

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulses

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

printed: 10/8/2026 6:26 PM

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

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	27	1-3-4-9-10(12)(20)	1:51:31	22:19	1:43.0
2 Dubuque Senior	55	6-7-13-14-15(16)(18)	1:55:33	23:07	1:00.1
3 Cedar Falls	56	2-5-8-19-22(24)(26)	1:54:34	22:55	2:09.6
4 Linn-Mar Marion	103	11-17-21-25-29(31)(33)	2:00:09	24:02	2:15.7
5 Cedar Rapids Kennedy	156	23-27-32-34-40	2:10:10	26:02	4:45.5
6 Xavier Cedar Rapids	177	30-35-36-37-39	2:18:49	27:46	3:13.8
7 Dubuque Hempstead	192	28-38-41-42-43	2:22:36	28:32	5:06.7
DNP Epworth Western Dubuque					
DNP Wahlert Dubuque					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
1 DORAN, Charlotte	SO	3529	Iowa City City High	1	21:14.4	6:49.8	4:14.9
2 BARTELT, Audrey	FR	997	Cedar Falls	2	21:42.1	6:58.7	4:20.4
3 NORDLUND, Maeve	SO	3557	Iowa City City High	3	21:56.8	7:03.4	4:23.4
4 HERRIG, Lucy	FR	3472	Epworth Western D	-	22:06.8	7:06.6	4:25.4
5 LUCAS, Savannah	SO	3481	Epworth Western D	-	22:17.2	7:10.0	4:27.4
6 GROFF, Elizabeth	FR	3541	Iowa City City High	4	22:28.8	7:13.7	4:29.8
7 FROMM, Ruby	SO	1679	Cedar Falls	5	22:29.2	7:13.8	4:29.8
8 WEBER, Lucy	SO	3417	Dubuque Senior	6	22:30.5	7:14.2	4:30.1
9 HILL, Taylor	SO	3398	Dubuque Senior	7	22:39.3	7:17.1	4:31.9
10 HENNINGER, Madisen	SO	2079	Cedar Falls	8	22:51.8	7:21.1	4:34.4
11 SABHA, Neda	FR	3563	Iowa City City High	9	22:53.1	7:21.5	4:34.6
12 DEGNER, Alice	FR	3528	Iowa City City High	10	22:57.3	7:22.8	4:35.5
13 HEGLAND, Sienna	FR	3802	Linn-Mar Marion	11	23:07.2	7:26.0	4:37.4
14 BALMER, Eva	FR	3516	Iowa City City High	(12)	23:22.3	7:30.9	4:40.5
15 BUCHHOLTZ, Alina	SO	3393	Dubuque Senior	13	23:24.8	7:31.7	4:41.0
16 MANGERS, Caitlynn	SO	3403	Dubuque Senior	14	23:27.2	7:32.5	4:41.4
17 DUCCINI, Stella	SO	3395	Dubuque Senior	15	23:30.5	7:33.5	4:42.1
18 ROTHERT, Kate	SO	3409	Dubuque Senior	(16)	23:32.4	7:34.1	4:42.5
19 CLEMENTE, Ama	SO	3794	Linn-Mar Marion	17	23:34.9	7:34.9	4:43.0
20 MILLIGAN, Ada	FR	3404	Dubuque Senior	(18)	23:37.4	7:35.7	4:43.5
21 NOTTGER, Alayna	SO	2288	Cedar Falls	19	23:39.3	7:36.4	4:43.9
22 SCHEIRER, Annelie	SO	3411	Dubuque Senior	-	23:39.4	7:36.4	4:43.9
23 BAXTER, Alaina	SO	3518	Iowa City City High	(20)	23:42.6	7:37.4	4:44.5
24 ZIEHR, Eve	FR	3574	Iowa City City High	-	23:47.3	7:38.9	4:45.4
25 EPNER, Addison	FR	3798	Linn-Mar Marion	21	23:48.1	7:39.2	4:45.6
26 MANGAN, Addison	SO	3552	Iowa City City High	-	23:48.6	7:39.3	4:45.7
27 CANTINE, Betsy	FR	3524	Iowa City City High	-	23:51.0	7:40.1	4:46.2
28 GARRETT, Delaney	SO	1681	Cedar Falls	22	23:51.7	7:40.3	4:46.3
29 VOSS, Claire	SO	3960	Wahlert Dubuque	-	23:53.2	7:40.8	4:46.6
30 SHOL, Maya	FR	3413	Dubuque Senior	-	24:06.8	7:45.2	4:49.3
31 STRASEN, Lindsey	SO	3260	Cedar Rapids Kenn	23	24:11.1	7:46.6	4:50.2
32 BOWERMASTER, Caroline	FR	1476	Cedar Falls	(24)	24:13.9	7:47.5	4:50.8

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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
33 SLETTELAND, Laci	SO	3809	Linn-Mar Marion	25	24:15.3	7:47.9	4:51.0
34 OGDEN, Kenley	FR	2289	Cedar Falls	(26)	24:15.6	7:48.0	4:51.1
35 EGGERS, Elly	SO	1672	Cedar Falls	-	24:16.0	7:48.2	4:51.2
36 CHARLTON, Evalie	SO	1481	Cedar Falls	-	24:19.6	7:49.3	4:51.9
37 HALLER, Sarah	SO	2065	Cedar Falls	-	24:21.7	7:50.0	4:52.3
38 BEATTY, Sarah	SO	3242	Cedar Rapids Kenn	27	24:27.2	7:51.8	4:53.4
39 JOHNSON, Delaney	FR	3546	Iowa City City High	-	24:35.3	7:54.4	4:55.1
40 BIDERMAN, Ellie	FR	3523	Iowa City City High	-	24:36.1	7:54.6	4:55.2
41 YOUNKER, Millie	FR	3573	Iowa City City High	-	24:36.1	7:54.6	4:55.2
42 REICKS, Norah	SO	3560	Iowa City City High	-	24:41.8	7:56.4	4:56.4
43 SAUL, Abigail	SO	3342	Dubuque Hempstea	28	24:51.8	7:59.7	4:58.4
44 ROUSE, Katelynn	FR	2370	Cedar Falls	-	24:54.5	8:00.5	4:58.9
45 REICHERTS, Ayla	FR	2301	Cedar Falls	-	25:02.3	8:03.0	5:00.5
46 HENN, Lila	FR	3949	Wahlert Dubuque	-	25:04.7	8:03.8	5:00.9
47 SAFAVI, Anna	SO	3807	Linn-Mar Marion	29	25:22.9	8:09.7	5:04.6
48 LE, Tessa	FR	4033	Xavier Cedar Rapid	30	25:37.4	8:14.3	5:07.5
49 WILDMAN, Harper	FR	3814	Linn-Mar Marion	(31)	25:39.0	8:14.8	5:07.8
50 WESSELS, Jayla	FR	2630	Cedar Falls	-	25:43.9	8:16.4	5:08.8
51 STOCKERT, Cassidy	FR	3259	Cedar Rapids Kenn	32	25:44.0	8:16.4	5:08.8
52 HOWARD, Evelyn	FR	3545	Iowa City City High	-	25:58.0	8:20.9	5:11.6
53 BUDZINSKI, Isabel	FR	3792	Linn-Mar Marion	(33)	26:10.4	8:24.9	5:14.1
54 KLAR, Aubree	FR	3402	Dubuque Senior	-	26:24.9	8:29.6	5:17.0
55 SCHMIDT, Hailey	FR	3412	Dubuque Senior	-	26:28.4	8:30.7	5:17.7
56 FRERICHs, Mallory	FR	1678	Cedar Falls	-	26:43.9	8:35.7	5:20.8
57 ARNOLD, Emma	SO	3240	Cedar Rapids Kenn	34	26:50.6	8:37.9	5:22.1
58 LEE, Diane	FR	2219	Cedar Falls	-	27:02.2	8:41.6	5:24.4
59 NASH, Sydney	SO	3556	Iowa City City High	-	27:05.7	8:42.7	5:25.1
60 RILEY, Kamryn	SO	2308	Cedar Falls	-	27:42.7	8:54.6	5:32.5
61 JANSSEN, Kaylee	SO	2120	Cedar Falls	-	27:47.0	8:56.0	5:33.4
62 VAN REES, Morgan	SO	2456	Cedar Falls	-	27:47.3	8:56.1	5:33.5
63 SPRAGUE, Lily	FR	3415	Dubuque Senior	-	27:50.6	8:57.2	5:34.1
64 REGUL, Kennedy	FR	3407	Dubuque Senior	-	27:58.4	8:59.7	5:35.7
65 WALZ, Libby	SO	4043	Xavier Cedar Rapid	35	27:58.9	8:59.8	5:35.8
66 LAMPI, Adrienne	FR	4032	Xavier Cedar Rapid	36	28:06.3	9:02.2	5:37.2
67 ANDERSON, Nola	FR	4020	Xavier Cedar Rapid	37	28:14.6	9:04.9	5:38.9
68 MEREN FUCHTMAN, Camil	SO	3553	Iowa City City High	-	28:15.8	9:05.3	5:39.2
69 PEAT, Kailyn	SO	3338	Dubuque Hempstea	38	28:47.9	9:15.6	5:45.6
70 JOHNSON, Addison	SO	4028	Xavier Cedar Rapid	39	28:51.1	9:16.6	5:46.2
71 MESCH, Elliette	FR	3258	Cedar Rapids Kenn	40	28:56.5	9:18.3	5:47.3
72 VERDUGHT, Leah	SO	2469	Cedar Falls	-	28:58.7	9:19.0	5:47.7
73 XU, Queena	FR	3349	Dubuque Hempstea	41	29:09.7	9:22.6	5:49.9
74 MACINNIS-BAUMERT, Lila	SO	3551	Iowa City City High	-	29:38.3	9:31.8	5:55.6
75 WEAVER, Schatzi	FR	3346	Dubuque Hempstea	42	29:48.2	9:35.0	5:57.6
76 ABIERA, Abrielle Reine	SO	3324	Dubuque Hempstea	43	29:58.5	9:38.3	5:59.7
77 FUORTES, Gemma	FR	3538	Iowa City City High	-	30:03.4	9:39.9	6:00.7
78 CEAGLSKE, Grace	FR	1480	Cedar Falls	-	30:41.8	9:52.2	6:08.4

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KAUDER RACING

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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
79 KRAPFL, Nora	SO	3477	Epworth Western D	-	31:41.0	10:11.3	6:20.2
80 BEAL-GUPTA, Harriet	FR	3519	Iowa City City High	-	31:44.9	10:12.5	6:21.0
81 SAFAN, Rofida	FR	3564	Iowa City City High	-	32:50.0	10:33.4	6:34.0
82 BARLOW, Eleanor	FR	3517	Iowa City City High	-	46:48.2	15:03.0	9:21.6

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**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #2
Fr-So Boys 5K**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Falls	24	1-3-4-6-10(23)(24)	1:28:19	17:40	0:19.4
2 Linn-Mar Marion	42	2-5-7-13-15(19)(22)	1:28:55	17:47	0:28.9
3 Iowa City Liberty	84	8-9-12-21-34(38)(53)	1:30:43	18:09	1:11.1
4 Dubuque Hempstead	111	11-14-25-30-31(43)(45)	1:31:49	18:22	1:00.7
5 Iowa City City High	119	16-17-20-29-37(48)(49)	1:32:19	18:28	0:57.1
6 Iowa City West	150	18-26-32-35-39(40)(42)	1:33:38	18:44	0:54.4
7 Wahlert Dubuque	210	27-28-47-52-56(58)(61)	1:36:30	19:18	1:16.3
8 Dubuque Senior	228	33-44-46-51-54(59)(60)	1:36:59	19:24	0:53.7
9 Prairie Cedar Rapids	244	36-41-50-55-62(74)(86)	1:37:58	19:36	1:25.6
10 Cedar Rapids Kennedy	350	57-67-70-76-80(83)(84)	1:46:14	21:15	2:21.9
11 Epworth Western Dubuque	358	66-69-72-73-78	1:47:02	21:25	1:40.7
12 Cedar Rapids Washington	365	63-64-75-81-82	1:48:05	21:37	2:21.7
13 Xavier Cedar Rapids	368	65-68-71-79-85(90)(91)	1:48:23	21:41	2:48.3
14 Cedar Rapids Jefferson	433	77-87-88-89-92	2:02:01	24:25	3:58.0

