.0
73 Emma Taft	JR	7472	Lake Mills	(51)	25:44.5	6:06.4
74 Sophie Aitchison	FR	7571	West Hancock	(52)	26:00.5	6:22.4
75 Lexi Weiss	SR	7485	Nashua-Plainfie	53	26:16.6	6:38.5
76 Marleigh Lowe	JR	7483	Nashua-Plainfie	(54)	26:53.1	7:15.0
77 Addy Johnson	JR	7429	Clarksville	55	27:32.0	7:52.9
78 Hannah Wangsness	SO	7431	Clarksville	56	27:37.7	7:59.6
79 Julia Whipple	SR	7425	Central Springs	(57)	27:47.9	8:09.8
80 Ceanna Capper	SR	7428	Clarksville	58	28:23.0	8:43.9
81 Hailey Winters	SR	7524	Rockford	-	28:25.8	8:47.7

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap
1 Kadence Huck I	JR	7482	Nashua-Plainfie	1	19:38.1	---
2 Claire Zweibohmer I	SO	7521	Riceville	-	20:00.1	22.0
3 Lauren Hillesland I	SO	7509	North Iowa Buff	2	20:06.1	28.0
4 Annie Hageman I	FR	7540	South Winneshi	3	20:10.5	32.4
5 Claire Rye I	JR	7424	Central Springs	4	20:12.7	34.6
6 Ava Franzen I	FR	7539	South Winneshi	5	20:19.5	41.4
7 Tess Weiner I	FR	7500	Newman Cathol	6	20:20.3	42.2
8 Lila Powers I	SO	7531	Saint Ansgar	-	20:22.4	44.3
9 Becca Hofmann I	SR	7510	North Iowa Buff	7	20:29.3	51.2
10 Grace Storjohann I	SO	7446	Grundy Center	8	20:39.3	1:01.2
11 Bella Stika	FR	7552	Turkey Valley J	-	21:04.6	1:26.5
12 Maddi Jansen T	SO	7541	South Winneshi	9	21:18.2	1:40.1
13 Evelyn Hitzhusen	FR	7562	West Fork Shef	-	21:29.0	1:49.9
14 Josie Tieskoetter T	SR	7544	South Winneshi	10	21:48.5	2:10.4
15 Tarah Ruckdashel	JR	7563	West Fork Shef	-	21:56.6	2:18.5
16 Laney Dole T	SR	7440	Grundy Center	11	22:11.0	2:31.9
17 Izzy Kuboushek T	JR	7542	South Winneshi	12	22:16.3	2:38.2
18 Kenna Hemann	SR	7495	Newman Cathol	13	22:20.6	2:42.5
19 Makenna Steinmeyer T	FR	7445	Grundy Center	14	22:24.8	2:46.7
20 Karissa Wenthold T	JR	7545	South Winneshi	(15)	22:33.3	2:55.2
21 Lauren Ondrashek T	FR	7543	South Winneshi	(16)	22:42.1	3:04.0
22 Ava Meinders	SO	7511	North Iowa Buff	17	22:47.1	3:09.0
23 Ella Petree	SR	7499	Newman Cathol	18	22:53.5	3:15.4
24 Macy Thorson	JR	7517	Northwood-Ken	-	22:55.8	3:17.7
25 Ellie Eick	SR	7480	Nashua-Plainfie	19	23:02.1	3:24.0
26 Lanie Hanna	SO	7529	Saint Ansgar	-	23:03.2	3:25.1
27 Tara Marchand	SO	7575	West Hancock	20	23:05.4	3:27.3
28 McKenna Kelley	FR	7422	Central Springs	21	23:10.1	3:32.0
29 Kate Hayes T	JR	7442	Grundy Center	22	23:12.0	3:32.9
30 Lila Swenson	SO	7411	Belmond-Klem	-	23:13.1	3:35.0
31 Karlee Lynch T	SO	7444	Grundy Center	23	23:14.5	3:36.4
32 Evelyn Geerdes T	FR	7441	Grundy Center	(24)	23:16.5	3:38.4
33 Addyson Main	SO	7423	Central Springs	25	23:20.1	3:42.0
34 Merrin Hanson	SO	7515	Northwood-Ken	-	23:22.1	3:44.0
35 Hazel Nieman	FR	7551	Turkey Valley J	-	23:25.6	3:47.5

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*Race #1*  
*Girls 5000M*

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
82 Emma O'Neill	SR	7484	Nashua-Plainfie	(59)	29:50.3	10:12.

