

**Heelan Cross Country Invitational 2018**  
**Bishop Heelan High School**  
**Sioux City, IA**  
**Thursday, August 23, 2018**

**Varsity Girls Team Results**

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Le Mars	45	3	5	6	10	21	30		1:45:09.09	21:01.82
2	Sioux City East	55	1	7	14	16	17	18	35	1:45:32.61	21:06.52
3	Bishop Heelan	71	2	4	9	27	29	32		1:46:02.17	21:12.44
4	South Sioux City	94	11	12	13	24	34	43		1:50:32.85	22:06.57
5	Woodbury Cent-KP	97	8	15	23	25	26	38	47	1:50:37.76	22:07.56
6	Sgt Bluff-Luton H.S.	139	20	22	28	33	36	37	39	1:53:10.67	22:38.14
7	Sioux City North	177	19	31	41	42	44	45	50	1:56:55.11	23:23.02
8	Sioux City West	245	40	49	51	52	53	54		2:06:47.68	25:21.54
9	West Monona	262	46	48	55	56	57			2:13:22.35	26:40.47

**Varsity Girls Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Kaia Downs	09	Sioux City East	18:57.17	1
2	Amber Aesoph	11	Bishop Heela	19:01.35	2
3	Chloe Calhoun	11	Lemars	20:16.49	3
4	Madison Jochum	12	Bishop Heela	20:30.45	4
5	Kara Albrecht	11	Lemars	20:38.65	5
6	Maddie Hurt	12	Lemars	20:40.15	6
7	Karlee Phillips	11	Sioux City East	20:56.72	7
8	Erika Kuntz	09	Woodbury Cent-KP	21:08.09	8
9	Ashley Aesoph	12	Bishop Heela	21:08.80	9
10	Sarah Meis	11	Lemars	21:18.12	10
11	Sadie Rocha	12	South Sioux City	21:37.87	11
12	Tuenedi Villicana	12	South Sioux City	21:41.04	12
13	Emaneh Ahmed	10	South Sioux City	21:44.16	13
14	Sydney Helt	09	Sioux City East	21:46.47	14
15	Makayla Archer	10	Woodbury Cent-KP	21:48.08	15
16	Emma Steele	09	Sioux City East	21:55.46	16
17	Katie Lammers	10	Sioux City East	21:56.78	17
18	Olivia Barnes	11	Sioux City East	21:58.04	18
19	Emma Kelley	10	Sioux City North	22:02.71	19
20	Leila Laureano	11	Sgt Bluff-Lu	22:03.62	20
21	Caroline Meis	10	Lemars	22:15.68	21
22	Michele Becker	11	Sgt Bluff-Lu	22:18.57	22
23	Sarah Putze	10	Woodbury Cent-KP	22:29.24	23
24	Ximena Alvarez	12	South Sioux City	22:31.46	24
25	Kalyn Cameron	10	Woodbury Cent-KP	22:34.94	25
26	Mary Putze	10	Woodbury Cent-KP	22:37.41	26
27	Emma Hutchinson	10	Bishop Heela	22:40.15	27
28	Chloe Black	11	Sgt Bluff-Lu	22:40.69	28
29	Ashlyn Peck	12	Bishop Heela	22:41.42	29
30	Paige Washburn	11	Lemars	22:42.50	30
31	Kindi Etherington	11	Siouxland Christian	22:44.98	