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
1 SCHULTZ, Bryant	FR	3137	Cedar Falls	1	17:29.1	5:37.3	3:29.8
2 PHILLIPS, Nicholas	SO	3867	Linn-Mar Marion	2	17:30.4	5:37.7	3:30.1
3 NUNEZ, Victor	SO	2960	Cedar Falls	3	17:38.3	5:40.3	3:31.6
4 HANSEN, Carson	FR	2654	Cedar Falls	4	17:38.7	5:40.4	3:31.7
5 JACKSON, Grayson	SO	3843	Linn-Mar Marion	5	17:42.0	5:41.5	3:32.4
6 TJADEN, Caleb	SO	3150	Cedar Falls	6	17:44.7	5:42.3	3:32.9
7 LORENZ, Cooper	SO	3853	Linn-Mar Marion	7	17:46.6	5:43.0	3:33.3
8 BRUNKHORST, Calin	FR	3678	Iowa City Liberty	8	17:47.4	5:43.2	3:33.5
9 SASH, Tandon	FR	3721	Iowa City Liberty	9	17:48.0	5:43.4	3:33.6
10 JORGENSEN, Cruz	SO	2661	Cedar Falls	10	17:48.4	5:43.5	3:33.7
11 DAVIS, Carter	SO	3358	Dubuque Hempstea	11	17:49.2	5:43.8	3:33.8
12 PROVORSE, Jameson	SO	3719	Iowa City Liberty	12	17:50.1	5:44.1	3:34.0
13 MCDOWELL, Caleb	SO	3859	Linn-Mar Marion	13	17:56.0	5:46.0	3:35.2
14 KALLBACK, Andrew	SO	3370	Dubuque Hempstea	14	17:57.7	5:46.5	3:35.5
15 CHENEY, Carson	FR	3827	Linn-Mar Marion	15	17:59.3	5:47.0	3:35.8
16 ELWELL, Benjamin	SO	3600	Iowa City City High	16	18:05.2	5:48.9	3:37.0
17 STEFFEN, Liam	FR	3638	Iowa City City High	17	18:07.5	5:49.7	3:37.5
18 DONATO, Davi	SO	3749	Iowa City West	18	18:08.5	5:50.0	3:37.7
19 SHESHASHAI, Srikar	SO	3878	Linn-Mar Marion	(19)	18:09.6	5:50.3	3:37.9
20 CRALL, Tobin	FR	3593	Iowa City City High	20	18:18.2	5:53.1	3:39.6
21 HOTH, Tyler	FR	3698	Iowa City Liberty	21	18:18.6	5:53.2	3:39.7
22 HISCOCK, Charles	FR	3836	Linn-Mar Marion	(22)	18:20.9	5:54.0	3:40.2
23 GOODENBOUR, Aiden	SO	2651	Cedar Falls	(23)	18:22.4	5:54.4	3:40.5
24 ROLF, Cameron	FR	3117	Cedar Falls	(24)	18:23.8	5:54.9	3:40.8
25 FROISTAD, Nolan	SO	3363	Dubuque Hempstea	25	18:26.7	5:55.8	3:41.3
26 ELSHIEKH, Iyas	FR	3831	Linn-Mar Marion	-	18:34.1	5:58.2	3:42.8

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Race #2
Fr-So Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
27 DURNEY, William	SO	3754	Iowa City West	26	18:35.1	5:58.5	3:43.0
28 JUZA, Daniel	FR	2662	Cedar Falls	-	18:35.3	5:58.6	3:43.0
29 WILKINSON, Elliott	SO	3196	Cedar Falls	-	18:36.6	5:59.0	3:43.3
30 KODIAGA, Tito	SO	2666	Cedar Falls	-	18:38.2	5:59.5	3:43.6
31 MAXEDON, Parker	SO	3857	Linn-Mar Marion	-	18:40.7	6:00.3	3:44.1
32 CEARLOCK, Liam	SO	3966	Wahlert Dubuque	27	18:43.1	6:01.1	3:44.6
33 HOPPENJAN, Vincent	SO	3975	Wahlert Dubuque	28	18:43.5	6:01.2	3:44.7
34 HALVORSON, Cooper	FR	2653	Cedar Falls	-	18:44.8	6:01.7	3:45.0
35 KRAPFL-VINER, Max	FR	3616	Iowa City City High	29	18:45.2	6:01.8	3:45.0
36 RICHARDSON, Winston	FR	3380	Dubuque Hempstea	30	18:45.4	6:01.8	3:45.1
37 ALDAMAK, Omar	FR	2634	Cedar Falls	-	18:48.7	6:02.9	3:45.7
38 DEWALL, Mason	FR	2643	Cedar Falls	-	18:48.9	6:03.0	3:45.8
39 HOOVER, Kenny	SO	2660	Cedar Falls	-	18:49.5	6:03.2	3:45.9
40 RYAN, Gavin	FR	3384	Dubuque Hempstea	31	18:49.9	6:03.3	3:46.0
41 HARRIS, Conor	FR	3763	Iowa City West	32	18:52.4	6:04.1	3:46.5
42 BROCK, Connell	SO	3423	Dubuque Senior	33	18:56.0	6:05.2	3:47.2
43 MCGOWAN, Parker	SO	3712	Iowa City Liberty	34	18:58.4	6:06.0	3:47.7
44 MOKLEGAARD, Max	SO	3772	Iowa City West	35	18:58.7	6:06.1	3:47.7
45 MILLER, James	FR	3922	Prairie Cedar Rapid	36	18:59.3	6:06.3	3:47.9
46 ROOS, Maddux	FR	3874	Linn-Mar Marion	-	19:00.6	6:06.8	3:48.1
47 FARLEY, Evan	SO	3602	Iowa City City High	37	19:02.2	6:07.3	3:48.4
48 STOPAK, Ayden	SO	3723	Iowa City Liberty	(38)	19:02.5	6:07.3	3:48.5
49 ROBINS, Lane	SO	3780	Iowa City West	39	19:02.8	6:07.4	3:48.6
50 FOLEY, Harrison	SO	3756	Iowa City West	(40)	19:02.9	6:07.5	3:48.6
51 NEDERHOFF, Declan	FR	3925	Prairie Cedar Rapid	41	19:04.0	6:07.8	3:48.8
52 SCHMITT, Kael	SO	3132	Cedar Falls	-	19:08.7	6:09.3	3:49.7
53 WEIME, Charlie	SO	3789	Iowa City West	(42)	19:12.6	6:10.6	3:50.5
54 COOK, Mj	SO	3354	Dubuque Hempstea	(43)	19:13.1	6:10.8	3:50.6
55 MYROM, Ethan	SO	3862	Linn-Mar Marion	-	19:13.9	6:11.0	3:50.8
56 KROGER, Graham	FR	3441	Dubuque Senior	44	19:15.3	6:11.5	3:51.1
57 THOMAS, Chase	SO	3388	Dubuque Hempstea	(45)	19:15.9	6:11.6	3:51.2
58 FERN, Emmett	SO	3362	Dubuque Hempstea	-	19:15.9	6:11.7	3:51.2
59 WILCOX, Dane	SO	3884	Linn-Mar Marion	-	19:17.2	6:12.1	3:51.4
60 CHRISTENSEN, Noah	SO	3426	Dubuque Senior	46	19:21.5	6:13.5	3:52.3
61 KUETER, Jack	FR	3373	Dubuque Hempstea	-	19:21.8	6:13.5	3:52.3
62 BOVINET, Andrew	FR	3822	Linn-Mar Marion	-	19:23.2	6:14.0	3:52.6
63 DODDS, Jude	SO	3968	Wahlert Dubuque	47	19:25.0	6:14.6	3:53.0
64 ADAMS, Noah	SO	3739	Iowa City West	-	19:26.2	6:15.0	3:53.2
65 CONLON, Ben	SO	3591	Iowa City City High	(48)	19:26.4	6:15.0	3:53.3
66 MONINGER, Sam	SO	3623	Iowa City City High	(49)	19:27.0	6:15.2	3:53.4
67 STOLLEY, Tate	FR	3937	Prairie Cedar Rapid	50	19:36.1	6:18.1	3:55.2
68 KESSLER, Elijah	FR	3439	Dubuque Senior	51	19:36.3	6:18.2	3:55.3
69 WIECHMANN, Landon	FR	3195	Cedar Falls	-	19:37.7	6:18.7	3:55.5
70 KELLY, Max	FR	3978	Wahlert Dubuque	52	19:38.9	6:19.0	3:55.8
71 STORY, Owen	FR	3639	Iowa City City High	-	19:41.9	6:20.0	3:56.4
72 DICE, Parker	SO	2644	Cedar Falls	-	19:42.6	6:20.3	3:56.5

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Race #2
Fr-So Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
73 MILLER-PROUTY, Sidney	SO	2772	Cedar Falls	-	19:44.0	6:20.7	3:56.8
74 RECKER, Casey	FR	3720	Iowa City Liberty	(53)	19:44.6	6:20.9	3:56.9
75 GRIMES, Jack	SO	3605	Iowa City City High	-	19:46.5	6:21.5	3:57.3
76 HEINE, Anthony	FR	3434	Dubuque Senior	54	19:49.7	6:22.5	3:57.9
77 KENKEL, Will	SO	2663	Cedar Falls	-	19:49.8	6:22.6	3:58.0
78 HERRING, Leon	SO	3835	Linn-Mar Marion	-	19:53.1	6:23.6	3:58.6
79 VLASEK, Weston	FR	3940	Prairie Cedar Rapid	55	19:53.6	6:23.8	3:58.7
80 CANTON, Briggs	SO	3682	Iowa City Liberty	-	19:56.8	6:24.8	3:59.4
81 POWERS, Sonny	FR	3630	Iowa City City High	-	19:59.2	6:25.6	3:59.8
82 HENN, Austin	SO	3974	Wahlert Dubuque	56	19:59.3	6:25.6	3:59.9
83 WAGNER, Ian	FR	3391	Dubuque Hempstea	-	20:00.2	6:25.9	4:00.0
84 MICHELS-O'NEAL, Johnatho	SO	3278	Cedar Rapids Kenn	57	20:03.6	6:27.0	4:00.7
85 SMITH, Lawrence	SO	3991	Wahlert Dubuque	(58)	20:04.5	6:27.3	4:00.9
86 BEARD, Harper	FR	3421	Dubuque Senior	(59)	20:05.2	6:27.5	4:01.0
87 BUSCH, Mason	SO	3353	Dubuque Hempstea	-	20:06.1	6:27.8	4:01.2
88 CARPENTER, Hayden	FR	3424	Dubuque Senior	(60)	20:08.0	6:28.4	4:01.6
89 ALBERHASKY, Waits	FR	3579	Iowa City City High	-	20:08.8	6:28.7	4:01.7
90 NICHOLSON, Jesse	SO	2879	Cedar Falls	-	20:09.0	6:28.7	4:01.8
91 BURLEY, Owen	FR	3964	Wahlert Dubuque	(61)	20:14.3	6:30.4	4:02.8
92 CHO, Jett	SO	3683	Iowa City Liberty	-	20:14.7	6:30.6	4:02.9
93 HERBER, Silas	SO	3368	Dubuque Hempstea	-	20:15.8	6:30.9	4:03.2
94 INCE, Mert	SO	3765	Iowa City West	-	20:16.2	6:31.0	4:03.2
95 POST, Beckett	SO	3868	Linn-Mar Marion	-	20:18.5	6:31.8	4:03.7
96 GHABEL, Cyrus	SO	3759	Iowa City West	-	20:19.7	6:32.2	4:03.9
97 SINGH, Tej	FR	3783	Iowa City West	-	20:22.3	6:33.0	4:04.4
98 HAIGHT, Levi	FR	3917	Prairie Cedar Rapid	62	20:24.9	6:33.8	4:05.0
99 SADEWASSER, Michael	FR	3781	Iowa City West	-	20:27.4	6:34.6	4:05.5
100 BECKER, Carson	FR	3821	Linn-Mar Marion	-	20:29.9	6:35.4	4:06.0
101 DAVIS, Miles	FR	3309	Cedar Rapids Wash	63	20:30.7	6:35.7	4:06.1
102 WILSON, Nolan	SO	3461	Dubuque Senior	-	20:33.8	6:36.7	4:06.7
103 ASHER, Declan	FR	3820	Linn-Mar Marion	-	20:33.9	6:36.7	4:06.8
104 ARNONE, Rocco	SO	3582	Iowa City City High	-	20:33.9	6:36.7	4:06.8
105 CHRISTY, Harrison	FR	3308	Cedar Rapids Wash	64	20:34.0	6:36.8	4:06.8
106 CILEK, Ezra	FR	3590	Iowa City City High	-	20:34.0	6:36.8	4:06.8
107 NELSON, Isaac	SO	3776	Iowa City West	-	20:34.4	6:36.9	4:06.9
108 SARTORI, Corbin	SO	3990	Wahlert Dubuque	-	20:34.5	6:36.9	4:06.9
109 BOSTWICK, Matthew	FR	4045	Xavier Cedar Rapid	65	20:35.4	6:37.2	4:07.1
110 GOEDKEN, Liam	FR	3499	Epworth Western D	66	20:36.0	6:37.4	4:07.2
111 MILLER, Sam	FR	2724	Cedar Falls	-	20:36.2	6:37.5	4:07.2
112 MUZALIWA, David	FR	3281	Cedar Rapids Kenn	67	20:38.3	6:38.1	4:07.6
113 KALAVER, Adhrit	FR	3844	Linn-Mar Marion	-	20:38.7	6:38.3	4:07.7
114 HUNT, Brandon	FR	3841	Linn-Mar Marion	-	20:41.2	6:39.1	4:08.2
115 TYLER, Noah	SO	3389	Dubuque Hempstea	-	20:42.0	6:39.3	4:08.4
116 FREIBERG, Bennett	FR	2647	Cedar Falls	-	20:42.0	6:39.3	4:08.4
117 KELLY, Logan	FR	4050	Xavier Cedar Rapid	68	20:43.3	6:39.8	4:08.6
118 BUXTON, Kaleb	FR	3585	Iowa City City High	-	20:45.2	6:40.4	4:09.0

