

2020 Siouxland Conference Championships - 10/13/2020
Sheldon Hosts
Risefest

Event 1 Girls 5k Run CC Varsity

Name	Year	School	Finals	Points
1 #420 Haverdink, Emily	11	Moc-Floyd Valley	19:31.81	1
2 #580 Brouwer, Madison	10	Sibley-Ocheyedan	20:08.17	2
3 #590 Wasmund, Bria	10	Sibley-Ocheyedan	20:14.37	3
4 #388 Schriever, Mary	09	George-LR-CL	20:19.01	4
5 #418 Haley, Emma	12	Moc-Floyd Valley	20:34.08	5
6 #342 Bomgaars, Kyler	11	Boyden-Hull-RV	20:50.15	6
7 #591 Wingate, Alayna	10	Sibley-Ocheyedan	21:16.95	7
8 #584 Marco, Madison	10	Sibley-Ocheyedan	21:17.34	8
9 #506 Frerichs, Adison	09	Okoboji	21:18.93	9
10 #505 Duffy, Lexi	11	Okoboji	21:19.03	10
11 #497 Armstrong, Nevaeh	12	Okoboji	21:19.13	11
12 #361 Strubbe, Madi	12	Boyden-Hull-RV	21:22.49	12
13 #639 Zeutenhorst, Kendra	09	Sioux Center	21:25.29	13
14 #504 Duffy, Lauren	11	Okoboji	21:28.19	14
15 #629 Romero, Mya	09	Sioux Center	21:34.29	15
16 #605 Bandstra, Blair	09	Sioux Center	21:35.24	16
17 #350 Heemstra, Abby	12	Boyden-Hull-RV	21:43.51	17
18 #386 Landis, Lexi	09	George-LR-CL	21:50.88	18
19 #617 Juffer, Megan	11	Sioux Center	21:52.19	19
20 #615 Jahn, Annika	11	Sioux Center	21:59.13	20
21 #416 Dokter, Aryana	10	Moc-Floyd Valley	22:02.86	21
22 #423 Hummel, Sarah	12	Moc-Floyd Valley	22:07.79	22
23 #682 Perez, Sarah	12	West Lyon	22:12.59	23
24 #357 Munoz, Angie	11	Boyden-Hull-RV	22:13.10	24
25 #429 Yaw, Claire	11	Moc-Floyd Valley	22:14.01	25
26 #381 Greve, Emily	12	George-LR-CL	22:14.23	26
27 #583 Hoekstra, Macey	09	Sibley-Ocheyedan	22:29.48	27
28 #358 Post, Naomi	10	Boyden-Hull-RV	22:32.93	28
29 #411 Bahrke, Payge	09	Moc-Floyd Valley	22:37.05	29
30 #380 DeBoer, Thea	12	George-LR-CL	22:44.00	30
31 #379 Boender, Kadence	10	George-LR-CL	22:45.88	31
32 #520 Sorenson, Leah	11	Okoboji	22:49.23	32
33 #582 Hench, Olivia	09	Sibley-Ocheyedan	22:53.49	33
34 #619 King, Jenna	12	Sioux Center	22:54.99	34
35 #385 Kramer, Claire	11	George-LR-CL	22:55.27	35
36 #417 Dokter, Biyanca	10	Moc-Floyd Valley	23:11.39	36
37 #678 Knobloch, Emma	10	West Lyon	23:17.57	37
38 #516 Pas, Tara	11	Okoboji	23:17.94	38
39 #355 Kleinwolterink, Fai	11	Boyden-Hull-RV	23:23.03	39
40 #519 Sandbulte, Olivia	11	Okoboji	23:34.64	40
41 #349 Hanson, Abigail	11	Boyden-Hull-RV	23:43.97	41
42 #687 Wiltgen, Amanda	12	West Lyon	23:47.06	42
43 #382 Griesse, Mia	10	George-LR-CL	23:48.58	43
44 #685 Snyders, Geena	10	West Lyon	24:16.07	44
45 #674 Bahnson, Andraya	11	West Lyon	24:39.09	45
46 #677 Knobloch, Ambria	12	West Lyon	24:42.46	46
47 #586 Rusche, Rachel	11	Sibley-Ocheyedan	25:25.21	47

