

Sheldon XC Invitational - 9/22/2025
Sheldon Golf Course
Sheldon, Iowa

Event 1 Girls 5k Run CC Varsity & JV

Name	Year School	Finals	Points
Varsity Results 5000 Run			
1 Kampbell, Silvia	12 V-Storm Lake	20:43.61	1
2 Skari, Selma	12 V-Sioux City East	21:45.65	2
3 Dahlhauser, Maggie	12 V-Storm Lake	22:33.30	3
4 Benitez, Amadelaid	10 V-Sibley-Ocheyedan	22:42.56	4
5 Pohlen, Mya	11 V-Sibley-Ocheyedan	22:43.18	5
6 Marco, Aleah	10 V-Sibley-Ocheyedan	22:44.57	6
7 Scott, Emma	12 V-Sioux City East	22:50.59	7
8 Hansen, Bailee	11 V-Sioux City West	23:16.58	8
9 Vanderlinden, Ella	10 V-Sioux City East	23:39.98	9
10 Robinson, Kylie	10 V-Sheldon	23:48.55	
11 Odens, Gracie	09 V-Sibley-Ocheyedan	23:55.85	10
12 Kuperus, Sage	12 V-Western Christian	23:57.16	11
13 Childs, Riley	10 V-Sibley-Ocheyedan	24:09.39	12
14 Backman, Lily	10 V-Storm Lake	24:20.47	13
15 Limon, Melanie	11 V-Sioux City West	24:48.96	14
16 Hennen, Malia	09 V-Sioux City West	24:53.89	15
17 Rentschler, Emersyn	12 V-West Lyon	25:21.88	
18 Christoffersen, Keely	12 V-Westwood	25:31.15	16
19 David, Chloe	11 V-West Lyon	25:35.81	
20 Kamm, Lilin	12 V-Sioux City East	25:47.92	17
21 De Kam, Jenna	11 V-Western Christian	26:11.03	18
22 Monier, Ava	09 V-Sheldon	26:19.01	
23 Kroese, Sophia	09 V-Western Christian	26:20.49	19
24 Engbers, Olivia	11 V-Western Christian	26:43.52	20
25 Wiggs, Chloe	11 V-Westwood	27:05.98	21
26 Martinez, Anaiz	10 V-Storm Lake	27:36.85	22
27 Visser, Cali	12 V-Western Christian	27:36.98	23
28 Anderson, Alyssa	10 V-Westwood	28:03.48	24
29 Landgraf, Isabel	12 V-Storm Lake	28:52.44	25
30 Rodriguez, Jade	09 V-Storm Lake	29:10.11	26
31 Jorgensen, Lauryn	12 V-Westwood	29:18.29	27
32 Mouw, Dulcie	10 V-Sheldon	29:40.22	
33 Sterler, Kendalyn	10 V-Sheldon	29:44.50	
34 Rentschler, Audrey	09 V-West Lyon	30:22.78	
35 McDonald, Kora	10 V-Westwood	31:12.83	28
36 Pina, Gezelle	09 V-Sioux City West	31:13.03	29
37 Lastor, Kaylee	10 V-Sioux City West	31:29.20	30
38 Lengkeek, Baileigh	12 V-Sioux City East	31:58.31	31
39 Kaufman, Kennedy	12 V-Westwood	33:37.83	32
40 Jacuinde-Mellado, Isari	09 V-Storm Lake	33:57.24	33
41 Lokoley, Lokhom	11 V-Sioux City East	33:57.98	34
42 Thompson, Madelyn	12 V-Westwood	39:44.96	35
Junior Varsity Results 5000 Run			
1 Covey, Hattie	10 Western Christian	26:27.79	
2 Hoogendoorn, Haylee	09 Western Christian	28:19.98	
3 Veenstra, Natalie	09 Western Christian	30:57.69	
4 Leiva, Jennifer	10 Storm Lake	32:08.02	1
5 Schreurs, Anna	11 Western Christian	33:18.60	
6 Villegas, Andrea	12 Storm Lake	33:47.34	2
7 Gutierrez, Jaqueline	10 Storm Lake	33:58.51	3
8 Matul, Nycole	10 Storm Lake	35:24.91	4
9 Perez, Camila	10 Storm Lake	39:07.56	5
10 Ritchie, Jaylie	09 Westwood	41:02.26	
11 Muniz, Danna	09 Boyden-Hull-RV	41:53.13	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Junior Varsity Results 5000 Run											
1	Storm Lake	15	1	2	3	4	5				
	Total Time: 2:54:26.34										
	Average: 34:53.27										
Varsity Results 5000 Run											
1	V-Sibley-Ocheyedan	37	4	5	6	10	12				
	Total Time: 1:56:15.55										
	Average: 23:15.11										
2	V-Storm Lake	64	1	3	13	22	25	26	33		
	Total Time: 2:04:06.67										
	Average: 24:49.34										
3	V-Sioux City East	66	2	7	9	17	31	34			
	Total Time: 2:06:02.45										
	Average: 25:12.49										
4	V-Western Christian	91	11	18	19	20	23				
	Total Time: 2:10:49.18										
	Average: 26:09.84										
5	V-Sioux City West	96	8	14	15	29	30				
	Total Time: 2:15:41.66										
	Average: 27:08.34										
6	V-Westwood	116	16	21	24	27	28	32	35		
	Total Time: 2:21:11.73										
	Average: 28:14.35										

