

2021 Missouri River Conference Championships - 10/14/2021

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 #3103 Downs, Kaia	12	Sioux City East	18:13.37	1
2 #3132 Jordan, Elizabeth	11	Sioux City North	19:38.07	2
3 #2929 Stanley, Brooklyn	10	Bishop Heelan	20:28.48	3
4 #3105 mehlhaff, ivy	10	Sioux City East	20:38.10	4
5 #2928 Saulsbury, Delaney	09	Bishop Heelan	20:46.09	5
6 #3030 Hulinsky, Rebecca	11	Le mars	21:20.15	6
7 #2914 Demke, Maddie	10	Bishop Heelan	21:20.85	7
8 #2925 Newberg, Jada	11	Bishop Heelan	21:20.93	8
9 #3068 Hazuka, Sabrina	12	Sgt. Bluff-Luton	21:21.27	9
10 #3070 Karras, Sophia	11	Sgt. Bluff-Luton	21:21.34	10
11 #2930 Walsh, Scarlett	10	Bishop Heelan	21:30.29	11
12 #3034 McNaughton, Lilly	12	Le mars	21:42.54	12
13 #3104 Jones, Alexys	11	Sioux City East	21:45.46	13
14 #3106 Morrow, Mariah	11	Sioux City East	21:53.95	14
15 #3073 Rodriguez, Dani	12	Sgt. Bluff-Luton	21:55.65	15
16 #3075 Ryan, Gabby	11	Sgt. Bluff-Luton	21:58.42	16
17 #3140 Salas, Analicia	10	Sioux City North	22:03.19	17
18 #3131 Hancock, Aphraditi	12	Sioux City North	22:06.44	18
19 #2918 Fitzpatrick, Hanna	12	Bishop Heelan	22:20.49	19
20 #3078 Wolf, Brynn	10	Sgt. Bluff-Luton	22:21.86	20
21 #3031 Kass, Sienna	09	Le mars	22:24.42	21
22 #2968 Kepler, KayLynn	09	Council Bluffs AL	22:34.65	22
23 #2972 Loudon, Gabby	09	Council Bluffs AL	22:42.80	23
24 #3077 Streck, Ashley	12	Sgt. Bluff-Luton	22:51.69	24
25 #3005 Lemus, Eleana	11	Council Bluffs TJ	23:05.07	25
26 #3102 Barker, Ava	09	Sioux City East	23:05.23	26
27 #3130 Gonzalez, Ali	09	Sioux City North	23:17.80	27
28 #3145 Zuehl, Nicole	12	Sioux City North	23:20.43	28
29 #2977 Preston, Nora	11	Council Bluffs AL	23:23.60	29
30 #3006 Moreno, Jackie	12	Council Bluffs TJ	23:30.76	30
31 #2927 Ritz, Ellie	11	Bishop Heelan	23:37.04	31
32 #3135 Olson, Kaylee	10	Sioux City North	23:40.25	32
33 #3061 Brester, Ella	12	Sgt. Bluff-Luton	23:52.62	33
34 #2975 Mendoza, Jenny	11	Council Bluffs AL	24:03.71	34
35 #2960 Cain, Bella	12	Council Bluffs AL	24:09.15	35
36 #2958 Brown, Eliana	11	Council Bluffs AL	24:13.04	36
37 #3139 Rubio, Elizabeth	11	Sioux City North	24:18.81	37
38 #2964 Fitch, Sonia	09	Council Bluffs AL	24:23.88	38
39 #3029 Hamerlinck, Kendal	09	Le mars	24:30.46	39
40 #3003 Harstad, MacKenzie	12	Council Bluffs TJ	24:41.90	40
41 #3120 Hogan, Emma	09	Sioux City East	25:16.16	41
42 #3037 Tilberg, Abigail	11	Le mars	25:30.27	42
43 #3186 Payes, Alejandra	10	Sioux City West	25:37.10	
44 #3007 Neville, Athena	11	Council Bluffs TJ	25:48.42	43
45 #3184 Hayes, Isabella	09	Sioux City West	26:14.11	
46 #3004 Hosick, Sydney	12	Council Bluffs TJ	26:21.31	44
47 #3001 Allen, Haley	11	Council Bluffs TJ	26:41.30	45
48 #3002 Carlson, Hailey	11	Council Bluffs TJ	27:05.89	46
49 #3028 Geddes, Delaney	12	Le mars	27:50.89	47
50 #3188 Prieto, Alondra	09	Sioux City West	28:07.10	

Team Scores

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Event 3 Boys 5k Run CC Varsity

