

2024 Lakes Conference Championships - 10/14/2024  
Spirit Lake Hosts  
Brooks Golf Course (Spirit Lake, Iowa)

## Event 1 Girls 5k Run CC

Name	Year	School	Finals	Points
Varsity Results 5000 Run				
1 Morey, Peyton	12	V-Spencer	19:57.29	1
2 Kampbell, Silvia	11	V-Storm Lake	20:14.28	2
3 Beisswenger, Stefi	12	V-Cherokee	21:14.70	3
4 Morey, Ava	10	V-Spencer	21:23.64	4
5 Woodall, Grace	11	V-Cherokee	21:29.56	5
6 Wilkie, Addyson	10	V-Cherokee	21:33.18	6
7 Palmer, Alexandria	11	V-Spencer	21:45.35	7
8 Haldin, Ava	12	V-Spencer	22:00.33	8
9 Simonsen, Ella	11	V-Cherokee	22:01.99	9
10 Yager, Rylee	12	V-Estherville-Lc	22:06.99	10
11 Dahlhauser, Maggie	11	V-Storm Lake	22:40.02	11
12 Olson, Ana	12	V-Spencer	22:53.29	12
13 Haldin, Braylee	12	V-Spencer	22:54.93	13
14 Reinert, Payton	10	V-Cherokee	22:57.89	14
15 VandeHoef, Cadence	09	V-Spirit Lake	23:12.95	15
16 Riggert, Miriam	09	V-Cherokee	23:21.47	16
17 Gutierrez,, Jennifer	12	V-Storm Lake	23:25.10	17
18 Gravenish, Alexa	10	V-Cherokee	23:31.52	18
19 Backman, Lily	09	V-Storm Lake	23:47.50	19
20 Eilts, Katie	10	V-Spencer	23:53.84	20
21 Olson, Kylie	11	V-Estherville-Lc	24:02.17	21
22 Clabaugh, Morgan	11	V-Estherville-Lc	24:08.12	22
23 Indy, Holscher	11	V-Spirit Lake	24:18.10	23
24 Frostestad, Bethany	10	V-Spirit Lake	24:21.01	24
25 Bennett, Mackenzie	11	V-Spirit Lake	24:44.45	25
26 Wipperfurth, Willa	12	V-Spirit Lake	24:52.71	26
27 Lavender, Helen	10	V-Estherville-Lc	25:01.09	27
28 Blair, Kierson	09	V-Estherville-Lc	25:10.33	28
29 Martinez, Anaiz	09	V-Storm Lake	25:44.95	29
30 Pritchard, Anna	09	V-Spirit Lake	25:46.19	30
31 Villegas, Andrea	11	V-Storm Lake	32:10.86	31
32 Adams, Mia	09	V-Spirit Lake	32:41.52	32
Junior Varsity Results 5000 Run				
1 Anderson, Eva	09	Cherokee	23:00.91	1
2 Yeoh, Josie	10	Cherokee	23:54.42	2
3 Busse, Lana	11	Cherokee	24:22.34	3
4 Loucks, Lena	12	Cherokee	24:27.46	4
5 Krieg, Merceades	10	Spencer	25:04.14	5
6 Allbaugh, Hailey	10	Cherokee	25:05.94	6
7 Booth, Allison	12	Cherokee	25:06.68	7
8 Schubert, Addison	12	Cherokee	25:14.65	8
9 Benson, McKenna	12	Cherokee	25:21.10	
10 Hart, Lydia	12	Cherokee	25:39.04	
11 Thorson, Sophie	11	Cherokee	25:41.76	
12 Lauck, Madison	10	Cherokee	26:15.52	
13 Badtram, Ella	10	Cherokee	26:27.32	
14 Ellis, Leah	12	Cherokee	26:39.91	
15 Hemann, Millie	12	Spencer	26:43.90	9
16 Kramer, Jovi	09	Spencer	26:47.97	10
17 Graetinger, Kennedy	10	Spencer	26:50.76	11
18 Patterson, Sophia	11	Cherokee	26:52.39	
19 Reatiga, Zyanya	10	Cherokee	26:55.87	
20 Olguin, Jess	12	Cherokee	27:07.28	
21 Lubeck, Carli	10	Cherokee	27:20.90	
22 Smith, Brynn	12	Cherokee	28:23.52	

