

# MRAC GIRLS CROSS COUNTRY HISTORY

## Regular Season Champions

<b>YEAR</b>	<b>SCHOOL</b>	<b>SCORE</b>	<b>COACH</b>
2000	Sioux City Heelan	19	Dan O'Brien
2001	Sioux City Heelan	22	Dan O'Brien
2002	Sioux City Heelan	20	Dan O'Brien
2003	Sioux City Heelan	40	Dan O'Brien
2004	Sioux City North	27	Mark Walker
2005	Sioux City North	20	Mark Walker
2006	Sioux City Heelan	40	Dan O'Brien
2007	Sioux City North	39	Abdier Marrero
2008	Sioux City East	34	Nick Gaul
2009	Sioux City East	39	Rochelle Babcock
2010	Sioux City Heelan	42	Dan O'Brien
2011	Sioux City Heelan	19	Dan O'Brien
2012	Sioux City Heelan	18	Dan O'Brien
2013	Sioux City Heelan	46	Dan O'Brien
2014	Sioux City East	41	Rochelle Babcock
2015	Sioux City Heelan	39	Dan O'Brien
2016	Sioux City Heelan	29	Todd Roerig
2017	Sioux City Heelan	30	Todd Roerig
2018	Sioux City Heelan	22	Todd Roerig
2019	Sioux City Heelan	48	Todd Roerig
2020	Sioux City Heelan	34	Todd Roerig
2021	Sioux City Heelan	34	Todd Roerig
2022	Sioux City Heelan	34	Todd Roerig
2023	Sioux City Heelan	21	Todd Roerig
2024	Sioux City Heelan	48	Todd Roerig
2025	Sioux City Heelan	36	Todd Roerig