Name	Year	School	Finals	Points
1 #3169 Nash, Gabe	11	Sioux City North	15:28.87	1
2 #3164 Lohr, William	12	Sioux City North	15:30.31	2
3 #3159 Kifle, Natnael	10	Sioux City North	15:36.68	3
4 #3160 Kifle, Yemane	12	Sioux City North	16:05.63	4
5 #3107 Campbell, Ryan	12	Sioux City East	16:52.38	5
6 #3155 Gutierrez, Jose	12	Sioux City North	17:19.96	6
7 #3092 Rodriguez, Carlos	12	Sgt. Bluff-Luton	17:26.51	7
8 #3080 Gamble, Hayden	11	Sgt. Bluff-Luton	17:32.84	8
9 #3021 Soriano, Roi	12	Council Bluffs TJ	17:39.03	9
10 #2951 Ritz, Carter	12	Bishop Heelan	17:50.23	10
11 #3052 Sanchez, Juan	11	Le mars	17:51.27	11
12 #3048 Meis, Michael	11	Le mars	17:55.22	12
13 #2999 Smith, Cody	10	Council Bluffs AL	18:02.58	13
14 #2952 Rundquist, Roberto	12	Bishop Heelan	18:13.18	14
15 #3119 Stoos, Gavin	11	Sioux City East	18:15.76	15
16 #3176 Schultz, Connor	09	Sioux City North	18:20.50	16
17 #2938 Elks, Alex	09	Bishop Heelan	18:20.68	17
18 #3100 Wieseler, Michael	10	Sgt. Bluff-Luton	18:21.19	18
19 #3193 Gebra, Filmon	10	Sioux City West	18:23.15	19
20 #3108 Comstock, Brody	11	Sioux City East	18:24.53	20
21 #3191 Casseus, Judeson	11	Sioux City West	18:26.68	21
22 #3121 Widajaja, Michael	12	Sioux City East	18:28.29	22
23 #3111 Denker, Jacob	11	Sioux City East	18:28.98	23
24 #3081 Gehling, David	10	Sgt. Bluff-Luton	18:30.72	24
25 #3177 Schultz, Kiefer	09	Sioux City North	18:39.11	25
26 #3099 Vargas-Gaytan, Ale	09	Sgt. Bluff-Luton	18:40.25	26
27 #3203 Wright, Daijhon	11	Sioux City West	18:45.54	27
28 #3082 Gonzalez, Braulio	09	Sgt. Bluff-Luton	18:49.53	28
29 #3010 Bose, Ethan	11	Council Bluffs TJ	18:53.42	29
30 #3117 Samayoa, Sairus	11	Sioux City East	19:00.85	30
31 #2948 Otten, Eli	11	Bishop Heelan	19:03.73	31
32 #2937 Elks, Adam	09	Bishop Heelan	19:05.89	32
33 #3089 McGregor, Kasey	09	Sgt. Bluff-Luton	19:10.57	33
34 #2987 Fitch, Lucas	11	Council Bluffs AL	19:13.10	34
35 #2998 Sifford, Robbie	11	Council Bluffs AL	19:16.40	35
36 #3000 Watts, Aidan	09	Council Bluffs AL	19:21.33	36
37 #3056 Wurth, Caden	11	Le mars	19:22.53	37
38 #3116 Ramold, Austin	12	Sioux City East	19:28.43	38
39 #3040 Chol, Monday	12	Le mars	19:31.72	39
40 #2995 Kindred, Daxon	11	Council Bluffs AL	19:34.55	40
41 #2990 Higgins, Etienne	09	Council Bluffs AL	19:37.71	41
42 #2955 Uhl, Fisher	09	Bishop Heelan	19:41.14	42
43 #2957 Wiest, Jake	12	Bishop Heelan	19:51.56	43
44 #3015 Markuson, Mark	11	Council Bluffs TJ	20:06.59	44
45 #3022 Vallin, Emmanuel	11	Council Bluffs TJ	20:07.44	45
46 #3199 Rios, Javier	09	Sioux City West	20:14.95	46
47 #3050 Murra, Michael	10	Le mars	20:27.21	47
48 #3045 Laursen, Noah	10	Le mars	20:31.68	48
49 #3197 Munoz, Eric	10	Sioux City West	20:35.28	49
50 #2994 Johnson, Alex	09	Council Bluffs AL	20:39.91	50
51 #3039 Calhoun, Konnor	12	Le mars	21:01.91	51
52 #3196 Lopez, Jose	12	Sioux City West	21:10.45	52
53 #3009 Berg, Nick	10	Council Bluffs TJ	21:40.02	53
54 #3017 Neville, Asa	11	Council Bluffs TJ	21:47.96	54
55 #3194 Houts, Kirk	11	Sioux City West	21:56.53	55