23 Stickrod, Madison	09 Spencer	29:09.79	12
24 Sherbring, Sophie	11 Cherokee	29:23.66	
25 Diaz, Mariana	09 Cherokee	29:23.78	
26 Mongan, Ruby	10 Cherokee	29:24.42	
27 Hare, Nora	11 Cherokee	29:53.80	
28 Ellis, Amelia Bo	10 Cherokee	30:58.56	
29 Martine, Andrea	11 Spencer	31:49.07	13

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Junior Varsity Results 5000 Run											
1	Cherokee	16	1	2	3	4	6	7	8		
	Total Time:	2:00:51.07									
	Average:	24:10.22									
2	Spencer	47	5	9	10	11	12	13			
	Total Time:	2:14:36.56									
	Average:	26:55.32									
Varsity Results 5000 Run											
1	V-Spencer	32	1	4	7	8	12	13	20		
	Total Time:	1:47:59.90									
	Average:	21:35.98									
2	V-Cherokee	37	3	5	6	9	14	16	18		
	Total Time:	1:49:17.32									
	Average:	21:51.47									
3	V-Storm Lake	78	2	11	17	19	29	31			
	Total Time:	1:55:51.85									
	Average:	23:10.37									
4	V-Estherville-Lc	108	10	21	22	27	28				
	Total Time:	2:00:28.70									
	Average:	24:05.74									
5	V-Spirit Lake	113	15	23	24	25	26	30	32		
	Total Time:	2:01:29.22									
	Average:	24:17.85									

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## Event 3 Boys 5k Run CC

Name	Year School	Finals	Points
Varsity Results 5000 Run			
1 Hughes, Brandon	12 V-Spirit Lake	16:09.88	1
2 Dirks, Dietrich	12 V-Spirit Lake	16:39.66	2
3 Ramirez-Parra, Joel	11 V-Storm Lake	16:42.91	3
4 Hungerford, Jace	10 V-Spirit Lake	17:22.21	4
5 Mills, Jacob	10 V-Storm Lake	17:25.79	5
6 Trautman, Carter	11 V-Spirit Lake	17:27.22	6
7 Koppie, Rylei	11 V-Spencer	17:29.88	7
8 Duitsman, Warren	11 V-Estherville-Lc	17:50.65	8
9 Ortega, Alexander	11 V-Storm Lake	18:01.75	9
10 Fullhart, Noah	11 V-Spencer	18:08.07	10
11 Mizner-Fundermann, Cully	11 V-Cherokee	18:09.29	11
12 Ducommun, Kyler	12 V-Cherokee	18:13.23	12
13 Krogman, Carson	12 V-Spencer	18:13.74	13
14 Brewer, Cayden	11 V-Spencer	18:24.53	14
15 Struve, Jackson	09 V-Estherville-Lc	18:25.82	15
16 Kampbell, Heath	09 V-Storm Lake	18:48.36	16
17 Conway, Wylee	09 V-Spirit Lake	18:49.55	17
18 Clabaugh, Noah	09 V-Spirit Lake	18:56.96	18
19 Brown, Hayden	10 V-Cherokee	19:07.00	19
20 Placencia, Alex	10 V-Storm Lake	19:09.59	20
21 Swartz, Riley	12 V-Cherokee	19:11.68	21
22 Richardson, Tatem	10 V-Cherokee	19:21.98	22
23 Schwint, John	09 V-Storm Lake	19:24.90	23
24 Anderson, Reno	11 V-Spencer	19:25.56	24
25 Petersen, Brett	12 V-Storm Lake	19:32.67	25
26 Vandehoef, Keegan	10 V-Spirit Lake	19:35.90	26
27 Mizner-Fundermann, Grady	11 V-Cherokee	19:52.34	27
28 Rustad, Isaiah	09 V-Spencer	19:55.79	28
29 Puffer, Colten	09 V-Cherokee	19:58.62	29
30 Matheson, Conner	11 V-Estherville-Lc	20:05.77	30
31 Thomas, Ade	10 V-Spencer	20:08.12	31
32 Chitic-Aguilar, Gustavo	10 V-Estherville-Lc	20:39.34	32
33 Welch, Beckam	09 V-Estherville-Lc	20:54.55	33
34 Aguilar-Gonzalez, Jose	09 V-Estherville-Lc	20:57.43	34
35 Smith, Garrett	09 V-Estherville-Lc	21:33.49	35
Junior Varsity Results 5000 Run			
1 Thompson, Oliver	10 Spirit Lake	18:47.61	1
2 Winkel, Cooper	12 Spirit Lake	19:30.78	2
3 Laguna Zavala, Eden	09 Storm Lake	19:36.14	3
4 Chappas, Lukas	09 Spirit Lake	19:42.81	4
5 Hawkins, Cooper	11 Spirit Lake	20:03.31	5
6 Funston, Zeke	10 Estherville-LC	20:04.21	6
7 Bauer, Jackson	10 Storm Lake	20:10.20	7
8 Hibbs, Jayden	11 Spencer	20:28.01	8
9 Jacuinde-Mellado, Raul	11 Storm Lake	20:31.47	9
10 Wahl, Sam	09 Spirit Lake	20:32.50	10
11 Sherbring, Clayton	09 Cherokee	20:49.47	11
12 Dirks, Aaron	09 Spirit Lake	20:50.08	12
13 Ward, Grant	12 Spencer	20:58.16	13
14 Salton, William	10 Spencer	21:14.37	14
15 Machado, Andre	11 Storm Lake	21:20.27	15
16 Neis, Michael	12 Spirit Lake	21:23.97	16
17 Martin, Wyatt	10 Estherville-LC	21:33.39	17
18 Tillotson, Seth	12 Spirit Lake	21:35.42	18
19 De Vos, Gerrit	11 Cherokee	21:48.36	18

