

MRAC GIRLS WRESTLING HISTORY

Regular Season Champions

YEAR	SCHOOL	SCORE	COACH
2023-24	Le Mars	4-0	Greer Milledge
2024-25	Sergeant Bluff-Luton/Hinton	5-0	Joel Bertrand

Tournament Champions

YEAR	SCHOOL	SCORE	COACH
2023-24	Le Mars	232	Greer Milledge
2024-25	Sioux City North	180	Trever Case



MRAC GIRLS WRESTLING HISTORY

Regular Season

<u>2023-24</u>	<u>CONF</u>	<u>OVERALL</u>
Le Mars	4-0	10-4
Sergeant Bluff-Luton	4-1	10-4
North	3-2	8-9
Council Bluffs	2-3	9-7
West	1-3	2-8
East	0-5	0-8

<u>2024-25</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	5-0	13-0
North	5-1	13-4
Le Mars	4-2	6-6
West	3-3	4-7
East	2-4	5-6
CB Abraham Lincoln	0-5	5-11
CB Thomas Jefferson	0-4	0-6

<u>2025-26</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	5-0	11-0
North	5-1	14-4
Le Mars	3-3	8-5
East	3-3	10-9
CB Abraham Lincoln	2-3	6-10
CB Thomas Jefferson	1-3	1-3
West	0-6	3-10

MRAC GIRLS WRESTLING HISTORY

Tournament

<u>2023-24</u>	<u>SCORE</u>	<u>2025-26 AT NORTH</u>	<u>SCORE</u>
Le Mars	232	North	231.5
North	164	West	152
Sergeant Bluff-Luton	163	East	129
West	137	Le Mars	123
Council Bluffs	113	Sergeant Bluff-Luton	107.5
East	41	CB Thomas Jefferson	97
		CB Abraham Lincoln	93

INDIVIDUAL CHAMPIONS

100 - Brooklyn DeRocher, Le Mars
105 - Keira Hessenius, Le Mars
110 - Lila Walding, Sergeant Bluff-Luton
115 - Molly Sek, North
120 - Britt Hessenius, Le Mars
125 - Marilyn Roller, Le Mars
130 - Cierra Wieland, Council Bluffs
135 - Danyka Peterson, North
140 - Autumn Olsen, Le Mars
145 - Kerene Panya, Le Mars
155 - Claudia Ramirez, North
170 - Alexandria Vault, West
190 - Zsuzsana Bourassa, East
235 - Riley Ernst, East

INDIVIDUAL CHAMPIONS

100 - Natalie Sanchez, West
105 - Ash Ayers, North
110 - Brooklyn DeRocher, Le Mars
115 - Camryn Andersen, North
120 - Yvana Diaz, North
125 - Mariah Barillas, West
130 - Cierra Wieland, Thomas Jefferson
135 - Malia McHugh, Sergeant Bluff-Luton
140 - Danyka Peterson, North
145 - Jenna Hansen, North
155 - Halle Mosaquites, Sergeant Bluff-Luton
170 - Ziva Shultz, East
190 - Amaiah Brooks, Abraham Lincoln
235 - Kaia Jones, North

<u>2024-25 AT EAST</u>	<u>SCORE</u>
North	180
West	138.5
Sergeant Bluff-Luton	133
Le Mars	127
CB Abraham Lincoln	97
East	95
CB Thomas Jefferson	53

INDIVIDUAL CHAMPIONS

100 - Ellie Johnson, Abraham Lincoln
105 - Keira Hessenius, Le Mars
110 - Kaylea Hintze, Thomas Jefferson
115 - Jackie Garcia, Thomas Jefferson
120 - Kendra Berglund, Sergeant Bluff-Luton
125 - Evey Jackson, West
130 - Abby Kueffer, Sergeant Bluff-Luton
135 - Viviane Pettigrew, Sergeant Bluff-Luton
140 - Kerene Panya, Le Mars
145 - Halle Mosaquites, Sergeant Bluff-Luton
155 - Aundrea Russ, North
170 - Alexandria Vault, West
190 - Amaiah Brooks, Abraham Lincoln
235 - Zsuzsana Bourassa, East