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Sioux City North Total Time: 1:20:01.45 Average: 16:00.29	16	1	2	3	4	6	16	25		
2	Sergeant Bluff-Luton Total Time: 1:30:31.51 Average: 18:06.31	83	7	8	18	24	26	28	33		
3	Sioux City East Total Time: 1:30:29.94 Average: 18:05.99	85	5	15	20	22	23	30	38		
4	Bishop Heelan Total Time: 1:32:33.71 Average: 18:30.75	104	10	14	17	31	32	42	43		
5	Le mars Total Time: 1:35:07.95 Average: 19:01.59	146	11	12	37	39	47	48	51		
6	Council Bluffs AL Total Time: 1:35:27.96 Average: 19:05.60	158	13	34	35	36	40	41	50		
7	Sioux City West Total Time: 1:36:25.61 Average: 19:17.12	162	19	21	27	46	49	52	55		
8	Council Bluffs TJ Total Time: 1:38:26.50 Average: 19:41.30	180	9	29	44	45	53	54	56		

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Event 2 Girls 5k Run CC JV

Name	Year	School	Finals	Points
1 Kieffer, Naomi	09	Bishop Heelan	22:36.53	1
2 Wiltgen, Ava	09	Bishop Heelan	23:36.44	2
3 Emerson, Brenna	09	Bishop Heelan	23:44.90	3
4 Barber, Allison	09	Bishop Heelan	23:50.95	4
5 Berglund, Kendra	09	Sgt. Bluff-Luton	23:58.55	5
6 Brown, Addie	12	Sgt. Bluff-Luton	23:58.72	6
7 Fenton, Anna	12	Bishop Heelan	23:59.88	7
8 Griebel, Cori	11	Sgt. Bluff-Luton	24:14.80	8
9 Koob, Sid	11	Bishop Heelan	24:23.36	9
10 Andersen, Kara	09	Sgt. Bluff-Luton	24:31.72	10
11 Ahrendt, Kendall	11	Sgt. Bluff-Luton	24:43.81	11
12 Lee, Emma	12	Council Bluffs AL	24:53.63	12
13 Koob, Karley	10	Bishop Heelan	24:57.73	13
14 Barto, Elizabeth	10	Sgt. Bluff-Luton	24:58.50	14
15 mascarenas, aleesha	10	Council Bluffs AL	25:09.28	15
16 Aguilar, Felicity	12	Sioux City North	25:25.15	16
17 knau, lily	10	Council Bluffs AL	25:31.28	17
18 Ruskamp, Olivia	10	Sgt. Bluff-Luton	25:32.34	18
19 Fehl, Olivia	11	Sgt. Bluff-Luton	25:33.22	
20 Vollmer, Lilee	11	Sioux City North	25:34.42	19
21 Jochum, Taylor	12	Bishop Heelan	25:36.23	
22 Elgert, Alayna	09	Sioux City North	25:44.15	20
23 Buss, Chloe	11	Sgt. Bluff-Luton	25:56.44	
24 Mcdaniel, Reaghan	11	Council Bluffs AL	25:57.66	21
25 Ritz, Addison	12	Sgt. Bluff-Luton	26:05.61	
26 Koob, Kalyn	10	Bishop Heelan	26:09.22	
27 Ciaffa, Alyssa	09	Le mars	26:12.88	22
28 Cain, Lina	09	Council Bluffs AL	26:14.21	23
29 Johnson, Bella	10	Sgt. Bluff-Luton	26:14.99	
30 richardson, kylie	11	Council Bluffs AL	26:15.37	24
31 Otten, Anna	09	Bishop Heelan	26:16.44	
32 Schoening, Gracie	12	Council Bluffs AL	26:18.37	25
33 smith, abigail	09	Council Bluffs AL	26:19.19	
34 Brodersen, Callie	10	Sioux City North	26:30.24	26
35 Calderon, Carmen	12	Sioux City North	26:33.11	27
36 Friis, Lilly	10	Bishop Heelan	26:37.77	
37 Garrison, McKenzie	10	Sgt. Bluff-Luton	26:37.80	
38 tindall, teagan	11	Council Bluffs AL	26:41.33	
39 Fehl, Alexis	12	Sgt. Bluff-Luton	26:41.87	
40 Loffswold, Sophie	11	Sgt. Bluff-Luton	26:59.07	
41 hansen, ella	12	Council Bluffs AL	27:15.50	
42 Skinner, Ella	11	Sgt. Bluff-Luton	27:28.97	
43 Fairchild, Marygrace	10	Bishop Heelan	27:34.48	
44 Schrunck, Ashley	09	Sioux City North	27:36.13	28
45 Kluver, Callie	10	Le mars	27:42.51	29
46 Blezek, Claire	12	Le mars	27:46.82	30
47 Elgert, Adelynn	09	Sioux City North	27:57.46	31
48 Cunningham, Katie	12	Le mars	28:15.68	32
49 Venegas, Jenny	10	Sioux City North	28:22.37	
50 watkins, ava	10	Council Bluffs AL	28:22.38	
51 K, Annija	12	Council Bluffs AL	28:53.54	
52 Kellen, Tessa	09	Le mars	29:07.19	33
53 Puetz, Kendall	10	Sioux City North	29:07.34	
54 Miller, Skyler	09	Council Bluffs AL	29:08.32	
55 McShane, Payton	12	Le mars	29:10.02	34

