

2009-10 MVC Boys' Basketball Standings

FINAL

Varsity Boys Basketball

Mississippi Division

Team	MVC Record		Overall	
	W	L	W	L
Cedar Rapids Kennedy	10	5	14	7
Iowa City West	9	7	12	10
Waterloo West	8	7	12	8
Dubuque Wahlert	8	8	13	9
Iowa City High	5	11	9	13
Cedar Rapids Xavier	5	11	7	14
Dubuque Hempstead	0	15	1	20

Varsity Results

11/30/09 - **WATERLOO WEST 34**, Waverly-Shell Rock 19 (Jamboree)
 12/05/09 - DBQ Wahlert 54, **WATERLOO WEST 50 (NC)**
 12/11/09 - Iowa City West 59, **WATERLOO WEST 48**
 12/12/09 - **WATERLOO WEST 55**, Waterloo Columbus 44
 12/15/09 - CR Xavier 76, **WATERLOO WEST 63**
 12/18/09 - WATERLOO WEST 58, DBQ Hempstead 41
 01/08/10 - Cedar Falls 40, **WATERLOO WEST 35**
 01/12/10 - **WATERLOO WEST 63**, CR Prairie 59
 01/15/10 - **WATERLOO WEST 46**, Waterloo East 45
 01/16/10 - **WATERLOO WEST 73**, Decorah 63
 01/19/10 - Linn-Mar 58, **WATERLOO WEST 44**
 01/22/10 - **WATERLOO WEST 61**, DBQ Wahlert 58
 01/26/10 - CR Jefferson 47, **WATERLOO WEST 34**
 01/29/10 - Cedar Falls 70, **WATERLOO WEST 60**
 01/30/10 - **WATERLOO WEST 62**, Waverly-Shell Rock 51
 02/02/10 - **WATERLOO WEST 50**, DBQ Senior 49
 02/05/10 - **WATERLOO WEST 54**, Waterloo East 42 (Susp.)
 02/12/10 - **WATERLOO WEST 50**, DBQ Hempstead 42
 02/16/10 - **WATERLOO WEST 46**, IC City High 34
 02/18/10 - CR Washington 54, **WATERLOO WEST 40**
 02/22/10 - Waterloo East 68, **WATERLOO WEST 67 (Sub-State)**

Valley Division

Team	MVC Record		Overall	
	W	L	W	L
Linn-Mar	16	0	20	1
Cedar Rapids Jefferson	12	4	16	4
Cedar Falls	11	5	15	5
Cedar Rapids Washington	11	5	12	8
Dubuque Senior	8	8	12	10
Waterloo East	6	10	9	12
Cedar Rapids Prairie	1	14	2	19

2009-10 MVC Boys' Basketball Standings

FINAL

Sophomore Boys Basketball

Mississippi Division

Team	MVC Record		Overall	
	W	L	W	L
Cedar Rapids Kennedy	14	1	18	1
Cedar Rapids Xavier	13	3	15	4
Dubuque Wahlert	10	6	12	9
Iowa City West	9	7	12	9
Dubuque Hempstead	8	7	11	9
Waterloo West	6	9	8	11
Iowa City High	6	10	9	12

Sophomore Results

12/05/09 - DBQ Wahlert 61, **WATERLOO WEST 52 (NC)**
 12/11/09 - **WATERLOO WEST 54**, Iowa City West 50
 12/12/09 - **WATERLOO WEST 51**, Waterloo Columbus 30
 12/15/09 - CR Xavier 70, **WATERLOO WEST 61**
 12/18/09 - DBQ Hempstead 42, **WATERLOO WEST 40**
 01/08/10 - Cedar Falls 59, **WATERLOO WEST 49**
 01/12/10 - **WATERLOO WEST 52**, CR Prairie 34
 01/15/10 - **WATERLOO WEST** vs. Waterloo East
 01/16/10 - **WATERLOO WEST 48**, Decorah 41
 01/19/10 - Linn-Mar 35, **WATERLOO WEST 28**
 01/22/10 - DBQ Wahlert 74, **WATERLOO WEST 69**
 01/26/10 - CR Jefferson 50, **WATERLOO WEST 48**
 01/29/10 - Cedar Falls 61, **WATERLOO WEST 37**
 01/30/10 - Waverly-Shell Rock 53, **WATERLOO WEST 5**
 02/02/10 - **WATERLOO WEST 48**, DBQ Senior 45
 02/04/10 - Waterloo East 69, **WATERLOO WEST 61**
 02/12/10 - DBQ Hempstead 54, **WATERLOO WEST 47**
 02/16/10 - **WATERLOO WEST 58**, IC City High 46
 02/18/10 - **WATERLOO WEST 56**, CR Washington 53
 02/22/10 - Waterloo East 68, **WATERLOO WEST 67 (Sub-State)**

