

IOWA STATE QUALIFIER - 1A- EMMETSBURG

Emmettsburg, IA

Iowa Lakes Community College

Host: Emmetsburg High School

Thursday, October 23, 2025

**OFFICIAL MEET REPORT**

printed: 10/23/2025 5:20 PM

Race #1
Girls 5000m**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Spread
1 Sioux Central Sioux Rapids	38	2-4-9-10-13(21)(28)	2:18.8
2 Sibley-Ocheyedan	50	6-7-8-14-15(17)	1:12.3
3 Hinton	81	1-11-18-25-26(31)(34)	5:05.2
4 Emmetsburg	99	3-22-23-24-27(29)(33)	4:53.6
5 Siouxland Christian	118	5-16-30-32-35(37)(38)	5:52.0
6 Lawton-Bronson	126	12-19-20-36-39(40)(41)	6:54.3

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km	1 Mile	2 Mile
1 Tyra Schupbach	SR	West Bend-Mallard	-	19:02.6	6:07.4	3:48.5	5:50.2	12:02.4
2 Stella Riediger	FR	Hinton	1	20:05.3	6:27.6	4:01.1	6:02.0	12:38.3
3 Sage Weber	SO	Sioux Central Sioux	2	20:05.7	6:27.7	4:01.1	6:09.9	12:52.9
4 Rachel Schany	SR	Emmettsburg	3	20:27.5	6:34.7	4:05.5	6:23.3	13:13.7
5 Marley Madsen	SR	Sioux Central Sioux	4	20:34.7	6:37.0	4:06.9	6:21.1	13:13.4
6 Alexis Cummins	JR	North Union	-	21:19.1	6:51.3	4:15.8	6:24.3	13:26.3
7 Hope Irvin	FR	Siouxland Christian	5	21:22.2	6:52.3	4:16.4	6:28.6	13:29.3
8 Aleah Marco	SO	Sibley-Ocheyedan	6	21:25.0	6:53.2	4:17.0	6:21.9	13:34.0
9 Mya Pohlen	JR	Sibley-Ocheyedan	7	21:47.2	7:00.3	4:21.4	6:25.4	13:36.5
10 Amadelaid Benitez	SO	Sibley-Ocheyedan	8	21:49.1	7:00.9	4:21.8	6:30.4	13:44.9
11 Viviana Delacruz	FR	Hartley-Melvin-San	-	21:50.8	7:01.5	4:22.2	6:29.4	13:47.0
12 Nora Christian	SR	Sioux Central Sioux	9	21:56.2	7:03.2	4:23.2	6:25.1	13:47.3
13 Karina Bloom	JR	Sioux Central Sioux	10	22:05.8	7:06.3	4:25.2	6:27.2	13:50.6
14 Mesa Zellmer	FR	Hinton	11	22:19.1	7:10.6	4:27.8	6:23.2	13:47.1
15 Natalie McKenna	JR	Lawton-Bronson	12	22:23.6	7:12.0	4:28.7	6:38.7	14:03.2
16 Isabella Utesch	SO	Akron-Westfield	-	22:23.7	7:12.1	4:28.7	6:29.9	14:17.2
17 Violet Sangwin	SO	Sioux Central Sioux	13	22:24.5	7:12.3	4:28.9	6:48.7	14:26.5
18 Riley Childs	SO	Sibley-Ocheyedan	14	22:33.1	7:15.1	4:30.6	6:44.6	14:17.0
19 Lucy Heitritter	FR	Sibley-Ocheyedan	15	22:37.3	7:16.4	4:31.5	6:53.2	14:21.1
20 Lilly Morey	SR	West Bend-Mallard	-	22:42.9	7:18.2	4:32.6	6:53.9	14:28.3
21 Maddie Fehr	SR	West Bend-Mallard	-	22:52.3	7:21.3	4:34.5	6:54.1	14:27.8
22 Kinley Keegan	FR	Siouxland Christian	16	22:56.5	7:22.6	4:35.3	7:04.0	14:32.5
23 Payton Kerns	SO	Gehlen Catholic Le	-	23:22.2	7:30.9	4:40.4	6:55.5	14:41.5
24 Gracie Odens	FR	Sibley-Ocheyedan	(17)	23:23.7	7:31.4	4:40.7	7:03.9	14:48.9
25 Reese Regier	JR	Hinton	18	23:24.4	7:31.6	4:40.9	7:07.0	14:56.9
26 Kaylee Mesz	JR	Lawton-Bronson	19	23:25.9	7:32.1	4:41.2	6:57.0	14:55.0
27 Alyssa Welbig	JR	North Union	-	23:29.7	7:33.3	4:41.9	7:10.6	14:59.8
28 Aubree O'Brien	SO	Lawton-Bronson	20	23:38.7	7:36.2	4:43.7	6:57.6	14:55.5
29 Allie Chambers	SO	Sioux Central Sioux	(21)	23:55.2	7:41.5	4:47.0	6:48.5	14:48.6
30 Rory Elbert	JR	Emmettsburg	22	23:57.9	7:42.3	4:47.6	6:58.1	14:56.9
31 Caroline Burdick	JR	Emmettsburg	23	24:00.7	7:43.2	4:48.1	7:11.1	15:14.7
32 Annika Juhl	JR	MMCRU	-	24:27.0	7:51.7	4:53.4	7:02.4	15:21.0
33 Violet Geha	FR	Gehlen Catholic Le	-	24:33.6	7:53.8	4:54.7	7:14.0	15:19.2
34 Taylor Thayer	SO	Emmettsburg	24	24:40.5	7:56.0	4:56.1	7:16.1	15:30.5
35 Faith Spenner	FR	MMCRU	-	24:48.3	7:58.6	4:57.7	7:28.8	15:59.9
36 Keeley Derochie	JR	Hinton	25	25:00.4	8:02.4	5:00.1	7:48.5	16:05.0

