

2019 West Sioux Cross Country Meet - 10/10/2019**Hawarden Golf Club****Rankings****Event 100 Girls 5k Run CC Varsity**

| Name | Year School | Finals | Points |
|-------------------------|--------------------|----------|--------|
| 1 Hardie, Alea | O'Gorman Hig | 18:52.36 | 1 |
| 2 Downs, Kaia | Sioux City East CS | 19:27.45 | 2 |
| 3 Pardy, Ruth | O'Gorman Hig | 19:57.44 | 3 |
| 4 Kippes, Bella | O'Gorman Hig | 20:03.84 | 4 |
| 5 Helt, Sydney | Sioux City East CS | 20:11.45 | 5 |
| 6 Garay, Lillian | Sioux City North | 20:18.47 | 6 |
| 7 Sugrue, George | O'Gorman Hig | 20:33.77 | 7 |
| 8 Phillips, Karlee | Sioux City East CS | 20:37.65 | 8 |
| 9 Jordan, Elizabeth | Sioux City North | 20:38.95 | 9 |
| 10 Waage, Grace | O'Gorman Hig | 20:40.16 | 10 |
| 11 Calhoun, Chloe | Le Mars Community | 20:45.32 | 11 |
| 12 Lammers, Katie | Sioux City East CS | 20:47.54 | 12 |
| 13 Zuehl, Nicole | Sioux City North | 20:59.65 | 13 |
| 14 Czarnecki, Genet | O'Gorman Hig | 21:02.15 | 14 |
| 15 Thornton, Paige | O'Gorman Hig | 21:31.65 | 15 |
| 16 Boardman, Abby | South O'Brien | 21:33.79 | 16 |
| 17 Albrecht, Kara | Le Mars Community | 21:38.46 | 17 |
| 18 Goth, Kaitlyn | Marcus-Merid | 21:51.55 | |
| 19 Kelley, Emma | Sioux City North | 21:54.60 | 18 |
| 20 Norton, Mia | Sioux City North | 21:54.82 | 19 |
| 21 Washburn, Paige | Le Mars Community | 21:54.96 | 20 |
| 22 Olson, Monica | Sioux City North | 22:07.45 | 21 |
| 23 Schneiders, Victoria | Sioux City North | 22:08.54 | 22 |
| 24 Chamberlain, Emily | Le Mars Community | 22:51.63 | 23 |
| 25 Britt, Kylee | Le Mars Community | 22:53.48 | 24 |
| 26 Cunningham, Katie | Le Mars Community | 23:04.09 | 25 |
| 27 Faust, Sophia | South O'Brien | 23:09.65 | 26 |
| 28 Heald, Lydia | Sioux City East CS | 23:15.47 | 27 |
| 29 Conley, Takara | South O'Brien | 23:25.21 | 28 |
| 30 Barnes, Olivia | Sioux City East CS | 23:30.07 | 29 |
| 31 McNaughton, Lilly | Le Mars Community | 23:44.68 | 30 |
| 32 Chicoine, Emily | South O'Brien | 23:49.65 | 31 |
| 33 Sitzmann, Patricia | Gehlen Catholic | 23:50.02 | 32 |
| 34 Tesch, Harlie | Gehlen Catholic | 24:02.15 | 33 |
| 35 Bueso, Dayana | West Sioux | 24:23.61 | |
| 36 Bueso, Yanira | West Sioux | 24:43.11 | |
| 37 Evans, Madison | Sioux City W | 24:47.51 | 34 |
| 38 Weber, Addison | Gehlen Catholic | 24:51.36 | 35 |
| 39 Van Wyhe, Emma | West Sioux | 24:58.64 | |
| 40 Sitzmann, Kailey | Gehlen Catholic | 25:09.65 | 36 |
| 41 Steele, Emma | Sioux City East CS | 25:37.41 | 37 |
| 42 Proctor, Simiah | Sioux City W | 25:49.11 | 38 |
| 43 Jones, Kamari | Sioux City W | 25:53.21 | 39 |
| 44 Vigil, Lisbet | Sioux City W | 25:55.54 | 40 |
| 45 Stucky, Morgan | Hinton | 26:01.23 | |
| 46 Roberts, Gracie | Sioux City W | 26:04.58 | 41 |
| 47 Gnade, Sarah | South O'Brien | 26:14.57 | 42 |
| 48 Zubrod, Hannah | Gehlen Catholic | 26:39.13 | 43 |
| 49 Narcia, Rosie | Sioux City W | 26:41.27 | 44 |
| 50 Arens, Addison | Gehlen Catholic | 27:00.22 | 45 |
| 51 Zermenio, Alondra | Sioux City W | 27:22.46 | 46 |
| 52 Deandra, Johanna | Hinton | 27:32.11 | |

