

# MRAC BOYS CROSS COUNTRY HISTORY

## Regular Season Champions

<b>YEAR</b>	<b>SCHOOL</b>	<b>SCORE</b>	<b>COACH</b>
2000	Sioux City West	35	Dave Nash
2001	Sioux City West	33	Dave Nash
2002	Sioux City North	55	Mark Walker
2003	Sioux City West	36	Dave Nash
2004	Sioux City North	36	Mark Walker
2005	Sioux City North	44	Mark Walker
2006	Sioux City Heelan	47	Dan O'Brien
2007	Sioux City Heelan	56	Dan O'Brien
2008	Sioux City Heelan	28	Dan O'Brien
2009	Sioux City Heelan	39	Dan O'Brien
2010	C.B. Thomas Jefferson	32	Doug Muehlig
2011	Sioux City Heelan	29	Dan O'Brien
2012	Sioux City Heelan	27	Dan O'Brien
2013	C.B. Thomas Jefferson	38	Doug Muehlig
2014	Sioux City Heelan	48	Dan O'Brien
2015	Sioux City North	39	Abdier Marrero
2016	C.B. Thomas Jefferson	51	Doug Muehlig
2017	Sergeant Bluff-Luton	34	Monte Larsen
2018	Sioux City North	26	Abdier Marrero
2019	Sioux City North	24	Abdier Marrero
2020	Sioux City North	16	Abdier Marrero
2021	Sioux City North	16	Abdier Marrero
2022	Sioux City North	17	Dave Nash
2023	Sioux City North	23	Dave Nash
2024	Sioux City North	19	Dave Nash
2025	Sioux City North	17	Dave Nash



# MRAC BOYS CROSS COUNTRY HISTORY

<u>2000 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
**West	35
Abraham Lincoln	66
Thomas Jefferson	69
North	107
East	119
Heelan	129
Medalist: Graham McGaffin, West, 17:07.08	

<u>2001 At SYA Complex</u>	<u>SCORE</u>
**West	33
Thomas Jefferson	52
North	83
Abraham Lincoln	85
East	INC
Heelan	INC
Medalist: Graham McGaffin, West, 15:58.0	

<u>2002 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
**North (won tiebreaker)	55
**Thomas Jefferson	55
West	58
East	94
Abraham Lincoln	105
Heelan	148
Medalist: Nick Murphy, Heelan, 16:28.63	

<u>2003 At S.C. Country Club</u>	<u>SCORE</u>
**West	36
**Heelan	55
Abraham Lincoln	64
North	69
East	105
Thomas Jefferson	152
Medalist: Nick Murphy, Heelan, 15:31.74	

<u>2004 At CBTJ (West Fair)</u>	<u>SCORE</u>
**North	36
Thomas Jefferson	70
Abraham Lincoln	81
East	94
Heelan	99
West	112
Medalist: Josh Lewis, West, 16:48.23	

<u>2005 At Adams Nature</u>	<u>SCORE</u>
North	44
Thomas Jefferson	69
**Heelan	79
East	80
West	114
Abraham Lincoln	117
Medalist: Josh Lewis, West, 15:55.97	

<u>2006 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
**Heelan	47
North	60
Abraham Lincoln	71
Thomas Jefferson	82
East	105
West	139
Medalist: Anthony Oberle, Heelan, 16:26.46	

<u>2007 At Adams Nature</u>	<u>SCORE</u>
Heelan	56
Abraham Lincoln	61
North	62
Thomas Jefferson	66
West	129
East	147
Medalist: Nate McKewon, Heelan, 16:34.31	

<u>2008 At SYA Complex</u>	<u>SCORE</u>
Heelan	28
Abraham Lincoln	54
North	69
Thomas Jefferson	88
West	145
East	156
Medalist: Nate McKewon, Heelan, 16:14.73	