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Event 3 Boys 5k Run CC Varsity

Name	Year	School	Finals	Points
1 #563 Cain, Brendan	12	Sheldon	16:16.93	1
2 #443 May, Sam	11	Moc-Floyd Valley	16:30.89	2
3 #374 Lopez, Marco	12	Boyden-Hull-RV	16:49.44	3
4 #365 Brunsting, Dayton	12	Boyden-Hull-RV	17:07.64	4
5 #572 Roozeboom, Jager	12	Sheldon	17:16.18	5
6 #433 Blom, Tyson	11	Moc-Floyd Valley	17:23.93	6
7 #404 Schriever, Daniel	12	George-LR-CL	17:27.62	7
8 #593 Byers, Jackson	11	Sibley-Ocheyedan	17:28.78	
9 #372 Janzen, Evan	10	Boyden-Hull-RV	17:32.41	8
10 #667 Truesdell, Micah	10	Sioux Center	17:37.79	9
11 #406 Spiess, Carter	12	George-LR-CL	17:38.09	10
12 #695 Moser, Kirk	12	West Lyon	17:41.71	
13 #442 Hulshof, Isaiah	10	Moc-Floyd Valley	17:49.10	11
14 #444 Mills, Derek	12	Moc-Floyd Valley	17:49.41	12
15 #535 Hesselstine, Dakota	10	Okoboji	17:55.00	13
16 #435 Bonestroo, Micah	11	Moc-Floyd Valley	18:01.76	14
17 #398 Henrichs, Lane	10	George-LR-CL	18:01.84	15
18 #668 VanDenBerg, Easton	10	Sioux Center	18:03.33	16
19 #673 Vonk, Hudson	09	Sioux Center	18:08.70	17
20 #391 Ditsworth, Xander	11	George-LR-CL	18:13.69	18
21 #664 Schouten, Caden	09	Sioux Center	18:14.15	19
22 #539 Jones, Dylan	10	Okoboji	18:17.74	20
23 #659 Perez, Joshua	11	Sioux Center	18:18.53	21
24 #369 Gorter, Wyatt	12	Boyden-Hull-RV	18:23.04	22
25 #378 Van Grootheest, Ian	12	Boyden-Hull-RV	18:27.76	23
26 #573 Scheaffer, Elliot	12	Sheldon	18:32.31	24
27 #538 Jones, Caleb	11	Okoboji	18:32.43	25
28 #540 Jostand, Akron	09	Okoboji	18:34.56	26
29 #449 Tracy, Tommy	11	Moc-Floyd Valley	18:35.31	27
30 #432 Blom, Tristan	11	Moc-Floyd Valley	18:38.75	28
31 #688 Dominguez, Deyvi	12	West Lyon	18:46.11	
32 #669 VandeVegte, Graham	11	Sioux Center	18:49.15	29
33 #546 Newton, Brayden	12	Okoboji	18:50.11	30
34 #534 Hesse, Christian	10	Okoboji	18:50.86	31
35 #397 Helkenn, Matt	09	George-LR-CL	18:58.91	32
36 #393 Duin, Chase	09	George-LR-CL	19:00.80	33
37 #642 Bandstra, Blake	10	Sioux Center	19:00.87	34
38 #693 Meester, Sam	10	West Lyon	19:01.93	
39 #364 Blum, Ben	09	Boyden-Hull-RV	19:04.33	35
40 #552 Thompson, Kyle	12	Okoboji	19:06.71	36
41 #409 Van Briesen, Brando	10	George-LR-CL	19:25.52	37
42 #373 Kelderman, Marcus	12	Boyden-Hull-RV	20:09.15	38
43 #579 Wiersma, David	10	Sheldon	20:22.88	39
44 #570 Ocampo, Osvaldo	12	Sheldon	20:22.96	40
45 #576 Strouth, Gavin	09	Sheldon	20:46.24	41
46 #595 De Zeeuw, Aiden	09	Sibley-Ocheyedan	21:05.22	
47 #571 Patel, Neil	11	Sheldon	21:21.67	42
48 #596 De Zeeuw, Keegan	10	Sibley-Ocheyedan	22:04.46	

