

2025 Missouri River Conference Championships - 10/16/2025
 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 Bertrand, Addison	12 Bishop Heela	19:48.68	1
2 Palmer, Marcella	12 Sioux City North	20:14.80	2
3 Skari, Selma	12 Sioux City East	20:34.10	3
4 Johnson, Hanna	12 Sioux City North	20:46.28	4
5 Otten, Ella	10 Bishop Heela	21:03.68	5
6 Fitch, Kailyn	10 Bishop Heela	21:12.33	6
7 Gutierrez, Maria	12 Sioux City North	21:16.04	7
8 Polzin, Briella	09 Sgt Bluff Hi	21:33.92	8
9 Odell, Sara	09 Sgt Bluff Hi	21:53.17	9
10 Topf, Ellie	10 Bishop Heela	21:57.77	10
11 Weitzel, Khloee	12 Sioux City East	22:02.96	11
12 Schulenberg, Sarai	09 Council Bluffs AL	22:11.42	12
13 Hulinsky, Karis	11 Lemars High School	22:28.75	13
14 Roerig, Grace	12 Bishop Heela	22:37.34	14
15 Petersen, Torunn	10 Council Bluffs AL	22:37.65	15
16 Bohlken, Aleigha	09 Lemars High School	22:48.11	16
17 Scott, Emma	12 Sioux City East	22:56.23	17
18 Hennen, Malia	09 Sioux City West	22:58.51	18
19 Jochum, Ashleigh	12 Bishop Heela	22:59.88	19
20 Kenney, Melody	09 Sioux City North	23:06.41	20
21 Fiegel, Claire	10 Sgt Bluff Hi	23:18.44	21
22 Wilson, Kaylee	11 Council Bluffs AL	23:20.64	22
23 Nell, Adeline	10 Lemars High School	23:25.53	23
24 DeRocher, Brooklyn	11 Lemars High School	23:28.46	24
25 Salter, Ashlynn	11 Sgt Bluff Hi	23:30.86	25
26 Eliesa, Khloe	11 Sioux City North	23:31.74	26
27 Moyer, Kynzie	09 Council Bluffs AL	23:35.33	27
28 Britton, Clara	09 Sgt Bluff Hi	23:41.19	28
29 Beitelspacher, Isabella	09 Lemars High School	23:45.48	29
30 Bockenstedt, Bjella	12 Sgt Bluff Hi	23:52.61	30
31 Kohl, Addisyn	09 Council Bluffs AL	23:59.86	31
32 Addie, Cohrs	12 Council Bluffs AL	24:04.71	32
33 Vanderlinden, Ella	10 Sioux City East	24:07.29	33
34 Kamm, Lilin	12 Sioux City East	24:11.19	34
35 Caro, Emma	11 Bishop Heela	24:15.81	35
36 Bos, Ava	11 Sgt Bluff Hi	24:24.52	36
37 DeRocher, MaKenzie	12 Lemars High School	24:30.89	37
38 Burrack, Arcenia	12 Sioux City North	24:38.14	38
39 Carrillo, Silvia	10 Sioux City West	25:15.33	39
40 Rosener, Cali	11 Lemars High School	25:29.34	40
41 Limon, Melanie	11 Sioux City West	25:59.36	41
42 Weaver, Olivia	11 Council Bluffs TJ	26:56.15	
43 Cabrera, Brooke	09 Council Bluffs TJ	27:46.37	
44 Pirie, Wrigley	09 Council Bluffs AL	28:02.36	42
45 Pina, Gezelle	09 Sioux City West	29:19.57	43
46 Lastor, Kaylee	10 Sioux City West	29:31.77	44
47 Lengkeek, Baileigh	12 Sioux City East	30:31.05	45
48 Lokaley, Lokhom	11 Sioux City East	33:32.67	46

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
1 Bishop Heelan High School	36	1	5	6	10	14	19	35		