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32	Mia Norton	10	Sioux City North	22:49.89	31
33	Brenna Joyce	11	Bishop Heela	22:50.44	32
34	Linkynn Garrett	10	Sgt Bluff-Lu	22:56.95	33
35	Ruby Castillo	11	South Sioux City	22:58.32	34
36	Alee Lewis	12	Sioux City East	23:03.76	35
37	Alyssa Skatges	11	Sgt Bluff-Lu	23:10.84	36
38	Katherine Aymar	10	Sgt Bluff-Lu	23:13.84	37
39	Lynsey Countryman	09	Woodbury Cent-KP	23:20.85	38
40	Sabrina Hazuka	09	Sgt Bluff-Lu	23:23.70	39
41	Holland Larned	10	Sioux City West	23:25.44	40
42	Nicole Zuehl	09	Sioux City North	23:55.58	41
43	Monica Olson	11	Sioux City North	23:56.43	42
44	Marybeth Rasmussen	12	South Sioux City	24:10.49	43
45	AnnDea Boetger	12	Sioux City North	24:10.49	44
46	Lorena Martinez	12	Sioux City North	24:11.49	45
47	Madison Ross	10	West Monona	24:21.35	46
48	Skylar Hannah	11	Woodbury Cent-KP	24:24.19	47
49	Tayah Struble	11	West Monona	25:04.40	48
50	Gabbie Garcia-River	10	Sioux City West	25:12.35	49
51	Brenda Phillips	12	Sioux City North	25:18.76	50
52	Kamari Jones	11	Sioux City West	25:19.09	51
53	Maggie Hildreth	09	Whiting	25:39.99	
54	Halle Murray	10	Whiting	25:43.45	
55	Trinity McClure	10	Whiting	25:49.46	
56	Xitali Sanchez	09	Sioux City West	26:03.53	52
57	Dayana Bueso	09	West Sioux Hawarden	26:14.83	
58	Gabby Ponce	12	Sioux City West	26:47.27	53
59	Kazzandra Vazquez	11	Sioux City West	27:06.90	54
60	Yanira Bueso	09	West Sioux Hawarden	27:10.93	
61	Tristen Tift	09	West Sioux Hawarden	27:17.72	
62	Courtney Davis	10	West Monona	27:47.84	55
63	Enya Martinez	11	West Monona	27:54.61	56
64	Kailyn Brandt	09	West Monona	28:14.15	57
65	Madison Kafton	12	Westwood Slo	28:43.77	
66	Kirsten Meyers	11	Whiting	30:29.54	
67	Ana Topete	12	West Sioux Hawarden	34:13.32	

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**Varsity Boys Team Results**

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Sioux City North	24	2	3	4	6	9	14	19	1:28:26.07	17:41.22
2	Sgt Bluff-Luton H.S.	48	5	7	11	12	13	16	18	1:31:00.15	18:12.03
3	Bishop Heelan	87	1	8	22	26	30	34	35	1:34:52.52	18:58.51
4	Sioux City East	107	15	20	23	24	25	27	28	1:36:30.69	19:18.14
5	Sioux City West	108	10	17	21	29	31	32	36	1:37:53.73	19:34.75
6	West Monona	192	33	38	39	40	42	44	45	1:55:12.33	23:02.47
7	Whiting	214	37	41	43	46	47			2:14:02.65	26:48.53

**Varsity Boys Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Zekariya Abdela	12	South Sioux City	16:55.61	
2	Charlie Saulsbury	12	Bishop Heela	16:58.44	1
3	Jaysen Bouwers	10	Sioux City North	17:00.04	2
4	Colin Greenwell	10	Sioux City North	17:31.15	3
5	Luke Benson	12	Sioux City North	17:45.41	4
6	Drew Marksberry	12	Sgt Bluff-Lu	17:51.04	5
7	Yemane Kifle	09	Sioux City North	17:59.76	6
8	Nick Muller	10	Sgt Bluff-Lu	18:07.47	7
9	John Greer	11	Bishop Heela	18:08.99	8
10	Nick Walters	10	Sioux City North	18:09.71	9
11	Eric Brannon	10	Siouxland Christian	18:13.41	
12	Rey Gonzalez	10	Sioux City West	18:14.87	10
13	Easton Ritz	12	Sgt Bluff-Lu	18:19.99	11
14	Payden Hofer	12	Sgt Bluff-Lu	18:20.31	12
15	Ty Shoulders	10	Sgt Bluff-Lu	18:21.34	13
16	Dakota South	12	Sioux City North	18:22.30	14
17	Jake Vakulskas	12	Sioux City East	18:38.43	15
18	Carlos Rodriguez	09	Sgt Bluff-Lu	18:42.56	16
19	Hiatt Holman	12	Sioux City West	18:45.11	17
20	Gabe Hannemann	12	Sgt Bluff-Lu	18:50.70	18
21	Ethan Sorenson	12	Sioux City North	18:59.39	19
22	Juan Balderas	10	South Sioux City	19:11.90	
23	Carter Vanderloo	10	Sioux City East	19:17.34	20
24	Devin Henry	10	Sioux City West	19:17.42	21
25	Cole Satterwhite	11	Bishop Heela	19:23.74	22
26	Owen Hoak	10	Sioux City East	19:25.01	23
27	Mubarek Abdela	12	South Sioux City	19:29.38	
28	Kevin Greigg	11	Sioux City East	19:30.32	24
29	Ryan Campbell	09	Sioux City East	19:39.59	25
30	Dhugomsa Mohammed	10	South Sioux City	19:49.66	
31	Jackson Freenbern	09	Bishop Heela	19:51.44	26
32	Caleb Sassman	11	Sioux City East	20:00.49	27
33	Tristen Jessen	09	Woodbury Cent-KP	20:03.09	