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulises

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #2
Fr-So Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
119 HALEKAS, Grady	FR	3606	Iowa City City High	-	20:46.1	6:40.7	4:09.2
120 BUNJER, Aaron	SO	3824	Linn-Mar Marion	-	20:48.3	6:41.4	4:09.7
121 KOSYANCHUK, Matthew	SO	3849	Linn-Mar Marion	-	20:50.1	6:42.0	4:10.0
122 EIKLENBORG, Brandon	FR	2645	Cedar Falls	-	20:57.5	6:44.3	4:11.5
123 HAYNES, Otis	FR	3433	Dubuque Senior	-	21:00.5	6:45.3	4:12.1
124 HERROLD, Marc	FR	2658	Cedar Falls	-	21:01.7	6:45.7	4:12.3
125 COOLEY, Christian	8	3356	Dubuque Hempstea	-	21:06.4	6:47.2	4:13.3
126 CALLAHAN, Jack	FR	3965	Wahlert Dubuque	-	21:06.9	6:47.4	4:13.4
127 ADAM, Andrew	FR	3673	Iowa City Liberty	-	21:08.8	6:48.0	4:13.8
128 DOMKE, Dylan	FR	3747	Iowa City West	-	21:10.6	6:48.5	4:14.1
129 SWEENEY, Ben	FR	3641	Iowa City City High	-	21:14.0	6:49.6	4:14.8
130 SCHULTZ, Rylan	SO	3385	Dubuque Hempstea	-	21:14.6	6:49.8	4:14.9
131 PATEL, Aaditya (Aadi)	SO	3511	Epworth Western D	69	21:16.8	6:50.5	4:15.3
132 SINDT, Xander	SO	3456	Dubuque Senior	-	21:17.3	6:50.7	4:15.5
133 RIDDELL, Robert	SO	3449	Dubuque Senior	-	21:17.7	6:50.8	4:15.5
134 LYNCH, Jaxson	SO	3854	Linn-Mar Marion	-	21:18.5	6:51.1	4:15.7
135 DEMILDT, Curtis	FR	3828	Linn-Mar Marion	-	21:18.8	6:51.2	4:15.8
136 MILLS, Henry	SO	3279	Cedar Rapids Kenn	70	21:21.3	6:52.0	4:16.2
137 PARK, Branden	FR	4053	Xavier Cedar Rapid	71	21:22.4	6:52.3	4:16.5
138 LUCIO, Alek	FR	3708	Iowa City Liberty	-	21:23.0	6:52.5	4:16.6
139 SPRANK, Clark	SO	3514	Epworth Western D	72	21:24.2	6:52.9	4:16.8
140 TUCKER, Kevin	FR	3992	Wahlert Dubuque	-	21:25.4	6:53.3	4:17.1
141 TIMMERMAN, Nick	SO	3644	Iowa City City High	-	21:26.0	6:53.5	4:17.2
142 HILSMAN, Dominic	FR	3696	Iowa City Liberty	-	21:26.8	6:53.7	4:17.3
143 KAPUNZULA, Beaudard	SO	3613	Iowa City City High	-	21:27.4	6:53.9	4:17.5
144 CAPALLA, Isaac	SO	3494	Epworth Western D	73	21:28.5	6:54.3	4:17.7
145 VAVROCH, Ethan	SO	3190	Cedar Falls	-	21:29.2	6:54.5	4:17.8
146 BARNARD, Talan	SO	3907	Prairie Cedar Rapid	(74)	21:32.5	6:55.6	4:18.5
147 FINN, Collin	SO	3692	Iowa City Liberty	-	21:35.4	6:56.5	4:19.1
148 CAVALIER, Kellen	FR	3826	Linn-Mar Marion	-	21:38.4	6:57.5	4:19.7
149 ENGLING, James	FR	3312	Cedar Rapids Wash	75	21:38.6	6:57.5	4:19.7
150 DIDELOT, Jude	FR	3359	Dubuque Hempstea	-	21:43.4	6:59.1	4:20.7
151 DIEHL, Nicholas	FR	3270	Cedar Rapids Kenn	76	21:44.7	6:59.5	4:20.9
152 MCDONALD, Elliot	SO	3858	Linn-Mar Marion	-	21:51.7	7:01.8	4:22.3
153 DAVIS, William	SO	3427	Dubuque Senior	-	21:52.3	7:01.9	4:22.4
154 LOPEZ, Jose	SO	3707	Iowa City Liberty	-	21:54.9	7:02.8	4:23.0
155 CARLSON, Wyatt	SO	3588	Iowa City City High	-	21:55.5	7:03.0	4:23.1
156 SEBREE, Tyler	FR	3138	Cedar Falls	-	21:55.6	7:03.0	4:23.1
157 JOHNSTON, Lukas	SO	3699	Iowa City Liberty	-	21:57.1	7:03.5	4:23.4
158 BURCO, Tyler	SO	3216	Cedar Rapids Jeffer	77	21:58.2	7:03.8	4:23.6
159 MORFITT, Drake	FR	2776	Cedar Falls	-	21:58.6	7:04.0	4:23.7
160 GOODWIN, Corbin	SO	2652	Cedar Falls	-	21:59.2	7:04.2	4:23.8
161 WARBY, James	FR	3192	Cedar Falls	-	21:59.7	7:04.3	4:23.9
162 HURM, Flynn	FR	3437	Dubuque Senior	-	22:00.2	7:04.5	4:24.0
163 ASBURY, Aiden	FR	3676	Iowa City Liberty	-	22:01.9	7:05.0	4:24.4
164 CONNELL, Cole	SO	3592	Iowa City City High	-	22:05.8	7:06.3	4:25.2

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulises

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #2
Fr-So Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
165 ACKERSON, James	FR	3577	Iowa City City High	-	22:09.7	7:07.5	4:25.9
166 HENSLEY, Chase	SO	3367	Dubuque Hempstea	-	22:15.6	7:09.4	4:27.1
167 DALSING, Cael	FR	3496	Epworth Western D	78	22:16.7	7:09.8	4:27.3
168 HUSTON, Mason	SO	4049	Xavier Cedar Rapid	79	22:17.8	7:10.2	4:27.6
169 SILVIA, Finlay	8	3453	Dubuque Senior	-	22:21.5	7:11.3	4:28.3
170 BOEHMKE, Roen	SO	3266	Cedar Rapids Kenn	80	22:25.5	7:12.6	4:29.1
171 MARTINEZ, Hugo	SO	3443	Dubuque Senior	-	22:27.1	7:13.1	4:29.4
172 TANK, Oscar	FR	3323	Cedar Rapids Wash	81	22:29.3	7:13.9	4:29.9
173 OWENS, Mason	SO	3626	Iowa City City High	-	22:30.8	7:14.3	4:30.1
174 DURAN, Jon	SO	3753	Iowa City West	-	22:34.3	7:15.5	4:30.9
175 IVANOV, Sam	FR	3976	Wahlert Dubuque	-	22:38.6	7:16.8	4:31.7
176 DEVRIES, Gavin	FR	2642	Cedar Falls	-	22:38.6	7:16.8	4:31.7
177 NOLTE, Louis	SO	2932	Cedar Falls	-	22:45.7	7:19.1	4:33.1
178 KEITH, Tucker	FR	3847	Linn-Mar Marion	-	22:46.0	7:19.2	4:33.2
179 ARENDS, Hayden	FR	3819	Linn-Mar Marion	-	22:47.1	7:19.6	4:33.4
180 FLEMING, Blaise	SO	3603	Iowa City City High	-	22:48.4	7:20.0	4:33.7
181 CARTER, Taten	FR	2640	Cedar Falls	-	22:49.8	7:20.4	4:33.9
182 EIKLENBORG, Isaiah	FR	2646	Cedar Falls	-	22:51.1	7:20.9	4:34.2
183 HOGREFE, Everett	SO	2659	Cedar Falls	-	22:51.2	7:20.9	4:34.2
184 SAHAYDA, Rowan	FR	3322	Cedar Rapids Wash	82	22:52.4	7:21.3	4:34.5
185 VIKRAM, Aryan	FR	3786	Iowa City West	-	22:52.8	7:21.4	4:34.5
186 ROUSE, Foster	FR	3120	Cedar Falls	-	22:54.9	7:22.1	4:35.0
187 CLARK, Clover	FR	3686	Iowa City Liberty	-	22:55.3	7:22.2	4:35.1
188 BALLANTYNE, Ian	SO	3583	Iowa City City High	-	22:55.6	7:22.3	4:35.1
189 KILGORE, Oliver	FR	3440	Dubuque Senior	-	22:59.7	7:23.6	4:35.9
190 CIECIOR, Henry	FR	3685	Iowa City Liberty	-	23:07.0	7:26.0	4:37.4
191 KARR, Henry	FR	3614	Iowa City City High	-	23:13.6	7:28.1	4:38.7
192 PUTMAN, Jack	SO	3284	Cedar Rapids Kenn	(83)	23:16.3	7:29.0	4:39.3
193 SUND, Landon	FR	3287	Cedar Rapids Kenn	(84)	23:23.2	7:31.2	4:40.6
194 RUIZ, Logan	SO	4055	Xavier Cedar Rapid	85	23:23.6	7:31.3	4:40.7
195 EVEN, Jackson	FR	3970	Wahlert Dubuque	-	23:27.8	7:32.6	4:41.5
196 MORTON, Renn	SO	3624	Iowa City City High	-	23:28.7	7:33.0	4:41.7
197 ONDLER, Wyatt	FR	3931	Prairie Cedar Rapid	(86)	23:45.1	7:38.2	4:45.0
198 BOBIS, Wes	FR	3352	Dubuque Hempstea	-	23:46.5	7:38.7	4:45.3
199 TAYLOR, Jonah	FR	3231	Cedar Rapids Jeffer	87	23:52.5	7:40.6	4:46.5
200 BABER, Jackson	SO	2636	Cedar Falls	-	23:57.7	7:42.3	4:47.5
201 STONE, Kieran	FR	3286	Cedar Rapids Kenn	-	24:01.4	7:43.5	4:48.3
202 SKOFF, Zach	FR	3636	Iowa City City High	-	24:09.6	7:46.1	4:49.9
203 BUCHER, Demaryius	FR	3908	Prairie Cedar Rapid	-	24:10.6	7:46.4	4:50.1
204 ARCHIBALD, Grayson	FR	3580	Iowa City City High	-	24:10.8	7:46.5	4:50.1
205 BARTHEL, Carter	FR	3214	Cedar Rapids Jeffer	88	24:37.2	7:55.0	4:55.4
206 OTTO, Jonah	FR	3932	Prairie Cedar Rapid	-	24:37.2	7:55.0	4:55.4
207 FITZ, Max	FR	3971	Wahlert Dubuque	-	24:47.7	7:58.3	4:57.5
208 RUH, Eliyas	FR	3450	Dubuque Senior	-	25:05.1	8:03.9	5:01.0
209 JOHNSON, Aiden	SO	3919	Prairie Cedar Rapid	-	25:11.2	8:05.9	5:02.2
210 SCHMIDT, Josh	FR	3130	Cedar Falls	-	25:16.3	8:07.5	5:03.3

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulses

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #2
Fr-So Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
211 WALLACE, Aiden	FR	3993	Wahlert Dubuque	-	25:18.8	8:08.4	5:03.8
212 TARGIO, Mueen	SO	3642	Iowa City City High	-	25:19.2	8:08.5	5:03.8
213 DOMBROCK, Ben	FR	3597	Iowa City City High	-	25:21.5	8:09.2	5:04.3
214 COLY, Jean Louis	SO	3217	Cedar Rapids Jeffer	89	25:36.9	8:14.2	5:07.4
215 UHL, Everett	FR	4059	Xavier Cedar Rapid	(90)	25:38.3	8:14.6	5:07.6
216 STALLMAN, Nicholas	FR	4058	Xavier Cedar Rapid	(91)	25:39.4	8:15.0	5:07.9
217 YOUNG, Jack	SO	3649	Iowa City City High	-	25:39.6	8:15.0	5:07.9
218 WILLIAMS, Roman	FR	3238	Cedar Rapids Jeffer	92	25:56.2	8:20.4	5:11.2
219 MALDONADO, Damian	FR	3710	Iowa City Liberty	-	25:57.7	8:20.8	5:11.5
220 PETERSEN, Cameron	FR	3717	Iowa City Liberty	-	26:44.9	8:36.0	5:21.0
221 ELDER, Brooks	FR	3430	Dubuque Senior	-	26:50.6	8:37.9	5:22.1
222 TOMLYANOVICH, Sam	FR	3151	Cedar Falls	-	27:06.4	8:42.9	5:25.3
223 MOSES, Henry	FR	2794	Cedar Falls	-	27:06.6	8:43.0	5:25.3
224 HE-YU, Hanover	FR	3609	Iowa City City High	-	27:07.8	8:43.4	5:25.6
225 KEPPLER, Barnie	FR	3979	Wahlert Dubuque	-	27:09.3	8:43.9	5:25.9
226 LIE, Espen	SO	3618	Iowa City City High	-	27:28.1	8:49.9	5:29.6
227 WILLIMACK, Brantley	FR	3291	Cedar Rapids Kenn	-	27:29.8	8:50.5	5:29.9
228 BAILEY, Dexter	SO	2637	Cedar Falls	-	27:59.3	9:00.0	5:35.9
229 ACEVEDO, Donovan	SO	3575	Iowa City City High	-	28:09.3	9:03.2	5:37.9
230 HARTUNG, Elliott	SO	2655	Cedar Falls	-	28:18.6	9:06.2	5:39.7
231 PARKER-MCNERTNEY, Bru	FR	3629	Iowa City City High	-	30:42.0	9:52.3	6:08.4
232 INTURI, Shrey	SO	3842	Linn-Mar Marion	-	31:50.5	10:14.3	6:22.1

