

Sheldon XC Invitational - 9/24/2019

Risefest
Sheldon, Iowa

Event 1 Girls 5k Run CC Varsity/JV

| Name | Year School | Finals | Points |
|---------------------------------|-----------------------|----------|--------|
| Varsity Results 5000 Run | | | |
| | | | |
| 1 Downs, Kaia | 10 V-Sioux City East | 19:45.58 | 1 |
| 2 Hamilton, Grace | 12 V-Spencer | 20:44.63 | 2 |
| 3 Haverdink, Emily | 10 V-Moc-Floyd Valley | 20:47.86 | 3 |
| 4 Philips, Karlee | 12 V-Sioux City East | 20:56.55 | 4 |
| 5 Fisher, Elisa | 12 V-Spencer | 21:02.07 | 5 |
| 6 Helt, Sydney | 10 V-Sioux City East | 21:21.21 | 6 |
| 7 Lammers, Katie | 11 V-Sioux City East | 21:37.74 | 7 |
| 8 Blum, Lizzy | 12 V-Boyden-Hull-Rv | 21:47.71 | 8 |
| 9 Haley, Emma | 11 V-Moc-Floyd Valley | 21:50.35 | 9 |
| 10 Morey, Jenna | 12 V-Spencer | 22:16.63 | 10 |
| 11 Wasmund, Bria | 09 V-Sibley-Ocheyedan | 22:19.92 | 11 |
| 12 Strubbe, Madi | 11 V-Boyden-Hull-Rv | 22:23.60 | 12 |
| 13 Wingate, Alayna | 09 V-Sibley-Ocheyedan | 22:26.41 | 13 |
| 14 Hamilton, Ivy | 09 V-Spencer | 22:36.08 | 14 |
| 15 Heemstra, Abby | 11 V-Boyden-Hull-Rv | 22:42.94 | 15 |
| 16 Edwards, Aliza | 09 V-Spencer | 22:51.19 | 16 |
| 17 Marco, Madison | 09 V-Sibley-Ocheyedan | 22:53.35 | 17 |
| 18 Yaw, Claire | 10 V-Moc-Floyd Valley | 22:56.26 | 18 |
| 19 Zeutenhorst, Ellie | 11 V-Sioux Center | 22:59.55 | 19 |
| 20 Morey, Emma | 09 V-Spencer | 23:04.08 | 20 |
| 21 Barnes, Olivia | 12 V-Sioux City East | 23:10.15 | 21 |
| 22 Brouwer, Madison | 09 V-Sibley-Ocheyedan | 23:12.38 | 22 |
| 23 Den Herder, Dana | 12 V-Sioux Center | 23:30.66 | 23 |
| 24 King, Jenna | 11 V-Sioux Center | 23:32.84 | 24 |
| 25 Howe, Julia | 12 V-Moc-Floyd Valley | 23:42.70 | 25 |
| 26 Rosfjord, Adrienne | 11 V-Estherville-Lc | 23:44.04 | 26 |
| 27 Heald, Lydia | 11 V-Sioux City East | 23:53.64 | 27 |
| 28 Fisher, Brenna | 10 V-Spencer | 23:57.60 | 28 |
| 29 Steele, Emma | 10 V-Sioux City East | 24:08.38 | 29 |
| 30 Knobloch, Ambria | 11 V-West Lyon | 24:11.65 | 30 |
| 31 Humble, Laura | 12 V-Estherville-Lc | 24:16.29 | 31 |
| 32 Wiltgen, Amanda | 11 V-West Lyon | 24:19.29 | 32 |
| 33 Ramirez, Giselle | 12 V-Sioux Center | 24:25.56 | 33 |
| 34 Russell, Maria | 10 V-Remsen St Mary | 24:28.78 | |
| 35 Munoz, Angie | 10 V-Boyden-Hull-Rv | 24:29.50 | 34 |
| 36 Luevano, Jenny | 09 V-Boyden-Hull-Rv | 24:32.23 | 35 |
| 37 Riessen, Kaitlyn | 12 V-Oa-Bcig | 24:35.23 | |
| 38 Perez, Sarah | 11 V-West Lyon | 24:43.38 | 36 |
| 39 Weber, Addison | 12 V-Gehlen Catholic | 24:44.24 | 37 |
| 40 Feucht, Sadie | 11 V-West Lyon | 24:49.28 | 38 |
| 41 Young, Allison | 11 V-Estherville-Lc | 24:50.01 | 39 |
| 42 Ortiz-Ayala, America | 10 V-Sibley-Ocheyedan | 24:53.10 | 40 |
| 43 Dokter, Aryana | 09 V-Moc-Floyd Valley | 24:54.11 | 41 |
| 44 Tesch, Harlie | 10 V-Gehlen Catholic | 24:54.88 | 42 |
| 45 Nilles, Mallory | 12 V-Boyden-Hull-Rv | 24:59.35 | 43 |
| 46 Olson, Hannah | 12 V-Estherville-Lc | 25:01.76 | 44 |
| 47 Slight, Jessica | 12 V-Storm Lake | 25:02.60 | 45 |
| 48 Hanson, Abbie | 10 V-Boyden-Hull-Rv | 25:02.90 | 46 |
| 49 Hummel, Sarah | 11 V-Moc-Floyd Valley | 25:04.99 | 47 |
| 50 Sitzmann, Patricia | 11 V-Gehlen Catholic | 25:25.26 | 48 |
| 51 Domek, Margaret | 11 V-Estherville-Lc | 25:27.73 | 49 |
| 52 Snyders, Geena | 09 V-West Lyon | 25:28.70 | 50 |

