

Woodbury Central XC Invitational - 9/14/2021  
Meadows Golf Course  
Moville, Iowa

Event 1 Girls 5k Run CC Varsity & JV

Name	Year	School	Finals	Points
Varsity Results 5000 Run				
1 #163 Stanley, Brooklyn	10	V-Bishop Heelan	21:26.86	1
2 #307 Kuntz, Erika	12	V-Woodbury Cent-KP	21:41.30	2
3 #187 Mesz, Jolee	11	V-Lawton Bronson	21:49.10	3
4 #162 Saulsbury, Delaney	09	V-Bishop Heelan	22:01.54	4
5 #218 Hazuka, Sabrina	12	V-Sgt Bluff-Luto	22:27.77	5
6 #219 Karras, Sophia	11	V-Sgt Bluff-Luto	23:04.97	6
7 #223 Wolf, Brynn	10	V-Sgt Bluff-Luto	23:12.38	7
8 #221 Ryan, Gabby	11	V-Sgt Bluff-Luto	23:22.45	8
9 #220 Rodriguez, Dani	12	V-Sgt Bluff-Luto	23:30.08	9
10 #197 O'onnell, Hannah	12	V-Mvaocou	23:34.65	10
11 #164 Walsh, Scarlett	10	V-Bishop Heelan	23:36.47	11
12 #173 Allen, Kaci	10	V-Hinton	23:40.61	12
13 #159 Fitzpatrick, Hannah	12	V-Bishop Heelan	23:41.73	13
14 #176 Peters, Kyra	10	V-Hinton	23:43.04	14
15 #175 Peters, Kadence	10	V-Hinton	23:51.04	15
16 #161 Ritz, Ellie	11	V-Bishop Heelan	24:05.37	16
17 #222 Streck, Ashley	12	V-Sgt Bluff-Luto	24:06.28	17
18 #304 Hannah, CJ	09	V-Woodbury Cent-KP	24:11.20	18
19 #244 Gonzalez, Ali	09	V-Sioux City North	24:11.88	19
20 #217 Brester, Ella	12	V-Sgt Bluff-Luto	24:13.86	20
21 #281 Anderson, Jayleigh	11	V-West Monona	24:14.60	
22 #308 Ofert, Lillian	12	V-Woodbury Cent-KP	24:42.04	21
23 #188 Mofitt, Ellie	10	V-Lawton Bronson	24:54.16	22
24 #246 Olson, Kaylee	10	V-Sioux City North	25:06.67	23
25 #233 Smith, Grace	12	V-Sioux City East	25:10.22	
26 #303 Countryman, Lyndsey	12	V-Woodbury Cent-KP	25:11.23	24
27 #165 Wiltgen, Ava	09	V-Bishop Heelan	25:17.24	25
28 #160 Koob, Sid	11	V-Bishop Heelan	25:25.14	26
29 #294 Muenchrath, Katie	12	V-Westwood S	25:38.17	27
30 #266 Hall, Abby	09	V-Sxland Christi	25:40.74	
31 #241 Ayers, Aliyah	09	V-Sioux City North	26:00.87	28
32 #174 Case, Jadyn	12	V-Hinton	26:20.34	29
33 #189 Smith, Addison	09	V-Lawton Bronson	26:29.83	30
34 #231 Barker, Ava	09	V-Sioux City East	26:30.45	
35 #275 Bowman, Chenoa	12	V-West Harrison	26:40.27	
36 #243 Elgert, Alayna	09	V-Sioux City North	26:41.20	31
37 #196 McMillen, Lauren	11	V-Mvaocou	26:54.99	32
38 #195 Gain, Julia	11	V-Mvaocou	27:02.71	33
39 #184 Brouwer, Sydney	10	V-Lawton Bronson	27:17.68	34
40 #292 Haveman, Lela	09	V-Westwood S	27:26.97	35
41 #198 Renee, Oberruter	09	V-Mvaocou	27:32.07	36
42 #257 Payes, Alejandra	10	V-Sioux City West	27:34.23	
43 #177 Spies, Kenedi	12	V-Hinton	27:37.07	37
44 #296 Wagner, Paige	11	V-Westwood S	27:37.10	38
45 #186 Kamm, Abby	12	V-Lawton Bronson	27:39.28	39
46 #185 Hageman, Hannah	12	V-Lawton Bronson	27:41.44	40
47 #305 Hodgins, Lea	11	V-Woodbury Cent-KP	27:52.99	41
48 #208 Etter, Audrey	09	V-Mmc-Ru HS	28:13.90	
49 #183 Ameen, Cheyenne	09	V-Lawton Bronson	28:14.21	42
50 #207 Ball, Alyson	10	V-Mmc-Ru HS	28:19.42	
51 #242 Calderon, Carmen	12	V-Sioux City North	28:21.02	43
52 #194 Blake, Ashlyn	12	V-Mvaocou	28:25.18	44
53 #277 Wallis, Sage	12	V-West Harrison	28:55.06	
54 #302 Cameron, Kierstyn	09	V-Woodbury Cent-KP	29:08.03	45