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34	Juan Fuentes	10	Sioux City East	20:10.29	28
35	Abraham Ponce	10	Sioux City West	20:28.79	29
36	Marshall Huls	12	Bishop Heela	20:29.91	30
37	Calvin Marcoe	12	Sioux City West	21:07.54	31
38	Jose Lopez	09	Sioux City West	21:08.45	32
39	Rueben Melton	09	West Monona	21:24.47	33
40	Noah Winkel	10	Bishop Heela	21:24.73	34
41	Henry Sealey	11	Bishop Heela	21:35.90	35
42	Jackson Harsma	10	Siouxland Christian	21:35.98	
43	Miguel Gonzalez	11	Sioux City West	21:57.42	36
44	Blake Brinkman	12	Westwood Slo	22:17.01	
45	Kade Killian	11	Westwood Slo	22:40.45	
46	Drayven Kraft	09	West Sioux Hawarden	22:45.73	
47	Hayden Roback	10	West Sioux Hawarden	22:47.89	
48	Landon Christensen	12	Whiting	22:54.30	37
49	Brady Sidwell	12	West Monona	23:01.94	38
50	Treyton Harris	09	West Monona	23:04.61	39
51	Jaden Pekarek	10	West Monona	23:28.54	40
52	Brennon Eby	10	Westwood Slo	23:34.66	
53	Austin Warren	11	Whiting	24:11.63	41
54	Matthew Lu	10	West Monona	24:12.77	42
55	Brody Vanden Bosch	10	Whiting	25:45.12	43
56	Curtis Owen	11	West Sioux Hawarden	25:57.94	
57	Adam Parr	12	West Monona	26:16.86	44
58	Collin Verschoor	10	Woodbury Cent-KP	26:18.08	
59	Bowen Rand	11	Westwood Slo	26:49.35	
60	Morgan Lu	09	West Monona	27:04.67	45
61	Atley Nelson	10	Whiting	29:31.76	46
62	Nick Ethier	12	Whiting	31:39.84	47

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**Junior Varsity Girls Team Results**

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Sioux City East	69	3	10	14	17	25	29	30	1:45:46.09	21:09.22
2	Sgt Bluff-Luton H.S.	72	5	7	8	24	28	36	46	1:45:01.59	21:00.32
3	Lemars	83	6	16	18	21	22	23	33	1:46:28.62	21:17.73
4	South Sioux City	93	13	15	19	20	26	27	31	1:47:58.73	21:35.75
5	Sioux City North	98	4	11	12	32	39	43	44	1:47:45.14	21:33.03
6	Woodbury Cent-KP	143	1	9	41	45	47			1:53:39.73	22:43.95
7	Bishop Heelan	146	2	34	35	37	38	40	42	1:50:15.44	22:03.09

