

Heelan XC Invite 2026
Bishop Heelan High School Hosts - 8/27/2026
Riverside Park (Sioux City, Iowa)
Last Completed Event

Event 3 Girls 5k Run CC Varsity

Name	Year	School	Finals	Points
1 Madelyn Hoss	12	Lewis Central	19:16.50	1
2 Delayna Reese	12	Lewis Central	19:18.70	2
3 Ella Otten	11	Bishop Heela	20:42.10	3
4 Josie McFarland	12	Westwood Slo	21:17.70	4
5 Jerzi Dennis	09	Lewis Central	21:58.10	5
6 Sara Odell	10	Sgt Bluff Hi	22:06.00	6
7 Kallianne Norton	12	South Sioux City	22:08.00	7
8 Sarai Schulenberg	10	Council Bluffs AL	22:13.70	8
9 Ellie Topf	11	Bishop Heela	22:41.30	9
10 Malia Hennen	10	Sioux City West	22:43.80	
11 Kate Strohemier	12	Lewis Central	22:46.40	10
12 Claire Fiegel	11	Sgt Bluff Hi	22:59.80	11
13 Bailee Hansen	12	Sioux City West	23:01.80	
14 Daniela Contreras	10	Council Bluffs AL	23:08.20	12
15 Ashlynn Salter	12	Sgt Bluff Hi	23:10.90	13
16 Miyah Eisma	8	West Sioux-Hawarden	23:11.90	
17 Callea Ladwig	09	Sgt Bluff Hi	23:14.90	14
18 Torunn Petersen	11	Council Bluffs AL	23:19.40	15
19 Khloe Eliesa	12	Sioux City North	23:28.50	16
20 Autumn Sorensen	09	Sioux City North	23:37.90	17
21 Silvia Carrillo	11	Sioux City West	23:39.50	
22 Payton Derochie	11	South Sioux City	23:46.20	18
23 Julianne Rassel	10	Sgt Bluff Hi	23:55.70	19
24 Melody Kenney	10	Sioux City North	24:00.10	20
25 Annette Fitch	12	Council Bluffs AL	24:07.70	21
26 Lilly Cain	10	Council Bluffs AL	24:08.90	22
27 Claire Vinchattle	09	Lewis Central	24:11.70	23
28 Abigail Cisneros	11	South Sioux City	24:11.80	24
29 Arianna Ruby Escobedo	09	South Sioux City	24:14.00	25
30 Jasmin Orozco	10	South Sioux City	25:00.10	26
31 Madyson Prevail	12	Sioux City North	25:16.50	27
32 Melanie Limon	12	Sioux City West	25:32.50	
33 Charlotte Timmons	10	Sgt Bluff Hi	25:39.80	28
34 Addisyn Kohl	10	Council Bluffs AL	25:42.40	29
35 Ava Bos	12	Sgt Bluff Hi	25:48.50	30
36 Alison Cortez		South Sioux City	25:51.10	31
37 Savannah Lohr	11	Bishop Heela	25:51.60	32
38 Ann Marie Ortmann	11	Bishop Heela	25:54.90	33
39 Eden Kathol	10	Lewis Central	25:56.00	34
40 Claire Hamann	11	Bishop Heela	26:26.40	35
41 Emma Kafka	10	Lewis Central	26:27.50	36
42 Kynzie Moyer	10	Council Bluffs AL	27:44.10	37
43 Alyssa Anderson	11	Westwood Slo	28:31.60	38
44 Addiysn Hackney	12	Westwood Slo	28:40.00	39
45 Jackie Garcia Perez	12	Sioux City North	28:42.70	40
46 Sophia Hansen	09	Westwood Slo	32:14.90	41
47 Kora McDonald	11	Westwood Slo	34:03.20	42

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Lewis Central	41	1	2	5	10	23	34	36		
Total Time: 1:47:31.40											

