

2023 Missouri River Conference Championships - 10/11/2023  
 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 Walsh, Scarlett	12	Bishop Heela	20:37.44	1
2 Bertrand, Addison	10	Bishop Heela	21:16.22	2
3 Hansen, Bailee	09	Sioux City West	21:22.64	3
4 Stanley, Brooklyn	12	Bishop Heela	21:24.42	4
5 Scott, Emma	10	Sioux City East	21:42.07	5
6 Demke, Maddie	12	Bishop Heela	21:48.34	6
7 DeRocher, MaKenzie	10	Lemars High School	21:51.01	7
8 Roerig, Grace	10	Bishop Heela	21:53.95	8
9 Jochum, Ashleigh	10	Bishop Heela	22:02.81	9
10 Bockenstedt, Bjella	10	Sgt Bluff Hi	22:08.72	10
11 Scheer, Mya	09	Council Bluffs AL	22:20.71	11
12 Kass, Sienna	11	Lemars High School	22:21.45	12
13 Hulinsky, Karis	09	Lemars High School	22:22.12	13
14 Lockamy, Jayci	10	Sioux City East	22:22.15	14
15 Palmer, Marcella	10	Sioux City North	22:24.63	15
16 Hamerlinck, Kendal	12	Lemars High School	22:25.91	16
17 Kieffer, Naomi	11	Bishop Heela	22:51.20	17
18 Salter, Ashlynn	09	Sgt Bluff Hi	22:59.16	18
19 Weitzel, Khloee	10	Sioux City East	23:00.42	19
20 Olson, Kaylee	12	Sioux City North	23:07.83	20
21 Kamm, Lilin	10	Sioux City East	23:32.47	21
22 Vogt, Joslyn	10	Sioux City North	23:35.44	22
23 DeRocher, Brooklyn	09	Lemars High School	23:39.87	23
24 Eliesa, Khloe	09	Sioux City North	23:46.40	24
25 Focht, Ella	12	Sgt Bluff Hi	23:57.25	25
26 Fitch, Annette	09	Council Bluffs AL	24:01.69	26
27 Whiteshirt, Lilly	11	Sioux City West	24:05.42	27
28 Hall, Abby	11	Sioux City North	24:13.91	28
29 Cook, Katelyn	10	Sioux City North	24:14.54	29
30 Tooley, Kamryn	12	Sgt Bluff Hi	24:15.16	30
31 Hogan, Emma	11	Sioux City East	24:16.12	31
32 Tilberg, Sarah	09	Lemars High School	24:18.36	32
33 Saylor, Emma	11	Sgt Bluff Hi	24:25.17	33
34 Prieto, Alondra	11	Sioux City West	24:28.17	34
35 Rosener, Cali	09	Lemars High School	24:50.92	35
36 Loudon, Gabby	11	Council Bluffs AL	24:56.77	36
37 Prosser, Taylor	12	Sgt Bluff Hi	24:58.43	37
38 Addie, Cohrs	10	Council Bluffs AL	25:23.54	38
39 Stott, Norah	10	Council Bluffs AL	25:45.65	39
40 Ronk, Cara	12	Council Bluffs TJ	26:06.85	40
41 Lopez-Aguilar, Victoria	09	Sioux City East	27:40.35	41
42 Minturn, Mylee	11	Council Bluffs TJ	27:44.20	42
43 Ronk, Ashleigh	09	Council Bluffs TJ	28:43.01	43
44 Wolff, Amelie	12	Council Bluffs TJ	28:45.45	44
45 Fonseca, Jade	12	Sioux City West	28:50.18	45
46 Martinez, Susely	10	Sioux City West	30:39.71	46
47 Gomez, Desyree	11	Sioux City West	31:23.40	47
48 Suarez, Dayrin	10	Sioux City West	32:59.18	48
49 Kroupa, Versace	11	Council Bluffs TJ	34:01.49	49