2019 West Sioux Cross Country Meet - 10/10/2019

Hawarden Golf Club

Rankings

....Event 100 Girls 5k Run CC Varsity

| | | | |
|----|------------------|---------------------|----------|
| 53 | Lund, Kiersten | Siouxland Christian | 28:38.37 |
| 54 | Kunkel, Kayana | Hinton | 30:13.24 |
| 55 | Wilford, Magdala | Siouxland Christian | 33:00.00 |

Team Scores

2019 West Sioux Cross Country Meet - 10/10/2019**Hawarden Golf Club****Rankings****Event 150 Boys 5k Run CC Varsity**

| Name | Year | School | Finals | Points |
|---------------------------|------|---------------------|----------|--------|
| 1 Bouwers, Jaysen | | Sioux City North | 16:04.55 | 1 |
| 2 Lohr, Will | | Sioux City North | 16:40.21 | 2 |
| 3 Roder, Will | | Gehlen Catholic | 16:52.33 | 3 |
| 4 Gutema, Beshanena | | Sioux City North | 17:01.69 | 4 |
| 5 Nash, Gabe | | Sioux City North | 17:01.71 | 5 |
| 6 Hilger, Dylan | | O'Gorman Hig | 17:02.22 | 6 |
| 7 Greenwell, Colin | | Sioux City North | 17:06.54 | 7 |
| 8 Nation, Dylan | | Sioux City East CS | 17:28.46 | 8 |
| 9 Walters, Nick | | Sioux City North | 17:36.98 | 9 |
| 10 Tesch, Carson | | Gehlen Catholic | 17:47.56 | 10 |
| 11 Campbell, Ryan | | Sioux City East CS | 17:50.70 | 11 |
| 12 Dido, Ahmed | | Sioux City North | 17:51.42 | 12 |
| 13 Sugrue, Will | | O'Gorman Hig | 17:51.90 | 13 |
| 14 Mahrouss, Evan | | O'Gorman Hig | 17:58.60 | 14 |
| 15 Henry, Deven | | West Sioux | 18:03.22 | |
| 16 Vaske, Isaac | | Gehlen Catholic | 18:04.87 | 15 |
| 17 Gonzalez, Rey | | Sioux City W | 18:11.44 | 16 |
| 18 Wilson, Brady | | O'Gorman Hig | 18:17.56 | 17 |
| 19 Greigg, Kevin | | Sioux City East CS | 18:24.45 | 18 |
| 20 Greigg, Steven | | Hinton | 18:24.51 | 19 |
| 21 Staab, Brett | | Marcus-Merid | 18:42.55 | 20 |
| 22 Hoak, Owen | | Sioux City East CS | 18:53.52 | 21 |
| 23 Ruhland, Carver | | Gehlen Catholic | 18:54.21 | 22 |
| 24 Hardie, Cole | | O'Gorman Hig | 18:55.50 | 23 |
| 25 Christiansen, Aiden | | Hinton | 18:55.67 | 24 |
| 26 Burge, Ethan | | Sioux City East CS | 18:57.87 | 25 |
| 27 Augustine, Jeff | | Gehlen Catholic | 18:58.20 | 26 |
| 28 Leng, Gavin | | South O'Brien | 19:00.90 | 27 |
| 29 Brannon, Sam | | Siouxland Christian | 19:06.54 | 28 |
| 30 Gelinne, Easton | | Sioux City W | 19:12.54 | 29 |
| 31 Andre, Brenden | | Sioux City East CS | 19:21.45 | 30 |
| 32 Harris, Craig | | Sioux City East CS | 19:25.78 | 31 |
| 33 Pardy, Sam | | O'Gorman Hig | 19:32.54 | 32 |
| 34 Alesch, Owen | | Marcus-Merid | 20:02.50 | 33 |
| 35 Mars, Eric | | South O'Brien | 20:03.46 | 34 |
| 36 Johnson, Jacob | | Sioux City W | 20:10.19 | 35 |
| 37 Ballestrazzi, Vittorio | | Gehlen Catholic | 20:17.85 | 36 |
| 38 Presthus, Alex | | South O'Brien | 20:22.45 | 37 |
| 39 Devries, Dylan | | Hinton | 20:25.55 | 38 |
| 40 Wulf, Tyson | | South O'Brien | 20:28.47 | 39 |
| 41 Grage, Gunnar | | Marcus-Merid | 20:32.54 | 40 |
| 42 Benson, Carter | | Sioux City W | 20:33.56 | 41 |
| 43 Johannsen, Josh | | South O'Brien | 20:33.84 | 42 |
| 44 Lopez, Jose | | Sioux City W | 20:36.66 | 43 |
| 45 Wilford, Alex | | Siouxland Christian | 20:53.22 | 44 |
| 46 Nemmers, Nathan | | Gehlen Catholic | 20:53.75 | 45 |
| 47 Astidias, Preston | | Marcus-Merid | 20:57.45 | 46 |
| 48 Steffen, Kamden | | Marcus-Merid | 21:06.64 | 47 |
| 49 Harsma, Jackson | | Siouxland Christian | 21:17.54 | 48 |
| 50 Dirks, Brayden | | Marcus-Merid | 21:26.54 | 49 |
| 51 Spersma, Zach | | Hinton | 21:29.25 | 50 |
| 52 Goth, Derek | | Marcus-Merid | 21:55.56 | 51 |

