

2020 MISSOURI RIVER CONFERENCE



Iowa Western Community College

10/15/2020

Race #2

WOMEN (Varsity) • 5 Kilometers (3.11 Miles)

FINAL RESULTS

TEAM SCORING SUMMARY

Final Standings	Score	Total	Division
1 Bishop Heelan	34	1:47:07	
2 Sioux City North	58	1:50:53	
3 Sioux City East	78	1:51:54	
4 Sergeant-Bluff Luton	83	1:54:01	
5 CB Abraham Lincoln	139	2:01:10	
6 Le Mars	144	2:01:29	
7 CBTJ	176	2:05:25	
8 Sioux City West High	255	2:32:52	

INDIVIDUAL RESULTS

Athlete	Yr.	Team	Score	Time
1 DOWNS, Kaia	JR	Sioux City East	1	19:18.7
2 JORDAN, Elizabeth	SO	Sioux City North	2	20:13.5
3 MAHANEY, Grace	SR	Bishop Heelan	3	20:40.1
4 KARRAS, Sophia	SO	Sergeant-Bluff Luton	4	20:53.6
5 STANLEY, Brooklyn	FR	Bishop Heelan	5	21:02.5
6 HELT, Sydney	JR	Sioux City East	6	21:13.3
7 DEMKE, Maddie	FR	Bishop Heelan	7	21:19.0
8 NEWBERG, Jada	SO	Bishop Heelan	8	21:44.3
9 ZUEHL, Nicole	JR	Sioux City North	9	22:08.8
10 BRACKER, Paige	JR	CB Abraham Lincoln	10	22:13.2
11 CONLEY, Mia	JR	Bishop Heelan	11	22:21.1
12 WALSH, Scarlett	FR	Bishop Heelan	12	22:26.6
13 GARAY, Lillian	SR	Sioux City North	13	22:30.3
14 NORTON, Mia	SR	Sioux City North	14	22:34.1
15 HEALD, Lydia	SR	Sioux City East	15	22:46.4

Athlete	Yr.	Team	Score	Time
16 STRECK, Ashley	JR	Sergeant-Bluff Luton	16	22:49.8
17 MORROW, mariah	SO	Sioux City East	17	23:06.3
18 HULINSKY, Rebecca	SO	Le Mars	18	23:14.3
19 RYAN, Gabby	SO	Sergeant-Bluff Luton	19	23:18.9
20 GUEVARA, Elena	SR	Sioux City North	20	23:25.3
21 BRESTER, Ella	JR	Sergeant-Bluff Luton	21	23:26.0
22 MARTINEZ-RANGEL, Jazmin	SO	CB Abraham Lincoln	22	23:31.8
23 RODRIGUEZ, Dani	JR	Sergeant-Bluff Luton	23	23:32.6
24 BRITT, Kylee	SO	Le Mars	24	23:39.3
25 HUTCHINSON, Emma	SR	Bishop Heelan	25	23:47.3
26 HAZUKA, Sabrina	JR	Sergeant-Bluff Luton	26	23:47.3
27 PEREZ, Jisela	SO	Sioux City North	27	24:05.5
28 RONK, Cara	FR	CBTJ	28	24:17.7
29 MCNAUGHTON, Lilly	JR	Le Mars	29	24:21.1
30 HOWARD, Logan	SO	Sergeant-Bluff Luton	30	24:25.0
31 HANCOCK, Aphraditie	JR	Sioux City North	31	24:32.7
32 MORENO, Jackie	JR	CBTJ	32	24:37.9
33 MEIS, Caroline	SR	Le Mars	33	24:41.5
34 CAIN, Bella	JR	CB Abraham Lincoln	34	25:04.9
35 GANT, Taryn	FR	CBTJ	35	25:07.2
36 RICHARDSON, Kylie	SO	CB Abraham Lincoln	36	25:08.0
37 TINDALL, Jacee	JR	CB Abraham Lincoln	37	25:11.8
38 SLACK, Julia	SR	CBTJ	38	25:20.4
39 STOOS, Karlie	SR	Sioux City East	39	25:28.6
40 CUNNINGHAM, Katie	JR	Le Mars	40	25:32.3
41 LAMMERS, Katie	SR	Sioux City East	41	25:50.2
42 MONGE, Berenice	SR	CB Abraham Lincoln	42	26:00.5
43 LEMUS, Eleana	SO	CBTJ	43	26:01.4
44 SMITH, Lexi	JR	CBTJ	44	26:02.7
45 TILBERG, Abby	SO	Le Mars	45	26:07.1
46 LEE, Emma	SO	CB Abraham Lincoln	46	26:12.3
47 NEVILLE, Athena	SO	CBTJ	47	26:32.6
48 BLEZEK, Claire	JR	Le Mars	48	27:42.6
49 NICOLAS, Bethzy	FR	Sioux City West High	49	28:24.8
50 ROBERTS, Gracie	SR	Sioux City West High	50	28:26.8
51 PAYES, Alejandra	FR	Sioux City West High	51	28:27.9
52 SERRANO, Diana	FR	Sioux City West High	52	32:54.9