Valley Division

Team	MVC Record		Overall	
	W	L	W	L
Cedar Falls	13	3	15	4
Linn-Mar	10	6	13	7
Cedar Rapids Jefferson	8	8	12	8
Waterloo East	5	11	7	13
Cedar Rapids Prairie	4	11	6	14
Dubuque Senior	2	14	6	15
Cedar Rapids Washington	2	14	5	15

2009-10 MVC Girls' Basketball Standings

FINAL

Varsity Girls Basketball

Mississippi Division

Team	MVC Record		Overall	
	W	L	W	L
Cedar Rapids Kennedy	15	1	19	2
Iowa City West	10	6	16	6
Cedar Rapids Xavier	10	6	14	8
Iowa City High	9	7	14	8
Dubuque Wahlert	8	8	10	13
Waterloo West	7	9	14	9
Dubuque Hempstead	4	12	6	18

12/01/09 - **WATERLOO WEST** 69, Senior 43
 12/04/09 - Cedar Rapids Washington 48, **WATERLOO WEST 40**
 12/05/09 - **WATERLOO WEST** 54, Waverly-Shell Rock 35
 12/11/09 - Iowa City West 58, **WATERLOO WEST 51**
 12/15/09 - **WATERLOO WEST** 40, CR Xavier 38
 12/18/09 - DBQ Hempstead 49, **WATERLOO WEST 46**
 12/19/09 - **WATERLOO WEST 54**, Waterloo Columbus 29
 01/05/10 - Linn-Mar 56, **WATERLOO WEST 32**
 01/08/10 - Cedar Falls 52, **WATERLOO WEST 42**
 01/12/10 - **WATERLOO WEST** 52, CR Prairie 46
 01/15/10 - **WATERLOO WEST** 83, Waterloo East 47
 01/16/10 - **WATERLOO WEST** 60, New Hampton 36
 01/19/10 - Iowa City City 48, **WATERLOO WEST 47**
 01/22/10 - **WATERLOO WEST** 58, DBQ Wahlert 56
 01/26/10 - CR Jefferson 62, **WATERLOO WEST 55**
 01/29/10 - Cedar Falls 51, **WATERLOO WEST 32**
 02/05/10 - **WATERLOO WEST** 69, Waterloo East 28
 02/12/10 - **WATERLOO WEST** 57, DBQ Hempstead 51
 02/17/10 - **WATERLOO WEST** 73, Waterloo East 46 (Reg.)
 02/20/10 - **WATERLOO WEST** 58, CR Jefferson 44 (Reg.)
 02/23/10 - Ankeny 52, **WATERLOO WEST** 34 (Reg.)

Valley Division

Team	MVC Record		Overall	
	W	L	W	L
Linn-Mar	16	0	22	0
Cedar Rapids Washington	11	5	14	8
Cedar Falls	10	6	14	9
Cedar Rapids Jefferson	8	8	12	10
Cedar Rapids Prairie	2	14	3	19
Dubuque Senior	2	14	2	20
Waterloo East	0	16	1	21

2009-10 MVC Girls' Basketball Standings

FINAL

Sophomore Girls Basketball

Mississippi Division

Team	MVC Record		Overall	
	W	L	W	L
Iowa City West	16	0	21	0
Cedar Rapids Xavier	15	1	19	1
Dubuque Hempstead	9	7	14	8
Cedar Rapids Kennedy	9	7	11	9
Iowa City High	6	10	8	12
Dubuque Wahlert	5	11	7	14
Waterloo West	2	14	3	16