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulises

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #3
Varsity Girls 5K**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Falls	43	1-4-10-13-15(25)(39)	1:36:11	19:15	1:59.0
2 Prairie Cedar Rapids	82	8-12-19-21-22(48)(64)	1:39:30	19:54	1:00.5
3 Linn-Mar Marion	109	2-5-27-31-44(49)(53)	1:39:41	19:57	2:32.7
4 Iowa City City High	111	9-18-20-28-36	1:40:44	20:09	1:21.1
5 Wahlert Dubuque	125	6-14-23-37-45(51)(52)	1:41:12	20:15	2:02.8
6 Dubuque Senior	160	11-32-35-40-42(58)(59)	1:42:40	20:32	1:29.6
7 Epworth Western Dubuque	162	3-26-33-46-54(57)(67)	1:42:45	20:33	2:39.9
8 Iowa City West	177	7-17-30-60-63(66)	1:43:47	20:46	3:07.3
9 Iowa City Liberty	194	16-24-38-55-61(70)(72)	1:44:41	20:57	2:04.9
10 Dubuque Hempstead	242	34-43-47-56-62(68)(71)	1:46:50	21:22	1:27.0
11 Cedar Rapids Kennedy	319	29-65-73-74-78(82)(85)	1:51:34	22:19	2:43.5
12 Cedar Rapids Washington	349	41-75-76-77-80(83)(86)	1:53:10	22:38	2:20.8
13 Xavier Cedar Rapids	400	69-79-81-84-87(88)(90)	1:57:00	23:24	1:33.9
14 Cedar Rapids Jefferson	415	50-89-91-92-93(94)(95)	2:04:46	24:58	5:19.5
DNP Waterloo United					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. km
1 GALL, Charlee	JR	1680	Cedar Falls	1	17:57.9	5:46.6	3:35.6
2 KOZLOSKI, Hailey	SR	3803	Linn-Mar Marion	2	18:32.2	5:57.6	3:42.4
3 NEISS, Emma	FR	3483	Epworth Western D	3	18:56.0	6:05.3	3:47.2
4 DAHLSTROM, Reese	FR	1646	Cedar Falls	4	19:02.1	6:07.2	3:48.4
5 SOPPE, Gianna	FR	3810	Linn-Mar Marion	5	19:03.4	6:07.6	3:48.7
6 MILLER, Sloan	FR	3953	Wahlert Dubuque	6	19:08.8	6:09.4	3:49.8
7 HODGE, Adrienne	SO	3731	Iowa City West	7	19:11.1	6:10.1	3:50.2
8 GROTELUSCHEN, Harper	JR	3894	Prairie Cedar Rapid	8	19:12.8	6:10.7	3:50.6
9 HAMANN, Grace	SR	3543	Iowa City City High	9	19:22.2	6:13.7	3:52.4
10 TOMLYANOVICH, Katherine	JR	2387	Cedar Falls	10	19:26.0	6:14.9	3:53.2
11 CARPENTER, Skylar	JR	3394	Dubuque Senior	11	19:28.7	6:15.8	3:53.7
12 WILEY, Reese	SR	3904	Prairie Cedar Rapid	12	19:44.7	6:20.9	3:56.9
13 YACKLEY, Hannah	SO	2632	Cedar Falls	13	19:47.7	6:21.9	3:57.5
14 LUEKEN, Lucy	SR	3952	Wahlert Dubuque	14	19:52.2	6:23.3	3:58.4
15 PRUISNER, Meryl	FR	2295	Cedar Falls	15	19:56.8	6:24.8	3:59.4
16 VEDEPO, McKenzie	FR	3671	Iowa City Liberty	16	19:57.8	6:25.1	3:59.5
17 TWAIT, Ava	SO	3736	Iowa City West	17	19:58.3	6:25.3	3:59.7
18 SHERBURNE, Lucy	SR	3566	Iowa City City High	18	20:02.5	6:26.6	4:00.5
19 ROE, Anika	SR	3900	Prairie Cedar Rapid	19	20:05.8	6:27.7	4:01.2
20 FRUIN, Calissa	JR	3537	Iowa City City High	20	20:13.2	6:30.1	4:02.6
21 AJRAM, Lamise	SR	3887	Prairie Cedar Rapid	21	20:13.3	6:30.1	4:02.7
22 BOYER, Eloise	FR	3888	Prairie Cedar Rapid	22	20:13.3	6:30.1	4:02.7
23 ROHNER, Ella	SR	3954	Wahlert Dubuque	23	20:14.0	6:30.4	4:02.8
24 MAHER, Mackenzie	SO	3663	Iowa City Liberty	24	20:14.4	6:30.5	4:02.9
25 MEYER, Shai	SO	2287	Cedar Falls	(25)	20:18.6	6:31.8	4:03.7

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulises

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #3
Varsity Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
26 DASILVA, Peyton	JR	3467	Epworth Western D	26	20:20.6	6:32.5	4:04.1
27 HARPER, Myrna	SO	3801	Linn-Mar Marion	27	20:21.9	6:32.9	4:04.4
28 FISCHER, Anna	FR	3534	Iowa City City High	28	20:23.0	6:33.2	4:04.6
29 WAGNER, Charlie	8	3262	Cedar Rapids Kenn	29	20:23.9	6:33.5	4:04.8
30 BLOUNT, Jessie	SO	3728	Iowa City West	30	20:24.3	6:33.7	4:04.9
31 TEMPLE, Anna	JR	3811	Linn-Mar Marion	31	20:37.9	6:38.0	4:07.6
32 SCHAEFER, Mallory	JR	3410	Dubuque Senior	32	20:38.7	6:38.3	4:07.7
33 BUSSAN-KLUESNER, Aubre	SO	3464	Epworth Western D	33	20:41.0	6:39.0	4:08.2
34 LEITZEN, Natalie	SR	3335	Dubuque Hempstea	34	20:41.0	6:39.0	4:08.2
35 HOYER, Lise	SR	3400	Dubuque Senior	35	20:42.3	6:39.4	4:08.5
36 FISCHER, Madeline	SR	3535	Iowa City City High	36	20:43.2	6:39.7	4:08.6
37 DIEKMAN, Grace	FR	3947	Wahlert Dubuque	37	20:44.9	6:40.3	4:09.0
38 WILLIAMS, Aleah	SO	3672	Iowa City Liberty	38	20:47.3	6:41.0	4:09.4
39 COUSIN, June	SR	1642	Cedar Falls	(39)	20:48.6	6:41.5	4:09.7
40 HOYER, Sage	SO	3401	Dubuque Senior	40	20:51.7	6:42.5	4:10.3
41 LINDWALL, Maya	SR	3302	Cedar Rapids Wash	41	20:54.6	6:43.4	4:10.9
42 ORTIZ, Lauryn	SO	3406	Dubuque Senior	42	20:58.2	6:44.6	4:11.6
43 PITZ, Paige	SR	3340	Dubuque Hempstea	43	21:04.7	6:46.6	4:12.9
44 MUSSER, Wrenley	SO	3805	Linn-Mar Marion	44	21:04.9	6:46.7	4:13.0
45 BAKKER, Avery	FR	857	Cedar Falls	-	21:06.0	6:47.1	4:13.2
46 BERNING, Willa	SR	3943	Wahlert Dubuque	45	21:11.6	6:48.9	4:14.3
47 BUSSAN-KLUESNER, Jocel	8	3465	Epworth Western D	46	21:11.8	6:48.9	4:14.4
48 PELEGRIN, Zoey	SO	3339	Dubuque Hempstea	47	21:16.0	6:50.3	4:15.2
49 KAY, Addison	SO	3897	Prairie Cedar Rapid	(48)	21:18.5	6:51.1	4:15.7
50 MEIER, Grace	SR	3804	Linn-Mar Marion	(49)	21:20.7	6:51.8	4:16.1
51 MORRIS, Emily	JR	3210	Cedar Rapids Jeffer	50	21:24.5	6:53.0	4:16.9
52 ROHNER, Mya	SO	3955	Wahlert Dubuque	(51)	21:30.1	6:54.8	4:18.0
53 DEAN, Emma	SR	3945	Wahlert Dubuque	(52)	21:31.5	6:55.3	4:18.3
54 WILDMAN, Haylie	JR	3815	Linn-Mar Marion	(53)	21:31.8	6:55.3	4:18.3
55 BURKE, Grace	JR	3944	Wahlert Dubuque	-	21:32.4	6:55.5	4:18.5
56 DRONE, Katie	SO	3470	Epworth Western D	54	21:35.9	6:56.7	4:19.2
57 GENGLER, Erica	SO	3799	Linn-Mar Marion	-	21:36.4	6:56.8	4:19.3
58 JOHNSON, Eleanor	SO	3661	Iowa City Liberty	55	21:38.8	6:57.6	4:19.8
59 MONTES, Layton	FR	3336	Dubuque Hempstea	56	21:39.7	6:57.9	4:19.9
60 LAKE, Melanie	SO	3479	Epworth Western D	(57)	21:45.1	6:59.6	4:21.0
61 EGBERT, Lucy	FR	3797	Linn-Mar Marion	-	21:46.4	7:00.0	4:21.3
62 ROACH, Lauren	FR	3408	Dubuque Senior	(58)	21:46.5	7:00.1	4:21.3
63 HOLDENER, Audrey	SR	3399	Dubuque Senior	(59)	21:48.5	7:00.7	4:21.7
64 TIGGES, Sophie	JR	3416	Dubuque Senior	-	21:49.9	7:01.2	4:22.0
65 BIRD, Bethany	FR	3727	Iowa City West	60	21:54.2	7:02.6	4:22.8
66 SWIFT, Gabriella	SO	3666	Iowa City Liberty	61	22:02.7	7:05.3	4:24.5
67 FREUND, Hazel	SO	3329	Dubuque Hempstea	62	22:08.0	7:07.0	4:25.6
68 MATHIAS, Savannah	JR	3732	Iowa City West	63	22:18.3	7:10.3	4:27.7
69 DEAN, Lindsey	FR	3946	Wahlert Dubuque	-	22:19.7	7:10.8	4:27.9
70 HOEFER, Aubrey	SR	3895	Prairie Cedar Rapid	(64)	22:22.7	7:11.7	4:28.5
71 MANTHE, Emma	SR	3257	Cedar Rapids Kenn	65	22:26.0	7:12.8	4:29.2

MVC SUPER MEET

Waterloo, IA

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Thursday, October 8, 2026

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Tom Ulses

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #3
Varsity Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
72 OLSON, Susanna	SR	3735	Iowa City West	(66)	22:27.2	7:13.2	4:29.4
73 LEHMAN, Aspen	FR	3898	Prairie Cedar Rapid	-	22:28.3	7:13.5	4:29.6
74 KLUESNER, Ahsha	JR	3475	Epworth Western D	(67)	22:32.7	7:15.0	4:30.5
75 FOUST, Willa	SO	3328	Dubuque Hempstea	(68)	22:34.9	7:15.7	4:31.0
76 MIKE, Norah	SO	4035	Xavier Cedar Rapid	69	22:37.1	7:16.4	4:31.4
77 HOFFMAN, Hayli	SO	3660	Iowa City Liberty	(70)	22:42.5	7:18.1	4:32.5
78 SHEDEK, Addison	SO	3343	Dubuque Hempstea	(71)	22:43.2	7:18.3	4:32.6
79 O'BRIEN, Taniya	SR	3999	Waterloo United	-	22:44.9	7:18.9	4:33.0
80 GALVIN, Keira	FR	3658	Iowa City Liberty	(72)	22:47.1	7:19.6	4:33.4
81 BRANDT, Alexis	SO	3245	Cedar Rapids Kenn	73	22:47.7	7:19.8	4:33.5
82 BILDSTEIN, Avery	SO	3243	Cedar Rapids Kenn	74	22:49.0	7:20.2	4:33.8
83 MCDERMOTT, Raegan	SR	3664	Iowa City Liberty	-	22:51.1	7:20.9	4:34.2
84 DRISCOLL, Gracie	SR	3327	Dubuque Hempstea	-	22:53.3	7:21.6	4:34.7
85 MCATEE, Abigail	8	3303	Cedar Rapids Wash	75	22:53.7	7:21.7	4:34.7
86 LAHART, Maya	SR	3300	Cedar Rapids Wash	76	23:02.5	7:24.5	4:36.5
87 LAHART, Alanna	SR	3299	Cedar Rapids Wash	77	23:03.2	7:24.7	4:36.6
88 KINGSBURY, Maya	JR	3254	Cedar Rapids Kenn	78	23:07.4	7:26.1	4:37.5
89 MUSICK, Sofia	SR	4037	Xavier Cedar Rapid	79	23:07.6	7:26.2	4:37.5
90 LEMKE, Lilly	SR	3301	Cedar Rapids Wash	80	23:15.4	7:28.7	4:39.1
91 WILSON, Everly	FR	3348	Dubuque Hempstea	-	23:17.3	7:29.3	4:39.5
92 MARTINO, Francesca	FR	4034	Xavier Cedar Rapid	81	23:18.9	7:29.8	4:39.8
93 HARNACK, Lucy	SO	3997	Waterloo United	-	23:21.6	7:30.7	4:40.3
94 VEACH, Brielle	8	3261	Cedar Rapids Kenn	(82)	23:21.7	7:30.7	4:40.3
95 DYER, Madelyn	SR	3296	Cedar Rapids Wash	(83)	23:22.3	7:30.9	4:40.4
96 MILLER, Quinn	FR	4036	Xavier Cedar Rapid	84	23:45.4	7:38.3	4:45.1
97 ETTEN, Alaina	FR	3248	Cedar Rapids Kenn	(85)	23:46.6	7:38.7	4:45.3
98 BLAHNIK, Brianna	SO	3293	Cedar Rapids Wash	(86)	24:04.8	7:44.6	4:49.0
99 HOFFMAN, Myla	FR	4027	Xavier Cedar Rapid	87	24:11.0	7:46.5	4:50.2
100 MANTHE, Ava	FR	3256	Cedar Rapids Kenn	-	24:37.4	7:55.0	4:55.5
101 HELGENS, Khloe	SO	4026	Xavier Cedar Rapid	(88)	24:45.3	7:57.6	4:57.1
102 CREIGHTON, Evie	JR	3202	Cedar Rapids Jeffer	89	25:11.7	8:06.1	5:02.3
103 KUCHARSKI, Claire	JR	4031	Xavier Cedar Rapid	(90)	25:18.3	8:08.2	5:03.7
104 JANDA, Mia	SR	3206	Cedar Rapids Jeffer	91	25:26.0	8:10.7	5:05.2
105 BROWN, Cameron	SO	3995	Waterloo United	-	25:42.3	8:15.9	5:08.4
106 BOLINGER, Aliana	SO	3200	Cedar Rapids Jeffer	92	25:59.3	8:21.4	5:11.9
107 KETTMANN, Sophia	JR	4030	Xavier Cedar Rapid	-	26:28.6	8:30.8	5:17.7
108 ESQUEDA, Jazmin	SO	3205	Cedar Rapids Jeffer	93	26:44.0	8:35.7	5:20.8
109 MERCIL, Kate	JR	3209	Cedar Rapids Jeffer	(94)	26:45.1	8:36.1	5:21.0
110 KRAUSE, Dharma	SO	3998	Waterloo United	-	26:45.7	8:36.3	5:21.1
111 MARTINEZ-WHITE, Josie	SO	3208	Cedar Rapids Jeffer	(95)	26:54.9	8:39.3	5:23.0