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|----|--------------------|----|--------------------|----------|----|
| 53 | Dykema, Jenny | 11 | V-Spirit Lake | 25:39.39 | 51 |
| 54 | Butler, Sophia | 11 | V-Spirit Lake | 25:49.55 | 52 |
| 55 | Hurst, Ellie | 11 | V-Sioux Center | 25:56.66 | 53 |
| 56 | Linde, Hailey | 09 | V-Oa-Bcig | 26:07.64 | |
| 57 | Evans, Madison | 11 | V-Sioux City West | 26:16.97 | 54 |
| 58 | Radcliffe, Grace | 11 | V-Spirit Lake | 26:25.04 | 55 |
| 59 | Jones, Kamari | 12 | V-Sioux City West | 26:25.39 | 56 |
| 60 | Leuthold, Ella | 09 | V-West Lyon | 26:52.70 | 57 |
| 61 | Cervantes, Bianca | 11 | V-Storm Lake | 26:53.81 | 58 |
| 62 | Roberts, Gracie | 11 | V-Sioux City West | 26:56.61 | 59 |
| 63 | Zubrod, Hannah | 10 | V-Gehlen Catholic | 26:58.23 | 60 |
| 64 | Arens, Addison | 09 | V-Gehlen Catholic | 27:00.73 | 61 |
| 65 | Nasers, Grace | 09 | V-Sibley-Ocheyedan | 27:13.32 | 62 |
| 66 | Loger, Jordyn | 09 | V-Oa-Bcig | 27:41.42 | |
| 67 | Bahnson, Andraya | 10 | V-West Lyon | 27:50.31 | 63 |
| 68 | Sorenson, Jordyn | 11 | V-Spirit Lake | 27:51.04 | 64 |
| 69 | Vigil, Lisbet | 09 | V-Sioux City West | 28:27.91 | 65 |
| 70 | Zermeno, Alondra | 09 | V-Sioux City West | 28:34.55 | 66 |
| 71 | Narcia, Rosie | 09 | V-Sioux City West | 28:46.68 | 67 |
| 72 | Vierkant, Allison | 09 | V-Spirit Lake | 28:49.48 | 68 |
| 73 | Venegas, Abby | 11 | V-Storm Lake | 29:00.50 | 69 |
| 74 | Mingus, Mikayla | 09 | V-Spirit Lake | 29:10.98 | 70 |
| 75 | Oehler, Emma | 11 | V-Storm Lake | 29:23.17 | 71 |
| 76 | Cruz, Emily | 11 | V-Storm Lake | 29:49.10 | 72 |
| 77 | Youngstedt, Dylan | 10 | V-Storm Lake | 34:30.44 | 73 |
| 78 | Einhorn, Annabelle | 12 | V-Oa-Bcig | 35:01.42 | |

Junior Varsity Results 5000 Run

| | | | | | |
|----|-------------------------|----|------------------|----------|----|
| 1 | Perez, Isabel | 10 | Spencer | 23:47.36 | 1 |
| 2 | Van Zee, BreElle | 12 | Moc-Floyd Valley | 24:18.49 | 2 |
| 3 | Stoos, Karlie | 11 | Sioux City East | 24:23.17 | 3 |
| 4 | Morrow, Mariah | 09 | Sioux City East | 24:48.51 | 4 |
| 5 | VonHagel, Emma | 12 | Sioux City East | 25:00.52 | 5 |
| 6 | Post, Naomi | 09 | Boyden-Hull-RV | 25:02.29 | |
| 7 | Smith, Grace | 10 | Sioux City East | 25:09.47 | 6 |
| 8 | Rodriguez, Zuleyka | 09 | Moc-Floyd Valley | 25:14.84 | 7 |
| 9 | Hummel, Cate | 10 | Moc-Floyd Valley | 25:15.23 | 8 |
| 10 | Schwartz, Sydney | 10 | Spencer | 25:27.34 | 9 |
| 11 | Van Beek, Hannah | 11 | Sioux Center | 25:48.61 | 10 |
| 12 | Meeuwsen, Samantha | 11 | Sioux Center | 25:54.86 | 11 |
| 13 | Martinez, Dulce | 09 | Sioux Center | 25:55.23 | 12 |
| 14 | Scheaffer, Gracia | 09 | Sheldon | 26:04.17 | 13 |
| 15 | Edwards, Jazmine | 11 | Spencer | 26:07.98 | 14 |
| 16 | Galles, Emma | 12 | Remsen St Mary | 26:08.27 | |
| 17 | McCuddin, Kelsey | 09 | Sheldon | 26:19.98 | 15 |
| 18 | Kleinwolterink, Georgia | 10 | Sibley-Ocheyedan | 26:36.26 | |
| 19 | Hulstein, Hannah | 10 | Moc-Floyd Valley | 26:56.14 | 16 |
| 20 | Nelson, Sadie | 10 | Spencer | 27:25.70 | 17 |
| 21 | Simpson, Mia | 11 | Spencer | 27:34.70 | 18 |
| 22 | Vollink, Katie | 09 | Boyden-Hull-RV | 27:48.53 | |
| 23 | Rezac, Kory | 11 | Estherville-LC | 27:56.20 | |
| 24 | Rusche, Rachel | 10 | Sibley-Ocheyedan | 27:59.41 | |
| 25 | Wilson, Bailey | 09 | Sioux City East | 28:05.80 | 19 |
| 26 | Martin Felipe, Olga | 12 | Estherville-LC | 28:11.96 | |
| 27 | Cliff, Marissa | 11 | Sioux City East | 28:14.34 | 20 |
| 28 | Gomez, Mayra | 09 | Sioux Center | 28:18.99 | 21 |
| 29 | Storey, Ella | 12 | Spencer | 28:21.84 | 22 |
| 30 | Moore, Allison | 09 | Boyden-Hull-RV | 28:40.24 | |
| 31 | Crew, Molly | 11 | Spencer | 28:44.97 | 23 |
| 32 | Van Es, Lizzie | 11 | Sioux Center | 28:54.25 | 24 |
| 33 | Budden, Isabella | 09 | Moc-Floyd Valley | 28:55.41 | 25 |
| 34 | Chung, Sera | 11 | Gehlen Catholic | 28:59.07 | |

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|----|------------------|----|------------------|----------|
| 35 | McCarthy, Noli | 11 | Spirit Lake | 29:21.84 |
| 36 | Prewitt, Katie | 10 | Sheldon | 29:27.73 |
| 37 | Prewitt, Emily | 12 | Sheldon | 29:51.12 |
| 38 | Honkomp, Grace | 09 | Spencer | 29:52.62 |
| 39 | Pick, Kaylee | 12 | Spencer | 29:57.47 |
| 40 | Dake, Autumn | 11 | Sibley-Ocheyedan | 30:00.06 |
| 41 | VanderWaal, Kyla | 09 | Sioux Center | 30:10.05 |
| 42 | Ostovic, Izzy | 10 | Spirit Lake | 30:10.77 |
| 43 | Frazee, Haley | 11 | Sioux City East | 30:11.94 |
| 44 | Blau, Edyn | 10 | Spencer | 30:18.74 |
| 45 | Montse, Muro | 12 | Sioux Center | 30:30.36 |
| 46 | Mason, Makenzie | 11 | Sheldon | 30:58.53 |
| 47 | Mogler, Mallorie | 10 | West Lyon | 31:13.06 |
| 48 | Hogan, Abby | 12 | Sioux City East | 32:06.47 |
| 49 | Harper, Shelby | 09 | Sioux Center | 33:22.77 |
| 50 | Garcia, Gabriela | 10 | Sioux City East | 34:08.17 |
| 51 | Hassman, Janae | 11 | Spencer | 34:39.01 |
| 52 | Roehder, Alexess | 09 | Moc-Floyd Valley | 34:52.71 |

