

**Heelan Invitational  
Bishop Heelan High School  
Sioux City, IA  
August 26, 2016**

**Varsity Girls Team Results**

Place	Team	Points	Places of Finishers (offset scoring)								Average	Spread
1	Sioux City East	42	4	5	8	11	14	15	18	1:40:22.63	20:04.53	
2	Bishop Heelan	42	3	7	9	10	13	20	22	1:40:39.31	20:07.87	
3	Sioux City North	78	2	16	17	19	24	31		1:47:16.79	21:27.36	
4	Woodbury Cent-KP	105	1	12	23	34	35	36	40	1:55:29.44	23:05.89	
5	Sgt Bluff-Luton	127	21	25	26	27	28	29	30	1:55:24.19	23:04.84	
6	West Sioux Hawarden	164	6	37	38	41	42	44	46	2:15:04.53	27:00.91	
7	Westwood Sloan	192	32	33	39	43	45			2:23:55.68	28:47.14	

**Varsity Girls Individual Results**

Place	Finisher	Grade	Team	Pace	Time
1	Suzanne Putze	11	Woodbury Cen-KP	05:55.9	18:25.7
2	Lillyana Yebra	12	Sioux City North	06:16.9	19:30.9
3	Amber Aesoph	9	Bishop Heelan	06:17.9	19:33.9
4	Olivia Barnes	9	Sioux City East	06:18.4	19:35.5
5	Avery Lester	12	Sioux City East	06:20.7	19:42.8
6	Hailey Pullman	12	West Sioux Hawarden	06:24.8	19:55.4
7	Madison Jochum	10	Bishop Heelan	06:29.4	20:09.7
8	Lauren VanDyke	11	Sioux City East	06:29.5	20:10.0
9	Annie Jensen	11	Bishop Heelan	06:29.6	20:10.3
10	Hannah Hutchinson	10	Bishop Heelan	06:29.8	20:10.8
11	Alee Lewis	10	Sioux City East	06:32.1	20:18.2
12	KayLynne Bechen	11	Woodbury Cen-KP	06:34.4	20:25.1
13	Ashley Aesoph	10	Bishop Heelan	06:37.4	20:34.6
14	Joslyn Hill	10	Sioux City East	06:37.9	20:36.1
15	Paige Hanson	11	Sioux City East	06:53.1	21:23.3
16	Mercy Oyadare	12	Sioux City North	06:54.4	21:27.2
17	Taylor Kelley	11	Sioux City North	06:55.2	21:29.8
18	Sami McCulley	12	Sioux City East	07:01.0	21:47.9
19	Emily Molden	11	Sioux City West	07:05.1	22:00.7
20	Brenda Phillips	10	Sioux City North	07:05.6	22:02.1
21	Kiley Boeshart	12	Bishop Heelan	07:10.3	22:16.9
22	Leila Santiago	9	Sgt Bluff-Luton	07:11.4	22:20.2
23	Ashlyn Peck	10	Bishop Heelan	07:15.3	22:32.3
24	Skylar Hannah	9	Woodbury Cen-KP	07:18.1	22:41.0
25	Lorena Martinez	10	Sioux City North	07:20.0	22:46.8
26	Hannah Christenesen	11	Sgt Bluff-Luton	07:23.5	22:57.8
27	Kelsi Ryan	11	Sgt Bluff-Luton	07:25.9	23:05.3
28	Anna Lucas	11	Sgt Bluff-Luton	07:30.1	23:18.4
29	Taylor Brown	11	Sgt Bluff-Luton	07:37.9	23:42.4
30	Justice Farley	10	Sioux City West	07:41.4	23:53.5

