

**17<sup>th</sup> Annual Missouri River Conference Cross Country Championships**  
**Iowa Western Community College**  
**Council Bluffs, IA**  
**October 14, 2016**

**Varsity Girls Team Results**

Place	Team	Points	Places of Finishers (offset scoring)								Total	Average
1	Bishop Heelan	29	1	4	5	8	11	27	34	1:40:42.53	20:08.51	
2	Sioux City East	37	2	6	7	9	13	17	20	1:41:26.74	20:17.35	
3	Sioux City North	76	3	14	15	21	23	28	37	1:45:59.80	21:11.96	
4	Alhs	81	10	12	16	19	24	25	41	1:46:28.36	21:17.68	
5	Sergeant-Bluff Luton	142	18	29	30	32	33	36	46	1:54:13.65	22:50.73	
6	CB Thomas Jefferson	160	22	26	35	38	39	40	48	1:55:46.34	23:09.27	
7	Sioux City West	205	31	42	43	44	45	47		2:00:43.17	24:08.64	

**Varsity Girls Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Aesoph, Amber	09	Bishop Heelan	19:26.75	1
2	Barnes, Olivia	09	Sioux City East	19:38.59	2
3	Yebra, Lillyana	12	Sioux City North	19:50.09	3
4	Hutchinson, Hannah	10	Bishop Heelan	20:02.37	4
5	Jochum, Madison	10	Bishop Heelan	20:06.72	5
6	Lester, Avery	12	Sioux City East	20:07.68	6
7	VanDyke, Lauren	11	Sioux City East	20:23.77	7
8	Aesoph, Ashley	10	Bishop Heelan	20:29.81	8
9	Mercural, Lily	09	Sioux City East	20:32.68	9
10	Heilsen, Moriah	09	Alhs	20:33.62	10
11	Jensen, Annie	11	Bishop Heelan	20:36.87	11
12	Jones, Claire	11	Alhs	20:43.14	12
13	Lewis, Alee	10	Sioux City East	20:44.02	13
14	Oyadare, Mercy	12	Sioux City North	21:00.72	14
15	Phillips, Brenda	10	Sioux City North	21:15.75	15
16	VanderVelde, Hailey	09	Alhs	21:16.71	16
17	Phillips, Karlee	09	Sioux City East	21:27.37	17
18	Santiago, Leila	09	Sergeant-Blu	21:32.34	18
19	Juarez, Janette	10	Alhs	21:34.21	19
20	Hill, Joslyn	10	Sioux City East	21:36.96	20
21	Martinez, Lorena	10	Sioux City North	21:43.12	21
22	Gant, Morgan	10	CB Thomas Jefferson	21:53.15	22
23	Kelley, Taylor	11	Sioux City North	22:10.12	23
24	Wink, Sunshine	12	Alhs	22:20.68	24
25	Plummer, Clare	09	Alhs	22:33.34	25
26	Rodriguez, Ana	11	CB Thomas Jefferson	22:38.96	26
27	Boeshart, Kiley	12	Bishop Heelan	22:44.59	27
28	Glisar, Kelli	11	Sioux City North	22:50.18	28
29	Davis, Ashley	12	Sergeant-Blu	22:51.52	29
30	Christensen, Hannah	11	Sergeant-Blu	22:54.90	30
31	Molden, Emily	11	Sioux City West	23:04.75	31

32	Brown, Taylor	11	Sergeant-Blu	23:24.49	32
33	Fields, Rachel	11	Sergeant-Blu	23:30.40	33
34	Peck, Ashlyn	10	Bishop Heelan	23:32.09	34
35	Jones, Caitlyn	10	CB Thomas Jefferson	23:34.59	35
36	Ryan, Kelsi	11	Sergeant-Blu	23:40.15	36
37	Courey, Jenna	11	Sioux City North	23:44.87	37
38	Blanco, Georgia	12	CB Thomas Jefferson	23:45.59	38
39	Ramos, Jasmine	09	CB Thomas Jefferson	23:54.05	39
40	Hernandez, Yisel	11	CB Thomas Jefferson	24:00.08	40
41	Hartman, Hayley	11	Alhs	24:09.93	41
42	Diaz, Valerie	10	Sioux City West	24:17.43	42
43	Vazquez, Andrea	09	Sioux City West	24:21.50	43
44	Narcia, Alba	11	Sioux City West	24:22.28	44
45	Ponce, Gabby	10	Sioux City West	24:37.21	45
46	Lucas, Anna	11	Sergeant-Blu	24:54.09	46
47	Farley, Justice	10	Sioux City West	25:55.90	47
48	Englund, Treasure	11	CB Thomas Jefferson	27:08.24	48

