

Race #3
Girls Varsity 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1 South Winneshiek	29	1:46:58	21:24	
2 North Fayette Valley	55	1:50:46	22:10	
3 MFL MarMac	59	1:51:47	22:22	
4 Central Elkader	101	2:00:13	24:03	
5 Postville Community	148	2:11:53	26:23	
6 Clayton Ridge Guttenberg	160	2:11:28	26:18	

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time
1 Jaydin Dettman	SR	6049	Central Elkader	1	20:47.0
2 Annie Hageman	FR	6227	South Winneshiek	2	20:57.3
3 Josie Tieskoetter	SR	6237	South Winneshiek	3	20:58.3
4 Ava Franzen	FR	6226	South Winneshiek	4	21:03.6
5 Bella Stika	FR	6246	Turkey Valley Jackson Junction	--	21:04.5
6 Braelyn Meyer	JR	6167	North Fayette Valley	5	21:31.2
7 Cora Keehner	SO	6106	MFL MarMac	6	21:32.0
8 Ava Bilden	SR	6160	North Fayette Valley	7	21:32.2
9 Maddi Jansen	SO	6229	South Winneshiek	8	21:40.3
10 Skylar Fisk	FR	6104	MFL MarMac	9	21:56.0
11 Lexi McGowan	FR	6166	North Fayette Valley	10	21:57.0
12 Brooke Donlon	FR	6102	MFL MarMac	11	22:10.9
13 Izzy Kuboushek	JR	6230	South Winneshiek	12	22:18.4
14 Karissa Wenthold	JR	6239	South Winneshiek	13	22:25.9
15 Hazel Nieman	FR	6245	Turkey Valley Jackson Junction	--	22:29.1
16 Clare Grau	SR	6105	MFL MarMac	14	22:38.3
17 Brielle Starkweather	FR	6173	North Fayette Valley	15	22:42.0
18 Lauren Ondrashek	FR	6232	South Winneshiek	16	22:49.1
19 Brenda Gonzalez	FR	6188	Postville Community	17	23:02.9
20 Clara Bilden	FR	6161	North Fayette Valley	18	23:02.9
21 Emma Koether	SO	6107	MFL MarMac	19	23:29.1
22 Liliana Cortes	JR	6186	Postville Community	20	23:35.4
23 Coral Rork	JR	6058	Central Elkader	21	23:39.7
24 Addison Winters	SO	6096	Kee Lansing	--	23:58.4
25 Evelyn Ruff	JR	6110	MFL MarMac	22	24:01.1

Athlete	Yr.	#	Team	Score	Time
26 Tristan Kuhse	SO	6165	North Fayette Valley	23	24:34.8
27 Alivia Mueller	SO	6168	North Fayette Valley	24	24:48.4
28 Layla Embretson	SO	6050	Central Elkader	25	25:02.5
29 Madylen Gregerson	SR	6054	Central Elkader	26	25:11.6
30 Audrey Dickson	FR	6080	Clayton Ridge Guttenberg	27	25:19.8
31 Ashlyn Scherf	SR	6059	Central Elkader	28	25:31.3
32 Hinckley Simon	JR	6086	Clayton Ridge Guttenberg	29	25:36.6
33 Hannah Friedlein	FR	6053	Central Elkader	30	25:44.1
34 Alexis Thiese	JR	6061	Central Elkader	31	25:51.3
35 Samantha Ruff	FR	6111	MFL MarMac	32	26:03.4
36 Daisy Dicksonn	SR	6081	Clayton Ridge Guttenberg	33	26:24.7
37 Pfeiffer Horns	FR	6083	Clayton Ridge Guttenberg	34	26:33.3
38 Isabelle White	FR	6196	Postville Community	35	27:06.3
39 Maria Quiroz-Ordonez	JR	6193	Postville Community	36	27:21.8
40 Hailey Gaul	JR	6082	Clayton Ridge Guttenberg	37	27:33.3
41 Mollie Schaefer	JR	6085	Clayton Ridge Guttenberg	38	28:06.3
42 Allysa Sadewasser	SO	6084	Clayton Ridge Guttenberg	39	29:44.7
43 Evelyn Martinez	SR	6190	Postville Community	40	30:46.6

