

Event 1 Girls 5k Run CC Varsity

	Name	Year	School	Finals	Points
1	Downs, Kaia	10	Sioux City East	19:00.28	1
2	Aesoph, Amber	12	Bishop Heelan	19:15.19	2
3	Philips, Karlee	12	Sioux City East	20:14.71	3
4	Jordan, Elizabeth	09	Sioux City North	20:16.27	4
5	Mahaney, Grace	11	Bishop Heelan	20:17.82	5
6	Helt, Sydney	10	Sioux City East	20:19.69	6
7	Lammers, Katie	11	Sioux City East	20:22.65	7
8	Garay, Lillian	11	Sioux City North	20:26.85	8
9	Black, Chloe	12	Sgt. Bluff-Luton	20:28.57	9
10	Newberg, Jada	09	Bishop Heelan	20:33.04	10
11	Calhoun, Chloe	12	Lemars High School	20:39.51	11
12	Karras, Sophia	09	Sgt. Bluff-Luton	20:59.15	12
13	Albrecht, Kara	12	Lemars High School	21:10.34	13
14	Zuehl, Nicole	10	Sioux City North	21:10.60	14
15	Conley, Mia	10	Bishop Heelan	21:13.11	15
16	Kelley, Emma	11	Sioux City North	21:29.91	16
17	Joyce, Brenna	12	Bishop Heelan	21:36.69	17
18	Vandervelde, Hayleigh	12	Council Bluffs AL	21:44.62	18
19	Ryan, Gabby	09	Sgt. Bluff-Luton	21:46.74	19
20	Ramos, Jasmine	12	Council Bluffs TJ	21:52.67	20
21	Heilsen, Moriah	12	Council Bluffs AL	21:54.63	21
22	Martinez, Jazmin	09	Council Bluffs AL	21:58.50	22
23	Britt, Kylene	09	Lemars High School	22:03.76	23
24	Bracker, Paige	10	Council Bluffs AL	22:05.77	24
25	Joyce, Keara	09	Bishop Heelan	22:06.35	25
26	Washburn, Paige	12	Lemars High School	22:08.05	26
27	Olson, Monica	12	Sioux City North	22:13.57	27
28	Chamberlain, Emily	11	Lemars High School	22:17.26	28
29	Schneiders, Victoria	10	Sioux City North	22:20.63	29
30	Laureano, Leila	12	Sgt. Bluff-Luton	22:22.83	30
31	Norton, Mia	11	Sioux City North	22:29.14	31
32	Hutchinson, Emma	11	Bishop Heelan	22:32.39	32
33	Ryan, Jenna	11	Sgt. Bluff-Luton	22:40.41	33
34	Heald, Lydia	11	Sioux City East	22:41.74	34
35	Stoos, Karlie	11	Sioux City East	22:53.88	35
36	Barnes, Olivia	12	Sioux City East	23:01.30	36
37	McNaughton, Lilly	10	Lemars High School	23:11.96	37
38	Preston, Nora	09	Council Bluffs AL	23:14.85	38
39	Howard, Logan	09	Sgt. Bluff-Luton	23:15.60	39
40	Harstad, Mackenzie	10	Council Bluffs TJ	23:28.93	40
41	Plummer, Clare	12	Council Bluffs AL	23:35.15	41
42	Harold, Katie	12	Council Bluffs AL	24:05.32	42
43	Cunningham, Katie	10	Lemars High School	24:18.92	43
44	Slack, Julia	11	Council Bluffs TJ	24:38.70	44
45	Evans, Madison	11	Sioux City West	24:57.13	45
46	Jones, Kamari	12	Sioux City West	25:00.30	46
47	Gant, Regan	10	Council Bluffs TJ	25:00.84	47
48	Vigil, Lisbet	09	Sioux City West	25:24.86	48
49	Roberts, Gracie	11	Sioux City West	25:37.25	49
50	Proctor, Simiah	11	Sioux City West	25:47.63	50
51	Allen, Haley	09	Council Bluffs TJ	26:04.25	51
52	Cole, Akaysha	12	Council Bluffs TJ	26:06.59	52
53	Zermenio, Alondra	09	Sioux City West	27:00.86	53
54	Narcia, Rosie	09	Sioux City West	27:11.52	54