Athlete	Yr.	Team	Score	Time
53 GAFO, Shewit	SR	Sioux City West High	53	34:37.5
54 TULE, Lupita	FR	Sioux City West High	54	36:17.5

2020 MISSOURI RIVER CONFERENCE



Iowa Western Community College

10/15/2020

Race #3

MEN (Varsity) • 5 Kilometers (3.11 Miles)

FINAL RESULTS

TEAM SCORING SUMMARY

Final Standings	Score	Total	Division
1 Sioux City North	16	1:23:32	
2 LeMars	67	1:30:17	
3 CBTJ	84	1:31:34	
4 Sergeant-Bluff Luton	115	1:34:27	
5 Sioux City East	121	1:35:24	
6 Bishop Heelan	171	1:39:10	
7 Abraham Lincoln	175	1:39:18	
8 Sioux City West High	252	1:50:54	

INDIVIDUAL RESULTS

Athlete	Yr.	Team	Score	Time
1 BOUWERS, Jaysen	SR	Sioux City North	1	16:07.3
2 LOHR, Will	JR	Sioux City North	2	16:35.7
3 NASH, Gabe	SO	Sioux City North	3	16:50.4
4 KIFLE, Yemane	JR	Sioux City North	4	16:50.8
5 BOOTON, Aidan	SR	CBTJ	5	16:57.6
6 GUTEMA, Beshanena	SO	Sioux City North	6	17:07.7
7 KIFLE, Natnael	FR	Sioux City North	7	17:09.0
8 GREENWELL, Colin	SR	Sioux City North	8	17:16.7
9 MARTINEZ, Juan	SR	CBTJ	9	17:38.6
10 SUDTELGTE, Jason	SR	LeMars	10	17:47.3
11 RODRIGUEZ, Carlos	JR	Sergeant-Bluff Luton	11	17:53.5
12 WINGERT, Kaden	SR	LeMars	12	17:56.1
13 CAMPBELL, Ryan	JR	Sioux City East	13	18:05.8
14 HULINSKY, Ethan	SR	LeMars	14	18:08.6
15 SUDTELGTE, Jackson	SR	LeMars	15	18:11.8