# MRAC GIRLS CROSS COUNTRY HISTORY

<b>2000 At Council Bluffs (IWCC)</b>	<b>SCORE</b>	<b>2007 At Adams Nature</b>	<b>SCORE</b>	<b>2013 At Council Bluffs (IWCC)</b>	<b>SCORE</b>
**Heelan	19	North	39	**Heelan	46
West	57	**Heelan	44	Abraham Lincoln	61
Abraham Lincoln	84	East	61	East	90
North	124	Abraham Lincoln	118	North	103
East	132	Thomas Jefferson	125	West	111
Thomas Jefferson	133	West	172	Thomas Jefferson	119
Medalist: Jessica Pape, Heelan, 12:06.51		Medalist: Shelby Houlihan, East, 13:58.03		Sergeant Bluff-Luton	142
<b>2001 At SYA Complex</b>	<b>SCORE</b>	<b>2008 At SYA Complex</b>	<b>SCORE</b>	<b>2014 At Council Bluffs (IWCC)</b>	<b>SCORE</b>
Heelan	33	East	31	East	41
Abraham Lincoln	77	**Heelan	46	**Heelan	62
West	81	North	67	West	64
North	87	Thomas Jefferson	103	North	102
East	109	Abraham Lincoln	125	Abraham Lincoln	118
Thomas Jefferson	129	West	142	Sergeant Bluff-Luton	153
Medalist: Jessica Pape, Heelan, 12:47.0		Medalist: Shelby Houlihan, East, 14:22.48.		Thomas Jefferson	153
<b>2002 At Council Bluffs (IWCC)</b>	<b>SCORE</b>	<b>2009 At North High</b>	<b>SCORE</b>	<b>2015 At Council Bluffs (IWCC)</b>	<b>SCORE</b>
**Heelan	20	**East (won tiebreaker)	39	**Heelan	39
Abraham Lincoln	59	**Heelan	39	East	44
West	95	North	64	North	81
East	107	Abraham Lincoln	114	Abraham Lincoln	105
Thomas Jefferson	126	Thomas Jefferson	114	West	119
North	132	West	153	Thomas Jefferson	143
Medalist: Jessica Pape, Heelan, 15:39.26		Medalist: Shelby Houlihan, East, 15:54.65		Sergeant Bluff-Luton	167
<b>2003 At S.C. Country Club</b>	<b>SCORE</b>	<b>2010 At Council Bluffs (IWCC)</b>	<b>SCORE</b>	<b>2016 At Council Bluffs (IWCC)</b>	<b>SCORE</b>
Heelan	40	**Heelan	42	**Heelan	29
**Abraham Lincoln	47	East	51	East	37
North	59	North	70	North	76
West	102	Abraham Lincoln	90	Abraham Lincoln	81
Thomas Jefferson	119	West	129	Sergeant Bluff-Luton	142
East	150	Thomas Jefferson	157	Thomas Jefferson	160
Medalist: Jessica Pape, Heelan, 15:02.74		Sergeant Bluff-Luton	INC	West	205
<b>2004 At CBTJ (West Fair)</b>	<b>SCORE</b>	Medalist: Shelby Houlihan, East, 14:36.41		Medalist: Amber Aesoph, Heelan, 19:26.75	
**North	27	<b>2011 At West High</b>	<b>SCORE</b>	<b>2017 At Council Bluffs (IWCC)</b>	<b>SCORE</b>
**Heelan	50	**Heelan	19	**Heelan	30
Abraham Lincoln	67	North	81	East	47
West	105	Abraham Lincoln	84	Abraham Lincoln	61
Thomas Jefferson	128	East	109	Thomas Jefferson	113
East	142	West	128	Sergeant Bluff-Luton	115
Medalist: Sierra McCauley, Heelan, 14:45.66		Sergeant Bluff-Luton	139	North	127
<b>2005 At Adams Nature</b>	<b>SCORE</b>	Thomas Jefferson	150	West	199
**North	20	Medalist: Lindsay Joyce, Heelan, 16:08.49.		Medalist: Amber Aesoph, Heelan, 19:28.50	
Abraham Lincoln	59	<b>2012 At Council Bluffs (IWCC)</b>	<b>SCORE</b>	<b>2018 At Council Bluffs (IWCC)</b>	<b>SCORE</b>
Heelan	62	**Heelan	18	**Heelan	22
Thomas Jefferson	101	Abraham Lincoln	59	East	74
West	133	West	101	Thomas Jefferson	81
East	152	Thomas Jefferson	123	Abraham Lincoln	84
Medalist: Sarah Nelson, North, 14:38.89		North	130	North	97
<b>2006 At Council Bluffs (IWCC)</b>	<b>SCORE</b>	East	151	Sergeant Bluff-Luton	144
Heelan	40	Sergeant Bluff-Luton	155	West	213
North	48	Medalist: Lindsay Joyce, Heelan, 16:24.7.		Medalist: Amber Aesoph, Heelan, 19:35.	
East	62	<b>2013 At Council Bluffs (IWCC)</b>	<b>SCORE</b>		
Abraham Lincoln	117	**Heelan	46		
Thomas Jefferson	118	Abraham Lincoln	61		
West	130	East	90		
Medalist: Amy Roder, Heelan, 16:19.48		North	103		
		West	111		
		Thomas Jefferson	119		
		Sergeant Bluff-Luton	142		
		Medalist: Bre Waugh, CBAL, 16:23.72			
		<b>2014 At Council Bluffs (IWCC)</b>	<b>SCORE</b>		
		East	41		
		**Heelan	62		
		West	64		
		North	102		
		Abraham Lincoln	118		
		Sergeant Bluff-Luton	153		
		Thomas Jefferson	153		
		Medalist: Kali Ryan, East, 16:02.11			
		<b>2015 At Council Bluffs (IWCC)</b>	<b>SCORE</b>		
		**Heelan	39		
		East	44		
		North	81		
		Abraham Lincoln	105		
		West	119		
		Thomas Jefferson	143		
		Sergeant Bluff-Luton	167		
		Medalist: Lillyana Yebra, North, 19:38.37			
		<b>2016 At Council Bluffs (IWCC)</b>	<b>SCORE</b>		
		**Heelan	29		
		East	37		
		North	76		
		Abraham Lincoln	81		
		Sergeant Bluff-Luton	142		
		Thomas Jefferson	160		
		West	205		
		Medalist: Amber Aesoph, Heelan, 19:26.75			
		<b>2017 At Council Bluffs (IWCC)</b>	<b>SCORE</b>		
		**Heelan	30		
		East	47		
		Abraham Lincoln	61		
		Thomas Jefferson	113		
		Sergeant Bluff-Luton	115		
		North	127		
		West	199		
		Medalist: Amber Aesoph, Heelan, 19:28.50			
		<b>2018 At Council Bluffs (IWCC)</b>	<b>SCORE</b>		
		**Heelan	22		
		East	74		
		Thomas Jefferson	81		
		Abraham Lincoln	84		
		North	97		
		Sergeant Bluff-Luton	144		
		West	213		
		Medalist: Amber Aesoph, Heelan, 19:35.			

