

**MVAOCOUC XC Invitational 2020 - 9/24/2020****9/24/2020****Rankings****Event 1 Girls 5k Run CC High School**

Name	Year School	Finals	Points
Varsity Results 5000 Run			
1 #685 Kuntz, Erika	11 Kp-Wc V	20:59.89	1
2 #704 Mesz, Jolee	10 Lawton Bronson V	21:11.81	2
3 #687 Putze, Sarah	12 Kp-Wc V	21:52.23	3
4 #684 Hamman, Sarahy	11 Kp-Wc V	21:52.30	4
5 #643 Schroeder, Emma	11 East Sac County V	22:00.87	5
6 #745 Stowater, Madison	09 Ridge View V	22:01.05	6
7 #686 Putze, Mary	12 Kp-Wc V	22:05.07	7
8 #605 Miller, Claire	10 Denison-Schleswig V	22:30.60	8
9 #746 Vohs, Jaycie	09 Ridge View V	22:48.87	9
10 #682 Cameron, Kalyon	12 Kp-Wc V	23:41.83	10
11 #800 Murley, Alayna	12 V-South Cent	23:44.97	11
12 #831 Spainer, Carissa	11 Treynor V	23:48.05	12
13 #743 Padavich, Paige	12 Ridge View V	24:02.47	13
14 #688 Rogers, Hanna	10 Kp-Wc V	24:10.47	14
15 #683 Countryman, Lynsey	11 Kp-Wc V	24:20.74	15
16 #589 Araujo, Isabella	12 Denison-Schleswig V	24:35.26	16
17 #594 Cary, Elizabeth	11 Denison-Schleswig V	24:41.21	17
18 #829 Lang, Kasey	10 Treynor V	25:07.23	18
19 #801 Nelson, Alexia	11 V-South Cent	25:12.63	19
20 #701 Chamberlain, Emily	12 Lawton Bronson V	25:16.96	20
21 #871 Muenchrath, Katie	11 Westwood V	25:20.72	
22 #742 Mendoza, Maria	12 Ridge View V	25:28.57	21
23 #803 Ridgely, Jade	11 V-South Cent	25:45.12	22
24 #918 Dreyer, Mira	10 Treynor V	25:54.64	23
25 #644 Vaca, Aimee	09 East Sac County V	25:59.42	24
26 #716 Lauren, McMillen	10 Mvaocou V	26:01.86	
27 #596 Cortez, Tania	12 Denison-Schleswig V	26:08.07	25
28 #799 Kramer, Evelyn	09 V-South Cent	26:17.89	26
29 #852 Gaukel, Joslin	09 West Monona V	26:37.74	
30 #705 Rohan, Isabel	11 Lawton Bronson V	26:39.04	27
31 #908 Neligh, Kylie	09 Woodbine V	26:39.86	
32 #828 Karr, Camille	09 Treynor V	26:42.75	28
33 #798 Korleski, Brielle	12 V-South Cent	26:43.59	29
34 #601 Iglesias, Jazmine	10 Denison-Schleswig V	26:45.31	30
35 #876 Murray, Halle	12 Whiting V	27:02.89	
36 #802 Riat, Claire	09 V-South Cent	27:15.75	31
37 #797 Hanks, Ashley	12 V-South Cent	27:57.88	32
38 #826 Davidson, Josie	11 Treynor V	28:05.48	33
39 #599 Gunderson, Olivia	11 Denison-Schleswig V	28:11.44	34
40 #854 Lage, Maggie	09 West Monona V	28:27.12	
41 #703 Kamm, Abby	11 Lawton Bronson V	28:35.62	35
42 #700 Ameen, Sierra	12 Lawton Bronson V	28:37.75	36
43 #592 Bowker, Lauren	10 Denison-Schleswig V	28:39.43	37
44 #726 Goettsch, Graca	11 Ridge View V	29:01.61	38
45 #763 Stevens, Toni	09 V-Siouxland	29:37.39	
46 #740 Devitt, Cora	12 Ridge View V	29:44.62	39
47 #877 Rivas, Laila	10 Whiting V	29:50.96	
48 #853 Koenig, Joanna	09 West Monona V	30:02.64	
49 #645 Vaca, Ashley	09 East Sac County V	30:13.61	40
50 #906 Ireland, Audrey	12 Woodbine V	30:52.59	
51 #641 Mahler, Cora	09 East Sac County V	30:59.54	41
52 #830 Nichols, Mia	12 Treynor V	31:56.94	42

