

Missouri River Conference Championships - 10/17/2019

Le Mars Hosts (Brunsville, Iowa)

Prairie Rose Golf Course

Last Completed Event

Event 1 Girls 5k Run CC Varsity

Name	Year	School	Finals	Points
1 Downs, Kaia	10	Sioux City East	19:00.28	1
2 Aesoph, Amber	12	Bishop Heelan	19:15.19	2
3 Philips, Karlee	12	Sioux City East	20:14.71	3
4 Jordan, Elizabeth	09	Sioux City North	20:16.27	4
5 Mahaney, Grace	11	Bishop Heelan	20:17.82	5
6 Helt, Sydney	10	Sioux City East	20:19.69	6
7 Lammers, Katie	11	Sioux City East	20:22.65	7
8 Garay, Lillian	11	Sioux City North	20:26.85	8
9 Black, Chloe	12	Sgt. Bluff-Luton	20:28.57	9
10 Newberg, Jada	09	Bishop Heelan	20:33.04	10
11 Calhoun, Chloe	12	Lemars High School	20:39.51	11
12 Karras, Sophia	09	Sgt. Bluff-Luton	20:59.15	12
13 Albrecht, Kara	12	Lemars High School	21:10.34	13
14 Zuehl, Nicole	10	Sioux City North	21:10.60	14
15 Conley, Mia	10	Bishop Heelan	21:13.11	15
16 Kelley, Emma	11	Sioux City North	21:29.91	16
17 Joyce, Brenna	12	Bishop Heelan	21:36.69	17
18 Vandervelde, Hayleigh	12	Council Bluffs AL	21:44.62	18
19 Ryan, Gabby	09	Sgt. Bluff-Luton	21:46.74	19
20 Ramos, Jasmine	12	Council Bluffs TJ	21:52.67	20
21 Heilsen, Moriah	12	Council Bluffs AL	21:54.63	21
22 Martinez, Jazmin	09	Council Bluffs AL	21:58.50	22
23 Britt, Kylee	09	Lemars High School	22:03.76	23
24 Bracker, Paige	10	Council Bluffs AL	22:05.77	24
25 Joyce, Keara	09	Bishop Heelan	22:06.35	25
26 Washburn, Paige	12	Lemars High School	22:08.05	26
27 Olson, Monica	12	Sioux City North	22:13.57	27
28 Chamberlain, Emily	11	Lemars High School	22:17.26	28
29 Schneiders, Victoria	10	Sioux City North	22:20.63	29
30 Laureano, Leila	12	Sgt. Bluff-Luton	22:22.83	30
31 Norton, Mia	11	Sioux City North	22:29.14	31
32 Hutchinson, Emma	11	Bishop Heelan	22:32.39	32
33 Ryan, Jenna	11	Sgt. Bluff-Luton	22:40.41	33
34 Heald, Lydia	11	Sioux City East	22:41.74	34
35 Stoos, Karlie	11	Sioux City East	22:53.88	35
36 Barnes, Olivia	12	Sioux City East	23:01.30	36
37 McNaughton, Lilly	10	Lemars High School	23:11.96	37
38 Preston, Nora	09	Council Bluffs AL	23:14.85	38
39 Howard, Logan	09	Sgt. Bluff-Luton	23:15.60	39
40 Harstad, Mackenzie	10	Council Bluffs TJ	23:28.93	40
41 Plummer, Clare	12	Council Bluffs AL	23:35.15	41
42 Harold, Katie	12	Council Bluffs AL	24:05.32	42
43 Cunningham, Katie	10	Lemars High School	24:18.92	43
44 Slack, Julia	11	Council Bluffs TJ	24:38.70	44
45 Evans, Madison	11	Sioux City West	24:57.13	45
46 Jones, Kamari	12	Sioux City West	25:00.30	46
47 Gant, Regan	10	Council Bluffs TJ	25:00.84	47
48 Vigil, Lisbet	09	Sioux City West	25:24.86	48
49 Roberts, Gracie	11	Sioux City West	25:37.25	49
50 Proctor, Simiah	11	Sioux City West	25:47.63	50
51 Allen, Haley	09	Council Bluffs TJ	26:04.25	51
52 Cole, Akaysha	12	Council Bluffs TJ	26:06.59	52
53 Zermeno, Alondra	09	Sioux City West	27:00.86	53
54 Narcia, Rosie	09	Sioux City West	27:11.52	54

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Event 3 Boys 5k Run CC Varsity

