

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 Snyder, Geena	09	V-West Lyon	25:28.70	50

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	Meeuwssen, 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	

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							

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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, Kady	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

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, Emmanuel	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, Nathanul	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	

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	Burkhart, 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

Sheldon XC Invitational - 9/24/2019
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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	

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							