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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1 Bishop Heelan High School	21	1	2	4	6	8	9	17
Total Time: 1:47:00.37								
Average: 21:24.08								
2 Lemars High School	71	7	12	13	16	23	32	35
Total Time: 1:52:40.36								
Average: 22:32.08								
3 Sioux City East	90	5	14	19	21	31	41	
Total Time: 1:54:53.23								
Average: 22:58.65								
4 Sioux City North	109	15	20	22	24	28	29	
Total Time: 1:57:08.21								
Average: 23:25.65								
5 Sgt Bluff High School	116	10	18	25	30	33	37	
Total Time: 1:57:45.46								
Average: 23:33.10								
6 Council Bluffs AL	150	11	26	36	38	39		
Total Time: 2:02:28.36								
Average: 24:29.68								
7 Sioux City West	155	3	27	34	45	46	47	48
Total Time: 2:09:26.12								
Average: 25:53.23								
8 Council Bluffs TJ	218	40	42	43	44	49		
Total Time: 2:25:21.00								
Average: 29:04.20								

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Event 3 Boys 5k Run CC Varsity

Name	Year School	Finals	Points
1 Kifle, Natnael	12 Sioux City North	15:30.29	1
2 Obbink, Trace	12 Lemars High School	16:57.92	2
3 Schultz, Connor	11 Sioux City North	17:15.08	3
4 Kumbi, Abubekar	12 Sioux City North	17:20.23	4
5 Hamilton, Kaiden	10 Council Bluffs TJ	17:21.48	5
6 Kling, Steven	12 Sioux City North	17:33.57	6
7 Lee, Aaron	11 Lemars High School	17:47.61	7
8 Delarosa, Daniel	10 Sgt Bluff Hi	17:59.60	8
9 Tesfaselassie, Even	10 Sioux City North	18:01.86	9
10 Gonzalez, Braulio	11 Sgt Bluff Hi	18:03.95	10
11 Shultz, Maciah	11 Sioux City East	18:05.70	11
12 Morley, Asher	11 Sioux City East	18:08.07	12
13 Gonzalez, Andres	11 Bishop Heela	18:14.93	13
14 Hames, Ben	10 Sioux City North	18:18.55	14
15 Vargas-Gaytan, Alejandro	11 Sgt Bluff Hi	18:28.58	15
16 Zellner, Kris	09 Sioux City East	18:39.29	16
17 Larrabee, Ayden	10 Sgt Bluff Hi	18:45.46	17
18 Amaro, Alex	09 Bishop Heela	18:48.40	18
19 McGregor, Kasey	11 Sgt Bluff Hi	18:50.93	19
20 Koepke, Kaden	10 Sioux City East	18:52.01	20
21 Smith, Cody	12 Council Bluffs AL	18:54.11	21
22 Cambell, Luke	12 Sioux City East	18:59.91	22
23 Gehling, David	12 Sgt Bluff Hi	19:09.80	23
24 Chwirka, Dylan	10 Sioux City East	19:14.62	24
25 Iverson, Tanner	09 Lemars High School	19:22.73	25
26 Brown, Immanuel	10 Council Bluffs TJ	19:29.97	26
27 Cleveland, Danny	10 Sioux City East	19:33.02	27
28 Walsh, Ben	10 Bishop Heela	19:36.14	28
29 Murra, Michael	12 Lemars High School	19:37.78	29
30 Wieseler, Michael	12 Sgt Bluff Hi	19:37.95	30
31 Bowen, Brandon	12 Council Bluffs TJ	19:57.95	31
32 Hytrek, Dylan	11 Council Bluffs AL	20:09.92	32
33 Flanery, Elias	12 Bishop Heela	20:10.23	33
34 Abraham, Jackson	10 Council Bluffs TJ	20:11.31	34
35 O'Brien, James	10 Council Bluffs AL	20:12.42	35
36 Barber, Ethan	10 Bishop Heela	20:12.64	36
37 Sanchez, Jony	09 Lemars High School	20:13.89	37
38 Fisher, Henry	09 Sioux City West	20:18.26	38
39 Villatoro Sutton, Anthon	12 Bishop Heela	20:18.58	39
40 Larsen, Austin	11 Bishop Heela	20:18.96	40
41 Hawkinson, Matthew	12 Sioux City North	20:19.03	41
42 Munoz, Eric	12 Sioux City West	20:32.97	42
43 Johnson, Alex	11 Council Bluffs AL	20:34.44	43
44 Laursen, Noah	12 Lemars High School	20:41.81	44
45 Schmid, Jett	11 Lemars High School	20:54.44	45
46 Hornberg, Daniel	11 Council Bluffs AL	21:09.51	46
47 Callender, Ryker	12 Sioux City West	21:09.93	47
48 Shepard, Ryan	12 Council Bluffs TJ	21:10.11	48
49 Haddix, Cooper	11 Council Bluffs AL	21:14.23	49
50 Templeman, Josh	10 Council Bluffs TJ	22:10.10	50
51 McKewon, Connor	12 Sioux City West	22:11.75	51
52 Williamson, Bailyan	10 Council Bluffs TJ	22:13.67	52
53 Craft, Tre	11 Sioux City West	23:18.72	53
54 Enszer, Gabe	11 Sioux City West	23:20.26	54

