

Upper Iowa Conference Championship Meet
 Elkader Golf & Country Club - Hosted by Central HS
 Elkader, Iowa
 October 17, 2024

Results provided by AccuRace Timing Services
 www accuracetimeing.com

**** Girls' 5000 Meter Run ****

Place	Bib#	Name	Gr	Team	Time	Pace
1	8045	Ava Franzen	10	South Winneshiek	20:54.9	6:44
2	7978	Annie Murray	9	North Fayette	21:03.9	6:47
3	8046	Annie Hageman	10	South Winneshiek	21:06.6	6:48
4	8065	Bella Stika	10	Turkey Valley	21:45.0	7:01
5	7975	Lexi McGowan	10	North Fayette	21:53.6	7:03
6	8062	Hazel Nieman	10	Turkey Valley	21:56.5	7:04
7	7932	Meyer Charlotte	9	MFL MarMac	21:59.6	7:05
8	7933	Brooke Donlon	10	MFL MarMac	22:01.8	7:06
9	8053	Tessa Phillips	11	South Winneshiek	22:21.4	7:12
10	8051	Lauren Ondrashek	10	South Winneshiek	22:32.6	7:16
11	7936	Cora Keehner	11	MFL MarMac	22:41.3	7:19
12	8058	Karissa Wenthold	12	South Winneshiek	22:47.1	7:21
13	7976	Braelyn Meyer	12	North Fayette	22:55.9	7:23
14	8049	Izzy Kuboushek	12	South Winneshiek	23:02.7	7:26
15	8004	Liliana Cortes	12	Postville	23:03.2	7:26
16	7905	Hinckley Simon	12	Clayton Ridge	23:03.4	7:26
17	7939	Taryn Moser	9	MFL MarMac	23:04.4	7:26
18	7924	Rylee Mudderman	10	Kee	23:12.9	7:29
19	8041	Addy Conway	11	South Winneshiek	23:13.7	7:29
20	7940	Evelyn Ruff	12	MFL MarMac	23:20.3	7:31
21	7871	Coral Rork	12	Central	23:30.5	7:34
22	7970	Clara Bilden	10	North Fayette	23:32.6	7:35
23	7872	Blair Scherf	9	Central	23:46.6	7:40
24	7973	Kendall Elliott	9	North Fayette	23:58.9	7:44
25	7935	Skylar Fisk	10	MFL MarMac	24:10.9	7:47
26	7931	Kennedy Bachman	10	MFL MarMac	24:21.5	7:51
27	7937	Emma Koether	11	MFL MarMac	24:35.0	7:55
28	7926	Addison Winters	11	Kee	24:41.3	7:57
29	8003	Monce Camacho	12	Postville	24:42.0	7:57
30	7898	Audrey Dickson	10	Clayton Ridge	24:50.9	8:00
31	7923	Morgan Mohn	9	Kee	24:53.0	8:01
32	8054	Katie Shimek	12	South Winneshiek	24:54.4	8:01
33	8015	Isabelle White	10	Postville	25:08.2	8:06
34	7986	Megan Tudahl	9	North Fayette	25:11.1	8:07
35	8011	Maria Quiroz - Ordonez	12	Postville	25:23.2	8:11
36	7942	Lauryn Sandstrom	10	MFL MarMac	25:28.7	8:13
37	7981	Ashton SCHULTZ	12	North Fayette	25:31.4	8:13
38	7867	Hannah Friedlein	10	Central	25:34.5	8:14
39	7873	Alexis Thiese	12	Central	25:59.5	8:22
40	8066	Madalyn Vsetecka	9	Turkey Valley	26:01.7	8:23
41	7988	Lydia Van Gelder	9	North Fayette	26:01.8	8:23
42	7866	Layla Embretson	11	Central	26:03.2	8:24
43	7984	Anna Swensen	9	North Fayette	26:05.2	8:24
44	8006	Mayra Galicia	12	Postville	26:09.0	8:25
45	7974	Tristan Kuhse	11	North Fayette	26:11.8	8:26
46	7899	Hailey Gaul	12	Clayton Ridge	26:13.2	8:27
47	7934	Emma Driscoll	10	MFL MarMac	26:24.5	8:30
48	7906	Paige Thomas	9	Clayton Ridge	26:27.5	8:31
49	7870	Aspen RORK	12	Central	26:30.5	8:32
50	8013	Sherlyn Teleguario-Ortiz	10	Postville	26:35.2	8:34
51	7977	Alivia Mueller	11	North Fayette	26:44.5	8:37
52	7985	Lisbeth Trinidad	12	North Fayette	26:58.6	8:41
53	8059	Cloey Zweibohmer	11	South Winneshiek	27:38.4	8:54
54	7982	Jisela Schupbach	10	North Fayette	27:43.6	8:56
55	7865	Lilly Becwar	10	Central	28:03.5	9:02
56	7921	Lillian Kolsrud	11	Kee	28:12.2	9:05
57	7938	Mariah Moser	11	MFL MarMac	28:37.5	9:13
58	7900	Pfeiffer Horns	10	Clayton Ridge	28:39.8	9:14
59	7868	Mya Gregerson	9	Central	30:09.9	9:43
60	8008	Jacqueline Mateo	12	Postville	30:33.1	9:51