<u>2009 At North High</u>	<u>SCORE</u>
Heelan	39
Thomas Jefferson	52
North	72
Abraham Lincoln	90
West	111
East	130
Medalist: Matt Samuelson, North, 17:55.26	

<u>2010 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
Thomas Jefferson	32
**Heelan	78
North	88
Sergeant Bluff-Luton	106
Abraham Lincoln	119
East	128
West	173
Medalist: Abbabiya Simbassa, North, 16:55.87	

<u>2011 At West High</u>	<u>SCORE</u>
**Heelan	29
Thomas Jefferson	68
East	81
North	97
Abraham Lincoln	125
West	136
Sergeant Bluff-Luton	154
Medalist: Jacob Scott, East, 17:32.61.	

<u>2012 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
**Heelan	27
Thomas Jefferson	50
West	88
East	94
Abraham Lincoln	96
Sergeant Bluff-Luton	176
North	INC
Medalist: Alec DeVries, Heelan, 16:46.0	

<u>2013 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
Thomas Jefferson	38
East	45
Heelan	74
North	109
West	114
Abraham Lincoln	131
Sergeant Bluff-Luton	197
Medalist: Jacob Scott, East, 16:53.17	

<u>2014 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
**Heelan	48
Thomas Jefferson	65
Abraham Lincoln	66
North	83
East	116
Sergeant Bluff-Luton	146
West	157
Medalist: Eldon Warner, CBTJ, 16:28.56.	

<u>2015 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
North	39
Thomas Jefferson	48
Heelan	104
East	112
Abraham Lincoln	113
West	141
Sergeant Bluff-Luton	178
Medalist: Phoenix Larned, West, 16:26.43	

<u>2016 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
Thomas Jefferson	51
**Sergeant Bluff-Luton	53
North	61
**Heelan	78
West	123
Abraham Lincoln	142
East	160
Medalist: Miles Scott, SB-L, 16:13.15	

<u>2017 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
**Sergeant Bluff-Luton	34
**North	37
Thomas Jefferson	84
East	110
West	126
Abraham Lincoln	126
Heelan	192
Medalist: Merga Gameda, North, 15:40.70	

<u>2018 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
**North	26
Thomas Jefferson	64
**Sergeant Bluff-Luton	68
West	118
East	140
Abraham Lincoln	144
Heelan	173
Medalist: Jaysen Bouwers, North, 16:32	

# MRAC BOYS CROSS COUNTRY HISTORY

<u>2019 At Brunsville (Prairie Rose)</u>	<u>SCORE</u>	<u>2022 At Council Bluffs (IWCC)</u>	<u>SCORE</u>	<u>2025 At Brunsville (Prairie Rose)</u>	<u>SCORE</u>
**North	24	**North	17	North	17
Thomas Jefferson	66	Le Mars	90	Sergeant Bluff-Luton	69
Le Mars	76	Sergeant Bluff-Luton	96	Abraham Lincoln	86
Sergeant Bluff-Luton	103	East	126	Heelan	108
East	110	Abraham Lincoln	130	East	112
Abraham Lincoln	131	Heelan	141	West	171
West	201	Thomas Jefferson	153	Thomas Jefferson	193
Heelan	206	West	166	Le Mars	INC
Medalist: Jaysen Bouwers, North, 15:46.59.		Medalist: Natnael Kifle, North, 15:59.90		Medalist: Kuma Gutema, North, 15:53.39	

<u>2020 At Council Bluffs (IWCC)</u>	<u>SCORE</u>	<u>2023 At Brunsville (Prairie Rose)</u>	<u>SCORE</u>	
**North (SC)	16	**North	23	**State qualifier
Le Mars	67	Sergeant Bluff-Luton	69	(SC) – State Champs
Thomas Jefferson	84	East	81	
Sergeant Bluff-Luton	115	Le Mars	100	
East	121	Heelan	128	
Heelan	171	Thomas Jefferson	144	
Abraham Lincoln	175	Abraham Lincoln	177	
West	252	West	231	
Medalist: Jaysen Bouwers, North, 16:07.3.		Medalist: Natnael Kifle, North, 15:30.29		