Team Scores

Missouri River Conference Championships - 10/17/2019
 Le Mars Hosts (Brunsville, Iowa)
 Prairie Rose Golf Course

Event 3 Boys 5k Run CC Varsity

Name	Year	School	Finals	Points
1 Bouwers, Jaysen	11	Sioux City North	15:46.59	1
2 Lohr, Will	10	Sioux City North	16:13.70	2
3 Gilo, Wimach	12	Council Bluffs TJ	16:19.63	3
4 Gutema, Beshanena	09	Sioux City North	16:39.08	4
5 Nash, Gabe	09	Sioux City North	16:50.42	5
6 Booton, Aidan	11	Council Bluffs TJ	16:58.00	6
7 Martinez, Juan	11	Council Bluffs TJ	17:00.77	7
8 Tellander, Caden	11	Council Bluffs AL	17:03.87	8
9 Sudtelgte, Jason	11	Lemars High School	17:06.88	9
10 Hornburg, Steven	12	Council Bluffs AL	17:08.17	10
11 Hulinsky, Ethan	11	Lemars High School	17:08.51	11
12 Greenwell, Colin	11	Sioux City North	17:09.30	12
13 Nation, Dylan	09	Sioux City East	17:14.91	13
14 Rodriguez, Carlos	10	Sgt. Bluff-Luton	17:23.63	14
15 Shoulders, Ty	11	Sgt. Bluff-Luton	17:34.46	15
16 Campbell, Ryan	10	Sioux City East	17:39.80	16
17 Sudtelgte, Jackson	11	Lemars High School	17:41.89	17
18 Dirksen, Blake	11	Lemars High School	17:47.19	18
19 Muller, Nick	11	Sgt. Bluff-Luton	17:53.55	19
20 Burge, Ethan	11	Sioux City East	17:57.28	20
21 Wingert, Kaden	11	Lemars High School	17:58.29	21
22 Gonzalez, Rey	11	Sioux City West	18:08.44	22
23 Gamble, Hayden	09	Sgt. Bluff-Luton	18:09.46	23
24 Belt, Gage	12	Council Bluffs TJ	18:13.20	24
25 Satterwhite, Cole	12	Bishop Heelan	18:22.92	25
26 Aguilera, Bryan	11	Council Bluffs TJ	18:27.90	26
27 Gishe, Yasin	09	Sioux City North	18:33.59	27
28 Greigg, Kevin	12	Sioux City East	18:39.95	28
29 Aguilar, Alex	11	Council Bluffs TJ	18:42.62	29
30 Gelinne, Easton	11	Sioux City West	18:44.81	30
31 Ryba, Hunter	11	Council Bluffs TJ	18:45.80	31
32 Isaac, Bryan	11	Sgt. Bluff-Luton	18:49.34	32
33 Harris, Craig	12	Sioux City East	18:49.83	33
34 Fitch, Lucas	09	Council Bluffs AL	18:51.63	34
35 Gleeson, Alex	12	Sioux City North	18:58.50	35
36 Leinen, Ethan	11	Council Bluffs AL	19:01.48	36
37 Meis, Michael	09	Lemars High School	19:02.08	37
38 Winkel, Noah	11	Bishop Heelan	19:13.33	38
39 Herbst, Kyle	12	Lemars High School	19:14.88	39
40 Hoak, Owen	11	Sioux City East	19:22.32	40
41 Andre, Brenden	11	Sioux City East	19:24.55	41
42 Aymar, Gannon	09	Sgt. Bluff-Luton	19:25.96	42
43 Keller, Aiden	11	Council Bluffs AL	19:30.63	43
44 Schaap, Brady	11	Sgt. Bluff-Luton	19:34.02	44
45 Weist, Jake	10	Bishop Heelan	19:49.32	45
46 Lopez, Jose	10	Sioux City West	20:05.83	46
47 Rundquist, Roberto	10	Bishop Heelan	20:12.64	47
48 Kindred, Daxon	09	Council Bluffs AL	20:25.38	48
49 Ryan, Jude	11	Council Bluffs AL	20:43.38	49
50 Johnson, Jacob	10	Sioux City West	20:54.05	50
51 Otten, Eli	09	Bishop Heelan	20:54.52	51
52 Newman, Josh	11	Bishop Heelan	21:25.79	52
53 Benson, Carter	09	Sioux City West	21:38.77	53

