

Heelan XC Invite 2022
 Bishop Heelan High School Hosts - 8/25/2022
 Riverside Park (Sioux City, Iowa)
 Last Completed Event

Event 2 Girls 5k Run CC Varsity

Name	Year	School	Finals	Points
1 Elizabeth Jordan	12	Sioux City North	20:22.08	1
2 Rachel Putze	09	Woodbury Cent-KP	21:13.84	2
3 Brooklyn Stanley	11	Bishop Heelan	21:20.36	3
4 Scarlett Walsh	11	Bishop Heelan	21:46.62	4
5 Maddie Demke	11	Bishop Heelan	21:51.20	5
6 Delaney Saulsbury	10	Bishop Heelan	21:54.10	6
7 Brooklyn Heineman	11	South Sioux City	21:56.89	7
8 Lorena Valdivia	11	South Sioux City	22:07.29	8
9 Grace Roerig	09	Bishop Heelan	22:13.58	9
10 Gloria Flores	12	South Sioux City	22:28.11	10
11 Marianna Romero	12	South Sioux City	22:37.06	11
12 Khloee Weitzel	09	Sioux City East	22:38.56	12
13 Ashleigh Jochum	09	Bishop Heelan	22:44.97	13
14 Emma Scott	09	Sioux City East	22:49.99	14
15 Ellie Ritz	12	Bishop Heelan	22:56.72	15
16 Analicia Salas	11	Sioux City North	23:05.54	16
17 Gabby Ryan	12	Sgt. Bluff-Luton	23:12.88	17
18 Alexys Jones	11	Sioux City East	23:52.90	18
19 Joslyn Vogt	09	Sioux City North	23:53.46	19
20 Hanna Johnson	09	Sioux City North	24:01.68	20
21 Katelyn Cook	09	Sioux City North	24:02.37	21
22 Mariah Morrow	12	Sioux City East	24:04.56	22
23 Sophia Karras	12	Sgt. Bluff-Luton	24:17.41	23
24 Ali Gonzalez	10	Sioux City North	24:20.49	24
25 Ava Barker	10	Sioux City East	24:35.59	25
26 Emma Hogan	09	Sioux City East	24:48.84	26
27 Elizabeth Rubio	12	Sioux City North	25:07.03	27
28 Kendra Berglund	10	Sgt. Bluff-Luton	25:07.08	28
29 Kara Andersen	10	Sgt. Bluff-Luton	25:11.00	29
30 Cori Griebel	12	Sgt. Bluff-Luton	25:14.15	30
31 CJ Hannah	10	Woodbury Cent-KP	25:19.49	31
32 Lexi Chavez	10	South Sioux City	25:50.93	32
33 Aili-Ann Denman	12	Sgt. Bluff-Luton	25:53.68	33
34 Taya Eisenga	09	Siouxland Christian	25:57.54	
35 Jacqueline Salgado	10	South Sioux City	26:01.47	34
36 Sarah Carper	11	Sioux City West	26:17.45	35
37 Marla Rubio	11	West Sioux	26:21.56	
38 Joslyn Verschoor	10	Woodbury Cent-KP	26:38.34	36
39 Lilly Whiteshirt	10	Sioux City West	26:40.64	37
40 Kailee Loofe	12	Sgt. Bluff-Luton	26:41.09	38
41 Alejandra Payes	11	Sioux City West	27:05.54	39
42 Bailey Beelner	10	Woodbury Cent-KP	27:10.52	40
43 Angela Zermeno	09	Sioux City West	27:11.50	41
44 Alexandria Marnell	10	Westwood	27:16.18	42
45 Hanna Rodgers	12	Woodbury Cent-KP	28:40.03	43
46 Alexis Maur-Gregg	09	Woodbury Cent-KP	28:51.89	44
47 Holly Robak	11	West Sioux	29:02.98	
48 Crystal Ramierz	11	West Sioux	29:19.02	
49 Lea Hodgins	12	Woodbury Cent-KP	29:19.69	45
50 Lela Haveman	10	Westwood	29:34.40	46
51 Dayrin Suarez	09	Sioux City West	29:56.31	47
52 Keely Christoffersen	09	Westwood	30:57.85	48
53 Kennedy Kaufman	09	Westwood	31:24.72	49