Name	Year	School	Finals	Points
1 Bouwers, Jaysen	11	Sioux City North	15:46.59	1
2 Lohr, Will	10	Sioux City North	16:13.70	2
3 Gilo, Wimach	12	Council Bluffs TJ	16:19.63	3
4 Gutema, Beshanena	09	Sioux City North	16:39.08	4
5 Nash, Gabe	09	Sioux City North	16:50.42	5
6 Booton, Aidan	11	Council Bluffs TJ	16:58.00	6
7 Martinez, Juan	11	Council Bluffs TJ	17:00.77	7
8 Tellander, Caden	11	Council Bluffs AL	17:03.87	8
9 Sudtelgte, Jason	11	Lemars High School	17:06.88	9
10 Hornburg, Steven	12	Council Bluffs AL	17:08.17	10
11 Hulinsky, Ethan	11	Lemars High School	17:08.51	11
12 Greenwell, Colin	11	Sioux City North	17:09.30	12
13 Nation, Dylan	09	Sioux City East	17:14.91	13
14 Rodriguez, Carlos	10	Sgt. Bluff-Luton	17:23.63	14
15 Shoulders, Ty	11	Sgt. Bluff-Luton	17:34.46	15
16 Campbell, Ryan	10	Sioux City East	17:39.80	16
17 Sudtelgte, Jackson	11	Lemars High School	17:41.89	17
18 Dirksen, Blake	11	Lemars High School	17:47.19	18
19 Muller, Nick	11	Sgt. Bluff-Luton	17:53.55	19
20 Burge, Ethan	11	Sioux City East	17:57.28	20
21 Wingert, Kaden	11	Lemars High School	17:58.29	21
22 Gonzalez, Rey	11	Sioux City West	18:08.44	22
23 Gamble, Hayden	09	Sgt. Bluff-Luton	18:09.46	23
24 Belt, Gage	12	Council Bluffs TJ	18:13.20	24
25 Satterwhite, Cole	12	Bishop Heelan	18:22.92	25
26 Aguilera, Bryan	11	Council Bluffs TJ	18:27.90	26
27 Gishe, Yasin	09	Sioux City North	18:33.59	27
28 Greigg, Kevin	12	Sioux City East	18:39.95	28
29 Aguilar, Alex	11	Council Bluffs TJ	18:42.62	29
30 Gelinne, Easton	11	Sioux City West	18:44.81	30
31 Ryba, Hunter	11	Council Bluffs TJ	18:45.80	31
32 Isaac, Bryan	11	Sgt. Bluff-Luton	18:49.34	32
33 Harris, Craig	12	Sioux City East	18:49.83	33
34 Fitch, Lucas	09	Council Bluffs AL	18:51.63	34
35 Gleeson, Alex	12	Sioux City North	18:58.50	35
36 Leinen, Ethan	11	Council Bluffs AL	19:01.48	36
37 Meis, Michael	09	Lemars High School	19:02.08	37
38 Winkel, Noah	11	Bishop Heelan	19:13.33	38
39 Herbst, Kyle	12	Lemars High School	19:14.88	39
40 Hoak, Owen	11	Sioux City East	19:22.32	40
41 Andre, Brenden	11	Sioux City East	19:24.55	41
42 Aymar, Gannon	09	Sgt. Bluff-Luton	19:25.96	42
43 Keller, Aiden	11	Council Bluffs AL	19:30.63	43
44 Schaap, Brady	11	Sgt. Bluff-Luton	19:34.02	44
45 Weist, Jake	10	Bishop Heelan	19:49.32	45
46 Lopez, Jose	10	Sioux City West	20:05.83	46
47 Rundquist, Roberto	10	Bishop Heelan	20:12.64	47
48 Kindred, Daxon	09	Council Bluffs AL	20:25.38	48
49 Ryan, Jude	11	Council Bluffs AL	20:43.38	49
50 Johnson, Jacob	10	Sioux City West	20:54.05	50
51 Otten, Eli	09	Bishop Heelan	20:54.52	51
52 Newman, Josh	11	Bishop Heelan	21:25.79	52
53 Benson, Carter	09	Sioux City West	21:38.77	53