2019 West Sioux Cross Country Meet - 10/10/2019

Hawarden Golf Club

Rankings

.....Event 150 Boys 5k Run CC Varsity

| | | | | |
|----|-----------------|---------------------|----------|----|
| 53 | Farquhar, Jack | South O'Brien | 22:36.54 | 52 |
| 54 | Grijalvo, Aldo | Sioux City W | 22:55.88 | 53 |
| 55 | Daniels, Sam | South O'Brien | 22:58.44 | 54 |
| 56 | Killian, Kade | Westwood | 23:27.41 | |
| 57 | Thonstad, Ayden | West Sioux | 23:31.46 | |
| 58 | Schindler, Will | Hinton | 23:35.79 | 55 |
| 59 | Houts, Kirk | Sioux City W | 24:39.41 | 56 |
| 60 | Rand, Bowen | Westwood | 24:54.21 | |
| 61 | Waderich, Aaron | Westwood | 25:02.13 | |
| 62 | Wilford, Justin | Siouxland Christian | 25:08.96 | 57 |
| 63 | Moran, Garett | Hinton | 27:00.00 | 58 |
| 64 | Baker, Kemper | Siouxland Christian | 27:00.00 | 59 |

Team Scores

2019 West Sioux Cross Country Meet - 10/10/2019**Hawarden Golf Club****Rankings****Event 4 Mixed 5k Run CC JV**

| Name | Year School | Finals | Points |
|---------------------------------|-----------------------|----------|--------|
| Results - Women 5000 Run | | | |
| 1 Vavra, Ashton | W O'Gorman Hig | 21:19.54 | 1 |
| 2 Castelluzzo, Sienna | W O'Gorman Hig | 21:27.88 | 2 |
| 3 Heldenbrand, Claire | W O'Gorman Hig | 21:31.25 | 3 |
| 4 Lent, Anna | W O'Gorman Hig | 22:19.65 | 4 |
| 5 Stoos, Karlie | W Sioux City East CS | 22:22.10 | 5 |
| 6 Morrow, Mariah | W Sioux City East CS | 22:46.54 | 6 |
| 7 Satter, Maggie | W O'Gorman Hig | 23:10.54 | 7 |
| 8 Ly, Christina | W Sioux City North | 23:22.33 | 8 |
| 9 Sanchez, Michelle | W Sioux City North | 23:55.44 | 9 |
| 10 Hancock, Aphraditie | W Sioux City North | 24:15.63 | 10 |
| 11 Munce, Maddy | W O'Gorman Hig | 24:18.54 | 11 |
| 12 VonHagel, Emma | W Sioux City East CS | 24:54.06 | 12 |
| 13 Kopp, Megan | W Sioux City North | 25:11.69 | 13 |
| 14 Perez, Jisela | W Sioux City North | 25:18.89 | 14 |
| 15 Brewer, Kayleeanna | W Siouxland Christian | 25:19.10 | |
| 16 Walz, Emma | W Sioux City North | 25:42.19 | 15 |