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**Race #1
Girls 5000m****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM	1 Mile	2 Mile
37 Alisa Pajazetovic	SR	MMCRU	-	25:02.0	8:03.0	5:00.4	7:05.8	15:27.1
38 Isabell Hodgson	JR	Hinton	26	25:10.5	8:05.7	5:02.1	7:53.6	16:19.6
39 Delilah Boynton	FR	Hartley-Melvin-San	-	25:13.8	8:06.8	5:02.8	8:10.2	16:37.2
40 Mya Morton	SO	Emmetsburg	27	25:21.1	8:09.1	5:04.2	7:19.7	15:51.7
41 Nevayda Ingram	FR	West Bend-Mallard	-	25:26.7	8:10.9	5:05.3	7:41.5	16:09.7
42 Brooklyn Erickson	SO	Hartley-Melvin-San	-	25:36.2	8:14.0	5:07.2	7:55.4	16:29.7
43 Sarah Phillips	SO	Sioux Central Sioux	(28)	25:43.2	8:16.2	5:08.6	7:28.9	16:06.1
44 Abigail Biddle	FR	Emmetsburg	(29)	25:52.8	8:19.3	5:10.6	7:32.6	16:16.7
45 Taya Eisenga	SR	Siouxland Christian	30	26:00.6	8:21.8	5:12.1	7:33.1	16:17.1
46 Kayla Sypersma	SR	Hinton	(31)	26:21.2	8:28.4	5:16.2	7:56.0	16:43.0
47 Ruby Hall	FR	Siouxland Christian	32	26:27.5	8:30.5	5:17.5	7:55.6	16:45.1
48 Danielle Tesch	SR	Gehlen Catholic Le	-	26:46.7	8:36.6	5:21.3	8:02.6	17:08.2
49 Josilynne Lennon	SR	Akron-Westfield	-	26:56.6	8:39.8	5:23.3	7:49.6	16:48.9
50 Mikayla Johnson	SO	Emmetsburg	(33)	27:01.0	8:41.2	5:24.2	7:33.3	16:42.9
51 Kenzley Christoffel	SO	Gehlen Catholic Le	-	27:02.6	8:41.7	5:24.5	8:12.8	17:26.3
52 Mikaela Clark	JR	Hinton	(34)	27:09.5	8:44.0	5:25.9	8:13.3	17:12.3
53 Anna Reynolds	FR	Siouxland Christian	35	27:14.2	8:45.5	5:26.8	7:56.2	17:03.4
54 Evelyn Steffen	SR	Hartley-Melvin-San	-	27:49.3	8:56.8	5:33.9	8:01.6	17:10.4
55 Victoria Ellis	SO	GTRA	-	28:08.9	9:03.1	5:37.8	8:26.3	17:55.1
56 Riley Roder	JR	Lawton-Bronson	36	28:21.7	9:07.2	5:40.3	8:36.1	18:00.0
57 Anessa Johnson	SR	South O'Brien Paulli	-	28:31.7	9:10.4	5:42.3	8:22.7	18:15.9
58 Haylie Talbert	JR	Siouxland Christian	(37)	29:03.9	9:20.7	5:48.8	7:59.4	18:03.2
59 Esther Reynolds	JR	Siouxland Christian	(38)	29:08.6	9:22.3	5:49.7	8:18.8	18:26.3
60 Keegan Smith	SO	Lawton-Bronson	39	29:17.9	9:25.2	5:51.6	8:24.4	18:09.7
61 Olivia Crew	JR	Lawton-Bronson	(40)	30:35.8	9:50.3	6:07.2	9:08.8	19:16.0
62 Liberty Ellis	SR	GTRA	-	31:33.0	10:08.7	6:18.6	9:34.6	20:05.9
63 Rebekah Koerner	SO	Lawton-Bronson	(41)	32:28.9	10:26.7	6:29.8	9:34.9	20:39.7
64 Rachel Doellinger	SO	MMCRU	-	35:12.8	11:19.4	7:02.6	10:00.9	21:53.8