54 Karlee Van Derham 09 West Sioux 32:47.41
 55 Hannah Versch 12 Westwood 40:08.28 50

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Bishop Heelan Total Time: 1:49:05.86 Average: 21:49.18	27	3	4	5	6	9	13	15		
2	South Sioux City Total Time: 1:55:00.28 Average: 23:00.06	68	7	8	10	11	32	34			
3	Sioux City North Total Time: 1:55:25.13 Average: 23:05.03	77	1	16	19	20	21	24	27		
4	Sioux City East Total Time: 1:58:01.60 Average: 23:36.32	91	12	14	18	22	25	26			
5	Sergeant Bluff-Luton Total Time: 2:03:02.52 Average: 24:36.51	127	17	23	28	29	30	33	38		
6	Woodbury Cent-KP Total Time: 2:09:02.22 Average: 25:48.45	152	2	31	36	40	43	44	45		
7	Sioux City West Total Time: 2:17:11.44 Average: 27:26.29	199	35	37	39	41	47				
8	Westwood Total Time: 2:39:21.44 Average: 31:52.29	235	42	46	48	49	50				

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Event 3 Boys 5k Run CC Varsity

Name	Year	School	Finals	Points
1 Gabe Nash	12	Sioux City North	16:54.79	1
2 Natnael Kifle	11	Sioux City North	16:54.95	2
3 Mesuidi Ejerso	12	South Sioux City	17:18.16	3
4 Raul Gomez	12	Sioux City North	18:00.14	4
5 Ivan Morelos	11	South Sioux City	18:01.41	5
6 Evan Janzen	12	Sgt. Bluff-Luton	18:20.96	6
7 Michael Wieseler	11	Sgt. Bluff-Luton	18:43.58	7
8 Steven Kling	11	Sioux City North	18:49.08	8
9 Omar Hernandez	12	Sioux City East	18:52.74	9
10 Braulio Gonzalez	10	Sgt. Bluff-Luton	18:54.36	10
11 Eli Otten	12	Bishop Heelan	18:57.81	11
12 Gebrewahid Mekonnen	12	Sioux City North	19:04.44	12
13 David Gehling	11	Sgt. Bluff-Luton	19:05.79	13
14 Kiefer Schultz	10	Sioux City North	19:18.13	14
15 Maciah Shultz	10	Sioux City East	19:24.58	15
16 JoJo Small	10	Sioux City West	19:24.85	16
17 Daniel Delarosa	09	Sgt. Bluff-Luton	19:34.29	17
18 Devin Metcalf	09	Woodbury Cent-KP	19:36.58	18
19 Connor Schultz	10	Sioux City North	19:39.09	19
20 Melusi Ngeleka	10	South Sioux City	19:50.41	20
21 Julio Lopez	12	South Sioux City	19:53.13	21
22 Kellen Sweum	11	Sgt. Bluff-Luton	20:01.95	22
23 Caden Koepke	09	Sioux City East	20:10.94	23
24 Justin Wilford	11	Siouxland Christian	20:12.40	24
25 Sammy Duerloo	11	Siouxland Christian	20:12.74	25
26 Marshall Benson	12	Woodbury Cent-KP	20:29.39	26
27 Ayden Larrabee	09	Sgt. Bluff-Luton	20:34.02	27
28 Fisher Uhl	10	Bishop Heelan	20:41.26	28
29 Eric Munoz	11	Sioux City West	21:00.35	29
30 Carson Seuntjens	12	Woodbury Cent-KP	21:00.82	30
31 Kameron Fjeldheim	12	Bishop Heelan	21:02.83	31
32 Elias Flanery	11	Bishop Heelan	21:06.82	32
33 Nathan Robles	09	South Sioux City	21:07.60	33
34 Ben Walsh	09	Bishop Heelan	21:07.89	34
35 Tyrese Gill	10	South Sioux City	21:07.97	35
36 Danny Cleveland	09	Sioux City East	21:12.75	36
37 Tyton Webb	12	Sioux City West	21:42.06	37
38 Cahill Kirkpatrick	11	Bishop Heelan	21:51.71	38
39 Cameron Colbert	09	Woodbury Cent-KP	22:09.99	39
40 James Donovan	10	Bishop Heelan	22:32.20	40
41 Anthony Villatoro	11	Siouxland Christian	22:40.50	41
42 Ryker Callender	11	Sioux City West	22:44.79	42
43 Carter Jenkins	11	Westwood	23:25.16	
44 Jacob Harrison	12	Sioux City East	23:50.07	43
45 Evan Jagodzinske	09	Woodbury Cent-KP	23:56.34	44
46 Conner McKewon	11	Sioux City West	23:59.41	45
47 Owen Scott	09	Westwood	24:05.35	
48 Gabe Enszer	10	Sioux City West	24:13.05	46
49 Evan Lauters	10	West Sioux	24:30.75	
50 Hunter Pearson	09	Siouxland Christian	25:33.46	47
51 Levi Haggin	11	Woodbury Cent-KP	25:36.03	48
52 Anthony Hansen	09	West Sioux	26:24.92	
53 Korben Christoffersen	09	Westwood	28:13.55	
54 Naoh Seggerman	10	Westwood	28:16.01	
55 Morgan Thonstad	10	West Sioux	28:34.71	