Team Scores

| | | | | | | | | | |
|----|-------------------|------------|-----|----|----|----|----|----|----|
| 8 | V-Estherville-Lc | | 189 | 26 | 31 | 39 | 44 | 49 | |
| | Total Time: | 2:03:19.83 | | | | | | | |
| | Average: | 24:39.97 | | | | | | | |
| 9 | V-Gehlen Catholic | | 248 | 37 | 42 | 48 | 60 | 61 | |
| | Total Time: | 2:09:03.34 | | | | | | | |
| | Average: | 25:48.67 | | | | | | | |
| 10 | V-Spirit Lake | | 290 | 51 | 52 | 55 | 64 | 68 | 70 |
| | Total Time: | 2:14:34.50 | | | | | | | |
| | Average: | 26:54.90 | | | | | | | |
| 11 | V-Sioux City West | | 300 | 54 | 56 | 59 | 65 | 66 | 67 |
| | Total Time: | 2:16:41.43 | | | | | | | |
| | Average: | 27:20.29 | | | | | | | |
| 12 | V-Storm Lake | | 315 | 45 | 58 | 69 | 71 | 72 | 73 |
| | Total Time: | 2:20:09.18 | | | | | | | |
| | Average: | 28:01.84 | | | | | | | |

Sheldon XC Invitational - 9/24/2019

Risefest
Sheldon, Iowa

Event 3 Boys 5k Run CC Varsity/JV

| Name | Year School | Finals | Points |
|---------------------------------|-----------------------|----------|--------|
| Varsity Results 5000 Run | | | |
| | | | |
| 1 May, Sam | 10 V-Moc-Floyd Valley | 17:22.78 | 1 |
| 2 Tesch, Carson | 12 V-Gehlen Catholic | 17:44.97 | 2 |
| 3 Myers, Taylor | 12 V-Estherville-Lc | 17:51.91 | 3 |
| 4 Nation, Dylan | 09 V-Sioux City East | 17:58.14 | 4 |
| 5 Harrison, Sam | 12 V-Sioux Center | 17:59.67 | 5 |
| 6 VandeVegte, Carter | 12 V-Sioux Center | 18:01.84 | 6 |
| 7 Vaske, Isaac | 12 V-Gehlen Catholic | 18:07.04 | 7 |
| 8 Brunsting, Dayton | 11 V-Boyden-Hull-Rv | 18:08.43 | 8 |
| 9 Roozeboom, Jager | 11 V-Sheldon | 18:27.50 | 9 |
| 10 Discua, Luis | 12 V-Spencer | 18:33.26 | 10 |
| 11 Campbell, Ryan | 10 V-Sioux City East | 18:39.23 | 11 |
| 12 DeGroot, Kleyton | 11 V-Moc-Floyd Valley | 18:39.76 | 12 |
| 13 Gonzalez, Rey | 11 V-Sioux City West | 18:41.14 | 13 |
| 14 Lopez, Marco | 11 V-Boyden-Hull-Rv | 18:44.18 | 14 |
| 15 Moser, Kirk | 11 V-West Lyon | 18:51.93 | 15 |
| 16 Blom, Tyson | 10 V-Moc-Floyd Valley | 18:54.39 | 16 |
| 17 Cauthron, Case | 11 V-Spencer | 18:56.72 | 17 |
| 18 Hulshof, Isaiah | 09 V-Moc-Floyd Valley | 18:57.72 | 18 |
| 19 Lenzmeier, Matt | 10 V-Storm Lake | 18:59.55 | 19 |
| 20 Cline, Kadyn | 11 V-Spencer | 19:00.72 | 20 |
| 21 Moon, Tyler | 10 V-Storm Lake | 19:02.73 | 21 |
| 22 Mills, Derek | 11 V-Moc-Floyd Valley | 19:04.28 | 22 |
| 23 Greigg, Kevin | 12 V-Sioux City East | 19:05.06 | 23 |
| 24 Harris, Craig | 12 V-Sioux City East | 19:06.64 | 24 |
| 25 Burge, Ethan | 11 V-Sioux City East | 19:12.20 | 25 |
| 26 Ruhland, Carver | 10 V-Gehlen Catholic | 19:13.35 | 26 |
| 27 Tuttle, Jacob | 11 V-Spirit Lake | 19:15.04 | 27 |
| 28 Van Westen, Keagan | 10 V-Sibley-Ocheyedan | 19:15.43 | 28 |
| 29 Scheaffer, Elliot | 11 V-Sheldon | 19:16.07 | 29 |
| 30 Gelinne, Easton | 11 V-Sioux City West | 19:16.76 | 30 |
| 31 Barnum, Leighton | 12 V-Oa-Bcig | 19:21.72 | 31 |
| 32 Blom, Tristan | 10 V-Moc-Floyd Valley | 19:26.59 | 32 |
| 33 Bonestroo, Micah | 10 V-Moc-Floyd Valley | 19:30.51 | 33 |
| 34 Andre, Brenden | 11 V-Sioux City East | 19:31.12 | 34 |
| 35 Block, Will | 11 V-Spirit Lake | 19:34.69 | 35 |
| 36 Byers, Jackson | 10 V-Sibley-Ocheyedan | 19:35.16 | 36 |
| 37 Meester, Sam | 09 V-West Lyon | 19:36.11 | 37 |
| 38 Burton, Jaxon | 10 V-Storm Lake | 19:36.86 | 38 |
| 39 Hoak, Owen | 11 V-Sioux City East | 19:40.98 | 39 |
| 40 Augustine, Jeff | 11 V-Gehlen Catholic | 19:43.17 | 40 |
| 41 Vandenberg, Damon | 09 V-Spirit Lake | 19:43.65 | 41 |
| 42 Moore, Logan | 12 V-Boyden-Hull-Rv | 19:47.55 | 42 |
| 43 Frostestad, Ben | 12 V-Spirit Lake | 19:50.68 | 43 |
| 44 Radcliffe, Walker | 11 V-Spirit Lake | 19:59.22 | 44 |
| 45 Janzen, Evan | 09 V-Boyden-Hull-Rv | 20:01.85 | 45 |
| 46 TeGrotenhuis, Casey | 12 V-Sioux Center | 20:02.24 | 46 |
| 47 Dominguez, Deyvi | 11 V-West Lyon | 20:11.29 | 47 |
| 48 Kelderman, Marcus | 11 V-Boyden-Hull-Rv | 20:12.43 | 48 |
| 49 Veltri, Evan | 12 V-Oa-Bcig | 20:15.70 | 49 |
| 50 Reitz, Caleb | 11 V-Oa-Bcig | 20:15.96 | 50 |
| 51 Holtrop, Nathan | 12 V-Sheldon | 20:16.72 | 51 |
| 52 Sibenaller, Eric | 11 V-Oa-Bcig | 20:25.58 | 52 |