31	Emersyn Sims	9	Sgt Bluff-Luton	07:42.3	23:56.2
32	Valerie Diaz	10	Sioux City West	07:51.6	24:25.1
33	Hannah Sorensen	12	West Monona	07:52.4	24:27.5
34	Alba Narcia	11	Sioux City West	07:53.3	24:30.4
35	Rachel Fields	11	Sgt Bluff-Luton	07:54.8	24:34.9
36	Delaney Turner	11	Whiting	07:59.7	24:50.2
37	Alexis Anderson	9	West Monona	08:09.3	25:20.2
38	Emily Nguyen	11	Sioux City North	08:11.5	25:26.7
39	Sam Burkhart	10	Westwood	08:12.7	25:30.7
40	Madison Kaften	10	Westwood	08:25.6	26:10.8
41	Sally Gallagher	10	Woodbury Cen-KP	08:35.4	26:41.2
42	JoLee Sprinkle	9	Woodbury Cen-KP	08:46.7	27:16.4
43	Brooke Harvey	9	Woodbury Cen-KP	08:47.3	27:18.1
44	Jadilyn Franco	9	West Sioux Hawarden	08:51.9	27:32.5
45	Emma Avery	11	West Sioux Hawarden	08:52.0	27:32.8
46	MacKenzi Brinkman	12	Westwood	08:58.3	27:52.2
47	Shae Muecke	10	Woodbury Cen-KP	09:09.8	28:28.1
48	Courtney Terry	12	West Monona	09:15.8	28:46.6
49	Bianca Rubio	9	West Sioux Hawarden	09:35.2	29:47.1
50	Maria Rubio	9	West Sioux Hawarden	09:44.8	30:16.7
51	Natalie Killian	11	Westwood	09:55.2	30:48.9
52	Megan Morgan	9	West Sioux Hawarden	10:29.3	32:35.0
53	Kenzie Rolph	11	West Monona	10:47.6	33:32.0
54	Braxton DeWald	9	Westwood	10:48.0	33:33.0
55	Vannesa Bueso	11	West Sioux Hawarden	10:51.8	33:45.0

**Heelan Invitational  
Bishop Heelan High School  
Sioux City, IA  
August 26, 2016**

**Varsity Boys Team Results**

Place	Team	Points	Places of Finishers (offset scoring)								Average	Spread
1	Bishop Heelan	48	2	5	11	14	16	25	28	1:27:26.83	17:29.37	
2	Sgt Bluff-Luton	63	3	4	9	18	29	35	36	1:28:18.95	17:39.79	
3	Sioux City North	73	7	8	13	22	23	24	34	1:30:01.55	18:00.31	
4	Sioux City West	83	6	15	17	19	26	27	32	1:30:43.80	18:08.76	
5	Sioux City East	116	12	20	21	30	33	39	41	1:33:58.84	18:47.77	
6	Woodbury Cent-KP	152	1	10	37	50	54			1:41:54.23	20:22.85	
7	Westwood Sloan	203	31	38	42	44	48	49	59	1:46:14.13	21:14.83	
8	Whiting	237	43	45	46	51	52	55	56	1:51:50.40	22:22.08	
9	West Monona	255	40	47	53	57	58			2:00:34.08	24:06.82	

**Varsity Boys Individual Results**

Place	Finisher	Grade	Team	Pace	Time
1	Eric Hoffman	10	Woodbury Cen-KP	05:14.4	16:16.7
2	Connor Ritz	12	Bishop Heelan	05:17.2	16:25.3
3	Miles Scott	11	Sgt Bluff-Luton	05:17.8	16:27.4
4	Gabe Hannemann	10	Sgt Bluff-Luton	05:25.6	16:51.4
5	Adam Freissen	12	Bishop Heelan	05:27.8	16:58.3
6	Phoenix Larned	12	Sioux City West	05:34.2	17:18.3
7	Jackson Baker	11	Sioux City North	05:35.1	17:20.9
8	Camden Beller	12	Sioux City North	05:40.0	17:36.2
9	Easton Ritz	10	Sgt Bluff-Luton	05:42.4	17:43.7
10	Austin Korynta	12	Woodbury Cen-KP	05:45.8	17:54.1
11	Charlie Saulsbury	10	Bishop Heelan	05:46.0	17:54.9
12	Cole Taylor	11	Sioux City East	05:47.3	17:58.8
13	Deven Pace	10	Sioux City North	05:47.4	17:59.2
14	Dan Alvarado	12	Bishop Heelan	05:48.2	18:01.6
15	Luke Benson	10	Sioux City West	05:48.9	18:03.7
16	John Dougherty	12	Bishop Heelan	05:49.8	18:06.8
17	Hiatt Holman	10	Sioux City West	05:51.0	18:10.5
18	Joe Lincoln	11	Sgt Bluff-Luton	05:51.4	18:11.7
19	Tyler Claussen	12	Sioux City West	05:54.8	18:22.1
20	Will DeWeerd	11	Sioux City East	05:55.4	18:24.2
21	Eddie Voloshen	10	Sioux City East	05:56.8	18:28.4
22	Chris Okine	12	Sioux City North	05:57.6	18:30.9
23	Caleb Miller	12	Sioux City North	05:58.7	18:34.3
24	Aaron Eybers	11	Sioux City North	06:00.2	18:39.1
25	Ben Murphy	11	Bishop Heelan	06:01.5	18:43.1
26	Benito Rodriguez	10	Sioux City West	06:03.5	18:49.2
27	Auston Surber	10	Sioux City West	06:05.6	18:55.8
28	John Greer	9	Bishop Heelan	06:06.1	18:57.2
29	Ryley McGregor	12	Sgt Bluff-Luton	06:08.5	19:04.8