Athlete	Yr.	Team	Score	Time
16 FEUERHELM, Luke	JR	LeMars	16	18:13.1
17 BRYAN, Isaac	SR	Sergeant-Bluff Luton	17	18:22.3
18 SANCHEZ, Juan	SO	LeMars	18	18:22.5
19 DIRKSEN, Blake	SR	LeMars	19	18:32.0
20 GAMBLE, Hayden	SO	Sergeant-Bluff Luton	20	18:41.0
21 HOAK, Owen	SR	Sioux City East	21	18:45.9
22 SORIANO, Roi	JR	CBTJ	22	18:51.7
23 RYBA, Hunter	SR	CBTJ	23	19:00.6
24 DENKER, Jaccob	SO	Sioux City East	24	19:03.8
25 AGUILAR, Alex	SR	CBTJ	25	19:05.2
26 WRIGHT, Dajon	SO	Sioux City East	26	19:21.2
27 RUNDQUIST, Roberto	JR	Bishop Heelan	27	19:21.5
28 FOSTER, Matt	SR	CBTJ	28	19:24.6
29 WINKEL, Noah	SR	Bishop Heelan	29	19:25.6
30 LEINEN, Ethan	SR	Abraham Lincoln	30	19:32.0
31 FITCH, Lucas	SO	Abraham Lincoln	31	19:35.5
32 GEHLING, David	FR	Sergeant-Bluff Luton	32	19:40.9
33 SMITH, Cody	FR	Abraham Lincoln	33	19:41.7
34 HERNANDEZ, Cesar	JR	Bishop Heelan	34	19:42.9
35 AYMAR, Gannon	SO	Sergeant-Bluff Luton	35	19:48.3
36 KELLER, Aiden	SR	Abraham Lincoln	36	19:55.4
37 SAMAYOA, Sairus	SO	Sioux City East	37	20:06.4
38 ELDRIDGE, Carter	FR	Sergeant-Bluff Luton	38	20:07.8
39 HEALY, Austin	SR	Sergeant-Bluff Luton	39	20:15.8
40 FJELDHEIM, Kameron	SO	Bishop Heelan	40	20:19.5
41 OTTEN, Eli	SO	Bishop Heelan	41	20:19.8
42 FUENTES, Juan	SR	Sioux City East	42	20:20.6
43 VALLIN, Emmanuel	SO	CBTJ	43	20:21.0
44 CARLBERG, Erick	JR	Bishop Heelan	44	20:22.0
45 SIFORD, Robert	SO	Abraham Lincoln	45	20:32.8
46 BENSON, Carter	SO	Sioux City West High	46	20:37.6
47 WEIST, Jake	JR	Bishop Heelan	47	20:40.3
48 JOHANNES, Nathan	SO	Abraham Lincoln	48	21:08.2
49 RICHARDSON, Keasen	SR	Abraham Lincoln	49	21:08.2
50 CAMBARA, Jordy	SO	Sioux City West High	50	21:22.4
51 LOPEZ, Jose	JR	Sioux City West High	51	22:14.2
52 MORALES, David	FR	Sioux City West High	52	22:44.2

Athlete	Yr.	Team	Score	Time
53 HOUTS, Kirk	SO	Sioux City West High	53	23:54.7

2020 MISSOURI RIVER CONFERENCE



Iowa Western Community College

10/15/2020

Race #1

WOMEN (Junior Varsity) • 5 Kilometers (3.11 Miles)

FINAL RESULTS

TEAM SCORING SUMMARY

Final Standings	Score	Total	Division
1 Sergeant-Bluff Luton	37	2:04:33	
2 Sioux City East	73	2:09:24	
3 Bishop Heelan	76	2:09:27	
4 Sioux City North	87	2:11:47	
5 CB Abraham Lincoln	115	2:14:53	
6 CBTJ	133	2:18:20	
7 Le Mars	171	2:24:02	

INDIVIDUAL RESULTS

Athlete	Yr.	Team	Score	Time
1 FEHL, Olivia	SO	Sergeant-Bluff Luton	1	23:39.9
2 BRUENING, Gracie	FR	Sioux City East	2	23:54.4
3 RITZ, Ellie	SO	Bishop Heelan	3	24:18.9
4 JONES, Alexys	SO	Sioux City East	4	24:34.8
5 SKINNER, Ella	SO	Sergeant-Bluff Luton	5	24:40.9
6 CALDERON, Carmen	JR	Sioux City North	6	24:47.1
7 RYAN, Jenna	SR	Sergeant-Bluff Luton	7	24:52.5
8 VAN ETTEN, Arilynn	FR	Sioux City North	8	25:09.6
9 JOCHUM, Taylor	JR	Bishop Heelan	9	25:18.3
10 JOHNSON, Bella	FR	Sergeant-Bluff Luton	10	25:20.2
11 SMITH, Grace	JR	Sioux City East	11	25:27.0
12 MASCARENAS, Alicia	FR	CB Abraham Lincoln	12	25:41.4
13 WALZ, Emma	SR	Sioux City North	13	25:47.4
14 RITZ, Addison	JR	Sergeant-Bluff Luton	14	25:59.1
15 AHRENDT, Kendall	SO	Sergeant-Bluff Luton	15	26:05.3
16 GARRETT, Linkynn	SR	Sergeant-Bluff Luton	16	26:07.4