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Event 3 Boys 5k Run CC Varsity & JV

Name	Year School	Finals	Points
Varsity Results 5000 Run			
1 Ramirez-Parra, Joel	12 V-Storm Lake	17:16.24	1
2 Ten Napel, Ian	10 V-Western Christian	17:26.60	2
3 Ortega, Alexander	12 V-Storm Lake	17:29.35	3
4 Vermeer, Malakai	11 V-Sheldon	17:47.28	4
5 Mills, Jacob	11 V-Storm Lake	18:00.01	5
6 Minderhoud, Logan	11 V-Western Christian	18:08.32	6
7 Scheaffer, Lewis	11 V-Sheldon	18:08.95	7
8 Zellner, Kristoffer	11 V-Sioux City East	18:14.50	8
9 Placencia, Alex	11 V-Storm Lake	18:15.23	9
10 Hegenbarth, Jayden	11 V-Sheldon	18:17.22	10
11 Schwint, John	10 V-Storm Lake	18:22.72	11
12 Kampbell, Heath	10 V-Storm Lake	18:23.40	12
13 Pottebaum, Jakob	11 V-Boyden-Hull-Rv	19:21.01	
14 Clayton, Jacob	11 V-Westwood	19:30.65	
15 Rozenboom, Colten	10 V-Western Christian	19:36.96	13
16 Johnson, Emmett	11 V-Sioux City East	19:37.51	14
17 Kleinwolterink, Eric	12 V-Sibley-Ocheyedan	19:51.33	
18 Bisanga, Amisi	09 V-Sioux City West	19:53.53	15
19 Koson, Reed	10 V-Sioux City East	19:55.70	16
20 Schreurs, Lamont	10 V-Western Christian	19:55.84	17
21 Quevedo, Samuel	11 V-Boyden-Hull-Rv	19:57.00	
22 Machado, Andre	12 V-Storm Lake	19:59.99	18
23 Wassenaar, Greyson	09 V-Spirit Lake	20:04.93	19
24 Wierenga, Edison	09 V-Western Christian	20:15.85	20
25 Koepke, Kaden	12 V-Sioux City East	20:40.67	21
26 Perera, Calen	09 V-Sioux City East	20:45.86	22
27 Kreykes, Karson	10 V-Spirit Lake	20:46.66	23
28 Limon, Antelmo	10 V-Sioux City West	20:47.97	24
29 Vandehoef, Keegan	11 V-Spirit Lake	20:55.94	25
30 Smith, Jimmy	11 V-Sioux City West	20:56.28	26
31 Harris, Oliver	V-Spirit Lake	20:57.47	27
32 Huitink, Devon	09 V-Sheldon	21:05.38	28
33 Burton, Kenneth	10 V-Sioux City East	21:05.66	29
34 Wright, Austin	09 V-Sioux City East	21:10.29	30
35 Vande Vegte, Jason	12 V-Western Christian	21:22.66	31
36 Wahl, Sam	10 V-Spirit Lake	21:33.84	32
37 Thiner, Eli	12 V-Sheldon	21:46.01	33
38 Vos, Triston	12 V-Sibley-Ocheyedan	21:46.89	
39 Kock, Alec	12 V-West Lyon	21:51.89	
40 Kirby, Evan	11 V-Sheldon	21:55.48	34
41 Kebato, Abdisi	10 V-Sioux City West	22:57.54	35
42 Adkins, Keegan	10 V-Sheldon	24:02.11	36
43 Clinkenbeard, Brock	12 V-Spirit Lake	24:04.05	37
44 Kebato, Abase	10 V-Sioux City West	24:07.44	38
45 Dirks, Aaron	10 V-Spirit Lake	24:08.25	39
46 Gasca, Cesar	10 V-Boyden-Hull-Rv	24:33.21	
47 Perez, Edwin	12 V-West Lyon	26:09.50	
48 Rich, Isaac	12 V-Whiting	26:40.56	
49 Christoffersen, Korben	12 V-Westwood	26:53.53	
50 Rusche, Roland	10 V-Sibley-Ocheyedan	32:51.50	
51 Kepner, Easton	12 V-Westwood	35:00.62	
Junior Varsity Results 5000 Run			
1 Laguna Zavala, Eden	10 Storm Lake	20:11.66	1
2 Flores, Anthony	09 Sioux City East	20:20.94	2
3 Bazer, Chase	09 Sioux City East	20:28.79	3