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Race #2
Boys 5000m**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Spread
1 East Sac County	33	2-3-4-10-14(18)	2:04.2
2 Sioux Central Sioux Rapids	42	1-7-8-11-15(19)(29)	2:10.0
3 South O'Brien Paullina	120	6-16-24-32-42(58)(66)	3:59.1
4 Siouxland Christian	139	21-22-23-36-37(45)(51)	1:09.5
5 Hartley-Melvin-Sanborn	147	13-25-30-35-44(65)(69)	3:00.5
6 Emmetsburg	155	5-12-20-55-63(68)	6:45.6
7 Trinity Christian High Scho	182	9-31-38-48-56	4:17.6
8 West Sioux Hawarden	205	17-34-49-52-53	3:23.7
9 Lawton-Bronson	210	27-33-46-47-57(59)(62)	2:45.7
10 North Union	244	26-41-50-60-67	6:03.7
11 MMCRU	257	28-43-54-61-71	9:16.4
12 Harris-Lake Park	285	39-40-64-70-72	10:48.2

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM	1 Mile	2 Mile
1 Lucos Wernimont	JR	Sioux Central Sioux	1	16:35.3	5:20.0	3:19.1	5:07.6	10:35.6
2 Landon Sporrer	SR	East Sac County	2	16:38.7	5:21.1	3:19.7	5:07.6	10:35.9
3 Riley Aragon	SR	East Sac County	3	17:16.1	5:33.2	3:27.2	5:11.3	10:48.0
4 Owen Engel	SR	East Sac County	4	17:22.7	5:35.3	3:28.5	5:16.7	10:58.2
5 Ben Cox	FR	Emmetsburg	5	17:33.4	5:38.7	3:30.7	5:13.1	11:09.5
6 Landen Davenport	SO	South O'Brien Paulli	6	17:35.6	5:39.4	3:31.1	5:21.7	11:09.0
7 Jack Christian	SR	Sioux Central Sioux	7	17:45.2	5:42.5	3:33.0	5:18.8	11:11.1
8 Landon Driver	JR	Sioux Central Sioux	8	18:12.7	5:51.4	3:38.5	5:23.0	11:27.3
9 Archer Small	SO	Akron-Westfield	-	18:15.2	5:52.2	3:39.0	5:25.8	11:30.0
10 Tyler DeBoer	FR	Trinity Christian Hig	9	18:19.1	5:53.4	3:39.8	5:41.6	11:42.6
11 Oliver Engel	FR	East Sac County	10	18:27.0	5:55.9	3:41.4	5:40.4	11:46.3
12 Colin Christians	JR	Sioux Central Sioux	11	18:37.6	5:59.4	3:43.5	5:39.2	11:41.7
13 Krayton Rutledge	SR	Emmetsburg	12	18:39.7	6:00.0	3:43.9	5:51.6	12:03.3
14 Easton Teal	JR	Hartley-Melvin-San	13	18:40.4	6:00.3	3:44.1	5:34.1	11:55.2
15 Xander Hemer	SR	East Sac County	14	18:42.9	6:01.1	3:44.6	5:39.9	11:55.1
16 Weston Smith	FR	Sioux Central Sioux	15	18:45.3	6:01.8	3:45.1	5:43.9	11:59.0
17 Trayton Cobb	JR	South O'Brien Paulli	16	19:04.6	6:08.0	3:48.9	5:33.8	11:55.6
18 Troy Dekkers	SR	West Sioux Haward	17	19:08.6	6:09.3	3:49.7	5:44.8	11:59.9
19 Eric Kleinwolterink	SR	Sibley-Ocheyedan	-	19:17.7	6:12.3	3:51.5	5:41.9	11:57.5
20 Kenton Ackerman	JR	East Sac County	(18)	19:19.1	6:12.7	3:51.8	5:51.6	12:14.2
21 Carter Vos	SR	Sibley-Ocheyedan	-	19:21.5	6:13.5	3:52.3	5:53.1	12:20.6
22 Andrew Nelson	SR	Sioux Central Sioux	(19)	19:27.2	6:15.3	3:53.4	5:44.5	12:08.6
23 Elijah Cox	JR	Emmetsburg	20	19:32.0	6:16.8	3:54.4	5:51.2	12:14.9
24 Jace Brown	FR	Siouxland Christian	21	19:49.5	6:22.5	3:57.9	5:47.0	12:27.3
25 Mark Davis	JR	Siouxland Christian	22	20:03.6	6:27.0	4:00.7	6:11.8	12:46.4
26 Erik Koehler	JR	Siouxland Christian	23	20:03.7	6:27.0	4:00.7	6:05.9	12:37.1
27 Chase Rodger	FR	South O'Brien Paulli	24	20:06.2	6:27.8	4:01.2	6:17.3	12:50.2
28 Dylan Boynton	FR	Hartley-Melvin-San	25	20:12.5	6:29.9	4:02.5	6:14.7	12:58.7

