

Race #3
Girls Varsity Orange 5000M

FINAL RESULTS

TEAM SCORING SUMMARY

| Final Standings | Score | Total | Avg. |
|---|--------------|--------------|-------------|
| 1 Rochester Lourdes | 71 | 1:43:18 | 20:40 |
| 2 Earlham | 91* | 1:44:53 | 20:59 |
| 3 Austin | 91* | 1:44:41 | 20:57 |
| 4 Clear Lake | 100 | 1:44:40 | 20:56 |
| 5 Xavier Cedar Rapids | 145 | 1:48:10 | 21:38 |
| 6 Iowa Falls-Alden | 168 | 1:49:17 | 21:52 |
| 7 Newton | 222 | 1:52:12 | 22:27 |
| 8 Waverly-Shell Rock | 226 | 1:52:35 | 22:31 |
| 9 Assumption Davenport | 234 | 1:52:12 | 22:27 |
| 10 Osage | 250 | 1:54:07 | 22:50 |
| 11 Wapsie Valley Fairbank | 286 | 1:56:09 | 23:14 |
| 12 BCLUW Conrad | 293 | 2:04:14 | 24:51 |
| 13 Dike-New Hartford | 311 | 1:56:40 | 23:20 |
| 14 Columbus Community Columbus Junction | 346 | 2:07:24 | 25:29 |
| 15 Marshalltown | 377 | 2:03:51 | 24:47 |

*Tiebreakers

| | | | | | | | |
|---------|---|---|----|----|----|----|----|
| Earlham | 6 | 7 | 21 | 26 | 31 | 59 | 78 |
| Austin | 4 | 9 | 14 | 19 | 45 | 66 | 85 |

SPLIT SCORING SUMMARY

900M

| UNOFFICIAL Standings | Score |
|-----------------------------|--------------|
| 1 Xavier Cedar Rapids | 90 |
| 2 Waverly-Shell Rock | 108 |
| 3 Rochester Lourdes | 149 |
| 4 Austin | 156 |
| 5 Wapsie Valley Fairbank | 183 |
| 6 Assumption Davenport | 191 |
| 7 Earlham | 208 |
| 8 Iowa Falls-Alden | 211 |
| 9 Osage | 215 |
| 9 Clear Lake | 215 |
| 11 Dike-New Hartford | 228 |

| UNOFFICIAL Standings | | Score |
|-----------------------------|--------------------------------------|--------------|
| 12 | BCLUW Conrad | 242 |
| 13 | Newton | 274 |
| 14 | Columbus Community Columbus Junction | 315 |
| 15 | Marshalltown | 346 |

2K

| UNOFFICIAL Standings | | Score |
|-----------------------------|--------------------------------------|--------------|
| 1 | Rochester Lourdes | 103 |
| 2 | Xavier Cedar Rapids | 108 |
| 3 | Austin | 109 |
| 4 | Earlham | 130 |
| 5 | Clear Lake | 154 |
| 6 | Waverly-Shell Rock | 158 |
| 7 | Iowa Falls-Alden | 196 |
| 8 | Assumption Davenport | 206 |
| 9 | Wapsie Valley Fairbank | 232 |
| 10 | Newton | 244 |
| 11 | Osage | 245 |
| 12 | BCLUW Conrad | 274 |
| 12 | Dike-New Hartford | 274 |
| 14 | Columbus Community Columbus Junction | 333 |
| 15 | Marshalltown | 364 |

4K

| UNOFFICIAL Standings | | Score |
|-----------------------------|--------------------------------------|--------------|
| 1 | Rochester Lourdes | 73 |
| 2 | Austin | 97 |
| 3 | Earlham | 100 |
| 4 | Clear Lake | 102 |
| 5 | Xavier Cedar Rapids | 130 |
| 6 | Iowa Falls-Alden | 180 |
| 7 | Newton | 214 |
| 8 | Waverly-Shell Rock | 217 |
| 9 | Assumption Davenport | 235 |
| 10 | Osage | 251 |
| 11 | Wapsie Valley Fairbank | 287 |
| 12 | BCLUW Conrad | 293 |
| 13 | Dike-New Hartford | 300 |
| 14 | Columbus Community Columbus Junction | 343 |
| 15 | Marshalltown | 379 |

INDIVIDUAL RESULTS

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k | |
|---------|-------------------|----|------|---|------|---------|-------------------|-------------------|--------------------|
| 1 | Scarlett Byrnes | JR | 1427 | Osage | 1 | 18:51.5 | 3:19.5 (3) | 7:22.2 (1) | 15:12.6 (1) |
| 2 | Addison Doughan | SR | 556 | Clear Lake | 2 | 19:21.3 | 3:19.2 (2) | 7:22.2 (2) | 15:28.0 (2) |
| 3 | Anna Peikert | SR | 1462 | Rochester Lourdes | 3 | 19:39.3 | 3:20.6 (4) | 7:32.4 (3) | 15:49.4 (3) |
| 4 | Marissa Shute | SR | 303 | Austin | 4 | 19:41.3 | 3:25.7 (6) | 7:39.0 (5) | 15:54.7 (4) |
| 5 | Mia Deegan | JR | 1760 | Xavier Cedar Rapids | 5 | 19:48.5 | 3:27.4 (8) | 7:42.3 (6) | 16:04.8 (5) |
| 6 | Hannah Frank | SR | 767 | Earlham | 6 | 20:10.7 | 3:36.2 (23) | 7:51.2 (9) | 16:12.1 (6) |
| 7 | Mackenzie Harger | JR | 769 | Earlham | 7 | 20:12.1 | 3:36.2 (24) | 7:51.2 (8) | 16:16.9 (7) |
| 8 | Demi Beaubien | JR | 894 | Iowa Falls-Alden | 8 | 20:17.6 | 3:25.2 (5) | 7:43.4 (7) | 16:18.2 (8) |
| 9 | Sydney Lewis | SO | 301 | Austin | 9 | 20:21.5 | 3:39.7 (28) | 8:03.3 (15) | 16:31.2 (9) |
| 10 | Jada Hoffman | SR | 278 | Assumption Davenport | 10 | 20:22.5 | 3:35.2 (18) | 7:57.1 (12) | 16:36.6 (11) |
| 11 | Saylor Schmitt | SO | 564 | Clear Lake | 11 | 20:23.0 | 3:50.0 (49) | 8:17.4 (31) | 16:39.4 (13) |
| 12 | Olivia Timbers | SO | 1467 | Rochester Lourdes | 12 | 20:30.9 | 3:45.9 (38) | 8:14.3 (25) | 16:39.4 (12) |
| 13 | Audrey Muckler | FR | 1322 | Newton | 13 | 20:32.1 | 3:34.3 (13) | 7:55.2 (11) | 16:35.8 (10) |
| 14 | Alexcia Austin | 8 | 298 | Austin | 14 | 20:52.1 | 3:40.3 (31) | 8:03.4 (16) | 16:53.6 (15) |
| 15 | Iris Garza | SO | 591 | Columbus Community Columbus Junction | 15 | 20:53.0 | 3:33.1 (10) | 7:54.3 (10) | 16:46.3 (14) |
| 16 | Elizabeth Penza | SO | 1463 | Rochester Lourdes | 16 | 20:53.5 | 3:46.2 (40) | 8:14.4 (26) | 16:53.9 (16) |
| 17 | Adalynn Kane | FR | 1654 | Wapsie Valley Fairbank | 17 | 20:57.9 | 3:35.7 (20) | 8:03.6 (18) | 16:54.9 (17) |
| 18 | Amadelaid Benitez | FR | 1476 | Sibley-Ocheyedan | -- | 21:00.5 | 3:18.0 (1) | 7:38.8 (4) | 16:57.3 (19) |
| 19 | Allison Deutsch | 8 | 1460 | Rochester Lourdes | 18 | 21:00.7 | 3:46.0 (39) | 8:17.0 (29) | 17:02.6 (21) |
| 20 | Aubrey Green | 7 | 300 | Austin | 19 | 21:05.8 | 3:39.9 (29) | 8:03.1 (14) | 16:56.4 (18) |
| 21 | Amelia Moore | JR | 282 | Assumption Davenport | 20 | 21:07.2 | 3:35.8 (21) | 8:04.3 (20) | 16:58.1 (20) |
| 22 | Taylor Rodgers | SR | 772 | Earlham | 21 | 21:10.8 | 3:50.8 (53) | 8:27.6 (38) | 17:18.3 (27) |
| 23 | Ruby Flies | JR | 1461 | Rochester Lourdes | 22 | 21:12.8 | 3:46.6 (41) | 8:17.6 (32) | 17:06.2 (22) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------|------------|----------|---|--------------|-------------|----------------|-------------|-----------------|
| 24 Sofia Musick | SO | 1761 | Xavier Cedar Rapids | 23 | 21:15.6 | 3:35.2 (19) | 8:04.9 (21) | 17:09.3 (23) |
| 25 Kylee Colby | FR | 555 | Clear Lake | 24 | 21:20.2 | 3:53.3 (66) | 8:37.0 (49) | 17:19.6 (29) |
| 26 Kalia Stover | SR | 316 | BCLUW Conrad | 25 | 21:21.2 | 3:30.1 (9) | 8:03.5 (17) | 17:16.6 (24) |
| 27 Kinsley Canoyer | FR | 766 | Earlham | 26 | 21:25.6 | 3:57.7 (72) | 8:35.9 (47) | 17:25.9 (31) |
| 28 Piper Smith | JR | 904 | Iowa Falls-Alden | 27 | 21:30.5 | 3:26.5 (7) | 7:57.1 (13) | 17:27.8 (32) |
| 29 Rebekah Steinbron | SR | 566 | Clear Lake | 28 | 21:31.3 | 3:50.1 (50) | 8:18.8 (33) | 17:18.2 (26) |
| 30 Aaliyah Causey | FR | 578 | Columbus Catholic Waterloo | -- | 21:35.3 | 3:35.0 (17) | 8:04.1 (19) | 17:23.4 (30) |
| 31 Kate Nelson | SO | 1708 | Waverly-Shell Rock | 29 | 21:36.9 | 3:34.8 (14) | 8:06.8 (23) | 17:19.1 (28) |
| 32 Kendall Power | JR | 1431 | Osage | 30 | 21:48.3 | 3:39.5 (26) | 8:20.0 (34) | 17:33.5 (33) |
| 33 Amanda Smith | JR | 773 | Earlham | 31 | 21:53.5 | 3:51.0 (54) | 8:28.6 (39) | 17:34.4 (34) |
| 34 Jailyn Kent | SR | 1707 | Waverly-Shell Rock | 32 | 21:56.6 | 3:35.0 (16) | 8:14.8 (27) | 17:44.8 (35) |
| 35 Abby Kemp | SR | 312 | BCLUW Conrad | 33 | 21:59.9 | 3:34.3 (12) | 8:17.0 (30) | 17:47.7 (38) |
| 36 Danika Rieks | SO | 902 | Iowa Falls-Alden | 34 | 22:01.0 | 4:02.7 (85) | 8:48.3 (65) | 18:05.5 (41) |
| 37 Brooklyn Heesch | JR | 559 | Clear Lake | 35 | 22:03.7 | 3:52.6 (61) | 8:39.1 (51) | 17:47.2 (37) |
| 38 Cayleigh O'Brien | SO | 1762 | Xavier Cedar Rapids | 36 | 22:08.0 | 3:39.6 (27) | 8:15.3 (28) | 17:45.4 (36) |
| 39 Chloe Stilwell | SO | 906 | Iowa Falls-Alden | 37 | 22:11.5 | 3:51.8 (58) | 8:41.7 (54) | 18:06.0 (42) |
| 40 Chloe Switzer | FR | 317 | BCLUW Conrad | 38 | 22:14.6 | 3:44.8 (37) | 8:27.2 (37) | 17:56.3 (39) |
| 41 Aleah Marco | FR | 1477 | Sibley-Ocheyedan | -- | 22:16.7 | 3:34.2 (11) | 8:10.4 (24) | 17:57.0 (40) |
| 42 Keira Richmond | SR | 1764 | Xavier Cedar Rapids | 39 | 22:18.5 | 3:35.0 (15) | 8:05.1 (22) | 17:17.4 (25) |
| 43 Miller Heitmann | JR | 1158 | Marshalltown | 40 | 22:35.0 | 3:47.7 (44) | 8:41.7 (53) | 18:19.9 (51) |
| 44 Isabel Rendon | JR | 593 | Columbus Community Columbus Junction | 41 | 22:36.6 | 3:48.6 (46) | 8:35.7 (45) | 18:11.4 (44) |
| 45 Maeve Ainsworth | FR | 1758 | Xavier Cedar Rapids | 42 | 22:38.5 | 3:40.4 (32) | 8:30.0 (42) | 18:17.4 (48) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|------------------------|------------|----------|------------------------|--------------|-------------|----------------|-------------|-----------------|
| 46 Hanna Steffen | SR | 703 | Dike-New Hartford | 43 | 22:38.6 | 3:35.8 (22) | 8:24.4 (35) | 18:13.4 (45) |
| 47 Bella Winther | SR | 1330 | Newton | 44 | 22:39.4 | 3:48.5 (45) | 8:29.5 (41) | 18:09.8 (43) |
| 48 Ashley Reyes Garcia | SO | 302 | Austin | 45 | 22:39.7 | 4:03.4 (87) | 8:53.0 (68) | 18:29.8 (54) |
| 49 Grace Bruns | SR | 1759 | Xavier Cedar Rapids | 46 | 22:42.6 | 3:51.3 (56) | 8:41.8 (55) | 18:18.0 (49) |
| 50 Emma Smith | SR | 1713 | Waverly-Shell Rock | 47 | 22:42.8 | 3:41.1 (34) | 8:29.2 (40) | 18:15.9 (47) |
| 51 Sarah Malow | SO | 1321 | Newton | 48 | 22:43.2 | 4:01.6 (82) | 8:54.5 (70) | 18:32.8 (55) |
| 52 Lydia Penza | 8 | 1464 | Rochester Lourdes | 49 | 22:44.2 | 3:53.0 (62) | 8:42.1 (56) | 18:13.7 (46) |
| 53 Abby Rachut | SO | 1432 | Osage | 50 | 22:50.2 | 3:44.4 (36) | 8:34.5 (44) | 18:24.2 (52) |
| 54 Brianna Rossow | SO | 1465 | Rochester Lourdes | 51 | 22:51.3 | 3:53.7 (68) | 8:44.0 (60) | 18:36.4 (57) |
| 55 Lulu Rozeboom | JR | 1765 | Xavier Cedar Rapids | 52 | 22:56.1 | 3:46.6 (42) | 8:37.3 (50) | 18:25.2 (53) |
| 56 Lauren Englin | JR | 557 | Clear Lake | 53 | 22:58.2 | 4:06.9 (95) | 9:07.7 (85) | 18:43.1 (64) |
| 57 Aliya Gritters | FR | 1703 | Waverly-Shell Rock | 54 | 22:59.1 | 3:36.6 (25) | 8:25.2 (36) | 18:18.4 (50) |
| 58 Eliza Sharpe | 8 | 1466 | Rochester Lourdes | -- | 23:00.4 | 3:53.9 (69) | 8:43.9 (59) | 18:36.4 (58) |
| 59 Ava Meyer | SO | 1656 | Wapsie Valley Fairbank | 55 | 23:00.7 | 3:49.9 (48) | 8:42.5 (57) | 18:34.1 (56) |
| 60 Annie Torborg | 7 | 1468 | Rochester Lourdes | -- | 23:00.8 | 3:53.3 (67) | 8:43.8 (58) | 18:39.5 (60) |
| 61 Lauren Good | FR | 558 | Clear Lake | 56 | 23:01.2 | 4:06.6 (94) | 9:07.7 (84) | 18:42.9 (63) |
| 62 Talia Friedman | FR | 1318 | Newton | 57 | 23:03.5 | 4:01.7 (83) | 9:01.6 (79) | 18:39.4 (59) |
| 63 Elyse Folkerts | SR | 690 | Dike-New Hartford | 58 | 23:10.5 | 3:49.5 (47) | 8:44.1 (61) | 18:41.2 (61) |
| 64 Shea Rodgers | SO | 771 | Earlham | 59 | 23:12.9 | 3:59.2 (76) | 8:56.2 (76) | 18:44.5 (65) |
| 65 Alivia Kingery | SO | 1319 | Newton | 60 | 23:13.6 | 4:00.0 (79) | 8:54.3 (69) | 18:42.2 (62) |
| 66 Maya Barnes | JR | 1650 | Wapsie Valley Fairbank | 61 | 23:14.1 | 3:47.6 (43) | 8:41.5 (52) | 18:45.0 (67) |
| 67 Haley Smith | JR | 903 | Iowa Falls-Alden | 62 | 23:15.8 | 3:58.9 (74) | 8:55.2 (73) | 18:46.5 (70) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------|------------|----------|------------------------|--------------|-------------|----------------|-------------|-----------------|
| 68 Amalie Yeates | SR | 286 | Assumption Davenport | 63 | 23:17.9 | 3:53.1 (64) | 8:50.9 (66) | 18:45.7 (69) |
| 69 Emma Buchanan | SO | 1699 | Waverly-Shell Rock | 64 | 23:18.9 | 3:40.8 (33) | 8:35.8 (46) | 18:47.1 (71) |
| 70 Josey Syhlman | JR | 705 | Dike-New Hartford | 65 | 23:21.7 | 3:51.2 (55) | 8:44.8 (63) | 18:45.5 (68) |
| 71 Amber Forsythe | SR | 299 | Austin | 66 | 23:25.2 | 4:03.1 (86) | 8:56.0 (75) | 18:49.9 (72) |
| 72 Anessa Morrison | JR | 1161 | Marshalltown | 67 | 23:28.2 | 3:42.2 (35) | 8:36.3 (48) | 18:44.8 (66) |
| 73 Sophie Miller | SR | 281 | Assumption Davenport | 68 | 23:38.8 | 3:50.6 (52) | 8:46.2 (64) | 19:10.7 (78) |
| 74 Jenna Rohne | JR | 1709 | Waverly-Shell Rock | 69 | 23:41.2 | 3:53.0 (63) | 8:55.7 (74) | 19:08.1 (77) |
| 75 Jaylin May | SR | 1655 | Wapsie Valley Fairbank | 70 | 23:41.2 | 3:40.0 (30) | 8:32.7 (43) | 19:06.2 (76) |
| 76 Lily Moore | FR | 695 | Dike-New Hartford | 71 | 23:42.0 | 3:52.4 (59) | 8:52.3 (67) | 19:05.3 (74) |
| 77 Annika Nelson | SR | 901 | Iowa Falls-Alden | 72 | 23:43.7 | 4:04.8 (90) | 9:18.8 (91) | 19:18.8 (79) |
| 78 Lanie Schlicksup | SR | 284 | Assumption Davenport | 73 | 23:45.6 | 3:50.3 (51) | 8:44.6 (62) | 18:56.1 (73) |
| 79 Allison Starbuck | JR | 702 | Dike-New Hartford | 74 | 23:47.2 | 3:52.5 (60) | 8:54.6 (71) | 19:05.4 (75) |
| 80 Meghan Trout | SO | 1326 | Newton | 75 | 24:00.0 | 4:02.2 (84) | 9:02.8 (81) | 19:20.5 (80) |
| 81 Montana Neumiller | FR | 283 | Assumption Davenport | 76 | 24:12.3 | 4:06.1 (92) | 9:14.4 (88) | 19:32.8 (81) |
| 82 Tinsley Callan | JR | 688 | Dike-New Hartford | 77 | 24:23.7 | 4:00.3 (80) | 9:03.7 (82) | 19:42.3 (83) |
| 83 Darby Moore | JR | 770 | Earlham | 78 | 24:31.1 | 4:04.5 (89) | 9:15.3 (89) | 19:56.2 (84) |
| 84 Mollie Hunzelman | JR | 1705 | Waverly-Shell Rock | 79 | 24:36.2 | 3:57.1 (71) | 9:02.4 (80) | 19:38.2 (82) |
| 85 Molly Dolan | JR | 276 | Assumption Davenport | 80 | 24:53.0 | 4:04.0 (88) | 9:14.2 (87) | 19:57.8 (85) |
| 86 Maggie Heiden | SO | 898 | Iowa Falls-Alden | 81 | 24:56.6 | 4:08.8 (98) | 9:33.3 (94) | 20:16.7 (88) |
| 87 Madeline Bielefeld | JR | 1426 | Osage | 82 | 25:02.1 | 3:59.3 (77) | 9:08.3 (86) | 20:09.9 (86) |
| 88 Adelynn Wierck | JR | 1664 | Wapsie Valley Fairbank | 83 | 25:14.2 | 3:51.7 (57) | 8:59.0 (77) | 20:21.1 (89) |
| 89 Addi Ames | FR | 686 | Dike-New Hartford | 84 | 25:17.1 | 3:55.3 (70) | 9:06.8 (83) | 20:16.4 (87) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|--------------------------|------------|----------|---|--------------|-------------|-----------------|------------------|------------------|
| 90 Anna Asmus | 7 | 297 | Austin | 85 | 25:23.0 | 3:59.8 (78) | 9:00.8 (78) | 20:32.3 (90) |
| 91 Laek Sullivan | FR | 1325 | Newton | 86 | 25:29.7 | 4:20.8 (102) | 9:53.5 (99) | 20:48.3 (93) |
| 92 Ivy Christensen | SO | 1428 | Osage | 87 | 25:34.7 | 4:07.0 (96) | 9:38.3 (98) | 20:51.3 (94) |
| 93 Miriam Rulapaugh | JR | 1658 | Wapsie Valley Fairbank | 88 | 25:35.7 | 4:09.9 (100) | 9:35.2 (96) | 20:39.7 (91) |
| 94 Jorja Janssen | JR | 1159 | Marshalltown | 89 | 25:35.8 | 4:05.3 (91) | 9:25.0 (92) | 20:45.6 (92) |
| 95 Sophia Valdez Chavez | SO | 1163 | Marshalltown | 90 | 25:58.3 | 4:09.9 (99) | 9:25.3 (93) | 20:53.8 (95) |
| 96 Kaitlyn Yepez Ramirez | SR | 1166 | Marshalltown | 91 | 26:13.0 | 4:28.0 (106) | 10:06.8 (105) | 21:10.2 (98) |
| 97 Alexis Kolbet | SO | 1430 | Osage | 92 | 26:18.9 | 4:06.5 (93) | 9:38.2 (97) | 21:03.2 (96) |
| 98 Natalie Folkerts | SR | 691 | Dike-New Hartford | -- | 26:22.3 | 4:22.5 (104) | 10:02.6 (102) | 21:10.5 (99) |
| 99 Emerson Eastman | JR | 1156 | Marshalltown | 93 | 26:28.8 | 4:28.2 (107) | 10:06.7 (104) | 21:28.8 (100) |
| 100 Maritza Tovar | SR | 595 | Columbus Community Columbus Junction | 94 | 26:38.7 | 3:59.0 (75) | 9:34.3 (95) | 21:05.8 (97) |
| 101 Maleena Sander | JR | 1660 | Wapsie Valley Fairbank | 95 | 26:43.9 | 4:21.1 (103) | 10:00.2 (100) | 21:30.5 (101) |
| 102 Frannie Sosa | SR | 594 | Columbus Community Columbus Junction | 96 | 27:02.5 | 4:19.9 (101) | 10:06.5 (103) | 21:45.6 (103) |
| 103 Joy Eilderts | SR | 689 | Dike-New Hartford | -- | 27:04.3 | 4:22.5 (105) | 10:01.1 (101) | 21:41.2 (102) |
| 104 Emelia Slesicki | SO | 285 | Assumption Davenport | -- | 27:08.8 | 4:31.4 (109) | 10:17.2 (108) | 22:02.4 (105) |
| 105 Lydia Nachazel | SR | 900 | Iowa Falls-Alden | -- | 27:14.6 | 4:30.0 (108) | 10:09.2 (106) | 21:53.0 (104) |
| 106 Gabby Stauffer | JR | 905 | Iowa Falls-Alden | -- | 27:33.7 | 4:48.1 (120) | 10:50.4 (114) | 22:44.6 (109) |
| 107 Ariel Johnson | FR | 279 | Assumption Davenport | -- | 27:40.7 | 4:31.5 (110) | 10:18.4 (109) | 22:22.0 (106) |
| 108 Lilyia Christen | JR | 1155 | Marshalltown | 97 | 27:53.3 | 4:36.8 (111) | 10:29.3 (110) | 22:29.3 (107) |
| 109 Chloe DeRaad | FR | 1316 | Newton | -- | 28:02.7 | 4:42.1 (115) | 10:38.4 (111) | 22:32.8 (108) |
| 110 Haley Stuber | JR | 1661 | Wapsie Valley Fairbank | -- | 28:33.6 | 4:43.2 (117) | 10:43.4 (112) | 22:53.9 (110) |
| 111 Mia Van Zante | FR | 1327 | Newton | -- | 28:42.7 | 4:41.3 (113) | 10:47.3 (113) | 23:21.3 (111) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|--------------------|------------|----------|---|--------------|-------------|-----------------|------------------|------------------|
| 112 Devin Peterson | SR | 314 | BCLUW Conrad | 98 | 29:01.1 | 4:47.3 (118) | 11:07.3 (116) | 23:30.2 (112) |
| 113 Ceanna White | SO | 318 | BCLUW Conrad | 99 | 29:36.9 | 4:07.4 (97) | 10:12.1 (107) | 24:01.2 (113) |
| 114 Naomi Allchin | FR | 589 | Columbus Community Columbus Junction | 100 | 30:12.9 | 4:42.6 (116) | 11:06.9 (115) | 24:49.5 (115) |
| 115 Lydia Stuber | SR | 1662 | Wapsie Valley Fairbank | -- | 30:29.4 | 4:47.3 (119) | 11:10.3 (117) | 24:27.4 (114) |
| 116 Izzy Morris | JR | 313 | BCLUW Conrad | 101 | 31:53.5 | 4:40.7 (112) | 11:15.2 (118) | 25:22.4 (116) |
| 117 Elle Schipper | JR | 315 | BCLUW Conrad | 102 | 33:04.5 | 5:10.2 (121) | 12:13.2 (120) | 26:29.9 (117) |
| 118 Mira Behnke | FR | 1651 | Wapsie Valley Fairbank | -- | 36:39.7 | 5:16.4 (122) | 13:10.8 (121) | 30:06.3 (119) |
| Hadley Kruse | SR | 1320 | Newton | -- | DNF | 4:01.6 (81) | 8:54.8 (72) | 26:32.6 (118) |
| Amelia Fulton | SO | 590 | Columbus Community Columbus Junction | -- | DNF | 4:41.5 (114) | 11:44.5 (119) | |
| Adali Borglum | JR | 1698 | Waverly-Shell Rock | -- | DNF | 3:53.2 (65) | | |
| Sadie Anema | FR | 687 | Dike-New Hartford | -- | DNF | 3:58.3 (73) | 9:17.1 (90) | |

Race #4
Boys Varsity Orange 5000M

FINAL RESULTS

TEAM SCORING SUMMARY

| Final Standings | Score | Total | Avg. |
|--|--------------|--------------|-------------|
| 1 Davenport Central | 28 | 1:24:17 | 16:52 |
| 2 Xavier Cedar Rapids | 118 | 1:29:02 | 17:49 |
| 3 Assumption Davenport | 122 | 1:29:30 | 17:54 |
| 4 Clear Lake | 125 | 1:29:31 | 17:55 |
| 5 Earlham | 127 | 1:29:55 | 17:59 |
| 6 Columbus Community Columbus Junction | 197 | 1:31:41 | 18:21 |
| 7 Newton | 203 | 1:32:11 | 18:27 |
| 8 Austin | 211 | 1:32:21 | 18:29 |
| 9 Sibley-Ocheyedan | 222 | 1:33:08 | 18:38 |
| 10 Cedar Rapids Washington | 308 | 1:36:07 | 19:14 |
| 11 Dike-New Hartford | 316 | 1:36:31 | 19:19 |
| 12 Columbus Catholic Waterloo | 330 | 1:38:47 | 19:46 |
| 13 Rochester Lourdes | 335 | 1:37:18 | 19:28 |
| 14 South Tama County Tama | 371 | 1:41:40 | 20:20 |
| 15 Iowa Falls-Alden | 396 | 1:40:15 | 20:03 |
| 16 BCLUW Conrad | 428 | 1:43:34 | 20:43 |
| 17 Clayton Ridge Guttenberg | 480 | 1:44:50 | 20:58 |
| 18 Valley Lutheran | 507 | 1:47:25 | 21:29 |
| 19 Wapsie Valley Fairbank | 550 | 1:49:47 | 21:58 |

SPLIT SCORING SUMMARY

900M

| UNOFFICIAL Standings | Score |
|--|--------------|
| 1 Davenport Central | 23 |
| 2 Assumption Davenport | 118 |
| 3 Xavier Cedar Rapids | 123 |
| 4 Columbus Community Columbus Junction | 139 |
| 5 Newton | 145 |
| 6 Earlham | 178 |
| 7 Cedar Rapids Washington | 205 |
| 8 Sibley-Ocheyedan | 241 |
| 9 Dike-New Hartford | 249 |
| 10 Clear Lake | 279 |
| 11 Columbus Catholic Waterloo | 291 |

| UNOFFICIAL Standings | | Score |
|-----------------------------|--------------------------|--------------|
| 12 | South Tama County Tama | 324 |
| 13 | BCLUW Conrad | 343 |
| 14 | Austin | 348 |
| 15 | Iowa Falls-Alden | 390 |
| 16 | Rochester Lourdes | 426 |
| 17 | Valley Lutheran | 462 |
| 18 | Wapsie Valley Fairbank | 481 |
| 19 | Clayton Ridge Guttenberg | 510 |

2K

| UNOFFICIAL Standings | | Score |
|-----------------------------|--------------------------------------|--------------|
| 1 | Davenport Central | 27 |
| 2 | Xavier Cedar Rapids | 97 |
| 3 | Assumption Davenport | 110 |
| 4 | Columbus Community Columbus Junction | 141 |
| 5 | Earlham | 158 |
| 6 | Clear Lake | 196 |
| 7 | Newton | 220 |
| 8 | Sibley-Ocheyedan | 222 |
| 9 | Cedar Rapids Washington | 263 |
| 10 | Austin | 289 |
| 11 | Dike-New Hartford | 294 |
| 12 | Columbus Catholic Waterloo | 311 |
| 13 | South Tama County Tama | 333 |
| 14 | BCLUW Conrad | 365 |
| 15 | Iowa Falls-Alden | 387 |
| 16 | Rochester Lourdes | 392 |
| 17 | Valley Lutheran | 475 |
| 18 | Wapsie Valley Fairbank | 496 |
| 19 | Clayton Ridge Guttenberg | 505 |

4K

| UNOFFICIAL Standings | | Score |
|-----------------------------|--------------------------------------|--------------|
| 1 | Davenport Central | 30 |
| 2 | Xavier Cedar Rapids | 113 |
| 3 | Assumption Davenport | 117 |
| 4 | Earlham | 134 |
| 5 | Clear Lake | 137 |
| 6 | Columbus Community Columbus Junction | 183 |
| 7 | Newton | 200 |

