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South Dakota H.S. Championship Meet
 Heelan Invite 2019
 Bishop Heelan High School - 8/29/2019
 Adams Nature Preserve

Event 2 Girls 5k Run CC Varsity

Name	Year School	Finals	H#	Points
Results - Women				
1 Kaia Downs	10 Sioux City East	18:34.70	1	1
2 Amber Aesoph	12 Bishop Heela	18:40.86	1	2
3 Karlee Philips	12 Sioux City East	19:41.04	1	3
4 Sydney Helt	10 Sioux City East	20:48.16	1	4
5 Katie Lammers	11 Sioux City East	21:03.55	1	5
6 Sophia Karras	09 Sgt Bluff Hi	21:09.99	1	6
7 Erika Kuntz	10 Woodbury Cent-KP	21:31.49	1	7
8 Leila Laureano	12 Sgt Bluff Hi	21:32.49	1	8
9 Jada Newberg	09 Bishop Heela	21:38.72	1	9
10 Olivia Barnes	12 Sioux City East	21:41.88	1	10
11 Emma Hutchinson	11 Bishop Heela	21:45.19	2	11
12 Chloe Black	12 Sgt Bluff Hi	21:48.12	2	12
13 Halle Brester	12 Sgt Bluff Hi	21:52.93	2	13
14 Grace Mahaney	11 Bishop Heela	21:59.66	2	14
15 Mary Putze	11 Woodbury Cent-KP	22:03.62	2	15
16 Sarah Putze	11 Woodbury Cent-KP	22:05.53	2	16
17 Mia Conley	10 Bishop Heela	22:21.35	2	17
18 Brenna Joyce	12 Bishop Heela	22:44.11	2	18
19 Michele Becker	12 Sgt Bluff Hi	22:53.28	2	19
20 Sarahy Hamman	10 Woodbury Cent-KP	23:06.31	2	20
21 Karlie Stoops	11 Sioux City East	23:08.29	3	21
22 Sabrina Hazuka	10 Sgt Bluff Hi	23:14.59	3	22
23 Tayah Struble	11 West Monona	23:14.91	3	23
24 Kalyn Cameron	11 Woodbury Cent-KP	23:21.19	3	24
25 Linkynn Garrett	11 Sgt Bluff Hi	23:47.37	3	25
26 Gracia Widman	12 Woodbury Cent-KP	23:49.50	3	26
27 Lynsey Countryman	10 Woodbury Cent-KP	23:56.10	3	27
28 Ashlyn Garcia	10 South Sioux City	23:56.58	3	28
29 Valeria Salcido	10 South Sioux City	24:05.16	3	29
30 Emame Ahmed	11 South Sioux City	24:23.53	3	30
31 Taylor Jochum	10 Bishop Heela	24:39.88	4	31
32 Mallory McCall	11 West Monona	24:45.91	4	32
33 Emma VonHagel	12 Sioux City East	24:47.91	4	33
34 Jayleigh Anderson	09 West Monona	24:52.81	4	34
35 Emma Van Wyhe	10 West Sioux-Hawarden	24:56.70	4	
36 Madison Ross	11 West Monona	25:16.95	4	35
37 Aubree VanBerkum	10 South Sioux City	25:17.71	4	36
38 Enya Martinez	12 West Monona	25:18.41	4	37
39 Kamari Jones	12 Sioux City West	25:18.56	4	
40 Simiah Proctor	11 Sioux City West	25:51.42	4	
41 Ruby Castillo	12 South Sioux City	26:02.59	5	38
42 Kiersten Lund	12 Siouxland Christian	27:14.67	5	
43 Tristen Tift	10 West Sioux-Hawarden	27:23.36	5	
44 Courtney Davis	11 West Monona	28:25.21	5	39
45 Cady Perez	12 Westwood Slo	28:49.77	5	
46 Ashley Rodriguez	10 West Sioux-Hawarden	30:44.16	5	

Team Scores

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

1 Sioux City East	23	1	3	4	5	10	21	33		
Total Time:	1:41:49.33									
Average:	20:21.87									
2 Bishop Heelan High School	53	2	9	11	14	17	18	31		
Total Time:	1:46:25.78									