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Meet Referee:

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Timing:

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**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #4
Varsity Boys 5K**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Falls	44	2-8-9-11-14(23)(29)	1:20:23	16:05	0:59.7
2 Iowa City Liberty	53	1-4-5-18-25(36)(47)	1:20:06	16:02	1:45.5
3 Iowa City City High	86	10-16-19-20-21(30)(35)	1:22:42	16:33	0:31.4
4 Prairie Cedar Rapids	121	3-6-22-33-57(73)(78)	1:22:33	16:31	1:58.2
5 Linn-Mar Marion	154	15-26-31-39-43(44)(54)	1:24:27	16:54	0:44.8
6 Dubuque Hempstead	160	12-17-37-45-49(56)(61)	1:24:27	16:54	0:58.6
7 Iowa City West	199	13-41-42-50-53(58)(72)	1:25:30	17:06	0:57.2
8 Dubuque Senior	221	7-34-38-68-74(81)(87)	1:25:46	17:10	2:04.2
9 Cedar Rapids Kennedy	243	28-46-48-55-66(70)(79)	1:26:18	17:16	0:44.8
10 Wahlert Dubuque	249	24-51-52-59-63(67)(76)	1:26:27	17:18	0:44.9
11 Epworth Western Dubuque	317	27-65-69-71-85(86)(88)	1:28:37	17:44	1:52.1
12 Waterloo United	332	40-60-75-77-80(89)(100)	1:29:23	17:53	1:14.9
13 Cedar Rapids Washington	395	62-64-82-93-94(96)	1:32:49	18:34	2:19.3
14 Cedar Rapids Jefferson	399	32-84-91-95-97(99)(102)	1:34:19	18:52	3:01.1
15 Xavier Cedar Rapids	464	83-90-92-98-101(103)	1:37:15	19:27	1:46.6

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. km
1 DECKER, Keegan	SR	3688	Iowa City Liberty	1	15:01.8	4:50.0	3:00.4
2 WILLIAMS, Dominic	SR	3197	Cedar Falls	2	15:27.2	4:58.1	3:05.4
3 CARRIZALES, Cole	SR	3909	Prairie Cedar Rapid	3	15:27.8	4:58.3	3:05.6
4 KINZER, Maxwell	SO	3700	Iowa City Liberty	4	15:43.9	5:03.5	3:08.8
5 CHO, Tayson	SR	3684	Iowa City Liberty	5	15:58.6	5:08.2	3:11.7
6 OGREEN, Burkley	FR	3929	Prairie Cedar Rapid	6	15:59.1	5:08.4	3:11.8
7 ANDERSON, Owen	SR	3418	Dubuque Senior	7	16:02.4	5:09.4	3:12.5
8 GALL, Jeremy	SO	2649	Cedar Falls	8	16:03.3	5:09.7	3:12.7
9 MYERS, Porter	SR	2878	Cedar Falls	9	16:07.5	5:11.1	3:13.5
10 HAMILTON, Andrew	JR	3607	Iowa City City High	10	16:11.3	5:12.3	3:14.3
11 BLANCHARD, Kyler	SR	2638	Cedar Falls	11	16:17.6	5:14.3	3:15.5
12 MALONEY, Henry	SR	3376	Dubuque Hempstea	12	16:21.8	5:15.7	3:16.4
13 WEILER, Jake	JR	3788	Iowa City West	13	16:26.1	5:17.1	3:17.2
14 STROHMAN, Cody	JR	3145	Cedar Falls	14	16:26.8	5:17.3	3:17.4
15 ADAMS, Cooper	SR	3816	Linn-Mar Marion	15	16:28.1	5:17.7	3:17.6
16 RANDALL, David	SR	3631	Iowa City City High	16	16:29.3	5:18.1	3:17.8
17 COOLEY, Aidan	SR	3355	Dubuque Hempstea	17	16:30.2	5:18.4	3:18.0
18 HILDEBRAND, Lars	SR	3695	Iowa City Liberty	18	16:34.3	5:19.7	3:18.8
19 TERRILL, Clayton	FR	3643	Iowa City City High	19	16:38.7	5:21.1	3:19.7
20 EASTLUND, Leif	JR	3598	Iowa City City High	20	16:39.5	5:21.4	3:19.9
21 MCROBERTS, Jasper	JR	3620	Iowa City City High	21	16:42.7	5:22.4	3:20.5
22 FORMANEK, Matthew	JR	3914	Prairie Cedar Rapid	22	16:43.4	5:22.6	3:20.7
23 MYERS, Marshall	FR	2806	Cedar Falls	(23)	16:43.8	5:22.7	3:20.7
24 MURPHY, Sam	SO	3985	Wahlert Dubuque	24	16:45.6	5:23.3	3:21.1
25 STRAND, Jens	JR	3724	Iowa City Liberty	25	16:47.3	5:23.9	3:21.4

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**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #4
Varsity Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
26 KENNEDY, Will	SR	3848	Linn-Mar Marion	26	16:47.8	5:24.1	3:21.6
27 KLEIN, Joel	JR	3505	Epworth Western D	27	16:48.2	5:24.2	3:21.6
28 HALLAM, Finn	JR	3272	Cedar Rapids Kenn	28	16:48.4	5:24.2	3:21.7
29 KIES, Ryne	SR	2664	Cedar Falls	(29)	16:49.3	5:24.5	3:21.9
30 ELLIOTT, Sam	SO	3599	Iowa City City High	(30)	16:49.8	5:24.7	3:21.9
31 ROOS, Grayson	JR	3873	Linn-Mar Marion	31	16:51.2	5:25.1	3:22.2
32 AHRENS, Brody	SR	2633	Cedar Falls	-	16:54.4	5:26.2	3:22.9
33 TRAVAGIAKIS, Rexton	SR	3234	Cedar Rapids Jeffer	32	16:55.2	5:26.4	3:23.0
34 DAHLEM, Eli	JR	3910	Prairie Cedar Rapid	33	16:57.0	5:27.0	3:23.4
35 NEUHAUS, Elijah	SR	3445	Dubuque Senior	34	16:57.3	5:27.1	3:23.5
36 MILLER, Soren	JR	3621	Iowa City City High	(35)	16:57.5	5:27.2	3:23.5
37 FINCH, Colin	SR	3691	Iowa City Liberty	(36)	16:58.9	5:27.6	3:23.8
38 ELLERBECK, Zenner	SO	3361	Dubuque Hempstea	37	17:00.2	5:28.0	3:24.0
39 ARNOLD, Malcolm	SR	3581	Iowa City City High	-	17:01.5	5:28.4	3:24.3
40 HOHMANN, Andy	JR	3436	Dubuque Senior	38	17:04.3	5:29.3	3:24.8
41 VANDE BERG, Henry	SR	3646	Iowa City City High	-	17:06.7	5:30.1	3:25.3
42 LORENZ, Cade	JR	3852	Linn-Mar Marion	39	17:07.0	5:30.2	3:25.4
43 MOLINE, Isaak	JR	4012	Waterloo United	40	17:07.1	5:30.3	3:25.4
44 PRESSLER, Lars	SR	3779	Iowa City West	41	17:07.8	5:30.5	3:25.6
45 MERRILL, Evan	SR	3771	Iowa City West	42	17:11.3	5:31.6	3:26.3
46 LANDHERR, Ashton	JR	3850	Linn-Mar Marion	43	17:12.8	5:32.1	3:26.5
47 ROWRAY, Aiden	JR	3875	Linn-Mar Marion	(44)	17:13.2	5:32.2	3:26.6
48 ELLERBACH, Ben	SR	3360	Dubuque Hempstea	45	17:14.1	5:32.5	3:26.8
49 COGDILL, Neil	SR	3269	Cedar Rapids Kenn	46	17:14.8	5:32.7	3:27.0
50 BRUST, Charlie	JR	3680	Iowa City Liberty	(47)	17:16.5	5:33.3	3:27.3
51 STOCKERT, Tanner	JR	3285	Cedar Rapids Kenn	48	17:17.4	5:33.5	3:27.5
52 WELTER, Andrew	SO	3647	Iowa City City High	-	17:17.4	5:33.5	3:27.5
53 PETERSON, Christopher	JR	3379	Dubuque Hempstea	49	17:20.4	5:34.5	3:28.1
54 BRUZEK, Zachariah	SR	3744	Iowa City West	50	17:20.9	5:34.7	3:28.2
55 OCHOA, Mateo	FR	3988	Wahlert Dubuque	51	17:21.1	5:34.7	3:28.2
56 BERNING, Aloysius	SO	3963	Wahlert Dubuque	52	17:22.2	5:35.1	3:28.4
57 DUNHAM, Eli	SO	3752	Iowa City West	53	17:23.3	5:35.4	3:28.6
58 EDABURN, Jace	JR	3830	Linn-Mar Marion	(54)	17:23.9	5:35.6	3:28.8
59 MIXDORF, Nate	SO	3280	Cedar Rapids Kenn	55	17:24.0	5:35.7	3:28.8
60 RISMA, Nolan	JR	3381	Dubuque Hempstea	(56)	17:24.2	5:35.7	3:28.8
61 STOLLEY, Tristan	JR	3938	Prairie Cedar Rapid	57	17:26.0	5:36.3	3:29.2
62 OLALAYE, Oluwadara	SR	3777	Iowa City West	(58)	17:26.4	5:36.5	3:29.3
63 KIRBY, Will	SR	3980	Wahlert Dubuque	59	17:27.3	5:36.7	3:29.5
64 KERKOVE, Joshua	SR	4008	Waterloo United	60	17:29.1	5:37.3	3:29.8
65 SPRIGGS, Mason	SR	3387	Dubuque Hempstea	(61)	17:29.9	5:37.6	3:30.0
66 GURWELL, Grayson	SO	3313	Cedar Rapids Wash	62	17:30.1	5:37.6	3:30.0
67 CONNELLY, Niles	SR	3967	Wahlert Dubuque	63	17:30.4	5:37.7	3:30.1
68 FROISTAD, Talon	SR	3364	Dubuque Hempstea	-	17:30.7	5:37.8	3:30.1
69 MCATEE, Jack	JR	3315	Cedar Rapids Wash	64	17:31.2	5:38.0	3:30.2
70 HESS, Tyler	SR	3502	Epworth Western D	65	17:31.3	5:38.0	3:30.3
71 PITCHER, Maddox	SR	3282	Cedar Rapids Kenn	66	17:33.2	5:38.6	3:30.6