49 #592 Atherton, Garrett 10 Sibley-Ocheyedan 22:15.68
 50 #690 Hasselmann, Carter 10 West Lyon 22:48.49

Team Scores

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Rank Team                Total   1    2    3    4    5   *6   *7   *8
*9
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  1 Moc-Floyd Valley      45    2    6   11   12   14   27   28
    Total Time:  1:27:35.09
    Average:     17:31.02
  2 Boyden-Hull-RV       60    3    4    8   22   23   35   38
    Total Time:  1:28:20.29
    Average:     17:40.06
  3 Sioux Center High School 82    9   16   17   19   21   29   34
    Total Time:  1:30:22.50
    Average:     18:04.50
  4 George-LR-CL         82    7   10   15   18   32   33   37
    Total Time:  1:30:20.15
    Average:     18:04.03
  5 Sheldon              109    1    5   24   39   40   41   42
    Total Time:  1:32:51.26
    Average:     18:34.26
  6 Okoboji              114   13   20   25   26   30   31   36
    Total Time:  1:32:09.84
    Average:     18:25.97
  
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Event 2 Girls 5k Run CC JV

Name	Year	School	Finals	Points
1 Holmes, Zoey	09	Okoboji	23:28.28	1
2 Jager, Ella	09	George-LR-CL	23:38.50	
3 Breneman, Maci	12	Moc-Floyd Valley	23:40.84	2
4 Kraayenbrink, Olivia	09	Sioux Center	23:48.83	3
5 Rodriguez, Zuleyka	10	Moc-Floyd Valley	23:54.93	4
6 Miller, Lily	09	Okoboji	23:55.71	5
7 Olthoff, Shay	11	Okoboji	23:58.96	6
8 Pausley, Grace	09	Okoboji	24:10.86	7
9 Zeutenhorst, Janae	11	Sioux Center	24:27.97	8
10 Grond, Lydia	12	Boyden-Hull-RV	24:38.64	9
11 Martinez, Dulce	10	Sioux Center	24:46.17	10
12 Hulstein, Hannah	11	Moc-Floyd Valley	24:47.57	11
13 Gomez, Mayra	10	Sioux Center	25:09.60	12
14 Leuthold, Ella	10	West Lyon	25:11.66	
15 Hummel, Cate	11	Moc-Floyd Valley	25:14.64	13
16 DeBoom, Ciara	10	Sioux Center	25:23.74	14
17 Meeuwesen, Samantha	12	Sioux Center	25:33.90	15
18 Zazueta, Mara	09	Moc-Floyd Valley	25:35.31	16
19 Beaty, Maren	11	Moc-Floyd Valley	25:36.52	17
20 VanEs, Lizzie	12	Sioux Center	25:44.08	18
21 Calsbeek, Mia	09	Moc-Floyd Valley	25:54.11	19
22 Vermeer, Emalee	09	Sioux Center	26:02.54	
23 Moore, Allison	10	Boyden-Hull-RV	26:04.12	20
24 Vazquez, Laysa	09	Moc-Floyd Valley	26:04.26	
25 Murray, Ashlynn	10	George-LR-CL	26:10.40	
26 VanEs, Isabelle	09	Sioux Center	26:12.06	
27 Hurst, Ellie	12	Sioux Center	26:29.40	
28 Van Kekerix, Kinzie	09	Moc-Floyd Valley	26:30.88	
29 Bundy, Lydia	09	Okoboji	26:32.17	21
30 Arriaga, Ashley	10	Sioux Center	26:35.02	
31 Van Beek, Hannah	12	Sioux Center	26:59.27	
32 GarciaLopez, Itzel	11	Sioux Center	27:03.20	
33 LopezCortes, Yuriana	09	Sioux Center	27:07.54	
34 Budden, Isabella	10	Moc-Floyd Valley	27:07.85	
35 Graves, Emma	09	Okoboji	27:08.10	22
36 Balsley, Mackenzie	12	Boyden-Hull-RV	27:32.73	23
37 Cunningham, Addison	09	Okoboji	27:40.85	24
38 Vos, Emily	09	Sibley-Ocheyedan	28:01.08	
39 Downing, Grace	10	Okoboji	28:11.27	
40 Rensink, Aria	09	Boyden-Hull-RV	28:36.98	25
41 Kelderman, Ashtyn	09	Boyden-Hull-RV	28:40.03	26
42 Solberg, Abby	10	Boyden-Hull-RV	29:02.78	27
43 Dake, Autumn	12	Sibley-Ocheyedan	29:18.66	
44 Maury, Mikayla	09	Moc-Floyd Valley	29:41.62	
45 Grond, Josie	11	Boyden-Hull-RV	29:50.53	28
46 Kaufman, Jozephine	09	Boyden-Hull-RV	30:24.11	
47 Wittrock, Alissa	11	Okoboji	33:25.70	