Sophomore Results

12/01/09 - Dubuque Senior 46, **WATERLOO WEST 17**
 12/04/09 - Cedar Rapids Washington 80, **WATERLOO WEST 15**
 12/05/09 - Waverly-Shell Rock 47, **WATERLOO WEST 36**
 12/11/09 - Iowa City West 99, **WATERLOO WEST 24**
 12/15/09 - CR Xavier 76, **WATERLOO WEST 14**
 12/18/09 - DBQ Hempstead 49, **WATERLOO WEST 22**
 12/19/09 - **WATERLOO WEST 51**, Waterloo Columbus 30
 01/05/10 - Linn-Mar 53, **WATERLOO WEST 19**
 01/08/10 - Cedar Falls 47, **WATERLOO WEST 29**
 01/12/10 - CR Prairie 50, **WATERLOO WEST 33**
 01/15/10 - **WATERLOO WEST** vs. Waterloo East
 01/16/10 - **WATERLOO WEST** vs. New Hampton
 01/19/10 - Iowa City City 41, **WATERLOO WEST 38**
 01/22/10 - DBQ Wahlert 60, **WATERLOO WEST 31**
 01/26/10 - CR Jefferson 44, **WATERLOO WEST 35**
 01/29/10 - Cedar Falls 55, **WATERLOO WEST 32**
 02/04/10 - **WATERLOO WEST 41**, Waterloo East 27
 02/12/10 - DBQ Hempstead 51, **WATERLOO WEST 38**

Valley Division

Team	MVC Record		Overall	
	W	L	W	L
Cedar Rapids Washington	14	2	18	2
Linn-Mar	11	5	13	6
Cedar Falls	9	7	10	8
Cedar Rapids Jefferson	7	9	12	9
Cedar Rapids Prairie	6	10	11	10
Dubuque Senior	3	13	5	16
Waterloo East	0	16	* 0	21

2009-10 MVC Wrestling Standings

FINAL

Varsity Wrestling

Mississippi Division

Team	MVC		Overall		
	W	L	W	L	T
Iowa City West	8	0	28	1	
Cedar Rapids Kennedy	6	2	9	4	
Waterloo West	5	3	9	10	
Iowa City High	4	4	11	12	
Dubuque Hempstead	4	4	9	14	
Dubuque Wahlert	1	7	4	16	
Cedar Rapids Xavier	0	8	2	21	

Varsity Results

12/03/09 - Cedar Falls 40, **WATERLOO WEST 25**
 12/03/09 - W. Delaware 51, **WATERLOO WEST 21**
 12/05/09 - Keith Young Invite - **WATERLOO WEST 13th of 16**
 12/12/09 - Oskaloosa Duals (**Waterloo West 4th of 7**)
 12/12/09 - SE Polk 69, **WATERLOO WEST 9**
 12/12/09 - **WATERLOO WEST 53**, Knoxville 18
 12/12/09 - East Marshall 45, **WATERLOO WEST 27**
 12/12/09 - **WATERLOO WEST 64**, Ottumwa 12
 12/12/09 - **WATERLOO WEST 61**, Oskaloosa 18
 12/17/09 - **WATERLOO WEST 46**, Iowa City High 19
 12/19/09 - **WATERLOO WEST 42**, Waterloo East 32
 12/19/09 - **WATERLOO WEST 60**, Waterloo Columbus 15
 01/09/10 - Dan Gable Invitational, **WATERLOO WEST 5th**
 01/14/10 - **WATERLOO WEST 42**, CR Xavier 30
 01/16/10 - Hudson Tournament - **WATERLOO WEST 5th of 10)**
 01/21/10 - **WATERLOO WEST 63**, DBQ Wahlert 10
 01/23/10 - Bob Siddens Tournament
 01/23/10 - Denver-Tripoli 68, **WATERLOO WEST 3**
 01/23/10 - Linn-Mar 34, **WATERLOO WEST 24**
 01/23/10 - Mason City 41, **WATERLOO WEST 28**
 01/23/10 - New Hampton 52, **WATERLOO WEST 18**
 01/30/10 - MVC Varsity Tournament - **Waterloo West 6th**
 02/02/10 - CR Kennedy 37, **WATERLOO WEST 25**
 02/04/10 - **WATERLOO WEST 56**, DBQ Hempstead 19
 02/04/10 - IC West 55, **WATERLOO WEST 18**
 02/13/10 - District Tournament (**Waterloo West 7th; 2 wrestlers qualify**)
 02/20/10 - State Tournament (**Waterloo West 53rd-tie**)