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### Race #2 Boys 5000M

## Final Results

#### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.
1 Lake MillsT	32	2-5-6-7-12(22)(24)	1:26:03	17:13
2 Grundy CenterT	45	1-3-9-11-21(31)(60)	1:28:06	17:38
3 Central Springs	144	14-17-20-46-47(55)(57)	1:36:52	19:23
4 Nashua-Plainfield	151*	15-26-33-38-39(40)(44)	1:39:01	19:49
5 Newman Catholic Ma	151*	13-27-28-35-48(50)(58)	1:39:05	19:49
6 West Fork Sheffield	159	23-29-34-36-37(41)(54)	1:40:10	20:02
7 North Iowa Buffalo C	161	4-18-25-53-61	1:37:57	19:36
8 South Winneshiek	166	10-16-43-45-52(62)(67)	1:38:16	19:40
9 Kee Lansing	203	8-30-49-51-65(70)	1:40:49	20:10
10 West Hancock Britt	218	19-32-42-59-66(69)	1:43:15	20:39
11 Janesville	322	56-63-64-68-71	1:57:16	23:28

#### \*Tiebreakers

Nashua-Plainfield	15	26	33	38	39	40
Newman Catholic Mason City	13	27	28	35	48	50

#### INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Emerson Vokes I	SO	7438	Grundy Center	1	16:13.2	---
2 Justin Rygh I	SR	7462	Lake Mills	2	16:24.8	11.6
3 Kaden Lynch I	SR	7435	Grundy Center	3	16:34.2	21.0
4 Gavin Grunhovd I	JR	7501	North Iowa Buff	4	16:55.2	42.0
5 Knute Rogne I	SO	7461	Lake Mills	5	17:02.7	49.5
6 Kade Van Roekel I	JR	7465	Lake Mills	6	17:03.5	50.3
7 Hayden Thompson I	SO	7464	Lake Mills	7	17:16.5	1:03.3
8 Justin Wagner I	SO	7456	Kee Lansing	8	17:18.1	1:04.9
9 Tyler Venenga I	SR	7437	Grundy Center	9	17:52.2	1:39.0
10 Abe Conway I	SR	7532	South Winneshi	10	18:01.9	1:48.7
11 Brayden Davie T	SO	7433	Grundy Center	11	18:12.5	1:59.3
12 Stephen Brandenburg	SO	7459	Lake Mills	12	18:15.3	2:02.1
13 Adam Henrich	JR	7489	Newman Cathol	13	18:16.4	2:03.2
14 Gavin Ryner	JR	7415	Central Springs	14	18:23.6	2:10.4
15 Jase Hansen	SO	7473	Nashua-Plainfie	15	18:24.7	2:11.5
16 Brad Dahl	SO	7533	South Winneshi	16	18:25.5	2:12.3
17 Carter Lanphere	SR	7413	Central Springs	17	18:29.1	2:15.9
18 Jackson Potter	JR	7504	North Iowa Buff	18	18:41.7	2:28.5
19 Cody Hart	SO	7519	Riceville	-	18:49.7	2:36.5
20 Isaiah Collins	SO	7564	West Hancock	19	18:51.2	2:38.0
21 Liam Stockberger	SR	7416	Central Springs	20	18:54.2	2:41.0
22 Russell Nieman	SR	7550	Turkey Valley J	-	18:54.8	2:41.6
23 Sullivan Dirks T	SR	7434	Grundy Center	21	19:14.1	3:00.9
24 Caleb Skogen T	FR	7463	Lake Mills	(22)	19:20.2	3:07.0
25 Levi Ruckdashel	SR	7556	West Fork Shef	23	19:23.7	3:10.5
26 Joseph Charlson T	FR	7460	Lake Mills	(24)	19:27.7	3:14.5
27 Isaac Hillesland	SR	7503	North Iowa Buff	25	19:37.1	3:23.9
28 Caleb Sinnwell	JR	7478	Nashua-Plainfie	26	19:46.0	3:31.8

#### TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
29 Bode Balk	SR	7548	Turkey Valley J	-	19:46.3	3:33.1
30 Dan Spooner	SO	7493	Newman Cathol	27	19:59.0	3:44.8
31 Noah O'Connell	JR	7490	Newman Cathol	28	20:01.2	3:48.0
32 Ashyr Wiseman	JR	7559	West Fork Shef	29	20:01.4	3:48.2
33 Brendan Jones	JR	7452	Kee Lansing	30	20:05.1	3:51.9
34 Brayden Wallis T	JR	7439	Grundy Center	(31)	20:05.9	3:52.7
35 Riley Gauden	FR	7568	West Hancock	32	20:09.7	3:56.5
36 Avery Mueller	SO	7476	Nashua-Plainfie	33	20:11.1	3:57.9
37 Aaron Ihrke	SO	7554	West Fork Shef	34	20:12.7	3:59.5
38 Josh Hanson	SR	7488	Newman Cathol	35	20:13.2	4:00.0
39 Edison Maske	SR	7555	West Fork Shef	36	20:14.6	4:01.4
40 Owen Wedmore	FR	7558	West Fork Shef	37	20:17.7	4:04.5
41 Jake Smith	SO	7479	Nashua-Plainfie	38	20:19.0	4:04.8
42 Luke Paplow	JR	7477	Nashua-Plainfie	39	20:19.7	4:06.5
43 Caleb Lentz	SR	7474	Nashua-Plainfie	(40)	20:22.8	4:09.6
44 Jack Ward	SR	7557	West Fork Shef	(41)	20:26.4	4:13.2
45 Kaden VanEpps	SO	7569	West Hancock	42	20:27.4	4:14.2
46 Zach Heiken	SO	7513	Northwood-Ken	-	20:27.9	4:14.7
47 Lukas Weiss	JR	7538	South Winneshi	43	20:29.2	4:16.0
48 Callahan Levi	JR	7475	Nashua-Plainfie	(44)	20:30.5	4:17.3
49 Bo Wangsness	SR	7537	South Winneshi	45	20:30.6	4:17.4
50 Owen Wetter	SR	7417	Central Springs	46	20:31.8	4:18.6
51 Jack Pruin	JR	7414	Central Springs	47	20:32.9	4:19.7
52 Ben Schutt	JR	7492	Newman Cathol	48	20:34.7	4:21.5
53 Abram Clark	FR	7525	Saint Ansgar	-	20:34.9	4:21.7
54 Carter Verthein	SO	7454	Kee Lansing	49	20:35.8	4:22.6
55 Tyler Petree	SO	7491	Newman Cathol	(50)	20:36.7	4:23.5
56 Isaiah Wagner	SO	7455	Kee Lansing	51	20:38.3	4:25.1
57 Howie Clark	SR	7426	Clarksville	-	20:44.7	4:31.5
58 Avery Franzen	FR	7549	Turkey Valley J	-	20:46.8	4:33.6
59 Brennan Franzen	JR	7535	South Winneshi	52	20:48.0	4:33.8
60 Jasper Wirth	FR	7505	North Iowa Buff	53	20:52.6	4:39.4
61 Trevor Despenas	JR	7553	West Fork Shef	(54)	21:05.0	4:50.8
62 Blake Barker	SR	7412	Central Springs	(55)	21:06.4	4:53.2
63 Seth Gregorsok	FR	7447	Janesville	56	21:13.2	5:00.0
64 Cooper Wymore	JR	7418	Central Springs	(57)	21:14.7	5:01.5
65 Elias Carlsson	SO	7487	Newman Cathol	(58)	21:17.6	5:04.4
66 Carson Fox	FR	7567	West Hancock	59	21:20.2	5:07.0
67 Dalton Oltman T	FR	7436	Grundy Center	(60)	21:29.5	5:16.3
68 Breven Biermann	SR	7546	Tripoli	-	21:49.6	5:36.4
69 Noah Hanson	JR	7502	North Iowa Buff	61	21:50.5	5:37.3
70 Lucan Knutson	JR	7526	Saint Ansgar	-	21:51.8	5:38.6
71 Diego Flores	SO	7534	South Winneshi	(62)	21:52.4	5:39.2
72 Jason Westendorf	FR	7451	Janesville	63	21:58.1	5:44.9
73 Ethan Hjelmeland	SR	7448	Janesville	64	22:05.0	5:50.8
74 Kaiden Weber	FR	7457	Kee Lansing	65	22:11.2	5:58.0

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

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
75 Cameron Fox	FR	7566	West Hancock	66	22:26.1	6:12.9
76 Eli Higgins	SO	7536	South Winneshi	(67)	22:38.8	6:25.6
77 Brian Nunez	JR	7527	Saint Ansgar	-	22:43.0	6:28.8
78 Elijah Dwine	SO	7518	Riceville	-	22:51.0	6:36.8
79 Alex Oltmann	SR	7450	Janesville	68	22:55.7	6:42.5
80 Trey Stevens	FR	7522	Rockford	-	23:10.6	6:57.4
81 Wyatt Eekhoff	FR	7565	West Hancock	(69)	25:08.1	8:54.9
82 Danel Jones	FR	7453	Kee Lansing	(70)	25:19.9	9:06.7
83 Eric Labuschagne	SR	7547	Tripoli	-	28:40.2	12:27.
84 Aidan Little	FR	7449	Janesville	71	29:03.6	12:50.
85 Ronan Penfold	FR	7514	Northwood-Ken	-	31:16.2	15:03.