54 Houts, Kirk	09 Sioux City West	21:39.85	54
55 Carlberg, Erick	10 Bishop Heelan	21:52.77	55
56 Grijalva, Aldo	11 Sioux City West	22:28.42	56

Team Scores

Missouri River Conference Championships - 10/17/2019
 Le Mars Hosts (Brunsville, Iowa)
 Prairie Rose Golf Course

Event 2 Girls 5k Run CC JV

Name	Year School	Finals	Points
1 Morrow, Mariah	09 Sioux City East	22:31.38	1
2 Jochum, Taylor	10 Bishop Heelan	22:43.72	
3 Brester, Ella	10 Sgt. Bluff-Luton	22:45.19	2
4 Ly, Chrsitina	12 Sioux City North	23:00.05	3
5 Aymar, Katherine	11 Sgt. Bluff-Luton	23:03.22	4
6 Becker, Michele	12 Sgt. Bluff-Luton	23:07.97	5
7 Buss, Chloe	09 Sgt. Bluff-Luton	23:22.60	6
8 Hipnar, Ashley	12 Council Bluffs AL	23:29.08	7
9 Hancock, Aphraditie	10 Sioux City North	23:32.95	8
10 Fitzpatrick, Hannah	10 Bishop Heelan	23:34.64	
11 Ritz, Addison	10 Sgt. Bluff-Luton	23:35.66	9
12 VonHagel, Emma	12 Sioux City East	23:47.59	10
13 O'Dwyer, Clara	09 Lemars High School	23:59.55	11
14 Sanchez Angulo, Michelle	12 Sioux City North	24:05.31	12
15 Lemos, Eleana	09 Council Bluffs TJ	24:05.61	13
16 Hulinsky, Rebecca	09 Lemars High School	24:09.77	14
17 Hasbrouck, Jaycie	10 Council Bluffs AL	24:13.52	15
18 Garrett, Linkynn	11 Sgt. Bluff-Luton	24:16.54	16
19 Streck, Ashley	10 Sgt. Bluff-Luton	24:22.36	17
20 Rodriguez, Dani	10 Sgt. Bluff-Luton	24:24.41	
21 Widjaja, Abby	12 Sgt. Bluff-Luton	24:41.60	
22 Wathen, Kelsey	11 Council Bluffs AL	24:42.75	18
23 Hazuka, Sabrina	10 Sgt. Bluff-Luton	24:49.85	
24 Meyer, Liz	12 Bishop Heelan	24:57.51	
25 Kopp, Megan	10 Sioux City North	24:59.33	19
26 Loffswold, Sophie	09 Sgt. Bluff-Luton	25:02.40	
27 Sale, Katie	10 Sgt. Bluff-Luton	25:05.01	
28 Denman, Aili Ann	09 Sgt. Bluff-Luton	25:10.87	
29 Richardson, Kiley	09 Council Bluffs AL	25:12.45	20
30 Neville, Athena	09 Council Bluffs TJ	25:14.94	21
31 Rangel-Mendoza, Jennifer	09 Council Bluffs AL	25:17.50	22
32 Cain, Bella	10 Council Bluffs AL	25:21.17	23
33 Wilson, Bailey	09 Sioux City East	25:21.95	24
34 Ritz, Ellie	09 Bishop Heelan	25:23.40	
35 Plueger, Hailey	12 Lemars High School	25:23.80	25
36 McHugh-Hoskins, Riley	11 Sgt. Bluff-Luton	25:37.45	
37 Fehl, Alexis	10 Sgt. Bluff-Luton	25:37.80	
38 Yancy, Krista	10 Council Bluffs TJ	25:39.03	26
39 Moreno, Jackie	10 Council Bluffs TJ	25:39.73	27
40 Pacheco, Stephanie	11 Council Bluffs TJ	25:40.94	28
41 Brown, Eliana	09 Council Bluffs AL	25:59.61	29
42 King, Sarah	12 Council Bluffs AL	26:00.08	
43 Calderon, Carmen	10 Sioux City North	26:06.09	30
44 Perez, Jisela	09 Sioux City North	26:09.42	31
45 Risetter, Cameron	09 Sioux City North	26:12.29	32
46 Walz, Emma	11 Sioux City North	26:15.45	
47 Schoening, Gracie	10 Council Bluffs AL	26:27.18	
48 Lucas, Lauren	11 Sgt. Bluff-Luton	26:52.32	
49 Olsen, Abbie	12 Council Bluffs AL	26:52.92	
50 Skatges, Alyssa	12 Sgt. Bluff-Luton	26:57.67	
51 Cliff, Marissa	11 Sioux City East	27:09.06	33
52 Frazee, Haley	11 Sioux City East	27:15.62	34
53 Steele, Emma	10 Sioux City East	27:18.68	35