20 Hughes, Tyler	12 Cherokee	21:56.82	19
21 Patterson, Garrett	09 Cherokee	22:09.84	20
22 Tut, Tut Top	12 Storm Lake	22:24.71	21
23 Rodriguez, Teo	09 Storm Lake	22:24.79	22
24 Sanchez, Nic	09 Storm Lake	22:34.13	23
25 Jackson, Hunter	11 Spirit Lake	22:39.69	
26 Hurst, Graham	09 Spencer	23:00.78	24
27 Reatiga, Oscar	12 Cherokee	23:13.66	25
28 Lutat, Dalton	10 Estherville-LC	23:16.57	26
29 Mittrucker, Samson	9 Estherville-LC	23:16.70	27
30 Bailey, Jackson	09 Spencer	23:37.34	28
31 Waker, Zach	09 Cherokee	23:49.65	29
32 Koenecke, Jack	09 Spencer	23:58.09	30
33 Hass, Oliver	09 Spencer	23:59.41	31
34 Pollock, Jayden	11 Estherville-LC	24:33.42	32
35 Rife, Tyler	09 Cherokee	24:34.62	33
36 DeWitt, Matthew	10 Estherville-LC	24:49.28	34
37 Iedema, Micah	12 Spencer	24:49.69	
38 Hurst, Gavin	11 Spencer	27:27.45	
39 Chappas, Isaac	09 Spirit Lake	27:37.59	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
=====											
Junior Varsity Results 5000 Run											
1	Spirit Lake	22	1	2	4	5	10	12	16		
	Total Time:	1:38:37.01									
	Average:	19:43.41									
2	Storm Lake	55	3	7	9	15	21	22	23		
	Total Time:	1:44:02.79									
	Average:	20:48.56									
3	Spencer	87	8	13	14	24	28	30	31		
	Total Time:	1:49:18.66									
	Average:	21:51.74									
4	Cherokee	93	11	18	19	20	25	29	33		
	Total Time:	1:49:58.15									
	Average:	21:59.63									
5	Estherville-LC	108	6	17	26	27	32	34			
	Total Time:	1:52:44.29									
	Average:	22:32.86									
Varsity Results 5000 Run											
1	V-Spirit Lake	30	1	2	4	6	17	18	26		
	Total Time:	1:26:28.52									
	Average:	17:17.71									
2	V-Storm Lake	53	3	5	9	16	20	23	25		
	Total Time:	1:30:08.40									
	Average:	18:01.68									
3	V-Spencer	68	7	10	13	14	24	28	31		
	Total Time:	1:31:41.78									
	Average:	18:20.36									
4	V-Cherokee	85	11	12	19	21	22	27	29		
	Total Time:	1:34:03.18									
	Average:	18:48.64									
5	V-Estherville-Lc	118	8	15	30	32	33	34	35		
	Total Time:	1:37:56.13									
	Average:	19:35.23									