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|----|------------------------|----|--------------------|----------|----|
| 53 | Hannel, Darian | 12 | V-Oa-Bcig | 20:26.44 | 53 |
| 54 | Brouwer, Carter | 11 | V-Sibley-Ocheyedan | 20:31.78 | 54 |
| 55 | Ballestrazzi, Vittorio | 11 | V-Gehlen Catholic | 20:36.82 | 55 |
| 56 | Schmidt, Ethan | 12 | V-Spencer | 20:41.15 | 56 |
| 57 | Post, John | 11 | V-Boyden-Hull-Rv | 20:51.97 | 57 |
| 58 | Lopez, Jose | 10 | V-Sioux City West | 20:57.15 | 58 |
| 59 | Carlson, Jack | 12 | V-Sibley-Ocheyedan | 21:00.94 | 59 |
| 60 | Dvergsten, Tyler | 12 | V-Storm Lake | 21:02.42 | 60 |
| 61 | King, Matthew | 10 | V-Sioux Center | 21:03.57 | 61 |
| 62 | Dixon, Isaac | 12 | V-Spirit Lake | 21:04.89 | 62 |
| 63 | VandeVegte, Graham | 10 | V-Sioux Center | 21:05.48 | 63 |
| 64 | Kueper, Connor | 09 | V-Spirit Lake | 21:07.40 | 64 |
| 65 | Ocampo, Osvaldo | 11 | V-Sheldon | 21:09.68 | 65 |
| 66 | Jensen, Jacob | 12 | V-Estherville-Lc | 21:17.98 | 66 |
| 67 | Bare, Andrew | 12 | V-Spencer | 21:22.86 | 67 |
| 68 | Nemmers, Nathan | 11 | V-Gehlen Catholic | 21:26.00 | 68 |
| 69 | Kierscht, Otis | 12 | V-Spencer | 21:27.14 | 69 |
| 70 | Sander, Izaak | 12 | V-Estherville-Lc | 21:28.22 | 70 |
| 71 | Meiburg, Aaron | 11 | V-West Lyon | 21:40.64 | 71 |
| 72 | King, Owen | 10 | V-Spencer | 21:42.68 | 72 |
| 73 | Patel, Neil | 10 | V-Sheldon | 21:44.20 | 73 |
| 74 | Perez, Johnny | 12 | V-West Lyon | 21:46.27 | 74 |
| 75 | Blanco, Isaiah | 09 | V-Sibley-Ocheyedan | 21:53.08 | 75 |
| 76 | Martin, Will | 09 | V-Estherville-Lc | 22:10.16 | 76 |
| 77 | Young, Kaleb | 09 | V-Estherville-Lc | 22:34.12 | 77 |
| 78 | Buns, Chance | 09 | V-Oa-Bcig | 22:43.85 | 78 |
| 79 | Johnson, Jacob | 10 | V-Sioux City West | 22:53.62 | 79 |
| 80 | Mendigorian, Vincent | 10 | V-Storm Lake | 23:01.49 | 80 |
| 81 | Kruse, Gavin | 09 | V-West Lyon | 23:27.16 | 81 |
| 82 | Grijalva, Aldo | 11 | V-Sioux City West | 23:31.89 | 82 |
| 83 | Vanden Hull, Drew | 10 | V-Sheldon | 24:01.82 | 83 |
| 84 | Ingvall, Blake | 10 | V-Estherville-Lc | 24:09.83 | 84 |
| 85 | Keller, Lucas | 10 | V-Storm Lake | 24:16.62 | 85 |
| 86 | Paca, Grant | 11 | V-Sibley-Ocheyedan | 24:20.89 | 86 |
| 87 | Morales, Emmanual | 10 | V-Storm Lake | 24:45.43 | 87 |
| 88 | Hasselmann, Carter | 09 | V-West Lyon | 24:54.55 | 88 |
| 89 | Tran, Thomas | 10 | V-Sioux City West | 26:41.21 | 89 |
| 90 | Knudson, Jake | 09 | V-Estherville-Lc | 26:50.40 | 90 |
| 91 | Benson, Carter | 09 | V-Sioux City West | 28:05.35 | 91 |

Junior Varsity Results 5000 Run

| | | | | | |
|----|---------------------|----|------------------|----------|----|
| 1 | Huang, Jack | 10 | Moc-Floyd Valley | 19:45.87 | 1 |
| 2 | Vanderveen, Brandon | 12 | Sioux City East | 19:51.20 | 2 |
| 3 | Fuentes, Juan | 11 | Sioux City East | 20:21.50 | 3 |
| 4 | Bomgaars, AJ | | Moc-Floyd Valley | 20:40.68 | 4 |
| 5 | Schorg, Brody | 10 | Remsen St Mary | 20:43.41 | |
| 6 | Debates, Joseph | 09 | Sioux City East | 20:45.00 | 5 |
| 7 | Lopez, Bailey | 09 | Moc-Floyd Valley | 20:46.47 | 6 |
| 8 | DeYoung, Micah | 09 | Moc-Floyd Valley | 20:49.05 | 7 |
| 9 | Senn, Nathaniel | 10 | Moc-Floyd Valley | 20:53.81 | 8 |
| 10 | Araujo, Antonio | 09 | Sioux City East | 20:54.90 | 9 |
| 11 | Fernstrom, Ashton | 11 | Moc-Floyd Valley | 20:57.90 | 10 |
| 12 | Petty, Caden | 09 | Spirit Lake | 21:08.39 | 11 |
| 13 | Flores, Miguel | 12 | Sioux Center | 21:08.77 | 12 |
| 14 | Schorg, Carter | 10 | Remsen St Mary | 21:24.32 | |
| 15 | Eldridge, Jonah | 12 | Spirit Lake | 21:34.79 | 13 |
| 16 | Dekkers, Reese | 09 | Sioux Center | 21:35.77 | 14 |
| 17 | Stoos, Gavin | 09 | Sioux City East | 21:47.84 | 15 |
| 18 | Samayoa, Sairus | 09 | Sioux City East | 21:48.75 | 16 |
| 19 | DeJong, Kaden | 09 | Moc-Floyd Valley | 21:52.06 | 17 |
| 20 | DeJager, Aiden | 09 | Sioux Center | 22:00.00 | 18 |
| 21 | Tracy, Tommy | 10 | Moc-Floyd Valley | 22:02.66 | |