Average: 21:17.16
3 Sgt Bluff High School 58 6 8 12 13 19 22 25
Total Time: 1:49:16.82
Average: 21:51.37
4 Woodbury Cent-KP 82 7 15 16 20 24 26 27
Total Time: 1:52:08.14
Average: 22:25.63
5 West Monona High School 161 23 32 34 35 37 39
Total Time: 2:03:28.99
Average: 24:41.80
6 South Sioux City 161 28 29 30 36 38
Total Time: 2:03:45.57
Average: 24:45.12

South Dakota H.S. Championship Meet
 Heelan Invite 2019
 Bishop Heelan High School - 8/29/2019
 Adams Nature Preserve

Event 3 Boys 5k Run CC Varsity A&B

Name	Year School	Finals	H#	Points
Results - Men				
1 Eric Brannon	11 Siouxland Christian	17:05.01	1	1
2 Dylan Nation	09 Sioux City East	17:07.07	1	2
3 Ryan Campbell	10 Sioux City East	17:22.55	1	3
4 Mesuidi Ejerso	09 South Sioux City	17:26.00	1	4
5 Carlos Rodriguez	10 Sgt Bluff Hi	17:45.18	1	5
6 Javier Alvarez	11 South Sioux City	17:45.67	1	6
7 John Greer	12 Bishop Heela	17:47.05	1	7
8 Nick Muller	11 Sgt Bluff Hi	17:48.06	1	8
9 Deven Henry	11 West Sioux-Hawarden	17:49.64	1	
10 Bryan Isaac	11 Sgt Bluff Hi	17:52.51	1	9
11 Ty Shoulders	11 Sgt Bluff Hi	18:00.86	2	10
12 Cole Satterwhite	12 Bishop Heela	18:05.58	2	11
13 Juan Balderas	11 South Sioux City	18:21.31	2	12
14 Moises Lupercio	11 South Sioux City	18:24.13	2	13
15 Hayden Gamble	09 Sgt Bluff Hi	18:45.33	2	14
16 Kevin Greigg	12 Sioux City East	18:50.94	2	15
17 Ehtan Burge	11 Sioux City East	18:58.83	2	16
18 Alex Wilford	09 Siouxland Christian	19:08.78	2	17
19 Michael Leiting	12 Bishop Heela	19:16.20	2	18
20 Sam Brannon	10 Siouxland Christian	19:17.12	2	19
21 Craig Harris	12 Sioux City East	19:17.51	3	20
22 Brenden Andre	11 Sioux City East	19:20.81	3	21
23 Owen Hoak	11 Sioux City East	19:33.26	3	22
24 Tristen Jessen	10 Woodbury Cent-KP	19:41.47	3	
25 Nathan Gertz	10 Siouxland Christian	19:49.25	3	23
26 Jayce Runyon	09 West Monona	19:57.99	3	24
27 Jackson Harsma	11 Siouxland Christian	20:02.17	3	25
28 Gannon Aymar	09 Sgt Bluff Hi	20:03.89	3	26
29 James Blake	11 Sgt Bluff Hi	20:06.98	3	27
30 Jose Lopez	10 Sioux City West	20:10.74	3	28
31 Rodrigo Lopez-Rodriguez	10 South Sioux City	20:20.23	4	29
32 Noah Winkel	11 Bishop Heela	20:40.48	4	30
33 Jake Weist	10 Bishop Heela	20:43.05	4	31
34 Brennan Sidwell	11 West Monona	20:43.55	4	32
35 Aidan Arneson	10 South Sioux City	20:58.34	4	33
36 Reuben Melton	10 West Monona	21:19.85	4	34
37 Erick Carlberg	10 Bishop Heela	21:20.21	4	35
38 Easton Gelinne	11 Sioux City West	21:29.96	4	36
39 Treyton Harris	10 West Monona	21:50.92	4	37
40 Eein McKinley	09 West Monona	21:52.53	4	38
41 Collin Verschoor	11 Woodbury Cent-KP	21:55.98	5	
42 Nolan O'Halloran	11 Siouxland Christian	22:14.80	5	39
43 Jacob Johnson	10 Sioux City West	22:18.57	5	40
44 Josh Newman	11 Bishop Heela	22:22.78	5	41
45 Jaden Pekarek	11 West Monona	22:42.05	5	42
46 Jose Garcia	10 South Sioux City	22:57.81	5	43
47 Marshall Benson	09 Woodbury Cent-KP	23:02.11	5	
48 Ayden Thonstad	11 West Sioux-Hawarden	23:05.24	5	
49 Kade Killian	12 Westwood Slo	23:38.25	5	
50 Thomas Tran	10 Sioux City West	23:47.47	5	44
51 Carson Seuntjens	09 Woodbury Cent-KP	23:52.44	6	
52 Aldo Grijalda	11 Sioux City West	23:55.93	6	45
53 Justin Wilford	09 Siouxland Christian	24:29.96	6	46
54 Kirk Houts	09 Sioux City West	25:10.01	6	47
55 Wyatt Patterson	09 Westwood Slo	25:37.70	6	
56 Luke Largent	09 Sioux City West	25:44.86	6	48
57 Matthew Lu	11 West Monona	25:57.04	6	49
58 Bowen Rand	12 Westwood Slo	26:10.84	6	
59 Kolton Eisma	11 West Sioux-Hawarden	28:59.00	6	