| 17 Calderon, Carmen | W Sioux City North | 26:04.31 | 16 |
| 18 Wilson, Bailey | W Sioux City East CS | 26:58.87 | 17 |
| 19 Feiges, Isobel | W Sioux City North | 27:20.15 | |
| 20 Risetter, Cameron | W Sioux City North | 27:37.49 | |
| 21 Cliff, Marissa | W Sioux City East CS | 27:43.21 | 18 |
| 22 Konidas, Froso | W Sioux City North | 27:54.88 | |
| 23 Tift, Tristen | W West Sioux | 28:05.44 | |
| 24 Nordstrom, Liberty | W Sioux City North | 28:16.33 | |
| 25 Specht, Nicole | W Marcus-Merid | 29:06.47 | |
| 26 Pellegrini, Sustika | W Sioux City North | 29:11.44 | |
| 27 Hogan, Abby | W Sioux City East CS | 29:26.55 | 19 |
| 28 Stout, Abby | W South O'Brien | 29:36.57 | |
| 29 Kenney, Laci | W South O'Brien | 31:31.42 | |
| 30 Rodriguez, Ashley | W West Sioux | 32:06.32 | |
| Results - Men 5000 Run | | | |
| 1 Kifle, Yemane | M Sioux City North | 17:30.22 | 1 |
| 2 Gishe, Yasin | M Sioux City North | 18:36.25 | 2 |
| 3 Gleeson, Alex | M Sioux City North | 18:40.27 | 3 |
| 4 Gutierrez, Jose | M Sioux City North | 18:56.98 | 4 |
| 5 Burrack, Owen | M Sioux City North | 19:18.02 | 5 |
| 6 Stellish, Kenny | M Sioux City North | 19:26.54 | 6 |
| 7 Christensen, Lorcan | M Sioux City North | 19:29.27 | 7 |
| 8 Olson, Joseph | M Sioux City North | 19:34.65 | |
| 9 Wetzel, Max | M O'Gorman Hig | 19:38.47 | |
| 10 Nielsen, Drew | M O'Gorman Hig | 19:50.24 | |
| 11 VanderVeen, Brandon | M Sioux City East CS | 19:52.88 | 8 |
| 12 Chhet, Aydin | M Sioux City East CS | 19:53.09 | 9 |
| 13 Fuentes, Juan | M Sioux City East CS | 20:17.18 | 10 |
| 14 Greenwell, Liam | M Sioux City North | 20:31.64 | |
| 15 Widjaja, Michael | M Sioux City East CS | 20:42.57 | 11 |
| 16 Burkhardt, Noah | M Sioux City East CS | 21:02.49 | 12 |
| 17 Debates, Joseph | M Sioux City East CS | 21:03.06 | 13 |
| 18 Barker, Max | M Sioux City East CS | 21:06.07 | 14 |
| 19 Krysl, Jacob | M Sioux City North | 21:33.64 | |
| 20 Stoss, Gavin | M Sioux City East CS | 21:35.49 | |
| 21 Lohr, Matt | M Sioux City North | 21:47.85 | |