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulses

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #4
Varsity Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
72 MEYER, Tegan	SO	3984	Wahlert Dubuque	(67)	17:34.0	5:38.9	3:30.8
73 SINDT, Ian	SR	3455	Dubuque Senior	68	17:35.7	5:39.4	3:31.1
74 HEACOCK, Owen	FR	3501	Epworth Western D	69	17:37.3	5:39.9	3:31.4
75 HISCOCK, Thomas	SR	3837	Linn-Mar Marion	-	17:41.0	5:41.1	3:32.2
76 NOEL, Austin	SO	3378	Dubuque Hempstea	-	17:41.4	5:41.3	3:32.3
77 HILDEBRAND, Hans	SO	3694	Iowa City Liberty	-	17:41.9	5:41.4	3:32.4
78 PRIMROSE, Kevin	JR	3283	Cedar Rapids Kenn	(70)	17:43.5	5:42.0	3:32.7
79 HAMMERAND, Dominic	SR	3500	Epworth Western D	71	17:59.5	5:47.1	3:35.9
80 ELBESHTI, Ahmed	JR	3755	Iowa City West	(72)	18:01.3	5:47.7	3:36.3
81 PETERSEN, Charlie	SR	3866	Linn-Mar Marion	-	18:04.6	5:48.7	3:36.9
82 LANGE, Sammy	SR	3921	Prairie Cedar Rapid	(73)	18:06.1	5:49.2	3:37.2
83 NOEL, Traenor (Trae)	JR	3446	Dubuque Senior	74	18:06.5	5:49.3	3:37.3
84 ANDERSON, Storm	SO	4000	Waterloo United	75	18:11.3	5:50.9	3:38.3
85 WOLBERS, Gavin	SR	3994	Wahlert Dubuque	(76)	18:13.1	5:51.5	3:38.6
86 CORDELL, Kayson	SR	4002	Waterloo United	77	18:13.4	5:51.6	3:38.7
87 FROST, Jonah	SO	3915	Prairie Cedar Rapid	(78)	18:14.2	5:51.8	3:38.8
88 WEBER, Kaden	JR	3941	Prairie Cedar Rapid	-	18:15.0	5:52.1	3:39.0
89 CAMPBELL, Owen	FR	3267	Cedar Rapids Kenn	(79)	18:19.5	5:53.5	3:39.9
90 FEDERSPIEL, Andrew	SO	4004	Waterloo United	80	18:22.0	5:54.3	3:40.4
91 SCHULTE, Josh	SR	3452	Dubuque Senior	(81)	18:22.9	5:54.6	3:40.6
92 NOVE, Cooper	SO	3927	Prairie Cedar Rapid	-	18:25.6	5:55.5	3:41.1
93 REILLY, Hayden	SR	3319	Cedar Rapids Wash	82	18:30.3	5:57.0	3:42.1
94 OBERFOELL, Truman	SO	3987	Wahlert Dubuque	-	18:30.4	5:57.0	3:42.1
95 JONES, Liam	JR	3276	Cedar Rapids Kenn	-	18:31.6	5:57.4	3:42.3
96 PACHA, Cooper	SO	4052	Xavier Cedar Rapid	83	18:34.0	5:58.2	3:42.8
97 NIYOMUTABAZI, Peter	SR	3226	Cedar Rapids Jeffer	84	18:34.0	5:58.2	3:42.8
98 MCNAMARA, Will	SO	3983	Wahlert Dubuque	-	18:35.8	5:58.8	3:43.2
99 KLAPATAUSKAS, Peter	SO	3982	Wahlert Dubuque	-	18:37.4	5:59.3	3:43.5
100 MILLER, William	SO	3509	Epworth Western D	85	18:40.3	6:00.2	3:44.0
101 BIHL, John	JR	3492	Epworth Western D	(86)	18:41.7	6:00.7	3:44.3
102 WERNIMONT, Aiden	JR	3460	Dubuque Senior	(87)	18:46.4	6:02.2	3:45.3
103 JONES, Gabe	JR	3504	Epworth Western D	(88)	18:48.0	6:02.7	3:45.6
104 DOELZ, Parker	SO	3497	Epworth Western D	-	18:52.0	6:04.0	3:46.4
105 CASTRO, Enrique	SO	3495	Epworth Western D	-	18:53.1	6:04.3	3:46.6
106 GRIEME, Caden	SR	4006	Waterloo United	(89)	18:53.4	6:04.4	3:46.7
107 AMBROSY, Joseph	SO	4044	Xavier Cedar Rapid	90	18:56.5	6:05.4	3:47.3
108 TRAVAGIAKIS, Hunter	FR	3233	Cedar Rapids Jeffer	91	19:02.2	6:07.3	3:48.4
109 HAUG, Matthew	SR	3432	Dubuque Senior	-	19:13.8	6:11.0	3:50.7
110 MULFORD, Landon	SR	3923	Prairie Cedar Rapid	-	19:23.7	6:14.2	3:52.7
111 LAMMERS, Henry	SO	4051	Xavier Cedar Rapid	92	19:26.4	6:15.0	3:53.3
112 REISINGER, Nicholas	SR	3320	Cedar Rapids Wash	93	19:27.9	6:15.5	3:53.6
113 GOODEN, Paul	SO	3431	Dubuque Senior	-	19:36.3	6:18.2	3:55.2
114 MITCHELL, Jasper	JR	3317	Cedar Rapids Wash	94	19:49.3	6:22.4	3:57.9
115 SASA, Edison	SO	3230	Cedar Rapids Jeffer	95	19:51.5	6:23.1	3:58.3
116 MITCHELL, Henri	SR	3316	Cedar Rapids Wash	(96)	19:54.0	6:23.9	3:58.8
117 LANIER-WILLIAMS, Torian	SR	3224	Cedar Rapids Jeffer	97	19:56.2	6:24.6	3:59.2

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulises

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #4
Varsity Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
118 GENKINGER, Cael	FR	4047	Xavier Cedar Rapid	98	19:57.6	6:25.1	3:59.5
119 EMANIS, Joshua	SR	3219	Cedar Rapids Jeffer	(99)	19:58.5	6:25.4	3:59.7
120 STOLLENWERK, Quincy	SR	4014	Waterloo United	(100)	20:00.9	6:26.1	4:00.2
121 DUNKERTON, Jeremiah	SR	4003	Waterloo United	-	20:16.3	6:31.1	4:03.3
122 SIMANEK, Thatcher	SO	4057	Xavier Cedar Rapid	101	20:20.6	6:32.4	4:04.1
123 PHILLIPE, Tanner	JR	3229	Cedar Rapids Jeffer	(102)	20:21.8	6:32.8	4:04.3
124 VELHO, Kaden	SR	3235	Cedar Rapids Jeffer	-	20:23.9	6:33.5	4:04.8
125 GUIDER, Will	FR	3223	Cedar Rapids Jeffer	-	20:31.8	6:36.1	4:06.3
126 PARKISON, Cole	SR	3228	Cedar Rapids Jeffer	-	20:35.6	6:37.3	4:07.1
127 CRIPE, Colin	FR	4046	Xavier Cedar Rapid	(103)	20:37.7	6:38.0	4:07.5
128 BRAVENER, Liam	FR	4001	Waterloo United	-	21:01.7	6:45.7	4:12.3

MVC SUPER MEET

Waterloo, IA

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Thursday, October 8, 2026

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Timing:

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**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #5
JV Girls 5K**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	25	1-3-6-7-8(11)(12)	1:46:23	21:17	0:49.4
2 Cedar Falls	30	2-4-5-9-10(14)(18)	1:46:41	21:21	0:58.1
3 Prairie Cedar Rapids	85	13-15-17-19-21(35)	1:53:35	22:43	1:16.8
4 Dubuque Senior	143	16-20-26-40-41	2:04:37	24:56	4:56.6
5 Dubuque Hempstead	145	25-27-28-32-33	2:05:00	25:00	1:03.3
6 Epworth Western Dubuque	162	22-31-34-37-38(39)(42)	2:07:56	25:36	3:15.5
7 Iowa City Liberty	173	23-24-36-43-47(50)	2:12:08	26:26	5:56.4
8 Cedar Rapids Kennedy	194	29-30-44-45-46(48)(49)	2:17:56	27:36	4:46.7
DNP Cedar Rapids Washington					
DNP Iowa City West					
DNP Cedar Rapids Jefferson					
DNP Xavier Cedar Rapids					
DNP Linn-Mar Marion					
DNP Wahlert Dubuque					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
1 DOWNING-SHERER, Naomi	SR	3531	Iowa City City High	1	20:48.8	6:41.5	4:09.8
2 CLARK, Addyson	FR	1636	Cedar Falls	2	20:51.9	6:42.5	4:10.4
3 TERRILL, Amelia	JR	3568	Iowa City City High	3	20:59.1	6:44.9	4:11.8
4 ROTHWEILER, Grace	FR	2369	Cedar Falls	4	21:02.9	6:46.0	4:12.6
5 BLOUGH, Katie	SR	1466	Cedar Falls	5	21:13.7	6:49.5	4:14.7
6 LECLAIR, Nadia	JR	3549	Iowa City City High	6	21:22.5	6:52.4	4:16.5
7 WILLARD, Martha Jane	SR	3570	Iowa City City High	7	21:34.5	6:56.2	4:18.9
8 KARDOS, Jessica	JR	3547	Iowa City City High	8	21:38.2	6:57.4	4:19.6
9 SEARFOSS, Ainsley	JR	2371	Cedar Falls	9	21:42.1	6:58.7	4:20.4
10 FREIBERG, Leah	JR	1675	Cedar Falls	10	21:50.0	7:01.2	4:22.0
11 GALLUZZO, Lucia	JR	3539	Iowa City City High	(11)	22:08.1	7:07.0	4:25.6
12 FITZGERALD, Maddie	JR	3536	Iowa City City High	(12)	22:09.2	7:07.4	4:25.8
13 COOK, Aubrianna	FR	3890	Prairie Cedar Rapid	13	22:10.4	7:07.8	4:26.1
14 HANNAM, Jenna	JR	2069	Cedar Falls	(14)	22:19.1	7:10.6	4:27.8
15 VAN VOORST, Addy	SR	3902	Prairie Cedar Rapid	15	22:19.3	7:10.6	4:27.9
16 KLEIN, Addison	SR	3548	Iowa City City High	-	22:20.4	7:11.0	4:28.1
17 BEARD, Josephine	JR	3392	Dubuque Senior	16	22:20.4	7:11.0	4:28.1
18 COOK-MCCORMICK, Ariann	JR	3891	Prairie Cedar Rapid	17	22:22.3	7:11.6	4:28.5
19 HAHN, Emma	JR	1684	Cedar Falls	(18)	22:25.0	7:12.5	4:29.0
20 COLE, Bella	SR	3795	Linn-Mar Marion	-	22:30.5	7:14.2	4:30.1
21 AHN, Mia	JR	3726	Iowa City West	-	22:40.0	7:17.3	4:32.0
22 THIELEN, Claire	SR	3958	Wahlert Dubuque	-	22:47.3	7:19.6	4:33.5
23 VERDUGHT, Maggie	SR	2470	Cedar Falls	-	22:50.0	7:20.5	4:34.0
24 WINDERS, Etta	JR	3571	Iowa City City High	-	23:02.4	7:24.5	4:36.5
25 SWITZER, Cadia	SR	2385	Cedar Falls	-	23:06.1	7:25.7	4:37.2
26 SCHULTZ, Willow	SR	3565	Iowa City City High	-	23:12.0	7:27.6	4:38.4

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulises

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #5
JV Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
27 VOLDASE, Arden	SO	3903	Prairie Cedar Rapid	19	23:15.1	7:28.6	4:39.0
28 CASTO, Amari	SR	3526	Iowa City City High	-	23:20.3	7:30.2	4:40.0
29 MORRISON, Sophia	JR	3405	Dubuque Senior	20	23:22.0	7:30.8	4:40.4
30 WARBY, Claire	SR	2489	Cedar Falls	-	23:23.0	7:31.1	4:40.6
31 THOMPSON, Brynn	SO	3901	Prairie Cedar Rapid	21	23:27.2	7:32.5	4:41.4
32 UDELHOFEN, Stella	FR	3737	Iowa City West	-	23:27.4	7:32.5	4:41.5
33 PENG, Helen	JR	2291	Cedar Falls	-	23:28.8	7:33.0	4:41.7
34 FORD, Camille	FR	3729	Iowa City West	-	23:31.3	7:33.8	4:42.2
35 LUCAS, Maddie	SR	3480	Epworth Western D	22	23:31.5	7:33.8	4:42.3
36 WENZEL, Alexa	SR	2604	Cedar Falls	-	23:37.6	7:35.8	4:43.5
37 ROMERO, Ella	SR	3562	Iowa City City High	-	23:52.5	7:40.6	4:46.5
38 UNSEN, Mallory	SR	3959	Wahlert Dubuque	-	23:56.9	7:42.0	4:47.4
39 JAEGER, Kambry	SR	2082	Cedar Falls	-	24:00.3	7:43.1	4:48.1
40 ROTHFUSS, Emily	SO	3665	Iowa City Liberty	23	24:05.7	7:44.8	4:49.1
41 HAKES, Lola	SO	3659	Iowa City Liberty	24	24:12.0	7:46.9	4:50.4
42 BELLMAN, Rebecca	JR	3325	Dubuque Hempstea	25	24:27.1	7:51.7	4:53.4
43 O'BRIEN, Emery	SO	3734	Iowa City West	-	24:29.5	7:52.5	4:53.9
44 BELKEN, Tessa	JR	3942	Wahlert Dubuque	-	24:33.2	7:53.7	4:54.6
45 SPRAGUE, Chloe	SR	3414	Dubuque Senior	26	24:33.9	7:53.9	4:54.8
46 SWISHER, Cassie	SR	3567	Iowa City City High	-	24:38.2	7:55.3	4:55.6
47 TROFTGRUBIN, Teresa	JR	3344	Dubuque Hempstea	27	24:40.2	7:55.9	4:56.0
48 BLOTT, Kamille	JR	3791	Linn-Mar Marion	-	24:43.9	7:57.1	4:56.8
49 ROLING, Carsyn	JR	3341	Dubuque Hempstea	28	24:51.9	7:59.7	4:58.4
50 HETRICK, Evelyn	FR	3297	Cedar Rapids Wash	-	24:52.4	7:59.9	4:58.5
51 PLATTE, Anna	JR	3559	Iowa City City High	-	24:53.5	8:00.2	4:58.7
52 AYALA, Haylie	SR	3241	Cedar Rapids Kenn	29	24:56.1	8:01.1	4:59.2
53 HERRIG, Kelsey	JR	3544	Iowa City City High	-	24:59.6	8:02.2	4:59.9
54 ANGELES, Mariana	SR	3239	Cedar Rapids Kenn	30	25:03.8	8:03.5	5:00.8
55 SPRANK, Ella	SR	3487	Epworth Western D	31	25:06.1	8:04.3	5:01.2
56 WAITE, Katlynn	JR	3569	Iowa City City High	-	25:24.6	8:10.2	5:04.9
57 KALLBACK, Josie	SR	3333	Dubuque Hempstea	32	25:30.2	8:12.0	5:06.0
58 MOOTZ, Jo	SR	3337	Dubuque Hempstea	33	25:30.4	8:12.1	5:06.1
59 WOOCK, Ava	JR	2631	Cedar Falls	-	25:38.2	8:14.6	5:07.6
60 DRONE, Allison (Alli)	SR	3469	Epworth Western D	34	25:49.2	8:18.1	5:09.8
61 RAUSCH, Chloe	SR	3899	Prairie Cedar Rapid	(35)	26:08.7	8:24.4	5:13.7
62 BERQUAM, Mari	SO	3650	Iowa City Liberty	36	26:11.7	8:25.3	5:14.3
63 ANDERSON, Laela	SR	4019	Xavier Cedar Rapid	-	26:22.7	8:28.9	5:16.5
64 EVANS, Jolie	SR	3532	Iowa City City High	-	26:26.0	8:30.0	5:17.2
65 HODGSON, Olivia	SR	3473	Epworth Western D	37	26:41.6	8:35.0	5:20.3
66 GOOD, Elise	SR	3540	Iowa City City High	-	26:44.4	8:35.9	5:20.9
67 VASKE, Kaitlyn	JR	3488	Epworth Western D	38	26:47.0	8:36.7	5:21.4
68 ZIMMERMAN, Anna	JR	3491	Epworth Western D	(39)	26:58.3	8:40.3	5:23.7
69 EIKAMP, Millie	SR	3396	Dubuque Senior	40	27:03.7	8:42.1	5:24.7
70 ZINSKI, Bella	JR	3306	Cedar Rapids Wash	-	27:07.4	8:43.3	5:25.5
71 FERRINI, Rachele	SR	3397	Dubuque Senior	41	27:17.0	8:46.4	5:27.4
72 KNEPPER, Alaina	SR	3476	Epworth Western D	(42)	27:21.4	8:47.8	5:28.3