4	Bauer, Jackson	11	Storm Lake	20:37.74	4
5	Jiminez, Andrew	9	Storm Lake	20:41.24	5
6	Jackson, Hunter	12	Spirit Lake	21:53.66	6
7	Harder, Ted	9	Storm Lake	21:54.84	7
8	Vande Brake, Chris	12	Western Christian	22:06.72	8
9	Whitlock, Dekeyn	10	Sioux City East	22:07.58	9
10	Stepantsov, Bohdan	12	Western Christian	22:09.17	10
11	Villa, AJ	10	Spirit Lake	23:01.25	11
12	Odendahl, Zach	9	Spirit Lake	23:01.64	12
13	Kosiba, Costatine	11	Sioux City East	23:12.02	13
14	Leusink, Mark	12	Western Christian	23:13.72	14
15	Foell, Paul	9	Storm Lake	23:16.70	15
16	Nguyen, Kash	09	Sioux City East	23:18.70	16
17	Jacuinde-Mellado, Raul	12	Storm Lake	23:27.92	17
18	Bakker, Easton	10	Western Christian	23:33.51	18
19	Millard, Ian	11	Sioux City East	23:38.03	19
20	Joseph, DJ	10	Sioux City West	23:50.01	
21	Blankespoor, Jonah	11	Western Christian	23:52.86	20
22	Schmeling, Caleb	9	Spirit Lake	23:54.30	21
23	Rodriguez, Teo	10	Storm Lake	24:01.67	22
24	Landgraf, Will	9	Storm Lake	24:03.42	
25	Mills, Jackson	9	Storm Lake	24:26.00	
26	Espey, Hudson	09	Western Christian	24:43.40	23
27	Lagunes, D'Angelo	10	Storm Lake	24:47.86	
28	Scheaffer, Gideon	09	Sheldon	25:04.05	
29	Anguiano, Alejandro	12	Sioux City East	25:39.35	24
30	Yiga, Johannes	10	Sheldon	25:41.09	
31	Sanchez, Nic	10	Storm Lake	26:47.21	
32	Wilson, Joseph	12	Sioux City West	27:34.15	
33	Palomino, Giovanni	12	Sioux City East	29:02.95	
34	Kayo, Ibsa	12	Sioux City West	29:06.65	
35	Murray, Lionel	09	Sioux City East	30:26.14	
36	Himley, Hunter	10	Spirit Lake	30:55.41	25
37	Chambang, Yik	09	Storm Lake	31:07.50	
38	Van Kley, Brennan	09	Western Christian	31:29.20	26
39	Tantsura, David	10	Western Christian	34:37.77	
40	Cannegieter, Carson	11	Boyden-Hull-RV	36:51.53	
41	Frahm, Ben	09	Sheldon	39:02.36	