<u>2021 At Brunsville (Prairie Rose)</u>	<u>SCORE</u>	<u>2024 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
**North	16	North	19
Sergeant Bluff-Luton	83	East	74
East	85	Sergeant Bluff-Luton	87
Heelan	104	Heelan	98
Le Mars	146	Abraham Lincoln	142
Abraham Lincoln	158	Le Mars	151
West	162	Thomas Jefferson	191
Thomas Jefferson	180	West	237
Medalist: Gabe Nash, North, 15:28.87.		Medalist: Kuma Gutema, North, 17:10.70.	

# MRAC BOYS CROSS COUNTRY HISTORY

## All-Conference

### 2000 AT IOWA WESTERN

Graham McGaffin, West, 17:07.08; Matt Mook, East, 17:31.94; Nick Murphy, Bishop Heelan, 17:39.93; Eric McComb, Thomas Jefferson, 18:02.28; Ron Bay, West, 18:07.85; Kyle Vanderlinden, West, 18:11.62; Matt Williams, Abraham Lincoln, 18:17.43; Andrew Lambert, North, 18:31.61; Mark Thomsen, Abraham Lincoln, 18:32.61; Scott Treft, West, 18:35.76; Jon Taylor, West, 18:45.54; Chris Milner, Abraham Lincoln 18:50.11; James Roat, North, 18:52.14; Mark Flaharty, Thomas Jefferson, 18:53.22.

### 2001 AT SYA COMPLEX

Graham McGaffin, West, 15:58; Nick Murphy, Heelan, 16:10; James Roat, North, 16:38; Anthony Medina, West, 16:52; Jon Taylor, West, 17:06; Eric McComb, Thomas Jefferson, 17:08; Scott Treft, West, 17:09; Dustin Townsend, Thomas Jefferson, 17:12; Tom Hensley, Thomas Jefferson, 17:14; Bryan Moraine, Thomas Jefferson, 17:19; Seth Walker, East, 17:19; Cory Schulte, North, 17:22; C.L. Chapman, Abraham Lincoln, 17:38; Eric Nelson, North, 17:44; James Robinson, Abraham Lincoln, 17:47.

### 2002 AT IOWA WESTERN

Nick Murphy, Heelan, 16:28.63; James Roat, North, 17:05.71; Bryan Moraine, Thomas Jefferson, 17:13.17; Anthony Medina, West, 17:14.81; L.J. Robinson, Abraham Lincoln, 17:27.91; Kyle Vanderlinden, West, 17:32.94; Seth Walker, East, 17:44.85; Eric McComb, Thomas Jefferson, 17:45.20; Jama Farah, West, 17:45.78; John Pritchard, North, 17:50.65; Andrew Lambert, North, 17:50.65; Josh Blue, Thomas Jefferson, 17:51.74; Thomas Hensley, Thomas Jefferson, 17:56.16; Jon Soole, East, 17:56.57; Steve Jensen, North, 17:59.20.

### 2003 S.C. COUNTRY CLUB

Nick Murphy, Heelan, 15:31.74; Kyle Vanderlinden, West, 15:57.95; Josh Lewis, West, 16:19.14; Seth Walker, East, 16:19.58; Anthony Medina, West, 16:19.81; Anthony Oberle, Heelan, 16:26.90; James Robinson, Abraham Lincoln, 16:31.32; Ben Heithoff, Abraham Lincoln, 16:32.98; Kurt Schneckloth, Abraham Lincoln, 16:37.01; John Pritchard, North, 16:37.29; Adam Linden, North, 16:55.41; Steven Lambert, North, 17:00.14; Alex Lohr, Heelan, 17:09.26; Drew Waggoner, East,