Total Time: 1:46:39.80								
Average: 21:19.96								
2 Sioux City North	59	2	4	7	20	26	38	
Total Time: 1:48:55.28								
Average: 21:47.06								
3 Sgt Bluff High School	91	8	9	21	25	28	30	36
Total Time: 1:53:57.58								
Average: 22:47.52								
4 Sioux City East	98	3	11	17	33	34	45	46
Total Time: 1:53:51.77								
Average: 22:46.36								
5 Lemars High School	105	13	16	23	24	29	37	40
Total Time: 1:55:56.33								
Average: 23:11.27								
6 Council Bluffs AL	107	12	15	22	27	31	32	42
Total Time: 1:55:44.90								
Average: 23:08.98								
7 Sioux City West	185	18	39	41	43	44		
Total Time: 2:13:04.54								
Average: 26:36.91								

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Event 3 Boys 5k Run CC Varsity

Name	Year School	Finals	Points
1 Gutema, Kuma	10 Sioux City North	15:53.39	1
2 Tesfaselassie, Even	12 Sioux City North	17:04.25	2
3 Hames, Ben	12 Sioux City North	17:05.29	3
4 Swaggerty, Even (Torrey)	12 Sioux City North	17:15.53	4
5 Amaro, Alex	11 Bishop Heela	17:20.68	5
6 Bramble, William	11 Council Bluffs AL	17:30.30	6
7 Gutierrez, Josue	10 Sioux City North	17:30.45	7
8 TerWee, Hudson	10 Sgt Bluff Hi	17:38.67	8
9 Hamilton, Kaiden	12 Council Bluffs TJ	17:41.86	9
10 Zellner, Kristoffer	11 Sioux City East	17:53.13	10
11 McCormick, David	10 Sgt Bluff Hi	18:03.54	11
12 Lincoln, Andrew	11 Sgt Bluff Hi	18:06.10	12
13 Wheelock, Leo	10 Sioux City North	18:11.51	13
14 Bonnes, Logan	10 Sioux City North	18:12.50	14
15 Sanchez, Jony	11 Lemars High School	18:19.07	
16 Giese, Cal	10 Bishop Heela	18:27.43	15
17 Aherns, Maverick	09 Council Bluffs AL	18:31.97	16
18 Delarosa, Daniel	12 Sgt Bluff Hi	18:42.81	17
19 Malak, McDaniel	11 Council Bluffs AL	18:56.98	18
20 Perera, Calen	09 Sioux City East	18:58.76	19
21 Koepke, Kaden	12 Sioux City East	18:59.90	20
22 Walsh, Luke	10 Sgt Bluff Hi	19:01.45	21
23 Wymore, Carter	10 Council Bluffs AL	19:04.98	22
24 Barber, Ethan	12 Bishop Heela	19:09.05	23
25 Anderson, Coleton	10 Council Bluffs AL	19:12.06	24
26 Walsh, Ben	12 Sgt Bluff Hi	19:19.70	25
27 Bisanga, Amisi	09 Sioux City West	19:23.67	26
28 Gonzalez, Axel	10 Bishop Heela	19:25.64	27
29 Larrabee, Ayden	12 Sgt Bluff Hi	19:29.93	28
30 Wolf, Zed	10 Council Bluffs AL	19:33.17	29
31 Fisher, Henry	11 Sioux City West	19:33.82	30
32 Johnson, Emmett	11 Sioux City East	19:36.88	31
33 Koson, Reed	10 Sioux City East	19:40.96	32
34 Harmsen, Hunter	11 Council Bluffs AL	19:42.66	33
35 Wright, Austin	09 Sioux City East	19:44.29	34
36 Chwirka, Dylan	12 Sioux City East	19:48.20	35
37 Smith, Jimmy	11 Sioux City West	19:53.79	36
38 Mullally, Hunter	12 Lemars High School	20:04.30	
39 Doran, Brecken	10 Sioux City West	20:11.09	37
40 Guerrero, Xavier	11 Bishop Heela	20:12.43	38
41 Beller, Isaac	10 Lemars High School	20:13.45	
42 Helm, Parker	11 Council Bluffs TJ	20:15.49	39
43 Jorstad, Matthew	10 Bishop Heela	20:17.40	40
44 Sanchez, Toni	12 Bishop Heela	20:34.18	41
45 Limon, Antelmo	10 Sioux City West	21:07.51	42
46 Williamson, Bailyan	12 Council Bluffs TJ	21:14.32	43
47 Kebato, Abdisi	10 Sioux City West	21:38.41	44
48 Acosta, Jacob	11 Council Bluffs TJ	21:39.34	45
49 Andrade, Diego	09 Sioux City West	21:43.82	46
50 Zambrano, Raymundo	11 Council Bluffs TJ	22:02.03	47
51 Flores, Giovanni	10 Council Bluffs TJ	22:59.49	48
52 Templeman, Josh	12 Council Bluffs TJ	23:32.32	49
53 DeRaad, James	10 Lemars High School	25:03.86	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Sioux City North	17	1	2	3	4	7	13	14		
	Total Time: 1:24:48.91										
	Average: 16:57.79										
2	Sgt Bluff High School	69	8	11	12	17	21	25	28		
	Total Time: 1:31:32.57										
	Average: 18:18.52										
3	Council Bluffs AL	86	6	16	18	22	24	29	33		
	Total Time: 1:33:16.29										
	Average: 18:39.26										
4	Bishop Heelan High School	108	5	15	23	27	38	40	41		
	Total Time: 1:34:35.23										
	Average: 18:55.05										
5	Sioux City East	112	10	19	20	31	32	34	35		
	Total Time: 1:35:09.63										
	Average: 19:01.93										
6	Sioux City West	171	26	30	36	37	42	44	46		
	Total Time: 1:40:09.88										
	Average: 20:01.98										
7	Council Bluffs TJ	183	9	39	43	45	47	48	49		
	Total Time: 1:42:53.04										
	Average: 20:34.61										