Race #4
Boys Varsity 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings		Score	Total	Avg.	Division
1	North Fayette Valley	62	1:36:36	19:20	
2	Central Elkader	75	1:37:51	19:35	
3	South Winneshiek	86	1:38:20	19:40	
4	MFL MarMac	104	1:41:14	20:15	
5	Clayton Ridge Guttenberg	110	1:41:14	20:15	
6	Postville Community	112	1:41:25	20:17	
7	Kee Lansing	119	1:42:29	20:30	

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time
1 Jacob Schellhorn	JR	6101	MFL MarMac	1	17:18.0
2 Justin Wagner	SO	6094	Kee Lansing	2	17:46.0
3 Gavin Holst	JR	6039	Central Elkader	3	17:54.0
4 Abe Conway	SR	6197	South Winneshiek	4	18:07.0
5 Brad Dahl	SO	6199	South Winneshiek	5	18:35.6
6 Tucker Ruff	JR	6100	MFL MarMac	6	18:42.3
7 Lukas Mcgowan	SR	6154	North Fayette Valley	7	18:43.3
8 Russell Nieman	SR	6244	Turkey Valley Jackson Junction	--	18:43.6
9 Karl Peters	SO	6183	Postville Community	8	18:46.2
10 Jesus Tabora-Lara	JR	6078	Clayton Ridge Guttenberg	9	19:07.0
11 Malachi Ames	JR	6097	MFL MarMac	10	19:12.4
12 Melvin Martin	JR	6178	Postville Community	11	19:15.5
13 Peyton Elliot	SO	6149	North Fayette Valley	12	19:16.5
14 Robert Huck	FR	6153	North Fayette Valley	13	19:20.1
15 Stansbery Gabe	SO	6150	North Fayette Valley	14	19:32.1
16 Jesse Polkinghorn	FR	6042	Central Elkader	15	19:34.1
17 Ryan Putney	SO	6157	North Fayette Valley	16	19:43.8
18 Fernando Flores	FR	6069	Clayton Ridge Guttenberg	17	19:56.8
19 Bode Balk	SR	6242	Turkey Valley Jackson Junction	--	19:58.6
20 Michael White	SO	6045	Central Elkader	18	20:02.3
21 Henry Reimer	SO	6043	Central Elkader	19	20:03.3
22 Carson Ruegnitz	SO	6044	Central Elkader	20	20:17.2
23 Carter Verthein	SO	6092	Kee Lansing	21	20:22.7
24 Natanael Gonzalez	SR	6175	Postville Community	22	20:23.8