# MRAC GIRLS 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>
**Heelan	48	**Heelan	34	Heelan	36
**East	51	East	51	North	59
North	69	North	62	Sergeant Bluff-Luton	91
Le Mars	101	Le Mars	95	East	93
Sergeant Bluff-Luton	103	Sergeant Bluff-Luton	137	Le Mars	105
Abraham Lincoln	123	Abraham Lincoln	138	Abraham Lincoln	107
Thomas Jefferson	202	Thomas Jefferson	209	West	185
West	238	West	221	Thomas Jefferson	INC
Medalist: Kaia Downs, East, 19:00.28.		Medalist: Elizabeth Jordan, North, 20:58.80.		Medalist: Addison Bertrand, Heelan, 19:48.68	

<u>2020 At Council Bluffs (IWCC)</u>	<u>SCORE</u>	<u>2023 At Brunsville (Prairie Rose)</u>	<u>SCORE</u>
**Heelan	34	Heelan	21
North	58	Le Mars	71
East	78	East	90
Sergeant Bluff-Luton	83	North	109
Abraham Lincoln	139	Sergeant Bluff-Luton	116
Le Mars	144	Abraham Lincoln	150
Thomas Jefferson	176	West	155
West	255	Thomas Jefferson	218
Medalist: Kaia Downs, East, 19:18.7.		Medalist: Scarlett Walsh, Heelan, 20:37.44	

\*\*State qualifier  
(SC) – State Champs

<u>2021 At Brunsville (Prairie Rose)</u>	<u>SCORE</u>	<u>2024 At Council Bluffs (IWCC)</u>	<u>SCORE</u>
Heelan	34	Heelan	48
East	58	North	63
Sergeant Bluff-Luton	70	West	93
North	92	Le Mars	99
Le Mars	120	East	108
Abraham Lincoln	143	Abraham Lincoln	125
Thomas Jefferson	182	Sergeant Bluff-Luton	150
West	INC	Thomas Jefferson	238
Medalist: Kaia Downs, East, 18:13.37		Medalist: Addison Bertrand, Heelan, 20:16.30	

# MRAC GIRLS CROSS COUNTRY HISTORY

## All-Conference

### 2000 AT IOWA WESTERN

Jessica Pape, Heelan, 12:06.51; Stephanie Wilson, West, 12:26.79; Anne Berger, Heelan, 12:43.61; Nicole Kreber, Heelan, 12:56.11; Patricia Keane, Heelan, 13:00.51; Lisa Niedergeses, Heelan, 13:07.33; Sarah Pattison, Heelan, 13:12.60; Emily Bengford, Heelan, 13:39.16; Shannon Glanz, Abraham Lincoln, 13:43.65; Shayla Houlihan, East, 13:47.01; Calli Christensen, West, 13:49.45; Tylynn Rouillard, West, 13:51.37; Reta Sitzmann, West, 13:57.10; Sarah Heacock, East, 14:06.55; Danielle Yeutter, Abraham Lincoln, 14:17.94.

### 2001 AT SYA

Jessica Pape, Heelan, 12:47; Karla Block, Heelan, 13:03; Katie Stewart, North, 13:06; Shannon Glanz, Abraham Lincoln, 13:20; Nicole Kreber, Heelan, 13:30; Nikki Prevail, Heelan, 13:32; Annie Schulte, East, 13:35; Sarah Pattison, Heelan, 13:37; Holly Boston, North, 13:43; Patricia Keane, Heelan, 13:51; Shayla Houlihan, East, 13:54; Tylynn Rouillard, West, 13:54; Sammi Fetch, Abraham Lincoln, 14:06; Callie Christensen, West, 14:23; Caitie Rumberger, West, 14:24.

