

Heelan XC Invite 2021
 Bishop Heelan High School - 8/26/2021
 Riverside Park (Sioux City, Iowa)

Event 3 Boys 5k Run CC Varsity

Name	Year	School	Finals	Points
1 #864 Mesuidi Ejerso	12	South Sioux City	16:51.47	1
2 #804 Ryan Campbell	12	Sioux City East	17:29.67	2
3 #805 Brody Comstock	11	Sioux City East	18:04.68	3
4 #782 Carlos Rodriguez	12	Sgt. Bluff-Luton	18:05.05	4
5 #873 Ivan Morelos	10	South Sioux City	18:22.18	5
6 #818 Gavin Stoos	11	Sioux City East	18:25.09	6
7 #769 Hayden Gamble	11	Sgt. Bluff-Luton	18:25.95	7
8 #850 Alex Wilford	11	Siouxland Christian	18:33.91	8
9 #846 Sam Brannon	12	Siouxland Christian	18:34.27	9
10 #905 Tristen Jessen	12	Woodbury Cent-KP	18:35.86	10
11 #862 Cobe Albertson	12	South Sioux City	18:44.39	11
12 #869 Julio Lopez	11	South Sioux City	19:23.01	12
13 #789 Alejandro Vargas-Ga	09	Sgt. Bluff-Luton	19:24.78	13
14 #771 Braulio Gonzalez	09	Sgt. Bluff-Luton	19:25.87	14
15 #740 Roberto Rundquist	12	Bishop Heelan	19:35.12	15
16 #861 Remedan Abdulahi	12	South Sioux City	19:37.21	16
17 #770 David Gehling	10	Sgt. Bluff-Luton	19:39.50	17
18 #808 Jacob Denker	11	Sioux City East	19:50.77	18
19 #739 Carter Ritz	12	Bishop Heelan	19:51.59	19
20 #870 Rodrigo Lopez	12	South Sioux City	19:54.47	20
21 #736 Eli Otten	11	Bishop Heelan	20:01.27	21
22 #906 Wyatt Ofert	12	Woodbury Cent-KP	20:03.57	22
23 #844 Gio Vazquez	09	Sioux City West	20:17.65	23
24 #863 Aidan Arneson	12	South Sioux City	20:40.11	24
25 #787 Kellen Sweum	10	Sgt. Bluff-Luton	20:49.62	25
26 #743 Fisher Uhl	09	Bishop Heelan	20:52.23	26
27 #790 Michael Wieseler	10	Sgt. Bluff-Luton	20:54.89	27
28 #809 Jacob Harrison	11	Sioux City East	21:08.48	28
29 #725 Alex Elks	09	Bishop Heelan	21:08.61	29
30 #851 Justin Wilford	11	Siouxland Christian	21:14.13	30
31 #908 Carson Seuntjens	11	Woodbury Cent-KP	21:26.11	31
32 #902 Marshall Benson	11	Woodbury Cent-KP	21:30.85	32
33 #817 Maciah Shultz	09	Sioux City East	21:35.96	33
34 #728 Elias Flanery	10	Bishop Heelan	21:36.53	34
35 #819 Kellen Vlahoulis	11	Sioux City East	21:41.04	35
36 #835 Jose Lopez	12	Sioux City West	21:53.88	36
37 #882 Tyler Kennedy	11	West Sioux	22:34.43	
38 #849 Anthony Villatoro	10	Siouxland Christian	22:52.49	37
39 #840 Javier Rios	09	Sioux City West	22:52.68	38
40 #889 Carter Jenkins	10	Westwood	23:30.71	
41 #837 David Morales	10	Sioux City West	23:36.73	39
42 #828 Juan Alvarez	10	Sioux City West	23:49.77	40
43 #890 Cole Bethune	09	Whiting	24:13.27	
44 #724 Adam Elks	09	Bishop Heelan	24:17.41	41
45 #883 Evan Lauters	10	West Sioux	24:30.00	
46 #904 Levi Haggin	10	Woodbury Cent-KP	24:51.58	42
47 #833 Kirk Houts	10	Sioux City West	24:57.44	43
48 #903 Caleb Christenson	09	Woodbury Cent-KP	25:10.80	44
49 #884 Morgan Thonstad	10	West Sioux	26:56.05	
50 #907 Cade Ploen	09	Woodbury Cent-KP	27:16.59	45
51 #891 Benjamin Gallardo	11	Whiting	27:26.91	
52 #848 Malachi Reynolds	11	Siouxland Christian	28:12.44	46

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 Riverside Park (Sioux City, Iowa)

Event 1 Mixed 3200 Meter Run CC JV 2.miles

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Name	Year School	Finals	Points
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Results - Women 3200 Run