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Event 2 Girls 5k Run CC JV

Name	Year School	Finals	Points
1 Prevail, Madyson	11 Sioux City North	23:34.82	1
2 Rassel, Julianne	09 Sgt Bluff Hi	24:00.60	2
3 Stott, Norah	12 Council Bluffs AL	24:24.83	3
4 Kifle, Lulya	09 Sioux City North	24:33.04	4
5 Rodgers, Alexis	11 Lemars High School	24:39.24	5
6 Lohr, Savannah	10 Bishop Heela	25:12.62	6
7 Tisher, Maddie	11 Sgt Bluff Hi	25:17.17	7
8 Fitch, Annette	11 Council Bluffs AL	25:18.61	8
9 Contreras, Daniela	09 Council Bluffs AL	25:23.79	9
10 Hamann, Claire	10 Bishop Heela	25:26.01	10
11 Timmons, Charlotte	09 Sgt Bluff Hi	25:45.53	11
12 Stevens, Sarah	10 Sgt Bluff Hi	25:55.59	12
13 Tilberg, Sarah	11 Lemars High School	26:01.86	13
14 Mejia, Vanessa	10 Sgt Bluff Hi	26:28.02	14
15 McCormick, Ella	10 Sgt Bluff Hi	26:30.17	15
16 McCormick, Ciara	10 Sgt Bluff Hi	26:35.25	16
17 Timmons, Quincy	09 Sgt Bluff Hi	26:47.74	
18 Cain, Lilly	09 Council Bluffs AL	26:53.08	17
19 Uhl, Reagan	10 Bishop Heela	26:59.83	18
20 Buchheit, Parker	11 Sgt Bluff Hi	27:04.70	
21 Hogrefe, Maya	12 Lemars High School	27:07.68	19
22 Uhl, Elise	10 Bishop Heela	27:13.77	20
23 Philip, Zenita	11 Sgt Bluff Hi	27:15.35	
24 Jimenez-Martinez, Loreli	09 Sioux City North	27:32.43	21
25 Petersen, Malene	12 Council Bluffs AL	27:55.12	22
26 Kluver, Jayden	11 Lemars High School	28:19.62	23
27 Espinoza, Jocelin	10 Sgt Bluff Hi	28:31.60	
28 Jeneary, Megan	11 Lemars High School	28:39.36	24
29 Arrez-Mena, Chelsea	09 Sioux City North	29:00.67	25
30 Garcia Perez, Jackie	11 Sioux City North	29:25.89	26
31 Aguirre, Bella	09 Sioux City North	29:30.98	27
32 Johnson, Elise	12 Sioux City North	29:36.87	28
33 Meier, Malaya	11 Bishop Heela	29:37.25	29
34 Cappetta, Emma	10 Sgt Bluff Hi	31:06.93	
35 Henn, Lilly	10 Sioux City North	31:46.26	
36 Garcia, Imelda	09 Sioux City North	32:19.58	
37 Duval, Abbagail	10 Council Bluffs AL	32:21.53	30
38 Larson, Ryalie	10 Council Bluffs AL	36:09.51	31
39 Garcia, Issabella	09 Council Bluffs AL	40:26.88	
40 Miller, Lilian	11 Council Bluffs AL	43:37.82	