Team Scores

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

1	Storm Lake	32	1	4	5	7	15	17	22
	Total Time: 1:46:42.18								
	Average: 21:20.44								
2	Sioux City East	43	2	3	9	13	16	19	24
	Total Time: 1:49:28.03								
	Average: 21:53.61								
3	Western Christian	70	8	10	14	18	20	23	26
	Total Time: 1:54:55.98								
	Average: 22:59.20								
4	Spirit Lake	75	6	11	12	21	25		
	Total Time: 2:02:46.27								
	Average: 24:33.26								

Varsity Results 5000 Run

1	V-Storm Lake	29	1	3	5	9	11	12	18
	Total Time: 1:29:23.55								
	Average: 17:52.71								
2	V-Western Christian	58	2	6	13	17	20	31	
	Total Time: 1:35:23.57								
	Average: 19:04.72								
3	V-Sioux City East	81	8	14	16	21	22	29	30
	Total Time: 1:39:14.24								

Average:		19:50.85							
4 V-Sheldon		82	4	7	10	28	33	34	36
Total Time:		1:37:04.84							
Average:		19:24.97							
5 V-Spirit Lake		126	19	23	25	27	32	37	39
Total Time:		1:44:18.84							
Average:		20:51.77							
6 V-Sioux City West		138	15	24	26	35	38		
Total Time:		1:48:42.76							
Average:		21:44.56							

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Event 6 Girls 2 Mile Run CC Junior High

