

**MVC Championships**

Seminole Valley Park

5000m

10/12/23

58 degrees, 30 mph NE wind

Place	VARSITY	Time	Grade
2	Ani Wedemeyer	18:16	11
5	Abigail Burns	18:46	10
8	Nicole Peterson	19:21	11
13	Grace Hamann	19:48	9
23	Claire Locher	20:09	10
29	Madeline Fischer	20:34	9
Place	JUNIOR VARSITY	Time	Grade
1	Nina Peterson*	20:09	11
4	Elim Michael	21:12	11
6	Nina Kuhlmann	21:33	11
10	Sophia Romero	22:05	12
11	Josie LeClair	22:10	11
17	Nina Torkelson*	23:03	12
23	Joelle Haas	23:33	12
28	Nora Ziehr*	24:30	11
35	Ava Brewer	25:37	12
37	Rachel Matel	25:58	11
40	Noe Richman*	26:52	11
48	Ada Gilchrist	27:40	12
49	Maya Hoffman*	27:44	11
59	Quinn Price*	30:09	12
64	Lola Weinman	31:41	11
65	Ania Naso*	32:01	11
69	Georgia Hellwig	44:39	12
70	Evelyn Powers	44:42	12
Place	FRESH/SOPH	Time	Grade
1	Brooklyn Riley-Poma	20:42	9
2	Elizabeth Asklof	20:48	10
4	Ella Romero	21:06	9

10	Addi Schultes	22:01	10
12	Jolie Evans	22:16	9
13	Addison Klein	22:17	9
14	Alma Bhandary-Narayanan	22:18	10
15	Nadia Spragg	22:32	9
16	Willow Schultz	23:15	9
18	Martha Willard	23:33	9
27	Cassie Swisher	25:12	9
29	Maddie Gunderson	25:32	10
36	Harper Bailey	25:59	10
43	Elise Good	26:44	9
51	Liz Degner*	27:25	10
56	Avery Nace	28:36	9
58	Amari Casto	28:45	9

~On Your Wind, Do I Fly~

**Highlighted name** = PR (personal record)

\* = SB (season best time)

Varsity race had 55 finishers, JV race had 70 finishers, F/S race had 64 finishers

**Team Scores**Varsity

1. Dubuque Hempstead - 32
2. City High - 47
3. Linn Mar - 73
4. Iowa City West - 97
5. Cedar Rapids Kennedy - 150
6. Cedar Rapids Washington - 154
7. Western Dubuque - 163

JV

1. City High - 32
- Official scores are still being sorted out

Fresh/Soph

1. City High - 30
- Official scores are still being sorted out

**Season Record**

Varsity: 88-19

JV: 65-9

F/S: 31-1

**1st Team All-MVC Varsity**

Ani Wedemeyer  
Abigail Burns

**2nd Team All-MVC Varsity**

Nicole Peterson  
Grace Hamann

**1st Team All-MVC Junior Varsity**

Nina Peterson  
Elim Michael  
Nina Kuhlmann

**2nd Team All-MVC Junior Varsity**

Sophia Romero  
Josie LeClair

**Honorable Mention All-MVC Junior Varsity**

Nina Torkelson

**1st Team All-MVC Fresh/Soph**

Brooklyn Riley-Poma  
Elizabeth Asklof  
Ella Romero

**2nd Team All-MVC Fresh/Soph**

Addi Schultes  
Jolie Evans  
Addison Klein  
Alma Bhandary-Narayanan

**Honorable Mention All-MVC Fresh/Soph**

Nadia Spragg  
Willow Schultz  
Martha Willard

**All-Time XC times in City High history**

Ani Wedemeyer #3  
Nicole Peterson #15

**All-Time XC times in City High history at Seminole Valley Park**

Ani Wedemeyer #1  
Abigail Burns #2  
Nicole Peterson #3  
Grace Hamann #4  
Claire Locher #6  
Madeline Fischer #9  
Brooklyn Riley-Poma #10