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulses

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #5
JV Girls 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
73 FRERICH, Alison	SR	1677	Cedar Falls	-	27:23.5	8:48.5	5:28.7
74 DANIELS, Greta	JR	3653	Iowa City Liberty	43	27:36.4	8:52.6	5:31.3
75 ROLAND, Frances	SR	3304	Cedar Rapids Wash	-	27:37.2	8:52.9	5:31.4
76 SAKOLKAR, Vasudha	JR	3808	Linn-Mar Marion	-	27:40.6	8:54.0	5:32.1
77 JENSEN, Alena	SR	3298	Cedar Rapids Wash	-	27:44.3	8:55.1	5:32.8
78 PFAB, Eleanor	SR	4040	Xavier Cedar Rapid	-	27:48.8	8:56.6	5:33.7
79 PFAB, Hannah	SR	4041	Xavier Cedar Rapid	-	28:05.7	9:02.0	5:37.1
80 ARNOLD, Madeline	SR	3463	Epworth Western D	-	28:32.5	9:10.6	5:42.5
81 CAMPBELL, Avery	SR	3246	Cedar Rapids Kenn	44	28:42.6	9:13.9	5:44.5
82 DELGADO, Irene	JR	3204	Cedar Rapids Jeffer	-	29:09.8	9:22.6	5:49.9
83 HARTWIG, Serenity	FR	3250	Cedar Rapids Kenn	45	29:30.2	9:29.2	5:54.0
84 PARK, Soyeon	SR	4038	Xavier Cedar Rapid	-	29:38.4	9:31.8	5:55.7
85 KETOGLLO, Jessica	SO	3253	Cedar Rapids Kenn	46	29:42.8	9:33.2	5:56.6
86 DAWSON, Mackenzie	SR	1668	Cedar Falls	-	29:47.0	9:34.6	5:57.4
87 MUNIE, Winner	SR	3211	Cedar Rapids Jeffer	-	29:51.1	9:35.9	5:58.2
88 COINER, Adrianna	SR	3527	Iowa City City High	-	29:57.5	9:38.0	5:59.5
89 DILLON, Charlotte	SR	3654	Iowa City Liberty	47	30:02.1	9:39.4	6:00.4
90 LOPEZ, Nora	JR	3255	Cedar Rapids Kenn	(48)	30:12.9	9:42.9	6:02.6
91 HYNEK, Heidy	SO	3252	Cedar Rapids Kenn	(49)	30:25.4	9:46.9	6:05.1
92 ELFERT, Elsa	SO	3656	Iowa City Liberty	(50)	31:24.1	10:05.8	6:16.8
93 ROUSSI, Chancelline	SR	3213	Cedar Rapids Jeffer	-	31:34.9	10:09.3	6:19.0
94 HOPCUS, Savannah	SO	3251	Cedar Rapids Kenn	-	32:45.4	10:31.9	6:33.1
95 MOLSBERRY, Molly	JR	3555	Iowa City City High	-	32:53.3	10:34.5	6:34.6
96 CLINE, Amelia	FR	3247	Cedar Rapids Kenn	-	33:03.9	10:37.9	6:36.8
97 SABERS, Zoe	JR	3485	Epworth Western D	-	33:57.4	10:55.1	6:47.5
98 BUSHOGA, Jackline	SO	3201	Cedar Rapids Jeffer	-	35:26.1	11:23.6	7:05.2

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulises

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #6
JV Boys 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	40	2-3-10-12-13(15)(17)	1:28:36	17:44	0:30.4
2 Cedar Falls	46	1-4-6-14-21(23)(31)	1:28:40	17:44	0:41.9
3 Linn-Mar Marion	82	5-16-18-19-24(25)(27)	1:30:03	18:01	0:36.8
4 Iowa City Liberty	105	8-11-26-28-32(36)(57)	1:31:38	18:20	1:04.4
5 Iowa City West	137	7-20-33-38-39(40)(41)	1:32:54	18:35	1:20.2
6 Dubuque Senior	181	22-35-37-43-44(45)(49)	1:34:53	18:59	1:13.9
7 Prairie Cedar Rapids	224	29-42-50-51-52(54)(59)	1:37:49	19:34	1:17.6
8 Cedar Rapids Kennedy	241	9-46-53-58-75(76)	1:42:09	20:26	6:32.3
9 Dubuque Hempstead	252	30-47-48-63-64(65)(66)	1:40:44	20:09	2:27.6
10 Epworth Western Dubuque	308	34-55-68-73-78(80)	1:50:24	22:05	6:35.3
11 Waterloo United	327	60-61-67-69-70(71)(72)	1:47:32	21:31	2:04.9
12 Wahlert Dubuque	348	56-62-74-77-79	1:57:20	23:28	5:59.6
DNP Cedar Rapids Washington					
DNP Cedar Rapids Jefferson					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
1 ZYLSTRA, Parker	SR	3199	Cedar Falls	1	17:24.7	5:35.9	3:28.9
2 LALOR, Quinn	JR	3617	Iowa City City High	2	17:26.0	5:36.3	3:29.2
3 HOWARD, Zach	JR	3610	Iowa City City High	3	17:26.2	5:36.4	3:29.2
4 FRIESNER, Jason	JR	2648	Cedar Falls	4	17:26.9	5:36.6	3:29.4
5 SANDS, Jonah	SR	3876	Linn-Mar Marion	5	17:44.4	5:42.2	3:32.9
6 WALLACE, Landon	SR	3191	Cedar Falls	6	17:44.6	5:42.3	3:32.9
7 MUSA, Mohamed	SR	3774	Iowa City West	7	17:44.9	5:42.4	3:33.0
8 LANXON, Ben	JR	3705	Iowa City Liberty	8	17:45.1	5:42.5	3:33.0
9 WILKINSON, Jude	JR	3290	Cedar Rapids Kenn	9	17:51.2	5:44.4	3:34.2
10 KOPELMAN, Henry	JR	3615	Iowa City City High	10	17:51.6	5:44.6	3:34.3
11 KONRARDY, Carter	JR	3702	Iowa City Liberty	11	17:52.3	5:44.8	3:34.5
12 CAREY, Will	SR	3587	Iowa City City High	12	17:55.5	5:45.8	3:35.1
13 BEERENDS, Colin	JR	3584	Iowa City City High	13	17:56.3	5:46.1	3:35.3
14 KODIAGA, Israel	JR	2665	Cedar Falls	14	17:57.3	5:46.4	3:35.4
15 RICHMAN, Sam	SR	3632	Iowa City City High	(15)	17:57.3	5:46.4	3:35.4
16 DETWEILER, Jonah	SR	3829	Linn-Mar Marion	16	17:57.4	5:46.4	3:35.5
17 SAUDER, Ben	JR	3634	Iowa City City High	(17)	17:59.4	5:47.1	3:35.9
18 HOKE, Daniel	JR	3839	Linn-Mar Marion	18	17:59.7	5:47.2	3:35.9
19 BUDZINSKI, Nicholas	SR	3823	Linn-Mar Marion	19	18:00.5	5:47.4	3:36.1
20 CUMMER, Graham	JR	3595	Iowa City City High	-	18:01.6	5:47.8	3:36.3
21 JACOBSEN, Logan	SR	3766	Iowa City West	20	18:05.9	5:49.1	3:37.2
22 SHIELDS, Patrick	JR	3140	Cedar Falls	21	18:06.5	5:49.4	3:37.3
23 DENHAM, Matthew	SR	3428	Dubuque Senior	22	18:10.2	5:50.5	3:38.0
24 ACKERMAN, Asher	JR	3576	Iowa City City High	-	18:13.3	5:51.5	3:38.7
25 SCHOLTEN, Regan	SR	3134	Cedar Falls	(23)	18:16.2	5:52.5	3:39.2
26 MAYHEW, Preston	SR	3619	Iowa City City High	-	18:20.0	5:53.7	3:40.0

MVC SUPER MEET

Waterloo, IA

Irv Warren Memorial Golf Course

Weather: Sunny, Wind NW 5mph, 29% Humidity & 74

Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulises

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #6
JV Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
27 LYONS, Archer	JR	3855	Linn-Mar Marion	24	18:21.2	5:54.1	3:40.2
28 HOFFMAN, Treyton	JR	3838	Linn-Mar Marion	(25)	18:26.5	5:55.8	3:41.3
29 WOOD, Deegan	JR	3725	Iowa City Liberty	26	18:30.8	5:57.1	3:42.1
30 KALAVER, Advait	SR	3845	Linn-Mar Marion	(27)	18:31.4	5:57.4	3:42.3
31 SUCHOMEL, Silas	SR	3640	Iowa City City High	-	18:37.5	5:59.3	3:43.5
32 LONDON, Ben	SR	3706	Iowa City Liberty	28	18:40.3	6:00.2	3:44.1
33 NOVE, Mason	SR	3928	Prairie Cedar Rapid	29	18:43.1	6:01.1	3:44.6
34 HAND, Thomas	JR	3608	Iowa City City High	-	18:45.9	6:02.0	3:45.2
35 GOLDSMITH, Sam	SR	3366	Dubuque Hempstea	30	18:47.0	6:02.4	3:45.4
36 STEWART, Turner	SR	3143	Cedar Falls	(31)	18:47.9	6:02.7	3:45.6
37 ROHLFSEN, Trey	SR	3035	Cedar Falls	-	18:48.2	6:02.7	3:45.6
38 NEWLAND, Cooper	JR	3714	Iowa City Liberty	32	18:49.4	6:03.1	3:45.9
39 WARD, Michael	JR	3193	Cedar Falls	-	18:51.7	6:03.9	3:46.3
40 JORDAN, Leo	JR	3767	Iowa City West	33	18:55.3	6:05.0	3:47.1
41 RITT, Phoenix	JR	3512	Epworth Western D	34	18:56.2	6:05.3	3:47.2
42 DUFFY, Syllas	JR	3429	Dubuque Senior	35	18:56.4	6:05.4	3:47.3
43 LESTINA, Riley	JR	2677	Cedar Falls	-	18:57.0	6:05.6	3:47.4
44 PHAM, Truong	JR	3718	Iowa City Liberty	(36)	18:59.0	6:06.2	3:47.8
45 SILVIA, Ian	SR	3454	Dubuque Senior	37	19:02.1	6:07.2	3:48.4
46 GIBSON, Alexander	JR	3760	Iowa City West	38	19:02.3	6:07.3	3:48.4
47 VENKATESAN, Siddharth	SR	3785	Iowa City West	39	19:05.1	6:08.2	3:49.0
48 COLLERAN, Dylan	SR	3745	Iowa City West	(40)	19:09.2	6:09.5	3:49.8
49 DUNHAM, Cael	JR	3751	Iowa City West	(41)	19:10.8	6:10.0	3:50.2
50 GOLDSMITH, Noah	JR	3916	Prairie Cedar Rapid	42	19:14.2	6:11.1	3:50.8
51 CHRIST, Ben	SR	2641	Cedar Falls	-	19:16.0	6:11.7	3:51.2
52 POWERS, Nathan	SR	3447	Dubuque Senior	43	19:19.9	6:13.0	3:52.0
53 SEAMANS, John	JR	3635	Iowa City City High	-	19:20.1	6:13.0	3:52.0
54 CHESTERMAN, Zach	JR	3425	Dubuque Senior	44	19:24.0	6:14.3	3:52.8
55 BLOCK, Parker	SR	3422	Dubuque Senior	(45)	19:27.7	6:15.4	3:53.5
56 NORBY, James	JR	2942	Cedar Falls	-	19:27.9	6:15.5	3:53.6
57 BLOMME, Adam	JR	3265	Cedar Rapids Kenn	46	19:35.1	6:17.8	3:55.0
58 NAPOLI, Joey	SR	3625	Iowa City City High	-	19:36.2	6:18.2	3:55.2
59 GOETSCH, Joey	JR	2650	Cedar Falls	-	19:40.3	6:19.5	3:56.0
60 PARR, Jackson	SR	3864	Linn-Mar Marion	-	19:42.7	6:20.3	3:56.5
61 SPAHN, Charlie	JR	3386	Dubuque Hempstea	47	19:44.8	6:21.0	3:57.0
62 LONG, Gage	JR	3374	Dubuque Hempstea	48	19:45.9	6:21.3	3:57.2
63 MATTSO, James	JR	3856	Linn-Mar Marion	-	19:51.1	6:23.0	3:58.2
64 ARLING, Grant	SR	3419	Dubuque Senior	(49)	19:51.2	6:23.0	3:58.2
65 OLSON, Canan	SR	3930	Prairie Cedar Rapid	50	19:52.4	6:23.4	3:58.5
66 LAWLER, Henry	SR	3769	Iowa City West	-	19:53.3	6:23.7	3:58.7
67 SMITH, Lucas	JR	3457	Dubuque Senior	-	19:53.3	6:23.7	3:58.7
68 LEE, Adam	JR	3770	Iowa City West	-	19:53.5	6:23.7	3:58.7
69 SPEARS, Wesley	JR	3458	Dubuque Senior	-	19:55.8	6:24.5	3:59.2
70 MYERS, Max	SR	3924	Prairie Cedar Rapid	51	19:58.5	6:25.4	3:59.7
71 STENFELDT, Ryan	JR	3879	Linn-Mar Marion	-	19:58.9	6:25.5	3:59.8
72 CUMMINGS, Wesley	JR	3596	Iowa City City High	-	19:59.9	6:25.8	4:00.0