Valley Division

Team	MVC		Overall		
	W	L	W	L	T
Cedar Rapids Prairie	8	0	18	2	
Linn-Mar	6	2	17	9	
Cedar Rapids Jefferson	4	4	8	5	
Cedar Falls	4	4	8	13	
Cedar Rapids Washington	3	5	4	10	
Waterloo East	2	6	3	16	
Dubuque Senior	1	7	1	8	

2009-10 MVC Wrestling Standings

FINAL

Junior Varsity Wrestling

Mississippi Division

Team	MVC		Overall		
	W	L	W	L	T
Iowa City West	7	1	8	1	
Cedar Rapids Kennedy	6	2	9	4	
Waterloo West	5	3	7	6	
Iowa City High	4	4	5	6	
Cedar Rapids Xavier	2	6	2	7	
Dubuque Wahlert	1	7	2	8	
Dubuque Hempstead	1	7	1	7	

12/03/09 - Cedar Falls 45, **WATERLOO WEST 27**
 12/03/09 - W. Delaware 54, **WATERLOO WEST 30**
 12/05/09 - Keith Young Invite - **WATERLOO WEST 13th of 16**
 12/17/09 - **WATERLOO WEST 57**, Iowa City High 18
 12/19/09 - **WATERLOO WEST 54**, Waterloo East 18
 12/19/09 - **WATERLOO WEST 78**, Waterloo Columbus 4
 01/04/10 - Waverly-Shell Rock JV Tourney - **WATERLOO WEST 3rd of 4)**
 01/04/10 - WSR 42, **WATERLOO WEST 30**
 01/04/10 - **WATERLOO WEST 46**, Mason City 18
 01/04/10 - Nashua-Plainfield 52, **WATERLOO WEST 21**
 01/14/10 - **WATERLOO WEST 37**, CR Xavier 36
 01/16/10 - Hudson Tournament - **WATERLOO WEST 5th of 10)**
 01/21/10 - **WATERLOO WEST 48**, DBQ Wahlert 6
 01/30/10 - MVC Varsity Tournament - **Waterloo West 6th**
 02/02/10 - CR Kennedy 51, **WATERLOO WEST 12**
 02/04/10 - **WATERLOO WEST 36**, DBQ Hempstead 34
 02/04/10 - IC West 58, **WATERLOO WEST 19**

Valley Division

Team	MVC		Overall		
	W	L	W	L	T
Cedar Rapids Prairie	8	0	10	2	
Cedar Falls	7	1	8	4	1
Linn-Mar	6	2	8	4	
Dubuque Senior	4	4	4	5	
Cedar Rapids Jefferson	3	5	6	6	
Cedar Rapids Washington	2	6	3	9	
Waterloo East	0	8	0	10	

2009-10 MVC Boys' Swimming Standings

FINAL

Varsity Boys' Swimming

Team	Small Meets Record			
	W	L	T	Pct.
Cedar Falls	6	0	0	1.000
Cedar Rapids Washington	5	2	0	0.714
Cedar Rapids Kennedy	6	3	0	0.667
Dubuque Senior	4	2	0	0.667
Iowa City High	4	2	0	0.667
Iowa City West	4	2	0	0.667
Linn-Mar	3	4	0	0.429
Waterloo West	3	5	0	0.375
Dubuque Hempstead	2	5	0	0.286
Waterloo East	3	8	0	0.273
Cedar Rapids Jefferson	1	5	0	0.167
Cedar Rapids Prairie	-	-	-	-

