

Iowa State Championships 4A HS

IN PROGRESS

Sat, Nov 1, 2025



Lakeside Municipal Golf Course, IA US

Deadline was Mon Oct 20, 2025 @ 10:31 AM



Mens Results



Womens Results

5,000 Meters Varsity

Official Team Scores

1. Indianola	102
2. Cedar Falls	104
3. Ankeny Centennial	157
4. Prairie Cedar Rapids	164
5. Johnston	180
6. Dallas Center-Grimes	193
7. Iowa City City High	195
8. Dubuque Senior	206
9. Dowling Catholic West Des Moines	219
10. Dubuque Hempstead	226
11. Bettendorf	235
12. Waukee Northwest	237
13. Norwalk	238
14. Iowa City Liberty	239
15. Pleasant Valley	281

5,000 Meters Varsity

Official Team Scores

1. Waukee Northwest	67
2. Pleasant Valley	103
3. Johnston	113
4. Dallas Center-Grimes	114
5. Ankeny Centennial	136
6. Cedar Falls	183
7. Iowa City City High	213
8. Waukee	224
9. Dubuque Senior	247
10. Dowling Catholic West Des Moines	270
11. Ames	270
12. Valley West Des Moines	275
13. Linn-Mar Marion	287
14. Prairie Cedar Rapids	323
15. Norwalk	338

1.	12 Jaden Merrick	14:54.6	Cedar Falls
2.	11 Preston Johnson	14:56.1	Marshalltown
3.	11 Keegan Decker	14:59.0	Iowa City Liberty
4.	10 Kuma Gutema	14:59.3	Sioux City North
5.	11 Jack Crossland	15:09.1	Johnston
6.	12 AJ Willey	15:31.7	Bettendorf
7.	12 Slader Buckheister	15:34.9	Cedar Rapids Kennedy

1.	11 Piper Messerly	17:41.9	Dallas Center-Grimes
2.	9 Sundet Laney	17:48.5	Waukee Northwest
3.	9 Tenley Heidgerken	17:51.9	Dallas Center-Grimes
4.	10 Joley Sullivan	17:52.5	Davenport Central
5.	11 Maddie Millage	17:55.4	Pleasant Valley
6.	9 Stubbendeck Emmy	17:59.0	Waukee Northwest
7.	12 Emma Chesterman	18:01.7	Dubuque Senior