Average: 21:30.28									
2	Sgt Bluff High School	63	6	11	13	14	19	28	30
Total Time: 1:55:27.30									
Average: 23:05.46									
3	Council Bluffs AL	78	8	12	15	21	22	29	37
Total Time: 1:56:57.90									
Average: 23:23.58									
4	South Sioux City	100	7	18	24	25	26	31	
Total Time: 1:59:20.10									
Average: 23:52.02									
5	Bishop Heelan High School	112	3	9	32	33	35		
Total Time: 2:01:36.30									
Average: 24:19.26									
6	Sioux City North	120	16	17	20	27	40		
Total Time: 2:05:05.70									
Average: 25:01.14									
7	Westwood Sloan High School	164	4	38	39	41	42		
Total Time: 2:24:47.40									
Average: 28:57.48									

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Event 4 Boys 5k Run CC Varsity

Name	Year School	Finals	Points
1 Evan Lillie	11 Council Bluffs AL	16:24.75	1
2 Alex Amaro	12 Bishop Heela	17:02.63	2
3 Nebiy Kifle	09 Sioux City North	17:08.12	3
4 Leo Wheelock	11 Sioux City North	17:10.26	4
5 Hudson TerWee	11 Sgt Bluff Hi	17:16.66	5
6 Nabiil Yussuf	12 South Sioux City	17:22.48	6
7 Marcus Greenwood	10 Lewis Central	17:23.38	7
8 Lameck Gafo	09 Sioux City North	17:37.67	8
9 Dane Thomsen	10 Lewis Central	17:39.64	9
10 Jesus Salazar	10 Lewis Central	17:43.77	10
11 Gavin Joy	12 South Sioux City	17:45.07	11
12 Antoni Rosas	09 South Sioux City	17:47.61	12
13 Logan Bonnes	11 Sioux City North	17:52.75	13
14 Angel Vargas Vazquez	11 South Sioux City	17:58.36	14
15 David McCormick	11 Sgt Bluff Hi	18:05.57	15
16 Abdisi Kebato	11 Sioux City West	18:15.09	16
17 William Bramble	12 Council Bluffs AL	18:22.68	17
18 Damian Lozano	11 South Sioux City	18:23.20	18
19 Michael Munzambi	12 South Sioux City	18:24.03	19
20 Beckett Beller	12 Sioux City North	18:37.96	20
21 Emmett Johnson	12 Sioux City East	18:43.66	21
22 Maverick Aherns	10 Council Bluffs AL	18:48.65	22
23 Carter Wymore	11 Council Bluffs AL	18:49.53	23
24 Ronnie Barnes	12 West Sioux-Hawarden	19:04.72	
25 Abase Kebato	11 Sioux City West	19:09.69	24
26 Henry Fisher	12 Sioux City West	19:12.33	25
27 Brayam Carreto	11 South Sioux City	19:12.85	26
28 Ramadan Ahmed	10 Sioux City West	19:16.15	27
29 Covan Fetterman	12 Bishop Heela	19:16.95	28
30 Coleton Anderson	11 Council Bluffs AL	19:17.31	29
31 Beran Stroup	11 Lewis Central	19:18.72	30
32 Jace Shumansky	10 Sgt Bluff Hi	19:26.87	31
33 Hayden Feste	09 Sgt Bluff Hi	19:33.97	32
34 Reed Koson	11 Sioux City East	19:34.00	33
35 Kenneth Burton	11 Sioux City East	19:34.76	34
36 Austin Wright	10 Sioux City East	19:35.47	35
37 Braidyn Campbell	11 Lewis Central	19:35.90	36
38 Maddux Harter	09 Lewis Central	19:37.02	37
39 Nigel Philip	10 Sgt Bluff Hi	19:39.82	38
40 Calen Perera	10 Sioux City East	19:42.02	39
41 Maclin Sindelar	10 Sgt Bluff Hi	19:44.13	40
42 Oliver Huseman	12 Sioux City East	19:52.61	41
43 Lawson Schuetz	10 Sgt Bluff Hi	19:54.52	42
44 David Hindman	11 Bishop Heela	19:57.00	43
45 Zed Wolf	11 Council Bluffs AL	19:59.26	44
46 David Santos	12 Bishop Heela	19:59.79	45
47 Jimmy Smith	12 Sioux City West	20:01.90	46
48 Cameron Matulka	12 Lewis Central	20:08.15	47
49 Hunter Harmsen	12 Council Bluffs AL	20:14.46	48
50 Anthony Flores	10 Sioux City East	20:22.32	49
51 Abe Ware	10 Bishop Heela	21:02.32	50
52 Ethan Jorstad	09 Bishop Heela	21:02.73	51
53 Luke Willis	10 Westwood Slo	21:10.40	
54 Calvin Johnson	10 Westwood Slo	21:15.39	