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**Varsity Boys Team Results**

Place	Team	Points	Places of Finishers (offset scoring)								Total	Average
1	CB Thomas Jefferson	51	4	8	11	13	15	17	37	1:26:21.09	17:16.22	
2	Sergeant-Bluff Luton	53	1	6	12	14	20	41	46	1:26:12.82	17:14.57	
3	Sioux City North	61	2	9	10	19	21	33	34	1:27:09.51	17:25.91	
4	Bishop Heelan	78	3	5	18	23	29	39		1:28:39.07	17:43.82	
5	Sioux City West	123	7	16	25	31	44	45	47	1:31:39.57	18:19.92	
6	Abraham Lincoln	142	22	26	27	32	35	36	42	1:33:23.32	18:40.67	
7	Sioux City East	160	24	28	30	38	40	43	48	1:34:20.52	18:52.11	

**Varsity Boys Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Scott, Miles	11	Sergeant-Blu	16:13.15	1
2	Gemeda, Merga	11	Sioux City North	16:33.94	2
3	Ritz, Connor	12	Bishop Heelan	16:39.68	3
4	Midkiff, McGwire	12	CB Thomas Jefferson	16:40.80	4
5	Friessen, Adam	12	Bishop Heelan	16:58.27	5
6	Hannemann, Gabe	10	Sergeant-Blu	16:58.56	6
7	Larned, Phoenix	12	Sioux City West	17:05.02	7
8	Carey, Daniel	12	CB Thomas Jefferson	17:13.02	8
9	Baker, Jackson	11	Sioux City North	17:16.34	9
10	Pace, Deven	10	Sioux City North	17:19.43	10
11	Humpal, Anthony	11	CB Thomas Jefferson	17:20.09	11
12	Ritz, Easton	10	Sergeant-Blu	17:25.09	12
13	Powders, Archie	10	CB Thomas Jefferson	17:26.34	13
14	Marksbury, Drew	10	Sergeant-Blu	17:36.34	14
15	Booton, Zack	11	CB Thomas Jefferson	17:40.84	15
16	Benson, Luke	10	Sioux City West	17:44.40	16
17	Zermeno, Allen	12	CB Thomas Jefferson	17:50.50	17
18	Dougherty, John	12	Bishop Heelan	17:56.52	18
19	Okine, Chris	12	Sioux City North	17:58.78	19
20	Lincoln, Joe	11	Sergeant-Blu	17:59.68	20
21	Miller, Caleb	12	Sioux City North	18:01.02	21
22	Harding, Joe	11	Abraham Lincoln	18:21.08	22
23	Murphy, Ben	11	Bishop Heelan	18:24.31	23
24	Voloshen, Eddie	10	Sioux City East	18:27.43	24
25	Claussen, Tyler	12	Sioux City West	18:34.08	25
26	Dreismeier, Adam	11	Abraham Lincoln	18:36.43	26
27	Hornberg, Steven	09	Abraham Lincoln	18:36.90	27
28	DeWeerd, Will	11	Sioux City East	18:37.34	28
29	Suhr, Brenden	12	Bishop Heelan	18:40.28	29
30	Vakulskas, Jake	10	Sioux City East	18:40.89	30
31	Holman, Hiatt	10	Sioux City West	18:43.24	31