Team Scores

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

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1 Sgt Bluff High School    46  5  8  9 10 14 26 27
  Total Time: 1:30:11.94
  Average:   18:02.39
2 Sioux City East         56  2  3 15 16 20 21 22
  Total Time: 1:31:36.90
  Average:   18:19.38
3 South Sioux City        64  4  6 12 13 29 33 43
  Total Time: 1:32:17.34
  Average:   18:27.47
4 Siouxland Christian     85  1 17 19 23 25 39 46
  Total Time: 1:35:22.33
  Average:   19:04.47
5 Bishop Heelan High School 97  7 11 18 30 31 35 41
  Total Time: 1:36:32.36
  Average:   19:18.48
6 West Monona High School 165 24 32 34 37 38 42 49
  Total Time: 1:45:44.84
  Average:   21:08.97
7 Sioux City West        193 28 36 40 44 45 47 48
  Total Time: 1:51:42.67
  Average:   22:20.54
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South Dakota H.S. Championship Meet
 Heelan Invite 2019
 Bishop Heelan High School - 8/29/2019
 Adams Nature Preserve

Event 1 Girls 4k Run CC JV

Name	Year School	Finals	H#	Points
Results - Women				
1 Emma Steele	10 Sioux City East	16:51.58	1	1
2 Ella Brester	10 Sgt Bluff Hi	17:30.07	1	2
3 Lydia Heald	11 Sioux City East	17:31.45	1	3
4 Keara Joyce	09 Bishop Heela	17:34.05	1	4
5 Logan Howard	09 Sgt Bluff Hi	17:49.42	1	5
6 Katherine Aymar	11 Sgt Bluff Hi	17:49.52	1	6
7 Makayla Archer	11 Woodbury Cent-KP	18:01.45	1	7
8 Gabby Ryan	09 Sgt Bluff Hi	18:04.90	1	8
9 Dani Rodriguez	10 Sgt Bluff Hi	18:05.83	1	9
10 Chloe Buss	09 Sgt Bluff Hi	18:15.65	1	10
11 Olivia Fehl	09 Sgt Bluff Hi	18:16.04	2	11
12 Mariah Morrow	09 Sioux City East	18:32.00	2	12
13 Jenna Ryan	11 Sgt Bluff Hi	18:32.23	2	
14 Gabbie Garcia	11 South Sioux City	18:36.90	2	13
15 Ashley Streck	10 Sgt Bluff Hi	18:41.99	2	
16 Hannah Fitzpatrick	10 Bishop Heela	18:43.87	2	14
17 Grace Smith	10 Sioux City East	18:45.80	2	15
18 Liz Meyer	12 Bishop Heela	18:49.92	2	16
19 Lillian Ofert	10 Woodbury Cent-KP	18:59.83	2	17
20 Gloria Flores	09 South Sioux City	19:12.37	2	18
21 Skylar Hannah	12 Woodbury Cent-KP	19:14.55	3	19
22 Halle Murray	11 Whiting High School	19:20.02	3	20
23 Addison Ritz	10 Sgt Bluff Hi	19:20.59	3	
24 Hannah Cary	09 Bishop Heela	19:29.88	3	21
25 Brooke Harvey	12 Woodbury Cent-KP	19:32.62	3	22
26 Ellie Ritz	09 Bishop Heela	19:34.03	3	23
27 Sophie Loffswold	09 Sgt Bluff Hi	19:36.88	3	