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Event 2 Girls 5k Run CC JV

Name	Year	School	Finals	Points
1 Morrow, Mariah	09	Sioux City East	22:31.38	1
2 Jochum, Taylor	10	Bishop Heelan	22:43.72	
3 Brester, Ella	10	Sgt. Bluff-Luton	22:45.19	2
4 Ly, Chrsitina	12	Sioux City North	23:00.05	3
5 Aymar, Katherine	11	Sgt. Bluff-Luton	23:03.22	4
6 Becker, Michele	12	Sgt. Bluff-Luton	23:07.97	5
7 Buss, Chloe	09	Sgt. Bluff-Luton	23:22.60	6
8 Hipnar, Ashley	12	Council Bluffs AL	23:29.08	7
9 Hancock, Aphraditie	10	Sioux City North	23:32.95	8
10 Fitzpatrick, Hannah	10	Bishop Heelan	23:34.64	
11 Ritz, Addison	10	Sgt. Bluff-Luton	23:35.66	9
12 VonHagel, Emma	12	Sioux City East	23:47.59	10
13 O'Dwyer, Clara	09	Lemars High School	23:59.55	11
14 Sanchez Angulo, Michelle	12	Sioux City North	24:05.31	12
15 Lemus, Eleana	09	Council Bluffs TJ	24:05.61	13
16 Hulinsky, Rebecca	09	Lemars High School	24:09.77	14
17 Hasbrouck, Jaycie	10	Council Bluffs AL	24:13.52	15
18 Garrett, Linkynn	11	Sgt. Bluff-Luton	24:16.54	16
19 Streck, Ashley	10	Sgt. Bluff-Luton	24:22.36	17
20 Rodriguez, Dani	10	Sgt. Bluff-Luton	24:24.41	
21 Widjaja, Abby	12	Sgt. Bluff-Luton	24:41.60	
22 Wathen, Kelsey	11	Council Bluffs AL	24:42.75	18
23 Hazuka, Sabrina	10	Sgt. Bluff-Luton	24:49.85	
24 Meyer, Liz	12	Bishop Heelan	24:57.51	
25 Kopp, Megan	10	Sioux City North	24:59.33	19
26 Loffswold, Sophie	09	Sgt. Bluff-Luton	25:02.40	
27 Sale, Katie	10	Sgt. Bluff-Luton	25:05.01	
28 Denman, Aili Ann	09	Sgt. Bluff-Luton	25:10.87	
29 Richardsen, Kiley	09	Council Bluffs AL	25:12.45	20
30 Neville, Athena	09	Council Bluffs TJ	25:14.94	21
31 Rangel-Mendoza, Jennifer	09	Council Bluffs AL	25:17.50	22
32 Cain, Bella	10	Council Bluffs AL	25:21.17	23
33 Wilson, Bailey	09	Sioux City East	25:21.95	24
34 Ritz, Ellie	09	Bishop Heelan	25:23.40	
35 Plueger, Hailey	12	Lemars High School	25:23.80	25
36 McHugh-Hoskins, Riley	11	Sgt. Bluff-Luton	25:37.45	
37 Fehl, Alexis	10	Sgt. Bluff-Luton	25:37.80	
38 Yancy, Krista	10	Council Bluffs TJ	25:39.03	26
39 Moreno, Jackie	10	Council Bluffs TJ	25:39.73	27
40 Pacheco, Stephanie	11	Council Bluffs TJ	25:40.94	28
41 Brown, Eliana	09	Council Bluffs AL	25:59.61	29
42 King, Sarah	12	Council Bluffs AL	26:00.08	
43 Calderon, Carmen	10	Sioux City North	26:06.09	30
44 Perez, Jisela	09	Sioux City North	26:09.42	31
45 Risetter, Cameron	09	Sioux City North	26:12.29	32
46 Walz, Emma	11	Sioux City North	26:15.45	
47 Schoening, Gracie	10	Council Bluffs AL	26:27.18	
48 Lucas, Lauren	11	Sgt. Bluff-Luton	26:52.32	
49 Olsen, Abbie	12	Council Bluffs AL	26:52.92	
50 Skatges, Alyssa	12	Sgt. Bluff-Luton	26:57.67	
51 Cliff, Marissa	11	Sioux City East	27:09.06	33
52 Frazee, Haley	11	Sioux City East	27:15.62	34
53 Steele, Emma	10	Sioux City East	27:18.68	35