55 Wilson, Joseph

10 Sioux City West

24:22.93 55

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Sioux City North Total Time: 1:25:41.03 Average: 17:08.21	23	1	3	4	6	9	14	41		
2	Sgt Bluff High School Total Time: 1:32:08.52 Average: 18:25.71	69	8	10	15	17	19	23	30		
3	Sioux City East Total Time: 1:32:44.98 Average: 18:33.00	81	11	12	16	20	22	24	27		
4	Lemars High School Total Time: 1:33:59.93 Average: 18:47.99	100	2	7	25	29	37	44	45		
5	Bishop Heelan High School Total Time: 1:37:02.34 Average: 19:24.47	128	13	18	28	33	36	39	40		
6	Council Bluffs TJ Total Time: 1:38:10.82 Average: 19:38.17	144	5	26	31	34	48	50	52		
7	Council Bluffs AL Total Time: 1:41:00.40 Average: 20:12.08	177	21	32	35	43	46	49			
8	Sioux City West Total Time: 1:47:31.63 Average: 21:30.33	231	38	42	47	51	53	54	55		

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Event 2 Girls 5k Run CC JV

Name	Year	School	Finals	Points
1 Bleeker, Reese	10	Bishop Heela	23:50.38	1
2 Gutierrez, Maria	10	Sioux City North	23:57.52	2
3 Barber, Allison	11	Bishop Heela	24:11.99	3
4 Roller, Marilyn	10	Lemars High School	25:34.87	4
5 Burrack, Arcenia	10	Sioux City North	25:50.26	5
6 Gardiner, Megan	09	Sioux City North	26:06.57	6
7 Howell, Peyton	11	Lemars High School	26:07.84	7
8 Petersen, Malene	10	Council Bluffs AL	26:11.50	
9 Hogrefe, Maya	10	Lemars High School	26:15.57	8
10 Rehal, Ashlie	09	Bishop Heela	26:18.46	9
11 Glass, Addi	09	Bishop Heela	26:34.82	10
12 Emerson, Brenna	11	Bishop Heela	26:45.30	11
13 Kellen, Tessa	11	Lemars High School	26:52.46	12
14 Rodgers, Lexi	09	Lemars High School	26:55.04	13
15 Jocelyn, Solorio	10	Council Bluffs AL	27:15.90	
16 Kluver, Jayden	09	Lemars High School	27:51.55	14
17 Barto, Elizabeth	12	Sgt Bluff Hi	27:57.41	15
18 Garrison, Kenzie	12	Sgt Bluff Hi	28:12.45	16
19 Garcia Perez, Jackie	09	Sioux City North	28:13.57	17
20 Aguilar, Aracely	11	Sioux City North	28:36.97	18
21 Young, Felicity	11	Bishop Heela	28:42.22	19
22 Tisher, Maddie	09	Sgt Bluff Hi	29:06.33	20
23 Berglund, Kendra	11	Sgt Bluff Hi	29:06.33	21
24 Streck, Sadee	11	Sgt Bluff Hi	29:24.84	22
25 Cain, Lina	11	Council Bluffs AL	29:45.68	
26 Odell, Anna	10	Sgt Bluff Hi	29:56.22	23
27 Oleson, Emma	10	Sioux City North	30:24.58	24
28 Arnold, Cadence	10	Sioux City North	30:54.83	25
29 Jent, Aylah	11	Sgt Bluff Hi	31:08.43	26
30 Kueffer, Abby	10	Sgt Bluff Hi	31:17.25	
31 Ruskamp, Olivia	12	Sgt Bluff Hi	31:31.61	
32 Pinney, Navaeh	10	Lemars High School	31:34.56	27
33 Skatges, Kaitlyn	10	Sgt Bluff Hi	33:11.23	
34 Harris, Kenya	11	Sioux City West	33:28.04	
35 Garay, Elise	10	Sioux City North	33:31.56	
36 Johnson, Elise	10	Sioux City North	34:01.64	
37 Smith, Lilly	10	Sgt Bluff Hi	34:24.43	
38 Sweum, Amber	10	Sgt Bluff Hi	35:19.42	
39 Wilford, Lily	11	Sioux City North	37:00.14	
40 Bauerly, Htoo	11	Sioux City North	39:31.47	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Bishop Heelan High School	34	1	3	9	10	11	19			
	Total Time: 2:07:40.95										
	Average: 25:32.19										
2	Lemars High School	44	4	7	8	12	13	14	27		
	Total Time: 2:11:45.78										
	Average: 26:21.16										
3	Sioux City North	48	2	5	6	17	18	24	25		
	Total Time: 2:12:44.89										
	Average: 26:32.98										