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Thursday, October 8, 2026

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Tom Ulises

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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Race #6
JV Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
73 NOSKA, Calvin	JR	3926	Prairie Cedar Rapid	52	20:00.6	6:26.0	4:00.1
74 WILSON, Rebel	JR	3198	Cedar Falls	-	20:00.7	6:26.0	4:00.1
75 GOTTSCHALK, Henry	JR	3271	Cedar Rapids Kenn	53	20:04.0	6:27.1	4:00.8
76 ALLRED, Wilson	SR	3905	Prairie Cedar Rapid	(54)	20:09.6	6:28.9	4:01.9
77 BENEKE, Jacob	SR	3740	Iowa City West	-	20:11.3	6:29.5	4:02.3
78 AMELING, Carter	JR	2635	Cedar Falls	-	20:11.4	6:29.5	4:02.3
79 HOOVER, Johnny	SR	3503	Epworth Western D	55	20:11.6	6:29.6	4:02.3
80 REICKS, Joel	JR	3989	Wahlert Dubuque	56	20:13.1	6:30.0	4:02.6
81 NURO GYINA, Randy	SR	3715	Iowa City Liberty	(57)	20:14.0	6:30.3	4:02.8
82 WENZEL, Mason	SR	3194	Cedar Falls	-	20:14.0	6:30.4	4:02.8
83 FRIEDMAN, Henry	SR	3757	Iowa City West	-	20:14.4	6:30.5	4:02.9
84 WEISER, Nolan	JR	3288	Cedar Rapids Kenn	58	20:14.6	6:30.5	4:02.9
85 KRAMER, Dustin	JR	3703	Iowa City Liberty	-	20:19.8	6:32.2	4:04.0
86 SHAW, Connor	JR	3936	Prairie Cedar Rapid	(59)	20:23.2	6:33.3	4:04.6
87 BYLER, Asher	JR	3586	Iowa City City High	-	20:25.0	6:33.9	4:05.0
88 HOWES, Wyatt	JR	3612	Iowa City City High	-	20:26.9	6:34.5	4:05.4
89 BENSON, Andrew	SR	3741	Iowa City West	-	20:27.9	6:34.8	4:05.6
90 STONER, Richard	SO	4015	Waterloo United	60	20:30.4	6:35.6	4:06.1
91 STEFFEN, Parker	JR	3142	Cedar Falls	-	20:31.8	6:36.1	4:06.4
92 HEMMER, Silas	JR	2657	Cedar Falls	-	20:32.5	6:36.3	4:06.5
93 BENSON, Eli	JR	3742	Iowa City West	-	20:33.3	6:36.5	4:06.6
94 KALOUS, Kael	JR	3920	Prairie Cedar Rapid	-	20:33.4	6:36.6	4:06.7
95 PAIGE, Kayson	SR	4013	Waterloo United	61	20:35.7	6:37.3	4:07.1
96 REISCH, Royal	SR	3448	Dubuque Senior	-	20:39.3	6:38.5	4:07.9
97 ABDO, Caleb	SR	3738	Iowa City West	-	20:42.9	6:39.6	4:08.6
98 NELSON, Aidan	SR	3775	Iowa City West	-	20:44.1	6:40.0	4:08.8
99 ADAM, Austin	JR	3674	Iowa City Liberty	-	20:52.1	6:42.6	4:10.4
100 CORBETT, Eli	JR	3687	Iowa City Liberty	-	20:52.7	6:42.8	4:10.5
101 BAUER, Jake	SR	3420	Dubuque Senior	-	20:56.7	6:44.1	4:11.3
102 REA, Ethan	SR	3034	Cedar Falls	-	20:59.5	6:45.0	4:11.9
103 RAINS, Karson	SR	3869	Linn-Mar Marion	-	20:59.7	6:45.0	4:11.9
104 MULFORD, Hudson	JR	3773	Iowa City West	-	21:00.7	6:45.4	4:12.1
105 AUER, John Paul	SR	3962	Wahlert Dubuque	62	21:02.9	6:46.1	4:12.6
106 DELGADO, Alan	SO	3746	Iowa City West	-	21:06.0	6:47.1	4:13.2
107 ANDERSON, Jack	JR	3818	Linn-Mar Marion	-	21:07.3	6:47.5	4:13.5
108 HOLMAN, Brian	SR	3697	Iowa City Liberty	-	21:09.9	6:48.3	4:14.0
109 BILLMEYER, Lukas	SR	3351	Dubuque Hempstea	63	21:11.7	6:48.9	4:14.3
110 MILES, Dylan	JR	3860	Linn-Mar Marion	-	21:12.9	6:49.3	4:14.6
111 JABLONSKY, Liam	JR	3438	Dubuque Senior	-	21:13.0	6:49.3	4:14.6
112 KRETZ, Broden	JR	3372	Dubuque Hempstea	64	21:14.6	6:49.8	4:14.9
113 LEE, Justin	SR	3442	Dubuque Senior	-	21:15.9	6:50.2	4:15.2
114 MISIAGBECKLER, Pierce	SR	3377	Dubuque Hempstea	(65)	21:21.7	6:52.1	4:16.3
115 WAGNER, Elijah	JR	3390	Dubuque Hempstea	(66)	21:23.5	6:52.7	4:16.7
116 KESTEL, Atley	JR	4009	Waterloo United	67	21:23.7	6:52.7	4:16.7
117 RIEDEL, Liam	JR	3872	Linn-Mar Marion	-	21:25.1	6:53.2	4:17.0
118 EHRLICH, Joey	JR	3498	Epworth Western D	68	21:25.7	6:53.4	4:17.1

MVC SUPER MEET

Waterloo, IA

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Host: Waterloo United

Thursday, October 8, 2026

MEET OFFICIALS**Meet Director:**

Tom Ulses

Meet Referee:

Justin Jacobs

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #6
JV Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
119 MOLINA GONZALEZ, Antoni	SR	3622	Iowa City City High	-	21:30.3	6:54.9	4:18.1
120 SANDER, August	JR	3633	Iowa City City High	-	21:39.2	6:57.7	4:19.8
121 WOODHOUSE, George	SR	3462	Dubuque Senior	-	21:39.6	6:57.9	4:19.9
122 WAGNER, Connor	JR	3787	Iowa City West	-	21:56.6	7:03.3	4:23.3
123 DEGRAFT-MOFFAT, Jeremi	SR	3310	Cedar Rapids Wash	-	22:02.4	7:05.2	4:24.5
124 OTIS, Jayden	SR	3778	Iowa City West	-	22:02.8	7:05.3	4:24.5
125 FARISS, Jason	SR	3220	Cedar Rapids Jeffer	-	22:04.0	7:05.7	4:24.8
126 DAVIS, Beckett	SR	3911	Prairie Cedar Rapid	-	22:09.1	7:07.3	4:25.8
127 PEDERSON, Micah	JR	3865	Linn-Mar Marion	-	22:19.5	7:10.7	4:27.9
128 SINGH, Tej	FR	3783	Iowa City West	-	22:23.3	7:11.9	4:28.7
129 EMRY, Elisha	JR	3601	Iowa City City High	-	22:23.5	7:12.0	4:28.7
130 MCMULLEN, Dylan	JR	4011	Waterloo United	69	22:26.8	7:13.0	4:29.4
131 DEGRAFT-MOFFAT, Josiah	SR	3311	Cedar Rapids Wash	-	22:27.6	7:13.3	4:29.5
132 FELIPE MANUEL, Adolfo	SR	4005	Waterloo United	70	22:35.2	7:15.7	4:31.0
133 KAHIKU, Joseph	SR	3314	Cedar Rapids Wash	-	22:36.9	7:16.3	4:31.4
134 PINS, Liam	JR	3318	Cedar Rapids Wash	-	22:46.0	7:19.2	4:33.2
135 BRUNKHORST, Logan	JR	3679	Iowa City Liberty	-	22:47.3	7:19.6	4:33.5
136 BURKE, Tiernan	JR	3681	Iowa City Liberty	-	22:51.7	7:21.1	4:34.3
137 MORMAN, Ethan	JR	3861	Linn-Mar Marion	-	22:56.0	7:22.4	4:35.2
138 WERKMEISTER, Kyeler	SO	4016	Waterloo United	(71)	22:57.3	7:22.8	4:35.4
139 MABON, Jake	JR	3709	Iowa City Liberty	-	22:57.7	7:23.0	4:35.5
140 DEAHL, Kellan	JR	3912	Prairie Cedar Rapid	-	23:00.5	7:23.9	4:36.1
141 BARKER, Austin	SR	3906	Prairie Cedar Rapid	-	23:01.6	7:24.2	4:36.3
142 NUS, Camden	JR	3019	Cedar Falls	-	23:10.1	7:27.0	4:38.0
143 HUNDLEY, Daniel	SO	4007	Waterloo United	(72)	23:28.6	7:32.9	4:41.7
144 SUN, Jack	SR	3784	Iowa City West	-	23:34.9	7:35.0	4:43.0
145 WEAVER, AJ	JR	3236	Cedar Rapids Jeffer	-	23:36.6	7:35.5	4:43.3
146 REDD, Adrian	JR	3871	Linn-Mar Marion	-	23:44.5	7:38.0	4:44.9
147 ESTRADA, Emiliano	JR	3690	Iowa City Liberty	-	23:49.8	7:39.7	4:46.0
148 GIANNAKOUIROS, Paul	SR	3365	Dubuque Hempstea	-	23:52.6	7:40.6	4:46.5
149 GORSICH, Brendan	JR	3833	Linn-Mar Marion	-	24:00.5	7:43.2	4:48.1
150 PAVLOVEC, Riehle	JR	3716	Iowa City Liberty	-	24:03.0	7:44.0	4:48.6
151 O'DELL, Cade	JR	3510	Epworth Western D	73	24:18.6	7:49.0	4:51.7
152 KANE, Conor	JR	3371	Dubuque Hempstea	-	24:19.9	7:49.4	4:52.0
153 FLANAGAN, Daniel	SR	3972	Wahlert Dubuque	74	24:22.4	7:50.2	4:52.5
154 HOPPE, Treyton	JR	3274	Cedar Rapids Kenn	75	24:23.5	7:50.6	4:52.7
155 SHAH, Ahmad	JR	3877	Linn-Mar Marion	-	24:27.3	7:51.8	4:53.4
156 HOLBERG, Kyle	SR	3840	Linn-Mar Marion	-	24:27.4	7:51.8	4:53.5
157 WHITE, Laekyn	JR	4017	Waterloo United	-	24:48.9	7:58.7	4:57.8
158 KIOTAK, Clement	SO	4010	Waterloo United	-	24:50.0	7:59.1	4:58.0
159 WILKES, August	JR	3289	Cedar Rapids Kenn	(76)	24:59.2	8:02.0	4:59.8
160 SEARLS, Camden	JR	3782	Iowa City West	-	25:06.7	8:04.5	5:01.3
161 HELGENS, Lane	JR	2656	Cedar Falls	-	25:12.9	8:06.5	5:02.6
162 LIGON, Jaxon	JR	3225	Cedar Rapids Jeffer	-	25:15.8	8:07.4	5:03.1
163 MILLER, Evan	SR	3713	Iowa City Liberty	-	25:17.9	8:08.1	5:03.6
164 ALT, Christian	JR	3961	Wahlert Dubuque	77	25:29.1	8:11.6	5:05.8

MVC SUPER MEET

Waterloo, IA
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Thursday, October 8, 2026

MEET OFFICIALS

Meet Director:
Tom Ulses
Meet Referee:
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OFFICIAL MEET REPORT
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Race #6
JV Boys 5K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
165 SANTOS, Joseph (gabi)	JR	3513	Epworth Western D	78	25:31.5	8:12.4	5:06.3
166 KAMINSKI, Alex	FR	3846	Linn-Mar Marion	-	25:40.5	8:15.3	5:08.1
167 ADAMS, Evan	JR	3817	Linn-Mar Marion	-	26:12.1	8:25.5	5:14.4
168 ERNZEN, Zachary	JR	3969	Wahlert Dubuque	79	26:12.7	8:25.7	5:14.5
169 MEYER, Jude	JR	3508	Epworth Western D	(80)	29:52.2	9:36.3	5:58.4