Varsity Results

12/01/09 - Cedar Falls 122, **WATERLOO WEST 48**
12/01/09 - Decorah 98, **WATERLOO WEST 72**
12/12/09 - Grinnell Invite - **WATERLOO WEST 3rd of 5**
12/15/09 - **WATERLOO WEST 134**, Vinton-Shellsburg 29
12/15/09 - **WATERLOO WEST 126**, Waterloo East 44
12/22/09 - CR Washington 123, **WATERLOO WEST 47**
01/04/10 - CR Kennedy 95, **WATERLOO WEST 75**
01/09/10 - Wahawk Invitational, (No Team Scoring)
01/12/10 - **WATERLOO WEST 104**, Linn-Mar 66
01/16/10 - Ft. Dodge Invitational - **WATERLOO WEST 5TH OF 8**
01/23/10 - MVC Conference Meet - **WATERLOO WEST 8th of 11**
01/26/10 - IC West 112, **WATERLOO WEST 58**
02/06/10 - District Meet - **WATERLOO WEST 7th of 8**

2009-10 MVC Boys' Bowling Standings

FINAL

Varsity Boys Bowling

Mississippi Division

Team	MVC Record		Overall	
	W	L	W	L
Dubuque Hempstead	11	0	12	0
Dubuque Wahlert	10	1	10	1
Waterloo West	7	4	7	4
Cedar Rapids Kennedy	5	6	5	6
Cedar Rapids Xavier	2	9	2	9
Iowa City High	1	10	1	10
Iowa City West	1	10	1	10

Varsity Results

11/24/09 - **WATERLOO WEST 2767**, CR Washington 2619
12/04/09 - **WATERLOO WEST 2688**, CR Prairie 2650
12/11/09 - Waterloo East 2906, **WATERLOO WEST 2679**
12/18/09 - **WATERLOO WEST 2618**, Cedar Falls 2470
01/08/10 - **WATERLOO WEST 3020**, CR Kennedy 2619
01/16/10 - Clinton Invitational, **WATERLOO WEST 5th**
01/22/10 - DBQ Wahlert 3063, **WATERLOO WEST 2875**
01/26/10 - DBQ Hempstead 2998, **WATERLOO WEST 2650**
02/05/10 - **WATERLOO WEST 2927**, IC West 2552
02/12/10 - **WATERLOO WEST 2372**, CR Xavier 2385
02/16/10 - **WATERLOO WEST 2786**, IC City 2600

Valley Division

Team	MVC Record		Overall	
	W	L	W	L
Cedar Rapids Prairie	9	2	9	2
Cedar Rapids Jefferson	8	3	8	3
Dubuque Senior	7	4	8	4
Linn-Mar	7	4	7	4
Waterloo East	6	5	6	5
Cedar Rapids Washington	2	9	2	9
Cedar Falls	1	10	1	10

2009-10 MVC Girls' Bowling Standings

FINAL

Varsity Girls Bowling

Mississippi Division

Team	MVC Record		Overall	
	W	L	W	L
Dubuque Wahlert	8	3	8	3
Iowa City West	8	3	8	3
Cedar Rapids Kennedy	7	4	7	4
Iowa City High	4	7	4	7
Waterloo West	4	7	4	7
Dubuque Hempstead	4	7	4	8
Cedar Rapids Xavier	1	10	1	10

Varsity Results

11/24/09 - CR Washington 2272, **WATERLOO WEST 2239**
 12/04/09 - **WATERLOO WEST 2266**, CR Prairie 2232
 12/11/09 - **WATERLOO WEST 2392**, Waterloo East 2156
 12/18/09 - Cedar Falls 2163, **WATERLOO WEST 2080**
 01/08/10 - CR Kennedy 2490, **WATERLOO WEST 2418**
 01/15/10 - DBQ Senior2411, **WATERLOO WEST 2318**
 01/16/10 - Clinton Invitational, **WATERLOO WEST 3rd**
 01/22/10 - DBQ Wahlert 2399, **WATERLOO WEST 2344**
 01/26/10 - **WATERLOO WEST 3244**, DBQ Hempstead 2359
 02/05/10 - IC West 2801, **WATERLOO WEST 2285**
 02/12/10 - **WATERLOO WEST 2290**, CR Xavier 2005
 02/16/10 - IC City 2276, **WATERLOO WEST 2252**

Valley Division

Team	MVC Record		Overall	
	W	L	W	L
Cedar Rapids Jefferson	11	0	11	0
Dubuque Senior	9	2	10	2
Cedar Rapids Prairie	7	4	7	4
Linn-Mar	6	5	6	5
Cedar Rapids Washington	5	6	5	6
Waterloo East	2	9	2	9
Cedar Falls	1	10	1	10