17:16.80; Travis Gregory, Heelan, 17:17.31

### 2004 AT WEST FAIR (C.B.)

Josh Lewis, West, 16:48.23; Anthony Oberle, Heelan, 17:17.09; John Pritchard, North, 17:34.07; Mark Samuelson, North, 17:48.81; Chris Tamayo, Thomas Jefferson, 17:58.75; Jeff Gifford, East, 17:59.0; James Robinson, Abraham Lincoln, 18:02.34; Ross Palmer, North, 18:05.48; Joe Rodriguez, Thomas Jefferson, 18:10.17; Frankie Ramirez, North, 18:25.71; Steve Lambert, North, 18:26.90; Ole Olsen, Thomas Jefferson, 18:31.84; Kyle Roehr, North, 18:33.74; Billie Sidebottom, Abraham Lincoln, 18:35.43; Alex Lohr, Heelan, 18:43.31.

### 2005 AT ADAMS

Josh Lewis, West, 15:55.97; Anthony Oberle, Heelan, 16:09.46; Alex Lohr, Heelan, 16:43.59; Andrew Hardenbrook, East, 16:54.09; John Pritchard, North, 17:02.49; Chris Tamayo, Thomas Jefferson, 17:13.30; Ross Palmer, North, 17:16.40; Eric Fjare, Abraham Lincoln, 17:18.58; Derik Simenson, North, 17:18.97; Mark Samuelson, North, 17:20.28; Austin Jacobs, East, 17:22.69; Sean Johnson, Thomas Jefferson, 17:23.93; Adam Palmer, North, 17:24.28; Justin Mendoza, Thomas Jefferson, 17:26.54; Zach Gould, East, 17:30.82.

### 2006 AT IOWA WESTERN

Anthony Oberle, Heelan, 16:26.14; Derik Simenson, North, 16:58.83; Nate McKewon, Heelan, 17:03.02; Ross Palmer, North, 17:06.33; Eric Fjare, Abraham Lincoln, 17:12.84; Matt Peters, Abraham Lincoln, 17:18.10; Ryan McCloud, Thomas Jefferson, 17:21.67; Austin Jacobs, East, 17:24.85; Joe Rodriguez, Thomas Jefferson, 17:30.41; Christopher Rickert, Heelan, 17:31.61; Jason Rice, Thomas Jefferson, 17:37.10; Barry Hodapp, Abraham Lincoln, 17:38.09; Hamze Farah, West, 17:39.51; Andrew Hardenbrook, East, 17:42.77; Mark Samuelson, North, 17:55.29.

### 2007 AT ADAMS

Nate McKewon, Bishop Heelan, 16:34.31; Derik Simenson, North, 16:46.55; Joe Rodriguez, Thomas Jefferson, 16:51.66; Barry Hodapp, Abraham Lincoln, 16:52.35; Kyle Blue, Thomas Jefferson, 16:53.18; Eric Fjare, Abraham Lincoln, 16:55.05; Mark Samuelson, North, 17:04.97; Jason Rice, Thomas Jefferson, 17:09.27; Shane Gerkin, North, 17:11.49; Kyle Poss, Bishop Heelan, 17:13.24; Daniel Oleson, West, 17:13.61; Ben McKinley, Abraham

Lincoln, 17:13.99; Anthony Henriks, West, 17:27.78; Christopher Rickert, Bishop Heelan, 17:33.65; Dominic Wetzberger, Heelan, 17:45.75.

### 2008 AT SYA

Nate McKewon, Heelan, 16:14.73; Joel Dorsett, North, 16:37.78; 3, Kyle Blue, Thomas Jefferson, 16:40.68; Barry Hodapp, Abraham Lincoln, 16:49.29; Christopher Rickert, Heelan, 16:53.27; Roland Henry, Heelan, 16:55.87; Keith Gill, Heelan, 17:03.17; Matt Samuelson, North, 17:06.18; Matt Lord, Heelan, 17:06.62; Sam Heithoff, Abraham Lincoln, 17:08.84; Jordan Robinson, Abraham Lincoln, 17:14.60; Dominic Wetzberger, Heelan, 17:15.69; James Thelen, Heelan, 17:25.38; Patrick Peters, Abraham Lincoln, 17:31.12; Vince Gutgsell, Abraham Lincoln, 17:32.28.

