

MVC Super Meet

Birdsall Park

5000m

10/5/23

71 degrees, 20-30 mph WNW wind

Place	VARSITY	Time	Grade
4	Ani Wedemeyer	18:58	11
10	Abigail Burns	19:46	10
17	Nicole Peterson	20:12	11
29	Grace Hamann	20:46	9
33	Claire Locher	20:55	10
49	Madeline Fischer	21:25	9
55	Nina Peterson	21:52	11
Place	JUNIOR VARSITY	Time	Grade
2	Nina Kuhlmann	21:33	11
4	Josie LeClair	21:52	11
7	Sophia Romero	22:15	12
9	Elim Michael	22:17	11
34	Nina Torkelson	24:08	12
41	Joelle Haas	24:47	12
50	Nora Ziehr	25:13	11
64	Ava Brewer	26:33	12
81	Maya Hoffman	28:05	11
82	Noe Richman	28:07	11
87	Ada Gilchrist	28:29	12
102	Quinn Price	31:17	12
109	Ania Naso	34:02	11
111	Georgia Hellwig*	34:13	12
115	Evelyn Powers	47:27	12
Place	FRESH/SOPH	Time	Grade
3	Brooklyn Riley-Poma	22:02	9
6	Ella Romero	22:08	9
7	Elizabeth Asklof	22:09	10
22	Nadia Spragg	23:19	9
24	Addison Klein	23:27	9

25	Willow Schultz	23:32	9
26	Alma Bhandary-Narayanan	23:32	10
31	Martha Willard	23:50	9
32	Addi Schultes	23:50	10
33	Jolie Evans	23:51	9
55	Maddie Gunderson	26:03	10
63	Cassie Swisher	26:28	9
72	Harper Bailey	27:06	10
82	Elise Good	27:41	9
103	Liz Degner	29:38	10
110	Amari Casto	31:15	9
117	Avery Nace	32:29	9

~On Your Wind, Do I Fly~

Highlighted name = PR (personal record)

* = SB (season best time)

Varsity race had 88 finishers, JV race had 115 finishers, F/S race had 122 finishers

Team ScoresVarsity

1. Dubuque Senior - 40
2. Dubuque Hempstead - 52
3. City High - 82
4. Cedar Falls - 103
5. Linn Mar - 153
6. Iowa City West - 153
7. Cedar Rapids Prairie - 163
8. Iowa City Liberty - 180
9. Cedar Rapids Kennedy - 243
10. Xavier Catholic - 287
11. Cedar Rapids Jefferson - 353

JV

1. City High - 54
2. Dubuque Hempstead - 61
3. Cedar Falls - 75
4. Dubuque Senior - 113
5. Linn Mar - 116
6. Cedar Rapids Prairie - 153
7. Iowa City Liberty - 173
8. Wahlert Catholic - 189
9. Iowa City West - 198
10. Waterloo West - 306
11. Xavier Catholic - 325
12. Cedar Rapids Washington - 343

Fresh/Soph

1. City High - 62
2. Dubuque Senior - 75
3. Iowa City Liberty - 78
4. Wahlert Catholic - 80
5. Dubuque Hempstead - 93
6. Cedar Falls - 141
7. Linn Mar - 204
8. Cedar Rapids Washington - 222
9. Cedar Rapids Prairie - 236
10. Cedar Rapids Kennedy - 290
11. Xavier Catholic - 300

Season Record

Varsity: 83-18

JV: 59-9

F/S: 25-1

Congratulations to our Varsity Medalists

Ani Wedemeyer

Abigail Burns

Congratulations to our JV Medalists

Nina Kuhlmann

Josie LeClair

Sophia Romero

Elim Michael

Congratulations to our Fresh/Soph Medalists

Brooklyn Riley-Poma

Ella Romero

Elizabeth Asklof

Varsity all-time at City High at Birdsall Park

Ani Wedemeyer is #1

Abigail Burns is #5

Nicole Peterson is #6

Grace Hamann is #10

JV & F/S all-time at City High at Birdsall Park

Nina Kuhlmann #2