

PAC XC Meet 2022 - 10/1/2022**Pocahontas, IA****Rankings****Event 3 Girls 5k Run CC High School**

Name	Year	School	Finals	Points
1 Peterson, Nora	10	Alta-Aurelia	18:51.67	1
2 Richman, Alyssa	10	Manson North	19:42.92	2
3 Judisch, Chloe	11	South Centra	20:23.12	3
4 Schupbach, Tyra	09	West Bend-Mallard	20:29.61	
5 Oswald, Preslie	12	Manson North	20:37.14	4
6 Axman, Kristin	09	Pocahontas Area	20:50.71	5
7 Melody, Iris	09	South Centra	21:05.50	6
8 Robertson, Taylor	11	Alta-Aurelia	21:10.12	7
9 Bloom, Linnea	10	Sioux Central	21:13.41	8
10 Vohs, Jaycie	11	Ridge View	21:26.63	9
11 Berkland, Hayden	09	Alta-Aurelia	21:48.71	10
12 Schuler, Kaitlynn	12	Pocahontas Area	21:58.37	11
13 Ringlaben, Danica	09	Emmetsburg	22:09.53	12
14 Madsen, Marley	09	Sioux Central	22:11.32	13
15 Englemann, Brielle	12	Alta-Aurelia	22:25.39	14
16 Diutscher, Akaysa	12	Pocahontas Area	22:28.03	15
17 Thompson, Allyson	11	Emmetsburg	22:40.41	16
18 Tesch, Addy	09	Ridge View	22:51.56	17
19 Anderson, Raygin	09	Manson North	22:57.03	18
20 Morey, Lilly	09	West Bend-Mallard	23:05.33	
21 Stuchlik, Erin	09	Pocahontas Area	23:16.45	19
22 Welter, Lexi	10	West Bend-Mallard	23:23.71	
23 Frields, Jenna	10	Emmetsburg	23:25.48	20
24 Melohn, Paige	12	Pocahontas Area	23:34.76	21
25 Mercer, Anna	10	Newell-Fonda	23:53.62	22
26 Stowater, Madison	11	Ridge View	24:04.68	23
27 Aljets, Amber	10	Manson North	24:16.32	24
28 Oberhelmen, Abby	12	Pocahontas Area	24:19.31	25
29 Martin, Lacey	12	South Centra	24:23.49	26
30 Doyle, Isabel	12	Emmetsburg	24:35.37	27
31 Oberhelmen, Allie	12	Pocahontas Area	24:45.35	28
32 Point, Natalie	10	Pocahontas Area	25:08.58	
33 Wheelock, Adlen	10	South Centra	25:25.33	29
34 Kramer, Evelyn	11	South Centra	25:34.79	30
35 Krause, Emma	10	Emmetsburg	25:47.40	31
36 Wilkinson, Quinn	09	Sioux Central	25:52.16	32
37 Aquino, Bianca	09	Manson North	25:57.27	33
38 Rees, Hailey	10	Southeast Valley	26:00.18	34
39 Shannon, Abi	12	Manson North	26:08.05	35
40 Niewoehner, Ella	10	Manson North	26:12.81	36
41 Rojas, Xaria	10	Ridge View	26:13.50	37
42 Stearns, Anika	11	Emmetsburg	26:21.01	38
43 Pohlman, Miranda	12	Manson North	26:25.53	
44 Riat, Claire	11	South Centra	26:32.95	39
45 Berkland, Nadia	11	Emmetsburg	26:33.59	40
46 Salazar, Emily	12	Sioux Central	26:40.15	41
47 Brown, Saige	11	Emmetsburg	26:45.91	
48 Larsen, Greta	11	Newell-Fonda	26:54.24	42
49 Hart, Nichole	09	Sioux Central	26:57.80	43
50 Wolter, Sami	10	Pocahontas Area	27:05.44	
51 Reiss, Molly	11	Ridge View	27:11.68	44
52 Graham, Ava	12	Alta-Aurelia	27:14.57	45

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....Event 3 Girls 5k Run CC High School

7	Sioux Central	137	8	13	32	41	43	47	49
	Total Time:	2:02:54.84							
	Average:	24:34.97							
8	Newell-Fonda	212	22	42	46	50	52		
	Total Time:	2:15:13.62							
	Average:	27:02.73							
9	Southeast Valley	256	34	54	55	56	57		
	Total Time:	2:26:45.07							
	Average:	29:21.02							

PAC XC Meet 2022 - 10/1/2022**Pocahontas, IA****Rankings****Event 4 Boys 5k Run CC High School**