55 Liam Joaquin	09 Sioux City West	21:30.49	52
56 Antelmo Limon	11 Sioux City West	21:32.20	53
57 Mathew Garcia-Perez	10 Sioux City North	22:14.57	54
58 Zach Sabin	12 West Sioux-Hawarden	22:18.38	
59 Braxton Seaton	09 Westwood Slo	22:19.87	
60 Micah McMahon	09 West Sioux-Hawarden	23:23.76	
61 Matthew Jorstad	11 Bishop Heela	23:23.94	55
62 Tristen Miller	12 West Sioux-Hawarden	23:38.81	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Sioux City North	48	3	4	8	13	20	54			
	Total Time: 1:28:26.76										
	Average: 17:41.36										
2	South Sioux City	61	6	11	12	14	18	19	26		
	Total Time: 1:29:16.72										
	Average: 17:51.35										
3	Lewis Central	92	7	9	10	30	36	37	47		
	Total Time: 1:31:41.41										
	Average: 18:20.29										
4	Council Bluffs AL	92	1	17	22	23	29	44	48		
	Total Time: 1:31:42.92										
	Average: 18:20.59										
5	Sgt Bluff High School	121	5	15	31	32	38	40	42		
	Total Time: 1:34:02.89										
	Average: 18:48.58										
6	Sioux City West	138	16	24	25	27	46	52	53		
	Total Time: 1:35:55.16										
	Average: 19:11.04										
7	Sioux City East	162	21	33	34	35	39	41	49		
	Total Time: 1:37:09.91										
	Average: 19:25.99										
8	Bishop Heelan High School	168	2	28	43	45	50	51	55		
	Total Time: 1:37:18.69										
	Average: 19:27.74										

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Event 2 Mixed 2.1 Mile Run CC JV