55	#282 Lage, Maggie	10	V-West Monona	29:17.41	
56	#255 Fonseca, Jade	10	V-Sioux City West	29:18.93	
57	#232 Garcia, Hailey	10	V-Sioux City East	30:02.63	
58	#256 Hayes, Isabella	09	V-Sioux City West	30:30.56	
59	#291 Davis, Ashlyn	09	V-Westwood S	30:39.18	46
60	#199 Yockey, Cheslee	12	V-Mvaocou	30:40.80	47
61	#306 Koch, Hannah	11	V-Woodbury Cent-KP	30:49.08	48
62	#258 Prieto, Alondra	09	V-Sioux City West	31:18.14	
63	#276 Olson, Rachael	12	V-West Harrison	32:36.07	
64	#293 Hinrickson, Peggy	12	V-Westwood S	32:36.09	49
65	#290 Bata, Trinity	12	V-Westwood S	33:32.78	50
66	#209 Plagman, Natalie	10	V-Mmc-Ru HS	33:37.57	
67	#295 Versch, Hannah	11	V-Westwood S	34:31.60	51

Junior Varsity Results 5000 Run

1	#5 Friis, Lilly	10	Bishop Heelan	24:56.30	1
2	#2 Emerson, Brenna	09	Bishop Heelan	24:56.37	2
3	#1 Barber, Allison	09	Bishop Heelan	25:11.45	3
4	#69 Andersen, Kara	09	Sgt Bluff Hi	25:12.20	4
5	#78 Griebel, Cori	11	Sgt Bluff Hi	25:38.01	5
6	#8 Koob, Karley	10	Bishop Heelan	25:50.99	6
7	#70 Barto, Elizabeth	10	Sgt Bluff Hi	25:57.22	7
8	#4 Fenton, Anna	12	Bishop Heelan	25:58.10	8
9	#73 Buss, Chloe	11	Sgt Bluff Hi	25:58.16	9
10	#72 Brown, Addie	12	Sgt Bluff Hi	26:02.41	10
11	#71 Berglund, Kendra	09	Sgt Bluff Hi	26:21.84	11
12	#82 Ritz, Addison	12	Sgt Bluff Hi	26:46.13	12
13	#6 Jochum, Taylor	12	Bishop Heelan	26:54.72	13
14	#83 Ruskamp, Olivia	10	Sgt Bluff Hi	27:11.80	
15	#9 Otten, Anna	09	Bishop Heelan	27:20.56	14
16	#74 Denman, Aili-Ann	11	Sgt Bluff Hi	27:25.49	
17	#68 Ahrendt, Kendall	11	Sgt Bluff Hi	27:35.87	
18	#119 Vollmer, Lilee	11	Sioux City North	27:55.03	15
19	#75 Fehl, Alexis	12	Sgt Bluff Hi	28:00.15	
20	#7 Koob, Kalyn	10	Bishop Heelan	28:26.66	
21	#76 Fehl, Olivia	11	Sgt Bluff Hi	28:27.32	
22	#81 Loffswold, Sophie	11	Sgt Bluff Hi	28:27.84	
23	#45 Reubendall, Tori	12	Lawton Bronson	28:36.03	
24	#117 Schrunck, Ashley	09	Sioux City North	28:46.52	16
25	#80 Johnson, Bella	10	Sgt Bluff Hi	28:56.70	
26	#77 Garrison, McKenzie	10	Sgt Bluff Hi	29:09.66	
27	#29 Harper, Ruby	09	Hinton High School	29:14.16	
28	#337 Lux, Brianna	09	Woodbury Cent-KP	29:52.37	
29	#110 Elgert, Adelynn	09	Sioux City North	30:05.41	17
30	#3 Fairchild, Marygrac	10	Bishop Heelan	30:24.13	
31	#109 Condon, Yeni	10	Sioux City North	31:17.17	18
32	#114 Puetz, Kendall	10	Sioux City North	31:33.03	19
33	#36 Castle, Mya	12	Lawton Bronson	32:05.28	
34	#340 Rodgers, Hanna	11	Woodbury Cent-KP	32:30.93	
35	#10 Young, Felicity	09	Bishop Heelan	33:12.63	
36	#115 Risetter, Cameron	11	Sioux City North	33:19.92	20
37	#144 Perez, Harmony	09	Sioux City West	33:38.49	
38	#141 Fetters, Bella	09	Sioux City West	36:25.52	
39	#336 Dye, Alli	11	Woodbury Cent-KP	38:23.38	