### 2009 AT NORTH HIGH

Matt Samuelson, North, 17:55.26; Kyle McGlade, Thomas Jefferson, 18:16.57; Josh Hiers, Abraham Lincoln, 18:19.45; Matt Lord, Heelan, 18:22.30; Dominic Wetzberger, Heelan, 18:23.52; Daniel Gassaway, West, 18:28.21; Michael Heffernan, Bishop Heelan, 18:48.22; Jesus Iniquez, North, 18:50.07; Kadin Wright, Thomas Jefferson, 18:53.38; Gary Blackford, Thomas Jefferson, 18:55.45; Tommy Thelen, Heelan, 18:56.41; Roland Henry, Heelan, 19:17.45; Matt Smith, Thomas Jefferson, 19:22.41; Sam Rowe, Abraham Lincoln, 19:24.22; Tyler Peterson, East, 19:24.58.

### 2010 AT IOWA WESTERN

Abbabiya Simbassa, North, 16:55.87; Kyle McGlade, Thomas Jefferson, 17:58.24; Micah Rook, Sergeant Bluff-Luton, 18:03.46; Brad Stokes, Thomas Jefferson, 18:04.31; Jacob Scott, East, 18:14.68; Josh Hiers, Abraham Lincoln, 18:15.46; Gary Blackford, Thomas Jefferson, 18:16.11; Mick Nielsen, Sergeant Bluff-Luton, 18:16.43; Derek Pruett, Thomas Jefferson, 18:19.68; Kadin Wright, Thomas Jefferson, 18:24.56; Brian Collinson, Thomas Jefferson, 18:33.65; Roland Henry, Bishop Heelan, 18:37.06; Matt Smith, Thomas Jefferson, 18:40.68; Michael Heffernan, Bishop Heelan, 18:42.96; Ali Omisaye, North, 18:55.40.

### 2011 AT WEST HIGH

Jacob Scott, East, 17:32.61; Daniel Poston, North, 17:42.16; Michael Heffernan, Heelan, 17:44.88; Micah Rook, Sergeant Bluff-Luton, 17:46.37; Alec Pavone, Heelan, 17:51.62; Tommy Thelen, Heelan, 17:53.77; Alec DeVries,

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Heelan, 17:57.62; Roland Henry, Heelan, 18:06.50; Colby Casper, North, 18:11.26; Kadin Wright, Thomas Jefferson, 18:21.13; Brian Collinson, Thomas Jefferson, 18:26.62; Gary Blackford, Thomas Jefferson, 18:28.29; Dan Gassaway, West, 18:29.89; Jared McManamy, East, 18:33.90; Ben Eckert, Heelan, 18:35.86.

## 2012 AT IOWA WESTERN

Alec DeVries, Bishop Heelan, 16:46.0; Alec Pavone, Bishop Heelan, 17:11.60; Michael Heffernan, Bishop Heelan, 17:16.20; Tommy Thelen, Bishop Heelan, 17:23.50; Blake Willadsen, Abraham Lincoln, 17:43.0; Brian Collinson, Thomas Jefferson, 17:46.60; Zach McComb, Thomas Jefferson, 17:52.40; Dustin Hieb, East, 17:53.40; 9, Mac McKeever, East, 17:54.10; Sheehan Levine, West, 17:56.90; Matt Powders, Thomas Jefferson, 17:59.20; Dillan Nightser, Thomas Jefferson, 18:00.60; Mukhtar Ali, West, 18:02.40; Eldon Warner, Thomas Jefferson, 18:17.60; Josh Cross, Abraham Lincoln, 18:21.0.