### 2002 AT IOWA WESTERN

Jessica Pape, Heelan, 15:39.26; Kala Block, Heelan, 16:14.37; Shayla Houlihan, East, 16:21.80; Alicia Skaggs, Heelan, 16:25.98; Dara Beltran, Abraham Lincoln, 16:34.68; Sarah Pattison, Heelan, 16:36.21; Nikki Prevail, Heelan, 16:42.51; Emilee Sorenson, Abraham Lincoln, 16:43.82; Ryla Andriessen, Heelan, 16:44.32; Annie Schulte, East, 16:46.49; Angie McGrath, Heelan, 17:01.16; Callie Christensen, West, 17:07.61; Becky Reynolds, Abraham Lincoln, 17:10.18; Caitie Rumberger, West, 17:24.10; Shannon Glanz, Abraham Lincoln, 17:35.35.

### 2003 AT S.C. COUNTRY CLUB

Jessica Pape, Heelan, 15:02.31; Rula Andriessen, Heelan, 15:46.82; Sammi Fetch, Abraham Lincoln, 16:04.22; Angie McGrath, Heelan, 16:09.32; Caitie Rumberger, West, 16:09.93; Emilee Sorenson, Abraham Lincoln, 16:10.63; Stefanie Stark, West, 16:16.51; Sarah Nelson, North, 16:17.51; Dara Beltran, Abraham Lincoln, 16:18.11; Susie Williams, North, 16:19.64; Hilary Rice, North, 16:22.29; Carrie Cale, North, 16:29.21; Becky Reynolds, Abraham Lincoln, 16:34.51; Emily Jarman, Heelan, 16:42.23; Abby Jung, East, 16:47.57.

### 2004 AT WEST FAIR

Sierra McCauley, Heelan, 14:45.66; Sarah Nelson, North, 15:29.22; Veronica Limon, North, 16:13.51; Jessie Grego, Abraham Lincoln, 16:14.55; Susie Williams, North, 16:21.08; Emily Jarman, Heelan, 16:32.56; Angela McGrath, Heelan, 16:36.67; Molly Lohry, North, 16:40.77; Sally Williams, North, 16:43.29; Stefanie Stark, West, 16:44.05; Dara Beltran, Abraham Lincoln, 16:52.83; Nicole Benzoni, North, 16:54.95; Abby Jung, East, 17:04.69; Alyssa Hedrick, Thomas Jefferson, 17:12.25; Stephanie Simon, Heelan, 17:19.18.

### 2005 AT ADAMS

Sarah Nelson, North, 14:38.89; 2, Molly Lohry, North, 15:19.10; Nicole Benzoni, North, 15:27.91; Amy Roder, Heelan, 15:28.86; Emilee Sorenson, Abraham Lincoln, 15:31.22; Hilary Rice, North, 15:33.37; Emily Jarman, Heelan, 15:34.35; Chelsie Stokes, North, 15:45.60; Dara Beltran, Abraham Lincoln, 15:48.54; Elizabeth Lippke, North, 16:05.80; Alyssa Hedrick, Thomas Jefferson, 16:24.79; Jesse Grego, Abraham Lincoln, 16:25.26; Val Robinson, Thomas Jefferson, 16:32.40; Hannah Maly, Heelan, 16:39.87; Kelsey Nielsen, West, 16:56.58.

### 2006 AT IOWA WESTERN

Amy Roder, Heelan, 16:19.48; Ellen Dougherty, East, 16:28.82; Nicole Benzoni, North, 17:21.39; Brittany Stanek, Heelan, 17:23.67; Lauren Eckert, Heelan, 17:25.46; Lyndsay Lierman, East, 17:26.31; Chelsie Stokes, North, 17:26.98; Dannika Nash, West, 17:27.35; Abby Jung, East, 17:28.09; Courtney Ruff, Thomas Jefferson, 17:28.67; Betsy Stewart, North, 17:29.76; Elizabeth Lippke, North, 17:35.26; Lindsay Sorenson, Abraham Lincoln, 17:42.96; Sara Oberle, Heelan, 17:45.93; Hilary Rice, North, 17:56.12.