54	Michael, Emma	11	Lemars High School	27:25.39	36
55	Monge, Bernice	11	Council Bluffs AL	27:25.83	
56	Hosick, Sydney	10	Council Bluffs TJ	27:47.57	37
57	Martin, Amy	12	Council Bluffs TJ	27:55.83	38
58	Konidas, Froso	12	Sioux City North	28:03.52	
59	Feiges, Isobel	12	Sioux City North	28:07.83	
60	McShane, Payton	10	Lemars High School	28:10.98	39
61	Albrecht, Hannah	10	Lemars High School	28:13.66	40
62	Herzog, Khloe	12	Council Bluffs AL	28:29.33	
63	Hogan, Abby	12	Sioux City East	28:39.17	41
64	Perkins, Sierra	10	Sgt. Bluff-Luton	29:12.55	
65	Buthe, Kamry	10	Council Bluffs AL	29:32.77	
66	Milstead, Arlette	12	Council Bluffs AL	29:34.49	
67	Davis, Lillian	11	Sioux City North	29:59.34	
68	Mosqueda, Jazmin	12	Sioux City North	30:04.50	
69	Turner, Lucy	12	Council Bluffs AL	30:09.40	
70	Bixenman, Sophie	11	Lemars High School	30:11.70	42
71	Witt, Tana	09	Council Bluffs AL	30:29.77	
72	Brent, Lilly	09	Lemars High School	30:34.01	
73	Nordstrom, Liberty	11	Sioux City North	30:43.41	
74	Kindred, Riley	09	Council Bluffs AL	30:47.19	
75	Smith, Aly	10	Council Bluffs AL	32:00.96	
76	Roque, Linda	11	Council Bluffs TJ	32:34.81	
77	McShane, Katelyn	12	Lemars High School	32:44.19	
78	Valle, Jasmarie	09	Council Bluffs TJ	33:27.86	
79	Mata, Jasmin	09	Lemars High School	33:55.28	
80	Carter, Chloe	09	Council Bluffs AL	35:10.82	
81	Morales, Mitzully	11	Lemars High School	36:24.56	

Team Scores

Missouri River Conference Championships - 10/17/2019
 Le Mars Hosts (Brunsville, Iowa)
 Prairie Rose Golf Course