UNOFFICIAL Standings**Score**

| | | |
|----|----------------------------|-----|
| 8 | Austin | 217 |
| 9 | Sibley-Ocheyedan | 227 |
| 10 | Cedar Rapids Washington | 296 |
| 11 | Dike-New Hartford | 309 |
| 12 | Columbus Catholic Waterloo | 337 |
| 13 | Rochester Lourdes | 351 |
| 14 | South Tama County Tama | 365 |
| 15 | Iowa Falls-Alden | 392 |
| 16 | BCLUW Conrad | 425 |
| 17 | Clayton Ridge Guttenberg | 480 |
| 18 | Valley Lutheran | 512 |
| 19 | Wapsie Valley Fairbank | 537 |

INDIVIDUAL RESULTS

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------|------------|----------|---|--------------|-------------|-------------------|-------------------|--------------------|
| 1 Zack Ryan | SO | 606 | Davenport Central | 1 | 16:19.8 | 2:50.3 (1) | 6:19.6 (1) | 13:07.1 (1) |
| 2 Tyler Ryan | SR | 605 | Davenport Central | 2 | 16:30.6 | 2:50.4 (2) | 6:21.2 (2) | 13:13.9 (2) |
| 3 Andrew Allen | FR | 1751 | Xavier Cedar Rapids | 3 | 16:40.1 | 2:52.7 (7) | 6:25.9 (5) | 13:31.5 (5) |
| 4 Barrett Jesina | JR | 1534 | South Tama County Tama | 4 | 16:43.3 | 2:53.6 (8) | 6:26.4 (6) | 13:27.0 (4) |
| 5 Emmett Revell-Beck | FR | 603 | Davenport Central | 5 | 16:45.8 | 2:52.3 (4) | 6:28.6 (7) | 13:31.6 (6) |
| 6 Ty Muniz | SR | 583 | Columbus Community Columbus Junction | 6 | 16:47.4 | 2:52.4 (5) | 6:23.9 (3) | 13:26.6 (3) |
| 7 Jace Matern | SR | 573 | Columbus Catholic Waterloo | 7 | 17:10.0 | 2:52.1 (3) | 6:24.9 (4) | 13:46.3 (7) |
| 8 David Nichols | SO | 760 | Earlham | 8 | 17:16.6 | 2:59.6 (15) | 6:43.9 (12) | 13:55.9 (9) |
| 9 Carter Richter | SR | 604 | Davenport Central | 9 | 17:18.7 | 2:52.6 (6) | 6:32.9 (8) | 13:56.5 (10) |
| 10 Javin Doland | SR | 1301 | Newton | 10 | 17:20.6 | 3:03.9 (20) | 6:45.3 (16) | 13:54.1 (8) |
| 11 Josh Gant | JR | 599 | Davenport Central | 11 | 17:21.7 | 2:55.2 (10) | 6:36.1 (9) | 13:57.2 (11) |
| 12 Kaleb Wilgenbusch | SR | 1757 | Xavier Cedar Rapids | 12 | 17:25.3 | 3:05.0 (22) | 6:45.5 (18) | 14:11.8 (14) |
| 13 John Murphy | JR | 272 | Assumption Davenport | 13 | 17:27.2 | 3:00.4 (16) | 6:43.3 (11) | 14:11.7 (13) |
| 14 Gavin Roske | SO | 544 | Clear Lake | 14 | 17:27.4 | 3:08.3 (35) | 6:55.2 (24) | 14:13.3 (18) |
| 15 Ben Byers | JR | 1469 | Sibley-Ocheyedan | 15 | 17:28.8 | 2:57.2 (11) | 6:45.2 (15) | 14:13.2 (17) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-------------------------|------------|----------|----------------------------|--------------|-------------|----------------|----------------|-----------------|
| 16 Thomas Asmus | JR | 287 | Austin | 16 | 17:29.5 | 3:15.1 (61) | 6:57.6 (27) | 14:04.2 (12) |
| 17 Cooper Lenz | SO | 1306 | Newton | 17 | 17:30.0 | 2:58.9 (13) | 6:47.1 (20) | 14:12.1 (15) |
| 18 John Amos | SO | 527 | Clear Lake | 18 | 17:31.0 | 3:12.5 (49) | 6:58.6 (30) | 14:20.0 (19) |
| 19 Drew Caldwell | SO | 264 | Assumption Davenport | 19 | 17:32.9 | 3:02.2 (17) | 6:44.6 (13) | 14:12.4 (16) |
| 20 Kaedyn Garnica | FR | 600 | Davenport Central | 20 | 17:45.4 | 3:11.5 (45) | 7:00.0 (33) | 14:23.8 (21) |
| 21 Tristen Gray | SR | 268 | Assumption Davenport | 21 | 17:49.9 | 3:06.8 (30) | 6:58.3 (28) | 14:24.6 (23) |
| 22 Donovan Braet | JR | 752 | Earlham | 22 | 17:53.9 | 3:09.3 (40) | 7:01.4 (35) | 14:31.0 (24) |
| 23 Dawson Braet | SO | 751 | Earlham | 23 | 17:57.2 | 3:12.0 (46) | 7:05.0 (41) | 14:39.0 (31) |
| 24 Lance Mueggenberg | FR | 1756 | Xavier Cedar Rapids | 24 | 17:59.0 | 3:05.7 (27) | 6:46.7 (19) | 14:23.6 (20) |
| 25 Cayden White | SR | 311 | BCLUW Conrad | 25 | 17:59.6 | 2:54.8 (9) | 6:40.9 (10) | 14:33.4 (27) |
| 26 Elijah Strei | SO | 576 | Columbus Catholic Waterloo | 26 | 18:02.2 | 3:02.7 (18) | 6:53.3 (22) | 14:32.2 (26) |
| 27 Connor Frink | SR | 266 | Assumption Davenport | 27 | 18:04.3 | 3:03.0 (19) | 6:44.7 (14) | 14:23.9 (22) |
| 28 Bryan Munguia-Chavez | SR | 681 | Dike-New Hartford | 28 | 18:07.3 | 2:58.9 (12) | 6:47.7 (21) | 14:34.2 (28) |
| 29 Kamden Smith | SO | 547 | Clear Lake | 29 | 18:08.3 | 3:21.7 (89) | 7:17.9 (58) | 14:46.9 (39) |
| 30 Daniel Steinbron | JR | 549 | Clear Lake | 30 | 18:09.8 | 3:21.3 (87) | 7:18.3 (61) | 14:40.1 (32) |
| 31 Derek Barfels | SO | 596 | Davenport Central | 31 | 18:12.1 | 3:08.1 (32) | 7:01.9 (36) | 14:45.1 (35) |
| 32 Jack Lammers | SO | 1753 | Xavier Cedar Rapids | 32 | 18:12.4 | 3:05.3 (25) | 6:45.5 (17) | 14:31.1 (25) |
| 33 Griffin Messer | JR | 758 | Earlham | 33 | 18:13.2 | 3:08.7 (38) | 7:00.8 (34) | 14:36.3 (29) |
| 34 Owen Smith | SR | 548 | Clear Lake | 34 | 18:14.1 | 3:13.8 (55) | 7:06.0 (42) | 14:38.3 (30) |
| 35 Cale Reiter | SR | 1473 | Sibley-Ocheyedan | 35 | 18:15.3 | 3:08.3 (34) | 6:59.2 (31) | 14:41.9 (33) |
| 36 Jonas Hovland | JR | 291 | Austin | 36 | 18:15.4 | 3:17.3 (70) | 7:10.7 (49) | 14:42.5 (34) |
| 37 Louis Dew | SR | 490 | Cedar Rapids Washington | 37 | 18:15.6 | 3:05.1 (23) | 6:58.3 (29) | 14:45.8 (36) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------------|------------|----------|---|--------------|-------------|----------------|----------------|-----------------|
| 38 Teddy Torborg | JR | 1456 | Rochester Lourdes | 38 | 18:23.1 | 3:15.1 (62) | 7:10.9 (50) | 14:47.0 (40) |
| 39 Ben Barnds | FR | 597 | Davenport Central | -- | 18:27.7 | 3:05.8 (28) | 6:57.6 (26) | 14:46.4 (38) |
| 40 Ryan Villa | SO | 588 | Columbus Community Columbus Junction | 39 | 18:28.3 | 3:04.4 (21) | 6:54.7 (23) | 14:46.1 (37) |
| 41 Christian Buchli | SR | 1298 | Newton | 40 | 18:30.1 | 3:07.6 (31) | 7:04.4 (40) | 15:00.4 (43) |
| 42 Blake Tiemeyer | SR | 763 | Earlham | 41 | 18:33.5 | 3:09.3 (41) | 7:03.0 (38) | 15:00.0 (42) |
| 43 Ryan Bang | SO | 260 | Assumption Davenport | 42 | 18:35.7 | 3:08.5 (36) | 7:07.7 (45) | 15:00.7 (44) |
| 44 Aiden Burtness | SO | 530 | Clear Lake | 43 | 18:40.0 | 3:16.3 (65) | 7:09.6 (47) | 15:05.6 (46) |
| 45 David Poppen | SR | 1472 | Sibley-Ocheyedan | 44 | 18:41.1 | 3:08.7 (37) | 7:02.7 (37) | 15:08.4 (47) |
| 46 Cade Storm | SO | 585 | Columbus Community Columbus Junction | 45 | 18:42.4 | 3:05.4 (26) | 6:56.0 (25) | 15:02.1 (45) |
| 47 Blake Petersen | SR | 761 | Earlham | 46 | 18:43.0 | 3:16.0 (64) | 7:21.1 (66) | 15:21.6 (63) |
| 48 Lucas Mitchell | SO | 601 | Davenport Central | -- | 18:44.1 | 3:15.1 (60) | 7:11.8 (51) | 15:13.3 (51) |
| 49 Caleb Lang | FR | 1754 | Xavier Cedar Rapids | 47 | 18:44.9 | 3:13.7 (54) | 7:20.7 (65) | 15:12.0 (50) |
| 50 Noah Sash | SR | 296 | Austin | 48 | 18:46.5 | 3:20.1 (78) | 7:26.3 (78) | 15:17.6 (57) |
| 51 Laird Hanna | JR | 491 | Cedar Rapids Washington | 49 | 18:47.0 | 3:06.3 (29) | 6:59.4 (32) | 14:55.8 (41) |
| 52 Weston Conway | SR | 532 | Clear Lake | 50 | 18:47.5 | 3:21.7 (90) | 7:20.6 (64) | 15:10.3 (48) |
| 53 Geno Delpreore | SR | 265 | Assumption Davenport | 51 | 18:47.6 | 3:14.8 (59) | 7:17.2 (56) | 15:13.8 (52) |
| 54 Elias Gonzalez Bravo | FR | 580 | Columbus Community Columbus Junction | 52 | 18:49.1 | 3:10.5 (44) | 7:06.0 (43) | 15:11.6 (49) |
| 55 Cole Dykstra | SR | 1470 | Sibley-Ocheyedan | 53 | 18:52.7 | 3:18.5 (72) | 7:19.8 (63) | 15:16.6 (55) |
| 56 Lance Keenan | JR | 294 | Austin | 54 | 18:53.4 | 3:20.0 (76) | 7:25.1 (73) | 15:17.7 (58) |
| 57 Bryan Tlatenchi | SR | 586 | Columbus Community Columbus Junction | 55 | 18:53.5 | 3:10.5 (43) | 7:10.7 (48) | 15:14.1 (53) |
| 58 Tim Bassier | SO | 261 | Assumption Davenport | 56 | 18:55.7 | 3:13.6 (53) | 7:14.2 (52) | 15:14.6 (54) |
| 59 Jackson Hilkin | SR | 290 | Austin | 57 | 18:56.1 | 3:20.2 (80) | 7:26.3 (77) | 15:21.2 (62) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------|------------|----------|---|--------------|-------------|-----------------|-----------------|-----------------|
| 60 Dylan Lang | JR | 1755 | Xavier Cedar Rapids | 58 | 18:59.9 | 3:12.4 (48) | 7:15.6 (54) | 15:17.4 (56) |
| 61 Sam Kirchoff | SO | 887 | Iowa Falls-Alden | 59 | 19:00.3 | 3:12.3 (47) | 7:15.9 (55) | 15:19.8 (59) |
| 62 Sully O'Neill | FR | 683 | Dike-New Hartford | 60 | 19:00.9 | 3:14.7 (58) | 7:18.2 (60) | 15:21.0 (61) |
| 63 Sean Kelly | FR | 1752 | Xavier Cedar Rapids | 61 | 19:02.0 | 3:10.0 (42) | 7:04.2 (39) | 15:20.5 (60) |
| 64 Drake Marin | SO | 581 | Columbus Community Columbus Junction | 62 | 19:08.5 | 3:18.6 (73) | 7:23.0 (71) | 15:29.1 (66) |
| 65 Charlie Hyder | FR | 1453 | Rochester Lourdes | 63 | 19:09.0 | 3:20.7 (82) | 7:21.3 (67) | 15:22.3 (64) |
| 66 Jack Connors | FR | 598 | Davenport Central | -- | 19:12.4 | 3:20.1 (79) | 7:24.3 (72) | 15:33.4 (68) |
| 67 Cooper Dall | SO | 675 | Dike-New Hartford | 64 | 19:12.6 | 3:14.6 (57) | 7:18.2 (59) | 15:22.7 (65) |
| 68 Payton Dickson | FR | 754 | Earlham | 65 | 19:17.4 | 3:20.1 (77) | 7:27.5 (80) | 15:42.2 (71) |
| 69 Drew Lamont | FR | 1305 | Newton | 66 | 19:17.5 | 3:19.8 (75) | 7:25.7 (74) | 15:32.8 (67) |
| 70 Austin Damisch | JR | 488 | Cedar Rapids Washington | 67 | 19:17.8 | 3:05.2 (24) | 7:09.2 (46) | 15:37.1 (69) |
| 71 Hayden Reilly | SO | 501 | Cedar Rapids Washington | 68 | 19:18.2 | 3:08.1 (33) | 7:21.9 (68) | 15:38.4 (70) |
| 72 Juan Alcala | SO | 579 | Columbus Community Columbus Junction | 69 | 19:22.0 | 3:21.6 (88) | 7:36.5 (88) | 15:43.5 (76) |
| 73 David Wickett | FR | 1313 | Newton | 70 | 19:32.5 | 3:18.8 (74) | 7:27.2 (79) | 15:43.1 (73) |
| 74 Carson Winey | SO | 765 | Earlham | -- | 19:34.7 | 3:20.5 (81) | 7:28.1 (81) | 15:49.7 (77) |
| 75 Alan Miranda | FR | 582 | Columbus Community Columbus Junction | -- | 19:35.7 | 3:27.3 (99) | 7:39.7 (89) | 15:57.2 (79) |
| 76 Jovanie Perez | JR | 1537 | South Tama County Tama | 71 | 19:37.1 | 3:16.7 (67) | 7:18.6 (62) | 15:43.1 (74) |
| 77 Ian Johnson | SO | 293 | Austin | 72 | 19:40.0 | 3:33.3 (117) | 7:55.3 (109) | 16:02.3 (84) |
| 78 Walker Laughridge | SR | 1585 | Valley Lutheran | 73 | 19:40.8 | 3:09.2 (39) | 7:06.3 (44) | 15:42.5 (72) |
| 79 Hunter Miller | SR | 890 | Iowa Falls-Alden | 74 | 19:42.1 | 3:12.7 (50) | 7:15.6 (53) | 15:43.3 (75) |
| 80 Luke Moore | JR | 540 | Clear Lake | -- | 19:44.5 | 3:26.4 (96) | 7:33.0 (86) | 16:03.8 (85) |
| 81 John O'Brien | SR | 273 | Assumption Davenport | -- | 19:44.8 | 3:14.5 (56) | 7:17.7 (57) | 15:59.0 (80) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|--------------------|------------|----------|---|--------------|-------------|-----------------|-----------------|------------------|
| 82 Andrew Gimbel | SO | 267 | Assumption Davenport | -- | 19:47.0 | 3:28.9 (103) | 7:39.9 (90) | 16:02.3 (83) |
| 83 Triston Vos | JR | 1475 | Sibley-Ocheyedan | 75 | 19:49.3 | 3:22.1 (93) | 7:34.8 (87) | 16:06.0 (87) |
| 84 Breckin Ryan | SR | 1455 | Rochester Lourdes | 76 | 19:50.0 | 3:30.1 (106) | 7:52.1 (104) | 16:17.4 (96) |
| 85 Boaz Lehmann | FR | 888 | Iowa Falls-Alden | 77 | 19:53.0 | 3:21.1 (85) | 7:31.7 (85) | 15:59.5 (81) |
| 86 Declan Murphy | SO | 271 | Assumption Davenport | -- | 19:53.8 | 3:29.6 (104) | 7:41.1 (93) | 16:06.3 (88) |
| 87 Max Nelson | SR | 1454 | Rochester Lourdes | 78 | 19:54.9 | 3:33.2 (116) | 7:53.4 (106) | 16:13.3 (92) |
| 88 Victor Tovar | FR | 587 | Columbus Community Columbus Junction | -- | 19:55.7 | 3:27.9 (100) | 7:40.1 (91) | 15:50.2 (78) |
| 89 Jerome Kapayou | SR | 1536 | South Tama County Tama | 79 | 19:58.5 | 3:16.8 (68) | 7:26.1 (75) | 16:05.3 (86) |
| 90 Robbie Graft | FR | 1452 | Rochester Lourdes | 80 | 20:00.5 | 3:33.1 (115) | 7:55.1 (108) | 16:17.4 (95) |
| 91 Samuel Andersen | JR | 674 | Dike-New Hartford | 81 | 20:00.7 | 3:30.6 (107) | 7:50.1 (101) | 16:11.2 (91) |
| 92 Fernando Flores | SO | 510 | Clayton Ridge Guttenberg | 82 | 20:02.1 | 3:13.4 (52) | 7:21.9 (69) | 16:01.7 (82) |
| 93 Cade Paulson | SO | 542 | Clear Lake | -- | 20:06.8 | 3:27.0 (98) | 7:41.1 (92) | 16:20.9 (97) |
| 94 Gus L'Heureux | FR | 679 | Dike-New Hartford | 83 | 20:08.9 | 3:15.9 (63) | 7:30.0 (82) | 16:10.5 (90) |
| 95 Levi Zaabel | JR | 1314 | Newton | 84 | 20:09.9 | 3:23.1 (94) | 7:45.7 (96) | 16:16.2 (93) |
| 96 Isaac Smith | JR | 546 | Clear Lake | -- | 20:15.4 | 3:26.7 (97) | 7:30.5 (83) | 16:08.7 (89) |
| 97 Ethan Backes | JR | 505 | Clayton Ridge Guttenberg | 85 | 20:18.4 | 3:38.5 (133) | 8:02.0 (120) | 16:28.9 (100) |
| 98 Noah Tremel | SO | 1312 | Newton | 86 | 20:22.2 | 3:17.7 (71) | 7:30.7 (84) | 16:17.0 (94) |
| 99 Jack McAtee | FR | 494 | Cedar Rapids Washington | 87 | 20:27.8 | 3:31.4 (111) | 7:53.1 (105) | 16:26.8 (99) |
| 100 Calvin Minard | SO | 574 | Columbus Catholic Waterloo | 88 | 20:37.8 | 3:21.0 (83) | 7:41.7 (94) | 16:40.1 (102) |
| 101 Parker Kennedy | FR | 1304 | Newton | -- | 20:38.4 | 3:31.4 (112) | 7:50.4 (102) | 16:31.2 (101) |
| 102 Drew Granzow | SO | 885 | Iowa Falls-Alden | 89 | 20:40.0 | 3:35.4 (124) | 7:58.8 (115) | 16:42.6 (103) |
| 103 Brady Jesina | FR | 1535 | South Tama County Tama | 90 | 20:43.1 | 3:17.2 (69) | 7:26.2 (76) | 16:23.4 (98) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-------------------------|------------|----------|----------------------------|--------------|-------------|-----------------|-----------------|------------------|
| 104 Jesus Tabora-Lara | SR | 518 | Clayton Ridge Guttenberg | 91 | 20:43.9 | 3:50.3 (141) | 8:07.3 (123) | 16:54.3 (109) |
| 105 Tommy Hinderhofer | FR | 305 | BCLUW Conrad | 92 | 20:46.2 | 3:22.0 (92) | 7:50.6 (103) | 16:54.1 (108) |
| 106 Roberto Villasboas | 8 | 1458 | Rochester Lourdes | 93 | 20:47.8 | 3:37.9 (131) | 8:00.3 (117) | 16:49.6 (106) |
| 107 Isaiah Olson | FR | 682 | Dike-New Hartford | 94 | 20:50.8 | 3:16.6 (66) | 7:44.9 (95) | 16:55.7 (110) |
| 108 Jacob Castell | SR | 304 | BCLUW Conrad | 95 | 20:51.2 | 3:21.0 (84) | 7:49.2 (98) | 16:46.4 (104) |
| 109 Jack Dougan | SR | 1451 | Rochester Lourdes | 96 | 20:55.5 | 3:37.7 (130) | 8:00.3 (116) | 16:49.6 (105) |
| 110 Matthew Kirchoff | FR | 886 | Iowa Falls-Alden | 97 | 20:59.4 | 3:35.9 (126) | 7:58.8 (114) | 17:01.7 (112) |
| 111 Ethan Green | SO | 1583 | Valley Lutheran | 98 | 21:03.5 | 3:28.2 (101) | 7:57.9 (112) | 17:07.4 (114) |
| 112 Eric Kleinwolterink | JR | 1471 | Sibley-Ocheyedan | 99 | 21:10.9 | 3:30.0 (105) | 7:49.6 (99) | 16:51.6 (107) |
| 113 Dominic Severa | SO | 310 | BCLUW Conrad | 100 | 21:17.0 | 3:21.3 (86) | 7:48.5 (97) | 16:57.1 (111) |
| 114 Jude Hovland | FR | 292 | Austin | 101 | 21:20.3 | 3:33.4 (118) | 7:56.0 (110) | 17:03.0 (113) |
| 115 Micah Wilson | SR | 1590 | Valley Lutheran | 102 | 21:25.3 | 3:42.2 (137) | 8:11.1 (125) | 17:18.1 (119) |
| 116 Jacob Berumez | SR | 568 | Columbus Catholic Waterloo | 103 | 21:25.8 | 3:25.8 (95) | 7:49.7 (100) | 17:13.4 (117) |
| 117 Cameron Szurley | JR | 1645 | Wapsie Valley Fairbank | 104 | 21:26.2 | 3:34.9 (123) | 7:56.4 (111) | 17:08.4 (116) |
| 118 Elijah Eike | JR | 1636 | Wapsie Valley Fairbank | 105 | 21:30.5 | 3:36.1 (127) | 8:06.8 (122) | 17:16.3 (118) |
| 119 John Novotney | SO | 575 | Columbus Catholic Waterloo | 106 | 21:30.7 | 3:33.8 (120) | 8:18.1 (133) | 17:35.5 (124) |
| 120 Leland Mueller | JR | 515 | Clayton Ridge Guttenberg | 107 | 21:31.1 | 3:44.3 (138) | 8:20.4 (137) | 17:30.4 (121) |
| 121 Jacob White | JR | 685 | Dike-New Hartford | 108 | 21:36.6 | 3:31.1 (110) | 8:06.8 (121) | 17:40.4 (126) |
| 122 Isaiah Nelson | FR | 891 | Iowa Falls-Alden | 109 | 21:42.6 | 3:38.3 (132) | 8:12.8 (127) | 17:35.2 (123) |
| 123 Clayton Hines | SO | 678 | Dike-New Hartford | -- | 21:45.7 | 3:30.7 (108) | 8:00.8 (119) | 17:21.5 (120) |
| 124 Marshall Weepie | JR | 1649 | Wapsie Valley Fairbank | 110 | 21:46.9 | 3:13.2 (51) | 7:21.9 (70) | 17:07.7 (115) |
| 125 Noah Van Meter | JR | 503 | Cedar Rapids Washington | 111 | 21:50.5 | 3:33.7 (119) | 8:17.9 (131) | 17:41.3 (127) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------|------------|----------|---|--------------|-------------|-----------------|-----------------|------------------|
| 126 Finn Schaefer | JR | 1642 | Wapsie Valley Fairbank | 112 | 21:53.9 | 3:34.4 (121) | 8:00.6 (118) | 17:33.5 (122) |
| 127 Carter Vos | JR | 1474 | Sibley-Ocheyedan | 113 | 21:55.0 | 3:31.9 (113) | 8:18.1 (132) | 17:48.1 (130) |
| 128 Zane Schmitz | JR | 1587 | Valley Lutheran | 114 | 21:57.5 | 3:50.7 (142) | 8:31.8 (139) | 17:50.2 (131) |
| 129 Xavier Torborg | FR | 1457 | Rochester Lourdes | -- | 22:02.9 | 3:39.7 (135) | 8:13.6 (128) | 17:36.1 (125) |
| 130 Anthony Sandoval | JR | 516 | Clayton Ridge Guttenberg | 115 | 22:14.4 | 3:34.5 (122) | 8:11.0 (124) | 17:46.2 (128) |
| 131 Zack Morris | SR | 308 | BCLUW Conrad | 116 | 22:39.5 | 3:21.9 (91) | 7:54.2 (107) | 17:46.4 (129) |
| 132 Rush L'Heureux | JR | 680 | Dike-New Hartford | -- | 22:47.7 | 3:32.9 (114) | 8:15.7 (130) | 18:13.0 (133) |
| 133 Max Nunez | SR | 584 | Columbus Community Columbus Junction | -- | 22:56.5 | 3:30.9 (109) | 8:12.0 (126) | 18:22.1 (136) |
| 134 Caleb Leitzen | SO | 889 | Iowa Falls-Alden | 117 | 22:58.2 | 3:35.7 (125) | 8:18.9 (134) | 18:20.9 (135) |
| 135 Russell Chmelar | FR | 506 | Clayton Ridge Guttenberg | 118 | 22:58.4 | 3:40.5 (136) | 8:13.7 (129) | 18:00.2 (132) |
| 136 Jace Heasley-Eike | FR | 1637 | Wapsie Valley Fairbank | 119 | 23:09.2 | 3:39.5 (134) | 8:19.1 (136) | 18:18.6 (134) |
| 137 Aidan Hanson | SR | 1584 | Valley Lutheran | 120 | 23:17.9 | 3:54.4 (146) | 8:35.3 (140) | 18:39.9 (137) |
| 138 Oliver Tiedt | FR | 1647 | Wapsie Valley Fairbank | 121 | 23:43.0 | 3:37.0 (128) | 8:20.7 (138) | 18:45.3 (139) |
| 139 Leland Daman | FR | 1582 | Valley Lutheran | 122 | 23:58.0 | 3:52.7 (144) | 8:43.6 (141) | 19:17.4 (140) |
| 140 Jason Neifer | JR | 1586 | Valley Lutheran | 123 | 24:00.6 | 3:53.2 (145) | 8:56.8 (143) | 19:30.5 (143) |
| 141 Olin Hupfeld | FR | 306 | BCLUW Conrad | 124 | 24:00.8 | 4:03.8 (149) | 9:08.8 (146) | 19:24.5 (141) |
| 142 Madden Kane | JR | 1639 | Wapsie Valley Fairbank | 125 | 24:12.4 | 3:37.1 (129) | 8:18.9 (135) | 18:45.0 (138) |
| 143 Evan Claycamp | FR | 507 | Clayton Ridge Guttenberg | 126 | 24:19.5 | 3:52.0 (143) | 8:59.0 (145) | 19:29.9 (142) |
| 144 Brooks DeGeeter | JR | 676 | Dike-New Hartford | -- | 24:28.2 | 3:49.4 (140) | 8:57.9 (144) | 19:32.7 (144) |
| 145 Logan Richards | JR | 1538 | South Tama County Tama | 127 | 24:37.6 | 3:48.9 (139) | 8:56.5 (142) | 19:46.4 (145) |
| 146 Layton Renaud | SO | 892 | Iowa Falls-Alden | -- | 25:55.8 | 4:00.9 (147) | 9:27.6 (147) | 20:55.4 (146) |
| 147 Lucas Hein | FR | 571 | Columbus Catholic Waterloo | 128 | 26:33.7 | 4:00.9 (148) | 9:52.3 (148) | 21:27.8 (147) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------|------------|----------|-----------------|--------------|-------------|-----------------|------------------|------------------|
| 148 Owen Weber | SR | 1588 | Valley Lutheran | -- | 30:18.2 | 4:12.9 (150) | 10:17.1 (150) | 25:08.9 (148) |
| Tommy Miller | FR | 307 | BCLUW Conrad | -- | DNF | 4:13.6 (151) | 10:06.8 (149) | |
| Callum Wendt | SO | 1589 | Valley Lutheran | -- | DNF | 3:28.6 (102) | 7:58.0 (113) | |
| Lance Zabel | JR | 1315 | Newton | -- | DNF | 2:59.2 (14) | | |

Race #5
Girls Varsity Gray 5000M

FINAL RESULTS

TEAM SCORING SUMMARY

| Final Standings | Score | Total | Avg. |
|--------------------------|--------------|--------------|-------------|
| 1 Pleasant Valley | 30 | 1:35:30 | 19:06 |
| 2 Valley West Des Moines | 86 | 1:38:30 | 19:42 |
| 3 Cedar Falls | 127 | 1:39:33 | 19:55 |
| 4 Mount Vernon-Lisbon | 143 | 1:41:06 | 20:14 |
| 5 Davenport Central | 173 | 1:40:59 | 20:12 |
| 6 Mid-Prairie Wellman | 182 | 1:42:14 | 20:27 |
| 7 Solon | 184 | 1:42:18 | 20:28 |
| 8 Linn-Mar Marion | 191 | 1:42:44 | 20:33 |
| 9 Iowa City Liberty | 241 | 1:44:26 | 20:54 |
| 10 Gilbert | 256 | 1:45:21 | 21:05 |
| 11 Williamsburg | 308 | 1:47:31 | 21:31 |
| 12 Bettendorf | 315 | 1:47:41 | 21:33 |
| 13 Mason City | 345 | 1:49:22 | 21:53 |
| 14 Norwalk | 367 | 1:50:09 | 22:02 |
| 15 Denver | 387 | 1:50:32 | 22:07 |
| 16 Onalaska | 499 | 2:09:22 | 25:53 |

SPLIT SCORING SUMMARY

900M

| UNOFFICIAL Standings | Score |
|-----------------------------|--------------|
| 1 Solon | 67 |
| 2 Valley West Des Moines | 95 |
| 3 Pleasant Valley | 104 |
| 4 Cedar Falls | 117 |
| 5 Mount Vernon-Lisbon | 181 |
| 6 Davenport Central | 187 |
| 7 Gilbert | 213 |
| 8 Linn-Mar Marion | 219 |
| 9 Mid-Prairie Wellman | 235 |
| 10 Williamsburg | 274 |
| 11 Iowa City Liberty | 277 |
| 12 Bettendorf | 301 |
| 13 Norwalk | 309 |
| 14 Denver | 353 |

UNOFFICIAL Standings**Score**

| | | |
|----|------------|-----|
| 15 | Mason City | 400 |
| 16 | Onalaska | 457 |