### 2007 AT ADAMS

Shelby Houlihan, East, 13:58.03; Nicole Benzoni, North, 14:49.49; Josee Jansen, North, 14:58.05; Ellen Dougherty, East, 15:17.82; Courtney Ruff, Thomas Jefferson, 15:38.05; Amy Roder, Bishop Heelan, 15:39.66; Kayla Lavalais, North, 15:40.31; Margaux Genoff, Bishop Heelan, 15:40.91; Lauren Eckert, Bishop Heelan, 15:41.57; Brittany Stanek, Bishop Heelan, 15:43.12; Becca Anderson, Bishop Heelan, 15:44.83; Sarah Oberle, Bishop Heelan, 15:51.71; Chelsie Stokes, North, 16:08.35; Rachael Fischer, North, 16:19.53; Kasey Hohl,

East, 16:21.28.

### 2008 AT SYA

Shelby Houlihan, East, 14:22.48; Ellen Dougherty, East, 15:17.09; Kaylene Leiting, Heelan, 15:33.65; Payton Pry, East, 15:37.03; Courtney Ruff, Thomas Jefferson, 15:46.67; Lauren Eckert, Heelan, 15:57.05; Christine Madsen, North, 16:16.45; Sara Oberle, Heelan, 16:26.08; Danika Nash, West, 16:28.24; Amy Samuelson, North, 16:29.82; Kasey Hohl, East, 16:32.50; Maggie McDevitt, Heelan, 16:39.62; Paige Betts, East, 16:45.05; Meghan Simpson, East, 16:47.68; Chelsie Stokes, North, 16:55.71.

### 2009 AT NORTH

Shelby Houlihan, East, 15:54.65; Abby Wostoupal, Heelan, 17:31.76; Ellen Dougherty, East, 17:40.78; Crystal McElhose, East, 17:41.35; Josee Jansen, North, 17:50.90; Carson Leiting, Heelan, 17:57.62; Courtney Ruff, Thomas Jefferson, 17:59.74; Emily Manning, Heelan, 18:06.89; Maddy Sullivan, Heelan, 18:13.04; Amy Samuelson, North, 18:14.87; Emma Murray, Abraham Lincoln, 18:30.29; Kayla Lavalais, North, 18:33.21; Christine Madsen, North, 18:36.70; Katie Dougherty, Heelan, 18:41.16; Paige Betts, East, 18:50.50.

### 2010 AT IOWA WESTERN

Shelby Houlihan, East, 14:36.41; Josee Jansen, North, 16:35.50; Carson Leiting, Bishop Heelan, 16:58.22; Morgan DeBoer, Abraham Lincoln, 17:01.97; Amy Samuelson, North, 17:03.56; Crystal McElhose, East, 17:18.56; Brooke Bleeker, Bishop Heelan, 17:21.12; Katie Dougherty, Bishop Heelan, 17:22.56; Paige Betts, East, 17:33.40; Alyssa Nash, West, 17:38.25; Christie Lanphier, Bishop Heelan, 17:39.28; Emma Preston, Abraham Lincoln, 17:40.47; Morgan Froehlich, Bishop Heelan, 17:47.06; Emily Manning, 17:57.78; Payton Pry, East, 18:01.56.

### 2011 AT IOWA WESTERN

Lindsay Joyce, Heelan, 16:08.49; Amy Samuelson, North, 16:19.45; Brooke Bleeker, Heelan, 16:46.52; Carson Leiting, Heelan, 16:48.46; Madison Peck, Heelan, 16:51.29; Lauren Graves, Heelan, 16:56.92; Lexi Burnight, North, 17:03.97; Emma Preston, Abraham Lincoln, 17:06.29; Shelby Boettcher, West, 17:12.63; Kaylene Leiting, Heelan, 17:16.93; Alyssa Nash, West, 17:18.37; Christine Lanphier, Heelan, 17:23.23; Ali Heithoff, Abraham Lincoln, 17:41; Carlee Horn, East, 18:05.24; Amanda Snipes, Abraham Lincoln, 18:13.49.