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Event 7 Girls 2 Mile Run CC Junior High

Name	Year School	Finals	Points
1 Matthiessen, Minnie	08 Spencer Midd	13:15.33	1
2 Trautman, Kaitlyn	08 Spirit Lake	13:46.93	2
3 Healey, Laynee	07 Spencer Midd	13:48.56	3
4 Mohr, Alaina	07 Storm Lake	13:52.28	4
5 VanDerHeide, Lauren	07 Spencer Midd	13:54.36	5
6 Burns, Cecelia	07 Spencer Midd	13:55.41	6
7 Fullhart, Emerie	07 Spencer Midd	13:57.51	7
8 Phillips, Reese	07 Spirit Lake	14:30.28	8
9 Krull, Avery	07 Spirit Lake	14:33.64	9
10 Henrichsen, Harper	07 Estherville-LC	14:36.17	
11 Dotson, Lauren	08 Spencer Midd	14:42.54	10
12 Rupp, Maddie	07 Cherokee	15:19.82	11
13 Shearer, Aubrie	07 Spirit Lake	15:20.38	12
14 Mellmann, Joselyn	07 Storm Lake	15:20.79	13
15 Griffin, Khia	08 Spencer Midd	15:26.65	14
16 Rodriguez, Jade	07 Storm Lake	15:28.69	15
17 Whittenburg, Vivian	07 Spencer Midd	15:30.70	
18 Griffin, Kailyn	07 Spencer Midd	15:32.03	
19 Whittenburg, Pearl	07 Spencer Midd	15:34.05	
20 Stevenson, Hallie	08 Spencer Midd	15:36.22	
21 Cronin, Tensley	08 Cherokee	15:36.68	16
22 Leach, Kaycee	07 Cherokee	15:39.78	17
23 Soper, Ella	08 Estherville-LC	15:52.85	
24 Backman, Brooke	07 Storm Lake	15:55.14	18
25 Kunath, Mackenzie	08 Spencer Midd	16:00.01	
26 Swartz, Alena	07 Cherokee	16:04.17	19
27 Munter, Cate	07 Spencer Midd	16:51.44	
28 Fuhrman, Maggie	07 Spirit Lake	17:25.86	20
29 Ohlson, Lilly	08 Cherokee	17:25.97	21
30 Lee, Lainey	08 Cherokee	17:26.02	22
31 Iedema, Anna	08 Spencer Midd	17:39.49	
32 Harman, Lisa	08 Spencer Midd	17:41.12	
33 Jacuinde-Mellado, Isari	08 Storm Lake	17:48.59	23
34 Fuss, Kambrie	07 Spirit Lake	19:37.78	24
35 Neis, Ella	07 Spirit Lake	21:20.41	25
36 Bernhoft, Allison	07 Storm Lake	27:15.29	26