Athlete	Yr.	Team	Score	Time
17 GANT, Regan	JR	CBTJ	17	26:08.5
18 LOFFSWOLD, Sophie	SO	Sergeant-Bluff Luton	--	26:08.9
19 DENMAN, Aili	SO	Sergeant-Bluff Luton	--	26:09.4
20 BARBER, Ellie	SR	Bishop Heelan	18	26:10.1
21 WITT, Tana	SO	CB Abraham Lincoln	19	26:16.9
22 KOOB, Kalyn	FR	Bishop Heelan	20	26:17.8
23 ALLEN, Haley	SO	CBTJ	21	26:29.6
24 BARTO, Elizabeth	FR	Sergeant-Bluff Luton	--	26:32.9
25 FEHL, Alexis	JR	Sergeant-Bluff Luton	--	26:55.7
26 LEMUS, Nehirin	JR	CBTJ	22	26:59.4
27 RUSKAMP, Olivia	FR	Sergeant-Bluff Luton	--	26:59.4
28 AYMAR, Katherine	SR	Sergeant-Bluff Luton	--	27:06.6
29 AMELUNG, Ashleigh	SR	Sioux City North	23	27:13.2
30 CLIFF, Marissa	SR	Sioux City East	24	27:17.0
31 BIXENMAN, Sophie	SR	Le Mars	25	27:17.8
32 FITZPATRICK, Hannah	JR	Bishop Heelan	26	27:21.8
33 TINDALL, Tegan	SO	CB Abraham Lincoln	27	27:29.2
34 SCHOENING, Gracie	JR	CB Abraham Lincoln	28	27:38.3
35 BUNTEN, Jaqueline	SO	CB Abraham Lincoln	29	27:47.1
36 BROWN, Eliana	SO	CB Abraham Lincoln	30	27:47.4
37 KLUVER, Callie	FR	Le Mars	31	28:06.4
38 GREIGG, Cyann	FR	Sioux City East	32	28:10.3
39 HOSICK, Sydney	JR	CBTJ	33	28:18.4
40 MCDANIEL, Reagan	SO	CB Abraham Lincoln	34	28:19.6
41 FAIRCHILD, Marygrace	FR	Bishop Heelan	35	28:21.6
42 SKATGES, Kelsi	FR	Sergeant-Bluff Luton	--	28:23.3
43 GARRISON, McKenzie	FR	Sergeant-Bluff Luton	--	28:30.4
44 MCSHANE, Payton	JR	Le Mars	36	28:30.7
45 NORDSTROM, Liberty	SR	Sioux City North	37	28:48.8
46 KNAU, Lily	FR	CB Abraham Lincoln	--	29:11.4
47 ALBRECHT, Hannah	JR	Le Mars	38	29:38.8
48 SALE, Katie	JR	Sergeant-Bluff Luton	--	29:50.5
49 GARRISON, Madison	FR	Sergeant-Bluff Luton	--	29:52.8
50 RSETTER, Cameron	SO	Sioux City North	39	30:22.5
51 CARLSON, Hailey	SO	CBTJ	40	30:24.0
52 MICHAEL, Emma	SR	Le Mars	41	30:27.6
53 SALAS, Analicia	FR	Sioux City North	42	30:33.8