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Event 4 Boys 5k Run CC JV

Name	Year	School	Finals	Points
1 Kifle, Yemane	10	Sioux City North	17:02.12	1
2 Dido, Ahmed	11	Sioux City North	17:02.70	2
3 Walters, Nick	11	Sioux City North	17:35.24	3
4 Gutierrez, Jose	10	Sioux City North	18:26.91	4
5 Hedrick, D'Mitre	12	Council Bluffs TJ	18:29.88	5
6 Foster, Matt	11	Council Bluffs TJ	18:39.08	6
7 Olson, Joseph	09	Sioux City North	18:50.37	7
8 Christensen, Lorcan	10	Sioux City North	18:50.85	8
9 Sanchez, Juan	09	Lemars High School	18:54.18	9
10 Milner, Evan	11	Council Bluffs TJ	19:01.65	10
11 McDaniel, Trey	12	Council Bluffs TJ	19:03.94	11
12 Stellish, Kenny	11	Sioux City North	19:06.61	12
13 Vanderveen, Brandon	12	Sioux City East	19:08.25	13
14 Odwyer, Jacob	12	Lemars High School	19:08.86	14
15 Burrack, Owen	11	Sioux City North	19:09.60	
16 Widjaja, Michael	10	Sioux City East	19:23.49	15
17 Fuentes, Juan	11	Sioux City East	19:25.00	16
18 Haworth, Austin	09	Lemars High School	19:31.00	17
19 Healy, Austin	11	Sgt. Bluff-Luton	19:32.21	18
20 Dirkson, Emmet	11	Sgt. Bluff-Luton	19:36.87	19
21 Vallin, Emmanuel	09	Council Bluffs TJ	19:38.14	20
22 Soriano, Roi	10	Council Bluffs TJ	19:44.93	21
23 Chhet, Aydin	10	Sioux City East	19:52.82	22
24 Debates, Joseph	09	Sioux City East	19:53.48	23
25 Hinds, Daniel	11	Lemars High School	19:55.37	24
26 Wooldridge, Jeffrey	10	Sioux City North	19:57.22	
27 Burkhart, Noah	10	Sioux City East	19:57.68	25
28 Burney, Aaron	10	Council Bluffs TJ	20:00.48	26
29 Flattery, Jackson	10	Sioux City East	20:02.70	27
30 Johannes, Nathan	09	Council Bluffs AL	20:03.61	28
31 McGregor, Nolan	12	Sgt. Bluff-Luton	20:09.80	29
32 Allen, Mason	12	Council Bluffs TJ	20:12.37	
33 Markuson, Mark	09	Council Bluffs TJ	20:13.03	
34 Pregon, Dalton	11	Council Bluffs AL	20:14.86	30
35 Mosqueda, Alexis	12	Council Bluffs TJ	20:25.24	
36 Barker, Max	10	Sioux City East	20:25.84	
37 Stoos, Gavin	09	Sioux City East	20:26.93	
38 Schaap, Dylon	09	Sgt. Bluff-Luton	20:29.79	31
39 Koletzke, Chase	11	Council Bluffs TJ	20:33.66	
40 Greenwell, Liam	11	Sioux City North	20:37.80	
41 Lohr, Matthew	11	Sioux City North	20:42.75	
42 Fjeldheim, Kameron	09	Bishop Heelan	20:44.80	32
43 Wurth, Caden	09	Lemars High School	20:45.64	33
44 Krysl, Jacob	10	Sioux City North	20:46.91	
45 Francksen-Small, Jakob	12	Lemars High School	20:49.29	34
46 Funk, Trenton	11	Council Bluffs AL	20:52.14	35
47 Figueroa, Diego	10	Council Bluffs TJ	20:58.37	
48 Samayoa, Sairus	09	Sioux City East	20:59.85	
49 Burrell, Reddeck	09	Lemars High School	21:01.14	36
50 McInnis, Jack	11	Lemars High School	21:01.59	
51 Slack, Mason	12	Council Bluffs TJ	21:03.00	
52 Santacruz, Adrian	12	Council Bluffs TJ	21:03.58	
53 Lovejoy, Tyrese	09	Sioux City North	21:04.93	