Name	Year	School	Finals	Points
1 Engel, Parker	11	East Sac County	17:34.22	1
2 Sonksen, Braden	12	Alta-Aurelia	17:51.44	2
3 Hanson, Oscar	10	Southeast Valley	17:52.27	3
4 Kramber, Brayden	11	Sioux Central	17:57.26	4
5 Nuss, Cooper	11	Southeast Valley	17:58.51	5
6 Egertson, Aiden	11	Graettinger-	18:02.32	
7 Aragon, Isaiah	11	East Sac County	18:13.21	6
8 Sporrer, Landon	09	East Sac County	18:18.24	7
9 Christian, Jack	09	Sioux Central	18:32.63	8
10 Sippel, Leighton	10	Sioux Central	18:40.21	9
11 Moline, Lane	12	Manson North	18:55.03	10
12 Hoffman, Joshua	10	Sioux Central	19:12.93	11
13 Wernimont, Ethan	11	Sioux Central	19:13.72	12
14 Barnes, Mason	11	Alta-Aurelia	19:17.77	13
15 Engel, Owen	09	East Sac County	19:23.05	14
16 Lachelt, Thade	12	Manson North	19:28.07	15
17 Blair, Tristan	11	South Centra	19:29.53	16
18 Wunschel, Kyler	12	Ridge View	19:29.80	17
19 Oswald, Thatcher	09	Manson North	19:31.43	18
20 Hanson, Odin	09	Ridge View	19:33.72	19
21 Kueny, Alex	09	Sioux Central	19:41.33	20
22 Smith, Wyatt	09	East Sac County	19:42.07	21
23 Potts, Redge	10	South Centra	19:42.30	22
24 Blayke, Johnson	11	Alta-Aurelia	19:44.62	23
25 Widlund, Carson	11	Manson North	19:44.73	24
26 Kueny, Nathan	11	Sioux Central	20:09.80	25
27 Bisenius, Brody	10	Ridge View	20:14.98	26
28 Thielen, Joe	09	South Centra	20:22.52	27
29 Wheelock, Eli	12	South Centra	20:26.94	28
30 Eldridge, Owen	11	Manson North	20:28.07	29
31 Akins, Lincoln	09	Southeast Valley	20:29.23	30
32 Aljets, Dominic	11	Pocahontas Area	20:31.08	
33 Anderson, Tysin	10	Manson North	20:40.87	31
34 Smith, Hunter	12	Sioux Central	20:46.58	
35 Tucker, Ethan	09	Southeast Valley	20:49.10	32
36 Altena, Adrian	11	Ridge View	20:53.05	33
37 Forristal, Matthew	11	Ridge View	21:06.17	34
38 Johnson, Kyle	11	Southeast Valley	21:13.81	35
39 Burley, Nathan	11	South Centra	21:18.54	36
40 Jensen, Korbin	12	Manson North	21:27.64	37
41 Garcia, Noah	09	Sioux Central	21:29.30	
42 Forristal, Robert	09	Ridge View	21:33.72	38
43 Proctor, Brody	11	Manson North	21:34.70	
44 Scott, Quentin	11	Graettinger-	21:38.69	
45 Jochims, Cole	09	Ridge View	21:46.76	39
46 Hazen, Andrew	12	Newell-Fonda	21:47.10	
47 Archer, Aden	09	Newell-Fonda	21:58.76	
48 Buckendahl, Parker	11	Alta-Aurelia	22:01.68	40
49 Werner, Tristan	09	Ridge View	22:02.10	
50 Wood, Kurtis	11	Sioux Central	22:06.65	
51 Nelson, Andrew	09	Sioux Central	22:08.73	
52 Steadman, Dreyvon	10	Southeast Valley	22:11.13	41