Name	Year School	Finals	Points
1 Anderson, Naomi	8 Moc-Fv-Ms	13:17.95	1
2 Mohr, Alaina	8 Storm Lake	13:30.14	
3 Kreykes, Paisley	08 Sibley-Ocheyedan	13:31.21	
4 Smith, Addie	08 Western Christian	13:59.75	2
5 Varpness, Hannah	8 Moc-Fv-Ms	14:23.38	3
6 Vander Werff, Sydney	08 Western Christian	14:36.38	4
7 Heynen, Mya	07 Western Christian	14:39.25	5
8 Kroese, Emma	08 Western Christian	14:45.31	6
9 Wedge, Lexi	08 Spirit Lake	15:14.28	
10 Engbers, Clara	08 Western Christian	15:32.11	7
11 Van Beek, Skylar	8 Moc-Fv-Ms	15:39.73	8
12 Simmelink, Nora	07 Moc-Fv-Ms	15:42.73	9
13 Mellmann, Joselyn	8 Storm Lake	16:21.36	
14 Sauer, Aylah	08 Sheldon	16:34.82	10
15 De Groot, Reese	07 Western Christian	16:50.91	11
16 Jiro, Jovyleen	08 Sheldon	16:53.54	12
17 Shearer, Aubrie	8 Spirit Lake	17:28.57	
18 Carruthers, Sienna	8 Moc-Fv-Ms	17:40.35	13
19 Vos, Madalyn	07 Moc-Fv-Ms	17:40.64	14
20 Backman, Brooke	8 Storm Lake	18:21.66	
21 Purvis, Kimberly	07 Moc-Fv-Ms	18:21.77	15
22 Trego, Eloise	07 Sheldon	18:25.70	16
23 Krukow, Josie	08 Sheldon	18:26.15	17
24 Daiker, Olivia	07 Sibley-Ocheyedan	19:08.02	
25 Hoehamer, Arya	07 Boyden-Hull-RV	19:21.63	
26 Van Roekel, Allison	07 Boyden-Hull-RV	19:27.41	
27 Mouw, Alaina	8 Moc-Fv-Ms	19:40.82	
28 Robinson, Kenley	08 Sheldon	20:00.14	18
29 DeBoer, Paisley	07 Spirit Lake	20:05.44	
30 Huitink, Katrina	07 Sheldon	20:07.91	19
31 Murphy, Lynn	08 Sheldon	20:23.03	20
32 Sheffield, Chloe	07 Sibley-Ocheyedan	20:27.91	
33 Veenstra, Aislynn	07 Western Christian	20:28.08	21
34 Rydberg, Caitlin	08 Western Christian	20:56.20	
35 McCuddin, Kenzie	08 Sheldon	21:00.70	
36 Rosenboom, Nina	07 Western Christian	21:17.67	
37 DeBey, Ava	07 Moc-Fv-Ms	21:24.62	
38 Bowlsby, Jade	07 Moc-Fv-Ms	21:24.92	
39 Koerselman, June	07 Moc-Fv-Ms	21:39.60	
40 Henke, Xeraya	07 Sheldon	21:40.52	
41 Haverdink, Trinity	07 Moc-Fv-Ms	21:48.97	
42 Lenz, Avary	07 Moc-Fv-Ms	21:54.20	
43 Navratil, Ella	07 Storm Lake	21:55.52	
44 Bush, Ella	07 Moc-Fv-Ms	22:00.73	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Western Christian	24	2	4	5	6	7	11	21		
	Total Time: 1:13:32.80										
	Average: 14:42.56										
2	Moc-Fv-Middle School	34	1	3	8	9	13	14	15		
	Total Time: 1:16:44.14										
	Average: 15:20.83										
3	Sheldon	73	10	12	16	17	18	19	20		

Total Time: 1:30:20.35

Average: 18:04.07

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Event 5 Boys 2 Mile Run CC Junior High