# MRAC GIRLS CROSS COUNTRY HISTORY

## 2012 AT IOWA WESTERN

Lindsay Joyce, Bishop Heelan, 16:24.70; Carson Leiting, Bishop Heelan, 16:38.0; Lauren Luft, Bishop Heelan, 16:42.10; Emma Preston, Abraham Lincoln, 16:44.20; Lauren Bleeker, Bishop Heelan, 16:49.50; Breanna Waugh, Abraham Lincoln, 16:52.40; Madison Peck, Bishop Heelan, 16:55.40; Lauren Graves, Bishop Heelan, 16:56.20; Brooke Bleeker, Bishop Heelan, 17:08.0; Alyssa Nash, West, 17:12.0; Emily Dickerson, Thomas Jefferson, 17:28.20; Cassie Warner, Thomas Jefferson, 17:29.50; C.C. Saldana, Abraham Lincoln, 17:38.50; Shelby Boettcher, West, 17:44.20; Carlee Horn, East, 17:47.50.

## 2013 AT IOWA WESTERN

Bre Waugh, Abraham Lincoln, 16:23.72; Emma Preston, Abraham Lincoln, 16:34.53; Lauren Bleeker, Heelan, 16:41.69; Avery Lester, East, 16:45.40; Cassie Warner, Thomas Jefferson, 16:50.35; Madison Peck, Heelan, 16:52.07; Alyssa Nash, West, 16:53.29; Emma Sealey, Heelan, 16:58.05; Shelby Boettcher, West, 17:09.98; Lillyana Yebra, North, 17:17.99; Katie Glover, Heelan, 17:18.98; Sierra Brand, Sergeant Bluff-Luton, 17:29.67; Kathleen Meis, West, 17:31.43; Kali Ryan, East, 17:32.38; CiCi Saldana, Abraham Lincoln, 17:37.07.

## 2014 AT IOWA WESTERN

Kali Ryan, East, 16:02.11; Kierra McKernan, West, 16:12.72; Avery Lester, East, 16:21.22; Bre Waugh, Abraham Lincoln, 16:31.02; Cassie Warner, Thomas Jefferson, 16:37.25; Annie Jensen, Heelan, 16:43.68; Shelby Boettcher, West, 16:47.79; Emily Molden, West, 16:49.55; Lauren Van Dyke, East, 16:51.26; Emma Sealey, Heelan, 16:52.71; Lillyana Yebra, North, 16:55.90; Madison Peck, Heelan, 16:56.47; Hannah Hildahl, East, 17:00.66; Kathleen Meis, West, 17:09.46; Paige Hanson, East, 17:16.70.

## 2015 AT IOWA WESTERN

Lillyana Yebra, North, 19:38.37; Avery Lester, East, 19:51.62; Kali Ryan, Bishop Heelan, 20:09.68; Claire Jones, Abraham Lincoln, 20:29.0; Sami McCulley, East, 20:38.68; Annie Jensen, Bishop Heelan, 20:49.50; Hannah Hutchinson, Bishop Heelan, 20:59.24; Kierra McKernan, West, 21:00.84; Lauren Van Dyke, East, 21:05.0; Mercy Oyadare, North, 21:05.40; Lauren Luft, Bishop Heelan, 21:34.46; Madison Jochum, Bishop Heelan, 21:34.81; Joslyn Hill, East, 21:36.15; Ashlyn Peck, Bishop Heelan,

21:44.28; Shayna Skokan, East, 21:44.52.

## 2016 AT IOWA WESTERN

Amber Aesoph, Bishop Heelan, 19:26.75; Olivia Barnes, East, 19:38.59; Lillyana Yebra, North, 19:50.09; Hannah Hutchinson, Bishop Heelan, 20:02.37; Madison Jochum, Bishop Heelan, 20:06.72; Avery Lester, East, 20:07.68; Lauren Van Dyke, East, 20:23.77; Ashley Aesoph, Bishop Heelan, 20:29.81; Lily Mercural, East, 20:32.68; Moriah Heilsen, Abraham Lincoln, 20:33.62; Annie Jensen, Bishop Heelan, 20:36.87; Claire Jones, Abraham Lincoln, 20:43.14; Alee Lewis, East, 20:44.02; Mercy Oyadare, North, 21:00.72; Brenda Phillips, North, 21:15.75.