**MVAOCOU XC Invitational 2020 - 9/24/2020**

**9/24/2020**

**Rankings**

**....Event 1 Girls 5k Run CC High School**

53 #827 Houser, Allie	09 Treynor V	32:03.23	43
54 #878 Teel, Brenyn	10 Whiting V	32:28.17	
55 #732 Turnquist, Alexis	12 Ridge View V	32:34.69	44
56 #761 Luna, Leslie	09 V-Siouxland	34:10.49	
57 #642 McCollough, Anna	09 East Sac County V	34:48.65	45
58 #764 Wilford, Magdala	11 V-Siouxland	35:12.04	
59 #762 Stevens, Shelby	11 V-Siouxland	35:12.12	

Junior Varsity Results 5000 Run

1 #666 Hodgins, Leah	10 Kp-Wc jv/ms	25:21.61
2 #782 Rohlfs, Scout	09 South Centra	26:36.04
3 #776 Korleski, Addisyn	11 South Centra	26:41.30
4 #783 Smidt, Mady	09 South Centra	26:53.71
5 #773 Collison, Catie	11 South Centra	27:35.94
6 #591 Barajas, Juliana	11 Denison-Schl	28:34.11
7 #667 Koch, Hannah	10 Kp-Wc jv/ms	29:20.57
8 #729 Pacza, Tess	09 Ridge View jv/ms	34:38.65
9 #733 Vincent, Leanna	09 Ridge View jv/ms	36:18.17
10 #727 Hagen, Kinzie	09 Ridge View jv/ms	37:01.18
11 #664 Dye, Allison	10 Kp-Wc jv/ms	37:26.92
12 #670 Morgan, Faith	10 Kp-Wc jv/ms	43:39.15

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Varsity Results 5000 Run

1 Kp-Wc V	25	1	3	4	7	10	14	15
Total Time: 1:50:31.32								
Average: 22:06.27								
2 Ridge View V	87	6	9	13	21	38	39	44
Total Time: 2:03:22.57								
Average: 24:40.52								
3 Denison-Schleswig V	96	8	16	17	25	30	34	37
Total Time: 2:04:40.45								
Average: 24:56.09								
4 South Central Calhoun V	107	11	19	22	26	29	31	32
Total Time: 2:07:44.20								
Average: 25:32.84								
5 Treynor V	114	12	18	23	28	33	42	43
Total Time: 2:09:38.15								
Average: 25:55.63								
6 Lawton Bronson V	120	2	20	27	35	36		
Total Time: 2:10:21.18								
Average: 26:04.24								
7 East Sac County V	155	5	24	40	41	45		
Total Time: 2:24:02.09								
Average: 28:48.42								