2K

UNOFFICIAL Standings**Score**

| | | |
|----|------------------------|-----|
| 1 | Pleasant Valley | 46 |
| 2 | Valley West Des Moines | 113 |
| 3 | Solon | 116 |
| 4 | Cedar Falls | 119 |
| 5 | Mount Vernon-Lisbon | 150 |
| 6 | Davenport Central | 185 |
| 7 | Linn-Mar Marion | 193 |
| 8 | Mid-Prairie Wellman | 227 |
| 9 | Gilbert | 248 |
| 10 | Iowa City Liberty | 270 |
| 10 | Williamsburg | 270 |
| 12 | Bettendorf | 279 |
| 13 | Mason City | 362 |
| 14 | Norwalk | 370 |
| 15 | Denver | 405 |
| 16 | Onalaska | 467 |

4K

UNOFFICIAL Standings**Score**

| | | |
|----|------------------------|-----|
| 1 | Pleasant Valley | 30 |
| 2 | Valley West Des Moines | 85 |
| 3 | Cedar Falls | 124 |
| 4 | Mount Vernon-Lisbon | 142 |
| 5 | Solon | 174 |
| 6 | Davenport Central | 187 |
| 7 | Linn-Mar Marion | 192 |
| 8 | Mid-Prairie Wellman | 193 |
| 9 | Iowa City Liberty | 241 |
| 10 | Gilbert | 274 |
| 11 | Williamsburg | 279 |
| 12 | Bettendorf | 304 |
| 13 | Mason City | 347 |
| 14 | Norwalk | 373 |
| 15 | Denver | 390 |
| 16 | Onalaska | 494 |

INDIVIDUAL RESULTS

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k | |
|---------|--------------------|----|------|------------------------|------|---------|-------------------|-------------------|--------------------|
| 1 | Charlee Gall | FR | 455 | Cedar Falls | 1 | 18:11.2 | 3:17.7 (2) | 7:13.8 (2) | 14:51.5 (2) |
| 2 | Nakia Olivierre | JR | 1671 | Waterloo West | -- | 18:22.8 | 3:17.2 (1) | 7:13.6 (1) | 14:51.1 (1) |
| 3 | Joley Sullivan | FR | 615 | Davenport Central | 2 | 18:36.0 | 3:19.3 (4) | 7:21.0 (4) | 15:09.1 (3) |
| 4 | Grace Boleyn | SR | 1435 | Pleasant Valley | 3 | 18:54.6 | 3:18.3 (3) | 7:18.7 (3) | 15:12.2 (4) |
| 5 | Dylan Moeller | SR | 611 | Davenport Central | 4 | 18:55.2 | 3:21.9 (6) | 7:31.9 (9) | 15:25.1 (6) |
| 6 | Ani Wedemeyer | SR | 1448 | Pleasant Valley | 5 | 18:57.8 | 3:21.4 (5) | 7:21.7 (5) | 15:12.9 (5) |
| 7 | Maddie Millage | SO | 1443 | Pleasant Valley | 6 | 19:01.8 | 3:31.5 (33) | 7:38.3 (15) | 15:26.4 (7) |
| 8 | Vivian McCombs | SO | 1441 | Pleasant Valley | 7 | 19:12.2 | 3:31.6 (34) | 7:37.7 (14) | 15:28.3 (8) |
| 9 | Kiersten Swart | JR | 1294 | Mount Vernon-Lisbon | 8 | 19:19.7 | 3:23.7 (13) | 7:30.9 (7) | 15:33.4 (9) |
| 10 | Brynn Edgin | JR | 1437 | Pleasant Valley | 9 | 19:23.0 | 3:32.6 (42) | 7:40.1 (18) | 15:39.6 (11) |
| 11 | Sydney Dee | SR | 1506 | Solon | 10 | 19:27.2 | 3:22.8 (7) | 7:29.9 (6) | 15:38.5 (10) |
| 12 | Jaylee Duncan | JR | 1436 | Pleasant Valley | 11 | 19:29.8 | 3:32.0 (37) | 7:38.5 (17) | 15:48.5 (13) |
| 13 | Klaire Lietz | SR | 1625 | Valley West Des Moines | 12 | 19:31.6 | 3:29.8 (28) | 7:42.2 (29) | 15:53.9 (19) |
| 14 | Greta Bergman | JR | 1612 | Valley West Des Moines | 13 | 19:33.9 | 3:26.0 (17) | 7:40.8 (23) | 15:46.1 (12) |
| 15 | Peyton Morey | | 1766 | Spencer | -- | 19:34.7 | 3:24.3 (15) | 7:35.6 (11) | 15:52.4 (17) |
| 16 | Evelyn Moeller | SO | 1283 | Mount Vernon-Lisbon | 14 | 19:36.6 | 3:23.1 (8) | 7:31.3 (8) | 15:51.3 (15) |
| 17 | Frankie Gotto | SO | 1439 | Pleasant Valley | 15 | 19:37.8 | 3:33.6 (44) | 7:47.6 (34) | 15:48.5 (14) |
| 18 | Annabelle Everding | SR | 351 | Bettendorf | 16 | 19:39.7 | 3:27.8 (22) | 7:38.4 (16) | 15:52.1 (16) |
| 19 | Brooklyn Stutzman | SO | 1234 | Mid-Prairie Wellman | 17 | 19:39.8 | 3:24.4 (16) | 7:40.3 (20) | 15:53.3 (18) |
| 20 | Kate Vogel | JR | 1631 | Valley West Des Moines | 18 | 19:41.9 | 3:27.1 (20) | 7:41.2 (26) | 15:57.8 (21) |
| 21 | Hailey Kozloski | SO | 1069 | Linn-Mar Marion | 19 | 19:43.0 | 3:29.1 (27) | 7:41.1 (25) | 16:01.0 (24) |
| 22 | Selah Flanigan | JR | 1438 | Pleasant Valley | -- | 19:48.2 | 3:32.9 (43) | 7:40.7 (22) | 15:56.9 (20) |
| 23 | Jayde Kearney | SO | 1622 | Valley West Des Moines | 20 | 19:49.7 | 3:30.3 (30) | 7:42.5 (30) | 15:59.6 (23) |
| 24 | Olive DeRocher | FR | 1375 | Norwalk | 21 | 19:51.7 | 3:26.9 (19) | 7:42.1 (28) | 16:01.0 (25) |
| 25 | Sarah Feddersen | SR | 790 | Gilbert | 22 | 19:52.1 | 3:23.6 (12) | 7:33.1 (10) | 16:04.3 (26) |
| 26 | Finley Hancock | SR | 1619 | Valley West Des Moines | 23 | 19:52.7 | 3:26.9 (18) | 7:40.5 (21) | 15:59.4 (22) |
| 27 | Chelsea VeDepo | SO | 826 | Iowa City Liberty | 24 | 19:56.3 | 3:28.6 (25) | 7:45.2 (33) | 16:07.8 (28) |
| 28 | Channing Becker | FR | 1739 | Williamsburg | 25 | 19:58.5 | 3:23.5 (11) | 7:37.3 (13) | 16:08.7 (30) |
| 29 | Kinley Mai | FR | 1515 | Solon | 26 | 20:00.5 | 3:23.5 (10) | 7:40.2 (19) | 16:10.1 (32) |
| 30 | Kailee Wilson | JR | 1450 | Pleasant Valley | -- | 20:00.7 | 3:36.2 (58) | 7:48.0 (35) | 16:06.0 (27) |
| 31 | Kendal Landstrum | SO | 1224 | Mid-Prairie Wellman | 27 | 20:00.8 | 3:28.8 (26) | 7:43.6 (31) | 16:07.9 (29) |
| 32 | Josee Simonson | SR | 475 | Cedar Falls | 28 | 20:08.7 | 3:24.0 (14) | 7:36.0 (12) | 16:09.4 (31) |
| 33 | Olivia Leehey | FR | 464 | Cedar Falls | 29 | 20:13.9 | 3:31.7 (36) | 7:51.0 (37) | 16:26.6 (35) |
| 34 | Kate Tomlyanovich | FR | 479 | Cedar Falls | 30 | 20:18.7 | 3:31.7 (35) | 7:52.5 (41) | 16:26.8 (36) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------|------------|----------|------------------------|--------------|-------------|-------------|-------------|--------------|
| 35 Anna Temple | FR | 1078 | Linn-Mar Marion | 31 | 20:19.5 | 3:35.7 (56) | 7:58.5 (46) | 16:28.8 (38) |
| 36 Autumn Mills | SR | 1626 | Valley West Des Moines | 32 | 20:20.0 | 3:27.5 (21) | 7:41.0 (24) | 16:16.3 (33) |
| 37 Mimi Marquardt | SR | 825 | Iowa City Liberty | 33 | 20:21.9 | 3:32.2 (40) | 7:48.9 (36) | 16:26.2 (34) |
| 38 Savannah Davis | SR | 1197 | Mason City | 34 | 20:26.1 | 3:37.1 (63) | 8:03.2 (55) | 16:35.6 (43) |
| 39 Edie Axmear | SO | 1738 | Williamsburg | 35 | 20:27.4 | 3:32.4 (41) | 7:52.5 (40) | 16:29.1 (39) |
| 40 Rachel Hostetler | FR | 1222 | Mid-Prairie Wellman | 36 | 20:28.8 | 3:33.9 (45) | 7:58.4 (44) | 16:29.8 (40) |
| 41 Faly Svalstad | SO | 1532 | Solon | 37 | 20:31.4 | 3:28.0 (23) | 7:51.4 (38) | 16:38.7 (45) |
| 42 Rose Pisarik | SO | 1287 | Mount Vernon-Lisbon | 38 | 20:36.5 | 3:34.7 (50) | 7:55.0 (42) | 16:30.6 (41) |
| 43 Emersyn Fonley | SO | 452 | Cedar Falls | 39 | 20:40.3 | 3:32.0 (38) | 7:56.0 (43) | 16:28.6 (37) |
| 44 Edith Dawson | JR | 1275 | Mount Vernon-Lisbon | 40 | 20:42.3 | 3:37.8 (66) | 8:00.9 (52) | 16:37.8 (44) |
| 45 Audrina Jones | JR | 1620 | Valley West Des Moines | 41 | 20:45.2 | 3:30.0 (29) | 7:44.9 (32) | 16:35.5 (42) |
| 46 Gabby Mauren | SR | 1070 | Linn-Mar Marion | 42 | 20:48.2 | 3:35.2 (53) | 7:58.4 (45) | 16:38.8 (46) |
| 47 Sam Schoff | SR | 1290 | Mount Vernon-Lisbon | 43 | 20:50.7 | 3:38.4 (70) | 8:04.7 (61) | 16:48.0 (47) |
| 48 Kaitlyn Dear | JR | 789 | Gilbert | 44 | 20:51.3 | 3:32.1 (39) | 8:03.1 (53) | 16:53.0 (53) |
| 49 Tessa Brokaw | FR | 1221 | Mid-Prairie Wellman | 45 | 20:51.4 | 3:43.2 (81) | 8:13.4 (74) | 17:00.2 (62) |
| 50 Sloane Moeller | SO | 612 | Davenport Central | 46 | 20:51.5 | 3:36.8 (62) | 8:04.3 (59) | 16:58.0 (61) |
| 51 Leah Dykstra | FR | 1198 | Mason City | 47 | 20:51.9 | 3:39.4 (76) | 8:06.3 (63) | 16:55.9 (57) |
| 52 Mackenzie Tristan | FR | 1079 | Linn-Mar Marion | 48 | 20:52.1 | 3:38.4 (72) | 8:04.4 (60) | 16:50.1 (50) |
| 53 Cora Smith | JR | 1293 | Mount Vernon-Lisbon | 49 | 20:56.2 | 3:38.4 (71) | 8:06.0 (62) | 16:49.4 (48) |
| 54 Kate Green | JR | 1615 | Valley West Des Moines | -- | 21:00.2 | 3:34.2 (46) | 8:00.7 (48) | 16:53.0 (52) |
| 55 Abby Patel | SR | 795 | Gilbert | 50 | 21:00.7 | 3:31.3 (32) | 8:03.2 (54) | 16:57.5 (60) |
| 56 Brynna Gander | FR | 1065 | Linn-Mar Marion | 51 | 21:00.8 | 3:35.6 (55) | 8:00.8 (51) | 16:53.3 (54) |
| 57 Miranda Sellner | SO | 1291 | Mount Vernon-Lisbon | 52 | 21:02.6 | 3:45.5 (95) | 8:14.7 (76) | 17:03.8 (63) |
| 58 Leah Paulson | JR | 1075 | Linn-Mar Marion | 53 | 21:03.6 | 3:35.8 (57) | 8:03.9 (57) | 16:53.5 (55) |
| 59 Jade Winne | SO | 1632 | Valley West Des Moines | -- | 21:03.7 | 3:34.9 (52) | 8:00.7 (49) | 16:57.5 (59) |
| 60 Clara Welch | SR | 827 | Iowa City Liberty | 54 | 21:03.8 | 3:37.5 (64) | 8:09.3 (67) | 16:50.7 (51) |
| 61 Livya Nelson | FR | 1521 | Solon | 55 | 21:06.2 | 3:23.3 (9) | 7:41.4 (27) | 16:49.8 (49) |
| 62 Charlotte Lessman | FR | 1624 | Valley West Des Moines | -- | 21:09.7 | 3:34.3 (47) | 8:00.8 (50) | 16:56.7 (58) |
| 63 Addison Seamans | FR | 1525 | Solon | 56 | 21:12.6 | 3:28.5 (24) | 7:51.5 (39) | 16:54.7 (56) |
| 64 Rebekah Wallington | JR | 1236 | Mid-Prairie Wellman | 57 | 21:12.7 | 3:45.4 (94) | 8:23.5 (88) | 17:16.7 (69) |
| 65 Dessa Poll | SR | 1229 | Mid-Prairie Wellman | 58 | 21:13.6 | 3:45.7 (96) | 8:25.1 (91) | 17:17.8 (73) |
| 66 Ruby Schillinger | SR | 473 | Cedar Falls | 59 | 21:15.5 | 3:34.8 (51) | 8:04.1 (58) | 17:08.6 (65) |
| 67 Cameron Shumpert | JR | 614 | Davenport Central | 60 | 21:17.7 | 3:37.9 (67) | 8:09.4 (68) | 17:16.9 (70) |
| 68 Ellie Huebl | FR | 608 | Davenport Central | 61 | 21:18.3 | 3:38.4 (69) | 8:10.3 (70) | 17:17.5 (72) |
| 69 Lily Cooper | SR | 641 | Denver | 62 | 21:22.8 | 3:34.4 (48) | 8:09.6 (69) | 17:14.0 (66) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------|------------|----------|---------------------|--------------|-------------|-----------------|--------------|------------------|
| 70 Josie Bothell | SO | 1273 | Mount Vernon-Lisbon | -- | 21:23.2 | 3:38.0 (68) | 8:10.5 (71) | 17:04.0 (64) |
| 71 Carleigh Maher | JR | 824 | Iowa City Liberty | 63 | 21:27.3 | 3:53.5 (124) | 8:34.6 (102) | 17:34.7 (82) |
| 72 Ella Sheeley | SR | 1526 | Solon | 64 | 21:27.5 | 3:30.9 (31) | 8:03.8 (56) | 17:17.3 (71) |
| 73 Keira Andersen | JR | 786 | Gilbert | 65 | 21:29.1 | 3:46.2 (100) | 8:22.9 (86) | 17:28.3 (77) |
| 74 Anna Buchholz | SR | 1059 | Linn-Mar Marion | 66 | 21:35.8 | 3:46.2 (99) | 8:21.0 (80) | 17:22.5 (74) |
| 75 Madelyn Johnson | SR | 823 | Iowa City Liberty | 67 | 21:35.8 | 3:41.3 (78) | 8:15.8 (77) | 17:35.3 (84) |
| 76 Addy Cauwels | FR | 350 | Bettendorf | 68 | 21:38.4 | 3:39.3 (75) | 8:19.6 (78) | 17:22.7 (75) |
| 77 Peyton Eide | JR | 822 | Iowa City Liberty | 69 | 21:39.6 | 3:48.7 (107) | 8:27.4 (93) | 17:34.2 (80) |
| 78 Grace Wetzeler | FR | 1393 | Norwalk | 70 | 21:40.5 | 3:36.7 (60) | 8:13.2 (73) | 17:28.0 (76) |
| 79 Sorell Telecky | FR | 1295 | Mount Vernon-Lisbon | -- | 21:45.1 | 3:38.9 (73) | 8:08.3 (66) | 17:29.5 (79) |
| 80 Emrie Johnson | SR | 1278 | Mount Vernon-Lisbon | -- | 21:45.6 | 3:37.7 (65) | 8:07.2 (64) | 17:28.4 (78) |
| 81 Nora Brown | JR | 820 | Iowa City Liberty | 71 | 21:48.1 | 3:54.0 (127) | 8:41.0 (114) | 17:46.1 (89) |
| 82 Ashlyn Brubaker | SO | 821 | Iowa City Liberty | -- | 21:48.2 | 3:52.0 (117) | 8:39.8 (112) | 17:46.0 (88) |
| 83 Bella Cole | SO | 1062 | Linn-Mar Marion | -- | 21:53.9 | 3:45.9 (97) | 8:22.2 (85) | 17:40.7 (86) |
| 84 MacKenzie Schaefer | SR | 367 | Bettendorf | 72 | 21:53.9 | 3:43.2 (82) | 8:21.5 (81) | 17:40.0 (85) |
| 85 Reeve Ristau | SR | 649 | Denver | 73 | 21:57.8 | 3:34.5 (49) | 8:13.8 (75) | 17:35.0 (83) |
| 86 Addie Domer | JR | 1064 | Linn-Mar Marion | -- | 21:58.3 | 3:35.4 (54) | 7:59.2 (47) | 17:16.0 (68) |
| 87 Rose McAtee | SR | 1516 | Solon | 74 | 22:00.6 | 3:44.1 (86) | 8:30.3 (97) | 17:53.4 (93) |
| 88 Sophia Bleich | SR | 787 | Gilbert | 75 | 22:07.3 | 3:39.0 (74) | 8:21.8 (82) | 18:00.8 (98) |
| 89 Katelyn Jacob | SR | 355 | Bettendorf | 76 | 22:08.6 | 3:39.5 (77) | 8:07.9 (65) | 17:34.6 (81) |
| 90 Paizlee Carter | SO | 1195 | Mason City | 77 | 22:10.0 | 3:47.9 (103) | 8:23.5 (87) | 17:43.6 (87) |
| 91 Mia Kautman | SR | 791 | Gilbert | 78 | 22:13.0 | 3:42.9 (80) | 8:32.2 (99) | 17:58.7 (96) |
| 92 Makenna Capper | SO | 1740 | Williamsburg | 79 | 22:13.4 | 3:44.1 (85) | 8:22.1 (83) | 17:48.1 (91) |
| 93 Emily Mulert | SO | 648 | Denver | 80 | 22:14.2 | 3:50.3 (112) | 8:35.8 (104) | 18:00.5 (97) |
| 94 Sadie Peterson | FR | 1419 | Onalaska | 81 | 22:14.7 | 3:36.7 (61) | 8:12.2 (72) | 17:47.5 (90) |
| 95 Sophie Sanderson | JR | 650 | Denver | 82 | 22:15.4 | 3:50.7 (113) | 8:37.0 (107) | 18:03.5 (101) |
| 96 Emerson Adams | JR | 818 | Iowa City Liberty | -- | 22:16.7 | 3:52.9 (122) | 8:35.0 (103) | 17:57.4 (95) |
| 97 Campbell Kiebler | SO | 357 | Bettendorf | 83 | 22:19.5 | 3:43.5 (84) | 8:20.4 (79) | 17:50.8 (92) |
| 98 Grace Meier | SO | 1072 | Linn-Mar Marion | -- | 22:22.2 | 3:48.8 (108) | 8:37.3 (108) | 18:00.8 (99) |
| 99 Maelyn Parsons | SR | 1746 | Williamsburg | 84 | 22:23.4 | 3:51.7 (116) | 8:36.7 (106) | 17:54.4 (94) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|------------------------|------------|----------|---------------------|--------------|-------------|--------------|--------------|---------------|
| 100 Ashlyn Hoffman | JR | 1742 | Williamsburg | 85 | 22:27.3 | 3:44.2 (87) | 8:22.1 (84) | 17:14.6 (67) |
| 101 Quinn Armentrout | FR | 1502 | Solon | -- | 22:30.6 | 3:45.2 (92) | 8:32.6 (100) | 18:15.1 (106) |
| 102 Ella Ripslinger | SO | 366 | Bettendorf | 86 | 22:34.2 | 3:43.4 (83) | 8:24.8 (90) | 18:03.0 (100) |
| 103 Khloe Scandrett | FR | 1385 | Norwalk | 87 | 22:35.4 | 3:36.5 (59) | 8:27.4 (94) | 18:18.9 (108) |
| 104 Destiny Borland | JR | 349 | Bettendorf | 88 | 22:37.5 | 3:46.0 (98) | 8:28.5 (96) | 18:05.0 (102) |
| 105 Erin TerHark | SR | 1207 | Mason City | 89 | 22:38.8 | 3:52.1 (118) | 8:37.4 (109) | 18:08.6 (103) |
| 106 Hailey Homan | SR | 645 | Denver | 90 | 22:41.0 | 3:51.6 (115) | 8:46.4 (120) | 18:27.7 (111) |
| 107 Aly Stahle | SR | 1530 | Solon | -- | 22:44.0 | 3:44.2 (88) | 8:30.4 (98) | 18:11.0 (104) |
| 108 Hannah Rodgers | JR | 1232 | Mid-Prairie Wellman | 91 | 22:45.9 | 3:54.8 (129) | 8:47.5 (122) | 18:20.3 (109) |
| 109 Victoria Stellmach | SO | 371 | Bettendorf | -- | 22:46.9 | 3:48.3 (105) | 8:43.6 (117) | 18:27.3 (110) |
| 110 Hadley James | FR | 356 | Bettendorf | -- | 22:48.2 | 3:47.3 (102) | 8:32.6 (101) | 18:17.0 (107) |
| 111 Maya Butler | SR | 1371 | Norwalk | 92 | 22:51.4 | 3:53.1 (123) | 8:49.3 (123) | 18:35.5 (117) |
| 112 Grace Swales | SR | 652 | Denver | 93 | 22:57.5 | 3:52.7 (120) | 8:50.4 (124) | 18:33.0 (115) |
| 113 Marrison Becker | SR | 819 | Iowa City Liberty | -- | 22:58.4 | 3:52.5 (119) | 8:39.7 (111) | 18:12.1 (105) |
| 114 Anya Rivera | JR | 1747 | Williamsburg | 94 | 23:06.2 | 3:57.3 (134) | 9:00.3 (131) | 18:43.0 (121) |
| 115 Ella Kleinmeyer | FR | 1744 | Williamsburg | 95 | 23:06.9 | 3:53.5 (125) | 8:41.0 (115) | 18:32.1 (114) |
| 116 Olive Kaplan | FR | 610 | Davenport Central | 96 | 23:08.5 | 3:48.1 (104) | 8:42.9 (116) | 18:33.6 (116) |
| 117 Audrey Warren | SR | 1391 | Norwalk | 97 | 23:09.4 | 3:47.1 (101) | 8:46.6 (121) | 18:38.4 (118) |
| 118 Peyton Bobolz | SO | 1194 | Mason City | 98 | 23:15.0 | 3:52.8 (121) | 8:40.1 (113) | 18:32.0 (113) |
| 119 Emelyn Welch | FR | 1392 | Norwalk | 99 | 23:17.6 | 3:54.5 (128) | 8:54.3 (125) | 18:42.3 (120) |
| 120 Leighton Maas | FR | 1745 | Williamsburg | -- | 23:19.3 | 3:44.8 (90) | 8:26.3 (92) | 18:28.3 (112) |
| 121 Alara Running | SR | 1421 | Onalaska | 100 | 23:28.9 | 3:45.3 (93) | 8:28.3 (95) | 18:39.1 (119) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------|------------|----------|---------------------|--------------|-------------|-----------------|------------------|------------------|
| 122 Zoe Hulseberg | JR | 1743 | Williamsburg | -- | 23:31.7 | 3:59.3 (138) | 9:03.2 (135) | 18:54.4 (123) |
| 123 Lhotse Samuelson | SO | 1384 | Norwalk | 101 | 23:34.5 | 3:53.8 (126) | 9:01.9 (134) | 19:01.3 (124) |
| 124 Kyrie Poll | SO | 1230 | Mid-Prairie Wellman | -- | 23:37.2 | 3:59.8 (140) | 9:01.0 (133) | 18:52.9 (122) |
| 125 Raya Mueller | JR | 793 | Gilbert | 102 | 23:49.1 | 3:59.7 (139) | 9:07.1 (137) | 19:14.5 (127) |
| 126 Brooklyn Nelson | FR | 794 | Gilbert | -- | 23:50.2 | 3:57.4 (135) | 9:00.5 (132) | 19:13.4 (125) |
| 127 Ellery Stanley | FR | 651 | Denver | 103 | 23:50.9 | 3:55.6 (131) | 9:06.8 (136) | 19:15.5 (128) |
| 128 Jillian Clayton | JR | 640 | Denver | -- | 23:54.7 | 3:55.0 (130) | 9:00.0 (129) | 19:14.1 (126) |
| 129 Noni Casillas | FR | 607 | Davenport Central | 104 | 24:08.8 | 3:48.9 (109) | 8:45.9 (119) | 19:19.8 (129) |
| 130 Hadley Appel | SO | 346 | Bettendorf | -- | 24:25.6 | 3:48.5 (106) | 8:44.9 (118) | 19:22.7 (131) |
| 131 Ivy Reschly | SR | 1231 | Mid-Prairie Wellman | -- | 24:27.1 | 3:58.2 (137) | 8:55.9 (126) | 19:31.7 (132) |
| 132 Eloise Van Howe | JR | 616 | Davenport Central | -- | 24:30.0 | 3:44.4 (89) | 8:38.8 (110) | 19:20.5 (130) |
| 133 Ada Kaplan | JR | 609 | Davenport Central | -- | 24:38.0 | 3:51.1 (114) | 8:57.3 (127) | 19:36.9 (133) |
| 134 Braelee Yoder | FR | 1240 | Mid-Prairie Wellman | -- | 24:50.1 | 4:05.8 (141) | 9:25.0 (141) | 19:53.4 (134) |
| 135 Andie Davitt | SR | 1372 | Norwalk | -- | 24:53.8 | 4:12.3 (142) | 9:24.9 (140) | 20:00.4 (135) |
| 136 Taniya O'Brien | SO | 1670 | Waterloo West | -- | 25:23.5 | 3:56.5 (132) | 9:00.2 (130) | 20:11.5 (136) |
| 137 Adeline Decker | SO | 642 | Denver | -- | 25:40.9 | 3:50.1 (111) | 8:59.0 (128) | 20:19.3 (137) |
| 138 Maya Hartman | SO | 1413 | Onalaska | 105 | 26:22.4 | 3:57.7 (136) | 9:19.2 (139) | 20:56.6 (138) |
| 139 Avery McIntosh | JR | 647 | Denver | -- | 26:35.0 | 3:44.9 (91) | 9:13.6 (138) | 21:21.0 (139) |
| 140 Eva McClung | SO | 1417 | Onalaska | 106 | 28:27.2 | 4:28.1 (145) | 10:27.3 (143) | 23:01.3 (140) |
| 141 Izzy Payton | SO | 1418 | Onalaska | 107 | 28:48.5 | 4:28.1 (144) | 10:27.6 (144) | 23:05.6 (141) |
| 142 Addison Hoff | SR | 1414 | Onalaska | 108 | 28:48.5 | 4:28.1 (143) | 10:27.6 (145) | 23:05.8 (142) |
| Callan Fitzgerald | FR | 1200 | Mason City | -- | DNF | 3:49.0 (110) | 8:35.9 (105) | |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|--------------------|------------|----------|---------------|--------------|-------------|-----------------|--------------|-----------|
| Semani Hernandez | JR | 1665 | Waterloo West | -- | DNF | 3:56.8 (133) | 9:33.5 (142) | |
| Lillyona Abernathy | SR | 1736 | Williamsburg | -- | DNF | 3:42.9 (79) | 8:24.7 (89) | |

Race #6
Boys Varsity Gray 5000M

FINAL RESULTS

TEAM SCORING SUMMARY

| Final Standings | Score | Total | Avg. |
|---------------------------|--------------|--------------|-------------|
| 1 Gilbert | 74 | 1:19:45 | 15:57 |
| 2 Bettendorf | 148 | 1:22:25 | 16:29 |
| 3 Johnston | 159 | 1:22:56 | 16:36 |
| 4 Norwalk | 176 | 1:23:21 | 16:41 |
| 5 Dubuque Senior | 181 | 1:23:37 | 16:44 |
| 6 Indianola | 236 | 1:24:31 | 16:55 |
| 7 Marshalltown | 246 | 1:24:56 | 17:00 |
| 8 Iowa City Liberty | 251 | 1:24:13 | 16:51 |
| 9 Linn-Mar Marion | 252 | 1:25:04 | 17:01 |
| 10 Valley West Des Moines | 270 | 1:25:28 | 17:06 |
| 11 Urbandale | 285 | 1:25:34 | 17:07 |
| 12 Mankato West | 286 | 1:25:46 | 17:10 |
| 13 Mid-Prairie Wellman | 294 | 1:25:56 | 17:12 |
| 14 Denver | 319 | 1:26:33 | 17:19 |
| 15 Mount Vernon-Lisbon | 330 | 1:26:20 | 17:16 |
| 16 Iowa City West | 361 | 1:27:23 | 17:29 |
| 17 Onalaska | 418 | 1:29:59 | 18:00 |
| 18 Waverly-Shell Rock | 508 | 1:32:18 | 18:28 |
| 19 Williamsburg | 520 | 1:31:19 | 18:16 |
| 20 Mason City | 541 | 1:33:50 | 18:46 |
| 21 Solon | 560 | 1:33:12 | 18:39 |

SPLIT SCORING SUMMARY

900M

| UNOFFICIAL Standings | Score |
|-----------------------------|--------------|
| 1 Gilbert | 85 |
| 2 Indianola | 129 |
| 3 Norwalk | 187 |
| 4 Johnston | 188 |
| 5 Valley West Des Moines | 198 |
| 6 Dubuque Senior | 202 |
| 7 Marshalltown | 208 |
| 8 Iowa City West | 222 |
| 9 Denver | 223 |

| UNOFFICIAL Standings | | Score |
|-----------------------------|---------------------|--------------|
| 10 | Bettendorf | 268 |
| 11 | Mount Vernon-Lisbon | 275 |
| 12 | Urbandale | 291 |
| 13 | Iowa City Liberty | 303 |
| 14 | Linn-Mar Marion | 304 |
| 15 | Mid-Prairie Wellman | 389 |
| 16 | Onalaska | 398 |
| 17 | Mankato West | 421 |
| 18 | Waverly-Shell Rock | 494 |
| 19 | Williamsburg | 515 |
| 20 | Mason City | 539 |
| 21 | Solon | 576 |