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Spencer Middle School	22	1	3	5	6	7	10	14		
	Total Time:	1:08:51.17									
	Average:	13:46.24									
2	Spirit Lake	51	2	8	9	12	20	24	25		
	Total Time:	1:15:37.09									
	Average:	15:07.42									
3	Storm Lake	73	4	13	15	18	23	26			
	Total Time:	1:18:25.49									
	Average:	15:41.10									
4	Cherokee	84	11	16	17	19	21	22			
	Total Time:	1:20:06.42									
	Average:	16:01.29									

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Event 6 Boys 2 Mile Run CC Junior High

Name	Year School	Finals	Points
1 Profit, Carson	08 Spirit Lake	12:11.62	1
2 Keith, Brigham	08 Spencer Midd	12:24.43	2
3 Harder, Ted	08 Storm Lake	12:38.63	3
4 Coates, Titus	08 Spirit Lake	12:44.41	4
5 Wassenaar, Greyson	08 Spirit Lake	12:45.29	5
6 Benson, Karsen	08 Cherokee	13:04.77	6
7 Gomez-Erickson, Juan	08 Estherville-LC	13:04.98	7
8 Clabaugh, Colin	8 Estherville-LC	13:10.94	8
9 Foell, Paul	08 Storm Lake	13:15.01	9
10 Jiminez, Andrew	08 Storm Lake	13:23.83	10
11 Ponce-Santos, Ayson	08 Estherville-LC	13:26.61	11
12 Snyder, Owen	07 Spirit Lake	13:31.61	12
13 Harris, Oliver	08 Spirit Lake	13:43.93	13
14 Phillips, Eli	08 Spirit Lake	13:58.82	14
15 Landgraf, Will	08 Storm Lake	14:08.47	15
16 Mills, Jackson	08 Storm Lake	14:12.42	16
17 Davis, Tyson	08 Spencer Midd	14:16.94	17
18 McAlpine, Braxton	08 Cherokee	14:21.99	18
19 Prickett, Nathan	08 Spencer Midd	14:23.34	19
20 Arends, Luke	8 Estherville-LC	14:27.67	20
21 Christensen, Emerson	08 Spencer Midd	14:38.72	21
22 Odendahl, Zach	08 Spirit Lake	14:39.22	22
23 Kruse, Max	08 Spirit Lake	14:44.02	
24 Schmeling, Caleb	08 Spirit Lake	14:54.95	
25 Samuelson, Levi	08 Spirit Lake	15:04.34	
26 Crowley, Jacob	07 Spirit Lake	15:21.50	
27 Quintanilla, Caleb	08 Storm Lake	15:31.53	23
28 Vedder, Corbin	07 Estherville-LC	15:31.99	24
29 Ingvall, Caiden	07 Estherville-LC	15:40.71	25
30 Maaland, Otto	07 Spencer Midd	15:48.78	26
31 Hecht, Noah	07 Estherville-LC	16:02.97	27
32 Prickett, Tanner	07 Spencer Midd	16:28.16	28
33 Long, Landen	07 Spencer Midd	16:36.68	29
34 Timmerman, Body	07 Cherokee	16:47.55	30
35 Morse, Andrew	08 Spencer Midd	17:11.27	
36 Morse, Bentley	07 Cherokee	17:21.22	31
37 Fitzgerald, Gaven	07 Cherokee	17:33.99	32
38 Lauck, Connor	08 Cherokee	17:39.17	33
39 Schettler, Mason	07 Spirit Lake	17:48.47	
40 Rowland, Bentley	07 Spirit Lake	17:56.93	
41 Bennett, Gabe	07 Spirit Lake	18:00.53	

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
1 Spirit Lake	35	1	4	5	12	13	14	22		
Total Time:	1:04:56.86									
Average:	12:59.38									
2 Storm Lake	53	3	9	10	15	16	23			
Total Time:	1:07:38.36									
Average:	13:31.68									
3 Estherville-LC	70	7	8	11	20	24	25	27		
Total Time:	1:09:42.19									
Average:	13:56.44									
4 Spencer Middle School	85	2	17	19	21	26	28	29		

Total Time: 1:11:32.21

Average: 14:18.45

5 Cherokee

117 6 18 30 31 32 33

Total Time: 1:19:09.52

Average: 15:49.91