## 2017 AT IOWA WESTERN

Amber Aesoph, Heelan, 19:28.50; Annie Jensen, Heelan, 19:44.30; Olivia Barnes, East, 19:58.60; Hannah Hutchinson, Heelan, 20:13.20; Lauren Van Dyke, East, 20:13.40; Lily Mercural, East, 20:16.40; Claire Wilder, Abraham Lincoln, 20:24.80; Madison Jochum, Heelan, 20:28.80; Emma Kelley, North, 20:28.80; Hayleigh VanderVelde, Abraham Lincoln, 20:33.20; Moriah Heilsen, Abraham Lincoln, 20:44.20; Claire Jones, Abraham Lincoln, 20:47.70; Karlee Phillips, East, 20:50.70; Leila Laureano, Sergeant Bluff-Luton, 20:54.80; Ashley Aesoph, Heelan, 21:00.90.

## 2018 AT IOWA WESTERN

Amber Aesoph, Bishop Heelan, 19:30; Kaia Downs, East, 20:26; Madison Jochum, Bishop Heelan, 20:53; Lillian Garay, North, 20:55; Hannah Hutchinson, Bishop Heelan, 21:07; Ashley Aesoph, Bishop Heelan, 21:16; Mia Conley, Bishop Heelan, 21:21; Amelie Quartier, Thomas Jefferson, 21:23; Kenzi Brown, Abraham Lincoln, 21:28; Jasmine Ramos, Thomas Jefferson, 21:37; Leila Laureano, Sergeant Bluff-Luton, 21:39; Moriah Heilsen, Abraham Lincoln, 21:41; Katie Lammers, East, 21:42; Hannah Belt, Thomas Jefferson, 21:52; Karlee Phillips, East, 21:52.

## 2019 AT PRAIRIE ROSE (BRUNSVILLE)

Kaia Downs, East, 19:00.28; Amber Aesoph, Bishop Heelan, 19:15.19; Karlee Phillips, East, 20:14.71; Elizabeth Jordan, North, 20:16.27; Grace Mahaney, Bishop Heelan, 20:17.82; Sydney Helt, East, 20:19.69; Katie Lammers, East, 20:22.65; Lillian Garay, North, 20:26.85; Chloe Black, Sergeant Bluff-Luton, 20:28.57; Jada Newberg, Bishop Heelan, 20:33.04; Chloe Calhoun, Le Mars, 20:39.51; Sophia

Karras, Sergeant Bluff-Luton, 20:59.15; Kara Albrecht, Le Mars, 21:10.34; Nicole Zuehl, North, 21:10.60; Mia Conley, Bishop Heelan, 21:13.11.

## 2020 AT IOWA WESTERN

Kaia Downs, East, 19:18.7; Elizabeth Jordan, North, 20:13.5; Grace Mahaney, Heelan, 20:40.1; Sophia Karras, Sergeant Bluff-Luton, 20:53.6; Brooklyn Stanley, Heelan, 21:02.5; Sydney Helt, East, 21:13.3; Maddie Demke, Heelan, 21:19.0; Jada Newberg, Heelan, 21:44.3; Nicole Zuehl, North, 22:08.8; Paige Bracker, Abraham Lincoln, 22:13.2; Mia Conley, Heelan, 22:21.1; Scarlett Walsh, Heelan, 22:26.6; Lillian Garay, North, 22:30.3; Mia Norton, North, 22:34.1; Lydia Heald, East, 22:46.4.