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|-------------------------|---------------------|----------|----|
| 22 Steele, Charlie | 10 Spencer | 22:06.88 | 19 |
| 23 Chhet, Aydin | 10 Sioux City East | 22:13.73 | 20 |
| 24 ReynosoPerez, Keivy | 10 Sioux Center | 22:15.56 | 21 |
| 25 Crane, Will | 10 Spencer | 22:19.61 | 22 |
| 26 Brantsen, Case | 10 Sioux Center | 22:24.03 | 23 |
| 27 Goeken, Noah | 09 Spencer | 22:24.97 | 24 |
| 28 Larson, Nick | 10 Oa-Bcig | 22:27.01 | 25 |
| 29 Clark, Truman | 11 Oa-Bcig | 22:27.43 | 26 |
| 30 Muniz, Daniel | 09 Boyden-Hull-RV | 22:28.19 | 27 |
| 31 Rees, Devin | 09 Spencer | 22:29.23 | 28 |
| 32 Thoreson, Carter | 11 Spirit Lake | 22:34.81 | 29 |
| 33 Flattery, Jackson | 10 Sioux City East | 22:40.19 | |
| 34 Lokhorst, Tanner | 12 Boyden-Hull-RV | 22:42.85 | 30 |
| 35 Profit, Tommy | 09 Spirit Lake | 22:46.15 | 31 |
| 36 Burkhardt, Noah | 10 Sioux City East | 22:46.55 | |
| 37 Larsen, Evan | 10 Oa-Bcig | 22:48.42 | 32 |
| 38 Westra, Caleb | 12 Boyden-Hull-RV | 22:51.47 | 33 |
| 39 Reiman, Noah | 12 Spencer | 22:56.09 | 34 |
| 40 Harscamp, Nick | 09 Spirit Lake | 22:58.03 | 35 |
| 41 Vlahoulis, Kellen | 09 Sioux City East | 22:59.67 | |
| 42 Denker, Jacob | 09 Sioux City East | 23:03.34 | |
| 43 Klein, Chad | 12 Moc-Floyd Valley | 23:07.15 | |
| 44 Faber, Reese | 09 Sioux Center | 23:18.98 | 36 |
| 45 Strehlow, Micheal | 09 Sheldon | 23:22.06 | 37 |
| 46 Leed, Garrett | 12 Oa-Bcig | 23:25.29 | 38 |
| 47 Bruhn, Dylan | 11 Sioux Center | 23:44.18 | 39 |
| 48 Atherton, Garrett | 09 Sibley-Ocheyedan | 23:51.01 | |
| 49 Schuiteman, Marshall | 12 Sioux Center | 23:58.00 | |
| 50 Kutz, Andrew | 11 Storm Lake | 24:00.63 | |
| 51 Dekkers, Gabe | 09 Sioux Center | 24:02.67 | |
| 52 Dykstra, Gaven | 10 Boyden-Hull-RV | 24:05.76 | 40 |
| 53 Mirande, Daniel | 10 Moc-Floyd Valley | 24:07.59 | |
| 54 Schmit, Brian | 10 Gehlen Catholic | 24:18.85 | |
| 55 Brown, Max | 11 Spencer | 24:19.49 | 41 |
| 56 Gill, Preston | 11 Oa-Bcig | 24:20.08 | 42 |
| 57 Schendel, Jackson | 11 Spencer | 24:59.54 | 43 |
| 58 Baldwin, Canyon | 10 Sioux City East | 25:05.25 | |
| 59 Houts, Kirk | 09 Sioux City West | 25:05.59 | |
| 60 Jager, Noah | 10 Sheldon | 25:21.85 | 44 |
| 61 DeYoung, Isaac | 10 Moc-Floyd Valley | 25:22.90 | |
| 62 Largent, Luke | 09 Sioux City West | 25:35.47 | |
| 63 Holzman, Chris | 12 Gehlen Catholic | 25:39.07 | |
| 64 Donkersloot, Cail | 12 Spirit Lake | 25:46.51 | 45 |
| 65 Frostestad, Caleb | 09 Spirit Lake | 25:55.02 | 46 |
| 66 Francis, Dylan | 10 Boyden-Hull-RV | 26:06.01 | 47 |
| 67 Miller, Ian | 09 Spirit Lake | 26:16.24 | |
| 68 Frohwein, Andrew | 09 Sheldon | 26:26.25 | 48 |
| 69 Harrison, Jacob | 09 Sioux City East | 26:38.06 | |
| 70 Butler, Gage | 12 Sheldon | 26:44.44 | 49 |
| 71 Zheng, Ivan | 09 Spirit Lake | 27:12.66 | |
| 72 Hurst, William | 09 Sioux Center | 27:24.59 | |
| 73 Stanley, Nathan | 09 Sioux Center | 27:47.78 | |
| 74 Dagel, Noah | 09 Sheldon | 27:52.97 | 50 |
| 75 Schuiteman, Miles | 09 Sioux Center | 28:13.14 | |
| 76 Reineke, Isaac | 09 Estherville-LC | 28:48.21 | |
| 77 Williams, James | 10 Estherville-LC | 28:51.81 | |
| 78 Quail, Colby | 09 Spencer | 29:03.93 | |
| 79 Sickels, Justice | 10 Sheldon | 29:37.32 | 51 |
| 80 Myers, Evan | 11 Boyden-Hull-RV | 29:58.27 | 52 |
| 81 Godoy, Jorge | 09 Sioux City West | 31:12.82 | |
| 82 Pomrenke, Eddie | 09 Sheldon | 31:14.61 | 53 |

| | | |
|----------------------|--------------------|----------|
| 83 Heronemus, Darian | 09 Sheldon | 31:24.76 |
| 84 Burbridge, Kaleb | 11 Spirit Lake | 32:22.09 |
| 85 Vera, Anthony | 12 Gehlen Catholic | 32:36.12 |
| 86 Johnson, Keegan | 12 Spencer | 32:59.53 |
| 87 Hernandez, Chris | 12 Spencer | 33:30.07 |
| 88 Reiter, Keian | 12 Boyden-Hull-RV | 34:08.93 |
| | | 54 |

Team Scores

| Rank | Team | Total | 1 | 2 | 3 | 4 | 5 | *6 | *7 | *8 | *9 |
|------|------|-------|---|---|---|---|---|----|----|----|----|
| | | | | | | | | | | | |

Junior Varsity Results 5000 Run

| | | | | | | | | |
|----------------------------|------------|----|----|----|----|----|----|----|
| 1 Moc-Floyd Valley | 26 | 1 | 4 | 6 | 7 | 8 | 10 | 17 |
| Total Time: | 1:42:55.88 | | | | | | | |
| Average: | 20:35.18 | | | | | | | |
| 2 Sioux City East | 34 | 2 | 3 | 5 | 9 | 15 | 16 | 20 |
| Total Time: | 1:43:40.44 | | | | | | | |
| Average: | 20:44.09 | | | | | | | |
| 3 Sioux Center High School | 88 | 12 | 14 | 18 | 21 | 23 | 36 | 39 |
| Total Time: | 1:49:24.13 | | | | | | | |
| Average: | 21:52.83 | | | | | | | |
| 4 Spirit Lake | 119 | 11 | 13 | 29 | 31 | 35 | 45 | 46 |
| Total Time: | 1:51:02.17 | | | | | | | |
| Average: | 22:12.44 | | | | | | | |
| 5 Spencer | 127 | 19 | 22 | 24 | 28 | 34 | 41 | 43 |
| Total Time: | 1:52:16.78 | | | | | | | |
| Average: | 22:27.36 | | | | | | | |
| 6 Oa-Bcig | 163 | 25 | 26 | 32 | 38 | 42 | | |
| Total Time: | 1:55:28.23 | | | | | | | |
| Average: | 23:05.65 | | | | | | | |
| 7 Boyden-Hull-RV | 177 | 27 | 30 | 33 | 40 | 47 | 52 | 54 |
| Total Time: | 1:58:14.28 | | | | | | | |
| Average: | 23:38.86 | | | | | | | |
| 8 Sheldon | 228 | 37 | 44 | 48 | 49 | 50 | 51 | 53 |
| Total Time: | 2:09:47.57 | | | | | | | |
| Average: | 25:57.52 | | | | | | | |