2K

| UNOFFICIAL Standings | | Score |
|-----------------------------|------------------------|--------------|
| 1 | Gilbert | 86 |
| 2 | Indianola | 152 |
| 3 | Dubuque Senior | 172 |
| 4 | Johnston | 176 |
| 5 | Norwalk | 189 |
| 6 | Bettendorf | 213 |
| 7 | Marshalltown | 221 |
| 8 | Iowa City West | 253 |
| 9 | Valley West Des Moines | 262 |
| 10 | Denver | 270 |
| 11 | Urbandale | 277 |
| 12 | Linn-Mar Marion | 281 |
| 13 | Mount Vernon-Lisbon | 283 |
| 14 | Iowa City Liberty | 292 |
| 15 | Mankato West | 362 |
| 15 | Mid-Prairie Wellman | 362 |
| 17 | Onalaska | 407 |
| 18 | Waverly-Shell Rock | 499 |
| 19 | Williamsburg | 502 |
| 20 | Mason City | 556 |
| 21 | Solon | 585 |

4K

| UNOFFICIAL Standings | | Score |
|-----------------------------|---------|--------------|
| 1 | Gilbert | 78 |

| UNOFFICIAL Standings | | Score |
|-----------------------------|------------------------|--------------|
| 2 | Bettendorf | 155 |
| 3 | Norwalk | 159 |
| 4 | Dubuque Senior | 170 |
| 5 | Johnston | 194 |
| 6 | Marshalltown | 235 |
| 7 | Indianola | 242 |
| 8 | Iowa City Liberty | 256 |
| 9 | Linn-Mar Marion | 258 |
| 10 | Valley West Des Moines | 268 |
| 11 | Mankato West | 287 |
| 12 | Urbandale | 293 |
| 13 | Mid-Prairie Wellman | 307 |
| 14 | Mount Vernon-Lisbon | 314 |
| 15 | Denver | 316 |
| 16 | Iowa City West | 352 |
| 17 | Onalaska | 419 |
| 18 | Williamsburg | 488 |
| 19 | Waverly-Shell Rock | 505 |
| 20 | Mason City | 547 |
| 21 | Solon | 581 |

INDIVIDUAL RESULTS

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------|------------------|----------|----------------------------------|--------------|-------------|-------------------|-------------------|--------------------|
| 1 | Manny Putz | SR 1406 | Onalaska | 1 | 14:51.6 | 2:33.9 (1) | 5:43.5 (1) | 11:54.2 (1) |
| 2 | Logan Bleich | SO 778 | Gilbert | 2 | 15:19.7 | 2:40.2 (2) | 5:59.4 (2) | 12:21.4 (2) |
| 3 | Keegan Decker | SO 807 | Iowa City Liberty | 3 | 15:28.3 | 2:40.7 (3) | 5:59.7 (3) | 12:28.2 (3) |
| 4 | Jacob Tallman | SO 784 | Gilbert | 4 | 15:30.7 | 2:43.4 (12) | 6:07.4 (15) | 12:35.9 (5) |
| 5 | Carson Squiers | JR 782 | Gilbert | 5 | 15:38.2 | 2:43.9 (15) | 6:07.2 (13) | 12:38.2 (7) |
| 6 | AJ Willey | JR 342 | Bettendorf | 6 | 15:40.4 | 2:42.8 (7) | 6:04.7 (5) | 12:35.7 (4) |
| 7 | Reed Robbins | JR 802 | Indianola | 7 | 15:43.5 | 2:42.6 (6) | 6:05.8 (6) | 12:38.7 (8) |
| 8 | Austin Soldwisch | SR 1696 | Waverly-Shell Rock | 8 | 15:46.8 | 2:43.8 (13) | 6:06.2 (9) | 12:37.5 (6) |
| 9 | Jack Crossland | SO 928 | Johnston | 9 | 15:48.4 | 2:42.9 (8) | 6:06.0 (7) | 12:45.9 (11) |
| 10 | Gage Heyne | SR 775 | English Valleys North English | -- | 15:49.5 | 2:45.9 (27) | 6:07.7 (16) | 12:43.8 (10) |
| 11 | Noah Gregoire | SR 809 | Iowa City Liberty | 10 | 15:53.3 | 2:44.1 (16) | 6:07.3 (14) | 12:43.8 (9) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|--------------------------|------------|----------|------------------------|--------------|-------------|----------------|----------------|-----------------|
| 12 John Moellers | SR | 1146 | Marshalltown | 11 | 15:59.4 | 2:43.2 (10) | 6:06.0 (8) | 12:53.3 (15) |
| 13 Teegan Kralik | JR | 1350 | Norwalk | 12 | 16:01.5 | 2:43.0 (9) | 6:06.4 (12) | 12:51.0 (14) |
| 14 Grady Olberding | SR | 1258 | Mount Vernon-Lisbon | 13 | 16:04.0 | 2:44.7 (20) | 6:06.4 (11) | 12:47.8 (12) |
| 15 Dawson Scheil | JR | 1263 | Mount Vernon-Lisbon | 14 | 16:05.1 | 2:44.6 (19) | 6:08.2 (17) | 12:54.4 (16) |
| 16 Sidney Shide | SR | 1571 | Urbandale | 15 | 16:10.5 | 2:50.3 (38) | 6:20.3 (33) | 13:02.4 (17) |
| 17 Ryan Heden | SR | 329 | Bettendorf | 16 | 16:11.6 | 2:47.5 (31) | 6:15.9 (28) | 13:07.0 (22) |
| 18 Emmett Swartzentruber | SR | 1216 | Mid-Prairie Wellman | 17 | 16:13.2 | 2:46.5 (29) | 6:14.3 (26) | 13:04.5 (18) |
| 19 Jonathan Owen | SR | 1606 | Valley West Des Moines | 18 | 16:13.7 | 2:44.5 (18) | 6:11.7 (22) | 13:05.0 (19) |
| 20 Ethan Boston | SR | 1001 | Linn-Mar Marion | 19 | 16:16.5 | 2:45.1 (24) | 6:11.1 (19) | 13:05.6 (20) |
| 21 Jacob Haug | SR | 721 | Dubuque Senior | 20 | 16:17.4 | 2:49.9 (36) | 6:16.2 (29) | 13:07.5 (23) |
| 22 Blake Smith | SR | 1573 | Urbandale | 21 | 16:21.0 | 2:50.4 (39) | 6:21.3 (34) | 13:17.1 (28) |
| 23 Ethan Cheney | JR | 1003 | Linn-Mar Marion | 22 | 16:21.8 | 2:45.4 (25) | 6:12.8 (24) | 13:06.1 (21) |
| 24 Carter Nunn | JR | 1147 | Marshalltown | 23 | 16:28.0 | 2:43.4 (11) | 6:14.5 (27) | 13:13.2 (25) |
| 25 Preston Johnson | SO | 1142 | Marshalltown | 24 | 16:28.9 | 2:41.1 (4) | 6:03.2 (4) | 12:50.3 (13) |
| 26 Andrew Heden | SO | 328 | Bettendorf | 25 | 16:31.5 | 2:53.5 (57) | 6:24.3 (43) | 13:16.7 (27) |
| 27 Danny Rothert | SR | 741 | Dubuque Senior | 26 | 16:32.5 | 2:50.6 (40) | 6:18.0 (31) | 13:15.1 (26) |
| 28 Samuel Appel | SO | 796 | Indianola | 27 | 16:32.8 | 2:49.4 (34) | 6:23.6 (41) | 13:25.9 (35) |
| 29 Arlo White | SR | 1410 | Onalaska | 28 | 16:33.5 | 2:44.1 (17) | 6:11.5 (20) | 13:18.3 (29) |
| 30 Emmett Barber | SR | 777 | Gilbert | 29 | 16:34.5 | 2:44.9 (22) | 6:12.3 (23) | 13:12.2 (24) |
| 31 Ephraim Staley | JR | 1102 | Mankato West | 30 | 16:36.3 | 2:52.7 (51) | 6:23.4 (39) | 13:23.9 (32) |
| 32 Paxton Bloom | JR | 799 | Indianola | 31 | 16:37.2 | 2:44.7 (21) | 6:14.0 (25) | 13:19.3 (30) |
| 33 Sam Parker | JR | 1361 | Norwalk | 32 | 16:38.2 | 2:53.6 (60) | 6:26.7 (46) | 13:23.9 (31) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------|------------|----------|------------------------|--------------|-------------|-----------------|----------------|-----------------|
| 34 Garrett Ness | SR | 958 | Johnston | 33 | 16:41.1 | 2:51.9 (48) | 6:27.3 (51) | 13:31.3 (39) |
| 35 Emrick Ryan | JR | 781 | Gilbert | 34 | 16:41.9 | 2:49.9 (37) | 6:21.4 (35) | 13:34.1 (42) |
| 36 Preston Yutzky | SR | 1220 | Mid-Prairie Wellman | 35 | 16:42.3 | 2:53.9 (62) | 6:26.7 (47) | 13:26.8 (36) |
| 37 Noah Reese | SR | 963 | Johnston | 36 | 16:42.7 | 2:52.1 (49) | 6:33.1 (64) | 13:44.0 (54) |
| 38 Jack Kirman | JR | 729 | Dubuque Senior | 37 | 16:46.3 | 2:50.9 (43) | 6:18.8 (32) | 13:25.1 (33) |
| 39 Thomas Limback | SO | 1604 | Valley West Des Moines | 38 | 16:47.7 | 2:45.1 (23) | 6:16.9 (30) | 13:25.6 (34) |
| 40 Henry Groos | SR | 1340 | Norwalk | 39 | 16:50.5 | 2:55.4 (75) | 6:28.2 (54) | 13:28.9 (37) |
| 41 Tay Ohr-Rottler | JR | 959 | Johnston | 40 | 16:51.6 | 2:51.0 (44) | 6:23.3 (38) | 13:36.4 (44) |
| 42 Holden Schug | SR | 970 | Johnston | 41 | 16:51.7 | 2:51.0 (45) | 6:23.6 (40) | 13:41.1 (51) |
| 43 Michael Hanna | FR | 849 | Iowa City West | 42 | 16:52.7 | 2:52.7 (50) | 6:28.4 (55) | 13:41.3 (52) |
| 44 Corbin Oswald | SR | 1359 | Norwalk | 43 | 16:52.9 | 2:54.6 (67) | 6:28.0 (53) | 13:32.7 (40) |
| 45 Corbin Deichman | JR | 1086 | Mankato West | 44 | 16:53.5 | 2:54.2 (66) | 6:29.3 (57) | 13:29.8 (38) |
| 46 Liam Kroger | JR | 731 | Dubuque Senior | 45 | 16:54.0 | 2:51.3 (46) | 6:27.2 (49) | 13:39.1 (47) |
| 47 Caden Knoblock | JR | 625 | Denver | 46 | 16:54.2 | 2:48.7 (32) | 6:29.2 (56) | 13:44.9 (55) |
| 48 Caleb Rankin | SR | 335 | Bettendorf | 47 | 16:54.4 | 2:56.3 (82) | 6:32.2 (62) | 13:39.8 (48) |
| 49 Henry Hansen | SO | 1177 | Mason City | 48 | 16:54.5 | 2:50.6 (41) | 6:27.7 (52) | 13:40.0 (49) |
| 50 Myles Matthias | JR | 626 | Denver | 49 | 16:57.3 | 2:49.0 (33) | 6:23.1 (37) | 13:35.1 (43) |
| 51 Aksel Beedon | SO | 1332 | Norwalk | 50 | 16:57.4 | 2:49.6 (35) | 6:26.7 (48) | 13:33.2 (41) |
| 52 Tyler Kirchoff | SR | 1093 | Mankato West | 51 | 16:58.2 | 3:00.4 (107) | 6:39.1 (82) | 13:47.4 (57) |
| 53 Preston Stensland | JR | 783 | Gilbert | 52 | 16:59.6 | 2:53.0 (54) | 6:27.3 (50) | 13:40.5 (50) |
| 54 Calvin Lueken | SR | 733 | Dubuque Senior | 53 | 17:06.3 | 2:50.8 (42) | 6:21.7 (36) | 13:37.8 (46) |
| 55 Liam Rehnberg | JR | 336 | Bettendorf | 54 | 17:06.9 | 3:01.5 (114) | 6:40.4 (85) | 13:49.8 (58) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|--------------------|------------|----------|------------------------|--------------|-------------|-----------------|-----------------|-----------------|
| 56 Jesse Gomez | FR | 621 | Denver | 55 | 17:11.8 | 2:45.4 (26) | 6:11.7 (21) | 13:37.0 (45) |
| 57 Matthew Haug | SO | 722 | Dubuque Senior | 56 | 17:12.7 | 2:55.7 (77) | 6:36.1 (68) | 13:52.8 (59) |
| 58 Jayse Yoder | SR | 1219 | Mid-Prairie Wellman | 57 | 17:15.9 | 3:00.7 (109) | 6:42.5 (94) | 13:57.2 (68) |
| 59 Johnny Reynolds | JR | 1609 | Valley West Des Moines | 58 | 17:16.1 | 2:54.0 (63) | 6:40.2 (84) | 13:57.1 (67) |
| 60 Owen Hanson | SR | 1015 | Linn-Mar Marion | 59 | 17:16.6 | 2:56.4 (83) | 6:38.3 (77) | 13:56.9 (66) |
| 61 Sam Buhrow | SO | 1336 | Norwalk | 60 | 17:16.9 | 2:56.0 (80) | 6:37.7 (73) | 13:56.5 (65) |
| 62 Grady Kroger | JR | 730 | Dubuque Senior | 61 | 17:17.0 | 2:55.2 (73) | 6:36.9 (71) | 13:52.8 (60) |
| 63 John Artz | SR | 776 | Gilbert | 62 | 17:18.7 | 3:00.5 (108) | 6:38.8 (79) | 13:56.1 (64) |
| 64 Carter Gearhart | SR | 937 | Johnston | 63 | 17:20.0 | 2:51.5 (47) | 6:25.9 (44) | 13:45.6 (56) |
| 65 Grant Wallace | SR | 1366 | Norwalk | 64 | 17:22.3 | 2:47.4 (30) | 6:24.3 (42) | 13:43.0 (53) |
| 66 Owen Welling | SO | 805 | Indianola | 65 | 17:23.3 | 2:53.2 (56) | 6:35.2 (67) | 13:55.3 (63) |
| 67 Treyton Hoffman | FR | 1018 | Linn-Mar Marion | 66 | 17:25.4 | 2:56.5 (85) | 6:38.3 (76) | 13:59.5 (71) |
| 68 Ethan Doty | JR | 620 | Denver | 67 | 17:25.6 | 2:54.2 (65) | 6:35.1 (66) | 14:03.0 (75) |
| 69 Nile Busch | JR | 1719 | Williamsburg | 68 | 17:25.9 | 2:58.3 (95) | 6:38.4 (78) | 13:54.4 (61) |
| 70 Jake Wieler | FR | 880 | Iowa City West | 69 | 17:25.9 | 2:59.2 (102) | 6:44.4 (99) | 14:05.5 (78) |
| 71 Ian Kim | SR | 1092 | Mankato West | 70 | 17:26.8 | 3:11.0 (148) | 6:53.4 (129) | 14:11.6 (88) |
| 72 Ben Hohmann | JR | 726 | Dubuque Senior | -- | 17:27.4 | 2:55.3 (74) | 6:36.6 (70) | 14:02.2 (73) |
| 73 Liam Trampel | SO | 785 | Gilbert | -- | 17:28.1 | 3:00.7 (110) | 6:39.0 (80) | 14:01.1 (72) |
| 74 Lane Osterloh | JR | 1358 | Norwalk | -- | 17:28.3 | 2:58.9 (101) | 6:40.5 (86) | 14:02.6 (74) |
| 75 Dylan Berg | SO | 321 | Bettendorf | 71 | 17:28.4 | 3:06.5 (135) | 6:51.6 (121) | 14:10.0 (85) |
| 76 Maxwell Bruss | SR | 834 | Iowa City West | 72 | 17:28.7 | 2:52.7 (52) | 6:29.3 (58) | 13:54.6 (62) |
| 77 Colin Finch | SO | 808 | Iowa City Liberty | 73 | 17:29.5 | 2:57.9 (92) | 6:42.9 (97) | 14:06.8 (83) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-------------------------|------------|----------|------------------------|--------------|-------------|-----------------|-----------------|------------------|
| 78 Ben Meier | SR | 1605 | Valley West Des Moines | 74 | 17:29.8 | 2:55.6 (76) | 6:39.7 (83) | 14:06.5 (81) |
| 79 Aj Mosqueda | SR | 1357 | Norwalk | -- | 17:30.3 | 2:53.6 (58) | 6:26.5 (45) | 13:57.8 (69) |
| 80 Parker Gooding | SR | 1138 | Marshalltown | 75 | 17:31.4 | 2:53.6 (59) | 6:31.5 (61) | 13:59.2 (70) |
| 81 Landon Lucht | JR | 780 | Gilbert | -- | 17:32.9 | 3:01.2 (113) | 6:40.9 (89) | 14:03.6 (76) |
| 82 Matthew Denham | SO | 717 | Dubuque Senior | -- | 17:34.4 | 2:56.1 (81) | 6:36.2 (69) | 14:13.0 (90) |
| 83 Dawson Allen | FR | 319 | Bettendorf | 76 | 17:34.8 | 3:04.8 (126) | 6:49.6 (116) | 14:12.7 (89) |
| 84 Anders Holmes | FR | 1486 | Solon | 77 | 17:34.9 | 2:57.5 (89) | 6:40.6 (87) | 14:15.1 (99) |
| 85 Lars Hildebrand | SO | 810 | Iowa City Liberty | 78 | 17:35.1 | 2:58.4 (98) | 6:42.7 (96) | 14:06.7 (82) |
| 86 William Giles | SR | 1552 | Urbandale | 79 | 17:35.4 | 2:56.8 (86) | 6:37.7 (74) | 14:05.5 (77) |
| 87 Owen Anderson | SO | 708 | Dubuque Senior | -- | 17:36.0 | 2:55.0 (72) | 6:37.4 (72) | 14:05.7 (79) |
| 88 Henry Meyer | SO | 956 | Johnston | 80 | 17:37.9 | 2:56.8 (87) | 6:42.4 (93) | 14:14.6 (96) |
| 89 Cayden Miller | SO | 1567 | Urbandale | 81 | 17:38.4 | 2:53.2 (55) | 6:29.9 (60) | 14:14.6 (97) |
| 90 Sean Bendinger | SR | 1593 | Valley West Des Moines | 82 | 17:39.9 | 2:45.9 (28) | 6:29.4 (59) | 14:09.4 (84) |
| 91 Angel Cruz Felipe | JR | 1596 | Valley West Des Moines | 83 | 17:40.0 | 3:00.3 (106) | 6:49.4 (115) | 14:11.1 (87) |
| 92 Tarunesh Gopinath | SO | 1597 | Valley West Des Moines | 84 | 17:40.7 | 2:57.5 (90) | 6:43.7 (98) | 14:13.9 (94) |
| 93 Maxon Swartzentruber | SO | 1217 | Mid-Prairie Wellman | 85 | 17:41.1 | 3:02.9 (120) | 6:48.4 (113) | 14:14.9 (98) |
| 94 Ronak Bhargava | JR | 1594 | Valley West Des Moines | -- | 17:41.4 | 2:54.6 (68) | 6:40.7 (88) | 14:13.4 (92) |
| 95 Garrett Willey | FR | 343 | Bettendorf | -- | 17:41.9 | 3:07.5 (142) | 6:53.3 (128) | 14:19.4 (104) |
| 96 Zeke Hatfield | SR | 779 | Gilbert | -- | 17:42.0 | 3:02.4 (117) | 6:45.7 (102) | 14:14.3 (95) |
| 97 Grayson Roos | FR | 1047 | Linn-Mar Marion | 86 | 17:43.3 | 3:02.6 (118) | 6:47.7 (111) | 14:13.8 (93) |
| 98 Noah Gehler | SR | 327 | Bettendorf | -- | 17:44.5 | 3:07.7 (144) | 6:53.1 (127) | 14:16.8 (102) |
| 99 Tayson Cho | SO | 806 | Iowa City Liberty | 87 | 17:45.9 | 3:06.5 (136) | 6:51.3 (120) | 14:20.6 (107) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------|------------|----------|---------------------|--------------|-------------|-----------------|-----------------|------------------|
| 100 Aadi Gopinath | FR | 847 | Iowa City West | 88 | 17:47.0 | 2:54.9 (71) | 6:38.2 (75) | 14:20.6 (108) |
| 101 Cooper Smith | SR | 1574 | Urbandale | 89 | 17:48.0 | 2:58.0 (93) | 6:42.7 (95) | 14:19.3 (103) |
| 102 Colin Wehrle | SO | 879 | Iowa City West | 90 | 17:48.1 | 2:53.0 (53) | 6:32.3 (63) | 14:10.0 (86) |
| 103 John Widtfeldt | JR | 985 | Johnston | -- | 17:49.0 | 2:55.9 (78) | 6:40.9 (90) | 14:15.9 (101) |
| 104 Landon Bannerman | SR | 1082 | Mankato West | 91 | 17:50.7 | 2:59.7 (103) | 6:41.4 (91) | 14:13.3 (91) |
| 105 Seamus O'Connor | SR | 1257 | Mount Vernon-Lisbon | 92 | 17:50.8 | 2:53.9 (61) | 6:33.5 (65) | 14:06.2 (80) |
| 106 Kenny Uitermarkt | SR | 1577 | Urbandale | 93 | 17:51.6 | 3:01.8 (115) | 6:44.4 (100) | 14:23.2 (109) |
| 107 Evan Twombly | JR | 1576 | Urbandale | 94 | 17:51.9 | 2:58.4 (96) | 6:45.1 (101) | 14:19.7 (105) |
| 108 Teddy Swanson | FR | 1104 | Mankato West | 95 | 18:00.2 | 3:13.5 (157) | 7:01.7 (142) | 14:28.5 (112) |
| 109 Evan Merrill | SO | 858 | Iowa City West | 96 | 18:01.3 | 2:54.6 (69) | 6:39.0 (81) | 14:24.2 (110) |
| 110 Cooper Adams | SO | 995 | Linn-Mar Marion | 97 | 18:01.4 | 3:05.1 (127) | 6:55.5 (133) | 14:34.8 (117) |
| 111 Jens Strand | FR | 817 | Iowa City Liberty | 98 | 18:01.6 | 3:06.1 (134) | 6:49.9 (117) | 14:20.3 (106) |
| 112 Brandt Haakenstad | SR | 1176 | Mason City | 99 | 18:02.2 | 3:06.8 (137) | 6:59.2 (139) | 14:36.0 (120) |
| 113 Luke Brokaw | JR | 1209 | Mid-Prairie Wellman | 100 | 18:02.7 | 3:04.4 (123) | 6:52.8 (126) | 14:28.9 (113) |
| 114 Sam Showers | SR | 869 | Iowa City West | 101 | 18:03.5 | 3:02.3 (116) | 6:47.7 (110) | 14:15.5 (100) |
| 115 Sean Gomez | SR | 622 | Denver | 102 | 18:03.7 | 2:55.9 (79) | 6:46.6 (104) | 14:39.4 (123) |
| 116 Anthony Armstrong | SO | 1241 | Mount Vernon-Lisbon | 103 | 18:05.4 | 2:58.4 (97) | 6:47.3 (109) | 14:35.6 (119) |
| 117 Noah Banse | 8 | 1083 | Mankato West | 104 | 18:06.3 | 3:14.6 (163) | 7:05.9 (145) | 14:39.7 (124) |
| 118 Robert Widtfeldt | FR | 986 | Johnston | -- | 18:07.7 | 2:58.9 (100) | 6:46.9 (107) | 14:36.1 (121) |
| 119 Daniel Hoke | FR | 1019 | Linn-Mar Marion | 105 | 18:08.2 | 3:05.2 (129) | 6:56.0 (134) | 14:37.6 (122) |
| 120 Cade Lorenz | FR | 1033 | Linn-Mar Marion | -- | 18:10.6 | 3:05.6 (130) | 6:50.9 (119) | 14:35.0 (118) |
| 121 Isaac Johnson | SO | 800 | Indianola | 106 | 18:13.7 | 3:06.8 (138) | 6:56.5 (135) | 14:40.8 (126) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|---------------------|------------|----------|------------------------|--------------|-------------|-----------------|-----------------|------------------|
| 122 Colin Reed | SO | 1732 | Williamsburg | 107 | 18:14.0 | 3:00.1 (105) | 6:49.0 (114) | 14:34.1 (116) |
| 123 Wesley Sadler | SR | 1261 | Mount Vernon-Lisbon | 108 | 18:14.5 | 3:13.5 (158) | 7:12.7 (153) | 14:50.3 (135) |
| 124 Lucas Tentinger | SR | 1051 | Linn-Mar Marion | -- | 18:14.7 | 3:04.0 (121) | 6:52.6 (124) | 14:34.0 (115) |
| 125 Rene Meza | JR | 1492 | Solon | 109 | 18:14.9 | 3:10.5 (147) | 7:07.2 (147) | 14:50.2 (134) |
| 126 Colin Knudsen | SR | 1690 | Waverly-Shell Rock | 110 | 18:16.8 | 3:04.2 (122) | 6:50.7 (118) | 14:40.5 (125) |
| 127 Porter Kimble | JR | 1562 | Urbandale | -- | 18:17.5 | 2:57.2 (88) | 6:41.6 (92) | 14:30.0 (114) |
| 128 Hayes Arwine | JR | 1716 | Williamsburg | 111 | 18:21.7 | 3:01.0 (111) | 6:45.7 (103) | 14:27.3 (111) |
| 129 Jack Tryon | FR | 1575 | Urbandale | -- | 18:25.5 | 3:05.7 (131) | 6:59.0 (136) | 14:46.2 (129) |
| 130 Casandro Chan | SR | 837 | Iowa City West | -- | 18:26.6 | 2:59.8 (104) | 6:51.9 (122) | 14:46.9 (131) |
| 131 Gavin Reed | SR | 801 | Indianola | 112 | 18:27.2 | 3:06.1 (133) | 6:52.6 (125) | 14:42.0 (127) |
| 132 Myles Goldman | JR | 1137 | Marshalltown | 113 | 18:28.0 | 3:11.4 (150) | 7:10.6 (150) | 15:00.5 (139) |
| 133 Chasen Caskey | SO | 1245 | Mount Vernon-Lisbon | 114 | 18:28.6 | 2:57.5 (91) | 6:47.2 (108) | 14:48.1 (132) |
| 134 Brayden Pettit | SO | 1045 | Linn-Mar Marion | -- | 18:30.7 | 3:05.1 (128) | 6:55.2 (132) | 14:46.2 (130) |
| 135 Charlie Koons | SO | 1727 | Williamsburg | 115 | 18:31.7 | 3:07.6 (143) | 7:09.1 (148) | 14:59.4 (138) |
| 136 Nelsen Perrigo | FR | 1607 | Valley West Des Moines | -- | 18:33.5 | 3:01.2 (112) | 6:52.5 (123) | 14:45.7 (128) |
| 137 Thomas Flynn | SR | 1211 | Mid-Prairie Wellman | 116 | 18:33.8 | 3:04.6 (124) | 6:54.0 (131) | 14:52.4 (136) |
| 138 Ethan Pagel | FR | 628 | Denver | 117 | 18:43.0 | 2:58.2 (94) | 6:59.1 (137) | 15:03.7 (142) |
| 139 Caleb Rasmussen | JR | 1148 | Marshalltown | 118 | 18:44.2 | 3:12.6 (154) | 7:09.9 (149) | 15:05.4 (143) |
| 140 Finn Brummel | JR | 1717 | Williamsburg | 119 | 18:45.5 | 3:07.5 (141) | 7:01.1 (141) | 14:49.6 (133) |
| 141 Luke Archer | JR | 1395 | Onalaska | 120 | 18:46.1 | 3:06.9 (139) | 7:00.4 (140) | 15:10.0 (144) |
| 142 Preston Raasch | FR | 1494 | Solon | 121 | 18:46.5 | 3:10.3 (146) | 7:12.0 (152) | 15:13.0 (147) |
| 143 Graham Vavricek | SR | 1268 | Mount Vernon-Lisbon | 122 | 18:47.5 | 3:02.7 (119) | 6:59.1 (138) | 15:01.7 (141) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|------------------------|------------|----------|---------------------|--------------|-------------|-----------------|-----------------|------------------|
| 144 Kyle H Happel | SO | 1249 | Mount Vernon-Lisbon | -- | 18:49.2 | 3:13.7 (159) | 7:15.5 (155) | 15:12.4 (146) |
| 145 Matthew Hommowun | FR | 1688 | Waverly-Shell Rock | 123 | 18:51.5 | 3:05.9 (132) | 7:06.7 (146) | 15:14.0 (148) |
| 146 Mitchell Doepke | JR | 619 | Denver | 124 | 18:53.5 | 2:54.8 (70) | 6:46.8 (106) | 15:01.6 (140) |
| 147 Jeremiah Brown | JR | 1334 | Norwalk | -- | 19:02.3 | 2:58.9 (99) | 6:47.8 (112) | 15:14.7 (149) |
| 148 Brice Wahe | SR | 878 | Iowa City West | -- | 19:03.4 | 2:54.0 (64) | 6:46.7 (105) | 15:12.2 (145) |
| 149 Elliot Davis | JR | 323 | Bettendorf | -- | 19:09.4 | 3:18.3 (172) | 7:14.1 (154) | 14:56.3 (137) |
| 150 Brian Ly | JR | 951 | Johnston | -- | 19:12.3 | 2:56.4 (84) | 6:54.0 (130) | 15:22.9 (151) |
| 151 Brady Wicking | SR | 1193 | Mason City | 125 | 19:13.5 | 3:15.1 (167) | 7:16.8 (157) | 15:27.5 (152) |
| 152 Deacon Waddell | FR | 1499 | Solon | 126 | 19:17.3 | 3:11.6 (151) | 7:11.8 (151) | 15:21.5 (150) |
| 153 Owen Young | JR | 1501 | Solon | 127 | 19:18.1 | 3:16.3 (168) | 7:24.9 (168) | 15:47.1 (157) |
| 154 Luke Hirko | JR | 1724 | Williamsburg | 128 | 19:20.3 | 3:17.2 (171) | 7:26.1 (170) | 15:49.1 (159) |
| 155 Hudson Nunnelley | JR | 1730 | Williamsburg | 129 | 19:24.8 | 3:14.8 (165) | 7:19.1 (162) | 15:28.4 (153) |
| 156 Lewis Go | JR | 1398 | Onalaska | 130 | 19:28.9 | 3:12.3 (153) | 7:18.5 (161) | 15:36.0 (155) |
| 157 Jesse Stultz | JR | 1215 | Mid-Prairie Wellman | 131 | 19:30.2 | 3:04.7 (125) | 7:03.4 (144) | 15:34.3 (154) |
| 158 Michael Johnson | JR | 1182 | Mason City | 132 | 19:30.4 | 3:14.7 (164) | 7:24.5 (166) | 15:41.5 (156) |
| 159 Zander Christensen | JR | 1681 | Waverly-Shell Rock | 133 | 19:41.1 | 3:13.0 (155) | 7:18.4 (160) | 15:51.1 (160) |
| 160 Oliver Gibson | SO | 1687 | Waverly-Shell Rock | 134 | 19:41.6 | 3:20.4 (176) | 7:37.2 (173) | 16:01.9 (161) |
| 161 Charlie Pettit | JR | 1493 | Solon | 135 | 19:48.5 | 3:21.8 (178) | 7:40.7 (174) | 16:03.1 (162) |
| 162 Cayden Scheil | SR | 1262 | Mount Vernon-Lisbon | -- | 19:48.8 | 3:11.9 (152) | 7:19.5 (163) | 15:47.8 (158) |
| 163 Baily Schara | SO | 1694 | Waverly-Shell Rock | 136 | 19:53.3 | 3:20.1 (175) | 7:37.2 (172) | 16:06.5 (163) |
| 164 Cy Walton | SO | 637 | Denver | -- | 20:02.0 | 3:11.0 (149) | 7:23.5 (165) | 16:07.6 (164) |
| 165 Ben Jensen | SO | 1181 | Mason City | 137 | 20:08.8 | 3:15.1 (166) | 7:24.7 (167) | 16:14.9 (168) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|---------------------|------------|----------|---------------------|--------------|-------------|-----------------|-----------------|------------------|
| 166 Colby Tucker | SO | 635 | Denver | -- | 20:10.1 | 3:10.0 (145) | 7:16.2 (156) | 16:09.1 (166) |
| 167 Max Ferin | SR | 1483 | Solon | 138 | 20:13.3 | 3:19.2 (174) | 7:41.6 (175) | 16:21.9 (170) |
| 168 Brody Speidel | JR | 1264 | Mount Vernon-Lisbon | -- | 20:14.6 | 3:13.9 (161) | 7:18.1 (159) | 16:11.4 (167) |
| 169 Camden Lyons | JR | 1488 | Solon | -- | 20:15.2 | 3:13.3 (156) | 7:21.2 (164) | 16:08.9 (165) |
| 170 Porter Mallady | JR | 1402 | Onalaska | 139 | 20:18.2 | 3:22.6 (179) | 7:43.5 (177) | 16:23.7 (171) |
| 171 Reece Waters | SO | 1218 | Mid-Prairie Wellman | -- | 20:32.4 | 3:16.8 (169) | 7:33.3 (171) | 16:20.6 (169) |
| 172 Brett Schindler | JR | 1407 | Onalaska | 140 | 20:38.9 | 3:17.2 (170) | 7:42.7 (176) | 16:37.3 (172) |
| 173 Noah Kahler | SO | 1689 | Waverly-Shell Rock | 141 | 20:43.0 | 3:31.2 (184) | 7:59.3 (181) | 16:54.4 (175) |
| 174 Tyler McMullin | JR | 1729 | Williamsburg | -- | 20:58.1 | 3:14.3 (162) | 7:25.0 (169) | 16:37.5 (173) |
| 175 Lucas Geerts | JR | 1686 | Waverly-Shell Rock | -- | 20:58.8 | 3:31.9 (185) | 8:02.5 (183) | 16:57.4 (176) |
| 176 Gage Mueller | SO | 1692 | Waverly-Shell Rock | -- | 21:19.9 | 3:20.5 (177) | 7:47.5 (180) | 16:54.2 (174) |
| 177 Carter Bell | SR | 1123 | Marshalltown | 142 | 21:31.0 | 3:18.8 (173) | 7:44.5 (178) | 17:14.7 (177) |
| 178 Braydon Baker | JR | 1478 | Solon | -- | 21:33.5 | 3:27.5 (182) | 8:01.5 (182) | 17:15.0 (178) |
| 179 Brevin Zirkel | SO | 1735 | Williamsburg | -- | 21:42.6 | 3:32.1 (187) | 8:05.9 (184) | 17:31.2 (180) |
| 180 Sam Sulentic | FR | 1408 | Onalaska | 143 | 21:43.5 | 3:24.4 (180) | 7:44.9 (179) | 17:24.9 (179) |
| 181 Mathew Jackson | SO | 1401 | Onalaska | -- | 21:54.6 | 3:33.5 (188) | 8:15.1 (187) | 17:36.0 (182) |
| 182 Wouter Reuling | JR | 1693 | Waverly-Shell Rock | -- | 22:04.9 | 3:32.0 (186) | 8:07.3 (186) | 17:33.0 (181) |
| 183 Devin Homan | SO | 624 | Denver | -- | 22:15.8 | 3:26.5 (181) | 8:06.0 (185) | 17:39.6 (183) |
| 184 Sam Mika | FR | 1404 | Onalaska | -- | 22:37.8 | 3:35.4 (189) | 8:23.6 (188) | 18:09.6 (184) |
| 185 Adrian Sanchez | SR | 1214 | Mid-Prairie Wellman | -- | 23:20.0 | 3:36.9 (190) | 8:26.5 (189) | 18:49.6 (185) |
| 186 Sawyer Swenson | FR | 1409 | Onalaska | -- | 23:28.5 | 3:28.9 (183) | 8:31.3 (190) | 18:55.0 (186) |
| 187 Evan Reschly | JR | 1213 | Mid-Prairie Wellman | -- | 24:20.4 | 3:44.7 (191) | 8:47.8 (191) | 19:27.6 (187) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------|------------|----------|----------------|--------------|-------------|-----------------|-----------------|-----------|
| Moustafa Tia | SR | 873 | Iowa City West | -- | | 2:42.4 (5) | 6:06.2 (10) | |
| Ayeden Lein | SO | 1184 | Mason City | -- | | 3:07.1 (140) | 7:17.2 (158) | |
| Kiefer Barnes | JR | 797 | Indianola | -- | | 2:43.9 (14) | 6:10.3 (18) | |
| Ian Ray | JR | 1099 | Mankato West | -- | | 3:13.8 (160) | 7:01.8 (143) | |