30	Angel Morales	11	Sioux City East	06:14.0	19:22.0
31	Tyler Siegfried	11	Westwood	06:16.4	19:29.4
32	Nate Barber	12	Bishop Heelan	06:16.7	19:30.1
33	Brandon Schroeder	11	Sioux City West	06:17.4	19:32.5
34	Jake Vakulskas	10	Sioux City East	06:21.6	19:45.5
35	Parker Burrack	11	Sioux City North	06:26.1	19:59.3
36	Tyler Grames	11	Sgt Bluff-Luton	06:30.0	20:11.7
37	Danny Dillavou	11	Sgt Bluff-Luton	06:36.6	20:31.9
38	Derek Hytrek	10	Woodbury Cen-KP	06:38.4	20:37.6
39	Blake Brinkman	10	Westwood	06:41.4	20:47.1
40	Logan Hobbs	10	Sioux City East	06:46.2	21:01.8
41	Seth Holverson	12	West Monona	06:46.3	21:02.1
42	Greg Haaf	11	Sioux City East	06:57.2	21:36.1
43	Kade Killian	9	Westwood	06:57.9	21:38.4
44	Marvin Hildreth	11	Whiting	06:59.9	21:44.5
45	Layten Harvey	12	Westwood	07:04.8	21:59.8
46	Landon Christensen	10	Whiting	07:05.1	22:00.5
47	Shane Bueoy	9	Whiting	07:06.7	22:05.6
48	James McDermott	11	West Monona	07:08.4	22:10.9
49	Kaleb McDonald	12	Westwood	07:11.2	22:19.5
50	Bowen Rand	9	Westwood	07:12.1	22:22.4
51	Karsen Gray	9	Woodbury Cen-KP	07:22.2	22:53.6
52	Evan Christensen	12	Whiting	07:22.3	22:53.9
53	Trevor Reed	11	West Sioux Hawarden	07:22.5	22:54.5
54	Aaron Stokes	12	Whiting	07:26.1	23:06.0
55	Chris Parr	12	West Monona	07:47.2	24:11.3
56	Ryan Bormann	10	Woodbury Cen-KP	07:47.5	24:12.2
57	Nick Warren	11	Whiting	07:54.5	24:34.2
58	Curtis Owen	9	West Sioux Hawarden	08:00.3	24:52.2
59	Nate Bonham	12	Whiting	08:08.9	25:18.7
60	Logan VeenStrege	11	West Sioux Hawarden	08:09.0	25:19.1
61	Braden Collison	12	West Monona	08:33.1	26:34.0
62	Adam Parr	10	West Monona	08:33.7	26:35.9
63	Fred Dandurand	10	Westwood	09:23.9	29:11.9