**Junior Varsity Girls Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Sarahy Hammond	09	Woodbury Cent-KP	19:09.69	1
2	Mia Conley	09	Bishop Heela	19:19.87	2
3	Lily Mercural	11	Sioux City East	19:52.49	3
4	Christina Ly	11	Sioux City North	19:54.60	4
5	Ashley Streck	09	Sgt Bluff-Lu	19:58.90	5
6	Katie Cunningham	09	Lemars	20:01.34	6
7	Daniela Rodriguez	09	Sgt Bluff-Lu	20:21.43	7
8	Jenna Ryan	10	Sgt Bluff-Lu	20:31.71	8
9	Gracia Widman	11	Woodbury Cent-KP	20:49.91	9
10	Hannah Breyfogle	12	Sioux City East	20:53.30	10
11	Jaycelyn Walters	12	Sioux City North	21:00.99	11
12	Lillian Garay	10	Sioux City North	21:06.28	12
13	Aubree Vanberkum	09	South Sioux City	21:19.72	13
14	Lynsey Wilson	11	Sioux City East	21:25.61	14
15	Madison Newell	12	South Sioux City	21:26.74	15
16	Lilly McNaughton	09	Lemars	21:31.88	16
17	Karlie Stoos	10	Sioux City East	21:32.71	17
18	Hailey Plueger	11	Lemars	21:33.62	18
19	Carla Villicana	09	South Sioux City	21:34.39	19
20	Belinda Garcia	12	South Sioux City	21:35.31	20
21	Jessica Hinds	12	Lemars	21:35.55	21
22	Emily Chamberlain	10	Lemars	21:46.23	22
23	Joan Meis	12	Lemars	21:54.52	23
24	Riley McHugh-Hoskin	10	Sgt Bluff-Lu	21:59.76	24
25	Trinity Edwards	10	Sioux City East	22:01.98	25
26	Selene Guzman	12	South Sioux City	22:02.57	26
27	Jenny Aldana	12	South Sioux City	22:08.20	27
28	Addison Ritz	09	Sgt Bluff-Lu	22:09.79	28
29	Grace Smith	09	Sioux City East	22:13.03	29
30	Sophie Benson	11	Sioux City East	22:16.86	30
31	Shelbee Vanberkum	12	South Sioux City	22:22.14	31
32	Aphraditie Hancock	09	Sioux City North	22:25.50	32
33	Hanna Francksen-Sma	12	Lemars	22:26.07	33

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34	Sydney Pratt	11	Bishop Heela	22:29.47	34
35	Annabelle Wadle	09	Lemars	22:33.67	
36	Taryn Christensen	12	South Sioux City	22:34.18	
37	Johanna Theeler	12	Lemars	22:40.61	
38	Hannah Fitzpatrick	09	Bishop Heela	22:41.24	35
39	Abby Widjaja	11	Sgt Bluff-Lu	22:41.74	36
40	Lydia Heald	10	Sioux City East	22:41.86	
41	Emilee Leiting	12	Bishop Heela	22:44.66	37
42	Emma Von Hagel	11	Sioux City East	22:47.95	
43	Taylor Jochum	09	Bishop Heela	23:00.20	38
44	Sammi Maldonado	11	South Sioux City	23:00.35	
45	Megan Kopp	09	Sioux City North	23:17.77	39
46	Sydney Coghlan	11	Sioux City East	23:19.11	
47	Liz Meyer	11	Bishop Heela	23:19.34	40
48	Sofia Luna	12	Sioux City West	23:22.23	
49	Payton McShane	09	Lemars	23:22.50	
50	Lillian Ofert	09	Woodbury Cent-KP	23:32.75	41
51	Dayle Bleeker	12	Bishop Heela	23:38.63	42
52	Emma Walz	10	Sioux City North	23:40.50	43
53	Kylie McElmeel	10	Sioux City North	23:42.68	44
54	Hannah Albrecht	09	Lemars	24:07.08	
55	Chloe Murray	10	Sioux City North	24:07.77	
56	Emely Guzman	11	South Sioux City	24:10.75	
57	Sadie Robbins	11	Woodbury Cent-KP	24:27.22	45
58	Alexis Fehl	09	Sgt Bluff-Lu	24:31.14	46
59	Emma Michael	10	Lemars	24:40.83	
60	Abby Hogan	11	Sioux City East	24:52.52	
61	Sydney Brodie	10	Sgt Bluff-Lu	24:52.93	
62	Lizeth Quezada	11	South Sioux City	25:02.30	
63	Mandy Duitsman	11	Sioux City East	25:04.29	
64	Haley Frazee	10	Sioux City East	25:10.31	
65	Haley Koob	12	Bishop Heela	25:23.06	
66	Sally Gallagher	12	Woodbury Cent-KP	25:40.16	47
67	Nicole Essig	11	Sioux City East	25:45.08	
68	Gabby Garcia	09	Sioux City East	26:37.82	
69	Kimberly Bolanos	11	South Sioux City	26:40.85	
70	Myerra Parker	12	Sioux City East	27:01.75	
71	Felisa Skatges	09	Sgt Bluff-Lu	27:13.96	
72	Liberty Nordstrom	10	Sioux City North	27:20.08	
73	Viviana Martinez	11	South Sioux City	27:31.05	
74	Marissa Cliff	10	Sioux City East	29:30.44	
75	Julietta Keuck	12	Sioux City East	29:31.53	
76	Payton Fine	10	Sgt Bluff-Lu	29:57.40	
77	Mitzully Morales	10	Lemars	31:04.33	
78	Myanna Parker	09	Sioux City East	32:11.00	