Athlete	Yr.	#	Team	Score	Time
25 Brendan Jones	JR	6089	Kee Lansing	23	20:24.0
26 Bo Wangsness	SR	6219	South Winneshiek	24	20:24.5
27 Ethan Backes	SO	6063	Clayton Ridge Guttenberg	25	20:28.2
28 Lukas Weiss	JR	6220	South Winneshiek	26	20:31.9
29 Brennan Franzen	JR	6205	South Winneshiek	27	20:41.0
30 Jace Fassbinder	SR	6068	Clayton Ridge Guttenberg	28	20:44.0
31 Isaiah Wagner	SO	6093	Kee Lansing	29	20:50.0
32 Carter Kruger	JR	6041	Central Elkader	30	20:50.1
33 Colton Hoeger	SO	6072	Clayton Ridge Guttenberg	31	20:57.2
34 Deyby Muxin	JR	6181	Postville Community	32	20:57.3
35 Declan Finley	SO	6035	Central Elkader	33	20:57.5
36 Nick Hohenbrink	SR	6152	North Fayette Valley	34	21:03.6
37 Avery Franzen	FR	6243	Turkey Valley Jackson Junction	--	21:04.7
38 Zach McLellan	JR	6156	North Fayette Valley	35	21:26.5
39 Jackson Smith	SR	6077	Clayton Ridge Guttenberg	36	21:36.4
40 Eli Higgins	SO	6207	South Winneshiek	37	21:45.3
41 Diego Flores	SO	6204	South Winneshiek	38	21:45.6
42 Gustavo Ramos	FR	6184	Postville Community	39	22:01.6
43 Dennis Hernandez	JR	6176	Postville Community	40	22:06.7
44 Michael Hill	FR	6177	Postville Community	41	22:13.4
45 Logan Ross	JR	6099	MFL MarMac	42	22:46.0
46 Caleb Lawrence	JR	6074	Clayton Ridge Guttenberg	43	22:55.8
47 Kaiden Weber	FR	6095	Kee Lansing	44	23:06.0
48 Wolfgang Martins-Sabrina	SO	6098	MFL MarMac	45	23:14.3
49 Danel Jones	FR	6090	Kee Lansing	46	25:34.4

Race #5
Girls Junior Varsity
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1 North Fayette Valley	15	2:12:41	26:33	

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time
1 Aubrey Willey	SR	6240	South Winneshiek	--	24:26.5
2 Josie Tollesrud	SR	6238	South Winneshiek	--	24:52.7
3 Ashton Schultz	JR	6171	North Fayette Valley	1	25:04.7
4 Jessica Francis	SR	6163	North Fayette Valley	2	25:09.0
5 Katie Shimek	JR	6235	South Winneshiek	--	25:22.0
6 Kaylee Nuehring	SR	6109	MFL MarMac	--	26:09.1
7 Madi Ney	SR	6169	North Fayette Valley	3	26:17.6
8 Tessa Phillips	SO	6233	South Winneshiek	--	26:55.7
9 Aspen Rork	JR	6057	Central Elkader	--	27:40.7
10 Leslie Graves	SR	6164	North Fayette Valley	4	27:42.0
11 Emma Driscoll	FR	6103	MFL MarMac	--	28:03.3
12 Mariah Moser	SO	6108	MFL MarMac	--	28:19.3
13 Grace Feldman	SR	6162	North Fayette Valley	5	28:27.0
14 Alexa Popenhagen	SO	6170	North Fayette Valley	6	32:52.2
15 Audrey Palas	FR	6056	Central Elkader	--	33:09.0

Race #6
Boys Junior Varsity
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1 North Fayette Valley	20	1:56:33	23:19	
2 Clayton Ridge Guttenberg	35	2:05:52	25:11	

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time
1 Vaughn Zittergruen	JR	6047	Central Elkader	--	21:03.4
2 Cesar Campos Morales	SR	6148	North Fayette Valley	1	21:50.0
3 Ezekial Stansbery	SR	6159	North Fayette Valley	2	22:02.7
4 Caden Fette	SO	6034	Central Elkader	--	22:08.9
5 Henry Willey	SO	6221	South Winneshiek	--	22:16.0
6 Bryce Heller	SO	6037	Central Elkader	--	22:29.6
7 Isai Murrillo	FR	6180	Postville Community	--	22:50.5
8 Angel Callejas - Lopez	FR	6174	Postville Community	--	22:51.0
9 Keagan Mcgrane	SR	6155	North Fayette Valley	3	22:55.6
10 Luke Cook	FR	6066	Clayton Ridge Guttenberg	4	23:07.4
11 Clay Schaefer	SR	6158	North Fayette Valley	5	23:11.7
12 Brady Lensing	SR	6210	South Winneshiek	--	23:33.8
13 Leland Mueller	SO	6075	Clayton Ridge Guttenberg	6	23:38.2
14 Carter Judkins	FR	6073	Clayton Ridge Guttenberg	7	24:20.4
15 Max Moonen	SR	6213	South Winneshiek	--	24:28.9
16 Kasey Thiese	SO	6079	Clayton Ridge Guttenberg	8	26:16.1
17 Cam Guyer	FR	6151	North Fayette Valley	9	26:32.4
18 Nathaniel Edwards	JR	6067	Clayton Ridge Guttenberg	10	28:29.7