Race #7
Girls JV 5000M

FINAL RESULTS

TEAM SCORING SUMMARY

| Final Standings | Score | Total | Avg. |
|-----------------------------|--------------|--------------|-------------|
| 1 Pleasant Valley | 22 | 1:46:40 | 21:20 |
| 2 Cedar Falls | 44 | 1:49:31 | 21:55 |
| 3 Valley West Des Moines | 83 | 1:54:17 | 22:52 |
| 4 Norwalk | 120 | 1:57:55 | 23:35 |
| 5 Solon | 163 | 2:01:49 | 24:22 |
| 6 Mankato West | 169 | 2:02:20 | 24:28 |
| 7 Mason City | 221 | 2:05:12 | 25:03 |
| 8 Mount Vernon-Lisbon | 234 | 2:06:47 | 25:22 |
| 9 Bettendorf | 317 | 2:13:21 | 26:41 |
| 10 Williamsburg | 319* | 2:14:18 | 26:52 |
| 11 Linn-Mar Marion | 319* | 2:15:10 | 27:02 |
| 12 Denver | 343 | 2:16:09 | 27:14 |
| 13 Clayton Ridge Guttenberg | 357 | 2:21:42 | 28:21 |
| 14 Waverly-Shell Rock | 369 | 2:19:12 | 27:51 |
| 15 Clear Lake | 390 | 2:23:28 | 28:42 |
| 16 Mid-Prairie Wellman | 459 | 2:33:01 | 30:37 |

*Tiebreakers

| | | | | |
|--------------|----|----|----|----|
| Williamsburg | 41 | 53 | 63 | 71 |
|--------------|----|----|----|----|

Linn-Mar Marion 18 55 75 85

SPLIT SCORING SUMMARY

900M

| UNOFFICIAL Standings | Score |
|-----------------------------|--------------|
| 1 Pleasant Valley | 23 |
| 2 Cedar Falls | 61 |
| 3 Valley West Des Moines | 64 |
| 4 Norwalk | 112 |
| 5 Solon | 140 |
| 6 Mankato West | 231 |
| 7 Mason City | 234 |
| 8 Waverly-Shell Rock | 242 |
| 9 Denver | 275 |
| 10 Williamsburg | 297 |

| UNOFFICIAL Standings | | Score |
|-----------------------------|--------------------------|--------------|
| 11 | Mount Vernon-Lisbon | 302 |
| 12 | Linn-Mar Marion | 329 |
| 13 | Bettendorf | 365 |
| 14 | Clayton Ridge Guttenberg | 375 |
| 15 | Clear Lake | 421 |
| 16 | Mid-Prairie Wellman | 460 |

K

| UNOFFICIAL Standings | | Score |
|-----------------------------|--------------------------|--------------|
| 1 | Pleasant Valley | 21 |
| 2 | Cedar Falls | 47 |
| 3 | Valley West Des Moines | 80 |
| 4 | Norwalk | 112 |
| 5 | Solon | 176 |
| 6 | Mankato West | 219 |
| 7 | Mason City | 225 |
| 8 | Mount Vernon-Lisbon | 270 |
| 9 | Waverly-Shell Rock | 277 |
| 10 | Williamsburg | 308 |
| 11 | Denver | 309 |
| 12 | Linn-Mar Marion | 311 |
| 13 | Bettendorf | 336 |
| 14 | Clayton Ridge Guttenberg | 364 |
| 15 | Clear Lake | 426 |
| 16 | Mid-Prairie Wellman | 457 |

4K

| UNOFFICIAL Standings | | Score |
|-----------------------------|------------------------|--------------|
| 1 | Pleasant Valley | 24 |
| 2 | Cedar Falls | 44 |
| 3 | Valley West Des Moines | 82 |
| 4 | Norwalk | 117 |
| 5 | Solon | 174 |
| 6 | Mankato West | 183 |
| 7 | Mason City | 213 |
| 8 | Mount Vernon-Lisbon | 237 |
| 9 | Linn-Mar Marion | 313 |
| 10 | Bettendorf | 314 |
| 11 | Williamsburg | 322 |
| 12 | Denver | 334 |

UNOFFICIAL Standings**Score**

| | | |
|----|--------------------------|-----|
| 13 | Clayton Ridge Guttenberg | 362 |
| 14 | Waverly-Shell Rock | 374 |
| 15 | Clear Lake | 393 |
| 16 | Mid-Prairie Wellman | 460 |

INDIVIDUAL RESULTS

| Athlete | Yr. | # | Team | Score | Time | 900m | k | 4k |
|----------------|-------------------|----------|-----------------------------|--------------|-------------|-------------------|--------------------|--------------------|
| 1 | Sadie Morales | FR | 1444 Pleasant Valley | 1 | 20:21.0 | 8:29.0 (2) | 12:47.4 (2) | 21:24.6 (1) |
| 2 | Katie Blough | SO | 443 Cedar Falls | 2 | 20:45.3 | 8:33.0 (7) | 12:59.2 (4) | 21:44.9 (3) |
| 3 | Peyton Rexroth | FR | 1445 Pleasant Valley | 3 | 20:58.3 | 8:29.0 (3) | 12:47.3 (1) | 21:43.4 (2) |
| 4 | Constanza Viera | SR | 1447 Pleasant Valley | 4 | 21:34.3 | 8:32.6 (6) | 12:59.4 (5) | 22:14.4 (4) |
| 5 | Cali McDermott | FR | 1442 Pleasant Valley | 5 | 21:44.4 | 8:28.8 (1) | 12:51.0 (3) | 22:37.3 (7) |
| 6 | Evelynne Gauthier | JR | 1614 Valley West Des Moines | 6 | 21:45.4 | 8:31.1 (5) | 13:02.3 (6) | 22:27.5 (5) |
| 7 | Raegan Reuter | JR | 1628 Valley West Des Moines | 7 | 21:52.6 | 8:30.8 (4) | 13:06.5 (8) | 22:35.2 (6) |
| 8 | Ashley Bernardy | SR | 440 Cedar Falls | 8 | 21:57.7 | 8:33.0 (8) | 13:06.1 (7) | 22:41.2 (8) |
| 9 | Jocelyn Kempen | FR | 1440 Pleasant Valley | 9 | 22:02.3 | 8:52.0 (18) | 13:39.5 (14) | 22:54.0 (10) |
| 10 | Emerlyn McNally | FR | 465 Cedar Falls | 10 | 22:02.4 | 9:04.2 (41) | 14:01.6 (27) | 23:10.3 (11) |
| 11 | Ainsley Searfoss | FR | 474 Cedar Falls | 11 | 22:15.0 | 8:35.8 (9) | 13:14.7 (9) | 22:50.2 (9) |
| 12 | Ella Welch | SR | 1449 Pleasant Valley | 12 | 22:25.5 | 8:42.0 (11) | 13:19.1 (10) | 23:11.1 (12) |
| 13 | Rylee Hansen | SR | 460 Cedar Falls | 13 | 22:31.0 | 8:55.9 (24) | 13:43.8 (16) | 23:11.4 (13) |
| 14 | Emily Kane | FR | 1112 Mankato West | 14 | 22:44.3 | 8:56.0 (26) | 13:47.9 (19) | 23:26.0 (17) |
| 15 | Campbell Berg | FR | 1434 Pleasant Valley | 15 | 22:50.4 | 8:51.5 (15) | 13:47.4 (17) | 23:30.2 (18) |
| 16 | Cece Thompson | SR | 1630 Valley West Des Moines | 16 | 22:54.9 | 8:51.9 (17) | 13:49.6 (21) | 23:25.3 (16) |
| 17 | Alexa Wenzel | SO | 483 Cedar Falls | 17 | 22:56.1 | 8:50.0 (13) | 13:35.3 (11) | 23:15.0 (14) |
| 18 | Ellie Scott | JR | 1077 Linn-Mar Marion | 18 | 22:57.9 | 8:52.8 (19) | 13:35.4 (12) | 23:22.7 (15) |
| 19 | Leah Freiberg | FR | 453 Cedar Falls | 19 | 23:07.2 | 9:06.4 (48) | 14:07.2 (34) | 23:50.4 (23) |
| 20 | Anita Scholten | SR | 1386 Norwalk | 20 | 23:07.4 | 8:50.0 (14) | 13:47.4 (18) | 23:35.3 (19) |
| 21 | Avery Drymon | JR | 1376 Norwalk | 21 | 23:11.1 | 8:53.2 (20) | 13:52.6 (22) | 23:48.0 (20) |

| Athlete | Yr. | # | Team | Score | Time | 900m | k | 4k |
|-----------------------|------------|----------|------------------------|--------------|-------------|-------------|-----------------|-----------------|
| 22 Alissa Charlton | JR | 446 | Cedar Falls | -- | 23:18.5 | 8:57.8 (31) | 13:56.2 (24) | 23:50.0 (22) |
| 23 Blakelee Engbrecht | FR | 1613 | Valley West Des Moines | 22 | 23:25.5 | 8:55.7 (23) | 14:00.0 (26) | 24:10.8 (29) |
| 24 Jenna Hannam | FR | 459 | Cedar Falls | -- | 23:30.7 | 9:06.9 (52) | 14:07.3 (35) | 23:58.0 (26) |
| 25 Eva Fulk | FR | 1202 | Mason City | 23 | 23:30.8 | 8:41.5 (10) | 13:39.2 (13) | 23:50.0 (21) |
| 26 Olivia Bartelt | SR | 438 | Cedar Falls | -- | 23:37.9 | 9:11.4 (59) | 14:19.3 (44) | 24:08.7 (27) |
| 27 Alison Frerichs | SO | 454 | Cedar Falls | -- | 23:42.3 | 9:13.4 (63) | 14:19.2 (43) | 24:10.7 (28) |
| 28 Kenzie McConville | SR | 1383 | Norwalk | 24 | 23:42.4 | 8:47.9 (12) | 13:41.1 (15) | 23:56.0 (24) |
| 29 Hailey Bock | SR | 1272 | Mount Vernon-Lisbon | 25 | 23:46.5 | 9:02.3 (38) | 14:04.0 (30) | 23:56.8 (25) |
| 30 Madelyn McCandless | FR | 1517 | Solon | 26 | 23:51.5 | 8:56.0 (25) | 14:05.1 (32) | 24:15.9 (30) |
| 31 Claire Stevenson | FR | 1388 | Norwalk | 27 | 23:56.0 | 8:58.2 (34) | 14:03.0 (28) | 24:18.2 (32) |
| 32 Natalie Blake | SR | 441 | Cedar Falls | -- | 23:58.0 | 9:06.5 (50) | 14:16.4 (39) | 24:21.3 (33) |
| 33 Kara Wilhelm | FR | 1394 | Norwalk | 28 | 23:58.2 | 8:57.9 (33) | 14:03.5 (29) | 24:17.0 (31) |
| 34 Sydney Kunkel | FR | 1513 | Solon | 29 | 24:02.8 | 8:57.5 (30) | 14:04.9 (31) | 24:29.8 (39) |
| 35 Helen Peng | FR | 469 | Cedar Falls | -- | 24:06.3 | 9:15.2 (66) | 14:21.8 (51) | 24:35.6 (41) |
| 36 Avery Rogers | SO | 472 | Cedar Falls | -- | 24:06.3 | 9:12.9 (61) | 14:19.8 (47) | 24:22.8 (34) |
| 37 Marie Darst | JR | 448 | Cedar Falls | -- | 24:07.1 | 9:11.5 (60) | 14:19.6 (45) | 24:30.0 (40) |
| 38 Ellie Anton | SR | 437 | Cedar Falls | -- | 24:08.6 | 9:06.4 (49) | 14:16.5 (40) | 24:25.9 (36) |
| 39 Joli Sinnwell | JR | 1529 | Solon | 30 | 24:11.9 | 9:01.2 (36) | 14:18.0 (42) | 24:28.9 (38) |
| 40 Clara Anderson | SR | 1107 | Mankato West | 31 | 24:13.4 | 9:08.1 (55) | 14:16.0 (38) | 24:25.2 (35) |
| 41 Zoey Lee | FR | 1623 | Valley West Des Moines | 32 | 24:18.1 | 8:55.6 (22) | 13:58.5 (25) | 24:28.6 (37) |
| 42 Abby Guinta | FR | 1617 | Valley West Des Moines | 33 | 24:22.4 | 8:51.6 (16) | 13:48.3 (20) | 24:47.6 (44) |
| 43 Kate Kotta | JR | 1205 | Mason City | 34 | 24:30.1 | 9:03.2 (40) | 14:07.0 (33) | 24:37.1 (42) |

| Athlete | Yr. | # | Team | Score | Time | 900m | k | 4k |
|--------------------|------------|----------|-----------------------------|--------------|-------------|-----------------|-----------------|-----------------|
| 44 Clara Vavricek | FR | 1296 | Mount Vernon-Lisbon | 35 | 24:34.3 | 9:21.9 (82) | 14:41.4 (70) | 24:55.9 (47) |
| 45 Prisha Tol | JR | 478 | Cedar Falls | -- | 24:34.6 | 9:11.4 (58) | 14:19.8 (46) | 24:40.9 (43) |
| 46 Hinckley Simon | SR | 525 | Clayton Ridge Guttenberg | 36 | 24:42.2 | 9:17.5 (73) | 14:35.1 (62) | 24:54.3 (45) |
| 47 Ella Willemsen | SR | 1121 | Mankato West | 37 | 24:45.5 | 9:29.0 (103) | 14:44.6 (75) | 24:59.0 (48) |
| 48 Sophia Miles | SR | 1518 | Solon | 38 | 24:50.0 | 9:06.7 (51) | 14:38.4 (64) | 25:17.9 (55) |
| 49 Alexia Hale | FR | 1618 | Valley West Des Moines | 39 | 24:51.4 | 8:57.3 (28) | 14:08.8 (36) | 24:55.6 (46) |
| 50 Avery Johnson | FR | 1511 | Solon | 40 | 24:52.8 | 9:07.0 (53) | 14:35.0 (61) | 25:19.6 (56) |
| 51 Aubree Wilde | FR | 1749 | Williamsburg | 41 | 24:53.5 | 9:05.9 (46) | 14:31.4 (57) | 25:16.3 (54) |
| 52 Jessa Jones | SR | 1621 | Valley West Des Moines | -- | 24:57.1 | 9:19.3 (77) | 14:40.1 (67) | 25:11.1 (50) |
| 53 Cadia Switzer | SO | 476 | Cedar Falls | -- | 24:58.0 | 9:15.6 (68) | 14:34.6 (60) | 25:10.4 (49) |
| 54 Kate Wilson | JR | 654 | Denver | 42 | 25:11.9 | 8:59.0 (35) | 14:23.3 (52) | 25:15.4 (52) |
| 55 Andie Sanderson | SR | 1118 | Mankato West | 43 | 25:16.4 | 9:08.2 (56) | 14:32.6 (59) | 25:21.7 (58) |
| 56 Mikaela Stenzel | SR | 1119 | Mankato West | 44 | 25:20.7 | 9:16.8 (70) | 14:45.0 (76) | 25:44.0 (67) |
| 57 Mia Gavin | JR | 1380 | Norwalk | 45 | 25:22.7 | 9:02.0 (37) | 14:17.2 (41) | 25:15.5 (53) |
| 58 Esther Tink | FR | 477 | Cedar Falls | -- | 25:22.9 | 9:17.7 (74) | 14:29.5 (55) | 25:14.0 (51) |
| 59 Nettie Foat | JR | 1201 | Mason City | 46 | 25:24.5 | 9:21.5 (81) | 14:46.7 (77) | 25:20.7 (57) |
| 60 Caroline Rupe | SO | 1288 | Mount Vernon-Lisbon | 47 | 25:25.7 | 9:17.0 (72) | 14:40.5 (68) | 25:26.5 (60) |
| 61 Paula Schwan | SO | 368 | Bettendorf | 48 | 25:29.2 | 9:25.5 (90) | 14:43.6 (73) | 25:24.2 (59) |
| 62 Allison Denny | SR | 1373 | Norwalk | 49 | 25:29.5 | 9:05.0 (44) | 14:24.7 (53) | 25:29.2 (62) |
| 63 Violet Menk | SR | 1115 | Mankato West | 50 | 25:29.9 | 9:28.8 (102) | 14:52.8 (81) | 25:45.2 (68) |
| 64 Jillian Jansen | SO | 1510 | Solon | 51 | 25:31.0 | 8:55.2 (21) | 14:14.0 (37) | 25:27.2 (61) |
| 65 Marin Ashbacker | JR | 1503 | Solon | 52 | 25:33.0 | 9:06.0 (47) | 14:35.1 (63) | 25:45.8 (69) |

| Athlete | Yr. | # | Team | Score | Time | 900m | k | 4k |
|----------------------|------------|----------|---------------------|--------------|-------------|-----------------|------------------|-----------------|
| 66 Grady Woods | FR | 1750 | Williamsburg | 53 | 25:36.2 | 9:28.4 (101) | 14:59.4 (87) | 25:42.9 (65) |
| 67 Jayla Cooley | FR | 1196 | Mason City | 54 | 25:38.3 | 9:17.8 (75) | 14:42.1 (71) | 25:43.8 (66) |
| 68 Olivia Daubs | FR | 1063 | Linn-Mar Marion | 55 | 25:42.6 | 9:03.1 (39) | 14:20.2 (48) | 25:48.6 (72) |
| 69 Beckitt Kabela | FR | 1512 | Solon | -- | 25:43.9 | 8:56.1 (27) | 14:21.1 (50) | 25:38.3 (63) |
| 70 Brianna Havick | SO | 1381 | Norwalk | -- | 25:47.6 | 9:14.7 (65) | 14:42.3 (72) | 25:50.2 (74) |
| 71 Carolina Flores | SR | 1379 | Norwalk | -- | 25:47.7 | 9:23.1 (86) | 14:48.5 (78) | 25:50.9 (75) |
| 72 Madelyn Hockenson | FR | 644 | Denver | 56 | 25:49.0 | 9:07.3 (54) | 14:30.1 (56) | 25:40.5 (64) |
| 73 Kailee Miller | SR | 1519 | Solon | -- | 25:49.3 | 9:23.3 (87) | 14:54.3 (82) | 25:48.3 (71) |
| 74 Izzy Oman | FR | 562 | Clear Lake | 57 | 25:52.7 | 9:27.5 (96) | 14:55.5 (83) | 25:47.7 (70) |
| 75 Catherine Dierks | SR | 450 | Cedar Falls | -- | 25:53.6 | 9:27.5 (95) | 14:56.4 (84) | 25:55.8 (76) |
| 76 Amri Schwartz | SO | 1711 | Waverly-Shell Rock | 58 | 25:56.4 | 8:57.3 (29) | 13:55.1 (23) | 26:17.9 (88) |
| 77 Olivia Bonnema | SR | 1505 | Solon | -- | 25:59.1 | 9:14.7 (64) | 14:57.3 (85) | 26:12.2 (85) |
| 78 Claire Rasmuson | FR | 563 | Clear Lake | 59 | 26:00.6 | 9:29.2 (105) | 15:13.4 (108) | 26:08.0 (83) |
| 79 Aspen Bellig | SR | 1108 | Mankato West | 60 | 26:00.8 | 9:34.8 (125) | 15:09.2 (101) | 26:00.9 (79) |
| 80 Kate Martin | FR | 1282 | Mount Vernon-Lisbon | 61 | 26:03.7 | 9:22.1 (83) | 14:41.4 (69) | 25:49.2 (73) |
| 81 Sofia Puls | SO | 471 | Cedar Falls | -- | 26:05.7 | 9:31.3 (116) | 15:03.0 (91) | 26:00.2 (78) |
| 82 Kaydence Ericson | FR | 1701 | Waverly-Shell Rock | 62 | 26:07.8 | 9:04.7 (43) | 14:25.6 (54) | 26:17.8 (87) |
| 83 Reagan Arwine | FR | 1737 | Williamsburg | 63 | 26:08.4 | 9:09.6 (57) | 14:44.1 (74) | 26:06.5 (80) |
| 84 Claire Sewell | SO | 1206 | Mason City | 64 | 26:08.4 | 9:27.6 (97) | 14:57.8 (86) | 26:06.9 (82) |
| 85 Piper Barnhouse | SO | 1504 | Solon | -- | 26:12.7 | 9:25.8 (92) | 15:09.4 (102) | 26:36.5 (93) |
| 86 Isabel Wenzel | SO | 484 | Cedar Falls | -- | 26:13.1 | 9:13.3 (62) | 14:32.4 (58) | 25:58.0 (77) |
| 87 Alyssa Swanson | SR | 1120 | Mankato West | -- | 26:14.8 | 9:22.2 (84) | 14:59.9 (88) | 26:13.8 (86) |

| Athlete | Yr. | # | Team | Score | Time | 900m | k | 4k |
|----------------------|------------|----------|-----------------------------|--------------|-------------|-----------------|------------------|------------------|
| 88 Olivia Carter | SR | 445 | Cedar Falls | -- | 26:15.0 | 9:19.9 (78) | 14:51.5 (80) | 26:06.6 (81) |
| 89 Megan Lewandowski | SR | 1114 | Mankato West | -- | 26:25.5 | 9:16.3 (69) | 15:04.4 (94) | 26:25.2 (89) |
| 90 Kambry Jaeger | SO | 462 | Cedar Falls | -- | 26:27.1 | 9:31.3 (117) | 15:03.4 (93) | 26:11.4 (84) |
| 91 Maggie Menster | JR | 359 | Bettendorf | 65 | 26:40.8 | 9:30.1 (110) | 15:03.2 (92) | 26:32.8 (92) |
| 92 Anna Brodahl | JR | 444 | Cedar Falls | -- | 26:41.9 | 9:29.6 (107) | 15:07.1 (97) | 26:29.6 (91) |
| 93 Claire Stewart | FR | 1389 | Norwalk | -- | 26:44.2 | 9:04.6 (42) | 14:39.3 (66) | 26:25.9 (90) |
| 94 Melissa Meza | JR | 468 | Cedar Falls | -- | 26:51.6 | 9:35.4 (127) | 15:30.8 (118) | 26:43.0 (96) |
| 95 Zoie Hildreth | SO | 1382 | Norwalk | -- | 26:53.9 | 9:25.6 (91) | 15:09.8 (103) | 26:39.3 (94) |
| 96 Lexi Glaza | FR | 1276 | Mount Vernon-Lisbon | 66 | 26:57.0 | 9:45.3 (137) | 15:41.9 (129) | 26:58.0 (104) |
| 97 Anna Tryon | SR | 372 | Bettendorf | 67 | 26:58.3 | 9:36.0 (128) | 15:25.8 (114) | 26:47.8 (98) |
| 98 Lyvia Torrez | JR | 480 | Cedar Falls | -- | 27:00.3 | 9:35.2 (126) | 15:30.6 (116) | 26:55.7 (103) |
| 99 Piper Stahle | JR | 1531 | Solon | -- | 27:00.4 | 9:27.0 (94) | 15:20.8 (111) | 26:51.8 (100) |
| 100 Maggie Evans | SO | 1378 | Norwalk | -- | 27:05.0 | 9:25.5 (89) | 15:10.1 (105) | 26:44.8 (97) |
| 101 Lilah Rasche | SO | 364 | Bettendorf | 68 | 27:05.8 | 9:24.5 (88) | 14:50.8 (79) | 26:42.2 (95) |
| 102 Paige Mook | SR | 361 | Bettendorf | 69 | 27:06.8 | 9:36.0 (129) | 15:25.8 (113) | 26:53.1 (102) |
| 103 Hailey Gaul | SR | 521 | Clayton Ridge Guttenberg | 70 | 27:07.9 | 9:29.6 (108) | 15:08.0 (100) | 27:04.9 (105) |
| 104 Kayanna Schmidt | SO | 1523 | Solon | -- | 27:21.5 | 9:30.9 (113) | 15:33.0 (122) | 27:25.7 (113) |
| 105 Graceyn Uhlmann | SO | 1748 | Williamsburg | 71 | 27:22.1 | 9:05.4 (45) | 14:39.2 (65) | 27:16.5 (109) |
| 106 Kendall Werner | SO | 1533 | Solon | -- | 27:23.3 | 9:30.8 (112) | 15:33.0 (121) | 27:25.1 (112) |
| 107 Maria Fohrer | SR | 1702 | Waverly-Shell Rock | 72 | 27:23.7 | 8:57.9 (32) | 14:21.1 (49) | 27:12.8 (106) |
| 108 Harley Trettin | SO | 1208 | Mason City | 73 | 27:23.9 | 9:28.0 (98) | 15:06.3 (96) | 26:50.9 (99) |
| 109 Paige Thomas | FR | 526 | Clayton Ridge Guttenberg | 74 | 27:26.0 | 9:32.6 (120) | 15:14.5 (110) | 27:15.9 (108) |