Event 4 Boys 5k Run CC JV

Name	Year School	Finals	Points
1 Kifle, Yemane	10 Sioux City North	17:02.12	1
2 Dido, Ahmed	11 Sioux City North	17:02.70	2
3 Walters, Nick	11 Sioux City North	17:35.24	3
4 Gutierrez, Jose	10 Sioux City North	18:26.91	4
5 Hedrick, D'Mitre	12 Council Bluffs TJ	18:29.88	5
6 Foster, Matt	11 Council Bluffs TJ	18:39.08	6
7 Olson, Joseph	09 Sioux City North	18:50.37	7
8 Christensen, Lorcan	10 Sioux City North	18:50.85	8
9 Sanchez, Juan	09 Lemars High School	18:54.18	9
10 Milner, Evan	11 Council Bluffs TJ	19:01.65	10
11 McDaniel, Trey	12 Council Bluffs TJ	19:03.94	11
12 Stellish, Kenny	11 Sioux City North	19:06.61	12
13 Vanderveen, Brandon	12 Sioux City East	19:08.25	13
14 Odwyer, Jacob	12 Lemars High School	19:08.86	14
15 Burrack, Owen	11 Sioux City North	19:09.60	
16 Widjaja, Michael	10 Sioux City East	19:23.49	15
17 Fuentes, Juan	11 Sioux City East	19:25.00	16
18 Haworth, Austin	09 Lemars High School	19:31.00	17
19 Healy, Austin	11 Sgt. Bluff-Luton	19:32.21	18
20 Dirkson, Emmet	11 Sgt. Bluff-Luton	19:36.87	19
21 Vallin, Emmanuel	09 Council Bluffs TJ	19:38.14	20
22 Soriano, Roi	10 Council Bluffs TJ	19:44.93	21
23 Chhet, Aydin	10 Sioux City East	19:52.82	22
24 Debates, Joseph	09 Sioux City East	19:53.48	23
25 Hinds, Daniel	11 Lemars High School	19:55.37	24
26 Wooldridge, Jeffrey	10 Sioux City North	19:57.22	
27 Burkhardt, Noah	10 Sioux City East	19:57.68	25
28 Burney, Aaron	10 Council Bluffs TJ	20:00.48	26
29 Flattery, Jackson	10 Sioux City East	20:02.70	27
30 Johannes, Nathan	09 Council Bluffs AL	20:03.61	28
31 McGregor, Nolan	12 Sgt. Bluff-Luton	20:09.80	29
32 Allen, Mason	12 Council Bluffs TJ	20:12.37	
33 Markuson, Mark	09 Council Bluffs TJ	20:13.03	
34 Pregon, Dalton	11 Council Bluffs AL	20:14.86	30
35 Mosqueda, Alexis	12 Council Bluffs TJ	20:25.24	
36 Barker, Max	10 Sioux City East	20:25.84	
37 Stoos, Gavin	09 Sioux City East	20:26.93	
38 Schaap, Dylon	09 Sgt. Bluff-Luton	20:29.79	31
39 Koletzke, Chase	11 Council Bluffs TJ	20:33.66	
40 Greenwell, Liam	11 Sioux City North	20:37.80	
41 Lohr, Matthew	11 Sioux City North	20:42.75	
42 Fjeldheim, Kameron	09 Bishop Heelan	20:44.80	32
43 Wurth, Caden	09 Lemars High School	20:45.64	33
44 Krysl, Jacob	10 Sioux City North	20:46.91	
45 Francksen-Small, Jakob	12 Lemars High School	20:49.29	34
46 Funk, Trenton	11 Council Bluffs AL	20:52.14	35
47 Figueroa, Diego	10 Council Bluffs TJ	20:58.37	
48 Samayoa, Sairus	09 Sioux City East	20:59.85	
49 Burrell, Reddeck	09 Lemars High School	21:01.14	36
50 McInnis, Jack	11 Lemars High School	21:01.59	
51 Slack, Mason	12 Council Bluffs TJ	21:03.00	
52 Santacruz, Adrian	12 Council Bluffs TJ	21:03.58	
53 Lovejoy, Tyrese	09 Sioux City North	21:04.93	