UPPER IOWA CONFERENCE CHAMPIONSHIPS



Ossian, IA
Bancroft Bay Park
10/11/2023

Meet Director:
Meet Referee:
Timing:
Wayzata Results, LLC

Race #1**Girls Jr High 2 Miles****FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings	Score	Total	Avg.	Division
1 MS_North Fayette Valley	10	55:57	14:00	
2 Central Elkader	51	1:03:54	15:59	
3 Postville Community	52	1:04:10	16:03	
4 MS_MFL Marmac	64	1:09:42	17:26	
5 South Winneshiek	65	1:07:21	16:51	

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time
1 Anabel Murray	8	6142	MS_North Fayette Valley	1	13:48.8
2 Lillianne Cline	7	6137	MS_North Fayette Valley	2	13:53.1
3 Kendall Elliott	8	6139	MS_North Fayette Valley	3	14:01.3
4 Megan Tudahl	8	6145	MS_North Fayette Valley	4	14:13.0
5 Tenley Deering		6187	Postville Community	5	14:17.4
6 Emma Grau	7	6117	MS_MFL Marmac	6	14:25.0
7 Kaylie Bruess	7	6224	South Winneshiek	7	14:27.5
8 Blair Scherf	8	6060	Central Elkader	8	14:33.4
9 Taryn Moser	8	6123	MS_MFL Marmac	9	14:48.5
10 Taylor Dean	8	6138	MS_North Fayette Valley	10	14:55.9
11 Ruby Gardner	8	6140	MS_North Fayette Valley	11	14:57.9
12 Madalyn Vsetecka	8	6147	MS_Turkey Valley	--	15:18.4
13 Annebelle Scheidel	7	6146	MS_Turkey Valley	--	15:24.1
14 Sophia Gonzalez		6189	Postville Community	12	15:34.4
15 Tenley Bormann	8	6048	Central Elkader	13	15:47.2
16 Anna Swenson	8	6143	MS_North Fayette Valley	--	16:27.7
17 Mya Gregerson	8	6055	Central Elkader	14	16:32.5
18 Violet Schmelzer	8	6234	South Winneshiek	15	16:41.8
19 Ella Frieden	8	6052	Central Elkader	16	17:00.4
20 Julietta Roman		6194	Postville Community	17	17:08.0
21 Daisy Muxin-Moya		6192	Postville Community	18	17:09.6

Athlete	Yr.	#	Team	Score	Time
22 Avery Fette	7	6051	Central Elkader	19	17:52.1
23 Princess Mucia		6191	Postville Community	20	17:53.9
24 Jenna Dahl	7	6225	South Winneshiek	21	17:59.4
25 Helen Maldonado	7	6231	South Winneshiek	22	18:12.1
26 Allison Thyer	7	6144	MS_North Fayette Valley	--	18:27.9
27 Sophia Shimek	7	6236	South Winneshiek	23	19:00.0
28 Karlie Lane	7	6141	MS_North Fayette Valley	--	19:42.5
29 Nora Griffith	8	6118	MS_MFL Marmac	24	19:49.6
30 Kayli Rose	8	6124	MS_MFL Marmac	25	20:38.7
31 Payton Allan	8	6136	MS_North Fayette Valley	--	26:33.1

Race #2
Boys Jr High 2 Miles
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1 South Winneshiek	12	49:28	12:22	
2 MS_North Fayette Valley	40	53:17	13:20	
3 Clayton Ridge Guttenberg	51	55:03	13:46	
4 Central Elkader	70	57:45	14:27	
5 MS_MFL Marmac	84	1:03:07	15:47	