Athlete	Yr.	Team	Score	Time
54 LUCAS, Lauren	SR	Sergeant-Bluff Luton	--	30:41.4
55 GARCIA, Hailey	FR	Sioux City East	43	30:51.3
56 FRAZEE, Haley	SR	Sioux City East	44	30:55.9
57 KOPP, Megan	JR	Sioux City North	--	31:20.6
58 SMITH, Julia	JR	CB Abraham Lincoln	--	31:22.3
59 VALLE, Jazmarie	SO	CBTJ	45	33:07.1
60 KINDRED, Rilee	SO	CB Abraham Lincoln	--	33:07.8
61 MCHUGH-HOSKINS, Riley	SR	Sergeant-Bluff Luton	--	34:19.8
62 BARRERA-ARAGON, Alma	FR	Sioux City North	--	34:53.7
63 CARTER, Chloe	SO	CB Abraham Lincoln	--	34:56.5
64 MORALES, Mitzully	SR	Le Mars	46	36:09.5
65 NGUYEN, Moon	JR	Le Mars	47	37:18.1

2020 MISSOURI RIVER CONFERENCE



Iowa Western Community College

10/15/2020

Race #4

MEN (Junior Varsity) • 5 Kilometers (3.11 Miles)

FINAL RESULTS

TEAM SCORING SUMMARY

Final Standings	Score	Total	Division
1 Sioux City North	23	1:36:01	
2 LeMars	49	1:38:43	
3 Sioux City East	108	1:45:02	
4 CBTJ	111	1:45:17	
5 Sergeant-Bluff Luton	125	1:46:31	
6 Abraham Lincoln	131	1:47:16	
7 Bishop Heelan	179	1:50:49	
8 Sioux City West High	260	2:49:32	

INDIVIDUAL RESULTS

Athlete	Yr.	Team	Score	Time
1 KLING, Steven	FR	Sioux City North	1	18:20.5
2 MEIS, Michael	SO	LeMars	2	18:32.3
3 GUTIERREZ, Jose	JR	Sioux City North	3	19:10.5
4 HAILEMICHAEL, Weldeab	JR	Sioux City North	4	19:12.7
5 BURRACK, Owen	SR	Sioux City North	5	19:17.5
6 OBBINK, Trace	FR	LeMars	6	19:20.0
7 ROTHMEYER, Gavin	FR	CBTJ	7	19:29.8
8 CAMPBELL, Luke	FR	Sioux City East	8	19:42.6
9 HAWORTH, Austin	SO	LeMars	9	19:42.7
10 CHRISTENSEN, Lorcan	JR	Sioux City North	10	19:59.5
11 MILNER, Evan	SR	CBTJ	11	20:09.2
12 SCHAAP, Brady	SR	Sergeant-Bluff Luton	12	20:11.4
13 REDA, Merhawe	FR	Sioux City North	13	20:12.1
14 VLAHOULIS, Kellen	SO	Sioux City East	14	20:19.5
15 WURTH, Caden	SO	LeMars	15	20:31.7

Athlete	Yr.	Team	Score	Time
16 OLSON, Joseph	SO	Sioux City North	16	20:33.3
17 GREENSTREET, Davian	SO	Sioux City North	--	20:34.4
18 STELLISH, Kenny	SR	Sioux City North	--	20:34.5
19 BURRELL, Reddeck	SO	LeMars	17	20:36.0
20 KINDRED, Daxon	SO	Abraham Lincoln	18	20:43.3
21 DEBATES, Joseph	SO	Sioux City East	19	20:51.3
22 MCINNIS, Jack	SR	LeMars	20	20:51.9
23 GREENWELL, Liam	SR	Sioux City North	--	20:55.4
24 CHHET, Aydin	JR	Sioux City East	21	21:02.7
25 SCHAAP, Dylon	SO	Sergeant-Bluff Luton	22	21:07.8
26 LAURSEN, Noah	FR	LeMars	23	21:20.1
27 MCCORMICK, Dalton	SO	Abraham Lincoln	24	21:20.2
28 MCGOWAN, Jake	JR	Bishop Heelan	25	21:22.6
29 EMBROCK, Adam	FR	Sioux City North	--	21:23.2
30 LINK, Isaiah	FR	Sioux City North	--	21:24.1
31 KRYSL, Jacob	JR	Sioux City North	--	21:25.6
32 WALZ, Elliot	SO	Sioux City North	--	21:27.8
33 CALHOUN, Konnor	JR	LeMars	--	21:28.6
34 TRAN, Tony	SR	CBTJ	26	21:29.5
35 DIRKSEN, Emmet	SR	Sergeant-Bluff Luton	27	21:34.4
36 BARRETT, Brenden	SR	Abraham Lincoln	28	21:40.1
37 RYAN, Jude	SR	Abraham Lincoln	29	21:43.2
38 BURNEY, Aaron	JR	CBTJ	30	21:45.0
39 WIESELER, Michael	FR	Sergeant-Bluff Luton	31	21:45.4
40 LEINEN, Ethan	SR	Abraham Lincoln	32	21:48.6
41 MACCLURE, Nathaniel	FR	Sergeant-Bluff Luton	33	21:51.3
42 FEY, Paulsen	FR	Bishop Heelan	34	21:52.9
43 SCOTT, Nic	JR	Sergeant-Bluff Luton	35	21:53.3
44 LAFLEUR, Jacob	SO	Bishop Heelan	36	22:03.8
45 KELLIN, Braden	JR	CBTJ	37	22:23.1
46 KOLETZKE, Chase	SR	CBTJ	38	22:26.5
47 JOHNSON, Justin	SO	Sergeant-Bluff Luton	39	22:35.4
48 NEWMAN, Josh	SR	Bishop Heelan	40	22:37.7
49 HERZOG, Parker	FR	Abraham Lincoln	41	22:39.0
50 BERG, Nick	FR	CBTJ	42	22:45.5
51 COLBURN, Abe	SO	Abraham Lincoln	43	22:47.1
52 LAFLEUR, Lucas	SO	Bishop Heelan	44	22:51.5