**Heelan Invitational  
Bishop Heelan High School  
Sioux City, IA  
August 26, 2016**

**4000 meters**

**Junior Varsity Girls Team Results**

Place	Team	Points	Places of Finishers (offset scoring)								Average	Spread
1	Sioux City East	29	1	2	3	11	12	24	25	1:31:52.12	18:22.43	
2	Bishop Heelan	34	4	6	7	8	9	13	14	1:35:57.35	19:11.47	
3	Sioux City North	87	5	17	19	20	26			1:45:11.66	21:02.34	
4	Sgt Bluff-Luton	93	10	15	16	23	29			1:46:19.08	21:15.82	
5	Sioux City West	116	18	21	22	27	28			1:51:58.87	22:23.78	

**Junior Varsity Girls Individual Results**

Place	Finisher	Grade	Team	Time
1	Lily Mercural	9	Sioux City East	17:04.1
2	Karlee Philips	9	Sioux City East	17:27.8
3	Taylor Copple	11	Sioux City East	18:09.1
4	Brenna Joyce	9	Bishop Heelan	18:34.7
5	Kelli Glisar	11	Sioux City North	18:49.2
6	Brooklin Froliceh	10	Bishop Heelan	19:10.5
7	Jimena DelosSantos	11	Bishop Heelan	19:18.8
8	Haley Koob	10	Bishop Heelan	19:21.2
9	Claire Bernard	10	Bishop Heelan	19:32.1
10	Ashley Davis	12	Sgt Bluff-Luton	19:35.4
11	Maddi VanDyke	9	Sioux City East	19:35.4
12	Hannah Breyfogle	10	Sioux City East	19:35.6
13	Emilee Leiting	10	Bishop Heelan	19:39.0
14	Brooke Wilmeesherr	10	Bishop Heelan	19:39.8
15	Kaitlin Savary	12	Sgt Bluff-Luton	20:10.1
16	Terri Deitloff	11	Sgt Bluff-Luton	20:15.7
17	Isobel Feiges	9	Sioux City North	20:30.6
18	Meghan Porath	10	Bishop Heelan	20:44.9
19	Gabby Ponce	10	Sioux City West	20:51.4
20	Monica Olson	9	Sioux City North	21:19.5
21	Celeste DeAnda	12	Sioux City North	21:23.8
22	Andrea Vasquez	9	Sioux City West	21:45.9
23	Rocio Ortega	11	Sioux City West	21:58.1
24	MaryJane Dillavou	12	Sgt Bluff-Luton	22:17.3
25	Sadie Robbins	9	Sioux City East	22:28.1
26	Marah Burkhardt	12	Sioux City East	22:33.2
27	Hazel Zink	12	Sioux City East	22:35.2
28	Jaycelyn Walters	10	Sioux City North	23:08.4
29	Karena Murguia	12	Sioux City West	23:30.5
30	Tawyny Freemont	11	Sioux City East	23:42.7
31	Jessica Montes	10	Sioux City West	23:53.0

32	Beth Burbridge	11	Sioux City East	23:55.0
33	Heather Collins	11	Sgt Bluff-Luton	24:00.6
34	Marlyn Topete	11	West Sioux Hawarden	24:03.1
35	Jessica Kratz	10	Bishop Heelan	25:09.9

**Heelan Invitational  
Bishop Heelan High School  
Sioux City, IA  
August 26, 2016**

**4000 meters**

**Junior Varsity Boys Team Results**

Place	Team	Points	Places of Finishers (offset scoring)								Average	Spread
1	Sioux City North	31	1	4	5	10	11	13	17	1:19:08.40	15:49.68	
2	Sioux City East	67	6	8	14	16	23	24	25	1:23:04.27	16:36.86	
3	Bishop Heelan	68	3	12	15	18	20	22	30	1:23:24.03	16:40.81	
4	Sioux City West	77	2	7	19	21	28	32	33	1:23:46.75	16:45.35	
5	Sgt Bluff-Luton	122	9	26	27	29	31	34		1:28:07.66	17:37.54	