## 2013 AT IOWA WESTERN

Jacob Scott, East, 16:53.17; Brian Collinson, Thomas Jefferson, 17:06.40; Alec Pavone, Heelan, 17:19.71; Justin Hill, East, 17:26.57; Mac McKeever, East, 17:31.35; Eldon Warner, Thomas Jefferson, 17:37.57; Zach LaCombe, Thomas Jefferson, 17:45.44; Mukhtar Ali, West, 17:56.39; Alex Brewer, Abraham Lincoln, 17:56.95; Parker Rees, Thomas Jefferson, 17:58.12; Ben Eastman, Heelan, 18:00.80; Tyler Messenger, Abraham Lincoln, 18:01.14; Matt Powders, Thomas Jefferson, 18:05.02; Adam Friessen, Heelan, 18:10.68; William Hlas, East, 18:11.20.

## 2014 AT IOWA WESTERN

Eldon Warner, Thomas Jefferson, 16:28.56; Alec Pavone, Heelan, 16:49.96; Ben Eastman, Heelan, 17:11.60; Phoenix Larned, West, 17:20.78; Connor Ritz, Heelan, 17:23.53; McGwire Midkiff, Thomas Jefferson, 17:25.79; Alex Brewer, Abraham Lincoln, 17:35.93; Tyler Messenger, Abraham Lincoln, 17:41.41; Adam Friessen, Heelan, 17:44.70; Miles Scott, Sergeant Bluff-Luton, 17:48.97; Camden Beller, North, 17:49.10; Daniel Folchert, North, 17:51.26; William Hlas, East, 17:53.65; Kevin Branigan, Abraham Lincoln, 17:54.50; Jon Dahlheimer, Thomas Jefferson, 17:55.45

## 2015 AT IOWA WESTERN

Phoenix Larned, West, 16:26.43; Jon Dahlheimer, Thomas Jefferson, 16:37.93; McGwire

Midkiff, Thomas Jefferson, 16:46.81; Gavin Bush, North, 16:57.96; Connor Ritz, Bishop Heelan, 17:09.40; Miles Scott, Sergeant Bluff-Luton, 17:12.50; Will Zeman, North, 17:17.80; Camden Beller, North, 17:25.14; Kaleb Maynard, North, 17:26.27; Parker Rees, Thomas Jefferson, 17:36.58; Daniel Folchert, North, 17:31.14; Adam Friessen, Bishop Heelan, 17:34.40; Daniel Carey, Thomas Jefferson, 17:38.24; Jackson Baker, North, 17:42.52; Kevin Branigan, Abraham Lincoln, 17:46.20.

## 2016 AT IOWA WESTERN

Miles Scott, Sergeant Bluff-Luton, 16:13.15; Merga Gameda, North, 16:33.94; Connor Ritz, Bishop Heelan, 16:39.68; McGwire Midkiff, Thomas Jefferson, 16:40.80; Adam Friessen, Bishop Heelan, 16:58.27; Gabe Hannemann, Sergeant Bluff-Luton, 16:58.56; Phoenix Larned, West, 17:05.02; Daniel Carey, Thomas Jefferson, 17:13.02; Jackson Baker, North, 17:16.34; Deven Pace, North, 17:19.43; Anthony Humpal, Thomas Jefferson, 17:20.09; Easton Ritz, Sergeant Bluff-Luton, 17:25.09; Archie Powders, Thomas Jefferson, 17:26.34; Drew Marksby, Sergeant Bluff-Luton, 17:36.34; Zack Booton, Thomas Jefferson, 17:40.84.