Athlete	Yr.	Team	Score	Time
53 VANDERSLUIS, Seth	FR	LeMars	--	22:53.6
54 PRENGER, Easton	SO	Bishop Heelan	45	22:54.3
55 MARCHAND, Judd	SO	Sergeant-Bluff Luton	--	22:54.8
56 MCGILL, Jacob	SO	LeMars	--	22:58.7
57 BECKER, Merric	SO	Abraham Lincoln	--	22:59.2
58 DELPERDANG, Xander	JR	Sioux City North	--	23:04.0
59 BATES, Cody	SR	Sioux City East	46	23:05.5
60 MEYER, Joe	JR	Bishop Heelan	47	23:09.7
61 LOHR, Matthew	SR	Sioux City North	--	23:10.5
62 EBERLY, Jace	JR	Sioux City East	48	23:20.8
63 JAMA, Abdulkadir	SR	Sioux City North	--	23:37.7
64 VENTEICHER, Noah	SO	LeMars	--	23:50.7
65 NEVILLE, Asa	SO	CBTJ	--	24:07.0
66 WINKEL, Mallik	SO	Sioux City East	49	24:22.3
67 JENSEN, Jack	FR	Bishop Heelan	--	24:23.8
68 HSEE, Poe	JR	CBTJ	--	24:32.6
69 MOLLET, Ian	SO	Bishop Heelan	--	24:37.9
70 BEYER, Vincent	FR	Sergeant-Bluff Luton	--	24:39.3
71 ALBERS, Seth	SR	LeMars	--	24:46.9
72 SANTACRUZ, Joel	SO	CBTJ	--	24:47.7
73 SPENCER, Jacob	JR	LeMars	--	25:35.6
74 WERCHMAN-GILMORE, Keegan	FR	Sioux City West High	50	26:16.0
75 HAIDER, Mickey	JR	Sergeant-Bluff Luton	--	26:36.9
76 IBAR, Amer	SR	CBTJ	--	26:47.2
77 MOLLET, Sam	JR	Bishop Heelan	--	28:00.3
78 MURRA, Michael	FR	LeMars	--	28:05.5
79 AESOPH, Keenan	SO	Bishop Heelan	--	29:09.5
80 ANDRADE, Carlos	FR	Sioux City West High	51	30:23.0
81 CONDON, Jeremy	FR	LeMars	--	33:12.9
82 REYES, Victor	FR	Sioux City West High	52	34:33.6
83 TRAN, Johnny	FR	Sioux City West High	53	38:46.7
84 SANTOS, Julio	FR	Sioux City West High	54	39:32.5