Team Scores

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Rank Team                Total   1    2    3    4    5   *6   *7   *8
*9
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  1 Okoboji                40    1    5    6    7   21   22   24
    Total Time:  2:02:05.98
    Average:     24:25.20
  2 Moc-Floyd Valley      46    2    4   11   13   16   17   19
    Total Time:  2:03:13.29
    Average:     24:38.66
  3 Sioux Center High School 47    3    8   10   12   14   15   18
    Total Time:  2:03:36.31
    Average:     24:43.27
  4 Boyden-Hull-RV       103   9   20   23   25   26   27   28
    Total Time:  2:15:32.50
    Average:     27:06.50

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Event 4 Boys 5k Run CC JV

Name	Year	School	Finals	Points
1 Parker, Jonah	12	Moc-Floyd Valley	18:13.80	1
2 Huang, Jack	11	Moc-Floyd Valley	18:42.52	2
3 Bomgaars, AJ	11	Moc-Floyd Valley	18:56.95	3
4 Senn, Nathanul	11	Moc-Floyd Valley	18:58.81	4
5 Foltz, Logan	09	Sioux Center	19:01.69	5
6 Fernstrum, Ashton	12	Moc-Floyd Valley	19:26.04	6
7 Bazaldua, Nate	12	Boyden-Hull-RV	19:29.41	7
8 Mouw, Hudson	12	Sioux Center	19:29.86	8
9 Golke, Paul	12	Okoboji	19:34.44	9
10 King, Matthew	11	Sioux Center	19:36.52	10
11 Menting, Kanta	12	Okoboji	19:39.71	11
12 Langel, Logan	12	Okoboji	19:45.03	12
13 Van Zee, Reese	11	Moc-Floyd Valley	19:45.55	13
14 Post, John	12	Boyden-Hull-RV	19:47.39	14
15 Hamilton, Charlie	09	George-LR-CL	19:58.53	15
16 Kroese, Easton	09	Sioux Center	20:02.44	16
17 Muniz, Daniel	10	Boyden-Hull-RV	20:04.93	17
18 De Leon, Eric	09	Boyden-Hull-RV	20:05.21	18
19 Osler, Ethan	11	Okoboji	20:08.54	19
20 Sandven, Drew	09	Okoboji	20:10.01	20
21 Langholdt, Matthew	10	George-LR-CL	20:18.88	21
22 DeJager, Aiden	10	Sioux Center	20:21.76	22
23 Hoggard, Sam	09	Okoboji	20:23.28	23
24 Barba, Niko	09	Okoboji	20:29.16	24
25 Jumbeck, Micah	09	George-LR-CL	20:34.47	25
26 Dean, Kellen	09	Sioux Center	20:43.73	26
27 Springer, Aaron	09	George-LR-CL	20:46.84	27
28 Lentell, Henry	11	Sioux Center	20:56.37	28
29 Heppner, Noah	09	Okoboji	20:57.34	
30 Dahm, Nicholas	09	Sioux Center	20:59.34	
31 Hoey, Elijah	10	Moc-Floyd Valley	21:00.16	29
32 Dykstra, Gaven	11	Boyden-Hull-RV	21:03.22	30
33 Strehlow, Michael	10	Sheldon	21:13.25	31
34 Carstens, Kole	12	Okoboji	21:13.32	
35 Jager, Noah	11	Sheldon	21:15.98	32
36 Dekkers, Reese	10	Sioux Center	21:18.40	
37 Batman, Gabe	10	Okoboji	21:19.99	
38 De Young, Isaac	12	Moc-Floyd Valley	21:25.92	
39 Wessles, Noah	12	George-LR-CL	21:33.44	33
40 Vietor, Christian	11	Sioux Center	21:33.50	
41 ReynosoPerez, Keivy	11	Sioux Center	21:36.72	
42 Mirande, Daniel	11	Moc-Floyd Valley	21:39.83	
43 Dekkers, Gabe	10	Sioux Center	21:41.69	
44 Gruis, Sam	10	George-LR-CL	21:42.23	34
45 Frohwein, Andrew	10	Sheldon	21:51.99	35
46 Francis, Dylan	11	Boyden-Hull-RV	21:56.09	36
47 Betz, Jude	10	George-LR-CL	22:06.74	37