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Event 1 Girls 4k Run CC JV 2.miles

Name	Year	School	Finals	Points
1 Reese Bleeker	09	Bishop Heelan	15:31.61	1
2 Brynn Kuntz	12	Bishop Heelan	15:41.18	2
3 Naomi Kieffer	10	Bishop Heelan	15:42.18	3
4 Abby Hall	10	Sioux City North	15:52.09	4
5 Lilin Kamm	09	Sioux City East	15:56.40	
6 Keara Joyce	12	Bishop Heelan	16:00.48	5
7 Sid Koob	12	Bishop Heelan	16:05.43	6
8 Kiki Demke	10	Bishop Heelan	16:08.96	7
9 Lily Wilford	10	Sioux City North	16:36.22	8
10 Ava Wiltgen	10	Bishop Heelan	16:43.18	9
11 Karley Koob	11	Bishop Heelan	16:43.71	
12 Gabbie Pinkleman-Brown	10	Sioux City East	16:46.11	
13 Arcenia Burrack	09	Sioux City North	16:46.79	10
14 Olivia Fehl	12	Sgt. Bluff-Luton	16:51.07	11
15 Bjella Bockenstedt	09	Sgt. Bluff-Luton	16:51.51	12
16 Aliyah Ayers	10	Sioux City North	16:52.36	13
17 Kaylee Olson	11	Sioux City North	16:55.68	14
18 Tayler Schueth	09	Sioux City North	16:55.92	15
19 Abby Andersen	09	Sgt. Bluff-Luton	16:56.55	16
20 Maria Gutierrez	09	Sioux City North	17:01.11	17
21 Shannon Cleary	09	Bishop Heelan	17:04.51	
22 Jordyn Wilson	09	Sioux City East	17:05.29	
23 Marcella Palmer	09	Sioux City North	17:22.21	
24 Allison Barber	10	Bishop Heelan	17:23.91	
25 Chloe Buss	12	Sgt. Bluff-Luton	17:26.56	18
26 Adelynn Elgert	10	Sioux City North	17:35.87	
27 Alayna Elgert	10	Sioux City North	17:59.59	
28 Kendall Ahrendt	12	Sgt. Bluff-Luton	18:00.50	19
29 Sophie Loffswold	12	Sgt. Bluff-Luton	18:02.08	20
30 Logan Howard	12	Sgt. Bluff-Luton	18:08.60	21
31 Brenna Emerson	10	Bishop Heelan	18:22.76	
32 Olivia Ruskamp	11	Sgt. Bluff-Luton	18:24.88	
33 Sadee Streck	10	Sgt. Bluff-Luton	18:36.91	
34 Kalyn Koob	11	Bishop Heelan	18:47.40	
35 Simret Kifle	10	Sioux City North	18:49.22	
36 Baileigh Lengkeek	09	Sioux City East	18:49.22	
37 Marygrace Fairchild	11	Bishop Heelan	18:51.99	
38 Anna Odell	09	Sgt. Bluff-Luton	18:57.98	
39 Jade Fonseca	11	Sioux City West	19:03.28	22
40 Addison Wheeler	10	Sgt. Bluff-Luton	19:13.60	
41 Callie Brodersen	11	Sioux City North	19:36.75	
42 Elise Garay	09	Sioux City North	19:36.80	
43 Ngan Le	09	South Sioux City	19:44.68	23
44 Leah Laird	10	Sioux City North	19:46.47	
45 Hannah Koch	12	Woodbury Cent-KP	19:47.03	
46 Brianna Lux	10	Woodbury Cent-KP	19:48.28	
47 Susely Martinez	09	Sioux City West	19:53.43	24
48 Felicity Young	10	Bishop Heelan	19:55.58	
49 Teryne Bauman	12	Sgt. Bluff-Luton	20:08.32	
50 Elise Evans-Murphy	12	Sgt. Bluff-Luton	20:08.77	
51 Emma Oleson	09	Sioux City North	20:27.10	
52 Abigail Barnett	12	South Sioux City	20:33.78	25
53 Desyree Gomez	10	Sioux City West	21:11.41	26
54 Natalia Zavala	09	Sioux City North	21:16.68	
55 Adilene Delgadillo	12	South Sioux City	21:36.83	27