Name	Year School	Finals	Points
1 Minderhoud, Kaden	08 Western Christian	12:04.64	1
2 Nwala, Chidi	07 Spirit Lake	12:04.92	2
3 Lassen, Kolt	8 Moc-Fv-Ms	12:30.62	3
4 Snyder, Owen	8 Spirit Lake	12:53.55	4
5 Moeller, Micah	08 Moc-Fv-Ms	12:54.86	5
6 Bosma, Tysen	08 Western Christian	13:03.77	6
7 Baker, William	07 Spirit Lake	13:05.16	7
8 Hoegh, Cooper	07 Moc-Fv-Ms	13:11.61	8
9 Doughan, Kiptyn	8 Moc-Fv-Ms	13:26.60	9
10 Hoegh, Judson	8 Moc-Fv-Ms	13:29.03	10
11 Seaton, Braxton	8 Westwood	13:38.02	
12 Wipperfurth, Beckett	08 Spirit Lake	13:44.89	11
13 Edwards, Trice	07 Spirit Lake	13:45.08	12
14 Ten Napel, Trevor	08 Western Christian	13:46.77	13
15 Butler, Braxton	08 Spirit Lake	13:47.60	14
16 Jongewaard, Gabriel	8 Moc-Fv-Ms	13:48.96	15
17 Swisher, Kyle	8 Moc-Fv-Ms	13:55.79	16
18 Mosser, Noah	08 Boyden-Hull-RV	13:57.85	17
19 Crowley, Jacob	8 Spirit Lake	14:00.24	18
20 Bahrke, Isaac	8 Moc-Fv-Ms	14:11.13	
21 Gutierrez, Gilbert	07 Storm Lake	14:16.23	
22 Becerra, Elian	08 Boyden-Hull-RV	14:20.61	19
23 Vanden Bosch, Kade	08 Western Christian	14:21.32	20
24 Keller, Wyatt	8 Moc-Fv-Ms	14:26.03	
25 Hensch, Carver	07 Sibley-Ocheyedan	14:35.03	
26 Hofmeyer, Marcus	8 Moc-Fv-Ms	14:38.54	
27 Gonzalez, Alexander	07 Sibley-Ocheyedan	14:40.89	
28 Schmalen, Logan	08 Sheldon	14:45.92	
29 Bouman, Baylor	07 Moc-Fv-Ms	15:04.91	
30 Brue, Simeon	8 Moc-Fv-Ms	15:09.75	
31 Haverdink, Sam	07 Moc-Fv-Ms	15:21.56	
32 Koenig, Jack	8 Moc-Fv-Ms	15:27.39	
33 Van Es, Jacoby	08 Moc-Fv-Ms	15:42.79	
34 Van Ravenhorst, Levi	8 Moc-Fv-Ms	15:45.13	
35 Maassen, Peyton	8 Moc-Fv-Ms	15:50.64	
36 Byon, Wesley	07 Moc-Fv-Ms	16:01.01	
37 Van Beek, Jayden	07 Boyden-Hull-RV	16:01.40	21
38 Beaver, Andrew	07 Moc-Fv-Ms	16:04.42	
39 Visser, Coen	08 Western Christian	16:06.45	22
40 Wynia, Gavin	08 Western Christian	16:06.92	23
41 De Koster, Josiah	07 Moc-Fv-Ms	16:07.48	
42 Hespe, Asher	08 Western Christian	16:09.67	24
43 Schwarz, Blake	08 Moc-Fv-Ms	16:10.26	
44 Geels, Noah	08 Western Christian	16:27.16	
45 Olson, Sean	08 Moc-Fv-Ms	16:39.24	
46 Van Middendorp, Ian	08 Boyden-Hull-RV	16:54.90	25
47 Giere, Boden	08 Spirit Lake	17:07.39	
48 Juffer, Bentley	08 Boyden-Hull-RV	17:09.66	26
49 Stanislav, Jack	07 Moc-Fv-Ms	17:13.41	
50 Splitter, Brady	07 Westwood	17:18.30	
51 Bennett, Gabe	8 Spirit Lake	17:19.43	
52 Kleinwolterink, Skip	07 Sibley-Ocheyedan	17:46.22	
53 Wierenga, Asher	08 Western Christian	17:55.32	
54 Stansberry, Emmett	07 Storm Lake	17:59.33	
55 Galindo Arenas, Samuel	07 Moc-Fv-Ms	18:31.06	
56 Smit, Brandon	07 Moc-Fv-Ms	18:31.23	

57 De Wit, Roman	08 Boyden-Hull-RV	19:12.89	27
58 Richter, Wyatt	08 Moc-Fv-Ms	20:00.16	
59 De Jong, Brayden	07 Moc-Fv-Ms	21:33.25	
60 Haverdink, Tanner	07 Moc-Fv-Ms	21:45.25	
61 Hernandez, Franko	07 Sheldon	22:05.29	
62 Wolfswinkel, Owen	08 Sibley-Ocheyedan	22:12.94	
63 Van Ommeren, Aiden	08 Moc-Fv-Ms	24:46.07	
64 Olson, Beau	07 Moc-Fv-Ms	25:42.72	
65 Van Otterloo, Aiden	08 Moc-Fv-Ms	39:26.67	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Moc-Fv-Middle School	35	3	5	8	9	10	15	16		
	Total Time: 1:05:32.72										
	Average: 13:06.55										
2	Spirit Lake	36	2	4	7	11	12	14	18		
	Total Time: 1:05:33.60										
	Average: 13:06.72										
3	Western Christian	62	1	6	13	20	22	23	24		
	Total Time: 1:09:22.95										
	Average: 13:52.59										
4	Boyden-Hull-RV	108	17	19	21	25	26	27			
	Total Time: 1:18:24.42										
	Average: 15:40.89										