32	Kinney, Thad	11	Abraham Lincoln	18:46.18	32
33	Eybers, Aaron	11	Sioux City North	18:47.12	33
34	Burrack, Parker	11	Sioux City North	18:57.72	34
35	Leinen, Caleb	11	Abraham Lincoln	19:02.72	35
36	Colburn, Jacob	11	Abraham Lincoln	19:07.09	36
37	Soriano, Kyle	11	CB Thomas Jefferson	19:11.56	37
38	Taylor, Cole	11	Sioux City East	19:15.46	38
39	Alvarado, Daniel	12	Bishop Heelan	19:15.77	39
40	Perry, Nick	09	Sioux City East	19:19.40	40
41	Murphy, Max	10	Sergeant-Blu	19:22.87	41
42	Schumann, Zach	11	Abraham Lincoln	19:23.68	42
43	Morales, Angel	11	Sioux City East	19:24.08	43
44	Rodriguez, Benito	10	Sioux City West	19:32.83	44
45	Schroeder, Brandon	11	Sioux City West	19:33.43	45
46	McGregor, Ryley	12	Sergeant-Blu	19:58.65	46
47	Robles, Ernesto	12	Sioux City West	20:04.71	47
48	Sassman, Caleb	09	Sioux City East	20:20.96	48

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**Junior Varsity Girls Team Results**

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Bishop Heelan	48	4	7	8	12	17	24	25	1:57:43.40	23:32.68
2	Sioux City East	59	1	3	10	16	29	31	33	1:58:12.94	23:38.59
3	Alhs	60	5	6	13	15	21	22	23	1:59:04.87	23:48.98
4	Sergeant-Bluff Luton	81	2	14	19	20	26	34		2:00:47.90	24:09.58
5	Sioux City North	93	9	11	18	27	28	38	44	2:02:13.48	24:26.70
6	CB Thomas Jefferson	173	30	32	35	37	39			2:14:28.28	26:53.66
7	Sioux City West	202	36	40	41	42	43			2:26:40.60	29:20.12

**Junior Varsity Girls Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Hanson, Paige	11	Sioux City East	22:09.02	1
2	Skatges, Alyssa	09	Sergeant-Blu	22:38.52	2
3	Copple, Taylor	11	Sioux City East	22:46.37	3
4	Joyce, Brenna	09	Bishop Heelan	22:48.21	4
5	Schilling, Sydney	11	Alhs	23:12.00	5
6	Spanjer, Mckenzie	11	Alhs	23:15.40	6
7	Doohen, Callie	11	Bishop Heelan	23:23.56	7
8	Doohen, Brooke	11	Bishop Heelan	23:23.84	8
9	Olson, Monica	09	Sioux City North	23:37.18	9
10	Breyfogle, Hannah	10	Sioux City East	23:37.53	10
11	Feiges, Isobel	09	Sioux City North	23:37.90	11
12	De Los Santos, Jimena	11	Bishop Heelan	23:52.11	12
13	Hipnar, Ashley	09	Alhs	23:57.24	13
14	Savary, Kaitlin	12	Sergeant-Blu	23:59.28	14
15	Gress, Alexis	12	Alhs	24:07.99	15
16	VanDyke, Madi	09	Sioux City East	24:13.00	16
17	Froehlich, Brooklin	10	Bishop Heelan	24:15.68	17
18	Quintanilla, Leila	10	Sioux City North	24:23.90	18
19	Sims, Emersyn	09	Sergeant-Blu	24:29.02	19
20	Deitloff, Terri	11	Sergeant-Blu	24:31.18	20
21	Dorsett, Alea	12	Alhs	24:32.24	21
22	Brown, Mckenzie	09	Alhs	24:44.40	22
23	Doty, Kenadie	10	Alhs	24:45.02	23
24	Porath, Meghan	10	Bishop Heelan	24:59.28	24
25	Koob, Haley	10	Bishop Heelan	25:04.78	25
26	Gibler, Julia	12	Alhs	25:08.46	
27	Kennedy, Cameron	12	Sergeant-Blu	25:09.90	26
28	Cox, Kayleana	09	Alhs	25:10.65	
29	Leiting, Emilee	10	Bishop Heelan	25:15.78	
30	De Anda, Celeste	12	Sioux City North	25:16.50	27
31	Nguyen, Emily	11	Sioux City North	25:18.00	28