Team Scores

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

1	Bishop Heelan High School	20	1	2	3	6	8	13	14		
	Total Time:	2:06:53.21									
	Average:	25:22.65									
2	Sgt Bluff High School	35	4	5	7	9	10	11	12		

Total Time: 2:08:48.00									
Average: 25:45.60									
3	Sioux City North	85	15	16	17	18	19	20	
Total Time: 2:29:37.16									
Average: 29:55.44									
Varsity Results 5000 Run									
1	V-Sgt Bluff High School	35	5	6	7	8	9	17	20
Total Time: 1:55:37.65									
Average: 23:07.53									
2	V-Bishop Heelan High Scho	45	1	4	11	13	16	25	26
Total Time: 1:54:51.97									
Average: 22:58.40									
3	V-Woodbury Cent-KP	106	2	18	21	24	41	45	48
Total Time: 2:03:38.76									
Average: 24:43.76									
4	V-Hinton High School	107	12	14	15	29	37		
Total Time: 2:05:12.10									
Average: 25:02.42									
5	V-Lawton Bronson	128	3	22	30	34	39	40	42
Total Time: 2:08:10.05									
Average: 25:38.01									
6	V-Sioux City North	144	19	23	28	31	43		
Total Time: 2:10:21.64									
Average: 26:04.33									
7	V-Maple Valley - Anthon-O	155	10	32	33	36	44	47	
Total Time: 2:13:29.60									
Average: 26:41.92									
8	V-Westwood Sloan High Sch	195	27	35	38	46	49	50	51
Total Time: 2:23:57.52									
Average: 28:47.51									