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**Race #2
Boys 5000m****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km	1 Mile	2 Mile
29 Landon Manwarren	SR	North Union	26	20:19.3	6:32.1	4:03.9	6:26.2	13:14.3
30 Lucas Patelski	JR	Lawton-Bronson	27	20:21.1	6:32.6	4:04.2	6:14.2	13:11.6
31 Brett Leitru	SR	Hinton	-	20:21.4	6:32.7	4:04.3	6:20.3	13:06.8
32 Nolan Carver	SO	MMCRU	28	20:25.1	6:33.9	4:05.0	6:11.9	12:50.9
33 Taylon Withers	SR	Sioux Central Sioux	(29)	20:27.6	6:34.7	4:05.5	5:53.1	12:45.3
34 James Carlin	SO	Hartley-Melvin-San	30	20:34.4	6:36.9	4:06.9	6:22.8	13:11.4
35 Bryce Uittenbogaard	JR	Trinity Christian Hig	31	20:37.8	6:38.0	4:07.6	6:11.7	13:07.6
36 Corbin Warnke	JR	South O'Brien Paulli	32	20:38.7	6:38.3	4:07.7	6:21.8	13:13.5
37 Luther Eggleston	SO	Lawton-Bronson	33	20:43.6	6:39.9	4:08.7	6:26.1	13:12.0
38 Owen Hansen	SO	West Sioux Haward	34	20:54.4	6:43.3	4:10.9	6:17.8	13:15.5
39 Karter Zimmer	SO	Hartley-Melvin-San	35	20:55.9	6:43.8	4:11.2	6:20.3	13:22.2
40 Jackson Stansberry	SR	Siouxland Christian	36	20:57.2	6:44.2	4:11.4	6:28.6	13:26.0
41 Calen Keegan	JR	Siouxland Christian	37	20:59.0	6:44.8	4:11.8	6:29.4	13:12.5
42 Amos Andringa	JR	Trinity Christian Hig	38	21:00.7	6:45.4	4:12.1	6:14.1	13:10.4
43 Triston Vos	SR	Sibley-Ocheyedan	-	21:02.9	6:46.1	4:12.6	6:27.7	13:27.5
44 Lucas Jacobsma	SR	Harris-Lake Park	39	21:18.3	6:51.0	4:15.7	6:42.7	13:46.9
45 Cole Renken	SO	Harris-Lake Park	40	21:22.4	6:52.3	4:16.5	6:41.5	13:46.5
46 Traecer Starnes	SR	North Union	41	21:27.4	6:54.0	4:17.5	6:32.5	13:44.1
47 Alex Leitru	SO	Hinton	-	21:33.0	6:55.8	4:18.6	6:32.5	13:40.3
48 Morgan Kilts	FR	South O'Brien Paulli	42	21:34.7	6:56.3	4:18.9	6:36.9	13:45.0
49 Alex Lindberg	JR	Hinton	-	21:34.8	6:56.3	4:19.0	6:34.9	13:35.1
50 Conner Galles	JR	MMCRU	43	21:34.9	6:56.4	4:19.0	6:14.2	13:20.0
51 Clement L'helgoualch	JR	Hartley-Melvin-San	44	21:40.9	6:58.3	4:20.2	6:53.7	14:01.8
52 Mikey Vandesteeg	SO	Siouxland Christian	(45)	21:44.3	6:59.4	4:20.9	6:28.9	13:38.8
53 Noah Brockhaus	FR	Lawton-Bronson	46	21:44.3	6:59.4	4:20.9	6:47.2	14:00.9
54 Tallon Fitch	FR	Lawton-Bronson	47	21:47.6	7:00.5	4:21.5	6:31.0	13:41.6
55 Jaxton Van Maanen	FR	Trinity Christian Hig	48	21:52.2	7:01.9	4:22.4	6:39.3	13:55.3
56 Anthony Hansen	SR	West Sioux Haward	49	22:14.8	7:09.2	4:27.0	6:49.4	14:17.7
57 Kade Madden	SR	North Union	50	22:15.7	7:09.5	4:27.1	6:48.2	14:15.9
58 Micaiah Camping	JR	Siouxland Christian	(51)	22:18.5	7:10.4	4:27.7	6:55.4	14:16.0
59 Teygan Schram	FR	Akron-Westfield	-	22:19.1	7:10.6	4:27.8	6:37.7	13:56.1
60 Zachary Sabin	JR	West Sioux Haward	52	22:20.9	7:11.2	4:28.2	7:00.1	14:37.2
61 Ian Deboom	SO	West Sioux Haward	53	22:32.3	7:14.8	4:30.5	6:53.3	14:21.5
62 Jeff Braun	SO	MMCRU	54	22:34.2	7:15.4	4:30.8	6:33.7	14:06.5
63 Cooper Chizek	SR	Emmetsburg	55	22:36.3	7:16.1	4:31.3	6:48.2	14:38.7
64 Levi Poppema	FR	Trinity Christian Hig	56	22:36.7	7:16.2	4:31.3	6:49.5	14:20.0
65 Tristen Franks	SO	Lawton-Bronson	57	23:06.8	7:25.9	4:37.4	7:00.7	14:37.3
66 Dominic Rounds	SR	South O'Brien Paulli	(58)	23:15.3	7:28.6	4:39.1	6:42.0	14:11.2
67 Michael Harvey	JR	Lawton-Bronson	(59)	23:16.7	7:29.1	4:39.3	6:44.3	14:17.8
68 Bryson Kampen	SO	West Bend-Mallard	-	23:26.3	7:32.2	4:41.3	6:26.9	14:01.6
69 Samuel Kirkegaard	SO	North Union	60	23:34.6	7:34.9	4:42.9	7:16.4	14:58.2
70 Karsen Galles	JR	MMCRU	61	23:43.2	7:37.6	4:44.6	6:47.6	14:38.8
71 Arick Palsma	JR	Lawton-Bronson	(62)	24:14.3	7:47.6	4:50.9	7:03.4	15:04.3
72 Kyle Europa	JR	Emmetsburg	63	24:19.0	7:49.1	4:51.8	7:07.7	15:25.1
73 Adam Kennedy	JR	Hinton	-	24:22.6	7:50.3	4:52.5	7:14.3	15:29.5
74 Jacob Pierce	SR	Akron-Westfield	-	24:42.4	7:56.7	4:56.5	7:15.7	15:33.0