4 Sgt Bluff High School	94	15	16	20	21	22	23	26
Total Time:	2:23:47.36							
Average:	28:45.48							

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## Event 4 Boys 5k Run CC JV

Name	Year	School	Finals	Points
1 Gonzalez, Alex	12	Bishop Heela	18:31.50	1
2 Woolworth, Logan	11	Sioux City North	19:00.14	2
3 Reda, Merhawi	12	Sioux City North	19:05.34	3
4 Haroldson, Gavin	11	Sioux City North	19:20.92	4
5 Kling, Andrew	09	Sioux City North	19:30.12	5
6 Munson, Layne	09	Sioux City North	19:33.82	6
7 Swaggerty, Even (Tori)	10	Sioux City North	19:48.24	7
8 Lincoln, Andrew	09	Sgt Bluff Hi	19:52.60	8
9 Eldridge, Carter	12	Sgt Bluff Hi	19:56.22	9
10 Sweum, Kellen	12	Sgt Bluff Hi	19:57.65	10
11 McGinty, Julian	12	Sgt Bluff Hi	19:58.96	11
12 Whitney, Kourtlyn	10	Sioux City North	20:06.50	12
13 Ramos, Rigoberto	09	Sioux City East	20:07.71	13
14 Embrock, Adam	12	Sioux City North	20:09.38	
15 Reda, Essey	10	Sioux City North	20:15.50	
16 Beyer, Vincent	12	Sgt Bluff Hi	20:33.11	14
17 Guerrero, Xavier	09	Bishop Heela	20:49.26	15
18 Kueffer, Baylen	09	Sgt Bluff Hi	20:53.33	16
19 VanWyhe, Dalton	12	Sgt Bluff Hi	20:59.23	17
20 Konopasek, Owen	11	Sgt Bluff Hi	21:09.83	
21 Palmer, Winston	09	Sioux City North	21:19.83	
22 Dandurand, Noah	11	Sioux City East	21:21.89	18
23 Ford, Jamariuse	10	Sioux City East	21:30.24	19
24 Calabro, Brayden	11	Council Bluffs TJ	21:34.74	20
25 Barrios, Luis	12	Sioux City North	21:35.23	
26 Rohlfesen, Brayden	09	Lemars High School	21:36.56	21
27 Pham, Ethan	11	Sioux City North	21:46.96	
28 Ortiz, Ed	12	Sgt Bluff Hi	21:49.98	
29 Donovan, James	11	Bishop Heela	21:53.75	22
30 Vander Sluis, Seth	12	Lemars High School	21:59.33	23
31 Kirkpatrick, Cahill	12	Bishop Heela	22:04.02	24
32 Lorenzen, Evan	10	Sioux City North	22:10.15	
33 Kellogg, Edward	09	Sioux City North	22:11.83	
34 Skogland, Ethan	12	Sgt Bluff Hi	22:15.22	
35 Moss, Seth	09	Lemars High School	22:26.13	25
36 Pedroza, Jesse	09	Sioux City East	22:30.88	26
37 Keokenchanh, Cam	12	Sgt Bluff Hi	22:34.46	
38 Hoekstra, Carver	09	Sioux City North	22:45.55	
39 Bouwers, Paul	11	Sioux City North	22:48.03	
40 Henry, Dalton	11	Lemars High School	22:54.16	27
41 German, Alex	10	Council Bluffs AL	22:57.62	28
42 Akers, Anthony	09	Council Bluffs AL	22:59.90	29
43 Sanchez, Tony	10	Bishop Heela	23:02.76	30
44 Nimaja, Benji	11	Sioux City North	23:04.02	
45 Kirkpatrick, Conan	11	Bishop Heela	23:04.93	31
46 Mullenix, Tyler	09	Sgt Bluff Hi	23:06.33	
47 Flores, Sebastian	12	Bishop Heela	23:10.74	32
48 Beller, Beckett	09	Sioux City North	23:15.38	
49 Ung, Viet	09	Lemars High School	23:34.29	33
50 Hansen, CJ	11	Council Bluffs AL	23:55.23	34
51 Mullally, Hunter	10	Lemars High School	23:55.33	35
52 Riker, Blake	11	Bishop Heela	23:57.94	
53 Kosiba, Costa	09	Sioux City East	24:02.74	36
54 Mendoza, David	11	Bishop Heela	24:06.28	