Varsity Results 5000 Run

| | | | | | | | | |
|-----------------------------|------------|----|----|----|----|----|----|----|
| 1 V-Moc-Floyd Valley | 69 | 1 | 12 | 16 | 18 | 22 | 32 | 33 |
| Total Time: | 1:32:58.94 | | | | | | | |
| Average: | 18:35.79 | | | | | | | |
| 2 V-Sioux City East | 87 | 4 | 11 | 23 | 24 | 25 | 34 | 39 |
| Total Time: | 1:34:01.28 | | | | | | | |
| Average: | 18:48.26 | | | | | | | |
| 3 V-Gehlen Catholic | 130 | 2 | 7 | 26 | 40 | 55 | 68 | |
| Total Time: | 1:35:25.35 | | | | | | | |
| Average: | 19:05.07 | | | | | | | |
| 4 V-Boyden-Hull-Rv | 157 | 8 | 14 | 42 | 45 | 48 | 57 | |
| Total Time: | 1:36:54.44 | | | | | | | |
| Average: | 19:22.89 | | | | | | | |
| 5 V-Spencer | 170 | 10 | 17 | 20 | 56 | 67 | 69 | 72 |
| Total Time: | 1:38:34.71 | | | | | | | |
| Average: | 19:42.95 | | | | | | | |
| 6 V-Sioux Center High Schoo | 181 | 5 | 6 | 46 | 61 | 63 | | |
| Total Time: | 1:38:12.80 | | | | | | | |
| Average: | 19:38.56 | | | | | | | |
| 7 V-Spirit Lake | 190 | 27 | 35 | 41 | 43 | 44 | 62 | 64 |
| Total Time: | 1:38:23.28 | | | | | | | |
| Average: | 19:40.66 | | | | | | | |
| 8 V-Storm Lake | 218 | 19 | 21 | 38 | 60 | 80 | 85 | 87 |
| Total Time: | 1:41:43.05 | | | | | | | |
| Average: | 20:20.61 | | | | | | | |

| | | | | | | | | | | |
|----|--------------------|------------|-----|----|----|----|----|----|----|----|
| 9 | V-Sheldon | | 227 | 9 | 29 | 51 | 65 | 73 | 83 | |
| | Total Time: | 1:40:54.17 | | | | | | | | |
| | Average: | 20:10.84 | | | | | | | | |
| 10 | V-Oa-Bcig | | 235 | 31 | 49 | 50 | 52 | 53 | 78 | |
| | Total Time: | 1:40:45.40 | | | | | | | | |
| | Average: | 20:09.08 | | | | | | | | |
| 11 | V-West Lyon | | 244 | 15 | 37 | 47 | 71 | 74 | 81 | 88 |
| | Total Time: | 1:42:06.24 | | | | | | | | |
| | Average: | 20:25.25 | | | | | | | | |
| 12 | V-Sibley-Ocheyedan | | 252 | 28 | 36 | 54 | 59 | 75 | 86 | |
| | Total Time: | 1:42:16.39 | | | | | | | | |
| | Average: | 20:27.28 | | | | | | | | |
| 13 | V-Sioux City West | | 262 | 13 | 30 | 58 | 79 | 82 | 89 | 91 |
| | Total Time: | 1:45:20.56 | | | | | | | | |
| | Average: | 21:04.12 | | | | | | | | |
| 14 | V-Estherville-Lc | | 292 | 3 | 66 | 70 | 76 | 77 | 84 | 90 |
| | Total Time: | 1:45:22.39 | | | | | | | | |
| | Average: | 21:04.48 | | | | | | | | |