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Rankings

...Event 4 Boys 5k Run CC High School

53	Dorsey, Drew	09 Southeast Valley	22:18.63	42
54	Suchan, Spencer	10 Southeast Valley	22:21.11	
55	Harvey, Tristan	10 Graettinger-	22:32.40	
56	Proctor, Connor	10 Manson North	22:52.67	
57	Hurley, Ben	11 Emmetsburg	23:04.40	
58	Mowry, Dean	10 Pocahontas Area	23:16.70	
59	Lundgren, Cole	09 Southeast Valley	23:19.99	
60	Sangwin, Zane	09 Sioux Central	23:24.57	
61	Whipkey, Nik	12 South Centra	23:29.77	43
62	Sabin, Trevor	12 West Bend-Mallard	23:40.40	
63	Berger, Noah	09 Manson North	23:47.17	
64	Najera-Torres, Daniel	10 Ridge View	24:14.44	
65	Thomas, Garth	12 Sioux Central	24:17.17	
66	Nath, Matt	11 South Centra	24:26.69	44
67	Evans, Landen	10 South Centra	24:28.47	
68	Anderson, Gregory	12 Sioux Central	24:32.87	
69	Smith, Gauge	09 Sioux Central	24:35.18	
70	Snyder, Jacob	11 Southeast Valley	24:37.60	
71	Kueny, Andrew	09 Alta-Aurelia	24:52.29	45
72	Gregersen, Nate	09 Pocahontas Area	24:55.17	
73	Freese, Tucker	09 East Sac County	24:57.29	46
74	Hemer, Xander	09 East Sac County	24:58.56	47
75	Kaltschnee, Caden	10 Southeast Valley	25:07.17	
76	Oakes-Sudhish, Caelan	11 Southeast Valley	25:16.32	
77	Forsythe, Grayden	10 West Bend-Mallard	25:18.23	
78	Benjamin, Lucian	11 Emmetsburg	25:21.40	
79	Rojas, Xavier	10 Ridge View	25:40.67	
80	Jones, Klayton	11 West Bend-Mallard	25:53.94	
81	Blair, Caleb	12 South Centra	25:55.14	
82	Bachman, Cade	09 East Sac County	25:57.66	
83	Bretton, Farnham	10 Sioux Central	26:42.78	
84	Peters, Ethan	11 East Sac County	26:50.48	
85	Dalley, Jameric	11 Southeast Valley	26:53.38	
86	Bennett, Dalton	12 Manson North	26:59.90	
87	Field, Elias	12 Southeast Valley	27:00.79	
88	Wadle, Kadin	10 Newell-Fonda	27:04.80	
89	Wolf, Mason	12 Ridge View	27:07.32	
90	Frederick, Robert	10 Emmetsburg	27:18.56	
91	Jochims, Jade	11 Ridge View	28:01.37	
92	Wilson, Elijah	10 South Centra	29:40.40	
93	Stewart, Ryan	09 Southeast Valley	30:21.79	
94	Goettsch, Trevor	09 Ridge View	32:15.46	
95	Rastetter, Gabe	12 South Centra	37:02.88	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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PAC XC Meet 2022 - 10/1/2022**Pocahontas, IA****Rankings****....Event 4 Boys 5k Run CC High School**

1	Sioux Central	44	4	8	9	11	12	20	25
	Total Time:	1:33:36.75							
	Average:	18:43.35							
2	East Sac County	49	1	6	7	14	21	46	47
	Total Time:	1:33:10.79							
	Average:	18:38.16							
3	Manson Northwest Webster	96	10	15	18	24	29	31	37
	Total Time:	1:38:07.33							
	Average:	19:37.47							
4	Southeast Valley	105	3	5	30	32	35	41	42
	Total Time:	1:38:22.92							
	Average:	19:40.59							
5	Alta-Aurelia	123	2	13	23	40	45		
	Total Time:	1:43:47.80							
	Average:	20:45.56							
6	Ridge View	129	17	19	26	33	34	38	39
	Total Time:	1:41:17.72							
	Average:	20:15.55							
7	South Central Calhoun	129	16	22	27	28	36	43	44
	Total Time:	1:41:19.83							
	Average:	20:15.97							

PAC XC Meet 2022 - 10/1/2022**Pocahontas, IA****Rankings****Event 2 Girls 3200 Meter Run CC Middle School**

Name	Year School	Finals	Points
1 Bloom, Karina	MS Sioux Central	14:07.55	1
2 Todd, Clara	08 Ridge View	14:27.32	2
3 Sangwin, Violet	MS Sioux Central	14:38.53	3
4 Dooley, Emmy	08 Emmetsburg	14:42.92	4
5 Peterson, Elsie	08 Alta-Aurelia	14:47.66	5
6 Hansen, Taylor	07 Ridge View	14:50.08	6
7 Anderson, Bree	07 Alta-Aurelia	14:51.71	7
8 Batz, Ryann	08 South Centra	15:01.84	
9 Ruble, Regan	08 Ridge View	15:02.31	8
10 Tesch, Cora	07 Ridge View	15:36.90	9
11 Vohs, Tiegan	08 Ridge View	15:38.88	10
12 Chavez, Destiny	07 Ridge View	15:40.67	11
13 Sommerlot, Natalie	08 Pocahontas Area	15:45.63	
14 Hoffman, Melia	MS Sioux Central	15:47.82	12
15 Zylstra-Reedy, Bella	07 Emmetsburg	15:49.15	13
16 Sanduk, Merry	07 Alta-Aurelia	15:59.50	14
17 Veit, Libbie	08 East Sac County	16:18.44	
18 De la Torres, Genesis	MS Sioux Central	16:22.31	15
19 Lukins, Brooklyn	08 Ridge View	17:01.56	16
20 Spencer, Lillie	08 South Centra	17:05.03	
21 Brock, Bryndalyn	07 Alta-Aurelia	17:07.77	17
22 Ferussca, Eden	07 Alta-Aurelia	17:18.06	18
23 Johnson, Makayla	07 Emmetsburg	17:23.36	19
24 Buckendahl, Meleigha	07 Alta-Aurelia	17:25.05	20
25 Wilson, Michelle	08 South Centra	17:37.71	
26 Maddie, Morey	08 West Bend-Mallard	17:42.45	
27 Aschinger, Jayna	07 Ridge View	18:02.57	
28 Wilkinson, Jade	07 Alta-Aurelia	18:03.02	21
29 Korleski, Ailey	08 South Centra	18:07.04	
30 Duitscher, Ashlyn	07 Pocahontas Area	18:09.52	
31 Stoner, Ella	MS Sioux Central	18:35.22	22
32 Brown, Hannah	07 Ridge View	18:42.28	
33 Rouse, Lauren	07 Emmetsburg	18:49.69	23
34 Heim, Mya	07 Emmetsburg	18:55.64	24
35 Kelso, Kylie	07 Pocahontas Area	20:17.90	
36 Cottingham, Gracelyn	07 Alta-Aurelia	20:18.87	
37 Ellis, Victoria	07 Graettinger-	20:45.32	
38 Kauffman, Saphira	MS Southeast Valley	20:55.76	
39 Wolter, Ellie	07 Pocahontas Area	22:21.09	
40 Thoren, Lizzi	08 Emmetsburg	22:53.80	25
41 Martens, Marissa	MS Southeast Valley	23:21.06	
42 Malm, Magnolia	07 Graettinger-	24:08.91	
43 Jones, Ivorie	07 Emmetsburg	28:18.87	26