8.	12 Adam Gray	15:35.0	Cedar Rapids Kennedy	8.	11 Ellie Blevins	18:02.6	Ankeny Centennial
9.	11 Andrew Heden	15:36.8	Bettendorf	9.	12 Alyx Woodley	18:06.9	Johnston
10.	11 Dominic Williams	15:37.6	Cedar Falls	10.	10 Charlee Gall	18:08.0	Cedar Falls
11.	12 Nicholas Paulsen	15:40.2	Dowling Catholic West Des Moin...	11.	12 Nakia Ollivierre	18:10.3	Waterloo West
12.	12 Reed Robbins	15:41.1	Indianola	12.	11 Ele Wharton	18:12.4	Johnston
13.	11 Charlie Deick	15:43.2	Dowling Catholic West Des Moin...	13.	12 Makenna Madetzke	18:12.7	Ankeny
14.	12 Cohen Moll	15:45.5	Ankeny Centennial	14.	9 Rebecca Flick	18:13.5	Ankeny Centennial
15.	12 Kyle Johnson	15:46.6	Prairie Cedar Rapids	15.	12 Abigail Burns	18:13.5	Iowa City City High
16.	11 Cole Carrizales	15:47.3	Prairie Cedar Rapids	16.	11 Hailey Kozloski	18:21.4	Linn-Mar Marion
17.	12 Kiefer Barnes	15:49.2	Indianola	17.	11 Emma Stanley	18:33.5	Ames
18.	12 Owen Miller	15:49.5	Prairie Cedar Rapids	18.	11 Madelyn Hoss	18:39.8	Lewis Central
19.	12 Kevin Coots	15:50.3	Lewis Central	19.	10 Ella Jones	18:42.0	Waukee Northwest
20.	11 Graham Ibeling	15:51.3	Dallas Center-Grimes	20.	11 Grace Hamann	18:43.1	Iowa City City High
21.	12 Linus McRoberts	15:54.7	Iowa City City High	21.	12 Sydney Burrier	18:43.3	Waukee
22.	12 Kellen Tuyls	15:55.1	Waukee Northwest	22.	12 Addison Dooley	18:45.6	Dallas Center-Grimes
23.	11 Jonah Whitson	15:55.8	Pleasant Valley	23.	9 Sarah Foad	18:53.2	Pleasant Valley
24.	11 Zack Ryan	15:57.4	Davenport Central	24.	11 Vivian McCombs	18:53.6	Pleasant Valley
25.	12 Teegan Kralik	16:01.1	Norwalk	25.	12 Jayna Lamping	18:55.2	Johnston
26.	12 Brennen Hoyer	16:01.1	Cedar Falls	26.	10 Piper Vander Ley	18:56.0	Waukee Northwest
27.	12 Ike Smith	16:01.5	Ankeny	27.	11 Caroline Opfer	18:56.4	Waukee Northwest
28.	11 Jaxton (Jax) Alvarez	16:02.4	Ankeny Centennial	28.	12 Brynn Edgin	18:56.8	Pleasant Valley
29.	12 Ethan Cheney	16:02.9	Linn-Mar Marion	29.	11 Elizabeth Tiffany	19:02.1	Dowling Catholic West Des Moines
30.	12 Ayden Gabrielson	16:04.0	Waukee Northwest	30.	11 Reese Wiley	19:04.1	Prairie Cedar Rapids
31.	12 Paxton Bloom	16:04.8	Indianola	31.	9 Natalie Cogdill	19:04.9	Ankeny Centennial
32.	10 Michael Hanna	16:05.3	Iowa City West	32.	11 Avery Driscoll	19:06.7	Waukee
33.	11 Tayson Cho	16:05.8	Iowa City Liberty	33.	Fr Naya Nakama	19:07.7	Ames
34.	12 Carter Nunn	16:06.0	Marshalltown	34.	10 Eliza Doster	19:07.9	Iowa City City High
35.	10 Jake Robidoux	16:06.8	Indianola	35.	9 Sammi Maile	19:09.4	Ankeny Centennial
36.	12 Jack Kirman	16:07.1	Dubuque Senior	36.	11 Allison Sheriff	19:12.5	Waukee Northwest
37.	12 Micah Fern	16:07.3	Dubuque Hempstead	37.	9 Marion Spolaore	19:12.7	Linn-Mar Marion
38.	11 David Randall	16:09.7	Iowa City City High	38.	10 Emerlyn McNally	19:13.7	Cedar Falls
39.	12 Tay Ohr-Rottler	16:09.7	Johnston	39.	11 Payton Crabb	19:14.0	Johnston