54	Johnson, Justin	09	Sgt. Bluff-Luton	21:09.55	37
55	Andemichael, Fithawi	09	Sioux City North	21:11.47	
56	LaFleur, Jacob	09	Bishop Heelan	21:11.83	38
57	Becker, Merric	09	Council Bluffs AL	21:13.66	39
58	Jherek, Dillavou	12	Sgt. Bluff-Luton	21:23.46	40
59	Denker, Jacob	09	Sioux City East	21:26.84	
60	Heeren, Tucker	12	Lemars High School	21:27.65	
61	Tran, Tony	11	Council Bluffs TJ	21:30.21	
62	Kellin, Braden	10	Council Bluffs TJ	21:42.41	
63	Vlahoulis, Kellen	09	Sioux City East	21:43.88	
64	Blake, James	11	Sgt. Bluff-Luton	21:50.14	41
65	Tran, Thomas	10	Sioux City West	21:50.45	
66	Luu, Andy	11	Sioux City North	21:52.15	
67	Barrett, Brenden	11	Council Bluffs AL	21:57.69	42
68	Greenwell, Quintin	12	Sioux City North	21:59.35	
69	Pace, Draven	10	Sioux City North	22:00.46	
70	Ferguson, Scott	12	Lemars High School	22:02.98	
71	Laws, Kane	12	Sioux City North	22:05.28	
72	Delperdang, Xander	10	Sioux City North	22:07.36	
73	Andon, Dillavou	11	Sgt. Bluff-Luton	22:12.45	
74	Walz, Elliot	09	Sioux City North	22:13.54	
75	Jensen, Braden	12	Lemars High School	22:16.61	
76	Miller, Elias	12	Sioux City North	22:22.19	
77	Erickson, Cam	11	Council Bluffs AL	22:24.42	43
78	Bose, Ethan	09	Council Bluffs TJ	22:24.91	
79	Carlsen, Dylan	12	Lemars High School	22:36.55	
80	Marchand, Judd	09	Sgt. Bluff-Luton	22:37.63	
81	Neville, Asa	09	Council Bluffs TJ	22:44.45	
82	Albers, Seth	12	Lemars High School	22:49.39	
83	Juan Medina, Gabe	09	Sioux City West	22:49.96	
84	Colburn, Abe	09	Council Bluffs AL	22:51.85	44
85	McGill, Jacob	09	Lemars High School	23:02.00	
86	Bates, Cody	11	Sioux City East	23:12.68	
87	LaFleur, Lucas	09	Bishop Heelan	23:13.11	45
88	Mendez, Angel	09	Sioux City North	23:14.49	
89	Schaap, Ethan	11	Sgt. Bluff-Luton	23:28.49	
90	Haider, Mickey	10	Sgt. Bluff-Luton	23:32.44	
91	Venteicher, Noah	09	Lemars High School	23:45.39	
92	Harrison, Jacob	09	Sioux City East	23:47.44	
93	Spencer, Jacob	10	Lemars High School	23:53.84	
94	Keleher, Ashton	10	Sioux City North	24:11.02	
95	Watchorn, Bret	11	Sioux City East	24:11.32	
96	Tran, David	12	Sioux City North	24:11.69	
97	Hsee, Poe	10	Council Bluffs TJ	24:17.91	
98	Eslinger, Jason	09	Sgt. Bluff-Luton	24:40.34	
99	Barros, Nicolas	11	Council Bluffs AL	25:10.28	
100	Brent, Ayden	09	Lemars High School	25:18.19	
101	Hueser, Tanner	12	Sgt. Bluff-Luton	25:19.09	
102	Santacruz, Joel	09	Council Bluffs TJ	26:19.18	
103	Hubbell, Kyle	10	Lemars High School	26:30.23	
104	Godoy, Jorge	09	Sioux City West	26:53.81	
105	Stahle, Jack	09	Bishop Heelan	27:21.97	46
106	West, Victor	12	Sioux City North	28:44.43	
107	Ibar, Amer	11	Council Bluffs TJ	29:25.45	
108	Aesoph, Keenan	09	Bishop Heelan	30:11.30	47

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Sioux City North	17	1	2	3	4	7	8	12		

Total Time:	1:28:57.34							
Average:	17:47.47							
2 Council Bluffs TJ	52	5	6	10	11	20	21	26
Total Time:	1:34:52.69							
Average:	18:58.54							
3 Sioux City East	89	13	15	16	22	23	25	27
Total Time:	1:37:43.04							
Average:	19:32.61							
4 Lemars High School	97	9	14	17	24	33	34	36
Total Time:	1:38:15.05							
Average:	19:39.01							
5 Sgt Bluff High School	134	18	19	29	31	37	40	41
Total Time:	1:40:58.22							
Average:	20:11.65							
6 Council Bluffs AL	174	28	30	35	39	42	43	44
Total Time:	1:44:21.96							
Average:	20:52.40							
7 Bishop Heelan High School	208	32	38	45	46	47		
Total Time:	2:02:43.01							
Average:	24:32.61							