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Moville, Iowa

Event 3 Boys 5k Run CC Varsity & JV

Name	Year School	Finals	Points
Varsity Results 5000 Run			
1 #227 Rodriguez, Carlos	12 V-Sgt Bluff-Luto	18:28.31	1
2 #213 Galles, Kaden	10 V-Mmc-Ru HS	18:33.34	2
3 #312 Jessen, Tristen	12 V-Woodbury Cent-KP	18:39.65	3
4 #285 Runyan, Jace	11 V-West Monona	18:58.96	4
5 #286 Mckinley, Eein	11 V-West Monona	19:06.59	5
6 #204 Kael, Hamann	09 V-Mvaocou	19:07.32	6
7 #169 Ritz, Carter	12 V-Bishop Heelan	19:14.34	7
8 #249 Gomez, Raul	11 V-Sioux City North	19:21.28	8
9 #210 Alesch, Owen	11 V-Mmc-Ru HS	19:23.93	9
10 #273 Wilford, Alex	11 V-Sxland Christi	19:24.58	10
11 #170 Rundquist, Roberto	12 V-Bishop Heelan	19:24.61	11
12 #224 Gamble, Hayden	11 V-Sgt Bluff-Luto	19:30.79	12
13 #250 Greenstreet, Davian	11 V-Sioux City North	19:32.13	13
14 #230 Wieseler, Michael	10 V-Sgt Bluff-Luto	19:33.58	14
15 #212 Dirks, Brayden	12 V-Mmc-Ru HS	19:36.02	15
16 #260 Casseus, Judeson	11 V-Sioux City West	19:47.75	16
17 #229 Vargas-Gaytan, Alej	09 V-Sgt Bluff-Luto	19:49.05	17
18 #226 Hawkins, Wyatt	09 V-Sgt Bluff-Luto	19:50.71	18
19 #225 Gehling, David	10 V-Sgt Bluff-Luto	20:00.34	19
20 #182 Spersma, Zach	11 V-Hinton	20:02.59	20
21 #240 Widajaja, Michael	12 V-Sioux City East	20:03.38	21
22 #248 Christensen, Lorcan	12 V-Sioux City North	20:03.78	22
23 #252 Schultz, Connor	09 V-Sioux City North	20:04.09	23
24 #216 Staab, Brett	12 V-Mmc-Ru HS	20:08.12	24
25 #167 Elks, Alex	09 V-Bishop Heelan	20:08.13	25
26 #192 Moseman, Theo	11 V-Lawton Bronson	20:11.81	
27 #313 Ofert, Wyatt	12 V-Woodbury Cent-KP	20:20.41	26
28 #289 Harris, Treyton	12 V-West Monona	20:25.91	27
29 #171 Uhl, Fisher	09 V-Bishop Heelan	20:29.35	28
30 #261 Gebra, Filmon	10 V-Sioux City West	20:35.81	29
31 #178 Devries, Dylan	12 V-Hinton	20:39.20	30
32 #168 Otten, Eli	11 V-Bishop Heelan	20:41.32	31
33 #283 Boynton, Jesse	11 V-West Monona	20:41.37	32
34 #172 Weist, Jake	12 V-Bishop Heelan	20:41.41	33
35 #254 Woolworth, Logan	09 V-Sioux City North	20:41.60	34
36 #253 Schultz, Kiefer	09 V-Sioux City North	20:46.84	35
37 #203 Dorale, Justin	10 V-Mvaocou	20:52.17	36
38 #228 Sweum, Kellen	10 V-Sgt Bluff-Luto	20:53.27	37
39 #206 Reed, Ethan	12 V-Mvaocou	21:08.09	38
40 #238 Ramold, Austin	12 V-Sioux City East	21:10.89	39
41 #237 Hernandez, Omar	11 V-Sioux City East	21:28.97	40
42 #205 Meyer, Jayden	10 V-Mvaocou	21:33.36	41
43 #269 Duerloo, Sammy	10 V-Sxland Christi	21:33.86	42
44 #262 Lopez, Jose	12 V-Sioux City West	21:34.86	43
45 #214 Grage, Gunnar	12 V-Mmc-Ru HS	21:35.40	44
46 #315 Seuntjens, Carson	11 V-Woodbury Cent-KP	21:35.79	45
47 #274 Wilford, Justin	11 V-Sxland Christi	21:46.73	46
48 #181 Schindler, Will	12 V-Hinton	21:51.62	47
49 #272 Villatoro, Anthony	10 V-Sxland Christi	21:57.94	48
50 #264 Rios, Javier	09 V-Sioux City West	21:59.41	49
51 #309 Benson, Marshall	11 V-Woodbury Cent-KP	22:01.15	50
52 #288 Orr, Andrew	10 V-West Monona	22:13.86	51
53 #190 Beiler, Lane	09 V-Lawton Bronson	22:14.28	
54 #236 Harrison, Jacob	11 V-Sioux City East	22:14.35	52