40.	11 Owen Anderson	16:11.5	Dubuque Senior	40.	12 Jaylee Duncan	19:14.7	Pleasant Valley
41.	11 Thomas Limback	16:11.6	Valley West Des Moines	41.	9 Hannah Schmitz	19:17.7	Norwalk
42.	10 Evan Lillie	16:13.0	Lewis Central	42.	12 Kailee Wilson	19:21.2	Pleasant Valley
43.	12 Davis Johnson	16:14.1	Ankeny Centennial	43.	11 Aubrielle Tousey	19:22.1	Johnston
44.	11 Henry Maloney	16:15.1	Dubuque Hempstead	44.	10 Lilly Pudenz	19:23.1	Dallas Center-Grimes
45.	11 Isaiah Thomsen	16:15.5	Indianola	45.	12 Meredith Gentry	19:23.6	Des Moines Roosevelt
46.	12 Colin Henn	16:15.7	Dubuque Hempstead	46.	10 Quinn Jorgensen	19:24.4	Waukee Northwest
47.	11 Landen Orris	16:17.0	Pleasant Valley	47.	10 Kate Tomlyanovich	19:25.1	Cedar Falls
48.	10 Noah Kerndt	16:17.4	Dallas Center-Grimes	48.	11 Jade Winne	19:27.7	Valley West Des Moines
49.	11 Porter Myers	16:17.6	Cedar Falls	49.	10 Isabel Spradling	19:29.0	Des Moines Roosevelt
50.	12 Ian Smith	16:17.8	Ankeny Centennial	50.	12 Ady Mason	19:29.9	Indianola
51.	12 Liam Kroger	16:19.0	Dubuque Senior	51.	12 Evelynne Gauthier	19:34.3	Valley West Des Moines
52.	11 Henry Hansen	16:19.2	Mason City	52.	9 Shai Meyer	19:35.6	Cedar Falls
53.	12 James Mandt	16:19.5	Cedar Falls	53.	12 Brogan Evans	19:37.5	Mason City
54.	10 Leif Eastlund	16:20.6	Iowa City City High	54.	11 Jayde Kearney	19:38.0	Valley West Des Moines
55.	11 Cayden Miller	16:21.2	Urbandale	55.	10 Skylar Carpenter	19:38.4	Dubuque Senior
56.	12 Harper Gessmann	16:22.6	Dallas Center-Grimes	56.	11 Chelsea VeDepo	19:38.5	Iowa City Liberty
57.	11 Noah Davidson	16:23.2	Johnston	57.	12 Selah Flanigan	19:39.0	Pleasant Valley
58.	12 Sam Parker	16:27.1	Norwalk	58.	12 Lilian Gyure	19:39.5	Urbandale
59.	11 Lars Hildebrand	16:27.3	Iowa City Liberty	59.	12 Olivia Fehn	19:40.9	Johnston
60.	10 Marvin MejicanoBarahona	16:27.3	Des Moines North	60.	11 Lydia Bennett	19:41.2	Waukee
61.	12 Cael Ramsey	16:29.0	Dallas Center-Grimes	61.	10 Payton Wolfe	19:42.3	Dowling Catholic West Des Moines
62.	10 Jack Tryon	16:29.0	Urbandale	62.	11 Julia Mora	19:43.6	Dallas Center-Grimes
63.	12 Grady Kroger	16:29.2	Dubuque Senior	63.	11 Emersyn Fonley	19:44.0	Cedar Falls
64.	12 Jarris Prottzman	16:30.6	Iowa City City High	64.	12 Carryn Sattler	19:44.4	Clinton
65.	11 Sam Buhrow	16:31.0	Norwalk	65.	12 Stella Rose	19:45.8	Prairie Cedar Rapids
66.	10 Garrett Willey	16:32.4	Bettendorf	66.	12 Audrey Dummermuth	19:47.5	Johnston
67.	10 Jake Weiler	16:32.7	Iowa City West	67.	12 Briel Bechen	19:48.5	Dubuque Senior
68.	11 Sammy Lange	16:34.8	Prairie Cedar Rapids	68.	10 Olive DeRocher	19:48.8	Norwalk
69.	11 Charles Strauss	16:36.6	Johnston	69.	12 Lily Decker	19:49.4	Dowling Catholic West Des Moines
70.	11 Ben Peterson	16:36.7	Waukee	70.	10 Ophelia Harrelson	19:49.6	Ames
71.	10 Robert Widtfeldt	16:37.9	Johnston	71.	10 Trinity Klingensmith	19:50.3	Ankeny Centennial