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**** Girls' 5000 Meter Run ****

Place	Bib#	Name	Gr	Team	Time	Pace
61	7979	Alexa Popenhagen	11	North Fayette	31:49.6	10:15
62	7904	Mollie Schaefer	12	Clayton Ridge	32:20.5	10:25
63	7903	Allyssa Sadewasser	11	Clayton Ridge	32:53.0	10:36
64	7874	Brooke Tieden	12	Central	33:08.1	10:40
65	7983	Cora Steines	10	North Fayette	33:53.3	10:55

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Weather: Sunny, 59° F

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**** Girls' Varsity 5000 Meter Run ****

Place	Team Pts	Team Place	Bib#	Name	Gr	Team	Time	Avg Mile
1	1	1/9	8045	Ava Franzen	10	South Winneshiek	20:54.9	6:44
2	2	1/15	7978	Annie Murray	9	North Fayette	21:03.9	6:47
3	3	2/9	8046	Annie Hageman	10	South Winneshiek	21:06.6	6:48
4		1/3	8065	Bella Stika	10	Turkey Valley	21:45.0	7:01
5	4	2/15	7975	Lexi McGowan	10	North Fayette	21:53.6	7:03
6		2/3	8062	Hazel Nieman	10	Turkey Valley	21:56.5	7:04
7	5	1/11	7932	Meyer Charlotte	9	MFL MarMac	21:59.6	7:05
8	6	2/11	7933	Brooke Donlon	10	MFL MarMac	22:01.8	7:06
9	7	3/9	8053	Tessa Phillips	11	South Winneshiek	22:21.4	7:12
10	8	4/9	8051	Lauren Ondrashek	10	South Winneshiek	22:32.6	7:16
11	9	3/11	7936	Cora Keehner	11	MFL MarMac	22:41.3	7:19
12	10	5/9	8058	Karissa Wenthold	12	South Winneshiek	22:47.1	7:21
13	11	3/15	7976	Braelyn Meyer	12	North Fayette	22:55.9	7:23
14	12	6/9	8049	Izzy Kuboushek	12	South Winneshiek	23:02.7	7:26
15	13	1/7	8004	Liliana Cortes	12	Postville	23:03.2	7:26
16	14	1/7	7905	Hinckley Simon	12	Clayton Ridge	23:03.4	7:26
17	15	4/11	7939	Taryn Moser	9	MFL MarMac	23:04.4	7:26
18		1/4	7924	Rylee Mudderman	10	Kee	23:12.9	7:29
19	16	7/9	8041	Addy Conway	11	South Winneshiek	23:13.7	7:29
20	17	5/11	7940	Evelyn Ruff	12	MFL MarMac	23:20.3	7:31
21	18	1/9	7871	Coral Rork	12	Central	23:30.5	7:34
22	19	4/15	7970	Clara Bilden	10	North Fayette	23:32.6	7:35
23	20	2/9	7872	Blair Scherf	9	Central	23:46.6	7:40
24	21	5/15	7973	Kendall Elliott	9	North Fayette	23:58.9	7:44
25	22	6/11	7935	Skyler Fisk	10	MFL MarMac	24:10.9	7:47
26	23	7/11	7931	Kennedy Bachman	10	MFL MarMac	24:21.5	7:51
27		2/4	7926	Addison Winters	11	Kee	24:41.3	7:57
28	24	2/7	8003	Monce Camacho	12	Postville	24:42.0	7:57
29	25	2/7	7898	Audrey Dickson	10	Clayton Ridge	24:50.9	8:00
30		3/4	7923	Morgan Mohn	9	Kee	24:53.0	8:01
31	26	3/7	8015	Isabelle White	10	Postville	25:08.2	8:06
32	27	6/15	7986	Megan Tudahl	9	North Fayette	25:11.1	8:07
33	28	4/7	8011	Maria Quiroz - Ordonez	12	Postville	25:23.2	8:11
34	29	7/15	7981	Ashton SCHULTZ	12	North Fayette	25:31.4	8:13
35	30	3/9	7867	Hannah Friedlein	10	Central	25:34.5	8:14
36	31	4/9	7873	Alexis Thiese	12	Central	25:59.5	8:22
37		3/3	8066	Madalyn Vsetecka	9	Turkey Valley	26:01.7	8:23
38	32	5/9	7866	Layla Embretson	11	Central	26:03.2	8:24
39	33	5/7	8006	Mayra Galicia	12	Postville	26:09.0	8:26
40	34	3/7	7899	Hailey Gaul	12	Clayton Ridge	26:13.2	8:27
41	35	4/7	7906	Paige Thomas	9	Clayton Ridge	26:27.5	8:31
42	36	6/9	7870	Aspen RORK	12	Central	26:30.5	8:32
43	37	6/7	8013	Sherlyn Teleguario-Ortiz	10	Postville	26:35.2	8:34
44	38	7/9	7865	Lilly Becwar	10	Central	28:03.5	9:02
45		4/4	7921	Lillian Kolsrud	11	Kee	28:12.2	9:05
46	39	5/7	7900	Pfeiffer Horns	10	Clayton Ridge	28:39.8	9:14
47	40	7/7	8008	Jacqueline Mateo	12	Postville	30:33.1	9:51
48	41	6/7	7904	Mollie Schaefer	12	Clayton Ridge	32:20.5	10:25
49	42	7/7	7903	Allyssa Sadewasser	11	Clayton Ridge	32:53.0	10:36