55	Kann, Kyle	09	Sioux City North	24:06.43	
56	Durham, Ethan	11	Council Bluffs TJ	24:21.93	37
57	Sullivan, Logan	11	Council Bluffs TJ	24:30.94	38
58	Lewis, John	10	Sgt Bluff Hi	25:03.61	
59	Mullally, Ryder	11	Lemars High School	25:09.92	39
60	Jensen, Jack	12	Bishop Heela	25:20.59	
61	Urbanek, Wyatt	12	Council Bluffs TJ	25:37.81	40
62	Burget, Braxton	11	Council Bluffs TJ	25:38.76	41
63	Smith, Ryan	12	Council Bluffs TJ	25:48.78	42
64	DeVall, Devin	12	Lemars High School	25:57.99	
65	Harmsen, Hunter	09	Council Bluffs AL	26:28.99	43
66	Hartso, Adrian	09	Sioux City North	26:59.96	
67	Skinner, Ben	10	Sgt Bluff Hi	27:02.97	
68	Kloostra, Josh	09	Sgt Bluff Hi	27:07.92	
69	Hulinsky, Luke	11	Lemars High School	27:30.59	
70	Grego, Bryce	12	Council Bluffs TJ	28:14.04	44
71	Jaimes Kermaode, Niko	11	Council Bluffs TJ	28:20.00	
72	Brennan, Evan	11	Lemars High School	28:32.20	
73	Fravel, Christian	11	Bishop Heela	28:55.84	
74	Cain, Wyatt	09	Council Bluffs AL	29:22.25	45
75	Kruse, Colten	09	Sioux City East	29:51.27	46
76	Gandara, Emilio	11	Council Bluffs TJ	30:22.59	
77	Arnold, Cole	12	Council Bluffs AL	30:36.84	47
78	Janik, Dylan	11	Council Bluffs TJ	30:39.94	
79	Roche, Darreck	11	Council Bluffs TJ	32:37.40	
80	Haider, Brett	09	Sgt Bluff Hi	33:43.29	
81	Do, Nam	09	Council Bluffs TJ	34:29.94	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Sioux City North	20	2	3	4	5	6	7	12		
	Total Time:	1:36:30.34									
	Average:	19:18.07									
2	Sgt Bluff High School	52	8	9	10	11	14	16	17		
	Total Time:	1:40:18.54									
	Average:	20:03.71									
3	Bishop Heelan High School	92	1	15	22	24	30	31	32		
	Total Time:	1:46:21.29									
	Average:	21:16.26									
4	Sioux City East	112	13	18	19	26	36	46			
	Total Time:	1:49:33.46									
	Average:	21:54.70									
5	Lemars High School	129	21	23	25	27	33	35	39		
	Total Time:	1:52:30.47									
	Average:	22:30.10									
6	Council Bluffs TJ	176	20	37	38	40	41	42	44		
	Total Time:	2:01:44.18									
	Average:	24:20.84									
7	Council Bluffs AL	179	28	29	34	43	45	47			
	Total Time:	2:05:43.99									
	Average:	25:08.80									