2019 West Sioux Cross Country Meet - 10/10/2019**Hawarden Golf Club****Rankings****....Event 4 Mixed 5k Run CC JV**

| | | |
|-----------------------|----------------------|----------|
| 22 Samayoa, Sairus | M Sioux City East CS | 21:50.97 |
| 23 Denker, Jacob | M Sioux City East CS | 21:51.32 |
| 24 Vlahoulis, Kellen | M Sioux City East CS | 21:57.64 |
| 25 Flattery, Jackson | M Sioux City East CS | 21:58.79 |
| 26 Dally, Andrew | M O'Gorman Hig | 22:07.05 |
| 27 Pick, Colin | M Marcus-Merid | 22:10.87 |
| 28 Pace, Draven | M Sioux City North | 22:11.11 |
| 29 Coyle, Jack | M Sioux City North | 22:15.89 |
| 30 Walz, Elliot | M Sioux City North | 22:16.12 |
| 31 Laws, Kane | M Sioux City North | 22:21.27 |
| 32 Delperdang, Xander | M Sioux City North | 22:26.35 |
| 33 Miller, Eli | M Sioux City North | 22:39.65 |
| 34 Rehder, Aidan | M South O'Brien | 22:52.98 |
| 35 Bates, Cody | M Sioux City East CS | 23:01.21 |
| 36 Schmit, Brian | M Gehlen Catholic | 23:04.25 |
| 37 Tran, Thomas | M Sioux City W | 23:12.25 |
| 38 Luu, Andy | M Sioux City North | 23:18.96 |
| 39 Juan Medina, Gabe | M Sioux City W | 23:37.45 |
| 40 Wilson, Blake | M South O'Brien | 23:51.59 |
| 41 Keleher, Ashton | M Sioux City North | 24:08.54 |
| 42 Tran, David | M Sioux City North | 24:20.53 |
| 43 Mendez, Angel | M Sioux City North | 24:41.31 |
| 44 Harrison, Jacob | M Sioux City East CS | 24:50.39 |
| 45 Neddermeyer, Kaden | M Marcus-Merid | 24:53.96 |
| 46 Holzman, Chris | M Gehlen Catholic | 24:57.10 |
| 47 Watchhorn, Bret | M Sioux City East CS | 24:58.31 |
| 48 Pflanz, Colin | M Sioux City North | 25:25.64 |
| 49 Wilson, Brendan | M South O'Brien | 26:59.11 |
| 50 Godoy, Jorge | M Sioux City W | 27:30.45 |
| 51 West, Victor | M Sioux City North | 28:00.09 |
| 52 Eisma, Kolton | M West Sioux | 29:55.03 |
| 53 Vera, Anthony | M Gehlen Catholic | 32:02.48 |

Team Scores

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

Results - Men 5000 Run

| | | | | | | | | |
|----------------------|------------|---|---|----|----|----|----|----|
| 1 Sioux City North | 15 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Total Time: | 1:33:01.74 | | | | | | | |
| Average: | 18:36.35 | | | | | | | |
| 2 Sioux City East CS | 50 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |

Results - Women 5000 Run

| | | | | | | | | |
|------------------------|------------|---|---|----|----|----|----|----|
| 1 O'Gorman High School | 17 | 1 | 2 | 3 | 4 | 7 | 11 | |
| Total Time: | 1:49:48.86 | | | | | | | |
| Average: | 21:57.78 | | | | | | | |
| 2 Sioux City North | 54 | 8 | 9 | 10 | 13 | 14 | 15 | 16 |

2019 West Sioux Cross Country Meet - 10/10/2019**Hawarden Golf Club****Rankings****....Event 4 Mixed 5k Run CC JV**

| | | | | | | | |
|----------------------|------------|---|---|----|----|----|----|
| 3 Sioux City East CS | 58 | 5 | 6 | 12 | 17 | 18 | 19 |
| Total Time: | 2:04:44.78 | | | | | | |
| Average: | 24:56.96 | | | | | | |