Sheldon XC Invitational - 9/24/2019

Risefest
Sheldon, Iowa

Event 5 Mixed 2 Mile Run CC Junior High

| Name | Year | School | Finals | Points |
|--|------|------------------|----------|--------|
| Junior Varsity Results - Women 2Mile Mile Run | | | | |
| 1 Bandstra, Blair | W08 | Sioux Center | 14:42.53 | 1 |
| 2 Van Der Werff, Elin | W07 | Moc-Fv MS | 15:27.47 | 2 |
| 3 Zeutenhorst, Kendra | W08 | Sioux Center | 15:37.01 | 3 |
| 4 Romero, Mya | W08 | Sioux Center | 15:41.24 | 4 |
| 5 Blair, Emerson | WMS | Estherville-LC | 15:42.13 | |
| 6 Zwart, Elyse | W07 | Boyden-Hull-RV | 15:56.25 | 5 |
| 7 Kraayenbrink, Olivia | W08 | Sioux Center | 16:08.71 | 6 |
| 8 MartinezDeLira, Lupita | W07 | Sioux Center | 16:12.15 | 7 |
| 9 Hench, Olivia | W08 | Sibley-Ocheyedan | 16:12.66 | |
| 10 Hoekstra, Macey | W08 | Sibley-Ocheyedan | 16:12.95 | |
| 11 Clarey, Alexa | W07 | Boyden-Hull-RV | 16:13.21 | 8 |
| 12 Van Es, Isabella | W08 | Sioux Center | 16:25.03 | 9 |
| 13 Fernstrum, Kennedy | W08 | Moc-Fv MS | 16:28.26 | 10 |
| 14 Bahrke, Payge | W08 | Moc-Fv MS | 16:39.26 | 11 |
| 15 Ramirez, Geonella | W07 | Sioux Center | 16:42.90 | 12 |
| 16 Matheson, Ava | WMS | Estherville-LC | 17:00.43 | |
| 17 McCabe-Nuckols, Brinda | WMS | Sheldon | 17:05.04 | 13 |
| 18 Dalhauser, Lilian | WMS | Storm Lake | 17:08.63 | 14 |
| 19 Olvera, Jackquelyn | W07 | Sioux Center | 17:11.85 | |
| 20 McCord, Corinne | W07 | Sioux Center | 17:14.15 | |
| 21 Nunes, Madison | WMS | Sheldon | 17:19.34 | 15 |
| 22 Hamerlinck, Kendal | W08 | Gehlen Catholic | 17:23.43 | |
| 23 Rentschler, Malison | W07 | West Lyon | 17:24.33 | |
| 24 Scheaffer, Elisa | WMS | Sheldon | 17:32.65 | 16 |
| 25 Hinrickson, Paige | W08 | Spirit Lake | 17:39.68 | 17 |
| 26 Vermeer, Emalee | W08 | Sioux Center | 17:41.51 | |
| 27 Hackbarth, Cassi | W07 | Spirit Lake | 17:44.16 | 18 |
| 28 Kelderman, Ashtyn | W08 | Boyden-Hull-RV | 18:03.41 | 19 |
| 29 Heie, Averi | W07 | Sioux Center | 18:05.31 | |
| 30 Lopez, Daisy | W08 | Boyden-Hull-RV | 18:07.68 | 20 |
| 31 Hoey, Tehya | W07 | Moc-Fv MS | 18:14.96 | 21 |
| 32 Rensink, Aria | W08 | Boyden-Hull-RV | 18:23.61 | 22 |
| 33 McEldowney, Sarah | W07 | Sioux Center | 18:25.93 | |
| 34 Boender, Aubree | W07 | Boyden-Hull-RV | 18:26.84 | 23 |
| 35 Calsbeek, Mia | W08 | Moc-Fv MS | 18:35.31 | 24 |
| 36 Leistikow, Kiana | W07 | Spirit Lake | 18:57.16 | 25 |
| 37 Brockshus, Emma | W08 | Sibley-Ocheyedan | 19:14.57 | |
| 38 Ussery, Liliana | W08 | Spirit Lake | 19:18.24 | 26 |
| 39 Holdorf, Lilly | W07 | Spirit Lake | 19:30.84 | 27 |
| 40 Kellenberger, Zoe | W07 | West Lyon | 19:32.11 | |
| 41 Mills, Miranda | WMS | Storm Lake | 19:52.66 | 28 |
| 42 Castillo, Sylvia | WMS | Storm Lake | 20:41.47 | 29 |
| 43 Sickels, Liberty | WMS | Sheldon | 20:48.41 | 30 |
| 44 Campos, Alexa | W07 | Boyden-Hull-RV | 21:16.74 | 31 |
| 45 Azurdia, Jaylena | WMS | Storm Lake | 21:22.84 | 32 |
| 46 Curiel, Aika | W08 | Boyden-Hull-RV | 21:26.07 | |
| 47 Godsey, Zoey | W07 | Moc-Fv MS | 21:32.50 | 33 |
| 48 Menough, Kazhmyr | W07 | Spirit Lake | 21:39.70 | 34 |
| 49 Remmerde, Avery | W07 | Boyden-Hull-RV | 21:42.66 | |
| 50 Jackson, Brooklyn | W07 | Spirit Lake | 21:58.46 | 35 |
| 51 Laursen, Constance | WMS | Sheldon | 22:13.11 | 36 |
| 52 Kaufman, Jozephine | W08 | Boyden-Hull-RV | 22:20.62 | |

| | | | | | |
|---|--------------------------|-----|------------------|----------|----|
| 53 | Roeder, Janeyva | W08 | Moc-Fv MS | 22:25.67 | 37 |
| 54 | Borges, Eileen | WMS | Storm Lake | 23:02.93 | 38 |
| 55 | Bonestroo, Annika | W07 | Moc-Fv MS | 23:28.33 | |
| 56 | Beltman, Kylah | W08 | Moc-Fv MS | 23:41.19 | |
| 57 | DeYoung, Annisa | W07 | Moc-Fv MS | 23:58.40 | |
| 58 | Paulsen, Teylor | W07 | Moc-Fv MS | 24:05.33 | |
| 59 | Maury, Mikayla | W08 | Moc-Fv MS | 25:08.89 | |
| 60 | Garcia-Pantoja, Sharenni | WMS | Storm Lake | 25:47.02 | 39 |
| 61 | Gosch, Baillie | W07 | Spirit Lake | 30:42.19 | |
| Varsity Results - Men 2Mile Mile Run | | | | | |
| 1 | Kueper, Connor | M09 | V-Spirit Lake | 21:46.09 | |
| Junior Varsity Results - Men 2Mile Mile Run | | | | | |
| 1 | Duitsman, Parker | MMS | Estherville-LC | 12:49.76 | 1 |
| 2 | Van Der Werff, Ian | M07 | Moc-Fv MS | 13:15.88 | 2 |
| 3 | Schruers, Stephen | MMS | Sheldon | 13:19.85 | 3 |
| 4 | Anderson, Nathan | M07 | Moc-Fv MS | 13:22.67 | 4 |
| 5 | Vonk, Hudson | M08 | Sioux Center | 13:25.15 | 5 |
| 6 | Nilles, Eric | M08 | Boyden-Hull-RV | 13:31.58 | 6 |
| 7 | Schouten, Caden | M08 | Sioux Center | 13:46.02 | 7 |
| 8 | DeLeon, Eric | M08 | Boyden-Hull-RV | 13:50.99 | 8 |
| 9 | Holdorf, Aiden | M08 | Spirit Lake | 13:51.54 | 9 |
| 10 | Madagan, Brodie | M08 | Spirit Lake | 13:53.31 | 10 |
| 11 | Mirande, Trevor | M07 | Moc-Fv MS | 13:54.92 | 11 |
| 12 | Blum, Ben | M08 | Boyden-Hull-RV | 13:56.92 | 12 |
| 13 | Dean, Kellan | M08 | Sioux Center | 14:01.16 | 13 |
| 14 | Foltz, Logan | M08 | Sioux Center | 14:09.68 | 14 |
| 15 | VandeVegte, Micah | M07 | Sioux Center | 14:10.19 | 15 |
| 16 | Hughes, Brandon | M07 | Spirit Lake | 14:11.93 | 16 |
| 17 | Jerge, Ethan | M07 | Spirit Lake | 14:17.13 | 17 |
| 18 | Valentine, Carson | M07 | Moc-Fv MS | 14:23.93 | 18 |
| 19 | Schmidt, Micah | M07 | Moc-Fv MS | 14:24.26 | 19 |
| 20 | McCaffery, Merek | M07 | Spirit Lake | 14:24.55 | 20 |
| 21 | Kroese, Easton | M08 | Sioux Center | 14:28.18 | 21 |
| 22 | Johnson, Damian | M08 | Boyden-Hull-RV | 14:38.72 | 22 |
| 23 | Gathercole, Sage | M08 | Spirit Lake | 14:39.27 | 23 |
| 24 | Sorenson, Riley | M08 | Spirit Lake | 14:48.15 | 24 |
| 25 | White, Tate | MMS | Estherville-LC | 14:52.23 | 25 |
| 26 | Hulstein, Gerrit | M08 | Moc-Fv MS | 14:53.11 | 26 |
| 27 | Dahm, Nicholas | M08 | Sioux Center | 15:03.18 | 27 |
| 28 | Shatto, Kale | MMS | Estherville-LC | 15:05.60 | 28 |
| 29 | Dykstra, Cole | M07 | Sibley-Ocheyedan | 15:16.88 | 29 |
| 30 | Spaans, Kayden | M08 | Boyden-Hull-RV | 15:18.27 | 30 |
| 31 | Anzua, Kevin | M08 | Moc-Fv MS | 15:18.58 | 31 |
| 32 | Schnepf, Sam | M08 | Sibley-Ocheyedan | 15:31.32 | 32 |
| 33 | Herrera, Felipe | M08 | Boyden-Hull-RV | 15:33.41 | 33 |
| 34 | Roos, Josh | M07 | Moc-Fv MS | 15:40.75 | |
| 35 | Richards, CJ | MMS | Sheldon | 15:41.62 | 34 |
| 36 | Hoffman, Josh | MMS | Sheldon | 15:48.67 | 35 |
| 37 | Van Otterloo, Ryan | M08 | Boyden-Hull-RV | 15:54.31 | 36 |
| 38 | Sholly, Christian | M08 | Moc-Fv MS | 15:55.61 | |
| 39 | Van Es, Jett | M07 | Sioux Center | 15:56.77 | |
| 40 | Sohl, Taylor | M07 | Boyden-Hull-RV | 16:01.96 | |
| 41 | Ruiz, Jose | MMS | Sheldon | 16:10.98 | 37 |
| 42 | Moeller, Charlie | M08 | Moc-Fv MS | 16:11.85 | |
| 43 | Tomas, Luis | M08 | Boyden-Hull-RV | 16:12.40 | |
| 44 | Dubbelde, Jerad | M08 | Sioux Center | 16:13.41 | |
| 45 | Martin, Wes | MMS | Estherville-LC | 16:19.55 | 38 |
| 46 | Reiter, Cale | M07 | Sibley-Ocheyedan | 16:28.91 | 39 |
| 47 | Jennings, Aidan | M08 | West Lyon | 16:43.44 | |
| 48 | Weber, Bradan | M07 | Gehlen Catholic | 16:44.12 | |
| 49 | Rosales, Gabriel | M07 | Boyden-Hull-RV | 16:45.06 | |