PAC XC Meet 2022 - 10/1/2022**Pocahontas, IA****Rankings****Event 1 Boys 3200 Meter Run CC Middle School**

Name	Year School	Finals	Points
1 Castillo, Ethan	08 Ridge View	12:20.22	
2 Widlund, Kyle	07 Manson North	12:24.85	1
3 Wernimont, Lucos	MS Sioux Central	12:49.74	2
4 Nuss, Owen	MS Southeast Valley	13:03.89	3
5 Peterson, Landyn	08 Ridge View	13:03.98	
6 Stickrod, Hayden	08 South Centra	13:34.40	4
7 Menchaca, Naruto	MS Sioux Central	13:42.07	5
8 Shearer, Justin	08 Pocahontas Area	13:43.93	
9 Hudson, Brayden	08 Pocahontas Area	13:44.31	
10 Orozco, Gersain	MS Sioux Central	13:44.78	6
11 Poutre, Rowan	07 Manson North	14:02.77	7
12 Stowe, Alvin	08 Alta-Aurelia	14:20.36	8
13 Potts, Rye	08 South Centra	14:20.60	9
14 Langschwager, Laeton	07 Alta-Aurelia	14:30.56	10
15 Hanson, Ian	07 Ridge View	14:32.77	
16 Baines, Rowan	MS Sioux Central	14:42.01	11
17 Huisenga, Drew	08 Alta-Aurelia	14:42.49	12
18 Nelson, David	07 Manson North	14:44.70	13
19 Meyer, Logan	07 Manson North	14:57.93	14
20 Schweitzberger, Oliver	07 Ridge View	15:20.68	
21 Ganoë, Carter	MS Southeast Valley	15:28.07	15
22 Mier, Cole	08 Alta-Aurelia	15:44.61	16
23 Stowe, Skylar	07 Alta-Aurelia	15:45.67	17
24 Mason, Daxton	08 Alta-Aurelia	15:54.05	18
25 Kruse, Titus	MS Sioux Central	16:05.25	19
26 Peterson, Paul	07 Pocahontas Area	16:06.70	
27 Connolly, Kyler	08 Alta-Aurelia	16:06.84	20
28 Durazo, Leo	MS Sioux Central	16:14.65	21
29 Stevens, Trennis	MS Southeast Valley	16:19.50	22
30 Hyink, Jonny	08 Manson North	16:20.12	23
31 Fox, Jacob	07 Emmetsburg	16:21.12	
32 Spece, Cooper	MS Southeast Valley	17:02.03	24
33 Anderson, Landon	08 South Centra	17:03.33	25
34 Jensen, Grayson	07 Manson North	17:12.66	26
35 Bartz, John	07 Alta-Aurelia	17:20.45	
36 Kueny, Eric	07 Alta-Aurelia	17:38.50	
37 Stickrod, Payton	07 South Centra	18:04.20	27
38 Marquart, Ayden	08 Manson North	18:56.41	28
39 Wiley, Gabe	08 South Centra	19:26.78	29
40 Kuhn, Evan	MS Southeast Valley	19:29.04	30
41 Lundberg, Riley	MS Southeast Valley	21:32.68	31
42 Lau-Smith, Caleb	MS Southeast Valley	21:35.01	32