72.	11	Jack Meggison	16:38.0	Dallas Center-Grimes	72.	10	Gabby Drymon	19:53.8	Norwalk
73.	12	Even Tesfaselassie	16:38.3	Sioux City North	73.	11	Lise Hoyer	19:56.3	Dubuque Senior
74.	12	Roy Verastegui	16:38.6	Waukee Northwest	74.	9	Elena Vaske	19:56.8	Dowling Catholic West Des Moines
75.	10	Caleb Bolles	16:38.8	Ames	75.	12	Hayden Beyer	19:57.1	Waukee
76.	11	Talon Froistad	16:39.1	Dubuque Hempstead	76.	11	Mya Van Beek	19:57.2	Waukee
77.	11	Brecken Allen	16:39.4	Ankeny Centennial	77.	10	Anna Temple	19:57.2	Linn-Mar Marion
78.	11	Kamran Foad	16:39.6	Pleasant Valley	78.	12	Aleah Port	19:57.7	Waukee
79.	12	Gaige Martin	16:39.7	Cedar Falls	79.	12	Kylee Patterson	19:58.0	Ankeny Centennial
80.	12	Lane Osterloh	16:41.0	Norwalk	80.	9	Piper Klingner	19:58.5	Ankeny Centennial
81.	12	Emmett Mathiasen	16:41.0	Dowling Catholic West Des Moin...	81.	9	Emma Udey	19:58.9	Valley West Des Moines
82.	11	Emmett Palmberg	16:41.5	Iowa City City High	82.	11	Olivia Berger	19:59.3	Waukee
83.	12	Max McDowell	16:42.3	Iowa City City High	83.	9	Cali Laxton	19:59.8	Indianola
84.	12	Ben Hohmann	16:42.6	Dubuque Senior	84.	9	Ava Twait	19:59.9	Iowa City West
85.	10	Cedar Bandy	16:43.3	Dallas Center-Grimes	85.	9	Molly Millang	20:00.7	Valley West Des Moines
86.	9	Oliver Tice	16:44.4	Norwalk	86.	9	Cambyl Sattler	20:01.0	Clinton
87.	10	Emmett Revell-Beck	16:44.7	Davenport Central	87.	12	Elise Huegerich	20:01.6	Dowling Catholic West Des Moines
88.	11	Rob Beecher	16:46.3	Dowling Catholic West Des Moin...	88.	12	Sadie Reinhardt	20:01.8	Dowling Catholic West Des Moines
89.	12	Jack Leman	16:46.9	Iowa City City High	89.	11	Naomi Downing-Sherer	20:02.7	Iowa City City High
90.	11	JC Nuci	16:47.0	Davenport North	90.	12	Aubrey Rivers	20:03.1	Clinton
91.	9	Brayden Walderbach	16:47.0	Norwalk	91.	12	Nevaeh Kessler	20:06.3	Dubuque Senior
92.	12	Ben Hames	16:47.5	Sioux City North	92.	11	Frankie Darnell	20:07.9	Dowling Catholic West Des Moines
93.	12	Ramsey Morgan	16:47.6	Johnston	93.	11	Ella Faul	20:09.3	Prairie Cedar Rapids
94.	12	Adam Ruehling	16:48.2	Waukee Northwest	94.	9	Dominique Whaley	20:10.8	Ames
95.	10	Max Fugleberg	16:48.5	Waukee Northwest	95.	11	Madeline Fischer	20:11.1	Iowa City City High
96.	10	Leo Derry	16:49.0	Waukee Northwest	96.	9	Adrienne Hodge	20:11.8	Iowa City West
97.	11	Samuel Appel	16:49.2	Indianola	97.	9	Rhemidy Brack	20:13.3	Davenport Central
98.	11	Elias Stein	16:50.4	Dowling Catholic West Des Moin...	98.	10	Harper Groteluschen	20:14.8	Prairie Cedar Rapids
99.	10	Matthew Formanek	16:52.7	Prairie Cedar Rapids	99.	11	Paige Hoger	20:16.4	Indianola
100.	11	Ben Ellerbach	16:52.7	Dubuque Hempstead	100.	11	Lucy Sherburne	20:17.5	Iowa City City High