Name	Year School	Finals	Points
Results - Women 2.1Mile Mile Run			
1 Ellie Ayers	W08 Sioux City North	15:49.90	1
2 Anna Diserhaupt	W08 Sioux City North	15:50.00	2
3 Kinley Keegan	W10 Bishop Heela	16:20.00	
4 Jenna Hansen	W11 Sioux City North	16:45.90	3
5 Luci Wolf	W09 Council Bluffs AL	16:46.30	4
6 Wrigley Pirie	W10 Council Bluffs AL	16:55.00	5
7 Morgan Alton	W10 Sioux City North	17:00.10	6
8 Ciara McCormick	W11 Sgt Bluff Hi	17:03.50	7
9 Brynlee Streck	W09 Sgt Bluff Hi	17:05.40	8
10 Quincy Timmons	W10 Sgt Bluff Hi	17:17.40	9
11 Ashlynd Ayers	W10 Sioux City North	17:17.50	10
12 Vanessa Mejia	W11 Sgt Bluff Hi	17:24.20	11
13 Sarah Stevens	W11 Sgt Bluff Hi	17:24.20	12
14 Reese Gradoville	W10 Lewis Central	17:29.50	13
15 Parker Buchheit	W12 Sgt Bluff Hi	17:39.70	14
16 Lorelina Jimenez-Martinez	W10 Sioux City North	17:40.80	15
17 Brynn Nepple	W10 Lewis Central	17:42.10	16
18 Lexi Larrabee	W12 Sgt Bluff Hi	17:42.50	17
19 Melinda Carreto-Lopez	W09 Sioux City North	17:47.90	18
20 Ava Williams	W10 Lewis Central	17:56.50	19
21 Eltyn Shannon	W10 Lewis Central	18:09.10	20
22 Katherine Nunez Cruz	W11 South Sioux City	18:19.90	
23 Jocelin Espinoza	W11 Sgt Bluff Hi	18:33.50	
24 Elise Uhl	W11 Bishop Heela	18:44.30	
25 Emily Pudilo Nuno	W09 Sioux City North	18:46.50	
26 Bailey Atkinson	W09 Sioux City West	18:55.20	
27 Emma Dandurand	W10 Sioux City East	19:08.60	
28 Lilly Henn	W11 Sioux City North	19:12.30	
29 Reagan Uhl	W11 Bishop Heela	19:14.90	
30 Kenna Wymore	W09 Council Bluffs AL	19:21.80	21
31 Jade Rupp	W09 Council Bluffs AL	19:27.60	22
32 Paulina Alvarez Valdovin	W11 South Sioux City	19:29.30	
33 Amelia Childers	W10 Lewis Central	19:42.00	23
34 Carmelita Walker	W11 South Sioux City	20:08.50	
35 Bella Aguirre	W10 Sioux City North	20:08.90	
36 Bonnie Fender	W09 Lewis Central	20:21.30	24
37 Lauren Lindley	W09 Lewis Central	20:26.60	25
38 Emily Peterson	W09 Sioux City East	20:33.80	
39 Malaya Meier	W12 Bishop Heela	20:34.70	
40 Emma Cappetta	W11 Sgt Bluff Hi	20:40.50	
41 Adelynn Hughes	W10 Council Bluffs AL	20:59.80	26
42 Abigale Linehan-Abel	W11 Council Bluffs AL	25:05.00	27
43 Lilian Miller	W12 Council Bluffs AL	31:48.40	28
Results - Men 2.1Mile Mile Run			
1 Kris Zellner	M12 Sioux City West	11:47.00	1
2 Josue Gutierrez	M11 Sioux City North	11:47.80	2
3 Caleb Preciado	M10 South Sioux City	12:12.70	3
4 Winston Palmer	M12 Sioux City North	12:13.60	4
5 Asher Amman	M10 Sioux City North	12:20.80	5
6 Braxton Davis	M11 Sioux City North	12:25.90	6
7 Tate Behrens	M11 Sioux City North	12:26.50	7
8 Gabe Lyman-Ochoa	M11 Sioux City North	12:35.50	8
9 Amisi Bisanga	M10 Sioux City West	12:39.30	9