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
1 Sgt Bluff High School	46	2	7	11	12	14	15	16		
Total Time: 2:07:26.91										
Average: 25:29.39										
2 Council Bluffs AL	59	3	8	9	17	22	30	31		
Total Time: 2:09:55.43										
Average: 25:59.09										
3 Sioux City North	77	1	4	21	25	26	27	28		
Total Time: 2:14:06.85										
Average: 26:49.37										

4 Bishop Heelan High School	83	6	10	18	20	29
Total Time: 2:14:29.48						
Average: 26:53.90						
5 Lemars High School	84	5	13	19	23	24
Total Time: 2:14:47.76						
Average: 26:57.56						

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Event 4 Boys 5k Run CC JV

Name	Year School	Finals	Points
1 Yusuf, Aden	10 Sioux City North	18:38.60	1
2 Behrens, Tate	10 Sioux City North	18:47.70	2
3 Davis, Braxton	10 Sioux City North	18:58.90	3
4 Menez, Bryan	10 Council Bluffs TJ	19:15.20	4
5 Amman, Asher	09 Sioux City North	19:22.90	5
6 Munson, Layne	11 Sioux City North	19:25.20	6
7 Palmer, Winston	11 Sioux City North	19:27.60	7
8 Lorenzen, Evan	12 Sioux City North	19:38.50	8
9 Hamilton, Isaac	11 Council Bluffs AL	19:45.60	9
10 Shumansky, Jace	09 Sgt Bluff Hi	20:10.60	10
11 Philip, Nigel	09 Sgt Bluff Hi	20:14.90	11
12 McCormick, Brody	10 Sgt Bluff Hi	20:20.80	12
13 Sheilds, Mason	10 Council Bluffs AL	20:23.50	13
14 Flores, Anthony	09 Sioux City East	20:30.90	14
15 Beller, Beckett	11 Sioux City North	20:32.80	
16 Burton, Kenneth	10 Sioux City East	20:35.70	15
17 Hindman, David	10 Bishop Heela	20:43.80	16
18 Bazer, Chase	09 Sioux City East	20:44.50	17
19 Eckert, Liam	09 Sioux City North	20:46.50	
20 Ngolu, Narcisse	10 Sioux City North	20:52.50	
21 Keokenchanh, Isaac	11 Sgt Bluff Hi	20:57.80	18
22 Ashcraft, Garrett	09 Council Bluffs AL	20:59.00	19
23 Hoekstra, Carver	11 Sioux City North	21:01.70	
24 Sindelar, Maclin	09 Sgt Bluff Hi	21:26.70	20
25 Kellogg, Edward	11 Sioux City North	21:27.50	
26 VanSickle, Gabriel	10 Council Bluffs AL	21:29.00	21
27 Vander Velde, Miles	11 Council Bluffs AL	21:41.10	22
28 Dighton, Ayden	09 Council Bluffs AL	21:43.80	23
29 Tomlinson, Charlie	09 Sgt Bluff Hi	21:50.50	24
30 Ramos, Estuardo	10 Sioux City West	21:50.70	25
31 Whitlock, Dekeyn	10 Sioux City East	21:58.60	26
32 Millard, Ian	11 Sioux City East	21:59.60	27
33 Nguyen, Kash	09 Sioux City East	22:00.30	28
34 Wilson, Greysen	09 Council Bluffs AL	22:00.60	29
35 Ware, Abe	09 Bishop Heela	22:02.50	30
36 Sanchez-Gomez, Miguel	12 Sioux City North	22:05.90	
37 Kueffer, Baylen	11 Sgt Bluff Hi	22:15.80	31
38 Chilel, Anderson	09 Sioux City North	22:16.30	
39 Truong, Bentley	09 Sioux City North	22:18.00	
40 Hernandez, Peniel	09 Sioux City North	22:24.90	
41 Arnborg, Clayton	10 Sgt Bluff Hi	22:35.90	
42 Hernandez, Daniel	12 Sgt Bluff Hi	22:38.10	
43 Embrock, Landon	09 Sioux City North	22:42.00	
44 Wimmer, Aiden	10 Sgt Bluff Hi	22:43.20	
45 Cleveringa, Kamden	09 Bishop Heela	22:44.50	32
46 Mullenix, Tyler	11 Sgt Bluff Hi	22:47.70	
47 Schuetz, Lawson	09 Sgt Bluff Hi	22:50.30	
48 Taylor, William	10 Council Bluffs AL	22:50.50	
49 Ortmann, James	09 Bishop Heela	22:50.60	33
50 Kurth, Hayden	09 Bishop Heela	22:50.90	34
51 Kebato, Abase	10 Sioux City West	22:53.40	35
52 Gutierrez, Miguel	09 Sioux City North	22:58.20	
53 Berglund, Owen	10 Sgt Bluff Hi	22:58.50	
54 Garcia-Perez, Mathew	09 Sioux City North	23:32.40	