| Athlete | Yr. | # | Team | Score | Time | 900m | k | 4k |
|-----------------------|------------|----------|-----------------------------|--------------|-------------|-----------------|------------------|------------------|
| 110 Sophie Berglund | FR | 1056 | Linn-Mar Marion | 75 | 27:31.5 | 9:32.4 (119) | 15:07.9 (99) | 26:51.9 (101) |
| 111 Audrey Dickson | SO | 520 | Clayton Ridge Guttenberg | 76 | 27:34.0 | 9:26.1 (93) | 15:01.8 (90) | 27:38.5 (118) |
| 112 Gracie Laban | FR | 358 | Bettendorf | 77 | 27:43.0 | 9:33.5 (123) | 15:21.5 (112) | 27:26.5 (114) |
| 113 Jillian Doepke | FR | 643 | Denver | 78 | 27:47.2 | 9:20.5 (79) | 15:11.1 (106) | 27:21.5 (110) |
| 114 Adelia Good | SR | 353 | Bettendorf | 79 | 27:55.3 | 9:30.5 (111) | 15:12.6 (107) | 27:15.5 (107) |
| 115 Jayva Gomez | FR | 1539 | South Tama County Tama | -- | 27:57.2 | 9:16.9 (71) | 15:01.0 (89) | 27:50.7 (121) |
| 116 Reagan Slaymaker | SO | 1292 | Mount Vernon-Lisbon | 80 | 27:58.5 | 9:41.4 (131) | 15:37.4 (124) | 27:26.6 (115) |
| 117 Sade Kapayou | SR | 1540 | South Tama County Tama | -- | 27:58.9 | 9:46.9 (141) | 15:50.8 (132) | 27:32.8 (117) |
| 118 Claire Warby | SO | 482 | Cedar Falls | -- | 28:01.8 | 9:29.6 (109) | 15:30.6 (117) | 27:50.4 (120) |
| 119 Caidence Macke | FR | 1514 | Solon | -- | 28:02.4 | 9:32.4 (118) | 15:31.2 (119) | 27:24.8 (111) |
| 120 Kahlan Kearns | SR | 463 | Cedar Falls | -- | 28:08.6 | 9:33.0 (122) | 15:27.4 (115) | 27:27.3 (116) |
| 121 Emily Schnoor | FR | 1289 | Mount Vernon-Lisbon | 81 | 28:21.1 | 9:45.4 (138) | 15:42.7 (130) | 27:44.2 (119) |
| 122 Kennedy LeDuc | FR | 560 | Clear Lake | 82 | 28:27.1 | 9:54.3 (146) | 16:06.5 (145) | 27:59.1 (123) |
| 123 Deborah Vodjogbe | FR | 1676 | Waterloo West | -- | 28:35.8 | 9:28.4 (100) | 15:07.6 (98) | 27:53.5 (122) |
| 124 Amira Little | JR | 1668 | Waterloo West | -- | 28:35.8 | 9:28.2 (99) | 15:14.4 (109) | 28:03.1 (124) |
| 125 Maryn Laures | JR | 646 | Denver | 83 | 28:39.0 | 9:15.2 (67) | 15:05.9 (95) | 28:09.8 (126) |
| 126 Treya Patel | FR | 362 | Bettendorf | -- | 28:40.5 | 9:45.0 (136) | 15:36.5 (123) | 28:46.4 (135) |
| 127 Addison Carlson | SR | 639 | Denver | 84 | 28:41.8 | 9:32.9 (121) | 15:31.9 (120) | 28:17.1 (127) |
| 128 Lyla Baker | | 1767 | Mankato West | -- | 28:43.2 | 9:45.6 (139) | 15:57.5 (138) | 28:25.8 (130) |
| 129 Peyton Carstensen | SO | 1111 | Mankato West | -- | 28:49.0 | 9:44.6 (134) | 15:50.9 (133) | 28:07.9 (125) |
| 130 Ashlyn Wallace | FR | 1329 | Newton | -- | 29:01.1 | 9:20.8 (80) | 15:09.8 (104) | 28:46.2 (134) |
| 131 Chloe Koshollek | SO | 1415 | Onalaska | -- | 29:07.2 | 9:42.2 (132) | 15:38.3 (125) | 28:18.3 (128) |

| Athlete | Yr. | # | Team | Score | Time | 900m | k | 4k |
|-------------------------|------------|----------|---------------------------|--------------|-------------|------------------|------------------|------------------|
| 132 Mya Koppes | SR | 1067 | Linn-Mar Marion | 85 | 29:15.1 | 9:56.6 (148) | 16:06.2 (144) | 28:32.8 (131) |
| 133 Sejla Mehmedovic | SR | 466 | Cedar Falls | -- | 29:17.4 | 9:53.5 (145) | 15:57.7 (139) | 28:21.9 (129) |
| 134 Vivi Schmooke | FR | 1524 | Solon | -- | 29:22.7 | 9:18.4 (76) | 15:40.9 (127) | 28:34.1 (132) |
| 135 Rowan Appel | SR | 347 | Bettendorf | -- | 29:41.4 | 9:45.8 (140) | 15:50.6 (131) | 28:37.6 (133) |
| 136 Addy McDermott | JR | 1071 | Linn-Mar Marion | 86 | 29:43.1 | 10:02.9 (149) | 16:20.2 (147) | 29:04.7 (137) |
| 137 Marissa Parks | SO | 1227 | Mid-Prairie Wellman | 87 | 29:49.1 | 10:13.6 (157) | 16:26.2 (148) | 29:20.3 (139) |
| 138 Ella Hansel | SR | 1704 | Waverly-Shell Rock | 88 | 29:51.3 | 9:31.2 (114) | 15:51.2 (134) | 28:56.1 (136) |
| 139 Emma Anhalt | JR | 1697 | Waverly-Shell Rock | 89 | 29:52.7 | 9:31.3 (115) | 16:00.4 (141) | 29:07.0 (138) |
| 140 Stephanie Parks | FR | 1228 | Mid-Prairie Wellman | 90 | 29:56.7 | 9:52.8 (144) | 15:53.9 (136) | 29:23.0 (140) |
| 141 Jackie Garringer | FR | 1741 | Williamsburg | 91 | 30:17.4 | 9:39.6 (130) | 15:59.6 (140) | 29:46.5 (143) |
| 142 Lexi Miller | SO | 1226 | Mid-Prairie Wellman | 92 | 30:28.4 | 9:55.4 (147) | 16:04.2 (143) | 29:34.1 (141) |
| 143 Samantha Wunderlich | SO | 1239 | Mid-Prairie Wellman | 93 | 30:31.0 | 10:14.4 (158) | 16:26.7 (149) | 29:57.0 (144) |
| 144 Natalie Brady | FR | 554 | Clear Lake | 94 | 30:42.2 | 9:50.4 (142) | 16:17.9 (146) | 30:15.4 (146) |
| 145 Lily Bergman | SR | 638 | Denver | 95 | 30:43.8 | 9:34.4 (124) | 15:51.9 (135) | 29:39.8 (142) |
| 146 Violet Houtakker | FR | 1509 | Solon | -- | 31:13.6 | 9:50.5 (143) | 16:42.3 (151) | 30:13.6 (145) |
| 147 Emme Jerome | SO | 1706 | Waverly-Shell Rock | 96 | 31:17.7 | 9:29.3 (106) | 16:02.2 (142) | 30:45.7 (150) |
| 148 Livia Smith | SO | 1542 | South Tama County Tama | -- | 31:39.5 | 9:44.9 (135) | 16:27.1 (150) | 30:41.2 (147) |
| 149 Emily Bock | SO | 1271 | Mount Vernon-Lisbon | -- | 31:40.3 | 10:11.4 (153) | 16:58.3 (155) | 30:45.6 (149) |
| 150 Alaina Safly | JR | 1233 | Mid-Prairie Wellman | 97 | 32:15.3 | 9:29.2 (104) | 15:40.5 (126) | 30:41.8 (148) |
| 151 Leah Leonard | FR | 1280 | Mount Vernon-Lisbon | -- | 32:17.7 | 10:06.4 (150) | 16:55.5 (154) | 31:02.9 (151) |
| 152 Olivia Scott | FR | 565 | Clear Lake | 98 | 32:25.8 | 10:11.8 (154) | 16:46.5 (152) | 31:12.2 (152) |
| 153 Kate Gaskill | FR | 352 | Bettendorf | -- | 32:44.6 | 10:16.3 (159) | 17:30.7 (159) | 32:06.2 (154) |

| Athlete | Yr. | # | Team | Score | Time | 900m | k | 4k |
|-----------------------------|------------|----------|-----------------------------|--------------|-------------|------------------|------------------|------------------|
| 154 Aarya Phuke | SO | 470 | Cedar Falls | -- | 32:54.8 | 10:34.3 (165) | 17:48.7 (164) | 31:40.3 (153) |
| 155 Myrrin Sandborg | SR | 1117 | Mankato West | -- | 33:42.0 | 10:19.8 (160) | 17:20.9 (156) | 32:09.0 (155) |
| 156 Marely Tellez-Marceleno | JR | 1675 | Waterloo West | -- | 34:14.1 | 10:13.2 (156) | 17:34.6 (161) | 32:27.5 (157) |
| 157 Fiona McClellan | FR | 1225 | Mid-Prairie Wellman | 99 | 34:26.7 | 10:31.2 (163) | 17:36.8 (162) | 32:19.5 (156) |
| 158 Lily Lilliberg | SR | 561 | Clear Lake | 100 | 34:26.8 | 10:11.8 (155) | 17:32.2 (160) | 33:32.1 (161) |
| 159 Alexis Dirksen | SR | 1317 | Newton | -- | 34:40.4 | 10:08.6 (151) | 16:50.4 (153) | 32:56.1 (159) |
| 160 Allysa Sadewasser | JR | 523 | Clayton Ridge Guttenberg | 101 | 34:51.8 | 10:09.1 (152) | 17:25.2 (157) | 32:51.5 (158) |
| 161 Adaryn Belanger | SO | 1411 | Onalaska | -- | 34:53.2 | 10:22.2 (161) | 17:37.6 (163) | 33:32.1 (162) |
| 162 Megan Gonnerman | SR | 457 | Cedar Falls | -- | 35:32.7 | 10:24.3 (162) | 17:28.0 (158) | 33:05.2 (160) |
| 163 Mackenzie Dawson | SO | 449 | Cedar Falls | -- | 36:01.2 | 10:32.1 (164) | 18:08.4 (165) | 34:24.7 (164) |
| 164 Gwen Wunderlich | FR | 1238 | Mid-Prairie Wellman | 102 | 36:19.2 | 10:44.3 (168) | 18:18.3 (167) | 33:48.7 (163) |
| 165 Delilah Lenox | SO | 1416 | Onalaska | -- | 36:49.2 | 10:44.1 (167) | 18:22.1 (168) | 34:49.7 (165) |
| 166 Mollie Schaefer | SR | 524 | Clayton Ridge Guttenberg | 103 | 39:23.7 | 10:54.4 (169) | 19:07.6 (169) | 36:43.0 (166) |
| 167 Lydia Woychik | SO | 1425 | Onalaska | -- | 39:24.7 | 10:38.7 (166) | 18:17.4 (166) | 37:12.4 (167) |
| 168 Summer Wenmen | JR | 1164 | Marshalltown | -- | 41:15.0 | 11:19.0 (170) | 19:43.1 (170) | 38:44.1 (168) |
| Morgan Meyers | JR | 1116 | Mankato West | -- | DNF | 9:44.0 (133) | 15:54.9 (137) | |
| Eryana Whitney | FR | 1715 | Waverly-Shell Rock | -- | DNF | 9:23.0 (85) | 15:41.2 (128) | |

Race #8
Boys JV 5000M

FINAL RESULTS

TEAM SCORING SUMMARY

| Final Standings | Score | Total | Avg. |
|-----------------------------|--------------|--------------|-------------|
| 1 Cedar Falls | 15 | 1:27:34 | 17:31 |
| 2 Johnston | 61 | 1:30:23 | 18:05 |
| 3 Iowa City Liberty | 125 | 1:32:13 | 18:27 |
| 4 Linn-Mar Marion | 137* | 1:32:35 | 18:31 |
| 5 Valley West Des Moines | 137* | 1:32:36 | 18:32 |
| 6 Dubuque Senior | 149 | 1:32:55 | 18:35 |
| 7 Iowa City West | 166 | 1:33:14 | 18:39 |
| 8 Norwalk | 242 | 1:35:14 | 19:03 |
| 9 Mount Vernon-Lisbon | 274 | 1:37:21 | 19:29 |
| 10 Urbandale | 279 | 1:36:21 | 19:17 |
| 11 Mankato West | 286 | 1:36:27 | 19:18 |
| 12 Clear Lake | 379 | 1:40:58 | 20:12 |
| 13 Bettendorf | 408 | 1:42:21 | 20:29 |
| 14 Mason City | 422 | 1:42:44 | 20:33 |
| 15 Marshalltown | 438 | 1:44:03 | 20:49 |
| 16 Williamsburg | 479 | 1:46:04 | 21:13 |
| 17 Denver | 509 | 1:47:30 | 21:30 |
| 18 Solon | 548 | 1:50:16 | 22:04 |
| 19 Waverly-Shell Rock | 616 | 1:54:59 | 23:00 |
| 20 Cedar Rapids Washington | 652 | 1:57:47 | 23:34 |
| 21 Newton | 657 | 1:59:42 | 23:57 |
| 22 Wapsie Valley Fairbank | 702 | 2:13:20 | 26:40 |
| 23 Clayton Ridge Guttenberg | 719 | 2:11:32 | 26:19 |

***Tiebreakers**

| | | | | | | | |
|------------------------|----|----|----|----|----|----|----|
| Linn-Mar Marion | 17 | 22 | 27 | 34 | 37 | 41 | 47 |
| Valley West Des Moines | 15 | 21 | 30 | 31 | 40 | 43 | 45 |

SPLIT SCORING SUMMARY

900M

| UNOFFICIAL Standings | Score |
|-----------------------------|--------------|
| 1 Cedar Falls | 29 |
| 2 Johnston | 42 |
| 3 Iowa City West | 118 |

| UNOFFICIAL Standings | | Score |
|-----------------------------|--------------------------|--------------|
| 3 | Linn-Mar Marion | 118 |
| 5 | Dubuque Senior | 138 |
| 6 | Iowa City Liberty | 171 |
| 7 | Norwalk | 214 |
| 8 | Valley West Des Moines | 261 |
| 8 | Urbandale | 261 |
| 10 | Mason City | 276 |
| 11 | Mount Vernon-Lisbon | 315 |
| 12 | Mankato West | 369 |
| 13 | Bettendorf | 430 |
| 14 | Marshalltown | 450 |
| 15 | Clear Lake | 461 |
| 16 | Denver | 471 |
| 17 | Williamsburg | 474 |
| 18 | Solon | 498 |
| 19 | Waverly-Shell Rock | 577 |
| 20 | Newton | 631 |
| 21 | Wapsie Valley Fairbank | 649 |
| 21 | Cedar Rapids Washington | 649 |
| 23 | Clayton Ridge Guttenberg | 674 |

2K

| UNOFFICIAL Standings | | Score |
|-----------------------------|------------------------|--------------|
| 1 | Cedar Falls | 22 |
| 2 | Johnston | 44 |
| 3 | Iowa City West | 109 |
| 4 | Linn-Mar Marion | 129 |
| 5 | Iowa City Liberty | 161 |
| 6 | Dubuque Senior | 184 |
| 7 | Valley West Des Moines | 205 |
| 8 | Norwalk | 223 |
| 9 | Urbandale | 258 |
| 10 | Mason City | 300 |
| 11 | Mount Vernon-Lisbon | 315 |
| 12 | Mankato West | 319 |
| 13 | Clear Lake | 418 |
| 13 | Bettendorf | 418 |
| 15 | Marshalltown | 468 |
| 16 | Williamsburg | 487 |
| 17 | Denver | 496 |

| UNOFFICIAL Standings | | | Score |
|-----------------------------|--------------------------|--|--------------|
| 18 | Solon | | 537 |
| 19 | Waverly-Shell Rock | | 581 |
| 20 | Newton | | 643 |
| 21 | Cedar Rapids Washington | | 648 |
| 22 | Wapsie Valley Fairbank | | 677 |
| 23 | Clayton Ridge Guttenberg | | 692 |

4K

| UNOFFICIAL Standings | | | Score |
|-----------------------------|--------------------------|--|--------------|
| 1 | Cedar Falls | | 15 |
| 2 | Johnston | | 51 |
| 3 | Iowa City Liberty | | 119 |
| 4 | Linn-Mar Marion | | 138 |
| 5 | Valley West Des Moines | | 145 |
| 6 | Iowa City West | | 150 |
| 7 | Dubuque Senior | | 179 |
| 8 | Norwalk | | 237 |
| 9 | Urbandale | | 283 |
| 9 | Mount Vernon-Lisbon | | 283 |
| 11 | Mankato West | | 294 |
| 12 | Clear Lake | | 382 |
| 13 | Mason City | | 385 |
| 14 | Bettendorf | | 400 |
| 15 | Marshalltown | | 454 |
| 16 | Williamsburg | | 484 |
| 17 | Denver | | 501 |
| 18 | Solon | | 548 |
| 19 | Waverly-Shell Rock | | 605 |
| 20 | Cedar Rapids Washington | | 649 |
| 21 | Newton | | 660 |
| 22 | Wapsie Valley Fairbank | | 703 |
| 23 | Clayton Ridge Guttenberg | | 711 |