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**Junior Varsity Boys Team Results**

Place	Team	Points	Places of Finishers (offset scoring)							Total	Average
1	Sioux City North	24	2	4	5	6	7	8	10	1:23:03.07	16:36.62
2	Sioux City East	48	1	3	11	15	18	20	21	1:26:15.95	17:15.19
3	Sgt Bluff-Luton H.S.	79	9	12	17	19	22	23	29	1:29:48.63	17:57.73
4	South Sioux City	108	14	16	25	26	27	28	30	1:32:34.41	18:30.89
5	Bishop Heelan	133	13	24	31	32	33	34	35	1:39:17.96	19:51.60

**Junior Varsity Boys Individual Results**

Place	Athlete	Grade	Team	Time	Points
1	Ethan Burge	10	Sioux City East	15:55.00	1
2	Owen Burrack	10	Sioux City North	16:27.95	2
3	Clayton Roberts	11	Sioux City East	16:33.30	3
4	Will Lohr	09	Sioux City North	16:35.17	4
5	Jose Gutierrez	09	Sioux City North	16:36.18	5
6	Alex Gleeson	11	Sioux City North	16:41.51	6
7	Efrem Sadi	12	Sioux City North	16:42.26	7
8	Quintin Greenwell	11	Sioux City North	16:45.66	8
9	Max Murphy	12	Sgt Bluff-Lu	16:48.85	9
10	Noah Hutt	12	Whiting	16:51.24	
11	Dave Karisa	12	Sioux City North	16:58.19	10
12	Issa Aman	10	Sioux City North	17:24.89	
13	Garrett McGrory	10	Sioux City North	17:26.09	
14	Levi Henn	09	Siouxland Christian	17:32.21	
15	Jeffrey Wooldridge	09	Sioux City North	17:32.28	
16	Sam Brannon	09	Siouxland Christian	17:36.64	
17	Craig Harris	11	Sioux City East	17:39.44	11
18	Kieran Philpotts	10	Sioux City North	17:44.12	
19	Austin Healy	10	Sgt Bluff-Lu	17:46.07	12
20	Michael Leiting	11	Bishop Heela	17:46.55	13
21	Lorcan Christensen	10	Sioux City North	17:47.16	
22	Nahum Sabino	10	South Sioux City	17:48.61	14
23	Brandon Vanderveen	11	Sioux City East	17:48.75	15
24	Vincent Ibarra	09	South Sioux City	17:54.21	16
25	Nathan Gertz	09	Siouxland Christian	18:01.43	
26	Austin Freiberg	11	Sgt Bluff-Lu	18:18.06	17
27	Collin Barnes	09	Sioux City East	18:19.46	18
28	Michael Widjaja	09	Sgt Bluff-Lu	18:23.86	19
29	Ben Shaputis	10	Sioux City East	18:27.52	20
30	Noah Burkhart	09	Sioux City East	18:30.34	21
31	Ethan Schaap	10	Sgt Bluff-Lu	18:31.79	22
32	Emmet Dirksen	10	Sgt Bluff-Lu	18:32.90	23
33	Erick Carlberg	09	Bishop Heela	18:33.05	24
34	Aydin Chhet	09	Sioux City East	18:35.53	