55	#234	Debates, Joseph	11	V-Sioux City East	22:16.06	53
56	#201	Bailey, Caydon	09	V-Mvaocou	22:17.03	54
57	#287	Mckinley, Gabe	09	V-West Monona	22:21.80	55
58	#179	Nelson, Cooper	09	V-Hinton	22:23.02	56
59	#263	Morales, David	10	V-Sioux City West	22:27.34	57
60	#211	Braun, Lucas	09	V-Mmc-Ru HS	22:35.85	58
61	#284	Disney, Cole	11	V-West Monona	22:40.56	59
62	#259	Alvarez, Juan	10	V-Sioux City West	23:05.77	60
63	#278	Acker, Riley	11	V-West Harrison	23:22.13	
64	#180	Ridgway, Ty	12	V-Hinton	23:32.07	61
65	#297	Jenkins, Carter	10	V-Westwood S	24:13.34	
66	#310	Christenson, Caleb	09	V-Woodbury Cent-KP	24:24.71	62
67	#166	Elks, Adam	09	V-Bishop Heelan	24:35.37	63
68	#300	Bethune, Cole	09	V-Whiting	25:01.85	
69	#215	Pepper, Max	09	V-Mmc-Ru HS	25:17.02	64
70	#270	Kaleb, Kucera	10	V-Sxland Christi	25:33.71	65
71	#311	Haggin, Levi	10	V-Woodbury Cent-KP	25:55.97	66
72	#314	Ploen, Cade	09	V-Woodbury Cent-KP	25:58.25	67
73	#279	Kraft, James	10	V-West Harrison	28:01.95	
74	#202	Bailey, Erik	09	V-Mvaocou	28:24.30	68
75	#271	Reynolds, Malachi	11	V-Sxland Christi	28:25.76	69
76	#200	Babel, Andrew	12	V-Mvaocou	29:03.18	70
77	#158	Reynolds, John	09	V-Sxland Christi	29:03.94	71
78	#280	Stolz, Gunnar	11	V-West Harrison	33:02.40	
79	#298	Kropf, Dakota	09	V-Westwood S	36:07.63	

Junior Varsity Results 5000 Run

1	#136	Reda, Merhawe	10	Sioux City North	20:17.50	1
2	#124	Gishe, Yasin	11	Sioux City North	20:46.00	2
3	#93	McGregor, Kasey	09	Sgt Bluff Hi	20:47.30	3
4	#11	Carlberg, Erick	12	Bishop Heelan	21:20.59	4
5	#96	Schaap, Dylon	11	Sgt Bluff Hi	21:27.86	5
6	#90	Konopasek, Owen	09	Sgt Bluff Hi	21:33.74	6
7	#127	Krysl, Jacob	12	Sioux City North	21:34.61	7
8	#132	Mohamed, Ismail	11	Sioux City North	21:43.87	8
9	#16	Fjeldheim, Kameron	11	Bishop Heelan	21:44.70	9
10	#130	Martin Ramos, Maxim	12	Sioux City North	21:52.75	10
11	#100	VanWyhe, Dalton	10	Sgt Bluff Hi	21:54.12	11
12	#98	Steffans, Hunter	11	Sgt Bluff Hi	21:59.33	12
13	#97	Skogland, Ethan	10	Sgt Bluff Hi	21:59.76	13
14	#140	Walz, Elliot	11	Sioux City North	22:20.71	14
15	#91	MacClure, Nathaniel	10	Sgt Bluff Hi	22:24.74	15
16	#94	Myers, Nathan	09	Sgt Bluff Hi	22:28.06	
17	#23	Meyer, Jo	12	Bishop Heelan	22:29.19	16
18	#320	Holverson, Aidan	10	West Monona	22:29.98	
19	#101	Wilcoxon, Nathan	09	Sgt Bluff Hi	22:30.94	
20	#123	Embrock, Adam	10	Sioux City North	22:35.60	17
21	#103	Jimenez, Omar	11	Sioux City East	22:47.50	
22	#20	LaFleur, Lucas	11	Bishop Heelan	22:51.37	18
23	#92	Marchand, Judd	11	Sgt Bluff Hi	23:00.72	
24	#19	Kirkpatrick, Conan	09	Bishop Heelan	23:16.12	19
25	#105	Winkel, Mallik	11	Sioux City East	23:37.47	
26	#122	Delperdang, Xander	12	Sioux City North	23:40.92	
27	#121	Calderon, Kevyn	10	Sioux City North	23:53.52	
28	#150	Houts, Kirk	11	Sioux City West	23:54.64	20
29	#14	Donovan, James	09	Bishop Heelan	23:55.61	21
30	#18	Kirkpatrick, Cahill	10	Bishop Heelan	24:05.68	22
31	#13	Daffer, Nicholas	10	Bishop Heelan	24:09.95	
32	#21	Larsen, Austin	09	Bishop Heelan	24:10.74	
33	#88	Heger, Clint	09	Sgt Bluff Hi	24:20.43	
34	#24	Patee, Britton	09	Bishop Heelan	24:21.14	
35	#89	Keokenchanh, Cam	10	Sgt Bluff Hi	24:21.14	
36	#85	Beyer, Vincent	10	Sgt Bluff Hi	24:26.80	
37	#67	Peters, Mason	10	Mmc-Ru HS	24:31.79	