INDIVIDUAL RESULTS

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------|------------|----------|-------------|--------------|-------------|-------------------|-------------------|--------------------|
| 1 Porter Myers | SO | 410 | Cedar Falls | 1 | 17:12.1 | 2:52.8 (3) | 6:33.9 (1) | 13:51.2 (1) |
| 2 Gaige Martin | JR | 407 | Cedar Falls | 2 | 17:28.3 | 2:52.8 (2) | 6:33.9 (2) | 13:56.8 (2) |
| 3 Chase Kies | SR | 399 | Cedar Falls | 3 | 17:31.3 | 2:58.2 (8) | 6:42.9 (7) | 14:09.3 (4) |
| 4 James Mandt | JR | 406 | Cedar Falls | 4 | 17:40.4 | 2:52.7 (1) | 6:34.1 (3) | 14:08.4 (3) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------|------------|----------|------------------------|--------------|-------------|-------------|-------------|--------------|
| 5 Cody Strohman | FR | 425 | Cedar Falls | 5 | 17:41.1 | 3:03.5 (18) | 6:48.7 (9) | 14:16.2 (5) |
| 6 Kaden Gatton | SO | 936 | Johnston | 6 | 17:47.5 | 2:56.2 (6) | 6:39.3 (5) | 14:27.0 (6) |
| 7 Beckett Brock | SO | 713 | Dubuque Senior | 7 | 17:56.0 | 2:54.5 (4) | 6:40.1 (6) | 14:36.7 (11) |
| 8 Brody Ahrens | SO | 373 | Cedar Falls | 8 | 17:56.3 | 3:02.4 (16) | 6:53.6 (11) | 14:30.4 (8) |
| 9 Yuma Squires | JR | 816 | Iowa City Liberty | 9 | 17:57.5 | 2:59.7 (9) | 6:53.2 (10) | 14:32.6 (9) |
| 10 Carter Dyer | SO | 932 | Johnston | 10 | 17:57.7 | 3:06.9 (30) | 6:58.9 (21) | 14:29.6 (7) |
| 11 Logan Brustkern | SR | 917 | Johnston | 11 | 18:01.0 | 2:57.9 (7) | 6:47.7 (8) | 14:33.0 (10) |
| 12 Rodrigo Avila | SO | 375 | Cedar Falls | 12 | 18:04.9 | 3:13.4 (60) | 7:07.1 (43) | 14:39.0 (12) |
| 13 Sawyer Feldman | JR | 1247 | Mount Vernon-Lisbon | 13 | 18:10.7 | 3:01.5 (13) | 6:59.2 (22) | 14:49.0 (23) |
| 14 Nathan Tischer | JR | 976 | Johnston | 14 | 18:13.7 | 3:10.0 (49) | 7:08.2 (47) | 14:50.1 (25) |
| 15 Alton Ladd | SR | 1601 | Valley West Des Moines | 15 | 18:13.9 | 3:15.0 (68) | 7:09.4 (50) | 14:46.6 (19) |
| 16 Hayden Johnsen | SR | 811 | Iowa City Liberty | 16 | 18:14.8 | 3:09.6 (48) | 7:05.1 (37) | 14:44.8 (17) |
| 17 Will Kennedy | SO | 1024 | Linn-Mar Marion | 17 | 18:15.6 | 3:03.9 (19) | 6:58.6 (19) | 14:44.6 (16) |
| 18 Jack Eastvold | JR | 844 | Iowa City West | 18 | 18:15.7 | 3:11.3 (51) | 7:02.5 (30) | 14:47.0 (20) |
| 19 Thomas Tong | JR | 875 | Iowa City West | 19 | 18:20.3 | 3:03.9 (20) | 6:57.7 (18) | 14:42.7 (14) |
| 20 Aydean Bejtovic | SR | 912 | Johnston | 20 | 18:22.7 | 3:04.5 (22) | 6:55.5 (15) | 14:41.8 (13) |
| 21 Weston Bowser | SO | 1595 | Valley West Des Moines | 21 | 18:24.6 | 3:08.4 (41) | 7:04.5 (35) | 14:48.7 (21) |
| 22 Bhargava Malya | SR | 1035 | Linn-Mar Marion | 22 | 18:26.0 | 3:03.9 (21) | 7:02.3 (29) | 14:53.6 (29) |
| 23 Trevor Schepanski | SR | 814 | Iowa City Liberty | 23 | 18:27.3 | 3:09.5 (45) | 7:06.3 (41) | 14:48.7 (22) |
| 24 Elijah Neuhaus | SO | 735 | Dubuque Senior | 24 | 18:30.1 | 3:12.6 (54) | 7:10.7 (56) | 14:58.3 (33) |
| 25 Blake Williams | FR | 988 | Johnston | 25 | 18:32.1 | 3:01.5 (12) | 6:54.6 (13) | 14:51.0 (26) |
| 26 Buck Pattinson | SR | 960 | Johnston | 26 | 18:33.1 | 2:54.7 (5) | 6:35.9 (4) | 14:43.5 (15) |
| 27 Brady Limbert | JR | 1031 | Linn-Mar Marion | 27 | 18:34.0 | 3:05.3 (26) | 7:01.4 (26) | 14:54.6 (30) |
| 28 Finn Kinkaid | SR | 728 | Dubuque Senior | 28 | 18:34.4 | 3:15.0 (66) | 7:14.9 (69) | 15:16.8 (55) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------|------------|----------|------------------------|--------------|-------------|-------------|-------------|--------------|
| 29 Drayden Nunemaker | SO | 1256 | Mount Vernon-Lisbon | 29 | 18:34.8 | 3:05.5 (27) | 7:02.7 (31) | 14:49.1 (24) |
| 30 Parthiv Rengarajan | JR | 1608 | Valley West Des Moines | 30 | 18:35.4 | 3:15.6 (73) | 7:10.8 (57) | 15:03.6 (40) |
| 31 Peter LaMasters | JR | 1602 | Valley West Des Moines | 31 | 18:35.8 | 3:15.7 (74) | 7:10.4 (54) | 14:57.3 (32) |
| 32 Mateo Holcomb | SR | 1560 | Urbandale | 32 | 18:36.0 | 3:08.0 (38) | 7:01.1 (24) | 14:51.0 (27) |
| 33 Ethan Mckee | JR | 409 | Cedar Falls | -- | 18:36.0 | 3:02.3 (15) | 6:53.9 (12) | 14:46.6 (18) |
| 34 Tyler Schepanski | SR | 815 | Iowa City Liberty | 33 | 18:36.6 | 3:09.5 (46) | 7:07.0 (42) | 14:51.9 (28) |
| 35 Landon Wallace | SO | 429 | Cedar Falls | -- | 18:36.9 | 3:13.4 (59) | 7:09.1 (49) | 15:03.3 (39) |
| 36 Andrew Coles | FR | 926 | Johnston | -- | 18:37.0 | 3:19.7 (99) | 7:20.8 (82) | 15:05.9 (42) |
| 37 Griffin Adamson | SR | 996 | Linn-Mar Marion | 34 | 18:37.7 | 3:07.6 (35) | 7:06.0 (40) | 14:56.3 (31) |
| 38 Luke Wagner | JR | 982 | Johnston | -- | 18:37.8 | 3:09.5 (44) | 7:08.7 (48) | 14:59.4 (35) |
| 39 Ahmed Elbeshti | FR | 845 | Iowa City West | 35 | 18:38.4 | 3:07.8 (36) | 7:04.7 (36) | 15:00.5 (36) |
| 40 Harrison Bice | JR | 1333 | Norwalk | 36 | 18:40.5 | 3:07.8 (37) | 7:01.3 (25) | 14:58.4 (34) |
| 41 Ashton Landherr | FR | 1030 | Linn-Mar Marion | 37 | 18:40.9 | 3:15.0 (67) | 7:14.7 (67) | 15:01.3 (37) |
| 42 Mason Liddle | SR | 732 | Dubuque Senior | 38 | 18:44.9 | 3:04.6 (23) | 7:05.3 (39) | 15:06.9 (45) |
| 43 Graham Haack | FR | 1341 | Norwalk | 39 | 18:46.0 | 3:12.9 (57) | 7:12.7 (60) | 15:09.3 (49) |
| 44 Cameron Bauman | SO | 1592 | Valley West Des Moines | 40 | 18:46.0 | 3:16.2 (78) | 7:10.0 (52) | 15:07.0 (46) |
| 45 Charlie Petersen | SO | 1044 | Linn-Mar Marion | 41 | 18:49.8 | 3:06.1 (28) | 7:04.3 (34) | 15:06.2 (44) |
| 46 Sam Simmons | JR | 1100 | Mankato West | 42 | 18:50.4 | 3:19.6 (98) | 7:23.7 (86) | 15:17.5 (58) |
| 47 Jace Hudson | FR | 394 | Cedar Falls | -- | 18:53.4 | 3:02.8 (17) | 6:55.3 (14) | 15:03.2 (38) |
| 48 Gabriel Zingler | SO | 1611 | Valley West Des Moines | 43 | 18:53.6 | 3:17.4 (84) | 7:18.0 (75) | 15:21.5 (60) |
| 49 Greyson Veiseth | SR | 428 | Cedar Falls | -- | 18:54.4 | 3:07.2 (32) | 7:04.1 (32) | 15:06.0 (43) |
| 50 Carter Konrardy | FR | 812 | Iowa City Liberty | 44 | 18:56.0 | 3:09.6 (47) | 7:07.5 (45) | 15:11.3 (51) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|------------------------|------------|----------|------------------------|--------------|-------------|--------------|--------------|--------------|
| 51 Ramey Morgan | JR | 957 | Johnston | -- | 18:56.2 | 3:10.8 (50) | 7:09.9 (51) | 15:15.7 (53) |
| 52 Benjamin Green | SR | 1598 | Valley West Des Moines | 45 | 18:56.9 | 3:22.5 (114) | 7:27.3 (96) | 15:18.1 (59) |
| 53 Lars Pressler | SO | 866 | Iowa City West | 46 | 18:57.0 | 3:07.6 (33) | 7:00.3 (23) | 15:08.5 (47) |
| 54 Christopher Lindsay | SO | 1032 | Linn-Mar Marion | 47 | 18:58.1 | 3:15.9 (76) | 7:17.8 (73) | 15:15.6 (52) |
| 55 Talan Stradt | SR | 1049 | Linn-Mar Marion | -- | 18:58.5 | 3:14.8 (64) | 7:10.4 (53) | 15:05.1 (41) |
| 56 Graham Hart | SO | 1599 | Valley West Des Moines | -- | 19:01.3 | 3:17.7 (89) | 7:18.5 (77) | 15:21.8 (61) |
| 57 Asif Ali | JR | 829 | Iowa City West | 48 | 19:02.2 | 3:04.6 (24) | 7:01.9 (27) | 15:08.7 (48) |
| 58 Ben Cheese | JR | 923 | Johnston | -- | 19:04.1 | 3:00.5 (11) | 6:58.9 (20) | 15:15.7 (54) |
| 59 Andrew Bogue | SR | 913 | Johnston | -- | 19:04.7 | 3:13.3 (58) | 7:14.3 (66) | 15:21.9 (62) |
| 60 Sawyer Marrs | SO | 1565 | Urbandale | 49 | 19:06.7 | 3:12.7 (55) | 7:11.7 (58) | 15:24.7 (64) |
| 61 Eli Heckert | SR | 1344 | Norwalk | 50 | 19:08.6 | 3:12.9 (56) | 7:12.9 (61) | 15:17.4 (57) |
| 62 Cael Stucky | JR | 551 | Clear Lake | 51 | 19:08.8 | 3:28.5 (149) | 7:30.2 (103) | 15:30.0 (69) |
| 63 Elijah Roach | JR | 740 | Dubuque Senior | 52 | 19:09.4 | 3:08.3 (39) | 7:10.5 (55) | 15:22.8 (63) |
| 64 Cody Hesselman | SO | 723 | Dubuque Senior | 53 | 19:09.4 | 3:14.1 (63) | 7:19.4 (78) | 15:29.6 (68) |
| 65 Sebastian Reinert | SR | 738 | Dubuque Senior | 54 | 19:11.0 | 3:16.6 (79) | 7:24.1 (88) | 15:34.8 (76) |
| 66 Aiden Rowray | FR | 1048 | Linn-Mar Marion | -- | 19:11.1 | 3:15.1 (69) | 7:13.8 (63) | 15:16.9 (56) |
| 67 Nahshon Staley | 7 | 1103 | Mankato West | 55 | 19:11.8 | 3:19.1 (96) | 7:18.4 (76) | 15:25.3 (65) |
| 68 Carter Lang | FR | 1094 | Mankato West | 56 | 19:14.0 | 3:18.7 (92) | 7:14.8 (68) | 15:30.2 (70) |
| 69 Henry Lawler | SO | 852 | Iowa City West | 57 | 19:14.1 | 3:25.8 (134) | 7:37.9 (126) | 15:44.8 (87) |
| 70 Braeden Vogel | SO | 1365 | Norwalk | 58 | 19:17.1 | 3:22.8 (116) | 7:27.7 (97) | 15:33.2 (74) |
| 71 Ian Sindt | SO | 746 | Dubuque Senior | -- | 19:18.1 | 3:07.6 (34) | 7:14.2 (65) | 15:38.6 (78) |
| 72 Devin DeLoach | SO | 1005 | Linn-Mar Marion | -- | 19:18.4 | 3:17.7 (88) | 7:17.6 (72) | 15:42.1 (84) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------|------------|----------|---------------------|--------------|-------------|-----------------|-----------------|------------------|
| 73 Andy Hohmann | FR | 725 | Dubuque Senior | -- | 19:20.5 | 3:21.6 (108) | 7:30.7 (106) | 15:40.3 (81) |
| 74 Cameron Wunderlich | JR | 436 | Cedar Falls | -- | 19:21.1 | 3:15.5 (72) | 7:16.4 (71) | 15:34.6 (75) |
| 75 Dylan Wright | FR | 1369 | Norwalk | 59 | 19:21.5 | 3:17.5 (85) | 7:25.4 (92) | 15:46.2 (93) |
| 76 Evan Felton | SR | 1012 | Linn-Mar Marion | -- | 19:21.8 | 3:18.1 (90) | 7:20.2 (80) | 15:31.0 (71) |
| 77 Caleb Clark | SO | 1338 | Norwalk | 60 | 19:22.1 | 3:05.3 (25) | 7:05.3 (38) | 15:29.0 (67) |
| 78 Dayton Wright | FR | 1368 | Norwalk | 61 | 19:23.0 | 3:16.9 (81) | 7:25.2 (91) | 15:39.7 (80) |
| 79 Israel Kodiaga | FR | 401 | Cedar Falls | -- | 19:23.6 | 3:27.4 (142) | 7:39.1 (129) | 15:45.7 (88) |
| 80 Zach Bruzek | SO | 835 | Iowa City West | 62 | 19:23.8 | 3:11.7 (52) | 7:20.0 (79) | 15:32.8 (73) |
| 81 Mason Kaus | 7 | 1091 | Mankato West | 63 | 19:25.9 | 3:27.1 (140) | 7:36.3 (121) | 15:48.6 (98) |
| 82 Tom Coddington | SO | 1549 | Urbandale | 64 | 19:26.8 | 3:25.1 (129) | 7:33.0 (112) | 15:51.6 (102) |
| 83 Noah Davidson | SO | 929 | Johnston | -- | 19:27.0 | 3:06.5 (29) | 7:07.2 (44) | 15:28.4 (66) |
| 84 Grant Arling | SO | 709 | Dubuque Senior | -- | 19:27.9 | 3:22.3 (112) | 7:30.7 (105) | 15:43.0 (85) |
| 85 Srihari Kumaresan | FR | 949 | Johnston | -- | 19:28.1 | 3:24.8 (125) | 7:29.8 (101) | 15:41.4 (83) |
| 86 Eli McGee | SR | 955 | Johnston | -- | 19:28.3 | 3:24.5 (123) | 7:36.8 (123) | 15:50.7 (99) |
| 87 Cade Happel | JR | 1248 | Mount Vernon-Lisbon | 65 | 19:28.5 | 3:27.5 (143) | 7:40.9 (140) | 15:50.8 (100) |
| 88 Kyler Blanchard | SO | 378 | Cedar Falls | -- | 19:29.0 | 3:21.3 (106) | 7:30.6 (104) | 15:45.7 (89) |
| 89 Ethan Kamphaugh | SR | 1023 | Linn-Mar Marion | -- | 19:29.1 | 3:15.2 (70) | 7:13.1 (62) | 15:36.6 (77) |
| 90 Jett Harris | JR | 1558 | Urbandale | 66 | 19:30.9 | 3:08.4 (40) | 7:12.0 (59) | 15:51.0 (101) |
| 91 Colton Freund | JR | 720 | Dubuque Senior | -- | 19:31.3 | 3:13.5 (61) | 7:14.0 (64) | 15:39.1 (79) |
| 92 Will Kremer | JR | 402 | Cedar Falls | -- | 19:32.0 | 3:16.1 (77) | 7:17.8 (74) | 15:44.7 (86) |
| 93 Oluwadara Olaleye | SO | 863 | Iowa City West | -- | 19:32.7 | 3:21.0 (104) | 7:25.2 (90) | 15:32.7 (72) |
| 94 Parker Page | FR | 1188 | Mason City | 67 | 19:32.8 | 3:00.1 (10) | 6:55.9 (17) | 15:11.0 (50) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------|------------|----------|------------------------|--------------|-------------|--------------|--------------|---------------|
| 95 Carson Whiting | SO | 1610 | Valley West Des Moines | -- | 19:37.2 | 3:17.5 (87) | 7:22.0 (84) | 15:40.6 (82) |
| 96 Joshua Knapp | JR | 1026 | Linn-Mar Marion | -- | 19:39.5 | 3:40.4 (224) | 7:55.9 (176) | 15:54.0 (106) |
| 97 Braydon Murphy | FR | 1569 | Urbandale | 68 | 19:39.9 | 3:28.6 (151) | 7:39.2 (131) | 15:55.4 (108) |
| 98 Tanner Christensen | SO | 1548 | Urbandale | 69 | 19:40.0 | 3:25.4 (131) | 7:40.7 (138) | 16:01.6 (114) |
| 99 Shea McDonald | JR | 734 | Dubuque Senior | -- | 19:40.6 | 3:21.9 (110) | 7:30.9 (107) | 15:45.8 (90) |
| 100 Tyler Person | SR | 1043 | Linn-Mar Marion | -- | 19:42.4 | 3:40.4 (226) | 7:54.6 (172) | 15:54.3 (107) |
| 101 Gabe Van Hemert | SO | 979 | Johnston | -- | 19:42.5 | 3:22.4 (113) | 7:27.0 (95) | 15:47.0 (95) |
| 102 Leo Jordan | FR | 851 | Iowa City West | -- | 19:44.2 | 3:17.3 (83) | 7:24.1 (89) | 15:48.5 (97) |
| 103 Jonah Williams | 7 | 1105 | Mankato West | 70 | 19:44.3 | 3:29.7 (160) | 7:39.1 (130) | 16:01.3 (113) |
| 104 Drew Kehoe | JR | 1348 | Norwalk | -- | 19:44.6 | 3:16.9 (80) | 7:23.7 (87) | 15:46.7 (94) |
| 105 Colin Wendling | SO | 1052 | Linn-Mar Marion | -- | 19:45.6 | 3:26.5 (139) | 7:33.6 (115) | 16:01.0 (111) |
| 106 Evan Grodahl | FR | 940 | Johnston | -- | 19:45.9 | 3:24.4 (121) | 7:36.3 (120) | 15:52.5 (104) |
| 107 Jace Westhoff | JR | 433 | Cedar Falls | -- | 19:46.5 | 3:24.3 (120) | 7:41.4 (142) | 16:01.1 (112) |
| 108 Ryder Lee | SO | 950 | Johnston | -- | 19:47.4 | 3:24.3 (119) | 7:34.0 (116) | 15:52.3 (103) |
| 109 Elijah Bahls | FR | 1168 | Mason City | 71 | 19:47.7 | 3:12.4 (53) | 7:15.2 (70) | 15:46.1 (92) |
| 110 Praneel Rastogi | JR | 867 | Iowa City West | -- | 19:48.9 | 3:01.9 (14) | 6:55.7 (16) | 15:46.1 (91) |
| 111 Patrick Hoss | FR | 944 | Johnston | -- | 19:49.1 | 3:24.9 (127) | 7:34.3 (117) | 15:48.4 (96) |
| 112 Walker Williams | JR | 552 | Clear Lake | 72 | 19:49.3 | 3:29.1 (156) | 7:40.0 (135) | 15:53.6 (105) |
| 113 Aidan Seeks | SR | 420 | Cedar Falls | -- | 19:51.7 | 3:18.8 (94) | 7:26.0 (94) | 15:56.0 (109) |
| 114 Daxton Hughes | FR | 1345 | Norwalk | -- | 19:53.6 | 3:27.7 (145) | 7:40.7 (139) | 16:10.0 (125) |
| 115 Turner Stewart | SO | 424 | Cedar Falls | -- | 19:55.4 | 3:22.1 (111) | 7:32.4 (110) | 16:03.4 (116) |
| 116 Tanner Fulton | JR | 326 | Bettendorf | 73 | 19:59.3 | 3:14.9 (65) | 7:25.6 (93) | 16:01.8 (115) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|------------------------|------------|----------|-----------------|--------------|-------------|-----------------|-----------------|------------------|
| 117 Maxwell Sell | SO | 421 | Cedar Falls | -- | 20:00.6 | 3:31.7 (175) | 7:41.8 (143) | 16:07.3 (121) |
| 118 Will Sheer | JR | 971 | Johnston | -- | 20:01.0 | 3:24.4 (122) | 7:40.0 (136) | 16:06.1 (117) |
| 119 Joe Sacco | FR | 417 | Cedar Falls | -- | 20:01.9 | 3:26.5 (138) | 7:37.6 (125) | 16:07.1 (120) |
| 120 Jonah Detweiler | SO | 1006 | Linn-Mar Marion | -- | 20:04.3 | 3:21.4 (107) | 7:34.6 (118) | 16:06.5 (118) |
| 121 Jason Friesner | FR | 384 | Cedar Falls | -- | 20:04.6 | 3:31.1 (172) | 7:45.1 (148) | 16:12.6 (126) |
| 122 Michael Westendorf | SR | 984 | Johnston | -- | 20:07.5 | 3:08.8 (43) | 7:20.5 (81) | 16:13.8 (128) |
| 123 Caleb Klinkenberg | JR | 1025 | Linn-Mar Marion | -- | 20:07.7 | 3:20.6 (103) | 7:31.7 (108) | 16:00.1 (110) |
| 124 Ethan Pewe | FR | 961 | Johnston | -- | 20:07.7 | 3:24.9 (126) | 7:28.9 (100) | 16:08.5 (122) |
| 125 Brennan Richardson | SO | 964 | Johnston | -- | 20:07.9 | 3:30.8 (167) | 7:42.1 (144) | 16:14.8 (129) |
| 126 Carson Wright | JR | 1153 | Marshalltown | 74 | 20:08.6 | 3:32.8 (182) | 8:02.1 (192) | 16:25.4 (141) |
| 127 Colby Archer | JR | 528 | Clear Lake | 75 | 20:08.9 | 3:29.4 (157) | 7:41.0 (141) | 16:09.1 (123) |
| 128 Archer Lyons | FR | 1034 | Linn-Mar Marion | -- | 20:11.4 | 3:26.3 (137) | 7:39.6 (133) | 16:15.8 (131) |
| 129 Aiden Hippen | JR | 537 | Clear Lake | 76 | 20:11.8 | 3:29.1 (155) | 7:39.8 (134) | 16:09.3 (124) |
| 130 Christian Havick | FR | 1343 | Norwalk | -- | 20:13.2 | 3:29.0 (154) | 7:43.3 (146) | 16:21.6 (137) |
| 131 Ethan MacFarland | SO | 952 | Johnston | -- | 20:14.0 | 3:30.5 (165) | 7:49.1 (159) | 16:20.4 (133) |
| 132 Cole Hansen | JR | 388 | Cedar Falls | -- | 20:15.9 | 3:28.1 (147) | 7:46.5 (154) | 16:20.6 (134) |
| 133 Levi Gangwish | SO | 1175 | Mason City | 77 | 20:16.1 | 3:28.6 (152) | 7:46.5 (153) | 16:23.9 (140) |
| 134 Owen Levora | SO | 332 | Bettendorf | 78 | 20:19.1 | 3:41.6 (233) | 8:05.6 (202) | 16:32.7 (147) |
| 135 Kyler Hernandez | FR | 330 | Bettendorf | 79 | 20:19.3 | 3:24.0 (118) | 7:45.1 (149) | 16:26.4 (143) |
| 136 Preston Molis | SO | 1568 | Urbandale | 80 | 20:19.5 | 3:19.3 (97) | 7:32.2 (109) | 16:06.8 (119) |
| 137 Jackson Fagan | JR | 1011 | Linn-Mar Marion | -- | 20:21.3 | 3:28.1 (148) | 7:38.5 (127) | 16:15.2 (130) |
| 138 Carson Menke | JR | 1355 | Norwalk | -- | 20:25.2 | 3:18.3 (91) | 7:33.3 (114) | 16:22.0 (138) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------|------------|----------|---------------------------|--------------|-------------|-----------------|-----------------|------------------|
| 139 Gavin Hove | SO | 1250 | Mount Vernon-Lisbon | 81 | 20:25.5 | 3:41.3 (230) | 8:13.6 (216) | 16:35.9 (148) |
| 140 Wyatt Haack | FR | 1342 | Norwalk | -- | 20:27.7 | 3:17.5 (86) | 7:28.4 (98) | 16:22.2 (139) |
| 141 Adam Lee | FR | 853 | Iowa City West | -- | 20:28.1 | 3:33.8 (188) | 7:52.2 (164) | 16:38.4 (149) |
| 142 Aiden Clark | FR | 925 | Johnston | -- | 20:31.2 | 3:25.0 (128) | 7:37.3 (124) | 16:20.8 (135) |
| 143 Ben Wigen | JR | 987 | Johnston | -- | 20:31.6 | 3:34.6 (197) | 7:54.8 (173) | 16:25.7 (142) |
| 144 Patrick Shields | FR | 422 | Cedar Falls | -- | 20:31.7 | 3:30.9 (168) | 7:46.4 (151) | 16:39.7 (154) |
| 145 Robbie Hoke | JR | 1020 | Linn-Mar Marion | -- | 20:31.9 | 3:08.5 (42) | 7:02.2 (28) | 16:47.8 (161) |
| 146 Drew Tjaden | SR | 427 | Cedar Falls | -- | 20:33.1 | 3:32.8 (183) | 7:53.3 (169) | 16:32.3 (145) |
| 147 Mishael Rodrigues | FR | 1733 | Williamsburg | 82 | 20:34.1 | 3:20.2 (102) | 7:32.9 (111) | 16:19.4 (132) |
| 148 Elliot Liesland | SR | 1603 | Valley West Des Moines | -- | 20:35.2 | 3:17.1 (82) | 7:21.9 (83) | 16:21.5 (136) |
| 149 Lucas Bantz | SR | 1122 | Marshalltown | 83 | 20:35.2 | 3:30.4 (162) | 7:51.2 (160) | 16:39.4 (153) |
| 150 Stephen Walters | SR | 1579 | Urbandale | -- | 20:36.0 | 3:25.5 (132) | 7:36.6 (122) | 16:28.6 (144) |
| 151 Logan Boyle | FR | 380 | Cedar Falls | -- | 20:36.5 | 3:33.1 (184) | 7:47.6 (157) | 16:32.6 (146) |
| 152 Rome Brayton | SO | 915 | Johnston | -- | 20:36.7 | 3:25.4 (130) | 7:46.2 (150) | 16:38.6 (151) |
| 153 Drew Benson | SO | 832 | Iowa City West | -- | 20:37.0 | 3:31.9 (177) | 7:51.3 (161) | 16:40.4 (156) |
| 154 Micah Rohde | SO | 337 | Bettendorf | 84 | 20:38.1 | 3:26.0 (136) | 7:33.2 (113) | 16:13.4 (127) |
| 155 Dylan Miles | FR | 1037 | Linn-Mar Marion | -- | 20:39.1 | 3:28.0 (146) | 7:46.5 (152) | 16:39.9 (155) |
| 156 Trevor Camp | SR | 1084 | Mankato West | 85 | 20:39.4 | 3:32.4 (179) | 7:52.3 (166) | 16:39.1 (152) |
| 157 Lucas Smith | FR | 747 | Dubuque Senior | -- | 20:40.4 | 3:40.3 (223) | 8:05.4 (201) | 16:44.0 (157) |
| 158 Kyle Bock | FR | 1244 | Mount Vernon-Lisbon | 86 | 20:41.1 | 3:41.5 (231) | 8:15.1 (220) | 16:49.7 (165) |
| 159 Caden Mai | JR | 1489 | Solon | 87 | 20:43.4 | 3:23.3 (117) | 7:43.8 (147) | 16:38.6 (150) |
| 160 Asher Webster | SO | 1269 | Mount Vernon-Lisbon | 88 | 20:44.5 | 3:34.3 (195) | 8:00.5 (187) | 16:47.7 (160) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|------------------------------|------------|----------|---------------------|--------------|-------------|-----------------|-----------------|------------------|
| 161 Liam Woods | JR | 435 | Cedar Falls | -- | 20:45.0 | 3:31.8 (176) | 7:56.2 (177) | 16:53.7 (169) |
| 162 Nolan Kent | JR | 1725 | Williamsburg | 89 | 20:46.0 | 3:28.8 (153) | 7:55.0 (175) | 16:49.6 (164) |
| 163 Kaden Wilson | FR | 990 | Johnston | -- | 20:47.1 | 3:26.0 (135) | 7:47.4 (155) | 16:48.4 (163) |
| 164 Aiden Morrill | SR | 1255 | Mount Vernon-Lisbon | 90 | 20:52.3 | 3:34.2 (194) | 8:01.8 (191) | 16:47.9 (162) |
| 165 Jackson Hughes | FR | 850 | Iowa City West | -- | 20:53.2 | 3:28.5 (150) | 7:47.5 (156) | 16:51.3 (166) |
| 166 Gene Warby | SR | 430 | Cedar Falls | -- | 20:54.1 | 3:39.3 (217) | 8:07.8 (205) | 17:05.4 (184) |
| 167 Royal Reisch | SO | 739 | Dubuque Senior | -- | 20:55.5 | 3:34.0 (191) | 8:01.5 (190) | 16:55.0 (171) |
| 168 Caleb Miller | SO | 627 | Denver | 91 | 20:55.5 | 3:18.7 (93) | 7:42.3 (145) | 16:45.6 (159) |
| 169 Isaac Seberger | SR | 1150 | Marshalltown | 92 | 20:59.0 | 4:01.3 (336) | 8:26.3 (260) | 16:56.2 (174) |
| 170 Ethan Lee | JR | 854 | Iowa City West | -- | 20:59.8 | 3:35.8 (203) | 8:07.6 (203) | 17:03.0 (182) |
| 171 Isaak Bruck | FR | 916 | Johnston | -- | 21:00.3 | 3:43.0 (245) | 8:21.0 (244) | 17:09.1 (187) |
| 172 Aaron Scheirer | SO | 743 | Dubuque Senior | -- | 21:00.4 | 3:34.5 (196) | 8:01.4 (189) | 16:56.0 (172) |
| 173 Cody Gray | FR | 1553 | Urbandale | -- | 21:00.9 | 3:51.0 (286) | 8:32.1 (273) | 17:18.0 (200) |
| 174 Carson Levi | SO | 1352 | Norwalk | -- | 21:01.4 | 3:30.7 (166) | 7:51.8 (162) | 16:56.6 (176) |
| 175 Tate Petersen | SO | 1259 | Mount Vernon-Lisbon | -- | 21:01.5 | 3:31.1 (170) | 7:52.3 (165) | 16:53.0 (167) |
| 176 Trey Calvert | SO | 1337 | Norwalk | -- | 21:01.9 | 3:31.0 (169) | 7:55.0 (174) | 16:58.4 (177) |
| 177 Ian Hoff | FR | 943 | Johnston | -- | 21:03.0 | 3:43.9 (254) | 8:19.0 (235) | 17:22.4 (212) |
| 178 John Holland | SR | 392 | Cedar Falls | -- | 21:04.4 | 3:33.2 (185) | 7:56.7 (178) | 17:00.4 (180) |
| 179 Josue Corral Coronado | SO | 1129 | Marshalltown | 93 | 21:04.9 | 3:31.1 (171) | 7:58.7 (183) | 16:59.7 (179) |
| 180 Lukas Wienclaw | JR | 341 | Bettendorf | 94 | 21:05.2 | 3:38.0 (211) | 7:57.7 (181) | 16:45.3 (158) |
| 181 Gabe Swales | SR | 633 | Denver | 95 | 21:05.3 | 3:15.4 (71) | 7:39.1 (128) | 16:53.6 (168) |
| 182 Michael Ward | FR | 431 | Cedar Falls | -- | 21:05.4 | 3:32.6 (181) | 7:52.9 (168) | 17:07.1 (185) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|--------------------------|------------|----------|---------------------|--------------|-------------|-----------------|-----------------|------------------|
| 183 Kaleb Gray | FR | 1554 | Urbandale | -- | 21:06.0 | 3:52.0 (288) | 8:31.5 (271) | 17:17.3 (198) |
| 184 Parker Block | SO | 711 | Dubuque Senior | -- | 21:06.8 | 3:40.4 (225) | 8:14.5 (218) | 17:12.0 (193) |
| 185 Colin Greenlee | FR | 848 | Iowa City West | -- | 21:10.0 | 3:45.8 (264) | 8:14.6 (219) | 17:04.8 (183) |
| 186 Connor Wagner | FR | 877 | Iowa City West | -- | 21:11.5 | 3:34.2 (193) | 7:52.1 (163) | 17:01.6 (181) |
| 187 Tiger Heikes | FR | 942 | Johnston | -- | 21:11.6 | 3:38.3 (213) | 8:15.4 (221) | 17:09.1 (188) |
| 188 Derek Foht | SR | 719 | Dubuque Senior | -- | 21:13.4 | 3:43.9 (253) | 8:14.3 (217) | 17:11.7 (192) |
| 189 Kaiden Kunze | JR | 1351 | Norwalk | -- | 21:14.3 | 3:21.8 (109) | 7:48.0 (158) | 17:16.9 (197) |
| 190 Ruben Fuentes | JR | 1136 | Marshalltown | 96 | 21:14.4 | 3:42.1 (238) | 8:23.0 (253) | 17:18.9 (203) |
| 191 Collin Sletten | 7 | 1101 | Mankato West | 97 | 21:14.8 | 3:45.0 (260) | 8:21.4 (246) | 17:18.6 (202) |
| 192 Jaks Lee | SR | 1252 | Mount Vernon-Lisbon | -- | 21:17.6 | 3:42.0 (236) | 8:15.4 (222) | 17:15.4 (196) |
| 193 Ezekiel Mikkalson | FR | 1096 | Mankato West | -- | 21:18.1 | 3:35.6 (202) | 8:03.2 (196) | 17:08.7 (186) |
| 194 Alexander Tempel | JR | 1050 | Linn-Mar Marion | -- | 21:20.3 | 3:43.2 (247) | 8:22.1 (250) | 17:21.2 (210) |
| 195 Joey Goetsch | FR | 385 | Cedar Falls | -- | 21:20.4 | 3:31.3 (173) | 7:54.4 (171) | 17:15.0 (195) |
| 196 Caleb Deeds | FR | 1721 | Williamsburg | 98 | 21:21.2 | 3:37.8 (210) | 8:11.8 (212) | 17:19.4 (204) |
| 197 Christian Nusser | FR | 1097 | Mankato West | -- | 21:21.5 | 3:33.6 (186) | 8:03.2 (197) | 17:10.2 (190) |
| 198 Conner Dummermuth | SO | 931 | Johnston | -- | 21:21.9 | 3:35.3 (199) | 8:07.7 (204) | 17:20.2 (208) |
| 199 Brody Hawk | JR | 1723 | Williamsburg | 99 | 21:25.3 | 3:29.4 (158) | 8:02.7 (194) | 17:19.6 (205) |
| 200 Josh Rabenhorst | JR | 631 | Denver | 100 | 21:25.9 | 3:37.1 (208) | 8:08.1 (207) | 17:18.2 (201) |
| 201 Evan Siskow | JR | 1572 | Urbandale | -- | 21:26.4 | 3:40.9 (228) | 8:18.5 (233) | 17:20.7 (209) |
| 202 Gavin Clausen | SO | 1171 | Mason City | 101 | 21:26.5 | 3:21.2 (105) | 7:39.4 (132) | 16:54.6 (170) |
| 203 Emilio Pendleton | FR | 1098 | Mankato West | -- | 21:26.6 | 3:34.0 (192) | 8:03.6 (198) | 17:09.1 (189) |
| 204 Matthew Urness | JR | 978 | Johnston | -- | 21:28.3 | 3:20.2 (101) | 7:40.2 (137) | 16:59.4 (178) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------|------------|----------|--------------------|--------------|-------------|-----------------|-----------------|------------------|
| 205 Ronan Rock | FR | 965 | Johnston | -- | 21:28.5 | 3:42.7 (243) | 8:21.1 (245) | 17:22.7 (213) |
| 206 Aiden Moore | JR | 1039 | Linn-Mar Marion | -- | 21:28.8 | 3:38.6 (215) | 8:11.5 (211) | 17:25.8 (217) |
| 207 Ben Yeomans | SO | 1500 | Solon | 102 | 21:30.1 | 3:27.6 (144) | 7:57.0 (179) | 17:11.3 (191) |
| 208 Michael Downs | FR | 1133 | Marshalltown | 103 | 21:30.4 | 3:24.7 (124) | 7:52.7 (167) | 16:56.1 (173) |
| 209 Tristan Vuijk | FR | 981 | Johnston | -- | 21:30.9 | 3:42.3 (241) | 8:19.8 (240) | 17:19.6 (207) |
| 210 Mason Martirock | SO | 1095 | Mankato West | -- | 21:31.0 | 3:41.9 (235) | 8:19.5 (238) | 17:25.0 (215) |
| 211 Riley Monson | SO | 1356 | Norwalk | -- | 21:31.5 | 3:31.6 (174) | 7:58.7 (182) | 17:12.4 (194) |
| 212 Gabe SmolikHagen | JR | 1695 | Waverly-Shell Rock | 104 | 21:32.5 | 3:32.2 (178) | 8:00.5 (188) | 17:21.6 (211) |
| 213 David Zhang | SR | 993 | Johnston | -- | 21:32.7 | 3:43.4 (249) | 8:17.7 (227) | 17:19.6 (206) |
| 214 Caleb Arroyo | SO | 1544 | Urbandale | -- | 21:34.9 | 3:53.6 (296) | 8:35.4 (277) | 17:17.9 (199) |
| 215 Ahmad Elshiekh | SO | 1008 | Linn-Mar Marion | -- | 21:35.0 | 3:43.4 (248) | 8:22.7 (252) | 17:29.3 (222) |
| 216 Ryan MacFarland | FR | 953 | Johnston | -- | 21:35.5 | 3:51.2 (287) | 8:37.4 (281) | 17:44.1 (239) |
| 217 Ian Silvia | SO | 745 | Dubuque Senior | -- | 21:37.6 | 3:33.7 (187) | 7:59.9 (185) | 16:56.5 (175) |
| 218 Lane Stroup | JR | 550 | Clear Lake | 105 | 21:38.4 | 3:41.6 (232) | 8:18.0 (230) | 17:33.0 (225) |
| 219 Vincent Belcher | SO | 830 | Iowa City West | -- | 21:39.1 | 3:45.5 (262) | 8:15.8 (224) | 17:28.3 (219) |
| 220 Cameron Davis | 7 | 1085 | Mankato West | -- | 21:40.0 | 3:44.5 (257) | 8:24.0 (256) | 17:40.4 (236) |
| 221 Josiah Garvin | FR | 1013 | Linn-Mar Marion | -- | 21:40.1 | 3:35.9 (204) | 8:09.4 (209) | 17:30.6 (224) |
| 222 Ambrose Luong | SO | 1185 | Mason City | 106 | 21:40.7 | 3:54.9 (302) | 8:33.2 (274) | 17:45.8 (240) |
| 223 Luke Allison | FR | 908 | Johnston | -- | 21:42.2 | 3:42.1 (239) | 8:21.5 (247) | 17:28.7 (221) |
| 224 Logan Backes | SO | 376 | Cedar Falls | -- | 21:42.7 | 3:58.1 (320) | 8:49.2 (308) | 17:55.7 (253) |
| 225 Finn Noel | SR | 736 | Dubuque Senior | -- | 21:42.7 | 3:43.9 (252) | 8:20.4 (242) | 17:47.0 (242) |
| 226 Isaiah Mayfield | SR | 408 | Cedar Falls | -- | 21:42.8 | 3:38.0 (212) | 8:08.7 (208) | 17:26.3 (218) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------------|------------|----------|---------------------------|--------------|-------------|-----------------|-----------------|------------------|
| 227 Luke Williams | FR | 989 | Johnston | -- | 21:42.9 | 3:33.8 (189) | 8:12.4 (214) | 17:25.2 (216) |
| 228 Dallas Tisue | SR | 1648 | Wapsie Valley Fairbank | 107 | 21:44.4 | 3:27.2 (141) | 7:57.5 (180) | 17:36.9 (229) |
| 229 George Woodhouse | SO | 750 | Dubuque Senior | -- | 21:45.9 | 3:38.9 (216) | 8:18.4 (231) | 17:38.9 (233) |
| 230 Will Schmitz | SO | 969 | Johnston | -- | 21:48.0 | 3:42.7 (242) | 8:28.0 (263) | 17:42.3 (238) |
| 231 Jonathan Kolbrak | FR | 1028 | Linn-Mar Marion | -- | 21:48.1 | 3:40.0 (221) | 8:13.2 (215) | 17:47.0 (241) |
| 232 Cody Van Horn | SO | 1578 | Urbandale | -- | 21:50.4 | 3:37.5 (209) | 8:15.7 (223) | 17:30.0 (223) |
| 233 Zerik Nicholson | JR | 1187 | Mason City | 108 | 21:51.6 | 3:39.8 (220) | 8:00.1 (186) | 17:28.7 (220) |
| 234 Peter Hardee | JR | 1178 | Mason City | 109 | 21:52.5 | 3:48.3 (277) | 8:25.1 (257) | 17:41.6 (237) |
| 235 Josiah Swales | JR | 634 | Denver | 110 | 21:54.1 | 3:42.0 (237) | 8:20.1 (241) | 17:33.7 (226) |
| 236 Cade Bergman | FR | 1170 | Mason City | -- | 21:56.1 | 3:30.5 (164) | 8:09.9 (210) | 17:54.5 (250) |
| 237 P.J. Carey | JR | 1720 | Williamsburg | 111 | 21:56.5 | 3:45.2 (261) | 8:23.7 (254) | 17:37.5 (230) |
| 238 Mateo Cancino | FR | 919 | Johnston | -- | 21:58.2 | 3:42.8 (244) | 8:21.8 (249) | 17:38.7 (232) |
| 239 Max Martin | FR | 855 | Iowa City West | -- | 21:59.5 | 3:46.2 (267) | 8:18.8 (234) | 17:47.9 (243) |
| 240 Micah Pederson | FR | 1042 | Linn-Mar Marion | -- | 22:00.0 | 3:58.8 (325) | 8:37.9 (282) | 17:50.4 (247) |
| 241 Carson Colton | JR | 927 | Johnston | -- | 22:00.0 | 3:25.7 (133) | 7:59.2 (184) | 17:52.4 (248) |
| 242 Siddharth Venkatesan | JR | 876 | Iowa City West | -- | 22:00.9 | 3:29.4 (159) | 8:04.2 (199) | 17:55.7 (252) |
| 243 Fynn Powers | SO | 414 | Cedar Falls | -- | 22:00.9 | 3:58.2 (322) | 8:49.3 (309) | 17:56.3 (254) |
| 244 Alexander Gibson | FR | 846 | Iowa City West | -- | 22:01.1 | 3:44.5 (256) | 8:18.0 (229) | 17:39.1 (234) |
| 245 Larson De Boer | SR | 1550 | Urbandale | -- | 22:04.4 | 3:30.2 (161) | 7:54.3 (170) | 17:38.2 (231) |
| 246 Hudson Mulford | FR | 861 | Iowa City West | -- | 22:05.7 | 3:45.9 (266) | 8:18.4 (232) | 17:40.0 (235) |
| 247 Cooper McLeod | SO | 1145 | Marshalltown | 112 | 22:06.4 | 3:32.4 (180) | 8:04.4 (200) | 18:04.0 (260) |
| 248 Maddox Valverde | FR | 636 | Denver | 113 | 22:08.3 | 3:46.7 (270) | 8:21.6 (248) | 17:48.9 (245) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------|------------|----------|--------------------|--------------|-------------|-----------------|-----------------|------------------|
| 249 Josh Schulte | SO | 744 | Dubuque Senior | -- | 22:09.0 | 3:40.5 (227) | 8:16.4 (225) | 17:48.5 (244) |
| 250 Kai Merrill | SR | 857 | Iowa City West | -- | 22:10.7 | 3:20.0 (100) | 7:36.0 (119) | 17:34.7 (227) |
| 251 Evan Howe | FR | 1180 | Mason City | -- | 22:11.7 | 3:38.4 (214) | 8:30.7 (269) | 17:54.0 (249) |
| 252 Elliot Kodis | SO | 1143 | Marshalltown | -- | 22:12.7 | 3:30.4 (163) | 8:02.4 (193) | 17:34.8 (228) |
| 253 Jackson Davis | JR | 716 | Dubuque Senior | -- | 22:16.9 | 3:50.8 (283) | 8:41.1 (288) | 18:17.1 (272) |
| 254 Will McAtee | FR | 1490 | Solon | 114 | 22:18.5 | 3:39.8 (219) | 8:22.2 (251) | 18:00.7 (257) |
| 255 Carson Daters | FR | 1131 | Marshalltown | -- | 22:18.9 | 3:59.1 (326) | 8:40.7 (286) | 18:14.4 (271) |
| 256 Jacob Beneke | SO | 831 | Iowa City West | -- | 22:19.6 | 3:44.6 (258) | 8:25.3 (258) | 17:58.0 (255) |
| 257 Jackson Neighbor | FR | 333 | Bettendorf | 115 | 22:20.1 | 3:58.0 (319) | 8:47.6 (302) | 18:06.1 (261) |
| 258 Jackson Tallman | SO | 974 | Johnston | -- | 22:21.0 | 3:22.7 (115) | 7:28.7 (99) | 17:23.0 (214) |
| 259 Richard Yang | SR | 882 | Iowa City West | -- | 22:22.8 | 3:58.4 (324) | 8:41.0 (287) | 18:02.2 (259) |
| 260 Aidan Zhang | SO | 884 | Iowa City West | -- | 22:24.6 | 3:46.5 (269) | 8:30.2 (268) | 18:01.3 (258) |
| 261 Jack Cooper | FR | 618 | Denver | 116 | 22:27.1 | 3:49.4 (280) | 8:31.7 (272) | 18:12.1 (267) |
| 262 Shane Ayres | SO | 910 | Johnston | -- | 22:27.8 | 3:46.5 (268) | 8:29.2 (265) | 18:00.3 (256) |
| 263 Ty Timmerman | SO | 426 | Cedar Falls | -- | 22:29.7 | 3:35.4 (200) | 8:07.9 (206) | 18:09.5 (263) |
| 264 Ethan Ressler | JR | 1496 | Solon | 117 | 22:30.8 | 3:41.2 (229) | 8:26.0 (259) | 18:11.1 (265) |
| 265 Andrew Blasberg | FR | 379 | Cedar Falls | -- | 22:31.1 | 3:57.7 (317) | 8:45.8 (296) | 18:11.8 (266) |
| 266 Jacob Beadel | FR | 320 | Bettendorf | 118 | 22:31.2 | 3:57.3 (314) | 8:48.6 (306) | 18:22.7 (280) |
| 267 Keary Sanger | SR | 1308 | Newton | 119 | 22:35.4 | 3:37.0 (207) | 8:19.3 (237) | 18:10.9 (264) |
| 268 Isaac Benscoter | SR | 1124 | Marshalltown | -- | 22:38.2 | 4:04.3 (355) | 8:52.4 (314) | 18:23.0 (281) |
| 269 Jordan DeSimone | JR | 324 | Bettendorf | -- | 22:38.4 | 3:42.2 (240) | 8:12.4 (213) | 17:55.1 (251) |
| 270 TSION Bird | SR | 1679 | Waverly-Shell Rock | 120 | 22:39.7 | 3:34.8 (198) | 8:02.8 (195) | 17:49.8 (246) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|------------------------|------------|----------|----------------------------|--------------|-------------|-----------------|-----------------|------------------|
| 271 Carlos Guzman | SR | 1556 | Urbandale | -- | 22:40.0 | 3:54.3 (298) | 8:44.4 (294) | 18:13.8 (269) |
| 272 Nicholas Reisinger | SO | 502 | Cedar Rapids Washington | 121 | 22:40.2 | 3:47.2 (272) | 8:27.1 (262) | 18:06.2 (262) |
| 273 Aaron Kmoch | FR | 1183 | Mason City | -- | 22:40.5 | 3:44.2 (255) | 8:30.9 (270) | 18:14.0 (270) |
| 274 Jake Gray | SR | 386 | Cedar Falls | -- | 22:41.0 | 3:57.4 (315) | 8:46.1 (297) | 18:12.8 (268) |
| 275 Suhaib Aslam | SO | 374 | Cedar Falls | -- | 22:41.2 | 4:01.6 (340) | 9:00.7 (324) | 18:23.0 (282) |
| 276 Carson King | SO | 948 | Johnston | -- | 22:42.0 | 4:01.9 (344) | 8:59.7 (321) | 18:32.1 (290) |
| 277 Riley Beitel | SO | 1169 | Mason City | -- | 22:42.0 | 3:44.7 (259) | 8:26.4 (261) | 18:22.2 (277) |
| 278 Thomas Stanley | FR | 1152 | Marshalltown | -- | 22:43.9 | 3:49.0 (278) | 8:43.5 (290) | 18:23.3 (283) |
| 279 Harrison Gilroy | SO | 938 | Johnston | -- | 22:44.2 | 3:53.6 (295) | 8:46.3 (298) | 18:24.3 (286) |
| 280 Hudson Swarts | FR | 1311 | Newton | 122 | 22:44.8 | 3:36.6 (205) | 8:17.7 (228) | 18:20.8 (275) |
| 281 Lucas Schooley | FR | 1362 | Norwalk | -- | 22:45.1 | 3:55.6 (308) | 8:47.9 (304) | 18:18.7 (274) |
| 282 Mason Deur | FR | 1683 | Waverly-Shell Rock | 123 | 22:48.1 | 3:53.9 (297) | 8:52.4 (313) | 18:22.6 (279) |
| 283 Matthew Myrom | SO | 1040 | Linn-Mar Marion | -- | 22:50.5 | 3:39.3 (218) | 8:23.8 (255) | 18:22.3 (278) |
| 284 Elliott Moehlman | JR | 1254 | Mount Vernon-Lisbon | -- | 22:51.3 | 3:47.1 (271) | 8:39.2 (285) | 18:21.2 (276) |
| 285 Caleb Kubas | JR | 1728 | Williamsburg | 124 | 22:51.8 | 3:54.3 (299) | 8:46.7 (300) | 18:27.2 (288) |
| 286 Dylan Koster | FR | 1349 | Norwalk | -- | 22:52.2 | 3:55.2 (305) | 8:47.7 (303) | 18:33.2 (291) |
| 287 Parker Christen | SO | 1128 | Marshalltown | -- | 22:53.5 | 4:04.1 (353) | 8:53.8 (315) | 18:23.9 (284) |
| 288 Donovan Mathis | SR | 954 | Johnston | -- | 22:56.2 | 3:52.5 (291) | 8:44.3 (293) | 18:24.9 (287) |
| 289 Tavian Willingham | JR | 344 | Bettendorf | -- | 22:56.6 | 3:53.1 (292) | 8:47.1 (301) | 18:38.7 (297) |
| 290 Caleb Abdo | SO | 828 | Iowa City West | -- | 22:57.2 | 4:01.0 (334) | 8:58.7 (320) | 18:35.9 (295) |
| 291 James Norby | FR | 411 | Cedar Falls | -- | 22:57.2 | 3:57.2 (313) | 8:49.9 (310) | 18:43.1 (303) |
| 292 Shota Hori | SR | 393 | Cedar Falls | -- | 22:59.1 | 4:13.3 (373) | 9:11.8 (349) | 18:37.1 (296) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------------|------------|----------|----------------------------|--------------|-------------|-----------------|-----------------|------------------|
| 293 Riley Brandt | JR | 617 | Denver | 125 | 23:01.1 | 4:01.4 (338) | 9:05.4 (339) | 18:41.2 (301) |
| 294 Joel Kolder | SO | 493 | Cedar Rapids Washington | 126 | 23:02.3 | 3:55.2 (304) | 8:45.2 (295) | 18:18.2 (273) |
| 295 Oscar Christensen | SO | 840 | Iowa City West | -- | 23:03.8 | 3:54.3 (300) | 8:50.9 (311) | 18:34.9 (294) |
| 296 Leo Tharp | JR | 1266 | Mount Vernon-Lisbon | -- | 23:06.4 | 3:50.8 (284) | 8:46.3 (299) | 18:39.4 (298) |
| 297 Henry Pautsch | FR | 629 | Denver | -- | 23:08.3 | 3:49.2 (279) | 8:37.2 (280) | 18:33.4 (292) |
| 298 Lane Paulson | SO | 543 | Clear Lake | 127 | 23:09.0 | 3:47.9 (275) | 8:39.1 (284) | 18:34.0 (293) |
| 299 Anshuman Ray | SO | 1046 | Linn-Mar Marion | -- | 23:10.6 | 3:58.4 (323) | 8:54.8 (316) | 18:45.8 (304) |
| 300 Caleb Snyder | FR | 1363 | Norwalk | -- | 23:11.3 | 3:55.0 (303) | 8:48.0 (305) | 18:41.3 (302) |
| 301 Clayton Cooney | SO | 1482 | Solon | 128 | 23:12.5 | 3:56.5 (310) | 9:04.6 (337) | 18:53.6 (308) |
| 302 Carter Helget | 7 | 1089 | Mankato West | -- | 23:13.2 | 3:47.8 (274) | 8:29.7 (266) | 18:24.1 (285) |
| 303 Bricen Hoechst | 7 | 1090 | Mankato West | -- | 23:14.2 | 3:47.6 (273) | 8:38.4 (283) | 18:40.4 (300) |
| 304 Beck Lary | FR | 1487 | Solon | 129 | 23:14.9 | 3:41.7 (234) | 8:35.4 (278) | 18:40.2 (299) |
| 305 Mehul Chatterjee | SO | 922 | Johnston | -- | 23:15.0 | 4:04.7 (356) | 9:07.8 (342) | 19:02.2 (318) |
| 306 Kevin Reyes | FR | 1570 | Urbandale | -- | 23:16.6 | 3:53.2 (294) | 8:44.0 (292) | 18:47.1 (305) |
| 307 Jackson Eden | JR | 534 | Clear Lake | 130 | 23:19.2 | 3:56.6 (311) | 8:57.0 (318) | 18:57.4 (311) |
| 308 Matthew Schmitz | SO | 968 | Johnston | -- | 23:24.1 | 4:02.5 (347) | 9:04.1 (334) | 18:57.6 (312) |
| 309 Charlie Faber | SO | 535 | Clear Lake | -- | 23:25.2 | 3:59.5 (327) | 9:09.6 (344) | 19:01.3 (317) |
| 310 Ben Donald | SO | 842 | Iowa City West | -- | 23:26.6 | 4:00.1 (330) | 9:03.1 (330) | 19:00.5 (314) |
| 311 Nathaniel Seehusen | FR | 545 | Clear Lake | -- | 23:28.6 | 4:13.3 (374) | 9:18.6 (357) | 19:10.3 (327) |
| 312 Jasper Mitchell | FR | 498 | Cedar Rapids Washington | 131 | 23:29.2 | 3:55.4 (306) | 8:57.8 (319) | 19:04.6 (319) |
| 313 Adam Bouhssine | FR | 1125 | Marshalltown | -- | 23:29.4 | 4:00.3 (331) | 9:04.0 (333) | 19:00.1 (313) |
| 314 Henry Timmer Hackert | JR | 874 | Iowa City West | -- | 23:30.0 | 4:00.4 (332) | 9:01.9 (327) | 18:52.3 (307) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------|------------|----------|-----------------------------|--------------|-------------|-----------------|-----------------|------------------|
| 315 Will Woodruff | SO | 345 | Bettendorf | -- | 23:32.5 | 4:09.9 (364) | 9:09.9 (346) | 19:10.1 (326) |
| 316 Camden Nus | FR | 412 | Cedar Falls | -- | 23:32.8 | 4:00.7 (333) | 9:00.8 (325) | 19:01.0 (316) |
| 317 Syon Aggarwal | SO | 907 | Johnston | -- | 23:35.6 | 3:50.9 (285) | 8:51.0 (312) | 19:00.6 (315) |
| 318 Mikey Holcomb | FR | 1561 | Urbandale | -- | 23:37.5 | 3:43.5 (250) | 8:41.4 (289) | 19:07.9 (323) |
| 319 Grant Buckner | FR | 1335 | Norwalk | -- | 23:41.1 | 4:03.2 (350) | 9:03.0 (329) | 19:08.1 (324) |
| 320 Carter Judkins | SO | 513 | Clayton Ridge Guttenberg | 132 | 23:44.4 | 3:37.0 (206) | 8:19.3 (236) | 18:30.8 (289) |
| 321 Preston Block | SR | 712 | Dubuque Senior | -- | 23:45.1 | 4:08.7 (361) | 9:13.5 (353) | 19:18.4 (329) |
| 322 Rhys Eskridge | FR | 1087 | Mankato West | -- | 23:47.2 | 3:57.1 (312) | 9:00.6 (323) | 19:06.1 (322) |
| 323 Brady Corley | JR | 1682 | Waverly-Shell Rock | 133 | 23:50.9 | 3:45.8 (265) | 8:35.0 (276) | 18:56.8 (309) |
| 324 Joseph Kahiku | SO | 492 | Cedar Rapids Washington | 134 | 23:51.5 | 3:40.1 (222) | 8:28.5 (264) | 19:05.2 (321) |
| 325 Tate Armstrong | FR | 504 | Clayton Ridge Guttenberg | 135 | 23:54.2 | 3:52.4 (289) | 8:55.1 (317) | 19:08.3 (325) |
| 326 Hayden Sullivan | FR | 339 | Bettendorf | -- | 24:00.0 | 3:57.4 (316) | 8:48.7 (307) | 18:50.6 (306) |
| 327 Alec Herrold | JR | 391 | Cedar Falls | -- | 24:02.6 | 4:12.9 (372) | 9:28.1 (366) | 19:33.3 (333) |
| 328 Ernie Plunkett | FR | 413 | Cedar Falls | -- | 24:05.2 | 4:02.1 (345) | 9:03.5 (331) | 19:12.6 (328) |
| 329 Parker Wood | SR | 1367 | Norwalk | -- | 24:06.4 | 4:12.0 (369) | 9:19.3 (360) | 19:39.8 (337) |
| 330 Anthony Feldhake | JR | 1685 | Waverly-Shell Rock | 136 | 24:07.8 | 3:45.6 (263) | 8:36.2 (279) | 18:57.1 (310) |
| 331 MacBain Stephens | SO | 870 | Iowa City West | -- | 24:11.4 | 4:00.0 (328) | 9:01.4 (326) | 19:23.4 (330) |
| 332 Liam Jablonsky | FR | 727 | Dubuque Senior | -- | 24:13.3 | 4:10.5 (365) | 9:19.0 (358) | 19:30.5 (332) |
| 333 Quinntin Oswald | SO | 1360 | Norwalk | -- | 24:13.3 | 4:04.1 (354) | 9:19.4 (361) | 19:37.3 (336) |
| 334 Devin Zhang | FR | 994 | Johnston | -- | 24:15.7 | 4:11.8 (368) | 9:27.4 (364) | 19:44.8 (342) |
| 335 Abdulrahim Budr | FR | 836 | Iowa City West | -- | 24:18.5 | 4:11.3 (366) | 9:13.1 (352) | 19:58.6 (355) |
| 336 Silas Hemmer | FR | 390 | Cedar Falls | -- | 24:20.4 | 4:01.8 (343) | 9:04.6 (336) | 19:43.6 (341) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------|------------|----------|----------------------------|--------------|-------------|-----------------|-----------------|------------------|
| 337 Jayden Otis | SO | 865 | Iowa City West | -- | 24:22.1 | 4:01.3 (337) | 9:02.8 (328) | 19:23.7 (331) |
| 338 Hayden Flaherty | FR | 1303 | Newton | 137 | 24:22.8 | 4:01.2 (335) | 9:06.3 (341) | 19:36.3 (335) |
| 339 Luke Leavitt | FR | 331 | Bettendorf | -- | 24:23.4 | 4:01.6 (341) | 9:08.1 (343) | 19:35.0 (334) |
| 340 Izaak Jensen | JR | 1346 | Norwalk | -- | 24:23.6 | 4:11.7 (367) | 9:19.3 (359) | 19:41.9 (339) |
| 341 Mason Wenzel | SO | 432 | Cedar Falls | -- | 24:23.8 | 4:01.8 (342) | 9:10.1 (347) | 19:42.1 (340) |
| 342 Parker Steffen | FR | 423 | Cedar Falls | -- | 24:23.9 | 4:02.4 (346) | 9:12.5 (351) | 19:53.5 (352) |
| 343 Noah Blakeway | FR | 322 | Bettendorf | -- | 24:26.8 | 4:16.6 (380) | 9:37.7 (373) | 19:51.9 (348) |
| 344 Arri Herrera | SR | 1140 | Marshalltown | -- | 24:28.2 | 3:35.5 (201) | 8:19.7 (239) | 19:05.0 (320) |
| 345 Keegan McGilvra | FR | 1353 | Norwalk | -- | 24:28.5 | 4:03.2 (349) | 9:12.3 (350) | 19:41.5 (338) |
| 346 Emerson Cook | FR | 1299 | Newton | 138 | 24:38.8 | 4:14.0 (376) | 9:29.5 (367) | 19:48.0 (343) |
| 347 Benjamin Fetzer | SO | 1484 | Solon | 139 | 24:40.1 | 4:21.4 (387) | 9:37.9 (375) | 19:52.0 (349) |
| 348 Jackson Damisch | FR | 489 | Cedar Rapids Washington | 140 | 24:43.2 | 4:01.4 (339) | 9:21.8 (362) | 19:52.9 (350) |
| 349 Lane Helgens | FR | 389 | Cedar Falls | -- | 24:45.5 | 3:57.9 (318) | 9:05.4 (338) | 19:50.2 (345) |
| 350 Logan Stanerson | JR | 1265 | Mount Vernon-Lisbon | -- | 24:47.6 | 4:03.9 (351) | 9:13.7 (354) | 19:57.1 (354) |
| 351 Jordan Amanuel | FR | 909 | Johnston | -- | 24:51.7 | 4:09.4 (362) | 9:27.8 (365) | 19:50.9 (346) |
| 352 Harber Viet | SO | 1498 | Solon | -- | 24:52.9 | 4:09.5 (363) | 9:10.9 (348) | 19:49.2 (344) |
| 353 Rowan Schalk | JR | 338 | Bettendorf | -- | 24:57.5 | 3:58.2 (321) | 9:04.0 (332) | 19:53.0 (351) |
| 354 Mikey Israel | FR | 945 | Johnston | -- | 24:58.9 | 4:16.6 (379) | 9:42.5 (378) | 20:23.7 (359) |
| 355 Brady Quam | FR | 962 | Johnston | -- | 25:02.7 | 3:49.9 (281) | 8:59.7 (322) | 19:54.8 (353) |
| 356 Cody Linthicum | FR | 1564 | Urbandale | -- | 25:06.9 | 3:50.4 (282) | 8:34.9 (275) | 19:51.2 (347) |
| 357 Shreyas Shrestha | SR | 972 | Johnston | -- | 25:08.7 | 4:15.7 (378) | 9:45.0 (380) | 20:28.5 (362) |
| 358 Joesph Faas | FR | 1397 | Onalaska | -- | 25:13.1 | 3:55.4 (307) | 9:04.3 (335) | 20:06.1 (356) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|----------------------|------------|----------|----------------------------|--------------|-------------|-----------------|------------------|------------------|
| 359 Sean Jones | SO | 1347 | Norwalk | -- | 25:16.3 | 4:03.9 (352) | 9:21.9 (363) | 20:30.9 (366) |
| 360 Trae Noel | FR | 737 | Dubuque Senior | -- | 25:17.1 | 4:35.9 (400) | 10:00.2 (389) | 20:40.3 (369) |
| 361 Evitt Fitzgerald | SO | 935 | Johnston | -- | 25:18.5 | 4:15.6 (377) | 9:47.6 (384) | 20:30.8 (365) |
| 362 Drake Wood | FR | 991 | Johnston | -- | 25:18.7 | 4:19.1 (382) | 9:45.0 (379) | 20:32.5 (368) |
| 363 Gabriel Miller | SO | 1307 | Newton | 141 | 25:19.5 | 3:54.6 (301) | 9:05.5 (340) | 20:29.9 (364) |
| 364 Korbin Bouska | SO | 1680 | Waverly-Shell Rock | 142 | 25:24.2 | 4:17.9 (381) | 9:31.0 (368) | 20:19.5 (358) |
| 365 Brody McDonough | FR | 1186 | Mason City | -- | 25:25.3 | 3:48.2 (276) | 8:43.6 (291) | 20:06.5 (357) |
| 366 Ian Hays | FR | 941 | Johnston | -- | 25:27.2 | 4:28.7 (394) | 10:08.2 (393) | 20:57.3 (375) |
| 367 Talon Currie | SR | 1300 | Newton | 143 | 25:29.3 | 4:20.9 (385) | 9:45.2 (381) | 20:45.0 (371) |
| 368 Logan Dodge | FR | 1173 | Mason City | -- | 25:29.7 | 4:12.4 (370) | 9:40.2 (377) | 20:41.2 (370) |
| 369 Joshua Imgrund | FR | 1400 | Onalaska | -- | 25:34.2 | 4:02.8 (348) | 9:16.2 (355) | 20:28.1 (361) |
| 370 Xander Peterson | SR | 630 | Denver | -- | 25:37.4 | 4:23.6 (391) | 9:48.2 (385) | 20:25.8 (360) |
| 371 Hayden Szurley | SR | 1646 | Wapsie Valley Fairbank | 144 | 25:37.8 | 3:53.1 (293) | 9:09.9 (345) | 20:29.2 (363) |
| 372 Ethan Boobyer | SO | 1546 | Urbandale | -- | 25:40.5 | 4:07.8 (359) | 9:37.6 (372) | 21:08.9 (378) |
| 373 Kaden McCloe | SR | 1036 | Linn-Mar Marion | -- | 25:42.2 | 4:21.0 (386) | 9:45.2 (382) | 21:02.0 (376) |
| 374 Gustav DeVries | FR | 1684 | Waverly-Shell Rock | 145 | 25:43.0 | 4:20.4 (384) | 9:54.0 (388) | 20:47.3 (372) |
| 375 Jacob Seberger | SO | 1151 | Marshalltown | -- | 25:48.8 | 4:19.7 (383) | 9:38.2 (376) | 20:32.3 (367) |
| 376 Daniel Matthias | FR | 1641 | Wapsie Valley Fairbank | 146 | 26:02.1 | 4:12.8 (371) | 9:47.2 (383) | 21:02.7 (377) |
| 377 Liam Pins | FR | 500 | Cedar Rapids Washington | 147 | 26:03.5 | 4:48.7 (408) | 10:15.1 (400) | 21:10.5 (379) |
| 378 Noah Oppermann | FR | 541 | Clear Lake | -- | 26:10.2 | 4:31.2 (397) | 10:07.7 (392) | 21:12.7 (380) |
| 379 Cayce Damschen | FR | 1210 | Mid-Prairie Wellman | -- | 26:13.4 | 4:30.3 (395) | 10:09.2 (394) | 20:55.3 (374) |
| 380 Reid Hartwig | SO | 536 | Clear Lake | -- | 26:15.8 | 4:31.0 (396) | 10:07.5 (391) | 21:28.2 (382) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|-----------------------|------------|----------|-----------------------------|--------------|-------------|-----------------|------------------|------------------|
| 381 Aiden Schoof | SR | 517 | Clayton Ridge Guttenberg | 148 | 26:19.6 | 4:07.7 (358) | 9:37.9 (374) | 20:54.6 (373) |
| 382 Luke Kleinmeyer | JR | 1726 | Williamsburg | 149 | 26:22.1 | 4:13.6 (375) | 9:49.1 (387) | 21:44.6 (384) |
| 383 Evan Gleason | SO | 1485 | Solon | -- | 26:52.1 | 4:50.5 (410) | 10:45.4 (405) | 21:50.1 (386) |
| 384 Robert Witchcraft | FR | 1053 | Linn-Mar Marion | -- | 26:56.0 | 3:56.4 (309) | 9:31.0 (369) | 21:44.1 (383) |
| 385 Caleb Rumsey | JR | 416 | Cedar Falls | -- | 26:59.4 | 4:33.2 (399) | 10:01.3 (390) | 22:06.0 (387) |
| 386 Kasey Thiese | JR | 519 | Clayton Ridge Guttenberg | 150 | 27:05.4 | 4:08.0 (360) | 9:35.7 (370) | 21:27.7 (381) |
| 387 Jaxson Douglas | JR | 1722 | Williamsburg | -- | 27:22.3 | 4:53.6 (411) | 11:06.6 (410) | 22:15.9 (389) |
| 388 Jacob Christen | SR | 1127 | Marshalltown | -- | 27:44.9 | 4:22.0 (390) | 10:10.3 (396) | 22:12.3 (388) |
| 389 Lincoln Lorenzen | FR | 1691 | Waverly-Shell Rock | -- | 27:50.2 | 4:44.1 (404) | 10:21.7 (401) | 22:17.5 (390) |
| 390 Gavin Freiberg | SO | 1135 | Marshalltown | -- | 27:51.4 | 4:28.5 (393) | 10:10.5 (397) | 22:27.3 (392) |
| 391 Kayden Schaefer | SO | 1734 | Williamsburg | -- | 28:04.8 | 4:45.6 (406) | 10:48.6 (407) | 22:52.5 (394) |
| 392 Tyler Powell | FR | 1405 | Onalaska | -- | 28:10.1 | 4:54.7 (412) | 10:59.1 (409) | 23:06.4 (395) |
| 393 Sam Biles | SR | 1000 | Linn-Mar Marion | -- | 28:10.8 | 4:58.7 (415) | 11:08.8 (411) | 23:14.1 (397) |
| 394 Jackson Julin | JR | 398 | Cedar Falls | -- | 28:14.2 | 4:00.1 (329) | 9:18.2 (356) | 22:27.1 (391) |
| 395 Soma Suzuki | FR | 872 | Iowa City West | -- | 28:28.7 | 4:56.1 (413) | 10:56.0 (408) | 22:47.3 (393) |
| 396 Cooper York | SO | 992 | Johnston | -- | 28:57.1 | 4:21.8 (389) | 10:10.1 (395) | 23:15.8 (398) |
| 397 Nick Shafer | FR | 1310 | Newton | 151 | 29:01.5 | 4:21.5 (388) | 10:14.8 (399) | 23:12.9 (396) |
| 398 Nikola Balac | FR | 911 | Johnston | -- | 29:06.1 | 4:32.4 (398) | 10:38.8 (403) | 23:33.7 (401) |
| 399 Jake Bauer | SO | 710 | Dubuque Senior | -- | 29:44.0 | 4:36.7 (402) | 10:11.0 (398) | 23:19.9 (399) |
| 400 Bailey Szurley | FR | 1644 | Wapsie Valley Fairbank | 152 | 29:55.5 | 4:06.0 (357) | 9:37.3 (371) | 24:26.5 (403) |
| 401 Silas Brummel | FR | 1718 | Williamsburg | -- | 29:57.2 | 4:45.5 (405) | 10:42.6 (404) | 23:30.3 (400) |
| 402 Jack Brodigan | FR | 1634 | Wapsie Valley Fairbank | 153 | 29:59.6 | 4:27.9 (392) | 10:29.4 (402) | 24:14.5 (402) |