32	Burkhart, Marah	12	Sioux City East	25:27.02	29
33	Miller, Mariah	09	Alhs	25:33.31	
34	Schubert, Allison	09	CB Thomas Jefferson	25:55.46	30
35	Louet, Charlie	12	Alhs	25:58.02	
36	Robbins, Sadie	09	Sioux City East	26:01.62	31
37	Larson, Anna	11	CB Thomas Jefferson	26:02.05	32
38	Miller, Hailey	11	Alhs	26:02.87	
39	Zink, Hazel	12	Sioux City East	26:06.31	33
40	Dillavou, MaryJane	12	Sergeant-Blu	26:06.81	34
41	Bernard, Claire	10	Bishop Heelan	26:16.46	
42	Willie, LaTeah	09	CB Thomas Jefferson	26:23.59	35
43	Ortega, Rocio	11	Sioux City West	26:59.00	36
44	Olson, Mikayla	09	Alhs	27:24.37	
45	Morales, Ruby	12	CB Thomas Jefferson	27:48.18	37
46	Walters, Jaycelyn	10	Sioux City North	28:17.93	38
47	Santacruz, Jenifer	10	CB Thomas Jefferson	28:19.00	39
48	Jaramillo, Dayana	10	Sioux City West	28:43.99	40
49	Wilmesherr, Brooke	10	Bishop Heelan	28:52.50	
50	Jarquín, Sarah	10	Alhs	29:36.21	
51	Murguía, Karena	10	Sioux City West	29:45.84	41
52	Hernandez, Jennifer	10	Sioux City West	30:28.50	42
53	Luna, Sofia	10	Sioux City West	30:43.27	43
54	Milstead, Arlette	09	Alhs	30:48.40	
55	Mosqueda, Jazmin	09	Sioux City North	31:10.62	44
56	Ly, Christina	09	Sioux City North	31:11.18	

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**Junior Varsity Boys Team Results**

Place	Team	Points	Places of Finishers (offset scoring)								Total	Average
1	Sioux City North	36	2	4	5	12	13	21	28	1:35:52.02	19:10.41	
2	CB Thomas Jefferson	56	8	9	10	14	15	25	31	1:37:37.09	19:31.42	
3	Bishop Heelan	65	1	6	17	19	22	38	40	1:38:05.47	19:37.10	
4	Abraham Lincoln	101	7	11	24	29	30	45		1:40:57.02	20:11.41	
5	Sioux City West	120	3	18	23	37	39	43	44	1:42:18.44	20:27.69	
6	Sioux City East	121	16	20	26	27	32	35	41	1:42:28.17	20:29.64	
7	Sergeant-Bluff Luton	191	33	34	36	42	46	Total Time:		1:49:49.77	21:57.96	

**Junior Varsity Boys Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Barber, Nathan	12	Bishop Heelan	18:26.11	1
2	Tucker, Dayson	09	Sioux City North	18:40.90	2
3	Marcario, Cesar	10	Sioux City West	18:51.37	3
4	Sorenson, Ethan	10	Sioux City North	18:52.95	4
5	Beller, Drake	11	Sioux City North	18:59.14	5
6	Greer, John	09	Bishop Heelan	19:04.43	6
7	Fitch, Caleb	10	Abraham Lincoln	19:07.30	7
8	Baker, Austin	11	CB Thomas Jefferson	19:11.58	8
9	Gilo, Beayha	10	CB Thomas Jefferson	19:23.39	9
10	Dofner, Owen	11	CB Thomas Jefferson	19:25.55	10
11	Meyers, Chaunce	11	Abraham Lincoln	19:34.99	11
12	Tullu, Abdulahi	11	Sioux City North	19:39.05	12
13	Christensen, Boden	12	Sioux City North	19:39.98	13
14	Contreras, Christian	10	CB Thomas Jefferson	19:44.49	14
15	Lesley, Chandler	11	CB Thomas Jefferson	19:52.08	15
16	Chett, Chance	11	Sioux City East	19:53.81	16
17	Leiting, Michael	09	Bishop Heelan	19:54.14	17
18	Cheron Hernandez, Christ	12	Sioux City West	19:59.33	18
19	Huls, Marshall	10	Bishop Heelan	20:10.68	19
20	Haaf, Greg	11	Sioux City East	20:14.58	20
21	Oyadare, Clement	11	Sioux City North	20:21.52	21
22	Brown, Jake	11	Bishop Heelan	20:30.11	22
23	Puga, Julian	10	Sioux City West	20:37.96	23
24	McMullen, Chandler	12	Abraham Lincoln	20:39.34	24
25	Brink, Zack	12	CB Thomas Jefferson	20:40.08	25
26	Robinson, Tre	12	Sioux City East	20:42.24	26
27	Hobbs, Logan	10	Sioux City East	20:42.87	27
28	Bush, Ethan	10	Sioux City North	20:43.71	28
29	Ferguson, Kobie	09	Abraham Lincoln	20:46.34	29
30	Rodriguez, Anthony	11	Abraham Lincoln	20:49.05	30
31	Mosqueda, Alex	09	CB Thomas Jefferson	20:53.68	31