**MVAOCOU XC Invitational 2020 - 9/24/2020****9/24/2020****Rankings****Event 2 Boys 5k Run CC High School**

Name	Year	School	Finals	Points
Varsity Results 5000 Run				
1 #765 Brannon, Eric	12	V-Siouxland	17:21.73	1
2 #834 Dooley, Cole	11	Treynor V	17:23.33	2
3 #707 Moseman, Theo	10	Lawton Bronson V	18:02.48	
4 #770 Wilford, Alex	10	V-Siouxland	18:23.59	3
5 #766 Brannon, Sam	11	V-Siouxland	18:25.48	4
6 #753 Wunschel, Kyler	10	Ridge View V	18:41.73	5
7 #910 Bendgen, Landon	09	Woodbine V	18:50.02	6
8 #690 Jessen, Tristan	11	Kp-Wc V	18:54.63	7
9 #752 Todd, Ben	12	Ridge View V	18:56.14	8
10 #837 Yochum, Mason	10	Treynor V	18:56.43	9
11 #625 Vargas, Adolfo	12	Denison-Schleswig V	19:34.42	10
12 #857 Harris, Treyton	11	West Monona V	19:36.18	11
13 #620 Ledesma, Ricky	11	Denison-Schleswig V	19:52.97	12
14 #808 Lightner, Tyler	10	V-South Cent	19:55.22	13
15 #862 Sidwell, Brennan	12	West Monona V	19:58.51	14
16 #915 Schafer, Conrad	12	Woodbine V	20:01.72	15
17 #916 Wright, Nate	11	Woodbine V	20:11.26	16
18 #911 Burgermeyer, Trey	09	Woodbine V	20:14.24	17
19 #860 Runyon, Jayce	10	West Monona V	20:16.94	18
20 #805 Burley, Nathan	09	V-South Cent	20:17.48	19
21 #858 McKinley, Eein	10	West Monona V	20:20.84	20
22 #767 Goetsch, AJ	11	V-Siouxland	20:25.31	21
23 #709 Uhl, Tom	10	Lawton Bronson V	20:26.12	
24 #648 Engel, Parker	09	East Sac County V	20:31.22	22
25 #623 Perrien, Ethan	10	Denison-Schleswig V	20:35.67	23
26 #768 Harsma, Jackson	12	V-Siouxland	20:37.94	24
27 #810 Wheelock, Eli	10	V-South Cent	20:38.53	25
28 #693 Verschoor, Collin	12	Kp-Wc V	20:41.00	26
29 #662 Sypersma, Zach	10	Hinton V	20:44.83	
30 #725 Jayden, Meyer	09	Mvaocou V	20:52.58	27
31 #612 Campos, Chris	10	Denison-Schleswig V	20:55.74	28
32 #804 Blair, Tristan	09	V-South Cent	20:56.55	29
33 #809 Soyer, Carter	11	V-South Cent	21:01.66	30
34 #661 Schindler, Will	11	Hinton V	21:01.84	
35 #708 Thoreson, Kinnick	09	Lawton Bronson V	21:17.35	
36 #722 Ethan, Reed	11	Mvaocou V	21:17.57	31
37 #750 Forristal, Matthew	09	Ridge View V	21:26.40	32
38 #639 Thorpe, Wyatt	11	East Sac County V	21:26.56	33
39 #917 Bach, Ryan	10	Treynor V	21:27.42	34
40 #613 Castellanos, Esteba	11	Denison-Schleswig V	21:27.99	35
41 #618 Ibarra, Brian	10	Denison-Schleswig V	21:28.71	36
42 #793 Thompson, Cody	11	V-South Cent	21:30.35	37
43 #833 Coffman, Brady	11	Treynor V	21:31.87	38
44 #859 Melton, Reuben	11	West Monona V	21:36.78	39
45 #912 Carmody, Aidan	11	Woodbine V	21:37.05	40
46 #692 Seuntjens, Carson	10	Kp-Wc V	21:44.39	41
47 #836 Nichols, Miles	10	Treynor V	21:58.43	42
48 #880 Nelson, Atley	12	Whiting V	21:58.89	
49 #706 Larson, Adam	12	Lawton Bronson V	22:06.05	
50 #882 Purcell, Duncan	09	Whiting V	22:09.55	
51 #651 Pobanz, Nathan	11	East Sac County V	22:10.88	43
52 #835 McCain, Tyson	09	Treynor V	22:17.40	44

**MVAOCOU XC Invitational 2020 - 9/24/2020****9/24/2020****Rankings****...Event 2 Boys 5k Run CC High School**

53	#824	Young, Alan	10	Treynor V	22:25.09	45
54	#913	Reisz, Easton	11	Woodbine V	22:32.98	46
55	#689	Colbert, Caedon	12	Kp-Wc V	22:38.27	47
56	#856	Boynton, Jesse	10	West Monona V	22:40.72	48
57	#794	Whipkey, Nik	10	V-South Cent	22:40.92	49
58	#616	Garcia, Alex	10	Denison-Schleswig V	22:49.85	50
59	#647	Eichorn, Caleb	09	East Sac County V	23:01.29	51
60	#861	Sidwell, Braytton	09	West Monona V	23:02.84	52
61	#771	Wilford, Justin	10	V-Siouxland	23:03.57	53
62	#660	Moran, Garrett	10	Hinton V	23:08.93	
63	#650	Peters, Ethan	09	East Sac County V	23:53.28	54
64	#646	Aragon, Isaiah	09	East Sac County V	23:54.36	55
65	#649	Horton, Jadon	12	East Sac County V	24:32.95	56
66	#751	Movall, Grant	10	Ridge View V	24:47.37	57
67	#747	Altena, Adrian	09	Ridge View V	24:53.45	58
68	#723	Hamman, Cameric	12	Mvaocou V	24:59.15	59
69	#872	Jenkins, Carter	09	Westwood V	25:16.19	
70	#899	Newton, Josh	10	Woodbine V	26:03.97	60
71	#691	Korynta, Zak	09	Kp-Wc V	27:28.30	61
72	#721	Chaz, Blake	09	Mvaocou V	27:37.84	62
73	#748	Blum, Drew	10	Ridge View V	28:35.70	63
74	#724	James, Weaver	11	Mvaocou V	29:37.75	64
75	#881	Nichols, Lance	10	Whiting V	29:38.63	
76	#769	Villatoro, Anthony	09	V-Siouxland	30:14.90	65
77	#879	Gigaroa, Asher	12	Whiting V	32:19.01	
78	#749	Blum, Logan	12	Ridge View V	33:05.47	66