38	#28 Welch, Jacob	09 Bishop Heelan	24:32.01	
39	#27 Stahle, Jack	11 Bishop Heelan	24:32.50	
40	#99 Sundarem, Sairam	10 Sgt Bluff Hi	24:39.49	
41	#139 Valladolid, Jose	11 Sioux City North	24:45.42	
42	#152 McKewon, Connor	10 Sioux City West	24:47.00	23
43	#125 Haroldson, Gavin	09 Sioux City North	24:50.12	
44	#153 Munoz, Eric	10 Sioux City West	25:01.41	24
45	#138 Schueth, Bronson	12 Sioux City North	25:02.51	
46	#321 Lawerance, Alex	10 West Monona	25:17.04	
47	#156 Small, JoJo	09 Sioux City West	25:28.25	25
48	#135 Pham, Ethan	09 Sioux City North	25:36.11	
49	#15 Fey, Paulsen	10 Bishop Heelan	26:03.62	
50	#58 Garule, Dakota	09 Maple Valley	26:19.04	
51	#323 Orr, Damien	11 West Monona	26:38.70	
52	#131 Mendez, Angel	11 Sioux City North	26:55.66	
53	#146 Benson, Carter	11 Sioux City West	27:45.03	26
54	#149 Gonzalez, Gio	10 Sioux City West	27:45.74	27
55	#148 Enszer, Gabe	09 Sioux City West	27:49.22	28
56	#102 Dandurand, Noah	09 Sioux City East	27:51.85	
57	#129 Llorente, German	10 Sioux City North	28:16.27	
58	#62 Wesselmen, Tim	09 Maple Valley	28:31.05	
59	#95 Palma-Ahedo, Iker	11 Sgt Bluff Hi	29:04.16	
60	#26 Scott, Ikey	09 Bishop Heelan	29:21.32	
61	#12 Craig, Carson	09 Bishop Heelan	29:29.55	
62	#155 Santos, Julio	10 Sioux City West	29:59.91	
63	#22 Mendoza, David	09 Bishop Heelan	30:28.86	
64	#151 Kilberg, Cael	09 Sioux City West	32:21.61	
65	#154 Reyes, Victor	10 Sioux City West	35:52.13	

Team Scores

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

1	Sioux City North	28	1	2	7	8	10	14	17		
	Total Time:										
	Average:										
2	Sgt Bluff High School	37	3	5	6	11	12	13	15		
	Total Time:										
	Average:										
3	Bishop Heelan High School	66	4	9	16	18	19	21	22		
	Total Time:										
	Average:										
4	Sioux City West	118	20	23	24	25	26	27	28		
	Total Time:										
	Average:										

Varsity Results 5000 Run

1	V-Sgt Bluff High School	62	1	12	14	17	18	19	37		
	Total Time:										
	Average:										
2	V-Mmc-Ru HS	94	2	9	15	24	44	58	64		
	Total Time:										
	Average:										
3	V-Sioux City North	100	8	13	22	23	34	35			
	Total Time:										
	Average:										
4	V-Bishop Heelan High Scho	102	7	11	25	28	31	33	63		
	Total Time:										
	Average:										
5	V-West Monona High School	119	4	5	27	32	51	55	59		
	Total Time:										
	Average:										
6	V-Maple Valley - Anthon-O	175	6	36	38	41	54	68	70		