## 2021 AT PRAIRIE ROSE (BRUNSVILLE)

Kaia Downs, East, 18:13.37; Elizabeth Jordan, North, 19:38.07; Brooklyn Stanley, Bishop Heelan, 20:28.48; Ivy Mehlhaff, East, 20:38.10; Delaney Saulsbury, Bishop Heelan, 20:46.08; Rebecca Hulinsky, Le Mars, 21:20.15; Maddie Demke, Bishop Heelan, 21:20.85; Jada Newberg, Bishop Heelan, 21:20.93; Sabrina Hazuka, Sergeant Bluff-Luton, 21:21.27; Sophia Karras, Sergeant Bluff-Luton, 21:21.34; Scarlett Walsh, Bishop Heelan, 21:30.29; Lilly McNaughton, Le Mars, 21:42.54; Alexys Jones, East, 21:45.46; Mariah Morrow, East, 21:53.95; Dani Rodriguez, Sergeant Bluff-Luton, 21:55.65.

## 2022 AT IOWA WESTERN

Elizabeth Jordan, North, 20:58.80; Brooklyn Stanley, Bishop Heelan, 21:19.90; Analicia Salas, North, 21:45.20; Alex Flattery, East, 21:49.70; Grace Roerig, Bishop Heelan, 21:56.20; Khloee Weitzel, East, 21:57.50; Scarlett Walsh, Bishop Heelan, 22:02.40; Becca Hulinsky, Le Mars, 22:05.50; Maddie Demke, Bishop Heelan, 22:10.0; Emma Scott, East, 22:12.80; Delaney Saulsbury, Bishop Heelan, 22:22.70; Makenzie DeRocher, Le Mars, 22:26.90; Gabby Ryan, Sergeant Bluff-Luton, 22:27.60; Hanna Johnson, North, 22:34.80; Alexys Jones, East, 22:56.0.

## 2023 AT PRAIRIE ROSE (BRUNSVILLE)

Scarlett Walsh, Heelan, 20:37.44; Addison Bertrand, Heelan, 21:16.22; Bailee Hansen, West, 21:22.64; Brooklyn Stanley, Heelan, 21:24.42; Emma Scott, East, 21:42.07; Maddie Demke, Heelan, 21:48.34; MaKenzie DeRocher, Le Mars, 21:51.01; Grace Roerig, Heelan,

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21:53.95; Ashleigh Jochum, Heelan, 22:02.81; Bjella Bockenstedt, Sergeant Bluff-Luton, 22:08.72; Mya Scheer, Abraham Lincoln, 22:20.71; Sienna Kass, Le Mars, 22:21.45; Karis Hulinsky, Le Mars, 22:22.12; Jayci Lockamy, East, 22:22.15; Marcella Palmer, North, 22:24.63.

## **2024 AT IOWA WESTERN**

Addison Bertrand, Bishop Heelan, 20:16.30; Lilly Whiteshirt, West, 22:19.10; Marcella Palmer, North, 22:25.20; Bailee Hansen, West, 22:56.90; Ella Vanderlinden, East, 23:14.70; Kailyn Fitch, Bishop Heelan, 23:17.10; Karis Hulinsky, Le Mars, 23:19.60; Bjella Bockenstedt, Sergeant Bluff-Luton, 23:29.30; Emma Scott, East, 23:31.30; Colby Carroll, Bishop Heelan, 23:33.90; Hanna Johnson, North, 23:34.10; Joslyn Vogt, North, 23:36.30; Khloe Eliesa, North, 23:37.00; Ellie Topf, Bishop Heelan, 23:38.21; Makenzie DeRocher, Le Mars, 24:03.20.

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

Addison Bertrand, Bishop Heelan, 19:48.68; Marcella Parlmer, North, 20:14.80; Selma Skari, East, 20:34.10; Hanna Johnson, North, 20:46.28; Ella Otten, Bishop Heelan, 21:03.68; Kailyn Fitch, Bishop Heelan, 21:12.33; Maria Gutierrez, North, 21:16.04; Briella Polzin, Sergeant Bluff-Luton, 21:33.92; Sara Odell, Sergeant Bluff-Luton, 21:53.17; Ellie Topf, Bishop Heelan, 21:57.77; Khloee Weitzel, East, 22:02.96; Sarai Schulenberg, Abraham Lincoln, 22:11.42; Karis Hulinsky, Le Mars, 22:28.75; Grace Roerig, Bishop Heelan, 22:37.34; Torunn Petersen, Abraham Lincoln, 22:37.65.