32	Munson, Jordan	12	Sioux City East	20:54.67	32
33	Hedrick, D'Mitre	09	CB Thomas Jefferson	21:02.49	
34	Grames, Tyler	11	Sergeant-Blu	21:04.71	33
35	Dillavou, Jherek	09	Sergeant-Blu	21:06.52	34
36	VanderVeen, Brandon	09	Sioux City East	21:10.24	35
37	Hueser, Tanner	09	Sergeant-Blu	21:14.46	36
38	Allen, Mason	09	CB Thomas Jefferson	21:16.78	
39	Pflueger, Gabe	11	CB Thomas Jefferson	21:17.77	
40	Cota, Byron	11	Sioux City West	21:20.52	37
41	Plourde, Joe	11	CB Thomas Jefferson	21:22.06	
42	Hauxwell, Bret	11	CB Thomas Jefferson	21:23.05	
43	Deree, Deric	10	CB Thomas Jefferson	21:23.62	
44	McDaniel, Trey	09	CB Thomas Jefferson	21:24.52	
45	McClure, Cole	10	Sioux City North	21:25.65	
46	Demers, Patrick	09	Bishop Heelan	21:27.52	38
47	Surber, Auston	10	Sioux City West	21:29.26	39
48	Saulsbury, James	12	Bishop Heelan	21:29.87	40
49	Greer, Andrew	11	Bishop Heelan	21:37.83	
50	Perry, Devyn	12	Sioux City East	21:50.08	41
51	Najar, Jesse	09	Sioux City North	22:00.17	
52	Van Etten, Tanner	11	Sioux City North	22:07.54	
53	Gill, Cade	10	Sergeant-Blu	22:18.43	42
54	Robles, Ivan	11	Sioux City West	22:19.49	43
55	Miller, Elias	09	Sioux City North	22:24.14	
56	Frey, Brenden	10	Bishop Heelan	22:30.37	
57	Gutierrez, Fernando	10	Sioux City West	22:40.40	44
58	Harris, Craig	09	Sioux City East	22:40.84	
59	Laws, Kane	09	Sioux City North	22:42.87	
60	Kakacek, Blake	12	Bishop Heelan	22:44.71	
61	Plambeck, Zach	12	Sioux City East	22:48.27	
62	Maxwell, Iaziha	11	CB Thomas Jefferson	22:49.61	
63	Steele, Jayden	11	CB Thomas Jefferson	22:54.06	
64	Jones, William	10	Abraham Lincoln	23:03.46	45
65	Roeun, Johnson	12	Sioux City West	23:18.23	
66	Rea, Peyton	10	Sioux City North	23:46.02	
67	Longwell, Evan	09	Sioux City West	23:48.84	
68	Smith, Landon	11	Sergeant-Blu	24:05.65	46
69	Woolsoncroft, Ryan	10	CB Thomas Jefferson	24:20.58	
70	Frieze, Joe	11	CB Thomas Jefferson	24:25.42	
71	Taylor, Kaleb	10	Sioux City North	24:49.24	
72	Philpotts, Brandon	10	Sioux City North	25:28.43	
73	Gilreath, Jacob	10	Bishop Heelan	34:26.11	
74	Salcedo, Antonio	09	Sioux City North	35:25.00	