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**** Girls' Varsity Team Score ****

1.	29	South Winneshiek		(21:56.6	109:42.6	1:52.2)
=====						
1	1	Ava Franzen	10	20:54.9		
2	3	Annie Hageman	10	21:06.6		
3	7	Tessa Phillips	11	22:21.4		
4	8	Lauren Ondrashek	10	22:32.6		
5	10	Karissa Wenthold	12	22:47.1		
6	(12)	Izzy Kuboushek	12	23:02.7		
7	(16)	Addy Conway	11	23:13.7		
2.	52	MFL MarMac		(22:37.5	113:07.4	1:20.7)
=====						
1	5	Meyer Charlotte	9	21:59.6		
2	6	Brooke Donlon	10	22:01.8		
3	9	Cora Keehner	11	22:41.3		
4	15	Taryn Moser	9	23:04.4		
5	17	Evelyn Ruff	12	23:20.3		
6	(22)	Skylar Fisk	10	24:10.9		
7	(23)	Kennedy Bachman	10	24:21.5		
3.	57	North Fayette		(22:41.0	113:24.9	2:55.0)
=====						
1	2	Annie Murray	9	21:03.9		
2	4	Lexi McGowan	10	21:53.6		
3	11	Braelyn Meyer	12	22:55.9		
4	19	Clara Bilden	10	23:32.6		
5	21	Kendall Elliott	9	23:58.9		
6	(27)	Megan Tudahl	9	25:11.1		
7	(29)	Ashton SCHULTZ	12	25:31.4		
4.	124	Postville		(24:53.2	124:25.6	3:05.8)
=====						
1	13	Liliana Cortes	12	23:03.2		
2	24	Monce Camacho	12	24:42.0		
3	26	Isabelle White	10	25:08.2		
4	28	Maria Quiroz - Ordonez	12	25:23.2		
5	33	Mayra Galicia	12	26:09.0		
6	(37)	Sherlyn Teleguario-Ortiz	10	26:35.2		
7	(40)	Jacqueline Mateo	12	30:33.1		
5.	131	Central		(24:58.9	124:54.3	2:32.7)
=====						
1	18	Coral Rork	12	23:30.5		
2	20	Blair Scherf	9	23:46.6		
3	30	Hannah Friedlein	10	25:34.5		
4	31	Alexis Thiese	12	25:59.5		
5	32	Layla Embretson	11	26:03.2		
6	(36)	Aspen RORK	12	26:30.5		
7	(38)	Lilly Becwar	10	28:03.5		
6.	147	Clayton Ridge		(25:51.0	129:14.8	5:36.4)
=====						
1	14	Hinckley Simon	12	23:03.4		
2	25	Audrey Dickson	10	24:50.9		
3	34	Hailey Gaul	12	26:13.2		
4	35	Paige Thomas	9	26:27.5		
5	39	Pfeiffer Horns	10	28:39.8		
6	(41)	Mollie Schaefer	12	32:20.5		
7	(42)	Allyssa Sadewasser	11	32:53.0		