101.	10	Owen Tuyls	16:53.4	Waukee Northwest	101.	10	Chelsea Heiberger	20:18.2	Dubuque Hempstead
102.	12	Liam Rehnberg	16:57.2	Bettendorf	102.	12	Stella Weber	20:22.1	Dubuque Senior
103.	10	Nate Timboe	16:59.1	Dowling Catholic West Des Moin...	103.	11	Lamise Ajram	20:23.9	Prairie Cedar Rapids
104.	11	Colin Finch	16:59.3	Iowa City Liberty	104.	10	Mallory Schaefer	20:27.3	Dubuque Senior
105.	11	Aidan Cooley	17:00.1	Dubuque Hempstead	105.	10	Calissa Fruin	20:29.3	Iowa City City High
106.	10	Eli Dahlem	17:01.0	Prairie Cedar Rapids	106.	9	Myrna Harper	20:29.8	Linn-Mar Marion
107.	11	Jacob O'Connor	17:01.6	Pleasant Valley	107.	9	Ava Meier	20:30.0	Linn-Mar Marion
108.	11	Aksel Beedon	17:02.6	Norwalk	108.	12	Katie Campbell	20:30.3	Ames
109.	10	Matthew Sargent	17:04.4	Pleasant Valley	109.	11	Anika Roe	20:32.6	Prairie Cedar Rapids
110.	12	Julius Vidal	17:04.7	Iowa City Liberty	110.	9	Elizabeth Evans	20:32.8	Norwalk
111.	9	Rylan Heeren	17:07.1	Dallas Center-Grimes	111.	12	Pearl Brown	20:35.9	Norwalk
112.	11	Matthew Haug	17:08.0	Dubuque Senior	112.	10	Leah Dykstra	20:36.2	Mason City
113.	12	Ashton Hensley	17:10.7	Urbandale	113.	12	Raegan Reuter	20:40.2	Valley West Des Moines
114.	11	Carter Haigh	17:11.7	Dowling Catholic West Des Moin...	114.	12	Marcella Palmer	20:45.9	Sioux City North
115.	10	Blake Williams	17:12.7	Johnston	115.	9	Ellie DeWaard	20:47.3	Iowa City West
116.	11	Matthew Denham	17:14.1	Dubuque Senior	116.	9	Paige Schieber	20:47.3	Valley West Des Moines
117.	10	Jens Strand	17:14.8	Iowa City Liberty	117.	11	Katie Blough	20:47.9	Cedar Falls
118.	12	Charles Schultz	17:20.7	Dubuque Hempstead	118.	12	Addie Domer	20:55.2	Linn-Mar Marion
119.	11	Mason Nove	17:22.4	Prairie Cedar Rapids	119.	9	Addison Kay	20:57.1	Prairie Cedar Rapids
120.	11	Carter Hatz	17:22.5	Pleasant Valley	120.	10	Grace Wetzeler	20:57.8	Norwalk
121.	12	Joshua Knapp	17:31.3	Linn-Mar Marion	121.	9	Aleah Williams	20:59.0	Iowa City Liberty
122.	10	Dawson Allen	17:35.7	Bettendorf	122.	12	Meredith Frandsen	21:08.9	Ames
123.	12	Joe Knepp	17:37.4	Pleasant Valley	123.	10	Ava Brungardt	21:12.0	Norwalk
124.	11	Levi Odson	17:40.2	Ankeny Centennial	124.	12	Emily Kleckner	21:19.2	Dallas Center-Grimes
125.	12	Elliot Davis	17:44.2	Bettendorf	125.	11	Grace Meier	21:20.7	Linn-Mar Marion
126.	12	Jack Behrens	17:44.8	Ankeny Centennial	126.	11	Leah Kincaid	21:32.8	Ames
127.	9	Jeremy Gall	17:45.6	Cedar Falls	127.	12	Kylie Heaberlin	21:51.9	Dallas Center-Grimes
128.	12	Yuma Squires	17:46.0	Iowa City Liberty	128.	9	Avery Manny	21:55.9	Indianola
129.	11	Owen Welling	17:53.6	Indianola	129.	10	Olivia Leehey	22:39.7	Cedar Falls
130.	11	Dylan Berg	18:18.7	Bettendorf		11	Delayna Reese	DNF	Lewis Central