| | | | | |
|----|----------------------|-----|------------------|----------|
| 50 | Gathercole, Sam | M08 | Spirit Lake | 16:46.81 |
| 51 | Moser, Cole | M07 | West Lyon | 16:48.47 |
| 52 | Van Kalsbeek, Jesse | M08 | Moc-Fv MS | 16:48.86 |
| 53 | Odendahl, Sam | M08 | Spirit Lake | 16:49.91 |
| 54 | Partello, Philip | M07 | Spirit Lake | 16:52.72 |
| 55 | Neider, Ryan | M07 | Spirit Lake | 16:52.99 |
| 56 | Strouth, Gavin | MMS | Sheldon | 17:07.29 |
| 57 | Evink, Ross | M07 | Moc-Fv MS | 17:11.36 |
| 58 | Haverdink, Andrew | M08 | Moc-Fv MS | 17:34.28 |
| 59 | Bulthuis, Miles | M08 | Boyden-Hull-RV | 17:37.61 |
| 60 | Harding, Noah | M08 | Moc-Fv MS | 17:45.30 |
| 61 | Bonnema, james | M07 | Moc-Fv MS | 17:53.38 |
| 62 | Van Zee, Zach | M08 | Moc-Fv MS | 17:56.49 |
| 63 | ReynosoPerez, Andy | M08 | Sioux Center | 18:22.19 |
| 64 | Schmit, Robert | M07 | Gehlen Catholic | 18:41.39 |
| 65 | Poppen, David | M07 | Sibley-Ocheyedan | 18:45.08 |
| 66 | Roelfs, Matt | M08 | Sibley-Ocheyedan | 18:52.59 |
| 67 | Flores, Alejandro | MMS | Storm Lake | 19:52.33 |
| 68 | Maassen, Seth | M07 | Moc-Fv MS | 19:53.48 |
| 69 | Krukow, Taylor | MMS | Sheldon | 20:12.29 |
| 70 | Brennan, Cody | M07 | Moc-Fv MS | 20:42.37 |
| 71 | Daiker, Elliot | M07 | Sibley-Ocheyedan | 20:43.40 |
| 72 | Utdfleisch, Ashton | MMS | Sheldon | 20:47.30 |
| 73 | Brown, Jaxon | MMS | Sheldon | 20:52.23 |
| 74 | Zeledon-Pena, Adrian | MMS | Storm Lake | 21:01.81 |
| 75 | Zheng, Benson | M07 | Spirit Lake | 21:12.30 |
| 76 | Fisher, Zac | M08 | Spirit Lake | 21:14.37 |
| 77 | Van Wyk, Luke | M08 | Moc-Fv MS | 21:37.03 |
| 78 | Post, Matthew | M07 | Boyden-Hull-RV | 22:14.75 |
| 79 | Brioles, Ivan | M08 | Moc-Fv MS | 22:18.46 |
| 80 | DeVine, Jared | M08 | West Lyon | 22:39.59 |
| 81 | Foreman, Jaxson | M07 | Moc-Fv MS | 23:00.17 |
| 82 | Poppen, Ben | M07 | Sibley-Ocheyedan | 24:10.47 |
| 83 | Ross, Eli | MMS | Estherville-LC | 24:31.93 |

Team Scores

Junior Varsity Results - Women 2Mile Mile Run

| | | | | | | | | | |
|---|--------------------------|------------|----|----|----|----|----|----|----|
| 1 | Sioux Center High School | 21 | 1 | 3 | 4 | 6 | 7 | 9 | 12 |
| | Total Time: | 1:18:21.64 | | | | | | | |
| | Average: | 15:40.33 | | | | | | | |
| 2 | Moc-Fv-Middle School | 68 | 2 | 10 | 11 | 21 | 24 | 33 | 37 |
| | Total Time: | 1:25:25.26 | | | | | | | |
| | Average: | 17:05.06 | | | | | | | |
| 3 | Boyden-Hull-RV | 74 | 5 | 8 | 19 | 20 | 22 | 23 | 31 |
| | Total Time: | 1:26:44.16 | | | | | | | |
| | Average: | 17:20.84 | | | | | | | |
| 4 | Sheldon | 110 | 13 | 15 | 16 | 30 | 36 | | |
| | Total Time: | 1:34:58.55 | | | | | | | |
| | Average: | 18:59.71 | | | | | | | |
| 5 | Spirit Lake | 113 | 17 | 18 | 25 | 26 | 27 | 34 | 35 |
| | Total Time: | 1:33:10.08 | | | | | | | |
| | Average: | 18:38.02 | | | | | | | |
| 6 | Storm Lake | 141 | 14 | 28 | 29 | 32 | 38 | 39 | |
| | Total Time: | 1:42:08.53 | | | | | | | |
| | Average: | 20:25.71 | | | | | | | |