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35	Aidan Arneson	09	South Sioux City	18:36.67	25
36	Brenden Andre	10	Sioux City East	18:39.71	
37	Adam Durant	12	South Sioux City	18:59.39	26
38	Dawson Rea	10	Sioux City North	19:08.09	
39	Logan Anderson	12	South Sioux City	19:15.53	27
40	Jacob Johnson	09	Sioux City West	19:20.34	
41	Jacob Krysl	09	Sioux City North	19:22.06	
42	Angel Lopez	10	Sioux City East	19:38.25	
43	Matt Lohr	10	Sioux City North	19:38.74	
44	Canyon Baldwin	09	Sioux City East	19:43.22	
45	Weston Wilson	12	South Sioux City	19:47.23	28
46	Isaac Henn	11	Siouxland Christian	19:52.20	
47	Matt Counterman	09	Sioux City East	19:56.42	
48	Caleb Martin	09	Sioux City East	19:57.90	
49	Thomas Tran	09	Sioux City West	20:01.10	
50	Cade Gill	12	Sgt Bluff-Lu	20:03.11	29
51	Jherek Dillavou	11	Sgt Bluff-Lu	20:04.45	
52	Michael Rogge	09	South Sioux City	20:08.91	30
53	James Blake	10	Sgt Bluff-Lu	20:10.04	
54	Elias Miller	11	Sioux City North	20:11.80	
55	Todd Baker	12	Sioux City North	20:13.61	
56	Anthony Luu	12	Sioux City North	20:14.73	
57	Andy Luu	10	Sioux City North	20:18.11	
58	Colton Hibbs	09	Sioux City East	20:21.67	
59	Liam Greenwell	10	Sioux City North	20:25.87	
60	Brenden Frey	12	Bishop Heela	20:28.66	31
61	Mickey Haider	09	Sgt Bluff-Lu	20:31.23	
62	Nic Scott	09	Sgt Bluff-Lu	20:42.71	
63	Jose Garcia	09	South Sioux City	20:49.90	
64	Kenny Stellish	10	Sioux City North	21:00.29	
65	Aldo Grijalva	10	Sioux City West	21:01.27	
66	Colin Pflanz	09	Sioux City North	21:05.69	
67	Luis Magana	12	Bishop Heela	21:11.68	32
68	Bryan Le	10	South Sioux City	21:15.14	
69	Roberto Rundquist	09	Bishop Heela	21:18.02	33
70	Noah Roerig	12	Bishop Heela	21:22.77	34
71	Brayden Harms	09	Sgt Bluff-Lu	21:40.16	
72	Draven Pace	09	Sioux City North	21:52.66	
73	Cody Bates	10	Sioux City East	22:07.09	
74	Garrett Heisterkamp	11	West Monona	22:25.75	
75	Damian Herrera	12	South Sioux City	22:37.70	
76	Xander Delperdang	09	Sioux City North	22:45.51	
77	Josh Newman	10	Bishop Heela	22:51.58	35
78	Carter Bertrand	09	Sioux City North	23:47.33	
79	Ryan Summerville	10	Bishop Heela	23:52.64	



**Heelan Cross Country Invitational 2018**  
**Bishop Heelan High School**  
**Sioux City, IA**  
**Thursday, August 23, 2018**

80	Tanner Hueser	11	Sgt Bluff-Lu	23:57.25
81	Eric Lohr	11	Bishop Heela	26:12.46
82	Victor West	11	Sioux City North	27:41.09
83	Jacob Gilreath	12	Bishop Heela	28:13.34