10	Misael Orozco	M12 South Sioux City	12:40.00	10
11	Jack Naughton	M11 Council Bluffs AL	12:42.00	11
12	Isaac Hamilton	M12 Council Bluffs AL	12:43.70	12
13	Narcisse Ngolu	M11 Sioux City North	12:50.50	13
14	Brody McCormick	M11 Sgt Bluff Hi	12:51.60	14
15	Layne Munson	M12 Sioux City North	12:56.60	
16	Cadilac Alvarado	M12 South Sioux City	12:56.60	15
17	Andrew Lincoln	M12 Sgt Bluff Hi	12:57.40	16
18	Ector Ayons	M09 Sioux City North	12:59.00	
19	Bryan Bartolo Lopez	M12 South Sioux City	13:07.30	17
20	Liam Eckert	M10 Sioux City North	13:07.70	
21	Luke Walsh	M11 Sgt Bluff Hi	13:13.60	18
22	Evan Applegate	M12 Lewis Central	13:18.40	19
23	Xavier Moreno	M09 South Sioux City	13:18.40	20
24	Roman Gutierrez	M09 Sioux City North	13:22.20	
25	Louis Kellog	M09 Sioux City North	13:23.90	
26	McDaniel Malak	M12 Council Bluffs AL	13:30.90	21
27	Edward Kellogg	M12 Sioux City North	13:31.00	
28	Miguel Vargas Vazquez	M09 South Sioux City	13:32.10	22
29	Brecken Doran	M11 Sioux City West	13:38.70	23
30	Manh Le	M09 Sioux City North	13:39.60	
31	Gabriel VanSickle	M11 Council Bluffs AL	13:41.90	24
32	Miles Bartlet	M09 Sioux City North	13:47.20	
33	Ian Millard	M12 Sioux City East	13:49.90	
34	Jasper Morgan	M12 Bishop Heela	13:50.20	25
35	Alex Johnson	M10 Sioux City East	13:50.40	
36	Trygg Petersen	M11 Council Bluffs AL	13:55.30	26
37	Duresa Figa	M11 Sioux City West	13:59.10	27
38	Xavier Guerrero	M12 Bishop Heela	13:59.30	28
39	Miguel Gutierrez	M10 Sioux City North	14:00.10	
40	Gavin Schaben	M11 Lewis Central	14:01.70	29
41	Carver Hoekstra	M12 Sioux City North	14:04.50	
42	Ayden Dighton	M10 Council Bluffs AL	14:04.70	30
43	Dash Wren	M09 Sioux City West	14:05.60	31
44	Alejandro Perez Juarez	M11 South Sioux City	14:06.10	32
45	Akio Engel	M12 South Sioux City	14:07.10	
46	Garrett Ashcraft	M10 Council Bluffs AL	14:08.50	33
47	Logan Ebert	M10 Lewis Central	14:09.30	34
48	Bentley Truong	M10 Sioux City North	14:12.00	
49	Mason Sheilds	M11 Council Bluffs AL	14:16.20	
50	Andrew Philip	M Sgt Bluff Hi	14:18.90	35
51	Nam Nguyen	M10 Sioux City North	14:20.50	
52	Froilan Reynose Lopez	M10 Sioux City North	14:21.00	
53	Gabe Showers	M12 Council Bluffs AL	14:21.40	
54	Collin Aesoph	M09 Bishop Heela	14:23.80	36
55	Angel Vasquez Parra	M11 South Sioux City	14:24.50	
56	Holden Fairman	M11 Council Bluffs AL	14:29.50	
57	Abenezer Chamiso	M09 Sioux City North	14:31.70	
58	James Ortmann	M10 Bishop Heela	14:34.60	37
59	Gabriel Perry	M09 Sioux City North	14:35.10	
60	Mason Jens	M10 Council Bluffs AL	14:41.60	
61	Tristan Kinnamen	M10 Sioux City North	14:43.00	
62	Owen Juranek	M09 Council Bluffs AL	14:44.60	
63	Tyrus Murren	M12 Lewis Central	14:44.90	38
64	Aiden Wimmer	M11 Sgt Bluff Hi	14:47.30	39
65	Alex Jensen	M10 Lewis Central	14:49.90	40
66	Clayton Arnborg	M11 Sgt Bluff Hi	14:53.60	41
67	Kamden Cleveringa	M10 Bishop Heela	14:54.80	42
68	Lionel Murray	M10 Sioux City East	14:55.50	
69	Diego Andrade	M10 Sioux City West	14:56.70	43
70	Sham Embaye	M12 Sioux City North	14:58.00	
71	Oliver Vickery	M10 Sgt Bluff Hi	14:58.40	44
72	Manasseh Gebreslassie	M09 Sioux City North	15:02.90	
73	Scott Haig	M09 Lewis Central	15:11.40	45
74	Micah Petersen	M09 Lewis Central	15:15.40	46