## 2017 AT IOWA WESTERN

Merga Gameda, North, 15:40.70; Miles Scott, Sergeant Bluff-Luton, 15:47.10; Deven Pace, North, 16:44.40; Cole Taylor, East, 16:49.70; Easton Ritz, Sergeant Bluff-Luton, 16:57.20; Payden Hofer, Sergeant Bluff-Luton, 17:05.50; Drake Beller, North, 17:15.80; Jackson Baker, North, 17:17.20; Joe Lincoln, Sergeant Bluff-Luton, 17:17.60; Anthony Humpal, Thomas Jefferson, 17:19.20; Caleb Leinen, Abraham Lincoln, 17:22.60; Gabe Hannemann, Sergeant Bluff-Luton, 17:24.00; Drew Marksby, Sergeant Bluff-Luton, 17:24.00; Aidan Booton, Thomas Jefferson, 17:24.60; Luke Benson, West, 17:25.20.

## 2018 AT IOWA WESTERN

Jaysen Bouwers, North, 16:32; Colin Greenwell, North, 17:27; Wimach Gilo, Thomas Jefferson, 17:27; Steven Hornberg, Abraham Lincoln, 17:37; Luke Benson, North, 17:46; Rey Gonzalez, West, 17:47; Will Lohr, North, 17:47; Aidan Booton, Thomas Jefferson, 17:48; Gabe Hannemann, Sergeant Bluff-Luton, 17:48; Deven Henry, West, 17:49; Dakota South, North, 17:52; Juan Martinez, Thomas Jefferson, 17:54; Drew Marksby, Sergeant Bluff-Luton, 17:58; Ty Shoulders, Sergeant

Bluff-Luton, 18:01; 15, Payden Hofer, Sergeant Bluff-Luton, 18:02.

## 2019 AT PRAIRIE ROSE (BRUNSVILLE)

Jaysen Bouwers, North, 15:46.59; Will Lohr, North, 16:13.70; Wimach Gilo, Thomas Jefferson, 16:19.63; Beshanena Gutema, North, 16:39.08; Gabe Nash, North, 16:50.42; Aidan Booton, Thomas Jefferson, 16:58.00; Juan Martinez, Thomas Jefferson, 17:00.77; Caden Tellander, Abraham Lincoln, 17:03.87; Jason Sudtelgte, Le Mars, 17:06.88; Steven Hornburg, Abraham Lincoln, 17:08.17; Ethan Hulinsky, Le Mars, 17:08.51; Colin Greenwell, North, 17:09.30; Dylan Nation, East, 17:14.91; Carlos Rodriguez, Sergeant Bluff-Luton, 17:23.63; Ty Shoulders, Sergeant Bluff-Luton, 17:34.46.

## 2020 AT IOWA WESTERN

Jaysen Bouwers, North, 16:07.3; Will Lohr, North, 16:35.7; Gabe Nash, North, 16:50.4; Yemane Kifle, North, 16:50.8; Aidan Booton, Thomas Jefferson, 16:57.6; Beshanena Gutema, North, 17:07.7; Natnael Kifle, North, 17:09.0; Colin Greenwell, North, 17:16.7; Juan Martinez, Thomas Jefferson, 17:38.6; Jason Sudtelgte, Le Mars, 17:47.3; Carlos Rodriguez, Sergeant Bluff-Luton, 17:53.5; Kaden Winger, Le Mars, 17:56.1; Ryan Campbell, East, 18:05.8; Ethan Hulinsky, Le Mars, 18:08.6.

## 2021 AT PRAIRIE ROSE (BRUNSVILLE)

Gabe Nash, North, 15:28.87; William Lohr, North, 15:30.31; Natnael Kifle, North, 15:36.68; Yemane Kifle, North, 16:05.63; Ryan Campbell, East, 16:52.38; Jose Gutierrez, North, 17:19.96; Carlos Rodriguez, Sergeant Bluff-Luton, 17:26.51; Hayden Gamble, Sergeant Bluff-Luton, 17:32.84; Roi Soriano, Thomas Jefferson, 17:39.03; Carter Ritz, Bishop Heelan, 17:50.23; Juan Sanchez, Le Mars, 17:51.27; Michael Meis, Le Mars, 17:55.22; Cody Smith, Abraham Lincoln, 18:02.58; Roberto Rindquist, Bishop Heelan, 18:13.18; Gavin Stoops, East, 18:15.76.