**Junior Varsity Results 5000 Run**

1	#846	Melton, Kaden	09	West Monona jv/ms	21:29.38	1
2	#624	Schillerberg, Brady	09	Denison-Schl	22:11.15	2
3	#619	Krajicek, Kaiden	10	Denison-Schl	22:20.07	3
4	#791	Nath, Matt	09	South Centra	22:43.32	4
5	#818	Carley, Jack	09	Treynor jv/ms	22:47.72	
6	#610	Bowker, Reed	12	Denison-Schl	22:49.59	5
7	#841	Disney, Cole	10	West Monona jv/ms	22:53.14	6
8	#821	Saar, Andrew	10	Treynor jv/ms	24:37.35	
9	#608	Alvarenga, Carlos	10	Denison-Schl	25:22.16	7
10	#786	DeWitt, Russell	11	South Centra	25:29.02	8
11	#676	Haggin, Levi	09	Kp-Wc jv/ms	25:37.32	
12	#792	Pagel, Parker	10	South Centra	25:42.60	9
13	#844	Lawrence, Alex	09	West Monona jv/ms	25:42.91	10
14	#845	McKinley, Gabe	09	West Monona jv/ms	26:15.86	11
15	#843	Heisterkamp, Garret	12	West Monona jv/ms	26:17.10	12
16	#621	Ochoa, Christopher	09	Denison-Schl	26:38.56	13
17	#784	Blair, Caleb	10	South Centra	26:45.44	14
18	#630	Auen, Caiden	09	East Sac Cou	26:45.67	
19	#796	Wilson, Zach	11	South Centra	29:15.83	15
20	#681	Verschoor, Adin	09	Kp-Wc jv/ms	30:30.16	
21	#652	Reiling, Dwight	10	East Sac Cou	30:56.44	
22	#638	Thompson, Austin	09	East Sac Cou	31:32.95	
23	#675	Eickholt, Teagan	09	Kp-Wc jv/ms	32:34.06	
24	#759	Rhodes, Josh	09	Siouxland Ch	32:57.86	
25	#785	Daniel, Austin	09	South Centra	34:25.06	16
26	#617	Gotto, Tanner	09	Denison-Schl	34:32.49	17
27	#774	Wiley, Marcus	09	South Centra	38:58.48	18