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Event 4 Boys 4k Run CC JV 2.5 mile

Name	Year	School	Finals	Points
1 Alex Wilford	12	Sioux City North	12:04.36	1
2 Titus Jensen	12	South Sioux City	12:18.34	2
3 Alex Gonzalez	11	Bishop Heelan	12:23.04	3
4 Alejandro Vargas-Gaytan	10	Sgt. Bluff-Luton	12:23.10	4
5 Sadam Mohammed	11	South Sioux City	12:48.22	5
6 Even Tesfaselassie	09	Sioux City North	12:49.32	6
7 Andres Gonzalez	10	Bishop Heelan	12:50.01	7
8 Mohamed-Amin Ali	10	South Sioux City	12:56.57	8
9 Davian Greenstreet	12	Sioux City North	13:06.63	9
10 Easton Wheeler	12	Sgt. Bluff-Luton	13:10.69	10
11 Kasey McGregor	10	Sgt. Bluff-Luton	13:15.66	11
12 Dalton VanWyhe	11	Sgt. Bluff-Luton	13:16.22	12
13 Emiliano Gonzalez	11	Sgt. Bluff-Luton	13:19.48	13
14 Jacob Denker	12	Sioux City East	13:23.41	14
15 Owen Konopasek	10	Sgt. Bluff-Luton	13:26.50	15
16 Adam Embrock	11	Sioux City North	13:30.43	16
17 Logan Woolworth	10	Sioux City North	13:32.56	17
18 Kellen Vlahoulis	12	Sioux City East	13:36.96	18
19 Carter Vogt	12	Sioux City North	13:41.88	19
20 Ben Hames	09	Sioux City North	13:43.22	20
21 Jackson Kinnetz	10	Bishop Heelan	13:44.85	21
22 Dylan Chwirka	09	Sioux City East	13:49.06	22
23 Carter Benson	12	Sioux City West	13:53.19	23
24 Kennedy Fitch	11	Sioux City East	14:01.77	24
25 Joseph Olson	12	Sioux City North	14:04.18	
26 Jacob Welch	10	Bishop Heelan	14:04.24	25
27 Abdikadar Mohammed	09	South Sioux City	14:18.80	26
28 Gavin Haroldson	10	Sioux City North	14:19.54	
29 Nathaniel MacClure	11	Sgt. Bluff-Luton	14:29.23	27
30 Ethan Skogland	11	Sgt. Bluff-Luton	14:30.98	
31 Joseph Debates	12	Sioux City East	14:36.24	28
32 Austin Larsen	10	Bishop Heelan	14:36.79	29
33 Nathan Myers	10	Sgt. Bluff-Luton	14:41.28	
34 Miguel Sanchez-Gomez	09	Sioux City North	14:46.11	
35 Vincent Beyer	11	Sgt. Bluff-Luton	14:58.56	
36 Pablo Gomez	09	South Sioux City	15:03.89	30
37 Omar Jimenez	12	Sioux City East	15:06.25	31
38 Sairam Sundarem	11	Sgt. Bluff-Luton	15:06.28	
39 Cam Keokenchanh	11	Sgt. Bluff-Luton	15:16.73	
40 Jack Jensen	11	Bishop Heelan	15:25.18	32
41 Jack Stahle	12	Bishop Heelan	15:35.04	33
42 Noah Dandurand	10	Sioux City East	15:39.55	34
43 Javier Delgadillo	10	South Sioux City	15:40.49	35
44 Conan Kirkpatrick	10	Bishop Heelan	15:41.56	
45 Paul Bouwers	10	Sioux City North	15:42.30	
46 Cole Bethune	09	Whiting High	15:43.84	
47 Elliot Walz	12	Sioux City North	15:44.04	
48 Julian McGinty	11	Sgt. Bluff-Luton	15:45.76	
49 Antonio Vazquez	10	South Sioux City	15:46.65	36
50 Jose Valladolid	12	Sioux City North	15:49.46	
51 Kaedyn Willis	09	Woodbury Cent-KP	15:50.55	
52 Julio Santos	10	Sioux City West	16:05.14	37
53 Clint Heger	10	Sgt. Bluff-Luton	16:05.63	
54 Britton Patee	10	Bishop Heelan	16:15.91	
55 Ben Daffer	09	Bishop Heelan	16:20.75	