**Junior Varsity Boys Individual Results**

Place	Finisher	Grade	Team	Pace	Time
1	Dakota South	10	Sioux City North	06:09.6	15:18.6
2	Alexis Leon	11	Sioux City West	06:09.9	15:19.2
3	Brenden Suhr	12	Bishop Heelan	06:13.0	15:27.0
4	Drake Beller	11	Sioux City North	06:14.1	15:29.7
5	Dayson Tucker	9	Sioux City North	06:15.1	15:32.2
6	Kevin Greigg	9	Sioux City East	06:15.2	15:32.4
7	Ernesto Robles	12	Sioux City West	06:29.2	16:07.3
8	Nick Perry	9	Sioux City East	06:31.5	16:13.1
9	Max Murphy	10	Sgt Bluff-Luton	06:32.8	16:16.2
10	Boden Christensen	12	Sioux City North	06:34.0	16:19.2
11	Ethan Sorenson	10	Sioux City North	06:37.8	16:28.6
12	Michael Leiting	9	Bishop Heelan	06:39.4	16:32.6
13	Brandon Philpotts	10	Sioux City North	06:42.2	16:39.5
14	Chance Chhet	11	Sioux City East	06:43.1	16:41.9
15	Marshall Huls	10	Bishop Heelan	06:47.7	16:53.3
16	Angel Reyes	11	Sioux City East	06:52.1	17:04.1
17	Ethan Bush	10	Sioux City North	06:53.3	17:07.0
18	Andrew Greer	11	Bishop Heelan	06:55.8	17:13.4
19	Andrew ReynaZapon	11	Sioux City West	06:56.3	17:14.7
20	James Saulsbury	12	Bishop Heelan	06:57.6	17:17.8
21	Calvin Marcoe	10	Sioux City West	06:58.0	17:18.9
22	Jake Brown	11	Bishop Heelan	07:00.1	17:24.0
23	Todd Baker	10	Sioux City North	07:02.6	17:30.3
24	Devyn Perry	12	Sioux City East	07:03.7	17:32.9
25	Caleb Sassman	9	Sioux City East	07:04.1	17:34.0
26	Zach Plambeck	12	Sioux City East	07:05.3	17:37.0
27	Jordan Munson	12	Sioux City East	07:06.2	17:39.3
28	Jherek Dillavou	9	Sgt Bluff-Luton	07:08.3	17:44.3
29	Landon Smith	11	Sgt Bluff-Luton	07:09.1	17:46.4
30	Braydin Barker	11	Sioux City West	07:09.2	17:46.6
31	Cade Gill	10	Sgt Bluff-Luton	07:16.0	18:03.5

32	Ian Joyce	12	Bishop Heelan	07:19.5	18:12.2
33	Brandon VanderVeen	9	Sioux City East	07:19.7	18:12.8
34	E.J. Hildreth	9	Whiting	07:20.7	18:15.2
35	Juan Lopez	9	Sioux City North	07:21.2	18:16.6
36	Pat Demers	9	Bishop Heelan	07:21.4	18:17.0
37	Tanner Hueser	9	Sgt Bluff-Luton	07:21.5	18:17.2
38	Cole McClure	10	Sioux City North	07:30.8	18:40.5
39	Peyton Rea	10	Sioux City North	07:31.5	18:42.0
40	Blake Kakacek	12	Bishop Heelan	07:31.5	18:42.1
41	Jacob Claussen	9	Sioux City West	07:33.2	18:46.4
42	Craig Harris	9	Sioux City East	07:34.0	18:48.3
43	Brenden Frey	10	Bishop Heelan	07:35.7	18:52.6
44	Johnson Roeun	12	Sioux City West	07:44.8	19:15.1
45	Eli Miller	9	Sioux City North	07:54.2	19:38.6
46	Clement Oyadare	11	Sioux City North	07:54.2	19:38.6
47	Jesse Najar	9	Sioux City North	08:00.4	19:53.9
48	Evan Longwell	9	Sioux City West	08:28.8	21:04.5
49	Kaleb Taylor	10	Sioux City North	08:36.3	21:23.2
50	Jose Ruelas	10	Sioux City North	08:42.9	21:39.5
51	Colby Stoos	12	Sgt Bluff-Luton	09:01.4	22:25.5
52	Eric Lohr	9	Bishop Heelan	09:11.8	22:51.4