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75 Elliot DeRoo	FR	Harris-Lake Park	64	25:18.0	8:08.1	5:03.6	7:32.1	16:05.9
76 Carter Dolphin	SR	Hartley-Melvin-San	(65)	25:56.2	8:20.4	5:11.2	7:02.0	16:18.3
77 Asa Flinders	SR	South O'Brien Paulli	(66)	26:01.7	8:22.2	5:12.3	7:57.8	16:55.2
78 Edward Champney	FR	North Union	67	26:23.0	8:29.0	5:16.6	8:04.5	16:52.4
79 Walter Reedy	FR	Emmetsburg	(68)	26:27.0	8:30.3	5:17.4	8:13.8	16:58.8
80 Daniel Beierschmitt	SO	Akron-Westfield	-	27:11.9	8:44.7	5:26.4	7:48.0	16:48.2
81 Hayden Dolphin	SO	Hartley-Melvin-San	(69)	27:26.2	8:49.3	5:29.2	8:17.5	17:35.2
82 Roland Rusche	SO	Sibley-Ocheyedan	-	27:52.1	8:57.7	5:34.4	8:28.4	17:48.2
83 Jack Kellen	FR	Gehlen Catholic Le	-	28:41.7	9:13.6	5:44.3	8:28.6	18:14.3
84 Jacob Skoglund	SO	Harris-Lake Park	70	28:57.7	9:18.7	5:47.5	8:26.8	18:01.5
85 Jagger Becker	FR	MMCRU	71	29:41.5	9:32.8	5:56.3	8:27.2	18:27.8
86 Keagan Caviness	JR	Harris-Lake Park	72	32:06.5	10:19.5	6:25.3	8:37.1	19:51.2
-- Clayton Moss	FR	Trinity Christian Hig	-		---	---	5:35.0	10:39.6