2020 Siouxland Conference Championships - 10/13/2020
 Sheldon Hosts
 Risefest

Event 5 Mixed 2 Mile Run CC Junior High

Name	Year	School	Finals	Points
Results - Women 2Mile Mile Run				
1 Van Der Werff, Elin	W08	Moc-Fv-Middl	13:13.71	1
2 McCord, Corinne	W08	Sioux Center	13:36.32	2
3 Zwart, Elyse	W08	Boyden-Hull-RV	14:01.29	3
4 Jager, Ella	W09	George-LR-CL	14:09.81	
5 Ramirez, Geonella	W08	Sioux Center	14:21.79	4
6 May, Sarah	W08	Moc-Fv-Middl	14:29.27	5
7 Clarey, Alexa	W08	Boyden-Hull-RV	14:29.37	6
8 Knoblock, Kayla	W07	West Lyon	14:37.57	7
9 Moeller, Lilly	W07	Moc-Fv-Middl	14:48.90	8
10 Fernstrum, Kennedy	W08	Moc-Fv-Middl	14:50.81	9
11 Tracy, Teagan	W07	Moc-Fv-Middl	14:51.12	10
12 Rentschler, Emersyn	W07	West Lyon	14:53.82	11
13 Scheaffer, Elisa	W08	Sheldon	15:02.26	12
14 Boender, Aubree	W08	Boyden-Hull-RV	15:05.27	13
15 Rentschler, Malison	W08	West Lyon	15:10.13	14
16 VandeVegte, Rylan	W07	Sioux Center	15:16.99	15
17 Lassen, Kienna	W07	Moc-Fv-Middl	15:20.34	16
18 Bunkers, Avery	W07	Moc-Fv-Middl	15:22.71	17
19 Haverdink, Rachel	W07	Moc-Fv-Middl	15:25.41	
20 Johana, Gomez	W08	Sioux Center	15:34.53	18
21 Blomgren, Kiann	W08	West Lyon	15:47.70	19
22 Kroese, Jealyn	W07	Sioux Center	15:48.60	20
23 Vore, Abbi	W07	Moc-Fv-Middl	16:00.14	
24 Vonk, Aubrey	W07	Sioux Center	16:07.94	21
25 Bailey, Erin	W07	Boyden-Hull-RV	16:11.41	22
26 Heie, Averi	W08	Sioux Center	16:14.55	23
27 Johnson, Addison	W08	Okoboji	16:15.02	24
28 King, Amanda	W07	Sioux Center	16:15.09	
29 Downing, Lydia	W08	Okoboji	16:16.71	25
30 Kooi, Eliana	W07	West Lyon	16:17.62	26
31 Stanislav, Madi	W07	Moc-Fv-Middl	16:21.17	
32 Schwager, Halli	W07	Sibley-Ocheyedan	16:27.57	
33 Van Holland, Brooke	W08	George-LR-CL	16:42.00	
34 Campos, Alexa	W08	Boyden-Hull-RV	16:44.94	27
35 Newton, Addison	W08	Okoboji	16:57.69	28
36 Guadalupe, Martinez	W08	Sioux Center	17:00.35	
37 Van Heuvelen, Morgan	W07	Sibley-Ocheyedan	17:06.71	
38 Gardner, Lexi	W07	Boyden-Hull-RV	17:09.12	29
39 Hesse, Makenna	W08	Okoboji	17:10.94	30
40 Pausley, Abby	W07	Okoboji	17:11.12	31
41 Plender, Bridget	W08	Moc-Fv-Middl	17:11.64	
42 Hernandez, Melani	W07	Boyden-Hull-RV	17:18.74	32
43 De Young, Anisa	W08	Moc-Fv-Middl	17:26.78	
44 Theis, Laura	W07	Moc-Fv-Middl	17:32.64	
45 Drost, Zoey	W07	Okoboji	17:37.11	33
46 Islas, Hania	W08	Boyden-Hull-RV	17:39.62	