28 Sammi Maldonado	12 South Sioux City	19:37.80	3	24
29 Emy Loza	12 South Sioux City	19:38.75	3	25
30 Lauren Lucas	11 Sgt Bluff Hi	19:41.63	3	
31 Lauryn Peck	09 Bishop Heela	19:41.64	4	26
32 Alyssa Skatges	12 Sgt Bluff Hi	19:44.12	4	
33 Katie Sale	10 Sgt Bluff Hi	19:46.81	4	
34 Abby Widjaja	12 Sgt Bluff Hi	19:52.47	4	
35 Trinity Edwards	11 Sioux City East	19:57.66	4	27
36 Trinity McClure	11 Whiting High School	19:58.39	4	28
37 Hanna Rogers	09 Woodbury Cent-KP	19:58.67	4	29
38 Isabel Eviglo	09 South Sioux City	19:58.74	4	30
39 Carla Villicana	10 South Sioux City	20:00.17	4	31
40 Alexis Fehl	10 Sgt Bluff Hi	20:11.96	4	
41 Bailey Wilson	09 Sioux City East	20:16.18	5	32
42 Marissa Cliff	11 Sioux City East	20:19.75	5	33
43 Megan Hansen	12 South Sioux City	20:25.60	5	34
44 Riley McHugh-Hoskins	11 Sgt Bluff Hi	20:27.51	5	
45 Sierra Perkins	10 Sgt Bluff Hi	21:08.83	5	
46 Khaia Herron	11 South Sioux City	21:29.05	5	
47 Haley Frazee	11 Sioux City East	21:32.81	5	
48 Sapphire Bennett	10 Whiting High School	21:44.07	5	35
49 Freiberg Natasha	11 South Sioux City	21:49.92	5	
50 Abby Hogan	12 Sioux City East	22:06.91	5	
51 Hannah Koch	09 Woodbury Cent-KP	22:31.30	6	36
52 Kim Bolanos	12 South Sioux City	23:24.24	6	
53 Mandy Duitsman	12 Sioux City East	23:36.20	6	
54 Viviana Martinez	11 South Sioux City	24:08.18	6	
55 Laila Rivas	09 Whiting High School	24:23.31	6	37
56 Elle Ethier	10 Whiting High School	27:07.87	6	38

Team Scores

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

1	Sgt Bluff High School	30	2	5	6	8	9	10	11		
	Total Time:	1:29:19.74									
	Average:	17:51.95									
2	Sioux City East	58	1	3	12	15	27	32	33		
	Total Time:	1:31:38.49									
	Average:	18:19.70									
3	Bishop Heelan High School	78	4	14	16	21	23	26			
	Total Time:	1:34:11.75									
	Average:	18:50.35									
4	Woodbury Cent-KP	94	7	17	19	22	29	36			
	Total Time:	1:35:47.12									
	Average:	19:09.43									
5	South Sioux City	110	13	18	24	25	30	31	34		
	Total Time:	1:37:04.57									
	Average:	19:24.92									
6	Whiting High School	158	20	28	35	37	38				
	Total Time:	1:52:33.66									
	Average:	22:30.74									

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South Dakota H.S. Championship Meet 8/29/2019 - 6:38 PM
 Heelan Invite 2019
 Bishop Heelan High School - 8/29/2019
 Adams Nature Preserve