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Event 4 Boys 5k Run CC JV

Name	Year	School	Finals	Points
1 Kumbi, Abubekar	10	Sioux City North	18:18.88	1
2 Gomez, Raul	11	Sioux City North	18:43.96	2
3 Christensen, Lorcan	12	Sioux City North	19:17.65	3
4 Greenstreet, Davian	11	Sioux City North	19:32.76	4
5 Sweum, Kellen	10	Sgt. Bluff-Luton	19:35.92	5
6 Hawkinson, Matthew	10	Sioux City North	19:38.00	6
7 Gishe, Yasin	11	Sioux City North	19:49.82	7
8 Schaap, Dylon	11	Sgt. Bluff-Luton	19:59.37	8
9 McCormick, Dalton	11	Council Bluffs AL	20:00.49	9
10 Shultz, Maciah	09	Sioux City East	20:05.55	10
11 Hornberg, Daniel	09	Council Bluffs AL	20:06.13	11
12 Hernandez, Omar	11	Sioux City East	20:06.30	12
13 Mohamed, Ismail	11	Sioux City North	20:07.11	13
14 Fjeldheim, Kameron	11	Bishop Heelan	20:17.82	14
15 Olson, Joseph	11	Sioux City North	20:17.92	
16 Meyer, Jo	12	Bishop Heelan	20:20.08	15
17 VanWyhe, Dalton	10	Sgt. Bluff-Luton	20:22.37	16
18 Konopasek, Owen	09	Sgt. Bluff-Luton	20:24.36	17
19 Skogland, Ethan	10	Sgt. Bluff-Luton	20:29.65	18
20 MacClure, Nathaniel	10	Sgt. Bluff-Luton	20:34.95	19
21 LaFleur, Lucas	11	Bishop Heelan	20:35.12	20
22 Herzog, Parker	10	Council Bluffs AL	20:40.55	21
23 Embrock, Adam	10	Sioux City North	20:41.50	
24 Woolworth, Logan	09	Sioux City North	20:41.72	
25 Harrison, Jacob	11	Sioux City East	20:46.00	22
26 Hytrek, Connor	11	Council Bluffs AL	20:47.54	23
27 Haddix, Cooper	09	Council Bluffs AL	20:48.70	24
28 Debates, Joseph	11	Sioux City East	20:49.35	25
29 Benson, Carter	11	Sioux City West	20:51.56	26
30 Welch, Jacob	09	Bishop Heelan	20:57.37	27
31 Becker, Merric	11	Council Bluffs AL	20:59.53	28
32 Walz, Elliot	11	Sioux City North	21:01.96	
33 Steffans, Hunter	11	Sgt. Bluff-Luton	21:13.95	29
34 Beyer, Vincent	10	Sgt. Bluff-Luton	21:14.84	
35 Flanery, Elias	10	Bishop Heelan	21:17.76	30
36 Carlberg, Erick	12	Bishop Heelan	21:18.85	31
37 Martin Ramos, Maximo	12	Sioux City North	21:21.13	
38 Patee, Britton	09	Bishop Heelan	21:28.05	32
39 Morales, Osmar	10	Sioux City North	21:30.15	
40 Sundarem, Sairam	10	Sgt. Bluff-Luton	21:31.02	
41 Jimenez, Omar	11	Sioux City East	21:34.38	33
42 Hytrek, Dylan	09	Council Bluffs AL	21:35.55	34
43 Kirkpatrick, Conan	09	Bishop Heelan	21:36.94	
44 Keokenchanh, Cam	10	Sgt. Bluff-Luton	21:47.71	
45 Larsen, Austin	09	Bishop Heelan	21:48.44	
46 Delperdang, Xander	12	Sioux City North	21:57.43	
47 Krysl, Jacob	12	Sioux City North	22:07.77	
48 Mullally, Ryder	09	Le mars	22:15.56	35
49 Shepard, Ryan	10	Council Bluffs TJ	22:16.12	36
50 Winkel, Mallik	11	Sioux City East	22:19.43	37
51 Booms-Ryan, Johnathan	09	Council Bluffs AL	22:26.67	
52 Calderon, Kevyn	10	Sioux City North	22:28.01	
53 Haroldson, Gavin	09	Sioux City North	22:28.22	
54 Mendez, Angel	11	Sioux City North	22:30.58	
55 Daffer, Nicholas	10	Bishop Heelan	22:31.22	