1 #714 Ellie Ritz	W12 Bishop Heelan	15:18.56	1
2 #766 Ashley Streck	W12 Sgt. Bluff-Luton	15:40.80	2
3 #702 Brenna Emerson	W09 Bishop Heelan	15:56.32	3
4 #718 Ava Wiltgen	W09 Bishop Heelan	15:56.55	4
5 #706 Lilly Friis	W10 Bishop Heelan	16:07.94	5
6 #757 Cori Griebel	W11 Sgt. Bluff-Luton	16:33.39	6
7 #762 Addison Ritz	W12 Sgt. Bluff-Luton	16:33.94	7
8 #704 Anna Fenton	W12 Bishop Heelan	16:37.93	8
9 #746 Kendall Ahrendt	W11 Sgt. Bluff-Luton	16:38.22	9
10 #896 CJ Hannah	W09 Woodbury Cent-KP	16:38.22	
11 #751 Addie Brown	W12 Sgt. Bluff-Luton	16:39.80	10
12 #749 Kendra Berglund	W09 Sgt. Bluff-Luton	16:40.89	11
13 #711 Sid Koob	W11 Bishop Heelan	16:43.61	12
14 #747 Kara Anderson	W09 Sgt. Bluff-Luton	16:44.28	13
15 #710 Karley Koob	W10 Bishop Heelan	16:48.04	14
16 #748 Elizabeth Barto	W10 Sgt. Bluff-Luton	16:48.79	
17 #800 Emma Hogan	W09 Sioux City East	16:55.64	
18 #753 Aili-Ann Denman	W11 Sgt. Bluff-Luton	17:02.62	
19 #755 Olivia Fehl	W11 Sgt. Bluff-Luton	17:26.93	
20 #707 Taylor Jochum	W12 Bishop Heelan	17:40.78	
21 #700 Allison Barber	W09 Bishop Heelan	17:48.28	
22 #853 Lexi Chavez	W09 South Sioux City	17:48.28	
23 #709 Kalyn Koob	W10 Bishop Heelan	17:52.31	
24 #858 Marianna Romero	W11 South Sioux City	17:54.42	
25 #859 Jacqueline Salgado	W09 South Sioux City	18:04.50	
26 #761 Sophie Loffswold	W11 Sgt. Bluff-Luton	18:10.04	
27 #764 Olivia Ruskamp	W10 Sgt. Bluff-Luton	18:11.93	
28 #759 Bella Johnson	W10 Sgt. Bluff-Luton	18:14.06	
29 #900 Ava Orlando	W09 Woodbury Cent-KP	18:20.36	
30 #713 Anna Otten	W09 Bishop Heelan	18:26.43	
31 #756 McKenzie Garrison	W10 Sgt. Bluff-Luton	18:42.11	
32 #754 Alexis Fehl	W12 Sgt. Bluff-Luton	18:43.52	
33 #719 Felicity Young	W09 Bishop Heelan	18:45.24	
34 #703 Marygrace Fairchild	W10 Bishop Heelan	18:46.92	
35 #825 Alejandra Payes	W10 Sioux City West	19:30.90	
36 #824 Isabella Hayes	W09 Sioux City West	19:52.61	
37 #796 Hailey Garcia	W10 Sioux City East	20:57.53	
38 #894 Alli Dye	W11 Woodbury Cent-KP	25:22.66	

Results - Men 3200 Run

1 #816 Sairus Samayoa	M11 Sioux City East	13:18.51	1
2 #820 Michael Widajaja	M12 Sioux City East	13:19.86	2
3 #815 Chris Rice	M12 Sioux City East	13:36.31	3
4 #814 Austin Ramold	M12 Sioux City East	13:37.16	4
5 #810 Omar Hernandez	M11 Sioux City East	13:38.40	5
6 #867 Titus Jensen	M11 South Sioux City	13:43.86	6
7 #811 Omar Jimenez	M11 Sioux City East	13:54.53	7
8 #727 Kameron Fjeldheim	M11 Bishop Heelan	13:57.95	8
9 #788 Dalton VanWhye	M10 Sgt. Bluff-Luton	13:59.30	9
10 #872 Salahadin Mohamed	M09 South Sioux City	14:00.37	10
11 #785 Hunter Steffans	M11 Sgt. Bluff-Luton	14:02.37	11
12 #784 Ethan Skogland	M10 Sgt. Bluff-Luton	14:02.78	12
13 #865 Jose Garcia	M12 South Sioux City	14:04.63	13
14 #744 Jake Weist	M12 Bishop Heelan	14:10.09	14
15 #783 Dylon Schaap	M11 Sgt. Bluff-Luton	14:14.52	15

Average:		18:33.50							
Results - Women 3200 Run									
1	Bishop Heelan	21	1	3	4	5	8	12	14
Total Time:		1:19:57.30							
Average:		15:59.46							
2	Sergeant Bluff-Luton	34	2	6	7	9	10	11	13
Total Time:		1:22:06.15							
Average:		16:25.23							