Event 4 Boys 5k Run CC JV

Name	Year School	Finals	H#	Points
Results - Men				
1 Emmet Dirkson	11 Sgt Bluff Hi	14:57.35	1	1
2 Michael Widjaja	10 Sioux City East	14:59.40	1	2
3 Juan Fuentes	11 Sioux City East	15:14.43	1	3
4 Cobe Albertson	10 South Sioux City	15:19.40	1	4
5 Brady Schaap	11 Sgt Bluff Hi	15:25.75	1	5
6 Aydin Chhet	10 Sioux City East	15:26.52	1	6
7 Brandon Vanderveen	12 Sioux City East	15:28.68	1	7
8 Diego Perez	12 South Sioux City	15:39.60	1	8
9 Antonio Araujo	09 Sioux City East	15:42.58	1	9
10 Dylon Schaap	09 Sgt Bluff Hi	15:43.96	1	10
11 Brady Fiscus	12 Bishop Heela	15:44.11	2	11
12 Octavio Soria	12 South Sioux City	15:49.65	2	12
13 Noah Burkhart	10 Sioux City East	15:52.95	2	13
14 Joseph Debates	09 Sioux City East	15:57.80	2	14
15 Austin Healy	11 Sgt Bluff Hi	16:05.27	2	15
16 Nolan McGregor	12 Sgt Bluff Hi	16:16.72	2	16
17 Kellen Vlahoulis	09 Sioux City East	16:17.38	2	
18 Otten Eli	09 Bishop Heela	16:17.78	2	17
19 Gavin Stoos	09 Sioux City East	16:18.90	2	
20 Hunter Pauley	11 Whiting High School	16:31.19	2	
21 Benson Carter	09 Sioux City West	16:34.46	3	
22 Jacob Denker	09 Sioux City East	16:35.23	3	
23 Henry Sealey	12 Bishop Heela	16:37.50	3	18
24 Jacob LaFleur	09 Bishop Heela	16:47.18	3	19
25 Nic Scott	10 Sgt Bluff Hi	16:48.47	3	20
26 Roberto Rundquist	10 Bishop Heela	16:51.07	3	21
27 Helmer Garcia	11 South Sioux City	16:52.18	3	22
28 Austin Warren	12 Whiting High School	16:54.29	3	
29 Kameron Fjeldheim	09 Bishop Heela	16:56.11	3	23
30 Justin Johnson	09 Sgt Bluff Hi	16:57.59	3	24
31 Dillavou Andon	11 Sgt Bluff Hi	17:00.47	4	
32 Sairus Samayoa	09 Sioux City East	17:02.11	4	
33 Bryan Le	11 South Sioux City	17:09.61	4	25
34 Jacob Harrison	09 Sioux City East	17:22.23	4	
35 Jesse Boynton	09 West Monona	17:46.02	4	
36 Jeremy Flattery	10 Sioux City East	17:55.16	4	
37 Ethan Schaap	11 Sgt Bluff Hi	17:58.88	4	
38 Dillavou Jherek	12 Sgt Bluff Hi	17:59.16	4	
39 Judd Marchand	09 Sgt Bluff Hi	18:01.59	4	
40 Garrett Heisterkamp	11 West Monona	18:20.25	4	
41 Atley Nelson	11 Whiting High School	18:27.12	5	
42 Jason Ortiz	10 South Sioux City	18:40.62	5	26
43 Lucas LaFleur	09 Bishop Heela	19:00.04	5	27
44 Mickey Haider	10 Sgt Bluff Hi	19:01.35	5	
45 Cole Disney	09 West Monona	19:19.11	5	
46 Kemper Baker	09 Siouxland Christian	19:35.94	5	
47 Jason Eslinger	09 Sgt Bluff Hi	19:50.65	5	
48 Brandon Erlandson	09 West Monona	20:09.49	5	
49 Brody Anderson	11 South Sioux City	21:51.33	5	28
50 Ben Gallardo	Whiting High School	22:31.21	5	
51 Jack Stahle	09 Bishop Heela	22:56.27	6	
52 Tanner Hueser	12 Sgt Bluff Hi	23:10.35	6	
53 Keenan Aesoph	09 Bishop Heela	23:11.72	6	
54 Truman Osborn	12 Bishop Heela	24:10.02	6	

Team Scores

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

Results - Men

1	Sioux City East	27	2	3	6	7	9	13	14				
	Total Time:												
	Average:												
2	Sgt Bluff High School	47	1	5	10	15	16	20	24				
	Total Time:												
	Average:												
3	South Sioux City	71	4	8	12	22	25	26	28				
	Total Time:												
	Average:												
4	Bishop Heelan High School	86	11	17	18	19	21	23	27				
	Total Time:												
	Average:												