47	Elgersma, Kailey	W07 Sheldon	17:48.80	34
48	Christoffel, Lauren	W08 Okoboji	17:57.51	35
49	Delanie, Roland	W07 Sioux Center	18:05.67	
50	Gabby, Oteri	W07 Sioux Center	18:12.16	
51	Van Regenmorter, Kendra	W08 West Lyon	18:22.58	36
52	Gardner, Ally	W08 Boyden-Hull-RV	18:30.41	
53	Bonestroo, Anika	W08 Moc-Fv-Middl	19:00.64	
54	Gravert, Hailey	W07 Okoboji	19:08.14	
55	Anderson, Autumn	W07 Moc-Fv-Middl	19:30.29	
56	Godsey, Zoey	W08 Moc-Fv-Middl	19:31.27	
57	Roozeboom, Aidan	W07 Sheldon	19:43.07	37
58	Meyer, Sophie	W07 Sheldon	19:45.99	38
59	Bundt, Evelyn	W07 Moc-Fv-Middl	20:01.92	
60	Stanley, Zoe	W07 Sioux Center	21:08.69	
61	Martinez, Kayra	W07 Sheldon	22:32.55	39
62	Pedley, Hallie	W08 Sibley-Ocheyedan	25:01.97	
Results - Men 2Mile Mile Run				
1	Mirande, Trevor	M08 Moc-Fv-Middl	11:25.45	1
2	Heimdal, Trigg	M08 Okoboji	11:36.86	2
3	Van Der Werff, Ian	M08 Moc-Fv-Middl	11:47.56	3
4	Anderson, Nathan	M08 Moc-Fv-Middl	11:55.45	4
5	Osler, Evan	M08 Okoboji	12:15.87	5
6	VandeVegte, Micah	M08 Sioux Center	12:16.06	6
7	Hulstein, Gerritt	M08 Moc-Fv-Middl	12:20.81	7
8	Schmidt, Micah	M08 Moc-Fv-Middl	12:23.92	8
9	Valentine, Carson	M08 Moc-Fv-Middl	12:45.01	9
10	Sprock, Quintin	M08 George-LR-CL	12:47.83	10
11	Doughan, Thatcher	M07 Moc-Fv-Middl	13:00.36	11
12	Smit, Tegegn	M07 Moc-Fv-Middl	13:01.39	
13	Knobloch, Tayton	M08 West Lyon	13:06.06	
14	Feucht, Reed	M07 West Lyon	13:18.08	
15	Moser, Cole	M08 West Lyon	13:18.36	
16	Hoffman, Josh	M08 Sheldon	13:19.33	
17	Katt, Cooper	M07 Moc-Fv-Middl	13:22.08	
18	Knudtson, Asher	M07 Okoboji	13:27.56	12
19	Hespe, Amos	M08 Boyden-Hull-RV	13:33.65	
20	Lincecum, Tanner	M08 George-LR-CL	14:00.41	13
21	Haugstad, Landon	M08 Sioux Center	14:04.32	14
22	Hoggard, Marc	M08 Okoboji	14:08.40	15
23	VanEs, Jett	M08 Sioux Center	14:10.09	16
24	Roos, Josh	M08 Moc-Fv-Middl	14:21.69	
25	Reyes, Jaciel	M07 Moc-Fv-Middl	14:34.39	
26	Poppen, David	M08 Sibley-Ocheyedan	14:40.86	17
27	Kock, Alec	M07 West Lyon	14:57.21	
28	Frerichs, Andrew	M07 Okoboji	15:03.22	18
29	Bonnema, James	M08 Moc-Fv-Middl	15:07.19	
30	Dykstra, Cole	M08 Sibley-Ocheyedan	15:20.64	19
31	Brennan, Cody	M08 Moc-Fv-Middl	15:24.43	
32	Ramos, Sergio	M07 Sioux Center	15:32.18	20
33	Kleinwolterink, Eric	M07 Sibley-Ocheyedan	15:43.77	21
34	Thiner, Eli	M07 Sheldon	15:46.49	
35	Martinez, Marlin	M07 George-LR-CL	15:50.21	22
36	Overmohle, Dylan	M07 Moc-Fv-Middl	16:01.26	
37	Kaiser, Ray	M08 Okoboji	16:03.93	23
38	Scholtens, Gabe	M07 Moc-Fv-Middl	16:26.04	
39	Addink, Easton	M07 Sioux Center	16:26.68	24
40	Rensink, Isaiah	M07 Sioux Center	16:40.56	25