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time
1 Cameron Einck	8	6200	South Winneshiek	1	12:08.1
2 Hugh Conway	8	6198	South Winneshiek	2	12:08.1
3 Evan Claycamp	8	6065	Clayton Ridge Guttenberg	3	12:16.1
4 Levi Winings	7	6223	South Winneshiek	4	12:16.3
5 Kort Steffens	7	6215	South Winneshiek	5	12:54.7
6 Clayton Kuboushek	8	6209	South Winneshiek	6	13:01.9
7 Brody Grove	8	6127	MS_North Fayette Valley	7	13:05.8
8 Jordan Rothlisberger	7	6132	MS_North Fayette Valley	8	13:08.5
9 Jordan Einck	8	6201	South Winneshiek	9	13:08.7
10 Russell Chelmer	8	6064	Clayton Ridge Guttenberg	10	13:10.9
11 Tyce Zittergruen	8	6046	Central Elkader	11	13:26.4
12 Sam Sass	8	6133	MS_North Fayette Valley	12	13:28.3
13 Keaton Marcks	8	6129	MS_North Fayette Valley	13	13:33.6
14 Tyler Putney	7	6131	MS_North Fayette Valley	14	13:34.5
15 Bjorn White	8	6135	MS_North Fayette Valley	15	13:50.6
16 Tytus Stansbery	8	6134	MS_North Fayette Valley	--	13:56.5
17 Tony Elsbernd	7	6202	South Winneshiek	--	14:09.7
18 Caden Tieskoetter	8	6217	South Winneshiek	--	14:11.9
19 Myles Green	8	6206	South Winneshiek	--	14:12.4
20 Evan Taylor	7	6216	South Winneshiek	--	14:14.7
21 Levi Feickert	8	6203	South Winneshiek	--	14:16.6
22 Parker Hefel	7	6071	Clayton Ridge Guttenberg	16	14:17.8
23 Trace Moser	7	6116	MS_MFL Marmac	17	14:19.2
24 Griffin Koehn	8	6040	Central Elkader	18	14:19.3
25 Evan Ortiz		6182	Postville Community	--	14:34.2
26 Isaac Brincks	8	6125	MS_North Fayette Valley	--	14:36.0

Athlete	Yr.	#	Team	Score	Time
27 Cooper Kuehl	7	6114	MS_MFL Marmac	19	14:51.3
28 Breckon Holst	8	6038	Central Elkader	20	14:55.8
29 Augie Wiltgen	7	6222	South Winneshiek	--	15:02.8
30 Lucas Friedlein	7	6036	Central Elkader	21	15:03.5
31 Elliot Renk	7	6091	Kee Lansing	--	15:06.0
32 Tate Armstrong	8	6062	Clayton Ridge Guttenberg	22	15:18.1
33 Andrew Kovarik	8	6128	MS_North Fayette Valley	--	15:27.2
34 Jason Larson	7	6115	MS_MFL Marmac	23	16:19.2
35 Aleczaender Gearhart	8	6126	MS_North Fayette Valley	--	16:24.1
36 Linkon Scholbrock	7	6214	South Winneshiek	--	16:56.9
37 Sawyer Timp		6218	South Winneshiek	--	16:57.9
38 Bentley Shaw	7	6076	Clayton Ridge Guttenberg	24	17:16.7
39 Sawyer Ehde	7	6113	MS_MFL Marmac	25	17:36.7
40 Ryder Dull	7	6112	MS_MFL Marmac	26	17:44.2
41 Luke Kruckman	8	6208	South Winneshiek	--	18:37.7
42 Yosman Martin		6179	Postville Community	--	18:40.0
43 Kiptyn McGrane	7	6130	MS_North Fayette Valley	--	18:57.1
44 Earl Lineau	8	6212	South Winneshiek	--	20:57.0
45 Henry Lensing	8	6211	South Winneshiek	--	21:54.7