75	Jesus Martinez	M12 Bishop Heela	15:20.10	47
76	Wyatt Cain	M12 Council Bluffs AL	15:29.70	
77	Eli Hanson	M11 Council Bluffs AL	15:33.80	
78	Hayden Kurth	M10 Bishop Heela	15:34.40	48
79	Christofer Munoz	M09 Bishop Heela	15:45.10	
80	William Taylor	M11 Council Bluffs AL	15:52.20	
81	Max McGregor	M09 Bishop Heela	15:54.50	
82	Landon Brand	M09 Sioux City North	15:58.10	
83	Tyler Mullenix	M12 Sgt Bluff Hi	16:00.90	
84	Macale Stulich	M10 Sgt Bluff Hi	16:14.40	
85	Peniel Hernandez	M10 Sioux City North	16:18.40	
86	Daniel Meyers	M10 Sioux City North	16:23.40	
87	Gabriel Parvu	M10 Sioux City North	16:25.90	
88	Brayden Bolton	M12 Council Bluffs AL	16:33.10	
89	Ahron Aniano	M09 Sgt Bluff Hi	16:33.50	
90	Parker Brown	M10 Bishop Heela	16:33.60	
91	Gael Tshipamba Batabela	M10 Sioux City North	16:59.80	
92	DJ Joseph	M11 Sioux City West	17:12.30	49
93	Leonel Lopez	M11 South Sioux City	17:16.10	
94	Liam Murphy	M10 Sioux City North	17:23.00	
95	Aiden Bevard	M09 Council Bluffs AL	17:33.90	
96	Adrian Hartso	M12 Sioux City North	17:40.00	
97	Cash Larson	M12 Lewis Central	17:56.50	
98	Gage Valentine	M10 Sioux City North	17:57.20	
99	Gabriel Guerrero	M11 Bishop Heela	18:06.40	
100	Easton Harrington	M09 Lewis Central	18:23.70	
101	Prefina Luyeye	M10 Sioux City East	18:32.70	
102	Dat Nguyen	M09 Sioux City North	20:22.90	
103	Tyler Lawslo	M12 Council Bluffs AL	20:46.40	
104	Chancy Muloto	M12 Lewis Central	20:46.40	
105	Cristian Guevara	M12 Sioux City North	23:28.40	
106	Kellan Vergas	M11 Council Bluffs AL	26:34.30	
107	Brody Crawford	M10 Council Bluffs AL	27:15.90	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Results - Men 2.1Mile Mile Run

1	Sioux City North	24	2	4	5	6	7	8	13
	Total Time: 1:01:14.60								
	Average: 12:14.92								
2	South Sioux City	65	3	10	15	17	20	22	32
	Total Time: 1:04:15.00								
	Average: 12:51.00								
3	Sioux City West	91	1	9	23	27	31	43	49
	Total Time: 1:06:09.70								
	Average: 13:13.94								
4	Council Bluffs AL	94	11	12	21	24	26	30	33
	Total Time: 1:06:33.80								
	Average: 13:18.76								
5	Sgt Bluff High School	122	14	16	18	35	39	41	44
	Total Time: 1:08:08.80								
	Average: 13:37.76								
6	Lewis Central	160	19	29	34	38	40	45	46
	Total Time: 1:11:04.20								
	Average: 14:12.84								
7	Bishop Heelan High School	168	25	28	36	37	42	47	48
	Total Time: 1:11:42.70								
	Average: 14:20.54								

Results - Women 2.1Mile Mile Run

1	Sioux City North	22	1	2	3	6	10	15	18
	Total Time: 1:22:43.40								
	Average: 16:32.68								
2	Sgt Bluff High School	47	7	8	9	11	12	14	17

Total Time: 1:26:14.70									
Average: 17:14.94									
3 Council Bluffs AL	78	4	5	21	22	26	27	28	
Total Time: 1:33:30.50									
Average: 18:42.10									
4 Lewis Central	91	13	16	19	20	23	24	25	
Total Time: 1:30:59.20									
Average: 18:11.84									