41	Downard, Aiden	M08	George-LR-CL	16:42.64	26
42	Segar, Eli	M07	Sioux Center	16:43.55	27
43	Huang, Jerry	M07	Moc-Fv-Middl	17:06.46	
44	Feenstra, Jackson	M08	Moc-Fv-Middl	17:43.96	
45	Sloan, Caleb	M08	Moc-Fv-Middl	17:58.88	
46	DeJong, Taten	M07	Sioux Center	18:12.25	
47	Hurst, Evan	M07	Sioux Center	18:13.89	
48	Schmitz, Leif	M07	Moc-Fv-Middl	18:14.93	
49	De Koster, Malachi	M07	Moc-Fv-Middl	18:16.16	
50	Koenig, Max	M07	Moc-Fv-Middl	18:44.57	
51	Lingle, Sebastian	M07	Sheldon	18:45.52	
52	Harms, Oliver	M08	George-LR-CL	19:09.75	28
53	Maassen, Seth	M08	Moc-Fv-Middl	19:20.29	
54	Foreman, Jaxson	M08	Moc-Fv-Middl	19:27.72	
55	Vos, Triston	M07	Sibley-Ocheyedan	20:15.85	29
56	Daiker, Elliot	M08	Sibley-Ocheyedan	20:30.63	30
57	Haverhals, Ben	M07	Sioux Center	22:32.48	
58	Reid, Garrett	M08	Moc-Fv-Middl	23:37.44	
59	Poppen, Ben	M08	Sibley-Ocheyedan	25:50.07	31

Team Scores

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

Results - Men 2Mile Mile Run

1	Moc-Fv-Middle School	23	1	3	4	7	8	9	11
	Total Time:	59:53.19							
	Average:	11:58.64							
2	Okoboji	52	2	5	12	15	18	23	
	Total Time:	1:06:31.91							
	Average:	13:18.39							
3	Sioux Center High School	80	6	14	16	20	24	25	27
	Total Time:	1:12:29.33							
	Average:	14:29.87							
4	George-LR-CL	99	10	13	22	26	28		
	Total Time:	1:18:30.84							
	Average:	15:42.17							
5	Sibley-Ocheyedan	116	17	19	21	29	30	31	
	Total Time:	1:26:31.75							
	Average:	17:18.35							

Results - Women 2Mile Mile Run

1	Moc-Fv-Middle School	33	1	5	8	9	10	16	17
	Total Time:	1:12:13.81							
	Average:	14:26.77							
2	Sioux Center High School	59	2	4	15	18	20	21	23
	Total Time:	1:14:38.23							
	Average:	14:55.65							
3	Boyden-Hull-RV	71	3	6	13	22	27	29	32
	Total Time:	1:16:32.28							
	Average:	15:18.46							
4	West Lyon	77	7	11	14	19	26	36	
	Total Time:	1:16:46.84							
	Average:	15:21.37							
5	Okoboji	138	24	25	28	30	31	33	35

Total Time:	1:23:51.48						
Average:	16:46.30						
6 Sheldon		160	12	34	37	38	39
Total Time:	1:34:52.67						
Average:	18:58.54						