54 Johnson, Justin	09 Sgt. Bluff-Luton	21:09.55	37
55 Andemichael, Fithawi	09 Sioux City North	21:11.47	
56 LaFleur, Jacob	09 Bishop Heelan	21:11.83	38
57 Becker, Merric	09 Council Bluffs AL	21:13.66	39
58 Jherek, Dillavou	12 Sgt. Bluff-Luton	21:23.46	40
59 Denker, Jacob	09 Sioux City East	21:26.84	
60 Heeren, Tucker	12 Lemars High School	21:27.65	
61 Tran, Tony	11 Council Bluffs TJ	21:30.21	
62 Kellin, Braden	10 Council Bluffs TJ	21:42.41	
63 Vlahoulis, Kellen	09 Sioux City East	21:43.88	
64 Blake, James	11 Sgt. Bluff-Luton	21:50.14	41
65 Tran, Thomas	10 Sioux City West	21:50.45	
66 Luu, Andy	11 Sioux City North	21:52.15	
67 Barrett, Brenden	11 Council Bluffs AL	21:57.69	42
68 Greenwell, Quintin	12 Sioux City North	21:59.35	
69 Pace, Draven	10 Sioux City North	22:00.46	
70 Ferguson, Scott	12 Lemars High School	22:02.98	
71 Laws, Kane	12 Sioux City North	22:05.28	
72 Delperdang, Xander	10 Sioux City North	22:07.36	
73 Andon, Dillavou	11 Sgt. Bluff-Luton	22:12.45	
74 Walz, Elliot	09 Sioux City North	22:13.54	
75 Jensen, Braden	12 Lemars High School	22:16.61	
76 Miller, Elias	12 Sioux City North	22:22.19	
77 Erickson, Cam	11 Council Bluffs AL	22:24.42	43
78 Bose, Ethan	09 Council Bluffs TJ	22:24.91	
79 Carlsen, Dylan	12 Lemars High School	22:36.55	
80 Marchand, Judd	09 Sgt. Bluff-Luton	22:37.63	
81 Neville, Asa	09 Council Bluffs TJ	22:44.45	
82 Albers, Seth	12 Lemars High School	22:49.39	
83 Juan Medina, Gabe	09 Sioux City West	22:49.96	
84 Colburn, Abe	09 Council Bluffs AL	22:51.85	44
85 McGill, Jacob	09 Lemars High School	23:02.00	
86 Bates, Cody	11 Sioux City East	23:12.68	
87 LaFleur, Lucas	09 Bishop Heelan	23:13.11	45
88 Mendez, Angel	09 Sioux City North	23:14.49	
89 Schaap, Ethan	11 Sgt. Bluff-Luton	23:28.49	
90 Haider, Mickey	10 Sgt. Bluff-Luton	23:32.44	
91 Venteicher, Noah	09 Lemars High School	23:45.39	
92 Harrison, Jacob	09 Sioux City East	23:47.44	
93 Spencer, Jacob	10 Lemars High School	23:53.84	
94 Keleher, Ashton	10 Sioux City North	24:11.02	
95 Watchorn, Bret	11 Sioux City East	24:11.32	
96 Tran, David	12 Sioux City North	24:11.69	
97 Hsee, Poe	10 Council Bluffs TJ	24:17.91	
98 Eslinger, Jason	09 Sgt. Bluff-Luton	24:40.34	
99 Barros, Nicolas	11 Council Bluffs AL	25:10.28	
100 Brent, Ayden	09 Lemars High School	25:18.19	
101 Hueser, Tanner	12 Sgt. Bluff-Luton	25:19.09	
102 Santacruz, Joel	09 Council Bluffs TJ	26:19.18	
103 Hubbell, Kyle	10 Lemars High School	26:30.23	
104 Godoy, Jorge	09 Sioux City West	26:53.81	
105 Stahle, Jack	09 Bishop Heelan	27:21.97	46
106 West, Victor	12 Sioux City North	28:44.43	
107 Ibar, Amer	11 Council Bluffs TJ	29:25.45	
108 Aesoph, Keenan	09 Bishop Heelan	30:11.30	47

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Sioux City North	17	1	2	3	4	7	8	12		

	Total Time:	1:28:57.34							
	Average:	17:47.47							
2	Council Bluffs TJ	52	5	6	10	11	20	21	26
	Total Time:	1:34:52.69							
	Average:	18:58.54							
3	Sioux City East	89	13	15	16	22	23	25	27
	Total Time:	1:37:43.04							
	Average:	19:32.61							
4	Lemars High School	97	9	14	17	24	33	34	36
	Total Time:	1:38:15.05							
	Average:	19:39.01							
5	Sgt Bluff High School	134	18	19	29	31	37	40	41
	Total Time:	1:40:58.22							
	Average:	20:11.65							
6	Council Bluffs AL	174	28	30	35	39	42	43	44
	Total Time:	1:44:21.96							
	Average:	20:52.40							
7	Bishop Heelan High School	208	32	38	45	46	47		
	Total Time:	2:02:43.01							
	Average:	24:32.61							