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**** Girls' Junior Varsity 5000 Meter Run ****

Place	Team Pts	Team Place	Bib#	Name	Gr	Team	Time	Avg Mile
1		8/11	7937	Emma Koether	11	MFL MarMac	24:35.0	7:55
2		8/9	8054	Katie Shimek	12	South Winneshiek	24:54.4	8:01
3		9/11	7942	Lauryl Sandstrom	10	MFL MarMac	25:28.7	8:13
4	1	8/15	7988	Lydia Van Gelder	9	North Fayette	26:01.8	8:23
5	2	9/15	7984	Anna Swensen	9	North Fayette	26:05.2	8:24
6	3	10/15	7974	Tristan Kuhse	11	North Fayette	26:11.8	8:26
7		10/11	7934	Emma Driscoll	10	MFL MarMac	26:24.5	8:30
8	4	11/15	7977	Alivia Mueller	11	North Fayette	26:44.5	8:37
9	5	12/15	7985	Lisbeth Trinidad	12	North Fayette	26:58.6	8:41
10		9/9	8059	Cloey Zweibohmer	11	South Winneshiek	27:38.4	8:54
11	6	13/15	7982	Jisela Schupbach	10	North Fayette	27:43.6	8:56
12		11/11	7938	Mariah Moser	11	MFL MarMac	28:37.5	9:13
13		8/9	7868	Mya Gregerson	9	Central	30:09.9	9:43
14	7	14/15	7979	Alexa Popenhagen	11	North Fayette	31:49.6	10:15
15		9/9	7874	Brooke Tieden	12	Central	33:08.1	10:40
16		15/15	7983	Cora Steines	10	North Fayette	33:53.3	10:55

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**** Girls' Junior Varsity Team Score ****

1.	15	North Fayette	(26:24.4	132:01.9	0:56.8)
=====					
1	1	Lydia Van Gelder	9	26:01.8	
2	2	Anna Swensen	9	26:05.2	
3	3	Tristan Kuhse	11	26:11.8	
4	4	Alivia Mueller	11	26:44.5	
5	5	Lisbeth Trinidad	12	26:58.6	
6	(6)	Jisela Schupbach	10	27:43.6	
7	(7)	Alexa Popenhagen	11	31:49.6	

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**** Girls' Middle School 2 Mile Run ****