55 Brown, Parker	09 Bishop Heela	23:34.70	36
56 Jens, Mason	09 Council Bluffs AL	23:35.70	
57 Kinnamen, Tristan	09 Sioux City North	23:40.10	
58 Joseph, DJ	10 Sioux City West	23:51.90	37
59 Parvu, Gabriel	09 Sioux City North	23:52.60	
60 Gonzalez, Angel	09 Sioux City West	24:12.00	38
61 Munoz, Hemanuel	09 Sioux City West	24:20.70	39
62 Romero, Adrian	10 Council Bluffs TJ	24:21.30	40
63 Santos, David	11 Bishop Heela	24:24.40	41
64 Mathis, Jacob	11 Bishop Heela	24:31.20	
65 Anguiano, Alejandro	12 Sioux City East	24:31.60	42
66 Martinez, Jesus	11 Bishop Heela	24:32.40	
67 Hanson, Eli	10 Council Bluffs AL	24:35.70	
68 Guerrero, Gabriel	10 Bishop Heela	24:38.10	
69 Stulich, Macale	09 Sgt Bluff Hi	24:38.40	
70 Huseman, Oliver	11 Sioux City East	24:58.00	
71 Cain, Wyatt	11 Council Bluffs AL	25:13.30	
72 Hendershot, Henry	12 Council Bluffs TJ	25:21.20	43
73 Morgan, Jasper	11 Bishop Heela	25:22.40	
74 Kosiba, Costatine	11 Sioux City East	25:25.30	
75 Murray, Lionel	09 Sioux City East	25:45.40	
76 Hartso, Adrian	11 Sioux City North	25:58.80	
77 Jantzon, Tucker	11 Council Bluffs TJ	26:48.10	44
78 Kayo, Ibsa	12 Sioux City West	27:03.40	45
79 Palomino, Giovanni	12 Sioux City East	27:23.60	
80 Petersen, Trygg	10 Council Bluffs AL	27:26.20	
81 Lawslo, Tyler	11 Council Bluffs AL	28:59.40	
82 Mckeeman, Leland	11 Council Bluffs TJ	29:16.70	46
83 Abraham, Jackson	12 Council Bluffs TJ	30:45.00	47
84 Wigg Jr, Eric	11 Council Bluffs AL	31:29.70	
85 Vergas, Kellan	10 Council Bluffs AL	38:20.10	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Sioux City North	17	1	2	3	5	6	7	8		
	Total Time: 1:35:13.30										
	Average: 19:02.66										
2	Sgt Bluff High School	71	10	11	12	18	20	24	31		
	Total Time: 1:43:10.80										
	Average: 20:38.16										
3	Council Bluffs AL	84	9	13	19	21	22	23	29		
	Total Time: 1:44:18.20										
	Average: 20:51.64										
4	Sioux City East	99	14	15	17	26	27	28	42		
	Total Time: 1:45:49.30										
	Average: 21:09.86										
5	Bishop Heelan High School	145	16	30	32	33	34	36	41		
	Total Time: 1:51:12.30										
	Average: 22:14.46										
6	Sioux City West	174	25	35	37	38	39	45			
	Total Time: 1:57:08.70										
	Average: 23:25.74										
7	Council Bluffs TJ	177	4	40	43	44	46	47			
	Total Time: 2:05:02.50										
	Average: 25:00.50										