| Athlete | Yr. | # | Team | Score | Time | 900m | 2k | 4k |
|--------------------------|------------|----------|-----------------------------|--------------|-------------|------------------|------------------|------------------|
| 403 Spencer Horns | JR | 512 | Clayton Ridge Guttenberg | 154 | 30:28.0 | 4:42.7 (403) | 11:15.5 (412) | 24:35.2 (404) |
| 404 Arjun Kasotia | SO | 946 | Johnston | -- | 30:28.2 | 4:48.2 (407) | 11:26.2 (413) | 24:45.0 (405) |
| 405 Clayton Lauritsen | SO | 403 | Cedar Falls | -- | 31:23.5 | 5:06.3 (416) | 11:35.7 (415) | 24:51.6 (406) |
| 406 Oliver Fine | SO | 1302 | Newton | -- | 31:27.7 | 5:11.8 (419) | 11:54.2 (416) | 25:49.7 (407) |
| 407 Nick Satttherthwaite | JR | 632 | Denver | -- | 32:06.0 | 5:29.5 (420) | 12:31.2 (417) | 26:27.1 (408) |
| 408 Ethan Walck | FR | 983 | Johnston | -- | 33:53.9 | 4:48.9 (409) | 11:32.9 (414) | 26:42.1 (409) |
| 409 Colton Richardson | FR | 1189 | Mason City | -- | 34:11.0 | 4:36.7 (401) | 10:48.1 (406) | 27:18.1 (410) |
| 410 Porter Ball | SO | 1479 | Solon | -- | 34:55.3 | 5:46.5 (421) | 12:59.0 (422) | 27:56.1 (411) |
| 411 Jake Decker | FR | 930 | Johnston | -- | 34:57.9 | 5:47.6 (422) | 13:07.7 (423) | 28:45.2 (413) |
| 412 Broderick Young | SO | 883 | Iowa City West | -- | 35:07.3 | 5:08.4 (418) | 12:31.4 (418) | 28:43.3 (412) |
| 413 Elijah Young | SO | 1580 | Urbandale | -- | 36:12.7 | 4:57.2 (414) | 12:37.6 (420) | 29:16.8 (415) |
| 414 Jack Pedron | SR | 499 | Cedar Rapids Washington | 155 | 36:19.1 | 6:24.5 (423) | 12:58.2 (421) | 29:14.9 (414) |
| 415 Caden Messenger | JR | 496 | Cedar Rapids Washington | -- | 38:15.8 | 5:06.7 (417) | 12:34.4 (419) | 29:27.4 (416) |
| Eli Benson | FR | 833 | Iowa City West | -- | DNF | 10:45.1 (425) | | |
| Ethan Jacobsen | SO | 397 | Cedar Falls | -- | DNF | 3:07.2 (31) | 7:04.2 (33) | |
| Keigan Flaherty | FR | 1174 | Mason City | -- | DNF | 3:18.9 (95) | 7:30.1 (102) | |
| Ben Christ | SO | 382 | Cedar Falls | -- | DNF | 3:43.1 (246) | 8:20.5 (243) | |
| Brady Olson | SR | 864 | Iowa City West | -- | DNF | 3:15.8 (75) | 7:23.2 (85) | |
| Kyran Hirsch | FR | 1179 | Mason City | -- | DNF | 3:43.8 (251) | 8:29.8 (267) | |
| Judah Fauser | SO | 383 | Cedar Falls | -- | DNF | 3:13.7 (62) | 7:07.7 (46) | |
| Jaden Schwartz | SO | 1149 | Marshalltown | -- | DNF | 3:33.9 (190) | 8:16.6 (226) | |
| Dagen Henzen | SR | 623 | Denver | -- | DQ | 3:52.4 (290) | 9:48.3 (386) | 21:45.3 (385) |
| Tyler Bailey | SO | 529 | Clear Lake | -- | DNF | 8:07.7 (424) | 18:55.1 (424) | |