Place	Team Pts	Team Place	Bib#	Name	Gr	Team	Time	Avg Mile
1	1	1/6	8005	Tenley Deering	8	Postville	13:30.8	6:46
2	2	1/5	7946	Emma Grau	8	MFL MarMac Middle School	13:46.8	6:54
3	3	1/5	7971	Lille Cline	8	North Fayette	14:01.9	7:01
4	4	2/5	7950	Trinly Trappe	9	MFL MarMac Middle School	14:26.8	7:14
5	5	2/5	7989	Ava Wegner	7	North Fayette	14:40.6	7:21
6	6	3/5	7948	Olive Meyer	8	MFL MarMac Middle School	14:41.0	7:21
7		1/2	8064	Annebelle Scheidel	8	Turkey Valley	14:51.7	7:26
8	7	1/5	7920	Brielle Gavin	7	Kee	14:54.3	7:28
9	8	1/8	8040	Kaylie Bruess	8	South Winneshiek	15:05.6	7:33
10	9	2/8	8044	Peyton Elsbernd	7	South Winneshiek	15:06.7	7:34
11	10	2/5	7925	Ashlyn Stein	7	Kee	15:14.7	7:38
12	11	3/5	7922	Maddie Mauss	8	Kee	15:18.0	7:39
13	12	3/8	8042	Hattie Conway	8	South Winneshiek	15:49.2	7:55
14	13	2/6	8010	Daisy Muxin-Moya	9	Postville	16:01.5	8:01
15	14	4/8	8050	Helen Maldonado	8	South Winneshiek	16:17.3	8:09
16	15	4/5	7919	Evelynn Dibert	8	Kee	16:19.6	8:10
17	16	3/6	8009	Natalia Mateo	7	Postville	16:19.9	8:10
18	17	3/5	7972	Ellyn Crandall	7	North Fayette	16:25.3	8:13
19	18	4/6	8012	Julietta Roman	9	Postville	16:33.3	8:17
20	19	5/6	8007	Sophia Gonzalez	8	Postville	16:33.9	8:17
21	20	5/8	8055	Riley Timp	7	South Winneshiek	16:54.3	8:28
22	21	6/8	8052	Avery Peters	7	South Winneshiek	16:57.5	8:29
23	22	7/8	8043	Jenna Dahl	8	South Winneshiek	17:09.4	8:35
24	23	5/5	843	Josie Connoly	8	Kee	17:16.5	8:39
25		1/4	7907	Rashell Westhoff	9	Clayton Ridge	17:40.3	8:51
26		2/2	8063	Kesley Reicks	8	Turkey Valley	17:46.3	8:54
27		2/4	7908	Rosilie Williams	8	Clayton Ridge	17:53.3	8:57
28	24	6/6	8014	Guadalupe Vivero	8	Postville	18:08.0	9:04
29		1/1	7869	Claire Orr	8	Central	18:12.3	9:07
30		8/8	8057	Brianna Wenthold	7	South Winneshiek	18:15.8	9:08
31	25	4/5	7980	Punnata Rakshit	7	North Fayette	18:41.1	9:21
32		3/4	7902	Stormy Patzner	8	Clayton Ridge	18:43.1	9:22
33	26	5/5	7987	Charlotte Vagts	7	North Fayette	18:58.0	9:29
34		4/4	7901	Blair Millard	8	Clayton Ridge	19:33.7	9:47
35	27	4/5	7949	Brenna Schlein	9	MFL MarMac Middle School	19:53.5	9:57
36	28	5/5	7947	Aime Hastert	9	MFL MarMac Middle School	22:45.0	11:23

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**** Girls' Middle School Team Score ****

1.	63	South Winneshiek	(15:50.7 79:13.1 1:48.7)
=====			
1	8	Kaylie Bruess	8 15:05.6
2	9	Peyton Elsbernd	7 15:06.7
3	12	Hattie Conway	8 15:49.2
4	14	Helen Maldonado	8 16:17.3
5	20	Riley Timp	7 16:54.3
6	(21)	Avery Peters	7 16:57.5
7	(22)	Jenna Dahl	8 17:09.4
2.	66	Kee	(15:48.7 79:03.1 2:22.2)
=====			
1	7	Brielle Gavin	7 14:54.3
2	10	Ashlyn Stein	7 15:14.7
3	11	Maddie Mauss	8 15:18.0
4	15	Evelynn Dibert	8 16:19.6
5	23	Josie Connoly	8 17:16.5
3.	67	Postville	(15:47.9 78:59.4 3:03.1)
=====			
1	1	Tenley Deering	8 13:30.8
2	13	Daisy Muxin-Moya	9 16:01.5
3	16	Natalia Mateo	7 16:19.9
4	18	Julietta Roman	9 16:33.3
5	19	Sophia Gonzalez	8 16:33.9
6	(24)	Guadalupe Vivero	8 18:08.0
4.	67	MFL MarMac Middle School	(17:06.7 85:33.1 8:58.2)
=====			
1	2	Emma Grau	8 13:46.8
2	4	Trinly Trappe	9 14:26.8
3	6	Olive Meyer	8 14:41.0
4	27	Brenna Schlein	9 19:53.5
5	28	Aime Hastert	9 22:45.0
5.	76	North Fayette	(16:33.4 82:46.9 4:56.1)
=====			
1	3	Lille Cline	8 14:01.9
2	5	Ava Wegner	7 14:40.6
3	17	Ellyn Crandall	7 16:25.3
4	25	Punnata Rakshit	7 18:41.1
5	26	Charlotte Vagts	7 18:58.0