**MVAOCOU XC Invitational 2020 - 9/24/2020****9/24/2020****Rankings****Event 3 Mixed 3200 Meter Run CC Middle School**

Name	Year School	Finals	Points
Results - Women 3200 Run			
1 #603 Mendlik, Lola	W08 Denison-Schl	13:57.01	
2 #672 Putze, Rachel	W07 Kp-Wc jv/ms	14:03.46	
3 #777 Melody, Iris	W07 South Centra	14:58.42	
4 #840 Pittet, Ashlee	W07 West Monona jv/ms	15:09.28	
5 #885 Lapel, Adyson	W08 Woodbine jv/ms	15:23.79	
6 #607 Schrum, Charlotte	W07 Denison-Schl	15:34.75	
7 #838 Broer, Chloe	W07 West Monona jv/ms	15:37.55	
8 #817 Yochum, Lilly	W07 Treynor jv/ms	15:42.54	1
9 #772 Burley, Katie	W07 South Centra	15:43.71	
10 #755 Hall, Abby	W08 Siouxland Ch	15:51.45	
11 #756 Wilford, Lily	W08 Siouxland Ch	15:52.49	
12 #779 Patterson, Breanne	W08 South Centra	15:59.17	
13 #590 Bahnsen, Emily	W08 Denison-Schl	16:05.88	
14 #673 Verschoor, Joslyn	W08 Kp-Wc jv/ms	16:07.99	
15 #696 Smith, Addison	W08 Lawton Brons	16:29.55	
16 #754 Eisenga, Taya	W07 Siouxland Ch	16:32.34	
17 #731 Tesch, Addy	W07 Ridge View jv/ms	16:50.43	
18 #728 Hawthorne, Reese	W07 Ridge View jv/ms	17:17.06	
19 #663 Cameron, Kierstyn	W08 Kp-Wc jv/ms	17:27.04	
20 #655 Sewell, Madison	W08 Hinton jv/ms	17:46.12	
21 #816 Winchell, Elyse	W07 Treynor jv/ms	17:58.10	2
22 #812 Deitchler, Geneviev	W08 Treynor jv/ms	17:59.36	3
23 #811 Caseris, Erica	W07 Treynor jv/ms	18:31.81	4
24 #889 Walsh, Mariah	W08 Woodbine jv/ms	18:32.47	
25 #839 Miller, Ally	W07 West Monona jv/ms	18:32.54	
26 #866 Krueger, Hannah	W07 Westwood jv/ms	18:48.49	
27 #665 Hannah, CJ	W08 Kp-Wc jv/ms	18:54.10	
28 #865 Kaufman, Kennedy	W07 Westwood jv/ms	18:58.88	
29 #653 Harper, Ruby	W08 Hinton jv/ms	19:17.13	
30 #813 Jorgenson, Delaney	W07 Treynor jv/ms	19:35.37	5
31 #626 King, Rachel	WMS East Sac Cou	19:48.83	
32 #595 Castillo, Janet	W08 Denison-Schl	19:54.69	
33 #886 Liddell, Addi	W07 Woodbine jv/ms	21:26.41	
34 #730 Rasmussen, Makayla	W08 Ridge View jv/ms	21:32.16	
35 #863 Christoferson, Keel	W07 Westwood jv/ms	21:42.02	
36 #888 O'Day, Abby	W07 Woodbine jv/ms	23:07.06	
Results - Men 3200 Run			
1 #712 Hamman, Kael	M08 Mvaocou jv/ms	13:18.81	
2 #656 Greigg, Ian	M08 Hinton jv/ms	13:26.99	
3 #697 Bieler, Lane	M08 Lawton Brons	14:01.96	
4 #894 Gruver, Carter	M08 Woodbine jv/ms	14:14.77	1
5 #890 Barry, Adam	M08 Woodbine jv/ms	14:16.22	2
6 #611 Brihane, Yohannes	M08 Denison-Schl	14:19.29	
7 #679 Metcalf, Devin	M07 Kp-Wc jv/ms	14:27.97	
8 #699 Hanson, Drew	M08 Lawton Brons	14:55.31	
9 #903 Sullivan, Leo	M08 Woodbine jv/ms	15:00.02	3
10 #825 Young, Peter	M08 Treynor jv/ms	15:00.40	4
11 #738 Todd, Jack	M08 Ridge View jv/ms	15:04.22	5
12 #736 Hanson, Odin	M07 Ridge View jv/ms	15:21.63	6
13 #892 Coenen, Wyatt	M08 Woodbine jv/ms	15:36.33	7
14 #734 Escobar, Jose	M08 Ridge View jv/ms	15:41.50	8
15 #636 Martin, Andrew	MMS East Sac Cou	15:41.85	9



**MVAOCOU XC Invitational 2020 - 9/24/2020**

**9/24/2020**

**Rankings**

**....Event 3 Mixed 3200 Meter Run CC Middle School**

4 East Sac County jv/ms 75 9 10 17 19 20 26 27

Total Time: 1:24:21.05

Average: 16:52.21

5 South Central Calhoun jv/ 106 13 14 22 28 29

Total Time: 1:39:31.30

Average: 19:54.26

Results - Women 3200 Run

1 Treynor jv/ms 15 1 2 3 4 5

Total Time: 1:29:47.18

Average: 17:57.44