## 2022 AT IOWA WESTERN

Natnael Kifle, North, 15:59.90; Gabe Nash, North, 16:43.40; Beshanena Gutema, North, 17:14.50; AbuBekar Kumbi, North, 17:38.90; Trace Obbink, Le Mars, 17:41.20; Kaiden Hamilton, Thomas Jefferson, 17:52.00; Connor Schultz, North, 18:09.70; Steven Kling, North, 18:10.20; Michael Meis, Le Mars, 18:10.60; Evan Janzen, Sergeant Bluff-Luton, 18:26.40; Eli Otten, Bishop Heelan, 18:33.80; Braulio Gonzalez, Sergeant Bluff-Luton, 18:34.00;

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Cody Smith, Abraham Lincoln, 18:45.30; Juan Sanchez, Le Mars, 18:48.40; Michael Wieseler, Sergeant Bluff-Luton, 18:52.20.

## **2023 AT PRAIRIE ROSE (BRUNSVILLE)**

Natnael Kifle, North, 15:30.29; Trace Obbink, Le Mars, 16:57.92; Connor Schultz, North, 17:15.08; Abubekar Kumbi, North, 17:20.23; Kaiden Hamilton, Thomas Jefferson, 17:21.48; Steven Kling, North, 17:33.57; Aaron Lee, Le Mars, 17:47.61; Daniel Delarosa, Sergeant Bluff-Luton, 17:59.60; Even Tesfaselassie, North, 18:01.86; Braulio Gonzalez, Sergeant Bluff-Luton, 18:03.95; Maciah Shultz, East, 18:05.70; Asher Morley, East, 18:08.07; Andres Gonzalez, Bishop Heelan, 18:14.93; Ben Hames, North, 18:18.55; Alejandro Vargas-Gaytan, Sergeant Bluff-Luton, 18:28.58.

## **2024 AT COUNCIL BLUFFS (IWCC)**

Kuma Gutema, North, 17:10.70; Kaiden Hamilton, Thomas Jefferson, 17:35.71; Connor Schultz, North, 17:52.50; Ben Hames, North, 18:11.40; Evan Tesfaselassie, North, 18:15.10; Torrey Swaggerty-Morgan, North, 18:16.40; Aaron Lee, Le Mars, 18:19.20; Andres Gonzalez, Bishop Heelan, 18:36.60; Alex Amaro, Bishop Heelan, 18:39.10; Maciah Shultz, East, 18:49.0; Kris Zeller, East, 18:49.80; Caden Koepke, East, 19:09.00; Josue Gutierrez, North, 19:09.10; Layne Munson, North, 19:09.60; Andrew Lincoln, Sergeant Bluff-Luton, 19:19.60.

## **2025 AT PRAIRIE ROSE (BRUNSVILLE)**

Kuma Gutema, North, 15:53.39; Even Tesfaselassie, North, 17:04.25; Ben Hames, North, 17:05.29; Torrey Swaggerty, North, 17:15.53; Alex Amaro, Bishop Heelan, 17:20.68; William Bramble, Abraham Lincoln, 17:30.30; Josue Gutierrez, North, 17:30.45; Hudson TerWee, Sergeant Bluff-Luton, 17:38.67; Kaiden Hamilton, Thomas Jefferson, 17:41.86; Kristoffer Zellner, East, 17:53.13; David McCormick, Sergeant Bluff-Luton, 18:03.54; Andrew Lincoln, Sergeant Bluff-Luton, 18:06.10; Leo Wheelock, North, 18:11.51; Logan Bonnes, North, 17:12.50; Jony Sanchez, Le Mars, 18:19.07.