56	Valladolid, Jose	11	Sioux City North	22:33.26	
57	Heger, Clint	09	Sgt. Bluff-Luton	22:37.74	
58	Hailemichael, Weldeab	12	Sioux City North	22:38.13	
59	Kirkpatrick, Cahill	10	Bishop Heelan	22:50.80	
60	Small, JoJo	09	Sioux City West	22:53.02	38
61	Schmid, Jett	09	Le mars	22:55.63	39
62	Schueth, Bronson	12	Sioux City North	23:03.95	
63	Bowen, Brandon	10	Council Bluffs TJ	23:04.76	40
64	Stahle, Jack	11	Bishop Heelan	23:05.55	
65	Hunt, Caleb	11	Council Bluffs TJ	23:06.17	41
66	McGill, Jacob	11	Le mars	23:25.27	42
67	Llorente, German	10	Sioux City North	23:26.97	
68	Fey, Paulsen	10	Bishop Heelan	23:28.13	
69	Riker, Blake	09	Bishop Heelan	23:32.84	
70	Enszer, Gabe	09	Sioux City West	23:37.92	43
71	Craig, Carson	09	Bishop Heelan	23:40.49	
72	Johnson, Samuel	11	Le mars	23:42.06	44
73	Venteicher, Noah	11	Le mars	23:43.49	45
74	Calhoun, Kade	12	Le mars	23:43.54	46
75	Palma-Ahedo, Iker	11	Sgt. Bluff-Luton	23:45.27	
76	Vander Sluis, Seth	10	Le mars	23:53.59	47
77	Lee, Aaron	09	Le mars	23:54.24	
78	Pham, Ethan	09	Sioux City North	24:02.50	
79	Morales, Andrew	10	Council Bluffs TJ	24:20.99	48
80	Hsee, Poe	12	Council Bluffs TJ	24:31.78	49
81	Smith, Ryan	10	Council Bluffs TJ	24:49.99	50
82	Haider, Mickey	12	Sgt. Bluff-Luton	24:59.36	
83	Donovan, James	09	Bishop Heelan	25:07.20	
84	Bouwers, Paul	09	Sioux City North	25:18.53	
85	Santacruz, Joel	11	Council Bluffs TJ	25:38.35	51
86	Dandurand, Noah	09	Sioux City East	25:48.29	52
87	Santos, Julio	10	Sioux City West	25:54.02	53
88	Scott, Ikey	09	Bishop Heelan	25:59.20	
89	Casseus, Dorlenz	10	Sioux City West	26:45.85	54
90	McNutt, Josh	10	Council Bluffs AL	26:51.55	
91	Mendoza, David	09	Bishop Heelan	27:20.22	
92	Condon, Jeremy	10	Le mars	28:22.66	
93	Reyes, Victor	10	Sioux City West	29:20.55	55
94	Rusler, Rashaud	09	Sioux City North	29:59.95	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Sioux City North	16	1	2	3	4	6	7	13		
	Total Time:	1:35:31.25									
	Average:	19:06.25									
2	Sergeant Bluff-Luton	64	5	8	16	17	18	19	29		
	Total Time:	1:40:51.67									
	Average:	20:10.34									
3	Council Bluffs AL	88	9	11	21	23	24	28	34		
	Total Time:	1:42:23.41									
	Average:	20:28.69									
4	Sioux City East	102	10	12	22	25	33	37	52		
	Total Time:	1:43:21.58									
	Average:	20:40.32									
5	Bishop Heelan	106	14	15	20	27	30	31	32		
	Total Time:	1:43:28.15									
	Average:	20:41.63									
6	Le mars	205	35	39	42	44	45	46	47		
	Total Time:	1:56:02.01									
	Average:	23:12.41									
7	Council Bluffs TJ	214	36	40	41	48	49	50	51		

Total Time: 1:57:19.82

Average: 23:27.97

8 Sioux City West

214 26 38 43 53 54 55

Total Time: 2:00:02.37

Average: 24:00.48